

Healthy Choices • Healthy Savings • Healthy Living



Live Better!

Formerly Pathmark Healthy Steps

April 17, 2009 to June 11, 2009 • issue 015

FREE • take one

Natural & Wholesome FAVORITES

Happy
& Healthy Pets

Spring Clean
Your Lifestyle

Summertime
Chillin'

Jacqueline Gomes, RD, MBA
Our Registered Dietitian



Pathmark.

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ASK Jacqueline!

Pathmark's Registered Dietitian
Jacqueline Gomes, RD, MBA

Q. Dear Jacqueline, How can I feed my family healthful meals on a tight budget? — Mike, Toms River, NJ

A. Dear Mike,

One of the biggest misconceptions about a healthful diet is that “healthful foods are expensive.” This is simply not true, consider the following tips.

Buy Store Brands: Pathmark® private label products such as America's Choice® compare to the quality of national brands but can often save you more than 20 percent. With thousands of items that are priced right, the America's Choice® brand guarantees quality and savings. Our food lab conducts daily quality assurance on our private label products to ensure that they meet Pathmark's® high standards.

Plan Menus and Make a List: A sure way to overspend is by wandering aimlessly through the aisles tossing whatever looks good into your cart. Instead, plan menus and write a shopping list that corresponds with the store aisles.

Use Coupons and Rewards Cards: The Sunday inserts in your local paper can have anywhere from \$50 to \$75 worth of coupons. Join the Pathmark® Advantage Card Club; you will enjoy price specials and may receive additional coupons, printed at check-out, for items you regularly purchase.

Buy on Sale and in Bulk: Cruising the aisles for sales on shelf-stable items or products you use regularly is a great way to save money. Remember to check expiration dates to be sure your family will consume these foods within the appropriate time.

Save on Protein Foods: Substitute inexpensive vegetarian sources such as beans, eggs, tofu, and nuts for more expensive meat, fish, or poultry. Eggs are an excellent source of protein that can be eaten for breakfast, lunch or dinner. When you do buy meat, choose smaller portions of lean cuts. For example, lean cuts of beef are those that include the terms “loin” or “round.” You can also buy a whole chicken and cut it up instead of paying the butcher to do it for you, or buy the less expensive “family pack” and portion it into airtight freezer bags and freeze (use within three to four months).

Shop Seasonally and Locally: Fresh produce often costs less when it's in season and has less distance to travel. Also, frozen vegetables are equally nutritious to fresh and won't spoil. Keep several varieties in the freezer for quick meals.

Beware of these pitfalls:

- Shopping without a list
- Shopping when hungry
- Shopping with other family members
- Expensive items include soda, chips, cereals, cookies, crackers and convenience meals. These are also calorie dense. Try to limit these treats to just one per week.

Sources: 1. *Communicating Food for Health*, May 2009
2. *eat healthy. live healthy. feel healthy* – newsletter www.jacqueline-gomes.com



Springtime Snacking

Put some pep in your step with these quick, healthful and energizing springtime snacks!

1. Raisins, apricots, cranberries, apples and bananas are perfect on-the-go snacks.
2. Fresh berries over yogurt, salads and ice cream.
3. Turkey roll-ups: wrap lean deli turkey around carrot sticks or celery.
4. Trail mix: Add one part almonds and walnuts to two parts whole-grain cereal and raisins.
5. Mix one tablespoon dark chocolate chips into a four-ounce natural applesauce cup.
6. Keep washed, cut up veggies



Send Jacqueline your questions.
Email: Log onto Pathmark® website
www.pathmark.com
and click on “contact us.”

Or

Mail: Jacqueline Gomes, RD, MBA
Pathmark Live Better!
2 Paragon Drive, Montvale, NJ 07645

Answers to your questions may be featured in the Ask Jacqueline! Section of the Live Better! newsletter.



Spring Clean your Lifestyle

Have you had enough of this long, cold winter? Spring is in the air and it's the time of year when we revamp, spruce up and look forward to the brighter days and the better weather — it's also the perfect time to spring clean your lifestyle!

