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THIRTY FOODS

# wellness

let's get growing!

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# Let's get growing!

## Summer is in full swing!

From the beauty of flowers to the bounty of gardens, new growth is all around us. What a great time to experiment with new foods! Incorporating sprouted foods into your meals is an easy way to cultivate your nutrition. Sprouted whole grains are grains that have been soaked and left to germinate. This process unlocks essential enzymes, making the grain easier to digest and perhaps increasing the nutritional value.

Fermented foods are also the product of growth, bacterial growth that is. This traditional food preservation technique allows for the expansion of friendly bacteria that provides us with many health benefits including nurturing your internal garden. Try our new recipe using fermented pasta perfect for a potluck or picnic.

New growth is also flourishing in many homes with new babies and tiny tummies to love and feed. Feeding recommendations for little ones seem to change constantly! Read on for more information about your best food choices for pregnancy, starting solids with your baby and feeding your toddler.

Finally, we provide some suggestions for building a rainbow on your plate. With the abundance of fresh produce currently available, adding colour to every meal and snack is a breeze. How many colours have you eaten today? 🍓 ~Jodi



**Jodi Holland**  
**Registered Dietitian**  
*Nutrition Services*  
*Thrifty Foods* 🍓



# Happening Whole Grains

We've all heard the health benefits of whole grains, but what if there was a way to make the nutrients in the grain more available to your body or perhaps make the grain easier to digest?

A whole grain includes all three edible parts of the seed, which are all necessary for creating a new plant. The innermost part, the nutrient-rich germ, is the plant embryo and it's surrounded by the starchy endosperm for nourishment, which is protected by the outer bran layer that is rich in fibre and B vitamins. Under ideal conditions sprouting can begin. It is this process that continues to

offer us all the benefits of whole grains, but with added bonuses.

During sprouting, some of the starchy portion of the grain will be used by the new sprout to fuel its growth. This may account for the nutritional differences between sprouted and regular grains, as the sprouted grain will now have less starch in relation to protein, vitamins, and minerals. Enzyme activity also transforms the starchy endosperm into smaller and easier to digest molecules. Of course this depends on the seed, the conditions used and for how long it sprouted.

As we try to make at least half our grain choices whole remember that all sprouted grains are whole grains! Seek out sprouted grains throughout the store, from breads and cereals to rice and quinoa. Which is your favourite? 🌱

Research shows that sprouting may:

**Improve key nutrients like vitamin C, folate, fibre and antioxidants**

**Make the grain easier for us to digest**

**Have a lower glycemic impact on our blood sugars**

*Quinoa Salad with Fruit & Nuts* [thriftyfoods.com/recipes](http://thriftyfoods.com/recipes)

# Looking for some culture?

What do kefir, yogurt, kombucha, sauerkraut and kimchi all have in common? They have all gone through an ancient technique of preservation: fermenting!

Fermented foods have long been celebrated throughout the world going back many millennia. While the fermenting process was once used as a way to preserve food, it has since been recognized as a simple (and delicious) way to incorporate the benefits of living, probiotic foods into your diet.

Fermented foods have gone through the process of fermentation in which 'good' bacteria feed on the carbohydrates (sugars) in the food to create lactic acid. Lactic acid is what lends a common factor

to all of these foods: a pleasing sour taste. During the ferment, certain beneficial effects occur including the formation of naturally occurring enzymes, as well as B-vitamins and various probiotic strains.

By now, most of us are familiar with the benefits of including probiotic foods in our diet. From improved intestinal health, increased immune function and optimal digestive activity, people are beginning to explore the benefits of introducing live and active cultures into their diet.

Since discovering how much of an asset it is to include a variety of fermented and cultured foods in my diet, I have started to brew my very own kombucha, culture kefir and ferment a super spicy kimchi.



Guest Writer: Meghan Wiles  
*Vitamins & More, James Bay*

It is an easy, convenient and economical way to ensure I always have living foods included in my regular diet. If this is something that you feel you would like to try, there is a plethora of information available at your local library.

