



## FROZEN FOOD FITS!

As much as we'd all love to serve our families from-scratch meals seven days a week, life happens; we are busy, and that isn't always possible. You shouldn't feel guilty about taking advantage of the benefits that frozen food provides; frozen food is quick, convenient and easy. Some frozen food companies have improved the nutritional value and quality of their products. Many frozen meals can be a healthy meal option.

With frozen meals, portioning is done for you and this makes it much easier to keep portion sizes, calories and sodium in check.

### Frozen Facts:

- **Sodium:** Single-serve frozen meals may actually contain less sodium than meals prepared at home; several frozen meals have less than 600 mg. The average American meal contains an average of 1380 mg.
- **Calories:** The average home-prepared meal contains roughly 700 calories; most restaurant meals usually have around 900+ calories. Over 90% of Healthy Choice brand frozen meals are less than or equal to 450 calories.
- **Portion Control:** Research found people who ate single-serve frozen meals were better able to maintain reduced-calorie diets, resulting in greater and more sustained weight loss.
- **Nutrition:** According to the Food & Drug Administration, there is no nutritional difference between fresh and frozen vegetables and fruit.
- **Convenience:** No need to wash, peel or cut. Ready to eat or heat, making frozen foods a timesaving solution for healthy meals.

### TIP: HOW TO CHOOSE FROZEN

Choose frozen meals with higher NuVal scores

Calories: 450 or less

Sodium: 600 mg or less

Total fat: Not more than 30% calories

Saturated fat: Not more than 10% calories

Include a wide variety of vegetables and fruits

### ADD A "GOURMET" TWIST TO YOUR FROZEN MEAL:

- For a Mexican-style frozen meal, top with chopped tomatoes, jalapenos, avocado and shredded romaine lettuce.
- For an Italian-style frozen meal, add sautéed mushrooms, peppers, onion, garlic and Parmesan cheese.
- For an Asian-style frozen meal, simply microwave a cup of frozen stir-fry vegetables and stir it into your meal.
- Serve your frozen meal on nice dinnerware instead of the plastic container it cooks in.

# WHAT'S NEW & EXCITING



## HY-VEE ANGUS RESERVE 100% NATURAL BEEF

A new beef product from Hy-Vee that is 100% natural and non-enhanced. Angus Reserve beef is naturally aged 14 days to get optimal tenderness. Try a sample of the new sirloin or flat iron Angus Reserve steak at company-wide demos in April. Look for details in your local Hy-Vee ad.



## NAVITAS NATURALS

The mission of Navitas Naturals is to provide the finest organic superfoods to help increase energy and enhance health. All products are certified organic and use methods such as freeze-dry processing to get maximum nutrition and flavor. A great nutrition boost to your smoothies!



## SPECTRUM OILS

Spectrum started 20 years ago with a purpose to make healthy oils. The company has a passion for processing oils, choosing the appropriate extraction process for the oil, depending on the characteristic of the seed or nut the oil is being extracted from. All Spectrum oils are naturally expeller-pressed. Its Extra Virgin Olive Oil is cold-pressed to allow the unique flavor profile.

## Dietitian Pick of the Month

### WALNUTS

#### Did you know?

Walnuts are the only nut with a significant amount of the plant-based omega-3 fatty acid, alpha-linolenic acid (ALA)?

- Eating 1.5 ounces of walnuts per day, as part of a low-saturated-fat and low-cholesterol diet, and not resulting in increased caloric intake, may reduce the risk of coronary heart disease.
- Walnuts may also decrease inflammation due to high antioxidant content.
- Walnuts help curb appetite since they are an excellent source of heart-healthy fat and a good source of fiber.
- Good source of protein, potassium, phosphorus and magnesium.
- One serving (one ounce) equals 12 to 14 walnut halves.

#### Easy to Use

- Mix dried fruit and walnuts together for a portable snack.
- Sprinkle walnut halves on oatmeal or lettuce salad.
- Make a yogurt parfait with chopped walnuts and fresh berries.
- Include walnuts in side dishes such as brown rice, quinoa or couscous.

## Dietitian Recipe of Month

### LISA'S GRANOLA

Serves 20 (1/2 cup each) Active time: 20 minutes | Total time: 2 hours 20 minutes

#### ALL YOU NEED:

- |   |                                   |
|---|-----------------------------------|
| 6 cups Hy-Vee old-fashioned rolled oats | 6 tablespoons Hy-Vee canola oil   |
| 1 cup Hy-Vee chopped almonds            | 1/4 cup Hy-Vee honey              |
| 1 cup Hy-Vee chopped walnuts            | 1 teaspoon Hy-Vee ground cinnamon |
| 1 cup raw, unsalted pepitas             | 1 teaspoon Hy-Vee vanilla extract |
| 1/2 cup Grand Selections maple syrup    | 1/2 teaspoon salt                 |

#### ALL YOU DO:

1. Preheat oven to 325°F. Line a roasting pan or large baking sheet with parchment paper.
2. Combine oats, almonds, walnuts and pepitas in a large bowl. Whisk maple syrup, oil, honey, cinnamon, vanilla and salt in a medium bowl until blended. Pour over the oat mixture and toss to coat. Spread the mixture in the prepared pan.
3. Bake, stirring every 15 minutes, until lightly and evenly browned and starting to dry out, 50 minutes to 1 hour. Let cool completely in the pan before serving or storing.

To make ahead: Store airtight in a cool, dry place for up to 2 weeks.

Nutrition facts per serving: 267 calories; 16g fat (2g sat, 7g mono); 0mg cholesterol; 28g carbohydrate; 8g added sugars; 7g protein; 4g fiber; 60mg sodium; 222mg potassium. Nutrition bonus: Magnesium (32% daily value). Carbohydrate servings: 2  
Source: adapted from Eating Well, Inc.