Easy Clean

Spring cleaning is easy with Clorox® Disinfecting Wipes — a quick and easy way to clean and disinfect anytime, anywhere*. These handy household wipes are ready to use — just wipe and let sit for 30 seconds to sanitize, or four minutes to disinfect* - effective against common bacteria such as Staphylococcus aureus (Staph.), Salmonella enterica, and E. coli*. Spring clean your way to a healthy home!

**When used as directed on hard, nonporous surfaces. See label for organisms.*



www.clorox.com

What's Lurking in Your Toothbrush?

Change your toothbrush now! Invisible Nasties are bacteria that we can't see hiding in an old toothbrush. A toothbrush that is older than 3 months harbors bacteria and is less effective at cleaning your teeth than a new one. Colgate® 360°, with its super thin slim tip bristle, is specifically designed to reach bacteria deep between teeth and below the gum line for a healthy, clean mouth.



www.colgate.com

Naturally Sweet for Spring

Fresh squeezed lemon taste is as simple as a tear of a packet thanks to True Lemon®, the original crystallized lemon substitute. True Lemon® is a naturally sweetened low-calorie beverage mix that can be used in a convenient and easy way anywhere you would use lemon juice. Each serving provides consistent fresh lemon taste, 100 percent all natural ingredients including fresh lemon oils, no preservatives or sodium and offers 25 percent of an adult's daily vitamin C requirement.



www.truelemon.com

A Healthier Pasta

Spring into shape with Barilla PLUS™ Multigrain pasta; a source of protein, fiber and omega-3 fatty acids. It's unlike any other pasta. Made from wholesome multigrain ingredients such as oats, spelt and barley, PLUS™ offers a well-rounded approach to balanced nutrition with great taste and premium ingredients. Nutrition never tasted so good!



www.barillaus.com

Add a Splash of Life to Your Bottled Water

DASANI® Essence has the crisp and refreshing taste of DASANI® but with the essence of all natural fruit. Think of it as having a fresh squeezed slice of fresh fruit in every bottle. This all natural, great tasting water contains NO sugar, NO sweeteners, NO preservatives and NO calories — just all natural fruit flavor and aroma. DASANI® Essence is the perfect "Spring Clean Your Lifestyle" beverage!



www.dasani.com

Live Better Feature Recipe:

Baby Spinach with Parmigiano Shaves and Lemon Dressing over Barilla PLUS™

PREP TIME: 10 minutes

COOK TIME: 10 minutes

MAKES: 6 (1/2-cup) servings dressing and
5 1/2 (1 1/2-cup) servings cooked pasta

INGREDIENTS:

- 1 bag baby Spinach
- 1 lemon, juiced
- 3 Tbsp extra virgin olive oil
- 1 pint cherry tomatoes, halved
- Salt and black pepper to taste
- 3/4 cup shaved Parmesan cheese
- 1 (14.5-ounce) box Barilla PLUS™ Penne

DIRECTIONS:

COOK Barilla PLUS™ Penne according to package directions, set aside. COMBINE lemon juice with salt and pepper. STIR in oil and MIX well. SEASON spinach and cherry tomatoes with the lemon dressing. TOP with shaved parmesan cheese and serve over Barilla PLUS™ Penne.

NUTRITION FACTS:

- 397 Calories
- 12g Fat
- 2.5g Saturated Fat
- 0mg Cholesterol
- 230mg Sodium
- 54g Carbohydrate
- 6g Dietary Fiber
- 18g Protein

Source: www.barillaus.com



Summertime Chillin'



Summertime is the right time for outdoor gatherings —picnics, barbecues or just lounging; what will you have on hand?

ALO Juice™

Drink to your health! Most people recognize aloe vera as a soothing treatment for skin; but did you know that aloe vera is one of the most vitamin and mineral-packed nutrition drinks you can find? ALO Juice™ contains vitamins E, C, thiamin, riboflavin, niacin, B-12 and folic acid. In addition, 14 minerals including calcium, iron, potassium, magnesium and zinc! Available in four delicious varieties: Original, Pomegranate, Mango, and Mixed Fruit.



www.alojuice.com

LIPTON® — Iced Tea to Go!

