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# cents able HEALTH™

FOR THE WAY WE LIVE AND EAT TODAY

FREE

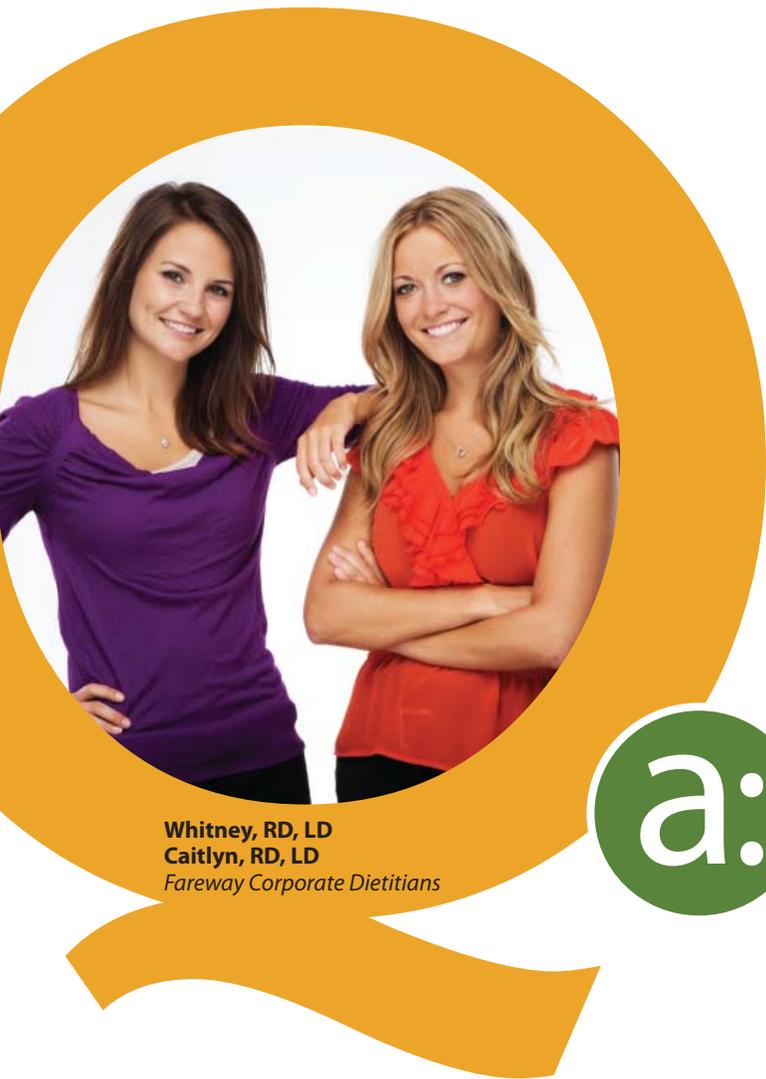
## SIMPLE & SAVORY TUNA STEAK RECIPES

Cover recipe on page 10

**Spring**  
INTO A  
HEALTHY  
KITCHEN!

TACKLE YOUR  
**SWEET  
TOOTH!**

PLUS fresh, affordable recipes in every issue



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# ask & whitney & caitlyn!

## What is a smoke point and why does it matter?

**A:** The smoke point is the temperature at which an oil or fat produces smoke. The higher the smoke point, the more cooking options you have with that product because when oil reaches its smoke point, it breaks down and changes flavor. Depending on the type of cooking you're doing, you may not be able to use one universal oil. For example, extra virgin olive oil has a relatively low smoke point (therefore it produces smoke before many other oils), so it's best used for drizzling or in dressings. To get the most versatility and health benefits from an oil, we recommend canola oil - it has a relatively high smoke point and is still full of heart healthy unsaturated fat. Here is a list of common oils/fats and their smoke points:

Soybean oil	450°F
Vegetable oil	400 – 450°F
Canola oil	400°F
Sesame oil	350 – 410°F
Butter	350°F
Coconut oil	350°F
Extra virgin olive oil	325 – 375°F

