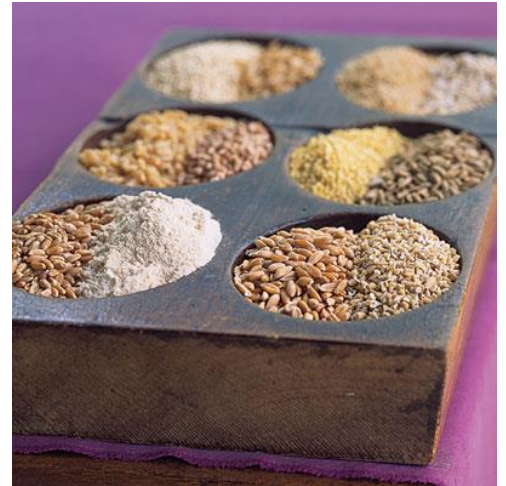


April

Whole Grains - Make Them Habit

Whole grain is a simple food, the soul of the health food ideal. There's good reason to eat whole grains. The fiber and nutrients are associated with reduced risk of stroke, type 2 diabetes and heart disease, and offer the added perk of better weight maintenance. The problem is, getting whole grains into a modern diet can be filled with landmines and missteps. The whole-grain landscape is confusing. There is no simple standard for a serving. Food packaging is unreliable. Definitions are tricky.

A grain is considered whole when all three parts – bran, germ and endosperm – are present. Most people know that fruits and vegetables contain beneficial phytochemicals and antioxidants, but many do not realize that whole grains are often an even better source of these key nutrients. In fact, whole grains are a good source of B-vitamins, Vitamin E, magnesium, iron and fiber, and other valuable antioxidants not found in some fruits and vegetables. Most of the fiber, antioxidants and vitamins are found in the germ and the bran of a grain. When a grain is refined, the outside, nutrient-dense bran and germ are removed. Enriched grains will add back some of the vitamins and minerals, but can't re-create what was originally present.



The simplest and most reliable way to tell if a product really is a good source of whole grains is to skip over the pictures on the front of the box and look at the ingredient list. **If the first ingredient (not the second or the third) says "whole," (whole wheat, whole oat, whole barley, etc.) the product is a good source of whole grains.**

Ideally, all your grain products (bread, cereal, pasta, crackers, tortillas) will be a whole grain choice.

Many people rely on cereals and breads for their whole grains, but there are many non-breakfast options that add variety to your whole grain repertoire and increase whole grain consumption by adding whole grains to the dinner table. Barley, millet, bulgur, quinoa and brown rice are all whole grains that can easily be used as the foundation of an excellent dinner dish, simply topped with whatever you would usually put on pasta, or served as a replacement for white rice. Most whole grains cook up like rice and take nicely to seasonings.

Common whole grains include whole wheat, popcorn, brown rice, wild rice, oatmeal, barley and whole rye. If you are feeling more adventurous, give bulgur, quinoa, millet or sorghum a try.



All About Grains

Most of us know that grains are good for us but have difficulty naming more than two or three. And if the most common side dishes you serve with chicken are pasta and potatoes, maybe a lesson in grains is in order. Here, are some simple [recipes](#) and tips on where to find and how to cook grains, and explore a few of the most versatile—from the everyday (wheat) to the exotic (quinoa).

Barley

Barley is best known as an ingredient in beer and soup. Creamy and possessing a fairly neutral flavor when cooked, pearl barley is easy to serve in place of rice; because it's so starchy, pearl barley can be treated just like Arborio rice for risotto. Whole barley, with its protective layer of bran intact, plumps nicely when cooked. Barley flour, when toasted, has a strong nutty flavor; try adding it to breads. A great source of fiber, 1/2 cup of pearl barley offers more than 12 grams.



Bulgur

Bulgur is wheat that has been steamed whole, dried, then cracked. So bulgur is essentially precooked and quick to prepare. It comes in three grinds—fine (#1), medium (#2) and coarse (#3). Fine and medium bulgurs are used for tabbouleh, and the coarse is good in pilafs. Bulgur, especially fine bulgur, needs only to be soaked to become tender, but it can also be cooked pilaf-style.

