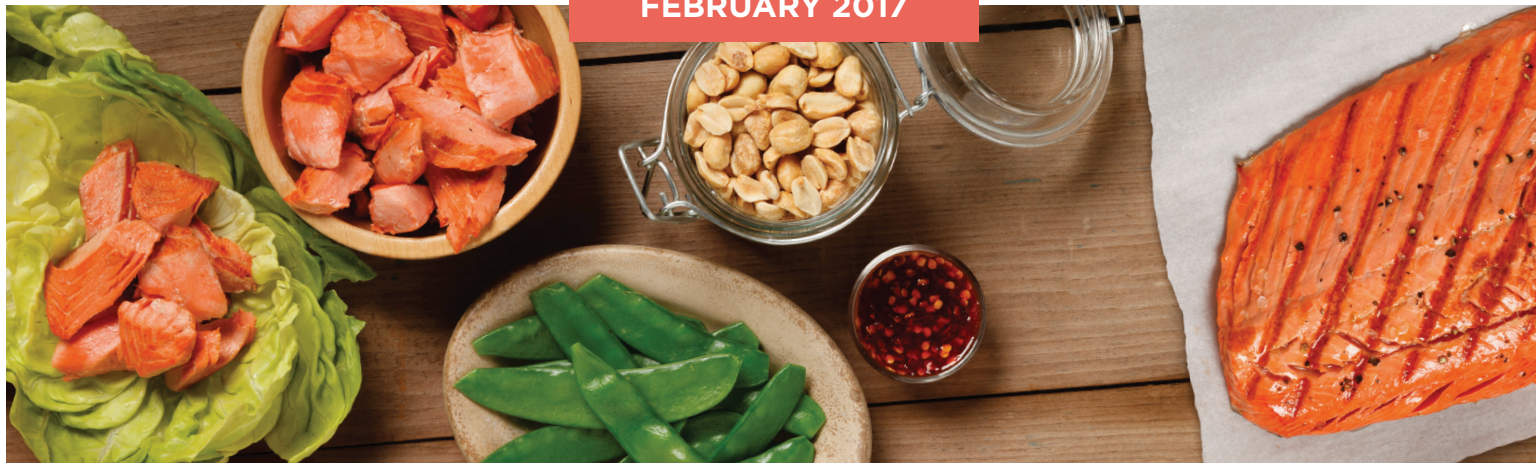


FEBRUARY 2017



5 Foods for Heart-Health

Several medical conditions and lifestyle choices may put people at a higher risk for heart disease. These include: high blood pressure, high cholesterol, smoking, diabetes, obesity and being overweight, poor diet, physical inactivity and excessive alcohol use. The good news is that several of these risk factors may be influenced by simple changes in lifestyle, such as what you choose to eat. Try these top 5 foods in your diet that are perfect for your heart's health.

1. **Soy Protein** — Aim for 25 grams (or around three servings) of soy protein per day from sources such as soynuts, edamame, soymilk, tofu or tempeh.
2. **Nuts** — Aim for 1.5 ounces of nuts per day. That's roughly a handful (about 12 Brazil nuts, 22 pecan halves, 27 cashews, 36 almonds, 65 peanuts or 73 pistachios).
3. **Plant Sterols** — Aim for 2 to 3 grams per day. Small amounts are found in fruits, vegetables, nuts, seeds, cereals, legumes and vegetable oils. Larger amounts have been added to margarines (Promise Activ or Benecol) and orange juice (Minute Maid Heart Wise).
4. **Fiber** — Aim for at least 25 to 30 grams of fiber per day. To increase fiber in the diet, choose more whole grains (such as oatmeal, whole-wheat bread or pasta, brown or wild rice, quinoa, wheatberries or popcorn), legumes, vegetables, fruits, nuts and seeds (such as flaxseed or chia seed).
5. **Fish** — Aim for two servings of fatty fish per week. Fatty fish, such as salmon, tuna, trout, mackerel, herring, sardines and anchovies, are high in omega-3 fatty acids.

Help your Pulse with Pulses!

Pulses are the edible seeds of plants in the legume family. The most common pulses are dried beans, chickpeas, lentils and dried peas. Pulses are a great way to add filling protein and fiber to your diet. Pulses' unique fiber makeup has been linked to lowering LDL (bad) cholesterol, improved blood sugar control, weight control and improved regularity. In addition, regular pulse consumption has been linked to a lower blood pressure. February is a great time to check your blood pressure and pulse rate. Ask your Hy-Vee dietitian for details.

