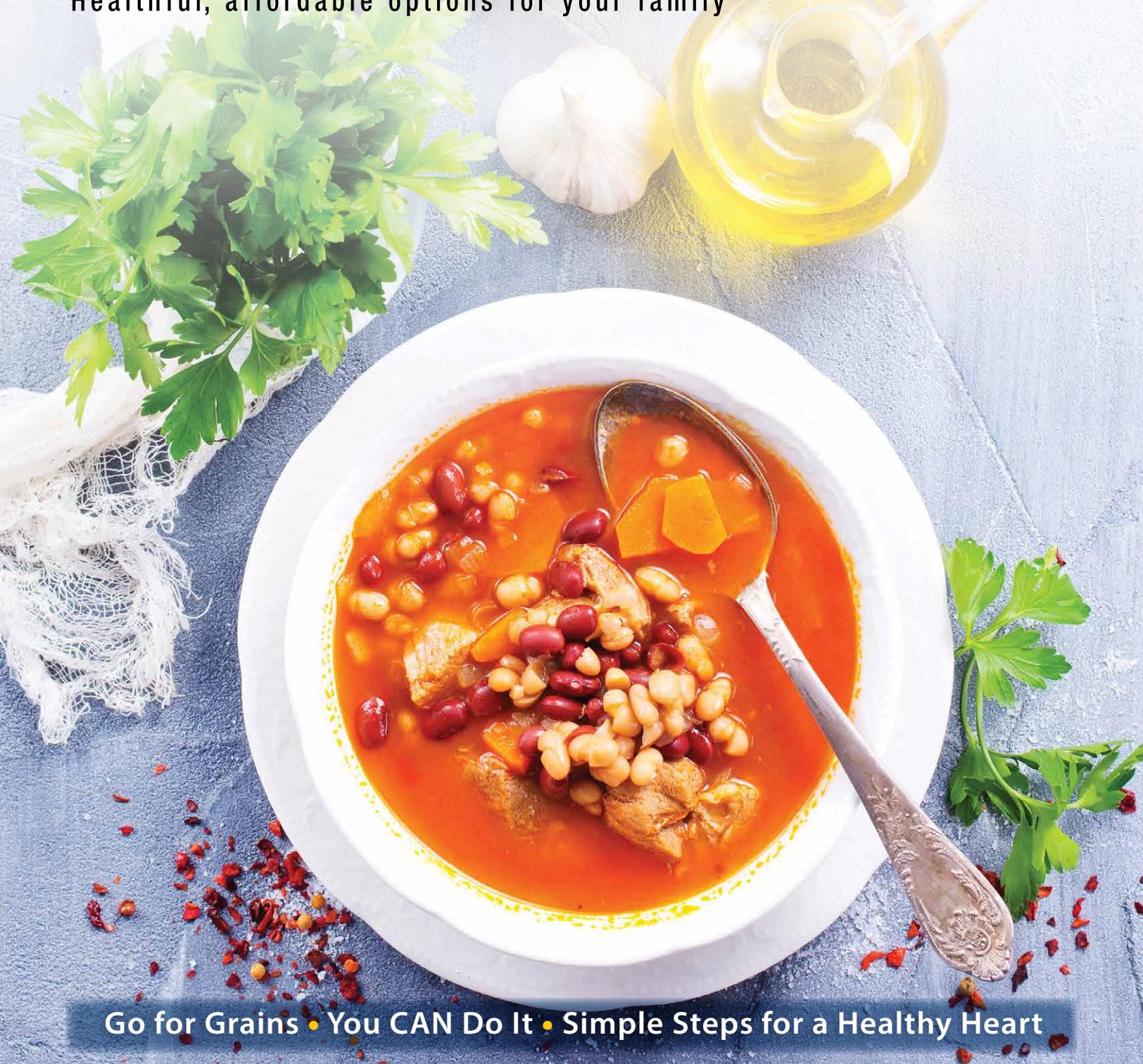


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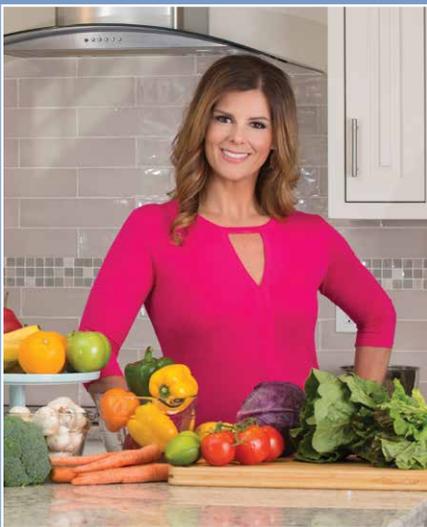


Go for Grains • You CAN Do It • Simple Steps for a Healthy Heart

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Bite into a Healthy Lifestyle



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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



What is the difference between sea salt and table salt?

