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# healthy ideas

SUMMER 2012

## SUMMER favorites

Grilling

Fruity FroYo

Seasonal Meals

eating healthy  
on a budget:

**zucchini rolls**

*...you'll love 'em*



**25**  
RECIPES  
INSIDE

Stretch your fitness routine with **yoga**

[giantfood.com](http://giantfood.com)

*pack a  
healthier  
picnic*

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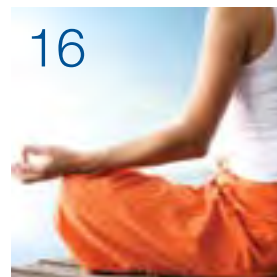
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- Warm Fall Salads
- Root Veggie Fries

 **healthy ideas**

**EDITOR-IN-CHIEF**  
Shirley Axe

**MANAGING EDITOR**  
Melanie Mnich

**NUTRITION ADVISOR**  
Sylvia B. Emberger, RD, LDN

**CREATIVE MANAGER**  
Justin Keller

**CREATIVE DESIGN**  
Dana Leeper Sherwood  
Mike Broccio

**COPY EDITORS**  
Wendy Cray Kaufman  
Julia Mosemann

**PHOTOGRAPHY**  
Alysha Yoder  
Brian Donnelly Studio

**CONTRIBUTING WRITERS**  
Aida Hitti-Zeidan, MS, RD, LD  
Brandi Pratt, Chef  
Daniel Keebler, Chef  
Elizabeth Pivonka, PhD, RD  
Erik Henkel, Chef  
Evan Selsky, M.D.  
Gregg Jones, PharmD, RPH  
Julia Mosemann  
Julie Menounos, MS, RD, LDN  
Kathy Wickert, Sous Chef  
Lisa Coleman, MS, RD, LDN  
Mary Ann Moylan, RD, LDN, CDE  
Melanie Mnich  
Sarah Glunz, MS, CNS  
Sylvia Emberger, RD, LDN  
Sylvia Warner, MEd, RD, LDN  
Tracy Pawelski  
Valerie Waters, RD  
Wendy Cray Kaufman

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Consumer Affairs Department  
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*Life's a picnic.*



Sure, it's a cliché, but we think it's true—even when you're trying to make healthier choices. We're proving it in our summer issue by filling our pages with delicious, inventive ways to make all those summer classics you love even better! Whether you're doing some lazy-day snacking or filling your grill for a summer holiday, we'll show you how to incorporate summer's finest produce and better-for-you ingredients so you can pack up your picnic basket without sending your healthy habits packing.

Don't miss our **Mango Papaya Smoothie** recipe on page 21 – it's the perfect Healthy Idea® for a hot summer day!



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# fill your grill with fruits and veggies!

Summer and grilling just simply go together. Cooking outside on the grill offers plenty of advantages to make mealtime easy, convenient, and tasty. Preparation is simple, it requires minimal clean-up, and the kitchen stays cool. Why limit what you grill to meats, poultry and fish? To add variety to meals and lighten up the menu, try grilling healthy fruits and vegetables too! USDA's Dietary Guidelines for Americans 2010 recommends filling half your plate with fruits and vegetables at each meal and snack. Grilling is an easy and tasty way to fulfill that recommendation. Grilled vegetables are delicious, healthy and easy to cook, and there are countless options from which to choose. The easiest way to grill vegetables is to simply

brush them with olive oil to prevent them from sticking and then grill, turning until tender. For best results, your grill should be warm, but not as hot as it would be for meat.

Fruit naturally contains sugar and, when combined with the heat of the grill, it caramelizes, making the fruit taste even sweeter. Almost any fruit can be cooked on the grill. Hard fruits such as apples, pineapples and pears are easier to grill than softer fruits such as peaches, nectarines, plums and papaya. Softer fruits can still be grilled; they just require more attention to prevent overcooking, which will cause the fruit to become mushy. Softer fruit only needs to be heated, not thoroughly cooked. Once you grill fruits and vegetables, their wonderful flavor will have you doing it again and again.

## a few fresh ideas...

- Grill peaches and nectarines, then dice them and make a salsa by adding fresh herbs, chili peppers and lime juice.
- Grill corn on the cob by husking it, sprinkling on a mix of seasonings such as oregano, pepper, chili powder and salt with a touch of butter, then wrap in aluminum foil and grill until tender.
- Grill your dessert! Slice peeled bananas in half lengthwise and sprinkle with cinnamon and brown sugar, place on aluminum foil flat side down, and let sizzle.

### Grilled Pear and Steak Salad

Makes 4 servings • Prep Time: 15 minutes • Cook Time: 20 minutes

#### Ingredients:

##### Vinaigrette

- 1 Tablespoon olive oil
- 3 Tablespoons distilled vinegar
- ¼ cup white grape juice or apple juice
- ¼ teaspoon salt
- 1 Tablespoon Italian herb blend (like Mrs. Dash)

##### Salad

- 2 cups (4 oz) whole wheat rotini pasta, uncooked
- 1 yellow bell pepper
- 1 red bell pepper
- ½ teaspoon olive oil
- 12 oz boneless choice beef top sirloin
- 2 Bartlett pears
- 3 cups arugula
- ¼ cup crumbled Gorgonzola cheese

In a small bowl, whisk olive oil, vinegar, grape or apple juice, salt and herb blend. Boil water and cook pasta according to package instructions. Drain pasta, rinse in cool water. Heat grill, rub peppers with ½ tsp olive oil. Grill whole peppers, turning as needed, until skin begins to brown and bubble. At the same time, grill beef sirloin to desired doneness, turning once. Remove from grill, let cool slightly. Slice peppers into strips, discarding seeds and stem. Cut sirloin across the grain into thin slices. Slice pears into thin wedges. Toss arugula and pasta in large bowl. To serve, evenly divide pasta-arugula on four plates, arrange beef, peppers and pears on top, drizzle with vinaigrette, and sprinkle with crumbled Gorgonzola cheese.

Per serving: 390 calories, 12g fat, 4g saturated fat, 65mg cholesterol, 330mg sodium, 44g carbohydrate, 7g fiber, 27g protein

### Most Americans

aren't eating enough fruits and vegetables each day. Grilling is a delicious and fun way to boost your intake and add more color to your plate. Visit [FruitsandVeggiesMoreMatters.org](http://FruitsandVeggiesMoreMatters.org) for videos about grilling peaches, nectarines, asparagus, watermelon, avocados, bell peppers, and even canned fruits and veggies! You'll also find recipes, nutrition information and tips for getting kids to eat more fruits and vegetables.



# marinades *made easy!*


Marinades add flavor, not fat, to lean cuts of beef that are perfect for summer grilling. Look for the words “loin” or “round” to identify lean cuts and don’t forget reasonable portion sizes—a portion of cooked meat should be 3–4 ounces or the size of a deck of cards. Marinate tender cuts such as sirloin or tenderloin for 30 minutes–2 hours and marinate less tender cuts such as flank, skirt or round steak for at least 6 hours but no longer than 24 hours to keep meat from becoming mushy. Less tender cuts will also benefit

from the addition of an acid (vinegar, wine or citrus) to the marinade.

Always marinate in the refrigerator using a resealable plastic bag or a plastic or glass container, turning occasionally. If you plan to use some of the marinade as a sauce, reserve a portion before marinating. Remove the marinated beef from the refrigerator about 45 minutes before grilling and pat dry. This will ensure even grilling, prevent steaming and help your steak develop a browned crust.

## Marinated Flank Steak

Makes 4 4-ounce servings  
Prep Time: 5 minutes+marinating time • Cook Time: 15 min.