LIPTON® To Go is a zero calorie, sugar free iced tea mix in a convenient packet packed with 80mg of protective flavonoid antioxidants per serving. Just add to 16.9 to 20 ounces bottled water, shake well and you've got all the goodness and flavor of LIPTON® Tea. LIPTON® Revitalize To Go has a refreshing raspberry lime flavor and is packed with tea antioxidants. LIPTON® Revitalize To Go has a refreshing raspberry lime flavor and is packed with tea antioxidants — helping you stay hydrated and revitalized anytime, anywhere.



www.lipton.com

Dole® Fruit Bowls

Whether you're chillin' in the backyard or off to a picnic, you can enjoy bite-size Dole® Pineapple, Mixed Fruit, Tropical Fruit, and Peaches that will go where you go. Dole® fruit cups are rich in vitamin C, naturally low in fat and low in sodium.



www.dole.com



BUITONI® — Whole Wheat Happiness

An authentic Italian meal is certainly an experience in delicious dining. When you choose 100% whole wheat pasta by BUITONI®, your tasty meal is also a nutritious meal. Whole wheat foods such as Buitoni® whole wheat linguine adds a unique, nutty flavor and earthiness you don't get in regular pastas. Don't be surprised if while creating meals with BUITONI® pastas you find yourself inspired by thoughts of dining al fresco on a sunny spring day — Buon appetito!



www.buitoni.com

Filippo Berio® Olive Oil

Filippo Berio® olive oil helps you create delicious meals that are as healthful as they are mouth-watering. Steeped in over 150 years of expert tradition, Filippo Berio® olive oils are naturally cholesterol, sodium, and trans fat-free so you can savor the flavor and maintain your healthy approach to life.



www.filippoberio.com



Drizzle Filippo Berio® extra virgin olive oil on grilled vegetables, from fire grilled eggplant to sweet corn on the cob — it's a delicious addition to your summertime fare.

Sprinkle a Little Sweetness into Your Summer

SPLENDA® No Calorie Sweetener is a great way to sweeten beverages and sprinkle on cereal, fresh fruit, and more. For cooking and baking, you may find SLENDA® No Calorie Sweetener, Granulated a more convenient option! Each packet of SLENDA® No Calorie Sweetener has no calories and no carbohydrates per serving so you can keep your blood sugar under control and your waistline trim.



www.splenda.com

PIÑA PARTY PEEL



Throw a home spa party for your friends!

INGREDIENTS:

¼ cup crushed Dole® canned pineapple
1 Tbsp light corn syrup
2 tsp jojoba or extra virgin olive oil

1 package unflavored, unsweetened gelatin
2 to 3 drops coconut extract

DIRECTIONS:

In a food processor, PUREE pineapple together with corn syrup, oil, gelatin and coconut extract.

SPREAD a generous layer on face, avoiding eye area. Let dry, approximately 10 to 20 minutes.

RINSE off, making sure to remove any excess with a wet towel or facial tissue.

FOLLOW with green tea toner or your usual skin care routine.



Sip piña coladas while pampering yourselves with this rejuvenating tropical skin treatment.

Storing Fruits and Veggies 101



Great tasting fruits and vegetables begin with proper storage at home. Remember the “FIFO” rule: First In, First Out. Use whatever is oldest first and continually rotate your stock to ensure freshness and reduce waste.



Visit the Fruits and Veggies More Matters website at www.fruitsandveggiesmorematters.org for storage information about specific fruits and vegetables

Fresh:

In general...

- Use within a few days.
- Some can be left at room temperature to ripen, and then refrigerated.

Frozen:

- Store at 0°F or less.
- Use before the “use by” date on the package.
- As a rule, use within six months.

Canned:

- Check the “use by” date on the can.
- Most canned goods have a shelf life of about two years.
- Store at room temperature (about 75°F).

Dried:

- Store in a cool, dark place (warmth makes the food spoil faster).
- Some dried foods may be refrigerated — check the package.
- Use before the “use by” date on the package
- Most will last from four months to a year.