Sea salt has boomed in popularity in restaurants and supermarket aisles. Some chefs prefer it over table salt for its coarse, crunchy texture and stronger flavor. Manufacturers are using it in potato chips and other snacks because it's "all natural," and some health-conscious consumers choose it because it contains minerals like magnesium. But in one very important respect, there's usually little difference between the two: sodium content.

How does the amount of sodium in sea salt compare to table salt?

Table salt and most sea salts all contain about 40% sodium by weight. Kosher salt and some sea salts may have larger crystal sizes than table salt, so they may have less sodium by volume (e.g., by teaspoon or tablespoon). A teaspoon of table salt has about 2,300 mg. of sodium, but a teaspoon of sea salt or kosher salt may have less sodium simply because fewer crystals fit on the spoon. Some varieties of sea salt claim to have less sodium than table salt. You can check the Nutrition Facts label to compare how a given sea salt compares to table salt.

What's the difference between the way sea salt and table salt are made?

Sea salt is obtained directly through the evaporation of seawater. It is usually not processed, or undergoes minimal processing, and, therefore, retains trace levels of minerals like magnesium, potassium, calcium and other nutrients. Table salt, on the other hand, is mined from salt deposits and then processed to give it a fine texture so it's easier to mix and use in recipes. This processing strips table salt of any minerals, and additives may be used to prevent clumping.

Is there a health advantage to eating sea salt?

Most sea salts don't offer any real health advantages. The minute amounts of trace minerals found in sea salt are easily obtained from other healthy foods.

So, which one should I choose?

You can usually let your taste buds choose between kosher salt, sea salt, and table salt. They all contain about the same amount of sodium.

Meredith

GO FOR GRAINS

Grain bowls have become a staple on our Pinterest feeds, and we're officially ready to declare this "trend" a new classic. Ultra-portable and adaptable, grain bowls are the easiest way to get creative in the kitchen. They work with any combination of toppings, so you can create unlimited recipes that incorporate your favorite flavors and textures for dozens (or hundreds) of unique and delicious meals.

Types of Grains

Two of the most popular grain bowl classics are brown rice and quinoa.

Brown Rice or Quinoa

What is quinoa? Although known as one of the most popular grains, quinoa, which belongs to the amaranth family and is native to the Andes Mountains in South America, is actually a seed! While both quinoa and brown rice have a relatively mild taste, they work with flavors from a wide range of cuisines, making them great "starter" grains for your bowl.

Wheat Berries, Whole Wheat Kernels, or Freekeh

Take your base to the next level with some bolder options: wheat berries, or whole wheat kernels, have a toasty nutty flavor, while freekeh – made from roasted wheat grains – infuses your bowl with a pleasant smokiness. Heirloom rice varieties, like red or black, also amp up the texture without straying too far from a traditional rice bowl.

Farro

You've probably heard of farro, another grain often mentioned with quinoa. Farro is a type of wheat (so it's not gluten-free) that looks very similar to brown rice (with a slightly nuttier taste) and refers to a variety of wheat species. One of the oldest grains – going back to ancient Roman times – farro is another great way to start off the base of your grain bowl.

How to Make Grains Taste Better

While veggies and protein typically take center stage in your grain bowl, there's no reason the grains themselves shouldn't taste amazing. If you've ever wondered how to make quinoa taste better (or even plain rice), try toasting your grains in oil before you cook them. Toasting brings out a roasted earthiness in the grains, which makes for a better-tasting, heartier bowl.

Seasoning is crucial, too. Add some unsalted chicken or vegetable stock to the cooking water, along with a dash of onion or garlic powder to season your grains as they cook. These also tend to taste relatively "neutral" – not only do they work with a range of toppings, you won't be committed to making just one type of bowl.