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# contents

## What's Happening Now

4 | Spring clean your diet

## Fresh from the Meat Counter

8 | Tuna steaks

## Simple Solutions

12 | Outsmart your sweet tooth

## Seasonal Produce

14 | Fareway's organic produce

## CentsAble Kids

16 | Calcium word search



For information on the products featured in this issue of CentsAble Health Magazine, please visit the following websites: [www.faribaultfoods.com](http://www.faribaultfoods.com), [www.cascadeicewater.com](http://www.cascadeicewater.com), [www.dannon.com](http://www.dannon.com), [www.smartfood.com](http://www.smartfood.com), [www.speciaik.com](http://www.speciaik.com), [www.saraleebread.com](http://www.saraleebread.com), [www.honeymaid.com](http://www.honeymaid.com), [www.urbanegrain.com](http://www.urbanegrain.com).



# Spring Clean Your Diet

**Spring is the perfect time to re-start some healthy habits before summer...**

and it all starts in the kitchen. Along with eating more fruits and vegetables and reducing sodium and saturated fat, here are a few more ideas for a healthy spring.



## Swap Refined Grains for Whole Grains

**W**hole grains are a no-brainer when it comes to eating healthier.

People who consume more whole grains have a lower risk of many chronic diseases and are often more successful at weight management. Whole grains naturally provide fiber, B vitamins, iron, magnesium and selenium – all important for overall health. When including more whole grains, swap your white bread for whole grain or whole wheat bread, like Sara Lee® Classic 100% Whole Wheat Bread.

Keep in mind that whole grains don't just come from bread, you can also meet your whole grain requirements with pasta, cereal, brown rice, barley, quinoa, oatmeal and popcorn (just to name a few).

Quinoa is technically a seed, but it's prepared and eaten the same as a grain, and it contains many of the same health benefits of traditional whole grains. However, quinoa packs a powerful protein

punch that many whole grains don't. Urbane Grain® Quinoa offers restaurant-quality side dishes that are naturally gluten free and contain all the amino acids we need to consume from our diet, making it a "complete protein".

Smartfood® Popcorn is a fun way to include natural whole grain goodness from air-popped, seasoned popcorn. No matter which flavor you choose, each serving has less than 200 calories and no artificial colors, flavors or preservatives.





## Get Enough Calcium and Vitamin D

**C**alcium is important at every age, and not just for healthy bones. Calcium also plays a key role in maintaining strong teeth, muscles, heart tissue and nerves. To get the most from calcium, our bodies need adequate vitamin D. Not all foods that contain calcium contain vitamin D too, so always check for both on the nutrition facts panel.

Not only is Dannon® Oikos® Greek yogurt a good source of calcium and vitamin D, but one serving also provides 12 grams of satisfying protein.

One cup of Fareway low-fat or low-fat milk provides 30% of your daily value of calcium and 25% of your daily value of vitamin D. Multiply that by the recommended three servings each day, and you've almost hit 100%!



### Strawberry Banana Kale Smoothie

Makes 2 servings  
Total time: 5 minutes

#### INGREDIENTS

1 (5.3 ounce) container vanilla Dannon® Oikos® Greek yogurt	1 cup ice cubes
½ cup Fareway low-fat milk	1 cup strawberries
2 tsp. honey	2 bananas
1 pinch cinnamon	1 cup kale

#### DIRECTIONS

BLEND all ingredients until smooth. SERVE immediately.

**Nutrition information per serving:** 253 calories; 1 g fat; 0.5 g saturated fat; 5 mg cholesterol; 66 mg sodium; 54 g carbohydrate; 5 g fiber; 11 g protein



## Experiment with Beans

**B**eans are somewhat of a superfood thanks to their versatility, convenience and health benefits. Beans are one of the only foods in two food groups – they're considered a vegetable and a protein. The mix of complex carbohydrates, fiber and protein make beans ideal for anyone on a weight management program. They also contain plant chemicals that may help reduce the risk of heart disease and lower your risk of certain types of cancer. Try adding beans to salads, wraps and tacos, or keep a Southwest Black Bean Salad on hand (see recipe).



