

Familiar Foods You STILL Aren't Eating

With a busy work schedule, it's easy to fall into a routine of eating the same foods and buying the same ingredients. Trying new foods does not have to be daunting, especially with ones that pack a powerful nutrient punch. Add these nutrient-dense foods into your diet, and your workday menu will thrive from 9 to 5!

Kefir

Kefir is essentially yogurt in a glass. This fermented dairy beverage is chock-full of probiotics to help keep a happy gut and strong immune system. Start your day with a vitamin packed smoothie by blending kefir with your favourite frozen fruit.

Cinnamon

Avoid the mid-morning energy crash by sprinkling some cinnamon on your coffee. Cinnamon helps stabilize blood sugar levels and the sweetness will be satisfying enough for you to pass on the tempting sugars and sweeteners at the coffee station.

Sardines

These little guys are among the best sources of omega-3 fatty acids, essential for heart and brain health. Eat them from the can or dredge them in salt and pepper-seasoned flour, sauté with olive oil and add to tomatoes, cucumbers, feta, olives and lemon vinaigrette for a vitamin D-elicious lunch!



Pomegranate

The natural chemicals found in pomegranate seeds are powerful antioxidants. Top your salads and smoothies with these fruity seeds for an added fiber and vitamin C boost.

Kale

This little leaf is loaded with vitamin C, fibre and antioxidants to boost your eye, skin and immune health. Throw some baby kale into your salad or shake up your afternoon snack with kale "chips"; drizzle torn kale leaves with olive oil and a crack of sea salt and bake at 400°F until crisp.

What's your favourite nutritious food? Share your comments at #TriFitNutrition

Tri Fit Green Tips

Green Your Garbage Scraps!

Rather than throwing out or composting these food scraps, try your green thumb and re-grow them!

Green Onions/Leeks/Scallion/Fennel -

Place the white root end in a glass jar with a little water, and leave it in a sunny place. Cut back the leafy shoot as needed and leave the white root end in the water to keep growing. Freshen up the water weekly.

Ginger – Plant a piece of ginger in potting soil with the newest (ie. smallest) buds facing upward in a warm place with indirect sunlight. When roots are established, pull up the whole plant, roots and all, remove a piece of the ginger and re-plant it to repeat the process.

Garlic - Plant a single clove, root-end down, in a warm position with plenty of direct sunlight. The garlic will root itself and produce new shoots. Once established, cut back the shoots and the process will repeat itself from the new bulbs.

The parent plant will determine the quality of the vegetables. Whenever possible, local, organic produce is best.

Love Food and Live Well!

We love nutrition month! It's a great opportunity to try delicious new recipes and explore the latest trends in food and nutrition. We asked our Tri Fit resident Registered Holistic Nutritionist, Chef and Wellness Consultant, Katie Compton Chemij, for one of her favourite food trends of 2015 and she was quick to mention bone broth; unseasoned homemade broth, concentrated with many health benefits.



Katie prepares bone broth with raw or cooked bones from organically-raised, pasture or grass-fed animals and strongly believes in the curative power of the soothing

liquid, "Chicken broth really can help lessen the severity of a cold. An amino acid in chicken, called cysteine, thins the mucus in the lungs and makes it easier to expel. And a warm cup of broth before bed can help you sleep, allowing the body to heal further!"

Chicken broth and other bone broths also contain minerals, such as calcium, magnesium, phosphorus, silicon, sulfur and some trace minerals in a form that the body can easily absorb and use. These minerals are necessary for healthy human bone formation and strength.

Katie advocates eating real food in its most natural, wholesome form and as such was eager to share her bone broth recipe located on the adjacent panel. Simmer it slowly to draw out the goodness. *Katie's Tip: The added apple cider vinegar will help to leach the valuable minerals from the bones to the broth.* Drink the golden liquid alone or add to soup and stew recipes. Season to taste with natural sea salt.

For more great nutrition tips visit Katie at www.kateandthekitchen.com or on twitter @KatieComptonRHN

www.articles.mercola.com www.westonaprice.org

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Upcoming Events

March is Nutrition Month

Dieticians of Canada are dedicated to helping Canadians eat well at work with their 2015 theme of Eating 9 to 5:

Cookspiration – Be inspired to cook any time, with this app full of recipe ideas served up to suit your mood and schedule.

eaTracker – Use this website to check your food and activity choices, analyze your recipes and plan your meals.

eaTipster – Get daily tips on your phone; read the research-backed info; share the tips with your friends on Facebook, Twitter and text.

www.dieticians.ca

Learn 2 Run

Go from walking to running 5km in just 10 weeks. Tri Fit's annual Learn 2 Run program is gradual and progressive in nature; combining short bouts of walking and running intervals. Participants will progress from mixing four minutes of walking with two minutes of running to running for 30 minutes without stopping! Ask your Tri Fit Wellness Consultant for details.

Featured Recipe

Katie's Slow Cooker Bone Broth

Prepare this delicious broth for your favourite soup recipe or freeze for future use.

- 1 chicken carcass (and gizzards if available)
- 4 quarts water
- 2 Tbsp apple cider vinegar
- 1 large onion, chopped
- 2 carrots, peeled and chopped
- 3 celery stalks, chopped
- Bunch fresh parsley

Place water and all ingredients (except parsley) in a crock pot or slow cooker, bring to boil, skim off scum, and reduce to simmer. Continue simmering for 24 hours. Add fresh parsley the last 10 min. of cooking. Remove bones with slotted spoon. Cool, refrigerate and use within 3 days or freeze in an airtight glass container.