Spelt

Spelt is a primitive form of wheat and has become fashionable among restaurant chefs. It's a more digestible form of gluten than that found in wheat, so people with a minor wheat allergy may be able to eat this grain. Spelt is often found as a part of baked products, as



Spelt contains a protein intolerance to in Ezekiel bread.



Oats

Oats are most widely available in rolled form. Steel-cut oats are cracked whole grain oats; when cooked, they are chewy. They're also called Irish oatmeal. A good source of fiber, 1/2 cup of steel-cut oats has 7.5 grams. You may also see oat groats or whole grain oats.

Quinoa

Quinoa [KEEN-wah] tastes wonderful and has a nice crunch. It's a good alternative to rice because of its lightness. Make more than enough because the leftovers are so useful. (Try it for breakfast with maple syrup and milk, add it to pancake and muffin batter, or mix it with potatoes for croquettes.) The tiny beige-colored seeds, about the size of pellets of couscous, cook in about 20 minutes. A good source of protein and fiber, 1/2 cup of quinoa has 14 grams of protein and 6 grams of fiber.



Rye

Rye is most commonly seen as flour and adds a new, complex flavor. It is a high-protein, low-gluten grain that is more slowly digested than some other grains.



Wheat

Wheat is the world's largest cereal grass crop, with its thousands of varieties. Wheat berries are simply whole grain wheat. They are big, chewy and take about an hour to cook. Once cooked, they can go in salads, soups and in mixed-grain dishes. They are also great kneaded into bread, providing welcome texture. Wheat bran, the exterior layer of the grain, is rich in fiber.

Buying and Storing Grains

In the past, you would have had to go to a health or natural foods store to buy these grains, but now you can find many of them at the supermarket. Arrowhead Mills and Bob's Red Mill are two commonly available brands. Grains—especially whole ones—have oils that eventually turn rancid. Shop at stores where the turnover seems high, and buy only what you plan to use within a few months. If you have space, it's best to refrigerate grains, but you still can't keep them forever. You can tell if they've lost their freshness by their smell. Old grains, including flours, will have a stale odor.



dietitian's pick: APRIL 2015

HY-VEE SELECT FROZEN CHOPPED HERBS

5 REASONS TO COOK WITH HY-VEE FROZEN CHOPPED HERBS:

1. Heart-healthy flavor boost. Herbs are naturally salt-free.
2. Ready-to-use convenience. No washing, peeling or chopping required.
3. Provides antioxidants. May help lower LDL cholesterol and protect against cell damage.
4. Very versatile. Use to liven up soups, stews, sauces, stir-fries or any favorite recipe!
5. Four flavorful options: basil, cilantro, garlic, parsley.



5 FLAVOR INSPIRATIONS USING HY-VEE FROZEN CHOPPED HERBS:

1. Forget the salt shaker! Herbs provide the flavor burst in your favorite recipes
2. Basil: sweet, yet peppery. Pair with tomato and mozzarella cheese
3. Garlic: spicy, smooth and all-purpose. Adds aromatic flavor to any recipe.
4. Parsley: fresh and mild. Pair with lemon and garlic in a seafood scampi
5. Cilantro: bold with citrus hints. Excellent garnish for Mexican or Asian dishes

PARSLEY SMASHED NEW POTATOES

Serves 6 (1 cup each)

ALL YOU NEED:

- 2 pounds new or baby red potatoes (1-to 2-inch diameter), large ones quartered
- 2/3 cup low-fat plain yogurt
- 2 scallions, cut in half lengthwise and finely chopped
- 1/4 cup finely chopped fresh parsley
- 2 tablespoons butter, softened
- 3/4 teaspoon salt
- White or freshly ground black pepper, to taste

ALL YOU DO:

1. Bring 1 inch of water to a boil in a large saucepan fitted with a steamer basket. Add potatoes, cover and steam until very tender when pierced with a fork, 20 to 25 minutes. (Check the water level near the end of steaming to be sure the pan doesn't boil dry. Add more boiling water as needed.)
2. Meanwhile, combine yogurt, scallions, parsley, butter, salt and pepper in a large bowl.
3. Mix the cooked potatoes into the yogurt mixture, breaking them up with a fork until they crumble apart and lightly clump together.

