



# Food Fabulous Food

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According to the Canadian Cancer Society, current research shows that at least 50% of cancers can be prevented through **healthy life-style choices and policies that protect the public.**

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## Cancer Awareness Month

Cancer is a scary thing and what's even scarier is that everyone knows someone that has been affected by this devastating disease.

Here are some alarming Canadian Cancer Statistics from 2009

- 40% of women and 45% of Canadian men will develop cancer in their lifetime.
- 1 in 4 Canadians will die from cancer.
- Atlantic Canada and Quebec have the highest cancer incidences and mortalities, while BC has the lowest in both areas.
- 30% of new cancer cases and 17% of deaths are between the ages 20-59years.
- About 837 children (0-14years) are diagnosed with cancer every year. Fortunately, the mortality rate has declined and 82% will survive.
- NS has the highest incidences of lung cancer in females.

There are several risk factors for cancer, some you don't have control over

but others you do.

The leading risk factors are:

- Genetics and family history
- Environment
- Aging
- Tobacco and alcohol
- Chemical and substance exposure
- Sun exposure
- Diet, physical activity and overweight /obesity

Poor diet, physical inactivity and being overweight or obese are related to 1 in 3 cancer deaths each year. No one wants cancer and its likely no big surprise an unhealthy lifestyle is a risk factor for cancer along with other diseases but we continue to be part of this statistic...

Most people know how to lead a healthy lifestyle by following Canada's Food Guide and by being physically active but the problem is putting it into action. We need to start taking control of our health. No one has ever said that being healthy is easy but on the other hand, dealing with a life

threatening disease is much harder. In addition to this, not only does living a healthy lifestyle decrease your risk of disease but you will also increase your energy, help feel better about yourself and beat stress.

In addition to lifestyle change, there are also certain foods that play a preventative role in decreasing your risk of cancer:

- **Antioxidants:** the darker and richer the colour of the fruit and vegetable, the higher the content of cancer fighting antioxidants.
- **Soy products:** contains anticancer isoflavonoids. Incorporate more tofu, soy nuts, edemame and soy milk.
- **Vitamin D:** new research is showing that this sunshine vitamin plays a preventative role in cancer. Make sure you're getting enough. Sources include dairy products, fatty fish and egg yolks. For more information on cancer and lifestyle visit the Canadian Cancer Society website.



# Butcher's Choice: Chicken Breast

It's no surprise that chickens contribute largely to the food industry for their meat and eggs. They are the highest populated bird of any other bird in the world. There are many different cuts of chicken and usually the entire bird is used in food production but chicken breasts are one of the more expensive and the best.

Chicken breasts are packed with nutrients. They are low in fat and good source protein. Chickens are also rich in vitamin B12, phosphorus and iron.

Here are some tips to make your chicken even healthier

- Remove the skin from the chicken before eating. The skin can be removed either before or after cooking to reduce the fat content by almost half.
  - Leaving the skin on during cooking will provide juicier meat.
  - Trim all excess fat from the chicken before cooking.
  - Rather than using fat, such as butter and oils, to enhance the chicken's flavor, try other ingredients, such as flavored vinegars, wines, herbs, spices, or citrus fruit.
  - Cook chicken without the use of fats by baking, roasting, broiling, grilling, or poaching. Pan fry or stir-fry in canola oil or use a fat free nonstick cooking spray
- Source: Eden Valley Farms

## SWEET STICKY ORANGE CHICKEN

Makes 4 servings

- 2 cloves garlic, minced
- 1 tbsp chopped fresh Italian parsley
- 2 tsp Italian herb seasoning
- ¼ tsp freshly ground pepper
- 8 boneless skinless chicken thighs (about 1 ½ lbs/750 g total)
- 2 tsp canola oil
- 1 cup 100 % pure Florida Orange Juice
- 2 tbsp liquid honey
- 2 tbsp unseasoned rice vinegar
- ½ tbsp sodium reduced soy sauce
- 1 tbsp cornstarch

### Directions

In bowl, combine garlic, parsley, Italian herb seasoning and pepper. Add chicken thighs and oil and toss well to coat chicken evenly.

Heat large nonstick skillet over medium high heat and brown chicken on both sides and place in ovenproof casserole dish; set aside.

In small bowl, whisk together orange juice, honey, vinegar, soy sauce and cornstarch. Return skillet to medium-high heat and add orange juice mixture and bring to a simmer, stirring. Pour over chicken and place in 200°C (400°F) oven for about 15 minutes or until chicken is no longer pink inside.

