



— Food for Health —

Wellness Newsletter

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Healthy Swaps for Your Cravings

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A cheerful heart is good medicine, but a crushed spirit dries up the bones.

— Proverbs 17:22

WHAT YOUR FOOD CRAVINGS ARE TRYING TO TELL YOU

Your body is in constant communication with you and has its own language to tell you what it wants. What does this language sound like?

- A growling stomach
- Joint pain
- Fever
- Headache
- Thirst
- Exhaustion
- Food cravings

Some of these calls are bullhorn-loud and evoke a kneejerk reaction. When you're thirsty, you pour yourself a glass of water; if you're struck with a temperature of 102 degrees, the obvious response is to go back to bed!

In other cases, it's more of a whisper and we face a fork in the road with a few possible options. Here, the immediate consequence of making the wrong choice isn't so obvious until we repeat it so often that it becomes a habit.

For example, we're overworked and yet continue to push through our exhaustion because, well, we can! Eventually we fall ill with the flu because our immune system is suffering due to lack of sleep.

In other cases, we can misinterpret what our body is trying to tell us. This is often the case with food cravings.

Food Cravings: Your Body's Way of Speaking to You

The diet industry has taught us to suppress our cravings; to "power through it". This advice is misguided because cravings are the body's way of demanding certain nutrients.

Take for example, a salt craving after a sweaty workout, or carb cravings while following a low carb diet. Sodium and carbohydrates are important nutrients and our body knows it! Without sodium we can't maintain normal electrolyte balance; without healthy carbohydrates, our brain, muscles, heart, and central nervous system will lack much-needed energy.

Our response to food cravings should be straightforward: when you crave something, eat it!

That's exactly what happened in the days of our ancient ancestors, only they ate from the earth. Junk food didn't exist, making it easy to do the right thing.

Today the foods we crave aren't necessarily good for our health. Many of these highly processed foods trigger an addiction-like behavior that we can't turn off, and so we end up compulsively eating more and more of that food until it's all gone.

How to Correctly Interpret What Your Body is Saying

I've said it before, and I'll say it again: your body craves what you feed it most.

If the food you're craving does not support good health, you can change this in a matter of weeks by changing what you put in your body. This is also the only way to gain a clear understanding of what your body is really asking for. In other words, you must pull the weeds and clear the land before you can get to the root of the craving.

You can accomplish this by slowly reconditioning your palate to prefer real food and eat those foods until you are pleasantly satisfied. No calorie-counting or measuring of food needs to be involved. In fact, both behaviors block the line of communication between you and your body. Why? Because they are unnatural!

Real food is whole, minimally processed plant-based food. I'm talking fruits, veggies, leafy greens, whole intact grains (brown rice, oats, quinoa, etc.), nuts and seeds.

Signs that You're on the Right Track

The more real food you eat, the easier it will be to read your body correctly. Here are a few signs that you're on the right track:

- **Salty cravings:** Instead of reaching for a bag of potato chips to quench your salt craving after a sweaty workout or spending time in the sweltering sun, you're drawn to healthier sources of sodium, like:
 - Just Ingredients Electrolytes
 - A spoonful of Nuts for Cheese on a Top Seedz Cracker
 - A celery stalk filled with Heinen's Fresh Ground Walnut Butter



WHAT YOUR FOOD CRAVINGS ARE TRYING TO TELL YOU *continued*



- **Carb cravings:** Digging into the cookie jar no longer seems like the right choice for your evening carb cravings. You reach for these whole food sources of carbohydrates instead:
 - A ripe banana
 - Solely Fruit Jerky
 - Half of a small leftover sweet potato drizzled with SoCo Date Tahini and a sprinkle of Grandy Granola
- **Sugar cravings:** A candy bar doesn't satisfy your craving for sweets, but a small bowl of Sugar Kiss melon balls or a bag of Realsy Chocolate Peanut Butter Dates does the trick every time. Besides, you've been down that road enough times to know that one candy bar always leads to a few cookies, and so on.

Key Takeaway

Your body knows what it needs, and food cravings are one of its many languages. Ignore its gentle whispers and they will haunt you until you give in!

The key is to give in with the right foods. If you make your personal food mantra *"what I feed my body most, it will crave"*, and you commit to choosing foods that support the health of your precious body, I guarantee that your days of craving cookies, candy and potato chips will soon be over.

11 HEALTHY SWAPS TO SATISFY CRAVINGS

Good intentions inevitably fall short when we make the mistake of vowing to abstain from our favorite comfort foods, setting up a multitude of rules and restrictions that not even the most disciplined person could follow.

I'm not suggesting you indulge in cheesy, chocolatey, fizzy and salty treats with wild abandon, because that's not the way to better health. But when you approach these comfort foods with a "forbidden" mindset, that's immediate grounds for food preoccupation and eventual failure. Why? Because we always want what we're told we can't have. This is especially true for food.

The good news is you don't have to give up your favorite foods because I've crafted a list of 11 Fx-approved comfort food swaps to satisfy your cravings. Now you can literally have your cookies and eat them too!



Craving Cookies?

The GFB (Gluten Free Brothers) Chocolate Chip Cookie Dough Bites are packed with everything a cookie should have, minus tons of added sugar. While the average packaged cookie can have upwards of 15 grams of added sugar per serving, this cookie has a mere 3 grams and tastes even better because it's made with better ingredients. Found in the Cookie aisle.



