

FEBRUARY MONTHLY NEWSLETTER



February is Heart Month so there isn't a better month to touch on... Heart Healthy Eating!!

Top food choices for your hearts content:

FATTY FISH



A wonderful source of omega 3 fatty acids, beneficial for your heart because they help to reduce cholesterol and decrease risk of stroke and heart attack. Try to eat fish at least 2-3 times per week! Choose omega 3 enriched products and add ground flaxseeds or salba to your salad, cereal and yogurt

DARK GREEN AND BRIGHTLY COLOURED VEGETABLES



Bright vegetables are packed full of vitamins, minerals, phytochemicals and antioxidants that help to fight heart disease. Aim for 5-10 vegetables and fruit servings each day!

Dark Green – broccoli, kale, spinach, and green beans

Orange and Red – tomatoes, sweet potatoes, red peppers, carrots and squash

BERRIES



Berries are full of antioxidants that help to reduce inflammation and get rid of free radicals that harm the bodies cells. They also have the benefit of being a good source of fibre – so add them to your yogurt or have them as a tasty snack!

NUTS (ALMONDS AND WALNUTS)



Almonds and walnuts are among the best of the nuts! They have a high amount of polyunsaturated and monounsaturated fats which help to reduce the “lousy” LDL cholesterol and raise the “healthy” HDL cholesterol. Nut lovers beware – they are high in calories so limit your intake to ¼ cup or 2 Tbsp of your favourite nut butter!

FIBRE IS FABULOUS

Fibre is found in plant products. There are two types of fibre know as soluble and insoluble. Soluble fibre forms a gel-like material in water. If you are trying to lower your cholesterol you need **5 to 10 grams** of soluble fiber everyday. Here is a list of some of the best sources of soluble fibre. Remember to increase your fibre intake gradually and to drink plenty of fluids.

More than 3.0 grams per serving		2.0 to 3.0 grams per serving	
Barley	½ cup	All Bran Buds	1/3 cup
Prunes	½ cup	Flaxseed	¼ cup
Soy nuts, roasted	¼ cup	Artichoke	1 globe
Psyllium supplement	1 dose	Black beans	¾ cup
		Kidney beans	½ cup

Tasty Salmon with Mango Salsa Recipe

This salsa is also delicious with other oily fish, such as tuna, swordfish, and mackerel.

Preparation time: 20 minutes

Cooking time: 20 minutes

You Will Need

- 4 salmon fillets (5 ounces each)
- 4 teaspoons mixed peppercorns (black, white, green, and pink)
- 1 1/2 pounds baby new potatoes, scrubbed and halved if large
- 5 cups watercress



Mango salsa

- 1 ripe mango
- 3 green onions, finely chopped
- 3 tablespoons chopped fresh cilantro
- 2 tablespoons fresh lime juice
- 2 teaspoons olive oil
- Tabasco sauce to taste

What to Do

1. Check the salmon for any tiny bones and remove them. Roughly crush the peppercorns with a mortar and pestle. Press them into the flesh side of the salmon. Set aside.
2. Cut the potatoes into a saucepan, cover with water, and bring to a boil. Reduce the heat and simmer until tender, about 10-12 minutes.
3. Meanwhile, make the salsa. Peel and seed the mango, dice the flesh, and put into a large bowl. Mix in the green onions, cilantro, lime juice, olive oil, and a dash of Tabasco.
4. Heat a ridged grill pan coated with nonstick cooking spray over medium-high heat. Place the salmon fillets in the pan, skin-side down. Cook for 4 minutes. Turn the fish over and cook until the fish is done, about another 4 minutes. Drain the potatoes.
5. Arrange the watercress and new potatoes on 4 serving plates. Place the salmon on top and serve with the mango salsa.

Serves 4