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December Nutrition Newsletter

STOREWIDE EVENTS

DIY Food Bar Party — \$10

Tuesday, December 2, 6 p.m.

Want to avoid packing on the pounds this holiday season? The dietitians will show you how to entertain on the lighter side. On the menu: brunch bar, crostini bar and mashed potato bar. Sign up for this fun class at customer service!

Diabetes Store Tour — Free

Wednesday, December 10, 1-2 p.m.

Learn how to count carbohydrates and to find the perfect foods to keep your blood sugar balanced. Please pre-register by contacting the dietitians at 792-3210.

Heart-Healthy Supermarket Tour—

Free

Wednesday, December 10, 3-4 p.m.

Learn about plant sterols and stanols to help lower cholesterol and low-sodium foods to keep your blood pressure in check. Please pre-register by contacting the dietitians at 792-3210.

Wine Club — \$20

Wednesday, December 10, 7-9 p.m.

Contact Wine & Spirits at 792-3210 to sign up.

Red Cross Blood Drive

Monday, December 22, 1 - 5 p.m.

Come and help us smash our goal. Every pint given can help save 3 lives. All donors will receive a \$5 Caribou Gift Card. Please call 792-3210 and speak to Renae for an appointment.



dietitian's pick

ALMOND OR COCONUT FLOUR

REASONS TO USE ALMOND OR COCONUT FLOUR

1. Boosts the protein and fiber in baked goods.
2. Is a good substitute to help lower carbs in quick breads, muffins and pancakes.
3. Is gluten-free.
4. May replace a portion of all-purpose flour with almond or coconut flour in recipes. *Talk to your Hy-Vee dietitian for more information or recipes.*
5. Adds a sweet, rich flavor to your favorite recipe.



Top Food Trends for 2015

A new year will soon be upon us, and, as always, some new food trends will emerge. Kale and quinoa, the “it” foods of 2014, will remain popular, and several new items are also attracting chefs’ attention. These top food trends for 2015 indicate that people’s palates are continuing to evolve, and we are craving new adventurous foods and flavors that still meet our demands for balanced nutrition. Start watching for:

More smoked items. The demand for smoked foods has risen as chefs have begun to apply smoke to a variety of proteins, as well as alternatives like vegetables, butters, spices, beers and cocktails.

More fermented foods. The popularity of preserving foods by fermentation will continue to rise.

You will begin to notice foods like yogurt, tempeh, sauerkraut, kimchi, kombucha and kefir on menus, as well as in people’s kitchens, with the growing awareness of digestive health. These foods contain live cultures (or are preserved in liquid) to convert sugars and starches into bacteria-boosting agents.

Local grains. While locally grown fruits and vegetables remain in high demand, the “next level of local” will be locally sourced grains. Expect more farmers to grow small-scale grain varieties and sell them to local bakers, chefs, brewers and consumers.

Ugly, misshapen fruits and vegetables. Consumers are becoming more aware that imperfect-looking produce still tastes great. Produce with an appearance that previously would have been relegated to compost will instead be marketed and sold.

Coconut sugar. The new “it” sweetener, this sugar (from the sap in the flowers of coconut plants) has the same amount of calories as regular sugar. Coconut sugar is minimally processed, is claimed to be more sustainable, and is perceived to be healthier than table sugar. For example, compared with table and brown sugars, coconut sugar also contains nutrients like zinc and iron, as well as antioxidants. Coconut sugar also contains good amounts of inulin, a type of dietary fiber that acts as a prebiotic that feeds the good bacteria in your gut.

Matcha. Expect more products with Japanese Matcha, a powdered, bright green tea that is packed with insoluble fiber and antioxidants. Matcha contains less caffeine than traditional green tea, but it still provides an energy boost. As opposed to most teas, Matcha is sold as a fine powder that contains the entire tea leaf and thereby maximizes release of the tea’s nutrients; teas that are steeped in hot water have many of their nutrients left behind in the tea bag.

Nutrition apps. We are no longer relying on just the nutritional information on packaging to know what is in our food. Smartphone apps, such as Fooducate, can give additional and more accurate information, and people are increasingly using these apps to make food selections. In addition, innovative devices like Prep Pad pair with an iPad app to calculate the exact nutrition content of your planned meals, including carbohydrates, fats, proteins and calories, by scanning the bar code of food packages.

ITEM SPOTLIGHT:

MY NUTRITION ADVISOR SUPERFOOD SMOOTHIE MIXES

Consuming superfoods has never been so easy. Just add one tablespoon of these superfoods to your smoothie. Choose from 4 different varieties with 10-11 superfoods in each package. Check out the website for over 50 different recipes, or see the dietitian for a free recipe book with the purchase of a package. Perfect Christmas present for your health-conscious friend or family member!
www.mynutritionadvisor.com



Boost Your Holiday Baking

The holiday season is upon us and for many that may mean entertaining family and friends. Will you be baking your family's favorite treats this season? Here are some great reasons to try coconut and almond flours, while boosting the nutrition in your baked goods.

