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heart warming health tips

simplify your plate





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sneak peek: a look at our next issue...

Gluten-free Baking

Save more on your winter recipes by

- Tips for a Healthier Passover
- Spring Tea Party Recipes

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This year, make a promise to yourself: Don't give up the things you love, just find a way to make them better for you! In this issue, you'll find lots of ways to do just that.

Turn fun activities into exercise. Eat healthy while sticking to your budget. Enjoy your favorite comfort foods while maintaining your waistline (mac and cheese, anyone?) It's all within our pages, along with lots of other inspiration to keep your eye on the "better health" prize this year.

To show our team spirit, we've even tackled some classic appetizer recipes, revamping them with a new, lighter twist. We guarantee they'll score big at your game day party.

here's to a full year of happiness & healthy ideas!

-from our family to yours!

or discomfort, also known as angina pectoris. Frigid temperatures also reduce body heat and prolonged exposure can cause hypothermia. In fact, according to the American Heart Association, heart failure causes most deaths in hypothermia. When cold weather moves into your area this winter, protect yourself

by wearing layers for warmth and avoiding prolonged exposure to cold, wind, rain and snow. In addition, avoid drinking alcoholic beverages in excess. Also, avoid excess exertion in cold weather such as vigorous snow shoveling, especially if you are not used to exercise. Snow shoveling can cause plaque to rupture, triggering a heart attack. It is important to warm up your muscles before snow shoveling. Also, work to clear snow gradually and slowly, and take frequent breaks. Those with heart conditions should avoid shoveling snow altogether.

It is also important to know the signs of a heart attack. Call 9-1-1 immediately if you are experiencing any of the following symptoms of a heart attack:

- Chest pain, pressure or discomfort
- Pain, pressure or discomfort in one or both arms, the back, neck, jaw or stomach
- Shortness of breath
- Cold sweat
- Nausea
- Lightheadedness

your heart

winter weather &

Follow these winter weather safety tips:

Don't try to lift too much snow at one time.

Always wear a hat; you can lose a lot of heat if your head is exposed.



Remember to wear a ski mask or scarf to protect your face and neck.

Just walking through heavy, wet snow can strain your heart. Pace yourself.



To learn more about heart care at Shady Grove Adventist Hospital or Washington Adventist Hospital, visit www.AdventistHealthCare.com

Dr. Michael Chen, Chair of Cardiology at Shady Grove Adventist Hospital in Rockville and Interventional Cardiologist Washington Adventist Hospital in Takoma Park



Cold weather can strain the heart and, according to research, increase the risk for a heart attack. When temperatures drop, it is not uncommon for a person with heart disease to experience chest pain

Whether in warm or cold weather, it is always important to follow these tips for heart healthy living.

Nutrition

Healthy heart nutrition guidelines:

- Avoid or limit intake of foods high in saturated fats such as butter, whole milk and cheese.
- Eat plenty of fruits and vegetables (at least five servings a day)
- Eat more lean meats and fish (at least two servings of fish per week)
- Eat fiber-rich whole grains as well as nuts, legumes and seeds
- Limit sodium intake to less than 1500 mg a day

Exercise

Physical activity for 30 minutes a day, about five times a week, is recommended. This activity includes anything that makes your body burn calories such as jogging, swimming and other exercises. Walking is one of the simplest ways to increase your heart health.

Maintaining Proper Cholesterol Levels

It is important to know your cholesterol numbers and what they mean. There are two types of cholesterol, high-density lipoprotein (HDL) cholesterol and lowdensity lipoprotein (LDL) cholesterol.

LDL, or "bad" cholesterol, builds up on the walls of the arteries, increasing the risk for a clot and heart attack. It is optimal to have an LDL of below 100 mg/dL. HDL, or "good" cholesterol, helps to carry away the LDL in blood, stopping it from building up in arteries. It is optimal to have an HDL of 40 mg/dL or above.



Make sure no one is in the path of snow discharging from the snow thrower chute, particularly if your driveway is gravel.

Never clear clogs in the chute with your hands-always use an approved chute clearing device.

Meet the Bean

It's not difficult to cook beans at home. Just follow these simple instructions:

Quick hot soak method

Fill a pot with enough water to cover the beans and boil for 2 minutes. Cover the pot and soak beans for 1–4 hours. Discard the soaking water. Add fresh water and 1 Tablespoon of oil (which reduces foaming during the cooking process). Most beans will cook to the desired firmness in 1–1 1/2 hours.

Short on time?

You can't beat the convenience of canned beans. Draining and rinsing canned beans with water gets rid of almost half of the sodium. You can also look for no-salt-added or lower-sodium canned beans.

By Lisa Coleman MS. RD. LDN

Beans, also referred to as legumes, are a delicious source of lean protein and have the added attraction of providing a big dose of fiber, too. Beans are inexpensive, easy to prepare and offer several health benefits. Beans contain soluble fiber which may help to lower your cholesterol. They also have a low glycemic index which can help keep your weight in check. Plus, beans are one of the best sources of folate, the B vitamin that decreases the risk of birth defects and guards against heart disease. One cup of beans provides almost a full day's worth of folate! As you can see, beans may be referred to as the poor man's food, but beans offer a nutrient profile that is incredibly rich!

What is the yield of dry beans?

Uncooked beans typically double after cooking. For example, 2 cups of uncooked beans will yield approximately 4 cups of cooked beans.

What about gas?

To minimize this undesirable side effect, introduce beans into your diet gradually so your body has a chance to adjust, and after soaking, drain and rinse the beans and then use fresh water for cooking.

Pasta e Fagioli

Makes 6 2-cup servings • Prep Time: 20 minutes • Cook Time: 20 minutes

1 cup Nature's Promise whole wheat

1 cup packed fresh spinach, chopped

1 can (15 oz) 🐸 cannellini beans,

elbow pasta

rinsed and drained

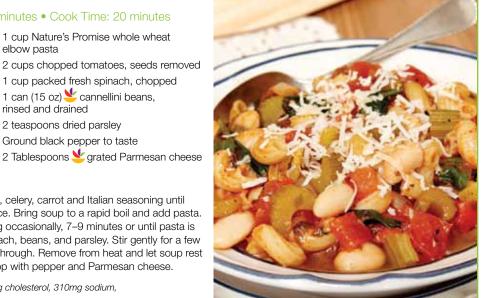
2 teaspoons dried parsley

Ground black pepper to taste

- Ingredients:
- 1 Tablespoon 🖖 olive oil
- 1 cup chopped onion
- 1 Tablespoon crushed garlic
- 1 cup celery, chopped into 1/2-inch pieces
- 1 carrot, finely chopped
- 2 teaspoons dried Italian seasoning
- 1 box (32 oz) Nature's Promise low sodium chicken broth
- 1 can (8 oz) no-salt-added tomato sauce

Heat oil in a large saucepan. Cook onion, garlic, celery, carrot and Italian seasoning until onions are tender. Stir in broth and tomato sauce. Bring soup to a rapid boil and add pasta. Reduce heat to medium and cook soup, stirring occasionally, 7–9 minutes or until pasta is cooked al dente. Add chopped tomatoes, spinach, beans, and parsley. Stir gently for a few minutes until spinach wilts and soup is heated through. Remove from heat and let soup rest for a few minutes. Ladle soup into bowls and top with pepper and Parmesan cheese

Per serving: 200 calories, 4g fat, 1g saturated fat, 0mg cholesterol, 310mg sodium, 33g carbohydrate, 7g fiber, 8g protein



DISCOVER THE POWERED PLATE.



