



www.Holidayfarms.com

NUTRITION CORNER

EASY AND HEALTHY FOOD COMBOS

Looking to pull together (crustless; gluten and lactose free) quick and tasty meals for the family? These food combos are not only easy quick, they create a colorful plate that provides a good dose of essential vitamins and minerals, with healthy carbs and fats that can fit into any food plan.

All combo items are available at Holiday Farms Deli Section and grocery aisles:

Meal #1

Orange Sesame Glazed Salmon (high in omega 3 fats)



with **Classic Cooking Light & Luscious Harvest Vegetable Quiche**



Meal #2

Spicy Garlic Chicken (garlic is a natural antibiotic) on a bed of our **Vegetable Brown**



Rice (the veggies provide an added dose of fiber), with **Green Giant Chopped Spinach** (1/2 cup provides 170% Vitamin A daily requirements for optimal immune function and vision).

Meal #3

Honey Mustard Salmon Skewers



(we go light on the honey to keep it healthy) with **Haddon House Extra Fancy Wild Rice** (add mushrooms and scallions to increase iron and fiber),



and our **Steamed Broccoli** (good source of vitamin C and iron) lightly tossed with canola oil and garlic oil.

Need help with meal planning?

Elizabeth is here to help!

Did You Know?

Coconut oil has been gaining in popularity due to claims that it can increase metabolism and clear up acne, among other amazing health benefits.

None of this has been proven. What is known is that coconut oil is the fattiest of all fats, with 12 grams of saturated fat (versus butter, that has 7). This can contribute to elevated cholesterol levels and heart disease.

One redeeming quality is that it is a good fat replacement for vegans who bake. But with one tablespoon providing 120 calories, like any other fat, use in moderation.

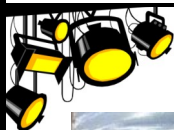


Elizabeth Madison, MA, Registered Dietitian

Let Elizabeth Help You With:

- * Weight and Health Management Support
- * Personalized Healthy Shopping Assistance
- * Menu Planning
- * Recipe Nutrient Analysis
- * Private and Group Supermarket Tours

Call her at 718-598-0617 or email her at emadisonrd@gmail.com



HEALTHY PRODUCT SPOTLIGHT



Tired of regular bread crumbs? Try **Kariba Farms NutCrusters™ Gourmet Coating Mixes**.

These wheat and gluten-free coatings are great on seafood, beef, pork, poultry and tofu. They also contain omega-3 and flax seed.

Try broiled salmon with **NutCrusters**, or add the mix to ground beef or turkey for delicious burgers.

Find these mixes in the bread aisle.

Need healthy recipes or product information? Ask Elizabeth!