

December

Don't Forget Your Fruits and Vegetables

With the busy holiday season upon us it can be easy to slide away from our healthy eating habits. We become so focused on all of the craziness that comes along with the holidays that we sometimes forget about taking care of ourselves before we plan that holiday party. According to the MyPlate nutrition guidelines, we should fill half of our plate with fruits and/or vegetables at each meal. Different fruits and vegetables offer different nutrients, so it is very important to eat a wide variety to make sure we get all the nutrients our bodies need.

Here are a few important nutrients provided by fruits and vegetables:

- **Potassium:** Helps to lower blood pressure and reduce your risk for stroke. To make sure you're getting your potassium, try including these foods into your diet: baked potatoes, avocado, beans, tomatoes, spinach, bananas and cantaloupe.
- **Fiber:** Helps to reduce cholesterol, keep your digestive system healthy, and may lower your risk for heart disease. Whole or cut-up fruits and vegetables are great sources of fiber. Fruit juices however, have little or no fiber in them.
- **Vitamin C:** Important for teeth and gum health, and helps the body heal and grow. A variety of fruits and vegetables like peppers, citrus fruits, berries, broccoli and Brussels sprouts are all great sources of vitamin C.
- **Vitamin A:** Protects against infections and keeps your eyes and skin healthy. Sweet potatoes, pumpkin, carrots, squash, spinach and kale all contain vitamin A.
- **Folate:** Helps the body form red blood cells, which can prevent anemia. Dark green vegetables like spinach, edamame, broccoli, Brussels sprouts and asparagus are all excellent sources of folate.



Baby Spinach Salad with Raspberry Vinaigrette

Serves 4 (1 1/2 cups each).

All you need:

Raspberry Vinaigrette:

1/3 cup canola oil

1/4 cup raspberry vinegar or red-wine vinegar

3 tbsp orange juice

Salt and freshly ground pepper, to taste

Salad:

6 cup washed baby spinach

1 small red bell pepper, thinly sliced

1 ripe, but firm nectarine, cut into 1-inch chunks

3 tbsp Raspberry Vinaigrette

All you do:

1. To prepare vinaigrette: Add oil, vinegar, orange juice, salt and pepper to a jar with a tight-fitting lid; shake well to combine.
2. To prepare salad: Combine spinach, bell pepper and nectarine in a large bowl; toss with 3 tablespoons of the vinaigrette.
3. Cover and refrigerate the leftover dressing for up to 1 week.

Nutrition Facts per serving: 72 calories, 5g fat, 0g saturated fat, 0g trans fat, 74mg sodium, 6g carbohydrate, 2g fiber, 2g protein.

Roasted Vegetables

Serves 4.

All you need:

- 1 red onion, cut into 1-inch pieces
- 1 head garlic, cloves separated, smashed and peeled
- 3 sweet bell peppers (red, yellow or orange), cored and cut into 1-1/2-inch cubes
- 1 sweet potato, cut into 1-1/2-inch chunks
- 2 medium carrots, peeled and cut into 3/4-inch cubes
- 8 oz shiitake mushrooms
- 4 tbsp olive oil
- 3/4 tsp salt
- 1/4 tsp pepper
- 1/4 cup dry vermouth or dry white wine
- 3 tbsp shredded Parmesan cheese
- 3 tbsp mixed fresh herbs, such as rosemary, thyme, sage, and parsley



All you do:

1. Preheat oven to 450 degrees. Line a large roasting pan with aluminum foil; spray with non-stick spray.
2. In the roasting pan, toss the vegetables with 4 tablespoons olive oil, salt and pepper. Spread in an even layer and sprinkle with vermouth.
3. Roast for 30 minutes. Add Parmesan and herbs, mix well. Continue roasting until vegetables are well browned, about 10 minutes longer.

Roasted Almond Sweet Potatoes

Serves 6 (3/4 cup each).

All you need:

- 4 medium sweet potatoes, peeled and cut into 1-inch cubes
- 3 tbsp olive oil
- 4 large garlic cloves, minced
- 1/3 cup fresh thyme leaves, plus 6 thyme sprigs for garnish
- 1/2 tsp kosher salt, optional
- 1/2 cup slivered almonds

All you do:

1. Preheat oven to 425 degrees.
2. In a large mixing bowl, combine cubed sweet potatoes, olive oil, garlic, thyme and salt, if desired, and toss. Arrange in a single layer on a heavyweight rimmed baking sheet or in a 9-by-13-inch baking sheet (**pan?**). Place on the top rack of the oven and roast until tender and slightly browned, about 40 minutes.
3. On another baking sheet, spread out slivered almonds in a single layer. Toast until they become aromatic, about 8 minutes. Remove from oven, remove from baking sheet and allow to cool.
4. To serve, place roasted sweet potato mixture in a serving bowl. Top with toasted almonds.



Nutrition Facts per serving: 180 calories, 11g fat, 1g saturated fat, 0g trans fat, 210mg sodium, 18g carbohydrate, 4g fiber, 4g protein.