RED BEANS & RICE BURRITO BOWL

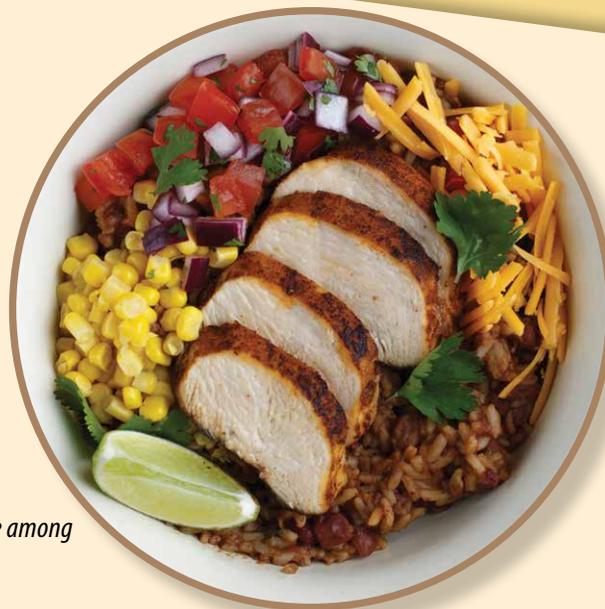
Total time: 30 minutes; Servings: 3

1 pkg. Zatarain's® Red Beans & Rice
3 cups water
2 Tbsp. butter

Toppings

8 oz. cooked chicken, sliced
1/2 cup shredded cheese
1 cup cooked corn
3/4 cup salsa
Chopped fresh cilantro
Lime wedges

Prepare rice mix as directed on package. Divide rice among individual bowls. Serve with toppings, as desired.



Nutrition facts: 530 calories, 17 g. fat, 5 g. saturated fat, 57 mg. cholesterol, 1,250 mg. sodium, 74 g. carbohydrates, 3 g. fiber, 27 g. protein.

Source: McCormick

Looking to branch out and take your flavors up a notch? Try a seasoning blend that gives you the flavor of several spices in one bottle. Try a dash of taco seasoning for Mexican-flavored grains, use an adobo seasoning if you're craving a Latin-inspired bowl, or if you're in the mood for a taste of the Mediterranean, an Italian blended seasoning is perfect with its zesty blend of classic Italian herbs and spices.

Pick the Perfect Protein

Protein helps give your grain bowl staying power, so you'll be full for hours after your meal. And you can use virtually any meat or meat alternative to pack in some protein. Some topping ideas include seasoned grilled chicken, steak or shrimp, or plant-based protein like chickpeas, black beans or tofu.

Almost any protein-packed leftovers will work great here, so use your imagination to create a one-of-a-kind lunch!

Add Flavor with Vegetables

No grain bowl is complete without veggies, and you'll get the best mix of satisfying crunch and toasty flavor if you use both raw and cooked produce. Whip up a batch of roasted or grilled vegetables to use in your bowls throughout the week. Then add chopped cucumber, tomato, shredded carrot, crunchy cabbage, creamy avocado, or sliced scallion – whatever you're in the mood for!

Grain bowls are 100% customizable, and the options are endless. Don't be afraid to experiment with different types of protein, vegetables and bases!

SORGHUM BREAKFAST BOWL WITH CINNAMON-ROASTED SWEET POTATOES

Total time: 1 hour; Servings: 8



1 cup sorghum grain
6 cups water
1 1/2 tsp. grated orange peel
1/2 tsp. sea salt
1 cup sliced baby carrots
(1/2" rounds)

1 cup diced peeled
sweet potato (1/2" chunks)
1 cup diced Fuji apple
(1/2" chunks)
1 tsp. cinnamon
1/2 tsp. ground ginger
3 Tbsp. honey, divided

1 Tbsp. oil
1/4 cup chopped dates
2 cups kefir
1/2 cup orange juice
3 Tbsp. coarsely chopped
pistachios

Preheat oven to 450° F. Bring sorghum, water, orange peel, and sea salt to a boil in 2-qt. saucepan. Reduce heat and simmer 1 hour or until desired sorghum tenderness. Drain sorghum. Spread sorghum evenly on large, shallow baking pan.

