

HyVee® balance®

ALEX MORGAN

GOES FOR THE GOAL

PAGE 28

JANUARY 2019
\$4.95
FREE IN-STORE



30-
MINUTE MEALS
PREP
TO PLATE
PAGE 46

**31 DAYS OF
WEIGHT
LOSS**
PAGE 70

+
MORE
WAYS TO
REACH
YOUR NEW
YEAR'S
GOALS

THE FIRST PROTEIN-PACKED LIGHT ICE CREAM THAT ACTUALLY TASTES GOOD



Chillycow Pint or Novelties:
select varieties
16 oz. or 5 ct. \$3.99

chillycow®



**MADE WITH
ULTRA-FILTERED
MILK**



**LOWER
CALORIE**

*compared to leading
ice creams



**SMOOTH &
CREAMY**

THE LINEUP

JANUARY
ISSUE 2019



YOUNGER
THIS YEAR

94

SPICE
IT UP

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NEW YEAR BETTER YOU

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HIGH-
OCTANE
SOUP



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BAR
SCENE



PHOTO Ronald Martinez/Getty Images (Alex Morgan)

JANUARY

ISSUE



30
minutes
or less

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



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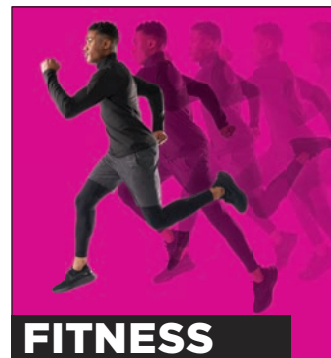
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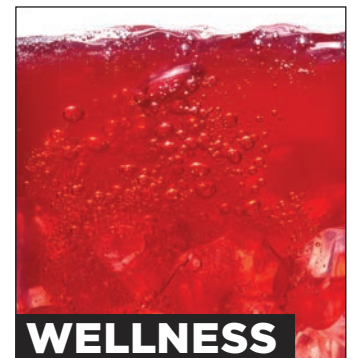
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B VITAMINS TO ENERGIZE



When your body is calling for energy, power it with vitamins B6 and B12. You'll find them in Special K cereals, with tasty extras like real strawberries, sliced almonds & yogurt clusters.

SPECIAL



Discover answers to more of your body's signals at SpecialK.com



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select varieties
5.6 to 8 oz. 2/\$4.00



Kellogg's Special K Cereal:
select varieties
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Kellogg's Special K or Nutri-Grain Bars:
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5.3 to 10.4 oz. 2/\$5.00



Special K Breakfast Sandwiches:
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Special K Protein Bars or Shakes:
select varieties
4 to 6 ct. \$5.99

put it on my tab

no calories
no sweeteners
all smiles™



**DONNA TWEETEN**EXECUTIVE VICE PRESIDENT,
CHIEF MARKETING OFFICER,
CHIEF CUSTOMER OFFICER

January is a new month in a new year. It inspires promise and resolutions. If you're working on a resolution this new year, make sure you have a specific goal in mind. Write it out on paper, revisit it often, and measure your progress. It's the best way to make sure you're on the right track.

For some inspiration on making goals—literally!—check out our story on soccer pro Alex Morgan, star of the U.S. Women's National Team, *page 28*. Alex overcame a serious knee injury and later a devastating loss in the 2011 World Cup Finals to become an Olympic gold medalist and Women's World Cup champion.

Although becoming a world-class athlete might be beyond reach for most of us, there are always other goals worth pursuing. A big one for many is losing weight, *page 70*, which becomes more attainable when we exercise, *page 86*, snack smartly, *page 42*, eat foods that fuel the body, *page 64*, and build lean muscle, *page 36*.

Taking care of ourselves makes sense. Each of us should take steps to keep physically, mentally and emotionally healthy as we grow older, *page 56*. Now *that* sounds like the best goal yet.

We asked our editorial contributors: What's your New Year's resolution?

HEALTH & NUTRITION

Kathleen Delate, PhD
Professor of Agronomy and Horticulture
Iowa State University, Ames, Iowa
To help train at least one member in each of Iowa's 99-county Extension and Outreach offices about the benefits of organic practices to assist clientele with their questions.

HEALTH

Kristin Williams
Hy-Vee Senior Vice President
Chief Health Officer
To be more present.

HEALTH

Dr. Jon Crosbie, DO
Associate Professor in Family Medicine,
Des Moines University, Des Moines, Iowa
To get my CDL (Commercial Driver's License)
so I can operate the family truck
and horse trailer/camper and take
my wife and kids camping out west.

NUTRITION

Mike Orf
Group Vice President, Produce
My resolution is to definitely make more healthy food choices, and it always seems like January 1st is the perfect time to think more about health and making better eating choices.

PHARMACY

Erin Copeland, PharmD
Hy-Vee Pharmacist
Des Moines, Iowa
My husband, Scott, and I are expecting our first baby in 2019 so our schedule is going to become a bit busier! My New Year's resolution is to prepare healthy meals for each week on Sundays so we don't have to figure out our menu at the end of each busy day.

PHARMACY & NUTRITION

Angie Nelson
Group Vice President, Retail Pharmacy
My New Year's resolution is to log in a minimum of 10,000 steps daily.



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**Prices effective January 3, 2019
through January 31, 2019
(while quantities last).**

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

Please recycle after use. 

FOOD FOR
THOUGHT



DON'T
OVERTHINK
LUNCH!
MAKE THE
FUN (AND
DELICIOUS)
CHOICE!



Nabisco 100 Calorie Packs:
select varieties
4.86 oz. 2/\$5.00



Nabisco Multipacks:
select varieties
8.76 to 25.2 oz. \$4.98

DiLusso
DELI COMPANY

NEW YEAR, NEW FLAVORS.

Out with the old, in with the deliciousness of our new Honey BBQ Seasoned Chicken Breast. This smoky sweet protein is 98% fat free, so it fits right in with your resolutions. Add it to a salad, turn it into a vegetable wrap or just enjoy it on its own. Soon it'll be your new deli favorite.