Now Healthier is Heart-ier than ever! Francesco Rinaldi ToBe" Healthy Pasta Sauce Fortified with DHA Omega 3.

Vodka Blush Sauce Ingredients: w/ Fresh Pasta

Serves 6-8 Preparation Time: 15 minutes Cooking Time: 3D minutes

1 tablespoon olive oil 1/4 pound prosciutto, chopped 1 clove garlic, minced



Sauce with Omega 3

1 teaspoon crushed red pepper flakes 1 jar (16 ounces) Francesco Rinaldi **ToBe Healthy Tomato & Basil Sauce** 1 can (14.5 ounce) diced tomatoes 2 tablespoons fresh parsley, minced 1 tablespoon fresh basil, minced 1/4 cup vodka 1/2 cup light cream to taste salt and black pepper 1 pound pasta (fettuccine, penne, farfalle) WANUFACTURER'S COUPON - 3/31/2012 - CANNOT BE DOUBLED



Directions:

- 1. For the pasta, bring a large pot of salted water to a boil. While the sauce is simmering, cook the pasta according to the directions on the package.
- 2. In a large sauté pan, heat olive oil and brown the chopped prosciutto. Add garlic and pepper flakes, sauté for 30 seconds.
- 3. Add the Francesco Rinaldi ToBe Healthy Tornato & Basil Sauce, diced tornatoes, parsley, basil and vodka. Bring the sauce to a simmer and cook for 12-15 minutes.
- 4. Add light cream and simmer for 5 minutes. Add salt and pepper. Serve.





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Facebook FrancescoRinaldi.com/ToBeHealthy

eating right ...when your budget's tight

need for Americans to consume more potassium, dietary fiber, vitamin D and calcium, and to eat fewer foods containing saturated fat and added sugar. Hard economic times don't mean you have to eat less healthy foods. Eating fruits and vegetables is a sound investment in long-term health, and a very inexpensive part of a healthy lifestyle. An easy and healthy way to stretch your food budget is to avoid or limit the purchase of foods that have few vitamins and minerals per calorie (such as chips, cookies and soda) and buy foods that offer higher vitamin, mineral, fiber and potassium content per calorie like healthy fruits, vegetables (including beans and lentils) and 100 percent fruit or vegetable juice.

ietary Guidelines for Americans 2010 outlined the

potassium intake." According to the U.S. Bureau of Labor Statistics' Consumer Expenditures Survey, the average two person household spends Fresh produce is inexpensive unless you have to throw it away, \$6,308 on food. Filling half the plate with fruits and vegetables so buy only what you'll eat. Affordable and easy-to-prepare fruits for this two person household would only cost 29 percent of and vegetables are also available year-round as frozen, dried, their food budget. That means you can fill half your plate for only canned and 100% juice. Adding a variety of fruits and vegetables about a quarter of your food budget. A study released earlier this to your grocery shopping habits will not only save money, but will year by the U.S. Department of Agriculture's (USDA) Economic help keep your family healthy, happy and satisfied. Research Service shows just how affordable fruits and vegetables really are. Getting the recommended amount costs only \$2-\$2.50 per day. They found that average prices ranged from under 20 cents per cup to over \$2 per cup depending on the specific fruit fruits&veggi or veggie

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By Elizabeth Pivonka, Ph.D, RD, President and CEO of Produce For Better Health

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The types of food Americans choose to eat also directly impact their lifespan. The results of a study conducted by the Centers for Disease Control and Prevention (CDC), Emory University, and Harvard University, issued in July 2011, showed that a diet high in sodium and low in potassium doubles the risk of dying from a heart attack and is associated with a 50% increased risk of death from any cause. A dietary imbalance of the two minerals posed a greater risk than simply eating too much salt because potassium may neutralize the heart-damaging effects of salt. The researchers noted, "hypertension is the leading global risk factor for death, affecting almost 1 billion people. Encouraging consumption of unprocessed, potassium-rich fruits and vegetables is the safest and preferred pathway to increasing potassium intake."



Apple Chicken Stir-Fry

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

Ingredients:

1 pound Nature's Promise cubed boneless, skinless, chicken breast 1½ Tablespoon + 1½ teaspoon ✓ vegetable oil

1/2 cup onion, vertically sliced

1¾ cups (3–4 medium) carrots, thinly sliced

1 teaspoon dried basil, crushed

1 cup fresh or frozen snow peas

1 Tablespoon water

1 medium baking apple, cored and thinly sliced

2 cups cooked brown rice

Heat 1 Tablespoon of oil in a non-stick skillet over medium heat. Add cubed chicken breast and stir-fry until lightly browned and cooked. Remove from skillet. Stir-fry onion, carrots and basil in remaining 1½ teaspoons of oil in same skillet until carrots are tender. Stir in pea pods and water; stir-fry 2 minutes. Remove from heat; stir in apple. Add to chicken, serve hot over cooked rice.

Per serving: 330 calories, 8g fat, 1g saturated fat, 65mg cholesterol, 115mg sodium, 30g carbohydrate, 5g fiber, 29g protein

a new O a yon on came day recipes

When you think of the biggest football game of the year, you don't just think about which teams are playing and who is going to score the most points. You also think about the food! Traditional big game fare is often loaded with calories, fat and sodium. It can be difficult to come up with a lighter menu with so many crowd favorites such as chicken wings, creamy or cheesy dips and fried foods, but with these tips you'll surely score points among your fellow fans.

Instead of chicken wings, offer chicken skewers made from thinly sliced boneless, skinless chicken breast. Thread half a piece of chicken on a skewer and brush with your favorite chicken wing sauce, then grill or bake.

Try a bean dip made from a variety of beans and diced veggies such as bell peppers, scallions, corn and avocado. Add lime juice and seasoning and serve with tortilla chips, as a subsitute for cheese or sour creambased dips. If you can't part with your favorite creamy dip, just use reduced fat versions of sour cream or cheese to lighten it up. Instead of deep or pan frying, brush food with vegetable oil, lightly coat with flour, corn meal or bread crumbs, and bake until browned.

Instead of full fat sausage or beef, use chicken or turkey varieties. Nature's Promise chicken sausage comes in a variety of flavors and saves 130 calories, 15 grams of total fat and 7 grams of saturated fat per link!

