

Look for the **GH Nutritionist Approved Emblem** on packaging to help you choose foods that are delicious, convenient and good for you – like the items on these pages!



Vetted by our registered dietitian, **GH EMBLEM FOODS...**

- 1** Meet the GH Nutrition Lab's established criteria for healthy eating
- 2** Contain real, whole foods as the leading ingredient
- 3** Use no misleading or confusing marketing language



A BETTER BOWL

A foundation of bean-based rice adds a hit of fiber and protein to any meal, like this one topped with garlicky shrimp and tomatoes, green olives and pickled red onions.

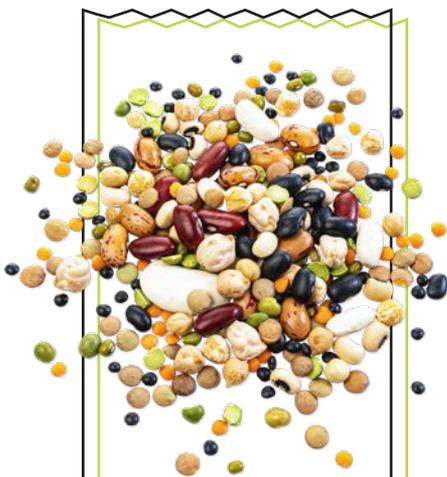
GOOD HOUSEKEEPING

HEALTHY EATING

≡ GUIDE ≡

Start 2022 off right with easy tips and tricks from the GH Nutrition Lab to help you eat well all year long

by **LESLIE GOLDMAN**



3 WAYS TO EAT MORE BEANS

You know beans are a smart meat alternative, but it can be easy to fall into a “chili, burrito, chili” culinary rut. Below, some beans-piration: three delicious ways to reap these pulses’ protein, fiber and antioxidant goodness.

1 Make crunchy bean croutons.

Dawn Jackson Blatner, R.D.N., author of *The Superfood Swap*, suggests this: Toss 1 can rinsed chickpeas with 1 Tbsp olive oil and seasonings; roast at 400°F for 40 min. (shake every 10 min.)—and voilà!

2 Hack your meat.

Replace half of your burger meat with mashed pinto beans, or make chickpeas and lentils the stars of your next Taco Tuesday or Meatball Monday.

3 Build a lunch bowl.

Use bean-based rice as your base (buy on Amazon or search online to find popular brands near you). Top with plenty of veggies, a drizzle of your favorite dressing or even another protein.



PROBLEM:

I need a post-workout drink that replenishes electrolytes but isn't as sugary as a sports drink.

SOLUTION: Try this homemade lemonade—it’s rich in electrolytes and has no added sugar. “Electrolytes are minerals that help move water into your cells for better hydration,” explains Blatner, who is based in Chicago. Commercial electrolyte drinks use a basic formula: water + electrolytes (usually sodium) + sugar. But you can make your own using natural electrolyte and sugar sources and get the same effect, she says. **Try it:** Zest 1 whole lemon (save the zest to season fish, chicken or vegetables), then cut it in half and remove the seeds. Slice off the rest of the peel, leaving as much of the pith (the white stuff) intact as possible. In a blender, blend with 8 oz coconut water (which has natural sugar and electrolytes such as potassium). Pour into a glass, sprinkle with a pinch of sea salt (it contains sodium, the main electrolyte we lose in sweat), stir and sip!

Q: I'm bored with my stir-fry. Can you help?

A: Try cauliflower rice! “Cauliflower is packed with vitamin C and folate, is a good source of fiber and contains cancer-fighting compounds,” says the Good Housekeeping Institute’s Amy Fischer, R.D.N. “And, bonus, it has a lower glycemic index than regular white rice, which means it won’t spike blood sugar—this gives you long-lasting energy without the crash and is helpful in appetite control and maintaining a healthy weight.”

GH Nutritionist Approved Green Giant Riced Veggies Cauliflower cooks in about five minutes, and ½ cup (cooked) will add a boost of fiber and protein plus a bit of calcium and iron, potassium and 45% of your daily vitamin C needs. Keep a couple of bags in your freezer so you’ll always have a smart swap on hand.





PROBLEM:

I'M LACTOSE INTOLERANT BUT NEED TO GET MORE CALCIUM.