- |                                                                                                                                  |                                                                      |
|----------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|
| Ingredients:                                                                                                                     | 1 Tablespoon minced shallots or scallions or 1 teaspoon onion powder |
| 1 lb flank steak, trimmed                                                                                                        | 1 Tablespoon minced garlic or 1 teaspoon garlic powder               |
| 2 Tablespoons  extra-virgin olive oil       | 1 teaspoon ground black pepper                                       |
| 2 Tablespoons  red wine vinegar or red wine | 1/2 teaspoon dried thyme leaves                                      |
| 2 Tablespoons  Worcestershire Sauce           |                                                                      |

Remove the meat from its packaging and pat dry. In a zip top bag combine the olive oil, wine vinegar, Worcestershire sauce, shallot, garlic, pepper and thyme. Add the steak and turn to coat evenly. Marinate the steak in the refrigerator for 2–12 hours. Remove from the refrigerator and marinate at room temperature for 45 minutes. Heat a large grill pan over medium-high heat or an outdoor grill to medium-high. Remove steaks from marinade and pat dry. Discard remaining marinade. Cook the steaks for 4–6 minutes on each side for medium-rare or an internal temperature of 145°F. Remove from grill and allow to rest on a cutting board for 5 minutes. Cut the steak against the grain on an angle into very thin slices.

*Per serving: 190 calories, 10g fat, 3g saturated fat, 70mg cholesterol, 110mg sodium, 0g carbohydrate, 0g fiber, 24g protein*

do your knives

# make the cut?

Knives are one of the most important tools in the kitchen, but how much do you know about these kitchen must-haves?

A good quality knife may be expensive, but with the proper care, it should last a lifetime. Wash and dry your knives promptly after using them to prevent rust or stain, and always put safety first in your kitchen.

**cleaver**  
6 inches

Used to chop, shred or cut through bones. Use the flat side to crush herbs.

**Utility**  
4–7 inches

Convenient size for chopping, dicing, peeling and other tasks.

**fillet**

6–11 inches  
Flexible head allows for easy fish filleting and skin removal.

**slicing/carving**

6–11 inches  
Used for thinly slicing meat, poultry or fish.

**bread**

8–10 inches  
Serrated edge allows you to slice bread without crushing the loaf.

**chef**

6–14 inches  
Mainly used for chopping, dicing and mincing.

**boning**

5–6 inches  
Used to remove bones from poultry, meat and fish.

**paring**

2½–4 inches  
Provides control for peeling and coring fruits. Great for detail cutting.

# SET THEM UP FOR SUCCESS

with healthy **back-to-school** routines.

 Add these products to your back-to-school checklist.



## SUCCESS IN SCHOOL STARTS AT HOME

Send your kids back to school ready to learn with everything they need to do and feel their best.



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## sweet sign of summer

Fresh, fragrant melons are a sure sign that the summer season is in full swing. From thick wedges of watermelon eaten on the back porch to cubes of cantaloupe elegantly wrapped in ribbons of prosciutto, there certainly is a melon for every occasion.

While cantaloupe, honeydew and watermelon are the most well-known types of melon, your local produce department features lots of other fun and unusual seasonal varieties, all low in sodium, high in water content and a good source of vitamin C. **Have you tried these?**

- casaba melons**  
white flesh
- persian melons**  
salmon-colored flesh
- sharlyn melons**  
taste like cantaloupe and honeydew combined
- pepino melons**  
taste like a combination of pear and banana
- crenshaw melons**  
are a hybrid between casaba and Persian melons with a unique sweet and spicy flavor!

### Melon Spinach Salad

Makes 2 2½-cup servings • Prep Time: 10 minutes

#### Ingredients:

- 3 cups fresh baby spinach leaves
- 1 cup cubed cantaloupe
- 1 cup cubed watermelon
- 1/4 cup slivered almonds
- 1/4 cup reduced fat crumbled feta cheese

#### Dressing

- 1 Tablespoon  balsamic vinegar
- 1½ teaspoons  extra virgin olive oil
- 1 Tablespoon  honey
- 1 Tablespoon lemon juice

Wash spinach, cut melons into ¾-inch cubes and combine all in a large bowl. Sprinkle with feta cheese and almonds. In a measuring cup, add vinegar, olive oil, honey and lemon juice. Whisk until blended and drizzle dressing over spinach and melon mixture. Toss gently.

*Per serving: 250 calories, 13g fat, 2.5g saturated fat, (2g polyunsaturated fat, 7g monounsaturated fat), 5mg cholesterol, 310mg sodium, 30g carbohydrate, 5g fiber, 20g sugars, 8g protein*

Melons are as versatile as you make them. Cut into halves, quarters, wedges or cubes, or scoop into balls with a melon baller. Use in salads, yogurt, salsa, fruit kabobs, smoothies or fruit popsicles. You can even try dipping melon into melted dark chocolate. Most melon types will benefit from a squeeze of lemon or lime juice to enhance the flavor and are best if served at room temperature. **Prior to cutting, be sure to wash melons with warm soapy water to remove dirt on the rind that could be transferred from the knife to the melon's flesh.**



## so many MUSTARDS

Prepared mustard, a condiment containing mustard seeds and a liquid, is a flavorful, low-fat way to spice up your food. Mustard is a part of nearly every culture's food, and has been used for over 3000 years.

Mustard seeds can be white, yellow, brown or black, depending on the mustard plant. Black mustard seeds are considered the hottest and white mustard seeds are the mildest. Mustard seeds are crushed in most prepared mustards, though in whole grain mustards, whole mustard seeds are mixed with the other ingredients. A variety of liquid ingredients can be used to make prepared mustard, including vinegar, water, wine, whiskey, beer, salad oils, and the juice of unripened grapes. Common flavorings, including white sugar, brown sugar, honey, turmeric, Tabasco, dill, horseradish, garlic and pepper, can also be added to achieve flavors from sweet and spicy.

### Cooking with mustards:

**Add mustard to tahini for a thick, creamy sauce.** Combine wine, oil, lemon juice, chopped scallions, garlic and herbs with mustard and use as a marinade or dressing.

**Vegetables**—Dry mustard and prepared mustard can be added to scalloped potatoes, parsnips, rutabaga dishes and mushroom dishes.

**Meats**—Combine thyme, dry mustard and sage with pork. Add ginger, dry mustard and garlic powder to beef. Liven up burgers and meatloaf with mustard tucked inside!

**Eggs**—Add mustard to your scrambled eggs or omelets for a delicious new flavor.

### Dijon Mustard

Usually contains both white wine and burgundy, along with brown and/or black mustard seeds, seasonings, wine vinegar, and possibly the juice of unripened grapes. This mustard is pale tan to yellow in color and has a smooth texture.

### Honey Mustard

Sweetened with honey, syrup, white sugar or brown sugar. The base for this type of mustard is hot or mild mustard seeds.

### German Mustard

Ranges from mild to spicy to mildly sweet. Smooth or coarse-ground, and either pale yellow or brownish in color.

### English Mustard

Made from white and brown or black mustard seeds, flour, and turmeric. Usually bright yellow and extremely spicy.

### Chinese Mustard

Used as a dipping sauce for many Chinese foods. Made from mustard powder and water or wine mixed to a paste. These mustards are very hot and spicy, and are sometimes mixed with soy sauce and or garlic powder.

### American Mustard

Called ballpark or yellow mustard because of its bright yellow color and popularity as a condiment for hot dogs, hamburgers and other stadium foods. Made from white mustard seeds mixed with spices, salt and vinegar, with turmeric added for color.

### Flavored Mustards

Varieties include horseradish, chili, lemon, beer, whiskey, and even raspberry or blueberry.

