



# — Food for Health —

## Wellness Newsletter

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### Fight Inflammation with Your Fork

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The basic underlying cause of disease is inflammation.

— Dr. Todd Pesek, MD.

## How to Fight Inflammation and Control Autoimmune Diseases

*The following article was written by Heinen's Chief Medical Officer, Dr. Todd Pesek, MD.*

Your remarkable immune system protects you from a wide range of diseases including viruses, bacterial infections, cardiovascular disease and cancer, which are among the leading causes of sickness and mortality today.

The basic underlying cause of disease is inflammation; however, some inflammation is normal—it's your body's way of healing itself.

### The Basics of Normal Inflammation

When thinking about your body's normal inflammatory response, use the acronym **D-I-R-T**:

**Defend:** A healthy immune system first identifies trigger signals and then mounts appropriate responses to fight off foreign invaders and heal damaged tissues. This is an "inflammatory response" you might notice if you've ever had an injury that got hot or swollen.

**Internally Regulate:** Once a threat is neutralized and the issue is resolved, the immune system quickly turns off the inflammatory response.

**Restore:** The immune system then repairs and rejuvenates damaged tissues, resolving the inflammation.

**Tolerate:** In balance, your immune system tolerates normal parts of your body, like your organs, glands, connective tissue, and joints. It also harmonizes with your microbiome and the food you ingest.

### Chronic Inflammation Explained

Sometimes, inflammation doesn't shut down as it should. If internal regulation fails, the inflammatory response isn't quickly turned off once the threat is neutralized, which stalls the restorative process. When this happens, inflammation becomes chronic, leading to a loss of tolerance. This is when your immune system fails to differentiate self from non-self, attacking normal body systems. This results in autoimmune diseases.

Autoimmune diseases include rheumatoid arthritis, lupus, inflammatory bowel disease, thyroid disease, multiple sclerosis, psoriasis, allergies, and asthma, among others. Millions are afflicted by these conditions, rooted in chronic inflammation.

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## How to Fight Inflammation and Control Autoimmune Diseases

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### The Broad Impact of Chronic Inflammation

Unchecked inflammation is not just the basis for autoimmune diseases but also cardiovascular disease, cancer, obesity, diabetes, depression, and neurodegenerative diseases like dementia. It's all inflammation. Cardiovascular disease, the leading cause of death in the U.S., is closely linked to inflammation. Health management depends on managing inflammation, yet many people are not actively addressing it before it becomes a problem. Surprisingly, fighting inflammation is easier than you might think, as two major contributors are a pro-inflammatory diet and stress.

Ready to support your immune system so it supports you back? Great! Let's get into the simple habits you can implement now!

### How to Control Inflammation

- **Stay Hydrated:** Drink pure water, and plenty of it!
- **Control Your Stress:** Stress drives inflammation, so find ways to manage it, like meditation.
- **Sleep Well:** Sleep is the universal tonic for everything! Don't skimp on it.
- **Move Your Body:** We are meant to be in motion. Walking every day is a great start if you're currently sedentary.
- **Adopt a Diet Full of Club Fx-approved Whole Foods:** A Club Fx-approved whole food-based diet includes eating mostly whole foods that are calorie-sparse, nutrient-dense, and mostly plant-based. The Produce, Meat, Seafood and Dairy Departments at Heinen's are the ideal places to shop.
- **Start a Supplement Routine:** In addition to the essential supplements, which include a whole food multivitamin with B-12, vitamin D, iodine, zinc, and probiotics, consider adding bioavailable curcumin (turmeric) and quercetin (a flavonoid in many fresh fruits and veggies). This lineup will further promote your efforts to balance inflammation, support your immune system, and promote gut health, which all support your cardiovascular system as well.

### Key Takeaway

Controlling inflammation is the foundation of optimal health. By making simple lifestyle changes and supporting your immune system, you can take proactive steps to reduce inflammation and enjoy better overall well-being. Commit to these practical strategies today and experience the transformative benefits for your long-term health.

## HOW TO SPOT AND SUBSTITUTE SEED OILS

If it comes from a whole food, it must be good for you, right? Well, not exactly. It depends on the amount of processing the food goes through before it gets packaged. Generally, the more processed a food is, the worse it is for your body.

Of course there are exceptions to this rule. For example, a fruit and vegetable smoothie contains all the original ingredients in a blended form. The result is a delicious meal-in-a-cup packed with vitamins, minerals, phytochemicals, and fiber—all good things!

Food becomes problematic when it is processed to such an extent that the final product becomes too concentrated in certain nutrients or substances. The old saying "too much of a good thing is never good," holds true when it comes to food, especially seed oils.

### What are Seed Oils and Where are They Found?

Seed oils are refined vegetable-based oils made by pressing and extracting the oil from the edible seeds of plants. Examples of seed oils that you may find bottled on the shelf are:

- Grapeseed
- Sunflower
- Corn
- Soybean
- Cottonseed
- Peanut
- Canola
- Safflower

Additionally, you will often find one or more of these oils in the ingredient list of packaged and processed foods. Seed oils are especially prevalent in certain:

- Breads
- Cereals
- Condiments (mayonnaise, barbecue sauce, salad dressings, etc.)
- Nutrition bars
- Canned soups
- Nuts and seeds with added oils
- Crackers
- Chips
- Frozen meals
- Coffee creamers
- Ice creams
- Dips (hummus, guacamole, etc.)
- Processed plant-based meat alternatives

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### The Downside of Seed Oils

Seed oils are problematic for a couple of reasons. The first is due to the presence of large amounts of the omega-6 fat linoleic acid. This polyunsaturated fat is considered essential because your body can't make it on its own.

