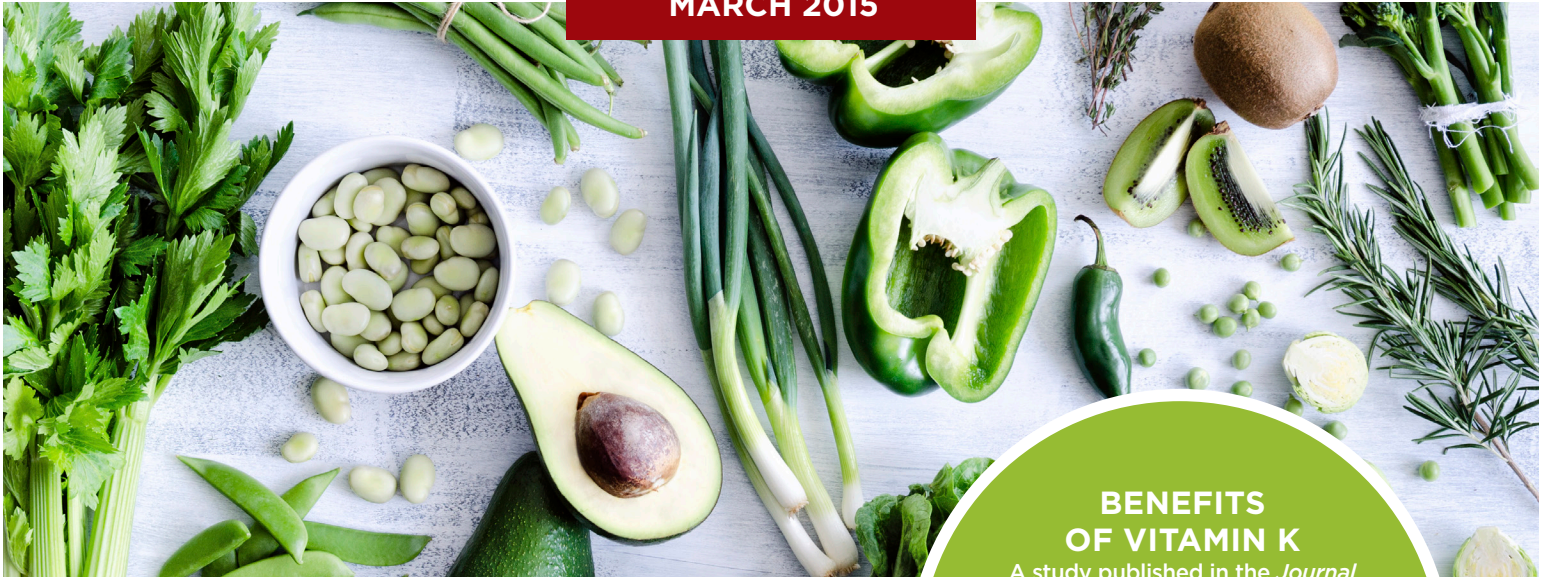


MARCH 2015



BENEFITS OF VITAMIN K

A study published in the *Journal of Nutrition* found that participants with higher vitamin K1 levels were less likely to die from cancer and all-cause mortality. Additionally, other studies have shown that vitamin K aids in blood clotting, and may also lower inflammation and help prevent diabetes. Vitamin K is found in leafy green vegetables.*

“Go Green” This March

With a colorful holiday, St. Patrick’s Day, right around the corner, try eating these delicious and nutritious green foods:

ASPARAGUS

- Good source of dietary fiber and folic acid, a vitamin that helps make healthy cells
- Perfect for baking, grilling or steaming as a side dish

AVOCADOS

- Contain monounsaturated fat, a heart-healthy fat that may help lower cholesterol
- Mash for guacamole, slice as a salad/sandwich topping or add to smoothies

BROCCOLI

- One cup of broccoli is an excellent source of vitamin K and contains nearly as much vitamin C as an orange
- Add broccoli to casseroles, stir-fry, soups and more for both flavor and nutrition

GREEN BELL PEPPERS

- One pepper has only 30 calories and provides a day’s worth of vitamin C to boost the immune system
- Try making stuffed bell peppers or pairing with hummus for a simple snack

KIWI

- Provides more potassium than a banana and more vitamins E & K than an avocado
- A smart snack idea! Simply cut, scoop and eat.

