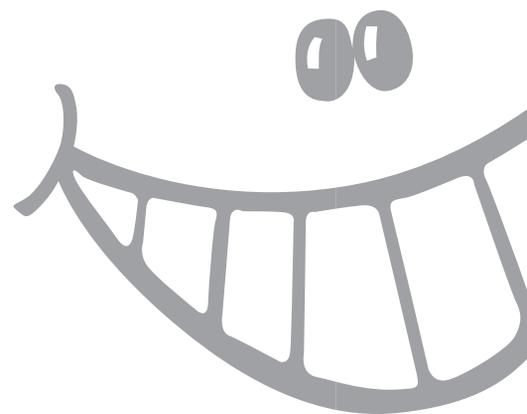


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THRIFTY FOODS

wellness

Let's break it down!



Let's break it down!

What super-power am I?

I work hard to provide you with the nutrients you need from the foods you eat. I start working before you take your first bite of food and I remain busy long after your meal has finished. I'm your digestive system! For many of us, this internal break-down of food is easy to take for granted, but for some, there are uncomfortable reminders that the process is not always a smooth one.

Irritable Bowel Syndrome, or IBS, is a chronic condition that affects our gut causing uncomfortable symptoms including abdominal pain and bloating. For many, symptoms may come and go but can be triggered by stress, illness, specific foods or

eating patterns. Finding the pattern of eating that works for your tummy can be a challenge, but it can also lead to good control of symptoms and the right balance of nutrients for wellness.

This month, we highlight eating for good digestion. By gaining greater control of external factors, mindfully eating, and identifying any unique food triggers, people with IBS can aid their digestive super-power to work its best. Another super-power, the power of scent is not a new concept by any means. Aromatherapy and the use of essential oils have been used to treat ailments for thousands of years and offer a more natural option for our health. The highly concentrated oils are distilled from botanicals like leaves, flowers, roots, stems and seeds. From helping to relieve stress to keeping bugs at bay, we break down some of the most popular essential oils and their uses.

Finally, we've included some of our favourite beverages broken down into categories perfect for every part of your day. Blend some berries in your morning smoothie or try one of our delightful drink ideas on your deck while enjoying the longer evenings. Which is your favourite? 🍷

~Jodi

Jodi Holland
Registered Dietitian
Nutrition Services
Thrifty Foods 🍷



Tummy Troubles?

Helping your “super-power” digestion perform to its potential is important for everyone!

These tips can promote smooth sailing of food through your gut, while avoiding tummy trouble.

- Feed yourself at regular times each day, aiming for 3 meals and 1-2 snacks. Over-eating can be hard for your gut to handle.
- Mindfully enjoy your meals and try to relax while eating.
- Chew, chew, chew and chew some more. Get those nutrients ready for further digestion and absorption.
- Stay hydrated! Make water your drink of choice.
- Clean sweep! Include fibre to keep things moving.
- Listen to your body. Pay attention to which foods cause you tummy trouble.

Any food that contains carbohydrates (sugars, starches and fibres) can cause gas. Gas is usually the sign of a healthy digestive tract, but when other symptoms also regularly occur, such as pain and bloating, further investigation is warranted.

Irritable Bowel Syndrome (IBS) is a common digestive disorder. The cause of the uncomfortable symptoms is unknown, but disturbances in the nerves that affect the gut’s function are thought to play a role.

These disturbances may be due to the interaction of several factors including genetics, stress and illness. Specific foods do not actually cause IBS but may promote or worsen symptoms in people who already suffer.

Common food items that may cause tummy troubles

fatty foods

onions, garlic, wheat, cabbage, brussels sprouts, beans & lentils

milk products

fibre, too much or too little

fructose, found naturally in fruit and fruit juices & added to processed foods

sorbitol, a sugar alcohol found in sugar-free treats, gum & drinks

caffeine

alcohol



JOURNAL

Try keeping a food and symptom journal for seven days to help you identify if your symptoms are related to your food habits. Did you know? Probiotics and peppermint oil may have a role to play in reducing and improving the symptoms of IBS.

