



## WHAT IS ON THE MENU FOR A HEALTHY KITCHEN?

Eating less may be easier than you think! By making simple changes to your environment, you might be able to eat less without really thinking about it.

### Good Things Come in Small Packages.

We eat more from bigger packages. Put snacks in a separate dish or snack-size plastic bag. The smaller the serving container, the less you'll serve yourself!

### Buy Smaller Serving Dishes.

Drink from tall, slender glasses instead of short, wide ones. You'll pour yourself less! Eat off a 10-inch dinner plate instead of a 12-inch one; you're likely to eat about 22% less. Use a smaller spoon to dish up the meal; you're likely to consume up to 14.5% less than you would with a large spoon.

### Out of Sight, Out of Mind.

Have a bowl of fruit or vegetables sitting in plain view to encourage grabbing healthy snacks. Place healthy options at eye level in the refrigerator and pantry or on the counter.

### Did you know?

We make more than 200 food-related decisions per day, and are unaware of 90% of them.

### See It Before You Eat It.

Plate your food beforehand, and leave the serving dishes in the kitchen. When people pre-plate their food, they eat 14% less than when they take smaller amounts and go back for seconds.

### Location, Location, Location.

Make it a family rule to limit eating to one or two rooms in the house. This will decrease triggers, and help you focus on enjoying your food without distractions.



# WHAT'S NEW & EXCITING



## GARDEN LITES SOUFFLE

Delicious soufflé made with fresh vegetables and herbs. Two servings of vegetables - loaded with fiber and protein in each soufflé - also gluten-free. Great for a light meal, meal at work or side dish. All you do is reheat in microwave. Flavors include butternut squash and zucchini.



## YOPLAIT GREEK 100 CALORIES YOGURT

Greek yogurt - available in 100-calorie portions - has two times the protein of regular yogurt. Fortified with Vitamin D and Vitamin A; gluten-free. Flavors include: peach, Key lime, black cherry, mixed berry, vanilla, strawberry.



## KETTLE BAKES POTATO CHIPS

Kettle Bakes potato chips have great potato chip flavor and extra crunch. Made by slicing fresh, whole potatoes and toasted for a hearty crunch. No trans fat, with natural colors and flavors and gluten-free.

## Dietitian Pick of the Month

### PORK LOIN

#### Did you know?

Protein from lean pork can help with weight loss and weight maintenance by helping with an increased feeling of fullness, which may help eat fewer calories.

- Excellent source of several B-vitamins, which may help maintain a healthy cardiovascular system.
- Excellent source of selenium, important for proper function of the immune system and thyroid gland.
- Cook to 145°F, then let rest for 3 minutes, to get a juicier, more flavorful meat. The meat may be a little pink in color, but is safe to eat.
- Choose lean cuts of pork with "loin" in the name, such as pork tenderloin or pork loin chop.

## Dietitian Recipe of the Month

### PORK CHOPS WITH APPLES AND THYME

Serves 4, Active time: 15 minutes, Total time: 30 minutes

#### All you need

- |  |   |
|--|---|
| 3/4 cup reduced-sodium chicken broth, divided                        | 1 small onion, sliced                                 |
| 2 tsp Hy-Vee 100% cornstarch   | 1 tart apple, such as Granny Smith, peeled and sliced |
| 2 tsp Hy-Vee canola oil  | 1/4 cup apple cider or Hy-Vee apple juice             |
| 4 (4 oz each) Hy-Vee Blue Ribbon boneless pork chops, 1/2-inch thick | 2 tsp Hy-Vee Dijon mustard                            |
|  | 1/4 tsp dried thyme                                   |

#### All you do

1. Mix 2 tablespoons broth and cornstarch in a small bowl.
2. Heat oil in a large nonstick skillet over high heat. Add chops and cook until browned, 2 to 3 minutes per side. Transfer to a plate.
3. Reduce heat to medium-high and add onion to the pan. Cook, stirring often, until it starts to soften and brown, 2 to 3 minutes. Add apple and cook, stirring often, until tender, 3 to 5 minutes. Stir in the remaining broth, cider (or juice), mustard, thyme and the cornstarch mixture. Bring to a boil, stirring, until thickened and glossy, about 1 minute. Return the chops to the pan and heat through. Serve immediately.

Nutrition facts per serving: 214 calories; 8g fat (2g sat, 4g mono); 60mg cholesterol; 11g carbohydrate; 0g added sugars; 23g protein; 1g fiber; 193mg sodium; 335mg potassium. Nutrition bonus: Iron (19% daily value), Zinc (18% dv). Carbohydrate servings: 1/2. Source: adapted from Eating Well, Inc.