Meanwhile, toss carrots, sweet potato, apple, spices, 1 Tbsp. honey, and oil in large bowl until well coated. Arrange mixture in single layer on another large, shallow, foil-lined baking pan. Roast 35 minutes or until vegetables are tender-crisp and golden brown. Place roasted fruit and vegetables into large bowl. Stir in dates. Drizzle mixture with another 1 Tbsp. honey; toss to coat.

Mix kefir, orange juice, and remaining 1 Tbsp. honey in medium bowl. To serve, divide sorghum evenly among serving bowls. Top each with the kefir mixture, roasted fruit and vegetables, and pistachios.

Nutrition facts: 238 calories, 6 g. total fat, 2 g. saturated fat, 7 mg. cholesterol, 129 mg. sodium, 40 g. carbohydrates, 4 g. fiber, 6 g. protein.
Source: McCormick





You CAN Do It!



Happy National Canned Food Month! Canned foods are an easy, cost-effective way to eat healthy year-round. They are a simple, realistic way people can incorporate nutrients into meals and meet the USDA's 2015-2020 Dietary Guidelines. What's even better is that there are more than 1,500 varieties of delicious and nutritious canned foods available today. Here are a few of our favorites!

Canned Peaches

- Picked at the height of ripeness, canned peaches are nutritionally on par with fresh.
- Vitamin C levels in canned peaches are four times higher than in fresh, and folate levels are 10 times higher.
- The store price of a serving of canned peaches is about 39 cents less than an equal serving of fresh peaches, depending on the season. This makes peaches a convenient and cost-effective way to enjoy this delicious fruit year-round.

Quick Tips for Using Canned Peaches

- Freeze one can of sliced peaches in juice until solid and then blend with 1.5 cups of sugar-free lemonade and 6 oz. of low-fat or nonfat yogurt for a refreshing drink.
- Peaches make a perfect breakfast topper! Sweeten your oatmeal with a cup of diced canned peaches or use in lieu of syrup on your waffles to add a serving of fruit to your breakfast.
- Take your savory dishes to the next level by adding diced peaches to your salsas, chicken or turkey wraps, and even grilled salmon.

Canned Green Beans

- Canned green beans contribute fiber, vitamins A and C, potassium and folate, among other important nutrients.
- When cost of preparation time is considered, canned green beans provide fiber and folate at a lower cost than fresh and frozen.

- Canned green beans require no preservatives. Once the vegetables are picked and packed at the peak of ripeness, they're cooked quickly at high temperatures and sterilized in steel cans to keep in nutrients.
- Most companies that pack canned green beans are located very close to the field where they are grown.

Quick Tips for Using Canned Green Beans

- Finely chop green beans and mix in with ground beef before baking meatloaf, burgers or meatballs for extra flavor and nutrition.
- Serve with butter, Worcestershire sauce, lemon juice, cumin, and slivered almonds for a fancy, delicious side dish!
- Open, heat and serve!

Canned Tomatoes

- One-half cup of canned tomatoes provides 20% of the daily recommended value of Vitamin C.
- Tomatoes contain lycopene, an important carotenoid, which may help protect against prostate cancer and heart disease.



- One-half cup of canned tomatoes provides 11.8 mg. of lycopene compared to just 3.7 mg. found in one medium fresh, uncooked tomato.

Quick Tips for Using Canned Tomatoes

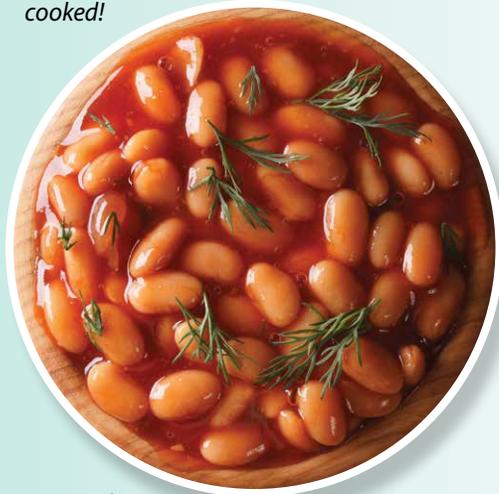
- Use canned cilantro-flavored chopped tomatoes for a quick salsa, or use them as a topping on a baked potato.
- Flavor plain diced canned tomatoes with a bit of ground cumin and serve warm as a sauce for chicken or fish.
- Give your favorite vegetable soup a nutritional punch by adding any type of your favorite canned tomatoes.
- Top nachos or tacos with canned diced tomatoes packed with green chiles to add flavor and nutrition, and avoid chopping.

