

Get to Know the All-New Health Smart!



# HEALTH Smart

MAKE SMART CHOICES  
FOR A HEALTHIER, HAPPIER YOU.

HEALTHY PRODUCTS • FOOD EDUCATION • FITNESS



  PAY-LESS SUPERMARKETS

INTRODUCING THE NEW HEALTH SMART PROGRAM  
IS ROSAE CALVO, PAY-LESS' REGISTERED DIETITIAN



Hafa Adai!

One of our main goals at Pay-Less Supermarkets is to build a healthier, happier community. We feel passionate about helping to protect against chronic disease, maintaining good quality of life, and sustaining our island's future. We also realize that healthy living is easier said than done—which is why we decided to redesign our Health Smart program.

Originally, Health Smart was developed to promote natural and organic products. But over the years, we've learned that there is so much more to a healthy lifestyle. Health Smart will now focus on Products, Food Education and Fitness. By expanding this program, we hope to help you with your challenges so that the smart choice is also the easy choice.

As Pay-Less Supermarkets' Registered Dietitian, I am here to guide and support you throughout your journey to better health.

Let's get happy. Let's get healthy. Let's get Health Smart!

Senseramente,  
Rosae

# HEALTH Smart Products

Discover healthy products every month.

We've redesigned Health Smart from the ground up, creating 7 product categories based on lifestyle-associated dietary needs. Each month, we are featuring 30+ products. Look for Health Smart in stores!



**KIDS - Iron.** Did you know that quick growth spurts in young children puts them at risk for iron deficiency? Iron is used to form red blood cells, which deliver oxygen throughout the body. Meals with meat, seafood, green vegetables, whole grains and iron-enriched products are Health Smart for Kids.



**Heart - Phytochemicals.** Did you know that blue, purple, and dark red fruits and vegetables are good for your heart? They are packed with anthocyanins, which protect your arteries and lower your risk for heart attack and stroke. Eat more berries, grapes, and red cabbage to be Health Smart for your Heart.



**Smart Carb - Soluble Fiber.** Did you know that fiber is not only good for your GI tract, but also helps control blood sugar and cholesterol? Soluble fiber in beans, certain grains, fruits and vegetables have many benefits. Swap out rice and bread for beans, avocado, and fiber-enriched products and be Health Smart with Smart Carbs.



**Expectant Moms - Folate.** Did you know that folate deficiency might lead to birth defects? Since folate is used to form DNA and blood cells, it is very important for baby's growth inside the womb. Meals with beans, peas, green vegetables, orange juice, and folate-enriched products are Health Smart for Expectant Moms.



**Natural/Organic.** Organic food production is good for the environment and animal welfare. Eating natural and organic foods limits your exposure to pesticides, food additives, and other chemicals. We are proud to offer you Health Smart Natural & Organic options that fit your everyday needs.



**Seniors - Vitamin B12.** Older adults have less stomach acid, which is needed to absorb Vitamin B12. Vitamin B12, a.k.a. cobalamin, is important for cells in your GI tract, bone marrow, and brain. Getting B12 from meat, seafood, dairy, and fortified products is Health Smart for Seniors.



**Fit - Vitamin B6.** Did you know that B-vitamins might be depleted in athletes? Vitamin B6, a.k.a. pyridoxine, helps form adrenaline and other substances that affect our mental alertness. Eating meat, seafood, potatoes, bananas, seeds, whole wheat, and B6-fortified products can help you be Health Smart for Fitness.



Grab ready-to-go Fresh Juice for a boost of vitamins, minerals and antioxidants in one cup at our Pay-Less Agana, Mangilao, Micro-Mall and Oka locations. We use only 100% fresh produce, juiced daily.

\*Products are selected in consideration of U.S. federal guidelines for health and food labeling, up-to-date nutrition science, and information provided on the product label. This program is intended to promote generally healthy meal patterns, which may or may not be appropriate for specific health conditions. Please consult a health professional for more information regarding health and nutrition concerns.



# Food Education

## Meet Your Pay-Less Supermarket Registered Dietitian

Rosae Calvo is our new Registered Dietitian, heading up the Health Smart program and ready to share her food and nutrition expertise with you. Rosae has a bachelor's degree in Food Science and Human Nutrition at the University of Hawaii at Manoa. With over 1,200 hours of supervised dietetic practice, she has gained experience in working with people, providing wellness advice and giving community presentations. She has successfully completed the Registration Examination for Dietitians.

