Hello, Hy-Vee Shoppers,
Happy National Nutrition Month!
In this month’s newsletter we feature an article for National Dietitian Day, and explain the reason Hy-Vee has dietitians and some of the services we have to offer. Therefore, with Hy-Vee’s mission statement being “Making lives Easier, Healthier & Happier,” we want to hear from you: What kind of classes or services would you like to see us offer at Oakdale Hy-Vee? We’d love to hear from you: 1462dietitianmailgroup@hy-vee.com.

-Jena & Mary

Dietitian Pick of the Month

5 REASONS TO TRY KALETTES:

1. Kalettes are a cross between Brussels sprouts and the beloved kale, created by traditional hybridization.
2. This nutritious vegetable has a sweet and nutty flavor, perfect for adding it to any dish!
3. One serving (one and a half cups) provides 40% of your daily vitamin C needs, 120% of your vitamin K needs, and 10% of your daily vitamin B6 needs.
4. There is no waste to Kalettes - the entire Kalette from the leaves to the stem can be used in cooking.
5. The easiest way to make Kalettes? Roast them! Coat Kalettes with olive oil and place on a baking sheet; bake at 475 degrees for about 10 minutes.
Upcoming Events

HY-VEE DISH CLASS
Saturday, March 19 at 10:00 a.m.
Tuesday, March 29 at 6:00 p.m.

Check out our Event Page for cost, recipes & sign-up info.

Book a private class with at least 9 others and receive HALF price!
**email 1462dietitianmailgroup@hy-vee.com for more details.

DIABETES ACADEMY:
CARBOHYDRATE COUNTING
With Hy-Vee Dietitians & Novo Nordisk Diabetes Educator
Thursday, March 24, at 5:30 p.m.
FREE
Sign up through our store's calendar of events webpage at www.Hy-Vee.com – Select Oakdale Hy-Vee

LIL’ CHEFS
March 6, 10:00 A.M. to 11:00 A.M.
&
March 16, 5:30 p.m. to 6:30 p.m.
St. Paddy’s Day-Themed

Kids can join us in helping to prepare healthy recipes in this interactive class!
$10/kid, reserve your spot by stopping in the store at Customer Service or calling with payment info.

NUTRITION TRICKS & TIPS FOR PARENTS
March 2, 6:00 P.M. to 7:00 P.M.
Held in Wine Tasting Room

Do you have a picky eater at home? Your Oakdale Hy-Vee dietitians will be having a class for parents! This class will help parents tackle the challenges of picky eaters. We will also discuss: Eating Behaviors, Controlling Hunger & Family Meals

Class is $5per person; reserve your spot by stopping in the store at Customer Service or calling with payment info.
Join us!

DIABETES ACADEMY:
Carbohydrate Counting

MARCH 24, 2016
5:30 p.m. TO 6:30 p.m.

OAKDALE HY-VEE DISH Room
FREE EVENT

Learn about carbohydrate content of foods and how to properly count carbohydrate servings to better control diabetes. Get healthy recipes and try some diabetes-friendly foods. Brought to you by your Oakdale Hy-Vee dietitians and certified diabetes educator with Novo Nordisk Diabetes education program. Pre-register for this event by calling 651-714-3160 or on our event calendar www.hy-vee.com (Oakdale location).

For more information contact: Mary Brunner @ 651-714-3160 or mbrunner@hy-vee.com
Mindful Eating

What does it mean to eat mindfully? Mindful eating means paying attention to your actual eating experience—while at the same time enjoying it. It means submerging yourself fully into your meal, without multitasking. This can be tough especially in today’s fast-paced world. Many studies have shown that eating while watching television or doing other activities at the same time can lead to an increase in calories consumed. The overall goal of mindful eating is to base your food intake on physical cues (i.e., hunger) versus emotional cues. Finding time to slow down during meals and enjoy the food you are eating is very important to developing a healthy lifestyle.

What are some important tips to incorporate mindful eating into everyday life?