### Southwest Black Bean Salad

Makes approximately 8 servings  
Total time: 5 minutes

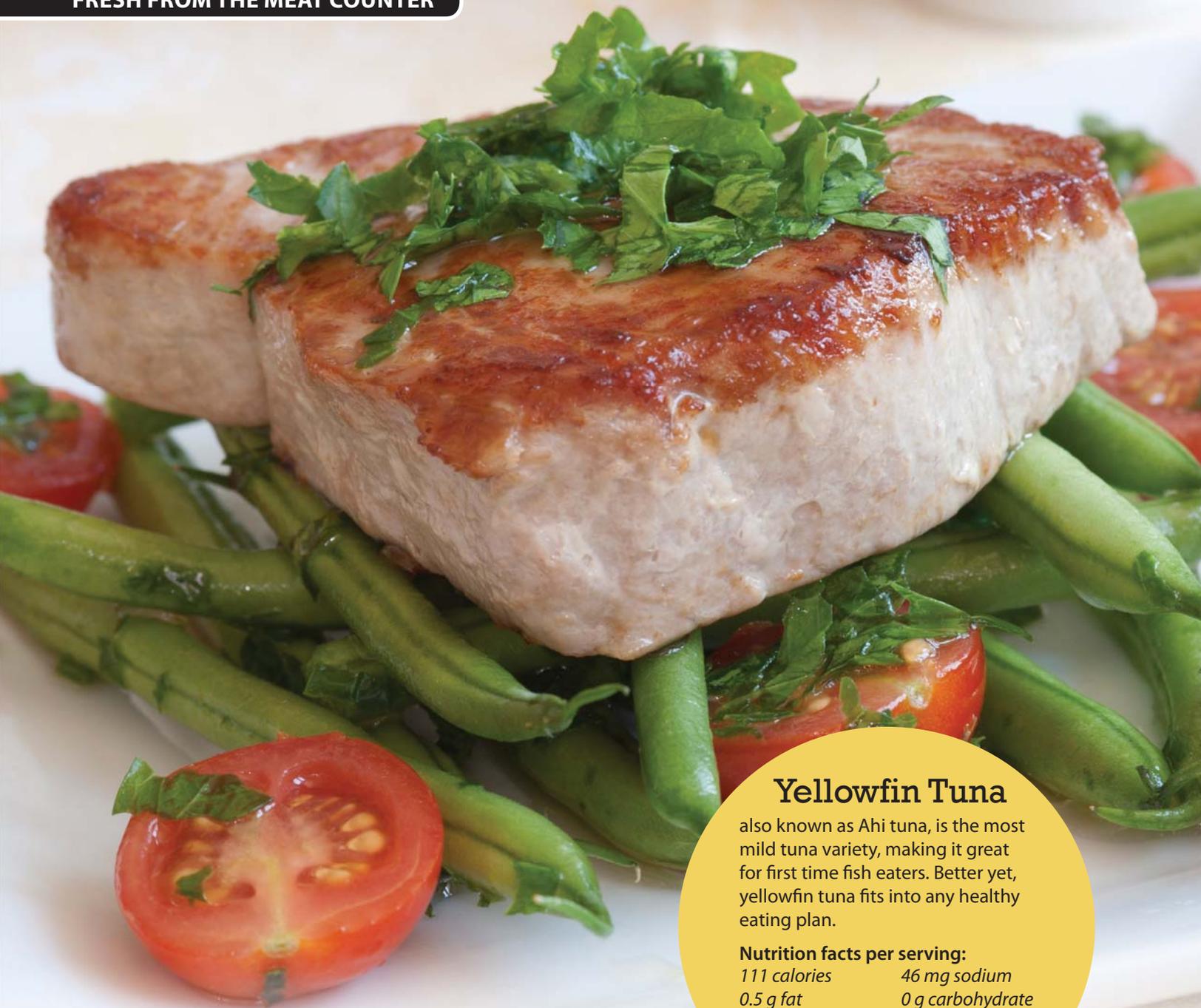
#### INGREDIENTS

- 1 (15 ounce) can No Salt Added Mrs. Grimes® black beans, drained and rinsed
- 1 (15 ounce) can corn, drained and rinsed
- 3 tomatoes, seeded and chopped
- 1 bell pepper, seeded and chopped
- ½ red onion, chopped
- 1 jalapeño, seeded and chopped
- 1 garlic clove, minced
- ¼ cup cilantro, chopped
- 1 tsp. cumin
- Salt and pepper, to taste
- ¾ cup Italian dressing

#### DIRECTIONS

COMBINE all ingredients and REFRIGERATE.

**Nutrition information per serving:** 146 calories; 7 g fat; 1 g saturated fat; 0 mg cholesterol; 484 mg sodium; 18 g carbohydrate; 4 g fiber; 4 g protein



### Yellowfin Tuna

also known as Ahi tuna, is the most mild tuna variety, making it great for first time fish eaters. Better yet, yellowfin tuna fits into any healthy eating plan.

**Nutrition facts per serving:**

111 calories	46 mg sodium
0.5 g fat	0 g carbohydrate
0 g saturated fat	0 g fiber
40 mg cholesterol	25 g protein

# Tuna Steaks

Attention all meat eaters: there IS a fish that tastes like...meat! Mild, velvety tuna steaks are actually very comparable to a perfectly cooked pork chop. But don't let the pink center stop you from expanding your menu – tuna steaks should be rare (anywhere from raw to light pink) for tenderness and juiciness.

## Once the steaks reach your kitchen, cooking is a cinch. Follow these tips for mild, tender tuna:

- Thaw frozen tuna in the fridge and cook it within one day of thawing.
- Pat steaks dry before cooking.