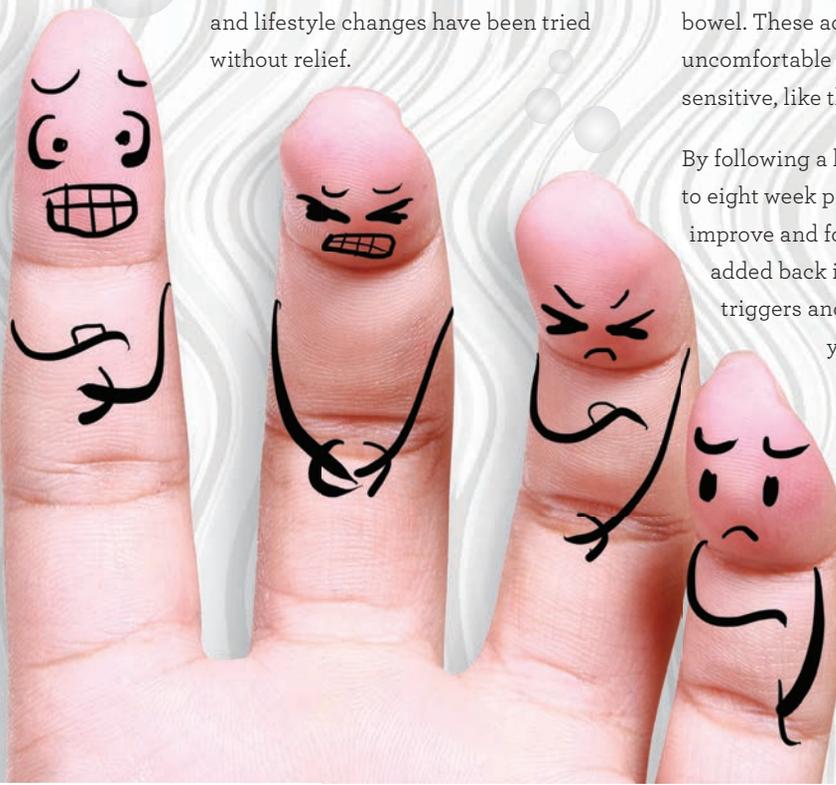
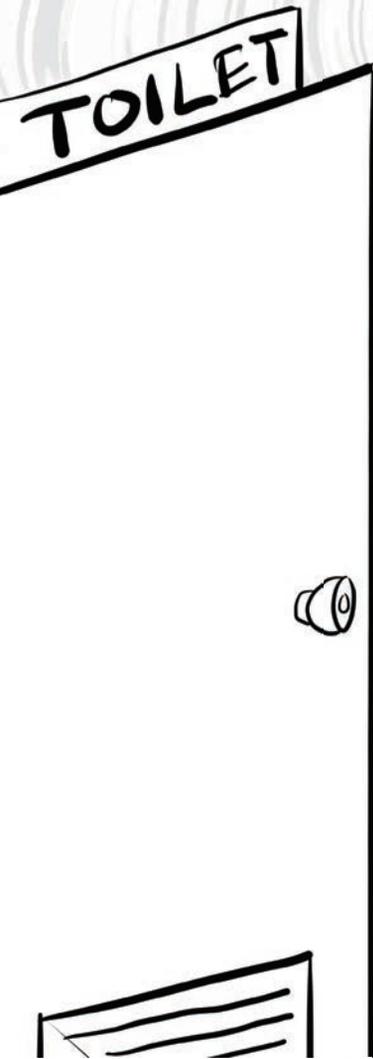
Tummy Triggers?

Some carbohydrates are a real struggle for those with Irritable Bowel Syndrome (IBS) to absorb. **Have you heard of the Low FODMAP Diet?** This strategy is selective about what carbs, including which vegetables, fruit, grains, milk products and legumes, to choose and avoid. This short-term diet may help people with IBS manage their symptoms after other dietary and lifestyle changes have been tried without relief.

FODMAP is an acronym for Fermentable Oligo-, Di-, Mono-saccharide and Polyols. What a mouthful! High FODMAP foods are short-chain carbohydrates that are poorly absorbed in the body. Once they reach the large intestine, bacteria are able to rapidly ferment them into other substances like gas. These high FODMAP foods also tend to pull more water into the bowel. These actions create the uncomfortable symptoms in those who are sensitive, like those with IBS.