- Eat slower. Take time to enjoy the food you are eating. Chew your food a little bit longer than you normally would. This will give your stomach time to tell your brain that it is full, and you might even taste new flavors.
- Enjoy silence. Eating does not necessarily have to be social hour. Meal time can be used as a time for reflection of the day or the upcoming week. Eating in silence may not work for families with children, but it can be a time to slow down from an otherwise fast-paced world.
- Shut off electronics (i.e., cell phones, television). Life as we know it can be very hectic at times. Make an effort to turn off the TV and put cell phones down. You may even learn something new from a family member or friend from engaging in conversation!
- Take pleasure in the flavor of your food. When people are in a hurry, they tend to not notice what or how much they are eating. Take time to notice all the different flavors in food. This is the perfect time to try that new recipe that you have been dying to try! Or this [Pecan-Chocolate Chip Whole-Grain Blondies recipe](#).

Start today by trying mindful eating in your everyday life by preparing nutritious, delicious meals and then taking the time to sit down and enjoy your hard work with family or friends. Start thinking about how you eat, and that might even change what you want to eat—for the better!

**Kids can Celebrate National Nutrition Month® Too!**

March is National Nutrition Month® and the team of Hy-Vee dietitians would like to focus on the kiddos. With childhood obesity and sedentary lifestyles on the rise, Hy-Vee has developed a variety of programs to help busy families adopt healthier lifestyles.

People shy away from going to the gym for a number of reasons—no time, too tired, and high membership costs being the most common. Hy-Vee KitsFit™ takes these genuine concerns and turns them into healthy solutions for the entire family.

In our January newsletter we introduced Hy-VeeKidsFit.com as a fun way to get your children, or the entire family, up and active during the cold month of January. This month we are featuring Hy-Vee KidsFit™ Part 2, in case you need another push to get started!

Hy-Vee KidsFit™ can be completed in as little as 20 minutes a day. These free online videos led by our personal trainer, Daira, provide everything you need to help the entire family become more active. The five-week challenge and other training guides are included to keep fitness fresh. Nutritious recipes that are simple and tasty are also included.

Check out this family fun “Roll the Dice Challenge” using KidsFit™ videos and homemade dice. See below for dice craft instructions and [click here](#) for a printable version.
Kalettes®

We are about to go crazy for Kalettes! No, that is not a made-up word – Kalettes are a delicious new vegetable that are a blend of Brussels sprouts and the beloved kale. They are made through the process of traditional hybridization.

Kalettes are functional, simple to prepare and look fantastic. You can expect to overload your taste buds with a nutritious vegetable that tastes sweet and nutty all at the same time. Kalettes are also great because they will appeal to everyone, whether you are a vegan, vegetarian or you just want a new veggie to add to your diet! There is no waste either – the entire Kalette from the leaves to the stem can be used in cooking.

How do you know which Kalettes to pick? Their brilliant purple stems and green leaves will indicate a healthy plant. Avoid leaves that have started yellowing or turned brown. Store Kalettes in the refrigerator until they are ready to be enjoyed.

Not only are Kalettes a tasty addition to the everyday diet – they are nutritious, too. They are low-calorie, low-sodium, fat-free and contain a little bit of protein. One serving (one and a half cups) provides 40 percent of your daily vitamin C needs, 120 percent of your vitamin K needs, and 10 percent of your daily vitamin B6 needs.

There are several different ways to try this new veggie. You can:

• Sauté. Place Kalettes in a covered pan for about 5 to 7 minutes and cook until tender.
• Roast. Coat Kalettes with olive oil and place on a baking sheet; bake at 475 degrees for about 10 minutes.
• Grill. Put Kalettes in tin foil or a basket and grill for about 10 minutes (or until charred) on medium heat.
• Eat raw. Talk about spicing up your salad! Chop up and add to romaine lettuce or eat Kalettes themselves covered in your choice of salad dressing.
• Add to recipes for new flavor. Add Kalettes to any recipe where you would add other veggies (i.e.: onions or bell peppers).

National Dietitian Day

What is a registered dietitian and what can he or she do for you?

