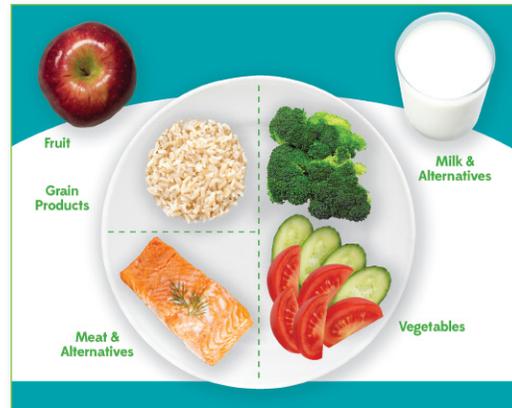


Protein Needs

Protein helps keep your body healthy. It builds and repairs muscle, skin, nails and hair. Protein also helps control blood sugars and keeps you feeling full.

Follow the healthy plate to get enough protein throughout the day. Simply fill $\frac{1}{4}$ of your plate with food that contains protein at meals.



What foods contain protein?

- Meat, poultry, fish and shellfish
- Eggs
- Tofu and legumes (beans, peas and lentils)
- Nuts, seeds and nut butters
- Milk and soy beverage
- Cheese and yogurt (especially Greek yogurt)

Making healthy protein choices:

- Choose lean cuts of beef or pork, such as sirloin or tenderloin
- Try ground chicken or turkey or extra lean ground beef
- Remove the skin from chicken and turkey
- Bake, broil, grill, roast and barbeque more often
- Eat at least two servings of fish per week
- Try meatless meals with beans, lentils or tofu more often
- Have unsalted nuts and seeds
- Eat lower fat cheese (20% MF or less) and yogurt (2% MF or less)
- Limit processed meats such as ham, bacon, sausages and hot dogs

Food of the Month

Greek Yogurt



Have you tried this popular yogurt? Greek yogurt is thicker and creamier and has about twice as much protein as regular yogurt.

Greek yogurt isn't just for breakfast! Here are some other ways to enjoy it:

- Use as a dip for veggies or fruit
- Add to homemade creamy salad dressings
- Use in soups instead of cream
- Serve on baked potatoes or as a garnish on soup
- Incorporate in fruit smoothies
- Use as a garnish on desserts instead of whipped cream

In Your Sobeys Store

Pre-cooked Protein

Looking for a ready-to-eat protein to add to your meal? Visit the Deli department and choose from pre-cooked chicken breasts, salmon portions or whole chickens. You can also find hard-boiled eggs near the salads.

Roasted Red Pepper Hummus



Makes 3½ cups

Ingredients:

1¾ cups (440 ml)	Roasted red peppers, bottled, drained & rinsed
2 cups (500 ml)	Chickpeas, canned, rinsed & drained
½ cup (125 ml)	Tahini
2 cloves	Garlic, minced
¼ cup (60 ml)	Lemon juice
1½ tbsp (22 ml)	Olive oil
¼ tsp (1 ml)	Paprika
¼ tsp (1 ml)	Salt

Directions:

1. Add all ingredients to a food processor.
2. Blend until smooth.
3. Serve with veggies and fresh or toasted pita bread wedges.

Nutrition Information per Serving (2 Tbsp):

Calories	55
Fat	3 grams
Carbohydrate	6 grams
Fibre	1 grams
Protein	2 grams
Sodium	120 milligrams

Did you know?

According to Canada's Food Guide, a serving of meat, fish, poultry and shellfish is 2.5 oz. or 75 g cooked. This is only about the size of a deck of cards.

Chef's Corner

Fantastic Fish

Fish is a quick and easy protein to prepare. Cook fish for ten minutes at 400°F for every inch of thickness (cook longer if fish is frozen or stuffed). Turn under thinner ends of fish to help it cook evenly. Fish will flake easily with a fork when it's done.



Keep fish healthy by using less fat in cooking and at the table.

- Bake, broil, poach or barbecue your fish.
- Limit pan-frying using a lot of fat and avoid deep frying.
- Limit extras, such as tartar sauce, cream sauce or melted butter.
- Flavor fish by using garlic, herbs, wine or lemon juice.
- Make breaded fish by dipping in flour, then egg whites, then rolling in crushed cereal or bread crumbs.

Pharmacy Corner



Need a little help making the medicine go down? Does your little one only like grape?

Ask your Sobeys Pharmacist about FLAVORx. This is a service offered by Sobeys Pharmacy to make liquid prescription or over-the-counter medicines taste less "yucky" without changing how they work.

Choose from a variety of flavours including banana, bubblegum, berry, watermelon, grape and many more.

Hungry for more?

Like us on Facebook and follow @SobeysDietitian on Twitter for more nutrition tips and recipes.

To receive Sobeys Dietitians store schedule and this quarterly newsletter, sign-up at: www.sobeyspharmacy.com/newsletter