Because they aren't ultra concentrated like seed oils, it's much safer to consume omega-6 fats in whole foods like nuts and seeds. A daily handful or two of unsalted walnuts or sunflower seeds as a snack or on a salad will give you plenty of this essential fat.

When overconsumed, though, it creates a storm of chronic inflammation in the body. This can lead to potential health issues like heart disease, Alzheimer's disease, arthritis, diabetes, and cancer. The above list of oils is in descending order of omega-6 concentration, with grapeseed oil having the most.

Another undesirable effect of seed oils is their unstable nature. When heated to high temperatures, these oils easily oxidize and create toxic compounds called aldehydes, which can present serious threats to your health.

**Note:** High oleic sunflower and high oleic safflower oil consist of more than 80% oleic acid (a monounsaturated fat), making them very similar to extra virgin olive oil. Products made with these oils are better for you than those containing regular, highly processed sunflower and safflower oils.

### 3 Club Fx-Approved Non-seed Oils at Heinen's

Three healthier, Club Fx-approved alternatives to seed oils for cooking and baking are Heinen's extra virgin olive oil, avocado oil, and unrefined coconut oil. Instead of seeds, these oils are pressed from the fleshy pulp of the olive, avocado, and coconut fruit, creating a more stable fat with much lower amounts of omega-6 fatty acids.



### HEINEN'S EXTRA VIRGIN OLIVE OIL

Created by the first pressing of olives, extra virgin olive oil has the greatest health benefits overall, with about 73% monounsaturated fats. It is ideal for high and low heat applications, salad dressings, or for finishing dishes.

In 2023, Heinen's removed all non-extra virgin olive oils, including "pure" and "light" varieties, so be sure to check out our top-quality olive oil selection, stocked with the world's best 100% extra virgin olive oils.

### HEINEN'S AVOCADO OIL

Avocado oil contains an abundance of heart-healthy monounsaturated fats. It is also considered a high heat oil, making it safe for cooking, baking, roasting, and grilling.

### HEINEN'S UNREFINED COCONUT OIL

This exceptional oil from the dry flesh of coconuts has earned an undeserving bad reputation due to its high saturated fat content. Around 45% of the fat in coconut oil comes from medium chain triglycerides (MCTs), a unique kind of saturated fat rich in antioxidants with anti-fungal, anti-bacterial, and anti-viral characteristics. Heinen's unrefined coconut oil is great for baking and medium-to-high heat cooking (up to 350°F).

### Key Takeaway

Reaching for healthier, more stable oils for cooking and baking is a great way to scoot the seed oils out of your diet.

Next, you'll want to read the ingredients in packaged foods and avoid those with seed oils like sunflower, corn, canola, and others. This can be time-consuming, which is why Heinen's has carefully combed through all the items throughout our stores to help you locate products made with better-for-you oils. Look for the green Club Fx-approved button to find the products that meet this standard!

At the end of the day, choosing more whole, unprocessed foods is the easiest way to reduce the seed oils in your diet—yet another reason to let Heinen's fresh produce take center stage on your plate.



## HOMEMADE CHOCOLATE MORINGA POWDER GRANOLA

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



Packed full of essential amino acids, antioxidants, and over 90 nutrients, the Moringa plant is known for its positive effects on vitality, blood sugar and cholesterol. Homemade Chocolate Moringa Powder Granola is a simple way to sneak this functional food powder into your breakfast cereal, yogurt parfait, or right out the container as a crunchy treat!

Servings: 4; Prep time: 5 minutes; Cook time: 14 minutes

### Ingredients

- 1.5 cup rolled oats
- 1 cup quinoa (dry, raw, not rinsed)
- 2 Tbsp. chia seeds
- 1/4 cup cacao or cocoa powder
- 1/2 tsp. sea salt
- 1/4 cup shredded unsweetened coconut
- 1 Tbsp. Kuli Kuli Pure Moringa Organic Green Superfood powder or BareOrganics Moringa powder
- 2 Tbsp. Heinen's coconut oil, melted
- 2 Tbsp. Heinen's almond or peanut butter, melted to liquid consistency
- 4 Tbsp. Heinen's pure organic maple syrup
- 1 tsp. vanilla

### Instructions

1. Preheat the oven to 350°F. In a large bowl, mix together all of the dry ingredients.
2. In a separate bowl, combine the coconut oil, nut butter, and maple syrup.
3. Pour the wet ingredients into the bowl over the dry ingredients and mix well.
4. Spread the granola onto a baking sheet and place in the oven for 12 minutes. Stir with a spatula and put back in the oven for another 2 minutes. Be sure to keep an eye on it to avoid burning.
5. Let cool and enjoy!



### Mel's New Product Pick

#### Sweet S'NAPS Peppers

This new line of peppers from Nature Fresh Farms called Sweet S'NAPS is the sweetest and most crisp pepper I've ever tasted. It was seriously love at first bite.

Peppers are an excellent source of vitamin C, dietary fiber, and antioxidants to protect your body from disease. In fact, one cup of peppers has 3x the vitamin C of an orange!

Enjoy Sweet S'NAPS solo or add a splash of culinary excitement to your meals. You'll thank me!



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!