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cents able **HEALTH**™

FOR THE WAY WE LIVE AND EAT TODAY

FREE

Easy
Tailgating
with
**PULLED
PORK**

Banish
**LUNCHBOX
BOREDOM!**

Seasonal Produce
CAULIFLOWER

PLUS fresh, affordable recipes in every issue

ask & whitney & caitlyn!



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I have season football tickets and I plan to attend tailgate parties before the games. How do I stay on track and still have fun?

Tailgating is one of our favorite times, but it can be hard to maintain a healthy lifestyle when enjoying food and football with your friends. To have your best football season, follow our top five tailgating tips.

Maintain a vigilant eating and exercise routine on non-tailgating days. Your body doesn't take a break from storing calories, but it is well equipped to balance out calories over time. If you know you'll be attending a tailgate party on a weekend, make healthy choices during the week – exercise at least half an hour three days per week and choose lots of lean meats, vegetables, fruits and whole grains.

Bring your own dish. Nothing allows you to stay on track better than bringing your own food to a party! Look for satisfying yet nutritious options (like our pulled pork recipes on page 9) so you don't feel deprived.

Eat breakfast or a snack. Saving up all your calories will likely lead to overeating later. If it's an afternoon game, whip up a high protein breakfast, like scrambled eggs and fruit, to keep you satisfied. For early morning games, eat something within an hour of waking up – like a whole grain granola bar, toast or fruit.

Choose one indulgence. What fun is a party without enjoying some of your football favorites? Before loading your plate, scan the table and choose one dish or treat to indulge in that you don't get to enjoy any other time of the year to keep calories in check.

Remember that liquid calories do count. Calories in alcoholic beverages add up quickly. Some drinks can have as many calories as four cookies! Calories in alcohol are known as "empty calories" because they provide no nutritional value and they don't help you feel satisfied. Try alternating adult beverages with water to enjoy responsibly and healthfully.

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CentsAble Health

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For information on the products featured in this issue of CentsAble Health Magazine, please visit the following websites: www.faribaultfoods.com, www.dannon.com, www.dole.com, www.capitalcityfruit.com, www.nakedjuice.com, www.sensibleportions.com, www.fritolay.com, www.porkbeinspired.com, www.beefitswhatsfordinner.com

Banish LUNCHBOX BOREDOM!



Just because you're short on time doesn't mean you have to sacrifice delicious (and healthy) lunches for your kids. To help your kids meet their nutrient needs, which will help them excel in school and extracurricular activities, try to add in a few new healthy items each week.

Pack in the produce!

Fruit and vegetables are important at every age for fiber, vitamins, minerals and antioxidants. Reach the recommended five to nine daily servings with some of these lunchbox friendly foods.



MINI SWEET PEPPERS

Looking for a new vegetable to switch up after school snacking? Mini sweet peppers are juicy, crunchy, sweet and simple! These red, yellow and orange pop-in-your-mouth worthy peppers are high in vitamin C and a great source of fiber to keep your kids satisfied.



DOLE® FRUIT BOWLS IN 100% JUICE AND SQUISH'EMS!®

Not only will these fruit bowls hold up until after school, they provide one full serving of fruit with all natural fruit and fruit juice. Got a picky eater on your hands who still reaches for applesauce at every meal? Dole® Fruit Squish'ems!® come in flavors like apple banana and apple strawberry to help develop your child's palate while still providing 100% squeezable fruit.



NAKED® JUICE SMOOTHIES

Naked® Juice ready-to-drink smoothies add a pretty powerful punch to your everyday juice, all without any added sugar. Mighty Mango, Green Machine and Malibu Tropical (just to name a few) cram real fruit and vegetables into every bottle for 180 calories or less per serving.

When it comes to snacks, portion sizes are key

If you buy snack items in bulk, try dividing the larger bags among smaller bags so you have ready-to-go, calorie controlled options. If you're looking for time savers, we've got you covered, too. To learn more about portion sizes, check out the back cover of this magazine!



SENSIBLE PORTIONS®

Sensible Portions® veggie straws and chips provide portion-controlled, better-for-you snacks that you can toss in a lunch box. Choose from flavors like lightly salted garden veggie straws, rosemary and olive oil, or veggie chips with sea salt.



FRITO LAY® BAKED & POPPED MULTIPACKS

Meet those crunchy cravings with pre-portioned baked and popped snacks. Frito Lay® Baked & Popped Multipacks come with baked potato chips, Cheetos® and sour cream and onion potato chips, Smartfood® cheddar popcorn and Rold Gold® tiny twist pretzels.



