



# Dietitian e-Newsletter



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***Happy SPRING from your Hy-Vee dietitian!***



March marks the first day of spring, but it also marks National Nutrition Month, an annual nutrition education campaign created by the Academy of Nutrition and Dietetics. The theme for 2014 is “Enjoy the taste of eating right.” I truly believe that healthy foods can be tasty, too. Click [here](#) for five ways you can enjoy the taste of eating right.

Spring makes me think **GREEN!** Veggies, that is. The dietitian’s pick of the month is Brussels sprouts. According to a 2008 research study by Heinz, Brussels sprouts are the most-hated vegetable in America. I absolutely love roasted Brussels sprouts. Click [here](#) to read more about why they’re good for you, plus a simple recipe for roasting.



# What's New & RD-Approved at Hy-Vee North?



## **Hy-Vee Chia Seed**

Chia seed is a great source of omega-3 fats. My favorite way to use chia is in refrigerator oatmeal. Click [here](#) for ten reasons why you should try it, too. Find it in the HealthMarket™.



## **Hy-Vee Frozen Chopped Kale**

My favorite way to use kale is in soup. Click [here](#) for a delicious black bean soup with sweet potatoes and kale. Find it in Aisle 9.

## **Hy-Vee No-Salt Chili Beans**

If you are following a sodium-restricted diet, this is a great way to add flavor to your chili without all the salt. Click [here](#) for my no-salt-added chili recipe! Find these beans in Aisle 2.



## **Just BARE® frozen chicken breast fillets**

Finally—a frozen chicken breast without added sodium. I also love that they come individually-wrapped in vacuum-sealed pouches. Find them in Aisle 9.

## **Minute® multi-grain medley**

It's a great new option for a whole-grain side dish. Includes brown rice, red rice, wild rice and quinoa. No salt added. Find it in Aisle 4.



## **"Responsible Choice" seafood**

Look for this symbol when choosing seafood at Hy-Vee. Read more [here](#). Click [here](#) for my favorite salmon recipe.



# “I TRIED IT!”

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*A new, free class for kids to taste fruits and veggies.*

**FRIDAY, APRIL 4, at 10:30 A.M.**

Register with Kaitlin Anderson, RD, LD, at 507-289-0266 or [kanderson@hy-vee.com](mailto:kanderson@hy-vee.com)