

# HealthCents

Healthful, affordable options for your family



Buddha Bowls • Back to School • Fruits & Veggies – More Matters®

- 3 Buddha Bowls
- 4 Paws to the Pavement
- 6 Back to School
- 8 Fruits & Veggies – More Matters®
- 10 Get Wise About Your Workout
- 12 End-of-Summer To-Do List

## Bite into a Healthy Lifestyle



Meredith McGrath, RD, LDN  
Corporate Dietitian • HealthCents  
Redner's Markets

Email your questions to  
[HealthCents@RednersMarkets.com](mailto:HealthCents@RednersMarkets.com)

Meredith holds a B.S. in clinical dietetics  
from the University of Pittsburgh.

*Disclaimer: The food and nutrition advice in this newsletter is not meant to take the place of your primary care physician. We recommend that you ask your health care provider or registered dietitian for further information specific to your needs.*

Redner's Markets, Inc. • 3 Quarry Road, Reading, PA 19605



### Surviving Summer with Celiac Disease

You may have noticed gluten-free sections popping up in grocery stores, gluten-free icons on food labels, and menus highlighting those items free from gluten. Why the craze? With more and more people being diagnosed with celiac disease or a gluten sensitivity, gluten-free options have become a necessity. Gluten, a protein found in wheat, barley and rye, needs to be avoided by these individuals to avoid adverse reactions.

If you're omitting gluten this summer, whether you're grilling, camping or picnicking, there's no need to feel left out!

**APPETIZERS.** Here, going gluten-free is no big deal! Choose fresh vegetables, with hummus or your favorite gluten-free salad dressing for dipping.

**THE MAIN EVENT.** Schär gluten-free hamburger and hot dog buns are an appealing option. These fluffy yet hearty American classics are not just perfect for your next barbecue, they're baked with ancient grains, fortified with vitamins and minerals, and are a good source of fiber. [www.schaer.com](http://www.schaer.com)



**DESSERT.** For a sweet treat that's easy to eat, try North Star ice cream bars. These lactose- and gluten-free bars come in a variety of flavors and are sure to keep stomachs happy!

[www.northstarfrozentreats.com](http://www.northstarfrozentreats.com)

Contributing writer for this issue of HealthCents ...

Allison Witmer, Nutrition Intern  
B.S. in Nutritional Sciences from Penn State University





# BUDDHA BOWLS

Healthy, trendy and certainly Instagram worthy

When you think of Buddha, an elated-looking man with a big, round belly comes to mind. It might surprise you that one of this year's hottest healthy food trends, the Buddha Bowl, aims for the opposite result!

A Buddha Bowl is a hearty and filling dish bursting with a variety of flavors, colors and nutrients. Follow this basic formula to create one of these overflowing bowls that can easily be adapted to suit personal preferences.

- 1. Start with a whole grain base.** Choose from brown rice, quinoa, farro or couscous.
- 2. Pick a lean protein.** Grilled chicken pairs well with many different flavors, but you can also choose from vegetarian options such as hummus, black beans or tofu.
- 3. Choose your veggies.** Any and all vegetables will work! Experiment with different combinations, and feel free to use any leftovers in your fridge.
- 4. Add some crunch.** Pumpkin seeds, peanuts, walnuts, slivered almonds, sesame seeds or roasted chickpeas will add desired texture.
- 5. Dress it up.** Choose your favorite dressing to give your meal the perfect finishing touch.



Artfully arranging your bowl might look pretty, but we promise that if you don't, it'll still taste just as good!



For a time-saving option, try Nature's Earthly Choice™ Easy Quinoa, ready in just 15 minutes!

[www.earthlychoice.com](http://www.earthlychoice.com)

# Paws to the Pavement

Just because your favorite family member has four legs doesn't mean he should be left behind when planning your next vacation or getaway! Many people are apprehensive about traveling with their pets, but you don't have to be. With proper planning, bringing along Fido can only add to the fun!



## On the Road

If possible, get your pets accustomed to riding in the car by frequently taking them on short trips when they're a puppy. Instead of roaming free, pets should be secured in a crate or carrier for both of your safety. Make sure to bring along toys, treats and fresh water. Just like if you had a young child, plan for frequent exercise and bathroom breaks to keep your pet happy! If you've tried everything else but your pet still doesn't travel well, talk to your vet about sedatives or travel sickness medication that can help make the miles pass more smoothly.



