

# Mapping Mental Health Through Healthy Eating & Physical Exercise



The Canadian Mental Health Association—Kingston Branch

November/December 2010

## Foods That Boost Your Energy It's All in the Potato

### Foods that Boost Your Energy:

Potatoes are packed with powerful nutrients and antioxidants—compounds that fight free radicals. The ORAC value (a measure of the total antioxidants in 100 grams) for a medium baked potato with skin is a healthy 1,680, while that of a baked sweet potato with skin is 766. Compare those with the values of carrots, either cooked (317) or raw (666).

### Control Your Blood Pressure

Surprise! Despite their name, sweet potatoes raise your blood sugar level 30% less than regular potatoes. This is thanks to their high soluble-fibre content. So if your worried about blood sugar fluctuation, go against intuition and reach for a sweet t variety.

### FEED YOUR BONES

A Spanish study has found that manganese on its own helped prevent bone loss in rats. Sweet and regular

potatoes are good sources of this mineral. A baked medium sweet potato with skin has 32% of your daily needs; a baked regular with skin has 22% .

### Holiday Finger Foods

Cut red- skinned potatoes in thick wedges. Brush with a little olive oil, and bake until cooked through and browned. Scoop for tomorrow's has browns and spoon in a mixture of chopped smoked salmon and low-fat sour cream. Top with a sprig of fresh dill.

Try adding diced cooked potatoes—with skin on— to omelets, frittatas and crust less quiches.

### Sweeten Dinner:

Toss cubes of sweet potatoes into your next curry,

### Mental Health Tips for the Holidays

Stay connected with your supports

Plan an activity

Be realistic about the holidays

Talk to yourself as you would a friend

Don't forget to exercise such as a walk

Deal with stress, don't forget to laugh

### A Nutritious Snack

Eating nuts daily can help lower blood cholesterol, reports the Archives of Internal Medicine. They are a good source of fibre, minerals, vitamins and antioxidants.

23 almonds equals a one-ounce (30g) serving.

## COUNTING CALORIES

For a 1.2 cup (125-ml) serving baked, with skin:

Regular Potato: 65

Sweet Potato: 95

Potato Information: [besthealth.ca/novdec2010](http://besthealth.ca/novdec2010)

Funded by a Ministry of Health and Promotion Project