



— Food for Health —

Wellness Newsletter

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Healthy Grilling Season

MORE INSIDE:

A DAIRY DEPARTMENT DEEP DIVE WITH HEINEN'S CLUB FX
HEALTHY PRODUCT PICKS FOR GRILLING SEASON
RECIPE: BETTER-FOR-YOU GREEK PASTA SALAD

Did you know that in 365 days, you will have a brand-new body? It's true! Scientists have confirmed that we replace 98% of all our atoms every year. This is a remarkable display of the self-generating power of the human body and an enormous opportunity for you to build the kind of body you wish to occupy this time next year. So, what are you waiting for? Begin today, to eat like your future self depends on it...because it does!

— Mel Jatsek

A Dairy Department Deep Dive with Heinen's Club Fx

In the early developmental stages of creating Heinen's Club Fx program, we were tasked with creating a set of easy-to-follow nutrition guidelines to help customers make healthier food choices.

Known as the "Fx™ Pillars", these principles have one thing in common: a focus on plant-based food.

The Dairy Department may be the last place you would expect to find plant-based options, yet customer demand inspired us to bring in the following Fx™-approved dairy-free products to answer that call.

If you're not quite ready to pour almond milk over your oatmeal, Heinen's has you covered with the best Fx™-approved traditional dairy products too! Heinen's Fx™-approved true dairy products come from pasture-raised cows fed only grass, an important distinction because grass is rich in anti-inflammatory omega-3 fats. Humans are unable to digest grass, but cows that graze on grass produce milk rich in omega-3 fats in a form we can digest.

Let's take a deep dive into the Dairy Department and discover the best Fx™-approved dairy and non-dairy brands!

Yogurt

Cocojune pure coconut organic cultured yogurt:

Featuring organic coconuts blended with cassava root for added fiber and vegan probiotic cultures to promote a healthy digestive system, this no-added sugar yogurt makes a healthy base for yogurt parfaits and smoothies!

Nancy's 100% grass-fed whole milk yogurt:

Made from the milk of grass-fed dairy cows, not only does this yogurt deliver omega-3 fatty acids, but it also comes with 41 billion live probiotics per serving, the amount found in some of the best quality probiotic supplements.



continued inside

A Dairy Department Deep Dive with Heinen's Club Fx

continued



Milk

Milk unsweetened almond milk: Filtered water, organic almonds and Himalayan pink salt are the only ingredients you'll find in this USDA organic dairy-free almond milk. The absence of fillers and added sugar gives it superstar status!

ORIGIN A2 milk: ORIGIN is a regenerative dairy brand focusing exclusively on quality golden milk from heritage breed guernsey cows. This 100% grass-fed and certified A2 milk is more easily digestible for those who experience discomfort from consuming dairy. ORIGIN uses low-heat VAT pasteurization methods to preserve flavor and keep their milk as nutrient rich as possible, offering 3x omega-3, 15% more protein, 12% more calcium and 35% more Vitamins A and D compared to standard milk.



Creamer

So Delicious coconut milk creamer: Extremely low in sugar, one tablespoon of this rich and creamy coconut milk creamer is all your morning cup of Joe needs. Simply stir, sit back, sip and enjoy!

ORIGIN A2 cream: A full-flavored, old-fashioned cream from pasture-raised cows that can elevate rich flavors in your favorite recipes. Add a splash to your next cup of coffee for a real treat!



Cheese

Violife cheddar shreds or slices: My favorite way to enjoy this plant-based cheese is sprinkled over salads. Unlike some plant-based cheeses, Violife melts because it's made from coconut oil. But don't worry, it mimics the flavor of real cheese, not coconut.

Organic Valley shredded cheeses (available in cheddar, mozzarella and Mexican): Milk from only pasture-raised cows goes into Organic Valley shredded cheeses. This means more omega-3's and zero GMOs for your homemade pizzas and tacos!

Cream Cheese & Sour Cream

Kite Hill cream cheese and sour cream alternatives: Enjoy the creamy goodness of traditional cream cheese and sour cream minus the dairy with these delicious almond-based alternatives. Use them in homemade muffins, dips and frostings.

Organic Valley cream cheese and sour cream: Whether on whole grain bagels or as a topping for baked potatoes, choosing Organic Valley cream cheese and sour cream is a step in the right direction. They are also the perfect way to upgrade your favorite cheesecake recipe, too!



Key Takeaway

Take a quick inventory of the dairy products in your refrigerator and using the above list, choose one to upgrade. Remember, the key to success in all areas of life, especially in health, is identifying and honoring where you are and then taking small and consistent steps towards improvement. You can do this!

