



What's in my fridge?

10 Healthy foods I always have on hand....

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Looking to Spring clean your diet in 2018? Here are some of my favourite healthy foundational foods that you'll always find stocked in my fridge:

- 1) **Broccoli, Cauliflower, Mixed Greens, Spinach** - Enjoy steamed, raw, or in stir-fries, salads, or smoothies (spinach). Broccoli and Cauliflower are cruciferous vegetables which have protective anti-cancer properties. They contain indole-3-carbinol which aids in liver metabolism of hormones. Dark leafy greens are a great source of folate and fibre.
- 2) **Carrots, Snap peas, Peppers, Cucumbers, Celery** - Have these veggies washed, chopped & ready to go each week for lunches, salads, and snacks (with hummus or guacamole). Carrots and Peppers are good sources of beta-carotene, while snap peas are a high fibre, high vitamin C, low calorie, sweet tasting kid-friendly snack!
- 3) **Nut & Seed Butters (natural, unsweetened)** - Read the label... you want to see only one ingredient (e.g. dry roasted almonds, sesame seeds etc.). Use for a source of protein and good fats,

as well as calcium, magnesium (Tahini, Almond butter), and zinc (pumpkin seed butter). Add to sauces, smoothies, over whole grain toast. Make “ants on a log”nut butter smoothed into a celery stick and topped with raisins for a kid-friendly snack!

4) **Hummus** - A wonderful snack food with veggies or whole grain pita/crackers. Provides a good source of plant-based protein (especially important if you are vegan/vegetarian). The chickpeas are good sources of folate, B-vitamins, iron and phosphorus. The sesame seeds/tahini are high in calcium, & magnesium and good fats.

5) **Avocados, Guacamole** - Add the avocado to salads, fajitas, smoothies or sliced on whole grain toast/pita/rice cake with tomato & goat cheese. Guacamole is a tasty snack dip with veggies, toasted pita, whole grain crackers, or tortilla chips. Avocados are a great source of fibre (both soluble and insoluble) which helps to lower cholesterol and triglycerides. They are loaded with good fat (monounsaturated), and are high in phosphorus, Vitamin K, folate, Vitamin E, C, B5 & B6. They also contain the antioxidants lutein & zeaxanthin which are important in eye health.

6) **Eggs** - for breakfast, lunch dinner or snack. Eggs are high in protein, contain choline (works with B-vitamins to support brain health), Vitamin D, B12, folate, Vitamin A, and the antioxidants (lutein & zeaxanthin) which are important for eye health). If you buy free range eggs or eggs from hens fed Omega 3 fortified feed, then the eggs will also be a good source of good fat. Consuming eggs does not lead to elevated cholesterol levels.

7) **Ground flax seeds, Hemp seeds, Chia seeds** - Add to salad, veggies, yogurt, oatmeal, muffins, smoothies etc. to increase fibre, good fat and protein content. Ground flaxseed contains omega 3 fatty acids (good anti-inflammatory fats) and lignans (fibre), which help with bowel regularity and binding cholesterol & hormone metabolites in the bowel. Hemp & chia seeds contain protein & omega 3 fatty acids, so they can instantly increase the protein/fat content of your meal and decrease the glycemic load.





8) **Berries** - Add to your smoothie, oatmeal, yogurt, muffin or enjoy on their own (frozen or fresh) as a snack when you are looking for something healthy & sweet! Berries are a great source of bioflavonoids and fibre.

9) **Plain coconut yogurt and plain goat yogurt** - A great option for breakfast, snacks or in lunch bags. Add your own frozen berries to sweeten it up and ground flax seeds/hemp seeds/chia seeds for additional fibre and protein. In our house, we have 2 cow dairy sensitive people, so we stick with plant based coconut yogurt or goat yogurt. Coconut yogurt does not have much protein, so I always add hemp seeds. It does contain medium chain triglycerides, calcium, fibre, and probiotics. Goat yogurt (or organic cow's yogurt) is a good source of protein, calcium & vitamin d, and probiotic.

10) **Baked chicken or Turkey breast** - A good option for salads, soups, stir-fries, sandwiches, snacks etc. I buy mine from the Rowe Farms retail store in Guelph, so that I know the chickens and turkeys are not treated with antibiotics or hormones and are treated humanely.



Dr. Corlyss Hagarty currently practices in a solo practice at the South Guelph Naturopathic Clinic and in an integrative office at Achieve Balance in Breslau. She offers naturopathic services to all members of the family with special interests in pediatrics, women's health, complementary cancer care and sports medicine. Corlyss has a passion for Naturopathic medicine and loves to empower individuals with the information necessary to maximize their health, the health of their families, the health of the community and the health of the environment at large.

Corlyss graduated from the Canadian College of Naturopathic Medicine and received her license to practice in 2001. She holds a Bachelor of Science with honours (biology/environmental studies) from the University of Victoria and a naturopathic medicine degree from CCNM. She is a member of the Ontario Association of Naturopathic Doctors (OAND), the Canadian Association of Naturopathic Doctors (CAND) and the Oncology Association of Naturopathic Physicians (ONCANP) www.southguelphnaturopathic.ca