



Dietitians bust up food and nutrition myths and provide you with truths; Dietitians are the smart choice for trusted advice on food and nutrition.

MYTH

“Multi-grain” is the same as “whole grain.”

The Truth! Multi-grain isn't always whole grain. Multi-grain products include different grains, but they may not be whole. You'll get the greatest health benefits from eating whole grains. To make sure a food is made with whole grains, look on the food label's ingredient list for the words “whole grain” in front of each grain name. If whole grains are the main ingredients in a food, they should appear first in the ingredient list. Make at least half of your grain products whole grain each day.

The Truth! The % Daily Value (%DV) is useful for anyone wanting to make healthier food choices. You can use the %DV to see if a food has a little or a lot of a nutrient. You can use it to compare products and make a better choice. For example, you might want to choose a product with less fat and sodium, and more fibre, iron, vitamin A and calcium. An easy rule of thumb: 5% DV or less is a little, and 15% DV or more is a lot for any nutrient.

MYTH

The % Daily Value on the Nutrition Facts table is not very useful.

MYTH

If you eat too much sugar, you'll get diabetes.

The Truth! You will not get diabetes from eating sugar. It's wise, however, to limit your sugar intake. Foods that are high in sugar, such as cookies, candies and soft drinks, are often low in nutrients and high in calories. Diets with too many calories can lead to weight gain, and being overweight is one of the main risk factors for type 2 diabetes. Other risk factors such as family history, age (40 and older) and ethnicity also play a role. You can reduce your risk of developing type 2 diabetes by eating a healthy diet, maintaining a healthy weight and being physically active.

Trusted advice from dietitians. www.dietitians.ca

Roasted Vegetable Pasta

Makes 6 to 8 servings



- Preheat oven to 425°F (220°C)
- Rimmed baking sheet, lightly greased

6	cloves garlic, unpeeled	6
4 tbsp	extra virgin olive oil, divided	60 mL
3 tbsp	balsamic vinegar	45 mL
½ tsp	freshly ground black pepper	2 mL
Pinch	salt	Pinch
1	red bell pepper, cut into 1/2-inch (1 cm) pieces	1
1	yellow bell pepper, cut into 1/2-inch (1 cm) pieces	1
1	onion, cut into 1/2-inch (1 cm) pieces	1
3 cups	cubed butternut squash (1/2-inch/1 cm cubes)	750 mL
2 cups	eggplant (unpeeled), cut into 1/2-inch (1 cm) pieces	500 mL
2 cups	chopped asparagus (1/2-inch/1 cm pieces)	500 mL
12 oz	whole wheat penne pasta	375 g

4	tomatoes, seeded and diced	4
¾ cup	lightly packed coarsely chopped fresh basil	175 mL
1/3 cup	freshly grated Parmesan cheese	75 mL

1. Cut the tip off the top of the garlic cloves. Place on a small piece of foil and drizzle with 1/2 tsp (2 mL) oil. Scrunch to enclose garlic in foil. Roast in preheated oven for 20 minutes or until soft. Remove from oven, leaving oven on, and let cool slightly. Squeeze garlic from skins, discarding skins; coarsely chop garlic and place in a small bowl. Whisk in vinegar, 2 1/2 tbsp (37 mL) oil, pepper and salt; set aside.
2. In a large bowl, toss red pepper, yellow pepper, onion, squash and eggplant with 1 tbsp (15 mL) oil. Spread vegetables on prepared baking sheet. Roast on upper rack of oven, stirring occasionally, for 15 to 20 minutes or until almost tender.
3. In a small bowl, toss asparagus with the remaining oil. Add asparagus to baking sheet and bake for about 10 minutes or until vegetables are tender and lightly browned.
4. Meanwhile, in a large pot of boiling salted water, cook pasta according to package directions until al dente. Drain, reserving 1/4 cup (60 mL) of the cooking liquid.
5. Transfer drained pasta to a large serving bowl and toss with the reserved cooking liquid. Add roasted vegetables, tomatoes, basil and roasted garlic mixture; toss well to combine. Sprinkle with Parmesan. Serve hot or cover and refrigerate for up to 24 hours (let stand at room temperature for 1 hour before serving).

Nutrients per serving: Calories 313, Fat: 9.2 g, Saturated fat: 1.8 g, Sodium: 249 mg (10% DV), Carbohydrate: 52 g, Fibre: 7 g (28% DV), Protein: 11 g, Calcium 126 mg (11% DV) and Iron: 2.6 mg (19% DV)

© Cook! Dietitians of Canada. 2011. Published by Robert Rose Inc.

Official Sponsors

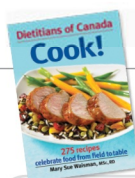


lifelifewell



Participating Sponsors

Dietitians of Canada does not endorse or promote any commercial products or services.



Visit www.dietitians.ca to discover recipes from Dietitians of Canada's "COOK!"

This fact sheet is distributed compliments of:

Trusted advice from dietitians. www.dietitians.ca