

Welcome 2016!

A new year can be the fresh start we all need to motivate and inspire us to achieve our wellness goals throughout the upcoming year. Having thoroughly enjoyed the merriment and all its accompaniments of the holiday season, I'm ready to tackle 2016 with a renewed and holistic focus. You in?!

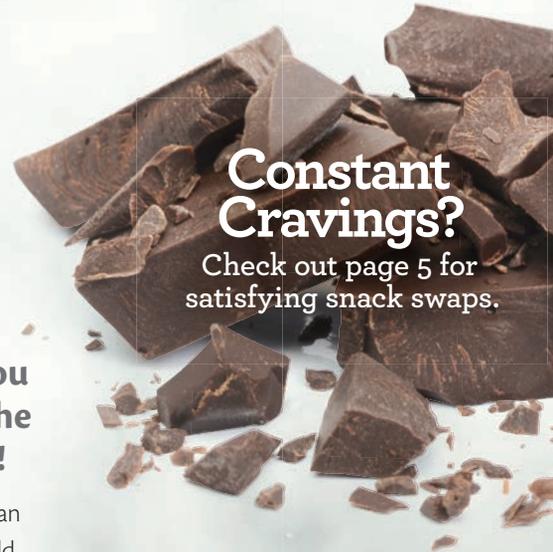
Nutrition trends continue to catch my attention, and my desire to learn about new foods and try new products is enhanced by certain nutrients that can play a strong role in my health. Of course, healthy eating is not just about eating more protein or taking a probiotic. Enjoying a variety of whole, nutrient-rich foods in a manner that nourishes both our body and mind is the goal. Mindfulness during our meals

and snacks can lead to moderation as well as a healthier plate. This month we also offer some tips to get moving.

January is the perfect month to use those cozy mitts, scarves or boots you may have received over the holidays, and get outside!

We know when we move our body we can also clear our mind, relieve stress and build our desire for a delicious meal. What are your wellness goals this year? Let us help you get there, one visit at a time.

Jodi Holland, Registered Dietitian
Nutrition Services Thrifty Foods



Constant Cravings?

Check out page 5 for satisfying snack swaps.



I've got the power!

Try these easy recipes for a protein, omega-3 fat, fibre and probiotic boost!



Fruit & Homemade Protein Powder Smoothie

This fruit-flavoured, protein-rich smoothie should give you a sustained energy boost and a great start to your day.

½ cup mixed frozen berries (see Note)

½ banana

¾ cup homemade protein powder

¾ cup pomegranate juice

¼ cup no-fat Greek yogurt

½ tsp grated fresh ginger

Honey or maple syrup, to taste
(optional)

✂ Prep Time: 5 minutes

📅 Cook Time: None

👥 Makes: 1 smoothie

Place all ingredients in a blender and pulse until very smooth. Or place all ingredients in the cup that came with your immersion blender and blend. Pour into a glass and serve.

Note: The frozen berries used in the recipe are sold in boxes and bags in our frozen food aisle. Fresh berries, of course will also work in this.

Per serving: About 380 calories, 16.8g protein, 8.8g fat (1.7g saturated + trans fat), 63.4g carbohydrate, 5.6g dietary fibre, 6mg cholesterol, 128mg sodium, 44.1g sugars %RDI: 25% calcium, 16% iron, 14% Fat, 2% Saturated + Trans, 5% Sodium, 21% Carbohydrates, 22% Fibre 11% Vitamin A, 10% Vitamin C

Homemade Protein Powder

This homemade protein powder is easy to make and allows one to control the quality of ingredients used to make it. Blend into drinks such as smoothies, add to baked goods such as muffins, or mix into savoury things such as meat loaf. ½ cup contains just under 10 grams of protein.



