

MAKING HEALTHY CHOICES: WEEK 15

Consider your condiments

Many of us add condiments to our food before tasting it. Condiments include salt, pepper, ketchup, mayonnaise, mustard and other things you add to flavor your food (usually after cooking). It is easy to add lots of condiments to your meal without thinking about it. Most store-bought condiments have little to no nutrients and contain a lot of sugar, salt and trans fat. Try taking this opportunity to make a healthy choice by starting to consider your condiments before adding them.

Compare the food label

Last week we talked about reading the Nutrition Facts label. This is a great way to help you choose between two similar condiments. For example, if two different ketchups have the same Serving Size, you can compare the nutrition facts listed and the ingredients list to help you choose the healthier option. If two types of a condiment have a different Serving Size, use the ingredients list as your main guide.

Make your own

One of the healthiest choices you can make when it comes to choosing condiments is to make your own at home. This is a great way to include more nutrients and avoid artificial ingredients as well as added sugar, salt and trans fat. Salsa, chutney, ketchup, mayonnaise and barbecue sauce are all examples of condiments that can be made at home.

The right condiments, used in the right amounts can enhance the flavor of your meals. Try choosing healthier options (by comparing the food label) at the store and explore making your own at home. Whatever condiments you choose to use, don't forget to taste your food before adding them so that you add only the amount you need.



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Did you know?

Food manufacturers can list “0 grams” for trans fat on the Nutrition Facts label if the trans fat content of the product is below 0.5 grams per Serving Size. This hides the presence of trans fat in food products so remember to check the ingredients list.

WEEKLY RECIPE



Remember to wash your hands and prepare food safely.

Banana Ketchup

1. Mix $\frac{1}{4}$ cup apple juice with 1 medium-sized banana in a blender or food processor until well blended. Then put into a small bowl.
2. Stir in one 6-ounce can tomato paste and 1 tablespoon distilled white vinegar. Add $\frac{1}{4}$ cup of cold water until smooth.
3. Add $\frac{1}{2}$ teaspoon paprika, $\frac{1}{4}$ teaspoon salt, $\frac{1}{8}$ teaspoon garlic powder, a dash of onion powder and a dash of cumin. Stir to combine.
4. Refrigerate for at least 4 hours before serving. Store in the fridge for up to 3 weeks.

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