Discover more great ways to start a healthy new year with Di Lusso Deli Company.



dilussodeli.com |   



Serving Suggestion

Di Lusso Premium Thin Sliced Chicken: select varieties \$7.99 lb.

NEW DI LUSO® HONEY BBQ CHICKEN

CALORIES:
60
SERVING

PROTEIN:
11g
SERVING

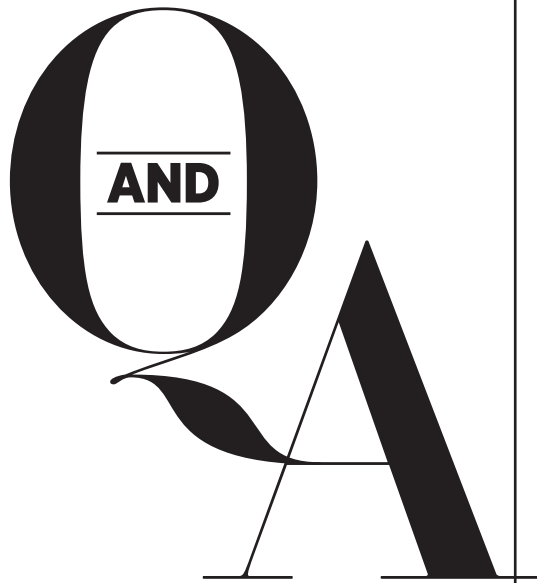
SUGARS:
1g
SERVING



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

HY-VEE DIETITIANS:

A registered dietitian, Julie McMillin shares tips on smart reading of food labels.



HOW TO READ NUTRITION LABELS

PHOTO Tobin Bennett

Q: Where should we start when reading a nutrition label?

A: Start at the top with Serving Size. How much of the container contents is considered one serving? How much do you eat? If a bag of popcorn has two servings and you eat the whole bag, you've consumed twice the level of calories and other listed nutrients as in the serving size.

Q: What is the Percent Daily Value?

A: It's the recommended daily level of a nutrient for a person consuming 2,000 calories a day. Use Daily Values as your guide throughout, adjusting for any nutrient you need more or less of than the 100 percent Daily Value—for example, more than 100 percent for calcium if you have osteoporosis, or less than 100 percent sodium for those with high blood pressure.

Q: How does the label describe fats?

A: Look at Total Fat in grams and as Percent Daily Value, then note how much of that is saturated fat (solid at room temperature, such as butter and animal fats) and trans fat (partially hydrogenated fats in baked goods and packaged snacks). Keep in mind a food can be low in calories yet high in unhealthy fat calories. To lessen the risk of cardiovascular disease, limit saturated fat to no more than 10 percent of your daily calories and avoid trans fats altogether. Turn to healthy unsaturated fats in fatty fish, avocados, nuts, seeds and plant oils.

Q: What's the difference between carbs and sugars?

A: There are three types of carbohydrates: starches, sugars and fiber. Starches include peas, corn, potatoes, beans and grains. Fiber is the indigestible part of plant foods—beans, fruits, vegetables and grains. Sugars

include naturally occurring ones (lactose in milk, fructose in fruit). Added Sugars, a subcategory of Sugars, include cane sugar, beet sugar, syrups, honey, high fructose corn syrup and concentrated fruit juices. Added Sugars are considered empty calories because of their lack of nutrients.

Q: Which nutrients should we try to increase?

A: Aim for higher percentages of fiber, vitamins and minerals available mostly in fruits and vegetables. Get protein from lean meats and from eggs, which are low in calories. Many Americans don't get enough vitamin D, calcium, potassium and iron, all of which labels now list.

FOOD LABELS NOW INCLUDE ADDED SUGARS AND LIST SERVING SIZE AND CALORIES MORE PROMINENTLY.



Sources: diabetes.org/food-and-fitness/food/what-can-i-eat/understanding-carbohydrates/types-of-carbohydrates.html
www.fda.gov/food/labelingnutrition/ucm274593.htm
eatright.org/food/nutrition/nutrition-facts-and-food-labels/the-basics-of-the-nutrition-facts-label-nutritionletter.tufts.edu/issues/14_10/special-reports/New-Nutrition-Facts-Labels_2471-1.html?ET=tuftshealthletter:e32845:2699919a:&st=email&s=p_WeeklyUpdate100918
my.clevelandclinic.org/health/articles/11208-fat-what-you-need-to-know

LOVE POPCORN?

SkinnyPop is lower in sodium per serving (75 mg) than many microwave popcorns and has 12 percent of your daily fiber needs.*

SOY GOOD PROTEIN

Silk Dairy-Free Yogurt Alternative has 20 percent of your calcium and vitamin D daily needs.*

PROTEINS

A hefty dose of protein (20 g), calcium and fiber go into XYIENCE bars made with quinoa.

CALCIUM BOOST

Hy-Vee Light Part-Skim Mozzarella String Cheese has just 50 calories and 2.5 g fat per piece, plus 7 g protein and 20 percent of your calcium needs for the day.*



EAT SNACKS THAT SHORE UP NUTRIENTS, FUEL EXERCISE AND STAVE OFF HUNGER.

Snacks can be an important part of your diet if you play it smart. Choose low-calorie packaged nibbles that offer boosts of vitamins, minerals and high-quality protein that contains numerous amino acids. Avoid high levels of added sugars, fat and sodium; check labels.

Snacks provide energy in the middle of the day and before workouts. They decrease hunger so you don't overeat at mealtime. Many weight-loss diets include healthy snacks.

To stay full for a long time, eat a protein snack. Pair protein with a complex carb to curb your appetite while getting an energy lift. For weight loss, look for packaged snacks that are 200 calories or less. For snacks 100 calories or less, try 2 cups of air-popped popcorn, a medium-size apple, plain Greek yogurt, a half cup low-fat cottage cheese or a mandarin orange with a handful of almonds.

LOW-CAL TRIO

Sargento Balanced Breaks packs 8 g protein into a fruit, cheese and nut combo for only 180 calories.