Whether you're learning to manage a health condition, or just ready to start exploring healthier choices for you and your family, our registered dietitian's services can benefit you. Make a fresh start in 2016 for a healthier, happier you!



## Start Here! Health Smart Store Tours

Each month at Pay-Less, Rosae will be conducting Store Tours on Saturday and on Start Smart Mondays. Each tour will focus on one of our seven Health Smart categories per month. Learn what products are available for your needs, where to locate them in the store, how to read nutrition labels and more.

Sign up for an educational tour based on your needs and interest at the service counter or online. Space is limited to 10 people per tour. There will be Q&A and special offers after each tour.

For a full description on each month's featured tours and schedule for your Pay-Less store, please visit our website.

### Store Tour Schedule



JANUARY  
**SMART CARBS**



FEBRUARY  
**HEART**



MARCH  
**FIT**

## Ask Rosae!

Have a question for our registered dietitian? Visit our website and click the "Ask Rosae" link. She will be happy to answer any questions you might have about nutrition and health.

## Start Smart Mondays

Interested in healthy options you can try making at home? Every Monday, our Chagi tables will be sampling delicious, healthy products and recipes.



[www.PaylessMarkets.com/Health-Smart](http://www.PaylessMarkets.com/Health-Smart)



# Fitness



Look for Health Smart FIT featured products every month, fitness education and activities!

Balancing healthy eating habits with regular physical activity is important to living a healthy lifestyle. Professionals recommend at least 30 minutes of physical activity every day. Exercise helps to:

1. Control weight
2. Combat against health conditions including stroke, metabolic 1 syndrome, type 2 diabetes, depression, certain types of cancer, arthritis and falls
3. Improve mental health and mood
4. Boost energy
5. Strengthen bones and muscles

## Here's something you can commit to early in the year...



This year, Pay-Less Community Foundation celebrates the 20th Anniversary of the Kick the Fat 5K! We have some new and exciting things in store for 2016 with the introduction of a 10K race and Run Guam shirts for 5K finishers and singlets for 10K finishers. Start your training now for the largest 5k/10k on the island! Online registration is available at [paylessmarkets.com](http://paylessmarkets.com).



## Pay-Less partners up to help you on your journey to fitness.

Special thanks to the following gyms for partnering up with Pay-Less Health Smart! When you participate in a store tour, receive a discount or reward from one of our gym partners.



# BREAKFAST

THESE DELICIOUS RECIPES SHOULD KEEP YOU FROM SKIPPING THE MOST IMPORTANT MEAL OF THE DAY...



## Breakfast Burritos

### INGREDIENTS:

- 4 eggs
- 3 whole wheat tortillas
- 1 tbsp. milk
- 1/2 cup shredded cheddar cheese
- Diced avocados
- Diced cherry or grape tomatoes
- Salt and pepper to taste

### DIRECTIONS:

Mix milk and eggs in a microwave-safe bowl and add a dash of seasoning. Cover and microwave for four minutes. Now heat the tortillas in a pan and top it with the egg mix. Add the cheese on top with the mixed veggies. Next, roll your tortillas for a savory breakfast treat.



