



IMPORTANT DATES

Registration is mandatory
with valid health card
613-632-1111 ext. 52701.

March 23 and April 20, 2018: Cooking
Class and Grocery Tour - from 8:30
am to 12:00 pm.

April 12, 19 and 26, 2018: Group
classes «Living Well with Diabetes» -
from 8:30 am to 11:30 am.

The microbiota : A hot topic!

What is microbiota? The intestinal microbiota is the set of microorganisms (mostly bacteria) that live in the gut, formerly known as the intestinal flora.

Why are we interested in microbiota? It is now recognized as an organ that influences our health. The microorganisms that inhabit the intestine are very active and very useful for our health.

The beneficial elements for our microbiota:

1. **Fiber:** for example: legumes, oats, whole grains, vegetables, fruits.
2. **Prebiotics:** for example: garlic, artichoke, onion, leek, chicory, whole grains, banana, asparagus, soybeans, psyllium.
3. **Polyphenols:** for example: berries (strawberries, raspberries, blueberries, blackberries, cranberries), citrus fruits, grapes, kiwis, coffee, tea, wine, cocoa, soy, flaxseeds.
4. **Fermented foods:** for example: sauerkraut, kefir, yogurt, kombucha, cheese

The benefits to our health: the elements mentioned above improve our immune system, help to digest food, synthesize vitamins and minerals, regulate our appetite, produce anti-inflammatory substances, neutralize certain carcinogens, prevent certain harmful bacteria from entering our organism.

The harmful elements for our microbiota:

1. Fat and protein (in excessive intake).
2. Emulsifiers (for example: polysorbate 80, carboxymethyl cellulose) found in foods such as ice cream, salad dressings and commercial sauces.
3. Aspartame and acesulfame potassium (sweetener).

The harmful elements contribute in creating an imbalance of the microbiota and thus reducing the lack of diversity in the population of the micro-organisms which increase the risk of cardiovascular diseases, inflammatory disease of the intestine, diabetes, obesity, allergies and certain types of cancer (colon, stomach). Our microbiota could also influence the effect of satiety, mood and resistance to stress.

The experts recommend:

1. Eat lots of fruits, vegetables, legumes and whole grains: variety is the key to success! Aim 50-55 g of fiber per day (the average consumption is ~ 15-20 g).
2. Incorporate fermented foods, probiotics and prebiotics into your menu.
3. Avoid red meats, high fat dairy products, fats, fried foods and foods that contain certain food additives.
4. Avoid taking antibiotics.
5. Talk with your Dietitian for more information.

Sources: Extenso, Nutrition Reference Center of Montreal University; Nutrium Conference, March 31st 2017, Nicole Leblanc, RD ; Le microbiote, Julie Leduc, RD, October 2016.

VEGETABLES AND RED LENTILS LASAGNA

- 9 cooked lasagna noodles, Al Dente
- 2-3 cups homemade tomato sauce with herbs (to taste)
- 3/4 cup rinsed red lentils
- 1 tbsp olive oil
- 2-3 cups of chopped mixed vegetables, to taste (eg cauliflower, carrots, zucchini, mushrooms, peppers ...)
- 1 chopped onion
- 2-3 chopped cloves of garlic
- 1 container (about 475 g) light Ricotta cheese
- 2 cups grated partially skim Mozzarella cheese
- 2 tbsp grated Parmesan cheese

Method:

1. Preheat oven to 350° C.
2. Heat the tomato sauce over low heat and add the lentils.
3. Heat olive oil, add onion and garlic, heat 4-5 minutes.
4. Add vegetables and soften slightly.
5. Use a baking dish (13x9). Cover the bottom of the dish with tomato sauce. Put 3 cooked lasagna noodles on the bottom of the dish, pour half of the vegetable mixture and add 1/3 remaining tomato sauce. Add 3 more lasagna noodles. Add the remaining vegetables.
7. Spread the ricotta cheese on top of the vegetables.
8. Add a little tomato sauce. Cover with a last row of lasagna noodles. Add the remaining tomato sauce.
9. Spread mozzarella cheese on top and sprinkle with Parmesan cheese to finish.
10. Bake 30-40 minutes.

Makes ~ 12 servings.

Adapted by Nancy Lajeunesse, Dietitian.

Inspired by: Vegetarian Lasagna Market, Boost, Sep 2007

To receive the bimonthly Infoletter or to remove your name from the mailing list, please send an email to: infolettrediabete@hgh.ca

**EATING TO PREVENT,
CONTROL
AND REVERSE DIABETES.**