AVOCADO KIWI SMOOTHIE

👤 4 servings

ALL YOU NEED

- 1 ripe avocado, peeled, pitted and chopped
- 1/2 cup packed spinach
- 1 cup coconut milk
- 2 cups peach juice
- 2 tablespoons honey
- 1 teaspoon grated fresh ginger
- 5 ice cubes
- 3 Mighties™ kiwi, peeled and roughly chopped

ALL YOU DO

1. Add avocado, spinach, coconut milk, peach juice, honey, ginger and ice to blender. Puree until smooth.
2. Add kiwi and pulse just until blended. Divide among 4 glasses.

SIP ON TASTY GREENS!



Nutrition per serving (1 cup + 2 tbsp): Calories 204, Fat 6.5g, Cholesterol 0mg, Sodium 21mg, Carbohydrates 36g, Fiber 4.5g, Sugar 21.5g, Protein 2.5

Source: www.mightieskiwi.com/recipes

*Source: Tufts University Health & Nutrition Newsletter—February 2015

WHAT'S NEW



SUN PACIFIC® MIGHTIES™ RIPE & EASY KIWI:

- Contain more vitamin C than an orange and more fiber than the leading cereal brand.
- Fully ripened and ready to eat. Simply cut, scoop and enjoy!



TUMARO'S LOW-IN-CARB MULTI-GRAIN WRAP

- Each wrap provides 60 calories, 6 grams protein and 100 mg sodium
- Excellent source of fiber – 7 grams per wrap



WHOLLY GUACAMOLE MINIS – 100-CALORIE CUPS

- Single serving cups of guacamole
- Great for on-the-go.
- 4 flavors – Classic, Spicy, Chunky Avo and Avo Ranch.

DIETITIAN PICK OF THE MONTH

Angie's Boomchickapop Sweet Barbeque Popcorn

5 REASONS TO EAT BOOMCHICKAPOP SWEET BBQ POPCORN



- 1 Sweet, spicy flavor satisfies sweet craving.
- 2 A smart snack for weight loss. Its fiber helps you feel full longer.
- 3 Only 80 calories per cup.
- 4 A whole grain. Eating more whole grains may help reduce the risk of heart disease.
- 5 Zero trans fat, a better choice for heart health.

DIETITIAN RECIPE OF THE MONTH

Sweet Barbeque Snack Mix

👤 14 servings (1/2 cups)

ALL YOU NEED

- | | |
|---|---|
| 4 cups Angie's Boomchickapop Sweet Barbeque Popcorn | 1/2 cup Hy-Vee whole grain cheddar Penguins |
| 1 cup lightly salted Hy-Vee peanuts | 1 cup Hy-Vee corn chips |
| 1/2 cup Hy-Vee pretzels | 1/2 cup sunflower nuts |

ALL YOU DO

1. In a large bowl, mix together all ingredients.
2. Portion out 1/2 cup trail mix per person.

Nutrition per serving (1/2 cup each): 140 calories; 11g total fat (1.5 g saturated fat, 0g trans fat); 0mg cholesterol; 10g carbohydrate; 2g sugar; 4g protein; 2g fiber; 45mg sodium. Source: Hy-Vee Dietitians



SLASH HIDDEN SODIUM

A study published in the February 2015 Journal of the Academy of Nutrition and Dietetics found that sandwiches are a major contributor of sodium in the American diet. About 49% of American adults eat sandwiches on any average day. If you are a sandwich lover, follow these helpful tips to reduce your sodium intake:

- Load up on fresh veggies such as spinach, tomatoes, cucumbers and bell peppers
- Select reduced- or low-sodium deli meats and cheeses at the grocery store
- Cut back on your consumption of processed cheeses like American cheese
- Limit added condiments such as teriyaki sauce, ketchup, pickle relish or mayonnaise
- Eat an open-face sandwich using one slice bread

