



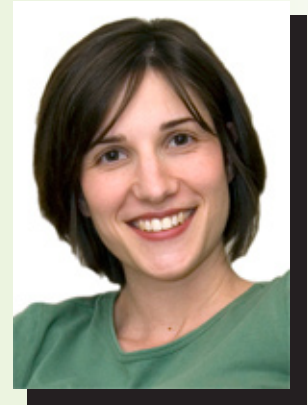
Taking You in A Healthy Direction

September 2009

A MESSAGE FROM BARBARA

Welcome to those of you receiving this newsletter for the first time. My intent is to provide you with user friendly food and nutrition tips that can be easily integrated into your life. If you enjoy this edition, please visit the website to access archived newsletters.

www.barbaraparisotto.com has been recently updated to include new services, such as grocery store tours, a new (cook) book review - *Deceptively Delicious* by Jessica Seinfeld, as well as new links to keep you informed and intouch with your health and well being. If you have topics or products you would like featured in upcoming newsletters, please forward them to bprd@rogers.com. Newsletters will be available four times a year.



Healthy Eating,
Barbara Parisotto, RD

TIP OF THE MONTH



It's that time of year again, getting back into the routine of work, school, and extracurricular activities. Days are shorter and so is your time. Long commutes, fixing dinner and helping the kids with homework can make time for eating well far-reaching. Meal planning is the key to reducing stress levels associated with making lunches and cooking dinners.

Here are a few tips to help you get started.

- **Identify the nights of the week that you will be "rushed" i.e. soccer practice or yoga class. These nights make use of a slow cooker. Then dinner can be simmering all day so all that's left for you to do when you get home is eat.**
- **Assign theme nights to your weekday menu so that you take the thinking out of what's for dinner? i.e. Mondays - chicken night Tuesday - pasta night Wednesday - fish night Thursday - slow cook recipe Friday - pizza night.**
- **Make extra servings when cooking dinner so that there are leftovers available for next day's lunch.**
- **Keep handy items such as frozen vegetables, canned legumes, and canned tuna for nights that time is short.**

Need more ideas? Recipes? Consider a meal planning session with Barbara and take home a plan of meals you enjoy, are healthy and headache free.



HEADED FOR HEALTH: PRODUCT REVIEW

PC Blue Menu Minestrone

540ml can

345 calories

5.4g fat

302mg Na

10.8g fibre

15g protein

- ✓ Heart Healthy – sodium-reduced and low in saturated fat
- ✓ Waist line friendly - calorie-wise
- ✓ Source of Vegetables
- ✓ Source of Fibre
- ✓ Convenient – heat and serve



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RECIPE CORNER

Not a fan of fish? Try using it in a less conventional way and treat yourself to a burger – a fish burger that is. The meaty texture of halibut pleases even those not typically fond of fish.

Crunchy Fish Burgers

Preheat oven to 375°F (190°C)
Baking sheet, greased

Crunchy Coating

1 cup crushed cornflakes
1/2 tsp garlic powder
1/2 tsp dry mustard
1/4 tsp black pepper

Burgers

1 egg
1 tbsp water
1 lb fresh or frozen fish fillets
(sole, perch or halibut), patted dry

Zippy Tartar Sauce

1/4 cup sweet pickle or dill pickle relish
2 tbsp light mayonnaise
1/4 tsp horseradish

4 6-inch submarine-type buns, halved
4 lettuce leaves
2 medium tomatoes, sliced

1. Crunchy Coating: In a heavy plastic bag, combine crumbs, garlic powder, mustard and pepper.
2. Burgers: In a shallow bowl, lightly beat together egg and water ; set aside. Dip fish fillets in egg mixture and transfer, 1 piece at a time, to plastic bag ; shake gently to coat. Place on baking sheet. Bake in preheated oven for 10 to 15 minutes or until fish is opaque and flakes easily when tested with fork.
3. Zippy Tartar Sauce: In a small bowl, blend together relish, mayonnaise and horseradish.
4. Assembly: Spread buns with tartar sauce ; add fish fillets and top with lettuce and tomato.

Taken from Cook Great Food by Dietitians of Canada. See www.dietitians.ca for more recipe ideas

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