Nutrition per 1 serving: 159 calories, 4 g total fat, 3 g saturated fat, 0g trans fat, 12 mg cholesterol, 321 mg sodium, 779 mg potassium, 27 g carbohydrate, 3 g fiber, 4 g protein. Source: Eating Well

This information is not intended as medical advice. Please consult a medical professional for individual advice.

Mankato Hy-Vee HealthLetter: April Graff, MS, RD, LD & Holly Ellison, RD, LD

Spice Up Your Life



English poet William Cowper wrote, "Variety is the very spice of life." In the kitchen, herbs and spices are the true spice of life. Herbs and spices offer not only a variety of health benefits but also the ability to turn everyday meals into culinary specialties. These naturally low-sodium seasonings come from either the leaf (herbs) or other parts of a plant (spices) such as the roots, berries or seeds. Hy-Vee now offers certain herbs and spices in the freezer section for a convenient, waste-free way to spice up your culinary life.

Results of one study show people enjoy reduced-fat foods seasoned with herbs and spices just as much as full-fat foods. The 2010 Dietary Guidelines recommend reducing the intake of calories from solid fats. Use of frozen, fresh or dried herbs and spices is one simple strategy to help you achieve this goal without sacrificing flavor in your meals.

The use of herbs and spices may lead to lower sodium intake and higher antioxidant intake. Certain herbs and spices contain antioxidants that may play a role in lowering LDL cholesterol (the "bad" form of cholesterol) and may provide some protection against chronic diseases such

as cancer, heart disease and Alzheimer's disease.

Five ways to use Hy-Vee Select frozen herbs and spices:

1. Add to sauces to change or improve the flavor.
2. Thaw for use in cold dips.
3. Heat with olive oil and use for bread dipping.
4. Add to casseroles, soups and omelets.
5. Make homemade salad dressings and marinades.

Parsley Smashed New Potatoes Serves: 6 (1 cup each) Source: Eating Well

All you need:

2 pounds new or baby red potatoes (1-to 2-inch diameter), large ones quartered
2/3 cup low-fat plain yogurt
2 scallions, cut in half lengthwise and finely chopped
1/4 cup finely chopped fresh parsley
2 tablespoons butter, softened
3/4 teaspoon salt
White or freshly ground black pepper, to taste



All you do:

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Nutrition per 1 serving: 159 calories, 4 g total fat, 3 g saturated fat, 12 mg cholesterol, 321 mg sodium, 779 mg potassium, 27 g carbohydrate, 3 g fiber, 4 g protein

Resources:

Peters JC, Polsky S, Stark R, Zhaoxing P and Jill JO. The influence of herbs and spices on overall liking of reduced fat food. *Appetite*. Volume 79, 1 August 2014, Pages 183-188.

Med J Aust. 2006 Aug 21; 185 (4 Suppl): S4-24. Health benefits of herbs and spices: the past, the present, the future.

U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2010*. 7th Edition, Washington, DC: U.S. Government Printing Office, December 2010.

Tempest M. Adding spice for a healthier life – evidence shows antioxidant-rich herbs and spices may cut chronic disease risk. *Today's Dietitian*. Volume 14, No. 3, March 2012, Page 40.

Clean “Green” Without Spending Much “Green”

Are you looking for a magic product that can keep your home clean and smelling fresh without stretching your budget? Natural or “green” cleaning products are popping up all over. More and more people want to limit the harmful chemicals, dyes and perfumes common in many household cleaning products. Cleaning “green” doesn’t have to cost you a lot of “green.”

Here are a few basic and budget-friendly household ingredients and items you can use to clean your home.

Vinegar

Vinegar naturally cleans like an all-purpose cleaner. Mix equal amounts water and vinegar in a spray bottle and you have a solution that will clean most areas of your home. Vinegar is a great natural cleaning product as well as a disinfectant and deodorizer. Don't worry about your home smelling like pickles, however; the smell disappears when it dries. Here are some uses for vinegar in the rooms of your house.

