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Issue 5  
Aug 2012 - Oct 2012

# cents able HEALTH

FREE

FOR THE WAY WE LIVE AND EAT TODAY

Lunches for a  
**wholesome  
school year**

**Tailgate  
foods**  
for a  
healthy you

Crowd-  
pleasing  
**kabobs**

*Learn how to  
build your own  
kabobs on  
page 8*

Seasonal  
produce:  
**kiwi**

*Plus*

*Fresh, affordable recipes in every issue!*



**Whitney Packebush, RD, LD**  
Fareway Corporate Dietitian



Everyone is always talking about Body Mass Index (BMI). Does it matter? How do I figure my BMI?

**A:** Body Mass Index (BMI) is a number used to describe body fat based on height and weight for adults. It's a useful gauge of your risk for chronic disease-- such as high blood pressure, type 2 diabetes and certain cancers. Keep in mind BMI may overestimate body fat in athletes or those with a muscular build. It may also underestimate body fat in older individuals who have lost muscle.

**To determine your BMI:**

$$\text{BMI} = [\text{weight in pounds} / (\text{height in inches})^2] \times 703$$

For example: if you weigh 125 pounds and are 5'5" (65 inches) tall your BMI would be  $(125/65^2) \times 703 = 20.7 \text{ lbs/in}^2$

**What does that mean?**

- 18.5 or less = underweight
- 18.5 – 24.5 = healthy weight
- 25-29.9 = overweight
- 30 or more = obese

**Fareway gift cards are great for students going to college!**



**Want to contact Whitney?**

Send her your nutrition questions

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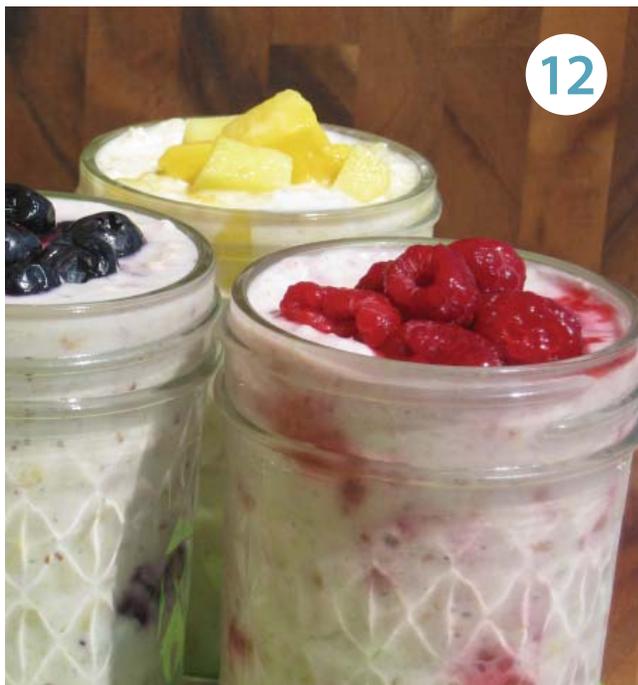
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For more information on the products featured in this issue of CentsAble Health Magazine, please visit the following websites: [www.hodgsonmill.com](http://www.hodgsonmill.com), [www.fritolay.com](http://www.fritolay.com), [www.cascadianfarm.com](http://www.cascadianfarm.com), [www.betteroats.com](http://www.betteroats.com), [www.whonucookies.com](http://www.whonucookies.com), [www.tostitos.com](http://www.tostitos.com), [www.faribaultfoods.com](http://www.faribaultfoods.com), [www.zesprikiwi.com](http://www.zesprikiwi.com)

## Best lunches for Back to SCHOOL

### BENTO BOXES

are all the rage in kids' lunches. Not only are they *très chic*, they are also perfect for dividing your kids' lunches according to *MyPlate* guidelines for 6 to 11 year olds. If you can't find a bento box, you can get the same effect using divided Tupperware®.

### TURKEY ROLL UPS

Makes 1 serving

Total time: 15 minutes + chilling time

#### INGREDIENTS:

1 whole wheat tortilla  
1 Tbsp. flavored cream cheese  
12 baby spinach leaves  
2 ounces turkey

#### DIRECTIONS:

SPREAD a thin layer of cream cheese over tortilla. LAY ingredients down in the middle of the tortilla, and ROLL tortilla tightly. WRAP in plastic wrap and REFRIGERATE for at least one hour, or overnight. To slice, CUT each roll up in 8 even pieces.