## Staying Sane

When booking a hotel, there are many resources to help you find a pet-friendly place. Check out bringfido.com, or do a keyword search on TripAdvisor to find a hotel that accommodates furry friends (many will, but may charge an extra fee).

To make it easier for you and other guests, request a room on the first floor so you can easily take your pet outside.

## Easily Entertained

Bring your pet anywhere! OK, not anywhere, but you'd be surprised by how many activities you can do together.

- **Beaches** – Many pets appreciate the sun, sand and surf, too! A quick Google search can point you in the direction of many dog-friendly beaches.
- **Wineries** – Enjoy a glass (or two) of wine at that winery you've been meaning to get to. Many wineries welcome dogs to sit outside and enjoy the day with you.
- **Dog Parks** – Don't forget that your dog likes to socialize, too! Taking him to a dog park can be a great way to let him interact with other dogs and get out some energy.
- **Art Shows** – Outdoor art shows boast unique pieces, intriguing people, and sometimes a bite of tasty food. Your dog can make for a great companion as you browse. Just be sure he doesn't get too close to anything breakable!
- **Hiking Trails** – There's nothing like the great outdoors, and there's no one better to enjoy it with than man's best friend. After a long hike, reward yourself (and your pet) with plenty of water and maybe even a treat!



*Leaving your pet alone in a hot car is very dangerous.*

*If you have to do it, make sure to leave at least two windows open, and only do so for a short period of time!*

## Purina® Products

You can feel confident when selecting Purina® for your pet's nutrition needs. As a leader in the pet industry for more than 80 years, they offer a variety of high-quality products developed to enrich the lives of pets across all life stages. Find your perfect match today!

[www.purina.com](http://www.purina.com)

Check our Facebook page daily  
July 23-29 for a chance to win  
FREE products from Purina®!



# Back to School

With summer winding down and school quickly approaching, back to school means back to routine, something most summers seriously lack. Preparing to go back to school can be a difficult adjustment, which is where our top three tips come into play:

## 1. Back to Bedtime

When it stays light late into the evening, it's only natural that kids stay up later. Realizing that school is just around the corner and that sleeping in will no longer be an option, some changes need to be made. Switching from a 10 p.m. to an 8 p.m. bedtime can be a difficult adjustment, so go gradually. About two weeks before school starts, have your child go to bed about 15 minutes earlier each night, steadily getting down to your desired time. Make it easier by having your child avoid caffeine, sugar and screens in the few hours leading up to bed.

## 2. Plan Nutritious Meals

From having breakfast on the table and lunches packed, to getting after-school snacks ready and dinner planned, being prepared for the day can be a challenge to say the least. For helpful ideas, try the one-day meal plan on the next page.

## 3. Be Attentive

Going back to school and adjusting to new friends, teachers, homework assignments, and extracurricular activities can be overwhelming. Do your part to help your kids acclimate. Ask kids about their day, offer to help with homework, and be encouraging to show that you care!

## PB&J Stuffed French Toast

*Total Time: 25 minutes; Serves: 4*

- 2 Tbsp. unsalted butter, divided
- 8 thick slices of bread (challah, whole wheat, or cinnamon raisin work well)
- 1/4 cup smooth peanut butter
- 1 cup 2% milk
- 3 large eggs
- 1 Tbsp. confectioners' sugar
- 1/4 cup Welch's® Grape Jelly
- 1/2 tsp. cinnamon
- 1/2 cup maple syrup

**Nutrition Facts:** 503 Calories, 20 g. Total Fat, 124 mg. Cholesterol, 297 mg. Sodium, 70 g. Carbohydrates, 2 g. Fiber, 13 g. Protein.  
www.welchs.com



Wake up  
with Welch's®

Get your kids excited  
for the day with a  
mouthwatering  
breakfast!



*Preheat oven to 200° F. In large bowl, lightly beat together milk, eggs and cinnamon. In separate small bowl, stir together peanut butter and confectioners' sugar. Put a dollop of peanut butter mixture in center of 4 pieces of bread, then add a dollop of jelly on top. Top each piece of bread with another piece to seal PB&J inside. Carefully dip stuffed bread on both sides in the milk mixture.*

*Heat 1 Tbsp. butter in skillet over medium-high heat. Once melted and frothy, add sandwiches in batches. Cook until golden brown, about 3 minutes per side. Transfer to wire rack set on baking sheet. Keep cooked French toast warm in oven and continue to cook remaining French toast. Divide between plates and top with maple syrup.*

## Try this one-day meal plan to feed the troops:

### Pack the Perfect Lunch

With the weather turning cooler and schools still in summer mode with the air conditioning cranked to the max, pack your child a warm and comforting lunch.