What are you waiting for? With the warm weather I recommend grabbing a refreshing, slightly sweet and effervescent kombucha to cool down. Fire up the barbecue and pile the kimchi on your burger and try this new recipe using fermented pasta. Your body will thank you! 🍷



Prep Time: 30 minutes



Cooking Time: 5 minutes



Makes: 8 servings

## For the dressing:

1 cup no-fat Greek yogurt

¼ cup orange juice

1 Tbsp. lemon juice

1 Tbsp. honey

1 Tbsp. extra virgin olive oil

½ tsp. ground cumin

⅛ tsp. cayenne pepper

Salt to taste

## For the salad:

3 cups Kaslo Sourdough Pasta, such as radiatore

2 tsp. extra virgin olive oil

7 oz. (200g) broccoli crowns, cut into small florets

1 bunch radishes, trimmed and sliced

2 cups cooked, diced chicken breast (see Note)

4 green onions, thinly sliced

1 cup grated asiago or other tangy cheese

2 to 3 Tbsp. fresh oregano leaves

1 pint (551 mL) mixed colour cherry tomatoes, halved

¾ cup pitted black olives, sliced

**Step 1:** Make dressing by combining its ingredients in a bowl. Cover and refrigerate until needed.

**Step 2:** Make salad by boiling the pasta in a generous amount of lightly salted water until just tender (see package for suggested cooking time). Drain well, cool pasta in ice-cold water, drain well again, set in a bowl and toss and lightly coat with the 2 tsp. olive oil.

**Step 3:** Place half the pasta in the bottom of a 12-cup glass salad bowl. Top that pasta with a layer of broccoli, layer of radishes and layer of the chicken. Top the chicken with the green onion and half the cheese and oregano, and then set on the remaining pasta. Top that pasta with the cherry tomatoes, olives, remaining cheese and oregano.

**Step 4:** Cover and refrigerate salad until ready to serve with the dressing. The salad and dressing can be made a few hours in advance of serving.

**Note:** If not preparing your own, cooked chicken breast is available in our Deli and Meat Departments. You can also use meat from the cold, Deli barbecue chickens we sell for this salad.

**Per Serving:** About 299 calories, 22.7g protein, 9.5g fat (3g saturated + 0.1g trans fat), 30.5g carbohydrate, 3g dietary fibre, 40mg cholesterol, 455mg sodium, 6.3g sugars %RD: 15% calcium, 11% iron, 15% fat, 3% saturated + trans, 19% sodium, 10% carbohydrates, 12% fibre 14% vitamin A, 62% vitamin C

## LAYERED PASTA SALAD

*with Greek Yogurt Dressing*



# Growing a baby?

Pregnancy is a time when women pay extra attention to their nutrition, and rightly so! Good nutrition is crucial for growing a healthy baby. Don't worry, improving your nutrition while pregnant is not as complicated as you may think!

The most important healthy eating concept for pregnancy is quality over quantity. Many women feel they should eat double portions as they are "eating for two," but this is not true. In fact, you only need one extra snack per day to help your baby grow. The quality of your food choices is the key. Aim to eat twice as healthy, not twice as much.

Eating regularly will give you energy for your day while building a healthy baby,

and may keep nausea at bay.

Follow these tips for healthy meals:

- Add vegetables or fruit to every meal and snack to maximize the vitamins and fibre you get.
- Include whole grains at each meal for energy, fibre and important vitamins.
- Have a protein-rich food at every meal and snack; you need more in pregnancy.
- Eat every 2-3 hours, about 3 meals and 2-3 snacks per day.

Include a variety of foods in the following chart to make sure you get the baby-building blocks you need!



**Guest Writer:**  
**Karalee Boschung**  
*Dietetic Intern*

A daily prenatal multivitamin that includes folic acid and iron is recommended for pregnant women.

Visit the Vitamins and More Department to find the supplement that meets your needs or speak with our pharmacists to learn more about our Baby Be Healthy Program.

