



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

Organic foods are the safest and healthiest choice for you.

The Truth! Both organic foods and non-organic foods are nutritious and safe to eat when you're choosing healthy foods based on Canada's Food Guide. Many factors affect a food's nutritional value, like where and how it was grown, stored, shipped and even cooked - not whether the foods were produced organically or not. So organic foods may have more, about the same, or even less nutrients than non-organic foods. And both organic and non-organic foods are grown and produced with strict safety measures to make sure they are safe for you to eat. Like any food purchase, buying organic food is a personal choice.

The Truth! A gluten-free diet is the only healthy way of eating for people with celiac disease or a gluten sensitivity, but it's not necessary for everyone else. Gluten is a type of protein found in grains like wheat, barley and rye, and any foods made with these grains. Unless you have celiac disease or a gluten sensitivity, or you are allergic to one of these grains, you don't need to avoid them. Whether the grain you choose is gluten-free (such as corn, rice, millet or quinoa) or not, enjoying more whole grains is a healthy choice. For good health, make at least half of your grain choices whole grain each day.

MYTH

Everyone should eat a gluten-free diet.

MYTH

Drinking energy drinks is the best way to get energized.

The Truth! No one needs an energy drink. Energy drinks might make you feel a short burst of energy, but it doesn't last. Energy drinks usually contain lots of sugar; in fact, one energy drink can have up to 14 teaspoons of sugar! Most energy drinks have caffeine, and too much caffeine may cause unwanted side effects such as rapid heart-beat and insomnia. These drinks are not recommended for children or pregnant or breastfeeding women, and should not be consumed with alcohol or in amounts more than 500 mL/day. The best way to get energized is to eat well, be active, stay hydrated and get enough sleep.

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Peachy Buckwheat Muffins with Hazelnut Crunch *Makes 12 muffins*



- Preheat oven to 375°F (190°C)
- 12-cup muffin pan, lightly greased or lined with paper cups

Hazelnut Crunch

½ cup	finely chopped hazelnuts	125 mL
2 tbsp	lightly packed brown sugar	30 mL
¼ tsp	ground cinnamon	1 mL

Muffins

1 cup	buckwheat flour	250 mL
1 cup	all-purpose flour	250 mL
1 tsp	ground cinnamon	5 mL
½ tsp	baking powder	2 mL
½ tsp	baking soda	2 mL
½ tsp	ground nutmeg	2 mL
¼ tsp	salt	1 mL

½ cup	lightly packed brown sugar	125 mL
2	eggs	2
3 tbsp	canola oil	45 mL
1 tsp	vanilla extract	5 mL
1½ cups	diced fresh peaches	375 mL

1. Hazelnut crunch: In a small bowl, combine hazelnuts, brown sugar and cinnamon. Set aside.
2. Muffins: In a large bowl, combine buckwheat flour, all-purpose flour, cinnamon, baking powder, baking soda, nutmeg and salt.
3. In a medium bowl, whisk together brown sugar, eggs, oil and vanilla until blended. Pour over flour mixture and stir until just combined. Fold in peaches.
4. Divide batter evenly among prepared muffin cups. Sprinkle hazelnut crunch evenly over muffins.
5. Bake in preheated oven for 15 to 17 minutes or until tops are firm to the touch and a tester inserted in the center of a muffin comes out clean. Let cool in pans on a wire rack for 10 minutes, then transfer to rack to cool completely.

Nutrients per serving: Calories 197, Fat: 7.6 g, Saturated fat: 0.8 g, Sodium: 129 mg (5% DV), Carbohydrate: 29 g, Fibre: 2 g (8% DV), Protein: 4 g, Calcium 35 mg (3% DV) and Iron: 1.5 mg (11% DV)

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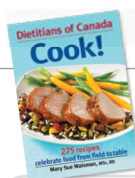


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