SEPTEMBER NUTRITION NEWSLETTER

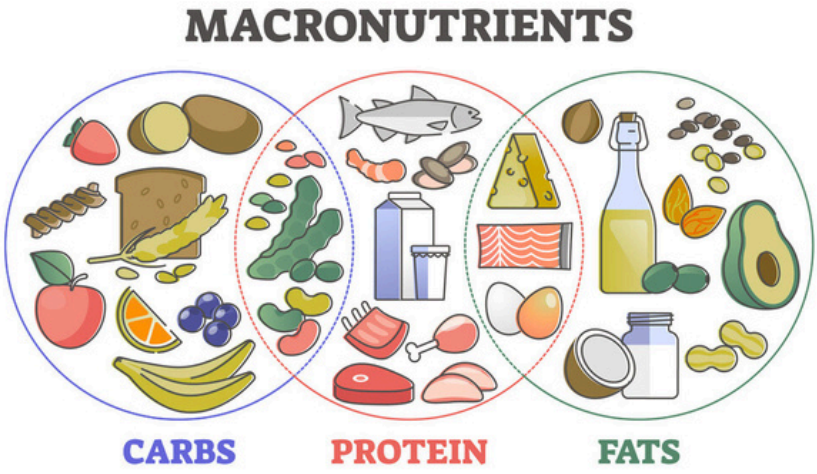
BACK TO BASICS

Taking a look at macronutrients

What are macronutrients?

Our bodies need energy to complete daily functions such as walking, thinking and breathing. We receive energy from three main sources of nutrients in our food. These are called macronutrients and include carbohydrates, proteins and fats. Imagine your body is a car; these macronutrients give your body the fuel it needs to run.

Canada's food guide suggests a balanced plate that incorporates all three macronutrients



Macronutrients have plenty important roles along with providing energy

Carbohydrates are your body's primary source of energy. They're found in foods like bread, rice, pasta, fruits, and vegetables.

Proteins help build and repair tissues, including muscles, skin, and organs. You get protein from meat, eggs, dairy, legumes, and some grains.

Fats support brain function, hormone production, and help your body absorb certain vitamins. Healthy fats are found in nuts, seeds, avocados, and oils.

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How to know what macronutrients are in packaged food?

- You'll find the three macronutrients in bold (Fats, Carbohydrates and Protein) on the Nutrition Facts label.
- When reading a nutrition label make to sure adjust for your portion size and **remember a % Daily Value between 5%-15% is ideal**.
- Opting for foods that have a lower quantity of saturated/trans-fats improves your heart health.
- Choosing foods that have higher fiber content are also great for managing blood sugar, heart health and digestion.

Nutrition Facts
Valeur nutritive
Per 1 cup (250 mL)
pour 1 tasse (250 mL)

Calories 110	% Daily Value* / % valeur quotidienne*
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Carbohydrate / Glucides 26 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 22 g	22 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0 %
Potassium 450 mg	13 %
Calcium 30 mg	2 %
Iron / Fer 0 mg	0 %

*5% or less is **a little**, 15% or more is **a lot**
*5 % ou moins c'est **peu**, 15 % ou plus c'est **beaucoup**

Pay attention to new Health Canada warning labels on foods

Warning labels are found on foods that **meet or exceed** the recommended intake of **saturated fats, sugar and sodium**.

These labels can be used as a tool to know when you're consuming foods higher in a certain ingredients. **Think of them as a prompt to modify how much of this food you will have or what you may choose to pair it with.**

An example of this may be if you decide to have a juice that has a "High in Sugar" label on it. In this case you may decide to have a smaller glass of juice or to pair it with a source of protein or healthy fat

For more information on nutrition labels visit:
Health Canada > Food and Nutrition > Food Labels

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TURKEY CHILLI

This hearty chilli is the perfect way to fuel your day. Packed with macronutrients and fibre, it's a great recipe to nourish your body and enjoy comforting flavours.

Serves: 4

Ingredients

- 1 tablespoon olive oil
- 1 medium yellow onion, diced
- 3 cloves of garlic, peeled and minced
- 1 large sweet potato, peeled and diced
- 1 bell pepper diced
- 1 can bean medley
- 1 can diced tomatoes
- 2 cup vegetable broth
- 3 tablespoons tomato paste
- 500 grams ground turkey

Spices:

- 3 tablespoons chilli powder
- 1.5 tablespoon paprika
- 1 tablespoon cumin
- 1 tablespoon oregano
- ½ teaspoon red pepper flakes
- salt and pepper to taste

To garnish: shredded cheese

Substitute turkey for lean ground beef if desired, or lentils/more beans for a vegetarian option. Other veggies you can add to this chilli include carrots, zuchinni or mushrooms.

Instructions

1. Heat a large soup pot over medium heat, add olive oil and onions to the pot. Saute until onions are softened.
2. Add the ground turkey to the pot and break into smaller pieces while stirring with the onions.
3. Once the turkey is cooked, add spices and garlic to the pot and continue to saute until fragrant, around 1 minute.
4. Add the tomato paste and stir until well incorporated.
5. Add all other ingredients (bell pepper, sweet potato, diced tomatoes, beans, and vegetable broth) and stir together.
6. Allow the chilli to come to a boil and then reduce the heat to low. Allow chilli to simmer with the lid on stirring occasionally.
7. Once the sweet potatoes are soft and liquid is slightly reduced, remove from heat and serve (about 30 minutes).

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