

WINTER 2023

# LNPLC HEALTH MATTERS

A Newsletter by the Lakehead Nurse Practitioner Led Clinic

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**Lakehead**  
Nurse Practitioner-Led Clinic

## Welcome back!

BY MARGO AYOUB, MSW

It's been a long road, but we are so happy to bring you the first issue of the LNPLC newsletter since the start of the COVID-19 pandemic! There have been a lot of changes at the LNPLC since our last issue in 2020, including the expansion of clinic services, large scale renovations, and an ever growing team of providers.

We hope you enjoy reading articles written by our very own staff, peruse the recipes, and take note of the upcoming programs to be offered at the clinic.

Stay tuned for fun newsletter features in our upcoming issues such as staff spotlight interviews, a photo contest, and more!

## The Scoop on Superfoods

BY SOFIA FIORINO,  
NODIP DIETETIC INTERN

In the past few years, the term "superfood" has been of increased interest to the public. Since the onset of the COVID-19 pandemic superfoods in the form of whole foods, supplements, and products, have gained even greater attention and demand as many individuals are looking for ways to boost their immune system.

According to Google trends, the term "superfoods" was searched much more during the onset of the pandemic in 2020 compared to previous years. However, there has been great debate as to whether certain foods really do hold superpowers or if it is simply a marketing tool to increase product prices and sales.

To this day, the term "superfood" is not clearly defined. In general, superfoods are considered specific foods have been suggested to greatly improve health, have many nutrients, and prevent disease. Cont. page 2



## Upcoming Programs

Dental Hygiene Clinic

DATES:

FEBRUARY 13

MARCH 6

MARCH 27

APRIL 17

MAY 15

JUNE 12

Memory Clinic

APRIL 4

Pregnancy and Postpartum  
Kinesiology Session

FEBRUARY 28 AND MARCH 28  
2:30-4:00PM

Diabetes in Motion

6 WEEKLY SESSIONS  
STARTING FEBRUARY 22,  
6:00-7:00PM

INTERESTED IN ATTENDING?  
ASK YOUR PROVIDER OR  
RECEPTION FOR MORE  
INFORMATION!

Visit us on social media!



### The Scoop on Super Foods Cont. page 1

Without a definition or criteria to determine what is considered a so-called “superfood”, the list of foods is very long and different depending on the source of information. Here are some examples below:

- Fruits and fruit products: goji berry, acai berry, chokeberry, pomegranate, avocado, passion fruit, blackberry, bilberry, mangosteen, camu camu, lucuma
- Nuts and seeds: flax seeds, chia seeds, hemp seeds, carob seeds
- Grains: buckwheat, amaranth, quinoa
- Roots and tubers: ginger, turmeric, maca, chicory root, ginseng, ashwaghandha
- Others: kale, pollen, chlorella, spirulina, cacao, reishi mushroom, honey

Although some research has identified potential disease prevention properties in some “superfoods”, there is a lack of strong scientific evidence to support these benefits and health claims. With little research and no official definition, any food can be labelled as “super” without evidence to support it.

A potential downside of “superfoods” trending in the market and media, is that it can encourage the public to focus on consuming few specific foods, when balance and variety in the diet is essential. As of right now it is important to focus on a “super” plate, which for Canadians is the Canada Food Guide’s plate model. This model recommends we eat a variety of healthy foods each day to maintain good health and well-being. The Canada’s Food Guide was developed based off current and strong scientific evidence that is reliable. Eating a variety of healthy foods helps to ensure you are consuming all of the nutrients from different foods, which in turn may help prevent chronic disease.

Canada’s Food Guide recommends to:

- Eat plenty of fruits and vegetables, i.e. pears, apples, berries, cabbage, dark leafy greens
- Eat whole grains: whole grain bread and pasta, oats, quinoa, brown rice
- Eat protein foods: lean meats, fish, legumes (beans, lentils), tofu, nuts, seeds

Overall, the specific foods that are considered “superfoods” are mostly plant foods and have many nutrients. However, there are a variety of foods beyond the list that tend to be more available, affordable, and also provide nutrients beneficial to health. Until there is strong scientific evidence to support the health claims of “superfoods” be aware of marketing and visit Canada’s food guide for resources on making informed food choices.



### ROASTED BUTTERNUT SQUASH SOUP

**AUTHOR: COOKIE AND KATE**  
**PREP TIME: 10 MINS COOK TIME: 55 MINS TOTAL TIME: 1 HOUR 5 MINUTES YIELD: 4 BOWLS OR 6 CUPS**

#### INGREDIENTS

- 1 LARGE BUTTERNUT SQUASH (ABOUT 3 POUNDS), HALVED VERTICALLY AND SEEDS REMOVED
- 1 TABLESPOON OLIVE OIL, PLUS MORE FOR DRIZZLING
- 1/2 CUP CHOPPED SHALLOT (ABOUT 1 LARGE SHALLOT BULB)
- 1 TEASPOON SALT
- 4 GARLIC CLOVES, PRESSED OR MINCED
- 1 TEASPOON MAPLE SYRUP
- 1/8 TEASPOON GROUND NUTMEG
- FRESHLY GROUND BLACK PEPPER, TO TASTE
- 3 TO 4 CUPS (24 TO 32 OUNCES) VEGETABLE BROTH, AS NEEDED
- 1 TO 2 TABLESPOONS BUTTER, TO TASTE

#### INSTRUCTIONS

1. Preheat the oven to 425 degrees °F. Line a baking sheet with parchment paper and Place the butternut squash on the pan with just enough olive oil to lightly coat the squash on the inside (about 1/2 teaspoon each). Rub the oil over the inside of the squash and sprinkle it with salt and pepper.
2. Turn the squash face down, roast until it is tender and completely cooked through, about 40 to 50 minutes. Set the squash aside until it’s cool enough to handle, about 10 minutes.
3. In a large soup pot, warm 1 tablespoon olive oil over medium heat until simmering. Add the chopped shallot and 1 teaspoon salt. Cook, stirring often, until the shallot has softened and the edges turn golden, about 3 to 4 minutes. Add the garlic and cook until fragrant, about 1 minute, stir frequently. Transfer the contents to your blender.
4. Use a large spoon to scoop the butternut squash into your blender. Discard the tough skin. Add the maple syrup, nutmeg and a few twists of freshly ground black pepper to the blender. Pour in 3 cups vegetable broth, being careful not to fill the container past the maximum fill line (you can work in batches if necessary, and stir in any remaining broth later).
5. Blend on high, being careful to avoid hot steam escaping from the lid. Stop once your soup is ultra creamy and warmed through.
6. If you like thinner soup, stir in the remaining cup of broth. Add 1 to 2 tablespoons butter or olive oil, to taste, and blend well. Taste and stir in more salt and pepper, if necessary. Voila!



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### LNPLC Walk-In Clinic Hours

Monday	1:00pm	to	3:30pm
Tuesday	4:30pm	to	7:30pm
Wednesday	4:30pm	to	7:30pm
Thursday	4:30pm	to	7:30pm
Friday	1:00pm	to	3:30pm
Saturday	10:00am	to	2:00pm