- Skillet cooking is simple; it caramelizes the surface and locks in moisture. Lightly coat a skillet with oil over medium-high heat and cook for 6 to 9 minutes, turning halfway through.
- You can even grill tuna like you would any steak. Grill over medium-high heat for 4 to 6 minutes, turning halfway through.
- Or, bake tuna steaks at 450°F for 4 to 6 minutes, no flipping required.

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### Tuna Burger

Makes 4 servings  
Total time: 15 minutes

#### INGREDIENTS

4 (5 ounce) tuna steaks  
Salt and pepper, to taste  
1 Tbsp. canola oil  
4 hamburger or bakery buns  
4 Tbsp. reduced-fat mayonnaise  
4 lettuce leaves  
½ cup sliced tomatoes

#### DIRECTIONS

HEAT oil in a skillet over medium-high heat. PAT tuna steaks dry with a paper towel and SEASON both sides with salt and pepper. ADD tuna to skillet. COOK for 2 to 3 minutes; FLIP and COOK for an additional 2 to 3 minutes. Lightly TOAST buns; TOP with mayonnaise. ADD tuna, lettuce and tomatoes to buns and SERVE.

**Nutrition information per serving:** 329 calories; 9 g fat; 1.6 g saturated fat; 55 mg cholesterol; 223 mg sodium; 23 g carbohydrate; 2 g fiber; 36 g protein





## Sesame Tuna

Makes 4 servings

Total time: 10 minutes

### INGREDIENTS

4 (5 ounce) tuna steaks

½ cup assorted sesame seeds

Salt and pepper to taste

1 Tbsp. canola oil

### DIRECTIONS

HEAT oil in a skillet over medium-high heat. PAT tuna steaks dry with a paper towel and SEASON both sides with salt and pepper. PRESS sesame seeds into both sides of tuna steak. ADD tuna to skillet. COOK for 2 to 3 minutes; FLIP and COOK for an additional 2 to 3 minutes.