### Honey Dijon Grilled Chicken

Makes 8 4-ounce servings • Prep Time: 10 minutes + marinating  
Cook Time: 30 minutes

- |                             |                                  |
|-----------------------------|----------------------------------|
| Ingredients:                | 1/4 cup 🌻 Dijon mustard          |
| 1/2 cup 🌻 100% apple juice  | 1/2 teaspoon ground black pepper |
| 1/4 cup 🌻 olive oil         | 4 cloves garlic, minced          |
| 1/4 cup 🌻 pure clover honey | 3 lbs. chicken pieces            |

In a small bowl, combine juice, olive oil, honey, mustard, pepper and garlic. Pour marinade into a resealable plastic bag. Add chicken to bag, seal and shake to coat all chicken parts with marinade. Place in refrigerator for 2 hours. Preheat grill to medium. Remove chicken from marinade and discard marinade that is not absorbed by chicken. Grill chicken over indirect heat for about 20–30 minutes, turning occasionally, until internal temperature reaches 165°F.

Per serving: 310 calories, 18g fat, 4g saturated fat, 70mg cholesterol, 250mg sodium, 12g carbohydrate, 0g fiber, 10g sugars, 22g protein





# {tomatoes}



The warmth and abundance of summer brings with it some of our favorite fresh produce: tomatoes! There is nothing like slicing into a fresh, juicy tomato to top your hamburger (or veggie burger) or popping a sweet cherry tomato in your mouth.

The possibilities for adding tomatoes into your diet are endless. From homemade tomato sauce to a tomato and mozzarella salad, tomatoes can help you easily meet the recommendation for half a plate of fruits and veggies. Tomatoes are an excellent source of vitamins A and C and have the phytonutrients beta-carotene, lutein, zeaxanthin and lycopene. Lutein and zeaxanthin are known to promote eye health. Lycopene, which is better absorbed from cooked tomato products, may have a role in protecting us from some cancers.

Tomatoes are relatives of potatoes and peppers in the nightshade family, and there are thousands of varieties. Botanically speaking, the tomato is a fruit – but in the culinary world, a vegetable!

• Peak season is July to October – when flavor is at its best and cost is lowest.

• Choose tomatoes with bright, rich color, shiny skin, firm flesh and a heavy feel.

• Store at room temperature and out of direct sunlight, and use within 1 week of peak ripeness. **Do not refrigerate**, as this can affect the flavor and texture.

• To speed up the ripening process, store tomatoes in a paper bag with a banana or apple.



## heirloom

Pollinated by natural means rather than created by breeders. This method can produce tomatoes with valued characteristics such as unusual color, shape and taste.

## green

unripe tomatoes best used in canning, salsa and, of course, fried!



## cherry

Bite-size red, orange and yellow tomatoes, perfect for snacking and salads.



## beefsteak

A large, red, juicy tomato with an irregular shape and solid flesh.



## Campari®

Sweet and noted for their juiciness, low acidity and lack of mealiness.



## plum/roma

Small, red and egg-shaped, these contain less juice and higher solid content for use in tomato sauce and paste.



## zima™

Small, orange and sweet.

### Herbed Baked Tomatoes

Makes 6 4-ounce servings • Prep Time: 20 minutes  
Cook Time: 25 minutes

Ingredients:	1/2 cup panko bread crumbs
1 1/2 lb large red tomatoes	1/4 cup grated Parmesan cheese
1 teaspoon crushed garlic	2 teaspoons chopped fresh chives
Ground black pepper to taste	
2 teaspoons chopped fresh parsley	

Preheat the oven to 400°F. Thickly slice the tomatoes and arrange half of them in a 4-cup ovenproof casserole dish. Mix the garlic, pepper, parsley, panko and Parmesan together. Sprinkle half of the mixture on top of the first layer of tomatoes. Lay the remaining tomato slices on top, overlapping them slightly. Sprinkle with the remaining panko crumb mixture. Bake for 25 minutes or until the topping is golden. Sprinkle with chives.

Per serving: 80 calories, 2.5g fat, 1g saturated fat, 5mg cholesterol, 120mg sodium, 11g carbohydrate, 1g fiber, 2g sugars, 4g protein





# managing your cholesterol

The first step in managing your cholesterol is knowing your numbers – mainly your HDL cholesterol (or “good” cholesterol) and your LDL cholesterol (or artery-clogging cholesterol). To get those numbers, your doctor will order a fasting blood test.

The results of that test – along with your family and personal health history and risk factors – will help your cardiologist or primary care provider determine the cholesterol level that is right for you. Individuals prone to artery blockages, those who have had bypass surgery, stroke, stents or other vascular incidents, and all diabetics are recommended to have lower than “normal” cholesterol levels, but higher cholesterol levels might be fine for a young, healthy person with no risk factors (such as smoking or vascular issues).

Using that information, your doctor can decide how aggressive your cholesterol control measures need to be. Some people can lower their cholesterol by changing their diet and exercise habits, while others may need to use a combination of diet, exercise and one or more medications to get their numbers down.

When it comes to eating healthy, I recommend that my patients eat a diet based on the American Heart Association’s recommendations and the principles of the Mediterranean diet. This diet emphasizes eating fresh fruits and vegetables, whole grains, beans, seeds, legumes and fish/seafood. Cheese, yogurt, poultry and egg products are eaten in limited amounts, while red meat and processed foods are eaten sparingly.

Aerobic exercise is also very beneficial in lowering cholesterol. Find an exercise regimen that’s right for you and exercise 30 minutes a day to get the full benefit.

If your cholesterol cannot be controlled by diet and exercise alone, your doctor will prescribe one or more cholesterol-lowering medications. Statin drugs are the most prescribed. They have been proven to be very effective and beneficial in lowering cholesterol, with very few life-threatening side effects reported.

Lifelong habits are hard to break, and it is a big commitment to change your lifestyle in order to manage your cholesterol. However, doing so can help ensure that you are around to enjoy many happy, healthy years with your friends and family.

## Barramundi with Lemon and Basil

Makes 4 3-ounce servings • Prep Time: 10 minutes • Cook Time: 5 minutes

- Ingredients:
- 1 Tablespoon olive oil, divided
  - 1 clove garlic
  - 2 Tablespoons fresh lemon juice
  - 4 leaves fresh basil, minced (or 3/4 teaspoon dry)
  - Salt to taste
  - 12 oz package Barramundi fillets, thawed

In a small pan, heat 1 teaspoon of olive oil, add garlic and gently sauté for about 2 minutes. Stir in lemon juice and basil, add salt to taste. Remove from heat. Heat a large frying pan over high heat. Brush fillets with remaining olive oil and add to pan. Fry one side for 2 minutes, then flip and cook other side 2–3 more minutes or until fish is cooked through. Transfer to serving dish. Spoon sauce over fillets.

Per serving: 100 calories, 4.5g fat, 0g saturated fat, 35mg cholesterol, 30mg sodium, 1g carbohydrate, 0g fiber, 0g sugars, 18g protein



Recipe provided by Lisa Coleman, MS, RD, LDN

# 10 ways to improve your numbers



## No. 1 canola oil

At home, use canola oil and olive oil as your main oils. If you use margarine, choose a soft *trans* fat free spread (liquid or tub varieties) instead of a harder stick margarine. Consider trying a cholesterol-lowering spread that is fortified with plant sterols (such as Benecol).

## No. 2 grill, bake or broil

In the kitchen, use low-fat cooking techniques. Bake, broil, grill and roast instead of frying.

## No. 4 go fish

Enjoy fish 2–3 times every week. Choose fish rich in omega-3 fatty acids such as albacore tuna, salmon, barramundi, lake trout, mackerel, herring and sardines.



## No. 3 legumes & beans

Eat at least 2 cups of legumes (dried peas and beans) each week.

## No. 5 lean meats

Look for leaner cuts of meat and poultry. The leanest cuts of pork and beef tend to have *loin* or *round* in their name. Choose ground beef that is at least 90% lean, or try substituting ground chicken or ground turkey breast.