Kids and young adults need calcium and vitamin D in the early years to build strong bones and teeth. Three servings of low-fat or fat-free calcium-rich foods each day is the easiest way to ensure you (and your kids) are getting enough of these mighty nutrients.

MILK

Not only does milk provide calcium and vitamin D, it's also full of protein to build strong muscles and keep you full. Adding a little chocolate to your low-fat or fat-free milk also makes it the perfect recovery snack post workout or post soccer game – it provides protein to repair muscle and fast-digesting carbohydrates to refill your energy supplies.

DANNON® YOGURT

To help with the three daily servings of calcium-rich foods, provide healthy bacteria for digestion and muscle-building protein, have Dannon® Oikos® Greek yogurt and Dannon® Light & Fit® Greek yogurt on hand. Low-fat and fat-free yogurt are great any time of the day – plus, Greek yogurt has less sugar than traditional yogurt with twice the protein!



Peanut Butter & Jelly

Don't forget! You can step up the original PB&J to a healthy, kid-friendly lunch.



JIF® PEANUT POWDER

For 85% fewer calories than traditional peanut butter, you can toss JIF® Peanut Powder into your kids' yogurt or breakfast smoothie for added protein and fiber.



SARA LEE® 100% WHOLE WHEAT BREAD

Kids who eat whole grain or whole wheat bread are more likely to reach for it later in life, too. 100% whole wheat bread retains more of the original nutrients from the grain, like antioxidants, fiber and iron to help kids grow into healthy adults.

FRESH FROM THE MEAT COUNTER



TAILGATE TIME!

Even if you're not frequenting your favorite stadium, pairing good food with good friends and football is a great way to spend your weekend.

Tailgating food needs to be tasty, easy (who has time to be hands-on during the game?!) and stick-to-your-ribs satisfying—it should also be healthy so you don't undo all your hard work.

Pulled pork is the perfect pick

You can throw it in a slow cooker for hands-free cooking or make it ahead of time and season it with any fan favorites. While pork shoulder roasts make classic pulled pork, you can also use pork loin or pork tenderloin for leaner options.

Classic Pulled Pork

Servings vary

Total time: varies

INGREDIENTS

3 – 4 pounds boneless pork loin, sliced into 1" thick slices
2 large onions, sliced
1 cup ginger ale
1 tsp. seasoned salt
1 (18 ounce) bottle BBQ sauce

DIRECTIONS

SEASON pork with seasoned salt. PLACE one sliced onion on the bottom of the crockpot, then ADD pork. COVER with another sliced onion. ADD ginger ale, COVER and COOK on low for 8 hours (high for 4 hours), or until the internal temperature reaches 145°F. REMOVE pork, STRAIN and SAVE onions, and DISCARD all liquid. SHRED pork with two forks and RETURN pork and onions to the crockpot. ADD BBQ sauce and CONTINUE to cook on low for 2 more hours. SERVE on buns or rolls with additional BBQ sauce.

Approximate nutrition information per serving: 224 calories; 7 g fat; 3 g saturated fat; 58 mg cholesterol; 334 mg sodium; 17 g carbohydrate; 0 g fiber; 21 g protein

TIP Freeze ready-made sandwiches by wrapping in clear plastic wrap and aluminum foil. To reheat, remove the wrapping and wrap in a paper towel. Heat in the microwave for 1 to 2 minutes, or until heated through.

Balsamic Honey Pulled Pork

Makes 20 sliders

Total time: varies

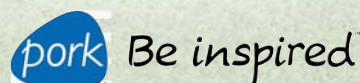
INGREDIENTS

1 (2 ½ pound) boneless pork shoulder roast
1 cup chopped onion
1 tsp. dried thyme
½ tsp. dried rosemary
½ cup chicken broth
½ - 1 cup balsamic vinegar
¾ cup ketchup
⅓ cup brown sugar
¼ cup honey
1 Tbsp. Worcestershire sauce
1 Tbsp. Dijon mustard
1 garlic clove, minced
½ tsp. pepper
¼ tsp. salt
20 cocktail buns

DIRECTIONS

COMBINE pork, onion, thyme, rosemary and chicken broth in the crockpot. COOK on low for 8-10 hours, or on high for 4-5 hours, or until the internal temperature reaches 145°F. Meanwhile, COMBINE vinegar, ketchup, brown sugar, honey, Worcestershire, mustard, garlic, salt and pepper in a saucepan. BRING to a boil then SIMMER for 20-25 minutes, or until thickened. Once pork is tender, SHRED with two forks. DRAIN cooking liquid and RETURN to crockpot. ADD sauce to pork and cook on low for one hour. SERVE on cocktail buns.

