



Winchester  
District  
Memorial  
Hospital

# Preventing Diabetes

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## Health Quote of the Day

7 DAYS WITHOUT  
FRUITS & VEGETABLES



MAKES ONE "WEAK"

## Fall Harvest

Fall is a time of plenty—plenty of vegetables and fruits that is! So much choice and variety! If you buy in bulk for freezing or canning, the prices are really good as well.

The goal of this newsletter is simply to help you with ideas on how to include more vegetables and fruits in your daily diet.

The link between vegetable and fruit intake and good health is so important that the World Health Organization recommends eating at least 400g of vegetables and fruits daily—**this translates to roughly 5 servings per day**. Variety is important so make sure that at least half of your servings come from vegetables.

A 2014 review of several studies on fruits and vegetable intake and risk of type 2 diabetes by Min Li in the British Medical Journal found that people with a higher intake of vegetables and fruit had a lower risk of type 2 diabetes. Despite this, according to a 2011 Canadian survey, over half of adults (59.6%) eat fewer than five servings of vegetables and fruit each day. *Statistics Canada. Fruit and vegetable consumption 2011. Canadian Community Health Survey 2011. [www.statcan.gc.ca/pub/82-625-x/2012001/article/11661-eng.htm](http://www.statcan.gc.ca/pub/82-625-x/2012001/article/11661-eng.htm)*

To help make sure YOU ARE getting enough, you'll find a whole bunch of tips on how to slip more vegetable in your diet in the right hand column along with 2 vegetable based recipes that can be changed to use whatever vegetables you have on hand.

Give them a try!

Here are some ideas on how get more wonderful vegetables and fruit:

- Add spinach, mushrooms or peppers to scrambled eggs
- Add 1/2 to 1 lb. minced mushroom to ground beef when you make burgers or meatballs
- Add 2 cups of finely diced cauliflower or broccoli to your pasta casseroles
- If you bake, always choose recipes that include vegetables like zucchini, carrot or spinach
- Include a side salad or veggies and dip when you have pizza
- Always add vegetables to your sandwiches and wraps
- Double the carrots, turnips and green beans in your stews (but not the potatoes)
- Make a batch of vegetable soup (try to avoid adding potatoes, corn, pasta, rice or barley) and use as a low calorie snack
- If you use canned or powdered soups, sauté some onions, celery and carrots to add to the soup
- Pureed vegetables can be added to sauces, soups, stews, smoothies and baked goods
- Always include a small salad (or a veggie platter) before supper and always have a fruit at breakfast
- Make fruit and vegetables your snack of choice
- When BBQing, add a couple of vegetable kabobs
- Try making kale chips—they're super easy to make

## Creamy Vegetable Soup

Makes about 5 cups

Number of servings: 5 (1 cup each)

### Ingredients

- 3 stalks celery, sliced
- 1 leek (white and light green parts only), sliced
- 1 carrot, chopped
- 1 small turnip, peeled and chopped
- 1 kohlrabi (or 1/4 small cabbage), chopped
- 1 medium potato, peeled and chopped
- 1/2 cup green peas
- 5 cups chicken stock or broth, low sodium
- 1 tbsp. chopped fresh cilantro or parsley (or 1 tbsp. dried parsley)
- Pepper to taste

1. In a large saucepan, combine celery, leek, carrot, turnip kohlrabi, potato, peas and chicken stock. Bring to a boil over high heat. Reduce heat and boil gently for 20 minutes or until vegetables are tender.
2. Working in batches, transfer soup to blender (or use immersion blender in saucepan) and purée until smooth. Add pepper. Return to pan (if necessary) and reheat over medium heat, stirring often, until steaming.
3. Ladle into warmed bowls and garnish with cilantro and enjoy!

#### Nutritional Analysis for 1 serving :

92 calories; 6g protein; 0g fat; 17g carbohydrates (3g fibre); 432mg sodium

## Bacon Mushroom Stuffed Zucchini

Number of servings: 4

### Ingredients

- 2 medium zucchini sliced lengthwise
- 1/2 onion, chopped fine
- 1 cup mushroom, chopped fine,
- 1 clove garlic, minced
- 1 tbsp. olive oil
- 1 cup shredded and chopped spinach (can use thawed and drained frozen spinach but make sure to squeeze out excess water)
- 2 tbsp. bread crumbs
- 4 slices cooked low sodium bacon, chopped
- 1/2 cup finely chopped tomato, seeds removed (Roma tomatoes work well)
- 2 tbsp. grated Parmesan cheese
- Salt, pepper to taste

1. Heat oven to 400°F and line a baking sheet with parchment paper. Place zucchini face down and bake for about 15-20 minutes. Cut or scrape out seeded area of zucchini, fill with filling. Bake approximately 15 minutes.
2. Meanwhile heat olive oil in frying pan and sauté onions, garlic, and mushrooms for 3-4 minutes.
3. Add parsley, spinach, bread crumbs, bacon, tomato and salt and pepper. Sauté another 3-4 minutes.
4. Remove zucchini from oven, scoop out seeded area and fill with sautéed filling, top with cheese and return to oven for 10-15 minutes.

#### Nutritional Analysis for 1 serving

155 calories; 9g protein; 9g fat; 12g carbohydrates (3g fibre); 629mg sodium; 651mg potassium; 60mg magnesium

Check out: <https://halfyourplate.ca> for great vegetable and fruit focused recipes and tips