



Smart Eating Makes the Grade!

Keep the TransFat-uation out of School and Home

From School to Home:

New Manitoba Health legislation is banning the preparation, sale or distribution of foods containing high levels of artificial trans fats in Manitoba schools for the start of the 2009-2010 school year. If schools are being encouraged to reduce the amount of trans fats in foods, why not start at home?



What are Trans Fats?



Trans fats are found naturally in small amounts in certain foods, like dairy products and beef and lamb. Trans fats can also be made by food manufacturers in a process called “partial hydrogenation”. This is when they turn a liquid oil into a semi-solid form, such as shortening or margarine. These are called “industrial trans fats” and are damaging to our health.

Why the health concern?



Trans fats are unhealthy fats because they tend to raise the risk of heart disease. They increase the bad cholesterol and decrease the good cholesterol in your blood. The key is to limit the “natural trans fats” and avoid “industrial trans fats”.

Key Nutrition Points



All fats are not bad!
Fat is found in many healthy foods that children and teens need for growing bones and bodies.

Why do we need fat?

- ◆ It allows our body to absorb Vitamin A, D, E and K
- ◆ Cells need healthy fats to function well
- ◆ Fat slows down digestion of carbohydrates, helping them fuel the brain longer
- ◆ Omega-3 fats are healthy fats important for children’s brain and vision development, as well as helping to improve mood, memory and learning

Food Sources of Industrial Trans Fats:

- Shortening and partially hydrogenated oils and any items made with these
- Breaded or battered chicken/fish/vegetables
- French fries
- Biscuits, scones, donuts, muffins, cookies, danishes, cakes, icing
- Crackers, chips, cheezies, microwave and movie popcorn
- Instant flavoured coffee mixes
- Many margarine and chip dips
- Lunchables lunch kits



Activity Corner

As the temperature starts to dip, you can continue your physical activity indoors or outdoors with these ideas:

Outdoor - raking leaves, go for a walk, play on the playground

Indoor - bowling, badminton, indoor soccer, family gym nights



The Bottom Line

Everyone needs fat in their diet to keep their body healthy, but choose the healthier fat options and keep the total intake low. Eating Well with Canada's Food Guide recommends 2-3 Tablespoons of unsaturated fat every day.



Low Trans Fat Lunches

Make your own lunch from scratch to lower Trans Fat AND salt:

- ◆ Whole wheat crackers made with non-hydrogenated oils (eg. President's Choice cracker line)
- ◆ Lunch meat such as turkey, chicken or tuna
- ◆ Mozza or cheddar cheese cut into thin slices
- ◆ Vegetable choice: carrots, cucumber, tomato
- ◆ Fruit choice: apple, grapes, kiwi, orange, peach
- ◆ Milk

Practical tips to lower the intake of Trans fat in your Diet

- ◆ Follow Eating Well with Canada's Food Guide
- ◆ Prepare foods with little or no fat
- ◆ Choose soft margarines that are labelled as being free of trans fats or made with non-hydrogenated fat
- ◆ Fry foods less often
- ◆ Eat more fruits and vegetables
- ◆ Choose whole grain breads and cereals
- ◆ Choose more fish and seafood, beans, peas, lentils and nuts as meat alternatives
- ◆ Choose the healthier oils and fats for food preparation, such as canola, olive, sunflower, safflower, corn, soybean and sesame oils



Super Duper Chicken Soup

Ingredients:

- 2 ½ cups (625ml) water
- 1 x 10 oz (284ml) can of chicken broth
- 1 Tbsp (15ml) non-hydrogenated margarine
- ½ cup (125ml) chopped celery
- ½ cup (125ml) sliced carrot
- ¼ cup (50 ml) chopped onion
- 1 tsp (5ml) basil or 1 bay leaf
- 1 cup (250ml) chopped, cooked chicken
- 2 Tbsp (30ml) rice

Yield: 2-3 servings

Directions:

1. Melt the margarine in a medium pot then cook the celery, carrot and onion for about 2 minutes
2. Add water and chicken broth and bring to a boil
3. Reduce heat to medium low
4. Add the chicken, vegetables, bay leaf or basil, and rice to the broth
5. Cover and simmer for 30 minutes, stirring occasionally



Source: Adapted from The Amazing Little Cookbook; Alberta Health and Wellness-Healthy U Initiative