**Nutrition information per serving:** 281 calories; 13 g fat; 2 g saturated fat; 52 mg cholesterol; 67 mg sodium; 5 g carbohydrate; 3 g fiber; 35 g protein

## Citrus Soy Sauce Tuna

Makes 4 servings

Total time: 10 minutes + marinating time

### INGREDIENTS

4 (5 ounce) tuna steaks  
¼ cup orange juice  
¼ cup low sodium soy sauce  
2 Tbsp. olive oil  
1 Tbsp. lemon juice  
2 Tbsp. chopped fresh parsley  
1 garlic clove, minced  
½ tsp. chopped fresh oregano  
½ tsp. cracked black pepper

### DIRECTIONS

In a glass dish, COMBINE orange juice, soy sauce, oil, lemon juice, parsley, garlic, oregano and pepper. ADD tuna steaks and TURN to coat. COVER and REFRIGERATE for 30 minutes. REMOVE tuna from marinade and DISCARD remaining marinade. BAKE tuna at 450° F for 4 to 6 minutes.

**Nutrition information per serving:** 191 calories; 4 g fat; 0.5 g saturated fat; 52 mg cholesterol; 571 mg sodium; 3 g carbohydrate; 0 g fiber; 33 g protein



## Teriyaki Tuna Steaks

Makes 4 servings

Total time: 10 minutes

### INGREDIENTS

4 (5 ounce) tuna steaks  
¼ cup fresh ground black pepper  
½ cup teriyaki sauce  
1 Tbsp. canola oil

### DIRECTIONS

HEAT oil in a skillet over medium-high heat. PAT tuna steaks dry with a paper towel and SEASON both sides with pepper. ADD tuna to skillet, basting with teriyaki sauce. COOK for 2 to 3 minutes; FLIP. COOK for an additional 2 to 3 minutes, basting with more teriyaki sauce.

**Nutrition information per serving:** 207 calories; 4 g fat; 0.5 g saturated fat; 52 mg cholesterol; 1440 mg sodium; 6 g carbohydrate; 0 g fiber; 34 g protein

## Grilled Garlic Tuna Steak

Makes 4 servings; Total time: 10 minutes + marinating time

### INGREDIENTS

2 Tbsp. lemon juice	4 (5 ounce) tuna steaks
1 Tbsp. olive oil	¼ tsp. salt
2 garlic cloves, minced	¼ tsp. pepper
2 tsp. minced fresh thyme or ½ tsp. dried thyme	

### DIRECTIONS

In a large resealable bag, COMBINE first 4 ingredients. ADD tuna; SEAL and TURN to coat. REFRIGERATE for up to 30 minutes. REMOVE tuna from marinade and SPRINKLE with salt and pepper. DISCARD remaining marinade. GRILL tuna, covered, over medium-high heat for 2 to 3 minutes; FLIP and GRILL for an additional 2 to 3 minutes.

**Nutrition information per serving:** 218 calories; 5 g fat; 1 g saturated fat; 77 mg cholesterol; 211 mg sodium; 1 g carbohydrate; 0 g fiber; 25 g protein

# How to OUTSMART Your sweet tooth



**W**hen that sweet tooth is calling for a decadent treat, you can feel good reaching for these healthier options. Our tips and treats will help keep your body fueled and satisfy your sweet tooth, so you can have your cake and eat it too!

## Tip 1

### Think small.

Portion controlled items are great for allowing you to eat what you crave while keeping calories in check.

*Special K® Pastry Crisps* come in delicious flavors that will make you drool, like Chocolatey Caramel and Cookies and Crème. Two delicious Special K® Pastry Crisps are only 100 calories. Take that, sweet tooth!





## Tip 2

### Combine foods.

You will stay satisfied longer and get more healthy nutrients if you pair a sweet treat with a protein. Think a cookie paired with a glass of milk or chocolate paired with some almonds.

*Try pairing a serving of **Teddy Grahams** with a glass of protein-rich milk to curb your craving and stay full until your next meal.*



## Tip 3

### Keep fruit handy.

Fruit contains fiber, antioxidants, and are naturally sweet, so have plenty on hand for when your sugar craving hits.