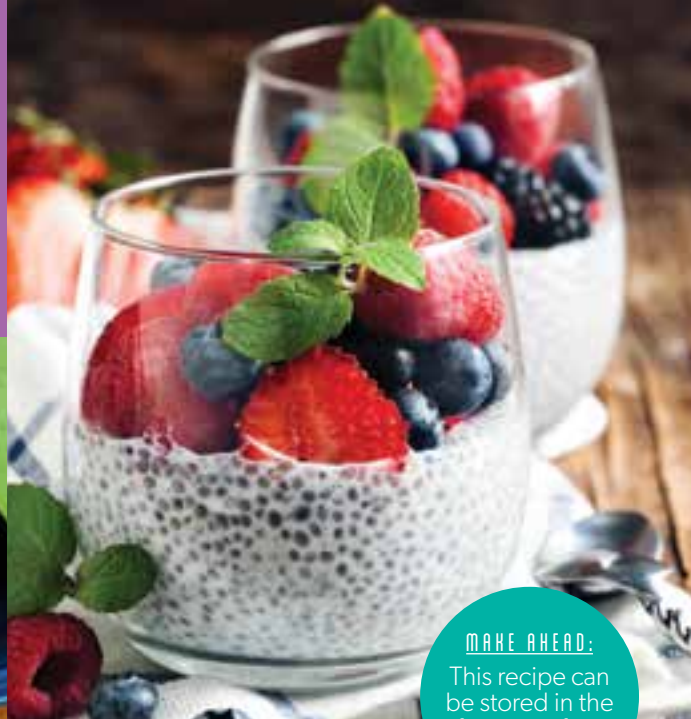
## Banana Mug Cake

### INGREDIENTS:

- 1 egg
- 1 ripe banana
- 1-1/2 tbsp. almond butter
- 2 tbsp. unsweetened cocoa powder

### DIRECTIONS:

Mix all ingredients in a bowl or blender. Next, coat a mug with coconut oil and pour in batter. Cook for about 2 to 2-1/2 minutes in a microwave. Enjoy!



**MAKE AHEAD:**  
This recipe can be stored in the refrigerator for up to 5 days!

## Chia Seed Pudding

### INGREDIENTS:

- 3/4 cup almond milk, unsweetened vanilla
- 2-3 tsp. maple syrup or honey
- 1 tsp. pure vanilla extract (optional)
- 3-4 tbsp. chia seeds\*
- Nuts, berries, fruit, coconut flakes or any combination of your favorite toppings

### DIRECTIONS:

Add all ingredients to a Mason jar or any container with a tight lid, give a good shake or stir and refrigerate for at least 6 hours or overnight. When ready to eat, stir and sprinkle with your favorite toppings!

### Adjust consistency of pudding as follows:

- For thicker consistency, use 4 tbsp. chia seeds.
- For soup-like consistency, use only 3 tbsp.



CHIA SEEDS ARE RICH SOURCE OF FIBER, OMEGA-3 FATS, PROTEIN AND OTHER VITAMINS AND MINERALS

# LUNCH

MORE EASY BREEZY MEALS TO GET YOU THROUGH THE AFTERNOON.



## Lettuce Tacos

### INGREDIENTS:

- 1 tbsp. olive oil
- 3/4 cup chopped yellow onion
- 1 lb. 95% lean ground turkey or beef
- 2 cloves garlic
- Salt and ground black pepper
- 1 Tbsp. chili powder (preferably 2 tsp. regular chili powder and 1 tsp. ancho chili powder)
- 1 tsp. ground cumin
- 1/2 tsp. paprika
- 1/2 cup tomato sauce
- 1/2 cup low-sodium chicken broth
- Iceberg or romaine lettuce, doubled up, for serving
- Shredded Mexican cheese, diced Roma tomatoes, diced red onion, diced avocado, chopped cilantro, light sour cream, for serving

### DIRECTIONS:

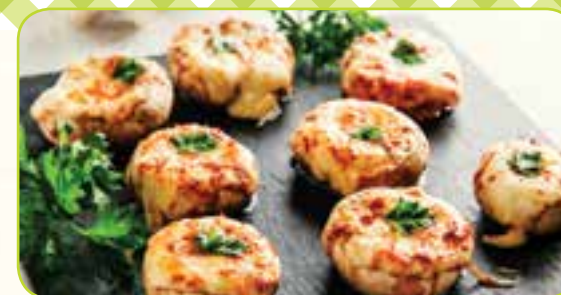
Heat olive oil in a non-stick skillet over medium-high heat. Add onion and sauté for 2 minutes. Add turkey and garlic, season with salt and pepper, and cook, tossing and breaking up turkey occasionally, until cooked through for about 5 minutes. Add chili powder, cumin, paprika, tomato sauce and chicken broth. Reduce to a simmer and cook about 5 minutes until sauce has reduced. Serve mixture over lettuce leaves with desired toppings.



LETTUCE OR OTHER SALAD LEAVES, VEGGIES, FRUIT.