TAKE CONTROL

FIND THESE HY-VEE DIETITIAN-SUGGESTED SNACKS THROUGHOUT HY-VEE IN THE HEALTHMARKET, DAIRY, SNACK AND REFRIGERATOR AISLES. ASK YOUR STORE'S DIETITIAN FOR HELP!

NEW!

Healthy
Choice

**POWER
BOWLS**

START YOUR DAY WITH
**INGREDIENTS
THAT MATTER**

HEALTHY CHOICE® POWER BOWLS MORNING



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Healthy Choice Simply Steamers
or Power Bowls:
select varieties
9 to 10 oz. \$2.99



Hunt's Tomatoes:
select varieties
28 or 29 oz. \$1.69



P.F. Chang's Bowls:
select varieties
11 oz. \$5.49



Swiss Miss Cocoa:
select varieties
8 ct. or .73 oz. \$1.99



Chef Boyardee
Throwback Recipe:
select varieties
15 oz. 2/\$3.00



Better Oats:
select varieties
7.8 to 15.17 oz. 2/\$5.00



Malt-O-Meal Hot Cereal:
select varieties
36 oz. \$3.69



Mom's Best
Natural Cereal:
select varieties
16 to 24 oz. 2/\$5.00



Post Great Grains:
select varieties
13.5 to 16 oz. \$3.15

Post CONSUMER BRANDS



Post Shredded Wheat:
select varieties
15 or 18 oz. \$2.89

Simple goodness in every bite

Start your day off right with Post® Shredded Wheat cereal. Made with whole grain and an excellent source of fiber, Post® Shredded Wheat is a simple solution to provide wholesome energy throughout the day. With simple goodness in every bite, Post® Shredded Wheat has been a breakfast-table staple for generations. We believe that when you're fueled with 100% whole grain deliciousness you won't just 'live' life, you'll shred it.

BETTER-FOR-YOU BLUEBERRY PANCAKE STACK

BOOST THE FIBER:

Our makeover of this fast-food favorite offers double the fiber by adding flaxseed meal and chia seeds.

620 cal
1,790 mg sodium
102 g carbs
39 g sugars



PHOTOS: Greg Scheidemann



Prep 1 hour
Serves 4

1 recipe Blueberry Compote, *right*
½ cup Hy-Vee old-fashioned oats
⅔ cup Hy-Vee whole wheat flour
½ cup Hy-Vee all-purpose flour
¼ cup ground flaxseed
1 Tbsp. Hy-Vee HealthMarket chia seeds
2 tsp. Hy-Vee baking powder
½ tsp. Hy-Vee baking soda

¼ tsp. Hy-Vee salt
2 Hy-Vee large eggs, lightly beaten
1½ cups Hy-Vee 2% reduced-fat milk
¾ cup Hy-Vee plain Greek yogurt
3 Tbsp. Hy-Vee canola oil
3½ cups fresh blueberries
Hy-Vee nonstick cooking spray
Hy-Vee whipped topping, for serving

- 1. PREPARE** Blueberry Compote. Let stand until serving time.
- 2. PLACE** oats in a food processor. Process until finely chopped. Transfer oats to a large bowl. Stir in flours, ground flaxseed, chia seeds, baking powder, baking soda and salt.
- 3. COMBINE** eggs, milk, yogurt and oil; add to flour mixture, combining well. Stir in blueberries.

4. SPRAY a griddle or heavy skillet with nonstick spray. Preheat over medium heat. Add ⅓ cup batter to hot griddle for each pancake. Cook for 1 to 2 minutes on each side or until golden brown. Stack four pancakes on each serving plate and top with Blueberry Compote and whipped topping.

BLUEBERRY COMPOTE:

Combine 1½ cups fresh blueberries, 1 Tbsp. Hy-Vee honey and ½ tsp. Hy-Vee vanilla extract in a small saucepan. Bring mixture to boiling; reduce heat. Cook for 15 minutes or until blueberries are very soft and starting to burst. Remove from heat. Makes ¾ cup.

Per serving: 520 calories, 20 g fat, 4 g saturated fat, 0 g trans fat, 100 mg cholesterol, 650 mg sodium, 71 g carbohydrates, 11 g fiber, 30 g sugar (4 g added sugar), 19 g protein. Daily values: Vitamin D 10%, Calcium 30%, Iron 15%, Potassium 10%

520
calories

650mg
sodium

71g
carbs

30g
sugars

CHEW TO TRANSFORM



Listerine Ready! Tabs:
select varieties
8 ct. \$2.95



Children's Tylenol
or Motrin:
select varieties
4 oz. \$5.97



Tylenol Cough &
Cold or Sudafed:
select varieties
18 to 24 ct. or 8 oz. \$5.99



Johnson's Baby
Cotton Touch:
select varieties
400 or 600 ml. \$4.92



Neutrogena Hydro Boost
Body Balm or
Hand Cream:
select varieties
3 or 6.70 oz. \$5.49

NEW!



FROM
SOLID
TABLET

TO
LIQUID
IN SECONDS

Use only
as directed.

**WHOLE MOUTH
CLEAN FEEL
ANYTIME, ANYWHERE!**



CHEW
to transform



SWISH
to clean



SWALLOW
and go!



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

Q. Are smoking-cessation medications helpful?

A. They are very effective at treating nicotine addiction because they eliminate the withdrawal experience when a smoker quits cold turkey. However, they are not magic pills that stop you from smoking.

Q. How does someone decide which to use?

A. Our Quit for Good pharmacist instructor can make suggestions based on factors such as the amount of nicotine consumed each day and a participant's personal preferences. Once you begin a nicotine-replacement treatment, it is important that you have an appropriate dose and do not continue to smoke.

Q. How long are these products used?

A. Patients use cessation products for different lengths of time, depending on their progress and previous nicotine usage. Typically, most taper off the products after a couple months.

Q. How can Hy-Vee help?

A. While nicotine replacement products can alleviate withdrawal symptoms, there are also emotional or mental aspects to address. Having the behavior-modification support of the Quit for Good program can greatly increase your chances of kicking the habit. Our Hy-Vee pharmacists are there to help you in this journey.

