

Healthy Eating with Z-I-P!

Consumer Fact Sheet

Feeling zapped? You may need to add some **Z-I-P!**

Essential nutrients zinc, iron, protein and B-vitamins are key to keeping your body working at its best.

Zinc - to boost your immune system

Iron - to carry oxygen to all parts of your body and help your body use energy

Protein - to build and repair your body

B-vitamins - to help your body use energy

Boost your immune system! Zinc helps to build and maintain a strong immune system. Healthy zinc intakes help your body resist and fight infections. Mild zinc deficiency may lower your resistance to infection and limit children's growth.

Be energized! Iron helps carry oxygen to your cells and B-vitamins help release energy from food. Low iron levels may leave you feeling tired and may limit children's learning ability. Protein gives you some of the energy you need to stay healthy.

Go for growth! Protein provides the building blocks your body needs to grow and repair tissue. Zinc and iron are essential for children's healthy growth and development.

Back to Balance! Each food group provides a unique set of essential nutrients – each with their own special role. Much like you need all the pieces of a puzzle to create a complete picture. You need a variety of foods from all four food groups in *Canada's Food Guide to Healthy Eating (CFGHE)* for complete nutrition.

To strike a healthy balance - choose the recommended number of servings from each food group in CFGHE. Visit CFGHE to learn more about serving sizes at www.hc-sc.gc.ca/hppb/nutrition

One in two Canadians eat fewer than the recommended number of servings from at least one of the four food groups.

Four Food Groups For Healthy Eating: Their key nutrients work together for a healthy balance!

Milk Products

2-4 servings/day

Protein, Calcium,
Vitamins A & D and B-vitamins

Vegetables & Fruit

5-10 servings/day

Carbohydrate, Fibre and
Vitamins C & A

Grain Products

5-12 servings/day

Carbohydrates, Fibre,
B-vitamins, Iron and Zinc

Meat & Alternatives

2-3 servings/day

Protein, Iron,
Zinc and B-vitamins

Example: Meat & Alternatives are an important source of iron and zinc, B-vitamins & protein. If you eat fewer than the recommended 2 to 3 servings of Meat & Alternatives daily, you may not get enough of some nutrients such as iron and zinc.

Tips to Add Z-I-P!

Most people get enough protein, but meeting iron and zinc needs can be more of a challenge - especially for women, children and older adults. Choosing your protein choices wisely can help you get the iron and zinc you need.

Iron and zinc are found in a wide variety of foods. However, the iron and zinc in meat, poultry and fish is absorbed more easily than the iron and zinc from plant foods. Plus, including meat with meals helps boost iron and zinc absorption from plant sources.

HERE ARE SOME WAYS TO BOOST YOUR IRON AND ZINC INTAKES:

- ▶ Follow *Canada's Food Guide to Healthy Eating*. Eating the recommended servings from each food group can help you get a healthy balance of essential nutrients.
- ▶ Enjoy foods rich in highly bioavailable iron and zinc such as lean red meats, fish and poultry.
- ▶ Include meat, fish and poultry with meals to increase the amount of iron and zinc your body can absorb from plant foods.
- ▶ Eat fruits and vegetables rich in vitamin C, like citrus fruits and juice, with meals to increase the amount of iron your body can absorb.
- ▶ Drink tea or coffee in between rather than with meals, since these drinks decrease iron absorption.

For more ways to achieve healthy nutrient intakes or to find a registered dietitian in your area visit:

www.dietitians.ca

RECIPE IDEA TO ADD MORE Z-I-P!

Add more zip to your day and tantalize your tastebuds with this quick & easy recipe.

WEEKNIGHT ITALIAN SOUP

INGREDIENTS

1 lb	500 g	Beef Stir-Fry Strips or Fast-Fry Steak, cut into thin strips, ¼ inch (5mm), 1½ inches (4cm) long
3 tbsp	45 mL	Worcestershire sauce
1	1	can (28 oz/796 mL) stewed tomatoes
1	1	can (12 oz/341 mL) canned corn
1 cup	250 mL	beef broth
1	1	large clove garlic, minced
1 tsp	5 mL	dried basil
¼ cup	50 mL	thinly sliced fresh basil (optional)
		grated parmesan cheese (optional)


PREPARATION TIME: 5 minutes **COOKING TIME:** 15 minutes

DIRECTIONS: Toss beef with 2 tbsp (30 mL) Worcestershire sauce, set aside. In large saucepan combine tomatoes, corn (including liquid), broth, garlic, dried basil, remaining 1 tbsp (15 mL) Worcestershire sauce and pepper to taste. Bring to boil; cover and reduce heat to low. Simmer 5-10 minutes. Turn heat off and stir in beef; cover and let stand 5 minutes to cook beef. Stir in fresh basil and garnish with cheese, if desired. Serve immediately with crusty bread.

NUMBER OF SERVINGS: 4 - 5 SERVINGS

NUTRITION INFORMATION PER SERVING

253	Calories	5.5 g	Fat
25 g	Protein	30 g	Carbohydrates





This nutrition resource is brought to you by the registered dietitians at the Beef Information Centre. Questions about beef? Visit www.beefinfo.org or call 1-888-248-BEEF or contact your local Beef Information Centre in Vancouver, Calgary, Regina, Winnipeg, Mississauga, St. Laurent or Bedford. May be reproduced without permission provided no changes are made and credit is given. Printed in Canada. September 2002 (1).