



# — Food for Health —

## Wellness Newsletter

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### Healthy Eating Made Simple

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A single healthy habit is backed by a motivational force so strong that it inspires you to build another healthy habit, and another one after that.

— Mel Jatsek



## THE EASIEST WAY TO MAKE HEALTHIER FOOD CHOICES

What do gooey cinnamon rolls, oversized muffins, and greasy pizza have in common? Besides being loaded with fat, sugar, and salt they are also ultra-processed foods found in airports and rest stops across the nation. Sure, you may come across the occasional overpriced, not-so-fresh fruit cup, but how often do you choose that?

Let's face it, being unprepared when hunger strikes means being at the mercy of the nearest fast-food restaurant or food stand. It's time to claim control over your food choices and health; to go from being a victim of your surroundings to victor!

### The Prep-Ahead Food Bag

We were only married for a few months when my husband Wayne walked in on me one morning as I was packing an overstuffed lunch bag for work.

*"That's quite the feed bag you've got there, Mel!" he said.*

After we enjoyed a good laugh at his silly, yet very accurate description of my lunch, I felt I had to explain. You see, my bag was full of the traditional lunch fare—salad, apple, and nutrition bar, but it was so much more than that. It was (and still is) a home for more than a half-day worth of food, including my breakfast and a late-afternoon snack.

I learned my lesson the hard way: If I didn't pack it, I'd be tempted to raid the office candy jar or zip through the nearest drive-thru window. My food bag turned me into a victor of my food environment, and I am positive it can do the same for you!

### How to Pack an Fx™-Approved Food Bag

You may be wondering what to pack in your food bag. The sky is the limit here, but if I could give you one piece of advice, it would be to pack something from each Fx™ Pillar. For example:

#### PILLAR 1: LEAFY GREENS (PICK 1-2)

- Salad made with lettuce or greens of your choice (Heinen's Arugula or Super Energy Salad; Buckeye Fresh Romaine Lettuce)
- Wrap made from a leafy green like Swiss chard and stuffed with your favorite fillings
- Smoothie with added greens like kale, spinach, or beet greens
- Brad's Crunchy Kale



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## THE EASIEST WAY TO MAKE HEALTHIER FOOD CHOICES *continued*

### PILLAR 2: RAINBOW FRUITS AND VEGGIES (PICK 2 VEGGIES AND 1 FRUIT)

- Salad made with leafy greens and raw chopped veggies (tomatoes, carrots, cucumbers, etc.)
- Smoothie with added berries and veggies, like the Strawberry Vanilla Beet Smoothie on the last page of this newsletter
- 1 serving of fruit as a snack or with your breakfast or lunch (apple, pear, orange, grapefruit, melons, berries, kiwi, etc.)



### PILLAR 3: OMEGA-3 NUTS AND SEEDS (PICK ONE)

- Heinen's Organic Ground Flaxseeds or Chia Seeds mixed in oatmeal or yogurt, or blended into a smoothie
- Small container (~1/4 cup) of raw walnuts, almonds, cashews, pumpkin seeds, or sunflower seeds for snacking or sprinkling on salads
- Fx™-approved nutrition bars made with nuts and seeds (Wellwerks, Wise Bar, or Larabar)
- Mamma Chia Squeeze

- 1-2 tablespoons of Heinen's Fresh Ground Almond or Walnut Butter blended into smoothies or served with apple slices and celery sticks.



### PILLAR 4: PROTEIN (PICK 1-2)

- Bean and quinoa salad: Heinen's 3 Bean Blend (rinsed and drained) + Heinen's Cooked Quinoa + chopped veggies + Heinen's Mild Salsa
- 1/2 cup Seapoint Farms Edamame Organic Shelled Soybeans eaten as a snack or added to salad
- Smoothie with Ancient Nutrition Plant or Collagen Protein
- Fishwife Albacore Tuna on a salad or with Wasa Crispbread crackers
- Raw veggies with Cedar's Reserve Roasted Red Pepper Hommus



### PILLAR 5: WHOLE GRAINS (PICK ONE)

- Handful of Clusterbucks (sprouted buckwheat snack) added to yogurt or eaten as a snack
- Mush Overnight Oats

- Qi'a Superfood Oatmeal
- Heinen's Fresh Ground Walnut Butter sandwich with Chia Smash Jam on Silver Hills Bakery or Ezekiel Bread
- Wasa Crispbread or Dare Grains First Whole Grain and Seed Crackers



### PILLAR 6: FUNCTIONAL FOODS (PICK ONE)

- Spoonful of Flanagan Farm Organic Sauerkraut on a salad
- One teaspoon of Heinen's Organic Cacao, Beet, or Spirulina Powder blended in your smoothie or stirred into oatmeal or yogurt
- Heinen's Organic Ginger Turmeric or Wheatgrass Shot for an afternoon boost

### Mel's Personal Prep-Ahead Food Bag

Here's a peek inside of my typical prep-ahead food bag, along with the Fx™ pillars it fulfills. I hope it offers you a little inspiration as you prepare your own bag.

### BREAKFAST

- Superfood smoothie made with leafy greens, berries, avocado, raw beets, and plant-based protein powder (Heinen's Organic Spirulina Powder); Meets Fx™ Pillars: 1, 2, 4, 6

### LUNCH

- Mixed berries and seasonal fruit (diced melons, cherries, oranges, or fresh figs) mixed with cooked quinoa or steel cut oats and sprinkled with ground flax seed, walnuts, and hemp seeds
- Magic Veggie Jar (a Mason jar filled with a variety of raw veggies); Meets Fx™ Pillars: 2, 3, 4, 5

### SNACKS

- Wellwerks bar
- Raw broccoli or carrots with edamame beans; Meets Fx™ Pillars: 2, 4

### Key Takeaway

Just think, in under 10 minutes you can set yourself up for a day full of more energy, better nutrition, and a healthier body in the long run. So go ahead and let your imagination run wild as you pack your food bag ... and don't forget to have fun with this!