HyVee
QUIT FOR GOOD[®]
SMOKING CESSATION PROGRAM

KICK THE SMOKING HABIT

HY-VEE'S QUIT FOR GOOD PROGRAM CONSISTS OF SIX CLASSES LED BY A HY-VEE PHARMACIST—AS WELL AS CLASS MATERIALS—FOR \$150 PER PERSON. TALK WITH A HY-VEE PHARMACIST FOR DETAILS.





Dannon Yogurt:
select varieties
5 or 5.3 oz. 4/\$5.00



Horizon Organic
Value Added Milk:
select varieties
64 fl. oz. \$5.99



Silk Almond Milk:
select varieties
96 fl. oz. \$3.99



Silk or Oat Yeah Milk:
select varieties
48 or 64 fl. oz. 2/\$7.00



2G
SUGAR

**DOUBLE DOWN
ON DELICIOUS**



2G
SUGAR
PER 5.3oz SERVING





Put your lower-body to the test with **Thigh Exercises** at HSTV.com

THIGH TIME

KEEP YOUR EYES ON THE THIGHS WITH THESE FIVE MOVES TO BOOST BALANCE, MUSCLE ENDURANCE AND OVERALL LOWER-BODY STRENGTH.



1↑ INNER THIGH LIFT HIP ABDUCTORS

Lie on your right side with head propped by right hand and left leg crossed over straightened right leg. Slowly lift right leg. Lower it slowly without touching the floor. Repeat.



2↑ HEEL BEATS GLUTES, HIP ABDUCTORS, HAMSTRINGS

Lie on your stomach with head resting on hands, legs together. Lift both legs 6 inches off the floor. Point toes and spread heels hip-width apart. Bring heels back together. Repeat.

3→ PLIÉ SQUATS HAMSTRINGS, HIP ABDUCTORS, GLUTES

Stand with feet angled 45 degrees outside, slightly wider than shoulder-width apart. Bend at the knees until thighs are parallel to the floor. Squeeze glutes and return to starting position. Repeat.



4← SIDE-STEP SQUATS QUADRICEPS, HAMSTRINGS, HIP ABDUCTORS

Stand with feet hip-width apart. Take a large step to your right with your right foot and squat down until thighs are parallel to the floor. Push off heels and return to starting position. Alternate legs.



5→ STEP-UPS GLUTES, HAMSTRINGS, QUADRICEPS

Step onto an elevated surface, such as a plyo box or stair, with your right foot and push off from that foot while raising left leg in the air. Step down. Alternate legs.





New Year Fresh Start



Caribbean Caesar Salad

For other recipes, visit dole.com



Prep: 15 min. **Makes:** 3 servings

1 pkg. (11 oz.) **DOLE® Ultimate Caesar Salad Kit**

1 **DOLE® Banana**, sliced

2 cups fresh pineapple, cut into chunks *or* frozen pineapple chunks, partially thawed

1 cup fresh mango, peeled, sliced *or* frozen mango chunks, partially thawed

9 oz. peeled and cooked shrimp

3 tablespoons lime juice

Toss lettuce mixture and croutons from salad bag with pineapple chunks and mango in a large bowl.

Arrange peeled and cooked shrimp on salad with bananas.

Stir lime juice and dressing from packet until blended in a small bowl. Drizzle over shrimp and salad.

Per Serving: 350 calories, 13g fat (2.5g sat.), 115mg cholesterol, 900mg sodium, 43g carbohydrate (6g dietary fiber, 26g sugars), 18g protein, 130% Vit. A, 160% Vit. C, 15% calcium, 15% iron.

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LEMONS

When life hands you lemons, make lemonade or any other zesty, lemon-based treat!

The cheerful yellow citrus fruit is **IN SEASON ALL YEAR LONG** and adds bright, tart flavor to **SALADS, VEGGIES, DRESSINGS** and more.

Try lemons **SLICED, JUICED OR ZESTED** and enjoy them cooked or raw.

17
CALORIES

2%
CARBS

1g
SUGARS

51%
VITAMIN C

2%
CALCIUM

6%
DIETARY
FIBER

Serving: 1 medium lemon, raw, without peel
Percentages represent daily values based on a 2,000-calorie diet.

FRESH PICKS

BUY

Shop for bright yellow lemons with smooth, firm skin. Each lemon should feel heavy for its size.

STORE

Keep unwashed lemons at room temperature for up to two weeks, or refrigerated in a plastic bag for up to six weeks.

PREPARE

Rinse lemons before preparing. One medium lemon provides about 3 Tbsp. of juice and 2 to 3 tsp. of zest.

LEMON CHICKEN QUINOA BOWLS



Lemon adds a bright, zesty taste that compliments the subtle flavor of quinoa.

Prep 30 minutes, plus
30 minutes marinating
Cook 30 minutes | **Serves** 4

1 lb. Just Bare boneless, skinless chicken breasts
1 Tbsp. lemon zest, divided
½ cup fresh lemon juice, divided
⅔ cup Gustare Vita olive oil, divided
2 Tbsp. chopped fresh oregano
¼ tsp. plus ⅓ tsp. Hy-Vee lemon-pepper seasoning, plus additional for serving; divided
2 tsp. Hy-Vee honey
1 cup dry Hy-Vee tricolor quinoa
2 cups Hy-Vee 33%-less-sodium chicken broth
Hy-Vee nonstick cooking spray

2 cups Hy-Vee Short Cuts broccoli florets
6 cups lightly packed arugula
2 cups halved red and/or yellow cherry tomatoes
½ seedless cucumber, thinly sliced
Chopped fresh lemon, for garnish
Crumbled feta cheese, for garnish

1. LIGHTLY POUND chicken to an even thickness with the flat side of a meat mallet. Place chicken in a large resealable plastic bag. Combine 2 tsp. lemon zest, ¼ cup lemon juice, ½ cup olive oil, oregano and ¼ tsp. lemon-pepper seasoning in a

small bowl. Pour marinade over chicken; seal bag. Turn bag to coat chicken with marinade. Marinate in the refrigerator for 30 to 60 minutes.

