



make the
Health Smart
choice

FOR A HEALTHIER, HAPPIER YOU



Food Education & Events

January

S	M	T	W	T	F	S
1	2 	3 	4 	5	6	7
8 	9 	10	11 	12 	13	14 
15	16 	17 	18 	19	20	21 
22	23 	24 	25 	26 KTF 17 5K RUN WALK Registration Begins!	27	28
29	30 	31 	 Every Monday, try superfood açai with mix-ins!			

Health Smart Store Tours

Sign up: PaylessMarkets.com/HealthSmart

With all the dieting trends, product claims and nutrition headlines, starting a healthy routine might seem confusing. Take a shopping tour with our Supermarket Dietitian, where you can learn the facts about healthy eating and get answers to your most pressing questions.

- Thu, Jan. 12 6:00-7:00pm at Agana
- Tue, Jan. 17 6:00-7:00pm at Oka
- Tue, Jan. 24 6:00-7:00pm at Micro Mall

Dietitian Open Hours

- Tue, Jan. 3 4:00-6:00pm at Sinajana
- Wed, Jan. 4 3:30-5:30pm at Sumay
- Wed, Jan. 11 3:30-5:30pm at Mangilao
- Mon, Jan. 16 3:30-5:30pm at Dededo
- Mon, Jan. 23 3:30-5:30pm at Yigo

MOB Wednesdays

Help eliminate plastic waste by shopping with a reusable bag.

eduKitchen

Veggie Swap Demo at the Dededo Pay-Less eduKitchen

Sign up: PaylessMarkets.com/HealthSmart

One of the key messages for healthier eating is to eat more veggies. But how do we do this without missing out on the foods we love? Join a cooking demo with our Supermarket Dietitian, where you can learn and sample simple swap-outs that incorporate more veggies in some of our favorite local dishes.

Sat, Jan. 21 10:30am-12:00pm Tue, Jan. 31 6:00-7:30pm



healthy resolutions

2017 is here

...and it's time to get started on those healthy resolutions. At Pay-Less, we're excited to bring you product promotions, fun learning activities and guidance from our Supermarket Dietitian, Rosae Calvo. It is our goal to make the Health Smart choice an easier choice for a healthier, happier you!

Get started on a store Tour!

Each of our Store Tours focus on a health category. Learn what products are available for your needs, where to locate them in-store, how to read nutrition labels and more, followed by a Q&A session with Rosae. With every store tour, get a participation reward with one of our gym partners. See our January Health Smart calendar on the previous page for upcoming eduKitchen Demos, Store Tours and Chagi.



Get to know Health Smart

- Check the Health Smart flyer for featured products of the month.
- Find Health Smart shelf tags to easily identify products.
- Look for this symbol in our ads to see dietitian-approved products.



THANK YOU FOR A SUCCESSFUL LAUNCH OF HEALTH SMART IN 2016!
46 Store Tours
6 Cooking Demos
200+ Participants



Gadgets We Love!

Building up a set of tools can cut prep and finishing time, helping you create a wide variety of meals. These top our list:



High-performance Blender

Homemade purees, smoothies, sauces and dips are staples to healthy cooking. A great blender is worth the investment for silky-smooth and evenly combined creations. For less storage space and small batch cooking, choose an immersion blender.

Food Processor

Dried fruit, nuts, and whole grain flours make a great base to healthy bars, cookies, and crusts. With a food processor, you'll save time and energy working through the tough and sticky textures. In less than 5 minutes, you can create homemade snacks using the ingredients you love.



Food Thermometer

"Is it done yet?" Taking the temperature is the only way to ensure a food is properly cooked and therefore safe to eat. In addition, you can avoid overcooking to enjoy more tender, flavorful meat dishes. Give up the guesswork by following the temperature guide included with your food thermometer.