Live Better Feature Recipe:

Vegetable Stir-Fry

PREP TIME: 5 minutes

COOK TIME: 10 minutes

MAKES: 6 (1-cup) servings

INGREDIENTS:

- 2 Tbsp canola oil
- 1 Tbsp Mrs. Dash® Original Blend
- 2 medium carrots, thinly sliced diagonally
- 2 cups broccoli florets
- 2 cups fresh, sliced mushrooms
- 6 ounces snow peas
- 1 small tomato, cut into wedges
- 1 Tbsp red wine vinegar

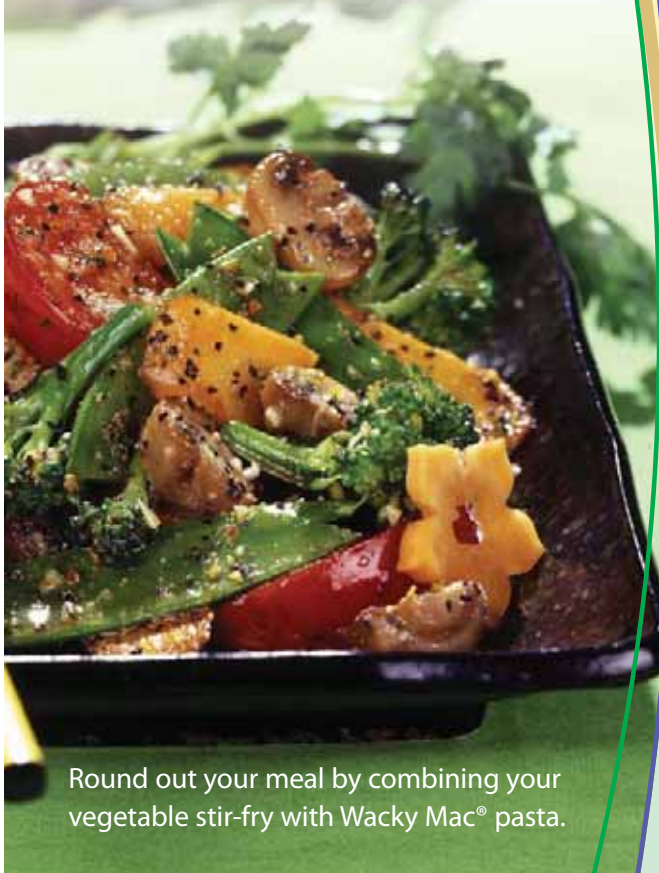
DIRECTIONS:

HEAT oil and Mrs. Dash® Original Blend over high heat. ADD carrots and broccoli, cook for 2 minutes, stirring constantly. ADD mushrooms and snow peas and COOK for 2 more minutes. ADD tomato wedges and red wine vinegar, STIR for another minute or until vegetables are crisp-tender.

NUTRITION FACTS:

- 50 Calories
- 3g Fat
- 0g Saturated Fat
- 0mg Cholesterol
- 17mg Sodium
- 6g Carbohydrate
- 2g Dietary Fiber
- 2g Protein

Source: www.mrsdash.com



Round out your meal by combining your vegetable stir-fry with Wacky Mac® pasta.

Natural & Wholesome



Favorites

The healthiest diets come from those that contain the least amount of processed foods and have no added colorings or artificial ingredients. Here are just a few of my favorites:

ALL NATURAL SPICES AND MARINADES

Mrs. Dash® Salt Free Seasoning Blends is available in 13 different varieties! From Original to Southwest Chipotle, each unique flavor of Mrs. Dash® is created from a blend of 14 natural herbs and spices including cumin, oregano, rosemary, & coriander, so you can add bold, robust flavor to any dish. Use Mrs. Dash® ten-minute marinades to add color, flavor, and aroma to your meals without salt or MSG (Monosodium Glutamate).



www.mrsdash.com

PASTA

Wacky Mac® has given pasta a whole new meaning! With four different shapes (spirals, tubes, wheels, and shells) and multiple colors, this is a fun and delicious pasta the whole family will enjoy. Wacky Mac® is a good source of fiber, complex carbohydrate and protein; the veggie shapes are made with all-natural tomato, spinach, and beet vegetable powder — a deliciously fun and nutritious choice for dinner!



www.wackymac.com

TOMATOES

Furmano's® canned tomatoes are fresh, hand-picked, delicious and naturally good for you. Tomatoes are an excellent source of Lycopene. Ongoing research finds that Lycopene may help reduce the risk of various cancers. Tomatoes can be a quick and easy way to add more vegetables to your diet — one half-cup of canned tomatoes is equal to one vegetable serving! Whether it is on whole-wheat pizza or pasta, you are bound to enjoy the lasting taste of Furmano's® tomatoes.