In the morning, warm up some Panera® broccoli cheddar soup and place it in a thermos. Kids love this bakery-café-inspired favorite, made with chopped broccoli, shredded carrots, creamy cheese and absolutely no artificial colors, flavors or preservatives. Pair this with whole wheat crackers and carrot sticks for a satisfying lunch.



### Keep Hunger at Bay

Returning home after a long day at school always means one thing: snack time. Keep these items in your pantry for quick and easy nutritious snacking your kids are sure to enjoy:

- **Schär Table Crackers** – Let your kids top these with peanut butter. Just be sure to watch portions!  
[www.schaer.com](http://www.schaer.com)



- **Munk Pack®** – This mix of whole grain rolled oats, flax and delicious fruit is perfect for snacking!  
[www.munkpack.com](http://www.munkpack.com)

- **Bean Crisps®** – Made with black beans and green and yellow split peas, these babies are packed with protein and fiber, which will keep grumbling tummies away until dinner!

[www.ourlittlerebellion.com](http://www.ourlittlerebellion.com)



### Spend Supper Together

Dinner doesn't have to be difficult to be satisfying! Serve this classic lemon pepper chicken with whole wheat couscous and kid-approved tots. But wait ... these aren't just any kind of tots! Green Giant® Veggie Tots swap potatoes with vegetables like cauliflower and broccoli for an easy way to add more veggies to mealtime! Found in the frozen aisle, these heat up quickly, adding convenience to their long list of attributes.

[www.greengiant.com](http://www.greengiant.com)



## Centsible TIP

Ensure your kids are getting all of the vitamins and minerals they need by getting into the habit of serving a multivitamin with breakfast. Feel good choosing Nature Made® for all of your supplement needs!

[www.naturemade.com](http://www.naturemade.com)



## Lemon Pepper Chicken

**Total Time: 25 minutes**

**Serves: 4**

- 1/4 cup flour
- 1 Tbsp. McCormick® Perfect Pinch® Lemon & Pepper Seasoning
- 1 lb. thinly sliced boneless skinless chicken breasts
- 2 Tbsp. butter

*Mix flour and lemon & pepper seasoning in shallow dish. Moisten chicken lightly with water. Coat evenly with seasoned flour. Melt butter in large nonstick skillet on medium heat. Cook 1/2 of chicken pieces 3 to 4 minutes per side or until golden brown and cooked through (internal temperature of 165°F). Repeat with remaining chicken, adding additional butter if necessary.*

**Nutrition Facts:** 211 Calories, 9 g. Total Fat, 88 mg. Cholesterol, 665 mg. Sodium, 7 g. Carbohydrates, 0 g. Fiber, 28 g. Protein. [www.mccormick.com](http://www.mccormick.com)



# Fruits & Veggies - More Matters<sup>®</sup>

More isn't always the goal, but when it comes to eating fruits and vegetables, more really does matter! Incorporating more into your diet doesn't have to be a challenge. With these creative salads and sides that combine savory spices and fresh flavors, you'll be inspired all summer long.



## Mexican Street Corn

**Total Time:** 20 minutes

**Serves:** 8

- 3/4 cup mayonnaise
- 1 pkg. McCormick<sup>®</sup> taco seasoning mix
- 1/2 tsp. fresh lime juice
- 8 ears fresh corn, husks and silk strands removed
- Canola oil
- 1/2 cup crumbled Cotija cheese

*Preheat grill to medium-high heat. Mix mayonnaise, 2 Tbsp. taco seasoning and lime juice in small bowl. Cover and refrigerate until ready to serve. Brush corn lightly with canola oil and sprinkle with remaining seasoning mix. Grill corn, turning occasionally for 10 minutes or until tender and lightly charred. Spread mayonnaise mixture over corn, sprinkle with cheese and serve immediately.*

**Nutrition Facts:** 262 Calories, 18 g. Total Fat, 8 mg. Cholesterol, 431 mg. Sodium, 21 g. Carbohydrates, 2 g. Fiber, 4 g. Protein. [www.mccormick.com](http://www.mccormick.com)