A whole-wheat pita or tortilla filled with gooey nut butter goodness makes a balanced breakfast the whole family can enjoy. Yield: 4 servings



NUT BUTTER PITA

INGREDIENTS:

- ¼ cup nut butter
- 2 tbsp. honey
- 1 tbsp. warm water
- ¼ tsp. ground cinnamon
- 1 cup diced apple
- 1 cup sliced banana
- 2 tbsp. chopped nuts
- 2 large whole-wheat tortillas (10-in.) or whole wheat pitas



DIRECTIONS:

1. Mix nut butter, honey, water and cinnamon. Let stand to thicken.
2. Mix in apple, banana and nuts.
3. Spoon half the mixture into one tortilla. Fold in bottom and side edges. Roll from the bottom. Cut wrap in half.
4. Take second tortilla and repeat Step 3.
5. Take one half, and share the rest with 3 others!

NUTRITION (with almond butter and chopped walnuts): 309 Calories, 41g Carbohydrate, 13g Fat, 8g Protein, 7g Fiber, 217mg Sodium, 15% DV Calcium, 11% DV Iron, 8% DV Potassium

Breakfast In Five



OAT SMOOTHIE

Add rolled oats to your smoothie for heart-healthy fiber that helps fill you up. Yield: 2 servings



INGREDIENTS:

- 1 frozen banana
- ½ cup frozen peaches
- ½ cup frozen mango
- ½ cup grated carrot
- 1 ½ cup unsweetened almond milk
- 2 tbsp. rolled oats
- 1 tbsp. orange juice
- 1 ½ tbsp. coconut oil (optional)

DIRECTIONS:

1. Blend all ingredients until smooth.
2. For a thinner consistency, add more almond milk.
3. Share half with a friend!

NUTRITION (with coconut oil): 317 Calories, 49g Carbohydrate, 12g Fat, 4g Protein, 6g Fiber, 137mg Sodium, 14% DV Vitamin D, 38% DV Calcium, 9% DV Iron, 14% DV Potassium

Journalize It!

START SMALL. SET A GOAL IN 2017.

- Use the chart below to determine how much of each food group you need.
- Use the plate to write in your daily food goals, or break it down per meal.
- Set realistic food goals that you can gradually improve upon.
- Build your meals based off your food quantities and goals.

1 How much do you need?

FOOD GROUP	FEMALE			MALE		
	19-30	30-50	51+	19-30	30-50	51+
Fruits (cups)	2	1½	1½	2	2	2
Vegetables (cups)	2½	2½	2	3	3	2½
Grains/Starchy Vegetables (oz)	6	6	5	8	7	6
Protein (oz)	5½	5	5	6½	6	5½
Dairy /Calcium-rich food (cups)	3	3	3	3	3	3

3 Set Your Goal

- Select 1-2 food group areas from the chart to improve on.
- Choose quantity and frequency based on what is realistic for you. Then, gradually increase your goal to achieve your recommendations.
- Declare what motivates you. For example: manage weight, reduce sick days from work, and to maintain health for your loved ones.
- Write out your goal statement(s) and place in a visible location. Read everyday.
- Once a goal is achieved, make it a habit. To stay motivated, track how long you've maintained your goal.

Go lean with protein and choose seafood weekly: Lean protein sources limit total fat, saturated fat, and trans fat to reduce risk of heart attack and stroke. Eating 8-10 oz of omega-3 rich seafoods provides further protection.

- 1 oz protein:**
- = 1 oz beef (bottom round, top round, top sirloin)
 - = 1 oz pork (pork tenderloin)
 - = 1 oz skinless chicken/turkey
 - = 1 oz salmon/sardines/mussels
 - = 1 egg
 - = 1 tbsp nut butter
 - = 15 nuts
 - = 1/4 cup cooked beans
 - = 2 oz tofu
 - = 2 tbsp hummus

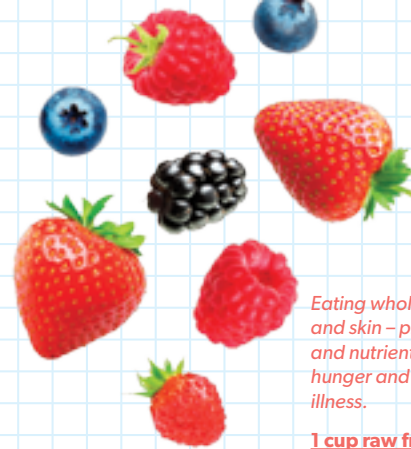
MyGoal:

I will eat 2 cups of vegetables 4 days per week for better health.