www.furmanos.com

ENHANCED WATER

Vitaminwater10™ is a naturally sweetened, supernaturally tasty beverage that is only 10 calories per eight-ounce serving! Vitaminwater10™ essential (orange-orange) is a great, nutritious start to your day with all the vitamin C and folic acid of orange juice and only 10 percent of the calories! With four exciting flavors to choose, such as xxx (acai-blueberry-pomegranate), essential (orange-orange), energy (tropical citrus) and multi-v (lemonade), meeting your daily hydration needs, with the added bonus of vitamins and minerals, has never been easier!



www.vitaminwater10.com

**USDA
ORGANIC**

Organic Favorites

Good Earth® coffee comes straight from the Coffea Arabica trees grown in South America and Asia, which are known to produce 100 percent Arabica beans. You will be delighted to know that you are drinking pure, natural USDA Organic coffee that has been untouched by chemicals. Good Earth® is available in Sienna, Mystic™ and Sedona™ blends — sure to brighten your day.



www.goodearthcoffee.com

Stonyfield® yogurt is made from all natural and organic farm-fresh milk to provide a creamy and rich taste. Organic standards prohibit the use of antibiotics, synthetic growth hormones and toxic pesticides and fertilizers. Stonyfield® fat free yogurt cups are full of nutrition and great taste that provide 350mg of calcium (one-third of an adult's daily requirement) and added vitamin D which boosts calcium absorption and helps reduce the risk of osteoporosis. Dairy foods are among the most concentrated sources of calcium, and your body absorbs dairy calcium more easily than calcium from most other foods.



www.stonyfield.com

What does the USDA Organic Seal mean?

If a food bears a USDA Organic label, it means it's produced and processed according to the USDA standards and that at least 95 percent of the food's ingredients are organically produced. For more information visit: Consumer Brochure, USDA National Organic Program, <http://www.ams.usda.gov/nop/Consumers/brochure.html>

Live Better Feature Recipe:

Furmano's® Tomato Jam

PREP TIME: 5 minutes

COOK TIME: 20 minutes

MAKES: 14 (¼ -cup) servings

INGREDIENTS:

1 (28-ounce) can FURMANO'S® Crushed Tomatoes
1 lemon, thinly sliced
1 tsp grated ginger
¾ cup sugar

DIRECTIONS:

In a pot, COOK tomatoes until surface liquid is gone and tomatoes are thick — approximately 10 minutes. ADD sugar, lemon, and ginger. COOK until thick and smooth.

A delicious accompaniment to bread, chicken, pork or veal dishes.