Canned Pinto Beans

- It takes about six minutes to prepare a can of pinto beans, while it takes almost 2 1/2 hours (soaking and cooking) for bagged dried beans to be meal-ready.
- Did you know that canned beans are the only protein source that doubles as a fiber? In fact, one serving of canned beans provides 20% or more of your daily fiber needs.
- Research shows that draining and rinsing canned beans reduces sodium content per serving by 41%. Draining alone results in a 36% sodium reduction.

Quick Tips for Using Canned Pinto Beans

- Top nachos with beans for added flavor and nutrition.
- Add a can of beans to your favorite chili or soup recipe, or to a fresh salad to boost flavor and nutrition.
- Open, heat and serve! No soaking overnight or cooking for hours, since they're already cooked!



Source: www.mealtime.org

WHAT'S FOR DINNER?

From delightful desserts to savory suppers, a little creativity and one canned ingredient can turn an ordinary dish into an extraordinary meal. Even your favorite "go-to" recipes deserve an upgrade, so simply choose a category to learn how you can stretch a meal, boost flavor, cut prep time or increase nutrition by adding just one canned ingredient. It's that easy!

	Base Recipe	Canned Items	"Just Add One" Tip
Entrée	Pasta	Mushrooms Cannellini Beans Drained Tuna	Toss any of these mix-ins into your favorite pasta for added nutrition and flavor boost.
	Baked Chicken	Mushrooms Olives Spinach Sweet Potatoes	Add canned vegetables to baked chicken pieces in the last 15 minutes of cooking for a one-dish meal that takes no extra time.
	Meatloaf	Mushrooms Carrots Tomatoes Green Beans	Finely chop these ingredients and mix in with ground beef before baking for extra flavor and nutrition.
Side	Mashed Potatoes	Sweet Potatoes Pumpkin Carrots Spinach	Change up plain old mashed potatoes with canned vegetables for added color, flavor and nutrients.
	Rice	Olives Black Beans Kidney Beans Mixed Vegetables	Prepare rice with low-sodium/low-fat broth to boost flavor, then mix in olives or your favorite vegetables or beans for added color and nutrition.
	Macaroni and Cheese	Corn Tuna Ham	Combine prepared mac and cheese with corn, tuna or ham in a 9x13" baking dish; top with bread crumbs and bake until golden brown.
Starters	Tossed Salad	Garbanzo Beans Pears Mandarin Oranges Beets	Add a can of fruit or beets to summer salads for extra flavor and nutrition. Or add canned beans for increased protein and fiber.
	Chili	Canned Chicken Beans Green Chilies Black-eyed Peas	Simmer chili with any of these additional ingredients for added flavor and nutrition.
	Nachos	Drained, Diced Tomatoes Black Beans Olives	Top your nachos with these additional ingredients for an even tastier Southwest dish.
Dessert	Cake	Carrots Beets Pumpkin	Experiment. Purée any canned vegetable to replace some of the water or oil in your favorite cake recipe. Results will be more nutritious, delicious and moist.
	Smoothies	Fruit Cocktail Peaches Blueberries	For a quick and tasty smoothie, blend a can of your favorite canned fruit in its own juice with some low-fat yogurt and ice cubes.
	Sundaes	Pears Cherries Pineapple	Top ice cream with hot fudge and your favorite drained, canned fruit for a special take on a classic dessert.



The Canned Food Alliance (CFA) promotes the nutritional and convenience benefits of canned food through outreach to consumers and food professionals. The CFA Website www.Mealtime.org, is home to hundreds of canned food facts, tips, research findings and easy recipes that provide creative, nutritious meal solutions.

Mealtime.org

1 recipe + 1 canned ingredient

Canned Foods Like You've Never Seen Them Before Simplicity + Nutrition = A MyPlate Win



Everything you put on your plate matters, no matter what time of day. Up your intake of fruits, vegetables, beans and seafood using simple and nutritious canned foods. For inspiration, consider these on-trend (and no-fuss) recipes for healthier choices you can pull together in a jiffy.