Almond and coconut flours make a great addition to baked goods and are perfect for your friends and family who follow a gluten-free diet. Almond flour can be invaluable for anyone following a low-carb diet and is a good source of protein, fiber, vitamin E and magnesium. Almond flour is made from skinless almonds that are finely ground. Almond meal can give baked goods a moist texture and buttery flavor.

Coconut flour is made from coconut solids that are ground into a powder. Like almond flour, coconut flour is also lower in carbohydrates and high in fiber - a whopping 13 grams of dietary fiber in ¼ cup! Coconut flour provides sweetness and a rich texture to baked items. Due to its high-fiber and low-carbohydrate content, coconut flour is a good substitute for regular flours for those who are living with diabetes. High-fiber foods may play a role in controlling blood glucose levels. Besides its use in baked goods, almond meal can be used in place of regular flour as a coating for chicken and fish. Homemade meatballs can be made using almond flour in place of breadcrumbs.

This holiday season, start a new tradition and try almond or coconut flour in your baking.

Cinnamon Sugar Cookies with Coconut Flour

Makes 3 dozen cookies

All you need:

- 4 large eggs
- ¾ cup and 2 tablespoons sugar, divided
- ½ teaspoon vanilla
- ½ cup unsalted butter, softened
- ¼ teaspoon salt
- ¾ cup sifted coconut flour
- 2 teaspoons cinnamon

All you do:

1. Preheat oven to 375 degrees.
2. Combine eggs, ¾ cup sugar, vanilla, butter and salt; mix well.
3. Stir in coconut flour and let sit for 5 minutes to thicken.
4. Combine cinnamon and 2 tablespoons sugar.
5. Form dough into 1-inch balls; roll in cinnamon/sugar mixture.
6. Place on cookie sheet 1 inch apart; flatten.
7. Bake for approximately 8-9 minutes.
Remove from sheets to wire racks to cool.

Nutrition facts per serving: 60 calories; 3.5 g total fat; 2 g saturated fat; 0 g trans fat; 25 mg cholesterol; 6 g carbohydrates; 5 g sugar; 1 g protein; 1 g fiber; 30 mg sodium

Source: Just A Pinch Recipes

Chocolate Coconut Delight Bars

Makes 16 servings (1 bar each)

All you need:

- 4 eggs
- ¾ cup coconut milk
- 2 teaspoons almond extract

- ¾ cup coconut sugar
- ½ cup blanched almond flour
- ½ cup coconut flour
- ¼ teaspoon sea salt
- ½ teaspoon baking soda
- ¼ cup unsweetened shredded coconut
- ¼ cup chunked Zöet 57% dark chocolate, divided

All you do:

1. Preheat oven to 350 degrees.
2. In a large bowl, whisk together eggs, coconut milk, almond extract and coconut sugar.
3. In a smaller bowl, combine almond flour, coconut flour, salt and baking soda.
4. Mix dry ingredients into wet ingredients with a handheld mixer.
5. Stir in ½ cup chocolate chunks.
6. Grease an 8-by-8-inch baking dish.
7. Pour batter into dish, then sprinkle shredded coconut and remaining chocolate chunks on top.
8. Bake at 350 degrees for 30 minutes.
9. Cool for 1 hour. Serve.

Nutrition facts per serving: 170 calories; 8 g total fat; 4 g saturated fat; 0 g trans fat; 45 mg cholesterol; 21 g carbohydrates; 16 g sugar; 3 g protein; 3 g fiber; 105 mg sodium

Source: Elana's Pantry

The information is not intended as medical advice. Please consult a medical professional for individual advice.

Gift and stocking stuffer ideas to promote healthy habits

Wondering what to get your health-conscious friend or family member for Christmas? Check out these ideas that will help encourage your friend or family member to keep up with their health goals.

1. Gift certificate for an individual consultation or cooking classes with your favorite Hy-Vee dietitians (had to throw that one in there).
2. Gym membership.
3. Healthy freezer meals (these are perfect for an elderly family member, or busy mom).
4. Nutrition bars like Lara, Kind, Luna Protein or Good Greens.
5. Natural beauty products like Zum or Burt's Bees (get extra Fuel Saver points when you buy these on Wellness Wednesdays at Hy-Vee).
6. Homemade dry mixes in a jar: whole grain pancake or waffle mix, trail mix, oatmeal, smoothies using freeze-dried fruits and veggies, etc. Include a tag with instructions.
7. Herbal teas.
8. A subscription to a healthy cooking magazine, such as Eating Well.
9. Justin's Nut Butter squeeze packs.
10. My Nutrition Advisor superfood smoothie mixes (as seen on page 2). See the dietitian for a free recipe book (\$20 value) with the purchase of a package.