1. Bathroom - Clean the bathtub, toilet, sink and countertops. Use pure vinegar in the toilet bowl to get rid of rings. Pour ½ cup vinegar around the inside of the rim. Scrub down the bowl. Mop the floor in the bathroom with a vinegar/water solution. The substance will also eat away the soap scum and hard water stains on your fixtures and tile
2. Kitchen - Clean the stovetop, appliances, countertops and floor.
3. Laundry Room - Use vinegar as a natural fabric softener. This can be especially helpful for families who have sensitive skin. Add ½ cup of vinegar to the rinse cycle in place of store-bought fabric softener.



Lemon Juice

Lemon juice can be used to dissolve soap scum and hard water deposits. Lemon is a great substance to clean and shine brass and copper. Lemon juice can be mixed with vinegar and/or baking soda to make cleaning pastes. Cut a lemon in half and sprinkle baking soda on the cut section. Use the lemon to scrub dishes, surfaces and stains. Mix 1 cup olive oil with ½ cup lemon juice and you have a furniture polish for your hardwood furniture.

A great use for lemon peels (oranges and limes also work) is to put them through the garbage disposal. This freshens the drain and the kitchen.

Baking Soda

Baking soda can be used to scrub surfaces in much the same way as commercial abrasive cleansers. Baking soda is great as a deodorizer. Place a box in the refrigerator, freezer, diaper pail or anywhere you have odors. Sprinkle your carpet and let sit for 15 minutes. Vacuum to remove odors from pets, children and cooking.

Homemade laundry soap is a great way to save money and minimize additives. It is tough on stains and smells.

You can find all the ingredients in the laundry soap section of the store.

Laundry Soap (24 loads, High Efficiency Machine)

All you need:

- 1 cup grated Fels Naptha (a bar soap)
- 1 cup washing soda (not baking soda)
- 1 cup borax

All you do:

1. Mix all ingredients together.
2. Use 2 tablespoons per load of laundry (1/8 cup coffee scoop).

Note: If you do not have a High Efficiency machine, use ¼ cup (4 tbsp).

Tip: To create a fine powder of the soap, unwrap and place on a microwave-safe plate. Microwave in 30-second intervals until it puffs up (much like a marshmallow). Let it cool and crumble, then combine with washing soda and borax.

Note: You can use any bar soap of your preference. Castile and Ivory soap work well also.



Be a “Green” Shopper

We all can do something to help improve the health of the planet. No matter how small, everything helps. Since Earth Day is April 22, now is a great time to evaluate how environmentally friendly you really are. Read on for small things that you can do to help take care of Planet Earth and “green up” your grocery shopping.

Size matters. When choosing between a large container and several small containers that add up to the same volume: Consider whether buying the large container would serve the same purpose and save you money. For example, do you really need to buy individual boxes (and more packaging) of juice if you are going to drink the juice all in the same week and at your kitchen table?

It's in the bag. We could all carry our own reusable shopping bags when we go shopping and save on plastic waste. Another idea is to reuse any plastic grocery bags to line small wastebaskets. Put a few bags in the bottom of the waste basket BEFORE you line it, so there's another one ready to use after one is filled.

Buy local. Local foods are those that are produced with typically less travel involved, using less fuel and pollution to get there. In addition, local foods tend to be a fresh choice. You may be surprised at the number of local offerings at the grocery store.

Gotta have a plan! Plan ahead and shop in conjunction with other errands taking you near your grocery store. The result is a reduction in the use and cost of fuel needed to transport food.

Practice the 3 R's. Produce less waste AND save money by practicing the 3 R's of reduce, reuse and recycle. Not only does tossing leftovers waste money, it also wastes the energy resources and packaging materials associated with the tossed food.

Don't be a "spoil"-sport. Throwing away spoiled food is related to tossing leftovers. Reduce the amount of spoiled food that gets tossed by refrigerating and freezing foods at recommended temperatures -- 0 degrees F or lower for freezers and 40 degrees F or lower for the refrigerator section. An appliance thermometer assures your refrigerator/freezer is maintaining these temperatures.

Drink to this. Buy a reusable water bottle and fill it with tap water. Your investment soon will pay for itself.

Bulk it up. Some products purchased at the grocery store, such as hand soap, can be purchased in big bottles that are used to refill a smaller-size bottle. Reduce the cost and the packaging by refilling the smaller bottle.