Quantity: 2 cups Food Group: vegetables Frequency: 4 days per week Motivating Factor: better health

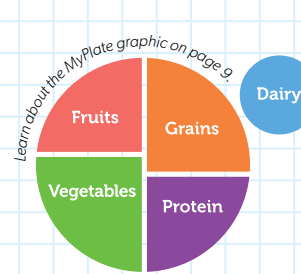
Goal achieved for 10 weeks and going strong!

Duration: 10 weeks



Eating whole fruit – flesh and skin – provides fiber and nutrients that fight hunger and protect against illness.

- 1 cup raw fruit:**
- = 1 small fruit (2" diameter)
 - = 30 grapes
 - = 10 strawberries

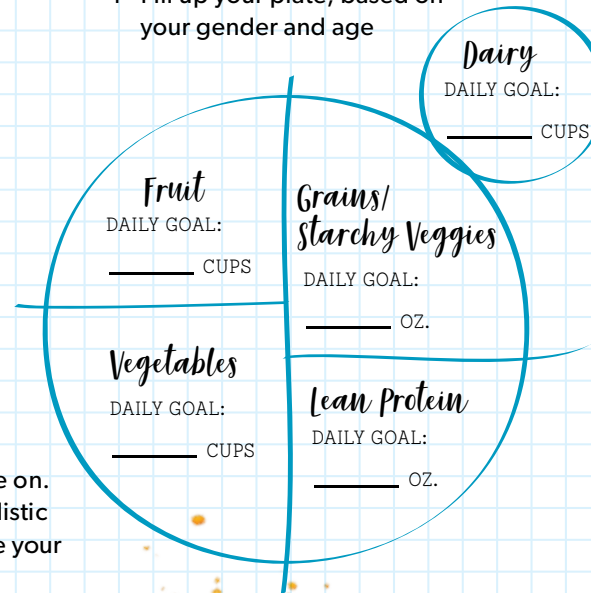


Vary your vegetables: Vegetables come in many colors, shapes, and textures. Eating a variety throughout the week ensures a good balance of vitamins and minerals to support your health.

- 1 cup raw vegetables:**
- = 2 cups leafy greens
 - = 1/2 cup cooked vegetables
 - = 10 baby carrots
 - = 2 stalks celery

2 Your Recommendations

- Fill up your plate, based on your gender and age



Make half your grains whole grains or starchy vegetables: Whole grains and starchy vegetables are energy powerhouses that provide additional fiber and antioxidants to support digestion and overall health.

- 1 oz grains:**
- = 1 slice bread
 - = 5 crackers
 - = 1/2 cup cooked oatmeal
 - = 3 cups popcorn
 - = 1/2 cup cooked rice/pasta
 - = 6-inch tortilla
 - = 1 cup corn/peas
 - = 1 medium potato
 - = 1 cup cooked winter squash

4 Build your plate

- Start with your goal(s)
 2 cups fruit
Quantity Food group
- Select favorite foods from that food group. Divide daily goal into meal portions.

1 cup vegetables = 1/2 cup cooked eggplant
 1 cup vegetables = 1/2 cup cooked bok choy

2 cups vegetables total

- Build meals around your selected foods.

BREAKFAST: Eggplant-Mozzarella Egg Scramble with Mashed Banana on Whole-Wheat Toast

DINNER: Bok Choy-Pork Loin Stir-Fry on Brown Rice with Pineapple-topped Greek Yogurt



Protect your bones by getting enough calcium every day.

- 1 cup fluid milk/ non-dairy alternative:**
- = 1 oz cheese
 - = 6oz yogurt
 - = 2 cups cottage cheese

Alternative calcium sources: soybeans, collard greens, spinach, kale, taro, tofu with added calcium, calcium-fortified orange juice

PAY-LESS IS PROUD TO OFFER THE FOLLOWING PROGRAMS TO PROMOTE HEALTHY EATING, HEALTHY INGREDIENTS:



Chagi Mondays

Chagi means to try. Discover a new healthy product or recipe by shopping on Mondays and sampling some of our picks.

Fresh

Freshen up your day with our ready-to-go boosts of healthy energy. Try our Fresh Juice for vitamins, minerals and antioxidants in one cup or fresh-cut fruit. We use only 100% fresh produce daily.



