

## Dietitian of Canada -- 5 Tips for Healthy Eating

### 1. Go for whole grains

Whenever you can, choose whole grains such as whole wheat, wheat bran, oat bran, oatmeal, barley and bulghur. Grain products give you energy for your busy day and the fibre in them help to keep you regular!

- \*start your day with a bowl of whole grain cereal
- \*make sandwiches on whole grain bread or rolls
- \*add barley or brown rice to soups and stews
- \*substitute bran or whole grain flour for part of the white flour when baking
- \*snack on whole grain crackers

### 2. Take a bite from more vegetables and fruit

Dark green and orange vegetables and orange fruit are the best - they're packed with nutrients and fibre! Eat a variety of vegetables and fruit every day:

- \*try a new vegetable or fruit this month
- \*sprinkle some berries over cereal
- \*pack few pieces of fruit with lunch
- \*have a salad with dark greens like spinach or romaine lettuce
- \*make a vegetable stir fry for dinner

### 3. Make your day with milk products

Milk products provide a generous source of calcium! Here are some ways to include milk products in your day:

- \*drink and eat your milk too - add it to soups, puddings or home baked goods
- \*make a dip with yogurt
- \*add cottage cheese to lasagna

### 4. Pick a lean protein

Meat and meat alternatives can be great for protein, iron and other nutrients. Meat, poultry, fish and seafood can be cooked and prepared in many different ways. Try beans, dried peas, lentils, eggs, peanut butter and tofu for added variety to your meals. For lean protein choices:

- \*bake, broil, barbecue, or stir fry meat instead of deep frying
- \*try a meatless meal this week such as lentils and rice, quiche or omelette, bean salad with pita bread, or tofu burgers

### 5. Go easy on added fats

While fats and oils can add flavour to foods, try to use as little as possible. Here's how:

- \*try the lower fat versions of salad dressing and mayonnaise
- \*add a splash of herbed or flavoured vinegar to salads
- \*try mustard, chutney or salsa on sandwiches
- \*use more herbs and spices to season your food

For more tips and recipes, visit the Dietitians of Canada's website: <http://www.dietitians.ca/eatwell>

## Fast Chili Fajitas

Prep time: 10 minutes  
Cooking time: 5 minutes  
Makes 8 to 10 Fajitas

1	large onion	1
2	peppers, preferably 1 red and 1 green	2
3/4lb	sirloin steak, or 3 chicken breasts, skinned and boned	375g
2tsp	vegetable oil	10ml
2	large crushed garlic cloves	2
1tbsp	chili powder	15ml
2tsp	ground cumin	10ml
1tsp	dried leaf oregano	10ml
1/4tsp	each of salt and freshly ground black pepper	1ml
1/3cup	salsa or spaghetti sauce	75ml
2	large ripe tomatoes, chopped	2
	pinch of cayenne pepper (optional)	
10	tortillas	10
	shredded lettuce (optional)	
	chopped avocado (optional)	
	light sour cream (optional)	

1. Slice onion and peppers into 1/4-inch (1/2 cm) strips. Slice meat or chicken into thin narrow strips.
2. Heat oil in a large frying pan set over medium-heat. Add steak or chicken and cook, stirring often, until meat is lightly browned or chicken loses its pink colour, about 2 to 3 minutes. Push to edges of frying pan.
3. Reduce heat to medium. Add onion, peppers, garlic, chili powder, cumin and oregano. Sauté for 2 minutes, stirring often, or until onion is soft. Stir in salt, pepper, salsa, tomatoes and cayenne.
4. When mixture is hot, spoon into warm tortillas. Top with shredded lettuce, chopped avocado and light sour cream, if you wish. Roll up and serve immediately.

Vegetarian Mix: Omit meat and double vegetables. Top with lots of grated cheddar or crumbled feta cheese.

Per Fajita:	
Calories:	212g
Protein:	12g
Fat:	5g
Carbohydrate:	30g
Fibre:	2g
Excellent source:	Vitamin C
Good source:	Iron