Nutrition information per serving: 155 calories; 3.3 g fat; 1.5 g saturated fat; 19.6 mg cholesterol; 527.2 mg sodium; 22.4 g carbohydrate; 2.9 g fiber; 9.9 g protein

### FRUIT

½ cup apple slices, 1 (4 ounce) container apple sauce, 1 small banana, 1 melon wedge, 16 grapes, ½ cup halved or sliced strawberries, 6 melon balls, ¼ cup dried fruit, ½ cup 100% fruit juice

### VEGETABLES

1 cup raw or cooked veggies, such as: 12 baby carrots, 1 large bell pepper, 1 cup tomatoes, 1 sweet potato, 2 cups raw leafy greens

### GRAINS

½ bagel, 1 small biscuit, ½ cup cooked bulgur, 10 crackers, 1 English muffin, 1 small muffin, 1 cup cooked oatmeal, 2 pancakes, 6 cups popcorn, 2 cups cold cereal, 1 cup cooked rice, 1 cup cooked pasta, 1 small tortilla

### PROTEIN

chicken, pork or beef the size of a child's palm, 1 small hamburger, 1 can tuna, 1 hard-boiled egg, 24 almonds, 2 tablespoons nut butter, ½ cup cooked beans, ¼ cup hummus, ¼ cup soybeans, 1 soy or bean burger

### DAIRY

1 cup low-fat or fat-free milk, ⅓ cup shredded cheese, ½ cup ricotta cheese, 1 cup cottage cheese, 1 cup calcium-fortified soymilk, almond milk, or rice milk, 1 cup yogurt



## Who Knew?

WhoNu® cookies are an excellent source of calcium, iron, vitamin A, vitamin C, vitamin D, vitamin E, and vitamin B<sub>12</sub>. And, they contain 3 grams of fiber per serving, making them a nutritious choice for your child's occasional sweet treat.





# TAILGATING CUISINE

Mini sweet peppers are great for entertaining since they have a mild, sweet flavor and are virtually seedless.

**The best part of any tailgate, at least any good tailgate, is the smorgasbord of tasty treats.**

But the average fan takes in 1,200 calories in just one sitting—not good for your health. Instead of overloading on fat and calories, lighten up with sizzlin' grilled grub that sticks to your ribs (not your waistline).

## MINI SWEET PEPPER POPPERS

Makes approximately 20 poppers  
Total time: 30 minutes

### INGREDIENTS:

1 bag mini sweet peppers  
8 ounces fat-free cream cheese  
10-15 slices bacon  
Toothpicks

### DIRECTIONS:

**CUT** a small slit in peppers and fill with cream cheese. **CUT** bacon slices in half and **WRAP** pepper; **SECURE** with toothpick. **GRILL** over indirect heat, turning occasionally for 10–15 minutes, or until bacon is cooked and peppers are lightly charred.

**Nutrition information per popper:** 64 calories; 3.6 g fat; 1.2 g saturated fat; 10 mg cholesterol; 257 mg sodium; .3 g fiber; 5 g protein



### THREE BEAN AND BEEF CHILI

Makes approximately 8 (1 ¼ cup) servings  
Total time: 45 minutes

Make this spicy chili ahead of time and warm it up on your grill. This chili can also be eaten as a dip with Tostitos®



#### INGREDIENTS:

- |                                   |  |
|-----------------------------------|--|
| 1 Tbsp. canola oil                | 1 (15.5 ounce) can Mrs. Grimes® black beans, drained and rinsed  |
| 1 onion, diced                    | 1 (15.5 ounce) can Mrs. Grimes® kidney beans, drained and rinsed |
| 1 green bell pepper, diced        | 1 (15.5 ounce) can Mrs. Grimes® spicy chili beans                |
| 2 garlic cloves, minced           | Salt and pepper, to taste  |
| 2 carrots, diced                  | Tostitos® chips (optional)                                       |
| 2 tsp. cumin                      |  |
| 1 pound extra-lean ground beef    |  |
| 1 (28 ounce) can crushed tomatoes |  |
| 2 cups water                      |  |
| ½ tsp. dried oregano              |  |
| 2-3 Tbsp. chili powder            |  |
| ¼ tsp. cayenne pepper (optional)  |  |



#### DIRECTIONS:

**HEAT** oil in a large pot and **ADD** onion, bell pepper, garlic and carrots. **COOK** until vegetables are soft, about ten minutes. **ADD** ground beef and cumin and **COOK** until beef is browned. **STIR** in remaining ingredients and **SIMMER** for 30 minutes. **SEASON** with salt and pepper to taste. **REFRIGERATE** and **WARM** before eating.

