

# HyVee® balance®

**LOL**  
**BEST MEDICINE!**

PAGE 42

**SALAD  
FOR  
DINNER**  
**PUMP UP YOUR  
GREENS WITH  
BIG PROTEIN**

PAGE 52

**GET A  
GRIP**  
**DISCOVER  
SUSPENDED  
BODY-WEIGHT  
TRAINING**

PAGE 46

**GET HAPPY!  
FOODS THAT BOOST  
YOUR MOOD**

PAGE 60

**FINDING  
BALANCE  
WITH A  
GYMNASTICS  
CHAMPION**

PAGE 28

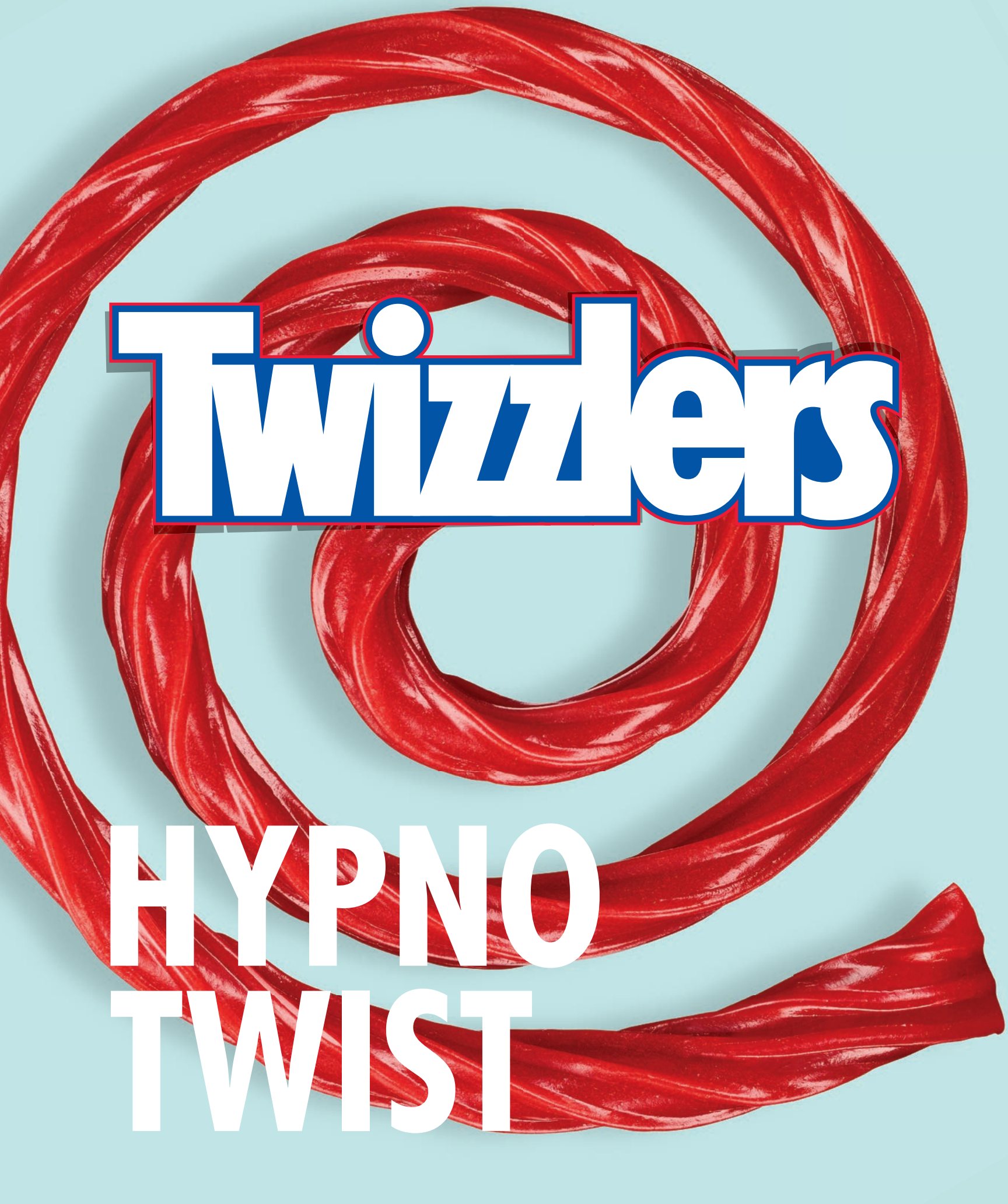
**SHAWN JOHNSON** EAST

APRIL 2018

~~\$4.95~~

FREE IN-STORE





28

SHAWN JOHNSON  
EAST

119

QUICK FIXES

46

GET A GRIP

86

EARTH DAY

52

SALAD AS DINNER

50

PICKLEBALL

34

THE SHAKE DOWN

LINEUP

APRIL  
ISSUE 2018

FRESH  
START



30  
minutes  
or less

LOOK FOR  
THIS ICON FOR  
RECIPES YOU  
CAN MAKE IN  
30 MINUTES  
OR LESS!

hyVee BALANCE | hy-vee.com

1





## FOOD

**13 MEAL MAKEOVER**  
Savor this remake of a popular spicy chicken sandwich.

**34 THE SHAKE DOWN**  
Refuel and recover with every shade of the rainbow.

**52 SALAD AS DINNER**  
Fill up on hearty protein-packed salads.



## NUTRITION

**9 DIETITIAN TIPS**  
Cut back on sit-down snacking with these dietitian-approved desk snacks.

**21 NUTRIENT POWER**  
Stay lean with ultra-healthy green asparagus.

**25 FIT FINDS**  
Healthful salad dressings recommended by the experts at Hy-Vee.

**60 FOODS THAT IMPROVE YOUR MOOD**  
Put on a smile with meals made to boost your outlook on life.



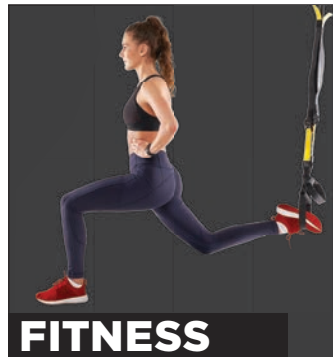
## HEALTH

**15 PHARMACY FAQ**  
Get answers to commonly asked health-related questions.

**66 ALLERGY SURVIVAL GUIDE**  
Find relief from stubborn spring symptoms.

**92 SOY**  
Learn more about this versatile, low-fat protein.

**108 PHARMACY**  
Prevent shingles with Shingrix, a revolutionary vaccine.

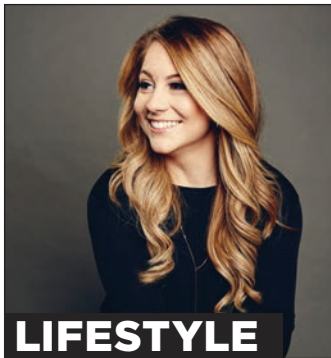


## FITNESS

**17 BODY BOOTCAMP**  
No butts about it, with these four glute-blasting moves.

**46 GET A GRIP**  
Discover a popular way to work out with suspended body-weight training.

**50 TOP PICK**  
Get in the game with one of America's fastest growing sports.



## LIFESTYLE

**28 SHAWN: LIFE IN BALANCE**  
Catch up with the gold medal gymnast off the mat.

**86 EARTH DAY**  
Hy-Vee's efforts to make the world a better place.

**119 QUICK FIXES**  
Squeeze the most out of citrus with these lemon-based life hacks.



## WELLNESS

**42 LOL**  
Laughter might be the best medicine after all.

**73 SPRING CLEAN**  
Head into warm weather with tips to refresh your winter-worn home.

**80 CATCHING ZZZ'S**  
Don't sleep on any of this important information about rest.

**99 WHAT'S TRENDING?**  
Matcha-ado about nothing. Learn about this all-natural green superfood.



# Hy-Vee® **balance** GET MORE HY-VEE BALANCE



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**DONNA TWEETEN**  
EXECUTIVE VICE PRESIDENT,  
BRAND EXPERIENCE,  
CHIEF CUSTOMER OFFICER

In this issue, catch up with one of Hy-Vee’s good friends, gold medalist Shawn Johnson East. She gives us a personal look at her life, loves and loss. Find out how she keeps her life balanced, *page 28.*

As we balance between seasons, transitioning into spring is an opportunity to set new goals and reshape our lives. Be specific when creating goals—clearly define them with an established end point to increase potential of completion.

Only you can decide your own health and wellness goals and our mission is to help you reach them. We aim to provide you with the latest trends and information in health and wellness, supported by fact-driven research and a diverse range of culinary, fitness, nutrition and health experts for advice and simplified explanations.

Flip through these pages to spark your appetite for hearty, satiating salad recipes in “Salad as Dinner,” *page 52.* Shake up your thoughts on how to fuel a workout with protein-packed shakes—every shade of the rainbow—in “The Shake Down,” *page 34.* Learn the health benefits of humor. Laughter might be the best medicine after all, *page 42.* Not getting enough beauty sleep? We break down rest and its role in “Catching ZZZ’s,” *page 80.* Find this helpful information and more in the following pages.

As always, thank you for supporting *Hy-Vee Balance*. We look forward to helping you build a healthier and happier life.

HEALTH & HAPPINESS



We asked our editorial contributors:  
**What's your favorite rainy day activity?**

**FITNESS**

Daira Driftmier,  
Personal Trainer and  
Hy-Vee KidsFit Director  
Hide-and-seek with the kiddos, and  
watching movies while snacking  
on popcorn.

**CARDIOLOGY**

Suzanne Steinbaum, M.D.  
Director, Women's Heart Health  
Lenox Hill Hospital  
On rainy days, my 11-year-old son and I  
will be creative and make an art project  
or do a science project, or even  
write together.

**HEALTH**

Steven Hull, M.D.  
Certified Sleep Specialist,  
Midwest Sleep Specialists  
My favorite rainy day activity is to golf. If  
there is lightning, I use a 1-iron, because  
not even God can hit a 1-iron!

**HEALTH**

Rhoda H. Cobin, MD, MACE  
Clinical Professor of Medicine  
The Icahn School of  
Medicine at Mount Sinai,  
New York City  
Reading.

**PHARMACY & NUTRITION**

Angie Nelson  
Group Vice President, Retail Pharmacy  
I have a busy family and we love to spend  
the day playing games, eating snacks,  
and relaxing. It also is a good opportunity  
to place my Aisles Online order and get  
my grocery shopping done for the week!

**PHARMACY & NUTRITION**

Tim Goodhall  
Pharmacy Manager, Hy-Vee #4  
West Des Moines, Iowa  
I really enjoy trying different craft beers,  
but I enjoy doing that when the weather  
is nice too.

**PHARMACY & NUTRITION**

Deana Preble, RDN, CD  
East Madison Hy-Vee Dietitian  
Madison, Wisconsin  
I do really like clearing out my DVR—  
all the recorded shows that I have.

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**Prices effective  
April 2, 2018 through  
April 30, 2018  
(while quantities last).**

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Hy-Vee Balance recipes are tested by test  
kitchen food technologists to guarantee that  
they are reliable, easy to follow and good tasting.

Please recycle after use.

# UPGRADE TO A BUNDABERG BREW

## IT'S A BREW – TASTE THE DIFFERENCE!

It's the way we brew that makes all the difference. Using only the finest ingredients, and made to our genuine family recipe, Bundaberg Brewed Drinks have a depth of taste you can only get through brewing, making them perfect as a refreshing craft soda or as a premium mixer.

## MOSCOW MULE VODKA

### Ingredients

- 6oz Bundaberg Ginger Beer
- 2oz Vodka
- 2 Small pieces of ginger
- 0.5oz Lime juice
- Lime to garnish

### Let's Mix!

- STEP 1 Muddle ginger and add vodka and lime juice into shaker
- STEP 2 Shake, then strain into a copper mug and top with Bundaberg Ginger Beer
- STEP 3 Add ice and garnish with a wedge of lime
- STEP 4 Enjoy your drink!

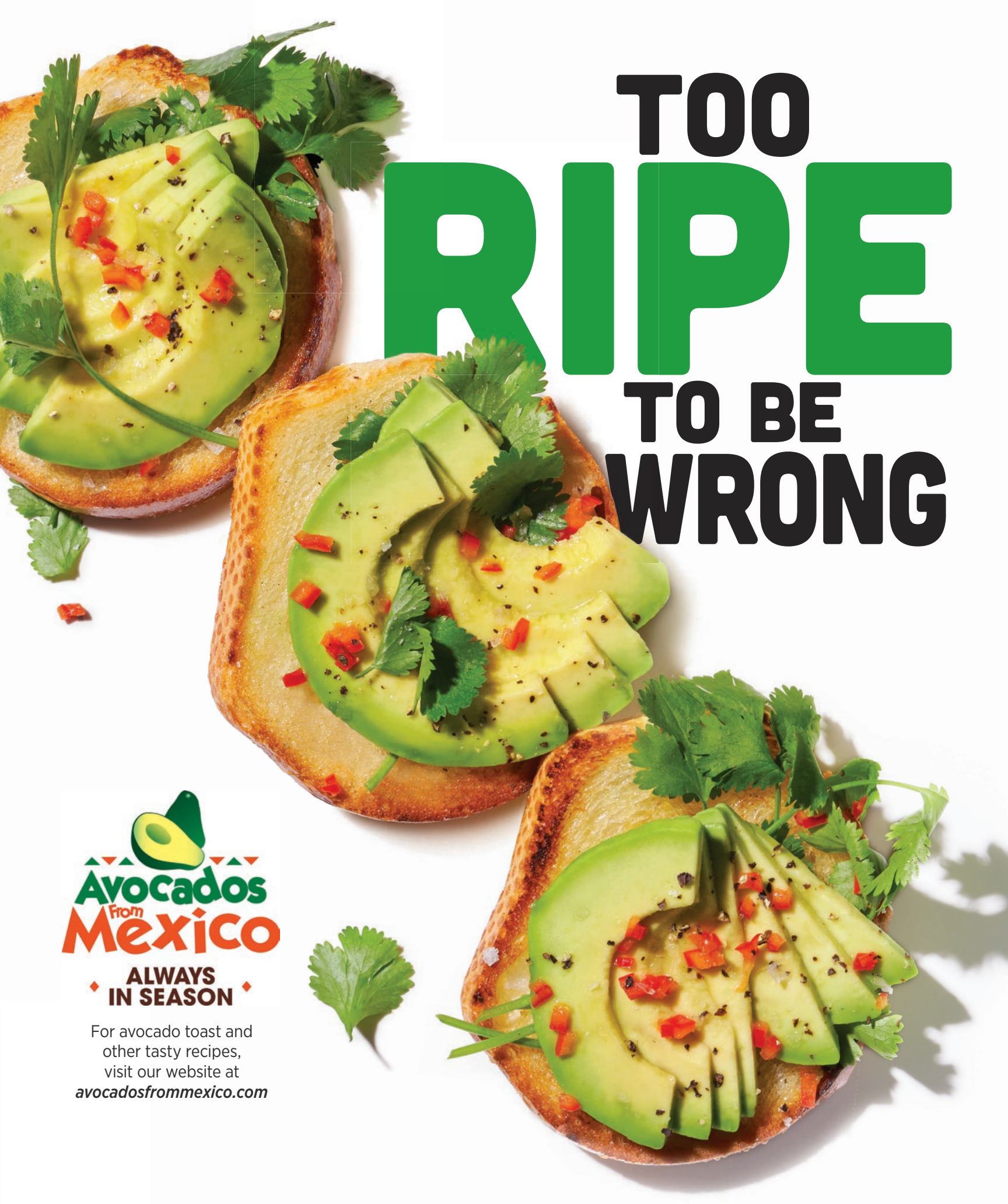


Bundaberg Ginger Beer:  
select varieties  
4 pk. \$5.99

**BUNDABERG.COM/MIXOLOGY**

Drink responsibly. BUNDABERG and the BUNDABERG Logo are trademarks of Bundaberg Brewed Drinks Pty Ltd.





# TOO RIPE TO BE WRONG



ALWAYS  
IN SEASON

For avocado toast and  
other tasty recipes,  
visit our website at  
[avocadosfrommexico.com](http://avocadosfrommexico.com)



Julie McMillin, RD, LD

**HY-VEE DIETITIANS:**  
Registered Dietitian Julie McMillin enjoys  
helping Hy-Vee customers learn about  
nutrition, including smart snacking.



# 9 TO 5 SNACKS

**Q: Why is it important  
to clean up a diet  
heading into spring?**

**A:** *Around this time of year  
we start to come off our New  
Year's resolutions. Spring-  
cleaning eating habits can  
help refresh your diet.*

**Q: How much does stress  
play into weight gain?**

**A:** Many people use food to comfort  
themselves in stressful situations. It's  
important, when you find yourself  
overeating, to step back and ask  
whether you're truly hungry. Some  
studies show that increased stress  
raises certain hormones in your body,  
causing your metabolism to slow, which  
can make it harder to lose weight.

**Q: Is caffeine a good  
or bad idea?**

**A:** Caffeine is okay in moderate doses.  
One cup of coffee has approximately  
100 mg per 8-ounce cup. The  
recommended amount of caffeine  
is 400 mg per day. If you are  
over this amount, hold off.

**Q: What are the most  
"dangerous" snacks?**

**A:** High-volume ones. Watch portion  
sizes and avoid grabbing an entire bag  
or package. Pre-portion your favorite

snacks. Try to make sure snacks include  
fiber and protein to help you avoid eating  
too many calories during snack time.

**Q: How does skipping  
lunch affect your body?**

**A:** Missing any meal can lead to a few  
less-than-desirable outcomes. Cutting too  
many calories can also mean losing out  
on good nutrition. A variety of vitamins  
and minerals are needed for adequate  
nutrition. Many studies show that a lack  
of calories throughout the day may cause  
you to overeat in the evening hours.

**Q: Can't I just cut all fat out  
of my diet to lose weight?**

**A:** *Believe it or not, our  
bodies do need some fat.  
Vitamins A, D, E and  
K require a little fat to  
be properly absorbed  
and utilized. The key is  
choosing healthy fats, like  
those found in avocados,  
nuts, seeds or fish.*

**Q: How can I  
avoid the dreaded  
afternoon slump?**

**A:** Carbohydrates provide energy.  
However, avoid simple carbohydrates.  
Go for whole grains, like popcorn,  
or eat a piece of seasonal fruit.



# GRAB 'N' GO DESK SNACKS

CHECK OUT THIS LIST OF GO-TO HEALTHY SNACKS RECOMMENDED BY A HY-VEE DIETITIAN.

**BANANA** Potent in potassium, an electrolyte that supports muscle function.

**GRAPES** A handful of this tiny fruit may have a positive impact on memory and heart health.

**MANDARINS** Overflowing with vitamin C and easy to stash away in a desk cubby.

**NATURAL NUT BUTTER** A spreadable source of protein and filling fiber.

## DARK CHOCOLATE-DUSTED ALMONDS

Both almonds and chocolate contain antioxidants that prevent harmful free radicals from damaging cells.

