



# — Food for Health —

## Wellness Newsletter

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### Healthy Food Trends for the New Year

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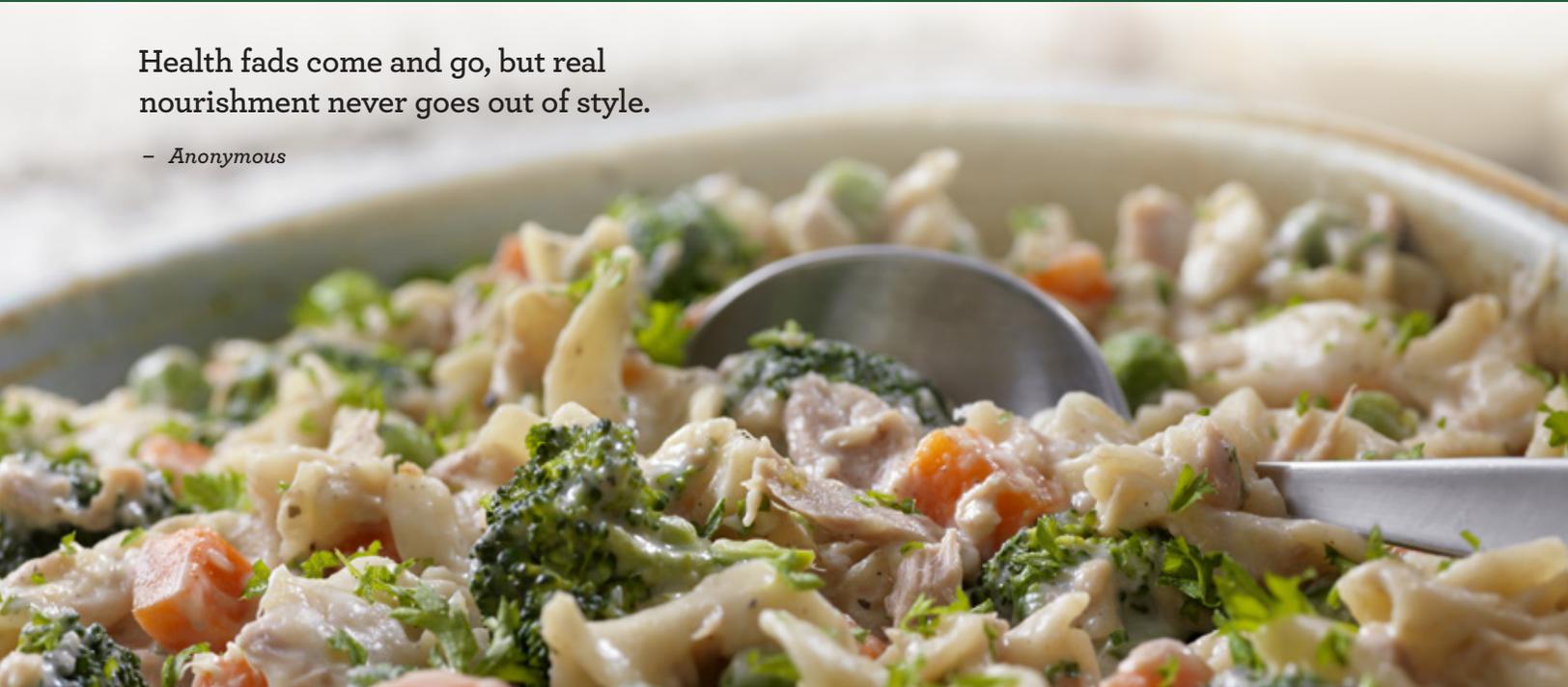
Fx Products to Help You Stay on Top of 2026 Food Trends

5 Health Benefits of Coffee

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Health fads come and go, but real nourishment never goes out of style.

— Anonymous



### — Fx Products to Help You Stay on Top of 2026 Food Trends —

It's a brand-new year, and with it comes a fresh batch of food trends to consider. I'll admit it, I'm skeptical of faddish food trends, and for good reason! By definition, a fad is short-lived, and I'm not one to endorse ideas that I know won't stand the test of time.

The good news is that you can twist a trend to make it a lasting one that benefits you! Take, for example, the protein trend. Cheeseburgers and split peas both supply protein, but one comes packaged with more salt and saturated fat than your body was

meant to eat in one meal. I'll let you guess which one!

The food trends featured here are a win all around—healthy, sustainable, and full of flavorful inspiration that makes living an Fx (food as medicine) lifestyle easier and tastier than ever.