**Nutrition information per serving:** 295 calories; 8 g total fat; 2.5 g saturated fat; 37 mg cholesterol; 512 mg sodium; 25 g carbohydrate; 10 g fiber; 22 g protein

### FIERY FAJITAS

Makes 8 fajitas • Total time 30 minutes

#### INGREDIENTS:

- |  |                          |
|--|--------------------------|
| 1 pound boneless, skinless chicken breast    | 1 large onion, quartered |
| 1 packet taco seasoning                      | 1 cup chopped tomatoes   |
| 4 medium bell peppers (any color), quartered | 8 flour tortillas        |

#### DIRECTIONS:

**SEASON** chicken with taco seasoning. **GRILL** chicken for 10-16 minutes over medium heat, or until internal temperature reads 165°F. **BRUSH** peppers and onion with oil and **GRILL** 5-10 minutes, or until vegetables are soft and lightly charred. **REMOVE** chicken, peppers and onion from the grill and **SLICE** into strips. **WRAP** in a tortilla and **TOP** with chopped tomatoes.

**Nutrition information per serving:** 211 calories; 4.4 g fat; 1.2 g saturated fat; 47 mg cholesterol; 417.7 mg sodium; 21.3 g carbohydrate; 2.3 g fiber; 20.6 g protein





# creative KABOBS

**Kabobs (AKA: kebabs, skewers, spiedini) are the perfect party pleasers—they're portable, versatile (think vegetarian AND meat eaters), and most important—they're easy!**

easy



## Start WITH THE SKEWER.

The first step in planning your kabobs is to determine your skewer needs.

- Are you looking for a disposable, inexpensive option? **Go with wood** – just remember to soak them for at least 20 minutes in cold water before using them.
- Want something reusable that cooks quickly? **Choose a metal skewer** – metal skewers heat and cook the food from the inside, too, reducing total cook time.
- Skewer **length** depends on how full you like your skewers. Are these appetizers or meals? Make sure to leave at least one inch at each end of the skewer so you can handle it.
- Plan to have about **two kabobs per person**. Leftovers are great and make easy meals during the week.

versatile

{ Don't have ho-hum kabobs at your tailgate. }  
**BE CREATIVE!**

## Pick

### THE PERFECT PROTEIN.

For the meat eaters in the group, picking the perfect protein is key—you need something lean, tender and flavorful.

- Plan for about ¼ pound—approximately **6 (1-inch) pieces—per kabob.**
- **Pork tenderloin** makes great kabob protein. Plus, it's leaner than a boneless skinless chicken breast.
- **Beef shoulder petite tenders** are one of the most tender cuts of beef and are naturally rich in protein and vitamins.
- **Fish and seafood** (like salmon and shrimp) add satisfying protein and are vegetarian-friendly options.
- Cut meat into 1-inch cubes (A **Fareway meat expert** can also do this for you at the meat counter.)

## Load

### IT UP.

Fruit and veggies are perfect fillers for kabobs. Plus they pack a powerful health punch with vitamins, minerals, fiber and antioxidants.

- Cut veggies into 1-inch chunks and pack each kabob with about **8 pieces** OR go all produce for the vegetarians in the group.
- Choose a **variety** (bell peppers, tomatoes, onions, mushrooms, eggplant, purple onions, olives, peaches, plums, pineapple, etc.).
- **Make it your own.** Show your school spirit by varying the colors of your fruits and veggies to match your favorite team.



## Cook

### IT CORRECTLY.

- **Roll kabobs with a spatula** if the pieces seem to “roll around” when you use tongs.
- Watch the **internal temperature:**
  - Whole cuts of beef and pork: minimum internal temperature of **145°F**
  - Ground products: minimum internal temperature of **160°F**
  - Chicken: minimum internal temperature of **165°F**
  - Fish: minimum internal temperature of **145°F** or until it is opaque and flakes easily with a fork.

