

Nutrition month: Fuel your active lifestyle with better eating habits

By JOAN DELANEY
Epoch Times Staff

Stay active. Eat like a Champion. That's the theme of National Nutrition Month, taking place in March. Throughout the month thousands of registered dietitians across the country will be showing Canadians how easy it is to make better food choices to improve their fitness.

"Each March, Dietitians of Canada challenges Canadians to look at their eating habits and make a change for the better during Nutrition Month," said Thida Ith, registered dietitian and national spokesperson for Nutrition Month, in a news release.

A new Ipsos Reid/Dietitians of Canada survey released in support of Nutrition Month found that although seven in 10 (68 per cent) Canadians say they have changed their eating habits in the last

year to improve their fitness level, 85 per cent admit their eating habits could use "some improvement."

"The results of the new Ipsos Reid survey show that Canadians are getting the message that healthy eating and physical activity go hand-in-hand. Still, there is much work to be done and dietitians can help," said Ms. Ith.

During the month dietitians will be dishing out lots of advice, including the following top three tips:

1. Forget muscle building or weight loss supplements; fuel your active lifestyle with real food from Canada's Food Guide. Before exercise, fuel your body with a small meal that is mostly carbohydrate with some protein and a little fat. A good example is a peanut butter sandwich on whole grain bread with a banana and a glass of water.

2. Stay hydrated throughout the day; drink water before, during and after your

workout. Water is not the only beverage, however, that provides hydration—beverages like milk, soy beverages, 100 per cent juice and even tea and coffee all count. Many foods also provide some fluid especially juicy fruits like watermelon, oranges and grapes.

3. Realize that what and when you eat and drink can help you get the most from your workout. After a workout, food and fluids help your body recover. Try a handful of almonds, a glass of chocolate milk, a small bowl of whole grain cereal with milk or a whole grain pita with hummus.

The Dietitians of Canada's Nutrition Month website, www.dietitians.ca/eatwell, provides a wealth of healthy eating tips, practical food solutions, and educational tools including EatTracker, Let's Make a Meal and Recipe Analyzer. These interactive and personalized tools allow people to track daily food

and activity choices, test their nutrition knowledge, plan menus, find recipes and more.

The Nutrition Month website also features two new fact sheets. One focuses on busting common myths about nutrition for active lifestyles while the other presents a series of real life scenarios that gives practical nutrition advice to help reap the benefits of physical activity.

Dietitians of Canada has also created six 30-second Nutrition Month video clips (three in English and three in French) entitled Let's go work out!, Fuel your active lifestyle, and Where to get the best healthy eating advice. To view the video clips, visit: www.newswire.ca/en/releases/mmnr/dietitians/index.html.

Dietitians of Canada represents and supports nearly 6,000 dietitians across the country and has led the National Nutrition Month campaign for more than 28 years.



EAT WELL: Healthy snack foods are important for nutrition and vitality. CAT ROONEY/THE EPOCH TIMES



TEMPTING TREAT: Freshly baked apple pie warm from the oven. KATHRYN SHAKESPEAR

Apple pie my way

By KATHRYN SHAKESPEAR

Apple pie is so delicious, and best when it's made at home in your own kitchen. It's also great to take to a friend's place or just to have in the fridge for a nice treat. This is my version of the traditional apple pie—without the time-consuming task of making the pastry—along with suggestions on how to vary the recipe by adding berries or yummy custard.

Ingredients:

2 sheets of frozen sweet short crust pastry
1 500 g (1 lb) can of diced apples or
3-4 large granny smith apples, (the light green ones), peeled, cored and finely chopped
5 ml (1 tsp) ground cinnamon
15 ml (1 tbsp) brown or raw sugar
Knob of butter

Heat oven to 160° C (325° F) on bake. Take out two pastry sheets from the freezer and place them on a flat and even surface to thaw.

In a large saucepan on low to medium heat, add a small knob of butter to grease the bottom of the pan, add apples, 5 ml (1 tsp) of cinnamon and 15 ml (1 tbsp) sugar. Stir apples constantly as they can easily burn. Cook until just soft, not stewed, as they still have

Remove from oven and cool slightly. Serve with your favourite ice cream or a dollop of freshly whipped cream.

Variations

Adding Berries

Take out one apple and the cinnamon. Add 125 ml (1/2 cup) frozen berries on top of the cooked apples in the pie dish. Cooking time is the same

Adding custard

At the same time the apples are cooking, in a small saucepan mix 15 ml (1 tbsp) custard powder, 5 ml (1 tsp) sugar, and 125 ml (1/2 cup) milk and cook until thickened, stirring constantly. Add more milk if it's too thick, but it needs to hold its consistency in the pie when it's in the oven. Add thick custard to bottom of the pie dish or over the apples, if desired. Cooking time is the same.

Kathryn Shakespear lives and writes in New Zealand

This is my version of the traditional apple pie—without the time-consuming task of making the pastry

to go in the oven.

Lightly butter or spray a 30-cm (1-quart) round or oval casserole or pie dish, and mould one layer of pastry in the bottom of the dish. Add warm apples to the dish and carefully put the top layer of pastry on. Cut three short diagonal lines in the top of the pie so it can breathe during cooking. Place in the middle of oven, and cook for 20 minutes. Once the top is golden brown it's done.

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