Fresh Savings for Seniors

Every Monday, our customers 55 years and over can take advantage of a special offer of 10% off all fresh fruits and vegetables.



Calvo's Lifestyle Club

Pay-Less customers that have LifeStyle Club membership can enjoy additional benefits and discounts:

- 25% off Natural & Organic items (non-produce)
- 10% off Natural & Organic produce
- 10% off Produce on Saturdays

FRESH FRUIT AND VEGGIE TRAYS MAKE HEALTHY ADDITIONS TO YOUR POTLUCK! CONTACT YOUR FAVORITE PAY-LESS TO ORDER.





Whip up a hot and savory breakfast in no time using a coffee mug and microwave. For added fuel, pair with fruit or whole grain toast. Yield: 1 serving

QUICHE IN A MUG



INGREDIENTS:

- 1 large egg
- 1 ½ tbsp. milk
- 1 tsp. olive oil
- Salt and pepper to taste
- 4 grape tomatoes, halved
- 4-5 spinach leaves
- 1 tbsp. grated cheese
- 1 tbsp. fresh parsley or tsp. dried parsley

DIRECTIONS:

1. In a microwave-safe mug, mix egg, milk, oil, salt and pepper thoroughly.
2. Top with tomatoes, cheese, and herbs.
3. Microwave on high for 1 minute, or until egg is cooked through.
4. Let stand 2 minutes before eating.

NUTRITION 152 Calories, 10g Protein, 5g Carbohydrate, 2g Fat, 2g Fiber, 224mg Sodium, 7% DV Vitamin D, 17% DV Calcium, 11% DV Iron, 10% DV Potassium

Combinations

- RED BELL PEPPER + GREEN ONION + PARMESAN + BASIL
- MINCED ONION + MUSHROOM + FETA + PAPRIKA
- BROCCOLI + CHEDDAR + JALAPEÑO
- BELL PEPPER + SPINACH + SWISS CHEESE
- MUSHROOM + KALE + CHEDDAR + ROSEMARY



BANANA MUG CAKE

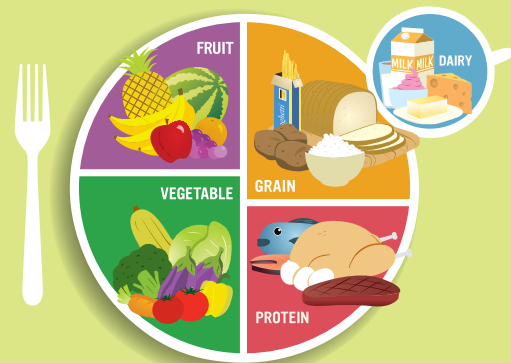
INGREDIENTS:

- 1 egg
- 1 ripe banana
- 1 ½ tbsp. Barney Almond Butter
- 2 tbsp. unsweetened cocoa powder

DIRECTIONS:

1. Mix all ingredients in a bowl or blender.
2. Coat a mug with coconut oil and pour in batter.
3. Cook for about 2-2½ minutes in a microwave.

NUTRITION 331 Calories, 38g Carbohydrate, 14g Fat, 13g Protein, 9g fiber, 209mg Sodium, 7% DV Vitamin D, 13% DV Calcium, 17% DV Iron, 18% DV Potassium



Choose **MyPlate.gov**
Visit website for more info.

PORTION YOUR WAY TO A HEALTHY LIFESTYLE.

MyPlate, developed by USDA Center for Nutrition Policy & Promotion, replaces the food pyramid. Vegetable, fruit, protein, grains and dairy groups are shown in the proportions recommended per plate. We've taken a Health Smart approach that leads you to better eating habits and smarter food choices.

MyPlate Deals

Check out our weekly ads for great deals on products from each of the 5 food groups and get inspiration for your next balanced MyPlate meal.

MyPlate THE HEALTH SMART WAY

Looking for a light lunch? Get inspired with our MyPlate bentos! See centerspread on how to set goals and build *your* plate.