## No. 6 whole grains

Each day, eat at least one serving of food with “whole grain oats” as one of the first ingredients, such as oatmeal, granola bars or cereal.



## easy on the egg yolks No. 8

Try making scrambled eggs with one whole egg and one egg white or use an egg substitute.



## No. 7

### eat your veggies

Include fruits and vegetables at every meal and snack. Apples, pears, citrus fruits, Brussels sprouts, eggplant, leafy greens and sweet potatoes contain beneficial soluble fibers.



## No. 9 low-fat dairy

Choose nonfat or low-fat milk, yogurt and cheese.

## No. 10 watch fats

Read labels for saturated and *trans* fats. For every 100 calories in a food, allow 1 gram or less of saturated fat. Avoid foods with *trans* fat on the label, and go easy on foods containing “partially hydrogenated oil” in the ingredient list.





# yoga for body, mind & soul

Although yoga is a 5,000 year old practice that originated in ancient India, it is found all over the United States in gyms, yoga studios, books and magazines. Why is it so popular? Certified Yoga Teacher Stacy McKee explains that yoga has the potential to be something different for everyone.

McKee, owner of Growing Lotus Yoga at The Family Wellness Center in Harrisburg, PA, says "The reason you start yoga may not be the same reason you continue." McKee began yoga for the physical benefits, to lose weight and increase strength, but continued because she quickly realized that the benefits went far beyond the physical.

From athletes looking to improve their performance to beginners trying to lose weight, all can benefit from yoga. In fact, McKee says "Being flexible is not a requirement." One of the most remarkable changes she sees in her students is less rigidity – physically, mentally and emotionally.

just *some* of the benefits of yoga

relaxation mental clarity  
 better sleep  
 focus stronger lungs  
 strength  
 deeper breathing  
 flexibility stress relief  
 balance  
 weight loss



If you're just getting started with yoga, here are some tips for you:

- Call the teacher before taking the class so that you can find out about their training and the types of classes they offer that are best for you.
- Ask the teacher if you need to bring your own mat or if they have one you can borrow.
- Don't be afraid to tell your teacher if you feel any pain or discomfort. Yoga should not be painful.
- Be careful learning yoga from a book or DVD. You could do the poses incorrectly, causing injury.
- There are many conditions that may require modifications so talk with your doctor and yoga teacher before getting started. These conditions include, but are not limited to: knee pain, heart conditions, pregnancy, diabetes, asthma and recent surgeries.
- If you don't feel like your first yoga experience is a good one, try a different class or teacher. You may not have found the right style or teacher that connects with you.

~namaste





# blanket buffet



the picnic  
~ a summertime classic reinvented



**When many of us think of** a classic summer picnic, we think of friends, family and, of course, food! But those sunny days spent around the picnic basket often go hand-in-hand with heavy side dishes and that full feeling that follows you the rest of the day. Luckily, there are easy and affordable ways to lighten up your picnic fare.

### Black Bean Pasta Salad

Makes 8 1-cup servings  
Prep Time: 10 minutes • Cook Time: 20 minutes

- |                                               |                                   |
|-----------------------------------------------|-----------------------------------|
| Ingredients:                                  | 1 small onion, chopped            |
| 8 oz. whole wheat pasta                       | 1 cup no-salt-added corn kernels  |
| 2 cups fresh chopped tomato                   | 1/8 teaspoon pepper               |
| 1 can (15oz.) black beans, rinsed and drained | 1 Tablespoon olive oil            |
| 1/2 cup chopped green pepper                  | 1/2 teaspoon fresh minced garlic  |
|                                               | 2 Tablespoons snipped fresh basil |

Cook pasta according to package directions. Drain, rinse in cold water and transfer to a large bowl. Add remaining ingredients and toss. Cover and refrigerate for 30 minutes before serving.

*Per serving: 190 calories, 2.5g fat, 0g saturated fat, 0mg cholesterol, 60mg sodium, 36g carbohydrate, 7g fiber, 3g sugars, 9g protein*

### Red Potato Salad

Makes 4 3/4-cup servings  
Prep Time: 15 minutes • Cook Time: 15 minutes

- |                                        |                                  |
|----------------------------------------|----------------------------------|
| Ingredients:                           | 2 Tablespoons white wine vinegar |
| 1 lb red potatoes                      | 1 Tablespoon fresh lemon juice   |
| 2 Tablespoons red bell pepper, chopped | 1 teaspoon Dijon mustard         |
| 1 stalk celery, diced                  | 1 teaspoon sugar                 |
| 2 Tablespoons green onion, chopped     | 1/4 teaspoon salt                |
| 1 Tablespoon fresh parsley, chopped    | Ground black pepper to taste     |
| 3 Tablespoons olive oil                |                                  |

Cut potatoes into bite-sized chunks and put into 3-quart saucepan with enough water to cover. Bring to boil over medium high heat, then reduce heat to simmer. Cook potatoes about 10–15 minutes or until tender. Drain well and transfer to a medium bowl. Add red pepper, celery, onion and parsley to potatoes. Combine olive oil, vinegar, lemon juice, mustard, sugar, salt and black pepper in a small bowl and pour over the vegetables. Stir gently to combine. Cover and refrigerate at least one hour before serving, tossing occasionally to distribute dressing.

*Per serving: 180 calories, 10g fat, 1.5g saturated fat, 0mg cholesterol, 210mg sodium, 21g carbohydrate, 2g fiber, 3g sugars, 2g protein*



Try these simple substitutions and recipe ideas for an improved picnic, Healthy Ideas-style!

### Avocado and Chicken Pita Sandwiches

Makes 4 sandwiches  
Prep Time: 10 minutes

- |                         |                                    |
|-------------------------|------------------------------------|
| Ingredients:            | 1/8 tsp black pepper               |
| 4 whole wheat pitas     | 3/4 lb. grilled chicken, sliced    |
| 2 Tbsp dijon mustard    | 1 large avocado, peeled and sliced |
| 1 Tbsp reduced fat mayo | Alfalfa sprouts                    |

Warm pitas in the microwave for 10 seconds and cut each pita round in half. Stir the mustard, mayo and pepper in a small bowl until smooth. Spread the mustard mixture on the bottom of each pita half, then layer the chicken and avocado inside each pita and top with alfalfa sprouts.

*Per serving: 390 calories, 13g fat, 2g saturated fat, 75mg cholesterol, 380mg sodium, 34g carbohydrate, 5g fiber, 34g protein*

### Grilled Veggie Sandwich

Makes 4 sandwiches  
Prep Time: 35 minutes • Cook Time: 30 minutes

- |                                       |                                                 |
|---------------------------------------|-------------------------------------------------|
| Ingredients:                          | 1 medium zucchini, cut lengthwise into 4 slices |
| 8 large garlic cloves, peeled         | 4 large fresh portabella mushroom caps          |
| 1 teaspoon + 2 tablespoons canola oil | 4 slices red onion                              |
| 3/4 teaspoon dried oregano            | 4 large whole-grain rolls, halved, toasted      |
| 3 tablespoons fresh basil, chopped    | 1 tomato, thinly sliced                         |
| 2 tablespoons balsamic vinegar        |                                                 |
| 2 red bell peppers, halved, seeded    |                                                 |
| 4 eggplant slices, 1/2-inch-thick     |                                                 |

Preheat oven to 350°F. Place garlic in custard cup; drizzle with 1 teaspoon oil. Cover with foil; bake until garlic is tender, about 35 minutes. Cool and mash garlic. In a large bowl, combine the oregano, basil, vinegar and 2 Tbsp oil. Add the bell peppers, eggplant, zucchini, mushrooms and onion and stir to coat. Grill the vegetables in batches, turning once, until lightly browned and tender, 10–15 minutes per batch. Spread rolls with mashed garlic, dividing equally. Top each roll with tomato slices, then roasted red pepper, eggplant, zucchini, mushroom and onion.

