



Good Food News

November 2016

Super Foods for Optimal Health

Fruits and vegetables are loaded with nutrients called antioxidants that are good for you. Some foods are higher in antioxidants than others, though.

An antioxidant can be:

A vitamin such as vitamins **A**, **C** or **E**

Plant chemicals like **flavonoids** and **carotenoids**

A mineral such as selenium



Antioxidants protect your body's cells from damage. Cell damage happens naturally as you age. It can also happen when you are exposed to things like pollution or cigarette smoke. Cell damage can lead to common diseases like heart disease and diabetes. A diet rich in antioxidants can help lower your risk of these diseases.

What foods have antioxidants?

Vegetables, fruit, whole grain bread, pasta and cereal, beans, lentils, nuts, seeds, vegetable oils, garlic, and green tea have antioxidants.

Vitamin C:

- Add broccoli, spinach, Brussels sprouts, potatoes and red, yellow or green peppers to stir fry dishes or serve them with a low fat dip.
- Add strawberries and raspberries to yogurt or a smoothie or mix them into a fruit salad.
- Enjoy tropical fruit such as papaya, kiwis, grapefruits, guavas and mangos.

Vitamin E:

- Sprinkle almonds and sunflower seeds on salads or add them to granola and cereal.
- Spread vitamin E rich nut butters like almond or peanut butter on whole grain bread.
- Add avocados to salads, sandwiches and wraps, smoothies or make guacamole dip.
- Sprinkle wheat germ on your cereal or add it to muffins and loaves.
- Mackerel, herring, salmon, halibut and tuna are good sources of vitamin E.

Flavonoids:

- Choose green tea instead of coffee.
- Add blueberries, raspberries and strawberries to cereal, yogurt, salads, low fat frozen yogurt or cottage cheese.
- Add apples and red grapes to a green salad or fruit salad.

Selenium:

- Make a mixed bean salad for an appetizer.
- Boil soy beans and eat them as a snack or add them to casseroles or soups
- Bake fish like tilapia, cod, haddock or salmon in the oven.
- Include meat, fish, shellfish, poultry, eggs and nuts throughout the day.



Rutabaga and Carrot puree

2 rutabagas (2 1/2 pounds total), peeled and cut into 1-inch pieces

5 carrots, cut into 1-inch pieces

3 tablespoons unsalted butter

3 tablespoons packed light brown sugar

1 teaspoon kosher salt

Cook rutabagas and carrots in boiling salted water until tender, about 30 minutes. Transfer vegetables with a slotted spoon to a food processor and purée with butter, brown sugar, and salt until very smooth.

Dates to Remember

Dec 5

Last day to order your December Good Food Box

Dec 15

Good Food Box pickup



Gifts From the Kitchen

Thursday November 24, 1pm - 2:30pm
York Region Food Network, 350 Industrial Pkwy S.,
Aurora

Is there anything better than a homemade gift? Well, maybe a gift that you can eat & enjoy! Join us for a free workshop which will inspire you with edible gift giving this holiday season. Leave with a homemade gift.

Company's Coming

Thursday, December 1, 11am - 1pm
York Region Food Network, 350 Industrial Pkwy S.,
Aurora

Make the holidays easy with meal planning and healthy eating. Join us for a free hands-on workshop that will demonstrate healthy and local options for vegetarian cooking.

Places are limited. To reserve your space at Gifts From the Kitchen or Company's Coming, email kateg@yrfn.ca or call 905-841-3101 ext. 206.

For more information about YRFN's programming, visit www.yrfn.ca