Sizzled Citrus Shrimp

4 servings, about 3/4 cup each | Active Time: 15 minutes (including peeling shrimp) | Total Time: 40 minutes

All you need:

Marinade & shrimp

3 tablespoons lemon juice

3 tablespoons dry white wine

2 teaspoons extra-virgin olive oil

3 cloves garlic, minced

1 pound medium shrimp, (30-40 per pound), peeled and deveined

Sauce

1 teaspoon extra-virgin olive oil

1 bay leaf

1/4 teaspoon crushed red pepper

1/4 teaspoon salt, or to taste

2 tablespoons chopped fresh parsley

All you do:

1. Combine lemon juice, wine, 2 teaspoons oil and garlic in a medium bowl. Add shrimp and toss to coat. Cover and marinate in the refrigerator for 15 minutes, tossing occasionally. Drain well, reserving marinade.
2. Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat. Add shrimp and cook, turning once, until barely pink, about 30 seconds per side; transfer to a plate. Add bay leaf, crushed red pepper and the reserved marinade to the pan; simmer for 4 minutes. Return the shrimp and any accumulated juices to the pan; heat through. Season with salt, sprinkle with parsley and serve immediately.

Nutrition per serving :171 Calories; 6 g Fat; 1 g Sat; 3 g Mono; 172 mg Cholesterol; 4 g Carbohydrates; 23 g Protein; 1 g Fiber; 315 mg Sodium; 271 mg Potassium

From EatingWell: Spring 2004, The Essential EatingWell Cookbook (2004)



Roasted Pears with Brie & Pistachios

4 servings | Active Time: 10 minutes | Total Time: 45 minutes

All you need:

2 tablespoons honey mustard

1 tablespoon extra-virgin olive oil

1 teaspoon lemon juice

1/4 teaspoon salt

1/2 teaspoon freshly ground pepper

2 ripe pears, preferably Bosc

2 ounces Brie cheese, cut into 4 slices

4 teaspoons chopped pistachios, toasted (see Tip)

All you do:

1. Preheat oven to 425°F. Coat an 8-inch-square (or similar-size) metal baking pan with cooking spray.
2. Whisk mustard, oil, lemon juice, salt and pepper in a small bowl.
3. Cut pears in half lengthwise, hollow out the core and slice a small piece off the other side so they will lie flat when served. Brush all over with the mustard glaze and place cored-side down in the prepared pan.
4. Bake the pears for 30 minutes, basting halfway through with the glaze. Gently turn them over, baste again and place a piece of Brie in the hollow of each pear. Bake until the pears are tender and the Brie is slightly softened, 3 to 5 minutes. Sprinkle each pear half with 1 teaspoon pistachios.

Tip: To toast seeds and chopped, small or sliced nuts, cook in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

Nutrition per serving :160 Calories; 9 g Fat; 3 g Sat; 4 g Mono; 14 mg Cholesterol; 18 g Carbohydrates; 4 g Protein; 3 g Fiber; 299 mg Sodium; 164 mg Potassium

From EatingWell: November/December 2011



About our Dietitians

What is a registered dietitian?

Registered dietitians are your most credible source of nutrition information. A registered dietitian (RD) is a food and nutrition expert who has met academic and professional requirements including:

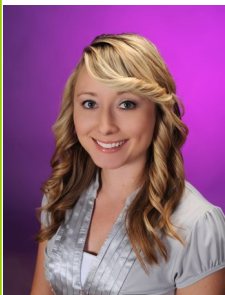
- Bachelor's degree with course work approved by the Academy of Nutrition and Dietetics' Commission on Accreditation for Dietetics Education.
- Complete an accredited, supervised, experiential practice program at a health-care facility, community agency or foodservice corporation.
- Pass a national examination administered by the Commission on Dietetic Registration.
- Complete continuing professional educational requirements to maintain registration.

Rachelle Hochgraber, MS, RD, LD



Rachelle Hochgraber, MS, RD, LD, obtained her Bachelor of Science degree in food and nutrition with a specialization in dietetics from Southern Illinois University. She continued to study nutrition and obtained her Master of Science degree and Nutrition Education Specialist Certification through the School of Family and Consumer Science at Eastern Illinois University. Rachelle always works to stay aware of current nutrition trends and research through further education and training. Rachelle enjoys using a creative individualistic approach, as well as a positive and energetic delivery style when providing nutrition education.

Lindsay Nelson, RD, LD



Lindsay Nelson, RD, LD, graduated from Missouri State University with a bachelor's degree in dietetics and completed her dietetic internship at Tri-County Health Department in Denver, CO. She has experience with pregnancy, breastfeeding, child and infant nutrition, weight loss and chronic disease. She completed her certificate of training in weight management from the Academy of Nutrition and Dietetics. Lindsay also had experience as a personal trainer and teaching fitness classes. Her hobbies include crafting, cooking, gardening, traveling, working out and being outdoors. Lindsay is passionate about health and wellness and looks forward to working with you to achieve your health goals.

Jennifer Miller-Cain, Health and Wellness Specialist



Jennifer owned her own catering business for 20 years before going back to school to get her dietetics degree. She also has a degree in restaurant management. Jennifer assists the dietitians with classes, scheduling and other odds and ends as well as demoing healthy foods and recipes in the store.

For a list of our services, click [here](#).

