



Shows so fresh you might want to refrigerate them.

The HSTV streaming network is serving up all-new online video content that will help you learn, laugh and live well. Our shows cover everything from meal prep to mom talk, pet parenting to kitchen hacks, quick workouts and more.

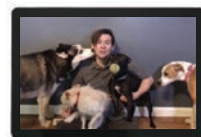
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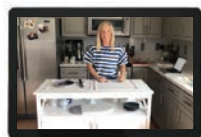
**EZ  
PZ**  
meals



**MOMOSTES**  
ATTRACT



**my  
Pet  
Children**



**I THINK  
I BURNT  
THE WATER**



**THE BEARD  
BEHIND THE  
BAR**



**The  
Braided  
Apron**

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**DO THE  
HOLIDAYS  
BETTER!**

- \* LIGHTER BAKING
- \* GIFTS GALORE!
- \* STRESS RELIEVERS
- \* GIVE BACK

**SHREDDED**  
GET LEAN THIS WINTER  
PAGE 78

**CATCH UP  
WITH THIS  
HOLLYWOOD  
A-LISTER**  
PAGE 28

DECEMBER 2018  
\$4.95  
FREE IN-STORE

# JENNIFER ANISTON

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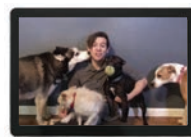
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**EZ  
PZ**  
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**MOMOSITES**  
ATTRACT



**my  
Pet  
Children**



**I THINK  
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THE WATER**



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# THE LINEUP

DECEMBER  
ISSUE 2018



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JENNIFER ANISTON



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LIGHTER  
HOLIDAY  
BAKING



THE BEAUTY BAR

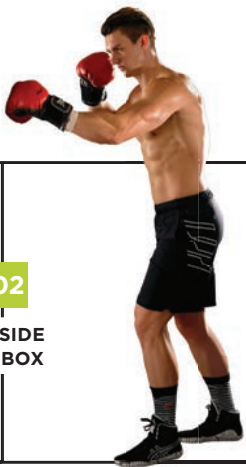
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## HEALTHY HOLIDAYS



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BETTER  
TO  
GIVE



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OUTSIDE  
THE BOX

PHOTO Florian Seefried/Getty Images (Jennifer Aniston)

# DECEMBER ISSUE

**30**  
minutes  
or less

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



## FOOD

### 13 MEAL MAKEOVER

Lighten up dessert with a healthier holiday shake.

### 22 FINDS

Make seasonal entertaining easy with these premade appetizers.

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We're dreaming of a light Christmas.

### 52 OUT TO SEA

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## HEALTH

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### 25 HEALTHY LIVING

Food preparation and storage safety tips for holiday hosts.

### 90 CAUTION: FLU SEASON AHEAD

Stay healthy during cold winter months.

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## LIFESTYLE

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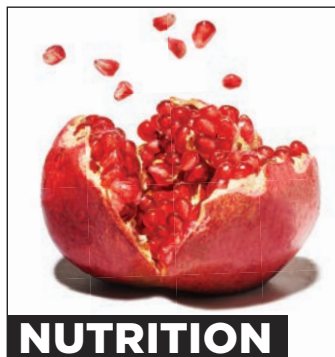
Talking health, career and life balance with Jennifer Aniston.

### 60 GIFT GUIDE

Find gifts for all of your loved ones at Hy-Vee.

### 118 QUICK FIXES

Make holiday tidings and tidying easier than ever.



## NUTRITION

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### 19 NUTRIENT POWER

Learn the nutritional benefits of the superfood pomegranate.

### 48 FOODS THAT BUILD STRONG BONES

No bones about it, these are the best foods for staying strong.

### 72 KETO

Read about the science behind the keto diet.



## FITNESS

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Get fit and firm with a mix of cardio and strength training.

### 82 OUT IN THE COLD

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## WELLNESS

### 64 BETTER TO GIVE

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### 96 SPLASH AWAY HOLIDAY STRESS

Avoid stress during the holiday hustle and bustle.

### 108 WHAT'S TRENDING

Load up on probiotics with cool, creamy kefir.

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for someone special ✨





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## FESTIVE

**DONNA TWEETEN**

EXECUTIVE VICE PRESIDENT,  
CHIEF MARKETING OFFICER,  
CHIEF CUSTOMER OFFICER

The holidays radiate warmth and time together with loved ones. Our December issue of *Balance* has ideas galore on giving back and enjoying a happy, healthy holiday season, plus a glimpse into the life of America's favorite BFF.

Get to know Jennifer Aniston, beyond her beloved role on *Friends* and other popular movies and television shows, and learn how she achieves balance in her life, *page 28*.

Then read about the true meaning of the holidays—honoring traditions, thinking of others and finding time to step back to appreciate this special time of year. In “Better to Give,” learn how the simple act of giving not only shows compassion for others but can provide actual health benefits, *page 64*. Turn to “Splash Away Holiday Stress,” *page 96*, for ways to lessen the pressure of this fun yet very busy season, and on *page 36*, find recipes for a lighter version of classic holiday baked goods.

We'll also cover more ways to infuse practical health into your holiday season: the benefits of exercising outdoors on chilly days, muscle-toning moves and safety tips for cooking and serving holiday foods. Plus, get a festive gift guide—with items found at Hy-Vee—for everyone on your list, *page 60*.

We hope you find ways to celebrate your best holiday ever with those you love, joyous get-togethers, tasty food and good health. Happy holidays!



We asked our editorial contributors:  
**How will you spend the holidays?**

**FITNESS**

**Daira Driftmier,**  
 Certified Personal Trainer,  
 Director of Hy-Vee KidsFit  
 and Hy-Vee Fitness  
 Making memories with  
 family and friends!

**HEALTH**

**Kristin Williams**  
 Hy-Vee Senior Vice President  
 Chief Health Officer  
 Sharing the love of  
 family and friends.

**HEALTH**

**Ellen Davis**  
 Hy-Vee Dietitian, RD, CSSD  
 West Des Moines, Iowa  
 I will spend the holidays  
 relishing the view of the  
 magical season through  
 the eyes of our 8-month-old.

**HEALTH**

**Kate Hemesath, CPT**  
 University of Wisconsin Health  
 and Sports Medicine Clinic  
 Madison, Wisconsin  
 I will be spending the holidays  
 with family and friends,  
 celebrating traditions, giving  
 back to the community and  
 trying not to eat all of the  
 Christmas cookies.

**COMMUNITY**

**Brad Waller**  
 Hy-Vee Assistant Vice President,  
 Community Relations  
 I am just looking forward to  
 spending time with my new  
 fiancé in our new home, and  
 together celebrating Christmas  
 with our family.

**NUTRITION**

**Kaiti George, RD, LMNT**  
 Hy-Vee Dietitian  
 Kearney, Nebraska  
 I have 5-year-old twins, so  
 we will spend the holidays  
 experiencing the magic of the  
 season! Gingerbread house  
 decorating, holiday lights,  
 Hy-Vee Christmas Kids Cooking  
 Classes and giving back to  
 our community.

**WELLNESS**

**Joyce Carnevale, DVM,  
 DABVP (C/F)**  
 Assistant Clinical Professor,  
 Lloyd Veterinary Medical  
 Center, Iowa State University  
 I will spend the holiday with  
 family. In between, I will relish  
 time walking my dogs, binge-  
 watching Netflix with the kitties  
 and appreciating quiet time  
 with my horse.

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# Eat Beautifully

The salad experience you've been waiting for



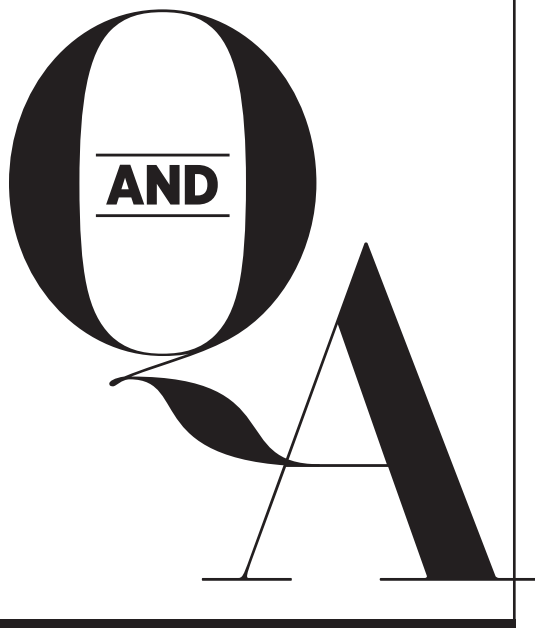
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Julie McMillin, RD, LD  
Assistant Vice President, Retail Dietetics

#### HY-VEE DIETITIANS:

A registered dietitian, Julie McMillin advises on eating the right foods to enjoy a healthy life.



# CLEAN EATING ON A BUDGET

PHOTO Tobin Bennett

Source: [bmjopen.bmj.com/content/3/12/e004277](http://bmjopen.bmj.com/content/3/12/e004277)

## Q: What does “clean eating” mean?

**A:** *It’s a phrase that has caught on the past few years. Simply, it means a diet of healthy basics—fruits, veggies, lean protein and healthy fats—without added sauces, sugars, salt and overprocessing.*

## Q: Is it a more expensive way to eat?

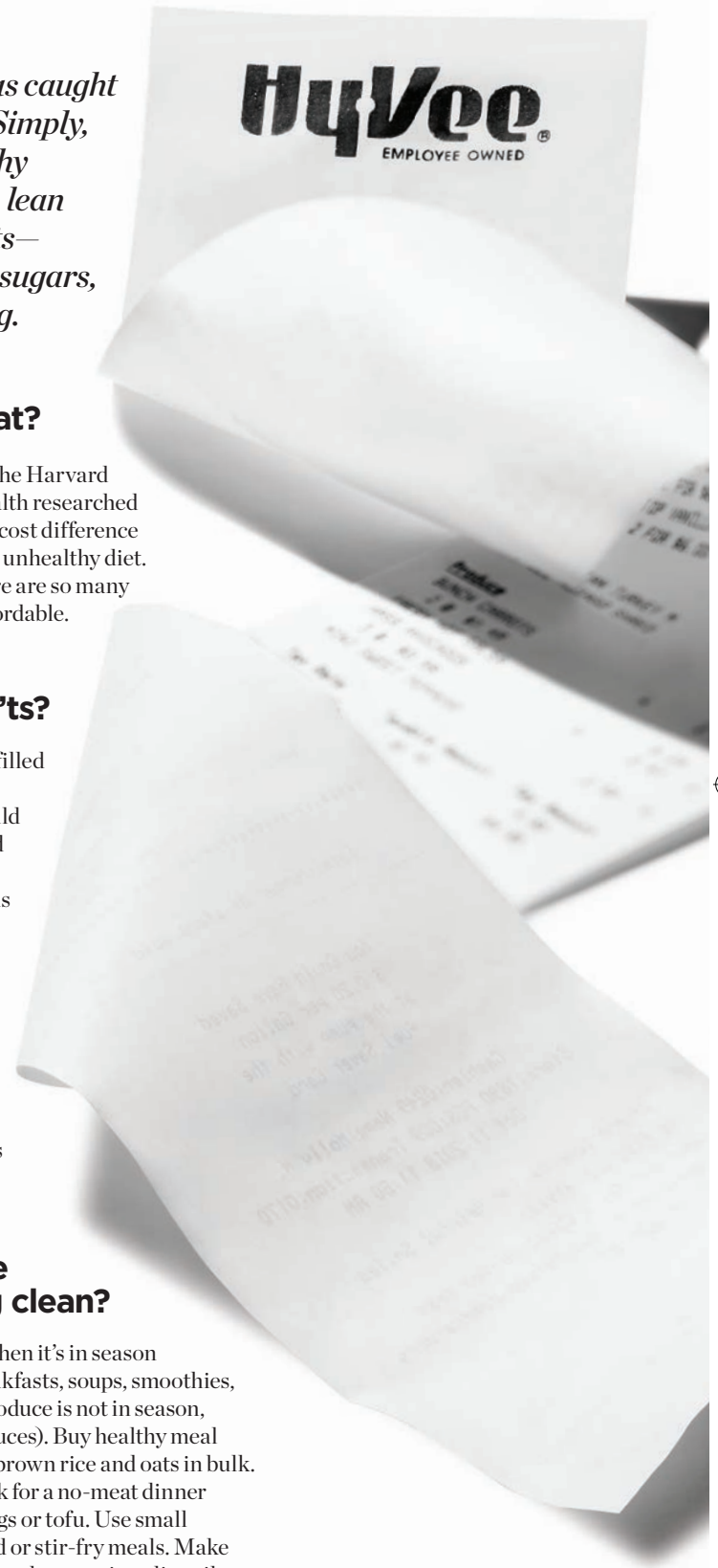
**A:** Not really. A few years ago the Harvard T. H. Chan School of Public Health researched and came up with \$1.50 per day cost difference between eating a healthy and an unhealthy diet. That’s less than a latte! And there are so many ways to make healthy eating affordable.

## Q: What are clean-eating dos and don’ts?

**A:** Do eat fresh produce that’s filled with natural nutrients and fiber whenever possible. Protein should be lean: chicken breasts, seafood or grass-fed beef are good choices, as well as eggs and beans (garbanzo, kidney, pinto). Nuts and olive oil are also part of a clean-eating plan. Base your diet on whole foods and avoid processed and refined foods. Use natural sweeteners, such as honey or real maple sugar, instead of artificial ones. Many people also focus on foods that are organic, antibiotic-free and preservative-free.

## Q: How can we save money while eating clean?

**A:** Load up on fresh produce when it’s in season and include it generously in breakfasts, soups, smoothies, side dishes and salads. When produce is not in season, buy frozen varieties (without sauces). Buy healthy meal stretchers, such as dried beans, brown rice and oats in bulk. Designate at least one day a week for a no-meat dinner in which the protein is beans, eggs or tofu. Use small amounts of meat to amp up salad or stir-fry meals. Make sauces, marinades and dressings at home using olive oil, citrus and vinegar instead of buying bottled versions that likely contain sugar, sodium and preservatives.



## 10

CHEAP & HEALTHY  
GROCERY STAPLES**EGGS**

Hard-boil them and slice for salad toppers, or make veggie-filled omelets with them.

**NUTS**

Add to trail mix, toast for salad toppers or just eat them plain for a healthy snack.

**BEANS**

Kidney, garbanzo, pinto and navy beans provide

protein and fiber for soups and stews. Cooked, mashed beans also can be used in veggie burgers.

**OATS**

Oatmeal is an easy, economical breakfast. Beyond oatmeal, use oats for granola and bars, and add to pancake batter and to breads and other baked foods.

**WHOLE GRAIN BREAD**

Beyond sandwiches, make bread crumbs and blend with dried herbs and spices for breading chicken or fish before baking. Also use to stuff mushrooms or artichokes.

**BANANAS**

Probably the most economical item in your food cart, bananas provide potassium for smoothies, cereals and baked goods.

**FROZEN BERRIES OR OTHER FRUITS**

When fresh isn't in season, buy frozen for its antioxidant benefits. Mix thawed fruit in yogurt and smoothies.

**OLIVE OIL**

Use this good fat for sautéing meats or veggie burgers, in marinara sauce and for making salad dressings.

**CARROTS**

Shred for salads, chop for stir-fries and slice for dipping into hummus.

**BRUSSELS SPROUTS**

Shave for salads, slice and sauté as a side dish or cut up and toss into a stir-fry.

WHAT'S IN  
SEASON WHEN?

**SPRING** ASPARAGUS, AVOCADOS, BROCCOLI, LETTUCE, SPINACH

**SUMMER** BELL PEPPERS, BERRIES, GREEN BEANS, PEACHES, PLUMS, TOMATOES, WATERMELON

**FALL** APPLES, BRUSSELS SPROUTS, GRAPES, PEARS

**WINTER** GRAPEFRUIT, LEMONS, ORANGES, WINTER SQUASH

PHOTO Tobin Bennett

Source: [snaped.fns.usda.gov/seasonal-produce-guide](http://snaped.fns.usda.gov/seasonal-produce-guide)

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# UN-BEET-ABLE PEPPERMINT- CHOCOLATE CHIP MILKSHAKE

Prep 10 minutes  
Serves 1 (12 oz.)

- 1 oz. white chocolate baking bar, for garnish
- 2 large candy canes, divided, for garnish
- 1 small precooked and peeled beet (1 oz.) or 2 Tbsp. organic beet juice
- ¼ cup Hy-Vee original unsweetened almond milk
- 1 (1-pt.) container Halo Top vanilla bean ice cream, softened
- 8 peppermint candies, finely crushed
- 2 Tbsp. Hy-Vee semisweet mini chocolate chips
- 2 Tbsp. Hy-Vee aerosol whipped topping

1. MELT white chocolate baking bar according to package directions. Paint white chocolate stripes on inside of a 12-oz. glass. Finely crush 1 candy cane. Coat rim of glass with white chocolate and roll in crushed candy to coat. Set aside.

2. PLACE beet and almond milk in a blender or food processor. Cover and blend until smooth. Add ice cream and crushed peppermint candies. Blend until well combined. Transfer to a medium bowl. Fold

chocolate chips into mixture and spoon into prepared glass. Top with whipped topping. Garnish with remaining candy cane, if desired.

Per serving: 590 calories, 8 g fat, 8 g saturated fat, 0 g trans fat, 190 mg cholesterol, 90 mg sodium, 116 g carbohydrates, 2 g fiber, 67 g sugar (39 g added sugar), 22 g protein. Daily values: Vitamin D 6%, Calcium 40%, Iron 10%, Potassium 4%

#### SHAKE THINGS UP

Toss in a beet for a healthy hidden ingredient that adds color, magnesium and fiber.

660 cal  
23 g fat  
12 g protein  
400 mg sodium



590  
calories

8g  
fat

22g  
protein

90mg  
sodium

30  
minutes  
or less



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**ANGIE NELSON**  
Group Vice President,  
Retail Pharmacy

**Q. What causes an upset stomach?**

**A. An upset stomach could be due to a virus or bacteria, or it could be due to an irritation or inflammation of the stomach lining. Often it is a case of indigestion, which can be caused by overeating or gulping air with food or drink.**

**Q. What are the symptoms?**

**A.** A few common symptoms of an upset stomach are abdominal pain or cramping, heartburn, vomiting, diarrhea, gas or bloating.

**Q. What is the best treatment for an upset stomach?**

**A.** Many times an upset stomach will resolve on its own over a day or two. A lot of people benefit from symptomatic treatment. Some over-the-counter medications help with some of the discomfort—gas, bloating or diarrhea. Many times limiting your diet to bland foods or clear liquids is a beneficial approach.

**Q. When should someone with an upset stomach contact a doctor?**

**A.** Dark tarlike stools; blood in vomit; high or persistent fever; dehydration (no tears when crying, no longer urinating) or severe cramping or abdominal pain all necessitate contacting your medical provider right away. Also see a doctor if indigestion lasts longer than two weeks.

**INDIGESTION,  
A COMMON FORM OF  
UPSET STOMACH,  
AFFECTS ABOUT  
1 IN 4 PEOPLE IN THE  
UNITED STATES  
EACH YEAR.**

—NATIONAL INSTITUTE OF DIABETES AND DIGESTIVE AND KIDNEY DISEASES

PHOTO Tobin Bennett



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# HOMESTRETCHES

BEFORE FLEXING YOUR MUSCLES AT THE GYM, IMPROVE FLEXIBILITY AT HOME WITH THESE FIVE STRETCHES TO SOOTHE TENSION AND SORENESS WHILE REDUCING INJURY RISK.

## 1 90-90 HIP STRETCH GLUTES

Sit on the floor with left leg in a 90-degree angle directly in front of you and knee flat on the floor. Place right leg in 90-degree angle behind you, also with knee on the floor. Keeping shoulders square and chest up, slowly bend chest toward left knee until you feel a stretch. Hold for 30 seconds. Alternate.



## 2 CROSSED LEG FORWARD BEND GLUTES, HAMSTRINGS, LOWER BACK

Sit with legs crossed, maintaining an upright posture, with palms on the floor in front of your legs. Slowly walk hands forward and lower your head and neck. Hold for 30 seconds.



## 3 KNEELING QUAD STRETCH QUADRICEPS

Begin in a lunge position, with left foot forward and right knee on the floor. With your right hand, grab your right foot and slowly pull it up. Hold for 30 seconds. Alternate.



## 4 TWISTING GLUTE STRETCH GLUTES

Sit with legs straight out in front of you. Bend your right knee and cross it over your left knee. Wrap left arm around the right knee and gently pull it toward your chest. Hold for 30 seconds. Alternate.



## 5 REVOLVED TRIANGLE POSE HAMSTRINGS, GLUTES

Stand with feet 3-4 feet apart. Turn right foot 90 degrees to the outside; pivot left foot toward right heel. Raise arms to shoulder-height, parallel to the floor. Twist your torso to the right and slide left hand down right shin (slide it farther down if possible). Hold for 30 seconds.



Improve mobility with these **Stretches** at [HSTV.com](http://HSTV.com)

Source: [www.acefitness.org/education-and-resources/lifestyle/blog/6646/flexibility-benefits](http://www.acefitness.org/education-and-resources/lifestyle/blog/6646/flexibility-benefits)

HyVee BALANCE | [hy-vee.com](http://hy-vee.com)

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# POMEGRANATE

**Pomegranate** seeds (arils) are the edible portion of the ruby-color pomegranate fruit, often considered a **superfood** because of its many health benefits. This fruit is full of **antioxidants, vitamins, potassium, folic acid and iron.**

72  
CALORIES

18%  
VITAMIN K

8%  
FOLATE

15%  
VITAMIN C

14%  
DIETARY  
FIBER

6%  
POTASSIUM



Learn How  
to Seed a  
Pomegranate  
at [HSTV.com](http://HSTV.com)



## FRESH PICKS

### BUY

A ripe pomegranate should feel heavy for its size and be dark or bright red. Shiny skin indicates freshness. The darker the color, the sweeter the fruit.

### STORE

Store whole fruit at room temperature about two weeks or in the refrigerator for up to two months. When stored in a refrigerated drawer with high humidity, pomegranates can last up to seven months. Fresh seeds or juice will keep in the refrigerator for up to five days.

### PREP

Collect seeds by cutting the fruit in half and holding the halves, cut sides down, over a bowl. Whack the shell with a heavy spoon to make the seeds fall out.

Serving: ½ cup seeds  
Percentages represent  
daily values.

Sources: [nutritiondata.self.com/facts/fruits-and-fruit-juices/2038/2](http://nutritiondata.self.com/facts/fruits-and-fruit-juices/2038/2)  
[fsi.colostate.edu/pomegranates/](http://fsi.colostate.edu/pomegranates/)

# POMEGRANATE SPICED HOT CHOCOLATE

Prep 15 minutes  
Serves 1 (12 oz.)

$\frac{3}{4}$  cup pomegranate juice  
 $\frac{1}{2}$  cup Hy-Vee semisweet chocolate chips  
 $\frac{1}{4}$  tsp. Hy-Vee ground cinnamon  
 $\frac{1}{4}$  tsp Hy-Vee ground nutmeg  
Dash Hy-Vee salt

2 oz. chocolate liqueur, optional  
2 Tbsp. Hy-Vee frozen whipped topping,  
thawed; for serving

Pomegranate seeds, for garnish  
1 piece Pomegranate Chocolate Bark,  
*recipe below*; for garnish

**1. PLACE** pomegranate juice in a microwave-safe measuring cup. Microwave on HIGH for 2 minutes or until boiling.

**2. COMBINE** chocolate chips, cinnamon, nutmeg and salt in a medium bowl. Add hot pomegranate juice and whisk mixture until chocolate is melted. Slowly whisk in liqueur, if desired. Pour into a 12-oz. mug. Serve topped with whipped topping and pomegranate seeds, and add a piece of Pomegranate Chocolate Bark, if desired.

