



# — Food for Health —

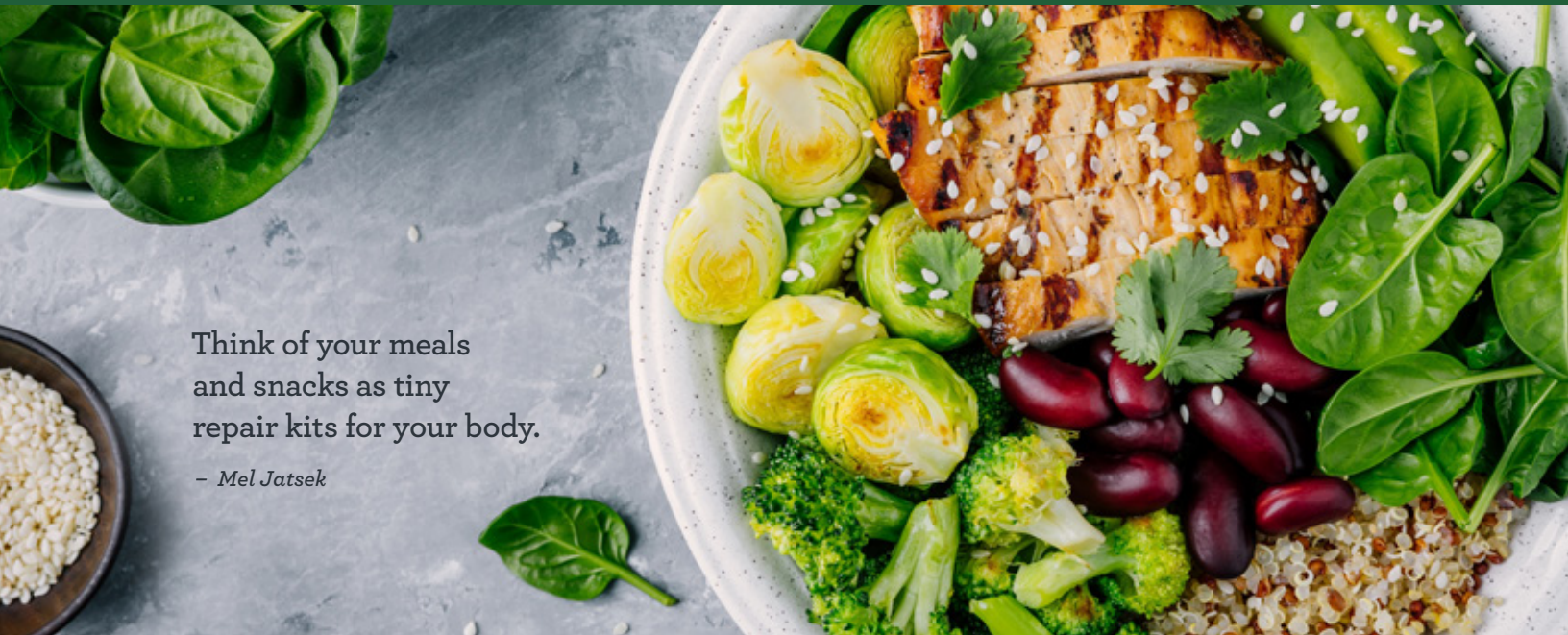
## Wellness Newsletter

By Melanie Jatsek RD, LD  
Heinein's Registered Dietitian

### Simple & Satisfying Snacks

#### MORE INSIDE:

Can You Relate? Turning Nutrition into a Numbers Game  
Myth-Busting Nutrition Bars: 5 Clean Bars to Fuel Your Day  
4 Simple and Satisfying Fx-Approved Snacks You Can Make at Home



Think of your meals  
and snacks as tiny  
repair kits for your body.

— Mel Jatsek

### Can You Relate? Turning Nutrition into a Numbers Game

When was the last time you went to a restaurant and ordered an entree of protein with a side of magnesium, and for dessert, a bowl of carbohydrates?

It's a silly question, isn't it? Silly, but in a way that's exactly what we do when we focus on counting calories or grams of macros like protein instead of striving to make overall healthier food choices.

First, what exactly are macros? Carbohydrates, protein, and fat are the main macronutrients in food, which supply your body with calories and energy. They are

called "macro" nutrients because your body requires them in large amounts.

Micronutrients are essential vitamins and minerals your body requires in smaller amounts. They are calorie-free and include vitamins A and C and the minerals calcium and iron, to name just a few.

If you're among the many people who count macros or calories, I'm sure you have a good reason. I want you to know I hear you and applaud your commitment to improving your health. It's not always easy!

