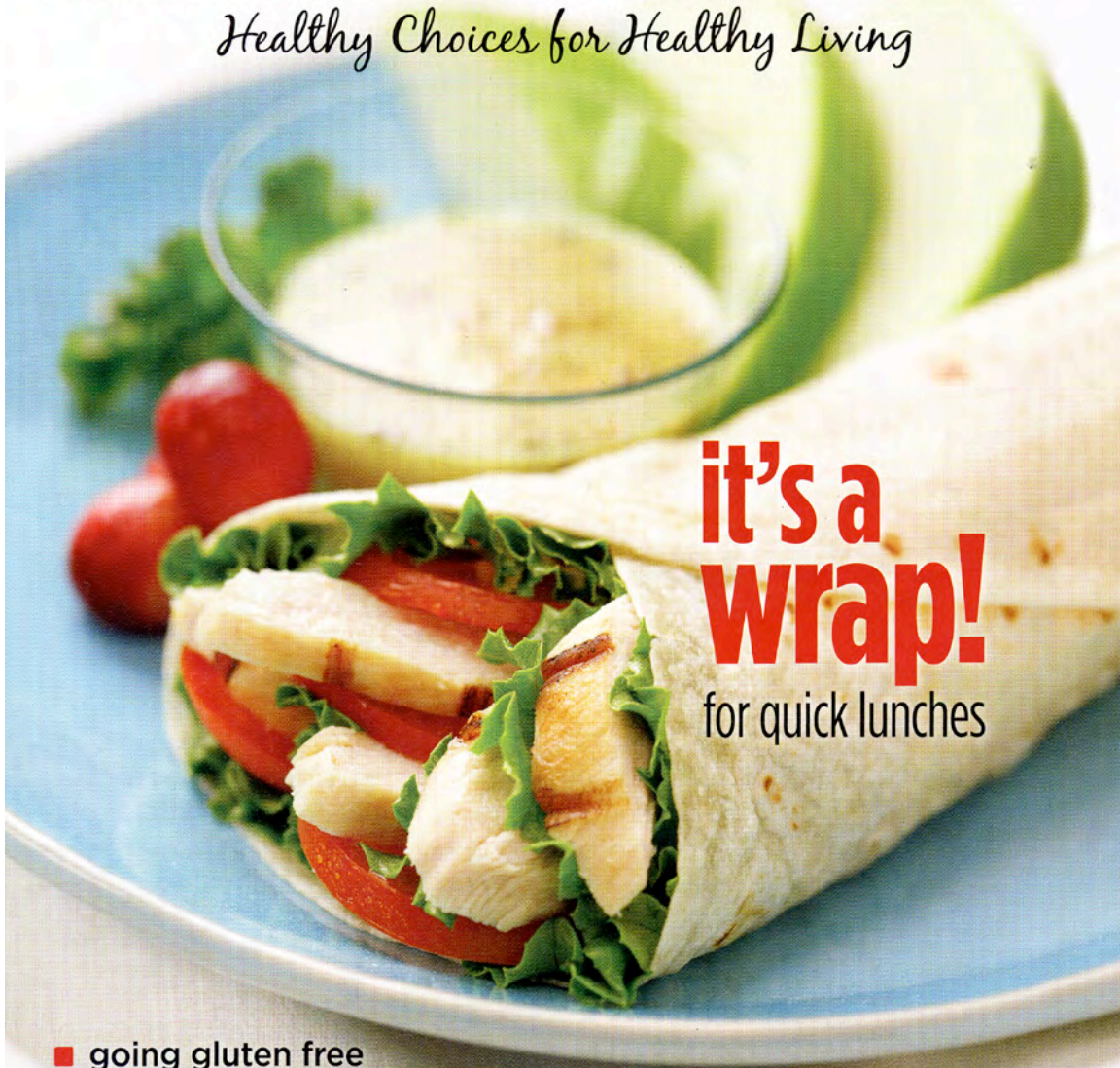


complimentary  
September 2009  
Editorial of Taste for Life®

# Nature's **MARKET BASKET**®

*Healthy Choices for Healthy Living*



**it's a  
wrap!**  
for quick lunches

- going gluten free
- kids' nutrition chart
- how to lower cholesterol



**See pages 16 and 17 for this month's featured items!**



Nature's Market Best

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September 1, 2009

KOHNSTAMM COMMUNICATIONS INC. PUBLIC RELATIONS COUNSEL

BY LISA FABIAN



September's a busy month for families, and packing healthy lunches for the kids can be difficult. "One of the challenges is making sure kids get enough protein," says Connie Gutterson, a nutritionist and author of *The Sonoma Diet*. "Kids also don't eat enough whole grains or veggies. If you have a picky eater, you need to ask yourself how to make the calories really count."