✂ Prep Time: 5 minutes

📅 Cook Time: None

👥 Makes: 2 ½ Cup

1 ½ cups skim milk powder (see Note)

½ cup whole, blanched almonds (see Note)

½ cup large flake rolled oats

¼ cup quinoa flakes

¼ cup hemp hearts

2 Tbsp nutritional yeast flakes

Place all the above in a food processor and pulse until a fine powder is created. Transfer to a tight-sealing jar and store at cool room temperature.

Note: Skim milk powder is sold in bags in our baking supply aisle. The rest of the ingredients are available in our Bulk Foods and Vitamins & More departments.

Per 1/3 cup serving: About 155 calories, 9.5g protein, 6.5g fat (0.6g saturated + 0 trans fat), 15.8g carbohydrate, 2g dietary fibre, 2mg cholesterol, 74mg sodium, 7.2g sugars %RDI: 17% calcium, 10% iron, 10% Fat, 1% Saturated + Trans, 3% Sodium, 5% Carbohydrates, 8% Fibre 9% Vitamin A, 2% Vitamin C

Noteworthy Nutrients

Nutrition trends come and go, but those with the science behind them tend to have more staying power. Nutrients play a role in maintaining our wellness and, for some, we've only scratched the surface in regards to their benefits. 🍷

Power up with Protein

Whether you prefer your protein from pork, pinto beans or protein supplements, the push for this essential nutrient is popular! Most Canadians do consume the recommended amount of 10 to 35 per cent of their total calories as protein, so why all the fuss?

Eating protein-rich foods at regular times throughout the day can help you feel full longer and keep your blood sugar steady. As well, protein is a building block for every cell in your body and is essential for maintaining and building our muscles, especially as we age or when we exercise. Speak with our Vitamins and More team for protein possibilities, and try these ideas.

How to get enough:

- Plant power! Challenge yourself to a meatless meal at least once a week. Beans, lentils, tofu, nuts and seeds are great protein sources, and can contain other nutrients like fibre, folate and

healthy fats that you don't find in meats. Check out www.thriftyfoods.com/recipes for some plant protein power recipes!

- Enjoy leaner cuts of meat, such as beef or pork tenderloin, lean ground meats and skinless poultry and fish.

- Try adding a protein-rich food to your everyday favourites. Sprinkle Nutritional Yeast Flakes from our Bulk Foods Department on popcorn, soups and salads. Two tablespoons provide nine grams of a complete protein plus a significant source of fibre and B vitamins!

- Protein bars and powders are quick, convenient and available in a variety of protein sources. Add protein powder to your baking or even your coffee! Chat with the staff in the Vitamins and More Department to find the product that meets your needs, or try our recipe for Homemade Protein Powder!

Roast Salmon
on Moroccan Quinoa Salad
thriftyfoods.com/recipes



Fishy Fatty Acids

The omega-3 fatty acids found in fish, DHA and EPA help to keep our hearts healthy and play a role in normal brain and eye development in babies.

They are also involved in many other important functions in our bodies.

How to get enough:

- Fancy fish? Plan for two servings of fish every week for an omega-3 fat and protein punch!
- Add some seeds! Flax, hemp and chia seeds contain ALA, an omega-3 fatty acid also found in canola and soybean oil, soy products and walnuts. Some ALA can be converted to heart healthy DHA and EPA in the body. Try adding whole chia seeds to smoothies, sauces or even meatballs!
- Not a fish fan? Fish oil supplements can also provide you with these healthy fats and work swimmingly in a smoothie. Don't worry, they don't taste fishy! Visit Vitamins and More for our supplement selection.

Fill me up Fibre

Want to lower your cholesterol, control your blood sugar levels and have improved bowel health? Make fibre your friend! Remember to pair fibre-rich foods with plenty of fluids.

How to get enough:

- Include fruits and vegetables at every meal and snack.
- Go for the (whole) grain! Enjoy oats, barley, brown rice, quinoa and other whole grain breads, cereals and pasta every day.
- Love legumes! Add canned or cooked peas, beans and lentils to soups or sauces, or use hummus as your dip.
- Sprinkle seeds or toasted nuts on salads, cereals or yogurt.
- Read labels! High-fibre foods have four or more grams of fibre per serving.