PROTEIN, CHEESE, NUTS, FRUIT, OTHER VEGGIES OR OTHER CRUNCHY BITES

WET INGREDIENTS AND YOUR FAVORITE DRESSING



## Zucchini or Mushroom Pizza Bites

### INGREDIENTS:

- 2 large zucchini or 1 pkg. button or cremini mushrooms
- Coconut oil
- Kosher salt and freshly ground black pepper
- 1/4 cup marinara sauce
- 1/2 cup shredded mozzarella
- 1/4 cup mini pepperoni pieces (optional)
- Italian seasoning, to sprinkle on top at end



### DIRECTIONS:

(For zucchini rounds) Slice zucchini in rounds. Spray both sides of zucchini rounds lightly with coconut oil. Sprinkle with salt and pepper. Broil or grill zucchini rounds 2 minutes on each side.

Place cooked zucchini rounds on a large lined baking sheet. (Or place mushrooms, stemmed and grills scraped from the middle). Top with small amounts of sauce, cheese, and pepperoni pieces. Broil for 1-3 minutes, or until the cheese is melted and bubbly, careful not to burn. Sprinkle with Italian seasoning and serve warm.

# DINNER

HEALTHY ISN'T BORING. INTRODUCING HEAVENLY PISTACHIO-CRUSTED SALMON...



## Pistachio-Crusted Salmon

### INGREDIENTS:

- 1 (5 oz.) wild king salmon fillet, skin on, with bones removed
- Salt and pepper
- 1 tbsp. Dijon-style mustard
- 1 tsp. chopped chives or scallions
- 2 tbsp. shelled, salted and dry-roasted pistachios, crushed

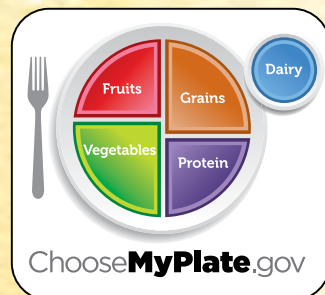
### DIRECTIONS:

Preheat the oven to 400°F and line a baking tray with parchment paper. Pat the fish dry with a paper towel after rinsing. Sprinkle salt and pepper on the skin, and lay it skin-side down on the parchment-lined baking tray.

Combine the mustard and chives in a small bowl and spread the mixture evenly on the fish.

Next, sprinkle the crushed nuts on top of the mustardy salmon and pat down gently to make sure they stick. Place the tray in the oven for about 10 minutes or until the salmon is cooked to an internal temperature of 145°F or to desired doneness.

Remove salmon from oven and let the fillet rest for a few minutes. In the meantime, reheat some leftover roasted vegetables and dice up a basket of cherry tomatoes.



### Healthy Portions.

The "MyPlate" graphic illustrates the five food groups that are the building blocks for a healthy diet using a familiar image — a place setting for a meal. Before you eat, think about what goes on your plate or in your cup or bowl.

Visit the website for more healthy tips.



## Spaghetti Squash

### INGREDIENTS:

- 1 spaghetti squash (about 3 lbs.), halved
- Non-stick olive oil cooking spray
- 1 tsp. extra virgin olive oil
- 1 clove fresh garlic, minced
- 1/2 small onion, chopped
- 1 cup tomatoes, diced
- 1/4 tsp. black pepper
- 1/4 tsp. Italian blend seasoning
- 1/8 tsp. crushed red pepper flakes
- 16 oz. canned tomato sauce
- 1/2 cup fresh mozzarella cheese
- 1/4 cup coarsely chopped or torn basil



### DIRECTIONS:

Preheat oven to 350°F. On a baking sheet coated with extra virgin olive oil, place halves of squash face down and bake for 1 hour or until tender. Heat oil in saucepan over medium heat. Add garlic and onion and cook until soft, about 5-7 minutes. Add diced tomatoes, pepper, herbs and red pepper flakes. Cook until liquid is evaporated, about 2-3 minutes. Add tomato sauce and reduce heat to medium-low and simmer for 10 minutes.

Let squash sit at room temperature until just cool enough to handle. Take a fork and scrap flesh from outside working in, creating noodles. Add squash noodles to sauce and remove from heat. Toss with mozzarella and fresh basil and enjoy.



