

Get Enough

You have probably heard it before; eating more vegetables and fruit is linked to better health. Unfortunately, most Canadians are not getting enough.

Try some of these tips to eat more:

- Fill half your plate with veggies.
- Snack on fruits or vegetables. Pair with a dip like yogurt or hummus for a boost of flavour.
- Keep fresh fruit like apples, pears and oranges in a bowl on the counter.
- Make it easy by buying ready-to-eat vegetables such as cherry tomatoes, pre-washed salad greens, baby carrots and snap peas.
- Take the time to peel, wash and chop vegetables. Store them in the fridge in plain sight.
- Try recipes that make veggies the centerpiece of the meal, such as grilled kabobs, hearty vegetable soups or stir fries.
- Save time by using frozen vegetable mixes such as spaghetti, soup or slow cooker varieties.
- Choose fresh, frozen or canned vegetables and fruit as they are all good choices.
- Eat fruit instead of rich desserts, for example slice up different fruit and serve with a low-fat vanilla yogurt.



Food of the Month

Kale

This ever popular dark leafy green is a vegetable worth adding to your dinner plate. It only has 35 calories per cup and is packed with vitamins A, C and K.

Before using in recipes, wash and remove the leaves from the tougher stalks.

- Chop kale and add to pasta sauce or soup.
- Sauté kale with onions and garlic.
- Add a hand full of chopped kale to your favourite smoothie.



In Your Sobeys Store

Drop by our produce department and try our pre-cut veggies and fruit. Try our new varieties of veggies such as chopped squash, turnip and sweet potatoes. What a way to save time and energy in the kitchen!



Sweet Pepper Salad with Goat Cheese and Basil



Serves 4

Ingredients:

3 medium	Bell peppers, various colors
1½ tsp (7 ml)	Olive oil
1½ tsp (7 ml)	Balsamic vinegar
2 tbsp (30 ml)	Goat cheese, plain, crumbled
1½ tsp (7 ml)	Basil, fresh, chopped
¼ tsp (1 ml)	Pepper

Directions:

1. Grill whole peppers until soft and blackened. Remove from grill and place in bag and seal top. Allow to sit for 5-10 minutes or until skin has loosened from peppers. Peel off the skin once cooled.
2. Slice grilled peppers into thick slices and arrange on a platter.
3. Whisk the oil and vinegar together in a small bowl. Drizzle over the peppers.
4. Sprinkle with goat cheese, basil and pepper.

Nutrition Information per Serving:

Calories	58	Fibre	1 gram
Fat	3 grams	Protein	10 grams
Carbohydrate	6 grams	Sodium	22 milligrams

Did you know?

Adults need 7 to 10 servings of vegetables and fruit per day.

You only need 3 broccoli florets to get one serving.



Chef's Corner

Time for the Grill

Vegetables taste great when grilled. Grilling brings out sweet, smoky, caramelized flavours in food.

- Brush veggies with a small amount of oil before grilling.
- Place on greased grill, on skewers or in a grill basket.
- Grill until lightly browned and tender-crisp.
- Cut eggplant, onions, and zucchini into strips or rounds rather than chunks for quicker cooking.
- Try kebabs! Arrange mushrooms, onions and bell peppers on a skewer.
- Sprinkle grilled vegetables with fresh herbs for flavour.



Pharmacy Corner

Outdoor Health

Now that the weather is getting warmer, it is important to protect your skin from the sun. The sun is at its strongest from 11 a.m. to 4 p.m.

Use a sunscreen that is SPF 15 or higher. Use SPF 30 if you work outdoors or are planning to be outside most of the day. You should also cover up, stay in the shade and wear a hat with a wide brim.

Ask your Sobeys Pharmacist for sun care tips for you and your family.



Help Others Improve Their Health

Share this newsletter with your family or friends. Register by emailing HealthyBitsandBites@sobeyspharmacy.com