Approximate nutrition information per serving: 163 calories; 8 g total fat; 3 g saturated fat; 36 mg cholesterol; 151 mg sodium; 12 g carbohydrate; 0 g fiber; 10 g protein





Pulled Pork Chili

Makes 8 servings

Total Time: 1 hour

INGREDIENTS

- 2 Tbsp. olive oil
- 2 medium onions, chopped
- 3 cloves garlic, chopped
- 2 medium green peppers, chopped
- 2 tsp. chili powder
- 1 tsp. ground cumin
- 1 can (14.5 oz) diced tomatoes, undrained
- 2 lbs pulled pork (see recipe, page 9)
- 3 cups chicken stock
- 1 tsp. hot sauce
- 1 can (16 ounce) Mrs. Grimes® Chili Beans
- 1 can (16 ounce) Mrs. Grimes® Kidney Beans, drained and rinsed



Serve with sour cream, cilantro and cheddar cheese

DIRECTIONS

HEAT oil in a 4-quart saucepan over medium heat. ADD onion, garlic, green pepper and dried seasonings. COOK 5 minutes; STIR often. STIR in tomatoes and pulled pork. ADD chicken stock, hot sauce and beans. BRING to simmer. COOK 20-25 minutes. SERVE topped with sour cream, cilantro and cheese.

Approximate nutrition information per serving: 291 calories; 8 g total fat; 2 g saturated fat; 29 mg cholesterol; 579 mg sodium; 34 g carbohydrate; 8 g fiber; 19 g protein



Keep your fellow tailgaters on their toes with pulled beef, too!

Try adding jalapeños or cayenne pepper to our Mexican Beef Tacos to kick off game day, or keep it mild with our Classic Pulled Beef. Both of these recipes can be made ahead of time, so you can grab your slow cooker and head to the stadium in the morning.

Mexican Beef Tacos

Makes 8 servings
Total time: varies



INGREDIENTS

1 (3 pound) beef chuck roast	1 small bell pepper, sliced and seeded
1 tsp. onion powder	
½ tsp. garlic powder	1 small onion, peeled and sliced
½ tsp. cumin	
½ tsp. chili powder	1 (28 ounce) can crushed tomatoes
¼ cup fresh cilantro, chopped	
Salt and pepper, to taste	1 cup beef broth

DIRECTIONS

SEASON roast with onion powder, garlic powder, cumin, chili powder, salt and pepper. PLACE in a crockpot or slow cooker. ADD peppers, onions, crushed tomatoes and beef broth. COOK on low for 6 to 8 hours or on high for 4 hours, or until internal temperature reaches 135°F. SHRED with two forks and SERVE with corn tortillas, salsa and lettuce.

Mexican beef approximate nutrition information per serving: 203 calories; 10 g fat; 4 g saturated fat; 70 mg cholesterol; 168 mg sodium; 8 g carbohydrate; 1 g fiber; 19 g protein

Classic Pulled Beef

Makes 8 servings
Total time: varies

INGREDIENTS

1 (3 pound) chuck roast
1 cup beef broth
2 Tbsp. Worcestershire sauce
1 Tbsp. steak seasoning

DIRECTIONS

SEASON roast with steak seasoning and Worcestershire sauce. PLACE in a crockpot or slow cooker. ADD beef broth. COOK on low for 6 to 8 hours or on high for 4 hours, or until internal temperature reaches 135°F. SHRED with two forks.