Work fruits and vegetables into the mix as much as possible. They add color, texture and flavor and boost the nutrient value of any dish. Display colorful roasted vegetables on a platter, such as bell peppers, asparagus, mushrooms and red onion.

For a dessert option, serve a fresh fruit platter with a yogurt cinnamon dip. Now that's a win!





BBQ Chicken Quesadillas

Makes 6 appetizers • Prep Time: 20 minutes • Cook Time: 5 minutes

1/2 cup cooked rotisserie chicken, breast only
¼ cup + 2 Tablespoons hickory smoked
BBQ sauce
¼ cup red onion, diced small
2 slices cooked center cut bacon, drained & crumbled

PULL apart the chicken into bite-sized pieces. Place in a bowl and **MIX** with ¼ cup of BBQ sauce. Lay the tortilla wraps on a clean surface. Working on half the wrap, **SPREAD** with 1 Tablespoon of BBQ sauce, then ¼ cup of chicken, 2 Tablespoons of onion, 1/2 of crumbled bacon, and ¼ cup of cheese. **FOLD** in half. Heat a large nonstick skillet over medium-high heat. Spray with cooking spray. Carefully add 1 quesadilla at a time to the pan. (Tip: place the fold towards the center of the pan and the opening towards the outside of the pan. This will make it easier to flip without spilling its contents). **COOK** for 3 to 5 minutes, flipping once halfway through. Place finished quesadillas on a cutting board and cut into thirds. **SERVE** with fresh salsa and low-fat sour cream, if desired.

Per serving: 110 calories, 4g fat, 1g saturated fat, 15mg cholesterol, 350mg sodium, 11g carbohydrate, 1g fiber, 8g protein

Fiesta Shrimp Bites

Makes 30 appetizers • Prep Time: 20 minutes • Cook Time: 5 minutes

teaspoon Mrs. Dash Fiesta Lime spice blend
 Tablespoon + 1 teaspoon Canola oil
 small cocktail shrimp, about 1/2 lb.
 cup Southwestern refried black beans
 cup reduced fat colby-jack shredded cheese
 teaspoons minced fresh cilantro, plus more for garnish (optional)

PREHEAT the oven to 350°F. **MIX** the spice blend with 1 teaspoon oil in a small bowl then add shrimp and coat well. Let marinate in refrigerator while making the filling. In another bowl, mix black beans, cheese, cilantro, red pepper, jalapeno and scallions until combined. Place the fillo shells on a lined cookie sheet. **DIVIDE** the filling mixture among the shells. Place in the oven and **COOK** for 5 minutes. While the appetizers are baking, sauté the shrimp over medium high heat with a tablespoon of oil until the shrimp curls and turns opaque, about 1½ to 2 minutes, turning once. Remove the appetizers from the oven. **PLACE** 1 shrimp on top of each appetizer. Garnish with extra chopped cilantro or thinly sliced scallions.

Per appetizer: 40 calories, 2g fat, 0g saturated fat, 15mg cholesterol, 50mg sodium, 3g carbohydrate, 0g fiber, 2g protein

By Valerie Waters, RD and Chef Eric Henkel, Culinary Specialist

1/2 cup 🔮 reduced fat sharp cheddar shredded cheese 2 low-fat whole grain tortilla wraps 🕸 cooking spray

2 Tablespoons finely diced red bell pepper
½ small jalapeno, seeded and minced
2 Tablespoons thinly sliced scallions, plus more for garnish (optional)
30 mini fillo shells (thawed if frozen)

MyPlate back to basics

Every five years, the United States Department of Agriculture and Department of Health and Human Services review the latest scientific knowledge about nutrition and health and publish Dietary Guidelines for Americans to help men, women and children ages 2 years and older eat a healthy diet. Various icons have been used over the years to illustrate these recommendations.

Previous generations grew up with the "Basic 4" food groups: meats, dairy, grains and fruits/vegetables. In 1992, the Food Guide Pyramid with 5 food groups (fruits and vegetables in separate groups) was used to illustrate what to eat based on the Dietary Guidelines at that time. The pyramid went through several revisions and became the 2005 MyPyramid, which can still be used to illustrate food groups and portion sizes that help build a healthy plan for the entire day or week. The 2011 MyPlate is a simpler way to show how to build an individual meal based on the 5 food groups. The plate can represent a standard meal or include the ingredients of a sandwich, soup or casserole.

MyPlate emphasizes more fruits and vegetables and smaller portions of protein and starch to encourage a healthy way of eating that can help lower weight and reduce the risk of heart disease, diabetes and other chronic conditions. If you are overweight, use a smaller plate and say "no" to large portions and second helpings. For more information, go to www.ChooseMyPlate.gov

Fill half your plate with fruits and vegetables. The goal is not merely to add produce to the plate, but to reduce larger portions of meat and starch and increase fruits and vegetables. You'll feel full on fewer calories, decrease your intake of saturated fat and sodium and increase important vitamins and minerals, including potassium for heart health. Include a variety of colorful produce, especially dark green and orange vegetables, purple and dark red fruits, and beans and peas. Eating at least 2½ cups of vegetables and fruits a day may reduce the risk of heart attacks, strokes and some cancers.

Choose a variety of proteins. Include seafood, lean meat and poultry, eggs, beans and peas, soy products and unsalted nuts and seeds. If meat has been taking center stage on your plate, consider reducing the portion size. Increase the amount and variety of seafood by replacing some meat and poultry entrees. Make chili with kidney beans instead of meat, serve pancakes with a few walnuts instead of sausage, and pack a peanut butter sandwich instead of bologna.

Limit the amount of foods made with refined (enriched)

grains such as cookies, cakes and donuts. These refined grain products often contain saturated and *trans* fats that raise blood cholesterol levels, as well as added sugars that contribute to weight gain without contributing significant nutrients.

Make at least half of the grains you eat whole grains. Choose 100% whole grain products or products that list whole grains near the beginning of the ingredient list. Examples of whole grains are whole wheat, popcorn, brown or wild rice and

rolled oats. These foods provide fiber and important nutrients

and keep you from feeling hungry.

Choose fat-free or low-fat milk, yogurt and reduced fat cheese. People of every age need the calcium and vitamin D found in 2–3 cups of milk a day. Fortified soy beverages, low-lactose and lactose-free milk products are available for those who are lactose intolerant. If you haven't already done so, switch to low-fat dairy products to decrease calories, saturated fat and cholesterol.

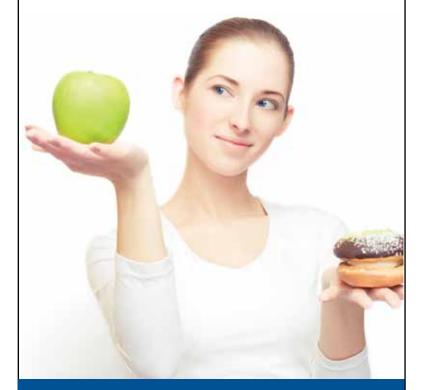
If you've met your dairy needs for the meal, drink water or unsweetened coffee or tea instead of soda, energy/sports drinks or sugar-sweetened drinks to quench your thirst.