Probiotics: Find your inner ninja!

Probiotics are "good" bacteria or yeast that can support a healthy digestive and immune system by balancing good and bad bacteria. Probiotics are naturally found in our bodies, as well as in some foods and supplements.

How to get enough:

- Feed them! Probiotics are a food source that helps the good bacteria grow and multiply in the colon. Inulin is a common prebiotic found naturally in artichokes, bananas, onions and whole grains.
- Enjoy kimchi, kefir, kombucha and other fermented foods that are packed with probiotics.
- Include foods that may be fortified with probiotics like milk, yogurt and cheese.
- Speak with our pros about probiotic supplements in our Vitamins and More Department.

Constant Cravings?

It's like clockwork. That deep desire for an afternoon pick me up.

Sweet, salty, crunchy or creamy ...what's it going to be today? 😊

Sound familiar? Even people with healthy diets that routinely meet their energy and nutrient needs can be tempted. Afternoon cravings can arise due to a daily habit or a tempting environment. Did I hear there are cookies in the lunch room again?

But regular eating and snacking can be good for us, right? Exactly! Snacks can keep us energized, manage our hunger and provide additional nutrients.

Tips for constant cravings:

- Have a plan in place when those afternoon munchies hit including having a healthier choice on hand.
- Distract yourself. Try a walk around the office, or rehydrating with a glass of water. This may be the pick me up you need.
- Enjoy those sweet treats now and again by savouring a smaller portion.

Sweet

Fruit! Frozen, fresh or dried.

Try sprinkling coconut on pineapple pieces, dig into some dates or freeze some grapes or berries for a refreshingly sweet snack.

Carbonated water with a splash of juice.

A warm mug of hot cocoa made with your favourite milk beverage.

A few squares of dark chocolate. Choose one with at least 60% cocoa solids for a heart healthy boost.

Salty or Savoury

Season a hard-boiled egg with your favourite spice.

Cheese or salsa with crackers

Olives

Roasted seaweed snacks

Crunchy

Raw veggies

Popcorn

Pretzels

Nuts and seeds

Roasted chickpeas

Whole grain cereal

Creamy

Greek yogurt

Cream cheese

Nut butter

Hummus

Oatmeal

Avocado



Try these satisfying snack swaps!
Remember to combine at least two food groups for a good mix of nutrients and measure a practical portion.



I like to move it!

Guest Writer: Krista Enderud
Fitness Programmer, Recreation Oak Bay



Adding more physical activity to your daily routine doesn't have to be complicated or expensive. Simply adding a few extra steps into your day can be fun and rewarding while providing multiple health benefits. Choose activities that you enjoy and find interesting to help keep you motivated for lifelong fitness.

Keep it Simple

- Simply start by walking, taking the stairs, going for a bike ride or buying a skipping rope.

Break it up

- No time? Break it up! Break activity up throughout your day to make it easier to fit in. Even 10 minute segments a few times a day can be just as effective as 30 consecutive minutes. Try a short walk in the morning and again after dinner.

Work Together

- Do it together! Working out in pairs or groups is a great way to stay motivated and make fitness fun.

Take it Outdoors

- Try hiking, biking, kayaking and swimming to name a few, all while enjoying the natural surroundings.

Set Reminders

- Make fitness easily accessible and hard to forget by leaving simple fitness tools around the house as reminders. Leave a yoga mat, hand weights or a foam roller in your living room and practice a few exercises during commercial breaks. Set reminders on your phone or email at work to encourage you to get up, stretch and move throughout the day.