Approximate nutrition information per serving: 177 calories; 10 g fat; 4 g saturated fat; 70 mg cholesterol; 195 mg sodium; 2 g carbohydrate; 0 g fiber; 19 g protein

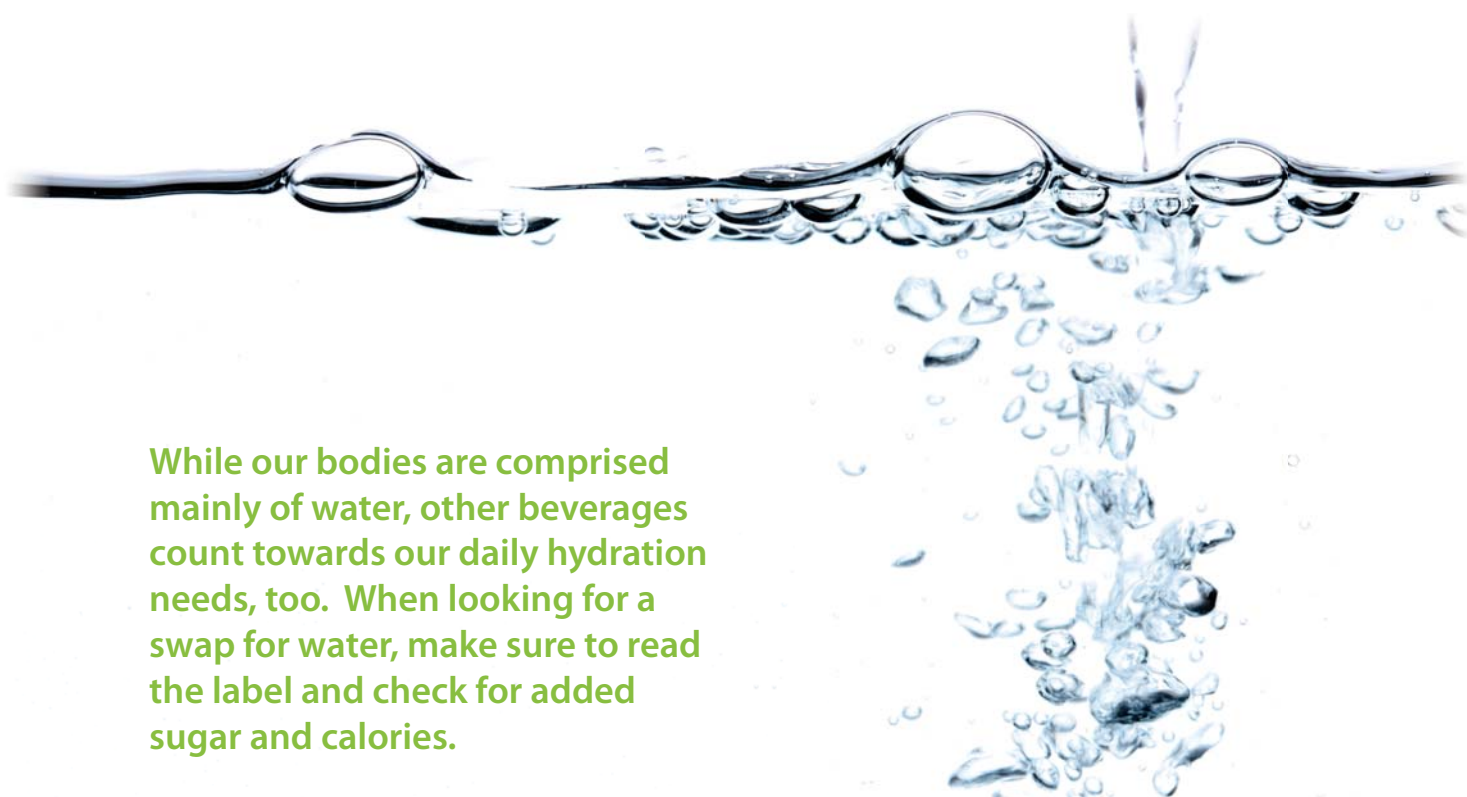


Hydrate EASIER

Even if you're not a long-distance endurance athlete, hydration is still important for overall health and well-being. Your entire body depends on water to survive and function – which is why you may feel tired, dizzy or weak if you've ever been dehydrated.

Try these three easy tips to help with your hydration.

- Keep a water bottle with you at all times.
- If you think plain water needs some flavor, add lemon or lime.
- Drink on a schedule – take a gulp every 20 to 30 minutes or drink six to eight ounces every few hours.



While our bodies are comprised mainly of water, other beverages count towards our daily hydration needs, too. When looking for a swap for water, make sure to read the label and check for added sugar and calories.

O.N.E.[™] coconut water

O.N.E.[™] coconut water offers slightly sweet hydration and a good source of potassium. Unflavored coconut water can be a good alternative to fruit juices and soda if you're looking for a little flavor in your beverage.