# portable



# Kickin' Kabob

## RECIPES

### Skewered shrimp and vegetables

Makes 4 servings  
Total time: 45 minutes

#### INGREDIENTS:

$\frac{3}{4}$  cup canola oil  
 $\frac{1}{3}$  cup lemon juice  
 $1\frac{1}{2}$  tsp. ground pepper  
2 garlic cloves, minced  
 $\frac{1}{2}$  tsp. salt  
 $\frac{1}{2}$  tsp. cayenne pepper  
 $\frac{1}{2}$  tsp. grated lemon peel  
16 uncooked large shrimp, peeled and deveined  
1 medium red onion, cut into 8 wedges  
8 grape tomatoes  
1 zucchini, sliced  
2 yellow bell peppers, cut into 1-inch chunks

#### DIRECTIONS:

In a large bowl, COMBINE first seven ingredients. POUR  $\frac{2}{3}$  cup into a resealable plastic bag; ADD shrimp. SEAL bag and TURN to coat. REFRIGERATE for at least 30 minutes. COVER and REFRIGERATE remaining marinade. DRAIN and DISCARD marinade from the shrimp. On 8 skewers, THREAD shrimp and vegetables. GRILL, covered, over medium heat for 2 to 3 minutes on each side or until shrimp turn pink, turning once and basting frequently with reserved marinade.





### Margarita Pork Kabobs

Makes 4 servings  
Total time: 45 minutes

#### INGREDIENTS:

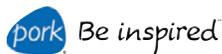
1 pound pork tenderloin, cut into 1-inch cubes  
1 cup margarita drink mix OR 1 cup lime juice,  
4 tsp. sugar, ½ tsp. salt  
1 tsp. ground coriander  
1 clove garlic, minced  
1 large bell pepper, cut into 1-inch cubes  
2 ears corn on the cob, cut into 8 pieces  
2 Tbsp. butter, softened  
2 tsp. lime juice  
⅛ tsp. sugar  
1 Tbsp. parsley, minced

#### DIRECTIONS:

COMBINE margarita mix, coriander, and garlic. PLACE pork cubes in heavy plastic bag; POUR marinade over to cover. MARINATE for at least 30 minutes. BLEND butter, lime juice, sugar and parsley; SET aside. REMOVE pork and DISCARD used marinade. THREAD pork cubes onto skewers, alternating with pieces of corn and pepper. GRILL over hot coals, basting with butter mixture, for 15-20 minutes, or until internal temperature of pork reaches 145°F, turning frequently.

**Nutrition information per serving:** 285 calories; 11 g fat; 5 g saturated fat; 91 mg cholesterol; 410 mg sodium; 22 g carbohydrate; 2 g fiber; 27 g protein

**Did you know...** pork tenderloin is leaner than a boneless skinless chicken breast? It weighs in at only 120 calories and 3 grams of fat per serving!



### Spicy Portuguese Kabobs

Makes 6 servings  
Total time: 30 minutes

#### INGREDIENTS:

1½ pounds boneless beef shoulder petite tender,  
cut 1¼-inches thick  
1 large red bell pepper, cut into 1-inch pieces

#### SEASONING:

2 Tbsp. chopped fresh cilantro  
2 Tbsp. olive oil  
2 tsp. hot pepper sauce  
1 clove garlic, minced  
¼ to ½ tsp. crushed red pepper (optional)

#### DIRECTIONS:

CUT shoulder tender into 1¼-inch pieces. COMBINE seasoning ingredients in medium bowl. ADD beef; TOSS. Alternately THREAD beef and bell pepper onto six skewers. PLACE kabobs on grid over medium heat. GRILL, covered, 8 to 11 minutes, turning once. For medium rare, 145°F; for medium, 160°F.

**Nutrition information per serving:** 214 calories; 11 g fat; 76 mg cholesterol; 98 mg sodium; 2 g carbohydrate; 26 g protein



# BEAT breakfast excuses

Your parents were right. Breakfast really is the most important meal of the day.

Breakfast eaters tend to weigh less and consume more healthy nutrients like calcium, fiber, iron and B vitamins (just to name a few). Kids, on the other hand, can achieve higher test scores and have fewer discipline problems simply by eating breakfast.



So, what's stopping YOU from eating breakfast? Beat the three most common breakfast-skipping excuses this morning and be on your way to a healthier afternoon.

## "I'm not hungry in the morning."

Your body has been at rest for the last eight hours (hopefully), so your metabolism has slowed down to account for lower fuel needs. In order to kick start your calorie burning machine, you need to *break-the-fast* from last night and eat within 90 minutes of waking up.