Use these simple tips and you are well on your way to growing a healthy baby! 🍌

Baby Building Block	Food Sources	Key Role	Try this recipe found at <a href="https://thriftyfoods.com/recipes">thriftyfoods.com/recipes</a> to incorporate these food sources:
Folate	<ul style="list-style-type: none"> <li>• Dark green vegetables like spinach and broccoli</li> <li>• Chickpeas, beans and lentils</li> <li>• Enriched grains</li> </ul>	<ul style="list-style-type: none"> <li>• Develops red blood cells.</li> <li>• Essential for spinal cord development and prevention of some birth defects.</li> </ul>	Curried Chickpea and Cauliflower
Iron	<ul style="list-style-type: none"> <li>• Red meat and poultry</li> <li>• Fish and seafood</li> <li>• Eggs</li> <li>• Chickpeas, beans and lentils</li> <li>• Nuts and seeds</li> <li>• Oatmeal and cereal</li> <li>• Blackstrap molasses</li> </ul>	<ul style="list-style-type: none"> <li>• Helps to transport oxygen in the blood.</li> <li>• Promotes growth and healthy birth weight.</li> <li>• Prevents anemia for the mother.</li> </ul>	Lean Ground Beef Burgers with Asiago Cheese and Grilled Vegetables
Calcium	<ul style="list-style-type: none"> <li>• Milk products</li> <li>• Fortified milk alternatives like rice or coconut</li> <li>• Leafy greens</li> <li>• Canned fish with bones</li> <li>• Tofu</li> <li>• Beans, white or navy</li> <li>• Almonds</li> </ul>	<ul style="list-style-type: none"> <li>• Develops healthy bones and teeth.</li> </ul>	Strawberry, Mango and Banana Parfait
Vitamin D	<ul style="list-style-type: none"> <li>• Fish, including salmon, snapper, mackerel, halibut and sardines</li> <li>• Milk or fortified milk alternatives like soy or almond</li> <li>• Egg yolk, cooked</li> </ul>	<ul style="list-style-type: none"> <li>• Helps with calcium absorption for developing healthy bones and teeth.</li> <li>• Keeps immune system healthy.</li> </ul>	Zucchini and Sun-dried Tomato Frittata
Omega-3 Fatty Acids	<ul style="list-style-type: none"> <li>• Fish and seafood – aim for 2 servings (150 g) each week</li> <li>• Fortified foods like omega-3 eggs</li> <li>• Soy products</li> <li>• Chia or flaxseeds</li> <li>• Walnuts</li> </ul>	<ul style="list-style-type: none"> <li>• Helps develop brain and eyes.</li> </ul>	Cedar Plank Sockeye Salmon with Citrus and Pepper

# Complementary Cuisine

Your baby is now 6 months old.

Congratulations! You've reached another milestone in your baby's development.

At this age your baby is likely showing off their good head control, ability to sit with little support and a great interest in what is on your plate. By beginning to offer your baby solid food, in addition to their breastmilk or formula, you are providing important nutrients as well as opening the world of new flavours, textures and feeding skills for your baby.



So, where to start? Gone are the strict rules of what and when to offer certain foods to your little one.

## How much food is enough?

Young children have the innate ability to regulate their intake. Who hasn't seen the toddler at the birthday party pass up cake after lunch for a chance to play instead? Base the frequency of feedings on your child's hunger and fullness cues and gradually increase the amount of food offered with age. Responsive feeding, such as this, will help your child learn and trust their body.

## What about food allergies?

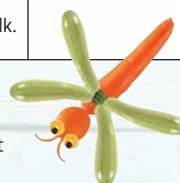
Delaying the introduction of common food allergens (including peanuts, fish and eggs) for babies with no family history of allergies, has not been shown to reduce the risk of developing a food allergy. These foods may be offered after 6 months of age, in a suitable format. Introduce one new food every few days. If your family has a history of food allergies, discuss the introduction of these foods with your healthcare provider first.

