



# Taking You in A Healthy Direction

June 2010

## A MESSAGE FROM BARBARA

### Soak up the Sun and Vitamin D!

Dietary sources of vitamin D are scarce and often limited in the diet if you do not eat dairy products or fish. Other dietary sources include egg (yolk) and fortified margarine. If you are not eating sources of vitamin D on a regular basis or taking a supplement, consider this summer getting your D from the sun. You need a few minutes a day of unprotected sun exposure to get enough vitamin D. (It varies depending on your age, diet, skin colour, and how strong the sun is). Take 15 minutes at lunch to eat outside or take a walk outdoors before eating at your desk (weather permitting).

If you plan on spending an extended period of time outside, especially between the hours of 11 a.m and 4 p.m., be sure to play it sun-safe. Read more at [www.cancer.ca](http://www.cancer.ca) and click on Sunsense.



Healthy Eating,  
Barbara Parisotto, RD

## TIP OF THE MONTH

### Summer Socials and Strategies to Eating Well

Red meat, processed meats, white buns, beer, ice cream and all other edible treats one can find at a barbecue, and then on your waist line. These types of food items may be associated with saturated fat, cholesterol, heart disease as well as potential carcinogens (cancer-causing). Whether you are hosting, a guest or part of a pot-luck, keep the following recommendations in mind when choosing foods for the event.

- Choose chicken breast if available. Otherwise opt for the hamburger. Avoid the sausage or hot dog whenever possible.
- Whole-wheat hamburger and sausage buns and “Thins” are available instead of traditional white buns (see product review)
- Beer and other alcoholic drinks can be dehydrating. For every serving of alcohol, follow up with a tall glass of plain water. Limit alcoholic beverages to 2 servings per event.
- “Freezies”, frozen yogurt, and jell-o can make lower calorie, refreshing treats instead of full fat ice cream.
- Choose coleslaws, pasta and potato salads that are free of creamy dressings.
- Fresh or grilled fruits and vegetables make for light and tasty appetizers, sides or desserts.



## HEADED FOR HEALTH: PRODUCT REVIEW

### President's Choice Blue Menu Thins – Rounds Buns

1 Bun  
170 calories  
2g fat  
4g fibre  
110mg sodium

- ✓ Heart Healthy – Low fat
- ✓ Most buns are comparable in calories and fat, this one rises above the rest because of its low sodium content.



## RECIPE CORNER

We look forward to locally grown fruits and vegetables available at Farmer's Markets this time of year. If you struggle to attend one, consider joining a Food Box program that can deliver the fresh foods to your door (or at least a little closer to your door!).

Carron Farms presents Harvest Share Food Box

- This program offers local farm fresh produce on a weekly basis for 27 weeks.
- Sample contents include: apples, carrots, celery, cucumber, red cabbage, onions, pears, radish, leaf lettuce, spinach, strawberries, and tomatoes.
- Recipes cards and meal ideas accompany each box every week.

For more information visit [www.carronfarms.ca](http://www.carronfarms.ca)



### CHANGE OF ADDRESS AND OFFICE HOURS

Effective July 1st, 2010, I will be relocating my office to  
The Maple Medical Centre  
9983 Keele Street, Suite 204 Maple, ON  
Office hours will be Tuesdays 9-5 and Thursdays 1-9.



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*Nutritional Coach & Educator*