SOLUTION: Plenty of people can't digest this dairy sugar, including older adults and many of East Asian, West African, Italian, Greek, Jewish and Arab descent. Still, we all need calcium for strong muscles and bones, healthy blood pressure and hormone secretion, so try these sources instead: dark leafy greens, tofu, canned salmon, sardines, figs and calcium-fortified nondairy milk. Some lactose-intolerant people can tolerate yogurt, kefir and certain hard aged cheeses—they contain less lactose, says KeyVion Miller, R.D.N., who is based in Orlando, FL.

Eat This, Help That

Need an easy way to remember which foods benefit what? These eats resemble the body parts they take care of.



FOOD:
WALNUTS

Helps: Brain

These wrinkly nuts are a strong source of cognitively protective compounds such as alpha-linolenic acid (an omega-3 fatty acid) and polyphenols, both of which reduce inflammation to support brain function.



FOOD:
CARROTS

Helps: Eyes

Carrots contain beta-carotene, which your body converts to vitamin A. "Research indicates that vitamin A can help reduce the risk of macular degeneration, as well as help prevent dryness and enhance night vision," Fischer says.



FOOD:
RED WINE

Helps: Blood

Red vino contains an antioxidant called resveratrol, which may help lower blood pressure (drink it in moderation, of course).



FOOD:
KIDNEY BEANS

Helps: Kidneys

"If your kidneys are healthy, kidney beans can help keep them that way," Fischer says. Their soluble fiber promotes stable blood sugar and helps lower "bad" LDL cholesterol. But people with kidney disease should limit their intake, as the potassium and phosphorus can tax weak kidneys.



FOOD:
TOMATOES

Helps: Heart

The antioxidant lycopene has shown the potential to benefit heart health by improving cholesterol levels and reducing stroke risk. Cook tomatoes in extra virgin olive oil to increase lycopene absorption.

Fiber Gets a Much-Needed Rebrand

For years, fiber's claim to fame has been as a solution for staying regular. But it's much more than that, and it deserves a place on your plate. Check out these five fantastic fiber functions:

Feeds friendly bacteria.

Many types of fiber are prebiotic, meaning they act as food for beneficial gut bugs, a.k.a. probiotics. This helps with digestion, immunity and more.

Increases longevity.

Regularly eating fiber-rich cereals and whole grains may reduce your risk of death from cancer, heart disease, diabetes and other chronic diseases by 17% to 19%, according to a Harvard Medical School study.

Breast-friendly benefits.

More Harvard research shows that women who eat fiber-rich diets may have a lower risk of breast cancer. This may be due in part to fiber's ability to reduce levels of estrogen circulating in the body.

Eliminates some cholesterol and cancer-causing compounds.

Fiber binds to cholesterol and escorts it out of the body in the form of waste. It also helps dilute the concentration of compounds believed to contribute to the development of colon cancer.

Reduces diabetes risk.

Fiber prevents blood sugar spikes. Over time, this helps lower your odds of developing diabetes.



Walnut, red wine, kidney beans, tomato and corn: Getty Images. Carrot: Mike Gerten; food styling by Christine Albano.

**BUZZWORD:****INFLAMMATION**

This term gets thrown around a lot, and you've probably heard that it's something to get a handle on—but what is it? Inflammation is the body's response to acute or chronic harm from things like viruses, chronic stress, too much sugar and exposure to toxins. Chronic, recurring inflammation can up your risk of serious issues like heart disease, cancer, diabetes, Alzheimer's disease and more, says registered dietitian Tamar Samuels. But there is good news: Stocking your kitchen with anti-inflammatory superfoods can help. We love **GH Nutritionist Approved Wonderful Pistachios**. Not only are they an inflammation-fighting snack thanks to their robust antioxidant levels, but also flavors like BBQ, Sea Salt & Vinegar, Honey Roasted and Chili Roasted are sure to satisfy your cravings. Other yummy anti-inflammatory foods include berries, cherries, leafy greens, coffee, tea, extra virgin olive oil, salmon, turmeric and ginger.