Sources: U.S. Department of Agriculture / U.S. Department of Health and Human Services / www.dietaryguidelines.gov



Holiday foods weighing you down? Let us help.

Shop smart in the new year by looking for the Healthy Ideas symbol on product tags storewide–you know you'll be **limiting fat, cholesterol, sodium** and **sugar** while gaining vital nutrients.





An easy resolution to keep! Just look for this symbol!

For more information visit **giantfood.com/healthyideas**

lifestyle Х

Seafood for good {Providing sustainable seafood for a bright future }

We are committed to fulfilling our customers' seafood needs, but also to making seafood purchasing choices that are good for the environment. For more than 10 years, we've partnered with the internationally-renowned New England Aquarium in Boston on a program called ChoiceCatch to provide our customers with ocean-friendly seafood from suppliers who source their products from fisheries and farms that work to minimize their environmental impact. The New England Aquarium is working collaboratively with our suppliers to identify improvements and best practices that minimize environmental impact, all the while knowing we require high-quality fish. Another goal is to inspire other fisheries and farms to improve their practices so that they are more environmentally responsible in meeting the increasing demand for ocean-friendly seafood. Because we believe in maintaining our ecosystems to provide seafood for many years to come, we have opted not to carry Chilean sea bass, orange roughy or any shark species in our stores until the issues regarding the sustainability of these species are addressed. Our seafood associates are in the process of completing a training program to learn about farming and fishing techniques that are less damaging to environmental resources so they can better educate customers. You can help protect our oceans by purchasing sustainable seafood. There are many delicious and affordable options, from clams and wild Alaskan salmon to blue mussels and longline-caught Pacific cod. We are happy to help you with any questions you may have regarding seafood choices, so if you have questions, please ask our seafood associates! Our ChoiceCatch program demonstrates our commitment to the ocean environment and to providing our customers with high-quality seafood now and for years to come.



For more information about the ChoiceCatch program, please visit our website at giantfood.com/seafood. You can visit the New England Aquarium at www.neaq.org.







meal plan

scallops with mandarin oranges



meal plan

garlic and olive bruschetta

mocha custaro

 large head of garlic teaspoons	2 cups & fat free milk1/2 cup Eggs Made Simple egg product2 Tablespoons unsweetened1/2 cup Eggs Made Simple egg product2 Tablespoons unsweetened1 teaspoon & vanilla extract€ cocoa powder plus additional for garnishUight whipped cream (in aerosol can)¼ cup & granulated sugar4 whole coffee beans2 teaspoons & instant coffee granules4 whole coffee beans
intact. Cut off 1/4 to 1/2 inch from the top of each section, exposing the increase across intact. Cut off 1/4 to 1/2 inch from the top of each section, exposing the cloves. Place the garlic head in a small baking dish or ramekin. Drizzle with 1 teaspoon olive oil, rubbing with fingers to coat well. Cover with aluminum foil and bake for 30–35 minutes or until cloves are tender. Allow to cool until comfortable to handle. Squeeze out the roasted garlic cloves from their skins. Mash garlic with a fork, add 1 teaspoon oil and stir to make a paste. Preheat broiler. Slice bread diagonally into 8 slices and place on a baking sheet. Broil about 2 minutes on each side, just until lightly toasted. Spread garlic paste immediately.	Preheat oven to 350°F. Place 4 small custard cups in a 3 quart rectangular baking dish and set aside. In a medium saucepan, combine milk, cocoa powder, sugar and coffee. Cook over low heat until the coffee and cocoa dissolve, stirring continuously to avoid scorching. In a medium bowl, combine egg product and vanilla extract, gradually add hot milk mixture and stir to combine. Pour egg and milk mixture into custard cups. Carefully pour boiling water into the baking dish around the custard cups to a depth of about 1 inch. Bake for about 30–40 minutes until set and knife inserted in center of custard comes out clean. Remove baking dish from oven and remove custard cups from the baking dish. Let custard cool to room temperature and then refrigerate for 2–24 hours. To serve, top each with a tablespoon of whipped cream, dust lightly with cocoa powder and garnish
Cook time: 45 minutes Cook time: 45 minutes Per serving: 100 calories, 2g fat, 0g saturated fat, 0mg cholesterol, 190mg sodium, 16g carbohydrate, 1g fiber, 3g protein	Makes 4 1/2-cup servings Prep time: 15 minutes + refrigeration • Cook time: 40 minutes Per serving: 130 calories, 1g fat, 1g saturated fat, 5mg cholesterol, 110mg sodium, 22g carbohydrate, 1g fiber, 7g protein
scallops with mandarin oranges	spinach and fennel salad
2 cups cooked couscous 1/4 cup∜ orange juice 1 Tablespoon & butter, divided 1 cup sliced scallions 1 lb sea scallops Cround black pepper to taste	 Tablespoon sertra virgin olive oil Tablespoons red wine vinegar Tablespoons red wine vinegar teaspoon Djion mustard teaspoon preshy ground black
Cook couscous according to package directions, eliminating butter and salt. Melt half of the butter in a non-stick pan over medium-high heat. Pat scallops dry with paper towels and season with pepper. Add half of the scallops to the pan, cooking until opaque throughout and golden brown on the surfaces, about 2–3 minutes per side. Remove scallops, cover and keep warm. Heat remaining butter, cook the rest of the scallops and remove. Add orange juice to the pan and cook until reduced by about half. To serve, divide couscous among plates, pour cooked orange juice over couscous. Top with scallops and garnish with orange sections and scallons.	1/2 cup thinly sliced red onion In a small bowl, whisk together oil, vinegar, mustard, garlic and pepper. Add onions and marinate for 10 minutes. In a large bowl, combine spinach and fennel. Pour dressing and onions over spinach and toss to combine. Top with bacon bits. This salad can be served immediately or marinated for 24 hours to allow the flavors to develop. Make sure to let the onions marinate in dressing. This will mellow out the strong raw onion flavor and turn onions a brighter color.
Makes 4 5-ounce servings • Prep time: 20 minutes • Cook time: 10 minutes Per serving: 280 calories, 4g fat, 2g saturated fat, 45mg cholesterol, 220mg sodium, 37g carbohydrate, 2g fiber, 23g protein	Makes 4 2-cup servings Prep time: 20 minutes Per serving: 90 calories, 6g fat, 1g saturated fat, 5mg cholesterol, 150mg sodium, 8g carbohydrate, 3g fiber, 4g protein
flank steak with red pepper pesto	red notato and leek mash