**Pomegranate Chocolate Bark:** Line a baking sheet with parchment paper; set aside. Place 1 (10-oz.) pkg. dark chocolate melting wafers in a microwave-safe bowl. Microwave on HIGH at 30-second increments until melted, stirring after each increment. Spread melted chocolate onto prepared baking sheet. Sprinkle with  $\frac{3}{4}$  cup pomegranate seeds. Chill in the refrigerator for 30 minutes or until set. Break into pieces. Serves 8.

**Per serving:** 510 calories, 25 g fat, 15 g saturated fat, 0 g trans fat, 0 mg cholesterol, 30 mg sodium, 81 g carbohydrates, 5 g fiber, 71 g sugar (45 g added sugar), 4 g protein. **Daily values:** Vitamin D 0%, Calcium 4%, Iron 15%, Potassium 6%

Use both juice and seeds in this tart-sweet winter warmer that contains a healthy dose of vitamin C and antioxidants.

PHOTO Greg Scheidemann



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# HOLIDAYS 'APPETIZERS

NO TIME TO MAKE AN APPETIZER? NO BIGGIE. SHOP HY-VEE'S GRAB & GO SELECTION OR ORDER PREMADE OPTIONS FROM HY-VEE CATERING A FEW DAYS IN ADVANCE.



**1** SHRIMP TRAY

**2** FRUIT AND DIP TRAY

**3** BRUSCHETTA APPETIZER

**4** CAPRESE TRAY

**5** SIGNATURE PREMIER VEGETABLE PLATTER

**6** CHICKEN SATAY APPETIZER

**7** CALABRESE, SPECK PROSCIUTTO & FINOCCHIONA CHARCUTERIE BOARD

**8** SIGNATURE CLASSIC HOSTESS TRAY

**9** SIGNATURE O-LIVE IT UP PLATTER

**10** ANTIPASTO SKEWER APPETIZER

**11** TRIPLE CRÈME BRIE, MONTAMORE & REYPENAER CHEESE BOARD

Serving Suggestion

*DiLusso*  
DELI COMPANY

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EVERY BITE.

## DELI PLATTERS

Let your family and friends catch up around delicious deli platters while they share stories and snack on their favorite bites. Whether it's over a holiday weekend or during a football game, keep them full with Di Lusso Deli Company meats and cheeses.

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Di Lusso Premium Thin  
Sliced Honey Maple Ham:  
\$6.99 lb.

Di Lusso Premium Thin  
Sliced Pastrami:  
\$9.99 lb.



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**Smithfield®**

Flavor is in the dishes you serve. And the moments  
you make. Cheers to a life lived flavorfully.

For recipes and holiday tips, visit [smithfield.com](http://smithfield.com)



**KRISTIN WILLIAMS**  
Hy-Vee Senior Vice President  
Chief Health Officer

**Food, glorious food! That's one way to describe the holidays. Parties, buffets, Christmas cookies, the traditional meal and its delicious leftovers bring family and friends to your table. To ensure foodborne illness doesn't crash your get-togethers, follow safety measures for preparing, serving and storing food.**

**STAY IN THE ZONE** Bacteria grow rapidly at temperatures between 40°F and 140°F. Make sure food on buffets and in lingered-over meals is not left out too long. Keep hot foods hot, cold foods cold. Use chafing dishes, slow cookers and warming trays to keep cooked foods at 140°F or higher on the buffet table. Nest serving dishes in ice-filled bowls to keep cold foods cold (40°F or colder), and use small serving trays and replace them often. Refrigerate sweets containing dairy products—cream pies, cheesecakes, eggnog, desserts with whipped cream or cream-cheese frostings—until right before they're served.

**WASH AND WASH AGAIN**

Thoroughly wash your hands before and after handling food and especially well after handling raw meat. Wash utensils, cutting boards and countertops with hot soapy water after cutting raw meats. Use a diluted bleach solution to sanitize cutting boards. Serve cooked food on clean plates, never those that held raw meat or poultry, and keep raw meats and poultry separated from other foods. Don't add the same marinade used for raw meats to cooked foods unless it has been boiled first.

**COOK TO PROPER TEMPS** Use an instant-read meat thermometer to make sure meats are cooked to temperatures that kill pathogens. Cook beef, pork and lamb steaks, chops and roasts to at least 145°F. Cook poultry to at least 165°F and ground beef, pork and lamb to 160°F.

**PROMPTLY MOVE LEFTOVERS TO THE FRIDGE**

Place cooked leftovers in the fridge or freezer within two hours after eating. When refrigerating, use shallow containers so food cools quickly. When reheating in the microwave, make sure the food is hot and bubbly before serving.



**KEEP HOLIDAY  
FOODS SAFE  
FOR FAMILY  
AND GUESTS.**

# Stock up and save



Chobani Yogurt:  
select varieties  
32 fl. oz. or 4 pk. \$3.47

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# DECEMBER

ISSUE **VOL. 2**

JENNIFER ANISTON

LIGHTER HOLIDAY BAKING

FOODS THAT BUILD  
STRONG BONES

OUT TO SEA

GIFT GUIDE

BETTER TO GIVE

THE BEAUTY BAR

KETO

THE TOTAL TONE UP

OUT IN THE COLD

CREATURE COMFORTS

CAUTION:  
FLU SEASON AHEAD

SPLASH AWAY  
HOLIDAY STRESS

OUTSIDE THE BOX

PHOTO Kirk McKoy/Contour by Getty Images



JENNIFER ANISTON

# STAR

## POWER

As comfortable on camera as she is with her cherished friends, Jennifer Aniston has endeared herself to the world through television and film. Go behind the scenes with one of Hollywood's brightest stars.

PHOTO Yu Tsai/Contour by Getty Images



## CLOSE-UP!

THE ONE ABOUT JEN

Before Jennifer Aniston became everyone's favorite BFF on the '90s mega-hit *Friends* and joined Hollywood's A-list, she learned a key to success—perseverance.

Born in California and raised in New York City, she was surrounded by the entertainment industry. Her father, John Aniston, is a successful daytime drama star and her mother, Nancy, was both an actress and model. Although her father dissuaded Aniston from acting—and even from watching television as a child—it was in her DNA.

She attended the Fiorello H. LaGuardia High School of Music & Art and Performing Arts—known for producing well-known performers such as Al Pacino, Adrien Brody and Sarah Paulson—where she was active in drama club. At the beginning of her career, Aniston worked several part-time jobs—as a telemarketer, waitress and bike messenger—to make ends meet while performing roles in Off-Broadway productions.

In 1989, she moved to Los Angeles and over time was cast in a few short-lived television series and low-budget films. Roles came and went and the odds of making a successful career out of acting seemed slim. At the time, NBC was looking for its next hit show and Aniston was called to audition for a sitcom role—one about a small group of friends living in New York City.

"I was making dinner with some friends at my house in

Laurel Canyon when I got the call that I got *Friends*. I was so excited, because I'd just auditioned earlier that day. That was a really special day in the early years," Aniston says.

Her 10-year portrayal of Rachel Green on *Friends*—which ended in 2004—garnered her an Emmy, Golden Globe and a Screen Actors Guild Award. Since then, Aniston has consistently appeared in popular television shows and films including *Bruce Almighty*, *Along Came Polly*, *The Break-Up*, *Marley & Me*, *Horrible Bosses*, *Cougar Town* and *30 Rock*.

Next up, Aniston will star with Adam Sandler in an upcoming Netflix comedy, *Murder Mystery*; then the film *Dumplin'*, a dramedy she helped produce. She also has two streaming projects in the works—a Netflix feature, *First Ladies*, in which she plays the first female president and an untitled program with Reese Witherspoon for Apple, which will begin releasing its own original streaming content in 2019.

As an accomplished actress, film producer and businessperson, Aniston remains down-to-earth. This trait she attributes to friends, work and continued introspection.

"I spend as much time as I can connecting with my friends, whom I've known for more than half of my life," Aniston says. "That keeps me grounded and connected. I work very hard at having a healthy mind-set, knowing what's important and what isn't."

Maintaining balance between work and personal life is key, though it can be a challenge in the entertainment industry, says Aniston. She relies on regular exercise, yoga and meditation to achieve balance and advises others to do the same.

## UNPLUGGED COMMUNICATION

In an era in which social media rules, Aniston puts limits on her usage and prefers in-person communication.

"I don't have Twitter, Facebook or Instagram accounts," she said in an interview for the September 2018 issue of *InStyle*. "I will totally admit that I can dip into Instagram and sort of be a secret voyeur." It doesn't compare with direct face-to-face communication, though, she says. "It feels like we are losing connection."

I think we're losing conversation."



PHOTOS Florian Seefried/Getty Images (this page); Frazer Harrison/Getty Images (opposite, John Aniston); Christopher Polk/Getty Images (award); GreenPimp/Getty Images (star)

IN 2012, JENNIFER ANISTON WAS HONORED WITH A STAR ON THE HOLLYWOOD WALK OF FAME IN LOS ANGELES, CALIFORNIA.



## JEN FACTS

1

More than 52 million viewers tuned in to the series finale of *Friends*, the fourth most watched finale in U.S. history.

2

Aniston's work takes her on travels worldwide, yet she has a fear of flying.

3

ANISTON HAS TWO HALF-BROTHERS, JOHN MELIC AND ALEX ANISTON. HER GODFATHER WAS ACTOR TELLY SAVALAS.

4

Producers of *Friends* first considered her for the role of Monica Geller, which went to Courteney Cox.

5

A young Jennifer played the role of Jeannie Bueller in a short-lived TV version of *Ferris Bueller's Day Off*.

## AWARD WINNING

Aniston's portrayal of the naive, fashion-obsessed yet endearing Rachel Green earned her a Primetime Emmy, Golden Globe, Screen Actors Guild, plus she's received seven People's Choice Awards, while turning her into one of the most popular actresses in the world. Aniston gravitates toward comedies, but has also been recognized for dramatic roles. In 2014, she was nominated for a Golden Globe for her role in the drama *Cake*, in which she portrayed a grieving mother.



## Family BUSINESS

Growing up, Aniston was surrounded by the entertainment industry—both parents acted. Her father, John, has appeared in daytime dramas since 1969 and for the past 30 years has portrayed crime lord Victor Kiriakis on *Days of Our Lives*, for which he received a Daytime Emmy in 2017.



PHOTO Yu Tsai/Contour by Getty Images

**Q. Were you always attracted to acting?**

**A.** Yes, I was. My father's an actor. I was raised around the entertainment industry.

**Q. Was there a moment when you realized you've "made it"?**

**A.** There was never a moment. I've never had that shouting, "I've made it." But the first time I was nominated for an Emmy [for *Friends*] stands out.

**Q. What are differences between filming a TV show and a movie?**

**A.** The difference with multi-camera TV is that you have a live audience, while in movies you don't. But now much of TV is also single-camera, and they are very much the same.

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

**A.** I exercise at the most five times a week, at the least three times.

**Q. WHAT'S YOUR FAVORITE MEMORY FROM WHEN YOU WERE STARTING OUT?**

**A.** I WAS MAKING DINNER WITH SOME FRIENDS AT MY HOUSE IN LAUREL CANYON WHEN I GOT THE CALL THAT I GOT THE *FRIENDS* PART, AND I WAS SO EXCITED BECAUSE I HAD JUST AUDITIONED EARLIER THAT DAY. THAT WAS A REALLY SPECIAL DAY IN THE EARLY YEARS.

**Q. If you weren't an actress, what would you be?**

**A.** An interior designer.

**Q. What is something people would be surprised to know about you?**

**A.** Although my character Rachel in *Friends* had a big sweet tooth, I don't really like sweets.

**Q. How do you start your day? Do you have a routine?**

**A.** Walk my dogs. Feed my dogs. And meditate.

**Q. You have been a longtime partner of the smartwater brand. Why is this a good fit for you?**

**A.** This is a product I believe in. I love the taste of smartwater. It's delicious and it keeps me hydrated, which is so important in maintaining a healthy and balanced life.

**Q. What's your favorite way to stay in shape?**

**A.** Boxing.

**Q. How do you wind down?**

**A.** I like to wind down by catching up on the day's news—which sometimes gets me wound up!

**Q. What is your favorite movie?**

**A.** *Terms of Endearment*. Because it's perfect.

**Q. Who inspires you most in your life?**

**A.** MY FRIENDS.

**Q. What's your favorite project you've worked on?**

**A.** *Friends*.

**"PUTTING A PRIORITY ON HEALTH AND FITNESS IS HARD. YOU HAVE TO SCHEDULE IT."**

# SIP SMART. ON-THE-GO HYDRATION IS INSPIRED BY RAIN AND CLOUDS.

## AS RAIN FALLS

Inspired by the clouds, smartwater is a vapor-distilled water with electrolytes added for taste. Clouds get a bad rap, but they are unsung heroes, because they contain nature's purest source of water.

That's why smartwater's vapor distillation is a purification process that simulates the hydrologic cycle—the way water is purified in nature. Each sip of smartwater is purity you can taste, hydration you can feel.

Available in still or sparkling and in a variety of sizes, smartwater is bottled in a BPA-free, 100-percent-recyclable bottle made of up to 30 percent plant-based plastic. Plantbottle™ packaging is the first PET plastic bottle made partially from plants that is also completely recyclable.



## 8 REASONS TO DRINK WATER

- 1. Move easier.** Water lubricates joints to make you more limber.
- 2. Feel better.** Staying hydrated balances blood sugar levels and relieves headaches.
- 3. Stay alert.** Dehydration can lead to irritability and grogginess. Drinking water energizes.
- 4. Lose weight.** A study from the *Journal of Human Nutrition and Dietetics* says increasing water consumption by one to three cups a day can decrease calorie intake by up to 205 calories a day.
- 5. Improve nutrition.** The same study showed that participants who drank the most water also cut down their intake of sweetened beverages, saturated fat, sugar, salt and cholesterol.
- 6. Strengthen teeth.** Drinking water washes away food residue in the mouth that can cause cavities and bad breath.
- 7. Get great skin.** Flushing toxins cleans and refreshes your skin. Hydration moisturizes dry, dull skin and gives you a healthy glow.
- 8. Think harder.** Water expands blood vessels to move oxygen to the brain.



## PURE HYDRATION

Refreshing smartwater beverages are a natural for Jennifer Aniston, who goes for a less-is-more approach with her beauty.

Aniston has said she drinks three to four 23-ounce bottles of smartwater a day, in addition to warm water with lemon

every morning.

“The spirit of smartwater stems from a truth that many people would understand,” Aniston says. “The makers of smartwater challenged the status quo, to create a great-tasting product. I try to do that in my daily life, to maintain a happy balance.”

Sources: [onlinelibrary.wiley.com/doi/abs/10.1111/jhn.12368](https://onlinelibrary.wiley.com/doi/abs/10.1111/jhn.12368)  
[www.branfordhall.edu/the-benefits-of-drinking-more-water/](http://www.branfordhall.edu/the-benefits-of-drinking-more-water/)  
[dentistry.uic.edu/patients/drink-more-water](https://dentistry.uic.edu/patients/drink-more-water)



# running mate.

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ENJOY HOLIDAY TREATS  
WITHOUT GUILT. FOLLOW OUR  
SIMPLE TRICKS TO SCALE  
BACK ON SUGAR, FAT AND  
CARBS **FOR COOKIES,  
BREADS AND BARS.**  
IF YOU'RE GLUTEN-  
FREE, WE'VE GOT  
THAT COVERED TOO.

*lighter* **HOLIDAY**  
**BAKING**

**Prep** 25 minutes plus refrigerating time  
**Bake** 10 to 12 minute per batch  
**Makes** 36 cookies

**½ cup Hy-Vee shortening**  
**½ cup Hy-Vee unsalted butter**  
**1 cup packed Hy-Vee brown sugar**  
**½ tsp. Hy-Vee baking soda**  
**¼ tsp. Hy-Vee salt**  
**1 Hy-Vee large egg**  
**1 tsp. Hy-Vee vanilla extract**  
**2½ cups all-purpose gluten-free flour**  
**¾ cup finely chopped Hy-Vee sliced almonds**  
**½ cup chopped Hy-Vee dried cherries**

**1. BEAT** shortening and butter in a large mixing bowl with an electric mixer on medium until fluffy. Add brown sugar, baking soda and salt; beat on medium for 2 minutes, scraping sides of bowl occasionally. Beat in egg and vanilla until combined. Stir in flour, almonds and dried cherries. Divide dough in half.

**2. SHAPE** each dough portion into a 10-in. log on waxed paper. Lift and smooth the waxed paper to shape the logs. Wrap each log in plastic wrap. Refrigerate about 4 hours or until firm enough to slice.

**3. PREHEAT** oven to 350°F. Cut logs into ¼-in. slices. Place slices 1 in. apart on an ungreased cookie sheet. Bake for 10 to 12 minutes or until edges are firm. Cool cookies on a wire rack.

#### **CHOCOLATE-APRICOT PISTACHIO**

**COOKIES:** Prepare recipe as directed. Substitute 2 cups gluten-free all-purpose flour and ½ cup Hy-Vee baking cocoa for the 2½ cups gluten-free flour. Substitute ¾ cup chopped Hy-Vee dried apricots and ½ cup chopped semisweet chocolate for the almonds and dried cherries. Roll logs in ¾ cup finely chopped pistachios before chilling. Proceed with recipe as directed.

#### **SPICED CRANBERRY PINWHEELS:**

Prepare recipe as directed. Add ¼ tsp. ground cardamom to the dough. Roll each dough portion between sheets of waxed paper into a 10-in. square. Place 1 cup Hy-Vee dried cranberries, 1 cup Hy-Vee walnuts and ¼ cup Hy-Vee granulated sugar in a food processor. Cover and process until cranberries and nuts are finely chopped. Spread half of filling over each dough square to within ½ in. of edges; roll dough into logs, pinching to seal. Chill, and proceed with recipe as directed.

**Per cookie:** 120 calories, 7 g fat, 2.5 g saturated fat, 0 g trans fat, 10 mg cholesterol, 40 mg sodium, 14 g carbohydrates, 0 g fiber, 8 g sugar (7 g added sugar), 1 g protein. Daily values: Vitamin D 0%, Calcium 2%, Iron 0%, Potassium 0%

# icebox cookies

## almond cherry







# cranberry-orange pistachio BREAD

**Prep** 15 minutes  
**Bake** 50 to 55 minutes  
**Cool** 10 minutes  
**Stand** overnight  
**Serves** 14

- Hy-Vee nonstick cooking spray
- ¾ cup unsalted pistachios, chopped
- ¾ cup Hy-Vee dried cranberries
- 1½ cups Hy-Vee all-purpose flour
- ½ cup Hy-Vee whole wheat flour
- ¾ cup packed Hy-Vee brown sugar
- 1 tsp. Hy-Vee baking powder
- ½ tsp. Hy-Vee baking soda
- ½ tsp. Hy-Vee salt
- 1 Hy-Vee large egg
- 1¼ cups buttermilk
- ¼ cup Hy-Vee canola oil
- 1½ tsp. orange zest
- ¼ cup fresh orange juice
- 1 cup Hy-Vee powdered sugar
- 1 to 2 Tbsp. water

**1. PREHEAT** oven to 350°F. Spray the bottom and sides of a

9×5×3-in. loaf pan with nonstick spray; set aside. Combine pistachios and cranberries in a small bowl; set aside.

**2. COMBINE** the flours, brown sugar, baking powder, baking soda and salt. Make a well in the center of the flour mixture; set aside. Whisk together egg, buttermilk, oil and orange zest and juice in a medium bowl. Add buttermilk mixture all at once to the flour mixture. Stir just until moistened. Stir in 1 cup of the pistachio-cranberry mixture. Pour batter into prepared pan. Sprinkle remaining pistachio-cranberry mixture on top and lightly press into batter.

**3. BAKE** 50 to 55 minutes or until a wooden toothpick inserted near the center comes out clean. Cool in pan on a wire rack for 10 minutes. Remove from pan. Cool completely on wire rack. For icing, combine powdered sugar and enough water until it reaches drizzling consistency. Drizzle icing over bread. Cool until icing is dry. Wrap and store bread overnight before slicing.

**Per serving:** 260 calories, 8 g fat, 1 g saturated fat, 0 g trans fat, 15 mg cholesterol, 150 mg sodium, 43 g carbohydrates, 2 g fiber, 27 g sugar (23 g added sugar), 5 g protein. **Daily values:** Vitamin D 0%, Calcium 4%, Iron 6%, Potassium 4%



## begin WITH THE basics

**Substitutes that make baked goods better for you.**

**Fats:** Replace a portion of the butter in cookie recipes with reduced-fat cream cheese. Or substitute Greek yogurt for sour cream in cheesecake bars. Use heart-healthy canola oil or pureed fruit in quick bread recipes.

**Flour:** Substitute whole wheat flour for some all-purpose flour for better nutrition. Use gluten-free flour for special diets. In brownies, replace all the flour with pureed black beans for added protein and fiber.

**Dairy:** Replace whole milk with a low-fat milk for similar results in most recipes.

**Sugar:** Naturally sweet, high-fiber and sticky dates add caramel-like flavor and work well as a binder in cookie and bar recipes.



### QUALITY OVER QUANTITY

- Use high-quality ingredients—premium chocolate, pure vanilla and Saigon cinnamon. In recipes, small amounts of intense flavor satisfy the tastebuds, more than added sugars or fat.
- To enhance chocolate flavor in cookies, add finely chopped dark chocolate to the dough. The small pieces will provide more chocolate per bite and the full flavor and healthful fat meet all the expectations of a sweet treat.
- For cream cheese frosting, substitute reduced-fat cream cheese for full-fat.

### mix it up Stir-in options add flavor and nutrition

Dried fruit—dates, cranberries, apricots and raisins add sweetness.

Nuts and seeds—toast them to boost flavor and add extra crunch.

Dark chocolate—small portions add intensely satisfying flavor.

**CITRUS ZEST—BRIGHTENS FLAVOR WITH ZERO ADDED CALORIES.**

Unsweetened coconut—adds texture and natural sweetness.

# lighter 7-layer BARS

Prep 50 minutes | Bake 20 minutes  
Serves 32

1 recipe Sweetened Condensed Coconut Milk,  
below

Hy-Vee nonstick cooking spray

2 cups graham cracker crumbs  
(about 15 crackers)

2 large egg whites

1 cup Hy-Vee semisweet mini chocolate chips

6 Medjool dates, pitted and finely chopped

1 cup Hy-Vee chopped pecans

1½ cups Hy-Vee unsweetened coconut flakes

**1. PREPARE** Sweetened Condensed Coconut Milk.  
Cool until needed.

**2. PREHEAT** oven to 350°F. Line a 13×9-in. baking  
pan with foil, extending foil over the edges of the  
pan. Spray foil with nonstick spray; set aside.

**3. COMBINE** cracker crumbs and egg whites in  
a medium bowl until coated. Pat mixture into  
bottom of prepared pan. Sprinkle chocolate  
chips, dates, pecans and coconut on top. Drizzle  
with Sweetened Condensed Coconut Milk. Bake  
for 20 minutes or until light brown. Cool in pan  
on a wire rack. Use foil to lift uncut bars out of  
pan. Place on a cutting board; cut into bars.

**SWEETENED CONDENSED COCONUT MILK:**

Combine 2 (13.5-oz. each) cans Hy-Vee light  
coconut milk and ½ cup Hy-Vee honey in a large  
saucepan. Bring to boiling; reduce heat. Simmer,  
uncovered, for 35 to 40 minutes or until mixture  
is reduced by half.