Breakfast:

PEACH SMOOTHIE BOWL



Frozen banana + **1 can of peaches** + **1/4 cup vanilla Greek yogurt** + **1/8 tsp cinnamon** + **1/4 cup roasted almonds** + **1/4 cup granola**

Blend frozen banana, 3/4 can peaches (drained), vanilla Greek yogurt, and cinnamon together until smooth. Top with remaining peaches, almonds and granola.

Lunch:

MASON JAR SOUTHWEST GREEN SALAD



1 cup spinach + **1/2 cup black beans** + **1 avocado** + **1/2 can diced tomatoes** + **olive oil** + **vinegar**

Layer drained & rinsed canned beans, chopped avocado, drained tomato and drizzle with olive oil and your favorite vinegar inside Mason jar. Top with chopped spinach. Shake jar to mix ingredients when it's time for lunch.

Snack:

SPICED ROASTED CHICKPEAS



1 can chickpeas + **1 tablespoon olive oil** + **1/2 teaspoon kosher salt** + **3 teaspoons mixed spice of your choice**

Drain/rinse chickpeas, dry with a clean cloth and spread on baking sheet. Drizzle with olive oil, sprinkle with salt and spices and gently mix to coat chickpeas. Roast at 425° F for 30-40 minutes until crisp.

Dinner: MEDITERRANEAN "ZOODLES" with TUNA & ARTICHOKEs



1 can diced tomatoes + **1 can tuna in olive oil** + **1 small can artichokes** + **1 tablespoon olive oil** + **2 spiralized zucchinis**

Heat olive oil in large skillet. Add diced tomatoes with juices and warm through. Add drained tuna and drained artichoke hearts and cook to blend flavors. Toss and serve over bed of zoodles (spiralized zucchini).

The Canned Food Alliance, a National Strategic Partner of the U.S. Department of Agriculture's Center for Nutrition Policy and Promotion, is a consortium of steelmakers, can manufacturers, food processors and affiliate members. For more information about canned food research, facts, resources, the canning process, family mealtime solutions, recipes that use canned foods and more, visit Mealtime.org. Follow us on [Facebook](https://www.facebook.com/cannedfoodalliance), [Twitter](https://twitter.com/cannedfoodalliance) and [Pinterest](https://www.pinterest.com/cannedfoodalliance).



Simple Steps for a Healthy Heart



Heart disease now affects adults old and young. This is partly because the conditions that lead to heart disease are happening at younger ages. February is Heart Month, the perfect time to learn about your risk for heart disease and the steps you need to take now to help your heart.

Use up at least as many calories as you take in.

Start by knowing how many calories you should be eating and drinking to maintain your weight. You can find this information at <https://health.gov>.



Aim for at least 150 minutes of moderate activity or 75 minutes of vigorous physical activity each week.

Regular physical activity can help you maintain your weight, keep off weight that you lose, and help you reach physical and cardiovascular fitness. Look for ways to build short bursts of activity into your daily routine, like parking farther away and taking the stairs instead of the elevator.

Eat a variety of nutritious foods from all food groups.

You may be eating plenty of food, but your body may not be getting the nutrients it needs to be healthy. Nutrient-rich foods have minerals, protein, whole grains, and other nutrients but are lower in calories. They may help you control your weight, cholesterol and blood pressure.



Eat less nutrient-poor foods.

Limit foods and beverages high in calories but low in nutrients. Also limit the amount of saturated fat, trans fat, and sodium you eat.

As you make daily food choices, base your eating pattern on these recommendations:

- Eat a variety of fresh, frozen and canned fruits and vegetables without high-calorie sauces or added salt and sugars.
- Choose fiber-rich whole grains for most grain servings.
- Choose poultry and fish without skin, and prepare them without added saturated and trans fat. If you choose to eat meat, look for the leanest cuts available, and prepare them in healthy and delicious ways.
- Eat a variety of fish at least twice a week, especially fish containing omega-3 fatty acids such as salmon, trout and herring.
- Select fat-free (skim) and low-fat (1%) dairy products.
- Avoid foods containing partially hydrogenated vegetable oils to reduce trans fat in your diet.
- Limit saturated fat and trans fat and replace them with the better fats, monounsaturated and polyunsaturated.
- Cut back on beverages and foods with added sugars.
- Choose foods with less sodium, and prepare foods with little or no salt.
- If you drink alcohol, drink in moderation. That means no more than one drink per day if you're a woman and no more than two drinks per day if you're a man.

Live tobacco free.