Healthy Afternoon Snacks for Any Taste

Instead of hitting the vending machine (or your work-from-home pantry), reach for these nutrient-dense snacks from Tamar Samuels, R.D., Blatner and Fischer, respectively. Their combo of protein, fat and carbs will give you a boost without the crash.

SWEET & NUTTY

Spread nut butter on a rice cake; add mashed raspberries and chia seeds.



SUSHI STAND-IN

On a square of dried seaweed, layer slices of cucumber, avocado and smoked salmon, then drizzle with sriracha.



APPLE CRISP

Top a slice of **GH Nutritionist Approved Cosmic Crisp apple** with a dollop of cottage cheese, a slice of radish and chives.



Q: I know probiotics are good for my gut health and immunity, but which ones are best?

A: Your gut is home to trillions of good-for-you bacteria called probiotics, which help safeguard your health from top to toe. But many strains of probiotics exist, and they each excel at specific things, says Blatner. For example, *Lactobacillus casei* works to keep you regular, while *Lactobacillus rhamnosis* GG and *Saccharomyces boulardii* can ease stomach flu symptoms and *Bifidobacterium longum* may have antidepressant effects in certain people. The goal is to have an array of bacteria living in your GI tract so you can cover as many bases as possible. To achieve that, load up on a variety of probiotic-rich foods that contain different strains, such as kefir, yogurt, sauerkraut, miso and kombucha. Fill out your diet with high-fiber foods like fruits and vegetables, nuts and seeds, whole grains and herbs and spices. And remember, fiber feeds the bacteria in your digestive tract to further diversify them.



ASK AN EXPERT

Q: Which is healthier, chicken soup or bone broth?

A: Fischer says both are nutritious picks. Bone broth is made by simmering animal bones, tendons and ligaments for 18 hours or more. Apple cider vinegar is usually added to help release bone- and joint-friendly collagen as well as nutrients and amino acids that support a strong immune system. Since broth doesn't contain pieces of meat or chunks of vegetables, it's great sipped warm as a savory snack or to soothe a sore throat or a stuffy nose. Chicken soup, on the other hand, is a smart meal choice because it's filled with vegetables, protein and spices. Store-bought soups tend to be high in sodium, so here's an easy way to whip up a quick homemade batch: Simmer veggies like onions, garlic, carrots and celery in a pot with low-sodium chicken broth, chicken and **GH Nutritionist Approved Dash Salt-Free Lemon Pepper Seasoning Blend**. It'll give each bowl of soup zesty flavor with minimal effort required!



DELICIOUS DIPS

A good dip makes vitamin- and mineral-filled vegetables a treat, says Blatner. Dig into her quick and tasty options.

Plain Greek yogurt + dill + feta

Dipper:
cucumbers and cherry tomatoes

Tahini + everything bagel seasoning

Dipper:
bell peppers

Peanut butter + rice vinegar + cayenne pepper (optional)

Dipper:
broccoli florets

Mashed avocado + lime + salt + pepper

Dipper:
jicama and pepper strips

PROBLEM:

So much food waste!

SOLUTION: The average American household tosses almost a third of the food it buys each year. Besides wasting money and adding packaging to landfills, that means missing out on nutrients that hide in scraps. Blatner's anti-waste tricks will save you cash, lower your carbon footprint and put deliciously nutritious scrap-centric meals on the table.

IF YOU HAVE EXTRA KALE,

BROCCOLI OR CAULIFLOWER STALKS

Do this...
Dice them very small (to make them less fibrous) and roast as you would root vegetables for a hearty side.

IF YOU HAVE POTATO OR CARROT PEELS

Do this...
Wash well and save to make a quick hash: Sauté with onion and bell pepper and add an egg. Or, make veggie "chips" in an air fryer or by roasting in the oven.

IF YOU HAVE EXTRA WINE, COCONUT MILK, BREWED COFFEE, CHICKEN BROTH OR TOMATO PASTE

Do this...
Freeze in ice cube trays. You can drop them into whatever makes sense — sauces, stir-fries, soups, curries or iced coffee.

IF YOU HAVE LEFTOVER FRESH HERBS

Do this...
Fill each compartment of an ice cube tray with clean herbs and 1 tsp olive oil and freeze. *Ta-da!* An instant flavor booster for stews and sauces. You can also pulse them into a pesto and freeze.