Craving Pizza?

Swap traditional pizza crust for a sprouted English muffin. The Sprouted English Muffin Pizza recipe in this newsletter allows you to increase your fiber intake without sacrificing any delicious Italian-inspired flavor. Finish with mushrooms, onions, artichoke hearts, or other classic pizza toppings you love.



Craving Chips and Salsa?

Made with good-for-you avocado oil, Siete Maiz Blue Corn Tortilla Chips are the perfect vehicle for Heinen's Pico De Gallo Salsa!



Craving a Sandwich?

There's nothing like a sandwich built with wholesome whole grain sprouted Silver Hills bread, Hummus Goodness (an authentic chickpea, tahini and olive oil hummus), Two Brothers organic, preservative-free turkey, and nutrient-packed Vigeo microgreens.

Craving Ice Cream?

Alden's Orange Cream and Chocolate Fudge frozen dessert bars contain nothing artificial, are made with organic cream, and have 10 grams of added sugar. At first glance, this may seem like a lot of sugar but compared to the 18-20 grams of added sugar in conventional ice cream bars, they are a definite upgrade.



Craving Grilled Cheese and Tomato Soup?

Transform traditional grilled cheese into a toasted sandwich with more fiber and omega-3 fats by using Silver Hills sprouted whole grain bread, Heinen's Organic A2 Grass-Fed Raw Cheese and Kerrygold Grass-Fed



Butter. Serve with a bowl of Amy's Kitchen Organic Low Sodium Chunky Tomato Bisque. A classic comfort meal made over!

Craving Chocolate?

Hu's Chocolate Covered Almond Hunks and Hazelnut Butter Dark Chocolate Bites are my go-to choices whenever I have a chocolate craving. No fillers, emulsifiers, artificial sweeteners or refined sugar – just creamy, chocolatey, USDA organic goodness. Found in the Candy aisle.



Craving Cheese and Crackers?

Top Seedz Crackers aren't your traditional refined, high glycemic cracker. These low sodium crackers are made with a mix of sesame, sunflower, pumpkin, and flax seeds, making them an ideal snack for better blood sugar control. Smear it with rich and creamy cashew-based Nuts for Cheese for a plant-based treat that tastes like the real thing.





11 HEALTHY SWAPS TO SATISFY CRAVINGS *continued*



Craving Mac and Cheese?

Due to its main ingredient of chickpeas, Banza pasta offers two things not found in traditional pasta: 11 grams of protein and 7 grams of fiber per serving. To the cooked pasta, stir in your desired amount of Primal Kitchen Spicy Queso, a dairy-free cheese made from pureed pumpkin seed butter. Primal Kitchen Spicy Queso also makes a tasty base for nachos.

Craving Soda?

Drink Olipop—a soda that's actually good for you! It combines prebiotics, plant fiber and botanical extracts to support your digestive system. Each can has 9 grams of fiber, 2-5 grams of sugar and 45 calories or less. Did I mention it's super fizzy and delicious? Try one of their many mouthwatering flavors: Vintage Cola, Classic Root Beer, Ginger Ale, Doctor Goodwin, and more! Found in Heinen's Wellness cooler.

Craving Hot Chocolate?

Om Hot Chocolate Superfood Mushroom Blend combines reishi, lion's mane, chaga and turkey tail with organic cocoa for a creamy hot chocolate experience. Each serving contains beta-glucans for immune support and ashwagandha to help your body adapt to stress. Found in Heinen's Wellness department.

Key Takeaway

Exchange your deprivation-driven attitude for an abundance mindset! Focus on the plethora of nutritious and delicious foods you get to enjoy (rather than those you are avoiding), including these better-for-you comfort foods. And when you are tempted to return to your old habits, chew on this: Your body is your residence. Would you rather live in a garbage dump or a palace?

SPROUTED ENGLISH MUFFIN PIZZA



Nutrition Information

Servings: 1
Calories: 385
Carbohydrates: 37 grams
Protein: 9 grams
Total fat: 16 grams
Saturated fat: 8 grams
Fiber: 9 grams
Added sugar: 0 grams
Sodium: 720 mg
Potassium: 474 mg

Note: Nutrition information does not include toppings and is provided as an estimate only.

Cook time: 10 minutes; Prep time: 5 minutes; Servings: 1

Swapping traditional pizza crust for a sprouted English muffin allows you to increase your fiber intake without sacrificing any delicious Italian-inspired flavor. Finish with mushrooms, onions, artichoke hearts, or other classic pizza toppings you love.

Ingredients

FOR THE PIZZA

- 1 Ezekiel English muffin, split
- 1/4 cup Heinen's pizza sauce
- 1/2 cup Organic Valley shredded mozzarella cheese

TOPPINGS

- Sliced olives
- Diced red onions
- Diced tomatoes
- Sliced garlic
- Spinach
- Sun-dried tomatoes
- Peppers
- Fresh basil
- Artichoke hearts
- Mushrooms

Instructions

1. Preheat the oven to 375°F (you can also make these in your toaster oven).
2. Place the English muffin halves, cut-side-up, onto a baking sheet.
3. Spoon the pizza sauce equally on each half and top with cheese and toppings.
4. Bake for 10 minutes, or until cheese is melted.



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!