1

- Stewed Tomatoes
- Whole Grain Roll
- Diced Watermelon
- Chili Beans
- String Cheese



2

- Sliced Papaya
- Brown Rice
- Sliced Cucumber
- Salmon Poki
- Vanilla Yogurt



3

- Baby Banana
- Salad Greens
- Chicken Kelaguen
- Corn Tatiyas
- Coconut Milk Beverage

Dinner Swaps

Swapping out spaghetti noodles with spaghetti squash lightens this dish by nearly 200 Calories while adding a hint of sweetness.



EGGPLANT PARMESAN WITH SPAGHETTI SQUASH

INGREDIENTS:

- 2 cups spaghetti sauce
- 1 large tomato, sliced
- 1 onion, sliced
- 2-3 eggplants, quartered
- 1 tbsp. Italian seasoning
- 1 cup Panko breadcrumbs
- 2 eggs, beaten
- Salt and pepper to taste
- ½ cup shredded mozzarella
- ½ cup shredded Parmesan
- 1 medium spaghetti squash, halved



DIRECTIONS:

1. Preheat oven to 350F.
2. Mix Italian seasoning into breadcrumbs.
3. Dip eggplant in egg, then breadcrumbs.
4. On a baking sheet, place eggplant in a single layer. Bake 15-20 minutes each side until browned.
5. Saute onion, salt and pepper in olive oil for 2 minutes.
6. In a large pot or saucepan, add just enough water to cover the surface. Place spaghetti squash face down and cook for 20-25 minutes on medium-high heat, until skin is fork tender.
7. Once squash is cooked, use a fork to scrape out the flesh into a strainer. Drain excess water.
8. In a baking dish, layer spaghetti sauce, eggplant, tomatoes, onions and cheese. Bake for 20-30 minutes, until cheese is golden brown.
9. Serve sauce over spaghetti squash.

NUTRITION (for 3 servings): 523 Calories, 75g Carbohydrate, 26g Protein, 13g Fat, 18g Fiber, 1311mg Sodium, 5% DV Vitamin D, 49% DV Calcium, 28% DV Iron, 39% DV Potassium



Cut squash with ease.

USING A FORK PUNCTURE HOLES ALL AROUND THE SPAGHETTI SQUASH AND MICROWAVE FOR 5 MINUTES. USE THE SAME PROCESS FOR KABOCHA SQUASH ON THE NEXT PAGE.



SWAP
Ground Meat
with
Mushrooms



SWAP
Spaghetti
with
Spaghetti Squash



SWAP
Canned Veggies
with
No Salt Options



Swapping out half the meat with juicy mushrooms retains a hearty texture while cutting over 100 Calories per serving. Yield: 4-6 servings.

KABOCHA CHILI

INGREDIENTS:

- ½ lb. lean ground meat
- 8oz. mushrooms
- ½ cup onion, chopped
- 3 cloves garlic, minced
- 3 ribs celery, diced
- 1 green bell pepper, chopped
- 1 kabocha squash, halved
- 2 14½oz. cans no salt added stewed tomatoes
- 2 15oz. cans no salt added tomato sauce
- 1 tbsp. chili powder
- ½ tsp. cumin
- ½ tsp. oregano
- ½ tsp. sugar
- 3 tbsp. plain yogurt



DIRECTIONS:

1. Preheat oven to 350F. In a baking dish, add just enough water to cover the surface. Bake kabocha flesh side down in water bath for 20 minutes.
2. In a pot, saute onions and garlic for 2-3 minutes.
3. Add meat and mushrooms and cook over medium heat for 8-10 minutes. Drain excess fluid.
4. Stir in spices. Cook for 1 minute.
5. Add celery, bell pepper, tomato sauce and stewed tomato.
6. Peel and chop squash, then add to chili. Bring to a boil, then reduce heat and let simmer for 10 minutes.
7. Remove from heat. Top with yogurt before serving.

NUTRITION (for 4 servings): 432 calories, 61g Carbohydrate, 14g Fiber, 23g Protein, 11g Fat, 1025mg Sodium, 26% DV Calcium, 50% DV Potassium, 50% DV Iron, 2% DV Vitamin D



Fitness

GYM PARTNERSHIPS FOR 2017

WHEN YOU COMPLETE A HEALTH SMART STORE TOUR, GET A REWARD OR DISCOUNT FROM ONE OF OUR GYM PARTNERS.



