



What small changes can I make to my diet right now?

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You may think your diet is pretty good, and it just might be. However, there is always something new to learn about how we cook our food and making nutritious decisions.

Ditch the one minute rice

Fast cooking rice has lost a lot of its nutritious value in order for it to be able to cook quickly. One minute white rice is the worst culprit! Instead choose brown rice or try mixing in wild rice for variety. Brown rice is full of nutrients and minerals. Your family may think it tastes funny and is chewier. It's true that the rice has more of a grainy texture. Try mixing half white rice and half brown rice for your family. It will be a subtler change.

Quick oats – not a good solution

Yes, this can provide a quick and handy breakfast but quick cooking oats lack the fibre that your digestive system needs. Instead pick up Steel Cut oats from your health food store or the health section of your bigger grocery store. These oats take from 15-25 minutes to cook but are a far better choice.

Tip: cook up a big batch on Sunday and portion it out into containers for your quick morning meal. In the morning put the portion in a small pot on the stove and add a bit of almond milk and cinnamon. Quickly heat it and serve.

Eat more veggies!

Eating more vegetables has shown to reduce risk of cancer and heart disease. What better reason to eat more? When you get home from the grocery store try cutting up your veggies into pieces right away. This way you can quickly grab your snack from the fridge later.