



*"Making lives easier, healthier and happier"*

**Dietitian E-News**

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### **What's in the Dietitian's Spotlight at Austin Hy-Vee for February?**



Struggling with weight loss? This can help you!! Here is a customer comment regarding the **BodyBugg™**: "I just wanted to touch base with you about my bodybugg. I love it! What a great tool to have. It is super easy to use and it has a ton of features. It tracks your daily burned calories and you can enter any food. If you make something you put in the items and amounts you used in the recipe and how many servings it made and it calculates how many calories you ate. Cool!"

Seen it on Oprah or The Biggest Loser? Now you can find it at the Hy-Vee Pharmacy – on sale now for \$199!



**Kashi Heart to Heart Whole Grain Crackers** contain plant sterols, a natural compound found in fruits, nuts and vegetables. Plant sterols have been shown to help lower cholesterol levels by competing with dietary cholesterol for absorption. Find them in the HealthMarket.



**Kardea Nutrition Bar**  
A great snack or breakfast choice that also contains plant sterols. One bar provides 1 gram of plant sterols and 7 grams fiber, including 3 grams heart-healthy soluble fiber. Flavors include cranberry almond, lemon ginger, banana walnut and chai spice. Find them in the HealthMarket.



# Dinner? Done!

Austin Hy-Vee's  
**RECIPE & MENU CENTER**

Check back each week for new ideas!

Brought to you by your Austin Hy-Vee Dietitian

**I am excited to share details of our new Recipe & Menu Center!  
Located at the back of the HealthMarket Aisle  
(above the sugar-free cookies) you can find:**

- **Healthy Bites Weekly Menu Suggestions including 5 new recipes with each planner, shopping list and nutritional information. This will be updated each Wednesday.**
- **Hy-Vee Recipes of the Month – great ways to use seasonal foods and give you new ideas! This will be updated monthly.**
- **All recipes are developed with the Hy-Vee Test Kitchen in Des Moines, IA.**

# Use NuVal™ to Trade Up for Health!



## Valentine's Dessert Idea!

### Marble Bark with Berries and Nuts

Serves 25 (1 piece each)

All you need:

- 1 cup dark chocolate chips
- 1 cup Hy-Vee white baking chips
- 1 cup Hy-Vee mixed nuts, toasted and coarsely chopped
- 1 (5 oz) bag Hy-Vee dried mixed berries

All you do:

1. Line a baking sheet with parchment paper.
2. In microwave-safe bowls, melt chocolate chips in one bowl and white baking chips in a separate bowl in the microwave on MEDIUM power, stirring every minute, until melted.
3. Working quickly, pour melted dark chocolate chips onto parchment and spread into a 10-inch square. Dollop melted white baking chips on top of melted dark chocolate chips. Swirl together.
4. Sprinkle with nuts and dried berries. Press lightly into chocolate.
5. Cover and chill until the chocolate has hardened, about 2 hours.
6. Using a sharp knife, cut into 2-inch squares.

Nutrition facts per serving: 140 calories, 8g fat, 5g saturated fat, 0g trans fat, 0mg cholesterol, 25mg sodium, 18g carbohydrates, 1g fiber, 15g sugar, 1g protein.

Daily values: 0% vitamin A, 0% vitamin C, 0% calcium, 0% iron.

## Celebrate healthy hearts with healthy habits this Valentine's Day

**Breakfast:** Add frozen raspberries to hot oatmeal for a pink bowl of heart-healthy goodness.

**Lunch:** Use a large heart cookie-cutter to shape whole-grain bread into heart sandwiches. Include red bell pepper slices and grape tomatoes on the side.

**Dinner:** Serve whole-grain pasta with red tomato sauce or broil salmon and top with a spoonful of cranberry sauce.



### **In Season Cooking Class – March 3<sup>rd</sup> from Noon – 1 P.M.**

FREE - Come to this monthly observation class taught by Jen and Chef Michael, on seasonal produce for new ideas on selecting, storing and cooking fruits and vegetables. Each month we explore one fruit or vegetable, prepare two recipes and you get the easy part – sampling! This is a great way to boost your creativity in the kitchen while keeping health in mind. Winter Greens in March