That said, here are a few downsides to what I call "eating by numbers", that you may not be aware of:

- 1. It's daunting!** No matter how motivated you are at the beginning, whenever an activity becomes taxing, it's only a matter of time before you throw in the towel. I feel this way about puzzles, which is why I've yet to complete one larger than 50 pieces!
- 2. It's unnatural.** It's good to be aware of what you're eating, but there's a fine line

*continued on the last page*

## MYTH-BUSTING NUTRITION BARS: 5 CLEAN BARS TO FUEL YOUR DAY



Nutrition bars are a sizzling hot, sought-after solution for those seeking a quick grab-and-go meal. The variety of bars on today's grocery store shelves is proof alone, but it's important to know that just because it's classified as a "nutrition" bar doesn't mean it's necessarily good for you. In fact, some "nutrition" bars are heavily processed with lots of added sugar, so they won't do you any good in satisfying hunger or boosting energy levels.

I've eliminated the guesswork and narrowed it down to my five favorite Fx™-approved bars at Heinen's, along with additional information to help you choose the best one for your particular dietary needs and preferences.

### All five bars have these essential traits in common:

1. Contain no more than 8 grams of added sugar (most have 3 grams or less!)
2. Free of gluten
3. Non-GMO
4. No processed inflammatory seed oils (sunflower, canola, vegetable, etc.)
5. No additives, preservatives, or artificial ingredients

### Raw Rev Glo Bar

This is one of my go-to bars because it's loaded with good, healthy fat and dietary fiber, so it does a great job of keeping me full. Each bar is made with a unique blend of freshly ground peanuts, vegan proteins (13 grams per bar), chia seeds, and organic coconut oil. My favorite flavor is Creamy Peanut Butter & Sea Salt.

**Pro Tip:** Check your teeth after you eat one of these bars as you just may have a chia seed or two lodged in there for the world to see!

- Vegan: Yes
- Dairy-Free: Yes
- Soy-Free: No

- Texture: Like cookie dough
- Sweetener: Monk fruit (in Double Chocolate Brownie Batter and Chocolate Chip Cookie Dough flavors only)
- Flavors: Peanut Butter Dark Chocolate & Sea Salt; Creamy Peanut Butter & Sea Salt; Chocolate Chip Cookie Dough; Double Chocolate Brownie Batter

### Tosi Crunchy Bar

If you love crunch, you'll love Tosi bars. They are like granola, but grain-free. Each flavor gets its protein from nuts and seeds only. Enjoy as a snack or crumble into unsweetened plant-based yogurt, like Forager unsweetened cashew yogurt, and you've got a simple and nutritious breakfast for busy mornings!

- Vegan: Yes
- Dairy-Free: Yes
- Soy-Free: Yes
- Texture: Crunchy
- Sweetener: Cassava syrup; evaporated coconut blossom nectar
- Flavors: Roasted Almond; Peanut Butter Dark Chocolate; Almond Blueberry; Toasted Cashew

### Over Easy Bar

This bar is like a portable bowl of oatmeal with a side of eggs. Known for its soft texture, what makes this locally crafted bar (Chagrin Falls, Ohio) truly unique is that it offers a nice amount of protein from egg whites. The inclusion of nut butter also gives these bars the perfect amount of healthy fat to keep you satisfied all morning.

- Vegan: No
- Dairy-Free: Yes
- Soy-Free: Yes
- Texture: Soft and chewy
- Sweetener: Honey
- Flavors: Peanut Butter; Apple Cinnamon; Banana Nut

### Balanced Tiger Bar

A cleverly crafted bar made from a blend of functional mushrooms grown in southern California. The mushroom mix includes cordyceps for energy, lion's mane for focus and productivity, reishi for stress balance and sleep support, and chaga to boost your immune system. Not a fan of mushrooms? Don't worry, these sweet and satisfying bars bear no resemblance to the fungi flavor you're used to.

- Vegan: Yes
- Dairy-Free: Yes
- Soy-Free: Yes
- Texture: Pleasantly chewy
- Sweetener: Tapioca syrup; dates
- Flavors: Chocolate Brownie; Peanut Butter Chocolate Chip; Chocolate Chip Cookie Dough

### Larabar

Simple is good when it comes to nutrition bars, and Larabars are as simple as it gets! Made from whole foods like unsweetened fruits, nuts, and spices, each indulgent flavor contains no more than nine ingredients, is minimally processed, and is as close to its natural state as possible.

- Vegan: Yes
- Dairy-Free: Yes
- Soy-Free: Yes
- Texture: Dense and chewy
- Flavors: Lemon; Cashew Cookie; Apple Pie; Chocolate Chip Cookie Dough; Peanut Butter Cookie; Cherry Pie; Peanut Butter Chocolate Chip

### Key Takeaway

When made right, nutrition bars can help fill in nutritional gaps and save you from downing a bag of chips when you're hangry and it's not quite time for a meal. Why not create an "emergency kit" of your favorite Fx™-approved nutrition bars today so you'll be prepared tomorrow?