**CHEESE** A snack-size amount is a low-cal source of protein and calcium to promote healthy bones and skin.

**JERKY** A good source of quality protein, but watch out for high sodium levels.

**TRAIL MIXES** Choose a mix with nuts and dried fruit for a fibrous fix.

**VEGGIES** Tote a cup of cut-up veggies to work for filling fiber and a host of vitamins and minerals.

**HUMMUS** Dip veggies or crackers into hummus for a kick of fiber and B vitamins.

**GUACAMOLE** The avocado in this tasty treat packs protein and fiber for satiety.

**RED PEPPERS** A vitamin C powerhouse that can help keep immune systems strong.

**BERRIES** All berries boast vitamin C to fight cell damage and maintain tissue.

1 CUP OF BLUEBERRIES has 84 calories and an abundance of anti-aging and anti-inflammatory properties.

PHOTO Tobin Bennett

Sources: <https://nal.usda.gov/fnic/vitamins-and-minerals>  
<https://www.supertracker.usda.gov/foodapedia.aspx>  
[http://msue.anr.msu.edu/news/eating\\_purple\\_grapes\\_and\\_potential\\_health\\_benefits](http://msue.anr.msu.edu/news/eating_purple_grapes_and_potential_health_benefits)  
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[https://www.accessdata.fda.gov/scripts/InteractiveNutritionFactsLabel/factsheets/Dietary\\_Fiber.pdf](https://www.accessdata.fda.gov/scripts/InteractiveNutritionFactsLabel/factsheets/Dietary_Fiber.pdf)

CHOCOLATE? SNACK?  
absobarkinlutely







RIGHT FROM THE START

# SIMPLY **organic.** SIMPLY DELICIOUS.



Nature Raised Farms Frozen Boneless Breasts  
2 lb. \$9.99

Nature Raised Farms Organic or Breaded Chicken:  
select varieties  
8 or 12 oz. \$5.99

NET WT. 8 OZ (226.8g)

## MEAL MAKEOVER

# SPICY CHICKEN SANDWICH

Total Time 1 hr. 15 minutes | Serves 6

Hy-Vee nonstick cooking spray  
3 cups crispy rice cereal  
1 Tbsp. Hy-Vee cayenne pepper  
1 Tbsp. Hy-Vee paprika  
1½ tsp. Hy-Vee black pepper  
1 tsp. Hy-Vee garlic powder  
1 tsp. Hy-Vee onion powder  
1 tsp. Hy-Vee dried thyme  
2 egg whites  
2 Tbsp. bottled hot sauce, such as  
Tobasco brand  
6 (4-oz.) boneless, skinless chicken  
breast pieces  
6 Tbsp. olive oil mayonnaise  
6 Hy-Vee Bakery wheat hamburger buns,  
split  
2 tomatoes, sliced  
6 romaine lettuce leaves

**1. PREHEAT** oven to 400°F. Place a wire rack on a baking sheet; spray rack with cooking spray.

**2. COMBINE** cereal, cayenne pepper, paprika, black pepper, garlic powder, onion powder and thyme in a large zip-close plastic bag. Using a rolling pin, lightly crush cereal mixture. Pour cereal mixture into a shallow dish.

**3. WHISK** together egg whites and hot sauce in a second shallow dish; set aside. Dip chicken pieces, one at a time, into egg white mixture, then coat chicken with cereal mixture. Place chicken on the prepared rack and bake for 30 to 45 minutes or until juices run clear (165°F).

**4. ASSEMBLE** each sandwich: Spread 1½ tsp. mayonnaise on each cut side of bun. Place chicken breast on bun bottom. Top with tomato, lettuce and bun top.

Per serving: 370 calories, 8 g fat,  
8 g saturated fat, 0 g trans fat,  
60 mg cholesterol, 570 mg sodium,  
41 g carbohydrates, 3 g fiber, 7 g sugar.

### FAST FOOD

Compare this popular fast-food sandwich to our healthy remake.



510 cal  
21 g fat  
51 g carbs  
1,110 mg sodium



370 cal

8 g fat

41 g carbohydrates

570 mg sodium

PHOTOS Tobin Bennett



# ACTIVE LIVES START HERE!

LOOK FOR THESE GREAT NATURE'S BOUNTY  
PRODUCTS NEAR THE PHARMACY.



COMING  
SOON!

\*\*20 billion active cultures per serving guaranteed at time of manufacture.  
\*Source: Nielsen XAOC 52 weeks ending 11/18/17.  
†For occasional sleeplessness.

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.



HY-VEE PHARMACIST:  
ANGIE NELSON  
Group Vice President,  
Retail Pharmacy



Q. **What's the best way to learn about my prescription?**

A. Ask your pharmacist. *Hy-Vee.com* also has a drug information source that is valuable. It's important to make sure you get drug information from a reliable source. There are many fraudulent prescription information sources.

Q. **Why do pharmacists say to finish an antibiotic prescription after you feel healthy?**

A. Even if you begin feeling better a few days in, you shouldn't assume the bacteria has all been killed and stop taking the antibiotic. There may be bacteria still lingering, which can continue to cause an infection—worsening symptoms and even becoming resistant to the antibiotic.

Q. **What is the most under-utilized service offered by your pharmacies?**

A. Our pharmacies offer home delivery of prescriptions. This is perfect for the elderly or a mother with infants who might not have time to stop by the pharmacy.

Q. **How does Hy-Vee benefit those with allergies?**

A. Your Hy-Vee Pharmacy can help you find the best products for you. I, personally, cannot make it through late summer without using a steroid nasal spray to reduce sinus inflammation. Ask a pharmacist to help find a product that works best for you.

Q. **What happens if I'm allergic to a medication?**

A. If it's a severe reaction—trouble breathing, for example—seek medical attention immediately. If it is less severe—a mild itchy red rash—contact your pharmacist and health care provider.

Q. **What amount of food allergen does it take to cause a reaction?**

A. It depends on the person. Sometimes a small exposure can trigger a reaction. A safe, general practice is to communicate any and all allergies to your pharmacist and health care provider.



# NO BUTTS ABOUT IT

FOUR MOVES TO BLAST YOUR GLUTES

Pump up your posterior for improved balance, upright posture and a toned backside.

## 1→ SINGLE LEG GLUTE BRIDGE LOWER BODY

Lie on your back with knees bent and feet on the floor. Extend your right leg straight, off the floor. In a controlled motion, lift your hips from the floor until your shoulders are in line with your raised leg. Lower hips and alternate legs.



## 2→ QUADRUPED HIP EXTENSION LOWER BODY

Start on your hands and knees with a flat back. With right knee grounded, lift left leg, bending knee at 90-degree angle. Slowly return to the starting position. Alternate legs.



## 3→ STEP-UPS LOWER BODY

Use an elevated surface, such as a plyo box or stair. Step onto the surface, pushing upward with a single leg. Return to the ground, leading with the same leg. Alternate legs.



## LUNGES LOWER BODY

4

Step forward with your right leg, until thigh is parallel to the floor and knee is centered over heel. Rise to standing position. Alternate legs.



PHOTOS Tobin Bennett



Shape up with **Glute Blasters**. Watch the tutorial at [youtube.com/Hy-Vee](https://youtube.com/Hy-Vee)

Series 5.2 Art Beyond Borders



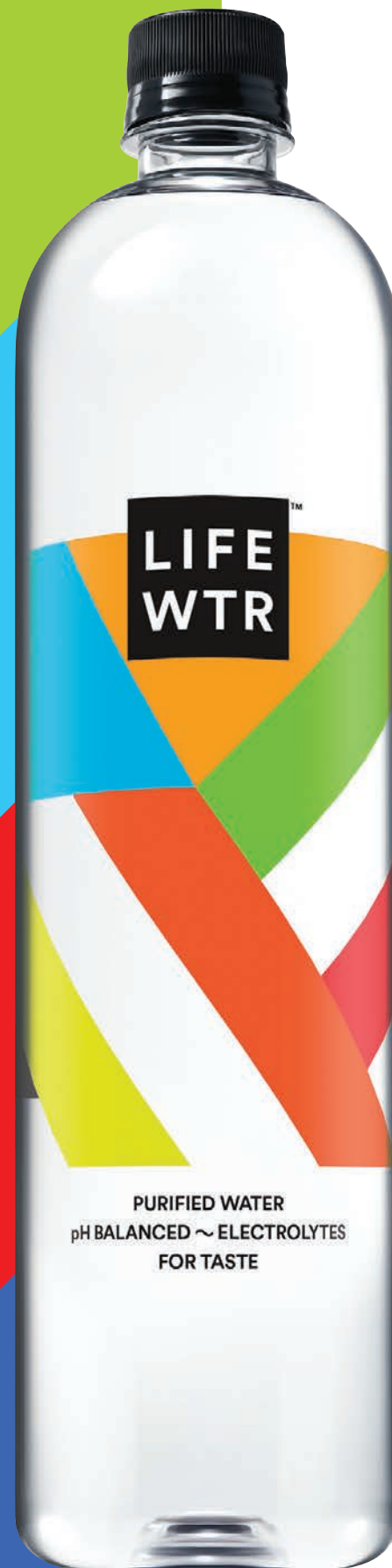
Art by Yinka Ilori

LIFE WTR:  
select varieties  
500 ml. \$3.99



LIFE WTR:  
select varieties  
1 Liter 6 pk. \$7.49

New Take Home Options  
Now Available!



PURIFIED WATER  
pH BALANCED ~ ELECTROLYTES  
FOR TASTE

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Introducing LIFEWTR Series 5. Inspiration on the outside. Hydration on the inside.  
Discover our artists at [LIFEWTR.com](https://LIFEWTR.com)

Thirst Inspiration.™



# GRILLMASTER

BREAK OUT THE BARBECUE  
AND ADD FLAVOR TO  
YOUR LIFE. IT'S TIME TO  
GET OUT AND GRILL.



SEAR YOUR SKILLS WITH GRILL TIPS  
AND TRICKS AT [KINGSFORD.COM](http://KINGSFORD.COM)



Kingsford Charcoal:  
select varieties  
10.6 to 15.4 lbs. \$8.99



KC Masterpiece Sauce:  
select varieties  
21 or 28 oz. 2/\$5.00



Hidden Valley Dressing  
or Simply Dinners:  
select varieties 3.38, 12 or  
16 fl. oz. \$2.99



Soy Vay Sauce or  
Marinade:  
select varieties  
12 to 21 oz. \$3.48

# MAKE ANY NIGHT A FLAVOR Fiesta



Chi-Chi's or  
Herdez Salsa:  
select varieties  
16 oz. \$2.48



Chi-Chi's Tortillas:  
select varieties  
8 or 10 ct. 2/\$4.00



Chi-Chi's Diced  
Green Chilies  
4.25 oz. \$1.18



Chi-Chi's Taco  
Seasoning Mix  
.78 oz. \$0.88



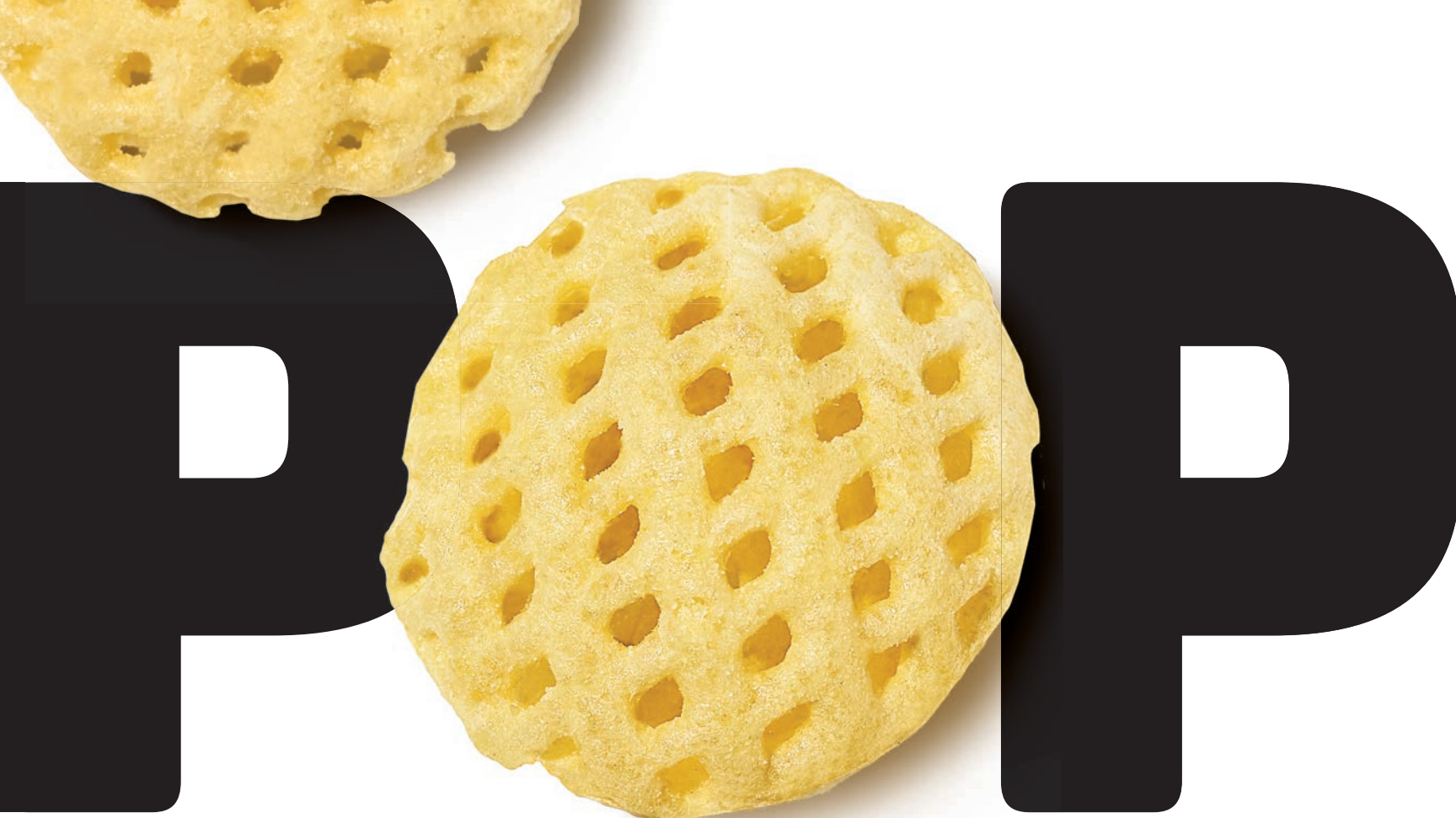
La Victoria Taco Sauce:  
select varieties  
8 oz. \$2.18

serving  
suggestion

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# SOME FLAVOR LAY'S POPPABLES



Frito Lay Lay's:  
select varieties  
5 to 8 oz. 2/\$5.00

NEW in 2018



NUTRIENT POWER

## ASPARAGUS

Snap to it and enjoy this crisp, nutrient-dense veggie—loaded with vitamins A, C and K. Promote eye and cardiovascular health while getting a natural immune system boost.

27  
CALORIES  
1 CUP, RAW

38%  
VITAMIN K

16%  
IRON

11%  
DIETARY  
FIBER

8%  
POTASSIUM

20%  
VITAMIN C

Percentages represent  
daily values.

### FRESH PICKS

#### RAW

Whole or sliced—uncooked asparagus provides a bitter yet sweet flavor, delicious in any salad.

#### ROASTED

Mellow flavor and maximize caramelization in the oven for 12 to 15 minutes at 425°F for crisp yet tender texture.

#### STEAMED

Use this method to gently cook and lock in the highest amount of nutrients without added oil or fat.

PHOTOS: Tobin Bennett

Source: <https://snaped.fns.usda.gov/seasonal-produce-guide/asparagus>



# ASPARAGUS THREE- CHEESE TART

**Total Time** 40 minutes  
**Serves** 8

½ (17.3-oz.) box frozen puff pastry, thawed (1 sheet)  
2 oz. garlic-and-herb goat cheese  
½ cup Hy-Vee low-fat ricotta cheese  
¼ cup Hy-Vee Select Parmesan shredded cheese  
1 Tbsp. fresh lemon juice  
2 green onions, finely chopped  
12 oz. fresh asparagus, trimmed and halved lengthwise  
1½ tsp. Gustare Vita olive oil  
Hy-Vee kosher salt, to taste  
Hy-Vee black pepper, to taste

**1. PREHEAT** oven to 400°F. Unfold puff pastry on a large sheet of parchment paper. Roll pastry sheet into a 10×12-in. rectangle. Use a sharp knife to score a ½-in. border along pastry edge. Generously prick the scored line and center of pastry with a fork. Transfer pastry on parchment to a baking sheet. Bake for 15 minutes.

**2. COMBINE** goat, ricotta and Parmesan cheeses, lemon juice and green onions in a medium bowl. Spread mixture inside border of warm pastry.

**3. ARRANGE** asparagus spears on top and brush with olive oil. Sprinkle with salt and pepper. Bake for 15 to 18 minutes or until crust is golden brown. Remove from oven and cool on wire rack.

Per serving: 190 calories, 12 g fat, 4 g saturated fat, 0 g trans fat, 10 mg cholesterol, 260 mg sodium, 14 g carbohydrates, 1 g fiber, 3 g sugar, 6 g protein



# MAKE EVERY NIGHT TACO NIGHT

FIND EASY RECIPES AND  
IDEAS AT [ORTEGA.COM](http://ORTEGA.COM)



Ortega Taco Shells:  
select varieties  
12 ct. \$1.78



Ortega Taco Seasoning:  
select varieties  
1.25 oz. \$.88



Ortega Taco Sauce:  
select varieties  
Hot, Mild or Medium  
8 oz. 3/\$5.00





# SAVE TIME TO MAKE TIME TO EAT *fresh*

Don't let your busy schedule rob you of a nutritious meal. All our Chopped Salads are prepared with flavorful toppings and dressings so you can make good food fresh and tastefully easy, every day.



Find the Southwest Chopped mason jar recipe at [www.taylorfarms.com](http://www.taylorfarms.com)



# BEST DRESSED

## 5 DIETITIAN-APPROVED SALAD DRESSINGS

### 1 KRAFT LITE BALSAMIC VINAIGRETTE

This low-fat dressing slashes half the fat of normal balsamic, with 25 calories and under 5 grams of sugar.

### 2 OPA BY LITEHOUSE STRAWBERRY POPPYSEED GREEK YOGURT DRESSING

Refresh your taste buds with the sweet strawberry of this Greek yogurt-based dressing.

### 3 WISH-BONE LIGHT ITALIAN DRESSING

A signature blend of herbs and spices with half the calories and fat of other leading brands.

### 4 MAPLE GROVE FARMS OF VERMONT SUGAR FREE RASPBERRY VINAIGRETTE

A tangy raspberry dressing with no fat, no sugar and only 5 calories per serving.

### 5 HY-VEE LIGHT THOUSAND ISLAND

Indulge in this salad staple and all its creamy decadence, but with half the calories and substantially reduced fat.

**QUICK TIP**  
A SQUEEZE OF FRESH LEMON IS A QUICK, LOW-CALORIE DRESSING ALTERNATIVE.





because  
**taste buds**  
need excitement.



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PHOTO Cameron Powell



# APRIL

ISSUE **VOL. 2**

SHAWN: LIFE IN BALANCE  
THE SHAKE DOWN  
LOL | GET A GRIP  
TOP PICK | SALAD AS DINNER  
FOODS THAT IMPROVE YOUR MOOD  
ALLERGY SURVIVAL GUIDE  
SPRING CLEAN  
CATCHING ZZZ'S  
EARTH DAY  
SOY



# SHAWN

## LIFE IN BALANCE

FROM PROFESSIONAL GYMNAST TO **FEARLESS ENTREPRENEUR**,  
**SHAWN JOHNSON EAST** IS STILL REACHING NEW HEIGHTS. CATCH UP  
ON HER **NEVER-ENDING** QUEST FOR **SUCCESS**.

PHOTOS Cameron Powell and Lindsey Grace Whiddon

Before she became a gold-medal athlete in Beijing in 2008, Shawn Johnson was a sweetheart gymnast from Iowa. The bubbly girl-next-door, who as a three-year-old jumped off tables and tumbled through the house, matured along with her athletic abilities—climbing the ladder of competitions to excel at gymnastics. She went on to appear on reality television shows, write books and become a celebrity spokesperson.

Unpredictably, her most recognized triumph might have been her 2009 victory on *Dancing with the Stars* on ABC television. “It’s kind of funny that more people know me from *Dancing with the Stars* than from the Beijing games,” Shawn says.

Today she’s in Florence, Italy, on a belated honeymoon with her husband, Andrew East. “Our European tour is kind of like our honeymoon.

