



Move to Healthy Choices Newsletter

July/August 2011

Make the *MOVE* to Healthy Choices!

Travel to just about any rink or sporting event canteen in Manitoba and your lunch and snack choices typically include a variety of deep fried foods, hot dogs, candy, salty snacks and sugary drinks. More and more customers are packing lunch bags with fresh vegetables, fruit, yogurt, cheese, crackers and sandwiches to avoid the low nutrition, high fat, high calorie choices.

Hot Dogs on the Menu ?

A typical hot dog and bun is low in protein, fibre and nutrition. Toppings are high in salt and sugar. **MOVE to Healthy Choices** with offering the Rink Roll Up or the Peanut Butter Banana Roll Up Perfect for tournaments. If on the menu, offer hot dogs made with 100 % meat or poultry and the shortest ingredients list. Try to avoid MSG (monosodium glutamate), nitrates, by-products, soy or cereal fillers and animal parts.

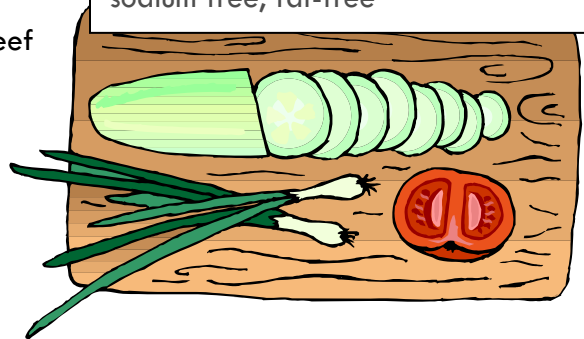
Rink Roll Up

- 1 whole wheat flour tortilla
- 2 slices shaved turkey breast, chicken breast or roast beef
- 1 slice mozzarella cheese
- 4 thin slices cucumber
- shredded carrot, lettuce or other vegetables

Layer tortilla with meat, cheese, and vegetables. Roll up and slice in half. Wrap tightly in plastic wrap. Perfect for tournaments.

Cucumber Nutrition Information

source of Vitamin C , source of folacin, sodium free, fat-free



Peanut Butter Banana Roll Up

- 1 whole wheat flour tortilla
- 1 banana
- 2 Tbsp. peanut butter or sunflower seed butter

Spread peanut butter or sunflower seed butter on tortilla. Place banana on tortilla roll it up and slice in half. Wrap tightly in plastic wrap.

Chicken Fingers or Chicken Burger on the Menu?

Think your healthy choice is chicken? Think again - deep fried, processed chicken is high in calories, fat and salt. **MOVE to Healthy Choices** with offering a grilled chicken burger.

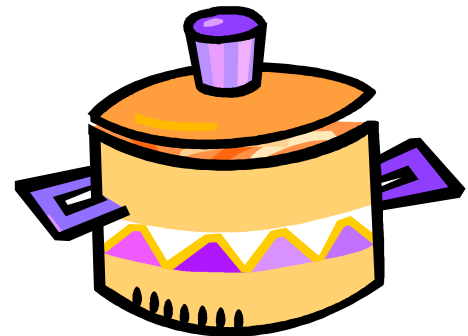
- ✓ Grill, broil, bake or barbecue.
- ✓ Add flavor with herbs and spices.
- ✓ Cook ahead of time, freeze, wrap individually, microwave to thaw and grill as needed. For a tournament bake and hot hold in a slow cooker.

Taco Soup - this soup is loaded with heart healthy ingredients ...

Sure to be a crowd pleaser!

Taco Soup

- 1 tbsp (15 mL) olive oil
- 1-1/2 lb (680 g) lean ground beef
- 1 cup (250 mL) chopped onion
- 1 clove garlic, minced
- 1 can (28 oz/796 mL) diced tomatoes
- 1 can (19 oz/540 mL) black beans, drained and rinsed
- 1 can (14 oz/398 mL) tomato sauce
- 1 cup frozen corn
- 3/4 cup (175 mL) water
- 2 tbsp (25 mL) chili powder
- 1 tsp (5 mL) ground cumin
- 1/2 tsp (2 mL) cayenne pepper or red pepper flakes



In a large heavy pot, heat oil. Add ground beef; brown well. Add onion and garlic; cook for 5 minutes. Stir in tomatoes, beans, tomato sauce, corn, water, chili powder, salt, ground cumin and cayenne pepper. Bring to boil. Reduce heat to low; cook for about 30 minutes. Taste and adjust seasonings as desired.

Questions? Contact us or your local recreation director.

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