If you're not hungry or feel slightly nauseous around food in the morning, try something small and easy on the stomach, like a granola bar. Watch out for added sugar, though, by keeping total sugars to less than 14 grams (equal to 1 teaspoon). Prefer chewy granola bars? Try Cascadian Farms® Kid-Sized Peanut Butter Chocolate Chip granola bars – made with organic oats and only 6 grams of sugar.

## "I'm trying to lose weight, so I'm cutting calories from breakfast."

It sounds like a reasonable concept, but as your body goes into "I'm starving" mode, you'll likely cope by eating more throughout the

day to make up for those missed calories. Plus, you won't get your metabolism blazing until you eat something.

Instead of skimping on calories, aim for something that will keep you satisfied until your next planned meal or snack and gives you more nutrition bang for your buck, like oatmeal. Better Oats® Oatmeal is not only rich in whole grains and fiber, most flavors are also full of antioxidants and heart healthy omega-3s.

## "Cook in the morning? Who has time?!"

No time to whip up a breakfast buffet? No problem. Prep the night before or grab something you can eat on the go.

Throw together Oat Bran and Applesauce muffins or Overnight Oatmeal (see recipes) on Sunday night for a breakfast rich in protein and fiber throughout the week.





### Oat Bran Applesauce Muffins

**Health perk:** oat bran has been shown to help reduce cholesterol thanks to its soluble fiber content.

Makes 12 muffins • Total time: 25 minutes

#### INGREDIENTS:

- ½ cup brown sugar, packed
- 1½ cups **Hodgson Mills® Oat Bran Hot Cereal**
- ½ cup unbleached white flour
- ½ tsp. baking powder
- 1½ tsp. baking soda
- ½ tsp. salt
- 2 eggs or 4 egg whites
- 1 cup applesauce, chilled
- 4 Tbsp. canola oil



**DIRECTIONS:** PREHEAT oven to 400° F. LINE 12 muffin cups with paper liners or GREASE muffin cups. BLEND together dry ingredients. ADD eggs, chilled applesauce and vegetable oil. MIX until well-blended. SPOON batter into muffin cups. Let stand 10 minutes. BAKE for 15 minutes or until golden brown.

**Nutrition information per muffin:** 207 calories; 7 g fat; 1 g saturated fat; 35 mg cholesterol; 319 mg sodium; 35 g carbohydrate; 4 g fiber; 6 g protein

### Whole Grain Goodness



Always check to see if “whole grains” or “whole wheat” is first on the ingredients list of your favorite cereals. Cereals made with whole grains contain the entire grain seed, which means more vitamins, minerals and fiber to start your day.



### Overnight Oatmeal

**Health perk:** Simplait™ has only six simple ingredients and meets the National Yogurt Association criteria for live and active culture yogurt.

Makes 1 serving • Total time: 5 minutes

#### INGREDIENTS:

- ½ cup uncooked instant oats
- 1 (6 oz) container **Simplait™ yogurt**
- ¼ tsp. vanilla extract
- 1 tsp. jam or preserves
- ¼ to ⅓ cup frozen fruit



**DIRECTIONS:** in a half pint jar (1 cup), ADD all ingredients. STIR until well combined. REFRIGERATE overnight or up to 3 days. EAT chilled.

**Nutrition information per serving:** 368 calories; 10 g fat; 5 g saturated fat; 30 mg cholesterol; 102 mg sodium; 60 g carbohydrate; 4 g fiber; 12 g protein

### What’s the deal with eggs?

According to a 2010 USDA study, one large egg has 185 milligrams of cholesterol, 14% lower than previously recorded. The study also found that eggs contain 64% more vitamin D and continue to be a high quality source of protein, lutein (for eye health) and choline (for a healthy brain and memory).

#### Sparboe Farms Brown Eggs are...

- quick and easy, any time of day
- affordable and nutritious
- packed with protein
- all-natural and vegetarian fed



# Kiwifruit

Kiwifruits aren't just a tangy treat, they're also packed with health benefits. Each serving (2 kiwifruits) provides 4 grams of fiber, 240% of the Daily Value of vitamin C, and a mere 90 calories. Two kiwifruits also have more potassium than a banana — a nutrient needed for blood pressure control, muscle contractions and fluid balance.