## 4 SIMPLE AND SATISFYING FX-APPROVED SNACKS YOU CAN MAKE AT HOME

Do you ever get bored eating the same old snacks day after day? Me too! I think it's Mother Nature's way of getting us to mix things up so that we can experience all the different vitamins and minerals we need to thrive. Of course I'm not talking about ultra-processed snack foods, but simple concoctions you can put together in no time with just a few simple Fx™-approved ingredients.

Here are four tasty and fun Fx™-approved snacks you can prepare in a flash the next time you're in the mood for something different.

*The following article and recipes were written by Heinen's Chief Dietitian, Melanie Jatsek RD, LD. Photography was provided by Christina Musgrave of Tasting with Tina.*



### SPICY CHICKPEA SALAD LETTUCE CUPS

#### Ingredients

- 1 can Heinen's organic chickpeas, drained and rinsed
- 1/3 cup Cedar's Reserve roasted red pepper hummus
- 2 Tbsp. Primal Kitchen hot buffalo sauce
- 1 celery stalk, diced
- 2-3 Bibb lettuce leaves

#### Instructions

1. Use a fork to mash the chickpeas, leaving some texture.
2. In a large bowl, combine the mashed chickpeas, hummus, and buffalo sauce. Fold in the diced celery.
3. Fill the Bibb lettuce leaves with a couple spoonfuls of the chickpea salad and enjoy!
4. Store the remaining chickpea salad in a sealed container in fridge for up to 5 days.



### DOUBLE AVOCADO-STUFFED EGG SALAD

#### Ingredients

- 1 mini avocado (in bag)
- 1 container Good Foods avocado mash minis
- 1 Nellie's hard-boiled egg, mashed with fork
- 2 tsp. red onion, chopped
- 2 tsp. Pickled Planet beet kraut

#### Instructions

1. Cut the avocado in half lengthwise and remove the seed.
2. Scoop out a little of the flesh to create more space for the filling.
3. Mix the mashed egg with the avocado mash mini, red onion, and scooped avocado.
4. Fill each avocado half with the mixture and top with the beet kraut.

*continued on the last page*

## 4 SIMPLE AND SATISFYING FX-APPROVED SNACKS YOU CAN MAKE AT HOME *continued from the inside*



### CHEWY WALNUT BUTTER-STUFFED DATES

#### Ingredients

- 2 Fresh Energy medjool dates, pitted
- 2 tsp. Heinen's fresh ground walnut butter (sub almond or peanut butter if desired)
- 1 tsp. Heinen's organic cacao nibs
- Maldon flaked sea salt, optional

#### Instructions

1. Spoon 1 teaspoon of walnut butter into the cavity of each pitted date.
2. Sprinkle 1/2 teaspoon of cacao nibs and an optional pinch of flaked salt on top of each date.



### CHEESY NORI ROLL UP

#### Ingredients

- 1 Sushi Chef nori sheet
- 1 Tbsp. Dare pepperjack vegan cheese or Silver Goat herb and garlic chevre goat cheese
- 2 Tbsp. Heinen's canned black beans, rinsed and drained
- 1 Tbsp. Go Raw sprouted sunflower seeds
- 1/4 cup Vigeo Gardens broccoli and kale microgreens

#### Instructions

1. Spread the cheese down the center of the nori sheet.
2. Add the beans, sunflower seeds, and microgreens on top of the cheese.
3. Roll up and enjoy!

## CAN YOU RELATE?

*continued from front*

between awareness and obsession. When thoughts are fixated on grams or calories, it's not uncommon to develop a dysfunctional relationship with food.

- 3. You can lose sight of the bigger picture.** When you "eat by numbers" it's easy to lose sight of why you are counting in the first place (i.e. to improve your health). You may find yourself choosing foods based solely on their low calorie or high protein content without regard to the nutritional quality of the food. For example, diet cola is low in calories but loaded with artificial ingredients like aspartame and preservatives.

#### Key Takeaway

Grams and calories aren't tasty, but a hearty bowl of vegetarian chili (high in protein) with a Heinen's Spring Mix salad (high in magnesium) and a bowl of fruit salad (high in fiber-rich, healthy carbs) for dessert, certainly are!

If you're looking to break free from the numbers game and get back to eating for health, schedule a free Club Fx Store tour with one of Heinen's dedicated and knowledgeable Wellness Consultants today to learn how to stock your kitchen to support healthy eating habits.



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!