

## Walnuts for On-the-Go Wellness

If you are looking for a delicious, nutritious and convenient snack to survive business travel or vacation, walnuts are the perfect choice.

### The Nutrition Facts

Walnuts have a unique fat profile when compared to other nuts. Walnuts are mostly comprised of heart-healthy polyunsaturated fats, including the essential alpha-linolenic omega-3 fatty acid. Just an ounce of walnuts provides 2.5 grams of alpha-linolenic acids, meeting the daily recommendation. This high-fat, high-energy food is also a good source of protein, potassium, phosphorus and magnesium.

### Health Benefits

#### Heart Health

A Harvard Public School study published in the 2009 *American Journal of Clinical Nutrition* concluded that heart-healthy diets supplemented with walnuts may help improve cardiovascular risk factors, specifically lowering total cholesterol and LDL (bad) cholesterol. Including walnuts in the diet may also decrease inflammation and oxidative stress due to the high antioxidant content. The U.S. Food and Drug Administration approved a health claim for walnuts in March of 2004: *“Supportive but not conclusive research shows that eating 1.5 ounces of walnuts per day, as part of a low saturated fat and low cholesterol diet, and not resulting in increased caloric intake may reduce the risk of coronary heart disease.”*

#### Diabetes

According to a Harvard study that focused on nut and peanut butter consumption and type 2 diabetes risk, women who ate one-ounce portions of nuts, such as walnuts or peanut butter, five times or more per week may lower risk of developing type 2 diabetes compared to women who rarely or never ate nuts.

#### Weight Management

Controlling appetite is key to weight management. Walnuts are the perfect choice for curbing appetite since they are an excellent source of heart-healthy fat and a good source of fiber and protein. Try counting out 14 walnut halves and place them in snack-size bags to keep portion sizes in check. Researchers noted in many studies that participants did not gain weight when walnuts were substituted for other fats in reduced-calorie diets.

### Use & Storage

- Mix dried fruit and walnuts together for a simple snack.
- Add chopped walnuts to the top of a vegetable pizza.
- Toss chopped walnuts in a salad with blueberries, strawberries, feta cheese and a light vinaigrette.
- Sprinkle walnut halves on oatmeal.
- Make a yogurt parfait with chopped walnuts and fresh berries.
- Coat fish or poultry with chopped walnuts and herbs.
- Include walnuts in side dishes such as brown rice, quinoa or couscous.
- Top pasta dishes with walnuts.

For optimal flavor and freshness, store walnuts in an airtight container in the refrigerator. If storing them longer than one month, place in the freezer.

One ounce or about 1/4 cup (14 halves): 190 calories, 18 g total fat, 1.5 g saturated fat, 2.5 g monounsaturated fat, 13 g polyunsaturated fat, 1 mg sodium, 125 mg potassium, 4 g total carbohydrate, 2 g fiber, 4 g protein. NuVal™ Nutritional Scoring System Score = 82 out of 100. Higher the NuVal™ Score, the better the nutrition.

# BULK UP

Are you ready to eat healthier, eat more natural foods and save money? Spring is the perfect time to “bulk up” at the Hy-Vee HealthMarket Bulk section. Bulk foods are not packed for long-term storage in bags or boxes, but are unpackaged foods sold in large bins. Not sure how to use some of the great foods that we have in our bulk sections – check out the great tastings recipes on top of the bins! The “Lisa’s Granola” is a great recipe for bulk ingredients (and, walnuts!).

## The overall BENEFITS OF BULK can be summarized in three key points:

**Economic**– Buying in bulk can save money. You can purchase the amount you need. Experiment with new products by trying a small amount. You also save money because you are not paying for fancy labels or expensive packaging and advertising.

**Health** – Buying in bulk encourages healthful eating by offering a broad selection of natural and organic products that can be purchased in the exact quantity desired. Bulk bins are replenished and rotated often to keep ingredients fresh. Keep in mind you can cook bulk items, such as whole-grains or beans, and freeze extra for future use. This saves time day-to-day and keeps a ready supply of health-promoting foods in the convenience of your freezer.

**Environment** – Eliminating packaging reduces carbon footprints and lessens the amount of garbage that ends up in landfills. Buying in bulk also streamlines the transportation needed to deliver goods to market.

## Bulk Basics

**What Can I Buy in Bulk?** Some of the items you can buy in bulk include legumes (assorted dry beans, peas and lentils), whole grains, flour, pasta, cereals, nuts, nut mixes and nut butters, seeds, dried fruit, snacks and treats, herbs, spices, salts and peppercorns, tea and coffee.

**How Do I Shop in Bulk?** 1) Fill the provided bag with the amount of the item you want. 2) Set the bag on the scale to weigh. 3) Enter the PLU number you see on the bulk bin. 4) Verify the price and amount. 5) Print price sticker and attach to bulk item. 6) Take to checkout as usual. The cashier will scan your item with the rest of your purchases. Ask for assistance if needed.

You can make a big difference in your family’s budget and health and your impact on the environment, simply by buying bulk foods whenever possible. Come to Hy-Vee and check out our Bulk section and certainly feel free to ask myself or Rhonda, Health Market Manger, any questions!

## Lisa’s Granola

Makes about 10 cups

### All you need:

6 cups old-fashioned rolled oats  
1 cup chopped almonds  
1 cup chopped walnuts  
1 cup raw, unsalted pepitas  
1/2 cup maple syrup  
6 tablespoons canola oil  
1/4 cup honey  
1 teaspoon ground cinnamon  
1 teaspoon vanilla extract  
1/2 teaspoon salt

### All you do:

1. Preheat oven to 325°F. Line a roasting pan or large baking sheet with parchment paper.
2. Combine oats, almonds, walnuts and pepitas in a large bowl. Whisk maple syrup, oil, honey, cinnamon, vanilla and salt in a medium bowl until blended. Pour over the oat mixture and toss to coat. Spread the mixture in the prepared pan.
3. Bake, stirring every 15 minutes, until lightly and evenly browned and starting to dry out, 50 minutes to 1 hour. Let cool completely in the pan before serving or storing.

**Per 1/2-cup serving:** 267 calories; 16 g fat ( 2 g sat , 7 g mono ); 0 mg cholesterol; 28 g carbohydrates; 8 g added sugars; 7 g protein; 4 g fiber; 60 mg sodium; 222 mg potassium. **Nutrition Bonus:** Magnesium (32% daily value)

## Pour Nutrition into your Post-Exercise Routine

Replacing muscle fuel (glycogen) after exercise is essential to an athlete’s recovery. Low-fat chocolate milk has been shown in studies to be an effective exercise recovery drink due to its powerful nutrient package.

- Natural source of essential amino acids – building blocks for protein – which are needed for building and repairing muscle tissues.
- The right carb-to-protein ratio scientifically shown to refuel and rebuild tired muscles.
- **Vitamin A**, which supports a healthy immune system and good vision.
- **Electrolytes** (sodium, potassium and other minerals), which are lost through sweat and must be replenished after exercise.
- **B vitamins**, available to help muscles metabolize food energy into fuel.
- Fluids, working to rehydrate the body and prevent dehydration
- A leading source of calcium and vitamin D to help build and maintain healthy bones.