*Per serving: 330 calories, 11g fat, 1g saturated fat, 0mg cholesterol, 350mg sodium, 55g carbohydrate, 10g fiber, 11g protein*



By Sylvia Warner, MEd, RD, LDN

# CHILL OUT

**The frozen treat** we've all screamed for – ice cream! It's been around for hundreds of years, in cultures around the world, but now, there are more options and alternatives than ever.

Looking to be more health-conscious about your frozen treats? These little facts can help you make the right decision for you. Remember, the Nutrition Facts are based on a ½ cup serving. Try making your own version with the recipe below, no ice cream maker needed!

<b>Regular ice cream</b>	Rich, creamy and high in fat and calories, so keep portion sizes small.
<b>Low-fat ice cream</b>	Contains less than 10% butterfat, but is usually high in carbs.
<b>Fat-free ice cream</b>	No fat, but more sugar than regular ice cream. Artificial ingredients may be added to create a creamy texture.
<b>Sugar free</b>	Contains an artificial sweetener, which limits carbs but not fat.
<b>Slow-Churned</b>	Nonfat milk, milk and sugar are blended to create a creamy texture. 1/3 less calories and 1/2 the fat of regular ice cream.
<b>Frozen yogurt</b>	Cultured milk blended with sweetener and flavoring. Usually less fat than ice cream.
<b>Frozen Greek yogurt</b>	Creamy, rich texture and tart flavor.

## Fruity FroYo in Five!

Makes 5 1/2-cup servings • Prep Time: 5 minutes  
Freeze Time: 1–2 hours (if desired)

### Ingredients:

- 12 ounces frozen strawberries
- 6 ounces fat-free vanilla Greek yogurt
- 1/3 cup sugar (or equivalent of a sugar substitute)
- 1 frozen banana, cut into chunks
- 1/4 teaspoon vanilla extract

In food processor or high-powered blender, blend frozen strawberries with half of the Greek yogurt. Add sugar, frozen banana chunks, vanilla and remaining Greek yogurt, blend to a smooth consistency. Eat immediately as a soft-serve or freeze for an hour or two, stirring each hour to keep it smooth and reduce ice crystal size.

*Per serving: 110 calories, 0g fat, 0g saturated fat, 0mg cholesterol, 15mg sodium, 27g carbohydrate, 2g fiber, 21g sugars, 4g protein*

*adjust the sweetness with agave nectar or stevia!*



meal plan 1

mixed greens & avocado-lime dressing



meal plan 1

mango papaya smoothie




meal plan 1

Jamaican jerk grilled chicken



meal plan 1

tropical grilled sweet potatoes



- 2 large sweet potatoes or yams (about 1½ pounds)
- 1 teaspoon ground ginger
- 1 teaspoon paprika
- ¼ cup pineapple juice
- ½ teaspoon rum or vanilla extract
- 1 Tablespoon  olive oil

Preheat grill to medium-low. Cut sweet potatoes into ½-inch thick diagonal slices. Bring 2 quarts of water to a boil and add potatoes, boiling until potatoes are just soft enough to pierce with a fork, 5–7 minutes. Drain well. Combine ginger, paprika, pineapple juice, rum extract and oil. In a large bowl, toss potatoes with spice mixture. Grill over medium heat about 10–15 minutes, turning once, or until potatoes are soft in the center and brown on the outside. Continue to brush with extra mixture while cooking.

**Makes 4 1-cup servings****Prep time: 15 minutes****Cook time: 15 minutes**

*Per serving: 190 calories, 3.5g fat, 0.5g saturated fat, 0mg cholesterol, 95mg sodium, 37g carbohydrate, 5g fiber, 9g sugars, 3g protein*

## jamaican jerk grilled chicken

- 1 lb Nature's Promise chicken breasts
- 1 lime cut in half
- ½ cup chopped red onion
- 1 1/2 teaspoons dried thyme
- 1 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- 1 teaspoon  ground black pepper
- 1/4 teaspoon cayenne pepper (or more, to taste)
- 2 teaspoons minced garlic
- 1 Tablespoon  canola oil

Rub the chicken with lime, lightly squeezing the lime as you go over the chicken breasts. In a small bowl, combine remaining ingredients. Rub the seasoning mixture over chicken. Place in a baking dish or plastic bag and marinate in the refrigerator for 1 hour or overnight for the best flavor. Heat grill to medium and cook until internal temperature reaches 165°F, turning often.


**Makes 4 4-ounce servings****Prep time: 10 minutes + 1 hour for marinating****Cook time: 10 minutes**

*Per serving: 180 calories, 7g fat, 1g saturated fat, 75mg cholesterol, 135mg sodium, 5g carbohydrate, 1g fiber, 1g sugars, 25g protein*



turkey-apple mini burgers

meal plan **2**



- 1 cup chopped mango
- 1 cup chopped papaya
- 1 banana, peeled and sliced
- 1/2 cup  plain, non-fat yogurt
- 2 Tablespoons lime juice
- 1 teaspoon vanilla extract
- 2 cups ice
- Lime wedges for garnish

Combine all ingredients except ice in a blender and liquefy. Add ice and blend until smooth. Pour into glasses and garnish with a lime wedge.

**Makes 4 1-cup servings****Prep time: 10 minutes**

*Per serving: 80 calories, 0g fat, 0g saturated fat, 0mg cholesterol, 20mg sodium, 20g carbohydrate, 2g fiber, 14g sugars, 2g protein*

## mixed greens &amp; avocado-lime dressing

- 1/4 small sweet white onion, thinly sliced
- 1 cup julienned zucchini
- 6 cups colorful mixed greens
- 1/2 cup  fat-free plain yogurt
- 1/2 ripe avocado, peeled and sliced
- 1/3 cup chopped green onions
- 2 Tablespoons chopped fresh parsley
- 1 teaspoon minced fresh garlic
- 1/8 teaspoon  ground black pepper
- 1 Tablespoon lime juice

Combine onion, zucchini and mixed greens in a large bowl and set aside. In a blender, combine yogurt, avocado, onion, parsley, garlic, pepper and lime juice and blend until smooth. Portion out 4 servings of salad and top each with dressing.

**Makes 4 2-cup servings****Prep time: 15 minutes**

*Per serving: 70 calories, 4g fat, 0.5g saturated fat, 0mg cholesterol, 35mg sodium, 8g carbohydrate, 3g fiber, 3g sugars, 3g protein*



baked green bean fries



meal plan **2**

parmesan-pepper corn cobs

meal plan **2**

watermelon frozen yogurt pops

meal plan **2**

- 2 ears of corn, cut in half
- 1 Tablespoon water
- Cooking spray
- 1 Tablespoon grated  Parmesan cheese
- ¼ teaspoon  ground black pepper

Place ears of corn in a microwave-safe dish, add water and cover with wax paper or lid. Place in microwave and heat on high for 5 minutes, or until tender. Remove from microwave and allow to sit covered for 1 minute. Carefully remove wax paper or lid, allowing steam to escape. Spray each ear with cooking spray and sprinkle with Parmesan cheese and pepper.