When we got married, it was a whirlwind. Andrew went straight out to the Oakland Raiders the morning after our wedding. We got a honeymoon, but it was really quick. This is our first opportunity to have a true vacation to ourselves and we thought we’d vlog it along the way and have fun with it,” Shawn says.

“It’s hard to put into words how my life has shifted since gymnastics, because I was just 16 when I retired. My life shifting was just me growing up, maturing and an experience everyone goes through, just in a little different way. After the Beijing games, I went on the whole media circuit tour and the chaos that comes with post-games coverage. Over the course of a few years, or many years, I figured out that I enjoyed the business world and found my husband and kind of settled down.”





## BIG PICTURE

**Q. How do you define success?**

**A.** Knowing you've given your all.

**Q. What are you most thankful for?**

**A.** My family.

**Q. What did you learn from being in the public spotlight?**

**A.** Everyone has an opinion about everything you do with your life and nothing will ever be enough. However, it's through learning that hard lesson, I've become more appreciative and more accepting of every fault, flaw, and strength I have.

**Q. What makes you happy?**

**A.** Waking up to my dog and husband sharing my pillow.

**Q. If you could change one thing about yourself what would it be?**

**A.** I wish I were more comfortable stepping outside my comfort zone.

**Q. Where is your favorite place in the world?**

**A.** Being at home with my husband and dog.



PHOTO Chris Trotman/Getty Images (gymnastic pose, page 31)

Going beyond prepared talking points of professional sports and the entertainment world, Shawn and Andrew decided to open up to their millions of social media followers and share their day-to-day lives.

Being in the spotlight since she was a kid has made Shawn a natural in front of the camera. Now, taking greater control of her brand she is able to manage her image and voice.

"I feel like they actually get to know me and not the edited version through sports entertainment," Shawn says of her followers. "I chose with my husband to show the world a different side of me—one that is very authentic, raw and real, the unscripted version—because that's a side they'd never seen and I thought they were cheated of."

Although she's humbled to be considered a role model, she accepts it. "I feel like our position through digital is to have fun and share experiences—also to keep our morals and values strong within the video to give off a good message," Shawn says.

"I learned a lot of my life lessons through gymnastics. I signed my first business deal at 12 years old, which is crazy to think about. I just kind of learned all those lessons you would learn in college and just in life." She draws from her experiences to share insight on life with her fans and uses personal trials to inspire others—such as feeling as if she'd failed when she received a silver medal.

"I've grown past that—it was the biggest life lesson of my life—and it's something that I think on a lot when I do motivational speaking," she says.

"It's a very humbling and interesting experience to win a silver medal because, if you look around, everyone except the second-place winner gets congratulated. The second-place winner is always told, 'You almost got there, you almost deserved it, you just missed out,'" Shawn says.

"I would say it's the most humbling position to be in when you wear a silver medal, because you're usually the only person who's asking yourself if you truly gave it your all."

The tapestry of success, struggle, joy and sorrow makes for an interesting life, and she candidly shares that she worked harder for the silver than she felt she had for the gold, that she earned later during the 2008 Beijing games.

"Standing on the silver medal podium—knowing that I gave every ounce of soul, blood, sweat and tears—then fast-forward to the gold medal. I knew in my heart the gold wasn't my best performance, but I think my silver medal was better, because I knew I had performed better," Shawn says.

In her first year-and-a-half of marriage, she and Andrew have filmed nearly every occurrence—from home and travel, to reactions of the loss of their first child.

"It was probably the hardest thing I've ever had to go through. It was a surprise—not something we were planning, but also a miracle that it happened. We were very, very happy about it," she says about being pregnant. Then after her miscarriage, they decided to share their pain. "We decided to share it with the world, because we know it's a very prevalent issue and something that people don't usually talk about." The couple feels a sense of community with their followers and those who support them. Turning on the camera was a natural response. "It was kind of a way for me to grow through that experience—hearing other people's stories—knowing that it was so normal," she says.

Shawn and Andrew prioritize their time together and place boundaries for when to turn off the camera. "Our job is to film our life," she says, acknowledging that it can be difficult to know when to turn the camera off. Together they observe a tradition—each evening, sometime between six and eight o'clock, depending on the day, they put away their phones and work to be wife and husband. "Usually, when all the technology goes away, we know that we're winding down for the day and things are done."

**Q. What's married life like?**

**A.** Weird. I live and spend every waking second with my best friend. There's nothing more amazing and weird about that.

**Q. What has surprised you about being married?**

**A.** That I can love someone with every ounce of my soul, but not like them all the time. Hahaha.

**Q. What's been the best thing about setting up your own house?**

**A.** Creating our own unique life together.

**Q. Who wins the fights? You or Andrew?**

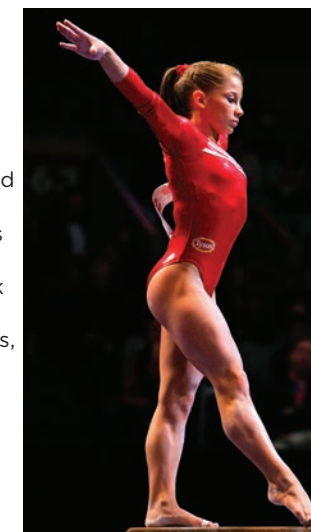
**A.** Oh my gosh...we would both say ourselves. We are two of the most competitive individuals in the world. We literally make everything a competition.



**"FOR ME, BALANCE MEANS LIVING LIFE IN MODERATION. KEEPING A GOOD BALANCE MEANS ENJOYING A HEALTHY DIVIDE BETWEEN WORK AND PLAY. WHILE WORK KEEPS ME MOTIVATED AND STRIVING TOWARD MY NEXT GOAL, I NEVER LEAVE OUT THE SIMPLE THINGS, LIKE FAMILY OR ME-TIME. I NEVER FOCUS TOO MUCH ENERGY ON ONE THING; I'M ALSO INVESTING IN MY MENTAL HEALTH."**

**Q. When was the last time you were on a balance beam?**

**A.** Haha! Probably 6 months ago or so. I usually spend my summers traveling around to gymnastics summer camps where I get to teach and work with up-and-coming athletes, and I always seem to find myself playing around again on the events.





# Q and A

**Q. How do you stay physically fit?**

**A.** I'm constantly doing things to stay fit. I'll do workout classes, train with Andrew or friends, or exercise with a trainer. I also enjoy most outdoor activities—hiking or kayaking allow me to feel free with nature. Overall, I'm my happiest and healthiest when I work out and take care of my body.

**Q. What's your favorite way to work out? Can you share your fitness routine?**

**A.** Probably a high-intensity interval workout. It would consist of 45 to 60 minutes of alternating between treadmill intervals and floor work, such as squats, burpees, weights or core.

**Q. Do you have a special diet or eating plan?**

**A.** I follow macronutrient numbers, specific to my body. That may sound extreme, but it's perfect for me. I work closely with a nutritionist who gives me quantitative ranges of carbohydrates, proteins and fats to get in each day. As long as I stay within those numbers, I can pretty much eat whatever I want.

**Q. LOOKING BACK ON YOUR CAREER AS A GYMNAST, WHAT DO YOU REMEMBER MOST?**

**A.** The pride I felt in myself standing on the podium in Beijing, along with the pride and joy I saw in the eyes of my coaches and parents. It is something I will never forget and what motivates me on a daily basis.

**Q. What lessons did you learn from being an athlete who began at a young age?**

**A.** You have to fall on your face a hundred times before you can ever succeed. Extreme, I know, but

gymnastics was the perfect sport to teach me that you have to fall hard and get back up in order to have a chance at getting it right. Life is humbling, but if you persevere enough you will succeed.

**Q. If you have a daughter, will you encourage her to be a gymnast?**

**A.** Gymnastics teaches kids some of the greatest life lessons and equips them with the greatest skill sets that cross over to any sport or career. But, because of my background, putting my future daughter in gymnastics will have to be completely up to her.

**Q. What have you been up to since you've retired from gymnastics?**

**A.** Haha! Oh my word! Well, I've done a few crazy reality TV shows I never thought I would see myself on. I've been able to travel to places I'd only dreamed about. I've moved and lived in five different states, found a husband, adopted a dog, wrote a couple books and started a company. I'm so thankful for all that I've been able to do. It's a pinch-me moment every time I think about it.

**Q. How do you want to be remembered as an athlete? As a person?**

**A. HONESTLY, AS AN ATHLETE AND AS A PERSON, I JUST WANT TO BE REMEMBERED AS SOMEONE WHO WOULD ALWAYS TRY TO MAKE YOU SMILE AND NEVER GAVE UP.**

**Q. Now that you have a choice to be anything you want, what do you want to be?**

**A.** I absolutely love the business I've created and the work I do, but more than anything, I want to be the best wife to my husband and, hopefully, the best mother I can be to my children some day.

**Q. WHAT MOTIVATES YOU?**

**A.** Doubt. When someone—even myself—doubts my abilities or dreams, it fuels a fire in me to prove them wrong.

**Q. What business activities are you involved in currently?**

**A.** I have my hand in a bunch of different things and I spend most of my time working in digital marketing. I've created a career out of social media. I also work on the same platform as a consultant to corporations and influencers. Outside that, I work in venture capital, motivational speaking and, every now and then, in entertainment and television with hosting and commentary.

**Q. If you could speak to the entire world for 30 seconds what would you say?**

**A.** Fail, fall, and cry, but always get back up with your chin up and never forget who you are or your strengths. The world will always try to tell you that you are not enough, but it is your duty to prove them wrong. See the best in people, support one another, and always smile at strangers you pass on the street.

**Q. Why Hy-Vee?**

**A.** I hope to stay connected with Hy-Vee forever. They're like family. They've always believed in the person I am, ever since I was 13.



## Q&A

### GETTING PERSONAL

**Favorite movie?**

I'm a superhero nerd, so every one out there.

**Favorite book?**

*The Eight* by Katherine Neville or *The Traveler's Gift* by Andy Andrews.

**Favorite food/meal?**

Sushi

**All-time favorite gymnast? All-time favorite athlete?**

Mary Lou Retton for both.

**If you could be a pro in any other sport than gymnastics what would it be?**

Football...haha!

**Best moment of your life?**

Marrying my best friend.

**Who made you starstruck?**

Vince Vaughn

**FOLLOW HER ON SOCIAL MEDIA**

**YouTube**  
Shawn Johnson East

**Instagram**  
@shawnjohnson

**Twitter**  
@shawnjohnson

[www.shawnjohnson.com](http://www.shawnjohnson.com)



# THE SHAKE

PROTEIN SHAKES CONTINUE THEIR EXPLOSIVE RISE IN POPULARITY DUE TO THE NUMBER OF PEOPLE SEEKING THE HEALTH AND WELLNESS BENEFITS OF PROTEIN-RICH FOODS. LEARN HOW TO CHOOSE THE BEST PROTEIN SOURCE FOR YOUR GOALS, AND SHAKE UP YOUR SHAKES WITH A SELECTION OF CREATIVE STIR-INS.

# DOWN

PHOTOS: Tobin Bennett



## THE SCOOP ON POWDERED PROTEIN



### **Protein boosts body repair, muscle retention and growth.**

Protein powders are a key ingredient of the thick power drinks that body builders gulp down daily. This powder serves up calories with a side of energy and promotes healing and restoring of muscle tissue, bones, cartilage and blood. Even if you don't pump iron, some health experts believe raising protein consumption may be a good idea to repair damage from intense exercise and workout injuries, spur healing after surgery or cancer treatments, temper age-related muscle loss and encourage muscle growth for fast-growing teens. Ideally, adequate protein comes from nutrient-dense foods—powders and shake supplements can help. To raise the bar on the standard tasteless protein shakes, we offer a tasty lineup of colorful flavor-filled drinks.

## SHAKE PARTS



LIQUID  
+  
PROTEIN  
+  
FRUIT  
+  
BULK  
+  
BOOSTERS

### **How much do I need?**

The Daily Value for protein is 50 grams a day based on a 2,000-calorie diet, but some people work to get .6 to .8 grams per pound of body weight.

### **THE MOST POPULAR PROTEIN POWDER IS A BYPRODUCT OF MILK. HERE'S A BREAKDOWN OF TWO TYPES OF WHEY PROTEIN.**

#### **WHEY ISOLATE**

CARBS ARE REMOVED TO YIELD A POWDER THAT'S 90% PROTEIN.

A purer form of protein for building muscle, rather than bulk. Lactose, fat and carbs are removed during processing, which will prevent bloat.

#### **WHEY CONCENTRATE**

PROCESSING CREATES A PROTEIN POWDER THAT'S 70-80% PROTEIN.

The most common form of whey, which is lightly processed and includes lactose and fat—often less expensive and more flavorful.



### **How much do I use?**

Scoop sizes vary between brands, so read the label and check measurements. Most protein powders offer 20 to 25 grams of protein per scoop.

Sources: <https://www.ncbi.nlm.nih.gov/pubmed/25169440>  
<https://www.ncbi.nlm.nih.gov/pubmed/24435463>  
<https://www.ncbi.nlm.nih.gov/pubmed/11158939>  
<https://www.ncbi.nlm.nih.gov/pubmed/8599318>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3497008/>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4595383/>  
<https://www.accessdata.fda.gov/scripts/InteractiveNutritionFactsLabel/factsheets/Protein.pdf>  
<https://www.healthline.com/nutrition/whey-protein-101#section2>

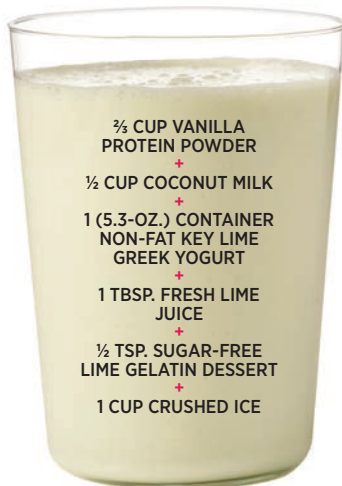


## STRAWBERRY BANANA



1 BANANA  
+  
¾ CUP WATER  
+  
4 OZ. FROZEN STRAWBERRIES  
+  
½ CUP STRAWBERRY PROTEIN POWDER  
+  
1 TSP. VANILLA EXTRACT  
+  
½ TSP. GROUND NUTMEG  
+  
½ CUP CRUSHED ICE

## KEY LIME PIE



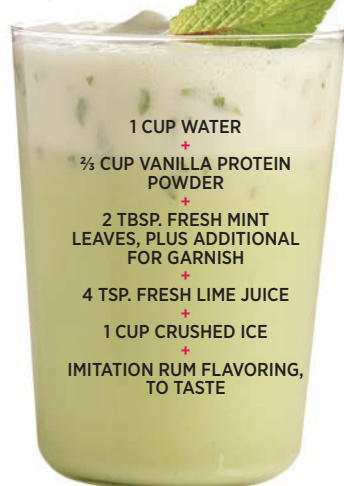
¾ CUP VANILLA PROTEIN POWDER  
+  
½ CUP COCONUT MILK  
+  
1 (5.3-OZ.) CONTAINER NON-FAT KEY LIME GREEK YOGURT  
+  
1 TBSP. FRESH LIME JUICE  
+  
½ TSP. SUGAR-FREE LIME GELATIN DESSERT  
+  
1 CUP CRUSHED ICE

## ORANGE DELIGHT



¾ CUP ORANGE JUICE  
+  
½ CUP VANILLA PROTEIN POWDER  
+  
¼ CUP COTTAGE CHEESE  
+  
2 TSP. ORANGE ZEST  
+  
1 TSP. VANILLA EXTRACT  
+  
1½ CUPS CRUSHED ICE

## MOJITO



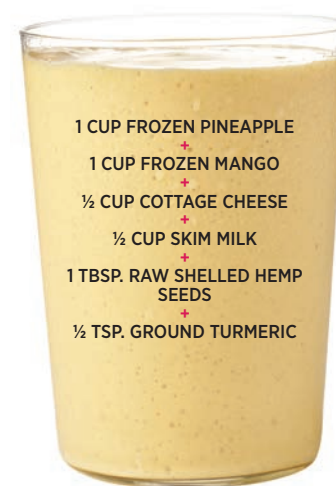
1 CUP WATER  
+  
¾ CUP VANILLA PROTEIN POWDER  
+  
2 TBSP. FRESH MINT LEAVES, PLUS ADDITIONAL FOR GARNISH  
+  
4 TSP. FRESH LIME JUICE  
+  
1 CUP CRUSHED ICE  
+  
IMITATION RUM FLAVORING, TO TASTE

## GRAPE GOODNESS



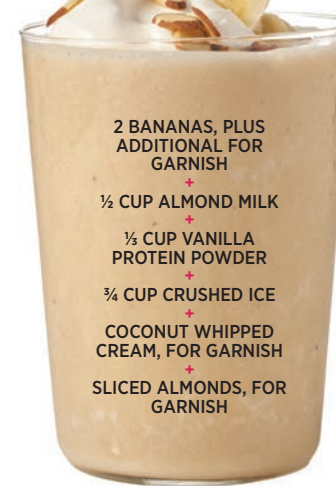
½ CUP RED GRAPES  
+  
½ CUP CUBED WATERMELON  
+  
½ CUP FRESH RASPBERRIES  
+  
½ CUP STRAWBERRY PROTEIN POWDER  
+  
¼ CUP WATER  
+  
1 TBSP. FRESH LEMON JUICE  
+  
½ CUP CRUSHED ICE

## TROPICAL ZINGER



1 CUP FROZEN PINEAPPLE  
+  
1 CUP FROZEN MANGO  
+  
½ CUP COTTAGE CHEESE  
+  
½ CUP SKIM MILK  
+  
1 TBSP. RAW SHELLED HEMP SEEDS  
+  
½ TSP. GROUND TURMERIC

## BANANA CREAM PIE



2 BANANAS, PLUS ADDITIONAL FOR GARNISH  
+  
½ CUP ALMOND MILK  
+  
½ CUP VANILLA PROTEIN POWDER  
+  
¾ CUP CRUSHED ICE  
+  
COCONUT WHIPPED CREAM, FOR GARNISH  
+  
SLICED ALMONDS, FOR GARNISH

## CHOCOLATE ALMOND-COCONUT



1 CUP COCONUT MILK  
+  
½ CUP VANILLA PROTEIN POWDER  
+  
2 TBSP. ALMOND BUTTER  
+  
1 TBSP. UNSWEETENED COCOA POWDER  
+  
1 CUP CRUSHED ICE



POWER UP FLAVOR, TOO! TRY OUR DYNAMIC AND DELICIOUS RECIPES FOR YOUR PROTEIN SHAKES AND SAY GOODBYE TO THE GREEN SLUDGE.

