



Winchester
District
Memorial
Hospital

Preventing Diabetes

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Health Quote of the Day

*your speed
doesn't matter,
forward
is
forward*



Fresh, frozen or canned?



As you guys know, we're always trying to get our clients to eat more (and more) vegetables. Part of the reason is that we want you to get enough fibre in your day—at least 25 grams per day. Fibre helps slow down digestion which in turn keeps you fuller longer and helps control your blood sugar. Another reason we go on and on about vegetables is that they are loaded with vitamins, minerals and anti-oxidants that help protect us against diseases like heart disease, diabetes and some cancers.

In the winter, fresh produce is limited or expensive, which forces many of us to turn to canned or frozen options. Frozen vegetables are often cheaper than fresh and in the winter they may be even more healthful than some of the fresh produce sold in supermarkets. Why? Fruits and vegetables chosen for freezing are usually picked and processed at their peak ripeness, a

time when—as a general rule—they are most nutrient-packed. Fruits and vegetables picked for the fresh produce aisle are usually picked before they are ripe which means less nutrients plus they lose more nutrients to heat and light exposure during the shipping process.

While canned vegetables tend to lose some nutrients during the canning process, (notable exceptions include tomatoes and pumpkin), they are still a good source of fibre and nutrients—just not quite as good as frozen or fresh. But something is better than nothing! Compare brands and choose the ones with the lowest sodium. Make sure to drain and rinse them to get rid of roughly half of the sodium (salt).

To save even more money, freeze any leftover vegetables—even a couple of tablespoons— you can use them in soups, chilis and spaghetti sauce. Hope this helps.



- 1 1/2 cups of low sodium chicken broth
- 1/2 cup chopped onion
- 1 teaspoon dried parsley flakes
- 1/8 teaspoon dried thyme or dried dill weed
- 1 1/2 cups sliced vegetables
- 2 tablespoons butter or non hydrogenated margarine
- 1 cup milk or light cream
- 1/4 teaspoon salt
- Pepper to taste

Cream of Vegetable Soup

- ⇒ In a medium saucepan, combine chicken broth, onion, parsley, thyme (or dill) and vegetables. Cover. Simmer for 10 to 15 minutes or until tender. Note: if you are using frozen vegetables, simmer until vegetables are heated through
- ⇒ Place mixture in blender or food processor. Blend until smooth.
- ⇒ In same saucepan, melt butter (or margarine). Add flour, salt and pepper and stir until smooth.
- ⇒ Add milk (or light cream).
- ⇒ Cook, stirring constantly, until thickened.
- ⇒ Stir in vegetable mixture.
- ⇒ Cook until heated, about 3-4 minutes.

Servings per recipe: 4

Nutritional analysis per serving

Calories 140, Protein 6g, Carbohydrate 13g, Fibre 2g, Fat 7g, Sodium 254mg

This is a good basic cream soup recipe—you can use any vegetables fresh, frozen or canned. Great for leftover vegetables! Try this recipe using the dill for a nice change. Adapted from Food.com.

FYI



Have you heard of the **“The Green Food Box”** in your community?

The Green Food Box is a non profit program that provides a variety of quality fresh fruits and vegetables at an affordable price. There’s no restrictions on who can participate—everyone is welcome.

You simply pay \$10 at the beginning of the month and then pick up your Green Food Box a couple of weeks later. You’ll find fresh seasonal quality fruit and vegetables with an emphasis on staple items such as potatoes and apples.

You’ll find this program in most municipalities including Prescott-Russell, North and South Dundas, North and South Stormont, North and South Glengarry. To sign up, call you local municipal office to find out the details.