



Eat Healthy, Shop Smart!



Newsletter

From your Registered Supermarket Dietitian team | Q3 2018

All About Watermelon!

When we think summertime fruits, watermelon is one of the them that comes to mind. Chilled watermelon is so refreshing on a hot summer day up here in the Midwest. When you bite into a wedge of watermelon, it may seem as if it's all water as the juices drip down your face, but let's see what nutrients are all hiding in those juicy bites!

Did you know?

- There are 200-300 varieties of watermelon grown in the US and Mexico.
- Watermelon is 92% water!
- Watermelon has vitamin B6, potassium, vitamin A, & antioxidants!
- 2 Cups of watermelon is approximately 80 calories, 0 mg. of sodium, 21 grams of carbs, and contains no added sugar, and might I add - very delicious!

How to pick a good watermelon:

For the best pick, look for a watermelon that is firm and doesn't have any bruises or cuts. Your melon should also be heavy, due to the fact that it is 92% water. Lastly, look for a creamy, yellow spot on the melon. This is where it sat on the ground. Hopefully these tips will help you find a great tasting watermelon!

Source: watermelon.org

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Watermelon & Mint Fruit Salad

Serves 1

Ingredients:

- 1 C. watermelon, cubed
- 1 Tbsp. fresh mint, chopped
- ½ C. fresh blueberries
- 2 Tbsp. feta cheese

Directions:

In a bowl, mix together watermelon, mint, and blueberries. Top with feta cheese. Enjoy!

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- Check us out on the Coborn's Facebook and Instagram!
- Check out our blog! *Eat Healthy, Shop Smart!* www.celebratemoore.com/dietitians
- Stay up to date with the nutrition news and the events happening at Coborn's!



Packing Nutritious Meals and Snacks

Summer never seems long enough! Before we know it, we are getting out the lunch boxes from the back of the cabinet and getting ready for school to start in the fall. Let our team of Dietitians inspire and motivate you to pack more nutrition into those lunches. Even if you don't have kids, these are great ideas for snacks and lunches to bring to work.

Tip 1 > *Include all 5 (or at least 4) of the food groups for lunches!*

- Make ½ your meal fruits and vegetables.
- Include whole grains!
 - Whole grains provide more fiber, protein, vitamins and minerals compared to refined grains. Be creative! Try whole grain varieties of wraps, crackers, granola, rice, or even cereal.
- Choose lean sources of protein.
 - Go beyond the deli meats and choose lean sources of protein such as tuna, beans, hard-boiled eggs + others. Even peanut butter and a small handful of nuts can provide protein and healthy fats.
- Add a serving of low fat dairy.
 - Try string cheese, low fat milk or yogurt, or even some cottage cheese. Just remember to keep your dairy products cold!

Small, nutritious snacks can help you stay fueled during the day and provide great nutrition!

Often, we get too busy and distracted where we might continue to work through small breaks and even our lunch break. It's important to step aside for a few minutes and let your brain rest for a moment while you refuel with a quick snack. Snacks don't have to be complicated!

Snack Tip: *Combine a carbohydrate (such as fruit, starchy vegetables, whole grains, dairy, etc.) with a lean protein or a healthy fat. The combination will not only provide you with energy, but it will also help keep you fuller longer. Here are a few ideas:*

- banana + 1 oz. of almonds
- cottage cheese + ½ C. canned peaches in 100% juice
- Triscuits (*yes, they're whole grain!*) + sliced cheese
- low fat/fat free Greek yogurt + apple slices
- celery sticks + peanut butter
- veggies (*carrots, celery, snap peas*) + hummus

These tips and ideas come from our **Build a Better Lunch Box** handout and our **Healthy Snacks** handout. Check them out on our website at www.coborns.com/dietitians-corner



Around Our Family Table

How to make family meals a priority and how we make it happen in the Kibutha household.

By: Ashley Kibutha, Coborn's Dietitian & Mother of 2

At our house life is crazy as is the case in many of your households. We now have 2 kiddos, a 3-year-old and a 3-month-old, plus I work a full-time job and my husband works a full time and a part time job. Plus, we love to stay active in the community and be social with lots of friends and family. As a dietitian, I strive to serve healthy meals for dinner at least most of the time. Of course, there will be a random night here or there where we have pizza and wings but that is not the norm - everything in moderation and proper balance! So how do we do this? First of all, every Sunday I create a menu for the week and go grocery shopping for just those items. I look in our cupboards to see what we have available to serve as components to a meal so nothing will go out dated.