Bai5

Each bottle of Bai5 offers fresh fruit flavor infused with antioxidants. Sweetened with organic stevia, Bai5 is the all-natural, five calorie way to bring healthy, bold flavor into your life. Missing the fizz of a soda? Bai Bubbles Sparkling Antioxidant Infusions[®] provide the same low-calorie, antioxidant-rich tropical tastes with bubbly goodness!

CAULIFLOWER

Low calorie cauliflower makes a perfect side given its mild taste and quick cooking.

HOWEVER, you may be lacking some cauliflower creativity. Try a few of our favorite recipes to add some flavor and flair to your next cauliflower creation. Plus, it helps you meet your vitamin C quota – one serving of cauliflower provides 100% of your daily needs!

Roasted Cauliflower

Makes 4 servings

Total time: 30 minutes

INGREDIENTS

1 head cauliflower, cored and cut into bite sized pieces
2 cloves garlic, peeled and minced
1 Tbsp. olive oil
Salt and pepper, to taste

DIRECTIONS

PREHEAT oven to 400°F. TOSS cauliflower with garlic, oil, salt and pepper. SPREAD cauliflower florets on a baking sheet and BAKE for 25-30 minutes, or until cauliflower tops are lightly browned and cauliflower is crisp-tender.

Nutrition information per serving: 68 calories; 3.5 g fat; 0.5 g saturated fat; 0 mg cholesterol; 199 mg sodium; 8 g carbohydrate; 4 g fiber; 3 g protein

Cauliflower Au Gratin

Makes 8 servings

Total time: 45 minutes

INGREDIENTS

4 Tbsp. unsalted butter
2 small heads cauliflower, cored and cut into bite sized pieces
¼ cup all-purpose flour
2 cups 1% milk
1 ½ cups sharp cheddar cheese, shredded
⅛ tsp. nutmeg
Salt and pepper, to taste
¼ cup chopped parsley
2 Tbsp. olive oil

DIRECTIONS

PREHEAT oven to 375°F. In a large pot, STEAM cauliflower for 5 to 6 minutes, or until crisp-tender. DRAIN and SET aside. MELT butter in a medium sized sauce pan. ADD flour. COOK, stirring occasionally for 2 minutes. Gradually WHISK in milk and BRING to a boil. REDUCE heat to a simmer, stirring occasionally, for 6 to 8 minutes, or until sauce thickens. ADD cheese, nutmeg, salt and pepper and STIR until smooth. STIR in cauliflower and TRANSFER to a baking dish. COMBINE bread crumbs, parsley and olive oil and SPRINKLE over the top of cauliflower. BAKE for 30 minutes, or until bubbly.

Nutrition information per serving: 262 calories; 16 g fat; 8 g saturated fat; 40 mg cholesterol; 369 mg sodium; 20 g carbohydrate; 4 g fiber; 11 g protein



Buffalo Cauliflower

Makes 4 servings

Total time: 30 minutes

INGREDIENTS

1 head cauliflower, cored and cut into bite sized pieces
½ tsp. garlic powder
½ tsp. dried parsley
1 Tbsp. olive oil
Salt and pepper, to taste
½ cup buffalo sauce or hot pepper sauce

DIRECTIONS

PREHEAT oven to 400°F. TOSS cauliflower with garlic powder, parsley, oil, salt and pepper. SPREAD cauliflower florets on a baking sheet and BAKE for 25-30 minutes, or until cauliflower tops are lightly browned and cauliflower is crisp-tender. REMOVE from oven and TOSS with buffalo sauce.

Nutrition information per serving: 72 calories; 4 g fat; 0.5 g saturated fat; 0 mg cholesterol; 388 mg sodium; 8 g carbohydrate; 4 g fiber; 3 g protein

CentsAble KIDS!

Knowing which foods to eat to stay healthy is important. But it's also important to know how much to eat. Sometimes we can use common items to estimate a serving size of some of our favorite foods.

Can you match the foods on the left with the correct portion sizes on the right?

bagel



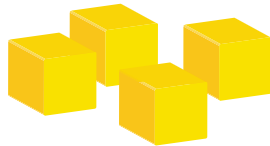
4 dice

apple



baseball

cheese
cubes



tennis
ball

peanut
butter



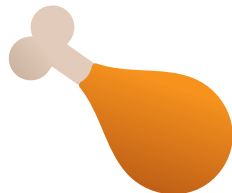
ping pong
ball

cereal



CD

meat



deck of
cards

For answers, please visit www.fareway.com