

The Scoop on Added Sugars

You may have heard the term “added sugar” in the media lately.

This does not refer to the natural sugar found in healthy foods like fruit, vegetables, milk and whole grains. It is the sugar that is added to many drinks and packaged foods. It is also used at home in recipes and at the table.

Most people take in far more than what is recommended. Too much added sugar can increase your risk of obesity, heart disease and other chronic diseases.

Are You Too Sweet?

Cut back on added sugar slowly. You will get used to a less sweet taste over time.

- Limit candy, chocolate, desserts and other sweets. Save these for special occasions.
- Reduce the amount of sugar you add to coffee, tea and cereal.
- Use fresh or frozen fruit to add sweetness to plain yogurt, cereal or pancakes.
- Use small amounts of condiments like syrup, ketchup and barbecue sauce.

Rethink Your Drink!

Do you get a lot of sugar from drinks such as pop, fruit punch, sports drinks or specialty coffees? Try these tasty choices instead:

- Sparkling water flavoured with lemon, lime or cucumber slices.
- Unsweetened iced tea flavoured with lemon or mint.
- Unsweetened coffee, plain latte or espresso. Add a sprinkle of nutmeg or cinnamon for extra flavour.



Food of the Month

Parsnips



Tired of the same old root vegetables? It's time to introduce parsnips!

They can be enjoyed in many ways:

- Grate raw parsnips and add to salad or coleslaw.
- Chop and add to soups and stews.
- Purée cooked parsnips to add creaminess to soups and sauces.
- Roast parsnips with olive oil and your favorite herbs and spices. Try our recipe on the back page.

In Your Sobeys Store

Enjoy the fall harvest by choosing vegetables like squash or sweet potato. You can buy these already chopped.

Meal assembly just got easier with the pre-cut veggies in our Sobeys produce department!

Spice Roasted Carrots and Parsnips



Serves 8

Ingredients:

2 cups	500 ml	Parsnips, chopped
2 cups	500 ml	Carrots, chopped
1 tbsp	15 ml	Olive oil
¼ tsp	1 ml	Cinnamon
⅙ tsp	½ ml	Salt
¼ tsp	1 ml	Pepper

Directions:

1. Preheat oven to 400° F. Cover a baking sheet with parchment paper.
2. Toss vegetables with oil, cinnamon, salt and pepper.
3. Roast for 30-40 minutes, until vegetables are golden brown.

Nutrition Information per Serving:

Calories	56
Fat	2 grams
Carbohydrate	10 grams
Fibre	2 grams
Protein	1 gram
Sodium	64 milligrams

Did you know?

One bottle (591 ml) of pop each day for a month = 2 kg bag of sugar

Chef's Corner

Better Baking

Sugar adds sweetness and flavour to baked goods. It makes them moist and tender, adds volume and helps with browning. You can make baked goods with less sugar by making a few changes to traditional recipes.



- Reduce sugar by ¼ in some baked goods such as cookies or muffins. Example: if a recipe calls for 1 cup of sugar, use ¾ cup.
- Increase sweet extracts like vanilla or sweet spices such as cinnamon, ginger, nutmeg or cardamom.
- Add lemon, lime or orange zest.
- Add unsweetened dried fruit like raisins, dates or apricots.
- Add pureed fruit like ripe bananas, apples or pears.
- Mix a small amount of sugar with cinnamon and sprinkle over baked goods to give the impression of browning.

Pharmacy Corner

It is very important to keep a record of your blood sugar values if you have diabetes. It can help you, your doctor and your diabetes healthcare team make changes to your medication, meal plan and exercise.

Your Sobeys pharmacist can help you choose a blood glucose meter that suits your specific needs. Be sure to ask about our free Diabetes Meter program.



Help Others Improve Their Health

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