#### **Trend 1: Protein Power**

Balanced, minimally processed protein is always in style. Here, I chose to focus on green split peas, the humble legume likely collecting dust in kitchen pantries across the globe. Two inexpensive,

belly-warming ways to invite this protein powerhouse into your meals include:

- **Heinen's organic green split peas:** A 1/4 cup dry (1 cup cooked) serving offers 8 grams of plant protein, 9 grams of much needed dietary fiber, and zero sodium.

**Meal Tip:** For a recipe-ready source of protein, boil a bag of Heinen's organic green split peas and refrigerate. Blend a 1/2 cup

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## FX PRODUCTS TO HELP YOU STAY ON TOP OF 2026 FOOD TRENDS

continued

into smoothies, top off salads, add to Buddha Bowls, or stir into pasta sauce.

- **McDougall's split pea soup:** A convenient meal solution packed with 15 grams of protein, just as much fiber, and half the sodium of conventional soup. Available in the soup aisle in a travel-friendly soup cup (must add hot water) or ready-to-eat varieties.

### Trend 2: Fiber-Friendly Snacks

At the risk of sounding like a broken record, the average American only gets 10 of the recommended 30-35 grams of fiber each day. But since you're reading this, I already know you're way above average!

As you've just witnessed, split peas are a great source of fiber! But who wants to snack on split peas? I think you'll find these perfectly portioned fiber-packed snacks more to your liking:

- **Rind fruit snacks:** Delightfully sweet and chewy, Rind snacks are a simple dried fruit with upwards of 14 grams of fiber per bag. The only thing they left out was the added sugar! Look for Rind in the dried fruit aisle in Tropical, Orchard, and Straw-Peary flavors.
- **IQ bars:** If you're looking for a plant-based, low sugar snack with 8-9 grams of fiber, 12 grams of protein, and functional ingredients like lion's mane mushrooms to help you focus, seek no further than IQ

bars! Found in the Wellness department, these bars come in three mouthwatering flavors: Chocolate Mint Chip, Peanut Butter Chip, and Chocolate Sea Salt.

### Trend 3: Global Flavors

A good sauce or seasoning is sometimes all it takes to bring a healthy meal to life! These globally inspired flavors are lower in sodium, making them better for your heart without sacrificing taste.

- **Muso Green Nori Seaweed Furikake and Yuzu Furikake** (85-105 mg sodium per serving): Furikake is a Japanese ready-to-use table condiment that is free of additives and artificial flavors. The edible seaweed nori is a common ingredient in both seasonings. It's a great source of iodine, an essential mineral important for thyroid function and immune health.

**Meal Tip:** Sprinkle on grilled meat or fish, a bowl of rice, popcorn, or wherever you want to deliver an extra pop of flavor and satisfying crunch. It can be a topping for noodle dishes and even a salad seasoning.

- **Mina Mild Harissa Moroccan Red Pepper Sauce** (65 mg sodium per serving): A staple on Moroccan tables, harissa is a red pepper sauce that elevates any dish, from meats, seafood, and eggs, to vegetables, pastas, and soups.

### Trend 4: Frozen Fine Dining

Frozen pizza and ultra processed tv dinners used to be what you turned to for a quick meal solution in a pinch. Although these foods still poorly satisfy that need today, Heinen's Frozen department now offers many wholesome, flavorful options that feel almost homemade. Here are two premium frozen meal solutions to satisfy meat-eaters and vegetarians alike.

- **Amy's Palak Paneer Whole Meal:** Smooth, creamy, and perfectly spiced, tossed with cubes of soft Indian-style cheese, you'll never think of spinach the same way again. Rajmah dal, made from organic red kidney beans in a ginger-garlic sauce, and organic basmati rice completes the meal.
- **Kevin's Beef Bolognese Bowl:** A hearty pasta entree made with grass-fed ground beef, cauliflower pasta, and an unforgettable Italian-style tomato sauce.

### Key Takeaway

Fads fade quickly, but many can be reshaped into healthy habits. These trends offer nourishing, sustainable, and flavorful inspiration that makes an Fx lifestyle both practical and enjoyable.



## 5 HEALTH BENEFITS OF COFFEE



A vice is defined as any trivial fault or failing, act of self-indulgence, etc.

We often use this term to describe our self-proclaimed “bad” food choices, like potato chips, pizza, chocolate, cheese, and my personal “vice”, coffee.