**Nutritional Information per serving:** Calories: 313, protein: 33 g, total fat: 11 g, saturated fat: 3 g, cholesterol: 124 mg, carbohydrate: 17 g, fibre: 0 g, sodium: 200 mg, potassium: 464 mg

Source: Recipe provided courtesy of the Florida Department of Citrus/Heart and Stroke Foundation



## Must Have Mussels



Pete's has local fresh mussels from **Aquaprime** located in Ship Harbour, NS. Their mussels are harvested fresh daily and they are also stamped as a Taste of Nova Scotia Quality Food.

The East Coast (Nova Scotia, New Brunswick, Newfoundland and Prince Edward Island) is the major farming area for mussels in Canada. Among the east coast provinces, PEI is the leading mussel producers, contributing to about 70% of all mussels in Canada. British

Columbia also produces mussels but the industry is relatively small compared the east coast. The type of mussel produced at this end of the country is Blue mussels while British Columbia produces Blue mussels and Mediterranean mussels.

Like most seafood, mussels are a healthy protein choice. They are low in fat, high in protein and provide a good source of iron. Mussels make a healthier choice than beef, containing less calories and fat and almost an equal amount of protein.

The sodium in mussels is a little high but watching your

portion size (75g) and omit salt in preparation, they are can be enjoyed regularly. Seafood tends to be higher in cholesterol as well, including mussels. The most recent findings state that fat is much more an issue for those with high cholesterol levels than dietary cholesterol. Again, the best recommendation is to watch your portion size.

### Nutritional info per 75g mussel meat/15 small:

Calories 129kcal, protein 18g, carbohydrates 6g, fat 3g, saturated fat 0.6g, sodium 277mg. Provide a source of omega 3, iron, vitamin B12, zinc, potassium and phosphorus.



## Tomato Basil Mussels

Serves 4  
 2 ½ lbs mussels  
 1 tbsp olive oil  
 ¼ cup green onion, sliced  
 1 clove garlic, minced  
 1 can (19oz/540ml) can no-added salt diced tomatoes  
 ½ cup white wine or low sodium chicken stock  
 1 tsp dried basil  
 ½ tsp Tabasco sauce  
 1 tsp balsamic vinegar  
 Pepper to taste

Directions: Rinse mussels under cold water. Heat oil in a large saucepan. Add 2 Tbsp green onion and garlic. Sauté until softened, 1-2 minutes. Add tomatoes, wine/chicken stock, basil and Tabasco sauce and bring to a boil. Add mussels.

Cover and steam until opened ~3-5 minutes. Discard any mussels that do not open.

Transfer mussels to a serving bowl. Stir vinegar into the tomato mixture and season with pepper. Pour over mussels and sprinkle with remaining onion. Serve with whole wheat pasta or brown rice.

Source: Aquaprime Mussel Ranch.



## Honey, dew you like melons?

### As it turns out, bigger is better.

If you like melon, Pete's has **jumbo cantaloupe and honeydew melon**. This variety is almost double in size to the regular melons, weighing up to 5lbs. Fortunately, the bigger melons are just as juicy and sweet as the smaller variety. Melon cultivation requires hot temperature. Our jumbo cantaloupe come from Costa Rica, the honeydew are from Honduras.

Honeydew melon and cantaloupe make a healthy choice but like most fruits they are praised for being particularly high in certain nutrients.

Both cantaloupe and honeydew are lower in calories

than some fruits, providing about 30 calories per ½ cup. They are also both good sources of potassium. Potassium is a mineral that plays an important role in lowering blood pressure. Anyone with high blood pressure should be following a diet rich in potassium. It also plays an important role in the function of the nervous system and brain.

Between these two melons, cantaloupe does come out on top. This melon is packed with beta carotene and vitamin A. They play an important role in eyesight, wound healing, help fight disease and aid in healing.

When choosing a melon, many people have an odd ways of doing so. Shaking and knocking on the fruit are

not going to determine its ripeness, freshness or quality; it may just make you look a little odd. According to Pete himself, you know a good melon when you press on the end (where it was attached to the vine) of the melon and it has a little give/softness but the rest of the melon is firm. You also want to look at the outer appearance to ensure it doesn't have any dark spots.

