



6 Habits of Healthy Eaters By [Lisa Tsaskos, RHN](#)

We all want to eat better, but where do we begin? Emulating the habits of healthy people we admire is a good place to start. You shouldn't be surprised to discover that healthy people share several common behaviours. Here are six of them:

1. They tune in to the body's messages.

Your body communicates with you, usually in the form of signs or symptoms. Bloating, 'random' aches and pains, headaches, feeling light-headed—these and other symptoms don't appear out of nowhere. They each have a cause and may even be trying to tell you something about a more serious condition. Learning to listen to your body takes time and awareness.



Maintaining a food journal and listing any unusual physical, physiological, or emotional symptoms is an effective way to tune in. Every few days, review your journal, and look for patterns to interpret the cues. Did you experience loose stools after a breakfast of cereal and milk? Did your arthritis pain flare up after eating a certain meal? Or perhaps after a particularly

stressful day at work you caught yourself inhaling an entire package of cookies.

Even those with healthy behaviours can be challenged by this one. Choosing a specialized diet, like a raw food diet, for example, might have been the best eating decision **Continued on page 3...**

New Health Food Trends for 2019 By [Helen Blanchard, RHN](#)

Have you heard about any of the predicted health trends for 2019? Or do you even care about them? Will they have any impact on the way you eat or live?

Well, I wondered about this myself. I checked out several sites on the internet to determine what predicted trends were of interest to me.

I don't necessarily associate a trend with something positive. People often think of a trend as something that will pass when something "better" or "different" comes along. If an activity,

food, or habit is good for you, don't give it up just so you can embrace the latest trend. For example, if another food replaces kale, that doesn't mean that you should give up eating kale.

However, I think there are some anticipated trends that can be beneficial to you and me. Let's look at a few.

One of the predicted trends from Whole Foods Market that I think we can all get behind is **Eco-conscious packaging**. Let's use less plastic. How can we accomplish this? BYOVV (bring your own vegetable) **Continued on page 4...**

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Butternut Carrot Sweet Potato Soup By [Tanya Fraser, RHN](#)

Gluten Free & Vegan

Ingredients

1 small to medium butternut squash, peeled, seeded and cubed
 3 to 4 carrots, peeled and diced
 1 sweet potato, cubed
 1 tbsp grass-fed butter or coconut oil
 1 medium sweet onion
 1/2 tbsp fresh ginger, minced
 1/2 tbsp garlic, minced
 1-qt low sodium organic chicken or veggie broth
 1/2 tsp ground cinnamon
 1/2 tsp ground nutmeg
 salt and pepper to taste



Instructions:

Step 1 – Cut butternut squash, carrots, and sweet potato into 1-inch even sized cubes.

Step 2 – Heat a large pot or Dutch oven over medium heat. When hot, add butter or coconut oil and once melted, add onions. Sauté onions until tender.

Step 3 – Add in squash, carrots, sweet potatoes, ginger, garlic, and stock and bring to a simmer, cooking until squash is tender (about 15 to 20 minutes).

Step 4 – Carefully add mixture to a blender or food processor and purée.

Step 5 – Once puréed, add contents back to pot and stir in cinnamon, nutmeg, salt, and pepper.

Loaded Sweet Potato Fries By [Kim D'Eon, RHN](#)

Use organic ingredients whenever possible

Serves: 2-4



Ingredients

4 medium sweet potatoes, sliced into long fry shapes
 1-2 tbsp coconut oil
 Sea salt and fresh pepper
 1 ripe avocado
 2 limes
 1/4 cup basic cashew cream (see following recipe)
 1/2 red pepper, diced
 1/4 cup chives or green onions, chopped

1/4 cup cilantro (or parsley), chopped
 1 jalapeno, thinly sliced (optional)
 1/2 cup cooked black beans

Instructions

Preheat oven to 425F and line baking sheet with parchment paper.

Toss sweet potatoes with liquid coconut oil **Continued on the top right column ...**

(you may need to warm it first) + a few good pinches of salt and pepper. Arrange in single layer on baking sheet and cook for about 30 minutes until lightly browned - tossing once, halfway through cooking.

While fries cook, mash the avocado with juice of one lime and a few pinches of salt and pepper. This can be used to dip the fries into.

Make cashew cream.

Top with veggies, beans, a few squeezes of lime, and drizzle of the cashew sour cream, or use as a dip on the side.

Basic Cashew Cream

Ingredients

1 cup cashews
 1/2 cup filtered water
 Juice of 1/2 lemon
 (note—use 1 lemon here)
 1/4 tsp sea salt

Soak cashews at least 30 minutes up to overnight.

Drain and rinse well.

Add all ingredients into high-speed food processor or blender and blend until smooth. (Scrape down sides with spatula when necessary, adding more liquid to achieve desired consistency.)

Benefits of Sweet Potatoes

According to [Medical News Today](#), one medium sweet potato will provide well over 100 percent of your daily needs for vitamin A, as well as 25 percent of vitamin C, 25 percent of vitamin B6, and 12 percent of potassium. Because of their high fibre content, sweet potatoes help to prevent constipation and promote regularity for a healthy, digestive tract.

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you ever made, but it may not be suitable for your body at this time. If your ethics and values won't allow you to listen to the signs your body is providing, your health could take a giant step backwards.