Per serving: 140 calories, 8 g fat, 4.5 g saturated fat,  
0 g trans fat, 0 mg cholesterol, 35 mg sodium,  
17 g carbohydrates, 1 g fiber, 12 g sugar (7 g added sugar),  
1 g protein. Daily values: Vitamin D 0%, Calcium 2%,  
Iron 6%, Potassium 2%



**Prep** 15 minutes  
**Bake** 30 to 35 minutes  
**Cool** 2 hours  
**Serves** 16

**Hy-Vee nonstick cooking spray**  
**1 (15-oz.) can Hy-Vee no-salt-added black beans, drained and rinsed**  
**½ cup Hy-Vee granulated sugar**  
**½ cup full-flavor molasses**  
**¼ cup Hy-Vee canola oil**  
**1 tsp. Hy-Vee vanilla extract**  
**1 cup Hy-Vee all-purpose flour**  
**2 tsp. Hy-Vee ground ginger**  
**2 tsp. Hy-Vee ground cinnamon, plus additional for garnish**  
**1 tsp. Hy-Vee ground cloves**  
**½ tsp. Hy-Vee salt**  
**½ tsp. Hy-Vee baking soda**  
**½ cup hot water**  
**1 recipe Cream Cheese Frosting, below**

**1. PREHEAT** oven to 350°F. Line a 9×9-in. baking pan with foil, extending foil over edges of pan. Spray foil with nonstick spray; set aside.

**2. PLACE** black beans in a food processor or blender. Cover and process until smooth. Add granulated sugar, molasses, oil and vanilla to food processor; process until combined.

**3. STIR** together flour, ginger, cinnamon, cloves, salt and baking soda in a small bowl. Add flour mixture to food processor; process until combined. While food processor is running, add hot water and process until mixture is smooth.

**4. POUR** mixture into prepared baking pan. Bake for 30 to 35 minutes or until a wooden toothpick inserted near the center comes out clean. Cool in pan on a wire rack for 2 hours. Spread with Cream Cheese Frosting. Sprinkle additional cinnamon on top, if desired. To serve, use foil to lift uncut bars out of pan. Place on cutting board; cut into bars. Cover and store in the refrigerator for up to 1 week.

**CREAM CHEESE FROSTING:** Place 12 oz. Hy-Vee Neufchâtel ½-less-fat cream cheese, softened, and 2 tsp. Hy-Vee vanilla extract in a medium mixing bowl. Beat with an electric mixer on medium until light and fluffy. Gradually beat in 1 cup Hy-Vee powdered sugar to reach spreading consistency.

**Per serving:** 200 calories, 8 g fat, 3 g saturated fat, 0 g trans fat, 15 mg cholesterol, 200 mg sodium, 29 g carbohydrates, 0 g fiber, 23 g sugar (21 g added sugar), 2 g protein.  
Daily values: Vitamin D 0%, Calcium 4%, Iron 6%, Potassium 4%



**black  
bean**  
*gingerbread*

**BARBS**

# apple **sticky** ROLLS

**Prep** 45 minutes plus rising time  
**Bake** 20 to 25 minutes | **Serves** 24

**1¼ cups Hy-Vee 2% reduced-fat milk**  
**½ cup Hy-Vee honey**  
**1 pkg. active dry yeast (2¼ tsp.)**  
**¼ cup Hy-Vee shortening**  
**1 Hy-Vee large egg**  
**2 tsp. kosher salt**  
**5 to 6 cups Hy-Vee all-purpose flour, divided**  
**1 Tbsp. Hy-Vee salted butter, melted**  
**1 cup chopped Hy-Vee pecans**  
**2 Gala apples, cored and finely chopped**  
**½ cup packed Hy-Vee brown sugar**  
**1 Tbsp. Hy-Vee ground cinnamon**  
**Hy-Vee nonstick cooking spray**  
**¾ cup Hy-Vee Select 100% pure maple syrup**

**1. COMBINE** milk and honey in a medium saucepan. Cook over medium heat until lukewarm (110°F). Remove from heat. Transfer to a large mixing bowl. Sprinkle yeast over milk mixture and let stand for 5 minutes. Add shortening, egg, salt and 2 cups flour to

yeast mixture. Beat with an electric mixer on LOW for 30 seconds, scraping sides of bowl. Continue beating on medium speed until smooth. Stir in as much of the remaining flour as you can.

**2. TURN** dough out onto a lightly floured surface. Knead in enough of the remaining flour to make a moderately stiff dough that is smooth and elastic (6 to 8 minutes total). Place dough in a lightly greased large bowl; turn once to grease surface. Cover and let rise in a warm place for 1 hour or until double.

**3. PREHEAT** oven to 350°F. Combine melted butter and pecans in a medium bowl. Spread mixture onto a baking sheet. Bake for 8 to 10 minutes or until pecans are toasted, stirring once halfway through. Cool on a wire rack. When cool, stir in apples, brown sugar and cinnamon.

**4. SPRAY** two standard muffin pans with nonstick spray; set aside. Remove risen dough from bowl; divide in half. Roll one portion on a lightly floured surface into a 16×10-in. rectangle. Spread half of the apple mixture

on top. Tightly roll dough, beginning at one long side. Pinch the edges to seal. Using a serrated knife, trim both ends. Then cut the roll into 12 even slices. Arrange rolls in one of the prepared muffin pans. Repeat with remaining dough and apple mixture. Cover rolls and let rise for 1 hour or until double.

**5. BAKE** for 20 to 25 minutes or until risen and golden brown. Let stand in pan on a wire rack for 5 minutes. Loosen rolls from sides of muffin pans with a spatula and invert onto a serving platter. Place maple syrup in a small saucepan; bring to boiling. Gently boil until reduced to ½ cup. Brush glaze over rolls before serving.

**To bake in round pans:** Prepare recipe as directed, except spray 2 (8-in.) round baking pans with nonstick spray and arrange 12 rolls in each pan. Continue as directed and bake at 350°F for 30 to 35 minutes.

**Per serving:** 230 calories, 7 g fat, 1.5 g saturated fat, 0 g trans fat, 10 mg cholesterol, 180 mg sodium, 38 g carbohydrates, 2 g fiber, 17 g sugar (8 g added sugar), 4 g protein.  
**Daily values:** Vitamin D 0%, Calcium 4%, Iron 10%, Potassium 2%

roll  
WITH  
it

When you crave a sweet, gooey breakfast roll, indulge in pint-size sticky buns baked in muffin cups. Savor all the classic flavor while consuming about half the sugar.

Naturally sweet apples and cinnamon, a classic winter flavor combo, create a filling with minimal added sugar.

Maple syrup glaze is the craved-for stickiness while amplifying the flavor.

SERVE FOR HOLIDAY BRUNCH OR A COZY SUNDAY MORNING.



# R

## RASPBERRY- *swirly* CHEESE- CAKE BROWNIES

**Prep** 20 minutes

**Bake** 40 to 45 minutes

**Serves** 20

**Hy-Vee nonstick  
cooking spray**

**1¼ cups Hy-Vee granulated  
sugar, divided**

**1¼ cups Hy-Vee plain  
Greek yogurt, divided**

**4 Hy-Vee large eggs, divided**

**1 cup Hy-Vee all-purpose flour**

**½ cup Hy-Vee baking cocoa**

**1 (8-oz.) pkg. plus 6 oz.**

**Hy-Vee Neufchâtel ½-less-  
fat cream cheese, softened**

**1 tsp. Hy-Vee vanilla extract**

**¼ cup seedless raspberry jam**

**Fresh raspberries, for garnish**

**1. PREHEAT** oven to 350°F.

Line a 13×9-in. baking pan with foil, extending the foil over the edges of the pan. Spray foil with nonstick spray; set pan aside.

**2. WHISK** together 1 cup sugar and ½ cup yogurt in a large bowl. Whisk in 2 eggs, one at a time, combining well after each addition. Slowly stir in flour and cocoa. Spread half of brownie mixture in prepared pan; set remaining mixture aside.

**3. BEAT** cream cheese and remaining ¾ cup sugar in a medium mixing bowl with

an electric mixer on medium. Add remaining ¾ cup yogurt, remaining 2 eggs, one at a time, and vanilla; beat until smooth. Gently spoon mixture over brownie layer in pan, spreading evenly. Drop the reserved brownie mixture by tablespoons on cheesecake layer.

**4. PLACE** jam in a microwave-safe measuring cup. Microwave on HIGH for 30 seconds. Drop by teaspoons on cheesecake layer. Using a knife, swirl jam into the layer.

**5. BAKE** for 40 to 45 minutes or until set in center. Cool on a wire rack. Place in the refrigerator to cool completely. Use foil to lift uncut bars out of pan. Place on cutting board. Using a serrated knife, cut into bars. Garnish with fresh raspberries, if desired. Store leftover brownies in the refrigerator.

**Per serving:** 180 calories, 6 g fat, 3 g saturated fat, 0 g trans fat, 50 mg cholesterol, 95 mg sodium, 28 g carbohydrates, 1 g fiber, 22 g sugar (18 g added sugar), 5 g protein. Daily values: Vitamin D 0%, Calcium 4%, Iron 6%, Potassium 2%



**'tis the  
SEASON**

**COUNT ON THESE AND  
OTHER SEASONAL  
INGREDIENTS TO ADD  
FRESH TOPPINGS  
TO DESSERTS.**

Oranges—a colorful and juicy holiday favorite that have plentiful fiber as well as vitamins A and C.

Cranberries—a versatile, bright, tart seasonal staple with vitamin C, an antioxidant.

Apples—a crunchy sweet comfort food for snacks and myriad recipes. Loaded with pectin, which can improve digestion.

**RASPBERRIES—A  
HEALTHY ADDITION  
TO DESSERTS,  
DESTINED TO PAIR  
WITH RICH, CREAMY  
CHOCOLATE.**

Cherries—a cheerful filling or topping for pies, cobblers, desserts, even fudge. Low in calories and packed with vitamins.



# fat- reduced candy cane TWIST

**Prep** 40 minutes plus refrigerating time

**Bake** 10 to 12 minutes per batch

**Makes** 30

**2 cups Hy-Vee all-purpose flour**

**¼ tsp. Hy-Vee baking powder**

**½ cup Hy-Vee unsalted butter**

**3 oz. Hy-Vee Neufchâtel ⅓-less-fat cream cheese**

**⅔ cup Hy-Vee granulated sugar**

**1 large egg yolk**

**1½ tsp. Hy-Vee vanilla extract**

**Red food coloring**

**1. COMBINE** flour and baking powder in a bowl; set aside.

**2. BEAT** butter and cream cheese in a large mixing bowl with an electric mixer on medium for 30 seconds. Add sugar, egg yolk and vanilla; beat until light and creamy. Beat in half of the flour mixture until combined. Stir in remaining flour mixture. Divide dough in half. Add desired amount of red food coloring to one portion. Cover and refrigerate dough portions at least 2 hours or until easy to handle.

**3. PREHEAT** oven to 375°F. Line cookie sheets with parchment paper. For

each candy cane, shape 1 rounded tsp. dough from each portion into a 5-in. rope. Place a red and white rope side-by-side; press together lightly and twist. Place on prepared cookie sheet; curve top of cookie down to form candy cane shape. Bake for 10 to 12 minutes or until set and bottoms are light golden brown. Cool cookies on a wire rack.

**Per cookie:** 80 calories, 4 g fat, 2.5 g saturated fat, 0 g trans fat, 15 mg cholesterol, 15 mg sodium, 11 g carbohydrates, 0 g fiber, 5 g sugar (4 g added sugar), 1 g protein. Daily values: Vitamin D 0%, Calcium 0%, Iron 0%, Potassium 0%

Sources (opposite page):  
[snaped.fns.usda.gov/seasonal-produce-guide/citrus-fruits](https://snaped.fns.usda.gov/seasonal-produce-guide/citrus-fruits)  
[msue.anr.msu.edu/news/cranberries\\_and\\_their\\_many\\_uses](https://msue.anr.msu.edu/news/cranberries_and_their_many_uses)  
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# UNCORK THE HOLIDAYS

SAVE 10% ON 6 OR MORE BOTTLES OF WINE AT **HyVee**

Hy-Vee®

# HOLIDAY MADE



From traditional pies and decadent cakes to cheesecakes from The Cheesecake Factory Bakery,<sup>®</sup> your Hy-Vee Bakery offers an impressive assortment of desserts to make your holidays a little sweeter.

Order in-store or online at [Hy-Vee.com](https://www.hy-vee.com) today!



# ALL DRESSED UP FOR THE HOLIDAYS



## CHOCOLATE-DIPPED CHRISTMAS OREOS

Using forks or dipping tools, dip Oreo cookies into melted dark chocolate until completely coated. Lift cookies from coating, letting excess chocolate drip into the bowl. Place cookies on a baking sheet lined with parchment or waxed paper and let stand until chocolate sets. Fill a decorator bag with white or tinted icing and pipe your favorite holiday design on top and add a candy.



Oreo Cookies:  
select varieties  
10.1 to 15.35 oz. \$2.98

COOL WHIP.  
OREO® COOKIES.  
YUMMMM.

enlarged to  
show detail



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Baker's Baking Chocolate:  
select varieties  
4 oz. \$2.28



Baker's Chocolate  
Dessert Balls:  
select varieties  
8.6 oz. \$3.69



Baker's Coconut:  
select varieties  
14 oz. \$2.88



Jet-Puffed Mini Marshmallows  
or Marshmallow Crème:  
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BONE IS LIVING TISSUE. IT HAS NERVES AND BLOOD VESSELS, AND IT CHANGES ITS SHAPE AND STRUCTURE THROUGHOUT YOUR LIFETIME. FEED IT WELL.

FOODS  
THAT



**About 99 percent** of your body's **calcium resides in your bones**, where constant die-off and renewal take place. Osteoclasts gobble up old bone cells, and osteoblasts deposit new ones, **a remodeling process regulated by hormones** and **vitamin D**. No surprise, then, that **a diet rich in calcium** and vitamin D found in dairy is good for your skeleton. "Calcium is a mineral that is necessary for life," says Deana Preble, RDN, CD, Hy-Vee dietitian in Madison, Wisconsin. "In addition to building bones and keeping them healthy, calcium enables your blood to clot, your muscles to contract and your heart to beat. Vitamin D protects your bones both by helping your body absorb calcium and by supporting muscles needed to avoid falls."

WORDS: Kristi Chew  
PHOTOS: Tobin Bennett

# BUILD STRONG



## TOP FOODS

### DAIRY

Get **vitamin D** and **calcium** from cow's milk, cottage cheese and yogurt, and from fortified nondairy milks. **Protein** in dairy also builds bone.

### CITRUS

**Vitamin C** in citrus and other fruits (cantaloupe, mango, papaya, berries) aids in bone maintenance and repair. Some orange juice is fortified with **vitamin D**.

### BEANS (LEGUMES)

**Calcium** and **magnesium** build and maintain bone. Soak dried beans to remove phytates, which impede absorption of calcium from the beans.

### FISH

Fatty fish such as salmon, tuna, mackerel and canned sardines contain **vitamin D** to fortify bone tissue.

### VEGGIES

Broccoli and cabbage supply **calcium**, bell peppers have **vitamin C** and green leafy veggies provide **vitamin K**, which builds protein for healthy bones.

Sources (this page and opposite): [ods.od.nih.gov/factsheets/list-VitaminsMinerals/](https://ods.od.nih.gov/factsheets/list-VitaminsMinerals/)  
[www.nof.org/patients/treatment/nutrition/](https://www.nof.org/patients/treatment/nutrition/)  
[ncbi.nlm.nih.gov/books/NBK109827/](https://ncbi.nlm.nih.gov/books/NBK109827/)

HyVee BALANCE | hy-vee.com

# ROASTED EGGPLANT AND EDAMAME HUMMUS

Prep 40 minutes | Serves 16 (2 Tbsp. each)

- 2½ cups chopped peeled eggplant
- 1 Tbsp. Gustare Vita olive oil
- 1 (15-oz.) can Hy-Vee garbanzo beans, drained and rinsed
- 1 cup frozen shelled edamame, thawed
- ¼ cup tahini
- 1 tsp. lemon zest
- 2 Tbsp. fresh lemon juice
- 4 cloves garlic, minced
- ½ tsp. Hy-Vee sea salt
- ¼ tsp. Hy-Vee ground cumin
- ½ tsp. Hy-Vee paprika
- Mini bell pepper halves, for serving

**1. PREHEAT** the oven to 425°F. Line a rimmed baking pan with foil; set aside. Combine eggplant and olive oil in a bowl; toss to coat. Spread mixture evenly on prepared baking pan. Bake for 20 minutes. Let stand for 15 minutes.

**2. COMBINE** garbanzo beans, edamame, tahini, lemon zest and juice, garlic, salt, cumin and paprika in a food processor. Add cooled eggplant and process for 1 to 2 minutes or until nearly smooth. Transfer mixture to a serving bowl; sprinkle with paprika. Serve dip with bell peppers.

Per serving: 70 calories, 3.5 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 130 mg sodium, 7 g carbohydrates, 2 g fiber, 1 g sugar (0 g added sugar), 3 g protein. Daily values: Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 2%



The rich source of vitamin C in peppers aids in repairing damaged cartilage, bones and teeth.



## HOT BROCCOLI-ASIAGO DIP

Prep 15 minutes | Bake 20 minutes  
Stand 10 minutes  
Serves 16 (2 Tbsp. each)

- 1 (8-oz.) pkg. Hy-Vee Neufchâtel ½-less-fat cream cheese, softened
- ½ cup shredded Asiago cheese, divided
- 2 cups fresh broccoli florets, chopped
- ½ cup finely chopped yellow onion
- ½ cup finely chopped Hy-Vee Short Cuts red bell pepper
- 3 cloves garlic, minced
- Hy-Vee salt and black pepper, to taste
- Crackers, for serving

**1. PREHEAT** oven to 375°F. Grease a 10-in. cast-iron skillet; set aside.

**2. BEAT** cream cheese and ¼ cup Asiago cheese in a medium mixing bowl with an electric mixer until creamy. Stir in broccoli, onion, bell pepper and garlic. Season to taste with salt and black pepper.

**3. SPREAD** mixture into prepared skillet. Bake for 15 minutes. Top with remaining ¼ cup Asiago cheese. Bake for 5 minutes more or until heated through. Let stand 10 minutes. Serve with crackers.

Per serving: 90 calories, 4.5 g fat, 2.5 g saturated fat, 0 g trans fat, 15 mg cholesterol, 95 mg sodium, 11 g carbohydrates, 1 g fiber, 2 g sugar (0 g added sugar), 4 g protein. Daily values: Vitamin D 0%, Calcium 8%, Iron 6%, Potassium 4%



Vitamin A in mangos and broccoli supports healthy teeth, bones and soft tissue.



**30**  
minutes  
or less



## MANGO-ORANGE YOGURT DIP

Prep 5 minutes  
Serves 20 (2 Tbsp. each)

- 1 (8-oz.) pkg. Hy-Vee Neufchâtel ½-less-fat cream cheese, softened
- ½ cup Hy-Vee vanilla Greek yogurt
- ¾ cup unsweetened mango juice
- 2 Tbsp. Hy-Vee honey
- 1 tsp. orange zest, plus additional for garnish
- Fresh strawberries, for serving

**1. BEAT** cream cheese and yogurt in a medium mixing bowl with an electric mixer on medium until light and fluffy. Beat in mango juice, honey and orange zest until well combined. Garnish with additional orange zest, if desired. Serve with strawberries.

Per serving: 45 calories, 2.5 g fat, 1.5 g saturated fat, 0 g trans fat, 10 mg cholesterol, 45 mg sodium, 4 g carbohydrates, 0 g fiber, 4 g sugar (2 g added sugar), 1 g protein. Daily values: Vitamin D 0%, Calcium 2%, Iron 0%, Potassium 0%

"CALCIUM IS ABSORBED BEST WHEN TAKEN IN AMOUNTS OF 500 TO 600 MG OR LESS, THROUGH SUPPLEMENTS OR FOOD." —HY-VEE DIETITIAN DEANA PREBLE

Prep 15 minutes  
Cook 15 minutes  
Serves 6

1 Tbsp. Gustare Vita extra virgin olive oil  
1 cup chopped seeded poblano chile pepper\*  
¾ cup Hy-Vee Short Cuts chopped onions  
½ cup chopped carrot  
¼ cup Short Cuts chopped red bell pepper  
2 cloves garlic, minced  
1 Tbsp. Hy-Vee chili powder  
1 tsp. Hy-Vee ground cumin  
¼ tsp. Hy-Vee dried oregano  
1 (32-oz.) container Hy-Vee vegetable stock  
1 (15-oz.) can Hy-Vee no-salt-added dark red kidney beans, drained and rinsed  
1 (15-oz.) can Hy-Vee Great Northern beans, drained and rinsed  
1 (15.5-oz.) can Hy-Vee no-salt-added pinto beans, drained and rinsed  
Desired toppers (Hy-Vee light sour cream, Hy-Vee finely shredded Mexican cheese and/or chopped fresh cilantro)

**1. HEAT** oil in a 4- to 6-qt. Dutch oven over medium heat. Add poblano chile pepper, onions, carrot and bell pepper. Cook for 4 to 6 minutes or until onions are tender, stirring occasionally.

**2. STIR** in garlic, chili powder, cumin and oregano. Cook and stir for 1 minute. Add vegetable stock and beans. Bring to boiling; reduce heat. Simmer, uncovered, for 5 minutes or until heated through. Ladle into bowls. Top with desired toppers.

*\*Note: Chile peppers contain volatile oils that can burn your skin and eyes. When working with poblanos, wear protective gloves.*

Per serving: 230 calories, 3.5 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 560 mg sodium, 42 g carbohydrates, 17 g fiber, 5 g sugar (1 g added sugar), 12 g protein. Daily values: Vitamin D 0%, Calcium 6%, Iron 20%, Potassium 15%

# BEAN SOUP



**30**  
minutes  
or less

OUT TO

check out Hy-Vee's December seafood sale for amazing prices on crab legs, lobster and more!

# SEAFOOD

DIVE INTO THESE DELICIOUS RECIPES—FROM HEALTHY, HEARTY FISH STEW TO TASTY CRAB TOSTADAS. SERVE UP THESE SEAFOOD STUNNERS AND REEL IN THE PRAISES.