**Makes 4 servings**




**Prep time: 5 minutes**

**Cook time: 5 minutes**

*Per serving: 70 calories, 1.5g fat, 0g saturated fat, 0mg cholesterol, 30mg sodium, 11g carbohydrate, 1g fiber, 6g sugars, 3g protein*

### turkey apple mini burgers

- 1.3 lb package  ground turkey breast, 99% fat free
- 1/4 cup  toasted bread crumbs
- 2/3 cup peeled and grated apple
- 1/2 cup finely chopped onion
- 1/3 cup finely chopped celery
- 1  large egg
- 1 teaspoon  Dijon mustard

- 1 Tablespoon  brown sugar
- 1 teaspoon  vinegar
-  ground black pepper
- 1/4 teaspoon ground cinnamon
- 12 small whole wheat rolls or "slider" buns
- Lettuce and tomato
- Additional Dijon mustard, if desired

Preheat oven to 350°F. Lightly oil a large baking pan. In a large bowl, stir or knead together turkey, bread crumbs, apple, onion, celery, egg, and seasonings until ingredients are well combined. Form 12 patties, using 1/4 cup of mixture for each, and place on prepared baking sheet. Bake for 20 minutes until internal temperature reaches 165°F. Serve patties on rolls and garnish with lettuce, tomato and additional Dijon mustard. Burgers may be frozen and reheated in the microwave.

**Makes 12 2-ounce servings**


**Prep time: 15 minutes • Cook time: 20 minutes**

*Per serving: 180 calories, 2g fat, 0g saturated fat, 35mg cholesterol, 280mg sodium, 23g carbohydrate, 6g fiber, 7g sugars, 20g protein*



greek beef kabobs

meal plan **3**

- 2 cups watermelon cubes, seeds removed
- 6 ounces Greek yogurt, fat free vanilla
- 2 Tablespoons  honey
- 1 Tablespoon lime juice


Purée watermelon in blender or food processor. Strain with a fine mesh sieve to yield about 1 ¼ cups of juice and discard pulp. Add watermelon juice back into blender with yogurt, honey and lime juice. Blend well. Pour into ice pop molds or small cups. Freeze until firm. Thaw slightly before serving.

**Makes 4 1/2-cup servings**

**Prep time: 15 minutes**

*Per serving: 80 calories, 0g fat, 0g saturated fat, 0mg cholesterol, 15mg sodium, 16g carbohydrate, 0g fiber, 15g sugars, 4g protein*

### baked green bean fries

- 12 ounces whole green beans, trimmed
- 1/2 cup  all purpose flour
- 1 egg
- 1/4 cup cold water
- 1/2 cup panko bread crumbs
- 1/2 teaspoon onion powder
- Dash of cayenne pepper, optional

Preheat the oven to 375°F. Line 2 large baking sheets with parchment paper and set aside. In a small bowl, whisk together egg and water. Place flour on a plate and panko crumbs on another plate. Dip each green bean into egg, allowing excess to drip off, then dip into flour, dip into egg again, then into panko crumbs, coating evenly. Place beans in a single layer on prepared baking sheets. Bake for about 20 minutes, until crumbs are golden and crisp. Remove from oven and sprinkle with onion powder.

For zesty fries, sprinkle very lightly with cayenne.

**Makes 4 3-ounce servings**

**Prep time: 20 minutes**

**Cook time: 20 minutes**

*Per serving: 160 calories, 2.5g fat, 0g saturated fat, 45mg cholesterol, 45mg sodium, 28g carbohydrate, 2g fiber, 3g sugars, 5g protein*



cucumber tomato cups

meal plan **3**



sesame bread rings

meal plan **3**



stuffed dates

meal plan **3**

- 2/3 cup lukewarm water
- 2 tablespoons olive oil
- 1 Tablespoon honey
- 1 envelope active dry yeast

- 1 cup whole wheat flour
- 1 cup all-purpose flour (or more)
- 1/4 teaspoon salt
- 2 Tablespoons sesame seeds

Combine water, oil, honey and yeast in a mixing bowl and stir to dissolve the yeast. Add whole wheat flour and salt and beat. Stir in all-purpose flour, kneading in additional flour if necessary to form a stiff dough. Knead dough until smooth and elastic. Place in a lightly greased bowl, cover, and let rise in a warm place until doubled in size (about 45 minutes). Divide dough into 8 pieces. Form each piece into a 14-inch rope, and then press ends together to form a ring. Brush rings with warm water and dip in sesame seeds. Place rings on baking sheets lined with parchment paper and let rise about 10 minutes. Preheat oven to 400°F and place a pan of water on bottom shelf of oven. Bake bread rings for 15 minutes or until golden brown. Cool slightly.

#### Makes 8 4-inch rings

**Prep time: 30 minutes + rising time**

**Cook time: 15 minutes**

*Per serving: 160 calories, 5g fat, 0.5g saturated fat, 0mg cholesterol, 75mg sodium, 26g carbohydrate, 2g fiber, 2g sugars, 5g protein*

#### greek beef kabobs

- 1 lb ground beef, 90% lean/10% fat
- 1/2 cup finely chopped onion
- 1/4 cup raisins, chopped
- 1 Tablespoon chopped parsley
- 1/8 teaspoon cayenne pepper
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground coriander seed

- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 tsp granulated sugar
- Cooking oil spray
- 1 lb green grapes
- 16 wooden skewers

Preheat grill for high heat. In a large bowl, knead together ground beef, onion, raisins, parsley, cayenne, cinnamon, coriander, salt, pepper and sugar. Divide into 8 portions. Form into small meatballs and thread onto skewers, covering about 3/4 of the length. Thread grapes onto remaining skewers. Lightly spray all surfaces of meat and grapes with cooking oil. Place beef kabobs on grill over direct heat and cook about 15 minutes, turning occasionally to brown evenly, until well done. Cook grape kabobs over indirect heat for about 10 minutes or just until lightly striped and heated through.

#### Makes 4 8-ounce servings • Prep time: 30 minutes • Cook time: 15 minutes

*Per serving: 330 calories, 13g fat, 5g saturated fat, 75mg cholesterol, 220mg sodium, 31g carbohydrate, 2g fiber, 24g sugars, 24g protein*

- 12 large dates (we recommend using Medjool dates).
- 2½ Tablespoons orange marmalade
- 1/3 cup salt-free almonds, coarsely chopped

Slice each date down the center and remove the pit. Combine the almonds and marmalade until well mixed. Fill dates with marmalade mixture.

#### Makes 12 1-piece servings

**Prep time: 10 minutes**

*Per serving: 50 calories, 2g fat, 0g saturated fat, 0mg cholesterol, 0mg sodium, 9g carbohydrate, 1g fiber, 7g sugars, 1g protein*

#### cucumber tomato cups

- 2 cups peeled and chopped cucumber
- 2 Tablespoons chopped parsley
- 2 teaspoons fresh dill weed
- 1/2 teaspoon crushed garlic
- 1/4 teaspoon ground black pepper
- 2 teaspoons lemon juice
- 1/4 cup Greek yogurt
- 2 cups chopped lettuce
- 4 whole tomatoes (about 3-inch diameter)

Combine cucumber, parsley, dill, garlic, pepper, lemon juice and yogurt. Chill at least one hour to blend flavors. Just before serving, fold in lettuce. Cut tops off tomatoes and scoop out and discard seeds. Fill tomatoes with cucumber and lettuce salad. Serve immediately.

