

# STORE TOURS HELP YOU FIND HEALTHY CHOICES

Grocery store aisles can be daunting, especially when you're trying to choose healthy foods. Don't you sometimes wish you had a guide to help you fill your cart?

Help is here, thanks to Essentia Health registered dietitians who created labels for heart-healthy foods and are leading free educational tours at three local grocery stores.

The dietitians' efforts are part of a partnership between the Brainerd Lakes Heart & Vascular Center at Essentia Health-St. Joseph's Medical Center and Cub Foods stores in Brainerd and Baxter and the SuperValu store in Pequot Lakes.

Special blue labels, which will line store shelves for the next year, identify products that meet the American Heart Association's recommendations for sodium, saturated fats, sugar and fiber.

The 90-minute tours will help you decipher nutrition facts on food labels and better understand terms such as reduced fat or low sodium. The goal is to help you assess what foods you are choosing and how they fit into a diet that's right for you.

"Everyone can use some extra information to help interpret food labels and learn more about how we can use that information to make healthy choices," says Denise Cleveland, a registered dietitian and director of nutrition services at Essentia Health in Brainerd.



Brainerd Dispatch/Kelly Humphrey

Shellie Cibazar, a registered dietitian at Essentia Health-St. Joseph's Medical Center, explains food labels during a free grocery store tour. Joining her are, from left, Jennifer Skorich, Shirley Seelen, Annette Olson and David Olson, all of Brainerd.

## JOIN A GROCERY STORE TOUR

Learn how to make heart-healthy choices at the grocery store.

Join an Essentia Health registered dietitian for a free 90-minute guided tour at three local stores.

Preregistration is required.

Call 218.828.7650 or email [hearthealthygrocerytour@essentiahealth.org](mailto:hearthealthygrocerytour@essentiahealth.org).

**Wednesday, Sept. 21, 9:30-11 a.m.**  
**Baxter Cub Foods**

**Tuesday, Oct. 25, 7-8:30 p.m.**  
**Pequot Lakes SuperValu**

**Wednesday, Nov. 16, 10-11:30 a.m.**  
**Brainerd Cub Foods**



Essentia Health created this "Heart Healthy" tag to identify products that meet the American Heart Association's criteria for sodium, saturated fats, sugar and fiber. Find them at three local grocery stores.

# WOMEN'S HEALTH SERIES FOCUSES ON FOUR TOPICS THIS FALL

Women's health is the focus of four free community presentations this fall.

Physicians and other healthcare professionals from Essentia Health-St. Joseph's Medical Center and Clinics will discuss how to improve your health and your family's health.

Enjoy appetizers and beverages during the free presentations from 7-9 p.m. each Tuesday in the Nisswa Community Center, 25628 Main St.

To register, call 218.828.7414 or go to [EssentiaWomensHealth.org](http://EssentiaWomensHealth.org).

### Sept. 20 Women's Reproductive Health from Age 20 to 60

Dr. Janelle Strom  
OB/GYN

Dr. Jennifer Arnhold  
OB/GYN

### Sept. 27 Top 10 Things You Should Know About Cancer

Dr. Laura Joque  
Hematologist/  
Oncologist

Pam Miller &  
Peggy Borders  
Occupational  
Therapists

Melissa Laposky  
Patient Navigator

### Oct. 4 Panel Discussion: Current Family & Children's Health Issues

Dr. Greg Whiteman  
Family Medicine

Dr. Chris Thompson  
Family Medicine

Dr. Kara Lynn Fausch  
Family Medicine

Dr. Sara Lokstad  
Family Medicine

### Oct. 11 Women's Heart Health: Diet, Lifestyle Changes & Non-invasive Testing

Rebecca Wirtz  
Nurse Practitioner