

May

Stir Fry's are an excellent way to eat vegetables and protein foods together. These protein foods can be meat or meat substitutes.

Traditional foods such as deer and moose meat can be used as can other game. Meat substitutes like Soya products and tofu can also be used as can chicken. Use olive or canola oil in the stir fry and use a non-stick pan to cook stir-fry. Next, add vegetables, starting with the vegetables that take longer to cook first, like broccoli and cauliflower. Then add vegetables like mushrooms, zucchini, tomatoes and any greens.

Use low sodium Soya sauce, garlic and ginger for flavour.

Stir Fry's can be served by themselves or with grains, like whole wheat pasta or brown rice.



MOOSE STIR FRY

Ingredients:

2 teaspoons of olive or canola oil
2 pounds moose meat, cubed
1 onion
1 cup water
2-tsp of cornstarch
1 stalk celery

1 green pepper
2 carrots
2 cups cabbage
1 tin mushrooms and juice
4-tsp of Soya sauce
4-tsp of Worcestershire sauce

Directions:

- Heat oil in frying pan. Add onion and meat. Brown.
- Cook in water until tender. Add chopped vegetables. Add more water if needed. Cook until done. Thicken with cornstarch mixed in sauces.
- Serve over hot rice or noodles.



FAT FACTS

If you reduce the amount of animal fats and **saturated** vegetable fats you eat and **choose** margarines and oils that contain **monosaturated and polysaturated types of fats**, your body will benefit! Choosing low fat foods can **reduce blood sugar**. Other benefits of eating foods low in saturated fats include weight loss, lower *LDL* cholesterol, (which is the *bad* type of cholesterol), lower blood pressure and improved blood circulation. **TRANS Fats** are found in hydrogenated fats like hard margarines, high fat dairy products, and in high fat snacks like cookies and crackers. These trans fats are also found in oils like palm oil and coconut oils. **Avoid eating foods with Trans Fats**
Animal fat- lard, butter and meat fat **Vegetable fat - oil**, margarine and shortening **Hidden fats**-are found in regular mayonnaise and salad dressing, potato chips, French fries, snack crackers, donuts, cakes, pies muffins, ice cream, chocolate nuts and seeds, bacon, wieners and bologna, gravy, cheese, whole milk and cream. If you eat any of these foods, try to eat them **less often**. Many of these foods have a "light" or fat reduced version, try these alternatives instead!

Tips to reduce the amount of fat that you eat

- *Add less margarine or butter to your breads and vegetables.
- *Avoid pre-packaged meals and deep fried foods. Avoid fast-food. Store-bought cookies and muffins contain high amounts of fats. When possible, make your own baked goods. Choose cereals made with oatmeal. Choose pastas, breads, bagels, pitas and tortilla wraps made with whole wheat and other whole grains.
- *Remove skin from meats; watch portion sizes; 1 portion is about 3-4 ounces or the size of a fist or a deck of cards.
- *Try to avoid eating deep fried foods or at least **limit them**. **Try not to add** fat to foods when cooking; use a non-stick spray and non-stick pan. If you do use fat to cook with, limit how much you use.
- * When baking, **HALF (1/2)** the oil or margarine can be replaced by applesauce in muffin and some cake recipes.
- * Choose snacks like plain popcorn, pretzels, baked chips and angel food cake.
- * Goods types of oils to use include olive oils, canola, safflower, sesame oil and non-hydrogenated margarine.
- ***Learn to read labels, they contain useful information. For more information contact CDEPP.**