JUMP START METABOLISM TO LOSE WEIGHT FASTER

REPAIRS MUSCLES AFTER STRENUOUS WORKOUTS

PROVIDES ESSENTIAL TOOLS TO INCREASE MUSCLE SIZE

QUICK AND EASY MEAL SUPPLEMENT TO-GO

## PEACH-BASIL



8 OZ. FROZEN PEACH SLICES  
+  
¾ CUP WATER  
+  
½ CUP VANILLA PROTEIN POWDER  
+  
2 TBSP. FRESH BASIL LEAVES  
+  
1 TBSP. HONEY  
+  
½ CUP CRUSHED ICE

## PUMPKIN PIE



1 CUP LOW-FAT VANILLA GREEK YOGURT  
+  
½ CUP CANNED PUMPKIN  
+  
½ CUP VANILLA PROTEIN POWDER  
+  
1 TBSP. HONEY  
+  
1½ TSP. PUMPKIN PIE SPICE BLEND  
+  
½ CUP CRUSHED ICE  
+  
COCONUT WHIPPED CREAM, FOR GARNISH  
+  
GRAHAM CRACKERS, FOR GARNISH

## MIXED BERRY OATMEAL



1 CUP FROZEN MIXED BERRY MEDLEY  
+  
1 CUP SKIM MILK  
+  
½ CUP STRAWBERRY PROTEIN POWDER  
+  
1 (.98-OZ.) PACKET INSTANT OATMEAL  
+  
½ TSP. GROUND CINNAMON

## STRAWBERRY DREAM



8 OZ. FROZEN STRAWBERRIES  
+  
¾ CUP WATER  
+  
½ CUP STRAWBERRY NON-FAT GREEK YOGURT  
+  
½ CUP VANILLA PROTEIN POWDER  
+  
1 TSP. FLAX OIL

## CHOCOLATE HEAVEN



1 CUP ALMOND MILK  
+  
½ AVOCADO, SEEDED AND PEELED  
+  
½ CUP CHOCOLATE PROTEIN POWDER  
+  
2 TBSP. UNSWEETENED COCOA POWDER  
+  
1 TBSP. FLAX OIL  
+  
1½ CUPS CRUSHED ICE

## CRANBERRY POWER-UP



1½ CUPS FROZEN CRANBERRIES  
+  
1 CUP CRANBERRY JUICE  
+  
¼ CUP ALMOND BUTTER  
+  
1 (.35-OZ.) PACKET BEET POWDER  
+  
2 SMALL COOKED BEETS  
+  
BEET LEAF, AS GARNISH

## SPINACH SURPRISE



¾ CUP FRESH SPINACH  
+  
1 (5.3-OZ.) CONTAINER NON-FAT GREEK KEY LIME YOGURT  
+  
½ CUP VANILLA PROTEIN POWDER  
+  
1 KIWI, PEELED  
+  
¼ CUP FROZEN PINEAPPLE  
+  
¼ CUP FRESH MINT LEAVES  
+  
¼ CUP WATER  
+  
½ CUPS ICE

## BLUEBERRY MADNESS



1 CUP FROZEN BLUEBERRIES, PLUS ADDITIONAL FOR GARNISH  
+  
½ CUP ALMOND MILK  
+  
½ CUP COTTAGE CHEESE  
+  
1 TBSP. CHIA SEEDS  
+  
½ TSP. VANILLA EXTRACT  
+  
1 CUP CRUSHED ICE

## PROTEIN POWDERS

From animals or plants—the majority of protein comes from milk (whey and casein), eggs, plants and meat.

**Milk protein** is produced as two types, whey or casein. Whey is a less concentrated form of protein and is digested much quicker with a better taste and less cost. Casein digests slower, but contains a higher concentration of protein, while cutting out dairy, fat and carbs.

**Egg protein powders** are low in fat and carbs. When the yolk is removed, they are cholesterol-free. Egg powders should be cooked first—to avoid dangerous pathogens like salmonella.

**Plant proteins** such as soy, pea, hemp and rice. These are dairy- and egg-free—making them popular among vegetarians and those with some dietary restrictions. Lower in calories, plant-based proteins often contain higher levels of vitamins and minerals that other protein sources, but don't feature all essential amino acids needed for muscle growth.

**Beef protein** isn't as popular as the other proteins, but, unlike the others, contains all of the essential amino acids needed to build muscle. However, this comes at the cost of containing higher amounts of saturated fat and cholesterol.



# SHAKE MIX-INS

Mix and match your way to a different-tasting super-healthy smoothie every day.

NUTRIENT BOOSTER	COCONUT OIL	HEMP SEEDS	CHIA SEEDS	FLAX OIL	SUNFLOWER OIL	FLAX SEEDS
PROTEIN	NUT/PEANUT BUTTER	PROTEIN POWDER	COTTAGE CHEESE	POWDERED PEANUT BUTTER	PASTEURIZED EGG WHITES	GREEK YOGURT
FLAVOR BOOSTER	COFFEE	COCOA/COCOA POWDER	HONEY, MAPLE SYRUP, AGAVE & OTHER SWEETENERS	SPICES (NUTMEG, CINNAMON, CLOVES)	EXTRACTS (MINT, VANILLA, RUM)	HERBS (MINT, BASIL)
LIQUID	COCONUT WATER	FRUIT JUICE	DAIRY-FREE MILKS (ALMOND, SOY, COCONUT)	WATER, ICE	DRIED MILK POWDER (RECONSTITUTED)	COW'S MILK
NUTRIENT BOOSTER	POWDERED GREENS	SPINACH	EMERGEN-C, VITAMIN C SUPPLEMENTS	BEET POWDER	COLLOIDAL MINERALS	KALE, LEAFY GREENS
FRUIT FRESH/FROZEN	BANANA	BERRIES	MANGO	CITRUS (LEMON, LIME, ORANGE)	PEACHES & STONE FRUIT	APPLE
BULK	OATMEAL	BRAN CEREAL	GELATIN & PUDDING MIX	RAW, CHOPPED NUTS	SHREDDED COCONUT	DRIED FRUIT

## Just a hint of subtle sweetness in mild and creamy Greek Yogurt



12g protein | 9g sugar





The possibilities are  
**ENDLESS!**



**Yummy** on a bagel  
and **delicious** as a dip,  
our **creamy** cottage cheese  
is the perfect, **protein-packed**  
addition to any meal.

The LAND O LAKES and Indian Maiden brandmarks are owned by Land O'Lakes, Inc. and used by license. ©2018 Dean Foods.



Land O Lakes  
Cottage Cheese:  
select varieties  
24 fl. oz. \$2.99



Caribou Iced Coffee:  
select varieties  
32 fl. oz. \$2.99



# GRAB 'n' GO SHAKES

## **Pick Your Power.**

No time to mix a shake?  
No problem. It's easy to  
grab the right shake off  
the store shelf as you  
head to the gym. Look  
for nondairy if you're  
lactose-intolerant. **Labels**  
**list the protein source**  
**and level, additives,**  
**whether they're best for**  
**preworkout or recovery**  
and whether to refrigerate  
after opening. Also  
check ingredients for  
artificial sweeteners,  
high-fructose corn syrup  
or hydrogenated oils, all  
of which can thwart  
weight loss.





WORDS Steve Cooper PHOTOS Tobin Bennett

LIVE A HEALTHIER LIFE, WITH A LITTLE MORE HUMOR. WITH BENEFITS LIKE GIVING YOU A STRONGER IMMUNE SYSTEM TO CRYSTAL-CLEAR MEMORY, A HEALTHY HEART AND A RELAXED DISPOSITION, WHO'S TO SAY LAUGHTER ISN'T THE BEST MEDICINE?

**A strong hoot of laughter is a secret weapon used by your body to improve your health. Gleefully living out loud is a natural antidote for heart disease and other serious conditions. For years, researchers have been amassing evidence that proves laughter triggers the release of healing chemicals inside your body.** Laughing may not replace prescription drugs and other conventional therapies, but the benefits are undeniable. Along with a healthy diet and physical

activity, exercising your funny bone is crucial to living fully. While it seems like laughing is connected to humor and jokes, there's much more to it than that. First, laughs are critical to our social relationships—and we laugh more when surrounded by our friends than we do alone. Dr. Robert Provine, a neuroscientist at the University of Maryland, decided to study what makes people laugh. To gather data, he sent research teams to record people conversing and laughing. The teams caught 1,200 “laugh

episodes” on audiotape. These episodes revealed that laughing results from joking less than 20 percent of the time. Most laughs punctuate conversations to signal agreement, approval and interest. If better health is your goal, you need a daily feast of dynamic laughter. This is the key to the spontaneous reaction that tells your body to release such helpful substances as endorphins to lift your mood and nitric oxide to open your arteries, increasing blood flow and reducing inflammation and buildup of cholesterol plaque.

## FROM MICKEY MOUSE TO MELISSA MCCARTHY, THERE'S NO SHORTAGE OF LAUGHS \*

What can a good laugh do to improve your health? The Mayo Clinic says:

- It stimulates organs by enhancing intake of oxygen-rich air and stimulating your heart, lungs and muscles.
- A rolling laugh fires up and then cools down your stress response.
- It also increases your heart rate and blood pressure. The result? A pleasant, relaxed feeling.

**Immersing yourself in all that is funny may also improve your immune system, strengthen your memory, relieve pain, improve your mood and help you cope with difficulties.**

Laugh off any fear of hardening of the arteries. In a University of Texas study, adults were shown comedy movies, which triggered increased blood flow—and the effects remained for 24 hours. Regular chuckling should keep arteries open.

## >>> A SILLY EXPERIMENT

If it weren't for some wacky old movies with the Marx Brothers and other comedians, it's possible the connection between laughter and health might not have been discovered. In 1964, influential journalist and author Norman Cousins was told by his doctor that he had contracted collagen disease. Cousins was given a one in 500 chance of cheating death. Believing that laughter

might help him, Cousins assembled the powerful tools of merriment he needed. He set up a movie projector to watch comedy day after day. It was simple: watch, laugh, sleep, repeat. The plan worked and Cousins lived another 26 years. In 1979, he published a book, *Anatomy of An Illness: As Perceived by the Patient*, about his challenges.

**DID YOU KNOW? LAUGHTER RAISES OUR DHEA HORMONE LEVELS, ENHANCING OUR MENTAL ABILITIES.**



SPONTANEITY HAPPENS

Today there are Laughter Yoga groups and laughing communities where laughter is self-induced—everyone starts laughing. Though there may be some benefits, Dr. Suzanne Steinbaum, director of Women’s Heart Health at Lenox Hill Hospital, isn’t convinced this is the best approach. “The component that makes laughing so powerful is that social connection. If you are in a room by yourself or with others who are self-inducing laughs, does that have the same benefit as being in a room with people laughing spontaneously? The ‘together’ quality adds a whole other dimension.”



In a variation on an old Hollywood truth: Dying is easy, comedy is hard—especially when you’re going for belly laughs. To help you find reasons to laugh, look to some of these sources:

- Your family’s photo albums. “Did we really look like that?”
- Check the library or bookstores for newspaper comics now collected into books.
- Visit a comedy club. Or look for appearances by your favorite comics.
- Watch comedy shorts on YouTube. Funny dogs, silly cats, dancing goats and all the rest.
- Fish for sites with “Knock, Knock,” “Three Men Walk Into a Bar” or other jokes.
- Tune in to old school with the *Three Stooges* or contemporary with *Key & Peele*.



A PRESCRIPTION FROM DR. MILLER: EVERY DAY, AIM FOR AT LEAST ONE BIG LAUGH THAT BRINGS TEARS TO YOUR EYES. IN OTHER WORDS, LAUGH ‘TIL YOU CRY!

A hearty laugh releases endorphins into your body. These “feel good” chemicals create a sense of well-being, relaxation and even euphoria.

AS PART OF YOUR WEIGHT-LOSS PROGRAM, FEED ON JOKES. RESEARCHERS AT VANDERBILT UNIVERSITY FOUND THAT 10 TO 15 MINUTES OF HOWLING LAUGHTER CAN BURN UP TO 40 CALORIES. IMAGINE HOW QUICKLY YOU’LL SHED POUNDS WATCHING A FEW BILL MURRAY CLIPS.

DID YOU KNOW?

THE SOUND OF LAUGHTER TRIGGERS BRAIN RECEPTORS TO MOVE FACIAL MUSCLES.

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HEALING: NO JOKE

FROM DR. MICHAEL MILLER

AS DIRECTOR OF THE CENTER FOR PREVENTIVE CARDIOLOGY AT THE UNIVERSITY OF MARYLAND, DR. MICHAEL MILLER (Q&A, RIGHT) IS A LEADING FIGURE IN THE STUDY OF LAUGHTER AND OTHER NEW THERAPIES FOR HEART DISEASE. HE IS THE AUTHOR OF *HEAL YOUR HEART: THE POSITIVE EMOTIONS PRESCRIPTION TO PREVENT AND REVERSE HEART DISEASE*.

**Q:** What drew you to investigate laughter as a potential therapy for treating heart disease?

**A:** Twenty years ago, the focus in heart disease research was that we knew all the bad things for you: smoking, high blood pressure, high cholesterol, diabetes and stress. It occurred to me that we might also take a look at emotions. What would the effect be by looking in the other direction at positive emotions?

**Q:** This led you to use a popular movie about World War II to look at the question? What did you learn?

**A:** One day we had our volunteers watch the stressful opening scene of *Saving Private Ryan*. Then they came in another time and watched scenes from comedy movies. As expected, when they watched that stressful part of *Saving Private Ryan*, the subjects had constriction in their blood vessels. Watching comedies was exactly the opposite: After those, their blood vessels opened. Laughter actually made an impact on cardiovascular health.

**Q:** At first, what was the reaction from other doctors?

**A:** My colleagues said, “Oh, that’s cute.” Very dismissive. Over time the idea has gained more acceptance and there’s been a lot of research over the last 10 to 15 years showing that our emotions basically speak to us. Feeling good can promote good health.

**Q:** So have you added laughing as a regular course of treatment for your patients?

**A:** When I think about a prescription to reduce heart disease now, only part of the package is nutrition—another part of the package is being active and there’s more. Emotions are also a part of the package—only a part of it. To get the most benefit, you really need all three.







## GET A

WORDS Beau Berkley PHOTOS Tobin Bennett

# HANG TIGHT

It's time to rethink the term "gym." With suspended body-weight training, take the gym with you. Work every major muscle group in one session, with the ability to perform hundreds of exercises using durable straps to aid otherwise difficult body-weight movements. Either indoor or outdoors, simply attach a suspended body-weight training strap to a secure anchor point—door, beam, railing or tree—that's strong enough to support your body weight.

1. Tone biceps, triceps and deltoids by performing moves like rows, curls and presses.
2. Almost all suspended body-weight workouts require your body to remain in a straight plane, meaning your core must be engaged at all times.
3. Most suspension straps come equipped with foot cradles. By placing one or both feet in the cradles, users can perform exercises like lunges or hamstring curls.



Carabiner

Extension band

SUSPENDED BODY-WEIGHT TRAINING EQUIPMENT CONSISTS OF TWO ROPES OR BANDS CONJOINED AT ONE END BY A SINGLE STRAP THAT CAN BE LOOPED OR TIED AROUND A STURDY OBJECT AND SECURED WITH A CARABINER.

Adjustment Buckle

Handle

Foot cradle

### THE MOVABLE OBJECT

Lightweight, portable and compact, suspended body-weight training straps are ideal for those who travel frequently or can't find time for the gym.

### WATCH YOUR FOOTING

By moving your feet forward or backward, you can adjust the difficulty of certain exercises, making them easier to perform in high repetitions.

### SAFETY FIRST

It is recommended that those with a history of back or joint pain consult with a physical therapist or personal trainer before engaging in suspended body-weight training.

**According** to one study, performing suspended body-weight exercises increased muscle activation when compared to exercises performed on a stable surface.

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## UTILIZE SUSPENDED BODY-WEIGHT TRAINING TO LEARN OR FINE-TUNE CERTAIN EXERCISES.

Using a new piece of exercise equipment can be a daunting task and, for fitness first-timers, harnessing the power of suspended body-weight training may assist with other exercises.

Daira Driftmier, personal trainer and director of Hy-Vee KidsFit, says suspended body-weight training can be beneficial for experienced and novice lifters. Suspended body-weight training teaches body awareness, core activation and stabilization.

"Pull-ups can be a really hard exercise to master," Driftmier says. "Suspended body-weight training is a perfect alternative because you have complete control of the intensity of the exercise simply by adjusting your feet, allowing you to work against gravity."

# FOR STARTERS



**DID YOU KNOW?** Suspended body-weight training straps were created in the late 1990s by a former Navy SEAL, using a jiu jitsu belt and parachute webbing.

## CURL

**Grab** both handles, using an underhand grip. Maintain a straight and stable spine. Lean back until your arms are straight.

**Engage** your core, bending at the elbows. Pull your upper body toward the handles. Slowly return to the starting position.



## PLANK

**Start** from your knees. Face away from the straps and place both feet in the foot cradles, raising your knees off the ground—keeping your body in a straight line. Engage your core with knees or hips aligned. Hold for 30 seconds. Rest.



## LUNGE

**Face** away from the straps and place one foot in a foot cradle. With the opposite leg, bend at the knee until your thigh is parallel to the ground. Pause, then return to starting position. Perform multiple reps. Alternate.

## HARD CORE

Why save abdominal training for the end of a workout when you could be doing it the whole time? One advantage of suspended body-weight training is the constant need for stability, which requires you to engage your core. Driftmier says the instability of some exercises, such as one-legged moves, requires ample core support, but it's really the demand placed upon the body to be in a straight plane that creates a strong core.



FAMILIARIZE YOURSELF WITH SUSPENDED BODY-WEIGHT TRAINING BY PERFORMING THIS SIMPLE ROUTINE.

## QUICK FITNESS

### INVERTED ROW

**Grab** both handles using an overhand grip. With hands near shoulder-width distance, extend your arms and lean back. Maintain a straight spine, without moving feet.

**Bend** at the elbows and pull your upper body toward the straps until your arms bend at a 90-degree angle. Gradually lower to the starting position.



### SQUAT

**Grab** both handles using an overhand grip. Walk backward until there's no slack in the straps.

**Keep** your back straight and core engaged. Bend at the knees and lower your rear until thighs are parallel to the floor. Press off the balls of your feet and return to the starting position.



### CHEST PRESS

**Grab** both handles using an overhand grip. With hands slightly wider than shoulder-width distance, extend your arms and place feet in the desired location.

**Bend** at the elbows and slowly lower your upper body, until arms are at a 90-degree angle. Push away and return to starting position.





# TOP PICK



**THE FASTEST GROWING SPORT IN THE UNITED STATES,** DECLARED BY NBC NEWS, PICKLEBALL INFUSES ELEMENTS OF TENNIS, PING-PONG AND BADMINTON. SO, WHAT'S ALL THE RACKET ABOUT? PEER BEYOND THE QUIRKY NAME AND YOU'LL FIND A SPORT THAT'S LOW IN JOINT DAMAGE AND HIGH IN HEALTH REWARDS.

WORDS Beau Berkley PHOTOS Tobin Bennett

## A GAME FOR ALL

Pickleball is a racket-based sport in which players swing a plastic or wooden paddle to try to hit a perforated ball over a net, past the player on the opposite side of the court. Unfortunately, actual pickles play no role in this rapidly growing game, but what it lacks in fermented veggies, it makes up for with physical benefits for players of all ages.

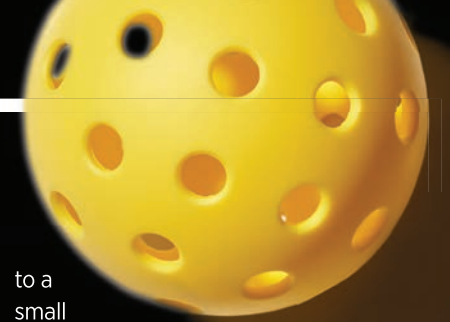
A moderate-intensity exercise, pickleball can aid in weight loss, lowering blood pressure and

cholesterol, as well as improve hand-eye coordination and balance. For older generations, pickleball can enhance physical and mental fitness while mitigating the risk of injury.

"This game is a great way to stay active, fit and keep your mind sharp," says Steve Stone, Midwest Regional Director for the United States Pickleball Association.

Pickleball's multi-generational appeal can be attributed, in part,

to a small court, which Stone says makes the game easier on joints, rewarding those who play with finesse. Without having to switch directions on a dime or smash forehand volleys, pickleball players experience limited fatigue and injuries.



## ORIGINS

PICKLEBALL IS THE BRAINCHILD OF THREE DADS ATTEMPTING TO APPEASE THEIR FAMILIES' BOREDOM. IN 1965, WHILE VACATIONING AT A PROPERTY ON BAINBRIDGE ISLAND, WA, JOEL PRITCHARD, BILL BELL AND BARNEY MCCALLUM FOUND A BEAT-UP BADMINTON COURT WITHOUT EQUIPMENT. IMPROVISING, THEY MANAGED TO SCROUNGE TOGETHER PING-PONG PADDLES AND A WIFFLE BALL THEN LOWERED THE NET.

