Dear Friends,

Spring represents a time of change. As the weather warms and the days grow longer, many of us start to think about how we can change our bad eating habits to live a healthier, more nutritious life. There is a lot of conflicting information out there about healthy eating, but there are steps you can take to start living a healthier life.

This month the Women’s Health Research Institute partnered with Whole Foods Market to bring you a newsletter chock full of healthy eating tips, recipes, and guidance to jump start your healthy Spring! This is the perfect time of year to change your eating habits as you start to make healthier, happier choices.

Sincerely,

The Institute Staff

Healthy Eating
Healthy eating can be one confusing topic. With such an abundance of information available about what to eat, what not to eat, and how much to eat, it's easy to feel overwhelmed. Whole Foods Market created the Health Starts Here® Program to help take the guesswork out of your shopping experience. Health Starts Here® is a mindful approach to healthy eating that is rooted in simple ways to build better meals. A the core of this program are the Four Pillars of Healthy Eating, which offer straightforward guidelines for making better choices no matter what dietary path you follow.

Four Pillars of Healthy Eating

Health Starts Here® is a simple, mindful approach to healthy eating that's rooted in these four simple ways to build better meals.

Whole Food: We believe that food in its purest state--without artificial additives, sweeteners, colorings, and preservatives--is the best tasting and most nutritious food available. Eat whole, unprocessed foods.

Plant Strong™: No matter what type of diet you follow--including those with dairy, meat, or seafood--reconfigure your plate so the majority of each meal is created from an abundance of raw and cooked vegetables, fruits, legumes and beans, nuts, seeds, and whole grains. Eat a colorful variety of plants.

Healthy Fats: Get healthy fats from whole plant sources, such as nuts, seeds, and avocados. These foods are rich in micronutrients as well. Work to eliminate (or minimize) extracted oils and processed fats. Eat healthy fats.

Nutrient Dense: Choose foods that are rich in micronutrients when compared to their total caloric content. Micronutrients include vitamins, minerals, antioxidants, and phytochemicals. For guidance on this, look for Aggregate Nutrient Density Index...
Spring Cleaning for Your Body and Your Pantry!

When it comes to eating right, there is a lot of contradictory information out there. But despite arguments about what the ideal way of eating may be, most experts agree that we should be eating less processed foods. So how does one go about doing that when we are surrounded by packaged and fast foods that are loaded with sugar and salt, as well as countless additives and preservatives? A great way to start is by giving your kitchen an overhaul. April is the perfect time to give your body--and your pantry--a Spring cleaning!

To get a fresh start, begin to eliminate these items from your pantry, and swap in healthier choices!

<table>
<thead>
<tr>
<th>ELIMINATE</th>
<th>HEALTHY SWAPS</th>
</tr>
</thead>
</table>
| Beverages containing sugar or high fructose corn syrup: soda/pop/Italian soda, energy drinks, juice drinks | Water with lemon or lime slices  
Sparkling water with a splash of 100% fruit juice |
| Sugary "kids" cereals (hint: if there is sugar in the 1st three ingredients, toss it!) | Oatmeal or other unsweetened whole grain cereal, topped with fresh fruit |
| Refined grain products: white breads, white pastas, white rice             | Whole grain breads and pastas  
Brown rice, quinoa, millet, etc. |
| Potato and tortilla chips                                                 | Fresh veggies for snacking & dipping  
Bake your own oil-free tortilla chips |
| Red meat, bacon, and processed lunch meats                                | Sub in leaner meats: chicken, turkey, or grass-fed beef or bison  
Go meatless with lentils, beans, and tofu |
Packaged desserts: cookings, cakes, puddings

Focus on fresh fruit to satisfy your sweet tooth!

For more inspiration, check out the Health Pantry Makeover video online!

**Tips and Tricks for Easy Weeknight Meal Prep**

Whole Foods Market's Healthy Eating Specialists meet women who want to provide healthier meals for themselves and their families, but simply don't know how to fit it in their busy lifestyles. Here are some tips for making healthier weeknight meals a breeze!

- Select one day/evening each week when you can prep your veggies for all your meals and snacks. Right when you get home from the store is a good time!
- Pre-cut and frozen vegetables are great options for busy work nights. Remember, it is only a waste of money if you throw it away! Buy what you are most likely to eat/use. Also, remember the cost of ordering out should you forgo buying vegetables at all!
- Keep no salt added cans/tetra packs of beans on hand, or make a big batch of dried beans and freeze individual portions to use later in the week.
- For nights when time is short, try a Mighty Bowl of Goodness! Use frozen brown rice or quinoa to make getting your whole grains a snap!
- Check out Whole Foods Market's simple Health Starts Here® Weekly Meal Plans, with more tips for easy prep and batch cooking!

