

December 2009

Health Matters

Sharing Healthy, Safe Foods During the Holiday Season

The holidays are a time when food is shared at special events.

If you are looking for ways to make a healthier version of your favourite recipe you can use the recipe analyzer tool on the Dietitians of Canada website at www.dietitians.ca/eatwell. You can enter the ingredients for any recipe and you can obtain:

- a full nutrient profile for a serving of that recipe;
- the number of Food Guide servings your recipe provides;
- and tips on how you can adapt your recipe by making healthy ingredient substitutions.



You will find out how to decrease the calories, fat sugar and salt. Tips on how to increase the fibre and number of fruits, vegetables and whole grains are also provided. When you register, you can create an online recipe binder and save your recipes. You can also compare any two recipes side by side to see how they compare nutritionally.

To share safe food, follow these tips:

Cook: Always cook food to the safe internal temperatures. You can check this by using a digital food thermometer.

Clean: Wash your hands and surfaces often with warm, soapy water.

Chill: Always refrigerate food and leftovers promptly at 4°C or below.

Separate: Make sure to always separate your raw foods, such as meat and eggs, from cooked foods and vegetables to avoid cross-contamination.

Visit the Canadian Partnership for Food Safety Education website at www.canfightbac.org for more information on food safety, safe cooking temperatures and storage times.

Yogurt Parfait

125 ml	fresh or frozen fruit
125 ml	low fat (1% or 2%) yogurt
30 ml	granola

Place about 1/2 of the fruit at the bottom of a serving cup or dish. Place about half of the yogurt on top of fruit. Repeat these steps and sprinkle granola on top of parfait. 1 serving

If you have any suggestions for future topics, please contact Kathy Romses, Community Dietitian at 604-904-6200 or Kathy.Romses@vch.ca. If you have general nutrition questions, call **Health Link at 811** and ask to speak to a dietitian or visit www.HealthLinkBC.ca.