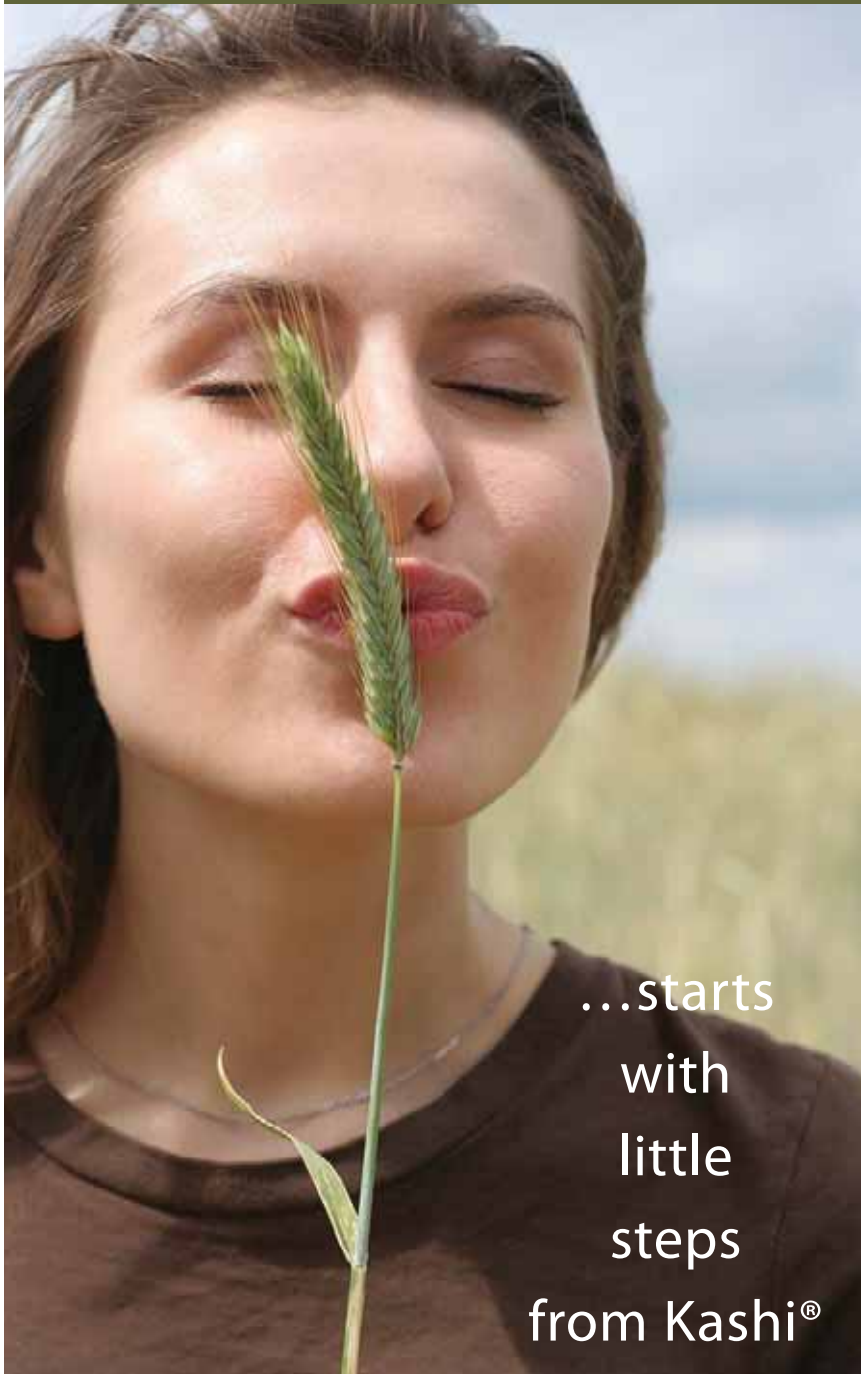
NUTRITION FACTS:

60 Calories
0g Fat
0g Saturated Fat
0mg Cholesterol
149mg Sodium
14g Carbohydrate
1g Dietary Fiber
1g Protein

Source: www.furmanos.com



Getting Healthy



...starts
with
little
steps
from Kashi®

Not Your Typical Frozen Pizza

Kashi® all natural thin crust pizzas are a wholesome and convenient option for lunch or dinner — available in three delicious varieties in the freezer aisle of your Pathmark® store. The pizza crust is made with Kashi's signature blend of Seven Whole Grains & Sesame® with flaxseed and is wood-fired to bring out the natural flavors. Their pizzas are topped with real, wholesome ingredients — things like roasted vegetables, unique mushrooms and tasty cheeses.

Pocket Bread Sandwiches

Kashi's new Pocket Bread sandwiches are stuffed with tasty combinations of real ingredients including roasted vegetables, zesty sauces and marinated chicken and turkey. Kashi® has taken great care to ensure that each unique flavor provides taste you'll love, while providing positive nutrition:

- At least 10 grams of protein
- 400mg of ALA Omega-3
- At least four grams of fiber
- Zero grams trans fats and no preservatives

TLC™ Granola Bars

Tasty Little Chewies Fruit and Grain Bars are delightfully delicious layered granola bars made with Kashi's signature blend of rolled Seven Whole Grain chewy granola for hearty, natural goodness you can see and taste — with a thick layer of real, soft fruit and hearty nuts. With four grams of fiber and protein, plus real fruit, they're as nourishing as they are tasty!

GOLEAN® Crunch Bars

GOLEAN® Crunchy! bars are designed for an optimized glycemic response with slow release carbohydrates to balance blood sugar, as well as protein and fiber to help you stay satisfied. This delightfully light and crunchy snack, made with a blend of crispy whole-grain cereal and dipped in chocolate, is sure to please your pallet while keeping your waistline in check!