Don't smoke, vape or use tobacco or nicotine products – and avoid secondhand smoke or vapor.

Keep your eye out for these healthy and convenient foods.



Just Say Yes

Stay warm and fill up with a better-for-you comfort food – Well Yes!® Lightly Salted Vegetable Noodle Soup. Enjoy nourishing ingredients like carrots, zucchini, sweet corn, celery, red peppers, and kale, with a little less sodium!

www.campbells.com/well-yes



From the Inside Out

When you feel good, you are good, and that starts inside! Kellogg's Happy Inside 3-in-1 power cereal is now at Redner's. This 100% whole grain, crunchy cereal not only tastes delicious with fruit, coconut and yogurt pieces, it carries the power of three digestive-friendly ingredients: fiber, prebiotics and probiotics.

www.gethappyinside.com



The V is for Vegetables™

When you drink a V8®, you're enjoying one full serving of vegetables – and a good source of vitamins A and C. V8 +Hydrate™ offers superior hydration with a blend of natural electrolytes from sweet potato and hints of fruit for a delicious beverage that replenishes you quickly.

www.campbells.com/v8/v8-hydrate

Heart Helpers

Quick Fruit and Oat Breakfast Bakes

Total time: 25 minutes

Servings: 6

3 cups Quaker® Oats (quick or old fashioned, uncooked)

2 Tbsp. brown sugar, divided

1 tsp. baking powder

1 tsp. ground cinnamon

1/8 tsp. salt

1 cup nonfat milk

1 tsp. vanilla extract

2 egg whites, beaten

6 Tbsp. finely chopped apple or pear with peel, blueberries, raspberries or blackberries



Did you know that oatmeal actually works to help lower LDL "bad" cholesterol without lowering the good cholesterol your body needs? Oats were the first whole grain recognized by the FDA to help reduce cholesterol.



Heat oven to 350° F. In large bowl, stir together oats, brown sugar, baking powder, cinnamon, and salt. Combine well. In separate bowl, stir together milk, vanilla and egg whites. Add to oat mixture. Stir to combine well. Let stand about 5 minutes until liquid is absorbed.

Coat 6 muffin pan cups with nonstick spray. Portion oat mixture evenly into cups. Top each with 1 Tbsp. desired fruit, pressing lightly. Bake 20 minutes or just until firm. Let stand in pan on wire rack 5 minutes. Serve warm or at room temperature.

Nutrition facts: 190 calories, 3 g. fat, 0 mg. cholesterol, 160 mg. sodium, 34 g. carbohydrates, 2. g. fiber, 8 g. protein.

Eggplant-Mushroom Bolognese

Total time: 30 minutes; **Servings:** 6

- 1 medium eggplant, peeled and cubed
- 8 oz. fresh mushrooms
- 1/2 medium onion
- 1 clove garlic
- 3 Tbsp. extra virgin olive oil
- 1 Tbsp. fresh parsley, minced
- 18 oz. jar jovial Crushed Tomatoes
- 1 1/2 tsp. fine sea salt
- Pinch dried oregano
- Pinch dried thyme
- Pinch dried basil
- Pinch black pepper
- 12 oz. box jovial Penne Pasta



Add eggplant, mushrooms, onion and garlic to bowl of food processor and pulse to a coarse chop. In large skillet, add oil, parsley and vegetables. Cover and cook on low 5 minutes. Add tomatoes, salt, oregano, thyme, basil and pepper. Cook covered, on medium heat, for 20 minutes until sauce thickens. Cook pasta according to package instructions. Toss pasta with sauce and serve.

Nutrition facts: 330 calories, 8 g. fat, 1 g. saturated fat, 0 mg. cholesterol, 167 mg. sodium, 56 g. carbohydrates, 7 g. fiber, 11 g. protein. Source: www.jovialfoods.com



What about fish oil?