WORDS Hilary Braaksma and Lois Carpenter  
PHOTOS Tobin Bennett and Greg Scheidemann

crab is low in mercury and high in zinc

live lobster can be stored in the fridge for 1 day

shrimp in the "fresh" section often were previously frozen—try to use within 24 hours of purchase

Sources (this page and opposite): [seagrant.umaine.edu/maine-seafood-guide/crab](http://seagrant.umaine.edu/maine-seafood-guide/crab)  
[seagrant.umaine.edu/maine-seafood-guide/mussels](http://seagrant.umaine.edu/maine-seafood-guide/mussels)  
[nutritionletter.tufts.edu/issues/9\\_8/current-articles/Can-You-Get-Jumbo-Benefits-from-Eating-Shrimp\\_1018-1.html](http://nutritionletter.tufts.edu/issues/9_8/current-articles/Can-You-Get-Jumbo-Benefits-from-Eating-Shrimp_1018-1.html)

**Prep** 5 minutes  
**Cook** 25 minutes  
**Serves** 6

**6 oz. fresh skinless cod, halibut or sea bass, ½ to ¾ in. thick**  
**6 oz. fresh mussels,\* cleaned**  
**6 oz. raw peeled and deveined shrimp**  
**1 Tbsp. Gustare Vita extra virgin olive oil**  
**3 celery stalks, sliced**  
**¾ cup Hy-Vee Short Cuts chopped white onions**  
**2 cloves garlic, minced**  
**2 cups Hy-Vee 33%-reduced-sodium chicken broth**  
**1½ cups chopped Yukon gold potatoes**  
**2 (14.5-oz.) cans Hy-Vee no-salt-added diced tomatoes, undrained**  
**1 (8-oz.) can Hy-Vee no-salt-added tomato sauce**  
**1½ tsp. Hy-Vee dried Italian seasoning**  
**¼ tsp. Hy-Vee salt**  
**⅓ tsp. Hy-Vee black pepper**  
**Parsley sprigs, for garnish**

- 1. CUT** fish into 1- to 1½-in. pieces. Discard any mussels that do not close. Cover and refrigerate fish, mussels and shrimp until needed.
- 2. HEAT** oil over medium heat in a 4-qt. saucepan or stockpot. Add celery and onions. Cook 5 to 7 minutes or until tender, stirring occasionally. Add garlic; cook and stir 30 seconds. Slowly add broth. Bring to boiling; reduce heat. Simmer, covered, 5 minutes.
- 3. STIR** in potatoes, undrained tomatoes, tomato sauce, Italian seasoning, salt and pepper. Return to boil; reduce heat. Simmer, covered, 5 minutes.
- 4. GENTLY STIR** in fish, mussels and shrimp. Return just to boiling; reduce heat to low. Cover and gently simmer 3 to 5 minutes or until fish flakes easily with a fork, mussels open and shrimp are opaque. Discard any unopened mussels.
- 5. LADLE** stew into bowls. Garnish with parsley, if desired.

\*If desired, use 6 oz. sea scallops or an additional 6 oz. skinless fish or raw shrimp for the mussels.

**Per serving:** 220 calories, 6 g fat, 1 g saturated fat, 0 g trans fat, 55 mg cholesterol, 670 mg sodium, 25 g carbohydrates, 3 g fiber, 6 g sugar (0 g added sugar), 16 g protein.  
**Daily values:** Vitamin D 0%, Calcium 4%, Iron 10%, Potassium 15%

**gentle simmering keeps lean white fish moist**

**30**  
minutes  
or less

# ITALIAN FISH STEW

**sweet and briny mussels are low in calories and a good source of vitamin B12**

**mild-flavor cod pairs well with a bright tomato base**

## BREAK BREAD

Choose from a selection of crusty, fresh-baked bread from your Hy-Vee Bakery to serve with your soup.



Prep 10 minutes  
Roast 25 minutes  
Serves 4

2 small sweet potatoes, peeled and cut into 3-in. sticks

8 oz. broccolini spears

1 cup frozen pearl onions, thawed

4 Tbsp. Gustare Vita olive oil, divided

2 tsp. chopped fresh rosemary

¾ tsp. kosher salt, divided

½ tsp. Hy-Vee black pepper

¼ tsp. orange zest

2 Tbsp. fresh orange juice

1 Tbsp. Hy-Vee honey

2 cloves garlic, minced

Dash Hy-Vee cayenne pepper

1 lb. fresh wild salmon fillet, about ½ in. thick

Fresh parsley, chopped for garnish

Orange slices, for garnish

1. PREHEAT oven to 425°F.

2. COMBINE sweet potatoes, broccolini and onions in a large bowl. Drizzle with 2 Tbsp. olive oil; sprinkle with rosemary, ½ tsp. salt

and black pepper. Toss until well coated. Transfer to a 15×10-in. rimmed baking sheet. Roast for 15 minutes.

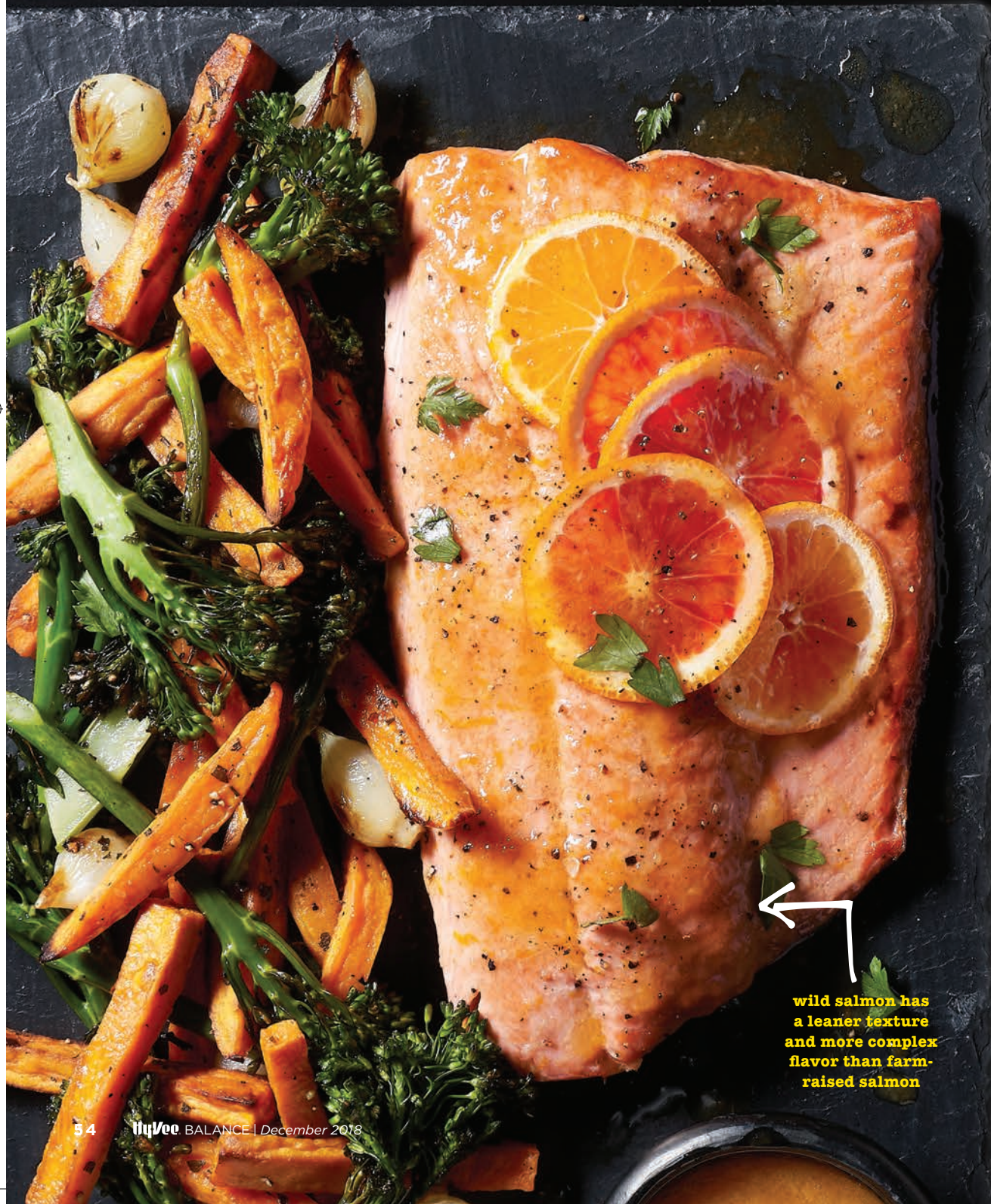
3. WHISK together remaining 2 Tbsp. olive oil, orange zest and juice, honey, garlic, ¼ tsp. salt and cayenne pepper in a small bowl; divide mixture in half.

4. PUSH partially roasted vegetables to the edge of the pan. Place salmon, skin side down, in center of pan. Brush salmon with half of the orange juice mixture. Roast for 8 to 10 minutes or until salmon flakes

easily with a fork (145°F) and vegetables are tender.

5. TRANSFER salmon and vegetables to a platter. Serve with reserved orange juice mixture. Sprinkle with parsley; garnish with orange slices, if desired.

Per serving: 430 calories, 29 g fat, 5 g saturated fat, 0 g trans fat, 60 mg cholesterol, 450 mg sodium, 17 g carbohydrates, 2 g fiber, 9 g sugar (4 g added sugar), 25 g protein. Daily values: Vitamin D 60%, Calcium 4%, Iron 6%, Potassium 15%



# HONEY-ORANGE SALMON

With Roasted Rosemary Vegetables

wild salmon has a leaner texture and more complex flavor than farm-raised salmon

## GET CRACKIN'

LEARN TO EXTRACT CRAB MEAT LIKE A SEASONED SEAFOOD CHEF.

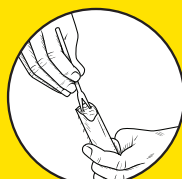
- 1 Grab a kitchen towel. Legs have nodules that can be sharp.



- 2 Twist the legs at the joints, which makes breaking apart the shell easier.



- 3 Often you can pull meat from the shell as you twist. Pull apart the shell with your fingers.



- 4 You can use kitchen shears to cut through tough parts of the shell. Use a small seafood fork to get meat from the legs and claws.

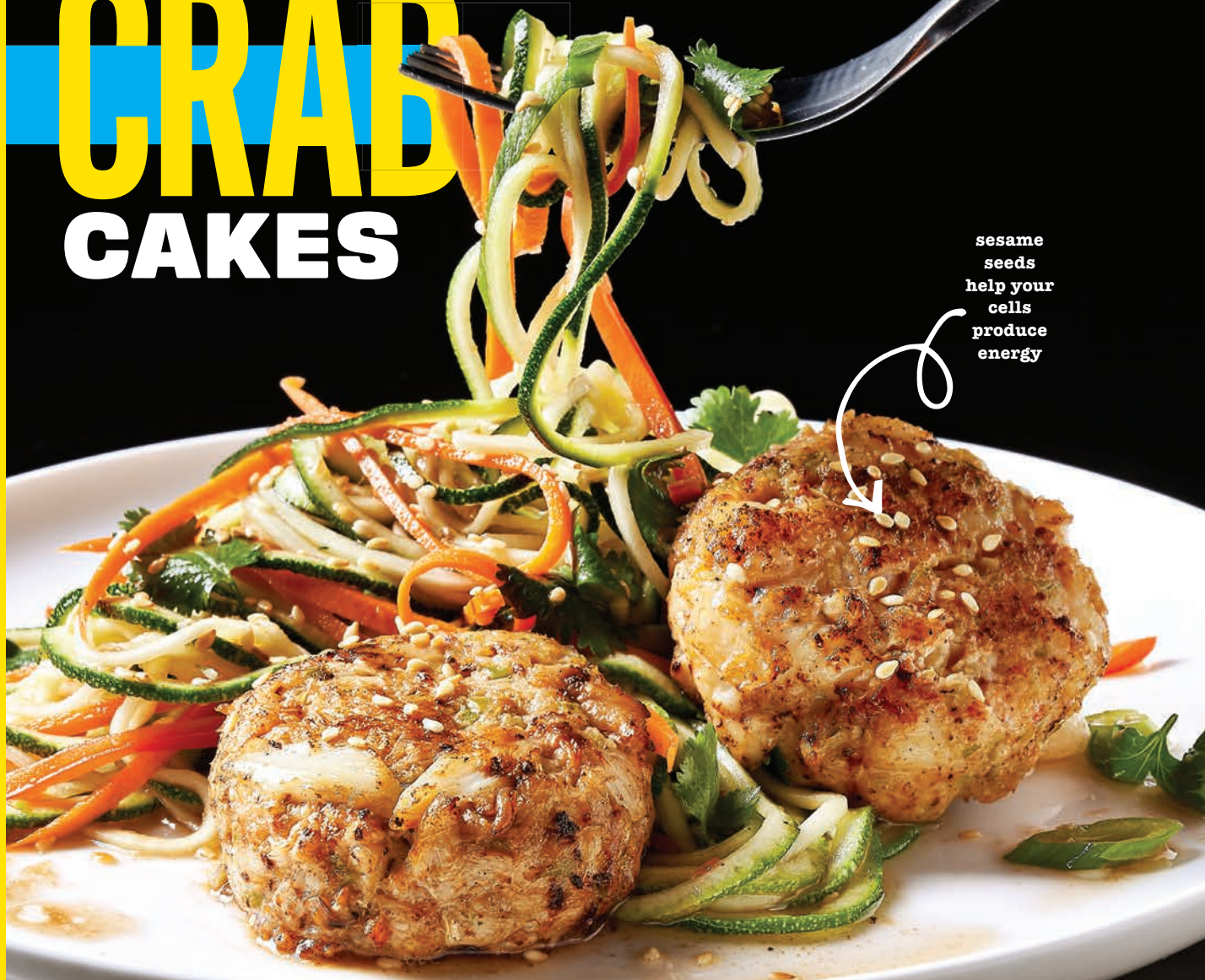


- 5 PICK THROUGH THE CRABMEAT TO FIND AND REMOVE ANY STRAY SHELLS.

Learn how to Break Lobster and Crab Shells at [HSTV.com](http://HSTV.com)



# SHRIMP-CRAB CAKES



sesame seeds help your cells produce energy

**Prep** 20 minutes plus refrigerating time

**Cook** 8 to 10 minutes per batch

**Serves** 6

**2 Tbsp. Gustare Vita olive oil, divided**

**1 cup chopped celery**

**½ cup Hy-Vee Short Cuts chopped white onion**

**1 clove garlic, minced**

**5 oz. raw shrimp, peeled, deveined and tails removed**

**2 tsp. Hy-Vee stone-ground Dijon mustard**

**1 tsp. fresh lemon juice**

**½ tsp. bottled hot sauce**

**½ tsp. Old Bay seasoning**

**1 lb. shelled crabmeat**

**1 recipe Ginger-Soy Veggie Noodle Salad, right**

**Toasted sesame seeds, for garnish**

**1. HEAT** 1 Tbsp. oil over medium-high heat in a large skillet. Cook celery, onion and garlic in hot oil until softened. Remove from heat. Cool.

**2. TRANSFER** celery mixture to a food processor. Add shrimp, mustard, lemon juice,

hot sauce and Old Bay seasoning. Cover and process until well combined. Transfer mixture to a bowl. Fold in crabmeat.

**3. FORM** crab mixture into 12 (½-in.-thick) cakes. Place patties on a rimmed baking pan. Cover and refrigerate for 30 minutes. While patties are chilling, prepare Ginger-Soy Veggie Noodle Salad.

**4. WIPE** skillet clean. Add remaining 1 Tbsp. oil to skillet and heat over medium heat. Cook crab

cakes in batches for 8 to 10 minutes, turning once halfway through or until golden brown (145°F). Drain cakes on paper towel-lined plate. Serve with Ginger-Soy Veggie Noodle Salad. Sprinkle sesame seeds, if desired.

**GINGER-SOY VEGGIE NOODLE SALAD:** Toss together 3 cups Hy-Vee Short Cuts zucchini veggie noodles; ½ red bell pepper, cut into thin strips; ½ cup shredded carrots; ¼ cup thinly sliced green onions; and ¼ cup cilantro leaves.

Whisk together 2 Tbsp. rice vinegar, 1 tsp. lemon juice, 1 tsp. Hy-Vee soy sauce and ½ tsp. grated fresh ginger. Whisk in 1 Tbsp. Hy-Vee canola oil. Toss vinaigrette with veggie mixture.

**SHRIMP-LOBSTER CAKES:** Prepare recipe as directed, except substitute shelled lobster for the crabmeat.

**Per serving:** 210 calories, 9 g fat, 1 g saturated fat, 0 g trans fat, 85 mg cholesterol, 590 mg sodium, 13 g carbohydrates, 2 g fiber, 3 g sugar (0 g added sugar), 22 g protein. Daily values: Vitamin D 0%, Calcium 10%, Iron 6%, Potassium 8%

# PINEAPPLE-COCONUT SHRIMP SKEWERS

Prep 25 minutes plus marinating time  
Cook 5 to 6 minutes | Serves 4

- 1 lb. fresh or frozen large shrimp with tails (16 to 20 ct.)
- 1 cup Hy-Vee canned light coconut milk
- ½ cup Hy-Vee unsweetened pineapple juice
- ½ cup chopped fresh cilantro, plus additional for garnish
- 2 Tbsp. Hy-Vee Thai sweet chili sauce
- 2 tsp. lime zest
- 2 Tbsp. fresh lime juice
- 1 Tbsp. Hy-Vee Sriracha
- 1 cup Hy-Vee Short Cuts fresh pineapple chunks
- 1 Tbsp. Gustare Vita olive oil
- ¼ tsp. Hy-Vee crushed red pepper
- Toasted coconut flakes, for garnish

**1. THAW** shrimp, if frozen. Peel and devein shrimp. Rinse shrimp; pat dry with paper towels. Place shrimp in a large resealable plastic bag; set aside.

**2. COMBINE** coconut milk, pineapple juice, ½ cup cilantro, chili sauce, lime zest and juice and Sriracha in a medium bowl. Add half of coconut-pineapple mixture to shrimp; reserve remaining mixture for brush-on sauce. Seal bag and refrigerate for 30 minutes. Drain shrimp; discard marinade.

**3. THREAD** shrimp and pineapple onto four 10-in. metal skewers. Lightly brush reserved brush-on sauce on skewers.

**4. HEAT** oil in a large nonstick grill pan over medium heat. Place skewers in grill pan. Cook for 5 to 6 minutes or until shrimp turns opaque and pineapple begins to char, turning once and brushing with sauce. Sprinkle with red pepper. Garnish with additional cilantro and toasted coconut, if desired.

Per serving: 230 calories, 9 g fat, 4 g saturated fat, 0 g trans fat, 160 mg cholesterol, 240 mg sodium, 12 g carbohydrates, 1 g fiber, 8 g sugar (0 g added sugar), 24 g protein. Daily values: Vitamin D 0%, Calcium 6%, Iron 10%, Potassium 2%

shrimp is a lean source of protein



## AP-PEELING SHRIMP TIPS

- ▶ Store fresh shrimp in its original wrapping in the coldest part of the refrigerator.
- ▶ Skewering shrimp makes cooking, entertaining and cleanup easy.
- ▶ Replace shrimp for protein in recipes for tacos, soups, salads and more.
- ▶ A good rule of thumb: 1 pound equals 25 to 30 medium-size shrimp.
- ▶ To remove the tail, hold the meat firmly and pull the shell until the tail detaches.

# GRAB TOSTADAS

for the best flavor, shell and eat the crabmeat on the day you buy it

the healthy fat and fiber in avocados keeps you full

**Prep** 15 minutes  
**Bake** 8 minutes  
**Serves** 8

**3 Roma tomatoes, seeded and chopped**  
**¼ cup thinly sliced red onion**  
**¼ cup chopped fresh cilantro, plus additional for garnish**  
**¼ cup Hy-Vee frozen corn kernels, thawed**  
**1 tsp. chopped jalapeño pepper\***  
**1 tsp. lime zest**  
**2 Tbsp. fresh lime juice**  
**1 Tbsp. olive oil mayonnaise**  
**8 oz. fresh lump crabmeat, picked over for shell fragments**  
**Hy-Vee salt and black pepper, to taste**  
**8 (9-in. each) gluten-free yellow corn tortillas**  
**1 Tbsp. Gustare Vita olive oil**  
**1 avocado, pitted, peeled and cubed**  
**Lime wedges, for garnish**

**1. PREHEAT** oven to 400°F. Line a baking sheet with foil; set aside.

**2. COMBINE** tomatoes, red onion, ¼ cup chopped cilantro, corn, jalapeño pepper, lime zest and mayonnaise in a bowl. Gently fold in crabmeat. Season to taste with salt and black pepper.

**3. PLACE** tortillas on prepared baking sheet. Brush with oil. Bake for 8 minutes or until golden brown, turning once halfway through.

**4. SPOON** crab mixture on each tortilla; top with avocado. Garnish with additional cilantro and lime wedges, if desired.

\***NOTE:** Chile peppers contain volatile oils that can burn your skin and eyes. When working with jalapeños, wear protective gloves.

Per serving: 170 calories, 6 g fat, 0.5 g saturated fat, 0 g trans fat, 20 mg cholesterol, 125 mg sodium, 22 g carbohydrates, 2 g fiber, 3 g sugar (0 g added sugar), 8 g protein. Daily values: Vitamin D 0%, Calcium 2%, Iron 0%, Potassium 4%

**30**  
minutes  
or less

# CRAB & SEAFOOD SALE



Our annual crab and seafood sale is back! This December, catch great deals all month long at Hy-Vee's seafood department. Plus, all of Hy-Vee's fresh and frozen seafood is Responsible Choice, which means it comes from 100% sustainable sources. Look for the Responsible Choice seal to know that any deal you find is good for your wallet and good for the environment.



**Hy-Vee**®

# GIFTING MADE EASY.



Great gifting is in the bag (or basket, rather). We've got thoughtful and exciting gifts for everyone on your list, including the person who has everything. Give them something they won't forget this holiday season.

Shop all our gift baskets in-store or online at [Hy-Vee.com](https://www.hy-vee.com) today!

**HyVee**<sup>®</sup>

Holiday-shop from  
your mobile phone by  
using the Hy-Vee app  
or visiting [hy-vee.com](http://hy-vee.com)



# GIFT GUIDE

**A FEW MORE GIFTS TO  
GRAB? CHECK OUT THE  
AMAZING SELECTION OF  
FESTIVE GIFT BASKETS AND  
OTHER HOLIDAY GOODIES  
AT HY-VEE TO GIVE YOUR  
NEAREST AND DEAREST.**

WORDS Hilary Braaksma PHOTOS Tobin Bennett and Greg Scheidemann

# GIFT-GIVING

This holiday season, think outside of the box and inside the basket instead! Whether you're shopping for your closest friends and family or you're looking for a last-minute secret Santa item, your local Hy-Vee store has it covered. Save yourself the stress of picking the perfect presents, rushing through busy holiday stores and trying to wrap photo-worthy gifts yourself. Order something special from the comfort of your home, then **pick up a pre-made gift basket** for everyone from your favorite craft beer connoisseur to the new baby in the family.



## BLOODY MARY

This basket has everything needed to mix up a smooth one. Start with Row Vodka, then add high-quality Bloody Mary mix, spicy rim salt and a range of fantastic garnishes. **\$75**  
*Restrictions apply. Not available in all states.*

## WELL-GROOMED

Get your favorite guy these grooming goods, including top-quality shaving cream and hair-thickening shampoo. The basket also holds soap, lip balm, face wash and hand cream. **\$55**



## PRO COSMETIC TOOLS

Any beauty guru will love this cosmetic-packed gift basket—a stylish makeup bag filled to the brim with beauty tools from trusted brands like E.L.F. and Tweezerman. **\$80**



## ZÖET! ZÖET!

Who doesn't love chocolate? This delicious gift basket is packed with varieties of Zöet brand dark chocolate and milk chocolate, nuts, fruit and more. **\$35**



## ORDERING

- > To order online, visit [hy-vee.com](http://hy-vee.com), click "Shop" and select "Gifts & Gift Cards" from the drop-down menu.
- > You can also order by phone or in-store at your local Hy-Vee location.
- > Place your order at least 48 hours in advance of your desired pick-up time.