Giant

garlic and olive bruschetta

mocha custard

2 cups ¥ fat free milk

1/2 cup Eggs Made Simple egg product

Giant*



1/2 cup	Line an 8x8-inch baking pan with parchment paper. Preheat oven to 350°F. Stir together flour, baking powder and baking soda; set aside. Beat egg whites until stiff; set aside. Beat butter, sugar and extracts until fluffy. Add flour mixture alternately with buttermilk, beating on low speed until combined. Gently fold in beaten egg whites, then chopped almonds. Pour batter into prepared pan. Bake for 25–30 minutes or until toothpick inserted near center comes out clean. Cool in pan on wire rack for 10 minutes. Remove cake from pan and cool completely. In blender, puree preserves with orange juice. Out cake horizontally into 2 layers. Spread preserves between layers. Cut into 12 bars. In a small bowl, stir together confectioners sugar, cocoo and milk. Transfer glaze to a small zip-top bag and snip off corner. Squeeze out glaze to drizzle over top of each bar.	red potato and leek mash	 pound russet potatoes cut into quarters small leek, white part only, coarsely chopped clove garlic, minced teaspoon chopped fresh rosemary or 1/2 teaspoon dried rosemary Tablespoons & nonfat milk or buttermilk White pepper to taste tup chopped chives 	In a medium saucepan, place potatoes in enough water to cover and bring to a boil Reduce heat to medium-low, cover, and cook for 15–20 minutes or until tender. While potatoes are cooking, lightly coat a sauté pan with cooking spray. Add leeks, garlic and rosemary and sauté over medium heat until leeks are soft and golden, about 3 minutes. Remove from heat and set asile. Drain potatoes thoroughly and return to the pot over low heat, stirring to evaporate any excess water. Add leeks, sour cream, and milk or butternilk. Mash until well-combined, adding more milk if necessary for a soft texture. Season to taste with pepper and sprinkle with chives. Makes 4 1-cup servings • Prep Time: 15 minutes • Cook time: 15 minutes <i>Per serving: 110 calories, 0g fat, 0g saturated fat, 0mg cholesterol, 15mg sodium, 25g carbohydrate, 2g fiber, 3g protein</i>	
	Preheat oven to 400°F. Slice carrots and parsnips into sticks about 4 inches long and 1/4 to 1/2 inch thick. Arrange vegetables in a single layer on a shallow rimmed baking sheet. Drizzle with oil and toss to coat evenly. Season with salt and pepper, then sprinkle with thyme leaves. Roast the vegetables, turning them once or twice during cooking until the edges and tips begin to brown and vegetables are tender, about 30 minutes. Makes 4 1-cup servings Prep time: 10 minutes Per sturated fat , <i>0mg cholesterol, 160mg sodium, 14g carbohydrate, 4g fiber, 1g protein</i>	Giant	For the pesto: 1 red bell pepper 1/2 teaspoon coarsely chopped garlic 4 teaspoons & grated Parmesan cheese Pinch of cayenne pepper 1/2 teaspoon fresh lemon juice 1 teaspoon &olive oil Freshly ground black pepper to taste	 Steak: Combine oil, vinegar, garlic, oregano and pepper. Brush mixture on steak. Cover and refrigerate for 1 hour or overnight. Preheat the grill to high heat or preheat broiler. Grill or broil steak for 4–8 minutes on each side, depending on the desired doneness. Let the steak rest on a carving plate for 1 or 2 minutes before slicing. Slice steak on the bias, drizzle with the red pepper pesto and garnish with fresh basil. Pesto: Preheat broiler or grill. Slice bell pepper in half lengthwise and remove seeds. Place skin side up on broiler pan or skin side down on grill. Roast until skin is blackened. Place pepper in a bowl, cover and allow it to steam. When pepper is cool, remove skin and chop into large pieces. In a food processor or blender, combine bell pepper, garlic, cheese, cayenne pepper, lemon juice and olive oil. Puree until smooth. Season with black pepper to taste. Makes 4 5-ounce servings • Prep time: 20 minutes • Cook time: 30 minutes Per serving: 25g protein 	
 1/2 lb carrots, washed and unpeeled 1/2 lb parsnips, washed and peeled 1 Tablespoon	Preheat oven to 400°F. Slice carrots and parsnips into sticks about 4 inches long at to 1/2 inch thick. Arrange vegetables in a single layer on a shallow rimmed baking. Drizzle with oil and toss to coat evenly. Season with salt and pepper, then sprinkle thyme leaves. Roast the vegetables, turning them once or twice during cooking un edges and tips begin to brown and vegetables are tender, about 30 minutes. Makes 4 1-cup servings Prep time: 10 minutes <i>Per serving: 90 calories, 4g fat, 1g saturated fat, 0mg cholesterol, 160mg sodium, 14g carbohydrate, 4g fiber, 1g protein</i>	flank steak with red pepper pesto	For the steak: 1 Tablespoon & olive oil 1 Tablespoon & balsamic vinegar 1/2 teaspoon crushed garlic 1 teaspoon & dried oregano & Ground black pepper to taste 1 Ib flank steak 4 Tablespoons sliced fresh basil leaves for garnish	Steak: Combine oil, vinegar, garlic, oregano and pepper. Brush mixture on steak. Ca and refrigerate for 1 hour or overnight. Preheat the grill to high heat or preheat broiler broil steak for 4–8 minutes on each side, depending on the desired doneness. Let th rest on a carving plate for 1 or 2 minutes before slicing. Slice steak on the bias, drizzli red pepper pesto and garnish with fresh basil. Pesto: Preheat broiler or grill. Slice bell pepper in half lengthwise and remove seeds. Place skin side up on broiler pan or skin side down on grill. Roast until skin is blacker pepper in a bowl, cover and allow it to steam. When pepper is cool, remove skin and into large pieces. In a food processor or blender, combine bell pepper, and into large pieces. In a food processor or blender, combine bell pepper to ta mit to large pieces. In a food processor or blender, combine bell pepper is cool, remove skin and into large pieces. In a food processor or blender, combine bell pepper to ta Place skin side. Jag and string and olive oil. Puree until smooth. Season with black pepper to ta Place serving: 240 calories, 14g fat, 5g saturated fat, 45mg cholesterol, 90mg sodium, 3g carbol 1g fiber, 25g protein	