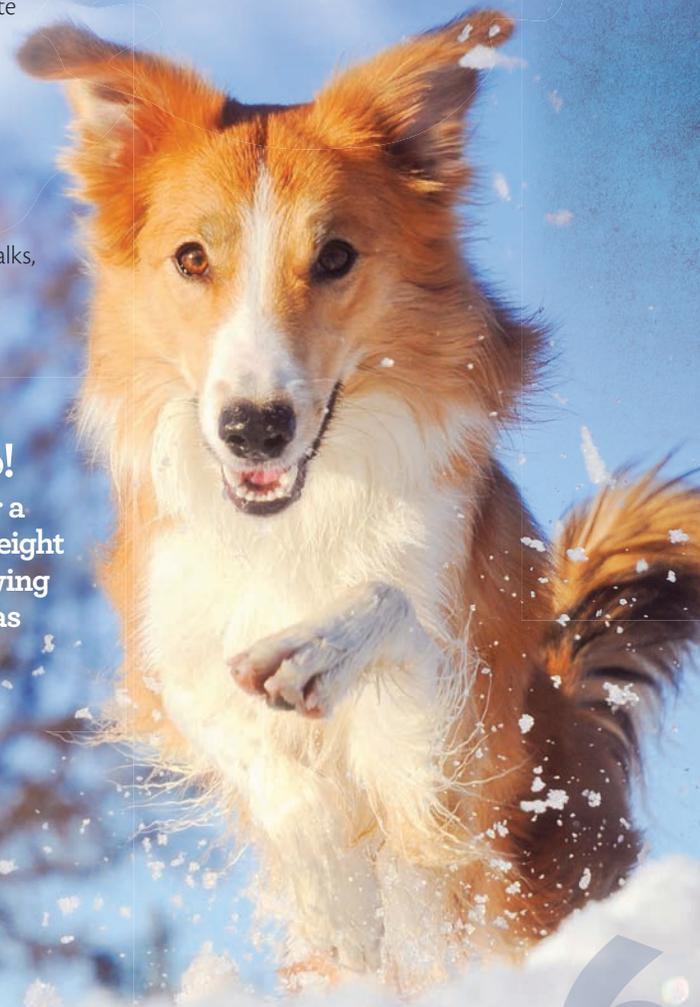
Work as a Team

- Get your workplace and co-workers involved by scheduling walks on your lunch break, cycle to work or create a team with your co-workers and participate in a local run or fitness challenge.

Family Fun

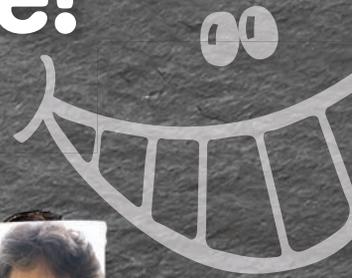
- Plan fitness activities the whole family can enjoy such as nature walks, cycling, swimming or games.

Pets can play too!
Let your pets take you for a walk! Include simple bodyweight exercises in-between throwing the ball for the dog such as pushups and squats.



We work at Vitamins and More!

What's your super power?



Our Wellness Goals for 2016



Jodi Holland, Registered Dietitian
Nutrition Services Thrifty Foods 🍷

My wellness goal is to prepare at least one new recipe each week. Variety is the spice of life!

Linda (Coquitlam): Use less sugar and improve my fitness.

Anthony (Central Saanich): I plan to get my heart rate up and move!

Robyn (Central Saanich): Listen to my hunger cues and eat regularly to limit cravings and regulate my blood sugar.

Geoff (Admirals Walk): Learn more about how our food choices affect the environment. Eat well, save the world and rejuvenate at the same time!

Diane (James Bay): To rise in the morning for Sadhana meditation and yoga practice. To judge less and listen more.

Shannon (James Bay): Include all food groups in every meal.

Delvina (Nanaimo):

Spend more time on my mountain bike and enter a 50 km bike race in the fall!

Lisa (Maple Ridge):

Continue to build physical strength, schedule time for myself regularly and keep my immune system strong by working with my naturopath, chiropractor and MD.