## BURT'S BEES BABY

Pamper the precious baby in your life with this sweet basket filled with luxurious, nourishing Burt's Bees bath products. Includes bubble bath, lotion, a rubber ducky and more. **\$50**



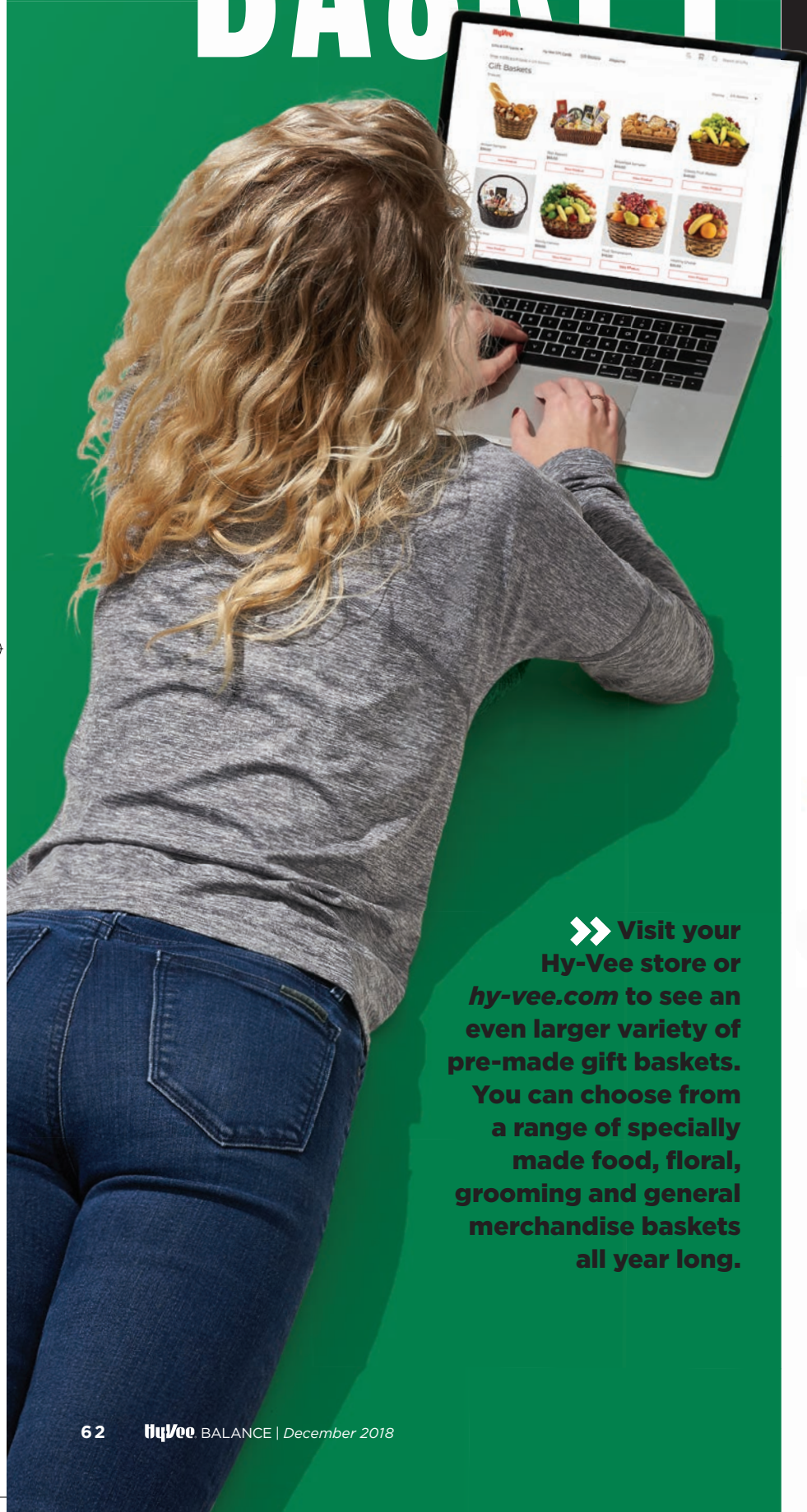
## CLASSIC FRUIT

Fresh fruit overflows this basket. Spread the joy with a bounty of apples, bananas, pears, kiwis, lemons, grapefruit, limes, oranges and grapes. **\$49**





# BASKET BUYS



LET HOLIDAY SHOPPING TURN YOU INTO A BASKET CASE. THESE READY-TO-DELIVER GIFT BASKETS MAKE FINDING THE RIGHT GIFT SIMPLE.

## MASTER BREWS

This bountiful beer basket includes a mix-and-match six-pack of flavorful craft brews, a variety of delicious jerky, beer nuts, pretzels, chips and quality glassware. **\$80**



## MINIBAR BASKET

WHAT DO YOU GET FOR SOMEBODY WHO LIKES VARIETY? THIS FUN MINIBAR-THEME GIFT BASKET! FROM KAHLÚA TO JAMESON TO FIREBALL AND BEYOND, THIS BOOZY BASKET TRULY HAS IT ALL. **\$60**



## CUCINA ITALIANA

Know a foodie you'd love to spoil? With a mix of Italian pastas, savory sauces, rich cheeses and complementary wines, this basket is sure to impress anyone lucky enough to be on the receiving end. **\$75**



» Visit your Hy-Vee store or [hy-vee.com](http://hy-vee.com) to see an even larger variety of pre-made gift baskets. You can choose from a range of specially made food, floral, grooming and general merchandise baskets all year long.

*Restrictions apply. Not available in all states.*

# 8

## MORE TO BUY FOR

FOR MORE FRIENDS AND FAMILY MEMBERS ON YOUR LIST, TRY THESE CREATIVE SUGGESTIONS.

### THE NEW MOM

Give a new mom a gift she will love.

- Keurig coffee maker
- Basin bath bomb set
- Face masks
- Blanket



### THE TEACHER

Tell your favorite teacher "Thank You!"

- Scented candle
- Coffee tumbler
- Basin hand lotion
- Air plant or succulent



### THE ENTERTAINER

Find something special for your favorite host or hostess.

- Wine glasses
- Charcuterie board
- Serving tray
- Bottle of wine

### THE FIT FRIEND



Get great gifts for loved ones working on health goals.

- Fitvine wine
- Performance Inspired shaker bottle
- Handweights
- Yoga mat



### THE STUDENT

Send your favorite student back to college with these treats.

- Bluetooth earbuds
- Branded college clothing
- Water bottle
- Healthy dorm snacks



### THE BEAUTY GURU

Buy something special for the beauty buff on your list.

- Philosophy bath set
- OPI nail polish set
- Hot Tools hair tools
- Stila makeup palettes



### KIDS UNDER 10

Grab goodies that will light up your little one's face.

- Lego sets
- Da Bomb bath fizzer
- Children's books
- Art supplies



### THE COOL DAD

Don't forget Dad! Get him these fun, festive picks.

- Coffee mug
- Stylish socks
- Graphic t-shirt
- His favorite snacks



## CHRISTMAS CARDS

What do you get the guy or gal who has everything? A gift card, of course. Hy-Vee has an amazing selection of gift cards, from **local restaurants** to spend-anywhere **prepaid Visas**. Grab **Hy-Vee grocery gift cards** for busy college students, a **Starbucks card** for your teacher or coworker, **iTunes gift cards** for the kids, **Amazon cards** for your friends and so many more options! With so much selection, it will be hard not to pick up a few for yourself, too.





BETTER  
TO  
GIVE

A LITTLE KINDNESS GOES A LONG WAY. WHEN YOU GIVE—  
WHETHER YOU DONATE TO CHARITY OR JOIN A CAUSE—YOU GET  
BACK MORE THAN YOU EVER IMAGINED.

WORDS Luke Miller PHOTOS Greg Scheidemann

**'Tis the season of giving!** To many, that means shopping for holiday gifts. It's also a chance to give back by volunteering, making a donation, or simply being there for someone in need. "You can't go wrong. Each gesture makes a positive change," says Brad Waller, Hy-Vee assistant vice president for community relations. "My position with Hy-Vee has blessed me with so many opportunities, professionally and personally, to witness first-hand how lives are dramatically improved and enriched through giving. It fosters a strong sense of community. We become more selfless as we put others ahead of ourselves."

#### SET AN EXAMPLE

Plant the seeds of generosity for the next generation by getting kids involved. "I've often witnessed parents using volunteer opportunities to bring along their kids to show the importance of giving to those who are less fortunate," Waller says. "What an excellent attitude and habit for children to develop and carry with them as they get older."

#### GET OUT OF YOUR HEAD

If you're feeling low, try redirecting your attention. Much mental distress comes from turning things over in our minds repeatedly. "Sometimes we have a tendency to focus on our own problems," Waller says. "It's natural and doesn't diminish what one may be dealing with at the moment, but transfer of focus brings an awareness, a reminder, that others too have concerns. It often puts our own concerns in perspective and, by helping others, I believe we can at the same time help ourselves."

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//  
**THE MEASURE  
OF YOUR LIFE WILL  
NOT BE IN WHAT YOU  
ACCUMULATE, BUT IN  
WHAT YOU GIVE AWAY."**

**—WAYNE DYER, COUNSELOR AND AUTHOR**

#### HELP WANTED

There are lots of ways to give back to your community. Here are some ideas:

##### Volunteer at a:

- **School.** Make an investment in our children's future by volunteering to read to elementary school students, chaperone a field trip or beautify school grounds.
- **Senior Center.** Many residents have no living friends or family members. Visiting for an hour or two a week can make a joyful difference in their lives.
- **Food Bank.** Organizations like Meals on Wheels and Meals from the Heartland always need volunteers.
- **Homeless Shelter.** Staff at shelters often need volunteers to prepare and/or serve meals.
- **Animal Shelter.** Walk and play with animals to help them adjust. Or foster animals in your home while they await a forever home.

**IN GIVING  
YOU  
RECEIVE  
BY HELPING OTHERS,  
YOU MAY BE HELPING  
YOURSELF. STUDIES  
SHOW THAT GIVING  
RESULTS IN:**

- lower blood pressure
- more self-esteem
- less depression
- reduced stress
- longer life
- greater happiness

**"A LIFE  
IS NOT  
IMPORTANT  
EXCEPT IN  
THE IMPACT  
IT HAS ON  
OTHER  
LIVES."**

**—JACKIE ROBINSON**

#### ENJOY THE FEELING

You know that warm glow you get from giving? It may have a biological basis. In a 2007 study reported by the National Institutes of Health, researchers from the University of Oregon used an advanced brain imaging technique to determine that giving stimulates the pleasure-related centers of the brain. Voluntary giving resulted in even more brain activation, they reported.

# HOW WE GIVE BACK

**HY-VEE HAS PRACTICED COMMUNITY CITIZENSHIP FOR GENERATIONS, WITH EACH STORE TAILORING ITS INVOLVEMENT TO FIT THE NEEDS OF THE COMMUNITY. THIS PASSION INVOLVES PRODUCT AND FINANCIAL SUPPORT AS WELL AS VOLUNTEER EFFORTS.**

## ONE STEP

Since 2011, Hy-Vee's One Step program has funded projects locally and worldwide to feed the hungry, grow community gardens, plant trees and drill wells for clean drinking water. Funds come from a portion of the proceeds from five products: One Step cereal, potatoes, eggs, paper products and drinking water.

**THE AMERICAN RED CROSS**  
For close to 140 years the American Red Cross has been providing relief to disaster victims and helping people prevent, prepare for and respond to emergencies. Hy-Vee supports the Red Cross with corporate donations and through individual stores that contribute funds to Red Cross chapters in their communities.

## HY-VEE HEROES GAME

An annual football game between the University of Iowa and the University of Nebraska for bragging rights in the nation's heartland. The event raises funds for the American Red Cross while honoring everyday citizens of Iowa and Nebraska for acts of heroism.

## DRF

HY-VEE CO-FOUNDER CHARLES HYDE'S ELDEST SON, PAUL, DIED FROM JUVENILE DIABETES IN 1921 WHEN HE WAS 8 YEARS OLD—SO THIS IS A PARTICULARLY COMPELLING PARTNERSHIP. SINCE 2012, HY-VEE HAS RAISED MORE THAN \$18.1 MILLION FOR THE JUVENILE DIABETES RESEARCH FOUNDATION THROUGH A VARIETY OF CORPORATE AND STORE EVENTS.

## VARIETY-THE CHILDREN'S CHARITY

Variety is an international organization dedicated to improving the lives of children. Hy-Vee has raised more than \$17 million for the program since 1983 through fund-raising efforts and vendor promotions.

## THE HEALTHY YOU MOBILE

For the past five years Hy-Vee has brought health and wellness services to local communities through its Hy-Vee Healthy You Mobiles. Nine mobile health vehicles travel an eight-state region. You can find them at health fairs, local festivals, charity events and school functions. Through the mobiles, Hy-Vee dietitians and pharmacists provide biometric screenings, flu vaccinations, nutritional information and more.

## HY-VEE KIDSFIT

HY-VEE KIDSFIT IS A FREE AT-HOME PROGRAM TO HELP KIDS AND FAMILIES MAKE HEALTH, EXERCISE AND NUTRITION A PRIORITY IN THEIR DAILY LIVES. IT INCLUDES A 5-WEEK CHALLENGE WITH A WORKOUT DESIGNED BY HY-VEE'S ONLINE PERSONAL TRAINER AND TIPS ON HEALTHY EATING FROM HY-VEE REGISTERED DIETITIANS. THERE ARE ALSO FUN FAMILY ACTIVITIES.

## HY-VEE HOMEFRONT

THE ONGOING INITIATIVE INCREASES AWARENESS OF—AND SUPPORT FOR—ORGANIZATIONS SERVING U.S. MILITARY MEMBERS, VETERANS AND THEIR FAMILIES.

ONE EXAMPLE IS THE ROUNDUP PROGRAM, WHERE CUSTOMERS ROUND UP THEIR GROCERY PROGRAM, WHERE THE PROGRAM HAS RAISED MORE THAN \$1.4 MILLION FOR VETERANS' ORGANIZATIONS SO FAR.

IN ADDITION, HY-VEE SPONSORS: HONOR FLIGHTS, RIGHT VETERANS DAY BREAKFASTS • TRAINING PROGRAMS AND EMPLOYMENT OPPORTUNITIES FOR VETERANS.

## HONOR FLIGHTS

Honor Flights make it possible for veterans to visit memorials in Washington, D.C., at no cost to themselves. Since 2009, Hy-Vee has donated about \$450,000 for ten Honor Flights.

## BUILDING A SENSE OF COMMUNITY

"MY POSITION WITH HY-VEE HAS BLESSED ME WITH SO MANY OPPORTUNITIES, PROFESSIONALLY AND PERSONALLY, TO WITNESS FIRST-HAND HOW LIVES ARE DRAMATICALLY IMPROVED AND ENRICHED THROUGH GIVING. IT FOSTERS A STRONG SENSE OF COMMUNITY. WE BECOME MORE SELFLESS AS WE PUT OTHERS AHEAD OF OURSELVES." —BRAD WALLER, ASSISTANT VICE PRESIDENT OF COMMUNITY RELATIONS

Sources: [hy-veekidsfit.com/challenge-information/](http://hy-veekidsfit.com/challenge-information/)  
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WORDS Wanda Ventling  
PHOTOS Tobin Bennett



## GLITZ & GLAM

Add sparkle to a festive night on the town or a special holiday event with a wide selection of on-trend, high-quality makeup, nail polish and other cosmetics.

Hy-Vee has the newest brand-name beauty products to bring glitter or shine to your nails, eyes, skin and face. Deck your nails with SinfulColors Tinsel

Time or Essie Zip Me Up for an extra bit of holiday flair. To give your makeup routine a romantic touch, brush your brow bone with shimmery highlighter.



# THE BEAUTY BAR

**NAIL IT! MAKE AN IMPRESSION WITH GLAMOROUS HOLIDAY NAILS DESIGNED BY YOU! START WITH A DIY MANICURE AND PEDICURE—HY-VEE HAS EVERYTHING YOU NEED TO ASSEMBLE A KIT WITH BUFFERS AND CLIPPERS, FOOT SOAKS AND MOISTURIZERS. THEN HAVE FUN! PAINT ONE NAIL A SPARKLY SILVER AND THE OTHERS RED. ALTERNATE COLORS—TWO SHADES OF GREEN, OR RED AND GREEN, OR METALLIC SILVER AND GOLD. PAINT ALL NAILS**

**THE SAME COLOR AND THEN BRUSH THE TIPS WITH GLITTER POLISH, OR DO CANDY-CANE STRIPES!**



## HOLIDAY HIGHLIGHTS

Subtle shimmer and youthful glow are the right winter accessories. Go full glam with creamy pigmented highlighter, or add natural-looking shine

with a dab of strobing liquid. Stroke highlighter across the points of your face where light naturally hits, like cheekbones, brow bones and the tip of the nose.

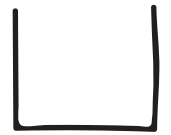
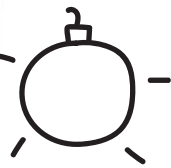
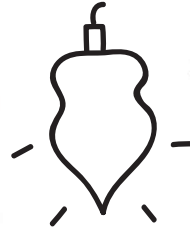
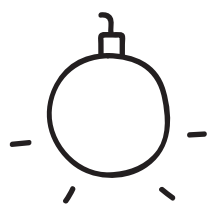


**LOOKING FOR THE LATEST POLISH, BROW DEFINER OR LIPSTICK SHADE? HY-VEE BEAUTY BARS HAVE YOU COVERED WITH TOP-RATED FOUNDATIONS AND MAKEUP, WORLD-CLASS FRAGRANCES AND WIDE SELECTIONS OF HAIRSTYLING PRODUCTS. CHECK OUT THIS LINEUP OF BEAUTY BUYS TO CARRY YOU THROUGH THE HOLIDAYS AND BEYOND.**





**LOVELY LIPS**  
 FEELING FESTIVE?  
 OPT FOR A  
 MERRY, CLASSIC  
 HOLIDAY SHADE,  
 OR KISS 2018  
 GOODBYE  
 BY TRYING  
 SOMETHING NEW  
 AND BOLD.





**A SIGNATURE FRAGRANCE** HAS STAYING POWER—IT CAN EVOKE NOSTALGIA, LIFT MOODS AND HELP LEAVE A LASTING IMPRESSION. WHETHER YOU PREFER CLASSIC, WOODY NOTES OR BRIGHT FLORAL AND CITRUS SCENTS, HY-VEE OFFERS A WIDE RANGE OF TRENDY AND TIMELESS FRAGRANCES TO MAKE YOUR OWN.

**FLAWLESS MAKEUP STARTS WITH HEALTHY SKIN. BIORÉ HELPS YOU FACE THE DAY WITH A RANGE OF SKIN CARE PRODUCTS THAT CLEAN, NOURISH AND IMPROVE SKIN.**



## PRO TIPS & TOOLS

Professional makeup stylists know the key to photoworthy makeup application is having the best tools of the trade. Brushes and sponges are two practical applicators that can give you the flawless finish you desire.

### BRUSH IT OFF

Beauty brushes offer complete, full-coverage makeup application in the least time. Choose the brush intended for the type of makeup: for example, a foundation brush for liquid or cream foundation and a powder brush for loose or packed powders.

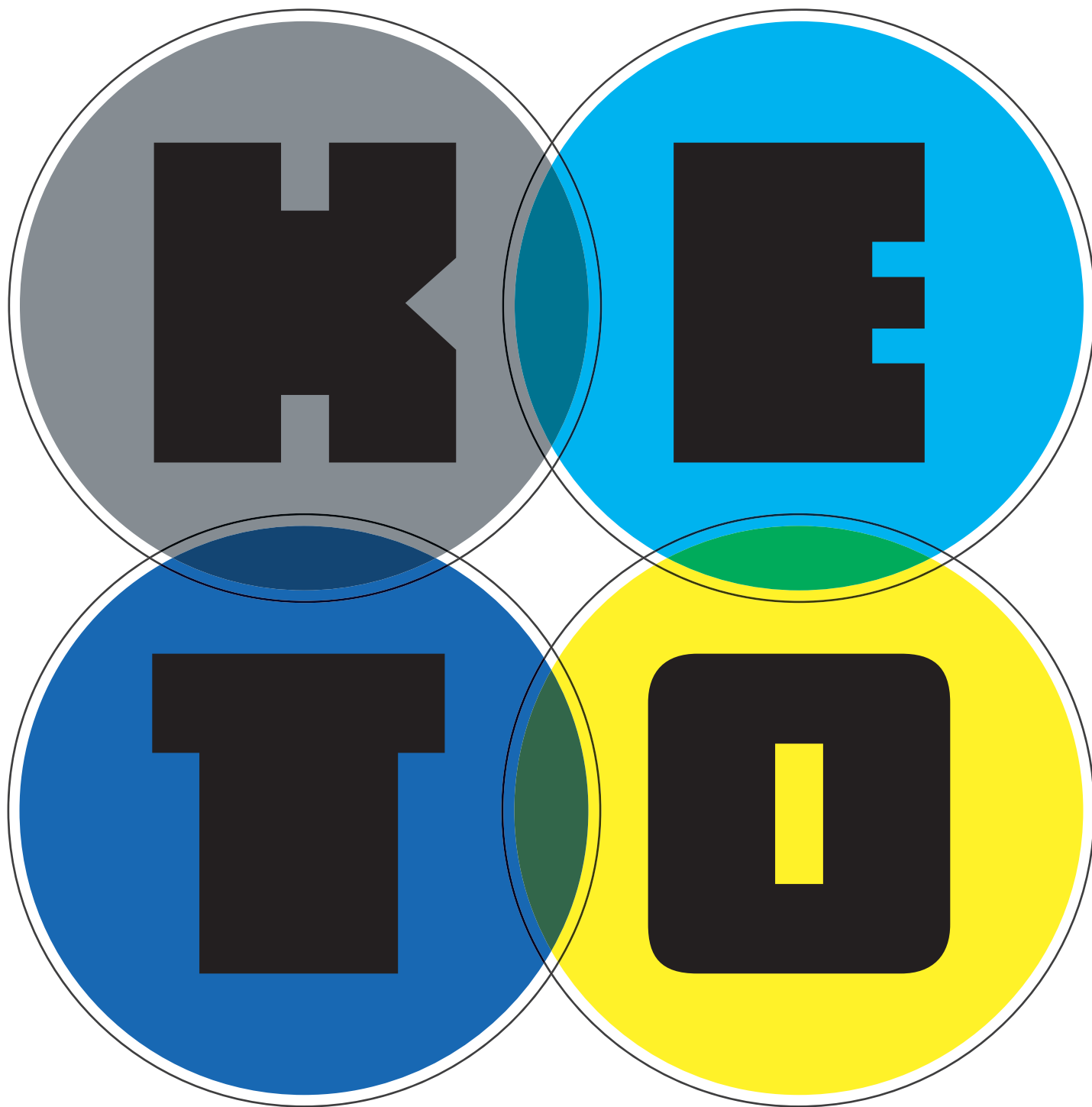
### BLEND TREND

Blending sponges give an air-brushed look when applying foundation, concealer, highlighter and bronzer. Use it wet (with water squeezed out) and dab or roll, but don't rub. Keep a clean sponge for applying serums and moisturizer, too.



## BEST FACE FORWARD

THE RIGHT FOUNDATION SETS THE BASE FOR THE REST OF YOUR MAKEUP APPLICATION BY BLURRING IMPERFECTIONS, ADDING A HEALTHY GLOW AND GIVING SKIN A SMOOTH FINISH. HY-VEE CARRIES A RANGE OF FOUNDATIONS FOR ALL SKIN TONES AND TYPES—DARK, LIGHT, MEDIUM, DRY, OILY AND COMBINATION. LOOK FOR PRODUCTS THAT FIT SPECIALIZED NEEDS LIKE SPF PROTECTION, ANTI-AGING, COLOR CORRECTION, BARELY-THERE FORMULAS OR STAY-ALL-DAY POWER.