**Nutrition Bites**

You can't beat dark leafy greens when it comes to Nutrient Density. Simply taking the step of adding more greens in your diet will have a great impact on your health. Here are just some of the reasons to get more greens in your meals:

- Collards, and other dark leafy greens are a very good source of plant based calcium, and high in micro nutrients
- Spinach and other greens are also a good source of Niacin and Zinc, and a very good source of Dietary Fiber, Protein, Vitamin A, Vitamin C, Vitamin E, Vitamin K, Thiamin, Riboflavin, Vitamin B6, Folate, Calcium, Magnesium, Phosphorus, Potassium, Copper, and Manganese.
- Kale has strong anti-inflammatory properties
Eating more dark leafy greens is one of the best and easiest ways to boost the nutrient density of your meals. Here are 5 tasty tips for getting more greens every day:

1. Make a goal to enjoy 1 big green salad per day--choose romaine or mixed baby greens over iceberg, and add a rainbow of crunchy veggies.
2. It's a wrap! Use a lightly steamed collard leaf instead of a tortilla for a nutritious sandwich wrap. Use your favorite fillings or try this tasty Collard Rollsrecipe.
3. Green up your smoothies! Try a combination of baby greens with your favorite fruits and nondairy milk--spinach, cherries, and almond milk is a favorite!
4. Make steamed kale, collards or Swiss chard the star of the meal. Try these mushroom, chard, and caramelized onion tacos, or sweet potatoes with collard greens and adzuki beans.
5. Give any meal a nutritional boost by adding in some pre-washed baby greens. Many varieties are now available, and they need to prep or cooking. Just toss a handful of baby arugula, kale, spinach, or blend with your soup, stew, or chili right before serving.

Helpful Online Resources:

- A well-stocked pantry means dinner is always easy in reach! Check out Whole Foods Market's Healthy Pantry Makeover.
- Four complete weekly meal plans and shopping lists are available for downloading at Whole Foods Market online.
- Thousands of recipes are available on the Whole Foods Market website. Use the "Advanced Search" tool to sort by ingredients, special diets, or for Health Starts Here®!
- Gain confidence in the kitsch with Whole Foods Market's Healthy Cooking Videos!

The information provided in this newsletter is provided for educational purposes only. While authoritative, it is solely the opinion of the guest author, who is responsible for the information contained therein.

Author: Karen Formanski is a Natural Foods Chef, Educator, and Healthy Eating Specialist at Whole Foods Market Lincoln Park. She offers cooking classes, health eating workshops, as well as tours to help customers navigate the store in their search for the healthiest choices. Contact her at: karen.formanski@wholefoods.com.

Institute Happenings
Institute Director, Dr. Teresa Woodruff is pictured outside Madame Marie Curie's laboratory while she was in Paris to present a workshop on "Updates on Activin, from Reproduction to Cancer" at an Endocrine Conference on March 26th.

- The WHRI staff has been updating its website and blog--we hope you check out the new format! This is a work in progress and we encourage comments and suggestions on this new format--please send all comments to: womenshealthresearch@northwestern.edu.

- The Institute has opened applications for our Women's Health Science Program Summer Academy for high school girls. If you know a female high school student interested in a free Northwestern University weeklong academy on science and medicine, please have them apply here. If you are a medical student interested in becoming a medical student mentor for the academy, please apply here.

- Our annual National Women's Health Week Celebration will be held Tuesday, May 12 from 9:00am-3:00pm. This year we will include a keynote speaker as well as two panel discussions on the latest women's clinical services now available at Northwestern Medicine. Click here to register to attend!

Our sponsors for this event are:
• If you are interested in being a sponsor or having an informational table at the event, please fill out the online application or contact: megan.castle@northwestern.edu for details!

• If you are interested in submitting a poster abstract on your research related to women's health, please fill out the online application

---

**Upcoming Events**

**Tuesday, April 7th, 12:00-1:00pm**: WHRI Forum, "Prognostic and Predictive Factors in Breast Cancer: the Breast Pathologist's Perspective," featuring K.P. Siziopikou, MD, PhD, Director of Breast Pathology and Breast Pathology Fellowship Program, Northwestern University Feinberg School of Medicine, Robert H. Lurie Comprehensive Cancer Center. **[Click here to register today!](#)**

**Tuesday, May 12th, 9:00am-3:00pm**: National Women's Health Week Celebration. This annual conference and expo features a keynote international speaker on a women's health issue, panel discussions led by experts in women's health, exhibits on health services and community resources for women, and scientific posters on the latest research projects in women's health. **[Click here to learn more!](#)**