Apple Berry Crisp

Serves 12.

All you need:

- 5 Golden Delicious apples, peeled, cored and sliced
- 2 cup fresh or frozen cranberries
- 3/4 cup packed brown sugar, divided
- 1½ tsp cinnamon, divided
- 1/3 cup all-purpose flour
- 5 tbsp butter
- 1/3 cup quick oats
- 1/4 cup oven-roasted almond slices

All you do:

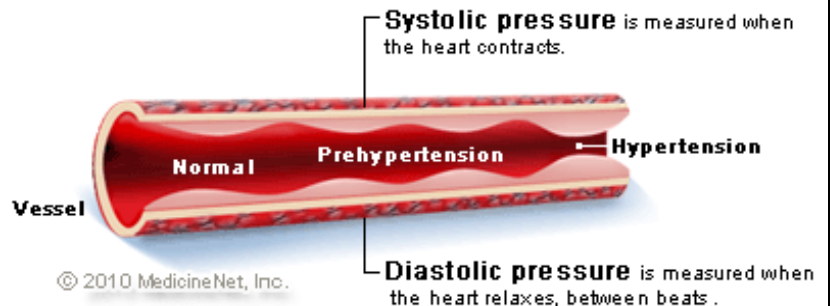
1. Preheat oven to 375 degrees. Lightly grease an 11-by-7-inch baking dish.
2. In a large bowl, combine apples, cranberries, 1/4 cup brown sugar and 1/2 teaspoon cinnamon. Toss to combine. Place in prepared baking dish.
3. In a medium bowl, combine flour, remaining 1/2 cup brown sugar and remaining 1 teaspoon cinnamon. With pastry blender, cut in butter until mixture is crumbly. Stir in oats and almonds. Sprinkle over apples.
4. Bake 40 to 45 minutes until apples are tender and topping is golden.



Understanding Blood Pressure to Protect Your Heart

Q: What is blood pressure?

A: Blood pressure is the force or pressure your blood pushes against your blood vessels as it is circulated throughout your body. When getting your blood pressure checked you are given two numbers. The first number is your systolic blood pressure. This number represents the pressure that occurs when your heart pumps blood throughout your body. The second number is your diastolic blood pressure. This number represents the pressure that occurs when your heart is relaxed and filling back up with blood.



Q: What should my blood pressure be?

A: Ideally, you want your systolic blood pressure to be under 120 and your diastolic blood pressure to be under 80. You would read this as 120/80. Hypertension is a term used to describe high blood pressure, meaning a blood pressure reading of 140/90 or higher.

Q: Why should I be concerned about my blood pressure?

A: When left untreated, hypertension can lead to heart disease, stroke, heart attack, vision loss and kidney problems. Possible symptoms you could experience from high blood pressure are headaches, confusion, vision problems and chest pain. However, it is possible for you to have high blood pressure without ever knowing it. You may not experience any symptoms at all, which is why it is important to get your numbers checked regularly.

Q: What can cause high blood pressure?

A: Your chances of having high blood pressure increase if you smoke, drink alcohol in excess, do not exercise regularly, are overweight, have diabetes, have a family history of high blood pressure, or if you eat foods high in sodium. Stress can also be a contributing factor to high blood pressure. When you are stressed your body releases stress hormones that temporarily increase your blood pressure and make your heart beat faster.

Q: What can I do to manage my blood pressure and protect my heart?

A: Practicing weight management and increasing your physical activity will help improve your blood pressure numbers. If you are overweight, losing 5% to 10% of your body weight can significantly reduce your blood pressure. To increase your physical activity, aim for 30 minutes of moderate activity (biking, walking, running, hiking) during most days of the week. Drink alcohol in moderation. Reducing your salt intake can drastically reduce your blood pressure. Sodium (the main ingredient in salt) is a mineral that regulates your body fluids and blood pressure. To lower your blood pressure, aim for eating no more than 2,300 milligrams of sodium per day. At each meal, try to fill half of your plate with fruits or vegetables, choose whole grains, lean protein, low-fat dairy, and limit added sugars in your diet.

Gifts of Health

Do you have a friend, family member, hostess or favorite person that you want to treat this holiday season? Finding a gift that is personal, thoughtful and healthy may seem to present some challenges, but that is where your friendly Mankato Hy-Vee dietitians can help. We've put together some ideas of how you can give "Gifts of Health" to assist you in treating those you care about with a gift of health and happiness.

When giving a gift this year, try the dietitian pick of the month for December, LaCroix sparkling water. LaCroix sparkling water can easily be a part of any beverage-themed gift basket or a great addition to any hostess gift. LaCroix is a healthier option to include in holiday cocktails and mocktails this season because it is a zero-calorie beverage, with no added sugar or artificial ingredients. This holiday season, try these great "Gifts of Health" ideas from your Hy-Vee dietitian.

Gifts of Health

Fresh, homemade spiced pecans, chai tea and cinnamon sticks wrapped up in a festive mug topped off with a store tour with your favorite Hy-Vee dietitian. Put a health spin on a classic holiday gift with the addition of a store tour with one of our Hy-Vee dietitians. Our dietitians can provide store tours on a variety of health topics including healthy eating, diabetes, heart health or food allergies.