**2.85**  
MILLION

PICKLEBALL PLAYERS IN THE UNITED STATES

## NAME GAME

The circumstances surrounding pickleball's name is seemingly shrouded in controversy. One narrative is that the name comes from the Pritchards' loyal Cocker Spaniel, Pickles, who took great delight in snatching up stray balls and scurrying off to the bushes. However,

some dispute that the name comes from canine shenanigans and instead is attributed to Pritchard's wife, Joan, who said the game reminded her of a "pickle boat," a term she coined for slow racing vessels that appeared to be hastily constructed using myriad materials.

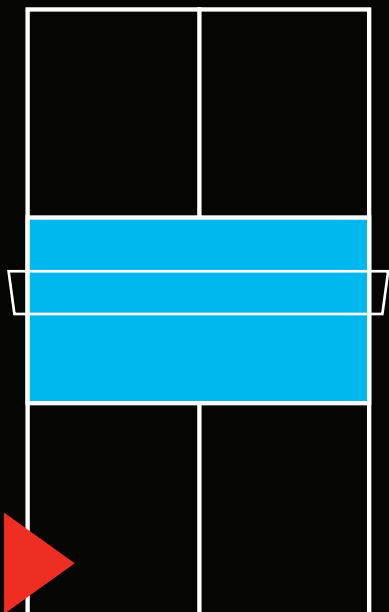
## COURT ORDER

GAME OF INCHES

Staying true to its lineage on Bainbridge Island, pickleball games are played on badminton-size courts with a few caveats. The court is 20 feet wide and 44 feet long, with the net hung at 36 inches on the ends and 34 inches in the center. A white line down the center of the court separates the left and right service areas. The seven-foot section extending from the net is the non-volley zone, or "the kitchen." Players cannot volley the ball while standing in this area.

**5,883**

Known places to play pickleball. Search for a court near you at [usapa.org](https://www.usapa.org)



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# Full Plate as Dinner

PHOTOS Tobin Bennett and Greg Scheidemann



AN EXCELLENT PROTEIN SOURCE, CHICKEN BREAST ALSO PROVIDES ESSENTIAL NUTRIENTS FOR REGULATING DIGESTION AND IS LOADED WITH B12 AND IRON, BOTH OF WHICH HELP PREVENT ANEMIA.

RECIPE FOR CHICKEN, BERRY AND ALMOND SALAD, PAGE 54.

DIG INTO A BOLD SALAD THAT, UNLIKE ITS WIMPY COUSIN, WON'T LEAVE YOU HUNGRY AN HOUR AFTER THE LAST BITE. THESE FULL-PLATE MEALS ARE UNABASHEDLY HEARTY AND GO BIG ON FLAVOR AND HIGH-PROTEIN SOURCES—GRILLED CHICKEN, SEASONED STEAK AND OTHERS—TO SATIATE YOUR HUNGER.



**Total Time** 30 minutes  
**Serves** 4

2 Tbsp. fresh lime juice  
2 tsp. Hy-Vee honey  
1 tsp. Hy-Vee stone ground Dijon mustard  
¼ tsp. Hy-Vee salt, plus additional to taste  
¼ tsp. Hy-Vee black pepper, plus additional to taste  
¼ cup plus 1 Tbsp. Gustare Vita olive oil, divided  
1 lb. boneless, skinless chicken breasts  
1 cup mixed greens  
1 cup radicchio  
½ cup shredded carrots  
2 Tbsp. sliced green onions  
2 cups fresh blueberries  
2 cups fresh strawberries, halved  
2 avocados, peeled, pitted and sliced  
1 cup mini cucumbers, thinly sliced  
¾ cup Hy-Vee honey-roasted almonds  
2 (4-oz.) balls Burrata cheese or 1 (8-oz.) pkg. fresh mozzarella cheese, halved or sliced  
2 limes, cut into wedges  
¼ cup basil, sliced

**1. WHISK** together lime juice, honey, mustard and ¼ tsp. each salt and pepper to make vinaigrette. Slowly whisk in ¼ cup oil; set aside.

**2. HEAT** remaining 1 Tbsp. oil in large skillet over medium-high heat. Cook chicken for 8 to 10 minutes per side or until done (165°F). Remove chicken from skillet and cut into slices.

**3. COMBINE** mixed greens, radicchio, carrots and green onions. Arrange greens mixture, chicken, blueberries, strawberries, avocados, cucumbers, almonds, cheese, lime wedges and basil on serving plates. Season to taste. Serve with vinaigrette.

**Per serving:** 720 calories, 49 g fat, 13 g saturated fat, 0 g trans fat, 95 mg cholesterol, 490 mg sodium, 34 g carbohydrates, 11 g fiber, 17 g sugar, 42 g protein

# CHICKEN, BERRY AND ALMOND SALAD

**30**  
minutes  
or less

# THAI SHRIMP SALAD

**Total Time** 35 minutes  
**Serves** 4

8 oz. packaged dried lo mein noodles  
1 lb. raw large shrimp, shelled and deveined, thawed if frozen  
1 tsp. Hy-Vee crushed red pepper  
¼ cup Gustare Vita olive oil, divided  
¼ cup rice vinegar  
1 Tbsp. Hy-Vee light soy sauce  
2 tsp. Hy-Vee honey  
2 tsp. ginger paste  
1½ tsp. minced garlic  
½ tsp. Hy-Vee black pepper

2 cups finely chopped bok choy  
1 red bell pepper, seeded and thinly sliced  
1 cup snow peas, thinly sliced  
2 Tbsp. sliced green onions  
8 radishes, thinly sliced  
2 limes, cut into wedges  
Fresh mint, basil, parsley and/or chives, for garnish

**1. COOK** noodles according to package directions; set aside.

**2. SPRINKLE** shrimp with red pepper. Heat 2 Tbsp. oil in a large nonstick skillet over medium-high heat. Cook shrimp for 5 minutes or until shrimp are opaque, turning occasionally. If desired, thread

shrimp onto bamboo skewers; set aside.

**3. WHISK** together vinegar, soy sauce, honey, ginger paste, garlic and black pepper to make vinaigrette. Slowly whisk in remaining 2 Tbsp. oil.

**4. DIVIDE** noodles among serving plates. Arrange bok choy, bell pepper, snow peas, green onions, radishes and lime wedges over noodles. Top with shrimp kabobs. Garnish with fresh herbs, if desired. Serve with vinaigrette.

**Per serving:** 440 calories, 16 g fat, 2 g saturated fat, 0 g trans fat, 145 mg cholesterol, 1,070 mg sodium, 51 g carbohydrates, 3 g fiber, 7 g sugar, 22 g protein





**Total Time** 20 minutes  
**Serves** 4

2 Tbsp. fresh lemon juice  
2 Tbsp. Hy-Vee Select white wine vinegar  
2 Tbsp. finely chopped shallot  
2 Tbsp. fresh dill, chopped, plus additional for garnish  
1 Tbsp. Hy-Vee honey  
1 tsp. Hy-Vee salt  
½ cup Hy-Vee canola oil  
4 cups arugula  
2 (4-oz.) pkg. Hy-Vee smoked Atlantic salmon, chilled and cut into slices  
4 Hy-Vee large eggs, hard-boiled, peeled and halved  
1 cup radishes, halved  
1 cup sugar snap peas, halved lengthwise  
2 lemons, sliced  
½ cup caramelized pecans  
Hy-Vee black pepper, to taste

**1. WHISK TOGETHER** lemon juice, vinegar, shallot, chopped dill, honey and salt to make vinaigrette. Slowly whisk in oil; set aside.

**2. ARRANGE** arugula, salmon, eggs, radishes, peas, lemon slices and pecans on serving plates. Garnish with dill, if desired, and sprinkle with pepper. Serve with vinaigrette.

**Per serving:** 470 calories, 38 g fat, 5 g saturated fat, 0 g trans fat, 225 mg cholesterol, 660 mg sodium, 11 g carbohydrates, 2 g fiber, 9 g sugar, 22 g protein

# SMOKED SALMON AND LEMON RADISH SALAD



**30**  
minutes  
or less

# ROASTED RAINBOW BEET SALAD

**Total Time** 35 minutes | **Serves** 4

1 lb. golden beets, washed  
1 lb. red beets, washed  
2 Tbsp. plus ½ cup Gustare Vita olive oil, divided  
3 large shallots, divided  
12 medium sea scallops, trimmed (10 oz.)  
2 Tbsp. Hy-Vee white wine vinegar  
1 Tbsp. orange zest  
3 Tbsp. fresh orange juice  
Hy-Vee salt, to taste

Hy-Vee black pepper, to taste  
4 oz. goat cheese, cut up  
1 cara cara orange, peeled and cut crosswise into ½-in. slices  
1 blood orange, peeled and cut crosswise into ½-in. slices  
1 tangerine, peeled and cut crosswise into ½-in. slices  
1 cup Hy-Vee spring salad mix  
¼ cup fennel fronds  
2 Tbsp. Hy-Vee pine nuts, toasted

**1. PREHEAT** oven to 400°F. Line a baking sheet with foil. Peel beets and remove

tops; cut beets into wedges. Place beets on prepared baking sheet and drizzle with 2 Tbsp. oil. Roast for 20 to 25 minutes or until tender. Cool.

**2. MEANWHILE, PEEL** 2 shallots; cut into thin slices. Heat ¼ cup oil in a large skillet over medium-high heat. Cook shallots in hot oil for 5 minutes or until golden brown and crispy. Remove with a slotted spoon; place on paper towels to drain.

**3. ADD** scallops to same skillet. Cook for 3 to 4 minutes per side or until golden brown; remove from heat and keep warm.

**4. WHISK** together vinegar, orange zest and juice, remaining shallot (finely chopped), salt and pepper to make vinaigrette. Slowly whisk in remaining ¼ cup oil.

**5. ARRANGE** roasted beets, cheese and orange slices on four serving plates. Top with scallops, spring mix, fennel fronds, fried shallots and pine nuts. Serve with orange vinaigrette.

**Per serving:** 650 calories, 46 g fat, 11 g saturated fat, 0 g trans fat, 35 mg cholesterol, 480 mg sodium, 47 g carbohydrates, 9 g fiber, 27 g sugar, 19 g protein



**TIP:**  
GO BIG WITH BEETS TO BOOST BLOOD-FLOW, WHICH CAN HELP SHUTTLE OXYGEN AND NUTRIENTS TO WORKING MUSCLES DURING EXERCISE.







**30**  
minutes  
or less

Total Time 30 minutes | Serves 4

3 Tbsp. Hy-Vee unsalted butter, divided  
1 lb. Hy-Vee beef flank steak  
¾ tsp. Hy-Vee salt, divided  
¼ plus ½ tsp. Hy-Vee black pepper, divided  
4 oz. Hy-Vee Bakery multigrain bread, cut into ¾-in. cubes  
3 Tbsp. Hy-Vee Select balsamic vinegar  
3 Tbsp. seedless blackberry jam  
1½ tsp. Hy-Vee stone ground Dijon mustard  
½ cup Gustare Vita olive oil  
2 cups Hy-Vee spring salad mix  
1 cup fresh baby spinach  
1 cup arugula  
2 cups fresh blackberries  
¾ cup rainbow carrots, cut into julienne strips  
½ red onion, cut into thin slices  
¼ cup Hy-Vee Select feta cheese  
Thyme sprigs, for garnish

**1. HEAT** 1 Tbsp. butter in a grill pan over medium heat. Season steak with ¼ tsp. each salt and pepper; place in grill pan. Cook steak for 3 minutes per side or until medium-rare (145°F). Remove to a cutting board. Thinly slice steak against the grain; cover and keep warm.

**2. HEAT** remaining 2 Tbsp. butter in same pan. Add bread cubes in a single layer. Cook 3 minutes per side or until toasted and crispy.

**3. WHISK** together vinegar, jam, mustard, remaining ½ tsp. salt and remaining ¼ tsp. pepper to make vinaigrette. Slowly whisk in oil.

**4. ARRANGE** spring mix, spinach, arugula and steak on serving plates. Top with toasted bread cubes, blackberries, carrots, red onion and feta cheese. Garnish with thyme, if desired. Serve with vinaigrette.

Per serving: 670 calories, 45 g fat, 13 g saturated fat, 0 g trans fat, 100 mg cholesterol, 790 mg sodium, 37 g carbohydrates, 7 g fiber, 19 g sugar, 31 g protein

## STEAK & BLACKBERRY SALAD

Total Time 40 minutes  
Serves 4

2 Tbsp. Hy-Vee apple cider vinegar  
1 Tbsp. Hy-Vee honey  
1 Tbsp. Hy-Vee spicy brown mustard  
Hy-Vee salt, to taste  
Hy-Vee black pepper, to taste  
¼ cup plus 2 Tbsp. Gustare Vita olive oil, divided  
2 oz. Hy-Vee Bakery French bread, cut into ¼-in. slices  
4 asparagus spears, trimmed  
1 cup cooked Hy-Vee Select Israeli couscous  
4 cups fresh spinach

1 cup fresh green beans, halved lengthwise  
2 Pink Lady apples, thinly sliced  
8 strips Hy-Vee center-cut bacon, crisp-cooked and drained  
½ cup Hy-Vee chopped English walnuts  
4 oz. blue cheese, cut into wedges

**1. WHISK** together vinegar, honey, mustard, salt and pepper to make vinaigrette. Slowly whisk in ¼ cup oil.

**2. BRUSH** both sides of bread slices with remaining 2 Tbsp. oil. Place bread slices in a medium skillet over medium heat. Cook 3 minutes per side or until

golden brown. Remove from skillet; set aside.

**3. SHAVE** asparagus into long thin strips using a vegetable peeler. Arrange couscous, spinach, asparagus strips, green beans, apple slices, bacon, walnuts and blue cheese on serving plates. Serve with vinaigrette and toasted bread.

**TIP:** To save time, purchase pre-cooked bacon, and cook couscous ahead of time and store in the refrigerator.

Per serving: 670 calories, 42 g fat, 10 g saturated fat, 0 g trans fat, 30 mg cholesterol, 730 mg sodium, 59 g carbohydrates, 7 g fiber, 16 g sugar, 21 g protein

**BACON**  
**APPLE**  
**WALNUT**

**TIP:** WALNUTS ARE A PRIME CHOICE FOR OMEGA-3 FATTY ACIDS, WHICH PLAY A KEY ROLE IN EYE AND COGNITIVE HEALTH.



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<https://ods.od.nih.gov/factsheets/Omega3FattyAcids-HealthProfessional/>



# → FOODS THAT IMPROVE YOUR MOOD

GET YOUR FILL: COCOA • BANANAS • SALMON • SEEDS • AVOCADO

WHAT ARE GOOD-MOOD FOODS? THE RIGHT **CARB-PROTEIN DUOS** THAT **FEED YOUR BRAIN AS WELL AS YOUR MUSCLES.** EAT THESE FOODS TO GET A **FEEL-GOOD LIFT** THAT STAYS THROUGHOUT THE DAY.

Tryptophan in **SALMON, LEAFY GREENS AND WHOLE GRAINS**, tyrosine in **AVOCADOS AND PUMPKIN SEEDS** and antioxidants in **CHOCOLATE** are the stuff brain food is made of. They help get serotonin and other feel-good chemicals into your system. "Basically, it's a matter of eating whole foods from all the food groups," notes Deana Preble, Hy-Vee Dietitian in Madison, Wisconsin.

WORDS Kristi Chew PHOTOS Tobin Bennett



Make these **Chocolate-Zucchini Muffin Tops**. Watch the tutorial at [youtube.com/Hy-Vee](https://youtube.com/Hy-Vee)

## CHOCOLATE-ZUCCHINI MUFFIN TOPS

30  
minutes  
or less

Total Time 30 minutes  
Serves 12

2 cups Hy-Vee whole wheat flour  
½ cup Hy-Vee baking cocoa  
1 tsp. Hy-Vee baking soda  
2 Hy-Vee large eggs,  
lightly beaten  
2 cups grated zucchini,  
well-drained  
⅔ cup Hy-Vee creamy  
peanut butter  
½ cup Hy-Vee honey  
2 tsp. Hy-Vee vanilla extract  
1 cup Hy-Vee semisweet  
chocolate chips  
¼ cup Hy-Vee unsweetened  
coconut flakes

**1. PREHEAT** oven to 350°F. Line a baking sheet with parchment paper; set aside.

**2. STIR** together flour, cocoa and baking soda in a medium bowl. Set aside.

**3. COMBINE** eggs, zucchini, peanut butter, honey and vanilla in a large bowl. Slowly add flour mixture, combining well. Stir in chocolate chips.

**4. FORM** mixture into twelve 3-in. muffin-top patties. Place on prepared baking sheet. Sprinkle each muffin top with 1 tsp. coconut. Bake for 10 to 15 minutes or until muffin tops are set in the center. Cool on a wire rack. Store muffin tops in an airtight container at room temperature up to 3 days.

Per serving: 300 calories, 14 g fat, 6 g saturated fat, 0 g trans fat, 30 mg cholesterol, 180 mg sodium, 41 g carbohydrates, 5 g fiber, 21 g sugar, 9 g protein

ANTIOXIDANTS MAY HELP PREVENT DEPRESSION, AND COCOA IS FILLED WITH THEM. SWEET!



# SALMON, BEET, CITRUS & AVOCADO PROTEIN BOWL

Total Time 45 minutes | Serves 4

- ½ tsp. lemon zest
- 2 Tbsp. fresh lemon juice
- 1 Tbsp. Hy-Vee Select 100% pure maple syrup
- ½ tsp. Hy-Vee stone ground Dijon mustard
- ¼ tsp. Hy-Vee salt, plus additional for seasoning fish
- 2 Tbsp. Gustare Vita olive oil, divided
- 4 (4-oz.) salmon fillets
- Hy-Vee nonstick cooking spray
- 2 cups fresh baby spinach
- 2 cups fresh arugula
- 3 small oranges, peeled and cut crosswise into ½-in. slices

- 2 avocados, seeded, peeled and cut into slices
- 2 medium carrots, peeled and cut into julienne strips
- 2 small beets, peeled and cut into julienne strips
- ½ cup cooked Hy-Vee Select tri-color quinoa
- ½ cup Hy-Vee Select feta cheese
- 2 Tbsp. pepitas
- Hy-Vee black pepper, to taste

- 1. WHISK** together lemon zest, lemon juice, maple syrup, mustard and ¼ tsp. salt to make vinaigrette. Slowly whisk in olive oil.
- 2. CUT** each salmon fillet into three portions; sprinkle with additional salt.

Spray a large skillet with cooking spray and heat over medium-high heat. Cook salmon in batches for 4 to 6 minutes or until fish flakes with a fork, turning once. Remove salmon from skillet; keep warm.

**3. ARRANGE** spinach, arugula, oranges, avocados, carrots, beets, quinoa and cheese in four serving bowls. Top each with three pieces of salmon and sprinkle with pepitas. Season to taste with pepper. Serve with vinaigrette.

Per serving: 810 calories, 53 g fat, 11 g saturated fat, 0 g trans fat, 75 mg cholesterol, 350 mg sodium, 49 g carbohydrates, 13g fiber, 16 g sugar, 39 g protein

SALMON, WHOLE GRAINS AND LEAFY GREENS HAVE TRYPTOPHAN, NEEDED FOR SEROTONIN UPTAKE. AVOCADO AND PUMPKIN SEEDS HAVE TYROSINE FOR ALERTNESS AND CONCENTRATION.



BANANAS AND BLUEBERRIES HAVE TRYPTOPHAN;  
 CHIA SEEDS HOLD ACETYLCHOLINE, BELIEVED  
 TO INFLUENCE LEARNING, MEMORY AND MOOD. MAKE WAFFLES MORE  
 HEALTHFUL WITH BUCKWHEAT INSTEAD OF WHITE FLOUR.