HEALTHY PRODUCT PICKS FOR GRILLING SEASON

School may be out for summer, but you can still earn high marks on your next barbecue by swapping out traditional ingredients for more healthful ones. What's more, you won't have to sacrifice taste because these upgraded Fx™-approved ingredients are made from real food, so they are even more flavorful than your longtime favorites!

Burgers

- **Actual Veggies veggie burgers** are 100% plant-based and made with whole foods like broccoli, kale, yellow onion, white bean, parsnip, zucchini, white quinoa, hemp seed and spinach. They're available in five delicious varieties: Green, Black, Orange, Purple and Truffle.
- **Heinen's homemade bean-based veggie burgers** are full of fiber and taste amazing on top of a leafy green salad.
- **Plainville organic turkey burgers** are humanely raised on family farms, fed a vegetarian diet of organic grains and are never given antibiotics, added growth hormones, or steroids.
- **Pre beef** is a 100% grass-fed and grass-finished ground beef and contains healthy omega-3 fats not found in grain-fed beef.
- **Force of Nature 100% grass fed ground bison** comes from bison that have spent their lives grazing on regenerating grasslands. The term "regenerative" means that the agriculture systems in which the food is raised honor the systems within Mother Nature.

**All of the above burgers are located in the Meat Department*



Buns

- **Food for Life sprouted English muffins** boost your burger's nutrition because your body can absorb the vitamins and minerals in sprouted bread more easily than non-sprouted. The crunch of a toasted English muffin will take your burger to another level of deliciousness. (Frozen department)



- Veggie buns like grilled portabella mushroom caps, bell pepper halves, and eggplant slices are clever stand-ins for bread and a fantastic way to pack more veggies into your picnic.



- Wrap your burger in Romaine lettuce or cut two thick chunks from a head of iceberg lettuce and sandwich your burger in between. Don't forget to pile on extra toppings like tomato, onion and broccoli sprouts!

Condiments

- **Heinen's organic ketchup** contains only 3 grams of added sugar per tablespoon and zero high fructose corn syrup, an unhealthy ingredient in many brands.
- **Noble Made less sugar BBQ sauce** is a tasty blend of tomatoes and spices with a natural smoky flavor. Instead of refined sugar, Noble Made sweetens their barbecue sauce with a touch of pineapple!
- **Primal Kitchen buffalo sauce** is a creamy, spicy and healthy way to dress up your grilled veggies or burgers.
- **Primal Kitchen marinades** are avocado oil-based and super convenient.
- **Chosen Foods avocado oil mayo** is full of heart-healthy monounsaturated fat. Use in place of traditional mayo when making potato or macaroni salad.
- **Kerrygold grass-fed butter** pairs perfectly with sweet corn on the cob and it gives you the benefits of omega-3 fats!



Key Takeaway

The Fx™ "food as medicine" mantra can be applied to all types of meals, including summer barbecues. Think about exchanging at least two of the above ingredients at your next picnic or try a lighter side dish to keep things nutritionally balanced. I think you'll be pleasantly surprised!

BETTER-FOR-YOU GREEK PASTA SALAD

The following recipe was created in collaboration with Lauren Schulte from The Bite Size Pantry.



This delicious Greek pasta salad is the type of dish you'll want to bring to a picnic! In addition to being a cinch to toss together, it features Club Fx™-approved ingredients, so it's packed with plant-based protein, fiber, healthy fats and colorful vegetables.

Prep time: 15 minutes

Cook time: 6 minutes

Servings: 6

Ingredients

- 8 oz. Banza rotini chickpea pasta
- 1 pint Nature Fresh cherry or grape tomatoes, halved
- 3 Nature Fresh mini cucumbers, sliced into moons
- 1/4 large red onion, finely diced
- 1/2 cup Big Picture Foods Kalamata olives, sliced in half
- 3-4 oz. Esti feta cheese, crumbled
- 1/2 cup fresh parsley, finely chopped
- Bragg organic vinaigrette
- Fresh lemon juice
- Kosher salt and pepper

Instructions

1. Cook the pasta according to the package directions. Check the pasta around the 5-6 minute mark to avoid overcooking. Drain and rinse under cold running water. Drain again and transfer to a large mixing bowl.
2. To the pasta, add the tomatoes, cucumbers, red onion, olives, feta and parsley. Dress with the vinaigrette, fresh lemon juice and salt and pepper to taste.



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!