Custom Fitness / CrossFit Gof Metgot

Don't be afraid to be a beginner. Custom Fitness is a functional fitness facility offering consumers a wide variety of professional health and wellness. Functional fitness, simply put, is about training your body to handle real-life situations by focusing on preparing and sculpting the body to handle everyday functions. Custom Fitness offers a variety of services including rehabilitative services by an in-house physical therapist, personal training, team and sport-specific training, corporate wellness, nutrition advice, and CrossFit, a principal strength and conditioning program that is broad, general, and all-inclusive, designed for universal scalability.

CONTACT: Samantha Sablan, cfsquam@gmail.com



Unified

What does health and fitness mean to you? At Unified, they want to offer their big bag of tools to help you achieve it. If your goal is to lift harder and heavier, they have something for that. If your goal is to be leaner and faster, they have got something for that too. Unified's goal is to teach you the best, most effective and safest ways to get you where you want to be and to make sure you have fun while you're doing it. They believe 'working out' could be something other than just work.

CONTACT: Topher Barretto, topher@unifiedguam.com



Paradise Fitness

It doesn't matter what your shape, sex, or ability is.....or is not. Paradise Fitness has a goal to make a difference in the communities they

serve by helping people change their lives through health and fitness each and every day. Their experienced, knowledgeable, friendly, and energetic staff is dedicated to creating a comfortable, non-intimidating, and enjoyable environment where members don't feel self-conscious and won't worry about what others think.

CONTACT: Michael Sgro, Michael@guamparadisefitness.com



Guam Kyokushin Hagatna Dojo

The Guam Kyokushin Karate Organization is an officially recognized and affiliated Karate Organization since 1966, and has the only dojo on Guam (Hagatna Dojo) to use certified and up to date instructors who come with the latest training methods out of Japan's Kyokushin headquarters. With their qualified instructors who have been certified to teach Kyokushin Karate, (spanning 50 years this April!), they are dedicated to teaching the best karate on Guam. Whether you are a kid or an adult, learning the art of Kyokushin Karate will empower you to become disciplined and strong in mind, body, and spirit! Train in the Kyokushin rigor to understand how this program can benefit you from inside and out! Kyokushin Karate offers more than shaping strong bodies; it also brings out the best in you to do what is right and just in our daily and healthy lives!

CONTACT: Tony Rodriguez, hdkickfit@gmail.com



The Pound Academy

Our mission is to instill health and fitness in the mindsets of our members. The holistic approach. Developing this mindset into a lifestyle. A lifestyle driven by purpose, not just habit or hobby. We are dedicated to educating our members. With these educational tools,

members can attain and achieve all its goals. Education is the key to a successful health and fitness plan. Our mission is prevention, not treatment, maybe intervention.

CONTACT: Luis Blanco, 687-4229, tpaguam@gmail.com



Synergy Studios

At Synergy Studio, the staff is fueled by passion and committed to providing the latest in fitness and wellness to our island community. Everyone is welcome, for Synergy is your space and your studio, where Wellness meets Fitness. They offer 30 classes a week from CrossFit, CrossFit Open Gym, Gentle Yoga, Hot Yoga, Vinyasa & Power Yoga, Cardio Dance Classes (BarreSweat, Zumba, and MixxedFit), and Aerobic Fitness (Cycling, TRX, CardioCircuit, HipBox, TaeBo, Tread&Shred, Aqua Zumba and Water Aerobics). In addition to classes, they also offer wellness programs, Infra red Sauna specials, annual 21-Day Detox Program, Quarterly 10-day Cleanses complete with meals and the master cleanse, and Bootcamps to help you incorporate wellness and fitness into your everyday lives. Currently there are 2 fitness studio locations (Maite & East Hagatna), and the Synergy Wellness Center. Synergy Studios in the Maite location has a cafe complete with smoothies featuring Pure Trim (Vegan based), Vi (whey protein based) and Herbal Life and can be made to order as a post workout nutritional supplement or meal. Look out for exciting things to come in 2017 at the Synergy Wellness Center including workshops, special Yoga classes, and the Infra red sauna.

CONTACT: 472- YOGA (Maite) 472-SNRG (East Hagatna)



Start your training now for the largest 5k on the island! Online registration is available at paylessmarkets.com.