5 WAYS TO ADD PULSES TO YOUR DAILY DIET:

- Start your day with pulses. Cooked beans can be seasoned, mashed and spread on your morning toast.
- Add to soups and stews. Add one or more cups of cooked beans to your favorite soup to add color and filling fiber.
- Stretch your meat budget with lentils. You can swap half the weight of ground meat for cooked lentils when making meatballs, tacos, spaghetti sauce and more.
- Use in baked goods. Garbanzo bean flour has a mild taste with a variety of uses.
- Great for snacking. Try roasted and seasoned pulses such as chickpeas and peas. Enjoy hummus, which is made with chickpeas, with raw veggies for another filling snack option.

Heart-Health Shout-Out to Cauliflower

A serving of cauliflower is a good source of fiber, vitamin C, vitamin K, folate and potassium. Cauliflower also contains phytonutrients that have anti-inflammatory compounds and is high in fiber, which may reduce the occurrence of heart disease and stroke. Try more cauliflower in your diet today with your Hy-Vee dietitian Pick of the Month, Green Giant® Cauliflower Crumbles, the most convenient form of cauliflower ever!



PRODUCT SPOTLIGHT



BIMBO BAKERIES HEALTHFULL BREAD (BROWNBERRY)

- 100% whole-grain bread featuring a variety of nutritious ingredients such as flax, nuts and seeds while leaving out the artificial flavors, colors and preservatives.
- At only 70 to 80 calories per slice while still containing 3 grams of fiber and protein, this bread is perfect for your morning slice of toast or your lunchtime sandwich.



SABRA SPREADS

- Hummus in an easy squeeze bottle that comes in three delicious flavors including garlic herb, sea salt and pepper and honey mustard.
- With 75% less fat than the leading brand of mayonnaise along with being low in sodium, these spreads are perfect for your next sandwich!



HY-VEE SELECT LENTIL BLEND

- The perfect way to introduce pulses into your diet – this bag includes a variety of lentils as well as garbanzo beans. Try the easy and tasty recipe on the back of the bag to get started with pulses!
- With 6 grams of fiber and 10 grams of protein in each serving, this tasty blend will help keep you full longer.

DIETITIAN PICK OF THE MONTH

Green Giant® Cauliflower Crumbles and Blends

5 REASONS TO CHOOSE GREEN GIANT® CAULIFLOWER CRUMBLES AND BLENDS

- 1 Washed, cut and ready to use.
- 2 Steam-in-pouch cooks in minutes for quick, easy prep and clean-up.
- 3 Ready to steam, saute, roast, bake or mash. Add to soups, stir-frys, salads and casseroles.
- 4 Three varieties available: Cauliflower Crumbles, Cauliflower Crumbles “Fried Rice” Blend and Sweet Potato & Cauliflower Crumbles.
- 5 One cup of cauliflower provides nearly all of your daily vitamin C needs, which is important for a healthy immune system.



DIETITIAN RECIPE OF THE MONTH

Cauliflower Crumbles® “Fried Rice”

👤 Serves 1

ALL YOU NEED:

- 1 tbsp olive oil
- 3 cloves garlic, finely chopped
- 1 (16 oz) bag Green Giant™ Fresh Cauliflower Crumbles® “Fried Rice” Blend
- 1 tsp garlic salt
- 1 egg, beaten
- 2 tbsp soy sauce
- 1 tbsp Hoisin sauce
- 2 green onions, sliced

ALL YOU DO:

1. In a medium skillet, heat 1 tablespoon oil over medium heat. Add garlic and sauté for 1 to 2 minutes, stirring frequently until garlic begins to brown.
2. Add “Fried Rice” Blend and garlic salt. Cook, stirring frequently, for 5 to 7 minutes until vegetables soften.
3. Stir in egg; stir constantly 2 to 3 minutes until egg is scrambled and incorporated into vegetables.
4. Stir in soy sauce and Hoisin sauce; mix well.
5. Garnish with green onions.

Nutrition Facts per serving: 50 calories, 2.5g fat, 0g saturated fat, 0g trans fat, 480mg sodium, 5g carbohydrate, 1g fiber, 3g sugars, 2g protein.
Daily Values: 20% vitamin A, 40% vitamin C, 2% calcium, 2% iron.

Source: Adapted from Green Giant™