



## Weekly Tip:

A wish is a desire for something that may or may not be possible but that you have absolutely no control over—like winning the lottery.

A dream is something you want that is possible and that you do have some control over, like retiring a millionaire.

A goal is just a dream with a timeline and a plan.

When was the last time you sat down and thought about or discussed your wishes, dreams and goals? Have you written them down?

No matter how far-fetched a dream may be, with the proper plan and timeline, you can make it happen if you want it bad enough but just like getting into the car and driving without a destination, a goal without a plan—is just a dream.

Make your goals a reality—live your dreams starting today!

## Nutrients and the Canada Food Guide

While we enjoy all the experiences associated with eating food (aroma, taste, texture...), we also rely on the life-sustaining functions the nutrients in food perform in our bodies. Food is digested, or broken down into individual nutrients which are absorbed into the bloodstream. Once in the bloodstream, nutrients are carried to every cell in our bodies. Approximately 50 different nutrients play unique roles in our nourishment and health. They are classified into the following six groups:

**Protein:** Protein is essential to build, maintain and repair all body tissue and bones. All protein (plant or animal source) is made up of building blocks called *amino acids*. If Carbohydrates are in short supply, the body will use protein for energy. If the body uses protein for energy, it cannot be used to maintain body tissue.

**Fat:** Fat is essential for health. Besides energy, it also supplies essential “fatty acids” (fats our bodies need, but cannot produce), carries fat-soluble vitamins and is part of every cell membrane.

### Carbohydrates:

Carbohydrates (CHO) are the body’s main source of energy. CHO comes in 2 forms: *starches* or *sugars*, (examples: whole grain bread and table sugar). *Fiber*, a non-digestible CHO helps keep the digestive tract healthy and offers protection from some diseases. Fruits, vegetables, grain products, milk and legumes all naturally contain CHO. All starches are broken down to sugar when digested so they can be absorbed by the body. Sugar is also added to many processed and prepared foods. Added sugar offers extra calories but few nutrients, while the foods with naturally occurring sugars and starch are loaded with important nutrients!

**Vitamins:** Vitamins work like spark plugs, triggering reactions in cells. We need many different vitamins which each regulate a specific body process; one cannot replace another. As well, the amount of each vitamin we need is different.

**Minerals:** Some minerals work like vitamins facilitating body processes; while others are important for tissue in the body (e.g. calcium and phosphorus help build and maintain bone tissue).

**Water:** Water provides the fluid that makes up blood plasma and regulates body temperature. It also carries nutrients and other chemicals to cells and takes waste away. 45% to 75% of body weight is water.

### How can we keep track of all the nutrients we eat each day?

Fortunately, we don’t have to! Since 1942, we have had an easy to use tool that does that for us... it’s called a *food guide*. A “food guide” does exactly what the name suggests – it offers guidance to help us make food choices that meet our nutrient needs. Putting *food* recommendations into action is much easier than tracking the intake of 50 nutrients each day! It incorporates research-based advice that links certain food choices with reduced risk of chronic disease; and helps maintain a healthy body weight. Food guides are reviewed and revised regularly to ensure they reflect cultural needs as well as the latest scientific evidence about nutrient needs, food intake and health.

*\*\* This article was reproduced from the Dairy Farmers of Manitoba & The Manitoba Fitness Council 2012, “Eat, Move & Be Healthy”.*

# Recipe Corner

Delicious and nutritious snack and meal ideas that are perfect for the whole family!  
Straight from Michelle's kitchen!



## Tomato Curry Shrimp

*This quick and easy dinner is high in protein, low in fat and can easily qualify as a 'fast food'! Adjust the spices to taste and make it as hot or as mild as your family prefers!*

**You will need: 1lb shrimp, 1 can tomato paste, 1 whole onion, 1 green pepper, 1 cup celery, olive oil, cardamom, ginger, cumin, salt, pepper, water, milk & rice!**

In a sauce pace, sauté an entire sweet white onion (diced) and three cloves of whole garlic (crushed) until transparent. Add 1 cup chopped celery and 1 whole green pepper (diced), 1 tablespoon (or to taste) of each: Cumin, Cardamom and ground Ginger—stir until well blended and celery is tender. Add one small can of tomato paste, and 1/2 can of water.—Mix well. Add 1 pound of whole deveined, peeled, raw shrimp - stir until shrimp are all coated. Add 1 cup of milk - mix well and bring to a simmer until shrimp are cooked through (they will be pink). Season to taste with cumin, cardamom, ginger, salt and pepper. Add more water for a thinner consistency if desired—simmer longer for thicker, stirring often.

**Serve over whole grain rice! (serves 4)**

## The Sunshine Vitamin

Vitamin D is a fat-soluble vitamin that is naturally present in very few foods, added to others (like milk), and available as a dietary supplement. It is also produced endogenously when ultraviolet rays from sunlight strike the skin and trigger vitamin D synthesis.

Vitamin D promotes calcium absorption and maintains adequate serum calcium and phosphate concentrations to enable normal mineralization of bone. It is needed for bone growth. Without sufficient vitamin D, bones can become thin, brittle, or misshapen. Vitamin D sufficiency prevents rickets in children and osteomalacia in adults. Together with calcium, vitamin D also helps protect older adults from osteoporosis. It also modulates cell growth, neuromuscular and immune function, and reduces inflammation.

So how much vitamin D do you need? Well, children ages 0-12 months who are breastfed, require a supplement totaling 400iu (international units) a day. Formula-fed babies do not need this supplement as it is present in commercially available formulas. Children aged 1-13 need 600iu as do teens and adults ages 14 - 69.

It isn't until after age 70 that your daily recommended intake increases to 800iu. There is no differentiation between genders or any extra required during prenatal and lactation periods for women.

So where do you get Vitamin D and how can you be sure that you are getting enough? Well as was already mentioned, breastfed infants require a daily supplement—you can now get 400iu in a single drop which makes distribution a cinch (1 drop on soother or nipple a day). As for the rest of us...

There are very few foods that naturally contain Vitamin D. Cod liver oil as a supplement used to be popular as it contains almost 3 days worth of this nutrient in a single teaspoon. But if you prefer (like I do) to NOT take a supplement, you can find it in most fish especially swordfish and salmon which give you almost all you need in a day in a single 3oz serving. Canned tuna is also a good source containing 150iu in 3oz.

In Canada or best source for Vitamin D is in our fortified Dairy products. A single serving of milk gives us about 120iu per cup and yogurts provide half of that! Another great reason to choose these healthy options!

A well balanced diet should give you most of what you need on a regular basis but thankfully our bodies were designed to not rely on our own judgment and eating habits for its survival—it has a built in fail safe!

Our bodies turn direct sunlight (not through windows) and exposure to UVB rays into Vitamin D for us. On average, 5-30 minutes of sun exposure between 10am and 3pm to the face, back, legs and arms without sunscreen twice a week will provide us with the Vitamin D we need for optimal health.

I know that it sounds like this recommendation contradicts what you have heard about the dangers of the sun—but remember, we are talking about direct exposure to a maximum of 1 hour in a week! Just walking back and forth to school should be adequate for our children or even just playing in the yard in short sleeves on Saturday mornings without sunscreen.

Like everything else, find the balance between diet and lifestyle that works for you and your family to ensure that you get the full benefit of the foods you eat, protect yourselves now and for the future and take advantage of all that the sun has to offer!