Total Time 40 minutes  
 Serves 6 (2 waffles and 2½ Tbsp. syrup each)

- 2 cups Hy-Vee frozen blueberries, thawed
- 3 Tbsp. Hy-Vee Select 100% pure maple syrup
- 1 Tbsp. Hy-Vee HealthMarket chia seeds
- 2 very ripe medium bananas, mashed
- 2 Hy-Vee large eggs, lightly beaten
- 1½ cups Hy-Vee 2% reduced-fat milk
- ½ cup Hy-Vee unsalted butter, melted
- ½ cup Hy-Vee canola oil
- 2 tsp. Hy-Vee vanilla extract
- 2 cups buckwheat flour
- ½ cup Hy-Vee all-purpose flour
- 4 tsp. Hy-Vee baking powder
- 1½ tsp. Hy-Vee ground cinnamon
- ½ tsp. Hy-Vee baking soda
- Banana slices and/or walnuts, for garnish

**1. COOK** blueberries and maple syrup in a small saucepan over medium heat until berries soften. Cool slightly. Place mixture in a blender; pulse until berries are broken up, leaving some large pieces. Stir in chia seeds; set aside.

**2. LIGHTLY** grease and preheat a waffle baker according to manufacturer's directions. Combine mashed bananas and eggs in a large bowl. Stir in milk, melted butter, oil and vanilla; set aside.

**3. WHISK** together flours, baking powder, cinnamon and baking soda in a medium bowl. Add flour mixture to banana mixture, stirring just until combined.

**4. ADD** batter to preheated waffle baker. Close lid quickly and bake according to manufacturer's directions until waffle is golden brown. When done, use a fork to lift waffle off grid; keep warm on a wire rack in a 200°F oven. Repeat with remaining batter. Serve warm topped with blueberry-chia syrup. Garnish with banana slices and/or walnuts, if desired.

Per serving: 570 calories, 33 g fat, 12 g saturated fat, 0.5 g trans fat, 110 mg cholesterol, 490 mg sodium, 62 g carbohydrates, 9 g fiber, 18 g sugar, 11 g protein



# BUCKWHEAT-BANANA WAFFLES WITH BLUEBERRY-CHIA SYRUP



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# ALLERGY

ALLERGENS ARE OUT THERE, LURKING IN THE AIR WE BREATHE. THEY'RE IN THE FOODS WE ENJOY. STINGS FROM INSECTS. EVEN IN MEDICINES. FORTUNATELY, FOR MOST ALLERGIES, THERE'S TREATMENT AND RELIEF.

# SURVIVAL GUIDE

WORDS David Krause

PHOTO ritajaco/istockphoto.com



The symptoms are all too familiar—sneezing, coughing and itching to name a few.

Whatever its source, an allergy is an overreaction by the body's immune system to a foreign substance. Among the most common are hay fever, asthma, conjunctivitis, hives, eczema, dermatitis and sinusitis.

"Allergies can develop at any point in your life, but the majority of people begin having allergies when they're very young, sometimes even before the toddler stage," says Dr. Robert Colman, M.D., a specialist with Pediatric & Adult Allergy, P.C., in Des Moines, Iowa. "Other people tend to develop allergies as an adult; it's entirely possible not to develop allergies until adulthood."

The curious thing about allergies is that not everyone is affected the same. Symptoms can be seasonal or year-round. And while there's relief for most allergies, not everyone seeks it out. "Lots of people put up with the symptoms for many years before they seek out allergy testing and treatment," Colman says.

ALLERGIC CONDITIONS ARE THE MOST COMMON HEALTH ISSUES AMONG CHILDREN IN THE U.S., AFFECTING ABOUT 40 PERCENT OF THEM.



## SEASONAL vs. PERENNIAL

**Seasonal** allergies include airborne pollen or mold spores that appear during spring and through fall. Grasses, flowering trees and weeds are common offenders. It's not easy to differentiate between reactions to seasonal and perennial allergies. "To some extent, there are similarities in the reactions, but the symptoms aren't always the same," Dr. Colman says. For example, he notes that spores are like pollens and can cause the same kind of symptoms.

**"Perennial"** allergies refer to things that don't go away, such as dust mites, animal dander and indoor molds," Dr. Colman says. "A person who is allergic to a perennial allergen, such as dust mites, is going to notice year-long stuffiness." Perennial allergens don't necessarily cause the itching and sneezing attacks common with seasonal allergies. Allergic rhinitis, however, has symptoms year-round.

## STOP TRIGGERS



**Airborne Allergens**  
Most common are grasses, flowering trees and weeds, mold, pet dander, and dust mites. Reactions include sneezing, congestion, a runny nose and other bothersome symptoms.



**Foods**  
Triggers include peanuts, tree nuts, wheat, soy, fish, shellfish, eggs and milk. Mild to severe symptoms include swelling of the lips, tongue, face, and throat; hives; and anaphylaxis.



**Insect Stings**  
Watch out for bees, hornets, wasps, yellow jackets and fire ants. Their bites and stings can cause swelling, itching, hives, coughing, chest tightness or shortness of breath.



**Medications**  
Allergic reactions to medications include hives, itchy skin, rash, facial swelling, wheezing and anaphylaxis. Some drugs, such as penicillin, can affect any tissue or organ.



**Latex**  
The proteins in latex gloves and other latex products can cause mild redness or itching or serious reactions such as wheezing or difficulty breathing.



PEOPLE VISIT THE **EMERGENCY ROOM** ABOUT **200,000 TIMES EACH YEAR** BECAUSE OF FOOD ALLERGIES. NEARLY **10,000 PEOPLE** ARE **HOSPITALIZED** ANNUALLY BECAUSE OF FOOD ALLERGIES.



**10**  
**PERCENT**

ADVERSE  
DRUG  
REACTIONS  
MAY AFFECT  
10 PERCENT  
OF THE  
WORLD'S  
POPULATION.  
FOR THOSE  
WITH DRUG  
ALLERGIES,  
PENICILLIN IS  
THE MOST  
COMMON  
TRIGGER.

The most common triggers for anaphylaxis, a life-threatening reaction, are medicines, food and insect stings. Medicines cause the most allergy-related deaths.

## ANAPHYLAXIS

Anaphylaxis, a severe reaction that can bring on hives, wheezing, coughing and difficulty breathing, can be life-threatening and requires immediate medical attention. "We see many patients who have experienced anaphylaxis for a medley of reasons," Dr. Colman says. Food reactions are the most common cause. "We're seeing

people of all ages for food reactions," he says. "In particular, we're seeing patients who are allergic to peanuts, tree nuts, milk, eggs, wheat and soy." If you suffer from a severe allergy, such as from medications, insect stings and certain foods, you'll probably need to carry an emergency epinephrine shot at all times.

PHOTO: sruliky/shutterstock.com

# TREATMENT AND RELIEF

To determine whether you have an allergy, a doctor will likely ask detailed questions about the signs and symptoms you're experiencing, perform a physical exam, and ask you to keep a detailed record of your symptoms and suspected triggers.

**ALLERGEN AVOIDANCE** "Number one is avoidance of allergens, if possible," Dr. Colman says. Your doctor will help you take steps to identify and avoid allergy triggers. This is usually the most important step in helping to prevent allergic reactions and reduce the symptoms you experience.

**SKIN TESTING** Through a skin prick, a doctor or nurse will expose you to small amounts of the proteins found in potential allergens. If you are allergic to these substances, you'll probably develop a raised bump, or hive, where the allergen proteins were applied to your skin.

**BLOOD TEST** Allergen-specific blood testing measures the amount of allergy-causing antibodies, known as immunoglobulin E (IgE) antibodies, in your bloodstream. A sample of blood is sent to a medical laboratory, where it is tested to determine sensitivity to possible allergens.

**MEDICATIONS** Depending on the type of allergy you have, any of several kinds of medications can help reduce your immune system's reaction and ease the symptoms. Your doctor might suggest an over-the-counter or prescription medication, in the form of pills, liquid, sprays or eye drops.

**85%**

IMMUNO-  
THERAPY,  
OR ALLERGY  
SHOTS, CAN  
REDUCE  
HAY FEVER  
SYMPTOMS  
IN ABOUT  
85 PERCENT  
OF PEOPLE  
WHO SUFFER  
FROM  
ALLERGIC  
RHINITIS.

**A COSTLY CONDITION**  
ALLERGIES ARE THE SIXTH LEADING CAUSE OF CHRONIC ILLNESS IN THE U.S., COSTING MORE THAN \$18 BILLION ANNUALLY. MORE THAN 50 MILLION AMERICANS HAVE ALLERGIES.

Sources: <http://acaai.org/news/facts-statistics/allergies>  
<http://www.aafa.org/page/allergy-facts.aspx>  
<https://www.mayoclinic.org/diseases-conditions/hay-fever/in-depth/seasonal-allergies/art-20048343?pg=2>





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## Start Strong. Finish Fresh.

Use as directed on hard, non-porous surfaces.

PHOTO: Tobin Bennett

### TAKE CONTROL!

GRIT HAPPENS. SO DOES GRIME, GUNK AND GOOP. PAIR THESE HOUSEHOLD MESSSES WITH FINGER SMUDGES, CARPET STAINS AND DOG TRACKS, AND THE PLACE LOOKS A WRECK. CLEAN UP WITH A PLAN THAT MAKES SENSE—BETTER MANAGEMENT OF DAILY MESSSES AND ROUTINE DEEP CLEANINGS. FOLLOW OUR TIPS AND TRICKS, CHART AND PRODUCT SUGGESTIONS TO GET ORGANIZED.



# ONE HOUR TO A

# CLEAN HOUSE

## TOOLS YOU'LL NEED

### CARRIER WITH CLEANING

**PRODUCTS:** disinfectant wipes, all-purpose cleaner, glass cleaner, dusting spray, clean toweling. Store shower and bath cleaner, toilet bowl brush and cleaner in each bathroom. Keep stainless steel wipes, if needed, in the kitchen.

**READYMOP AND VACUUM:** for hard surface floors and carpet.

**TRASH BAGS:** for excess waste.

**TWO BASKETS:** one to collect items going to the laundry room and the other to transport items going everywhere else. Tote them with you as you straighten room-by-room, making deliveries along the way.

## KITCHEN

ALLOW 30 MINUTES

- Gather misplaced items and put into baskets
- Put items away; clear trash from counters.
- Replace trash bag in full can
- Cluster dishes near the dishwasher and unload/load dishwasher (for pots and pans with stuck-on food, fill with hot water and a little dish detergent to soak in sink)
- Spray cooktop surface and let soak
- Wipe exterior of appliances with spray cleaner or stainless-steel wipes
- Scrub any remaining pots and pans and load into the dishwasher
- Scrub and wipe sink
- Wipe out microwave

■ **WIPE COUNTERS AND COOKTOP SURFACE; SPOT WIPE CABINETS, AS NEEDED**

- Vacuum and ready-mop floor

## LIVING ROOM

ALLOW 10 MINUTES

- Gather items for other rooms and put into baskets
- Put items away; discard trash
- Fold throws; fluff pillows
- Dust surfaces using dusting spray and clean cloth
- Spray mirrors/glass and wipe with a clean cloth
- Vacuum and readymop floor

**TIP** SET A TIMER TO CLEAN EACH ROOM AND AIM TO FINISH IN TIME. GET KIDS TO HELP BY TURNING CHORES INTO A REWARD-BASED COMPETITION BY PLAYING BEAT THE CLOCK.

## BATHROOM

ALLOW 10 MINUTES EACH

- Spray tub/shower with shower/bath cleaner to soak
- Pick up dirty towels and clothes and put in laundry basket (do not sort); put out-of-place items into other basket
- Discard trash
- Put items away
- Clean toilet bowl; use disinfectant wipes to clean outer bowl and seat
- Clean mirror
- Wipe clean sink bowls, faucets and counters
- Rinse and wipe off shower/tub
- Vacuum and/or readymop floor

## BEDROOMS

ALLOW 10 MINUTES EACH

- Gather items for other rooms and put into baskets
- Put items away; discard trash
- Make bed; fluff pillows
- Dust surfaces using dusting spray and clean cloth
- Spray mirrors/glass and wipe with a clean cloth
- Vacuum and readymop

PHOTO Tobin Bennett

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## ALL ROOMS- DEEP CLEAN

### STEP 1: CLUTTER

- **Remove unneeded/out-of-place items.** Group them into four categories: trash, donate, take to another room or store.
- **Eliminate unnecessary duplicate items:** If it's not used or you won't miss it, remove it.

### STEP 2: LAUNDRY

- **Fabrics:** Remove all curtains, linens, pillows and rugs from rooms; vacuum, steam-clean or wash them according to care labels.
- **Washer:** Fill with hot water and add 1 cup each white vinegar or bleach and baking soda. Let empty machine agitate a few minutes and turn off; open lid and let soak one hour. Wash dispensers, lid, console, etc. with a cloth/toothbrush and liquid from the tub. Complete the machine cycle. Repeat, adding 1 quart of white vinegar or bleach. Run the

empty machine through a second cycle, then drain and wipe dry with a clean cloth.

- **Dryer:** Remove lint (including lint exhaust) and vacuum thoroughly. Clean and vacuum the dryer. Wipe the inside and outside using soap and water; rinse and dry with a soft cloth.

### STEP 3: DUST

- **Ceiling fans:** Turn off power and place a drop cloth under fan. Use a soft-brush vacuum attachment followed by a damp microfiber cloth to wipe blades.
- **Walls, baseboards and surfaces:** Vacuum using a soft-brush attachment. Wipe, as needed, using a sponge or microfiber cloth.
- **Furniture:** Dust hard surfaces using microfiber and lint-free cloths with a surface-appropriate dusting spray. Vacuum all fabric surfaces.
- **Filters:** Replace furnace filters according to manufacturer

instructions (about every two to four months). Wash removable, washable filters in hot soapy water. Rinse and air dry before reinstalling.

### STEP 4: WINDOWS/ MIRRORS

- **Wash windows and mirrors:** Use glass cleaner (or spray bottle filled with equal parts white vinegar and water). Use newspapers and paper towels to dry/polish.

### STEP 5: FLOORS

- **Scuffs:** Remove scuff marks on baseboards and floors with an eraser cleaner. Baking soda on a nonabrasive damp cloth might work; but test in a hidden spot, first.
- **Floors:** Sweep, vacuum, mop and remove stains from floors according to care instructions.

**8 THINGS TO DO DAILY**  
AS SATISFYING AS SPRING-CLEANING CAN BE, MAINTAINING YOUR HOME DOESN'T NEED TO BE A YEARLY FEAT. DONE REGULARLY, THESE QUICK CHORES WILL KEEP CLUTTER UNDER CONTROL.

PICK UP AND PUT AWAY.

**DO THE DISHES.**

**WIPE DOWN COUNTERS.**

MAKE BEDS.

**THROW IN A LOAD OF LAUNDRY.**

**OPEN NEW MAIL AND FILE AWAY.**

**SWEEP OR VACUUM MAIN AREAS.**

**TAKE OUT TRASH.**

# THE FANTASTIC FIVE

CREATE YOUR OWN  
NATURAL CLEANERS  
WITH ITEMS FROM  
THE PANTRY!

1

**Surface Spray**  
1 cup Hy-Vee white distilled vinegar and 1 cup water

2

**Furniture Polish**  
 $\frac{3}{4}$  cup Gustare Vita olive oil and  $\frac{1}{4}$  cup Hy-Vee white distilled vinegar

3

**Carpet Refresher**  
2 cups Borax and 1 cup Hy-Vee baking soda

4

**Glass Cleaner**  
1 cup rubbing alcohol, 1 cup water, 1 tablespoon Hy-Vee white distilled vinegar

5

**Disinfectant Spray**  
Juice of 2 lemons, 1 cup Hy-Vee white distilled vinegar, 1 cup water





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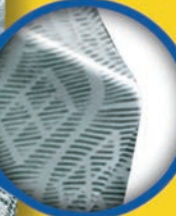


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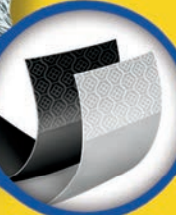
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Toothbrushes or Mouthwash:  
select varieties 3.5 to 6.2 oz.,  
4 ct., 1 l. or 473 ml. \$5.44



# CATCHING

**EACH NIGHT, LIKE CLOCKWORK, YOU DON COMFY CLOTHES AND DIM THE LIGHTS IN THE NIGHTLY RITUAL OF POWERING DOWN. A GOOD NIGHT'S SLEEP IS MORE THAN HABIT—IT'S VITAL TO YOUR HEALTH AND HAPPINESS.**

WORDS Kaitlyn Cimino PHOTOS Tobin Bennett

As the study of sleep slowly advances, we learn more about why we do it—whether it's an effort to recharge or an opportunity to conserve energy. What's certain, though, is that regular, restful sleep plays a key role in mental, physical and social well-being. A solid night of shut-eye helps the body repair itself from illness and handle stress. In children and young adults, deep sleep coincides with the release of growth hormones.

On the other hand, skimping on sleep can cause irritability, mood swings, trouble with memory, decreased libido and erectile dysfunction. "Lack of proper sleep can also cause conditions such as increased risk of heart attack, heart failure, and arrhythmia," says Dr. Steven G. Hull, founder of Midwest Sleep Specialists, LLC in Lee's Summit, Missouri. "And in some cases it can even lead to death in people who have sleep disorders and aren't getting properly treated." Insufficient sleep has also been linked to chronic diseases and conditions, including diabetes, obesity and depression. Even short-term sleep deprivation can impact job performance, hinder concentration and interfere in an individual's ability to complete tasks.

Yet many people fend off sleep, using caffeine and will-power, ignoring the consequences of sleep deprivation. "The number one problem is that people simply don't set aside enough time in bed," says Dr. Hull. "Approximately one-third of our daily lives should consist of sleep." Instead of turning a blind eye to heavy eyelids, embrace bedtime as a chance to get more out of your days.

## BEYOND BEAUTY SLEEP: UNDERSTANDING REST

**A NORMAL NIGHT'S SLUMBER CONSISTS OF CYCLES OF TWO TYPES OF SLEEP: NON-REM AND REM. HERE'S HOW THE NIGHT UNFOLDS:**

THE FIRST CYCLE, **NON-REM** (NON RAPID EYE MOVEMENT) MAKES UP ABOUT 75 PERCENT OF TOTAL SLUMBER AND BEGINS WITHIN MINUTES OF GOING TO SLEEP, CONSISTING OF THREE STAGES. FIRST, EYES ARE CLOSED AND SLEEP BEGINS. SECOND, HEART RATE AND BRAIN WAVES SLOW, BODY TEMP LOWERS AND EYES ARE STILL. THE THIRD STAGE

IS WHEN DEEPER, LONGER, AND RESTORATIVE SLEEP OCCURS—IT'S ALSO WHEN REGENERATING BONES, MUSCLES AND TISSUE OCCURS.

AFTER ABOUT 90 MINUTES, **REM** (RAPID EYE MOVEMENT) SLEEP BEGINS AND MAY LAST 5 TO 10 MINUTES DURING THE FIRST CYCLE. THIS IS THE STAGE WHEN DREAMS OCCUR, THE BRAIN IS ACTIVE, BREATHING AND HEART RATE QUICKEN, ARMS AND LEGS RELAX SO DEEPLY AS TO SEEM PARALYZED AND (YOU GUESSED IT) EYES MOVE RAPIDLY. AT THE END OF THIS STAGE, THE BODY CYCLES BACK THROUGH

**NON-REM** STAGES, REPEATING **NON-REM** AND **REM** CYCLES THROUGHOUT THE NIGHT. THROUGH PROGRESSIVE CYCLES, **REM** LENGTHENS TO AS MUCH AS AN HOUR BEFORE WAKING.

SCIENTISTS SPECULATE THAT AS SLEEP CYCLES LENGTHEN DURING THE NIGHT, THE BODY RECUPERATES PHYSICALLY AS WELL AS MENTALLY, AND THAT MEMORIES ARE STORED. ALTHOUGH SLEEP AND SLEEP PATTERNS CONTINUE TO BE A MYSTERY, IT IS WELL-ACCEPTED THAT SLEEP CONTRIBUTES TO WELL-BEING AND OVERALL HEALTH.