#### Makes 4 8-ounce servings

**Prep time: 20 minutes**

*Per serving: 60 calories, 0.5g fat, 0g saturated fat, 0mg cholesterol, 20mg sodium, 10g carbohydrate, 3g fiber, 7g sugars, 4g protein*

### Zucchini Rolls

Makes 6 10-ounce servings • Prep Time: 20 minutes • Cook Time: 40 minutes

<b>Ingredients:</b>	3/4 cup water	15 oz non-fat ricotta
4 zucchini, about 8 ounces each	1/2 teaspoon crushed garlic	1/4 cup grated Parmesan
Olive oil spray	1 teaspoon dried basil	1 large egg
6 oz can tomato paste	1/4 teaspoon ground black pepper	1 teaspoon dried parsley

Preheat oven to 375°F. Trim the stems and ends from zucchini and slice lengthwise into 1/8-1/4-inch-thick slices and place on 2 baking sheets. Lightly spray both sides of zucchini slices with oil. Bake until soft but not browned, about 10-15 minutes. Remove from oven and allow to cool. While zucchini is baking, combine tomato paste, water, garlic, basil and pepper and pour into a casserole dish (about 9x12-inch). In a medium bowl, whisk together ricotta, Parmesan, egg and parsley until smooth. Spread cheese mixture over baked zucchini slices. Roll up each slice and place rolls upright into sauce in casserole dish. Bake at 375°F for 30 minutes or until bubbly. Wait 10 minutes to allow cheese to set before serving.

*Per serving: 140 calories, 3.5g fat, 1.5g saturated fat, 40mg cholesterol, 210mg sodium, 13g carbohydrate, 3g fiber, 5g sugars, 18g protein*

| eating healthy...on a budget! |

## zucchini season: *bring it on!*

During the summer months, you'll usually find locally grown zucchini at your grocery store. If you've ever planted zucchini in your garden, you probably know all about how fruitful these plants can be! Luckily, they're also extremely versatile. Instead of leaving bags on your neighbors' doorstep, look for new and unique ways to make use of this inexpensive veggie. Simmer it with tomatoes and onions in ratatouille, make zucchini bread or chocolate zucchini cake, hollow out zucchini halves and add a meat filling, marinate slices in Italian dressing and grill, or substitute zucchini for potatoes in pancakes. You can even slice zucchini and eat it raw, just like cucumbers. To store your abundance, simply grate zucchini, place in zip top bags and freeze.

Zucchini slices can even replace pasta noodles in your favorite lasagna recipe. Or, try this easy recipe and roll them up into pretty pinwheels. If you have zucchini the size of a submarine, remove seeds and cut into slices that are about 2 inches wide by 8 inches long. If zucchini are small and tender, don't peel the skin. That dark green color contains valuable nutrients!

**\$1.15**

Approximate cost for recipe based on average price of ingredients at Giant

# OVER 40?

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## Managing Menopause: Eating Right to Feel Your Best

Menopause generally begins in a woman's late forties or early to mid fifties as hormonal shifts occur and estrogen production decreases. This leads to changes in body composition including weight gain, changes in body fat distribution and the loss of bone and lean body mass.

Increased fat mass and changes in fat distribution during menopause result in increased abdominal fat. This can lead to an increase in total cholesterol levels and LDL cholesterol, or "bad cholesterol" that contributes to the increased risk for cardiovascular disease. In addition, decreases in bone and body mass can cause weakness and a greater risk for fractures.

Maintaining a healthy diet, ensuring adequate nutrition and including exercise as part of your daily routine can help to ease the transition into menopause.



### How can I avoid weight gain during menopause?

To maintain a healthy weight during menopause, women should eat a diet rich in vegetables, fruits, whole grains and high fiber foods. Aim to eat fish at least twice a week, and choose lean meats or poultry, as well as fat-free or low-fat milks and dairy products. Limit the intake of beverages and foods with added sugars and to prepare foods with little or no salt.

### What types of activities are best during menopause?

Physical activity and exercise, notably resistance and weight bearing exercises, should be included in a woman's regimen for healthy weight, bone health and increased muscle mass during the stages of menopause.

### Which supplements support bone health?

It is important to care for the bone density loss and lean body mass loss that is generally a concern in postmenopausal women. Calcium and vitamin D supplements have been shown to slightly improve bone mass density. The consumption of calcium-fortified foods is another way of increasing daily calcium intake. Some brands of orange juice, non-dairy milks and even some breads have calcium added. An adequate amount of vitamin D is important in reduction of fractures and an increase in bone mass density. The recommended intake of calcium for postmenopausal women is 1500 mg/day and the recommended intake of vitamin D is 600-1000 units/day.



# Safeguard your **summer** fun

While we've all been looking forward to carefree afternoons in the sun, the start of summer also signals the appearance of new seasonal dangers—especially for kids. Here are a few ways you and your family can play it safe all summer long:



## beat the burn

Sunburn looks bad and feels even worse. Each case of sunburn as a kid also increases the risk of developing skin cancer later in life. When choosing a kid-friendly sunscreen, look for varieties that have an SPF of 30 or higher and offer broad-spectrum UVA and UVB protection. Apply a liberal amount of sunscreen 15–30 minutes before going outdoors and reapply frequently (every 2 hours).



## take the sting out

Insects are an unwelcome addition to any backyard party. Repellents containing DEET are considered the best defense against creepy crawlies, but plant-derived alternatives like oil of lemon eucalyptus have also been proven effective. Check the label for application instructions and if you choose a DEET-based spray for kids, make sure the concentration is low and avoid contact with hands and face.



## drink up

If your child is thirsty, they're likely already dehydrated. Encourage kids to drink water every 15–20 minutes during periods of heavy activity. Regular or naturally flavored H<sub>2</sub>O is best since sugar-sweetened water and sports drinks contain extra calories. In addition to packing a nutrient punch, water-rich fruits and veggies like watermelon, strawberry, cucumber and celery also promote hydration.

## don't spoil the party

Foodborne illness peaks during the summer months and kids are at an increased risk of getting sick from spoiled or improperly cooked food. Keep your barbecues safe by cooking all foods thoroughly, avoiding cross-contamination and refrigerating leftovers promptly.



## surf safer

Set clear rules about internet safety and limit/monitor your child's activity. Know who they're talking to and take immediate action if you suspect any questionable activity.



Sources: kidshealth.org, cdc.gov





By Tracy Pawelski

# giving back with your help

In 2011, Giant Food celebrated 75 years as a local business. Throughout those decades and still today, being active members of our community has been part of our tradition. Last year alone, Giant Food donated \$8 million and hundreds of thousands of pounds of food to support local hunger relief organizations, education programs, health and wellness initiatives, military support organizations and other non-profit groups in our neighborhoods.

Giant has remained committed to helping alleviate hunger in the communities that it serves, raising millions of dollars and donating thousands of dollars in product over the years to support regional food banks, local pantries and soup kitchens, including the equivalent of more than 21.4 million meals in 2011. In addition to fundraising efforts, we donate day-old bakery items from our stores to local pantries and soup kitchens. During the holiday season, we provide turkeys and hams to families who otherwise would go without.

Improving the quality of life for children is another one of Giant's main charitable giving missions. Our fight against pediatric cancer has raised more than \$10 million for the Johns Hopkins Sydney Kimmel Cancer Research Center and the Children's Cancer Foundation, Inc. to support children and their families in the Baltimore and Washington, D.C. area. Also focused on children, our A+ School Rewards program allows local schools to earn cash for technology, scholarships programs, library books and field trips. Each time customers shop using their Giant Card, Giant donates a portion of their purchases to designated schools.

Giant continues to work with The Salvation Army to support local programs, including a \$75,000 donation in 2011 in honor of our 75th anniversary. Giant also recently embarked on a new partnership with the USO of Metropolitan Washington to support military families, raising money and food to help create a new food pantry at Fort Belvoir in Virginia and support USO-Metro programs.

**Thank you** for helping us make a difference in the lives of our customers, associates and neighbors.

For more information on Giant community engagement, visit [www.giantfood.com](http://www.giantfood.com).



By Gregg Jones, PharmD., R.Ph.

# What is SPF?

Summer just isn't summer without some fun in the sun, but it's important to protect yourself against the harmful effects of too much exposure. Most long-term damage to the skin happens before age 18 and can lead to serious consequences later in life, like premature aging or even skin cancer. Sunscreens need to protect against UVB rays (which are the burning rays in the summer months) and UVA rays (which can cause long-term damage and occur year round).

