

Celebrate food... from field to table!

 Dietitians of Canada
Les diététistes du Canada


eat well / live well
manger mieux / c'est meilleur
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"Wow! I didn't know that..." Fabulous Food Facts

Dietitians of Canada's National Nutrition Month Campaign 2010 focuses on a celebration of food – right from where its grown and harvested all the way to appetizing and healthy food on our tables. Check out these fabulous food facts and try our delicious menu ideas made from cross Canada ingredients!

Fantastic farms!

According to Statistics Canada, in 2006, there were over 200,000 farms in operation in Canada. One Canadian farmer can now produce food for about 120 people for a whole year.

Drum roll please...

The country that exports more mustard seed than ANY country in the world is...
You guessed it – CANADA!

The 'apple of my eye'!

Apples are Canada's largest fruit crop in terms of weight of food produced.

Eggs-cellent!

In Canada, a total of 25 million hens produce about 500 million dozen eggs per year – that's 6 billion eggs!

Hooray for PEI!

Our smallest province produces most of Canada's potatoes (24%), followed by Manitoba (21%), Alberta (17%) and New Brunswick (15%).

Attention meat eaters!

Canada's red meat and meat products industry includes beef, pork and lamb, and also venison and bison. Meat production is the largest sector of the Canadian food manufacturing industry.

A lot of beans!

Chickpeas are one of the fastest growing Canadian food products. Commercial chickpea production started in 1995 at around one thousand tonnes and has increased to an estimated 255 thousand tonnes in 2007-2008.

Moo! Did you know...

Canada's dairy industry produces more than 665 different varieties of cheese from goat, ewe and cow's milk.

Truly amazing!

Canada exports durum wheat to many of the world's top pasta producers, such as Italy and Turkey.

For more information about Nutrition Month, visit www.dietitians.ca/eatwell. Nutrition Month is brought to you by Dietitians of Canada and thousands of dietitians across the country, in collaboration with the campaign sponsors.

Participating sponsors for Nutrition Month 2010 include Compass Group Canada, Dairy Farmers of Canada, General Mills Canada Corporation, McCormick Gourmet Spices and Seasonings.

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Cross Canada Dinner Menu
 Your favourite grilled beef, salmon, pork, chicken
 or vegetarian main dish served with
 Herbed barley and wild rice risotto
 Festive salad
 Local berries on parade
 Visit www.dietitians.ca/eatwell
 for all of these delicious recipes.

Festive Salad

Serves 8

- | | | | |
|------------------|--|--|-------------------------|
| 900 g (2 lbs) | beets | 5 mL (1 tsp) | dried mustard |
| 250 mL (1 cup) | shredded red cabbage | 30 mL (2 tbsp) | canola oil |
| 250 mL (1 cup) | shredded carrots | 30 mL (2 tbsp) | water |
| 4 | green onions, thinly sliced
(white and green parts) | 15 mL (1 tbsp) | honey |
| 30 mL (2 tbsp) | chopped fresh dill or 5 mL (1 tsp) dried dill | 80 mL (1/3 cup) | toasted sunflower seeds |
| 150 mL (2/3 cup) | crumbled Canadian feta cheese | Optional: salt and freshly ground pepper
to taste | |
| 60 mL (1/4 cup) | red wine vinegar | | |

1. Wash beets and cut away the tops and tails. Wrap in foil and bake in preheated 375°F (190°C) oven for about 45-60 minutes or until just tender. Unwrap, let cool and peel under running water. Cut into 1-inch (2.5 cm) chunks and place in large glass or ceramic mixing bowl.
2. Add cabbage, carrots, green onions, dill and feta cheese and stir gently to combine.
3. Meanwhile, place red wine vinegar in a small bowl. Add mustard and whisk with a fork or small whisk to combine. Add oil, water and honey and continue to whisk. Pour over beets and other vegetables and stir to combine.
4. Garnish with toasted sunflower seeds.

Note: the flavour improves if this salad is made 6-8 hours before serving and refrigerated.

Nutrients per serving

Calories: 149	Carbohydrate: 13.6 g	Calcium: 89 mg
Fat: 9.4 g	Fibre: 2.8 g	Iron: 1.3 mg
Sodium: 202 mg	Protein: 4.4 g	



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