By following a low FODMAP diet for a six to eight week period, symptoms may improve and foods can gradually be added back in order to identify food triggers and to improve the variety on your plate. Given the many food restrictions of this temporary strategy, it is meant to be a dietitian-taught diet to ensure you get all of the nutrients your body needs.

Disclaimer: This article is intended as information only and should not replace the advice of your doctor or health care provider.



Grilled Polenta and Vegetables on Red Pepper Fennel Sauce

Try this recipe that is full of flavour and low in FODMAPs, found on the Thrifty Foods website.

There are a few steps required to make this colourful and flavourful meat-free dinner. The polenta and sauce can be

made a day before if needed, and grilled and reheated when ready to serve. The combination of low FODMAP veggies like zucchini, eggplant, yellow peppers, radicchio and spinach add a rainbow of colour and nutrients. Flavour is added to this dish by sautéing a sliced fennel bulb plus red pepper in oil with added spices including cumin, oregano and cayenne pepper. No garlic or onion needed!

 Prep Time: 50 minutes

 Cooking Time: 50 minutes

 Makes: 4 serving

thriftyfoods.com/recipes

Mindful Mouthfuls

Are you mindful towards your feelings of hunger and fullness? Are you able to slow down and enjoy a satisfying meal? Our relationship with food can influence how and why we eat. Take this quiz and consider what a healthy eater might do. 😊

Do you...?

... eat when you are hungry?	Never	Sometimes	Usually	Always
... stop eating when you are satisfied?	Never	Sometimes	Usually	Always
... take at least 20 minutes to eat and enjoy your meal?	Never	Sometimes	Usually	Always
... enjoy all foods and allow yourself to eat your favourites?	Never	Sometimes	Usually	Always
... eat regularly, at least 3 meals per day, plus snacks when hungry?	Never	Sometimes	Usually	Always
... trust your body to make up for occasional overeating or eating treats?	Never	Sometimes	Usually	Always
... eat away from distractions like the TV or phone?	Never	Sometimes	Usually	Always
... eat your meals with others?	Never	Sometimes	Usually	Always

Quiz adapted and used with permission from the Dietitians at the BC Ministry of Children and Family Development.

Healthy eating is:

- Listening to your body
- Flexible without strict rules
- Meeting your nutritional needs
- Balanced and includes a variety of foods
- Enjoyable
- Sustainable over the long-term
- Social! Eating together is linked to better health and eating habits
- Knowing all foods can fit



5



The Power of Scent

Take a deep breath!



Guest
Writer:
Danielle
Greenhalgh,
Vitamins
& More,
Cloverdale

Have you ever walked into a spa, taken in a deep breathe of eucalyptus, and instantly felt the ability to breath deeper? Or caught the aroma of lavender on a sunny spring day and felt your shoulders relax and your mind calm? The benefits and uses of essential oils are endless!

Here are some of our most popular essential oils. Remember, when using essential oils on your skin, be sure to use a carrier oil to reduce the risk of skin irritation. Use a minimum of 1 tablespoon of your carrier oil for each 5 drops of essential oil used. Choose a carrier oil from a natural source with little scent, like grapeseed or avocado oil. Visit our Vitamins & More Department to find the essential oil to meet your needs!

Lavender

Perhaps one of the most familiar and commonly used essential oils, lavender is thought to promote relaxation and calmness.¹ Have a big presentation or exam coming up? Lavender and rosemary have been shown to work in harmony to ease stress and anxiety. Try putting a few drops of a mixture on your temples or wrists. You'll smell lovely

and the aroma will promote mental clarity and relaxation.²

Rosemary

In addition to making food taste delicious, this beautiful plant's essential oils are incredibly therapeutic for headaches and boosting mental awareness. Rosemary is also known for its antibacterial and antifungal properties and when combined with eucalyptus, it's thought to be helpful for coughs and sinus decongestion.²

Eucalyptus

A very powerful expectorant, it can help to clear the body of toxins that make us feel ill.⁽¹⁾ Have a cold? Put a few drops in an oil diffuser at night and reap the benefits of this powerhouse while you sleep. As well, try mixing this essential oil, known for its anti-inflammatory and analgesic nature, with peppermint oil and a carrier oil to make your own vapour rub. Apply it to your chest and/or back to help provide relief from respiratory problems.³ Eucalyptus also has antimicrobial properties that are useful when cleaning your home while also adding a beautiful, natural scent. Try adding it to your laundry detergent or toilet cleaner!

