



New Baking Guidelines

“How do you make a healthy baked good?” Our new Section 2 in the *Move to Healthy Choices Toolkit* tries to help address this question. We consulted the new Manitoba document “Moving Forward with School Nutrition Guidelines”, when developing our guidelines to ensure our recommendations are the same as school recommendations. The following are the new baking and cooking guidelines to help ensure the foods prepared meet the nutrition recommendations.

- ✓ Sugar – use $\frac{1}{2}$ to 1 cup (or less if you choose) of added sugar per 12-portion recipe. This includes all types of sugar, honey, molasses, syrup, chocolate chips and candy.
- ✓ Sugar substitutes are not to be used in cooking or baking for children. Sugar substitutes are also known as artificial sweeteners or intense sweeteners and examples are aspartame, sucralose/splenda, maltitol, sorbitol, xylitol, stevia.
- ✓ Sources of artificial trans fat are not to be used in cooking or baking. Common sources include hard margarine, margarine baking squares, shortening, pre-made pastry, pre-made icing/frosting and any food with hydrogenated or partially hydrogenated fat in the ingredient list. Soft non-hydrogenated margarine is considered a good option for baking.
- ✓ Canned foods with no added salt are to be used, if available.
- ✓ Canned foods with added salt (ex: vegetables and pulses, such as beans, chickpeas or lentils) are to be rinsed before using.
- ✓ Prepackaged seasonings are to be replaced with spices and herbs.

Tips for healthier recipes:

- ✓ Cut back the amount of sugar in the recipe. Cut back by $\frac{1}{4}$ cup at a time.
- ✓ As fat is used in the recipe for taste and to help the product stay fresh longer, don't cut fat out entirely. Instead try using $\frac{1}{4}$ - $\frac{1}{2}$ cup of fat (not artificial trans fat) in your recipe.
- ✓ Substitute the rest of the fat for applesauce, pureed fruit or yogurt to give the moisture needed.
- ✓ Try switching out $\frac{1}{2}$ the flour for whole wheat flour. You may need to increase the liquid by 1-2 tablespoons.
- ✓ Try adding $\frac{1}{4}$ cup of wheat germ or bran to your recipe, but you may need to increase the liquid by 1-2 tablespoons.

NEW

Move to Healthy Choices Mentor Program

If you are interested in receiving some hands on help, we have experienced convener's who can help you through our mentor program.
Interested?? Contact us



Red Lentil & Tomato Soup

A hearty soup for cold days. This recipe is *easily multiplied* to make larger batches. It can be kept warm in a slow cooker, making it a great choice for a tournament.

Serves: 4 Prep time: 20 minutes Cook time: 40 minutes

1 tbsp olive oil
 1 medium onion, finely chopped
 1 garlic clove, crushed
 ½ tsp ground cumin
 ½ tsp ground coriander
 1 lb chopped tomatoes (or a 15 ounce can)
 ¾ cup red lentils
 5 cups vegetable broth (or low sodium, fat free chicken broth)
 Pinch of salt and pepper
 4 tbsp low fat or fat free sour cream (optional)
 2 tbsp chopped fresh cilantro or parsley (optional)



Heat oil in a large pan or Dutch oven. Add chopped onion and garlic and cook over low heat for about 5 minutes, stirring occasionally. (At this point, all the ingredients may be added to a crock pot and cooked on high for 2 hours or until lentils are cooked)

Stir in cumin, coriander, chopped tomatoes and lentils. Cook for another 5 minutes, stirring constantly. Add vegetable or chicken broth and bring to a boil. Reduce to a medium heat and simmer gently for 25-30 minutes or until lentils are soft. Add salt and pepper to taste.

Remove from heat and let cook for a few minutes.

For a pureed soup, pour into blender or food processor and blend/process until smooth. Return to pot and reheat gently or pour into a crockpot to keep warm. Omit this step for a chunky soup.

Ladle soup into bowls and garnish with a spoonful of sour cream and fresh cilantro or parsley if using.

Nutritional Information:

Per serving: Calories 220, calories from fat 39, total fat 4.4 g (sat 0.6g), cholesterol 1 mg, sodium 747 mg, carbohydrate 33.1 g, fibre 5.7 g, protein 8.3 g

Facilities moving forward on Nutrition Policies:

Over the past year, the Move to Healthy Choices committee has worked with communities across the Westman area to develop nutrition policies for their recreation facilities.

Congratulations to *Baldur Recreation Centre* and *Hamiota & District Sports Complex* for their work on a nutrition policy. Both policies can be seen on the *Move to Healthy Choices* website.

Move to Healthy Choices Contact Information

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