



FIBER IS YOUR FRIEND!

If you're looking for a way to lose weight or reduce your cholesterol, perhaps fiber should become your friend. Fiber is a complex carbohydrate; however, it does not give our body energy thus additional calories. Instead, fiber is simply eliminated from our body. The current dietary recommendation for fiber is 25–30 grams of fiber per day. Most Americans only get half this amount.

Fiber has been linked to many health benefits, including fighting heart disease, helping with weight management and improving blood sugar control and here is why:

FIGHTING HEART DISEASE

– High intake of dietary fiber has been linked to a lower risk of heart disease. Soluble fiber acts like a sponge in the digestive tract, binding cholesterol and removing it from the body before it has a chance to be absorbed.

WEIGHT MANAGEMENT

– Fiber-rich foods may be beneficial in controlling weight by filling you up, not out. They are usually low in fat and calories and they add bulk to your diet to make you feel full longer.

DIABETES CONTROL

– People with type 2 diabetes can lower their blood sugars by significantly increasing their fiber intake. Fiber takes longer to digest and slows the release of sugar from food into the blood stream.

Contact your local Hy-Vee dietitian for more information to help you live an easier, healthier and happier life. www.hy-vee.com. Click health.

TIPS TO HELP YOU MAKE FIBER YOUR FRIEND:

- Look for cereals containing at least 5 grams of fiber per serving. Kashi cereals are great high-fiber options.
- Add fresh, frozen or canned vegetables to casseroles.
- Top cereal with fresh, canned or dried fruit.
- Fill up on fruits and vegetables for fiber and “5-a-day.”
- Try La Tortilla brand tortillas!

SO BERRY GOOD FOR YOU!

Strawberry eaters tend to have:

- Lower blood pressure
- Lower body weight
- Lower levels of homocysteine - decreasing the risk for developing heart disease and increasing overall health.



DID YOU KNOW? FRESH HERBS ARE RICH IN ANTIOXIDANTS

- Remember when using fresh herbs to add them toward the end of cooking.
- A good rule of thumb when using fresh herbs in place of dried is to use two or four times more fresh herbs.

PARSLEY: Eating parsley will freshen your breath. Sprinkle chopped parsley on spuds, toss into marinades and dressings, blend into tabboule and add as a seasoning to almost any type of pasta salad. Has concentrated chlorophyll levels, which is thought to help “filter” and maintain health of the stomach, small and large intestine. It is filled with nutrients such as vitamins A, C and K. Parsley grows well in gardens.

CILANTRO: Often used in Mexican, Asian and Middle Eastern cooking. It tastes like a sweet mix of parsley and citrus. Cilantro should be crushed or torn into tiny pieces before adding to recipes. It goes very well in salsa and bean dip. Is an antioxidant and aids digestion.

WHAT'S NEW & EXCITING



ZEVIA SODAS

New sodas sweetened with stevia. 100% natural with 0 calories and 0 sugar! Perfect for diet-soda lovers looking for a natural sweetener.
www.zevia.com



CASCADIAN FARM FIBER RIGHT GRANOLA BARS

High-fiber granola bars now available from Cascadian Farms. 5 grams fiber per bar.
www.cascadianfarm.com



BARBARA'S BAKERY PUFFINS – MULTI-GRAIN

New whole grain cereal that is gluten-free. 100% natural whole oats, brown rice and corn. Also dairy-free and contains natural prebiotic fiber.
www.puffinscereal.com

SIMPLE SHORTCAKE

Serves 10 (1/2 muffin, 1/2 cup sliced strawberry mixture and 2-1/2 tsp yogurt mixture).

ALL YOU NEED:

- 3 pounds fresh strawberries, sliced and divided
- Juice of 1 orange (about 1/3 cup)
- Juice of 2 lemons (about 1/3 cup)
- 1/4 cup light agave nectar
- 1 (8 oz) container Hy-Vee low-fat plain yogurt
- 2 tbsp Hy-Vee vanilla extract
- 5 Weight Watchers blueberry muffins, halved

ALL YOU DO:

1. Place 2 cups strawberries, orange and lemon juices and agave nectar in a blender; process until smooth. Pour all but 1/2 cup of the purée over the remaining sliced strawberries; set aside.
2. In a small bowl, combine the remaining 1/2 cup strawberry purée, yogurt and vanilla and blend well.
3. Spoon about 1/2 cup sliced strawberry mixture over top of each muffin half. Top each with about 2-1/2 teaspoons yogurt mixture.

Nutrition facts per serving: 190 calories, 2g fat, 0.5g saturated fat, 10mg cholesterol, 200mg sodium, 42g carbohydrate
Source: Hy-Vee Dietitians

TURKEY AND BLACK BEAN QUESADILLAS

Serves 8

ALL YOU NEED

- 1/2 lb ground turkey breast
- 1 (15-oz.) can Hy-Vee black beans, rinsed and drained
- 1/2 cup chunky salsa
- 1/2 tsp ground cumin
- 1 cup shredded reduced-fat cheddar cheese (4 oz)
- Salt and pepper, to taste
- 8 (8-inch) whole-wheat tortillas (La Tortilla brand)
- Additional salsa

ALL YOU DO

1. Preheat oven to 375°F. Coat a baking sheet with nonstick cooking spray. In a medium nonstick skillet cook ground turkey, stirring occasionally, until no longer pink. Stir in beans, salsa, cumin and cheese. Season with salt and pepper to taste.
2. Spoon about 1/2 cup of the turkey mixture on half of each tortilla. Fold tortilla over filling and place on baking sheet.
3. Coat the tops of the quesadillas with nonstick cooking spray. Bake 10 to 12 minutes or until the edges begin to brown. Transfer to a platter, cut in half and serve with additional salsa.

Nutrition facts per serving: 244 calories, 8g fat, 3g saturated fat, 25mg cholesterol, 635mg sodium, 30g carbohydrate, 3g fiber, 16g protein
Source: Hy-Vee recipe of month, Try-Foods International