Kashi® Vive Probiotic Digestive Wellness Cereal

Be well and enjoy this all natural fusion of delightful tastes and textures: crunchy graham twigs, touched with a hint of sweetness, lightly toasted flakes complete with Kashi's original Seven Whole Grains and Sesame®, and vanilla dipped rice crisps, making the perfect combination of crisp and crunch. Each 1¼ cup serving provides 12 grams of fiber (46 percent of the DV) and is an excellent source of calcium and vitamin D.



www.kashi.com

Happy and Healthy Pets

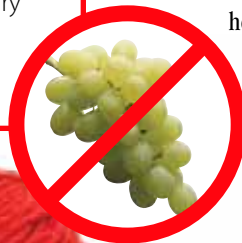
Calling all pet lovers!

Our pets are part of our families, and we want to return the happiness they bring us by feeding them well and giving them lots of attention. Here are some special ways to treat your dog or cat.



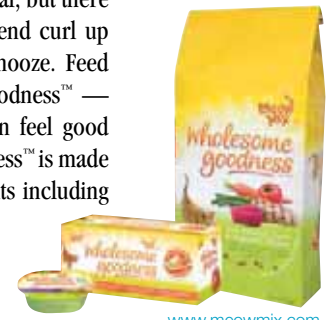
Dog Safety Tip:

Are raisins and grapes toxic to dogs? **YES!** Many pet owners are surprised to find out that raisins and grapes should not be fed to dogs! These fruits can lead to kidney and gastrointestinal toxicity. If your dog accidentally eats them, seek veterinary assistance immediately to initiate aggressive medical management. For more information on the toxicity of grapes or raisins, go to www.apcc.aspc.org.



Wholesome Goodness™ for Your Feline

Sure, cats can be a little temperamental, but there is nothing like having your feline friend curl up on your lap and take a nice long snooze. Feed your cat Meow Mix® Wholesome Goodness™ — real, simple ingredients that you can feel good about serving her. Wholesome Goodness™ is made from a medley of delicious ingredients including juicy chicken and tuna for protein, wholesome grains like oats, rice and barley, and just the right amount of vegetables for balanced nutrition.



www.meowmix.com

Clean Litter Box = Happy Cat

Keep the litter box fresh and clean between changes and scoops with Fresh Expressions™ Litter Box Wipes! These safe wipes help to wipe away waste and litter residue around your cat's litter box and living area. Dirty litter boxes are often linked to house-spoiling problems in cats; however there are rarely any negative consequences of having a well-maintained, clean litter box!



www.freshstep.com

Flea & Tick Protection

Keeping your dog and cat free of fleas and ticks is important to his health and the health of your family. Hartz® UltraGuard Pro® Flea and Tick drops provide veterinarian quality tick and flea control while still keeping you within your budget. The Pro-cision Flo™ applicator easily penetrates the fur for improved application directly to your dog's or cat's skin. This formula is a monthly treatment that kills and repels fleas and ticks on contact for up to 30 days, kills mosquitoes, and kills and prevents flea eggs and flea larvae.



www.hartz.com

Purina ONE® Chicken and Rice Formula

Did you know? Essential fatty acids are fats that cannot be synthesized by a dog and must be supplied by the diet. Dogs require one essential fatty acid (linoleic acid) known as omega-6 fatty acids. Purina ONE® Chicken and Rice Formula not only provides essential fatty acids, but also contributes protein for strong muscles and is antioxidant rich for a healthy immune system. Purina ONE® formulas are also available for your cat!



www.purinaone.com



I'm Stuck on Fruits & Veggies

Collect the PLU stickers from each piece of fruit or veggie you eat at home. Place them on a space on this card. (You can tape the sticker to the card, if needed.)

When your card is full, give it to Mom and Dad for a special treat, then begin another card!



Eat a colorful variety of fruits and veggies from all 5 color groups every day to stay healthy and fit!

Receive a special treat in the mail!

When your card is full, give it to your mom or dad and mail to:

Jacqueline Gomes
Pathmark's Registered Dietitian
2 Paragon Drive,
Montvale, NJ 07645

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