Giant[•]

cherry almond bar

Giant[•]

roasted carrots and parsnips



Giant ⁻	t into slices or segments, saving dium bowl. Cut each grape in dd orange juice and honey to er over medium-low heat, -8 minutes, then remove the Divide fruits among 4 shallow h bowl and serve immediately.	Giant ⁻		id sauté until tender but do uce, water, lemon juice, ≀ thickened. Serve hot. ∍sterol, 60mg sodium,	k lifestyle eating he Make D
fruit medley	extract extract in temperature. Peel and cut grapefruit bepan and placing sections into a meo d combine with grapefruit sections. Ac an. Bring the mixture to a slow simme solve the honey. Simmer gently for 5- ranila, cover and let sit for 15 minutes. Warm sauce on top of the fruit in each grat, 0g saturated fat, 0mg cholesterol, 0m	oog catoriyuate, 29 iben, 19 protein tomato and celery soup	 Tablespoon & butter Cup finely chopped onion Cup finely chopped celery Tablespoon & all-purpose flour Cans (8 oz each) & no-salt-added tomato sauce cans (8 oz each) & no-salt-added tomato sauce tup water Tablespoon lemon juice teaspoon & sugar Tablespoon minced fresh parsley 	Melt butter in a medium saucepan. Add onion and celery and sauté until tender but do not brown. Add flour and toss to combine. Stir in tomato sauce, water, lemon juice, sugar, pepper and parsley. Simmer 5 minutes or until slightly thickened. Serve hot. Makes 4 6-ounce servings Prep Time: 10 minutes Cook time: 10 minutes <i>Per serving: 70 calories, 3g fat, 2g saturated fat, 10mg cholesterol, 60mg sodium, 9g carbohydrate, 2g fiber, 2g protein</i>	Save bon't be scared off by the idea Practice makes perfect and aft the recipe by memory. Kids can to kneading is to add flour abo up with a moderately stiff doug and press down with the heels edge to the side, then continue becomes smooth and elastic. Y ahead of time and let it rise slo to room temperature before sh the work of kneading but you'l
Giant ⁻	 tup (4 oz) Nature's Promise whole wheat elbow macaroni, uncooked 1/2 cup (2 oz) & shredded cheddar cheese 1/2 cup copped onion Tablespoons & all-purpose flour Tablespoons & all-purpose flour Tablespoons & grated Parmesan cheese, divided Tablespoon & toasted bread crumbs Tablespoon of paray. Cook macaroni according to package directions, omitting satt. Drain and combine cooked macaroni with onion in baking dish. Preheat oven to 350°F. In a medium saucepan, whisk together flour, pepper and milk. Cook over medium heat until milk mixture begins to thicken, about 5 minutes. Reduce heat, add cheddar and 2 Tablespoons Parmesan cheese and continue to cook and stir until cheeses are melted. Pour sauce over macaroni and stir gently to combine. In a small bowl, mix together remaining 1 Tablespoon of Parmesan with bread crumbs and spirkle over casserole. Bake for 20–25 minutes until bubbly. Makes 4 1-cup serving Per serving: 240 calories, 7g fat, 4g saturated fat, 20mg cholesterol, 220mg sodium, 	Giant*	 Olive oil spray Olive oil spray Ib boneless skinless chicken tenders 2 teaspoons & olive oil 2 teaspoons & olive oil 2 Tablespoons panko coating 2 Tablespoons panko coating 2 Tablespoons vento 425°F. Out chicken breasts into bite sized pieces. Coat chicken piece with oil and sprinkle with preper. In a medium bowl, mix together breadcrumbs, panko and Parmesan cheese 	minutes, turn and then bake 4 more minutes. Makes 5 5-tender servings Prep time: 15 minutes Cook time: 14 minutes Per serving: 190 calories, 5g fat, 1g saturated fat, 70mg cholesterol, 320mg sodium, 7g carbohydrate, 0g fiber, 29g protein	Makes 8 servings ● Prep Time: 30 Cook Time: 25 minutes Ingredients: 1 teaspoon active dry yeast 1/2 teaspoon ⅔ honey 3/4 cup warm water 1/4 teaspoon ⅔ salt 1 cup whole wheat flour 1 cup (about) ⅔ all-purpose flour 1 Tablespoon ⅔ canola oil, divided In a large bowl, dissolve yeast and hor yeast begins to rise to surface. Comb flour and stir into liquid. Beat well with Stir in 3/4 cup of all-purpose flour und Knead in remaining flour to form a mor might need more or less than the 1 c until smooth and elastic. Place dough plastic wrap and let rise in a warm pla
macaroni and cheese	 tup (4 oz) Nature's Promise whole wheat elbow macaroni, uncooked 1/2 cup chopped onion Zublespoons & all-purpose flour tublespoons & all-purpose flour tublespoon & toasted bread tublespoon of Parmesan with bread o sprinkle over casserole. Bake for 20–25 minutes until bubbly. wakes 4 1-cup servings test time: 15 minutes test time: 25 minutes test dat, 20mg cholesterol, 220mg way 	32g carbonydrate, 3g ilber, 13g protein baked chicken tenders	 ✓ Olive oil spray 1 Ib boneless skinless chicken tenders 2 teaspoons ≪ olive oil 2 teaspoons ≪ olive oil 2 teaspoons ≪ olive oil 2 Tablespoons ∞ grated Pa C Tab	minutes, turn and then bake 4 more minute Makes 5 5-tender servings Prep time: 15 minutes Cook time: 14 minutes Per serving: 190 calories, 5g fat, 1g saturated fa Og fiber, 29g protein	1 teaspoon oil in a large skillet over m just until opaque; shred meat, add ga continue to sauté until cooked. Remo teaspoon oil, onions and pepper strip Preheat oven to 425°F. Spread 1 teas pan. Roll or stretch dough on floured Fold over edges to make crust. Bake Remove from oven; arrange chicken, crust. Top with salsa and cheese. Ba until crust is golden brown and cheese <i>Per serving: 210 calories, 5g fat, 2g satura</i> <i>220mg sodium, 29g carbohydrate, 3g fibe</i>

Make Dough to Save Dough

eating healthy...on a budget!

Don't be scared off by the idea of making your own dough. Practice makes perfect and after a few times, you'll even know the recipe by memory. Kids can also join in the process. The trick to kneading is to add flour about 1/2 cup at a time until you end up with a moderately stiff dough. To knead, fold the dough over and press down with the heels of your hands. Turn the folded edge to the side, then continue to fold and press until the dough becomes smooth and elastic. You can make the dough a day ahead of time and let it rise slowly in the refrigerator. Just bring it to room temperature before shaping it. A bread machine can do the work of kneading but you'll miss out on the muscle-building

Southwest Chicken Pizza

Makes 8 servings • Prep Time: 30 minutes Cook Time: 25 minutes

1/2 lb boneless. skinless chicken breast 1/2 teaspoon crushed garlic 1 1/2 teaspoons chili powder 1 cup sliced sweet onions 1 cup sliced green pepper strips 3/4 cup 🖖 mild salsa 1/2 cup (2 oz) 🖖 shredded cheddar cheese

In a large bowl, dissolve yeast and honey in water; let stand until yeast begins to rise to surface. Combine salt with whole wheat flour and stir into liquid. Beat well with wooden spoon until smooth. Stir in 3/4 cup of all-purpose flour until mixture forms a soft dough. Knead in remaining flour to form a moderately stiff dough-you might need more or less than the 1 cup. Knead for about 5 minutes until smooth and elastic. Place dough in a clean bowl, cover with plastic wrap and let rise in a warm place for about 1 hour. Heat 1 teaspoon oil in a large skillet over medium heat. Sauté chicken just until opaque; shred meat, add garlic and chili powder, and continue to sauté until cooked. Remove chicken from skillet. Add 1 teaspoon oil, onions and pepper strips and cook until crisp tender. Preheat oven to 425°F. Spread 1 teaspoon oil over 12-inch pizza pan. Roll or stretch dough on floured surface and transfer to pan. Fold over edges to make crust. Bake for 6–8 minutes until puffed. Remove from oven; arrange chicken, onions and peppers over crust. Top with salsa and cheese. Bake for 14–18 minutes more until crust is golden brown and cheese is melted.