2. WHISK together remaining ½ cup olive oil, remaining ¼ cup lemon juice, honey and remaining ⅓ tsp. lemon-pepper seasoning in a small bowl. Set aside.

3. PLACE quinoa in a fine-mesh sieve. Rinse under cold running water; drain well. Transfer quinoa to a small saucepan; add broth. Bring to boiling; reduce heat. Simmer, covered, for 15 to 20 minutes or until broth is absorbed. Remove

from heat. Let stand for 5 minutes. Add remaining 1 tsp. lemon zest and fluff quinoa with a fork. Cover and keep warm.

4. DRAIN chicken; discard marinade. Lightly spray a large cast-iron grill pan with cooking spray; heat over medium heat. Add chicken; cook for 12 to 15 minutes or until done (165°F.), turning once. Transfer chicken to a cutting board. Loosely cover with foil and let rest for 5 minutes. Cut chicken into ½-in. slices.

5. PLACE broccoli in a microwave-safe bowl. Add 1 to 2 Tbsp. water. Microwave,

covered, on HIGH for 3 to 5 minutes or until crisp-tender.

6. DIVIDE arugula among four serving bowls. Arrange chicken slices, quinoa, broccoli, tomatoes and cucumber on top. Garnish with chopped lemon and/or crumbled feta cheese, if desired. Drizzle with vinaigrette. Sprinkle with additional lemon pepper, if desired.

Per serving: 670 calories, 42 g fat, 6 g saturated fat, 0 g trans fat, 85 mg cholesterol, 390 mg sodium, 40 g carbohydrates, 6 g fiber, 9 g sugar (3 g added sugar), 35 g protein. **Daily values:** Vitamin D 0%, Calcium 10%, Iron 20%, Potassium 25%

NEW YEAR'S RESOLUTION



KNOW WHERE YOUR FOOD COMES FROM



TRACEABLE TO MIDWESTERN FARMS

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Just BARE 
Chicken

Learn more at WhoMakesYourFood.com

HIT YOUR MARK

WHAT'S YOUR NEW YEAR'S RESOLUTION?

WHETHER YOU'RE TRYING TO EAT BETTER, LOSE WEIGHT, SAVE TIME OR DO SOMETHING ELSE ENTIRELY,

HY-VEE HAS YOU COVERED. THESE PRACTICAL FINDS ARE PERFECT FOR MEETING YOUR GOALS AND MAKING 2019 YOUR BEST YEAR YET.



1 That's Smart! Products
RESOLUTION: Cut down on spending by purchasing affordable That's Smart! branded goods.

2 GAIAM Handweights
RESOLUTION: Put fitness first this year. Start your journey with light handweights.

3 Hy-Vee Short Cuts
RESOLUTION: Healthier eating is easy with Hy-Vee Short Cuts. Stock up on a variety of precut vitamin-rich, low-calorie fruits and veggies.

4 Basin Bath Bomb and Bath Salts (top)
RESOLUTION: Reduce stress in the new year with products from Hy-Vee's Basin line.

5 Hy-Vee Mealtime Kit Beef Fajitas
RESOLUTION: Save time in the kitchen to spend more time with family and friends.

LOSE THE SUGAR AND THE CARBS



KEEP THE TASTE

GREEK YOGURT, 5.3OZ
6-7G NET CARBS

ICE CREAM, PINT
3-4G NET CARBS

NUT BARS,
INDIVIDUAL BARS
5-6G NET CARBS

SWEETENER POUCH,
16OZ 0G NET CARBS

GRANOLA, 1/3 CUP
3-4G NET CARBS

BREAD, 1 SLICE
3G NET CARBS



Sola Sweetener:
select varieties
40 ct. \$4.49



Sola Sweetener:
select varieties
16 oz. \$8.49



Sola Granola:
select varieties
11 oz. \$4.99



Sola Bread or Ice Cream:
select varieties
14 or 16 oz. 2/\$7.00



Sola Bar or Greek Yogurt:
select varieties
1.2 oz. or 5.3 oz. 10/\$10.00

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LOW-SUGAR, LOW-CARB,
GREAT TASTE.

www.solosweet.com

Mix & Match

Kashi Cereal, Bars, Cookies,
Crackers or Bear Naked:
select varieties
5.6 to 16.3 oz. 3/\$9.00

Kashi Frozen Entrees
and Waffles:
select varieties
9 to 10.1 oz. 3/\$9.00



NEW kids
Snack Bites

Kashi

bear
naked



KRISTIN WILLIAMS
Hy-Vee Senior Vice President
Chief Health Officer

January is National Blood Donor Month. Donate blood and give the gift of life. Resolve to roll up your sleeve in 2019 and help blood banks and hospitals meet the high demand for this precious commodity.

Use the Red Cross RapidPass app to furnish your health history online and save time. Send it early on the day you donate. It shaves up to 15 minutes off the processing time at the blood center.

Blood Counts American hospitals require about 36,000 pints of blood every day for operations, disease treatments, emergencies and other needs, yet only about 10 percent of eligible people donate. Whether you volunteer individually or as part of a group blood drive, your blood can feed a life-saving surgery, treat a chemotherapy patient, deliver clotting factors to a hemophiliac, replenish iron in someone with anemia or treat a burn victim.

Bank on It The process takes about an hour; the donation itself is only around 10 minutes, according to the American Red Cross.

- Show ID, answer a questionnaire, give a medical history and complete a mini physical (temperature, pulse, blood pressure and hemoglobin level). You must be at least 16 (in most states) and weigh at least 110 pounds.
- Let staff know whether you have a current illness, take any medications, have low iron levels or have traveled to a malaria-risk country.
- A phlebotomist sterilizes a spot on your arm and inserts a needle; you'll feel a quick pinch.
- The collection takes about 10 minutes. You're seated throughout. When finished, the phlebotomist removes the needle and puts a bandage on your arm.
- Move to a refreshment area where you'll have a drink and a snack. In about 15 minutes, you're ready to leave.