## ////// **FAT CHANCES** ///

FOR DECADES WE'VE BEEN TOLD TO EAT AMPLE GOOD CARBS AND LIMIT FATS FOR HEALTH AND WEIGHT LOSS. NOW COMES A WEIGHT-LOSS DIET BULLISH ON FATS OVER CARBS. GET TO KNOW THE KETO DIET. IS IT RIGHT FOR YOU?

WORDS Kristi Chew PHOTOS Greg Scheidemann



## WHAT IS KETOSIS?

Ketosis is the body's switch to burning fat for energy instead of carbs. "There are mixed results on how long a person [can safely] stay in ketosis, and more research is being done on it," says Hy-Vee Dietitian Melissa Jaeger.

The keto diet lauded by Kourtney Kardashian, LeBron James and other celebrities sounds like a meat-eater's dream: Focus on fats (steak, bacon, butter!) instead of carbs and lose weight.

Keto is complicated, however. If you want to try it, learn the facts.

The ketogenic diet was developed in the 1920s to manage some types of epilepsy by switching the body's main source of fuel from glucose to fats.

With typical diets, the chief fuel is carbs, which the body converts to glucose for energy. On the keto diet, the body converts fat into energy—this metabolic state of burning fat is called ketosis.

"Ketone bodies are used as the primary fuel. They're produced from the breakdown of body fat or dietary fats we consume," says Melissa Jaeger, Hy-Vee dietitian in Savage, Minnesota.

The switch to ketosis takes several days and

can cause the so-called "keto flu" with nausea, dizziness, fatigue, upset stomach and difficulty concentrating. Another indicator you're in ketosis is bad or fruity-smelling breath caused by ketone bodies. Once your body gets used to the switch, symptoms subside.

Studies show good results for short-term weight loss, but more research is needed to show how the diet works in the long term.

Many health experts warn that a fat-heavy, very low-carb diet might lack certain nutrients if you're not careful and that it is still unclear whether an approximate 80-15-5 fat-protein-carb ratio is healthy or effective in the long run. (The Mediterranean diet is roughly 30 percent fats, 20 percent protein and 50 percent carbs.)

Keto diets vary in approach, *right*. If you're interested in following one, consult a Hy-Vee registered dietitian or your doctor.

## KETO VARIATIONS

Keto followers use varying approaches.

**STANDARD KETO** is roughly 80 percent fat, 15 percent protein and 5 percent carbs. Many people modify this plan to suit their needs, but the emphasis is on a very high percentage of fats and very low carbs to maintain a ketogenic state. The standard keto diet is the most researched and most recommended version for weight loss.

**TARGETED** keto plans allow extra carbs to fuel high-intensity workouts, then return to the standard approach during non-workout times. The targeted keto diet is said to promote glycogen replenishment in muscles.

**CYCLICAL** plans incorporate "carb-loading" days into the standard approach and are typically used by body builders and advanced athletes.

## RIGHT FATS

SATURATED FATS FROM MEATS, BUTTER AND DAIRY ARE ALLOWED. NOTE THAT SOME DAIRY (ICE CREAM, FULL-FAT MILK) HAS LACTOSE, A MILK SUGAR THAT YOU MAY WANT TO AVOID. MANY PLANS RECOMMEND GRASS-FED (NOT GRAIN-FED) BEEF.

Severely limited **carbs** means few fruits. Eat nutritious fruits with little sugar, like **most berries**. Eat fibrous, **nonstarchy veggies**: leafy greens, broccoli, cauliflower, zucchini.

**Right Protein**  
Fresh **meats, poultry** and **fish** provide B vitamins you'd miss from not eating whole grains. **Eggs** have less than 1 gram of carbs each—excellent keto protein.



## KETO STUDIES

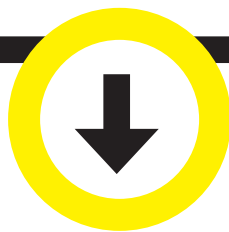
**Keto diet research shows benefits and promise.** A study reported in the *New England Journal of Medicine* in 2003 reported that obese subjects with a high prevalence of diabetes lost more weight on a

keto diet than on a fat-restricted one.

A 2014 study in the *International Journal of Environmental Research and Public Health* described weight-loss success and lower cholesterol, leading to reduced cardiovascular disease risk, for people on a keto diet. Earlier this year researchers at the Paracelsus Medical University

in Salzburg, Austria, reported interest in whether ketone diets might thwart certain tumors that cannot metabolize ketones. The *European Journal of Clinical Nutrition* in 2013 reported “new and exciting scenarios” for the use of ketogenic diets in treating cardiovascular and neurological diseases and cancer.

Research also is under way on how a keto diet might help regulate blood sugar. But more study is needed to determine whether the diet can be used to treat disease, sustain weight loss over extended periods and determine whether it causes kidney, liver or cardiovascular disease or insulin resistance.



“The keto diet may not be a good fit for high-level athletes, vegans due to more limited food selection, or people who travel frequently and are unable to control what they eat. Take into consideration if this diet is right for your lifestyle.”

—MELISSA JAEGER,  
HY-VEE DIETITIAN,  
SAVAGE, MINNESOTA

**Prep** 20 minutes plus refrigerating time  
**Serves** 10

**3-oz. Hy-Vee cream cheese, softened**  
**½ cup Hy-Vee salted butter, softened**  
**¼ cup Hy-Vee natural peanut butter or almond butter**  
**3 Tbsp. coconut flour**  
**1 Tbsp. zero-calorie natural sweetener**  
**1 tsp. Hy-Vee vanilla extract**  
**2 oz. 85% cacao unsweetened chocolate bar**  
**1 tsp. Hy-Vee shortening**

**1. LINE** a rimmed baking pan with parchment paper. Place cream cheese, butter, peanut butter, coconut flour, natural sweetener and vanilla in a medium mixing bowl. Beat with an electric mixer on medium until well combined. Roll dough into ten 1-in. balls and

place on prepared pan. Cover and refrigerate for 1 hour.

**2. PLACE** chocolate and shortening in a microwave-safe bowl. Cook on HIGH for 30 seconds or until melted. Transfer mixture to a resealable plastic bag; snip one corner and drizzle melted chocolate over chilled balls. Refrigerate 5 minutes more or until chocolate sets. Store fat bombs in an airtight container in the refrigerator for up to 1 week or in the freezer for up to 1 month.

**Per serving:**  
170 calories, 16 g fat,  
8 g saturated fat,  
0 g trans fat,  
25 mg cholesterol,  
95 mg sodium,  
5 g carbohydrates,  
1 g fiber, 1 g sugar  
(0 g added sugar),  
3 g protein.  
**Daily values:**  
Vitamin D 0%,  
Calcium 2%, Iron 6%,  
Potassium 2%

## COOKIE DOUGH KETO FAT BOMBS

These no-bake gems contain a zero-calorie natural sweetener, such as Truvia or Stevia, so you won't miss the carbs.



Sources: [nejm.org/doi/full/10.1056/NEJMoa022637](http://nejm.org/doi/full/10.1056/NEJMoa022637)  
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Aidells Gourmet Sausage or Meatballs:  
select varieties  
12 oz. \$5.48



Hillshire Farm Lunchmeat:  
select varieties  
6 to 9 oz. \$2.99



Hillshire Farm Smoked Sausage Ropes, Links or Cocktails:  
select varieties  
12 to 14 oz. \$2.88



Hillshire Farm Snacking Small Plates:  
select varieties  
2 to 2.76 oz. \$2.69

# SWEETEN UP OUR THICK CUT BACON



Wright Brand Bacon:  
select varieties  
24 oz. \$7.99





Choose  
ALL NATURAL



— and always —  
DELICIOUS



Barber Stuffed or  
Simply Chicken Entrée:  
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5 or 10 oz. \$3.99



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Breaded Chicken Bag:  
select varieties  
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Jimmy Dean  
Breakfast Sandwiches:  
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12 ct. \$12.99



Jimmy Dean Fully Cooked  
Natural Sausage Links or Patties:  
select varieties  
7.5 oz. \$3.79





# THE TOTAL TONE UP

WORDS Beau Berkley  
PHOTOS Tobin Bennett

IF THE LOOK  
YOU WANT  
IS WITHIN  
REACH, BUT  
YOU'RE NOT  
QUITE THERE  
YET, IT MAY  
BE TIME TO  
HONE IN WITH  
A CONSISTENT  
ROUTINE AND  
NUTRITION.  
GET STARTED  
TODAY WITH  
HY-VEE  
DIETITIANS  
AND  
TRAINERS.

# HIT THE WEIGHTS, HIT YOUR GOALS

Everyone has their reasons for exercising: reversing the effects of unhealthy choices, stress relief or the exhilarating rush felt after finishing a tough workout, just to name a few. For some, it might be about sculpting a leaner, more defined look, which can be achieved through a mix of weight training with high repetitions and short rest periods, high-intensity cardio and tailored nutrition.

The 4-week workout (*page 81*) from Daira Driftmier, certified personal trainer and director of Hy-Vee KidsFit and Hy-Vee Fitness, includes two days of strength training—upper and lower body—as well as one day dedicated to core exercises and one day for a high-intensity circuit. Each weight-training exercise consists of three sets of 8–12 repetitions and rest periods of 30 seconds to keep your heart rate up while adding volume to muscles, as opposed to low repetitions and longer rest periods that benefit those training for strength.

To keep yourself honest and on track, record the amount of weight you lifted to use as a benchmark for next time. “I advise readers to write in a planner when you plan to work out and set a goal for how long to affirm to yourself that you will make time for your personal health,” Driftmier says. “Record your weights from week to week and watch your self-confidence, strength and cardio continue to improve.”

Exercise is only half the battle. A poor diet will hinder results from any workout, however hard you train. “Nutrition plays a very important role in the successful outcome of a single workout session, as well as having a huge impact on achieving long-term fitness goals,” says Ellen Davis, Hy-Vee dietitian and Certified Specialist in Sports Dietetics. For real results, you need to eat real food. To properly fuel your workouts, Davis suggests finding the right balance of quality macronutrients—carbohydrates (sweet potatoes, brown rice, oatmeal), fat (avocado, nuts, salmon) and protein (chicken breast, eggs, Greek yogurt).

Those who monitor macronutrients record how many grams of carbohydrates, protein and fat they consume to meet a targeted calorie intake. Macronutrient intake is unique to each person based on height, weight, age, gender, activity level, training goals and medical history. Davis says a macronutrient profile for a 2,000-calorie diet might require 45–65 percent of calories come from carbohydrates, 15–25 percent from protein and 20–35 percent from fats. That equals 225–325 grams of carbohydrates, 75–125 grams of protein and 44–78 grams of fats. However, Davis is quick to point out that macronutrients vary greatly for each individual, so it's important to figure out your own numbers. Check with your local Hy-Vee dietitians to get a customized macronutrient recommendation.

## FOOD FOR FUEL

MACRONUTRIENTS PROVIDE CALORIES AND ENERGY NECESSARY TO POWER THROUGH WORKOUTS, AND EACH HAVE THEIR OWN BENEFICIAL FUNCTIONS.

### FAT

Helps absorb vitamins and minerals. Important for healthy cell development and function, as well as blood clotting.

**1 gram= 9 calories**

### PROTEIN

Repairs cells and damaged tissue to promote muscle recovery and growth. Also provides feeling of fullness to curb unnecessary hunger pangs.

**1 gram= 4 calories**

### CARBOHYDRATES

Provide glucose, which is converted to energy. Stick to whole grains, fruits and veggies.

**1 gram= 4 calories**

Sources: [acefitness.org/education-and-resources/professional/expert-articles/4954/how-to-select-the-right-rest-intervals-and-post-training-recovery-for-your-clients](http://acefitness.org/education-and-resources/professional/expert-articles/4954/how-to-select-the-right-rest-intervals-and-post-training-recovery-for-your-clients)  
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# HY-VEE *begin*™

**Don't wait until tomorrow or next week to start working out and eating right—begin right now! Hy-Vee begin™ is a healthy lifestyle program that focuses on eating for health, weight loss and increasing physical activity. For more information, go to [hy-vee.com/health/begin-program/](http://hy-vee.com/health/begin-program/)**

**THE FOOD AND FLUID USED TO FUEL EVERYDAY ACTIVITY AND WORKOUTS HAS A DIRECT IMPACT ON PERFORMANCE, RECOVERY, AND INJURY PREVENTION.**

—ELLEN DAVIS,  
HY-VEE DIETITIAN, CERTIFIED  
SPECIALIST IN SPORTS DIETETICS

## CIRCUIT EXERCISES >>

PERFORM THIS CIRCUIT ONCE A WEEK. WORK FOR 30 SECONDS AND REST 30 SECONDS BETWEEN EACH MOVE, FOR THREE ROUNDS.



### JUMP ROPE

Stand with feet hip-width apart. Holding a jump rope with both hands, swing the rope over your head from the backside and jump over it.



### ONE ARM KETTLEBELL SWING

With feet wider than hip-width apart, grab a kettlebell handle with one hand, palm down. Drive hips back, maintaining slight bend in both knees. Drive hips forward, swinging kettlebell upward while engaging glutes and core. Repeat with opposite hand.



### DUMBBELL LUNGES

Stand with feet hip-width apart, holding dumbbells in both hands. Step one foot forward and bend at the knee until thigh is parallel to the ground. Push off heel and return to starting position. Alternate legs.



**OATS ARE A QUICK SOURCE OF COMPLEX CARBOHYDRATES, WHICH DIGEST SLOWLY AND PROVIDE SUSTAINABLE ENERGY FOR WORKOUTS.**

## 5 TOOLS TO TRY

SHOP FOR THESE FITNESS ITEMS AND MORE AT YOUR LOCAL HY-VEE HEALTHMARKET.



### GAIAM STRETCH MAT

Warm up or cool down on soft padding.



### GAIAM JUMP ROPE

For a fast-paced cardio workout.



### GAIAM RESISTANCE BAND

Fit in exercise wherever you are with portable resistance bands.



### GAIAM HANDWEIGHTS

Use these light weights for warm-ups or high repetitions.



### GAIAM FOAM ROLLER

Release tension in tight muscles post workout.

# THE

# WEEK 4 WORKOUT

## WEEK 1

### DAY 1

3 SETS OF 8-12, REST 30 SEC. BETWEEN SETS

- Dumbbell Shoulder Press
- Push-ups (from knees if necessary)
- Chair Dips

### DAY 2

3 SETS OF 8-12, REST 30 SEC. BETWEEN SETS

- Bodyweight Squats
- Dumbbell Romanian Deadlift
- Calf Raises

### DAY 3

4 ROUNDS, 30 SEC. ON, 1 MIN. OF REST BETWEEN ROUNDS

- Plank Dumbbell Row
- Bicycle Crunch
- Plank

### DAY 4

CIRCUIT (LEFT), 3 ROUNDS, 30 SEC. OF WORK, 30 SEC. REST

## WEEK 2

### DAY 5

3 SETS OF 8-12, REST 30 SEC. BETWEEN SETS

- Dumbbell Shoulder Press
- Push-ups (from knees if necessary)
- Chair Dips

### DAY 6

3 SETS OF 8-12, REST 30 SEC. BETWEEN SETS

- Bodyweight Squats
- Dumbbell Romanian Deadlift
- Calf Raises

### DAY 7

4 ROUNDS, 30 SEC. ON, 1 MIN. OF REST

- BETWEEN ROUNDS
- Plank Dumbbell Row
  - Bicycle Crunch
  - Plank

### DAY 8

CIRCUIT, 3 ROUNDS, 30 SEC. OF WORK, 30 SEC. REST

## WEEK 3

### DAY 9

3 SETS OF 8-12, REST 30 SEC. BETWEEN SETS

- Dumbbell Shoulder Press
- Push-ups (from knees if necessary)
- Chair Dips

### DAY 10

3 SETS OF 8-12, REST 30 SEC. BETWEEN SETS

- Bodyweight Squats
- Dumbbell Romanian Deadlift
- Calf Raises

### DAY 11

4 ROUNDS, 30 SEC. ON, 1 MIN. OF REST

- BETWEEN ROUNDS
- Plank Dumbbell Row
  - Bicycle Crunch
  - Plank

### DAY 12

CIRCUIT, 3 ROUNDS, 30 SEC. OF WORK, 30 SEC. REST

## WEEK 4

### DAY 13

3 SETS OF 8-12, REST 30 SEC. BETWEEN SETS

- Dumbbell Shoulder Press
- Push-ups (from knees if necessary)
- Chair Dips

### DAY 14

3 SETS OF 8-12, REST 30 SEC. BETWEEN SETS

- Bodyweight Squats
- Dumbbell Romanian Deadlift
- Calf Raises

### DAY 15

4 ROUNDS, 30 SEC. ON, 1 MIN. OF REST BETWEEN ROUNDS

- Plank Dumbbell Row
- Bicycle Crunch
- Plank

### DAY 16

CIRCUIT, 3 ROUNDS, 30 SEC. OF WORK, 30 SEC. REST





WORDS Beau Berkley  
PHOTOS Greg Scheidemann

# GET OUT & PERK UP

Venturing outdoors is less common in the winter with its sparse sunlight and frigid temperatures. This can result in low levels of vitamin D, important for calcium absorption and the mood-boosting chemical serotonin. Bust out of a winter slump by exercising outdoors. Just 15 minutes in the sun will help you meet the daily vitamin D requirement, plus exercise has been shown to be a potent mood-enhancer.

**PEER OUT YOUR FROST-COATED WINDOW AND YOU MAY THINK THE WINTER WEATHER SEEMS FRIGHTFUL. THE CONDITIONS MAY NOT BE IDEAL, BUT THE BENEFITS OF EXERCISING IN A WINTER WONDERLAND ARE RATHER DELIGHTFUL.**

In fact, you reap benefits just by being in cold conditions. When the body senses a dip in core temperature, it produces heat through a process called thermogenesis.

Regulating the core temperature demands energy, so you burn calories more quickly in cold weather than you would in 70°F and sunshine.

In the winter, and especially around the holidays, it's common for most Americans to gain a little weight (thanks for nothing, pumpkin pie). Running, jogging and walking in cold weather results in a calorie burn not only from exercise but also from your body's attempt at keeping core temperature up, albeit to a lesser extent.

"Your body burns calories trying to regulate your core temperature and on top of that supplying enough energy to complete your workout," says Kate Hemesath, certified personal trainer and fitness supervisor at the University of Wisconsin Health and Sports Medicine Clinic. "It's not something that will result in an extreme difference, but it is an extra bang for your buck."

## **WHITE SNOW, BROWN FAT**

Shivering is a byproduct of thermogenesis. Involuntary muscle contractions cause the body to burn more energy and it activates brown adipose tissue, a type of fat that helps regulate core temperature by generating heat through burning calories. In a 2014 study published in *Cell Metabolism*, participants wore thermoblankets set to 53°F. Researchers found that energy expenditure increased by 48 percent, and that shivering was effective at stimulating brown adipose tissue to maintain core temperature.

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## WINTER ACTIVITIES

- ▶ CROSS-COUNTRY SKIING
- ▶ DOWNHILL SKIING
- ▶ HIKING
- ▶ ICE FISHING
- ▶ RUNNING
- ▶ SHOVELING
- ▶ SLEDDING
- ▶ SKATING
- ▶ SNOWBOARDING
- ▶ SNOWMOBILING
- ▶ SNOWSHOEING

### FOCUS ON FOOTWEAR

COLD AND MOISTURE CAN LEAD TO SLICK CONDITIONS ON ROADWAYS. WHEN RUNNING OUTDOORS IN WINTER, WEAR SHOES WITH AGGRESSIVE TREADS. YOU'LL GRIP THE ROAD BETTER AND LESSEN THE CHANCE OF SLIPPING ON A SLICK SPOT.

# SAFETY FIRST

#### 01» BUNDLE UP

Wearing layers outside is important, but there's a method to protect yourself from poor conditions. Certified Personal Trainer Kate Hemesath recommends starting with a base layer of moisture-wicking material followed by a layer of heavier, insulated material. The outermost layer should be water- and wind-resistant to combat the elements. Remove layers as needed.

#### 02» BE ALERT

Check temps and keep an eye on wind chill, which can make the temperature seem dramatically lower. When the temperature falls below 10°F and wind chill plays a role, you may want to save your outdoor adventure for a slightly warmer day.

#### 03» PHONE HOME

Hemesath suggests that those who live in more remote areas or those who run long distances carry their cell phone. "If something happens, you don't want to be stuck out in freezing weather," Hemesath says.

#### 04» PROTECT YOUR DIGITS

Frostbite tends to affect your hands and feet before any other body part. That's because your body concentrates heat to the core, leaving the outer extremities in the cold. Always wear gloves and water-resistant shoes.

PHOTO aabeele/Shutterstock

Exercising in the elements can take a toll on skin, causing it to become weathered, dry or cracked. Use these products to give your skin a boost of energy this winter.

**DUKE CANNON SUPPLY CO. BLOODY KNUCKLES HAND REPAIR**  
Hands stay soft and smooth with moistening balm.

**BASIN LIP BALM**  
Keep dry, chapped lips at bay all winter long.

**ZUM FACE NOURISHING FACIAL OIL**  
Retinol (vitamin A) keeps skin smooth and unclogs pores.

**NEUTROGENA HYDRO BOOST WHIPPED BODY BALM**  
Hydrate skin without leaving a greasy feeling behind.

**ST. IVES GENTLE SMOOTHING OATMEAL SCRUB AND MASK**  
Soothe dry skin with this face scrub that can also be used as a mask.

**BURT'S BEES CLEANSING OIL**  
Cleans away dirt and grime without drying skin.

**BARE MINERALS COMPLEXION RESCUE**  
Give skin a healthy glow while shielding yourself from UV rays.







### **WEIGHT HERE!**

Get a dog, lose weight? One study showed an average weight loss of 14 pounds by participants who walked a dog 20 minutes a day, five times a week, for about a year.



**PETS ARE FUN TO HAVE AROUND.**

**THEY ALSO OFFER PHYSICAL AND EMOTIONAL BENEFITS—REDUCING STRESS AND ANXIETY AND COUNTERING DEPRESSION AND LONELINESS. IF THAT PET HAPPENS TO BE A DOG, YOU MIGHT EVEN IMPROVE YOUR CARDIOVASCULAR HEALTH (REMEMBER, THEY NEED TO BE WALKED!).**

PHOTO: ViewStock/Getty Images



# CREATURE COMFORTS

WORDS Luke Miller

**People and pets go back a long way. A very long way.** “There is abundant evidence that our attachment to pets, especially dogs, is ‘hardwired’ through human evolution and domestication,” says Dr. Joyce Carnevale, clinical assistant professor with Iowa State University College of Veterinary Medicine. “Stone Age burial sites have found dogs buried with humans.”

It’s an arrangement that has definite benefits for people in particular. “Pet ownership can improve mental, emotional, and physical health,” says Dr. Carnevale.

Studies show owning a pet can reduce blood pressure as well as cholesterol and triglyceride

levels. In one study, cat owners had a significantly lower risk of heart disease and stroke than those without a cat.

The American Heart Association has linked pet ownership—dogs in particular—with lower risks for heart disease. One study shows dog walkers average 30 minutes more daily exercise than those who don’t walk dogs.

All that walking has a social component. “Pets can be conversation starters when strangers meet—with that first conversation being about their pets,” says Dr. Carnevale. “These social interactions may help prevent loneliness and depression.”



**SAVE A LIFE**  
GIVE A DESERVING DOG, CAT OR OTHER  
PET THE CHANCE TO EXPERIENCE A  
WARM, LOVING AND SAFE HOME. ADOPT  
FROM AN ANIMAL SHELTER OR AN  
ANIMAL RESCUE GROUP.