# 35%

**OF AMERICANS REPORT THEIR SLEEP QUALITY AS "POOR" OR "ONLY FAIR."**

—National Sleep Foundation



# 8 STEPS TO BETTER SLEEP



## LAY DOWN LIMITS

The fact is, beds are comfy and a tempting spot for streaming shows and scrolling feeds. However, their stimulation and demand can keep you up all night.



## CLOCK IN (AND OUT)

Most people function best on 7 to 9 hours of sleep a night, according to the National Sleep Foundation. Set a consistent bedtime, even on weekends. Bodies need regular sleep to tackle daytime demands.



## CLOSE THE KITCHEN

Finish eating around two hours before bedtime, so your stomach isn't churning and digesting food while you try to sleep. Avoid caffeine, found not only in coffee and tea, but also in sodas and chocolate.



## AVOID ALCOHOL

A commonly used depressant, alcohol may help you fall asleep, but the metabolic processes that follow can keep you from staying asleep through the night and decrease your body's ability to benefit from restful sleep.



## NIX NICOTINE

Besides being poor for overall health, nicotine is a stimulant, similar to caffeine. Consuming nicotine, as in smoking cigarettes close to bedtime, can interfere with breathing and the ability to maintain consistent sleep throughout the night.



## GIVE PAUSE TO THE PAWS

Consider pushing kitty out the door if he's rambunctious at night. Or find another sleeping spot for your dog if she scratches or snores. On the other hand, if your pet is a good sleeping companion, snuggles can be a comfort that leads to good sleep.



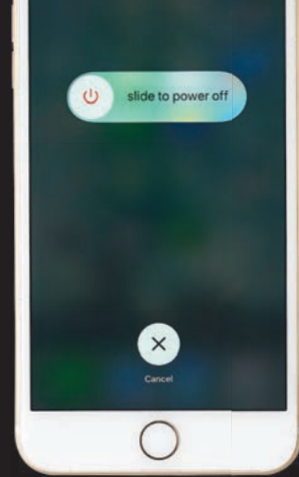
## CONTROL YOUR CLIMATE

Keep your bedroom calm, dark and quiet. A typical good-sleep temperature falls between 65 and 70 degrees. The room should be well-ventilated. Opt for a fresh scent, too, to set a serene mood.



## WORK OUT WISELY

Regular exercise may promote a better night's sleep. For a strenuous workout, hit the gym in the morning or early afternoon. Exercising close to bedtime raises body temperature and can release endorphins that keep you awake.



## PRIVATE SCREENING

Stop scrolling feeds as you wait for sleep. "When people have trouble falling asleep, one of the first things they do is reach for their phone or laptop to do something until they get sleepy," says sleep specialist Dr. Stephen G. Hull. "But laptops, portable phones and personal devices emit a flickering light that signals to the brain that it's light outside. This stimulates receptors in the brain and decreases our ability to fall asleep."

Blue light emitted by cell phones and other devices can delay the body's release of melatonin, the hormone responsible for signaling bedtime. To avoid disrupting the healthy sleep cycle your body needs, Dr. Hull recommends putting away electronics at least one hour prior to bedtime.

# 95%

OF PEOPLE USE SOME TYPE OF COMPUTER, VIDEO GAME OR CELL PHONE AT LEAST A FEW NIGHTS A WEEK WITHIN THE HOUR BEFORE BED.  
(National Sleep Foundation)

## ONE OF THE BIGGEST OFFENDERS TO A GOOD NIGHT'S SLEEP IS CAFFEINE.

While some may be able to fall asleep shortly after a cup of joe, caffeine can fragment sleep and leave you dragging in the a.m. Protect your Z's and avoid counting sheep by cutting back on coffee and other stimulants a few hours before bed.

DOUBLE ESPRESSO-NO







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Folgers K-Cups:  
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Smucker's Uncrustables:  
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Brewing



Since 1850

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# REGULAR BACON'S THICK, SAVORY COUSIN



serving  
suggestion

HORMEL® CANADIAN BACON-EGG CUPS  
SERVES 12

#### INGREDIENTS

½ (16-ounce) package HORMEL® BLACK LABEL®  
Bacon - Original, cooked and crumbled  
12 slices HORMEL® BLACK LABEL® Canadian Bacon  
12 large eggs  
4 ounces shredded Cheddar cheese

#### DIRECTIONS

Heat oven to 350°F.  
Spray 12-cup muffin pan with cooking spray. Place one  
slice Canadian bacon in each cup. Add one egg and  
divide cheese and bacon evenly among muffin cups.  
Bake 20 minutes or until eggs are set.

Find more recipes on [hormel.com/bacon](http://hormel.com/bacon)  
© 2018 Hormel Foods, LLC



Find in the bacon section  
of your local Hy-Vee store



Do your part. Save the planet.

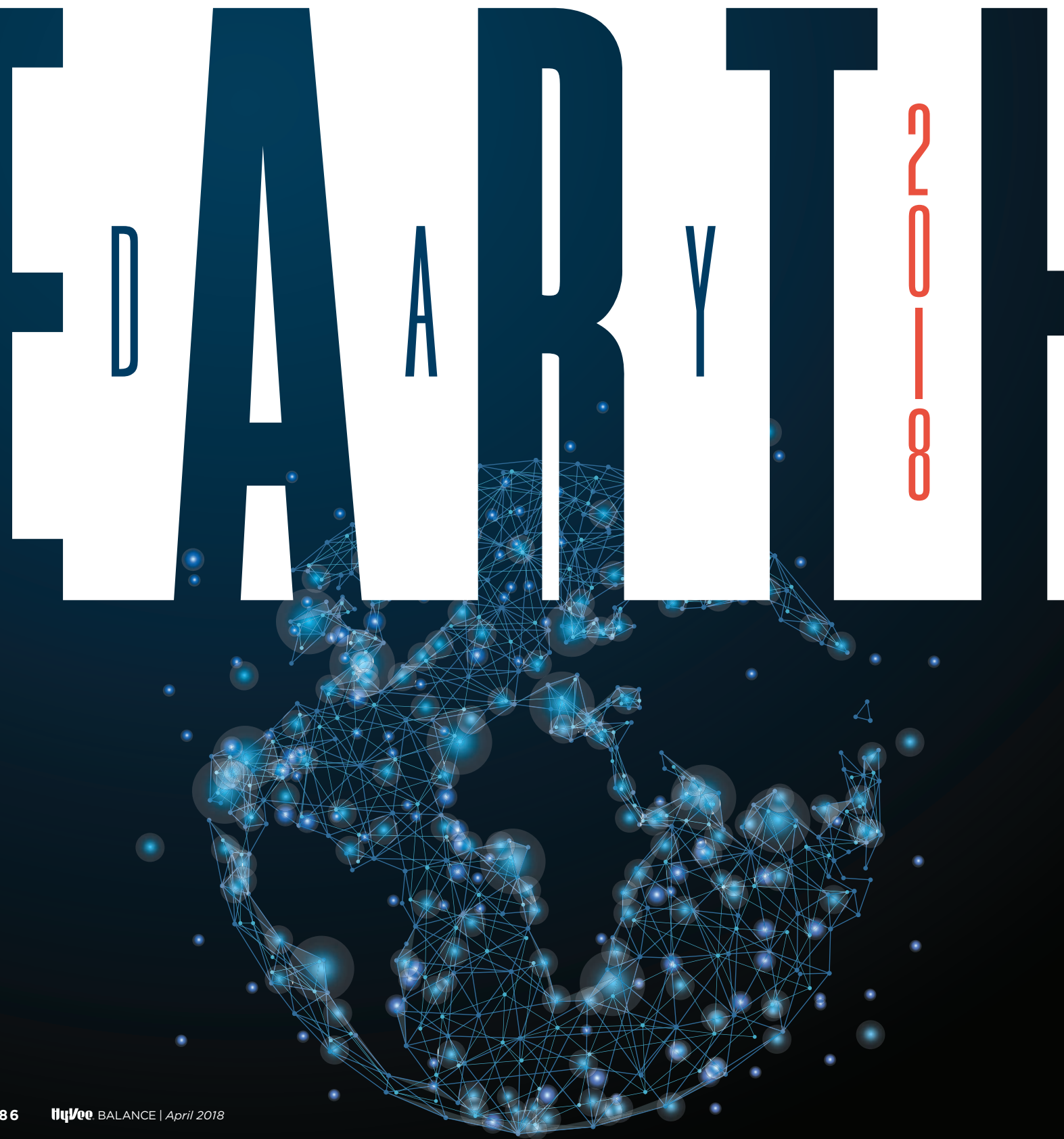


PHOTO antoniokhr/istockphoto.com

## A WORLD OF GOOD

The future of Earth is in our hands. What are we doing for it? If we each chip in a few small things during our day-to-day, the cumulative effort is one big accomplishment—**CLEAN AIR AND WATER, CONTINUOUS ENERGY SOURCES AND ENOUGH SAFE FOOD FOR ALL, WHILE SHRINKING WASTE.** We recycle, turn off the water and reach for paper instead of plastic in hope of making a dent in safeguarding our planet. We can always do more. **AT HY-VEE, SUSTAINABILITY IS A MISSION** that includes reducing waste, saving energy and **PROMOTING EARTH-FRIENDLY ITEMS** like its One Step products.

### EARTHLY IDEAS

#### ONE STEP

Sales of One Step products at Hy-Vee help fund many causes that aid communities here and across the world. They include nutritious meals shipped nationwide and overseas, clean-drinking-water projects in Africa and elsewhere, the planting of thousands of



Hy-Vee's One Step program donates resources to local tree planting projects.

trees in neighborhoods and state parks, and the creation of hundreds of community gardens where people learn about growing food. Buy One Step russet potatoes, paper towels, bath tissues, cereal, bottled water and more to join this important effort toward sustaining our resources.



Hy-Vee employees assembling food for Meals from the Heartland at the Hy-Vee Cup.

#### MISFITS PRODUCE

In an effort to keep odd-size or misshapen fruits and veggies from overflowing landfills, Hy-Vee offers them to customers at a discounted price. Don't be quick to judge these forgotten foods labeled "Misfits," as they're just as nutritious as other fresh produce.



Hy-Vee's Misfits line of fresh produce benefits customers price-wise and reduces waste.

4 WAYS

TO  
REDUCE  
YOUR  
FOOTPRINT

IT ALL HELPS!  
HY-VEE'S EASY-STEP  
SUGGESTIONS FOR  
SUSTAINING OUR  
BEAUTIFUL PLANET:

**1.** Tote reusable shopping bags to the store. Use the ubiquitous plastic bags you already have to line small wastebaskets. You can also recycle them right in the store.

**2.** At the office, save files to your desktop and avoid making printouts whenever possible. And turn off your monitor before you leave.

**3. CONSIDER LINE-DRYING CLOTHES WHEN THE WEATHER IS NICE. TUMBLE DRYERS USE A LOT OF ENERGY.**

**4.** Try to plan at least one meal each week with leftovers in your fridge. Stir-fries, casseroles and soups are good ways to use leftover veggies, meat, beans, pasta and rice.



GREEN  
UP YOUR

GROCERY  
SHOPPING

PICK UP A  
REUSABLE  
BAG AT  
HY-VEE.  
RECYCLE  
PLASTIC BAGS  
RIGHT IN  
THE STORE.



## GET SUPER-CHARGED ELECTRIC CAR CHARGING STATIONS

How smart is your car? If you have an electric vehicle, plug it into one of Hy-Vee's charging stations (found at select Hy-Vee locations) and let it fuel up while you shop. Hy-Vee has partnered with ChargePoint and Tesla to put electric vehicle charging stations in the parking lots of stores throughout its eight-state region. The approximate 30 minutes it takes to charge gives you plenty of time to pick up a few things in store!



**TO FIND MORE  
INFORMATION ON  
LOCATIONS TO CHARGE  
YOUR ELECTRIC VEHICLE,  
GO TO THE U.S. DEPARTMENT  
OF ENERGY'S WEBSITE  
[AFDC.ENERGY.GOV/  
LOCATOR/STATIONS](http://AFDC.ENERGY.GOV/LOCATOR/STATIONS)**



## ALWAYS RESPONSIBLE

Hy-Vee seafood is harvested in a way that is environmentally sound and that keeps a plentiful supply of fish and other animals in the ocean. Fresh and frozen seafood bearing the Responsible Choice symbol are caught or

farmed in this manner. That includes canned tuna sourced from certified pole-and-line fisheries, as opposed to net harvesting that can harm wildlife. Hy-Vee also partners with Fair Trade USA to work with fishers and their communities to improve working conditions and environments.

**"IN THE SIX YEARS SINCE THE PROGRAM BEGAN,  
ONE STEP PURCHASES HAVE HELPED FUND  
DOZENS OF WELLS AND COMMUNITY GARDENS,  
PLANTED THOUSANDS OF TREES, AND FED  
THOUSANDS OF PEOPLE."**

— BRAD WALLER, ASSISTANT VICE PRESIDENT,  
COMMUNITY RELATIONS

## ONE STEP

THE MISSION IS SIMPLE,  
SAYS BRAD WALLER,  
ASSISTANT VICE PRESIDENT,  
COMMUNITY RELATIONS:  
HELP OTHERS AROUND  
THE WORLD MAKE THEIR  
LIVES BETTER.



Buy Hy-Vee brand cereals, and proceeds go toward meals to feed the hungry. So far, \$72,858 has been donated. "That equates

to about 364,291 meals distributed to food banks locally and across the world," Waller says.



Proceeds from the sale of each 5-lb. bag of One Step Russet potatoes help fund community gardens, where neighbors learn

about planting and nutrition. So far, 740 community gardens have been funded.



Pick up One Step Bottled Water and help Hy-Vee donate toward clean, safe drinking water worldwide. Clean-water projects

include digging wells in South Africa, South Sudan, Nigeria, Haiti and Kenya.



When you buy One Step or Seventh Generation paper towels and cleaning supplies, part of the proceeds help plant

trees in neighborhoods and parks in a partnership with Arbor Day Foundation. So far, more than 200,000 trees have been planted.



### BUY HY-VEE BRAND CEREAL. GIVE A MEAL TO A HUNGRY CHILD.

With the Hy-Vee One Step® program, you can do good simply by purchasing items that are already on your grocery list. For each box of Hy-Vee brand cereal you buy, we donate a meal to a hungry child through Meals from the Heartland, which makes and delivers nutritious meals to children in need throughout the world. Learn more about the Hy-Vee One Step program at [hy-vee.com](http://hy-vee.com).

Hy-Vee

ONE STEP



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Bring home the Flavors of Food Network.

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select varieties  
12 or 13.5 oz. 2/\$5.00

with purchase of 2; save 2¢ per gallon with each item purchased

Johnsonville Family Pack Smoked Links:  
select varieties  
28 oz. \$4.99

Johnsonville Brats, Italian Sausage, All Natural or Grillers:  
select varieties  
14 to 19 oz. \$3.99

Johnsonville Flame Grilled Chicken Breast or Sausage:  
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\*NO PURCHASE NECESSARY. A purchase will not increase your chances of winning. Starts 3/1/18 at 12:00 ET and ends 4/30/18 at 11:59:59 PM ET. Open only to eligible legal residents of the 50 US/DC. 18+ only. Subject to Official Rules. For Official Rules, including how to obtain a code and Instant Win Play without a purchase, visit <http://FlameGrilledWinner.com>. Void where prohibited. Sponsor: Johnsonville, LLC, N6928 Johnsonville Way, Sheboygan Falls, WI 53085.





# SOY

MANY HEALTH-CONSCIOUS FOODS—TOFU, MISO, MEAT AND DAIRY SUBSTITUTES—CONTAIN OR ARE MADE OF SOY. APRIL IS SOYFOODS MONTH. WHAT BETTER TIME TO LEARN MORE ABOUT SOY.



THE PROTEIN YOU EAT SHOULD COME FROM A VARIETY OF FOODS, AND SOYFOODS CAN BE A PART OF THAT. CHECK OUT THE FOLLOWING INFORMATION FROM THE SOYFOODS COUNCIL TO HELP YOU UNDERSTAND THIS VERSATILE FOOD.

**Myth #1: Anybody who has had breast cancer should avoid traditional soyfoods such as tofu and soy milk.**

**Actuality:** Studies show consuming soy after a diagnosis of breast cancer can reduce recurrence and improves survival. The American Cancer Society and the American Institute for Cancer Research have concluded that soyfoods are safe for breast cancer patients. Additionally, the World Cancer Research Fund International has identified a link between soy consumption and improved survival from breast cancer.

**Myth #2: People in Japan and other Asian countries consume only small amounts of soyfoods—using them primarily as condiments.**

**Actuality:** The results from large surveys—often involving tens of thousands of people—indicate that on average, Japanese adults and older adults

in Shanghai consume about 1½ servings of soyfoods per day. But those who consume a bit more are likely to have better health—so shoot for about two servings per day.

**Myth #3: Soyfoods cause mineral deficiencies or imbalances.**

**Actuality:** Human studies show unequivocally that calcium absorption from fortified soy milk and certain types of tofu is as good as calcium absorption from cow's milk. New research indicates iron absorption from soy is much better than once thought. Soybeans, along with legumes and whole grains do contain a naturally-occurring chemical called phytate that inhibits the absorption of minerals. But over time, your body can overcome inhibitory effects of phytate on mineral absorption.

**Myth #4: Soyfoods contain estrogen and men who eat them may experience feminization or even impaired fertility.**

**Actuality:** Human intervention studies show that soyfoods don't lower testosterone levels or adversely affect sperm or semen. Observational studies show soy consumption doesn't impair fertility. Men should consider adding soy to their diet, as it's a great source of high-quality protein that may lower risk of developing prostate cancer. Soyfoods do contain plant estrogens, but these phytoestrogens are different from the hormone estrogen and don't feminize men.

**Myth #5: Soyfoods should be avoided because they are harmful to the thyroid.**

**Actuality:** More than 25 human intervention studies have shown that neither eating soyfoods nor using soybean extracts causes thyroid problems. Individuals who are on thyroid medication shouldn't avoid soyfoods. Concerns about soy causing thyroid problems are based on studies in rodents.

**Myth #6: Soyfoods contain estrogen that causes hormonal disturbances in women.**

**Actuality:** Soyfoods don't contain hormone estrogen, but a type of plant estrogen or phytoestrogen that differs from the hormone estrogen. Soy phytoestrogens don't affect estrogen levels in women or impair fertility or prevent ovulation. On the other hand, soy phytoestrogens have been shown to alleviate hot flashes in menopausal women and may reduce risk of developing breast cancer.



PHOTOS: Tobin Bennett

## Healthful Soy Benefits

- Soybeans provide healthy polyunsaturated fat that lowers blood cholesterol levels and may reduce risk of developing diabetes.
- Several lines of evidence suggest that consuming as little as one serving (e.g., one cup soymilk, or ½ cup tofu) of soy per day during childhood and/or adolescence reduces breast cancer risk later in life by 25 to 50 percent.
- Two servings of soyfoods daily provide enough plant estrogens to reduce hot flash frequency by 60%.



# 31 PERCENT

OF AMERICANS CONSUME SOYFOODS OR DRINKS ONCE A WEEK OR MORE.

— SOYFOODS ASSOCIATION

## EAST VS. WEST

Studies link the consumption of whole or just slightly processed soybean foods by Asian people to greater bone and heart health with lower instances of type 2 diabetes and certain cancers. In the West, however, people tend to bypass whole soy

foods in favor of more highly processed foods—soy burgers and hot dogs, soy ice cream, soy-fortified muffins and cereals and soy-protein powders and bars. Studies show less conclusive evidence of

the same health benefits in the West, and research is lacking and much-needed on the health benefits of whole or less-processed soy edamame, tofu, soynuts, soymilk, and tempeh, notes the U.S. National Institutes of Health.

## TYPES OF SOY

Whole or minimally processed soy tends to retain most of its nutrients: protein, vitamins, fiber, healthy fats and phytonutrients.