## Tip 4

### Eat regularly.

Waiting too long between meals can cause you to make poor snack choices. Eat regularly to keep your blood sugar stable and prevent unhealthy binges.



## Tip 5

### Stay hydrated.

If you are craving a sweet mid-day snack, your body might be telling you that you are thirsty. Try sipping a glass of water or a calorie-free beverage.

**Cascade Ice zero calorie sparkling water** is calorie-free, sodium-free, caffeine-free and gluten-free.

Fareway now  
offers a variety of  
**ORGANIC  
PRODUCE!**



**What does  
“organic” mean?**

“Organic” refers to the way agricultural products are grown and processed. Organic agriculture emphasizes renewable resources and avoids most synthetic materials, such as pesticides and antibiotics.

# Is organic produce right for you?

If you're considering organic produce, here are some facts to keep in mind:

- Conventional and organic produce are both safe to consume under U.S. Food and Drug Administration (FDA) guidelines
- Organic produce must also meet United States Department of Agriculture (USDA) regulations for organic labeling
- Organic produce preserves natural resources by
  - Reducing air, water and soil pollution
  - Conserving water
  - Lowering soil erosion
- Organic produce contains fewer pesticides
- Organic produce tends to cost more. Becoming certified organic is expensive; it's also labor intensive
- Organically grown produce usually has a shorter shelf life as it lacks preserving ingredients
- Studies on the nutritional difference between organic and conventionally grown produce are still inconclusive. However, most research shows there is no nutritional difference.

**Every year the Environmental Working Group compiles a list of fruits and vegetables with the highest and lowest levels of pesticide residue.**

## **The Dirty Dozen™**

These foods contained higher concentrations of pesticide residue relative to other produce and may be worth purchasing organic.

Apples  
Strawberries  
Grapes  
Celery  
Peaches  
Spinach  
Bell peppers  
Nectarines  
Cucumbers  
Cherry tomatoes  
Potatoes  
Snap peas

## **The Clean Fifteen™**

Relatively few pesticides were detected on these foods. These items are also the least likely to hold pesticide residue.

Avocados  
Sweet corn  
Pineapple  
Cabbage  
Sweet frozen peas  
Onions  
Asparagus  
Mangoes  
Papayas  
Kiwis  
Eggplant  
Grapefruit  
Cantaloupe  
Cauliflower  
Sweet potatoes

**THE BOTTOM LINE:** The health benefits of a diet rich in fruits and vegetables outweigh the risk of pesticide exposure. All produce – organic and conventionally grown – can be part of a healthy lifestyle.





# CentsAble KIDS!

Three servings of calcium-rich foods each day are important for strong bones and teeth. Can you find all the words related to calcium?

- Balance
- Bones
- Calcium
- Cheese
- Healthy
- Milk
- Minerals
- Nutritious
- Teeth
- Vitamins
- Yogurt

Y	Y	U	W	C	V	T	S	E	N	O	B	Z	X	G
F	O	P	F	A	H	V	S	U	K	C	B	T	X	Y
M	G	G	P	J	T	E	T	N	A	L	N	Z	H	Y
U	U	O	S	L	A	R	E	N	I	M	I	T	C	T
I	R	F	W	I	I	H	H	S	R	M	L	M	E	U
C	T	I	A	T	G	D	I	J	E	A	A	E	P	F
L	E	V	I	I	W	X	S	P	E	L	T	T	B	U
A	E	O	P	H	F	R	E	H	O	H	P	F	I	Q
C	U	C	N	G	M	Z	A	Q	A	U	P	W	K	V
S	Q	K	V	W	H	J	M	K	P	E	A	E	I	Y
D	Y	Z	J	R	Z	D	H	J	X	R	C	Z	E	S
T	R	E	N	B	A	L	A	N	C	E	Z	M	R	O
M	F	B	D	U	L	H	A	Y	Z	U	H	V	I	W
U	L	P	C	H	N	M	C	M	P	S	Q	S	W	L
U	E	W	K	N	P	X	O	L	T	A	V	V	I	G

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