## If you're still not sold on kiwifruits, consider this:

The edible seeds provide a good source of vitamin E, a unique nutrient for a fruit.

Kiwifruit is a natural meat tenderizer thanks to an enzyme called *Actinidin*. Marinate meat in kiwifruit pulp for 10 to 15 minutes for best results.

The skin is edible. Scrub and eat for triple the fiber.

The flavor is a tart mix of peaches, strawberries and pineapple — a palate pleasing combination.

### How to Select

Choose kiwis with rough, fuzzy skin that gives slightly to pressure.

### How to Store

Store un-ripened kiwis in a plastic bag in the refrigerator for up to 6 weeks.

### How to Cut Kiwifruit

1. Cut off both ends.
2. Insert a tablespoon between the flesh and the skin and scoop around.
3. Gently squeeze skin to remove flesh.

OR

1. Cut kiwifruit in half.
2. Scoop out flesh and eat.

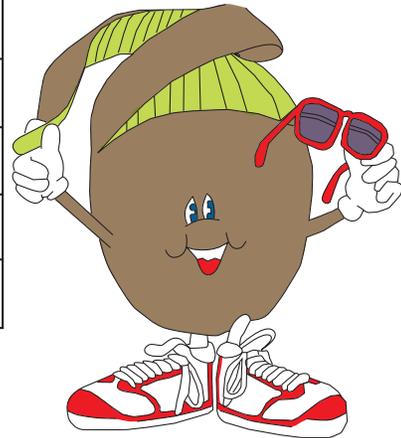
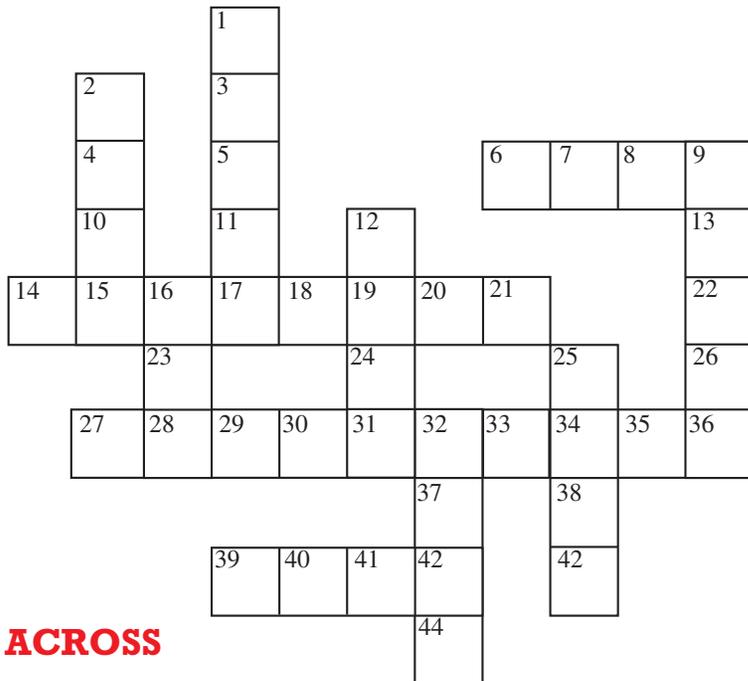
### How to Cut Kiwifruit for Presentation

1. Cut diagonal slits about 1-inch apart around kiwi.
2. Cutting slits the opposite direction, join all cuts to make a zig-zag pattern.



CentsAbleKids!

# Kiwifruit Crossword Fun



## ACROSS

6. Select kiwifruit that is plump and \_\_\_\_\_ to the touch
14. Kiwi is high in \_\_\_\_\_
27. Kiwifruit used to be called Chinese \_\_\_\_\_
39. Kiwifruit is available all \_\_\_\_\_

## DOWN

1. Kiwi first came from \_\_\_\_\_
2. Yang Tao was the original Chinese name for \_\_\_\_\_
9. Kiwifruit tastes sweet and \_\_\_\_\_
12. Kiwi grows on a \_\_\_\_\_ like grapes
16. Count \_\_\_\_ Kiwi as one serving of your 5 A Day
25. True or False: Kiwifruit is a good source of dietary fiber
32. Today's name for kiwifruit came from the Kiwi \_\_\_\_\_, the national symbol of New Zealand

For answers, please visit [www.fareway.com](http://www.fareway.com)

Crossword provided by [www.dole.com](http://www.dole.com)