



— Food for Health —

Wellness Newsletter

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Uncomplicate Your Weight Loss Journey

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— Mel Jatsek



The Missing Link to Healthy Weight Loss

The wisdom of the human body to course-correct when it's out of balance leaves me in a constant state of awe.

It happens all the time too, right there under our noses! The miraculous healing of a flesh wound is a perfect example. Let's say you accidentally cut your finger while slicing an apple. A cascade of healing events takes place the moment the injury occurs, without you having to do a single thing... except to breathe, and even that is automatic. First your blood clots to stop the bleeding, then white blood cells rush to the scene to clean up house, and eventually a scab forms to seal the wound, making it as good as new. What a spectacular show!

Did you know the same power is at work when extra fat accumulates on your body? It's true!

The Setpoint Theory of Body Weight

Have you ever tried to lose weight only to become extremely frustrated when you can't achieve your desired goal? You put in the work and shed some pounds, but no matter how hard you try, you can't seem to get over the hump and lose another ounce. Have you ever stopped to consider that rather than lacking willpower, maybe your body simply doesn't want to be that weight?

We all have unique bodies, each one preferring its own size. Some call this our “setpoint” weight, or the weight that our body naturally settles at when it's exercised regularly and fed healthfully.

Perhaps, despite all your best efforts, your body has already reached its setpoint and is perfectly comfortable there. And even if you are successful

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at reaching a lower weight by means of extreme calorie restriction (which I don't recommend), your body will likely rebel with a voracious appetite, and so the forced weight loss will come right back like a boomerang.

On the other hand, sometimes people tell me that after a period of making healthier food choices, they noticed their clothes fitting better without even trying to lose weight. This tells me their body was carrying extra weight that wasn't serving it, and by feeding it more healthfully, it shifted closer to its setpoint.

The point I am trying to make is this: Your body will take care of you when you take care of it. It will kick into healing mode and attempt to fix what it perceives as "broken." It will adjust its metabolism to lose or gain weight in an effort to maintain a stable and constant state, a phenomenon known as homeostasis.

The Missing Link to Achieving a Healthy Body

An important step in taking care of your body is to take the focus off your weight. I've witnessed too many people obsess over a desired number at the expense of joy and peace. This makes me sad! Trust me when I say that your weight will shift in the right direction on its own when you feed it like the temple that it is.

And how do you do that? By making sure you're eating enough dietary fiber.

If you think of fiber as something merely found in a bowl of oatmeal—nothing special, just roughage to keep your digestive system moving along—you would be correct, except that it's beyond special. Fiber is quite magical!

Dietary fiber is an indigestible carbohydrate found in Fx™-approved, plant-based foods like fruits, vegetables, whole grains, beans, peas, lentils, nuts, and seeds.

Fiber helps regulate blood sugar, lower inflammation, promote healthy blood vessels, and control cholesterol. But that's just the beginning!

The real magic of dietary fiber is how it may help you shed unwanted pounds. The beneficial bacteria in your gut use dietary fiber as food to grow and multiply. Beyond that it also uses fiber to produce short-chain fatty acids (SCFAs), the main source of energy for the cells lining your colon.

But here's where it gets interesting.

These short-chain fatty acids trigger the release of a gut hormone called GLP-1, which sends the signal to your brain that you're full. If GLP-1 sounds familiar, it is because it's the same hormone mimicked in popular weight loss drugs.

But wait, there's more!

According to gastroenterologist Shilpa Ravella, M.D., high-fiber diets are also tied to lower levels of visceral fat, the deep fat that wraps around the inner abdominal organs and "churns out hidden inflammation at all hours of the day."

Fitting Fiber into Your Meals

Dietary fiber recommendations range between 25-35 grams per day. Most Americans fall way short of this, to the tune of 10-15 grams per day. If you're closer to this range, I'd recommend taking it slow by gradually increasing fiber in 5-gram increments, the amount in one cup of carrots or one cup of cooked oatmeal.

To get your fiber fix, here are 14 fantastic Fx™-approved, fiber-rich foods found at your local Heinen's.

- Apple with skin: 5 grams per medium-size apple
- Acorn squash: 9 grams per one cup
- Artichoke: 7 grams per medium-size artichoke
- Avocado: 9 grams per medium-size avocado
- Carrots: 5 grams per one cup
- Heinen's canned chickpeas: 7 grams per ½ cup
- Collard greens: 6 grams per two cups
- Jicama: 6 grams per one cup sliced
- Heinen's dry lentils: 11 grams per ½ cup cooked
- Pear with skin: 6 grams per medium-size pear
- Pomegranate arils (seeds): 5 grams per one cup
- Qi'a Superfood Superseeds & Grains oatmeal: 4 grams per packet
- Quinoa: 5 grams per one cup cooked
- Bob's Red Mill ground flax seed: 6 grams per 1/4 cup

Key Takeaway

Stubborn body fat is no match for a fiber-filled diet. Since you have to eat anyway, why not make an effort to fuel your body with more fiber-rich foods from the above list? I have a feeling you're going to love how your body feels eating this way.



Mel's New Product Picks



Heinen's Organic Superfoods

If you're not familiar with what superfoods are, they are nutrient-rich foods that offer a wide range of health-boosting benefits. Just a teaspoon of superfoods is all you need to give your body the extra nutrients it craves.