## Baby it's hot outside!

Babies under 6 months of age get all the hydration



Age	How often should solids be offered?	What foods should I offer?	Try this:
6–8 months	<ul style="list-style-type: none"> <li>Start slow and work up to 3-5x/day.</li> <li>Offer food with breastmilk or formula feedings or in between as snacks.</li> </ul>	<ul style="list-style-type: none"> <li>Introduce iron-rich foods first, such as meat and alternatives or iron-fortified cereals.</li> <li>Other complementary foods may be added as tolerated (vegetables, fruit, grains, yogurt and cheese).</li> </ul>	<p>Offer soft foods that are mashed, minced, chopped or grated, as tolerated:</p> <ul style="list-style-type: none"> <li>Ground meats or fish</li> <li>Soft tofu, legumes or hard-boiled egg</li> <li>Iron-fortified cereals</li> <li>Cooked veggies including green beans, broccoli, carrots or sweet potatoes</li> <li>Soft fruits including cooked or canned pears or banana</li> <li>Strips of whole wheat toast</li> <li>Full-fat plain yogurt</li> </ul>
9–11 months	<ul style="list-style-type: none"> <li>Offer solids 4-5x/day.</li> <li>Solids are becoming a larger part of your baby's diet, but continue with breastmilk or formula feedings.</li> </ul>	<ul style="list-style-type: none"> <li>Continue to offer a variety of foods and textures.</li> </ul>	<p>Offer pieces of soft foods in varying textures as tolerated:</p> <ul style="list-style-type: none"> <li>Minced or chopped meats or cooked or canned fish</li> <li>Tofu or legumes</li> <li>Iron-fortified cereals</li> <li>Cooked veggies including broccoli, zucchini, cauliflower or squash</li> <li>Avocado, peach, melon or kiwi</li> <li>Pasta, rice or bread</li> <li>Grated or small cubes of cheese</li> </ul>
12 months	<ul style="list-style-type: none"> <li>Develop a regular schedule of meals and snacks for your child. Continue with breastmilk or wean formula to whole milk.</li> </ul>	<ul style="list-style-type: none"> <li>Offer a wide variety of family foods.</li> </ul>	<p>Try these recipes found at <a href="http://thriftyfoods.com/recipes">thriftyfoods.com/recipes</a>:</p> <ul style="list-style-type: none"> <li>No Fuss Vegetarian Lasagna</li> <li>Quick and Tasty Cod Fish Bake</li> <li>Turkey Cupcakes with Potato Frosting</li> </ul>



Source: Health Canada and Dietitians of Canada

they need from their breast milk or infant formula. After 6 months, water is the perfect fluid to quench baby's thirst in between feedings.

## Feeding Strategies

We know that babies need to experience a variety of textures. Some families prefer to progress the texture of their baby's food from pureed to mashed to minced and cut-up. Other families have great success by letting their baby lead the way and self-feed with appropriate finger foods from the get go.

Whichever method, or combination, works for your family, keep the following points in mind:

- Offer a variety of foods, including iron-rich choices.
- Always supervise your baby when they are eating.
- Learning to eat from a spoon and self-feed with finger foods are both important skills.
- Regular growth monitoring throughout the first two years of life is recommended to ensure your baby is getting what they need. 🍽️

# Feeding Tiny Tummmies



Toddlers and preschoolers have small stomachs and high calorie needs. Ensuring they get what they need while taking the time to help them explore and enjoy food can be a big job. Children continue to learn about food and how to become good eaters until adulthood and beyond. Think about how your palate has changed since you were a child.

Young children are very good about regulating their intake based on their needs. When we try to control how much our children eat we interfere with their internal cues. This is where the feeding relationship fits in.

Based on feeding expert Ellyn Satter's Division of Responsibility, this relationship provides your child with the tools they need to become a healthy eater with less stress for you.

Offering regular meals and snacks with a variety of foods throughout the day, including healthy favourites plus new foods,

provides your child with numerous opportunities to meet their needs.

For some children trying a new food is difficult. Some children are just more cautious, not interested or just like what they like! Exposure is the most powerful tool to acceptance. Try these tips to make the unfamiliar familiar.

- Provide a good example. Your kids look up to you and want to be like you (someday). If you eat broccoli, it must be good!
- Dine together. The benefits of family meals are extensive.
- Get them involved! Helping with grocery shopping, planting a garden, cooking or setting the table gives your child a vested interest in the meal.
- Provide a choice. Family-style meals are a great way for your child to build their healthy plate based on what foods you have provided.

## The Feeding Relationship

Parent's Job	Child's Job
Decide ...what food to offer. ...when food will be offered. ...where food will be offered.	Decide ...whether to eat or not. ...how much to eat.

- Change the intention of mealtimes from getting your kids to eat to helping them explore and enjoy food. Having a separate "learning plate" beside their dinner plate can be a neutral way for selective eaters to study their food without added pressure. Perhaps add a magnifying glass to the cutlery.

Overall it's your child's attitude and behaviour around food and eating that are more important than what they may or may not eat on a certain day. Any chance to learn about food is a good one! Get them into the kitchen to help you make these easy and energy packed, No-Bake Peanut Butter Balls. 🍪



## No-Bake Peanut Butter Balls



Prep Time: 25 minutes, plus chilling time



Cooking Time: None



Makes: 18 balls

1 cup large flake rolled oats

¾ cup natural peanut butter, mixed very well

½ cup unsweetened medium coconut flakes

⅓ cup honey

1 Tbsp. chia seeds

2 tsp. ground flax seeds

1 tsp. pure vanilla extract

Pinch salt

Coatings to taste, such as toasted sesame seeds, coconut flakes and/or mini chocolate chips

**Step 1:** Place the first 8 ingredients in a medium bowl and mix very well to combine.

**Step 2:** Line a baking sheet with parchment paper. Measure and set heaping tablespoon amounts of the oat mixture on the baking sheet. Lightly moisten your hands with cold water and roll the measured

amounts into balls and set back on the baking sheet.