You could imagine my surprise and subsequent delight when I learned that coffee has benefits above and beyond being a stimulant and mood-booster, including:

- 1. Coffee packs an antioxidant punch:** One of the leading antioxidants in the American diet, coffee contains more than a thousand bioactive compounds. The polyphenol chlorogenic acid is the most abundant antioxidant in coffee beans. The type of roast matters too! Dark roast may wipe out nearly 90 percent of the chlorogenic acid in the beans, so if you want the most bang for your antioxidant buck, choose medium or light roast.
- 2. Coffee stimulates autophagy:** Autophagy is your body’s internal recycling system, a metabolic process that removes damaged or dysfunctional parts of cells in order to regenerate healthier cells and maintain homeostasis/stability. There’s some good news for decaf drinkers, as the autophagy-promoting properties of coffee appear to be independent of the caffeine content.

- 3. Coffee lessens liver disease:** Drinking two or more cups of coffee a day appears to protect against the progression of almost all forms of liver disease, including fibrosis, cirrhosis, liver cancer, and fatty liver disease.
- 4. Coffee supports protection against several diseases:** Coffee intake is associated with a lower risk of kidney disease, along with reduced risk of gout, type 2 diabetes, skin cancer, and Parkinson’s disease. Decaf was also associated with a range of health benefits.
- 5. Coffee increases strength and stamina:** Epidemiological studies (a study of how often diseases occur in different groups of people and why) have tied greater coffee drinking with higher physical performance and a greater muscle mass index, less functional disability at two or more cups a day, and less sarcopenia (muscle loss) at three or more daily cups.

### Fx-Approved Coffees at Heinen’s

Some of my favorite Fx-Approved light and medium roast coffees at Heinen’s include:

- Equal Exchange Organic Breakfast Blend or Guatemalan Blend
- Bent Tree Organic Breakfast Blend
- North Coast Coffee Cleveland Blend

- Four Sigmatic Organic Gut Health Coffee (with mushroom extracts and probiotics)
- Intelligentsia Organic House Blend

### What You Add to Coffee Matters

Adding dairy milk or creamer may block the absorption of chlorogenic acid in your digestive tract. Drink it black or stick with plant-based milk like unsweetened soy, almond, cashew, or walnut milk. Milk almond milk creamer and Nutpods coconut creamer are two Fx-approved options you can feel good about stirring into your morning brew!

Also, it goes without saying that sugar detracts from the benefits of coffee, so leave it out if you can.

For a flavor kick and antioxidant lift, I like to sprinkle a little ground cinnamon, ginger, cardamom, or nutmeg into my coffee grounds before brewing.

### Potential Downsides of Coffee

Because coffee is a stimulant, you might not want to drink too much of it if you have trouble sleeping. It could also be helpful to consider a noon cut-off just to be safe.

In addition to sleep disturbances, certain conditions may not play nicely with coffee, including:

- Glaucoma or even a family history of it: caffeine can temporarily increase intraocular pressure
- Acid reflux disease: caffeine and chlorogenic acid can be triggers for reflux
- Pregnancy

It’s always best to check with your healthcare provider to make sure.

### Key Takeaway

It doesn’t happen often, but occasionally, a vice turns out to be a virtue. Today is that day! So, grab your favorite mug and rejoice in your love of coffee.

## IMMUNITY BOWLS

The following recipe and photography were provided by Julia of A Cedar Spoon.



Prep time: 10 minutes; Cook time: 30 minutes;  
Servings: 2

**We all need immune-boosting recipes when the cold weather comes. This dish is packed with flavor to satisfy your taste buds and vitamins and minerals to support your body.**

### Ingredients

- 1-10 oz. bag Path of Life Mediterranean quinoa blend, cooked according to package instructions and cooled to room temperature
- 3 Tbsp. Heinen's extra virgin olive oil, divided
- 2 cups sweet potatoes, diced
- 1 cup carrots, diced
- 1 cup broccoli florets
- 3 garlic cloves, thinly sliced
- 1 tsp. Heinen's ground turmeric (optional)
- 4 cups (1 bunch) stemmed kale,
- 2 tsp. Heinen's apple cider vinegar
- 1/4 cup Heinen's sliced almonds

### Instructions

1. Preheat the oven to 400 °F.
2. In a large mixing bowl, add the cubed sweet potato, diced carrots and broccoli. Add 1 Tbsp. of olive oil, salt, pepper and turmeric. Stir well. Place the vegetables on a baking sheet in an even layer.
3. Roast in the oven for 15 minutes. Use a spatula to stir, then roast for another 15 minutes.
4. Heat the remaining 2 Tbsp. of oil in a skillet over medium-high heat. Add the garlic and sauté for 30 seconds, or until fragrant.
5. Add the kale and sauté 3-4 minutes, or until tender.
6. Drizzle with vinegar and stir to combine.
7. Divide the Mediterranean quinoa blend among 4 bowls.
8. Top evenly with the sautéed kale, roasted vegetables and chopped almonds.
9. Garnish with fresh herbs and another drizzle of olive oil.



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!