



# Dietitian's Choice for the month of January

## Blue Green Organics Agave Nectar

Are you looking for a healthy alternative to sugar? Try using Blue Green Organics agave nectar. This sweetener has a lower glycemic index compared to other sweeteners, so you will maintain stable blood sugars when using this in your recipes. This product is all-natural, organic, non-GMO, and something you can feel good about using!



## Organic Girl Lettuce

If your New Year's resolution is to eat healthier, look no further! Organic Girl lettuce is the perfect staple to your healthy diet. Organic Girl makes it easy for you by triple-washing and making sure the taste is top-quality. This lettuce is 100% organic and will be a great addition to your salads, smoothies, and sandwiches all winter long.



## Beetnik

With the hustle and bustle of everyday life it can be tough to find quick, convenient, and healthy options at mealtime. Lucky for us, Beetnik has it covered with organic frozen meals and ready-made organic sauces! This company prides themselves on using simple, organic, and wholesome ingredients. Beetnik's products contain no preservatives or artificial colors and flavorings. Now there is no excuse to sticking to those New Year's resolutions!



## Home Free Cookies

Not everyone is skipping out on the sweet treats in January and Home Free cookies are something you don't want to miss out on! Home Free is dedicated to allergy safety and their kitchen is free from peanuts, tree nuts, eggs, dairy, and wheat to name a few. Not only are they allergy-free, but they contain good quality ingredients and leave out cholesterol, trans fat, and other artificial ingredients. Fruit juice provides some of the sweetness to these cookies, so enjoy them knowing you are eating good quality ingredients.



## Simple Mills

Sometimes we want a made from scratch baked good without having to put in all of the work. Premade mixes don't always taste the same as our made from scratch recipes and they aren't always healthy. Simple Mills is a company with a mission to provide products that are simple, healthy, and delicious! All of Simple Mills' products are gluten-free, soy-free, gum-free, and non-GMO. Every product is easy to make and includes only whole food ingredients.



# JAN 2017

## SERVICES PROVIDED

- Individual consultations
- Private or group grocery store tours
- Diabetes and weight-loss support groups
- Food demonstrations and cooking classes
- Community services and support
- Supplement education and database access
- Information on specialty items

## CONTACT US:

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CHECK OUT OUR CALENDAR AT:  
[pricecutteronline.com/eatwell](http://pricecutteronline.com/eatwell)

CHECK OUT OUR BLOG:  
[pricecutteronline.com/eatwellblog](http://pricecutteronline.com/eatwellblog)



### Bakery On Main Granola

Bakery On Main started as a small bakery on Main Street in Glastonbury, Connecticut and discovered the need for great tasting gluten-free options. This company has successfully done that by creating delicious granola that is safe for anyone with a gluten allergy. Granola is a great addition to yogurt, trail mixes, and more! Enjoy this crunchy snack without the gluten, GMOs, and dairy.



### Skinny Pop Popcorn

Popcorn is such a delicious snack and Skinny Pop believes in snacking without the compromise. They use simple ingredients with no artificial ingredients and each serving is under 50 calories! Popcorn is naturally low in fat and is a great source of whole grains and fiber. This product makes it easy to snack without going overboard on calories.



### Paqui Tortilla Chips

Paqui is a company that started with a mission to create the perfect tortilla chip for everyone to enjoy. The word paqui means "to be happy" and this chip will do just that! These chips contain no GMOs, gluten, MSG, or trans fats. Enjoy these delicious chips with your favorite salsa or guacamole.



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## Eating Healthy In The New Year

If one of your New Year's resolutions involves eating healthier, you are not alone! Below are some top tips for making sure you are successful for the year ahead.

- 1. Plan ahead.** It is easy to make poor decisions when you don't have a plan. If you are in the midst of a decision about what to eat when you are already starving it makes it harder to make the healthy choice. Plan your meals and snacks the night before.
- 2. Meal prep.** Pick a few of your favorite healthy recipes and spend a couple of hours ahead of time cooking your meals for the week. Turn on some music, or listen to a podcast while you cook, and make it fun. You will thank yourself later when you have a fridge full of healthy meals when hunger strikes!
- 3. Start small.** Don't take for granted the power of changing small habits. Find one or two things to improve on at a time. Maybe that means switching from refined grains to whole grains, or eating one more serving of fruits and vegetables per day. Making those small swaps will add up and it won't feel like a huge challenge.

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

**It's a Small World** January 31, 5:30-7 PM; 2021 W. Republic Road, Springfield; **\$10**

Take a trip around the world in this class as we show you how to make some favorite dishes at home. Featuring Middle Eastern Baba Ghanoush, Greek Salad, Moroccan Tabbouleh, Indian Chicken Curry, and Mexican Tres Leches.



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.

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