An important aspect of family meals at our house is that we make our cooking time part of family time. This way, I am spending time with the kids and my husband as well as making a nutritious dinner. I also feel accomplished and like a good mom and wife and I know I am also helping to meet my goals of returning to that pre-pregnancy weight. Killing so many birds with 1 stone - as they say!

Think of cooking as time together with the whole family – rather than a mundane chore. Keep it exciting with new meal ideas and recipes (see our website for ideas) and fun ways to keep your children engaged. It will make for a more enjoyable and relaxed evening!

Read Ashley's full article here on www.celebratemore.net



Additional tips for parent's with picky eaters:

- 1** Meal times should be centered around positive attitudes and positive conversation. Talk about your day. What good things happened? What are you doing tomorrow? What upcoming activities can you do together as a family?
- 2** Division of responsibility. As a parent, you are responsible for **what** is offered for the meal, **where** the meal will take place, and **when** the meal will take place. That's it. The child is responsible for **what** they choose to eat (from what is offered) and **if** they choose to eat at all. It's important to be respectful of your child's appetite, or lack of one. If they choose not to eat, you are still responsible for what and when the next meal will consist of. Your children won't let themselves go hungry, but it will take time for them to learn and understand the division of responsibility as well as identify their inner hunger scale.
- 3** Serve the same foods to everyone at meal times. Your life is busy enough, you don't have time to make two separate meals. By everyone being offered the same foods at meal times, adults can be positive role models for their children. Once children are offered "special meals" they will expect them from there on out.
- 4** Deconstruct the food. You can still have the same foods and make them more appealing for a child. The easiest thing you can do is deconstruct the meal into individual components. For example, instead of serving them a bowl of spaghetti and sauce with meatballs, separate out each ingredient and allow the child to choose which, if any components of the meal he/she will choose to eat.
- 5** Give your child simple, but fair choices with meals. I think it is fair to say children like to feel empowered, and that is no different when it comes to meals. As a parent, the way you phrase your question is key. For example, "Do you want green beans or carrots with dinner?" This gives the child only two options. Whereas, if we ask "Do you want green beans for dinner?" a child can just say "no!" Be sure to phrase questions correctly giving your child the opportunity to take part in the decisions for meals and snacks.
- 6** Get your children involved in the process. Giving them choices, like mentioned above, is a great start. Allowing children to be actively involved in the shopping or preparation process will allow them to feel more invested. Once they feel they are a part of the process, children are more likely to try new foods. Children can get involved in many ways: helping wash produce, stirring, helping meal plan for the week, picking out healthy snacks at the store, and growing produce in their own garden are just a few ideas.

Get the Kids Cooking!

Here are a couple of great recipes that the kids can have fun with this summer! When you involve kids in the food preparation and cooking process, not only are they learning new skills, but they are also learning about new foods. This may be a great way to get the kids to try new foods as well!



> For these recipes and more
www.celebratemore.net

Confetti Quesadillas



Ingredients:

- 2 C. fat-free, plain greek yogurt
- 1 C. cilantro, finely chopped (loosely packed)
- 1 tsp. cumin
- 12 tortillas, corn or whole wheat
- 1 C. Monterey Jack cheese, shredded
- 1 C. Colby Jack cheese, shredded
- ½ C. corn
- ½ C. cilantro, chopped
- 1 red bell pepper, minced
- 1 jalapeño pepper, minced

Recipe adapted from Midwest Dairy Association.

Directions:

1. In the carton of greek yogurt, pour out any excess liquid in order for the yogurt to have a thicker consistency.
2. In a small bowl, mix together yogurt, 1 C. loosely packed cilantro, and cumin. Set aside until time to eat.
3. Preheat a large skillet over low heat. Start to build the quesadillas: 1 tortilla + cheese, corn, cilantro, and peppers. Top with second tortilla and let cook until cheese is melted and ingredients are warmed through. Flip halfway through.
4. Repeat until all 6 quesadillas are cooked. Serve with a dollop of cilantro yogurt dip.

Strawberry Smoothie Pops



Ingredients:

- 2 C. frozen berries
- 1 C. non-fat vanilla Greek yogurt
- Splash of milk
- Chunks of frozen fruit
- 1 Tbsp. Ground flax seed (optional)
- 1 Tbsp. Chia seeds (optional)

Directions:

1. Blend all of the ingredients (except a few chunks of frozen fruit) in a blender.
2. Add milk as needed and blend until smooth.
3. Add in chunks of frozen fruit and pour into popsicle molds.
4. Let freeze overnight.

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