**Step 3:** Set your coatings of choice on individual small plates. Roll a ball in one of the coatings, and then set back on the baking sheet. When coating a ball with the mini chocolate chips, you don't need to completely cover it, but you will have to press on the chips to help them adhere and reshape the ball, as needed. If you want to serve the peanut butter balls on lollipop sticks as shown in the photo, after coating, insert a lollipop stick into the centre of each ball, then gently press and shape the ball to make it round again and help it adhere to the stick.

**Step 4:** Tent the balls with plastic wrap and refrigerate at least 60 minutes to firm up. Keep the peanut butter balls refrigerated until ready to enjoy.

**Per ball:** About 136 calories, 3.7g protein, 8.6g fat (2.9g saturated + 0g trans fat), 13g carbohydrate, 2.2g dietary fibre, 0mg cholesterol, mg sodium, 6.9g sugars % : 1% calcium, 5% iron, % fat, 3% saturated + trans, 0% sodium, 4% carbohydrates, 9% fibre 0% vitamin A, 0% vitamin C

# Build a rainbow!

Richard of York gave battle in vain.

This is the mnemonic my grade 4 teacher taught us to remember the colours of the rainbow (red, orange, yellow, green, blue, indigo and violet).

Today, I prefer this one: We **Pick BC First** for **Fruits & Veggies** (potassium, beta-carotene, folate, fibre and vitamin C)! The combination of these nutrients along with others, help improve our health today and protect it for the future. Fresh, frozen, canned or dried, choosing local varieties when available has so many benefits.

## A rainbow of benefits!

- Pump up potassium!

This mineral can help lower blood pressure and may lower your risk of heart disease and stroke.

- Eye want it. Beta-carotene is a

carotenoid that your body converts to Vitamin A. This vitamin helps maintain normal vision and keeps your eyes, skin and immune system healthy.

- Full of folate. This B vitamin helps to keep your blood healthy by making red blood cells.

- Double duty! Fruits and veggies can contain both soluble and insoluble fibre. Soluble fibre may help to lower blood cholesterol and control blood sugar levels. Insoluble fibre can help keep your bowels

regular and may protect against colon cancer.

- A valuable vitamin. Vitamin C is important for growth and repair of bones, teeth, skin and other tissues and helps to keep your immune system healthy.<sup>1</sup>

Fill your basket with a rainbow of colours!  
How many colours have you eaten today? 🍌



Red	Orange/Yellow	Green	Blue/Violet	White
<ul style="list-style-type: none"> <li>• Red Pepper</li> <li>• Tomato</li> <li>• Beets</li> <li>• Watermelon</li> <li>• Strawberries</li> <li>• Raspberries</li> <li>• Cherries</li> </ul>	<ul style="list-style-type: none"> <li>• Sweet Potato</li> <li>• Carrots</li> <li>• Papaya</li> <li>• Cantaloupe</li> <li>• Mango</li> <li>• Pineapple</li> <li>• Apricots</li> <li>• Lemon</li> <li>• Nectarine</li> </ul>	<ul style="list-style-type: none"> <li>• Kale</li> <li>• Spinach</li> <li>• Swiss Chard</li> <li>• Broccoli</li> <li>• Lettuce</li> <li>• Kohlrabi</li> <li>• Peas</li> <li>• Bok Choy</li> <li>• Kiwi</li> </ul>	<ul style="list-style-type: none"> <li>• Eggplant</li> <li>• Blackberries</li> <li>• Plums</li> <li>• Blueberries</li> <li>• Purple Grapes</li> </ul>	<ul style="list-style-type: none"> <li>• Cauliflower</li> <li>• Mushrooms</li> <li>• Jicama</li> <li>• Potato</li> <li>• Banana</li> <li>• Parsnip</li> <li>• Pear</li> <li>• Onion</li> </ul>

<sup>1</sup>Source: Practice-based Evidence in Nutrition, Dietitians of Canada