Here's a quick look at each of our new Club Fx™-approved superfoods, along with simple ideas for adding them to your meals and snacks.

Heinen's Organic Beet Powder

Beets deliver betaines—the phytonutrients responsible for their vibrant red color. This beet powder adds an earthy flavor to food and drinks with potential added benefits including:

- Increased blood flow and lower blood pressure
- Increased oxygen uptake, which may support energy and performance

Recipe Ideas: Blend Heinen's beet powder into your favorite smoothie or stir it into hummus for a delicious, eye-catching veggie dip or baked potato topping!

Heinen's Organic Cacao Powder

Cacao (pronounced "cu-COW") is made from the fermented, dried seeds of the Theobroma cacao tree.

As one of the functional foods on the Club Fx™ Top 100 Foods List, cacao boasts the following benefits:

- More antioxidants than most green tea
- One of the highest dietary sources of magnesium
- Contains tryptophan to support a healthy and balanced mood
- May help with reduced blood pressure, improved blood vessel health and elevated HDL ("good") cholesterol

Recipe Idea: For a delicious dairy-free chocolate pudding, add a peeled and seeded avocado, cacao powder, and a drizzle of Heinen's raw honey or pure maple syrup to a blender or food processor and blend until smooth. Top with cacao nibs before serving.

Heinen's Organic Cacao Nibs

Once the cacao seeds are dried and fermented, they can be cracked into small pieces or "nibs". Although not sweet, cacao nibs offer a nice nutritious crunch to oatmeal, yogurt, and smoothie bowls. A teaspoon or two is all you'll need!

Heinen's Organic Black Chia Seeds

A great source of omega-3 fatty acids, chia seeds, although very small in size, have the power to reduce inflammation in the body and even increase good cholesterol to benefit your overall cardiovascular health. In addition to being heart healthy, their high fiber content will help keep you feeling fuller longer.

Recipe Idea: Check off two Heinen's superfoods (chia and cacao) when you make the energizing and satisfying 5-minute Lion's Mane Shake with Cacao and Raspberry on the last page of this newsletter.

Heinen's Organic Whole and Ground Brown Flaxseeds

Flaxseeds are a great source of soluble fiber and omega-3 fats. They are easier to digest when ground and can even help bind things together, making them a great replacement for eggs in some recipes. I like to buy my flaxseeds whole and then grind them in my coffee grinder right before I use them.

Recipe Idea: Stir ground flaxseed into yogurt or oatmeal bowls or sprinkle on peanut butter toast.

Heinen's Organic Maca Powder

Maca root was used in ancient Peru as a source of nourishment. It has an earthy, slightly nutty taste with a hint of butterscotch. Maca's benefits include hormonal health, stamina, stress support, and healthy metabolism.

Recipe Idea: Stir into hot chocolate, blended soups, or oatmeal.

Heinen's Organic Spirulina Powder

Spirulina is a blue-green algae considered one of the world's most concentrated sources of functional nutrients, including chlorophyll, trace minerals, vitamins, protein, and antioxidants. Consider supplementing with spirulina if you are in need of detox support, immune support, or extra energy.

Recipe Idea: Mix one tablespoon of spirulina into no-bake energy ball recipes and enjoy for an energizing midday snack.

Key Takeaway

Sometimes the smallest things can have the biggest impact on your health. What could be easier than adding a teaspoon of a Heinen's superfood to one of your meals?

LION'S MANE SHAKE WITH CACAO AND RASPBERRY

The following recipe and photography were provided by our partner, Yoko Segawa of Yoko's Kitchen.



Blended with an assortment of equally good-for-you ingredients, including coconut yogurt, frozen raspberries, kale, Heinen's organic chia seeds, and almond butter, this vibrant and creamy creation is the ultimate way to kick start your day and keep you full until your next meal!

*Servings: 2 snack-size shakes or 1 meal-size shake;
Prep time: 5 minutes; Cook time: n/a*

Ingredients

- 1 cup Elmhurst almond milk
- 1/2 cup Cocomune pure coconut yogurt, plus more for topping
- 1-1/2 cups Heinen's frozen raspberries, plus more for topping
- 1 cup fresh Heinen's baby kale
- 2 Tbsp. Heinen's organic cacao powder
- 1 Tbsp. Heinen's organic chia seeds
- 1 Tbsp. Heinen's fresh ground almond butter
- 1 Tbsp. Heinen's pure organic maple syrup, more to taste
- 1 tsp. Host Defense Lion's Mane powder
- A dash of Heinen's cinnamon

Instructions

1. Add all ingredients to a blender. Blend until smooth. If the shake is too thick, add a splash of almond milk until you reach your desired consistency.
2. For added eye appeal, swirl the coconut yogurt around the inside of the glass. Pour the shake into the glass and top with a dollop of the yogurt and frozen raspberries.



Club Fx is a FREE program for Heinen's Tasteful Rewards members that offers education, nutrition tips, product recommendations and recipe inspiration for customers to live their healthiest lives. Interested in becoming a Club Fx member? Update your Tasteful Rewards account to ensure you get our weekly emails and access to personalized nutrition services!