LaCroix gift basket featuring Holiday Faux Martini. Include in the gift basket two cans of peach-pear LaCroix sparkling water, a small bottle of orange juice, agave nectar, fresh rosemary sprig and a set of martini glasses. For added holiday cheer, include mini bottles of tequila. See the below recipe.

Safe and healthy travels with LaCroix Rudolph Mocktail and Iced Gingersnap Trail Mix. A little travel is often required during the holiday season to visit family and friends. Send safe travel wishes with a gift basket that promotes hydration and happy snacking while on the road. See the recipes below and in the sidebar.

LaCroix Mimosa Mocktail with clementines. The gift of health continues with added vitamin C from clementines to add garnish to LaCroix's Mimosa Mocktail (see recipe below). Include in a gift basket 4 to 6 clementines, 1 grapefruit and 2 to 4 cans of grapefruit LaCroix sparkling water. You can even include the champagne glasses to top off the perfect gift for any host.

Iced Gingersnap Trail Mix

Serves 20 (1/2 cup each).

All you need:

- 4 cups Angie's Iced Gingerbread
- Holidrizzle kettle corn
- 1 cup Annie's gluten-free gingersnap
- Bunny cookies
- 1 cup vanilla yogurt raisins
- 1 cup Hy-Vee dried cranberries

All you do:

1. In a large bowl, combine kettle corn, Bunny cookies, raisins and cranberries.
2. Portion out 1/2 cup trail mix per person.

Nutrition Facts per serving: 130 calories, 4g fat, 2g saturated fat, 0g trans fat, 280mg sodium, 0mg cholesterol, 23g carbohydrates, 1g fiber, 9g sugar, 1g protein.

Source: www.hy-vee.com

Holiday Faux Martini

Serves 1.

All you need:

- 3 oz peach-pear LaCroix sparkling water
- 1 oz orange juice
- ½ oz agave nectar
- Rosemary sprigs, for garnish
- 1½ oz tequila, optional

All you do:

1. Combine sparkling water, orange juice and agave nectar and serve in a martini glass. Garnish with rosemary sprigs.
2. To turn this mocktail into a cocktail, add tequila.

Nutrition Facts per serving: 150 calories, 0g fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 0mg sodium, 14g carbohydrate, 0g fiber, 13g sugar, 0g protein.

Source: www.lacroixwater.com



LaCroix Rudolph Mocktail

Serves 1.

All you need:

- Juice from ½ lime
- 1 oz cranberry juice
- 2 oz coconut LaCroix sparkling water
- 2 oz lime LaCroix sparkling water
- Ice, for serving

All you do:

1. Combine lime juice, cranberry juice, coconut sparkling water and lime sparkling water with ice.

Nutrition Facts per serving: 20 calories, 0g fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 0mg sodium, 6g carbohydrate, 0g fiber, 3g sugar, 0g protein.

Source: www.lacroixwater.com

LaCroix Mimosa Mocktail

Serves 1 (6 oz each).

All you need:

- 2 oz fresh squeezed orange juice
- 1 oz fresh squeezed grapefruit juice
- 4 oz LaCroix sparkling water
- Orange wedge, for garnish

All you do:

1. Combine orange juice, grapefruit juice and sparkling water and serve in a champagne flute. Serve with orange to garnish.

Nutrition Facts per serving: 35 calories, 0g fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 0mg sodium, 9g carbohydrate, 0g fiber, 5g sugar, 1g protein.

Source: www.lacroixwater.com



HyVee.

dietitian's pick

LACROIX SPARKLING WATER



5 REASONS TO CHOOSE LACROIX SPARKLING WATER:

- 1.** ZERO. Zero calories. Zero sugar. Zero sweeteners. Zero sodium.
- 2.** TWO. Only two ingredients – carbonated water and natural flavors.
- 3.** Light, refreshing taste. Give it a chance and you'll fall in love.
- 4.** Endless flavor options. Try Lime, Grapefruit, Peach Pear, Cran-Raspberry, Lemon or Coconut...and that's just getting started.
- 5.** Fun and festive for the holidays. Try serving LaCroix Jubilee Mocktails at your holiday gathering.



LACROIX JUBILEE MOCKTAIL

Serves 1 (6 ounces each)

ALL YOU NEED:

2 oz LaCroix cran-raspberry sparkling water, chilled
2 oz LaCroix lime sparkling water, chilled
2 oz 100% cherry juice, chilled
Fresh cherry, for garnish

ALL YOU DO:

Combine cran-raspberry and lime sparkling water with cherry juice in a cocktail glass. Garnish with a fresh cherry, if desired.

Nutrition Facts per serving: 30 calories, 0g fat, 0g saturated fat, 0mg cholesterol, 15mg sodium, 7g carbohydrate, 7g sugar, 0g protein.

Source: www.lacroixwater.com.

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

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