



# — Food for Health —

## Wellness Newsletter

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### Stock Your Pantry for Success!

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Recipes: Pumpkin Chia Seed Pudding / 5-Ingredient Spinach Parmesan Pasta



No one is born a great cook,  
one learns by doing.

— Julia Child

## How to Stock Your Pantry to Support Healthy Eating Habits

“Preparing healthy meals is too difficult!”

“I don't have time to cook healthy food.”

“Healthy food is expensive!”

“Food that's good for you is bland and tasteless.”

Do you ever make statements like these? If I'm being honest, I've probably used every single one as an excuse for making poor food choices over the years. But over time, I realized that maybe these were all just “stories” I cooked up to make myself feel better.

### Busting Healthy Eating Myths

Can cooking healthy meals be difficult and time consuming to prepare? Sure, but it doesn't have to be. All you need are staple ingredients in your pantry and a little time for meal prep.

Is nutritious food expensive? It can be, but it can also be the most affordable food in your cart. For example, two bunches of organic kale costs me \$5. I use this kale to make seven smoothies for the week. That kale comes to about 71 cents

per serving. Even better, when you shop Heinen's weekly ad and join Heinen's Tasteful Rewards, you can save big on healthy items all across the store.

Do fruits and vegetables, beans, herbs, nuts and seeds taste bland? Likely yes if you're used to eating nutrient-poor, sugar and salt-rich processed foods. Remember, your tastebuds prefer whatever you feed your body. Anything else will often taste bland.

### Setting Yourself Up for Success

The first step in busting these myths is stocking your pantry with staple items you can use to create simple and healthy meals without spending too much time in the kitchen. I've come to rely on these pantry staples in my own kitchen to help me stay on track and committed to my lifelong goal of vibrant energy and good health.

To keep things simple, I tend to gravitate towards three types of meals: supersized salads, bowls, and satisfying smoothies. You may find it helpful to also have a small collection of “back pocket meals” to make healthy eating as simple as possible.

*continued inside*

## HOW TO STOCK YOUR PANTRY TO SUPPORT HEALTHY EATING HABITS *continued*

Now, let's dig into some of my top pantry picks to help you create Fx™-approved meals in a flash. Pick a couple items from each category to get started!

### OIL AND VINEGAR

- Heinen's extra virgin olive oil
- Heinen's avocado oil
- Heinen's organic coconut oil
- Heinen's organic apple cider vinegar

### SEASONINGS

- Heinen's dried herbs and spices (oregano, parsley, rosemary, garlic powder, onion powder, turmeric, curry, cayenne, basil, and Two Brothers everything bagel seasoning)
- Sea salt
- Pepper

### SAUCES AND CONDIMENTS

- Heinen's organic salsa
- Heinen's organic marinara sauce
- Coconut Secret coconut aminos (healthy soy sauce replacement)
- Primal Kitchen buffalo sauce
- Heinen's organic mustard
- Primal Kitchen avocado oil mayonnaise
- Heinen's raw honey
- Heinen's pure maple syrup

### WHOLE GRAINS AND PASTA

- Bob's Red Mill steel cut oats
- Heinen's brown rice
- Heinen's quinoa
- Bob's Red Mill millet
- Heinen's whole wheat pasta
- Explore Cuisine bean-based pasta
- Palmini hearts of palm pasta

### PROTEINS

- Heinen's dried beans, peas and lentils
- Heinen's beans (black, kidney, garbanzo, white)
- Tinned fish (King Oscar mackerel, Wild Planet salmon, Sea Tales tuna, and Matiz sardines)
- Wild Planet organic roasted chicken breast
- Protein powder (Sprout Living Epic plant protein powder)

### VEGETABLES AND SOUPS

- Heinen's canned beets, artichokes: two staple canned veggies perfect for a quick salad
- Farmer's Market organic sweet potato puree: add to smoothies or smoothie bowls; make a simple 30-minute sweet potato soup
- Heinen's canned tomatoes
- Amy's Kitchen soups
- Heinen's vegetable stock

### NUTS, SEEDS AND NUT BUTTERS

- Raw almonds, Brazil nuts, walnuts, cashews, and pecans (Enjoy as a snack, salad topping, or in yogurt.)
- Pumpkin seeds, sunflower seeds, chia seeds, hemp seeds, and flax seeds
- Heinen's fresh ground almond, peanut, or walnut butter (Enjoy a spoonful of walnut butter on a banana or apple slices.)

### STAPLE SNACKS

- Fx™-approved nutrition bars (Wise Bar, Thunderbird, That's it, Raw Rev, Quantum, Tosi, Pep, Over Easy, Larabar, RXBAR, GoMacro, and Mezcla)
- Biena chickpea snacks
- Rind dried fruit
- Chum fruit bites
- LesserEvil popcorn
- Noka superfood smoothies
- Wasa sourdough Crispbread

### Key Takeaway

You can't expect to prepare nutritious and delicious meals if your pantry isn't stocked with the ingredients to bring these meals to life. I hope this article inspires you to give your pantry a mini makeover, one ingredient at a time!

## WATER 101: A GUIDE TO SHOPPING HEINEN'S WATER AISLE

There used to be a time when you had only one option to quench your thirst for water: the kitchen faucet.