Per serving: 210 calories, 5g fat, 2g saturated fat, 25mg cholesterol, 220mg sodium, 29g carbohydrate, 3g fiber, 13g protein

By Sylvia Emberger, RD, LDN

Roll up your sleeves, put on your apron and get ready to make... PIZZA

opportunity. You can also buy frozen or refrigerated dough but, by making your own, you can add whole wheat flour and control the amount of added salt. If you make the dough ahead, you can have a finished pizza in 30 minutes and the cost of ingredients will be less than what you would spend on take-out. Next time, shape the dough into a loaf of Italian bread. Press dough out into a rectangle and sprinkle with olive oil, Parmesan and herbs to make focaccia. Or, create calzones enclosing ricotta, mozzarella and fresh spinach. Enjoy!

> Approximate cost per serving based on average price of ingredients available at Giant.



hula hooping

This exercise can improve coordination, strengthen your core and, most importantly, it's fun! Make this activity more difficult by using a weighted hula hoop.

yoga

This ancient form of exercise can help increase flexibility and concentration for adults as well as children. It is also inexpensive and can be done just about anywhere. If you're just getting started with yoga, borrow a DVD from the library to find out if it's the best exercise for your family.

walking

indoors.

family friendly Winte workouts

get outside

You don't have to stay inside during the winter. Snowball fights, sledding or just trudging through the snow are all great exercise.

dance party

Put on your favorite music and let loose! Take turns choosing the music and have fun being silly.

By Sarah Glunz, MS, CCN & Kimberly Heck, ACE Certified Personal Trainer

video games

Game consoles such as the Wii and Playstation Move allow kids to get up and get



moving when playing rather than sitting on the couch. There are games for everyone from dancers to tennis players.

Not everyone is up to walking in the winter weather. Luckily, many malls open one hour earlier than the retailers to allow their patrons time to enjoy a stroll. Grocery stores are another great place to walk

exercise classes

Many fitness centers, hospitals and community centers offer fitness programs geared towards kids. Another option is borrowing a DVD from the library or purchasing them for continued use. Try DVDs by the Workout Kid, Sesame Street, and many more.

The benefits of regular physical activity for children reach far beyond the important task of maintaining a healthy weight. Exercise can also help build strong bones, enhance immunity, reduce stress and anxiety, and boost self-esteem and body image. While winter may seem like the perfect time to hibernate, it's important to remember that kids need at least 60 minutes of physical activity every day, even in the winter. Here are some fun and easy ways to help keep you and your kids healthy and happy throughout the year. As adults, let's set our own goals to be more active this winter. Together we can show kids that exercise not only makes us feel good, but is fun, too!



obstacle course

Have your kids jump over pillows, run up and down stairs, do jumping jacks, and even carry a laundry basket from one room to another. Be creative! Consider offering small prizes like stickers or pencils.

skating

Many areas have great indoor ice and roller skating rinks. Even if you can't do the perfect jump or spin, it is a terrific way to get some exercise.

By Gregg Jones, R.Ph.

cough & cold symptoms

When your child is not feeling well, the last thing you want to do is purchase a medication you aren't sure about. The many options available can be overwhelming, making your decision difficult.

Follow these guidelines to help make your medication choice as easy and effective as possible:

The most recent guidance suggests that most cough and cold medications do not help and could cause side effects in younger children.

Simple remedies, like using a cool mist humidifier in your child's room or using a saline nasal spray, can help relieve the symptoms of congestion or a dry, non-productive cough.

Never give adult medications to a child, and only use medications designed for children's use.

A medication spoon or a dosing cup should always be used to make sure that the proper dose is being given to your child over 6 years of age.

Never add a cough or cold product if your child takes other prescription medications without consulting your physician or pharmacist first.



Trust CareOne® for everyday savings on children's cough and cold products, formulated with the same active ingredients as the national brand equivalents. Consult your child's doctor or one of our in-store pharmacists with any questions or if symptoms worsen.

K lifestyle



When patients ask why their scalp and skin are so dry and itchy during the winter, I tell them to place a pot filled with water in their home and see what happens.

Within a few hours, the water will evaporate due to the dry air and lower humidity, just as it will on your scalp and skin. The key to combating dry scalp is to get moisture in the air, whether it's by vaporizer, humidifier or by placing plants around your home.

The outdoor elements also play a large part in scalp irritation. Even if you are only going to be outdoors for a short period, wear a hat to protect your scalp and hair from the cold air, blistering wind and the sun's UV rays. The sun can be just as damaging during the cold winter months.

fight flakes this season!

* tips for a healthy winter scalp

To prevent sunburn during all seasons, apply a sunblock lotion or spray for effective protection. Sun exposure on an unprotected scalp could lead to skin cancer, so follow these precautions to cut down on your risk.

Some people tend to take long, hot showers during the winter months. That's one of the worst things you can do, as it dries out your skin. Instead, take a short, lukewarm shower. Using a mild shampoo without harsh chemicals is another way to care for your scalp. Applying conditioner can be helpful, but it mainly benefits your hair, which can also get extremely dry this time of year.

For the average person, dry scalp can be an annoyance, with some mild dryness, irritation and flaking. For others with eczema, psoriasis or seborrhea, it is more serious, with a red, inflamed scalp that may look like snow is

falling from it. In those cases, topical medications can be applied

to help reduce the itch and inflammation these conditions cause. Picking and scratching at an irritated scalp will only make the situation worse. If you have an unbearably itchy scalp, seek treatment from your physician.



Dermatologist Dr. Lawrence R. Feldman specializes in adult and pediatric dermatology To make an appointment, call 410-876-0286.



Teelan ancient tradition lives on

Ah, the flavor of a good cup of tea! It's a symbol of comfort, unity and hospitality in so many cultures around the world. Next to water, tea is the most consumed liquid on the planet. It all started in 2737 BC, when some tea leaves fell into a Chinese emperor's boiling drinking water. As civilization and trade spread west, tea went with it. Once trade routes were established, tea became a commodity of trade, ending up in the United States with the early explorers. Tea comes from the leaves of the Camellia sinensis plant, a warmweather evergreen. The variety of colors and flavors of tea are determined by the type of leaf or bud used, and whether leaves are fermented and processed. The average caffeine level in black tea is about 40–50 mg (less than half that of coffee). Black tea has more caffeine than green, and green more than white. Caffeine levels can be affected by the brewing time and amount of tea consumed. If caffeine is an issue for you, try herbal

No matter what kind of tea you are making, the perfect cup of tea requires good quality (soft and purified) water. Hard water can react with components in tea, producing film on top of the cup or cloudy iced tea.

infusions like chamomile, lemongrass or mint.

