



# Dietitian's Choice for the month of March

## Luvo

Luvo is a company that believes food should be delicious, nutritious, easy, and made from real ingredients. They offer a wide variety of wholesome frozen meals with nutrient-dense ingredients. This company flash freezes their meals, which locks in the nutrients and delivers maximum nutrition. Whether you are vegetarian, vegan, or someone who wants an easy meal option, you can have it all with a Luvo frozen meal!



## Truwhip

Want whip cream without the high fructose corn syrup, hydrogenated oils, and trans fat? Try truwhip! This company prides itself on providing people with an indulgence that contains all-natural ingredients rather than ingredients made in a science lab. Add truwhip to a colorful fruit salad, or a warm cup of hot chocolate, and feel good about it!



## Taste Nirvana

It can be hard to find healthy drinks that are hydrating and taste good. Taste Nirvana coconut water is one that does both! It is sweet without the sugar and full of potassium and electrolytes to keep your body hydrated. The coconuts are naturally grown in Thailand and are pesticide, herbicide, chemical, and fertilizer free.



## Waikea Water

Most people don't drink enough water each day. Common signs of dehydration include sluggishness, weakness, brain fog, and increased appetite. If that sounds like you, try hydrating with Waikea water. It comes from one of the purest environments on Earth and uses volcanic filtration making it a top quality water. The bottle uses 90% less carbon emissions compared to regular plastic bottles and is BPA free. Stay hydrated with Waikea water and feel better throughout the day!



## Kind Bars

KIND is a company that believes in spreading kindness in the world. One way they do this is by creating nutritious snack bars that taste good and will keep your body happy. All of their products are made with ingredients you can pronounce including whole nuts, fruits, and whole grains. The flavors are delicious and there are over 22 bars to choose from. Try the bars with less than 5g of sugar for an added benefit!



# MAR 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

## CONTACT US

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## VISIT US ONLINE

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## Brussels Sprouts

Only 10% of Americans eat the recommended amount of fruits and veggies. The recommendation is between five and 13 servings each day. The more variety you can have in your diet, the better. Brussels sprouts are very nutritious and can be prepared in a variety of ways. They have high amounts of vitamin C, fiber, folate, and antioxidants. Try them steamed, sautéed, or roasted, and be well on your way to the recommended amount!



## Florida's Natural Orange Juice

Florida's Natural is the only 100% American-made national orange juice brand! They own the land, nurture the fruit, harvest it at peak ripeness, and squeeze every drop to provide top quality juice. Orange juice is great during the winter season because of the high amount of vitamin C, which can boost the immune system. Have a glass of Florida's Natural orange juice and enjoy the taste and nutritional benefits!



## Love Grown Power O's

Finding a healthy breakfast cereal can be a major challenge. Thankfully, Love Grown has designed a variety of breakfast cereals from clean and simple ingredients. This company understands the importance of starting each day with a healthy breakfast made from whole grains, lean protein, fiber, and healthy fats. The Power O's cereal is made from navy, lentil, and garbanzo beans! All of their cereals are wheat-free, corn-free, and taste delicious!



# Crispy Brussels Sprouts

### INGREDIENTS

1 ½ pounds brussels sprouts, trimmed and halved	1 lemon
2 Tbsp light olive oil	Parmesan cheese, to taste
Sea salt	2-3 Tbsp balsamic vinegar

### DIRECTIONS

Preheat oven to 400. Toss prepared sprouts in light olive oil and sea salt. Bake 10 minutes then toss. Bake for another 10-15 minutes or until browned and fork tender. Separate evenly into 2 bowls. In one bowl, sprinkle with lemon juice and top with parmesan cheese. In the other bowl, drizzle with balsamic vinegar and toss.



# Upcoming Events For details visit [Pricecutteronline.com/eatwell](http://Pricecutteronline.com/eatwell)

**Build Your Own Smoothie Packs** March 7, 6–7 PM; 2021 W. Republic Rd, Springfield; **\$30**  
Come assemble 7 smoothie packs full of vegetables, fruits, and fancy add-ins like chia seeds and raw cacao powder.

**Mommy and Me Cooking** March 25, 12–1 PM; 2021 W. Republic Rd, Springfield; **\$7** per ticket  
Moms, bring your little one and let's get our hands messy making delicious recipes in the kitchen! Ages 4-10.



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!