## Zucchini Enchiladas

### INGREDIENTS:

- 2 lbs. medium zucchini (about 3-4)
- 1 tbsp. olive oil
- 1/2 cup chopped yellow onion
- 3 garlic cloves, minced
- 1/2 cup diced green bell pepper
- 8 oz. cooked, shredded or chopped chicken
- 1 tsp. ground cumin
- 1/2 tsp. dried oregano
- 1/2 tsp. kosher salt
- 1 tsp. medium-hot chili powder
- 3 Tbsp. water or chicken broth
- 2 Tbsp. chopped fresh cilantro
- 1 can of La Victoria salsa (or any other brand), divided – this will be your "enchilada sauce"
- 1/2 cup shredded Monterey Jack cheese (or other melting cheese of your choice)



### DIRECTIONS:

Preheat the oven to 400°F. Cut each zucchini lengthwise, then using a spoon to scoop out the flesh, hollow out each zucchini half to create the zucchini boats. Set the boats aside and chop all of the scooped out zucchini flesh into small pieces.

Heat the oil in a large skillet over medium heat. Add the onion, garlic, and bell pepper. Sauté until the onion has softened and become translucent, about 3 minutes. Add in the chopped zucchini flesh, salt, cumin, oregano, chili powder, 3 tbsp. of the "enchilada sauce", the 3 tbsp. of chicken broth and chicken and stir to mix. Taste for seasoning and add salt and pepper if needed.

Spread 1/4 cup of the sauce in the bottom of a 9" x 13" pan sprayed with non-stick spray. Line up all of the hollowed zucchini halves in the pan, then spoon the filling evenly into each zucchini boat. Pour the remaining sauce over top of the zucchini, and then sprinkle the shredded cheese.

Cover the pan with foil and bake 35-40 minutes until the cheese is melted and the zucchini is tender. Sprinkle with additional chopped cilantro and optional green onions, if desired.

# RECIPES

# DESSERT

WHEN DESSERT IS NOT AN OPTION

## Chocolate Chunk Banana Bread

### INGREDIENTS

- 4 bananas (2-1/2 cups mashed)
- 4 eggs
- 1/2 cup almond butter (or nut butter of choice)
- 4 tbsp. coconut oil, melted
- 1/2 cup coconut flour
- 1/2 tsp. cinnamon
- 1 tsp. baking soda
- 1 tsp. baking powder
- 1 tsp. vanilla extract
- Pinch of sea salt
- 6 oz. dark chocolate, chopped



### DIRECTIONS:

Grease a 9"x5" loaf pan (or 8"x8" pan) and preheat the oven to 350°F.

In a large bowl or mixer, combine bananas, eggs, coconut oil, vanilla extract and nut butter until fully combined. Add the coconut flour, cinnamon, baking soda, baking powder, and sea salt to the wet ingredients and mix well. Fold in the chocolate chunks.

Pour the batter into the prepared pan and spread it evenly. Bake for about 40 minutes if using a square pan, and 50-60 if using a loaf pan. A toothpick inserted into the center should come out clean. Remove from oven and allow to cool on a wire rack for about 1/2 hour. Flip out onto a cooling rack to finish cooling.

## No Bake Peanut Butter Pie

### INGREDIENTS:

#### Crust

- 1 cup walnuts or pecans
- 1 cup cashews
- 2 tbsp. agave, honey or maple syrup
- 3-4 tbsp. almond, rice or soy milk
- 2 tsp. pure vanilla extract
- 1 tsp. cinnamon
- 1/4 tsp. of salt

#### Filling

- 1 cup organic or regular peanut butter
- 3 medium ripe bananas
- 2 tbsp. almond, rice, or soy milk
- 2 tsp. pure vanilla extract
- 1/4 tsp. salt
- 1/3 cup dark chocolate chips, mini or regular, optional

### DIRECTIONS:

Crust: add the crust ingredient to a food processor and process until a ball of dough forms, stopping and scraping the sides of the bowl. Start with a few tablespoons of almond milk and add more if necessary to bring to desired consistency. (Be careful not to over process the crust.) Transfer the dough to a 9" pie dish



and flatten on the bottom and sides with your hands to make a pie shell. You can make a pretty rim using a fork.

Give the food processor a rinse, wipe with a towel and add filling ingredients. Process until smooth, pausing and scraping the sides of the bowl. Pour filling into the prepared crust and smooth the top with a spatula. Sprinkle with chocolate chips, cover with plastic wrap and freeze for 3-4 hours or until frozen. Thaw on a counter for about 30 minutes before slicing and serving.