2. They are not afraid to experiment with different foods.

Reishi mushrooms, kimchi, a fizzy drink with what looks like parts of ET floating in it (that would be kombucha)... healthy eaters are open minded and are not afraid to try the latest health food craze. They also realize, however, that food trends are just that—trends—and should be consumed in moderation, just like every other food. Fortunately, many of today's food trends are health-supportive. Be careful to avoid adopting an 'all or nothing' mentality, and remember that despite the popularity of certain foods or eating styles, balanced diets that centre around natural plant-based foods always come out on top in the long term.

3. They avoid 'food' that comes in packages.

Healthy eaters understand that the body is designed to consume foods that were grown in a natural environment. That typically excludes foods with a five-year shelf life and foods sold in packages, like processed cereals, tinned or bottled soups and sauces, and frozen meals.

They fill their carts with a focus on fresh, shopping primarily around the perimeter of the market and avoiding the processed, packaged food aisles. Packaged foods can't compete with whole foods when it comes to quality, and they typically contain preservatives and additives that may endanger health rather than promote it.

4. They focus on gut health.

The more we learn about the microbiome, the more we recognize its power over the body and our health. The large gut houses more than 1,000 strains of microbes, many of which have an important influence on mood, immunity, weight, disease prevention and more; in fact, research is finding that our microbiota may play an influential role in every aspect of human health. Healthy eaters are aware that what they eat influences their body's daily mix of gut microbes. Foods rich in probiotics and fibre feed the good, protective bacteria, helping to increase their population.

Probiotic and prebiotic foods, including kimchi, sauerkraut, organic yogurt and kefir, kombucha, miso, garlic and onions help tip the microbial scales in the right direction. Supplying vegetables, whole grains, beans, fruit and other fibre-rich plant foods every day supports the spread of specific bacteria known to promote weight loss, and prevents gut microbes from feeding on the intestine's protective mucus lining, a process that can trigger inflammation and disease.

5. They hang out with like-minded people.

Eating fermented vegetables on your own can be lonely. Healthy eaters lean on a supportive community of like-minded people to share (and commiserate) with. Social media provides an abundance of resources—food and nutrition bloggers, Facebook groups, and beautiful, inspiring



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meal photos on Instagram, but having real live friends with whom you can share recipes, articles or books, and discuss new discoveries or health challenges with—and most importantly, to dine with—is essential too.

6. They live a balanced lifestyle and practice mindfulness.

Science (and journalists) often try to pinpoint one specific food, nutrient or behaviour responsible for optimal health. They will never achieve this—because there isn't only one. Healthy eaters recognize that while making every meal count is vital to excellent health, it isn't enough. In addition to being mindful about the food they choose to eat, they exercise regularly, take multi-vitamins, don't smoke, learn to manage stress, and appreciate that the mind and spirit need nourishing as much as the body does.

Living mindfully means paying attention to all aspects of your life, including your thoughts and feelings. Meditation helps you achieve this by focusing your awareness on the present moment. Most of us exist in a habitual state of distraction.

Check out this article for [tips on bringing mindfulness into your life.](#)



Enjoy your love of food ...with food that loves you back

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bag) to the produce department or to your local farmers' market. There are several reusable options on the market, including eco-produce bags (which I found at my local grocery store). Instead of plastic wrap, use reusable food wraps made from beeswax. Forcing consumers to bring their own, one of the farmers at my local farmers' market no longer provides plastic bags for bagging produce. Take reusable bags with you when you go shopping. Store them in the car so you'll have them when you need them.

Buy fruits and vegetables as single items, not packaged. Don't use plastic straws. If you do want to use one, purchase a stainless steel or glass straw. Purchase a stainless steel or glass water bottle. We can all make a difference here. Every little bit helps.

Yesterday a friend shared with me about the food that was served at a recent Christmas party she attended for work. One of the chefs came out and explained each course. He told the guests about the ingredients that were sourced locally. It was a five-course meal with tasty fish and duck and lots of delicious vegetables. My friend told me how she would usually feel sluggish and tired after one of these Christmas meals. However, she felt great after this meal. Let's hear it for delicious dishes sourced from quality and/or local ingredients.



Another friend shared with me that he gathers wild mushrooms and sells them to various restaurants. Think about how local food is so much tastier since it hasn't spent all that time in transit. **Eat local** is one trend that Yogurt Lab thinks will [triumph](#) in 2019.

Some other trends predicted to last include **more vegetables**. Wahoo for more veggies! It doesn't have to be complicated. Throw some greens in a smoothie. Grab some raw veggies with some hummus for a snack. Make an omelet with lots of veggies.

Another trend predicted to [triumph](#) is **Do not throw anything** (out)! What does this mean for you? One simple thing to do is to save your veggie scraps. Throw them in the freezer and when you have time, make a veggie broth. Plan your meals and know your fridge. How could this possibly help here? Buy what you need for your meal plan. Then there won't be all those other items lurking in the back of your fridge that get thrown away because you forgot about them.

If I've piqued your interest and you want to know more, [read this article](#) from Whole Foods and [read this article](#) from Yogurt Lab.

Changes don't have to be massive. Start small. Who knows, you might be a trend-setter among your friends this year.

Happy New Year!

150 Consumers Road,
Suite 210
Toronto, Ontario
M2J 1P9
info@cahnpro.org
www.cahnpro.org
416.499.2660

Editor:
Helen Blanchard, RHN

Copy Editor:
Jennifer Sexton, RHN

Writers:
Lisa Tsakos, RHN
Helen Blanchard, RHN
Tanya Fraser, RHN
Kim D'Eon, RHN

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