FIND MORE INFORMATION ABOUT DONATING BLOOD AT *REDCROSSBLOOD.ORG*

***THE BLOOD GROUP MOST OFTEN REQUESTED BY HOSPITALS IS GROUP O. ABOUT 45% OF THE U.S. POPULATION IS IN THIS GROUP.**

4-6 WEEKS
Time it takes for your body to replace the pint of blood you donated

O-NEGATIVE
If you have this blood type, you are a "universal donor." Your blood is in high demand because it can be given to patients of other blood types in emergencies. Only 7 percent of people in the U.S. are O-negative.



Jimmy Dean Heat 'N Serve Breakfast Sausage: select varieties 23.4 to 23.9 oz. \$4.99



Jimmy Dean Delights, Frittatas or New Eggwich: select varieties 12 to 22.8 oz. \$6.49



Van's Gluten Free Waffles: select varieties 9 oz. \$2.99



Van's Gluten Free Cereal, Granola or Bars: select varieties 6.2 to 11 oz. \$4.99



Van's Gluten Free Crackers: select varieties 4 or 5 oz. \$2.99

GO BREADLESS WITH EGG'WICH



2 REAL EGG Frittatas

14g of PROTEIN PER SANDWICH

With TURKEY SAUSAGE and CHEESE



TODAY'S YOUR DAY TO SHINE ON™

Jimmy Dean

JANUARY

ISSUE **VOL. 3**

ALEX MORGAN

FOODS THAT BUILD LEAN MUSCLE

BAR SCENE

30-MINUTE MEALS

YOUNGER THIS YEAR

SHOPPING ORGANIC

HIGH-OCTANE SOUP

31 DAYS TO LOSE WEIGHT

THE 2:00 WARNING

MAD FOR MIT

THYROID

SPICE IT UP



ALEX MORGAN

SHE'S CO-CAPTAIN AND A STAR FORWARD FOR THE U.S. WOMEN'S NATIONAL TEAM (USWNT), AN OLYMPIC GOLD MEDALIST, A FIFA WORLD CUP CHAMPION, A U.S. SOCCER FEMALE ATHLETE OF THE YEAR AND A *NEW YORK TIMES* BEST-SELLING AUTHOR. CATCH UP WITH ALEX MORGAN FOLLOWING THE USWNT'S DRAMATIC 2019 WORLD CUP-QUALIFYING TOURNAMENT PERFORMANCE.



WORDS: Kristi Chew and Aaron Ventling PHOTO: Tim Warner/Getty Images



Alex Morgan meets her goals, both on and off the field, in large part because of a competitive nature fostered by her entire family. Whether playing intense card games with her father or racing older sisters Jenny and Jeri around their Diamond Bar, California, neighborhood, Morgan has been striving to stand out since she was 5 years old. “Everything was a competition,” Morgan says.

A young Morgan, nicknamed “Alli Cat,” played all the sports her sisters played—softball, basketball, volleyball and soccer. But as her soccer skills began to shine, her father, Mike, took notice and decided to learn about the sport in order to coach her through recreational soccer. Her passion for soccer increased, as did her desire to improve. Morgan needed to join a club team, which typically features

more skilled players and offers the opportunity to travel for competition. But as a 14-year-old, she was at a disadvantage, as she was 4 to 5 years of experience behind more seasoned club soccer players and was left heartbroken after failing to make her initial team of choice.

"I didn't have as much finesse as other players and the coach didn't think that I was good enough for the team—that I was just a practice player ... I could've gone one or two ways, but I decided to start with a different team," Morgan says.

Eventually, Morgan found her place with an Orange County-based club team, Cypress Elite, which helped her improve quickly. After only a few months, Morgan joined the U.S. Youth Soccer Olympic Developmental Program, designed to identify players with the potential to join the national team. At 17, she was called up to the U.S. Under-17 Women's National Team, but during a training camp scrimmage against the men's junior national team, she tore her ACL. The serious injury ended her high school career and carried into her freshman year at the University of California, Berkeley.

"It was pretty devastating, and I took two weeks to feel bad for myself. Then I realized that I wanted to come back, and six months later I had an opportunity to play college soccer," Morgan says.

It was her first extended time away from her family, but she felt right at home. Having a "family" of teammates eased her through her first year. "Most people in their freshman year have to create new friendships, but I felt from the first moment that I had 25 women that I was already friends with," says Morgan. "It was a great way to transition."

Simultaneously, Morgan continued her commitments to U.S. soccer—advancing to the U.S. Under-20 Women's National Team—and to her college team, where she led the University of California, Berkeley women's soccer team to four straight NCAA Tournament appearances. By her junior year in 2009, Morgan was ready for another jump in competition.

"The USWNT was gearing up for the 2011 World Cup, and I got the call from Coach Pia Sundhage. She had noticed me on the [U.S.

Women's Under-20] national team," Morgan says.

To adequately train for the World Cup, Morgan took summer classes to graduate a semester early and finished her collegiate career as the program's third all-time leader in goals (45) and points (106). Leading up to the 2011 FIFA Women's World Cup, the USWNT—along with Morgan—was heavily favored, but fell on penalty kicks to Japan in the final. "That was the most devastating game I've ever been a part of. We couldn't even speak, we couldn't look at each other—we felt like we let each other down," Morgan says.

Despite the excruciating loss, Morgan, who at the time was the youngest player on the USWNT, became an immediate star for her late-game heroics throughout the tournament. A year later at the 2012 Summer Olympics in London, Morgan again made a late-game strike. In a semifinal match against Canada, she scored the game-winning goal to set up a rematch against rival Japan. It was a chance to avenge their 2011 FIFA Women's World Cup loss. During the final, the USWNT took control early and held off a late rally to defeat Japan 2-1, claiming their fourth gold medal.

Since then, Morgan and the USWNT once again defeated Japan to claim the FIFA Women's World Cup in 2015—the third FIFA Women's World Cup for the U.S. and first since the 1999 USWNT led by U.S. soccer legends Mia Hamm and Brandi Chastain.