Today an entire aisle of the grocery store is dedicated to every type of water imaginable. There's spring water and purified water for starters, and for those seeking to go above and beyond basic hydration, coconut water and vitamin-enhanced varieties are at your fingertips too.

Navigating the water aisle can be confusing and you may be asking yourself, "What's the difference?" "Which type of water is right for me?" or, "Are they any better than tap water?"

I'm going to keep things simple and cover the most basic, unflavored waters you will find at your local Heinen's: purified, distilled, alkaline, spring, and sparkling mineral water.

### Let's dive in!

#### PURIFIED WATER

*Aquafina; Penta; Dasani*

Purified water is made when surface, underground, or tap water is filtered using a purification process such as reverse osmosis, distillation, or deionization. This removes impurities and contaminants like metals, bacteria, and parasites.

#### DISTILLED WATER

*Glacéau smartwater*

Distilled water is created from the steam of boiled, purified water, which is then condensed back into water. The result is an extremely pure water, free of contaminants.

#### ALKALINE WATER

*Heinen's Alkaline Water; Eternal; Essentia*

PH (potential of hydrogen) is a measure of how acidic or alkaline a substance is. The pH scale ranges from 0 to 14, with an acidic substance having a pH of less than 7 and an alkaline substance having a pH of 8 or above. A neutral pH is 7-7.9.

Alkaline water is first purified and then made alkaline with the addition of minerals and electrolytes. For this reason, you may want to consider drinking Heinen's alkaline water in hot weather or after strenuous workouts to help replenish electrolytes lost through sweat.

#### SPRING WATER

*Heinen's Spring Water; Evian; Acqua Panna*

Spring water comes from underground water which naturally rises to the surface. It has its own built in filtration system at the hands of natural elements like limestone, sandstone, or clay, supplying the water with essential trace minerals. Spring water also undergoes a manual filtration process to ensure safety; however, the existing minerals remain intact.

#### SPARKLING MINERAL WATER

*Heinen's Italian Sparkling Mineral Water; Sanpellegrino*

Spring water and mineral water aren't that different. In fact, mineral water typically comes from springs and therefore contains natural minerals. The effervescence of sparkling mineral water comes from naturally occurring gases, making it a popular dinner mocktail or soda alternative.

### Key Takeaway

Your body is made up of 60% water and you simply can't live without it! So, before worrying about the type of water you drink, I want you to first make sure you're drinking enough of it. A general rule is to drink enough water to produce a pale yellow, almost clear urine. Any of the above bottled waters can help you meet your personal quota.





## PUMPKIN CHIA SEED PUDDING

You won't find a breakfast that's easier to prepare than chia pudding. This fall inspired alternative to yogurt will fill you with wholesome nutrition wrapped in flavors of sweet spice, pumpkin, and pure maple syrup.

*Servings: 4; Prep time: 5 minutes; Chill time: 3 hours*

### INGREDIENTS

- 2 cups Heinen's unsweetened vanilla almond milk
- 1 cup Heinen's canned pumpkin
- 2-4 tablespoons Heinen's pure maple syrup
- 2 tablespoons Heinen's fresh ground almond butter
- 2 teaspoons pumpkin pie spice
- 1/2 cup chia seeds

### OPTIONAL TOPPINGS

- Chopped apple
- Purely Elizabeth granola
- Let's Do Organic coconut flakes
- Walnuts
- Pecans
- Almonds
- Go Raw pumpkin seeds

### INSTRUCTIONS

1. Combine milk, pumpkin, maple syrup, almond butter, and pumpkin pie spice in a medium bowl, using a whisk to stir ingredients until smooth.
2. Add the chia seeds and mix again.
3. Let mixture sit for 5 minutes and then stir again to break up any clumps.
4. Divide evenly between four Mason jars and secure lids.
5. Refrigerate for at least 3 hours or overnight.
6. Top with desired toppings and enjoy!



## 5-INGREDIENT SPINACH PARMESAN PASTA

It may seem as though pasta and wellness are enemies, but with the right ingredients, you actually can create a delicious, creamy, cheesy pasta with a substantial amount of nutritional goodness!

*Servings: 4; Prep time: 5 minutes; Cook time: 15 minutes*

### INGREDIENTS

- 8 oz. whole grain, bean or quinoa spaghetti, uncooked
- 4 Tbsp. Kerrygold butter
- 4 garlic cloves, minced
- 5-6 cups (1 container) Heinen's baby spinach
- 1/4 cup Heinen's vegan shredded parmesan cheese

### INSTRUCTIONS

1. Add the pasta to a large pot of boiling salted water and cook until al dente. Drain the pasta, reserving 1/2 cup of the pasta water. Set the pasta aside.
2. Using the same pot, melt the butter over medium heat. Add the garlic and cook for 2-3 minutes.
3. Add the pasta and spinach. Gently toss and cook until the spinach leaves wilt slightly. If the pasta starts to dry out, add some of the reserved pasta water (1/3 cup at most).
4. Stir in the plant-based parmesan cheese and gently toss until combined. Season to taste with salt and pepper.
5. Pour the pasta into a large bowl and garnish with additional parmesan cheese.



Club Fx is a FREE program for Heinen's Tasteful Rewards members that offers education, nutrition tips, product recommendations and recipe inspiration for customers to live their healthiest lives. Interested in becoming a Club Fx member? Update your Tasteful Rewards account to ensure you get our weekly emails and access to personalized nutrition services!