“What do you do?” As a registered dietitian (RD) working for Hy-Vee grocery store, I have been asked this question more than once. While many people are familiar with dietitians working in hospitals, they are curious about our relatively new presence in grocery stores. People make decisions about food every time they visit a grocery store, and our goal as RDs is to help people make healthy food choices – so grocery stores are really the ideal place for us to be!

According to the Academy of Nutrition and Dietetics, RDs, also called registered dietitian nutritionists (RDNs), are “food and nutrition experts who can translate the science of nutrition into practical solutions for healthy living.” RDs have extensive training in nutrition and food science,
as well as in individual counseling techniques. Every RD has a 4-year college degree and has completed a dietetic internship, and many also have higher-level degrees. RDs work in a variety of settings, including hospitals, schools, fitness centers, food management, private practice and grocery stores. They help make good nutrition easy. Registered Dietitians are an asset to anyone; from those dealing with complex medical conditions such as food allergies and intolerances, weight management and diabetes management, to individuals who just want help with their hectic schedules.

Hy-Vee has been a pioneer in making dietitian services available to shoppers. In 2000, Hy-Vee first contracted two dietitians to operate the HealthyBites program, which offers weekly menus, nutritional information and a monthly nutrition newsletter. Five years later, three corporate dietitians were hired directly by Hy-Vee. Company executives quickly realized the value of the services that dietitians were providing to customers and employees, and pledged to have a dietitian in every store. Today, Hy-Vee employs more than 225 dietitians. Hy-Vee and its dietitian program have received numerous awards for standing behind its mission of making lives easier, healthier and happier. Hy-Vee dietitians offer a variety of services to help people live more healthfully, including individualized nutrition counseling, Begin (our 10-week wellness and weight management program), biometric screenings, personalized store tours, corporate wellness presentations and healthy cooking classes. Thank your local Hy-Vee dietitian this month by helping him or her celebrate National Registered Dietitian Day on March 9. The best way to thank a dietitian is through your diet. Eat a veggie for your favorite dietitian today and try this delicious, dietitian-approved salad.

National Nutrition Month® – Make it a St. Patrick’s Day Tradition

When you think of St. Patrick’s Day you likely think of Ireland, wearing green clothes, shamrocks, and corned beef and cabbage. Did you know that St. Patrick’s Day falls right in the middle of National Nutrition Month®? This campaign, sponsored annually in March by the Academy of Nutrition and Dietetics, focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. The 2016 National Nutrition Month® theme is "Savor the Flavor of Eating Right." Why not savor some healthy flavors this St. Patrick’s Day?

Healthy St. Patrick’s Day tips

Be festive with GREEN:

- Add more dark greens to your salad! – Baby kale, spinach, romaine and green leaf lettuce, green peppers, cucumbers, etc.
- Try the Dietitian Pick of the Month – Kalettes. They are a cross between kale and Brussels sprouts.
- Be inspired to go GREEN with your side dish – Brussels sprouts, broccoli, edamame or green beans
- Pistachios and pepitas – Sprinkle on entrees, side dishes and salads
- Green tea – A good way to warm up and get antioxidants at the same time!
- Sweeten up that fruit salad – Kiwi and green grapes
- Spinach – Add to your fruit smoothie to add extra fiber and iron

More colors of the rainbow needed to find your “pot of gold“:
Red – watermelon, apples, tomatoes, strawberries
Blue/purple – blueberries, eggplant, grapes, red onion, blackberries
Yellow – banana, pear, pineapple
Orange – clementine, mangoes, sweet potatoes, cantaloupe
White – cauliflower, mushrooms, garlic

Trying to eat right can be very confusing and overwhelming. Try to stick with these two concepts to get you started living a healthier lifestyle:

Moderation is key:

- Consume no more than 3 oz. of meat per meal (e.g. Corned beef)
- Consider limiting alcohol consumption
- Limit higher-calorie fried foods
Aim for lower sodium:
- Herbs – thyme, rosemary, basil, oregano, dill
- Add other flavors – lemon, lime, orange juice
- Spice it up – chili pepper, cayenne, crushed red pepper
- Reduce salt by half in recipes

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