## THE EASIEST WAY TO EAT MORE VEGETABLES



If I had a tip guaranteed to set you up for a lifetime of healthy eating, would you want me to share it? Of course you would! Well, today is your lucky day because I have that very tip ready and waiting for you to put into action.

The strategy I'm about to reveal has been part of my weekly meal plan for decades. I consider it the single most powerful thing I do for my health, besides getting enough sleep of course.

### **Introducing the Magic Veggie Jar**

No, a magic veggie jar isn't some mystical container with magical powers, but it does have a way of mysteriously transforming the eating behaviors of those who choose to adopt it. How? Well, I'm sure you've experienced the ripple effect of one healthy habit. It's backed by a motivational force so strong that it inspires you to build another healthy habit, and another one after that.

So, what exactly is a magic veggie jar? Picture a glass Mason jar filled with a variety of colorful raw vegetables that you prepare at the beginning of each week. And because you are investing the time to fill one jar, it only makes sense to prepare enough jars for the week (one for each day).

### **The Purpose of the Magic Veggie Jar**

The goal of the magic veggie jar is to make it easy to follow Mom's favorite food rule to "eat your vegetables." Most Americans have forgotten that advice and, as a result, don't eat nearly enough vegetables to achieve and maintain good health. I know sometimes we don't want to admit it, but Mom really knew what she was talking about!

We should aim for at least 4 cups of vegetables every day, and depending on the size of the Mason jar, you could meet this goal with a daily 24-ounce jar or two smaller 12-ounce jars.

I like to eat my magic veggie jar with a meal, but you can enjoy yours as a snack if you'd prefer. Sometimes I munch on it while I'm sipping my breakfast smoothie and other times it pairs perfectly with a bowl of soup for lunch.

Magic veggie jars are also a lifesaver for those "hangry" times when you are most vulnerable to polish off a bag of chips or a sleeve of cookies. Let's face it, when we're super hungry our primal reaction is to grab the closest convenience food available, not chop up veggies.

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## THE EASIEST WAY TO EAT MORE VEGETABLES *continued*

If you think about it, aren't jars of chopped veggies waiting for you in the fridge a convenience food?

### How to Make a Magic Veggie Jar

To build your magic veggie jars, simply line up 5-7 glass Mason jars with lids. If you aren't eating anywhere near the 4-cup recommendation, you may wish to start with the smaller 12-ounce size and work your way up to the 24-ounce jar (that's how I started!).

Now comes the fun part! Visit your local Heinen's Produce Department for the freshest vegetables to fill your magic veggie jars. Here are some of my favorite raw veggies:

- Broccoli florets
- Brussels sprouts halves or quarters
- Cauliflower florets

- Carrot sticks
- Cherry tomatoes
- Cucumber slices
- Jicama sticks or cubes
- Sweet Snaps pepper slices
- Sugar snap peas
- Watermelon radish slices

### Optional Magic Veggie Jar Add-Ins

Jazz up your magic veggie jar with ¼-½ cup of one of these additions. Remember, the goal is to make your magic veggie jars finger food and make-ahead friendly, so don't add any produce that's too juicy or turns brown (like bananas or apples).

- Edamame beans (Seapoint Farms or Melissa's)
- Blueberries
- Grapes
- Pear chunks
- Cherries
- Orange segments

### Fx™-Approved Dips for a Magic Veggie Jar

Once they discover them, most people are excited to add magic veggie jars to their daily meal routine. But without fail, the question about veggie dips always surfaces. They're immediately relieved when I tell them to dunk away, but with caution to the nutritional quality of dip they choose.

Here are eight of the best veggie dips available at Heinen's, free of seed oils, preservatives, and anything artificial:

- Esti Baba Ghanoush
- Wholly Guacamole
- Hummus Goodness Hummus
- Cedar's Reserve Hommus
- Primal Kitchen Ranch Dressing
- Primal Kitchen Green Goddess Dressing
- Livwell Creamy Miso Caesar Dressing
- Treeline Vegan Garlic Basil Goat Cheese

### Key Takeaway

If you're feeling stuck and not sure how to get on the path to making healthier food choices, a daily magic veggie jar could be the solution that sets you free. In just 20 minutes you can set yourself up for seven days of the most nutritious convenience food known to man. Now that's what I call time well spent!



## STRAWBERRY VANILLA BEET SMOOTHIE

*The following recipe and photography were provided by our partner, Megan Weimer of Dollop of Dough.*



This smoothie is made with simple ingredients like banana, apple, and sweet Ohio-grown strawberries, plus a vibrant beet for a natural boost of color and antioxidants. Blended with creamy vanilla almond milk and a splash of lemon, each serving is full of fiber, vitamins, and plant-based goodness, perfect for sipping on a warm sunny day!

*Servings: 2; Prep time: 5 minutes;  
Total time: 5 minutes*

### Ingredients

- 1 frozen banana
- 1 small beet, chopped
- 1 apple, chopped
- 1 cup Heinen's frozen strawberries
- 1 cup unsweetened vanilla almond milk
- 1 Tbsp. fresh lemon juice (optional)
- Chia seeds, hemp hearts, or shredded coconut (optional toppings)

### Instructions

1. Add the frozen banana, beet, apple, and strawberries to a blender.
2. Pour in vanilla almond milk and lemon juice. Blend until smooth.
3. Pour the smoothies into glasses. Garnish with chia seeds, hemp hearts, or shredded coconut and enjoy!



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