



— Food for Health —

Wellness Newsletter

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Reclaim Your Power Over Food

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food is your birthright.

— Mel Jatsek

— Let Food Freedom Ring: How to Reclaim Your Power Over Food —

The one thing I know for sure about people is when we're told we can't have something, we want it so much more.

How can we ignore this elephant in the room? Why do we believe deprivation is the solution to better health or a leaner body?

Deny it if you will, but deep down you know it's true. As soon as you put the mental "X" on a food, what you've really done is hand all your power over to that food. And when food has power, it wins! As a result, you are left feeling hopeless and lacking any shred of willpower.

This doesn't have to be your destiny! You can flip the switch in an instant and take your power back by remembering these three words: Nothing is forbidden.

Give it a try and watch what happens when you lay that mantra on top of any food you feel weak and powerless around.

At first it may sound like I'm suggesting you grab a cart and fill it with pizza, ice cream and potato chips. Of course that's not true!

By allowing all food to be in the running, you give yourself freedom of choice, which unlocks the door to your self-made food restrictions. Now you are mentally free to choose those foods that will serve you best in mind, body, and spirit, something that's impossible to do while in a mental tug-of-war with food!

Signs of Food Freedom

How do you know when you've broken free from the chains of food?

- You can walk past a bowl of chips without taking one and without feeling deprived.
- You can refuse the dessert at your favorite restaurant without feeling like a caged animal that really wants the chocolate mousse cake but knows you shouldn't. You just really didn't want it!
- You can order a scoop of your favorite ice cream flavor and savor every bite without an ounce of guilt or regret.

Key Takeaway

Feeling at peace around food is your birthright. When you lift the mental "X" off any food you've ever placed it on, you my friend are free. Why wait another day? Now is the time to reclaim your power.

COLD PRESSED IS BEST: DISCOVER THE BENEFITS OF FRESH JUICES FROM HEINEN'S

Have you ever counted the number of times you chew a bite of food before swallowing it? If I had to guess, most of us probably chomp between 5 and 15 times with each mouthful.

You may be shocked to learn that you need to chew 30 to 50 times per bite to completely break down foods and release the rich nutrients locked inside.

If you eat three meals a day, this means chewing a minimum of 1800 times before you go to bed!

Don't get me wrong, I look forward to sitting down to a meal with friends and family; it's one of the greatest pleasures in life! But I'm always in search of other ways to squeeze more nutrition out of my food. Adding fresh cold pressed fruit and vegetable juices is one of the most effective ways to do this.



Cold Pressed Juice Defined

Cold pressed juice is made by putting fresh fruits and veggies through a “press” designed to apply enough pressure to extract the juice. It's called cold pressed because no heat is involved, preserving naturally occurring vitamins, minerals and enzymes.

In contrast, conventional juices you may see in the juice aisle or refrigerated section use a heat generating extraction method which oxidizes and depletes the nutrients in the juice at a faster rate. They are also heat-pasteurized, which kills valuable enzymes, vitamins, and antioxidants—the nutritional impetuses for choosing juice in the first place!

3 Reasons to Drink Fresh Cold Pressed Juice

1. Rapid Delivery of Vitamins and Minerals

When you drink a bottle of cold pressed juice, the concentrated nutrients bypass most of the digestion process and go right into your blood stream. It's like receiving an intravenous (IV) infusion of large amounts of pre-digested vitamins, minerals and antioxidants with minimal digestive energy.

2. Concentrated Nutrition

It takes about one pound of raw vegetables to make 8 ounces of vegetable juice. This means you would have to eat 3.5 cups of raw carrots or 7 cups of raw kale to get that much nutrition. In this way, cold press juice offers a superior source of concentrated nutrition in a quantity you can reasonably consume.

At first glance the price of cold pressed juice compared to conventional juice may surprise you. But when you consider the abundance of nutrients from the mass of organic fruits and veggies inside each bottle, the value becomes very clear.

3. Live Nutrients

Raw fruits, vegetables and cold pressed juices contain living enzymes to help you digest food. This in turn delivers more nutrients to your cells. Thinking of cold pressed juice as “living” juice helps explain the healthy energy rush people often get after drinking them.

continued



100% USDA Organic Cold Pressed Juices at Heinen's

There's no better place to begin your juice journey than at your local Heinen's. We offer a wide variety of fruit and vegetable juices to please all palates, from straight vegetable juices for hardcore health warriors, to gentler fruit and veggie blends for those who prefer a little sweetness.

The juices below are made with 100% USDA organic fruits, vegetables, herbs and spices and contain no added sugar. Look for them in the refrigerated juice section!

Heinen's Organic Cold Pressed Juice Shots

Heinen's 2-ounce juice shots are perfect for when you need a quick hit of nutrition. The ginger and turmeric blend is a great immune system-booster, while the wheatgrass and pineapple combo offers a nice, clean source of caffeine-free energy. Did I mention they are super tasty too?

Garden of Flavor Cold Pressed Juices

Cleveland, Ohio based Garden of Flavor's tagline says it all: Nature. We have nothing more to add. And they mean it too!

Choose from any one of their unique combinations of fruits, veggies, herbs, spices and greens. My three favorites are Turmeric Crush (oranges, carrots, ginger, turmeric, lemon, and sea buckthorn), Mean Greens (celery, cucumber, kale, spinach, romaine, lemon, and parsley) and Twisted Roots (carrots, beets, spinach kale, lemon, ginger, turmeric, and 500 million CFUs of probiotic cultures).

Heinen's also carries Garden of Flavor's one day 6-pack juice cleanse. Made with nearly 20 pounds of organic, raw fruits, veggies, nuts, and berries, this gentle cleanse is designed to flood your body with liquid nutrients while giving your digestive system a much-deserved break.

For maximum freshness and nutrition, refrigerate your cold pressed juices, watch the expiration date, and enjoy within 2-3 days of opening.

Key Takeaway

Fruits and vegetables are the cornerstone of a healthy diet. To catapult your health to new heights, try a produce-packed smoothie for breakfast, a leafy green salad for lunch, and a mix of raw and lightly cooked vegetables with dinner.

If you're ready to take it one step further (or maybe you want to start here), add a serving or two of fresh cold pressed juice to the mix! But don't take my word for it; test it out for a week and feel the difference for yourself!



APPLE CELERY SMOOTHIE



The following recipe and photography was provided courtesy of Recipe Developer and Food Photographer, Allianna Moximchalk from Allianna's Kitchen.

Thick and creamy, this tasty five-ingredient smoothie will have you sipping your way to better immune health

Prep time: 5; Cook time: n/a; Servings: 4

Ingredients

- 2 green apples, sliced with the skin on for added nutrients
- 2 sticks of celery, chopped into 1/2-inch pieces
- 1 tsp. fresh ginger, grated
- 1 cup dairy free nut milk
- 2 cups unsweetened dairy free yogurt

Instructions

Place all ingredients in a blender and blend until smooth.

CHERRY VANILLA SMOOTHIE



A deliciously simple smoothie with a nice balance of macronutrients suitable for breakfast or lunch!

Prep time: 5; Cook time: n/a; Servings: 1

Ingredients

- 1 cup frozen cherries
- 1 cup unsweetened almond, coconut, cashew or flax milk
- 1 tbsp. Heinen's fresh ground almond or walnut butter
- 1 scoop Ancient Nutrition Multi Collagen Protein Vanilla (or plant-based vanilla protein powder)

Instructions

Place all ingredients in a blender and blend until smooth.



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!