

# Food and Health

## Welcome to Toronto Package

### Finding your Cultural Foods

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Eating well in Canada does not mean you need to give up your cultural foods. Here are some options for cultural foods near Sherbourne Health Centre.

Store	Address	Cuisine
Ambal Trading	591 Parliament Street	East Indian, West Indian, Sri Lankan
Surma Supermarket	330 1/2 Parliament Street	East Indian, West Indian, Halal
Marhaba Supermarket	324 Parliament Street	Bengali, East Indian, West Indian, Halal
Iqbal Halal Foods	2 Thorncliffe Park Drive	Largest South Asian Supermarket in Ontario
Philippine Variety Store	240 Wellesley Street East	Filipino
Sunny Green Vegetable & Fruit	224 Wellesley Street East	International
Fruit/Vegetable/Grocery Markets	Gerrard St East at Broadview	East Asian
Bulk Barn	2 Carlton Street	Bulk foods market - International

### Navigating Canadian Supermarkets

Many Canadian supermarkets also have sections for foods from all over the world. There are many supermarkets around Sherbourne to choose from.

Supermarket	Address
Food Basics	238 Wellesley Street East
No Frills	449 Parliament Street
Fresh Co	325 Parliament Street

#### Grocery Store Tips

- Do most of your groceries at supermarkets. Corner stores and convenience stores can be more expensive.
- Shop around the **outside** aisles of a supermarket first. This is where you will find fresh and healthy foods like vegetables, fruit, milk products and meat products.
- Look at the **top and bottom** shelves. Higher priced items will be at eye level.
- Most supermarkets have flyers that tell you what is on sale. Check the supermarket flyer often for deals and coupons.

### Healthy Eating on a Budget

Healthy eating does not need to cost a lot of money. There are many ways to save and eat healthy in all of the 4 food groups. Avoid packaged and processed foods.

#### Vegetables and Fruit

- Buy fresh vegetables and fruit when they are in season. Sherbourne's website has a cookbook with a guide of what is in season. Visit: [www.sherbourne.on.ca](http://www.sherbourne.on.ca)
- Bags of vegetables such as potatoes and onions are cheaper than buying single pieces.

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- Pre-washed, pre-cut and packaged vegetables, salads, and fruit often cost more.
- Frozen vegetables and fruit are nutritious and convenient.
- Canned vegetables that are well-rinsed and canned fruit packed in water can also be healthy choices.

### Grain Products

- Cook rice, barley and other grains (instant and seasoned mixes cost more).
- Use flour to bake your own bread.

### Milk and milk alternatives

- Buy milk in 4 liter bags or jugs instead of cartons. Milk can be frozen for up to three months!
- Defrost frozen milk bags in the refrigerator and shake it before you open it.
- Skim milk powder costs less than milk and can be used in cooking or baking.
- Buy cheese in blocks when it is on sale and then slice or grate it yourself.

### Meat and meat alternatives

- Look for less expensive types of meat such as:
  - stewing meat
  - regular or medium ground meat
  - pork shoulder
  - chicken pieces (legs, thighs) or whole chicken. Remove skins yourself.
  - plain frozen fish fillets such as salmon, tilapia, sole, haddock and pollock
  - canned salmon, “light” tuna, sardines and herring
  - Buy any of the above in bulk or ‘family pack’
- Go meatless! Meat alternatives are high in protein, low-cost and easy to prepare:
  - Legumes: beans, peas, and lentils
  - Tofu (soybean curd)

### Registered Dietitians

Registered Dietitians are health professionals who can give you support around healthy eating, nutrition and can help with preventing or managing chronic illness such as high blood pressure, diabetes, heart disease, and cancer. To see a Registered Dietitian at Sherbourne Health Centre, contact 416-324-4180, or ask your family doctor.

### EatRight Ontario

EatRight Ontario is a free service that allows you to ask nutrition-related questions and receive feedback by phone or email from a Registered Dietitian.

**To phone a Registered Dietitian for free, dial: 1-877-510-510-2**

Daytimes hours are 9:00 AM – 5:00 PM Monday to Friday.

Evening hours are Tuesday and Thursday until 9:00 PM.

**To email a Registered Dietitian for free, visit: [www.eatrightontario.ca](http://www.eatrightontario.ca)**