



Dietitian's Choice for the month of February

Ian's Frozen Foods

Ian's is a kid-friendly powerhouse with foods kids are sure to love that are made with natural ingredients. All of Ian's products are organic, gluten-free, and non-GMO. Ian's fish sticks are made with sustainable Alaska Pollock and have a crunchy corn breading. Pair these fish sticks with a serving of fruit and vegetables to make a wholesome meal!



Apio Eat Smart Veggies

Eating more vegetables is something everyone can improve on and Apio Eat Smart veggies make it easy to do! The Eat Smart vegetable bags are washed and ready to eat and the BreatheWay bag they come in allows you to have steamed vegetables in minutes! Don't skip out on receiving all of the nutrients these products can offer you.



Bio Organic Granola

Bio Organic is based in Switzerland and is committed to producing high-quality products with sustainability at the forefront. Their granola is made with whole grains, fruit, and nuts—the perfect combo! All cereals are organic and non-GMO. This product can be used in a variety of ways either mixed with milk, added to yogurt, or plain as a delicious snack!



VitaTops

Healthy muffins? No way! VitaTops is the market leader of healthy baked goods that are low in fat, high in vitamins, and great in taste. All products are 100-150 calories with 4-10 grams of fiber, up to 5 grams of protein, and loaded with 15 vitamins and minerals. In comparison to other muffins, this product is one that you can feel good about eating. Enjoy your muffin and the health benefits, too!



Coco Libre

Are you a gym-goer or an athlete looking for a refreshing beverage? Coco Libre coconut water might be the product for you! Coco Libre is organic, non-GMO, and perfect for someone with an active lifestyle. This product is made without any added sugar and is smooth and delicious in taste. Staying hydrated when you are active is critical in performing your best, so try this drink today!



FEB 2017

SERVICES PROVIDED

- Personalized nutrition consultation
- Private or group grocery store tours
- Food demonstrations and cooking classes
- Community services and support
- Information on specialty items
- Wellness presentations
- Answers to general health questions

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CHECK OUT OUR CALENDAR AT:
pricecutteronline.com/eatwell

CHECK OUT OUR BLOG:
pricecutteronline.com/eatwellblog



Mountain Valley Spring Water

Drinking plenty of water each day is important for every function in the body. Mountain Valley Spring Water is a product that is clean, natural, and great tasting. This product was twice named "Best Tasting Water in the World"! The water is also great because it comes in bottles that are BPA-free and recyclable. So how much water do we really need? An easy way to remember is by the "8x8 rule," which is 8 ounces of water 8 times per day.



Ancient Harvest Supergrain Pasta

Ancient Harvest Supergrain Pasta is a delicious gluten-free pasta loaded with nutrition. It is organic, non-GMO, gluten-free, and made with corn and quinoa. This pasta might not have gluten, but the taste and texture is comparable to traditional pasta. The options are endless for serving this up at lunch or dinner. Add your favorite marinara and have dinner ready in minutes!



Eden Organic Beans

Eden Organic Beans are sourced from family farms that have been farming organically in the US for decades. All Eden Beans are organic, non-GMO, and packed in BPA-free cans. Add a can of beans to soup, stew, chili, or salad. You can also get creative and make variations of hummus, including dessert hummus! Not only that, but beans are an excellent source of fiber and nutrients.



Easy Bean Chili Recipe

INGREDIENTS

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| 1 tablespoon vegetable oil | $\frac{3}{4}$ cup celery, chopped | 1 (15 ounce) can whole kernel corn |
| 1 medium yellow onion, chopped | 1 tablespoon chili powder | 1 tablespoon cumin |
| 3 cloves garlic, minced | 1 (28 ounce) can diced tomatoes | 1 $\frac{1}{2}$ teaspoons dried oregano |
| $\frac{3}{4}$ cup carrots, chopped | 1 (15 ounce) can kidney beans | 1 $\frac{1}{2}$ teaspoons dried basil |
| 1 bell pepper, chopped | | |

DIRECTIONS

1. Heat oil in large saucepan over medium heat. Sauté onions, garlic, and carrots until tender. Stir in pepper, celery, and chili powder. Cook until vegetables are tender, about 6 minutes.
2. Stir in tomatoes, kidney beans, and corn. Season with cumin, oregano, and basil. Bring to a boil, and reduce heat to medium. Cover and simmer for 20 minutes, stirring occasionally.

Upcoming Eat Well Events For details visit pricecutteronline.com/eatwell

Date Night: Valentine's Dinner for Two Feb. 7, 6-7 PM; 2021 W. Republic Rd, Springfield; \$10

Fall in love with cooking again as we show you how to prepare some of our favorite Valentine's Day themed dishes. Yes, there will be chocolate.



Jessica Miller, RD/LD, CDE has worked closely over the past five years with patients with diabetes, elevated lipids, and obesity. She has a strong passion to counsel and guide patients toward small healthy changes that can make a big impact.

Brittany Carpenter, RDN/LD, believes that food has the power to heal. She is passionate about helping others become the best versions of themselves. Whether it's tips in the kitchen, answers for general health questions, or motivation for making lifestyle changes, she is here to help!