Sources: [helpguide.org/articles/mental-health/mood-boosting-power-of-dogs.htm](http://helpguide.org/articles/mental-health/mood-boosting-power-of-dogs.htm)  
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**WHY WE LOVE THEM:  
PETS ARE OPEN AND  
WELCOMING. THEY DON'T  
JUDGE OR CRITICIZE.**

Moreover, pets are a reason to care for a living creature, allowing owners to feel responsible and needed. Pets also provide a socially acceptable outlet for affectionate physical contact. We can love them up—hug and pet and groom them, even engage in baby talk—without embarrassment.



**STRENGTHENING  
THE IMMUNE SYSTEM**  
INFANTS RAISED WITH A CAT  
OR DOG IN THE HOUSE ARE  
LESS LIKELY TO DEVELOP  
ALLERGIES TO THOSE  
ANIMALS AS TEENAGERS.

**PET \*  
THERAPY**

**From young children facing emotional challenges to elderly nearing the end of their lives, animal-assisted therapy (AAT) offers emotional support to those who need it.**

AAT involves interacting regularly with animals in individual or group settings. These sessions usually involve cats or dogs and include contacts from petting to giving treats to sitting together. AAT helps:

- Children dealing with emotional issues
- Elderly assisted living residents with mild to moderate dementia
- Recovering cancer patients
- Veterans with PTSD (post-traumatic stress disorder)

What's the draw? When we interact with pets, researchers speculate, there's an increase in the levels of oxytocin (the "love hormone" that encourages bonding) and serotonin (the "feel-good" brain chemical).

**RESEARCH  
CONFIRMS PET  
THERAPY EASES  
DEPRESSION,  
ANXIETY,  
AND GRIEF.**

PHOTOS: Tobin Bennett (dog dish, leash); Cat'chy Images/Shutterstock (rabbit); RF Pictures/Getty Images (opposite)



**OPTIONS AROUND**

In 2017 some 68 percent of U.S. households had a pet—up from 56 percent in 1988. "The bond that people can share with species other than dogs can be significant," says Dr. Carnevale. "I have seen people attached to a variety of animals—cats, horses, goats, cattle, pigs, poultry, reptiles, birds, fish and small mammals such as rabbits, guinea pigs, hamsters, gerbils and rats. It is evident that the human-animal bond is not limited."

**\$11.7 BILLION**  
U.S. HEALTH CARE SAVINGS FOR PET OWNERS,  
ACCORDING TO TWO GEORGE MASON UNIVERSITY  
RESEARCHERS WHO NOTED PET OWNERS ANNUALLY VISIT  
A DOCTOR 0.6 TIMES LESS THAN NON-PET OWNERS.

**QUESTIONS  
TO ASK before getting a pet:**

- Do I have time to properly care for and clean up after the pet?
- What type of environment does the pet need to stay healthy and happy?
- What's the pet's lifespan and am I committed to caring for it during its entire life?
- How large will it get and how much exercise will it need?
- What will vet bills likely cost?



# PET GIFTS FROM HY-VEE

## DOGS LIKE TO:



### CHEW

Pliable chew-worthy toys can help with teething the first few years.



### CHASE

A rubber ball offers a lot of potential: it bounces and is fun for a dog to mouth between fetches.



### CHOMP

All dogs value treats, especially those that involve chewing. Dental sticks even help clean the teeth.

## CATS LIKE TO:



### PLAY

Make sure there are some toys available for entertainment.



### HUNT

They'll reach or pounce when enticed with dangling "prey."




### SNACK

Among a cat's most treasured treats: seafood and poultry, served à la carte.



IF YOU HAVE  
A PET, YOU  
ALREADY  
KNOW WHAT  
THEY BRING  
TO YOUR LIFE.  
THESE GIFTS  
RETURN THE  
FAVOR.



**STAY HEALTHY  
THIS WINTER BY  
FOLLOWING THIS  
ADVICE (AND  
MAKING A TRIP  
TO A HY-VEE  
HEALTH CLINIC  
IF NEEDED).**

WORDS Luke Miller  
PHOTOS Tobin Bennett

# ON AHEAD CAUTION

## KEEP YOUR GUARD UP

Wintertime is prime time for catching a cold or flu. That's not surprising, since we're often cooped up indoors in close quarters with others. It's important to brace

yourself by practicing good hygiene, getting ample rest and eating foods to boost your immune system.

Hy-Vee retail health clinics can help you stay healthy. With 70 locations, walk-in clinics offer convenient and affordable care

for minor injuries and illnesses, including cold and flu.

Advance practice registered nurses and/or physician assistants handle treatments and are qualified to provide diagnostic, therapeutic and preventive care.

VISIT ONE OF  
70 HEALTH  
CLINICS  
LOCATED IN  
HY-VEE  
STORES.

## HOW IT ALL GOES DOWN

Picking up germs that cause colds and flu is as easy as touching a contaminated surface, then touching your eyes, nose or mouth. (That's something you do an average of 15+ times an hour, according to a University of California, Berkeley study.)

## 8 WAYS TO STAY HEALTHY THIS WINTER

### WASH HANDS

Wash hands often, especially after using the bathroom, before, during and after preparing food, and before eating.

### AVOID HANDSHAKES

Consider a fist bump, or clasp your hands close to your chest and give a simple nod of your head.

### KEEP YOUR DISTANCE

Because respiratory viruses spread through the air, put at least 6 feet between you and anyone who's sick.

### CLEAN AND DISINFECT

Wipe frequently touched surfaces at home, work or school with a disinfectant. Some viruses can live on surfaces for 48 hours.

### FORTIFY YOUR RESISTANCE

Get ample sleep, exercise, manage your stress, drink plenty of fluids and eat a nutritious diet that includes lots of protein.

### HAVE OPTIONS READY

Use sanitizing gel or alcohol-based wipes when soap and water are not available.

### GO OLD SCHOOL

Garlic and honey have been used to ward off illness for generations, thanks to antibacterial and antiviral properties. If you're on any medications, check with a pharmacist or doctor before using.

### GET A FLU SHOT

The Centers for Disease Control and Prevention (CDC) recommends that all adults get the influenza vaccine every year to protect against seasonal flu.

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[mayoclinic.org/diseases-conditions/common-cold/expert-answers/honey/faq-20058031](http://mayoclinic.org/diseases-conditions/common-cold/expert-answers/honey/faq-20058031)

# CAUTION FLU SEASON



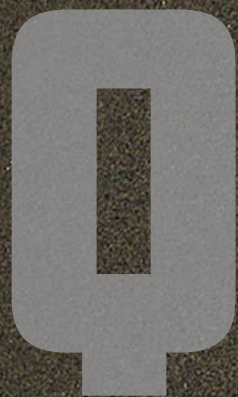
## WHAT YOU NEED TO KNOW TO **KEEP GERMS AWAY**

STAYING HEALTHY  
STARTS WITH PROPER  
HANDWASHING. LATHER UP,  
THEN SCRUB FOR AT LEAST  
20 SECONDS, MAKING SURE  
TO GET THE BACKS OF YOUR  
HANDS, BETWEEN FINGERS  
AND UNDER NAILS. ONE WAY  
TO MEASURE TIME: HUM THE  
“HAPPY BIRTHDAY” SONG TO  
YOURSELF TWICE.

# ON AHEAD CAUTION

# WINTER FLU SEASON PH

## Q&A WITH ANGIE NELSON, GROUP VICE PRESIDENT, RETAIL PHARMACY



### IT'S COLD AND FLU SEASON. HOW CAN PEOPLE BE PREPARED?

**A:** It's always best to keep good hygiene, eat a healthy, well-balanced diet and get plenty of rest so our bodies are prepared to fight off bacteria and viruses.

**Q:** When should someone go to a Hy-Vee health clinic?

**A:** The urgent care clinics in our stores are a convenient stop for common conditions such as allergies, bronchitis, sinus infections, sore throats, colds and flu.

**Q:** What can the Hy-Vee health clinic do?

**A:** Clinic staff have a private examination room and equipment to treat or diagnose minor conditions. They also are able to prescribe or recommend over-the-counter products to treat conditions.

**Q:** Are there different strategies for preventing colds vs. flu?

**A:** Prevention strategies are fairly similar; however, treatment strategies are different.

**Q:** What other ailments does the clinic see regularly in winter?

**A:** Strep throat, dry skin conditions such as eczema, influenza, and many other bacterial and viral infections are commonly diagnosed throughout winter.

**Q:** Are there natural safeguards to consider?

**A:** Many products have been used to help prevent nasty winter illnesses. Echinacea, believed

to have a positive effect on the immune system, is used to help shorten the length and severity of colds. Ginger is thought to have anti-inflammatory effects that can soothe irritated, scratchy throats and kill viruses that cause colds. Garlic, another herbal treatment used for preventing colds, is commonly taken to reduce one's risk.

**Q:** What must-have items should be in everyone's medicine cabinet this winter?

**A:** Our pharmacists recommend you have some sort of pain reliever or fever reducer that you and your household members can tolerate, such as acetaminophen or ibuprofen. If you are unsure which would be appropriate, stop by and ask our pharmacists. Other items to have are saline nasal spray, hand sanitizer, throat lozenges, a good moisturizer and a multivitamin.

---

**ALL CLINICS TAKE WALK-INS AND SOME SCHEDULE APPOINTMENTS UPON REQUEST. TO FIND THE NEAREST HY-VEE STORE WITH A RETAIL HEALTH CLINIC, VISIT [HY-VEE.COM/HEALTH/RETAIL-HEALTH-CLINICS.ASPX](http://HY-VEE.COM/HEALTH/RETAIL-HEALTH-CLINICS.ASPX)**





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Wafers:  
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## DOUBLE CHOCOLATE CEREAL BARS

### INGREDIENTS :

2	Cups Mini Marshmallows	1/4 tsp	Vanilla Extract	1/2 cup	Ghirardelli 60% Bittersweet Chocolate Chips
2 Tbs	Unsalted Butter	1/8 tsp	Salt		Cooking Spray
1 Tbs	Ghirardelli Unsweetened Cocoa	3 cup	Granola Cluster Cereal		

### DIRECTIONS :

Combine first 5 ingredients in a microwave safe bowl and microwave on high for 1 minute. Remove bowl and stir with large rubber spatula coated with cooking spray until smooth. Stir in cereal. Stir in chocolate chips.

Coat a 1/4 cup dry measuring cup with cooking spray. Lightly pack measuring cup with cereal mixture. Drop onto a parchment paper lined baking pan. Freeze 8 minutes or until firm and serve.

For more tempting recipes, visit [www.ghirardelli.com](http://www.ghirardelli.com)



**BASIN**  
FRESH · NATURAL · UPLIFTING

spread  
holiday  
cheer.

'Tis the season of relaxing bath bombs, bath salts, fresh cut holiday soaps, and the best smelling gifts you can give!



# SPLASH AWAY HOLIDAY STRESS

WORDS Luke Miller PHOTOS Tobin Bennett



# FAST RELIEF

NO TIME FOR  
A RELAXING  
BUBBLE BATH?  
TRY THIS  
2-MINUTE  
RELAXATION  
TECHNIQUE  
FROM THE  
UNIVERSITY OF  
MINNESOTA:

- **FOCUS** ON YOUR BREATHING. TAKE A DEEP BREATH, THEN EXHALE SLOWLY. REPEAT SEVERAL TIMES.
- **NOTICE** WHERE YOUR BODY FEELS TENSE. QUIETLY LOOSEN THOSE AREAS, RELEASING AS MUCH TENSION AS POSSIBLE.
- **TURN** YOUR HEAD SLOWLY IN A SMOOTH, CIRCULAR MOTION. REPEAT.
- **ROLL** YOUR SHOULDERS FORWARD AND BACKWARD A COUPLE TIMES. LET ALL YOUR MUSCLES RELAX.
- **THINK** OF A PLEASANT EVENT OR PLACE.

Stressed? Blame it on the holidays. More responsibilities plus more activities equal less time for ourselves. There's cooking, baking and entertaining to think about. Parties to attend. Cards to mail. Traffic to maneuver. Gifts to buy. Add in a dash of worry about whether we've crossed all the names off our gift list (and what it will cost to buy all those presents). Some of us make things even more hectic by adding travel into the mix.

IN A 2006 SURVEY ABOUT HOLIDAY STRESS, 68% OF RESPONDENTS REPORTED EXPERIENCING FATIGUE "OFTEN OR SOMETIMES," WHILE 61% SAID THEY EXPERIENCED STRESS "OFTEN OR SOMETIMES." ACCORDING TO THE SAME SURVEY, MORE WOMEN THAN MEN SAID STRESS INCREASED AROUND THE HOLIDAYS.

Stress, a normal part of life, can be caused by your environment, body or thoughts. The human body is equipped to deal with stress in many ways. Things go south when there's no relief from the tension. That can take a toll, causing headaches, body aches, insomnia, anxiety, irritability and sadness.

This year shake off holiday stress with proper rest, exercise and nutrition (see page 98). Then pamper yourself with an array of quality bath and beauty products for a soothing soak. Happy holidays indeed!

“STRESS OFTEN INCREASES BLOOD PRESSURE. THERE ARE FOODS THAT CAN HELP... INCLUDING AVOCADOS, SPINACH, PISTACHIOS AND FATTY FISH SUCH AS SALMON AND TUNA. THESE FOODS HAVE CERTAIN NUTRIENTS LIKE MAGNESIUM AND POTASSIUM THAT HELP IN LOWERING BLOOD PRESSURE.” —KAITI GEORGE, RD, LMNT, HY-VEE DIETITIAN



## REST ASSURED

### SLEEPY TIME

Experts say adults need about eight hours of sleep every 24 hours. Without sleep, it's harder to concentrate and respond quickly—not exactly a great situation to have during the busy holiday season.

### SAY GOODNIGHT GRACEFULLY

Getting enough sleep is tough when there's a lot on your mind. Rather than rehash what went wrong that day or what's

on your plate for tomorrow, fill the moments before you drift off to sleep with thoughts of joy, kindness and gratitude. Also:

- Avoid alcohol and caffeine beforehand.
- Turn off all electronic devices an hour before bedtime.
- Relax with a cup of chamomile tea.
- Go to bed and wake up the same time every day.

## EAT RIGHT

Stress can cause the production of extra cortisol, which increases appetite.

That's dangerous during the holidays.

“The struggles are real when it comes to holiday food temptations,” says

Hy-Vee Dietitian Kaiti George. Her recommendations:

- Include plenty of fiber in your diet so you feel fuller longer.

- Don't skip meals but do skip second helpings.

- Make comfort food recipes healthful (e.g., substitute plain Greek yogurt for sour cream; 2 percent cheese for regular cheese; herbs and spices for salt).



## TIME TO MOVE

COUNTER STRESS THROUGH AEROBIC EXERCISE, SUCH AS JOGGING, CROSS-COUNTRY SKIING, DANCING, WALKING OR HIKING.

**Cardiovascular exercise boosts circulation and causes the body to release endorphins, those feel-good chemicals responsible for “runner’s high.” Harvard Medical School reports that regular exercise can reduce anxiety as well as depression—and can be as effective as medication and psychotherapy.**



Sources: [health.harvard.edu/blog/how-simply-moving-benefits-your-mental-health-201603289350](http://health.harvard.edu/blog/how-simply-moving-benefits-your-mental-health-201603289350)  
[www.nhlbi.nih.gov/health-topics/sleep-deprivation-and-deficiency](http://www.nhlbi.nih.gov/health-topics/sleep-deprivation-and-deficiency)  
[drwaynedyer.com/blog/how-do-you-sleep/](http://drwaynedyer.com/blog/how-do-you-sleep/)  
[ncbi.nlm.nih.gov/pmc/articles/PMC2995283/](http://ncbi.nlm.nih.gov/pmc/articles/PMC2995283/)

## BATH SALTS

Relieve sore muscles and cleanse and soften skin. Basin bath salts feature a combination of natural sea salts and soothing Epsom salt in 11 different fragrances.

## ONE FOR THE KISSER

Basin lip scrubs are a tasteful way to take care of your lips. They contain only four natural (and edible!) ingredients. Keep your lips soft, smiling and satisfied with six flavors—coconut, lime, raspberry, vanilla, strawberry and sangria. Rub in a circular motion, then wash or lick it off.

## TAKE CARE

Discover Basin, the fresh and fragrant line of all-natural bath and beauty products. Everything—from bath bombs to shampoo and conditioner bars—is free of synthetic chemicals. You can even mix your own bath salts for a customized fragrance.

## BATH BOMBS

Basin bath bombs combine natural ingredients with escape-worthy fragrances. Simply plunk one down in a warm bath, then sit back and enjoy a good soaking. As the bomb fizzes away, so will your cares—thanks to a delightful mix of perfumes and oils.



# HAVE A SWEET OLD-FASHIONED HOLIDAY



7Up:  
select varieties  
11. \$0.99



ReaLemon, ReaLime or  
Mott's Applesauce:  
select varieties  
15 or 24 oz. \$1.99



Hawaiian Punch:  
select varieties  
6 pk. or 128 fl. oz. \$1.99



7Up:  
select varieties  
2 l. 4/\$4.00  
with purchase of 4



**THE PERFECT PARTY PUNCH!**  
24 oz. 7Up + 32 oz. Hawaiian Punch  
Fruit Juicy Red + ¼ cup ReaLemon  
100% lemon juice + 16 oz. Canada Dry  
club soda + 12 oz. orange juice +  
1 pint raspberry sorbet

# punch it up

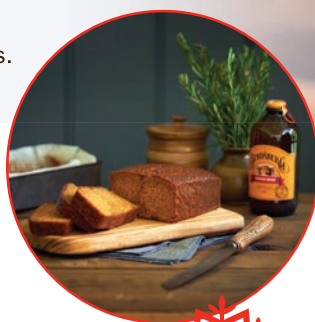


## IT'S A BREW – TASTE THE DIFFERENCE!

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

## NOT JUST FOR DRINKING

You can cook with Bundaberg brews as well! Go to [bundaberg.com](http://bundaberg.com) for more brewed food recipes.



### GINGER BEER CAKE

#### Ingredients



- ¾ cup Bundaberg Ginger Beer
- 1 ¾ cup All-purpose flour
- ¾ cup Finely granulated sugar
- 1 cup Molasses syrup
- ⅓ cup Vegetable oil
- 3 Eggs
- 2 tsp Baking powder
- 1 ½ tsp Ground ginger
- ¾ tsp Ground cinnamon
- 2 tsp Dark brown sugar for decoration

#### Let's Cook!

- STEP 1** Preheat oven to 300° F.
- STEP 2** Beat all ingredients except brown sugar with electric mixer. Grease a loaf tin with butter and line with parchment paper. Pour the mixture into the loaf tin and sprinkle top with brown sugar.
- STEP 3** Bake in oven for 1 hour and 15 minutes. Check with skewer. If it comes out dry, remove from oven and allow to cool in the tin for 10 minutes before turning out and serving.



### CRANBERRY GINGER PALOMA

#### Ingredients



- 2 oz Bundaberg Ginger Beer
- 2 oz Tequila
- 1 oz Cranberry juice
- ½ oz Grapefruit juice
- ½ oz Agave syrup
- Salt and ground cinnamon

#### Let's Mix!



- STEP 1** Rim a highball glass with salt and cinnamon.
- STEP 2** Combine tequila, cranberry juice, grapefruit juice and agave syrup in a cocktail shaker with ice.
- STEP 3** Shake to chill and combine ingredients.
- STEP 4** Strain into a highball glass over fresh ice.
- STEP 5** Top with Bundaberg Ginger Beer.
- STEP 6** Garnish and Enjoy!

Recipe and Image courtesy of BeautifulBooze.com

## BUNDABERG.COM/MIXOLOGY

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# BOXING

TAKE UP BOXING FOR A WORKOUT THAT PACKS A SERIOUS PUNCH AND BOOSTS CARDIO, MUSCLE TONE AND HAND-EYE COORDINATION.

WORDS Beau Berkley  
PHOTOS Greg Scheidemann

OUTSIDE THE



# FIGHT FOR YOUR RIGHT TO BE FIT

**FORMALLY, THE FIRST KNOWN BOXING EVENT TOOK PLACE AT THE 23RD OLYMPIAD IN 688 BCE. SINCE THAT TIME THE SPORT HAS EVOLVED FROM BARE-KNUCKLE BRUTALITY TO BRIGHT LIGHTS AND PRIZE FIGHTS. THANKFULLY, YOU DON'T HAVE TO THROW JAW-JAMMING UPPERCUTS LIKE MIKE TYSON OR "STING LIKE A BEE" À LA MUHAMMAD ALI TO REAP THE PHYSICAL REWARDS OF THE SWEET SCIENCE.**

Fitness boxing uses heavy bags or shadow boxing for a safe form of training. You'll never take a hit, but you can bob and weave your way to improved hand-eye coordination, better balance and posture, enhanced aerobic capacity and increased alertness. "A boxing workout is working every muscle from head to toe, particularly the core," says Steven Coopersmith, owner of Title Boxing Club in Edina, Minnesota. "It's a tremendously complete workout."

## PUNCH IT

TIMES HAVE CHANGED SINCE ROCKY BALBOA SPARRED WITH A FROZEN SLAB OF BEEF. IN MOST GYMS OR CLUBS YOU CAN COUNT ON SEEING HEAVY BAGS (RIGHT) TO PRACTICE TECHNIQUE. "WE USE 100-POUND HEAVY BAGS," COOPERSMITH SAYS. "AND EVERY TIME YOU HIT A BAG, YOU'RE ACTUALLY MOVING 100 POUNDS, SO THERE'S A MUSCLE TONING BENEFIT."

## IF THE GLOVE FITS

Not all gloves are created equal. When training with a heavy bag, boxers tend to use gloves with more padding, which weigh more than gloves used for live-fighting that have less padding.



"A boxing workout is working every single muscle from head to toe, particularly the core. It's a tremendously complete workout."

—STEVEN COOPERSMITH, OWNER,  
TITLE BOXING CLUB, EDINA, MINNESOTA

# 333

CALORIES

BURNED BY A  
155-POUND  
PERSON BOXING  
FOR 30 MINUTES

## QUICK HITS

**HANDS** need to be up high and near the head. This serves two purposes: throwing quick, accurate punches and protecting the face.

Almost every movement is generated from the **CORE, WHICH INCLUDES ALL THE MUSCLES SURROUNDING THE STOMACH, HIPS AND LOWER BACK.** "The core is really the foundation of everything," Coopersmith says.

**THE LOWER BODY** plays an important role in throwing punches. The power "is coming off of your back leg when you pivot through," Coopersmith says.

# QUAKER

## Help Keep Your Nutrition Goals on Track



95% of Americans don't get enough fiber.\* Take the Quaker® Nutrition Check to learn more about your fiber intake.

### Cinnamon Pumpkin Overnight Oats

8g of fiber  
5g of fat

Check your fiber numbers, get healthy tips, recipes and more at [QuakerNutritionCheck.com](https://www.QuakerNutritionCheck.com)

\*What We Eat in America, NHANES 2007-2010  
©2018 TQOC.

Wake up  
to a magical  
morning



## Swirl Baked French Toast

PREP: 15 MIN    TOTAL TIME: 2 HOURS 5 MIN    SERVES: 8 PEOPLE

- |   |  |
|---|--|
| <p>1 loaf (16 oz) <i>Pepperidge Farm® Swirl Cinnamon Raisin</i> bread, cut into cubes</p> <p><math>\frac{3}{4}</math> cup sweetened dried cranberries</p> <p>5 eggs</p> <p><math>2\frac{1}{2}</math> cups half-and-half or milk</p> <p>1 teaspoon vanilla extract</p> | <p>1 Place the bread pieces and cranberries, if desired, into a lightly greased 3-quart shallow baking dish.</p> <p>2 Beat the eggs, half-and-half and vanilla extract in a medium bowl with a fork or whisk. Pour the egg mixture over the bread pieces. Stir and press the bread pieces into the egg mixture to coat. Refrigerate for 1 hour or overnight.</p> <p>3 Heat the oven to 350°F. Bake for 50 minutes or until a knife inserted in the center comes out clean.</p> |
|---|--|



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

   @brewpubpizza

# Are GMO foods safe?

Dr. Ruth MacDonald  
Professor and Chair  
Food Science and Human Nutrition  
Iowa State University

For the answer, we asked Dr. Ruth MacDonald, a respected leader in nutrition and food science, what she wants consumers to understand about the safety of genetically modified foods.