### WHOLE

- **Edamame:** soybeans harvested while green, available shelled or in the pod
- **Soynuts:** whole soybeans that are soaked, then roasted

### MINIMALLY PROCESSED

- **Miso:** rich, salty soy paste used in Japanese dishes, especially soup
- **Soymilk:** water is added to soybeans, they're ground and heated, and milk is filtered out
- **Tempeh:** soybeans, sometimes mixed with rice or another grain, are fermented and pressed into a cake
- **Tofu:** soybean curd, available firm or silken (softer, good for pureed or blended recipes)

### PROCESSED

- Soy yogurt
- Soy meat alternatives
- Soy ice cream
- Soy cheese
- Soy protein powders

Healthful, affordable soyfoods such as **tofu, edamame, soymilk and tempeh** add variety and flavor to your diet.

The Soyfoods Council website offers recipes, nutrition information, and details about studies regarding soyfoods and your health. Celebrate with soyfoods on your plate during Soyfoods Month! Visit [www.thsoyfoodscouncil.com](http://www.thsoyfoodscouncil.com).

TOFU HAS A MILD FLAVOR AND EASILY ABSORBS THE FLAVOR OF SEASONINGS AND MARINADES. USE FIRM TOFU FOR THE GRILL AND IN STIR-FRIES.

# Make HEALTHY choices for you and your family.

Angela Tin  
Vice President  
American Lung  
Association of the  
Upper Midwest

Healthy choices don't just happen at the grocery store, but also when you're filling up your vehicle. Learn from American Lung Association's Angela Tin about lung health and environmental benefits of choosing ethanol at the pump.

**Motor vehicles are the #1 cause of air pollution.**

They account for up to 70% of air quality problems.

**The fuel you choose matters.**

Compared to gasoline, American Ethanol reduces greenhouse gas emissions by almost 50%. That's the equivalent to removing more than 9 million cars from the road for a year, which means cleaner air for your family.

**The higher the blend, the greater the benefits.**

If you drive a flex-fuel vehicle, look for the yellow handle and choose E85 (85% ethanol) for even more lung health and environmental benefits.

**Ethanol is good for vehicles.**

It provides higher octane for cleaner engines, better winterizing and increased overall performance. If you drive a 2001 or newer vehicle, pick E15 at the pump for the greatest benefit.



I am proud to grow the corn used to create a homegrown, clean biofuel. I trust my family vehicle with ethanol and feel good about making a choice at the pump that's good for the environment, too. Ethanol is the right choice for my family and yours. — Mark Kenney, Nevada, Iowa



[iowacorn.org/cleanair](http://iowacorn.org/cleanair)



Try this flavorful twist  
on a German classic  
and **SAVE \$1.50**



**German Potato Salad  
with Chopped Ham**

**INGREDIENTS**

- 3 pounds of **Black Gold Farms Red Potatoes**, peeled and cubed
- 1 tablespoon of Neutral Cooking Oil
- 1 package of **Farmland® Sliced Ham**, cut into strips about ½-in. wide
- 1 cup of diced White Onion
- ½ cup of White Vinegar
- ½ cup of White Sugar
- ½ cup of Dijon Mustard
- ¼ cup of minced Chives
- Salt and Pepper, to taste

**DIRECTIONS**

1. In boiling salted water, cook potatoes until just tender.
2. While potatoes are cooking, heat pan over medium heat and add oil. When oil is hot, add sliced ham and cook until lightly browned with crispy, golden edges.
3. When potatoes are done cooking, allow to cool slightly. While still warm, gently mix potatoes in large bowl with all other ingredients. Taste for seasoning.



SLU # 16440

For Recipe Inspiration and more, visit:  
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- ★ **Whole Milk Yogurt with Vitamin D**
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Happy Family Baby Food:  
select varieties 4 or 6 pack  
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price varies by store)

# MIX & MATCHA

SWITCH UP YOUR CAFFEINE KICK WITH MATCHA, A FINELY GROUND GREEN TEA THAT BLENDS A BOOST OF ENERGY WITH A DOSE OF RELAXATION.

## IN BENEFITS

STEEPED IN

Matcha is made from the same leaves as regular green tea and that's where similarities end. Leaves destined to become matcha are ground into powder, resulting in a concentrated tea with slightly higher caffeine. Don't worry about falling victim to caffeine jitters, as matcha contains L-theanine, an amino acid that has been linked to feelings of calmness and mental clarity.

## USE IT

HOW TO

Add matcha to your daily routine by stirring a half teaspoon into water, milk or your favorite smoothie. Sprinkle some green tea goodness into pudding, yogurt, guacamole or baked goods like muffins or pancakes.

## THE POWER OF GREEN

Like other green teas, matcha hosts a formidable abundance of antioxidants that ward off the harmful effects of free radicals—compounds that can damage cells and cause cancer. However, matcha ups the ante with its high level of catechins, a type of antioxidant that boasts antimicrobial properties, which may deter bacterial infections and viruses.

Sources: <http://www.sciencedirect.com/science/article/pii/S0963996909002877>  
<https://www.beaumont.org/health-wellness/blogs/health-benefits-of-matcha-tea>  
<https://health.clevelandclinic.org/2016/07/7-ways-make-amazing-matcha-infographic/>  
<https://www.umm.edu/health/medical/altmed/herb/green-tea>

PHOTO Tobin Bennett





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## NEVER FLY SOLO

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Red Baron Pizza:  
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Instead of dinnertime dilemmas, make  
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# JUST



# ASK

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# SHINGLES

About  
1 in 3  
Americans  
will get  
shingles.  
  
Each year  
there are  
about  
1 million  
cases of  
shingles in  
the U.S.

**A NEW TOOL IS HERE TO PROTECT YOU FROM A PAINFUL INFECTION KNOWN AS SHINGLES—WHICH CAN THREATEN ALL AGES. HERE’S WHAT YOU NEED TO KNOW ABOUT SHINGRIX, A NEWLY DEVELOPED SHINGLES VACCINE.**

**Shingles** causes nerve inflammation and often a blistering skin rash triggered by the same varicella zoster virus that causes chickenpox. **If you’ve had chickenpox in the past, it can return as shingles as you get older.** It’s not life-threatening, but can be very debilitating. About 1 million cases of shingles are diagnosed in the U.S. each year.

**Symptoms** include pain, burning, numbness or tingling of skin and a red rash of fluid-filled blisters. You can also experience headache, fever and sensitivity to light; and rare severe cases can involve eye infection and potential loss of sight.

**If you get shingles**, cover the rash, avoid scratching it, and wash your hands often—the virus can be spread to others when the rash is in the blister stage. **Avoid contact with people who have never had chickenpox, pregnant women and people with weakened immune systems.** Over-the-counter pain meds may help, and wet compresses, calamine lotion, and colloidal oatmeal baths may help relieve some of the itching. Your doctor can advise other treatments that may be needed.

**Get vaccinated.** A new shingles vaccine called Shingrix is making its way to health care providers and pharmacies, including Hy-Vee pharmacies, says Tim Goodhall, Hy-Vee Pharmacy Manager in West Des Moines, Iowa. The Centers for Disease Control and Prevention recommends Shingrix over the Zostavax shots that have been available since 2006. Shingrix reduces shingles risk by more than 90 percent, compared with 50 percent with Zostavax, according to the CDC.

With Shingrix, you’ll get two shots 2 to 6 months apart. **The CDC recommends the shots for healthy adults 50 years and older**, even if you’ve had shingles in the past, have had the Zostavax shot or are not sure if you had chickenpox. Possible side effects are similar to those with flu shots, notes Goodhall. “The most common ones seen with Shingrix are injection-site-related—pain, redness and swelling.” It can also cause a mild immune reaction with symptoms of fatigue, muscle pain, headache, fever and upset stomach, he says.

The two shot regimen typically costs \$280. It’s expected that many insurance providers will cover at least some of the cost, so check with your insurance company or Medicaid insurer about coverage. **Medicare Part D covers the shingles vaccine, but check for any copay or reimbursement setup.**

Sources: <https://www.cdc.gov/vaccines/vpd/shingles/public/shingrix/>  
<https://www.mayoclinic.org/diseases-conditions/shingles/symptoms-causes/syc-20353054>

# RELIEVE

Minor aches and pains

**TopCare®** SEE NEW WARNINGS INFORMATION NDC 36800-604-78  
**TABLETS**  
**Ibuprofen Tablets 200 mg**  
• Pain Reliever / Fever Reducer (NSAID)  
100 COATED TABLETS  
Compare to **Advil®** active ingredient

**TopCare®** SEE NEW WARNINGS INFORMATION NDC 36800-647-78  
**CAPLETS**  
**Ibuprofen Tablets 200 mg**  
• Pain Reliever / Fever Reducer (NSAID)  
100 COATED CAPLETS† (CAPSULE-SHAPED TABLETS)  
Compare to **Advil®** active ingredient

**TopCare®** NDC 36800-368-78  
**All Day Pain Relief**  
NAPROXEN SODIUM TABLETS / 220 mg EACH  
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• Strength to Last 12 Hours  
100 CAPLETS† (Capsule Shaped Tablets)  
Compare to **Aleve®** active ingredient

**TopCare®** NDC 36800-484-78  
**EXTRA STRENGTH**  
**Pain Relief**  
ACETAMINOPHEN 500 mg  
Pain Reliever / Fever Reducer For Adults  
SEE NEW WARNINGS  
100 CAPLETS  
Compare to **Extra Strength Tylenol®** Caplets active ingredient

TopCare All Day Pain Relief: select varieties 100 ct. \$5.99

TopCare Ibuprofen Caplets or Tablets: select varieties 100 ct. \$2.88

TopCare Pain Relief: select varieties 100 ct. \$2.88

**TopCare®** now available at **HyVee®**

These products are not intended to be taken together. Read the product labeling and use only as directed.



# GET THE GOODS

Hy-Vee shelves are stocked with deals. Save money by picking up the items shown here and throughout *Hy-Vee Balance*.

## FRIDGE & FREEZER



Land O' Frost Deli Shaved Lunchmeat or Canadian Bacon: select varieties 6 to 9 oz. 2/\$5.00



Pictsweet Farms Vegetables: select varieties 8 to 14 oz. \$1.68



Old Folks Sausage: select varieties 1 lb. roll \$2.98



Bar-S Corn Dogs: select varieties 2.67 lb. \$5.99



Wimmers Wieners: select varieties 12 or 16 oz. \$3.88



Sargento Natural Sliced Cheese or Balanced Breaks Snacks: select varieties 1.5 to 8 oz. \$2.99



Sargento Natural Shredded Cheese: select varieties 5 to 8 oz. 2/\$5.00



Frigo Cheese: select varieties 10 to 32 oz. \$3.99



Cole's Middles: select varieties 10.8 or 11.6 oz. \$3.49

## PANTRY



InnovAsian Cuisine Entrée: select varieties 16 or 18 oz. \$5.99



Litehouse or OPA Salad Dressing: select varieties 11 or 13 fl. oz. \$2.99



Famous Dave's BBQ Sauce: select varieties 17.5 to 20 oz. \$2.68



Tyrrell's Thick-Cut Potato Chips: select varieties 5.3 oz. \$3.29



Flatout or Foldit: select varieties 8.5 to 14 oz. \$2.98



McCormick Grill Mate: select varieties 2.5 to 3.5 oz. 2/\$4.00

## BEVERAGES

## OTHER



Pompeian Olive Oil: select varieties 32 fl. oz. \$8.99



Old Orchard Juice: select varieties 64 fl. oz. 2/\$4.00



Eucerin Lotion: select varieties 16.9 fl. oz. \$8.99



Amazing Grass Superfoods, Protein Powder or Capsules: select varieties 15 to 200 ct., 7.4 to 12.2 oz. \$18.99

Blue Bunny  
ICE CREAM®

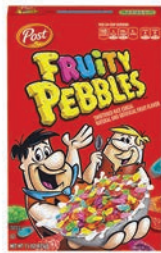
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FLAVORS FOR ALL.



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# The Tasty Way To Take A Break



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Find this  
**Cereal Peanut Butter Bar**  
recipe and other easy-to-make treats at  
[PostConsumerBrands.com/Recipes](http://PostConsumerBrands.com/Recipes)



## PUT GREAT TASTE ON YOUR SHOPPING LIST.

From snacks to entrées, NESTLÉ offers delicious options to keep the whole family happy. Make springtime even tastier with these fun recipes made with NESTLÉ favorites.



### Cookies & Cream Donut Holes | *Serving size: 12, 2 donut holes per serving*

- ¾ cup of all-purpose flour
- 1 teaspoon of baking powder
- 1 large egg
- ¼ cup of ground chocolate sandwich cookies
- ½ cup of COFFEE-MATE® Cookies & Cream Flavor Liquid Coffee Creamer
- 3 tablespoons of unsalted butter, melted

**DIRECTIONS: PREHEAT** oven to 350° F. Grease a 24-cup mini muffin pan. **COMBINE** flour, ground cookies and baking powder in a large bowl; stir well. Whisk Coffee-mate® Cookies & Cream Flavor Liquid, egg and butter in a small bowl. **ADD** to flour mixture. **MIX** until completely combined. **SPOON** batter evenly into prepared muffin cups. **BAKE** for 8 to 10 minutes or until wooden pick inserted in center comes out clean. Let cool in pan. When completely cooled, dust with powdered sugar, if desired.



### NESTLÉ® BUTTERFINGER® Caramel Apples | *Serving size: 6*

- 1 theater pack of NESTLÉ® BUTTERFINGER® Bites, chopped into small pieces
- 1 package of caramels (14 oz.)
- 6 tart apples (washed, dried, stems removed)
- 6 lollipop or wooden craft sticks

**DIRECTIONS: LINE** baking tray with wax paper. Insert sticks stem-end into apples. **MICROWAVE** caramels and 2 tbsp. of water in large bowl on HIGH (2 min.), then **STIR**. Microwave at additional intervals (10-20 sec. each). **STIR** until smooth. **DIP** apples in melted caramel; **SCRAPE** excess caramel from bottoms. **ROLL** bottom half of apples quickly in Butterfinger® pieces, then **SET** them on prepared tray. **REFRIGERATE** (45 min. or until set). Store in refrigerator in airtight container. For best taste, serve the same day.



Good Food, Good Life



Nestlé Morsels: select varieties 10 to 12 oz. \$2.68



Coffee-Mate: select varieties 16 oz. \$2.28



Nestlé Theater Pack Candy: select varieties 3.2 to 5 oz. 4/\$5.00



Lean Cuisine Favorites: select varieties 8.5 to 11.5 oz. 4/\$10.00



DiGiorno or California Pizza Kitchen Small Pizza: select varieties 6.1 to 10.1 oz. \$3.69



Outshine Frozen Bars: select varieties 4 to 12 ct. 2/\$8.00



With purchase of 2, save 1¢ per gallon with each item purchased

To find all of your favorite NESTLÉ products, visit your local Hy-Vee.

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Pepperidge Farm Goldfish or Organic Goldfish: select varieties 8 to 14.5 oz. \$3.29



Pepperidge Farm Tray Packs: select varieties 6.75 to 15.75 oz. \$4.99



Pepperidge Farm Pirouette: select varieties 13.5 oz. \$5.99



Pepperidge Farm Distinct Crackers: select varieties 9.75 to 10.25 oz. 2/\$5.00



Pepperidge Farm Italian Bread: select varieties 20 oz. \$2.48



V8 Splash: select varieties 46 or 64 fl. oz. \$1.99

**Mix** it up with  
**BIG FLAVORS + BIG SMILES**

**NEW!**  
**CHEDDAR + PARMESAN + ZESTY CHEDDAR**

**Bring home all three flavors!**

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## Family Favorites at Your Table



Simply Potatoes Hashbrowns or Cuts: select varieties 20 oz. 2/\$5.00



Simply Potatoes Mashed: select varieties 18 or 24 oz. \$2.98



Crystal Farms Ricotta Cheese: select varieties 15 oz. \$2.97



Crystal Farms String Cheese: select varieties 10 oz. \$3.49



Crystal Farms Deli Slices: select varieties 7 or 8 oz. 2/\$5.00



Crystal Farms American Singles 12 ct., 12 oz. 2/\$5.00



NEW!

*Kellogg's*  
**RICE KRISPIES TREATS**  
CRISPY MARSHALLOW SQUARES

Kellogg's Rice Krispie Treats or Fruit Snacks:  
select varieties  
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**COOKIES  
'N' CREME**

Try two NEW flavors your family will love!

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Cheez-It, Keebler, Fudge Shoppe, Famous Amos or Chips Deluxe Family Packs:  
select varieties  
12 to 21 oz. \$4.99



Pringles Snack Stacks:  
select varieties  
8.04 or 8.89 oz. \$4.99



Kellogg's Rice Krispie Treats or Fruit Snacks Big Packs:  
select varieties  
10.9 to 17.6 oz. 2/\$7.00

NEW



BAKERY  
**PETITES**  
DECADENT SMALL BATCH TREATS



**NO  
ARTIFICIAL  
FLAVORS OR COLORS**

BAKED WITH  
**REAL VANILLA,  
CHOCOLATE, OR COCOA**

**NO  
HIGH-FRUCTOSE  
CORN SYRUP**



WHITE FUDGE VANILLA  
CAKE DELIGHTS™



CHOCOLATE CHUNK  
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PEACHY**



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vanilla deliciousness!

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**Teddy  
SoftBakes**

**Yummy  
Inside and Out.**

MADE WITH QUALITY INGREDIENTS

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Nabisco Teddy Graham,  
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# QUICK FIXES

THINK OUTSIDE  
THE BOX WITH  
SIMPLE SOLUTIONS  
FOR EVERYDAY  
HOUSEHOLD  
PROBLEMS.



## FRESH SQUEEZE

Sometimes the squeeze isn't worth the juice.  
**Get more liquid out of lemons and limes** and  
keep your hands scent free by substituting  
your iron grip for a pair of grill or pasta tongs.

## ALL-NATURAL CLEANING

Combine equal parts  
water and vinegar with  
sliced lemon to create  
your own all-purpose  
cleaner. To reduce  
vinegar smell, let sit for  
2-3 weeks before using.

## ODOR BEWARE!

Eliminate unpleasant  
smells with a home-made  
lemon-based air freshener.  
Combine 3 cups water,  
2 tsp. lemon juice and  
2 tsp. baking soda with  
several drops of your  
favorite essential oil. Limit  
the amount you spray, as  
citric acid from lemons  
can leave marks over time.

## recipe index

APRIL 2018

### MEAL MAKEOVER

Spicy Chicken Sandwich *p. 13*

### NUTRIENT POWER

**V** Asparagus Three-Cheese Tart *p. 22*

### SALAD AS DINNER

**30 GF** Chicken, Berry and Almond Salad *p. 54*

Thai Shrimp Salad *p. 55*

**GF** Radish, Lemon and

Smoked Salmon Salad *p. 56*

Roasted Rainbow Beet Salad *p. 57*

**30** Steak and Blackberry Salad *p. 58*

Bacon Walnut Apple Salad *p. 59*

### FOODS THAT IMPROVE YOUR MOOD

**30 V** Chocolate-Zucchini Muffin Tops *p. 61*

**GF** Salmon, Beet, Citrus & Avocado

Protein Bowl *p. 62*

**V** Buckwheat-Banana Waffles with

Blueberry Chia Syrup *p. 63*

### THE SHAKE DOWN

Protein Shakes *p. 36-37*

**30**  
minutes  
or less

**30 MINUTES  
OR LESS**

**GF**  
option

**GLUTEN FREE**

**V**  
option

**VEGETARIAN  
DISH**

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FAVORITE INGREDIENTS

# 60 SECONDS TO PERFECT PASTA

Made with 3 simple ingredients:

- ✓ Fully cooked pasta
- ✓ Pinch of sea salt
- ✓ Extra virgin olive oil

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NEXT ISSUE

## UP NEXT

Seize summer  
with healthy  
grilled kabobs  
and foods that  
reduce bloating.

Learn stress  
solutions, how to  
handle migraines  
and more in the  
May issue of  
*Hy-Vee Balance!*







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