Today, Morgan continues to rack up goals as a forward for the USWNT. This past October, Morgan scored a tournament-high seven goals at the 2018 CONCACAF Women's Championship to help the USWNT clinch a spot in the 2019 FIFA Women's World Cup in France this summer. True to her competitive nature, Morgan celebrated the performance, but also turned her focus to the months ahead. "We're coming away happy but also hungry for more and for this journey onto the World Cup," Morgan says.

ALEX MORGAN CAREER AT A GLANCE

2003

At 14, she joins her first competitive team, Cypress Elite.

2007

Begins her freshman year at University of California, Berkeley and leads the team in scoring.

2008

Nets the game-winning goal in the final of the 2008 FIFA U-20 Women's World Cup.

2010

Becomes the youngest member of the USWNT.

2011

Drafted No. 1 overall into the WPS (Women's Professional Soccer).

2012

Kicks the game-winning goal to send the USWNT to gold medal match during the 2012 Olympic Summer Games in London.

2015

Defeats Japan to win the 2015 FIFA Women's World Cup.

2016

Joins the Orlando Pride and competes for the USWNT at the 2016 Summer Olympics in Rio.

2017

Wins CONCACAF Female Player of the Year award.

2018

Leads the USWNT during the 2018 CONCACAF Women's Championship to qualify for the 2019 FIFA Women's World Cup.

FAN-TASTIC



Alex Morgan accepts the Golden Boot award on Oct. 17 in Frisco, Texas, for her performance in the 2018 CONCACAF Women's Championship. Morgan won the award for scoring a tournament-high seven goals, including the final goal in a win over Canada, which qualified the USWNT for a berth in the 2019 Women's World Cup in France this summer. The USWNT is the current champion and defends its title in the tournament June 7 to July 7.

GOAL!

TRAINING

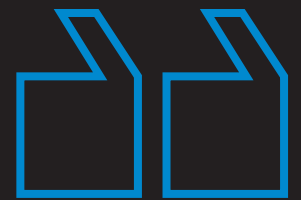
This month the USWNT holds its annual January training camp in Europe and opens its 2019 schedule in Le Havre, France, where it plays France on Jan. 19. Le Havre is one of nine venues for the 2019 FIFA Women's World Cup this summer; others include Lyon, Nice and Paris.

UP NEXT

A top-two finish at the 2020 CONCACAF Olympic Qualifying Tournament will earn the USWNT an opportunity to compete at the 2020 Summer Olympics in Tokyo. The USWNT will look to build off their disappointing performance at the 2016 Summer Olympics in Rio de Janeiro where they suffered a stunning quarterfinal loss to Sweden on penalty kicks.



I THINK SPORTS IN
GENERAL ARE SO
IMPORTANT TO
HELPING GIRLS GAIN
CONFIDENCE AND
FEEL ENCOURAGED
AND UPLIFTED.



OFF THE

FIELD

WITH ALEX MORGAN

How do you find balance in life?

"I struggle with balance. But I feel like most people do. When you find that you have stretched yourself too thin, or you're not doing enough... you have to learn from that. You have to take that failure or that imbalance and correct it. I do a lot of self-reflection and meditation, so that I'm happy and fulfilled."



PHOTO Rich Barnes/Getty Images

Q. WHAT MOTIVATES YOU?

A. PLAYING AT THE HIGHEST LEVEL AND KNOWING THAT THERE'S STILL MORE THAT I CAN LEARN. THERE'S STILL ROOM FOR GROWTH. I THINK THAT MOTIVATES ME IN ITSELF.

Q. What was the difference going from Division I college soccer to the USWNT?

A. I think the biggest difference is the speed of play—it's just so much faster. The women on the national team are so strong and fit. The speed of play and the awareness of teammates on the field is incredible.

Q. If you weren't playing soccer what would you be doing?

A. I have no idea. I've loved sports ever since I was a little girl, so I can't imagine doing anything different. I definitely have goals after my soccer career. I want to be a mom. I want to continue to grow the game globally and create as much opportunity as I can for girls and women in soccer. But I hope that's still quite a ways away.

Q. Who's your funniest teammate?

A. Megan Rapinoe.

Q. Best soccer player you played with or against?

A. Christina Gibbons. I played with her on the national team and then again on the club level. In her prime, she was the most difficult defender to get past.

Q. What's the most valuable lesson you've learned being in the public spotlight?

A. To not get self-validation from anyone else other than yourself and your family.

Q. What's the story behind your nickname "Baby Horse?"

A. Haha! My teammates gave me that. I think Heather O'Reilly gave me that, because I run a little funny. Like, I gallop like a horse. And I was the baby on the team.

Q. What was the inspiration for your book series, *The Kicks*?

A. My younger self and the young girls I see at all of my games screaming and encouraging me.

Q. Favorite musical artist?

A. Right now, I've been into Ziggy Alberts.

Q. What are you watching on TV?

A. I love *This Is Us*!

Q. DO YOU CARE ABOUT YOUR LEGACY AS A PLAYER?

A. YEAH, I ABSOLUTELY DO. I THINK EVERY PLAYER WHO MAKES IT TO THE HIGHEST STAGE CARES ABOUT WHAT THEY'LL BE KNOWN AS, AND WHAT THEIR LEGACY WILL BE.

Q. WHAT DO YOU HOPE YOUR LEGACY WILL BE?

A. I WANT TO BE KNOWN AS A GREAT FOOTBALLER, BUT ALSO AS SOMEONE WHO SPOKE UP ABOUT SOCIAL ISSUES OR TOPICS. I WANT TO BE ABLE TO EMBRACE MY ROLE WITH THE NATIONAL TEAM AND DO MORE THAN SOCCER. OBVIOUSLY, SOCCER IS MY PASSION, BUT I WANT TO BE MORE THAN JUST ALEX THE SOCCER PLAYER. I WANT TO BE THE BEST I CAN BE.