## Follow these simple tips

to keep your family happy and protected from sun damage:

Apply a good quality sunscreen 15 minutes before going out into the sun.

If you go in the water, perspire heavily, towel off after swimming or even play in the sand, reapply generously every 40 minutes.

Don't apply sunscreen to children under 6 months. Proper shade, hats and long clothing are the best prevention.

Even the best suntan lotions expire 8 months after opening and can lose their effectiveness. Check your supply and replace if the product could be more than 8 months old.

Discussing proper sunscreen protection with your pharmacist is important if you take certain antibiotics, antidepressants, high blood pressure and heart medications and even some common antihistamines. These medications can cause photo-sensitivity and cause an unusual sunburn or rash if you don't take proper precautions.

If you have concerns about skin flaws, consult your primary care physician or dermatologist.



Our stores carry a variety of products designed to protect your family from the damaging effects of sun exposure. Our knowledgeable pharmacists are available 7 days a week to help you make the best selections for your family.



SPF stands for...  
Sun  
Protection  
Factor



# Homemade Pizza: toss it on the grill!

Move over burgers and steaks! Fire up something new this summer by adding grilled pizza to your menu. Grilled pizza has a smoky, pizzeria-style taste, costs less on average than takeout or delivery and is completely customizable. Here are a few tips to keep in mind before you grill your first pie:

- 🔥 **Preparation is key.** Grilled pizza cooks quickly, so keep pre-sliced toppings close to the grill, along with your cooking utensils.
- 🔥 **Thin is in.** Choose a thin premade crust or, if you're making your crust from homemade or store-bought dough, make sure it's stretched out into a thin oval.
- 🔥 **Pre-cook toppings.** Since your crust will crisp quickly, toppings won't have a chance to cook. Make sure all meats are pre-cooked and use sautéed or thinly sliced veggies.
- 🔥 **Use sauce sparingly.** Aim for no more than 4–5 toppings to keep your pizza from getting soggy.



**From everyday to gourmet,** the possibilities for grilled pizza are endless. Keep nutrition in check by choosing whole-wheat crust and topping your pizza with colorful veggies and lean proteins such as grilled chicken, grilled shrimp, turkey sausage or pepperoni and reduced fat cheese. Try these flavor combinations, then create your own:



### BBQ Chicken Pizza

BBQ sauce + sautéed onions + grilled chicken + Cheddar

### Greek Pizza

tomato sauce + spinach + black olives + feta

### Veggie Pesto Pizza

pesto + grilled veggies + tomatoes + Parmesan



### Grilled Southwest Veggie Pizza

Makes 6 servings • Prep Time: 45 minutes  
Cook Time: 10 minutes

- Ingredients:
- |                                                                 |                                             |
|-----------------------------------------------------------------|---------------------------------------------|
| <b>For Sauce:</b>                                               | drained and rinsed                          |
| 2 red bell peppers                                              | 1 Jalapeno, deseeded and minced             |
| 1 Poblano pepper                                                | 2 teaspoons southwest seasoning (Mrs. Dash) |
| ½ medium Vidalia onion, trimmed and sliced in thirds, crossways | 1 cup shredded Monterey jack cheese         |
| 3 cloves garlic, chopped                                        | 10 oz. frozen pizza dough, thawed           |
| 4 large basil leaves, coarsely chopped                          | 2 Tablespoons  olive oil                    |
| 1 teaspoon granulated sugar                                     | Cornmeal                                    |
| ½ teaspoon  salt                                                | 2 Tablespoons cilantro, coarsely chopped    |
| ¼ teaspoon  black pepper                                        | <b>For Pizza:</b>                           |
|                                                                 | ½ Lime, juiced                              |

1. If using a gas grill, heat half the grill on high and the other half on low. If using a charcoal grill, place the hot coals to one side.
2. Place bell peppers, poblano pepper, and onion slices on the hot side. Grill until all sides are slightly charred. Remove from grill. Remove the seeds from the peppers, coarsely chop the peppers and the onions. Place all sauce ingredients into a blender and puree.
3. Grill corn on the hot side of the grill until slightly charred and softened, about 10 minutes. Remove and cut kernels off the cob. Combine with black beans, jalapeno, and seasoning in a bowl.
4. Dust a clean work surface with the cornmeal. Roll the dough into a circle to desired thickness. Remember, thinner crusts cook quicker.
5. Brush one side of the pizza dough with 1 Tablespoon of olive oil and place that side down on the hot side of the grill. Grill for about 3–5 minutes, check often so it does not burn. While cooking, brush the top part with olive oil. When ready, flip the crust to the low side.
6. Quickly spread the sauce on the crust and top with bean mixture and cheese. Close the lid and grill for another 3–5 minutes or until the cheese has melted and the crust is firm.
7. Remove pizza. Top with the chopped cilantro and lime juice.

*Per serving: 300 calories, 13g fat, 4.5g saturated fat, 15mg cholesterol, 540mg sodium, 38g carbohydrate, 5g fiber, 7g sugars, 11g protein*



# food FOR thought 101



**Research suggests that a healthy diet**, including a balanced, nutrient-rich breakfast, may help to improve your child's ability to concentrate and retain information learned in school...and that translates into better grades and better behavior overall.

According to the Academy of Nutrition and Dietetics (the former American Dietetic Association), poor nutrition affects the behavior of children, their school attendance, their school performance, and their overall development. Just like a car won't run on an empty tank, active kids need fuel to get them started off on the right foot every day. That's where breakfast comes in.

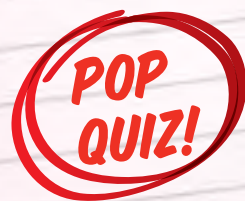
### Build a Better Breakfast

To help your child rise and shine at school, choose complex carbohydrates, like whole wheat toast or oatmeal, rather than the refined sugars found in processed foods like donuts or high-sugar cereals. The goal is to keep energy levels high without elevating blood sugar levels, which can lead to lethargy, moodiness, and an inability to concentrate and retain information.

To ensure a satisfying breakfast that will provide energy until lunchtime, pair those carbs with a lean source of protein, like eggs, lean meats,

or nut butter. Low-fat dairy, like yogurt or kefir, can provide protein along with much-needed calcium.

Finally, round it out with fruits and vegetables. Current USDA guidelines recommend making half your plate fruits and vegetables (even if you're not eating off an actual plate). Include a rainbow of fruits and vegetables in meals and snacks whenever possible. Your children will benefit from better overall nutrition, and your whole family will be on track to better health.



Which of these back-to-school essentials has been shown to improve memory, increase concentration and help kids achieve better grades in school?

- Pencils
- Notebooks
- Backpack
- ✓ • Healthy meals and snacks



**HEALTHY BREAKFAST = HEALTHY MINDS**

### Kid-friendly breakfast ideas:

**Breakfast burrito** – Scramble egg whites with some chopped baby spinach leaves, then wrap it all up in a whole wheat tortilla with a sprinkle of low-fat cheese and a spoonful of salsa.

**PB&J Oatmeal** – Take this kids' classic from lunch to breakfast by topping cooked oats with a tablespoon each of peanut butter and all-fruit spread.

**Banana Dog** – Place a banana in a toasted whole-grain hot dog bun. Top with a tablespoon of almond butter (the mustard) and strawberry slices (the ketchup!)



the flavors kids love, with a new twist!

Selected Sources: "Association between Unhealthy Eating Patterns and Unfavorable Overall School Performance in Children," American Dietetic Association, 2007 • "Breakfast Habits, Nutritional Status, Body Weight, and Academic Performance in Children and Adolescents," American Dietetic Association, 2005.

# Kid healthy ideas

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