Melons to continue to ripen after they are picked, so to speed up the ripening process keep them on the counter but to slow it down, store them in the fridge. Always make sure to rinse your melon well before consuming to remove any possible bacteria and dirt.



## Melon Berry Salad

Serves 8

Replace the white wine with cranberry juice for a nonalcoholic version.

- 1 cup dry white wine, such as riesling
- 1/4 cup granulated sugar
- 1 strip (3x1 inch/8x2.5 cm) lemon rind
- 1/2 cantaloupe
- 1/2 honeydew melons
- 2 cup strawberries, halved
- 1 cup blueberries

In small saucepan, bring wine, sugar and lemon rind to boil; reduce heat and simmer until reduced to 1/2 cup, about 8 minutes. Let cool to room temperature. Discard lemon rind. Meanwhile, with melon baller, scoop balls from cantaloupe and honeydew melons into large bowl to make 3 cups each. Add strawberries and blueberries; pour wine mixture over top. Cover and refrigerate for 2 hours.

Nutritional info: calories: 106kcal, fat: 0g, protein 1g, carbohydrate: 24g, fibre 2g, sodium: 19mg.

Source: [http://www.canadianliving.com/food/melon\\_berry\\_cup.php](http://www.canadianliving.com/food/melon_berry_cup.php)



# Pete's Deli: Tabouli Salad

Pete's deli has a variety of prepared items from prepared salmon portions, samosas, lasagna and the selection goes on... Pete's does have a wide selection of prepared salads from vegetable based, to noodles, rice or beans, it's difficult to know which to choose. One of the healthier items in the deli case is the Tabouli salad. Tabouli is a Lebanese dish and one of the most popular Middle Eastern salads. This salad traditionally contains parsley, bulgur, mint, tomato, onion, lemon juice, olive oil and lemon juice. It has a fresh taste with the combination of fresh parsley, mint and lemon. It's great to have as a side salad with a meal, enjoyed as a snack with pita chips or in a wrap.



Introducing Pete's new salad: Roasted Italian Couscous. This delicious and colourful salad is a combination of roasted vegetables combined with couscous and lightly flavoured zesty dressing. (Available at the Halifax location).

## Something New QUINOA

**QUINOA** (pronounced keen-wa) is an ancient grain from South America. Although it appears to be a grain, it is in fact a seed of a plant. Unlike grain products, quinoa is a complete protein containing 6g protein per ¼ cup and is GLUTEN FREE. It is also a source of fibre, phosphorus and iron. It makes a great substitute for rice, and can be served hot or cold. It is very easy to cook.

### CITRUS QUINOA

Serves 6  
2 tbsp non-hydrogenated margarine  
1 tsp canola oil

4 shallots, minced  
1-1/2 tbsp grated lemon rind  
1-1/2 tbsp grated lime rind  
1-1/2 tbsp grated orange rind  
2 cups quinoa  
4 cups water  
1/4 cup honey  
1/4 tsp pepper

**Preparation:** In large saucepan, heat 1 tsp (5 mL) of margarine and oil over low heat; cook shallots, stirring occasionally, until caramelized, about 20 minutes. Add lemon, lime and orange rind; cook for 1 minute. Transfer to bowl. Add quinoa to saucepan; cook, stirring, until toasted,

about 4 minutes. Add water and bring to boil; reduce heat, cover and simmer until liquid is almost absorbed, about 12 minutes. Uncover and cook, stirring, for 2 minutes. Stir in shallot mixture, honey, pepper and remaining margarine.

Nutritional info: Calories: 305 kcal, protein: 8g, fat: 8g, saturated fat: 2g, carbohydrates: 53g, fibre: 5g, sodium 120mg, Iron 39%DV.

Recipe source: [http://www.canadianliving.com/food/citrus\\_quinoa.php](http://www.canadianliving.com/food/citrus_quinoa.php)

## Pete's Nutrition Centre



### Looking for an expert in health and nutrition?

Pete's Registered Dietitian, Maureen Tilley can answer your nutrition related questions. You can come to one of Pete's locations or Maureen can come to you.

#### Services include:

- School and community group presentations
- Pete's Scavenger Hunt for children
- Personal consultation
- Group/corporate Lunch and Learns sessions
- Healthy store tours

Ask about our exotic fruit samples and fruit smoothies!

Contact Maureen at [mureen\\_t82@hotmail.com](mailto:mureen_t82@hotmail.com) or (902)425-5700 for more information or bookings.

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