

## The Other Side of Food



When thinking about healthy eating, food is often the first thing that comes to mind. We seem to forget to look at the big picture. Healthy eating is so much more than what we eat. It also includes everything that surrounds food. Let's take a closer look to see what healthy eating is all about.

Food is not only used for the purpose of eating. We use food to celebrate, to gather and even to show love. The environment in which you are eating, the people around the table, or even what you feel when eating your favourite meal are also a big part of healthy eating.

Share your meals with the people you love. Sit down with friends or family at mealtimes. Have conversations and share stories when eating meals with others. Do not wait until the next special celebration to eat together. Make time to do so, as often as possible.

Help develop your children's cooking skills. Start by having them help to cook meals. They can help peel vegetables, set the table or even help with the dishes. Soon, they will start to gain confidence in their abilities, and they will be more independent. Those skills will be helpful throughout their life.

Enjoy your food. Take the time to taste every flavour. By being more involved with the preparation of food, you will look at meals differently. You might enjoy it even more. Consider planting an herb garden or plant some seeds this spring that you can transplant later. Be open to try something new. It can take a few tries sometimes before starting to enjoy a new taste.

These key messages help you see beyond food itself and be more mindful about your eating habits. This is a big part of what healthy eating really is. For more information please visit the new Canada's Food Guide's website at [Canada.ca/FoodGuide/](http://Canada.ca/FoodGuide/)

If you have any questions regarding the new Canada's Food Guide, consult a dietitian at your local Public Health office.

Newsletter provided by Kim Martin, Dietetic Intern

### **Sweet Potato and Molasses Cookies**

#### **Ingredients**

2 small sweet potatoes, about 1 lb (450 g)  
2 cups (300g) unbleached all-purpose flour  
1 tsp baking soda  
½ tsp ground cinnamon  
½ tsp ground ginger  
1 pinch salt  
½ cup (115 g) unsalted butter, softened  
¾ cup (180 ml) molasses  
1 egg

Reference: [Ricardocuisine.com/en](http://Ricardocuisine.com/en)

#### **Preparation**

1. With the rack in the middle position, preheat the oven to 350°F (180°C). Line two baking sheets with silicone mats or parchment paper.
2. Using a fork, prick the sweet potatoes a few times and place on a plate. Cook in the microwave oven for 6 minutes or until tender, turning halfway through cooking. Let rest for 5 minutes. Cut in half and scoop the flesh into a large bowl. Mash with a fork. You will need 1 cup (250 ml) of mashed sweet potato. Set aside.
3. In a bowl, combine the flour, baking soda, spices and salt.
4. In another bowl, cream the butter and molasses with an electric mixer. Add the sweet potato and egg. Mix until combined. Add the dry ingredients and mix on low, or with a wooden spoon, until the dough is smooth.
5. Using a 3-tbsp (45 ml) ice cream scoop, shape the cookies and place them on the prepared baking sheets.
6. Bake one sheet at a time for 15 minutes or until cooked but still moist. Let cool for 10 minutes before serving.