## GMOs are safe.

We've consumed foods from genetically modified crops for years and there's no evidence of any risk to human health.

## There are no health risks.

The World Health Organization, American Pediatric Association, National Academy of Medicine and others have analyzed thousands of studies and concluded that GMOs are safe.

## We enjoy the safest food supply in the world.

Genetic modification has been used for decades and GMO crops are the most tested in the history of agriculture. There is no evidence of risk to people, animals or the environment.

As a farmer and a mom, I only feed my family foods that I trust to be safe. Not only are GMOs safe for my family and yours, but GMO technology is better for our environment because it allows us to use less pesticides on our crops. That's good for everyone. – Sara Ross, Minden, Iowa



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

KEFIR HAS BEEN CALLED  
**THE CHAMPAGNE OF MILK—**  
AND NOT WITHOUT GOOD  
REASON. IT'S PACKED FULL  
OF **PROBIOTICS, VITAMINS,**  
**MINERALS, PROTEIN,**  
**ANTIOXIDANTS** AND MORE.

**GOT KEFIR?**

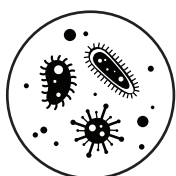
WORDS Hilary Braaksma PHOTOS Tobin Bennett

# WHAT IS KEFIR?

Kefir is fermented milk made from a variety of yeasts and healthy bacteria. While kefir shares the smooth texture and tangy taste of yogurt, it's unique in that it is the most naturally probiotic food and it carries myriad health benefits not available in traditional dairy products.

**Numerous scientific studies support evidence that regular consumption of kefir is linked to improved digestion, tolerance to lactose, anti-inflammatory properties, improved blood sugar, healthy blood pressure, lowered cholesterol, and the ability to limit allergic reactions.**

Kefir is naturally gluten free and a rich source of protein. Plain kefir is free of added sugars; however, store-bought kefir is often flavored or contains other ingredients. For a low-sugar option, read labels to get the full nutritional scope.



## THE PROS

KEFIR IS THE MOST PROBIOTIC OF ALL NATURAL FOODS.

PROBIOTICS ARE GOOD-FOR-YOU BACTERIA THAT HELP PREVENT ILLNESS, IMPROVE DIGESTION AND AID IN NUTRIENT DIGESTION.

**11g**  
PROTEIN

**200**  
CALORIES

**40+**  
PROBIOTIC STRANDS

FIND KEFIR IN  
YOUR HY-VEE  
HEALTHMARKET



## LACTOSE

KEFIR IS NATURALLY LOW IN LACTOSE. SOME RESEARCH SHOWS THAT REGULAR CONSUMPTION OF KEFIR CAN IMPROVE LACTOSE TOLERANCE.

## HOW TO USE KEFIR

YOU CAN DRINK IT PLAIN, BUT YOU DON'T HAVE TO. KEFIR IS SURPRISINGLY VERSATILE:

- REPLACE MILK IN YOUR FAVORITE HOMEMADE ICE CREAM RECIPE
- USE AS A BASE FOR CREAMY SAUCES, DIPS AND DRESSINGS
- BLEND IT INTO SMOOTHIES
- TOP WITH FRUIT AND GRANOLA FOR A PARFAIT
- MIX IT INTO BAKED GOODS TO ADD MOISTURE
- MIX IT WITH FRUIT AND FREEZE INTO POPS

KEFIR (PRONOUNCED KUH-FEAR) IS DERIVED FROM THE TURKISH WORD **KEF**, WHICH MEANS "GOOD FEELING".

Sources: [msue.anr.msu.edu/news/what\\_is\\_kefir](http://msue.anr.msu.edu/news/what_is_kefir)  
[www.ncbi.nlm.nih.gov/pubmed/28222814](http://www.ncbi.nlm.nih.gov/pubmed/28222814)  
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[nutritiondata.self.com/facts/custom/2881216/2](http://nutritiondata.self.com/facts/custom/2881216/2)





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Palermo's Thin Crust Pizza:  
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Screamin' Sicilian or  
King Cheese Pizza:  
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Screamin' Sicilian Singles  
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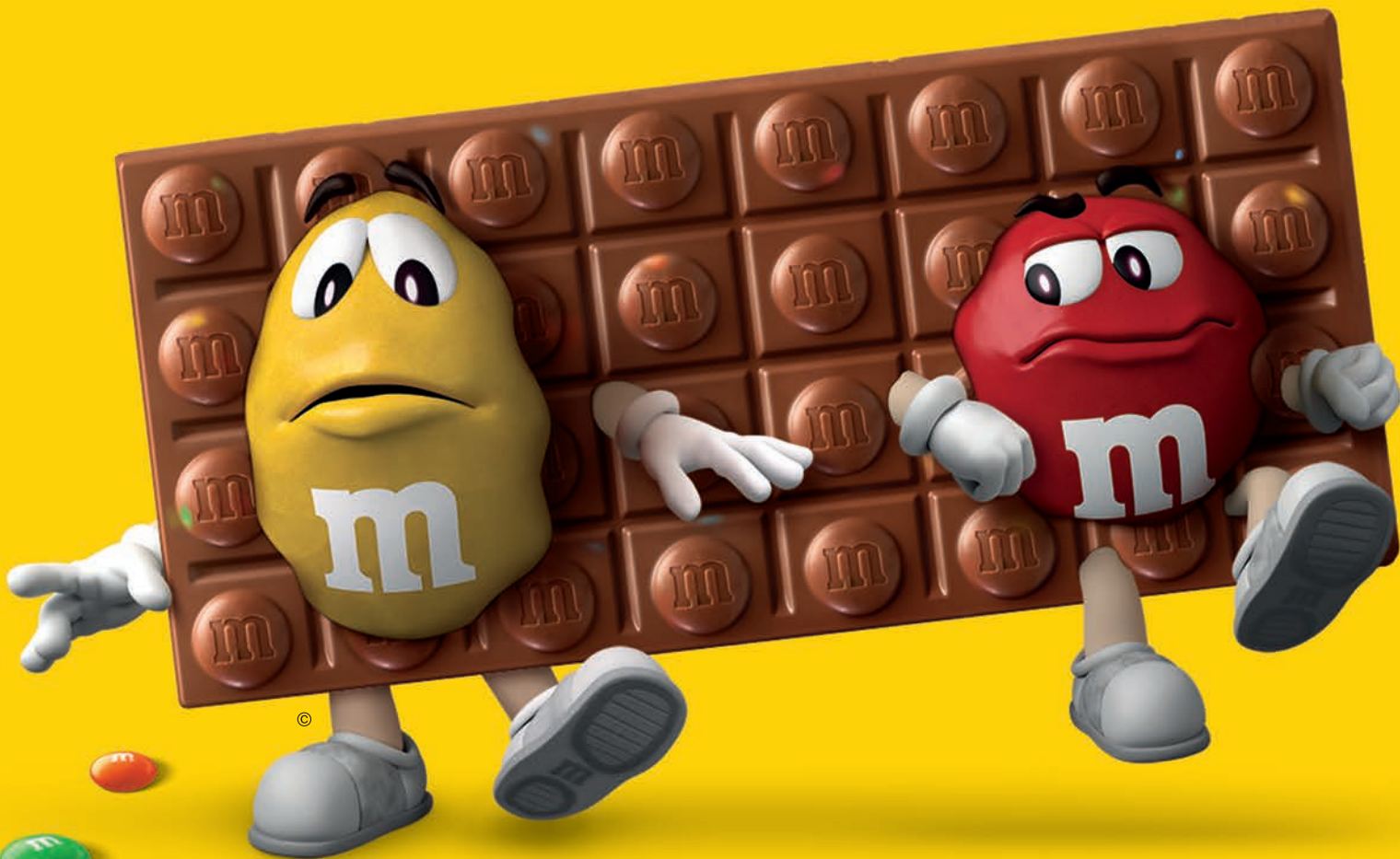
# SUMMER SAVINGS!



What's Your Pizza Mood? | Visit [palermospizza.com/mood](http://palermospizza.com/mood)

# NOW WE'RE STUCK!

## TRY **NEW** M&M'S® CHOCOLATE BARS



COMING IN DECEMBER

# OFF THE CLIFF

**BLOOD PRESSURE IS THE BEST INDICATOR OF HOW WELL YOUR HEART IS WORKING. THAT'S WHY IT'S SO IMPORTANT TO KEEP IT WITHIN A HEALTHY RANGE.**

## WHAT IS BLOOD PRESSURE?

Each time your heart beats, blood is pumped through arteries to the rest of your body. Blood pressure refers to the force of the blood pushing against the sides of blood vessels as it moves.

### BP READINGS

Blood pressure is recorded as two numbers (for example: 120/80 mm Hg, or milligrams of mercury). The first number indicates the maximum pressure your heart exerts while beating (systolic pressure), the second number is the pressure in your arteries when your heart is between beats (diastolic pressure) or resting.

**THE SILENT KILLER: MANY PEOPLE WITH HIGH BLOOD PRESSURE DON'T EVEN KNOW THEY HAVE IT.**

### NEW NUMBERS TO PONDER

The American College of Cardiology and American Heart Association have established current thresholds for blood pressure. **Normal:** below 120/80. **Stage 1 high blood pressure:** top number between 130-139, bottom number between 80-89. **Stage 2 high blood pressure:** top number 140 or above, bottom number 90 or above.



**1 in 3**

**ABOUT 1 IN 3 U.S. ADULTS—APPROXIMATELY 75 MILLION PEOPLE—HAVE HIGH BLOOD PRESSURE.**

—CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC)

PHOTOS: Tobin Bennett

## THE HIGHS & THE LOWS

High blood pressure, or hypertension, can harden your arteries, decreasing the flow of blood and oxygen to your heart, which can lead to heart disease and could cause heart failure or a heart attack. High blood pressure can also burst or block arteries that supply blood and oxygen to the brain, causing a stroke. Moreover, adults with high blood pressure are at higher risk of developing kidney disease. **Note:** If blood pressure is 180/120 or higher, seek immediate medical attention.

Low blood pressure, or hypotension, can cause health issues, too. Low blood pressure is a reading of 90/60 or lower and can cause lightheadedness and dizziness because the body isn't receiving enough oxygenated blood. Other symptoms sometimes include fainting, blurred vision, nausea, fatigue and lack of concentration. Low blood pressure can be caused by dehydration or a more serious medical condition. It can even be life threatening in severe cases.

## THESE LIFESTYLE CHOICES CAN HELP

### MAINTAIN A HEALTHY WEIGHT

If you're overweight, you can reduce your blood pressure by about 1 mm Hg for every 2.2 pounds of weight lost, according to the Mayo Clinic.

### GET BETTER NUTRITION

Include more fruits, vegetables, whole grains and low-fat dairy products in your diet. Limit saturated fats.

### INCREASE POTASSIUM

Bananas are a great start. But there are other sources, such as broccoli, leafy greens, apricots, nuts, fish and sweet potatoes.

### EXERCISE

Exercising for at least 30 minutes a day can reduce blood pressure by 5 to 8 mm Hg. Aerobic exercise (walking, jogging, cycling, swimming) is especially good.

### REDUCE SODIUM

This isn't just about avoiding the salt shaker. It's also about reading nutrition labels to see how much sodium is popping up in packaged foods.

### LIMIT ALCOHOL

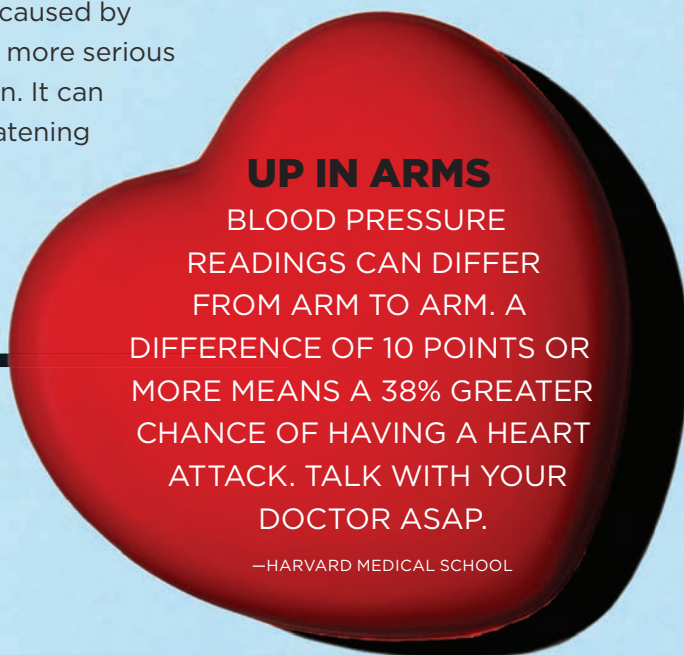
A moderate amount of alcohol (one drink a day for women, two drinks a day for men) can decrease blood pressure slightly. But more than that can raise blood pressure.

### QUIT SMOKING

Smoking increases blood pressure. By quitting smoking you can improve your overall health and reduce risk of heart disease.

### CHILL OUT

Chronic stress can elevate blood pressure. Learn to relax, breathe slowly and deeply, replacing stressful thoughts with those of gratitude.



**GOOD TO KNOW: IF YOUR BLOOD PRESSURE READINGS ARE ELEVATED, CONSIDER GETTING A HOME MONITOR SO YOU CAN TRACK BLOOD PRESSURE MORE CLOSELY.**

Sources: [cdc.gov/bloodpressure/](https://www.cdc.gov/bloodpressure/), [health.harvard.edu/heart-health/measure-blood-pressure-in-both-arms-](https://www.health.harvard.edu/heart-health/measure-blood-pressure-in-both-arms), [mayoclinic.org/diseases-conditions/high-blood-pressure/in-depth/high-blood-pressure/art-20046974](https://www.mayoclinic.org/diseases-conditions/high-blood-pressure/in-depth/high-blood-pressure/art-20046974), [mayoclinic.org/diseases-conditions/low-blood-pressure/symptoms-causes/syc-20355465](https://www.mayoclinic.org/diseases-conditions/low-blood-pressure/symptoms-causes/syc-20355465), [heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings](https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings), [health.harvard.edu/newsletter\\_article/avoid-these-common-blood-pressure-measuring-mistakes](https://www.health.harvard.edu/newsletter_article/avoid-these-common-blood-pressure-measuring-mistakes)

# Holiday Helpers

Bounty Paper Towels:  
2 huge rolls  
\$5.49

Dawn Dish Soap or  
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select varieties  
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IN THEATRES NOVEMBER 2



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use as  
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The Nutcracker and the Four Realms ©2018 Disney.

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Delight in a  
GARDEN-INSPIRED  
**CLEAN**

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

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select varieties  
30 to 38 oz. \$6.99



Kentucky Legend Ham Steaks:  
select varieties  
8 oz. \$2.68



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



Wimmer's Summer Sausage:  
select varieties  
18 oz. \$5.88



Frigo Ricotta, Mozzarella or Parmesan Shredded Cheese:  
select varieties  
10 to 32 oz. \$3.99



McCormick Grill Mates Beef Franks or Sausage:  
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De Wafelbakkers Pancakes:  
select varieties  
18 ct. 2/\$4.00



On-Cor Entrée:  
select varieties  
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## PANTRY



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Rosina Meatballs:  
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select varieties  
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Mrs. Cubbison's or Olive Garden Croutons:  
select varieties  
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Mt. Olive Pickles:  
select varieties  
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Red Star Yeast:  
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4 oz. \$4.99



Funky Chunky Snacks:  
select varieties  
5 oz. \$4.99



Go Organically Fruit Snacks:  
select varieties  
8 ct. \$2.99



\$1.00 off Spice Islands Gourmet Spices:  
select varieties  
.04 to 3.5 oz.

**BEVERAGES**



Chicken of the Sea, King Oscar or Genova: select varieties  
3.75 to 12 oz. 2/\$5.00



Idahoan Flavored Mashed Pouch, Cups or Casserole: select varieties  
1.5 to 4.94 oz. 4/\$5.00



Red Gold Canned Tomatoes: select varieties  
14.5 or 15 oz. \$0.77



Chicken of the Sea Infusions: select varieties  
2.8 oz. 2/\$5.00



Welch's Fruit Snacks: select varieties  
6.40 to 9 oz. 2/\$5.00



Carnation Breakfast Essentials: select varieties  
8 or 10 ct. \$4.99

**OTHER**



Verena Street Coffee Bag or Single Cups: select varieties  
11 to 12 oz. or 12 ct. \$6.99



Cameron's Coffee Bag or Single Cups: select varieties  
10 to 12 oz. or 12 ct. \$4.99



Chinet Plates, Platter, Bowls or Cut Crystal Plates or Glassware: select varieties  
8 to 36 ct. 2/\$5.00



Aquaphor Body Spray: select varieties  
3.7 oz. \$8.99



Aquaphor Healing Ointment: select varieties  
1.75 fl. oz. \$3.99



Aquaphor Jar: select varieties  
3.5 oz. \$6.99

Just **BARE**

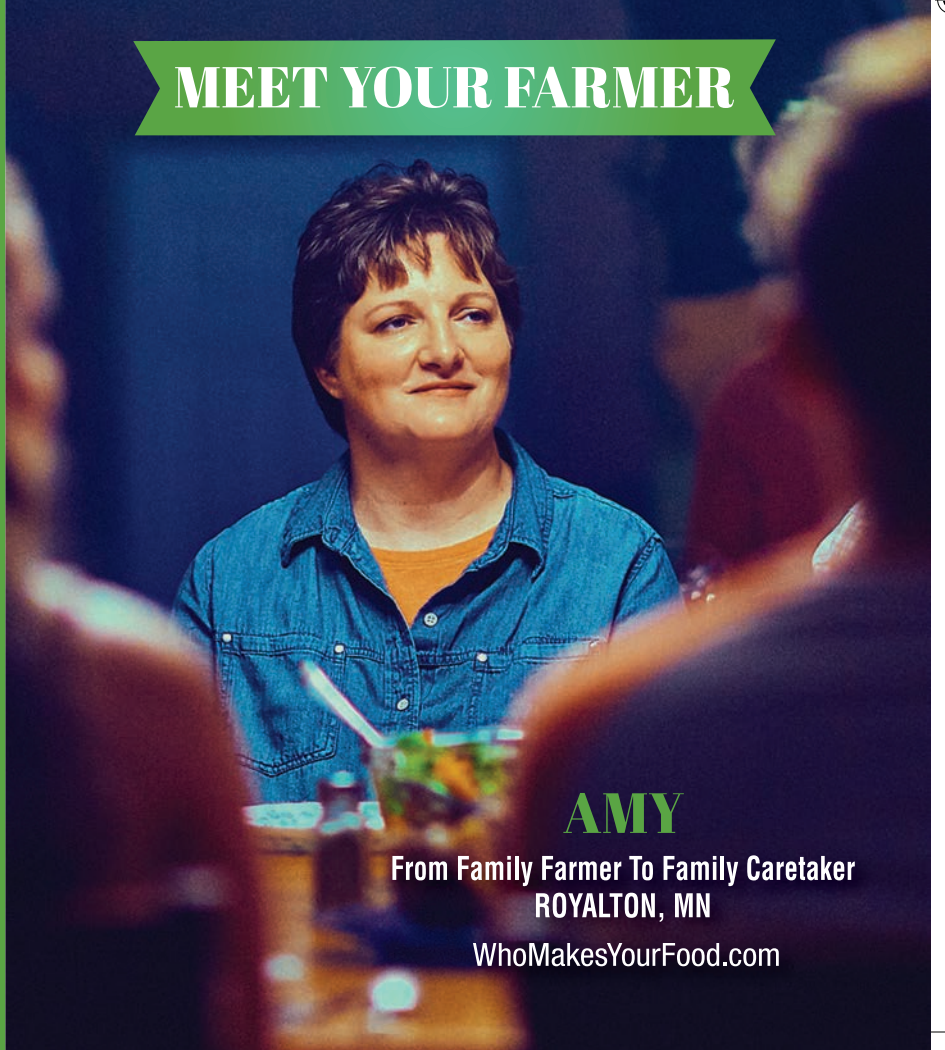
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ROYALTON, MN

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1



2



3



4

# QUICK FIXES

COUNT DOWN THE DAYS OF CHRISTMAS WITH THESE HOLIDAY TIPS THAT MAKE GIVING, DECORATING AND ENTERTAINING EASIER THAN EVER.

## 12 HACKS OF CHRISTMAS



5



6



7



8



9



10



11



12

PHOTOS: Tobin Bennett and Greg Scheidemann

## 1 STOVETOP POTPOURRI

Fill your home with welcoming aroma by simmering orange slices, cranberries, two cinnamon sticks, a sprig of rosemary, whole cloves or other seasonal spices in a pot of water on your stove top.

## 2 BOTTLE OPENER

Misplaced your bottle opener? Use a spoon instead! Firmly grip the neck of a bottle and place the tip of a spoon head between the bottle cap and groove. Push up with the spoon to open.

## 3 PACK AWAY PRETTY ORNAMENTS

Store and protect small, delicate Christmas tree ornaments in egg cartons. Add tissue paper or newspaper for extra protection.

## 4 TREE TIDYING

Use a lint roller instead of a vacuum to pick up stray pine needles from floor or furniture.

## 5 CANDY BOWS

Twist individual-size candy bags and tie them in a bow shape to attach to wrapped gifts.

## 6 CRANBERRY ICE CUBES

Freeze cranberries and water in an ice cube tray to bring pops of color and festive flavor to your holiday punches and cocktails.

HAVE FUN AND SAVE TIME. GET CREATIVE WITH THESE SAVVY SHORTCUTS FOR THE HOLIDAYS.

## 7 TOP IT OFF

Spread whipped topping ¼ to ½ inch thick on a baking sheet covered with waxed paper. Freeze for one to two hours, then use a cookie cutter to cut holiday shapes to top off mugs of hot chocolate.

## 8 CANDY CANE VODKA

Crush candy canes in a food processor or with a resealable plastic bag and hammer. Mix with 750 ml of vodka and stir. Cover and refrigerate overnight to dissolve the crushed candy. Stir again before serving.

## 9 COOKIE CONDIMENTS

Make cookie decorating mess-free by putting your icing in condiment bottles. Simply squeeze to decorate.

## 10 DIY ADVENT CALENDAR

Fill each cup of a muffin tin with a small surprise. Then cut circles out of paper with printed or written numbers. Tape circles over openings. Use removable double-sided adhesive strips to attach to the wall. Open one cup each day in December.

## 11 SAYONARA TO SAP

Use toothpaste to easily remove sticky pine tree sap from your hands. Follow up with regular hand soap and water.

## 12 WRAP IT UP

Cut an empty toilet paper tube lengthwise, then tape it over a roll of wrapping paper to keep the paper wrapped while stored.



Check out these Christmas-themed Hacks at [HSTV.com](http://HSTV.com)

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DECEMBER 2018

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30  
minutes  
or less  
30 MINUTES  
OR LESS

GF  
option  
GLUTEN FREE

V  
option  
VEGETARIAN  
DISH

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# UP NEXT

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