Chai Tea

Makes 6 6-ounce servings Prep Time: 15 minutes Cook Time: 10 minutes

Ingredients: 2 cups water 3 Darieeling blend tea bags 1 Tablespoon crystallized ginger, chopped 2 inch cinnamon stick or 1 teaspoon 🖖 ground cinnamon

1 teaspoon 🖖 vanilla extract 4 whole cloves 3/4 teaspoon ground cardamom 1/8 teaspoon nutmeg 1/2 cup 1/2 honey 2 cups 2% milk

Bring water to a boil and submerge tea bags. Add all other ingredients except the milk. Reduce heat and simmer about 5 minutes, stirring occasionally. Add milk and bring to boil, then take off heat. Pour through tea strainer or coffee filter and serve hot. Refrigerate unused chai tea. May be reheated.

Per serving: 150 calories, 2g fat, 1g saturated fat, 5mg cholesterol, 45mg sodium, 29g carbohydrate, 0g fiber, 3g protein

Besides the great variety of flavors, why drink tea? To start, the health benefits are promising! So far, it's been shown that tea leaves contain over 700 plant chemicals which act as antioxidants and could deliver health benefits to our bodies. There is strong (but not conclusive) evidence that green tea has unique antioxidant and antiinflammatory properties which may reduce risks of both heart disease and cancer. Whether for comfort, or your health, enjoy a cup of tea any time of the day!

> steep time 7–10 min 3-4 min 4–5 min Oolong 5 min Black Herbal 5 min

w.empiretea.com/tea_facts.htm





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the new! news on pork

After several years of research, the USDA has changed the temperature recommendations for cooking pork from 160°F down to 145°F. These recommendations are for whole pieces of pork and beef. Ground meats do still need to achieve a temperature of 160°F. It is also recommended that you let the pork rest for 3 minutes after cooking so that the temperature is maintained, killing off remaining pathogens.

Pork rib roasts, loin roasts or the elegant crown roast are often roasted for holiday or family meals. Pork tenderloin comes from the full pork loin and is one of the most tender This smaller cut of pork is easy and quick to prepare for a quick weeknight dinner and is the perfect example of "the other white meat."

When sliced crosswise (like a loaf of bread), the resulting medallions may also be sautéed. Pork tenderloin has a mild flavor, so it's best when prepared with a spice rub, marinade, stuffing or complimentary sauce. To keep the tenderloin juicy, be careful not to overcook it. Marinated pork tenderloin can be roasted or grilled.

Another easy and economical way to prepare pork is slow cooking. Watch for sales and purchase a shoulder roast to prepare in your slow cooker. This is a great cooking method for those delicious pulled pork sandwiches. And don't forget pork chops; they are sold bone-in or boneless, and are favorites at the dinner table. Thin cutlets can be sautéed, while thicker cuts can be grilled, broiled or pan or oven-roasted. Another favorite meal, ribs can be prepared on an outside grill, an indoor grill pan or in the oven.

Maple Horseradish Pork Tenderlion

Makes 6 4 oz. servings Prep Time: 5 minutes • Cook Time: 20 minutes

Ingredients: ¾ cup real maple syrup 3 Tablespoons ♥ Dijon mustard 2 Tablespoons ♥ prepared horseradish 1/2 teaspoon ¥ salt 1 teaspoon ¥ ground black pepper 1½ lbs. Nature's Promise pork tenderloin

In a bowl, mix together the maple syrup, mustard, horseradish, 1/4 teaspoon salt and 1/2 teaspoon pepper. Trim any excess fat off of the tenderloin and rub with the remaining salt and pepper. Rub half of the marinade mixture over the pork loin. Place in a zip top bag and refrigerate for an hour to overnight. Be sure to store the meat in its marinade in the refrigerator during this period of time. Reserve the remainder of the marinade to brush on the pork while it's cooking or to serve with the cooked tenderloin. Roast: Preheat oven to 450°F. Place roast on a rack in a shallow roasting pan; place uncovered in the oven and roast to an internal temperature of 145°F, about 20 minutes. Remove the roast from oven and allow it to "rest" for 3 to 10 minutes before slicing. Or grill: Spray the grill or grill pan with nonstick cooking spray; preheat the grill or grill pan. Place the tenderloin on the hot grill and let it cook for about 8 minutes before turning. Turn and brush the reserved glaze on the meat and continue cooking until a thermometer inserted into the thickest part of the cut produces a temperature of 145°F. Allow meat to "rest" for 3 minutes before slicing.

Per serving: 300 calories, 5g fat, 1g saturated fat, 90mg cholesterol, 300mg sodium, 33g carbohydrate, 0g fiber, 29g protein

Cooking pork to 145°F, followed by a 3-minute rest time, ensures **perfectly pink**, mouthwatering results. **Pork at 145°F is medium rare**, and it's the new standard. For tender, juicy and savory pork, think pink. Sure you can cook it longer, but why?



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- No added growth normon
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antains 4 cz. (2 services) of deli ment.

IS PERFECT







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Vitamins are essential for normal growth and nutrition, and we need them in small amounts in our diet because our bodies can't make them. Vitamin D is classified as a vitamin, but our bodies can actually make it when we are out in the sun. All you need is approximately 10-15 minutes of sunlight exposure each day to the face, arms, legs, hands or back to provide adequate vitamin D. If you live in the northern half of the United States or north of Atlanta, Georgia, you could be at risk for vitamin D deficiency, especially during the winter months. When you can't get adequate sun, make sure you are eating foods that provide vitamin D. Only a few foods, such as fatty fish, contain naturally occurring vitamin D. Your best sources are vitamin D fortified foods such as milk, milk substitutes, some yogurts, many ready-to-eat cereals and some brands of orange juice. Be aware that not all dairy

Х

family

Recommended Dietary Allowances for Vitamin D

The vitamin D content of fortified foods is listed in the Nutrition Facts as % Daily Value (%DV). The Daily Value for vitamin D is based on 400 IU. To convert from %DV to IU, multiply by 4. For example: 10% DV=40 IU or 25% DV=100 IU

products are fortified with vitamin D so check the product labels to be sure. Foods may be fortified with vitamin D3 or cholecalciferol, which comes from animal sources. Vitamin D2 or ergocalciferol is extracted from yeast and is used to fortify vegetarian and vegan foods. The amount of vitamin D you need every day is based on many variables including age, skin color, season, time spent outdoors and any pertinent medical issue. Excessive sun exposure will not result in vitamin D toxicity. However, vitamin D from supplements has the potential to react with certain medications and higher doses can damage the heart, blood vessels and kidneys. Therefore, ask your physician to do a specific blood test to determine your current vitamin D levels and see if you really need a vitamin D supplement.

Age	Vitamin D
0–12 Months	400 IU
1–70 Years	600 IU
71 and over	800 IU



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