# SIMPLE healthy swaps



**SWAP**  
Fruit Juice  
**with**  
Whole Fruit  
*Less calories & more fiber*



**SWAP**  
Sour Cream  
**with**  
Plain Greek Yogurt  
*Protein & calcium*



**SWAP**  
Salad Dressing  
**with**  
Balsamic Vinaigrette & Olive Oil  
*Avoid additives*



**SWAP**  
White Rice  
**with**  
Grated Cauliflower  
*Reduced calories & carbs*



**SWAP**  
French Fries  
**with**  
Sweet Potato Fries  
*Less calories, more vitamins*



**SWAP**  
Mayonnaise  
**with**  
Puréeed Avocado  
*Healthy fats*



**SWAP**  
Oatmeal  
**with**  
Quinoa  
*Additional protein*



**SWAP**  
Crackers  
**with**  
Apple Slices  
*Less sodium, more phytochemicals*



**SWAP**  
Flour Tortilla  
**with**  
Corn Tortilla  
*Less calories*



**SWAP**  
Pasta Noodles  
**with**  
Zucchini Ribbons  
*Less carbs & calories*



**SWAP**  
Ice Cream  
**with**  
Frozen Banana Puree  
*Sweet & healthy treat*



**SWAP**  
Wheat Flour  
**with**  
Nut Flour  
*Protein & fiber*



## SNACK

NATURALLY SWEET BITES FOR ON-THE-GO



### 3-Ingredient Energy Bars

(Makes 8 large bars or 16 small square-shaped bars)

**INGREDIENTS**

- 1 cup nuts
- 1 cup dried fruit
- 1 cup (12-15 whole) pitted, dried dates

**DIRECTIONS:**

Combine nuts, dried fruit, and dates in a food processor. Combine and pulse a few times just to break them up. Separate the dates if they start to clump together. Process continuously for 30 seconds. By this point, the ingredients should all have broken down into crumb-sized pieces. Scrape the edges of the bowl and beneath the blade to make sure nothing is sticking.

Continue processing for another 1 to 2 minutes, until the ingredients clump together and gather into a ball.

Lay a piece of plastic wrap or wax paper on your work surface and dump the dough on top. Press the dough with your hands until it forms a thick square, roughly 8"x8" in size. Wrap and chill for at least an hour or overnight.

Unwrap the chilled dough and transfer to a cutting board. Cut into 8 large bars or 16 small squares, as desired.

Store the bars in wrapped parchment paper in the fridge for several weeks or in the freezer for up to 3 months. The bars can be eaten straight from the fridge or freezer and will be firm, but chewy. Room-temperature bars are perfectly fine to eat and can be kept in a lunch bag or backpack all day, but will be more soft and paste-like.



### Homemade Fruit Roll Ups

**INGREDIENTS**

- 4 cups diced ripe mango (from about 3 large mangoes)

**DIRECTIONS:**

Preheat oven to 175°F and line two rimmed, baking sheets with Silpats or parchment paper.

Puree the mango in a food processor or blender until smooth. Divide the purée evenly between the two prepared pans, and using an off-set spatula, spread the purée as flat and as evenly as possible until it's about 1/8" thick.

Bake for 3 to 4 hours. Fruit roll-ups are done when the purée is dry to the touch and pliable. If the bottom side is still wet after some time, flip over and continue baking until fully dried. Remove the roll-ups from the oven. Place a piece of wax paper on top of the roll-ups and then peel off the wax paper and the roll-ups together. Cut the sheet into long strips and then roll up the strips.



MANGOES ARE RICH IN DIETARY FIBER, VITAMIN C, VITAMIN A AND VITAMIN E!

**Try these combinations:**

- Cherry-almond
- Apricot-almond
- Cranberry-pecan
- Apple-cinnamon-walnut

**Excellent add-ins:**

- Shredded Coconut,
- Chia Seeds
- Chocolate Chips, Cacao Nibs, Cocoa Powder
- Crystallized Ginger
- Ground Cinnamon, Nutmeg, Cardamom
- Lemon or Lime Zest



Total baking time will vary depending on the exact thickness of your fruit roll-ups and the differing temperatures of ovens.

Fruit roll-ups will last for up to 1 week when stored in an air-tight container.

# HEALTHY FINDS



Find and circle the 20 healthy items listed below.

*Submit to Service Counter when completed for a free prize!*