## Sweet Pea Soup

**Total Time:** 25 minutes

**Serves:** 4

- 2 Tbsp. butter
- 1 cup chopped onion
- 2 15 oz. cans Del Monte<sup>®</sup> Sweet Peas, drained
- 2 cups fresh baby spinach
- 4 tsp. fresh lemon juice
- 4 tsp. fresh thyme or 1 tsp. dried thyme
- 3 1/2 cups low-sodium chicken broth

*Melt butter in medium saucepan over medium-low heat. Cook onion for about 10 minutes or until lightly browned and soft, stirring frequently. Blend cooked onion, peas, spinach, lemon juice, thyme and 2 cups chicken broth in blender or food processor until very smooth. Return to saucepan and stir in remaining broth. Heat gently for about 5 minutes, stirring occasionally. If desired, garnish with croutons and serve.*



**Nutrition Facts:** 196 Calories, 8 g. Total Fat, 15 mg. Cholesterol, 137 mg. Sodium, 24 g. Carbohydrates, 7 g. Fiber, 11 g. Protein. [www.delmonte.com](http://www.delmonte.com)



## IN SEASON

Bell Peppers • Blackberries • Blueberries • Cantaloupe • Corn • Eggplant  
Green Beans • Jalapenos • Peaches • Peas • Radishes • Strawberries  
Tomatoes • Watermelon • Zucchini



## Cucumber and Strawberry Salad

**Total Time: 10 minutes**  
**Serves: 4**

1 lg. cucumber, thinly sliced  
1 pint strawberries, sliced  
3/4 cup red onions, thinly sliced  
1/3 cup Panera® Poppyseed Dressing  
1/2 cup feta cheese, crumbled  
2 Tbsp. fresh mint leaves, chopped  
Salt and pepper to taste

*In large bowl, toss cucumber, strawberries and onion together. Add dressing and toss to coat. Garnish with crumbled feta and chopped mint. Season with salt and pepper to taste. Best if served immediately!*

**Nutrition Facts:** 115 Calories, 4 g. Total Fat, 17 mg. Cholesterol, 246 mg. Sodium, 15 g. Carbohydrates, 3 g. Fiber, 4 g. Protein. [www.paneraathome.com](http://www.paneraathome.com)



## Southwestern Coleslaw

**Total Time: 10 minutes**  
**Serves: 4**

8 oz. cabbage, shredded  
1 jalapeno, julienned  
1/2 lg. red pepper, julienned  
1/2 cup Del Monte® Whole Kernel Corn  
1/4 cup Panera® Southwest Caesar Dressing  
2 Tbsp. fresh lime juice (1 lime)  
1/4 cup cilantro, chopped  
Salt and pepper to taste



*In large bowl, combine shredded cabbage, jalapeno, red pepper and corn. Add dressing and lime juice and toss well to coat. Garnish with cilantro, and season with salt and pepper to taste. Serve as a side or on top of grilled fish, chicken or steak.*

**Nutrition Facts:** 100 Calories, 3 g. Total Fat, 3 mg. Cholesterol, 90 mg. Sodium, 10 g. Carbohydrates, 2 g. Fiber, 1 g. Protein. [www.paneraathome.com](http://www.paneraathome.com)



## Blueberry Wild Rice Salad

**Total Time: 35 minutes; Serves: 4**

1 cup wild rice blend (uncooked)  
1 Tbsp. olive oil  
2 cloves garlic, minced  
1 cup blueberries  
2 Tbsp. balsamic vinegar  
1/2 cup toasted pecans, chopped  
1/4 cup thinly sliced scallions  
3 Tbsp. chopped fresh mint  
1/2 tsp. salt  
1/4 tsp. ground black pepper

*Prepare wild rice blend according to package directions; drain well. Move to mixing bowl; set aside. In small skillet, heat oil over medium heat. Add garlic, cook and stir 1 minute. Reduce heat to low. Stir in blueberries and vinegar; cook 5 minutes, stirring frequently. Add blueberry mixture to rice. Add pecans, scallions, mint, salt and pepper, and toss to combine.*

**Nutrition Facts:** 300 Calories, 13 g. Total Fat, 0 mg. Cholesterol, 299 mg. Sodium, 42 g. Carbohydrates, 5 g. Fiber, 8 g. Protein. [www.blueberrycouncil.org](http://www.blueberrycouncil.org)





# Get **Wise** About Your **Workout**

Whether you follow an exercise plan religiously or are more laid back in your pursuit of physical fitness (literally), we all know that physical activity is good for your body. No matter what your age, it is never too early or late to lead an active lifestyle. Proven time and time again, exercise can help with many issues including:

## **Osteoporosis**

*is a condition in which bones become weak and brittle, which can increase risk for fractures or breaks. Weight-bearing exercises help to keep bones strong!*

**Weight Control/Management:** Build muscle and burn fat. This will help you lose and maintain a healthy weight.

**Stress Relief:** The endorphins produced during exercise can help reduce feelings of sadness, depression and anxiety, leading to happier moods and a personal sense of well-being.