Citronella

Getting ready for camping? This is the essential oil you want to add to your backpack. Many studies have shown the benefits of citronella in warding off mosquitoes and other insects.¹ Try making your own bug spray by mixing one part citronella oil plus ten parts water plus ten parts olive or other oil. Keep the

bugs at bay by spraying the outside of your tent door, your clothes, and around your picnic table as well. It can also deter fleas from our furry friends. Try adding a few drops on their doggie bandana or absorbent collar (not recommended for use with cats).

Did you know?

During allergy season, lavender, eucalyptus, lemon and peppermint may all contribute to reducing congestion, improving mental clarity and helping you and your airway relax. 😊

Sources:

1. The encyclopedia of essential oils: The complete guide to the use of aromatic oils in aromatherapy, herbalism, health, & well being.
2. 21 Magical Uses & Benefits of Rosemary Essential Oil.
3. Top 10 Eucalyptus Oil Uses and Benefits
4. Chemical analysis and therapeutic uses of citronella oil from cymbopogon winterianus: A short review.



Create your own blend!



Guest Writer:
Delvina Beaulac,
Vitamins & More,
South Nanaimo

Making your own blend is a fun part of essential oils. Create a fragrance that is uniquely you!

When blending essential oils, you can choose your oils based on their therapeutic or aromatic qualities. With a few simple guidelines, you can have some very interesting results. For beginners, limit your first attempts to a blend of not more than three oils.

The general rule to go by when creating an essential oil blend is the 30, 50, 20 rule where you use 30% of your first choice, 50% of your second and 20% for the last. When you use your blend, you are going to smell all the oils together first. As time passes, the first will have evaporated which will leave you with your second choice and finally you'll sense your last oil.

Start with a very small batch to test. For example, start with 3 drops + 5 drops + 2 drops. Let the blend rest for a day to set.

After this point, your oils are ready to be smelled!

Next, try diluting some of your blend into a carrier oil. Start with one drop of your essential oil blend to four drops of your carrier oil. You now have a 20% dilution. How does it smell? What do you think? You can further dilute it to a 10% dilution by adding 5 more drops of carrier oil, if needed.

If you like the scent, go with it. Now you can make more of your blend using larger amounts of oils. Remember to let it rest, then bottle it up, label it and use as needed. Personalized essential oil blends make really fun gifts for friends, especially if you include a note about the aromatic properties of your creation. The possibilities are endless! 🌸

Satisfying Sips

Whatever your day brings, we have a beverage for you!

Visit the Thrifty Foods website to find all the recipes for these satisfying sips.

thriftyfoods.com/recipes

Green Goodness Smoothie

 Prep Time: 10 minutes  Cooking Time: 5 minutes  Makes: 3 (about 1 cup) servings

Dairy-free day starters

- Green Goodness Smoothie (also low in FODMAPs)
- Papaya Smoothies with Citrus & Soy
- Pineapple Smoothies with Coconut, Ginger & Lime
- Matcha Tropical Fruit Smoothies
- Five-Fruit Tofu Smoothies

Recovery smoothies for after your workout

- Blackberry, Hemp Hearts & Yogurt
- Citrus Fruit
- Fruit & Homemade Protein Powder
- Greek Yogurt with Pomegranate, Berries & Honey
- Orange Banana

Rainy day comfort cups

- Café Mocha
- Hot Ginger & Coconut Tea
- Soy Milk Chai Tea
- Hot Chocolate with Cinnamon & Chili
- Mulled Apple & Pomegranate Juice

Drinks for your deck

- Pomegranate & Lemon Spritzers
- Tropical Breeze
- Raspberry Iced Tea
- Watermelonade
- Strawberry Mimosa

Smoothie Boosts!

Smoothies are the perfect vehicle to carry a nutrition booster. Try adding these products, found in our Vitamins & More Department, to your usual recipe for a protein, fibre and nutrient boost for your beverage. Blend away!

- Quinoa, powder or flakes
- Chia or flaxseed, ground
- Protein Coconut Water
- Fish Oils
- Cacao nibs
- Protein Powder
- Greens Powder
- Nutrient Booster Powders