Gutterson recommends using whole-grain wraps and tortillas. Look for brands that offer products with high amounts of fiber; some contain as much as 9 grams per serving! (La Tortilla Factory's whole-wheat, high-fiber tortillas are part of NASA's food system and go up on the shuttle.)

Consider spreading refried beans on a tomato-flavored wrap or roll some leftover stir-fried veggies and sliced, cooked chicken in a whole-wheat wrap. Another good combo is salsa with black beans, or white beans with goat cheese and some crunchy cucumbers and lettuce. "Wraps are a good way to get kids to eat veggies," Gutterson says. "They're not going to eat salad."

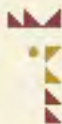
Instead of a green salad, make bean, rice, or couscous salads. Add diced veggies or fruit and some canned chicken or tuna. Toss with lemon juice and olive oil for flavor, and your kids will have a filling lunch.

# think inside the

Ideas for the lunchbox

# box

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To keep things interesting, try thinking beyond typical protein sources. Instead of tuna or egg salad, how about a mini pita stuffed with canned salmon or a whole-wheat roll filled with soy sausage and sliced tomatoes?

Dips are not only fun to eat but also provide variety. For a savory choice, salsa or hummus pairs well with sliced vegetables or corn chips. For something a little sweeter, sliced apples or pears can be dipped into creamy nut butters or unsweetened applesauce. Plain popcorn, rice cakes, whole-wheat pretzels and breadsticks, and small bags of dried fruits, seeds, and nuts make crunchy accompaniments to sandwiches, salads, or a thermos of soup. For convenience, look for easy-to-open cans of fruit, packages of string cheese, and small containers of yogurt or cottage cheese. If you have extra time on the weekends or at night, bake a batch of fruity muffins.

Pack some low-fat milk, filtered water, or diluted fruit juice in a reusable water bottle. Remember to place all perishable items in an insulated cold pack. Rinse lunchboxes out with warm, soapy water each night so they're clean and ready to fill the next day. Try some of these recipes for your child's back-to-school lunchbox. •

SELECTED SOURCES *Awesome Foods for Active Kids* by Anita Bean (\$16.95, Hunter House, 2006) • **Personal communication:** Connie Gutterson, RD, PhD, 7/09

### Chunky Chicken-and-Grape Salad Wraps

From *You CAN Eat That!* by Robyn Webb, MS (\$19.95, Cleveland Clinic, 2007)

5 MINUTES PREP TIME | SERVES 2

- 1 c cooked chicken breast, diced
- 1 small celery stalk, trimmed and diced
- 1/4 c halved red seedless grapes
- 1 scallion, trimmed and finely chopped
- 2 Tbsp sliced almonds, toasted
- 1/4 c reduced-fat mayonnaise
- Juice of half a lemon
- Salt and black pepper to taste
- 2 lettuce leaves, romaine or Bibb
- 2 (6-inch) whole-wheat flour tortillas or wraps

1. In medium bowl, combine chicken, celery, grapes, scallion, and almonds.
2. In small bowl, whisk together remaining salad ingredients except lettuce. Gently fold into chicken mixture until well combined.
3. Place 1 lettuce leaf on each tortilla. Divide chicken salad and spread over top half of each lettuce leaf. Fold up bottom of each tortilla and roll to close. Serve immediately or wrap in plastic and refrigerate for a packed lunch.

### Strawberry-Blueberry Muffins

From the **American Institute for Cancer Research**, [www.aicr.org](http://www.aicr.org)

20 MINUTES PREP TIME | MAKES 12 MUFFINS

- Canola oil spray
- 3 Tbsp canola oil
- 1/3 c unsweetened applesauce
- 1/2 c sugar
- 2 eggs
- 1 tsp vanilla
- 1 c fresh blueberries
- 1 c chopped fresh strawberries
- 1 c whole-wheat flour
- 1 c unbleached all-purpose flour
- 2 tsp baking powder
- 1/4 tsp salt
- 1/2 c fat-free milk

1. Preheat oven to 375°. Spray 12-cup muffin tin with canola oil spray and set aside.
2. In medium bowl, whisk together oil, applesauce, sugar, and eggs. Add vanilla, blueberries, and strawberries.
3. In separate bowl, blend together flours, baking powder, and salt. Fold in half the flour mixture and then half the milk. Add remaining flour and milk, folding in just until blended.
4. Scoop batter into prepared tins. Bake 25 to 30 minutes or until golden brown and toothpick inserted comes out dry.
5. Allow muffins to cool for 20 minutes before removing from pan.