Research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease. While eating fish is one way to get these benefits, most people don't consume enough fish each week, so doctors recommend fish oil supplementation. When looking for a supplement, it is important to purchase from a reputable manufacturer that follows Good Manufacturing Practices (GMPs) and takes the necessary steps to purify the oil. Trust your heart health with Nature Made® Fish Oil.

www.naturemade.com

Apple Cheddar Salad

Total time: 15 minutes

Servings: 4

Salad

- About 6 cups fresh spinach
- 1 lg. apple, cored and sliced very thin
- 6 slices Simply Dairy Goat Cheddar Cheese, cut into pieces
- 1/2 cup dried cranberries
- 1/2 cup sliced almonds

Honey-Apple Cider Vinaigrette

- 1/4 cup olive oil
- 1/4 cup honey
- 1/4 cup apple cider vinegar
- 2 tsp. Dijon mustard
- 3/4 tsp. salt
- 3/4 tsp. black pepper



For salad, add all ingredients in order listed to large bowl or platter; set aside. For vinaigrette, add all ingredients to small glass jar with lid, close lid and shake vigorously until combined; taste and tweak as necessary. Drizzle vinaigrette over salad, toss to combine, and serve immediately.

Nutrition facts: 380 calories, 22 g. fat, 3 g. saturated fat, 14 mg. cholesterol, 97 mg. sodium, 36 g. carbohydrates, 6 g. fiber, 10 g. protein. Source: www.jovialfoods.com



Raising a Healthy Eater

The new year is the perfect time to get the whole family involved in making better choices for better health! By teaching kids healthy, mindful habits about food and nutrition, we are setting a strong foundation for a happy life ahead:

- food to fuel busy, successful lives
- nutrition to nourish strong bodies and smart brains
- eating skills to enjoy the social aspect of meals with family and friends

There is no right answer and certainly no perfect approach, but as caregivers, we can focus on a few things to keep our little ones growing in the right direction:

- Serve regular, balanced meals and snacks with a variety of nutrient-rich foods.

- Provide calm, pleasant meal times where adults and children can talk together.
- Remove distractions such as the television, phones and tablets so that your attention is on each other and the meal.
- Allow children to use their internal signals to decide how much and what to eat from the foods you set out for each meal.
- Explore a variety of flavors and foods.
- Teach kids how to have a good relationship with food; no good food vs. bad food.
- Avoid using foods as punishments or rewards.



Getting Started

Throughout the first year, babies grow and learn at an incredible rate. Starting around 4 months, your little learners may start to take notice of the foods that you eat, becoming far more likely to try these foods (when they're ready) after seeing you eat them!

Plum Organics® Second Blends (6+ months), is a Stage 2 baby food line with blends of fruit and veggies that are perfect for exposing your little foodie to unique flavors and colors. Using only organic ingredients, the blends are in a convenient, resealable pouch that's perfect for flexible portions.

www.plumorganics.com



Growing Kids

Finding good snack options for growing kids can sometimes be a challenge. thinkKIDS™ protein bars are nutritious and delicious snacks for kids and a good source of protein and fiber with only 4 grams of sugar per serving.

www.thinkkidsproducts.com



Start the Day

There is no better way to have a productive day (at any age) than to start it off with a solid breakfast. And while most of us choose to hit the snooze button and hold out for lunch, "no time" is no longer an excuse. Quaker® Kids Organic Whole Grain Bars and Bites are a convenient, yummy snack size and made from organic whole grains, with delicious fruit or chocolate pieces baked right in.

www.quakeroats.com/product/kids

Heart Surprise Cupcakes

Total time: 1.5 hours (includes cooling)
Servings: 24

- 1 pkg. (2-layer size) chocolate cake mix
- 24 Jet-Puffed HeartMallows Marshmallows
- 6 oz. Baker's White Chocolate
- 8 oz. Philadelphia Cream Cheese, softened
- 1/4 cup butter, softened
- 1 tsp. vanilla
- 2 cups powdered sugar

Preheat oven to 350° F. Prepare cake batter and bake as directed on package to make 2 dozen cupcakes; cool 5 minutes. Remove cupcakes from pan. Using paring knife, cut 3/4-inch-deep hole in top of each warm cupcake; set removed pieces aside. Place marshmallows in hole in cupcakes and cover with removed cake pieces. Place cupcakes on wire racks; cool completely.

Melt chocolate as directed on package. Beat cream cheese and butter in large bowl with mixer until blended. Add vanilla and melted chocolate; mix well. Gradually add sugar, mixing well after each addition. Spread onto cupcakes.

Keep frosted cupcakes refrigerated.

Nutrition facts: 330 calories, 12 g. total fat, 5 g. saturated fat, 40 mg. cholesterol, 250 mg. sodium, 53 g. carbohydrates, 0 g. fiber, 4 g. protein.



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