**Disease Prevention:** Heart disease, high blood pressure, osteoporosis, certain cancers, stroke and type 2 diabetes can be prevented or managed through regular exercise.

## **How Much is Enough?**

**Adults (18-64 years):** 2.5 hours/week of moderate or 1.25 hours vigorous exercise plus strengthening activities at least 2x/week.

**Children and adolescents (6-17 years):** 60 minutes of moderate to vigorous-intensity exercise per day plus strengthening activities at least 3x/week.

**Young children (2-5 years):** There is no specific recommendation, but young children should play actively several times per day!

[www.choosemyplate.gov](http://www.choosemyplate.gov)

## Post-Workout Nutrition

Eating a mix of carbohydrates and protein after a workout is an essential part of the routine that shouldn't be skipped!

Within 45 minutes of finishing your workout, try one of these nutrient-packed mini meals to help stimulate muscle protein synthesis and improve recovery.

### 1. 1 slice of whole wheat toast with 1/3 of an avocado, siracha and a fried egg

Try Nellie's® Free Range Eggs – happy chickens produce the best eggs! [www.nelliesfreerange.com](http://www.nelliesfreerange.com)



## Centsible TIP

### Anywhere, Anytime

If you don't have enough time to make it to the gym one day, try this no-equipment-required body-weight workout!

- 20 squats
- 10 push-ups
- 20 walking lunges
- 30-second plank
- 30 jumping jacks
- Repeat 2-3 times.

### 2. Protein bar and 1 medium-sized banana



thinkThin® High Protein Bars have 20 grams of protein and 0 grams of sugar, so they'll satisfy your hunger with none of the guilt! [www.thinkproducts.com](http://www.thinkproducts.com)

### 3. 1 cup Greek yogurt topped with 1/2 cup berries and 1 Tbsp. chia seeds

Pick plain, unsweetened yogurt to skip unnecessary sugar and calories.



### 4. 1 cup cooked quinoa with 1 cup roasted veggies

Try prepping a batch of Nature's Earthly Choice™ Quinoa at the beginning of the week so you'll always have this nutritious option on hand. [www.earthlychoice.com](http://www.earthlychoice.com)



### 5. 1/2 of a whole wheat pita with 2 Tbsp. hummus and carrot sticks

Hummus comes in many different varieties – mix it up until you find your favorite!



**Perk Up!** Enjoy your favorite Panera® coffee without leaving your house! Have a cup about one hour before working out for a natural stimulant that can help energize you before and during your workout. [www.paneraathome.com](http://www.paneraathome.com)



Stay cool, dry and comfortable with Gold Bond® No Mess Powder Spray.

[www.goldbond.com](http://www.goldbond.com)

Don't let allergies get in the way of exercise! Try XYZAL® for fast-acting and long-lasting relief of all of your allergy symptoms.

[www.xyzal.com](http://www.xyzal.com)



Freshen up after your workout and strengthen your teeth too with ACT® Mouthwash.

[www.actoralcare.com](http://www.actoralcare.com)

GYM BAG HEROES

**Summer** might be coming to an end, but the fun doesn't have to stop too! How many things can you check off our end-of-summer to-do list before starting school? Can you do them all?



## Ready... set ... go!

- 
- 1** Build a campfire
  - 2** Catch fireflies
  - 3** Have a picnic
  - 4** Go fishing
  - 5** Draw with chalk
  - 6** Play miniature golf
  - 7** Put on a play for your parents
  - 8** Read a book outside
  - 9** Go to a baseball game
  - 10** Eat an ice cream cone
  - 11** Ride your bike
  - 12** Have a water balloon fight
  - 13** Go to the pool
  - 14** Serve your parents breakfast in bed
  - 15** Host a talent show
  - 16** Go to the movies
  - 17** Make up a new dance
  - 18** Set up a lemonade stand
  - 19** Draw a self-portrait
  - 20** Sleep outside in a tent