DYNAMIC DUO

CONNECTED

In addition to her role with the USWNT, Morgan plays professionally for the Orlando Pride. In 2014 she married Servando Carrasco, who played professional soccer in Orlando until he was signed by the LA Galaxy at the end of 2017. The husband-and-wife soccer couple met while attending the University of California, Berkeley.

ALEX MORGAN STAYS IN CONTACT WITH HER **HUSBAND, SERVANDO CARRASCO**, A PLAYER FOR THE **LA GALAXY**, WHEN EITHER OR BOTH ARE AWAY AT A MATCH. "MOVING FORWARD, I FEEL LIKE AS MUCH AS WE CAN **SEE EACH OTHER ON OFF WEEKS** WILL DEFINITELY HELP," SHE TOLD THE *ORLANDO SENTINEL* LAST YEAR.



HAVING A PROFESSIONAL LEAGUE WITHIN THE U.S. SO WE CAN PLAY YEAR-ROUND AND NOT HAVE TO SUPPLEMENT WITH OTHER JOBS IS IMPORTANT TO CONTINUE IMPROVING AS A PLAYER. A LOT OF COUNTRIES DIDN'T PUT TIME, EFFORT OR MONEY INTO THEIR WOMEN'S PROGRAMS AND NOW YOU'RE SEEING THEM DO THAT.



GOAL ORIENTED

ALEXANDRA PATRICIA MORGAN TOOK UP SOCCER BY AGE 5, BUT DIDN'T JOIN CLUB SOCCER UNTIL AGE 14, A FEW YEARS LATER THAN MOST GIRLS.



Morgan uses her love of soccer to encourage girls to reach for the stars. In 2012, she started a book series, *The Kicks*, about a 12-year-old soccer-loving girl who moves to a new city, joins the Kentville Kangaroos (otherwise known as the Kicks) and builds teamwork with her cohorts. The books offer lessons on finding your passion and empowering yourself. "I think sports in general are just so important in helping girls gain confidence," Morgan says. Last year she appeared in a movie, portraying a poster of herself that comes to life. *Alex & Me*, a direct-to-video film, co-starred Siena Agudong. Morgan, who hired an acting coach, says she was proud to be involved in a film with an uplifting story about tenacity, passion, and realizing dreams.

ROLE MODEL

COCA-COLA

Alex Morgan partnered with Coca-Cola as a brand ambassador in 2011 when she started her professional career. She still enjoys the role. "It's been a great relationship. They've welcomed me with open arms, and I feel like I'm part of a family," Morgan says.

#1 TASTE FOR #1 FANS



TASTE THE FEELING®



ALEX MORGAN
2019 U.S. WOMEN'S NATIONAL TEAM

FOODS
THAT

BUILD

LEAN

MUSCLE



QUALITY PROTEIN WITH THE RIGHT MINERALS AND AMINO ACIDS IS THE WAY TO BUILD, MAINTAIN AND REPAIR LEAN MUSCLE TISSUE. MEAT AND DAIRY ARE POWERHOUSE SOURCES, ALONG WITH EGGS, BEANS, NUTS, GRAINS AND GREENS.

WORDS Kristi Chew PHOTOS Greg Scheidemann



TOP 12 FOODS FOR LEAN MUSCLE GAIN



1. BEEF

Animal foods have complete proteins with all essential amino acids. In beef, some of them help produce creatine, which improves muscle mass.

2. SALMON, TUNA

These fatty fish also contain complete protein, plus omega-3s that enhance muscle responses and B vitamins to help your body make energy.

3. EGGS

Eggs are another complete protein source. A study shows that eating whole eggs after resistance exercise improves muscles' use of protein.

4. GREEK YOGURT, CHEESE

Protein in cheeses and yogurts feeds muscle. Greek yogurt contains casein, which may increase lean muscle mass.

5. SHRIMP

Most of the calories in shrimp come from protein and very few from fat. In addition, shrimp contain significant levels of the amino acid leucine needed for muscle development.

6. LEAFY GREENS

Magnesium, needed for regulating muscle

function, is found in dark leafy greens such as spinach, Swiss chard and kale.

7. AVOCADOS

Avocados have folate, niacin, riboflavin, vitamin B6 and other B vitamins that help create energy and build muscles.

8. NUTS, PEANUT BUTTER

In addition to high percentages of protein, nuts and nut butters contain significant levels of leucine, an amino acid that triggers muscle repair. They also contain magnesium, needed for muscle growth.

9. LENTILS, PEAS, OTHER LEGUMES

These foods deliver magnesium and B vitamins. Many also are good sources of protein.

10. CHIA SEEDS

Chia seeds are a good source of protein and omega-3 fatty acids.

11. SWEET POTATOES, GRAPES

Potassium in sweet potatoes and grapes helps muscles contract.

12. PROTEIN POWDER

This supplement contains whey protein and is often used by those who strength-train.

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CUBAN

PORK SANDWICHES



PROTEIN x 3

MEATS, WHOLE GRAINS AND CHEESE SUPPLY MUSCLE-BUILDING PROTEIN. CITRUS ZEST, MUSTARD AND OREGANO REALLY ENHANCE THE FLAVORS.

Prep 15 minutes

Cook 25 minutes

Rest 10 minutes | **Serves** 6

- 1 (1-lb.) Hy-Vee True pork tenderloin
- 1 cup Hy-Vee Short Cuts chopped white onions, finely chopped
- 1 Tbsp. Gustare Vita olive oil
- 3 Hy-Vee Short Cuts garlic cloves, minced
- 2 tsp. lime zest
- 1 tsp. orange zest
- 1 tsp. Hy-Vee Kosher sea salt
- 1 tsp. Hy-Vee cracked black pepper
- 1 tsp. Hy-Vee dried oregano leaves
- 12 (3 oz. each) slices Hy-Vee Bakery Grains of the Earth bread (about ½-in. thick)
- 2 Tbsp. Hy-Vee yellow mustard, divided
- 12 Hy-Vee refrigerated kosher dill pickle sandwich slices
- 1 lb. Hy-Vee Deli True sliced uncured smoked ham
- 1 lb. Hy-Vee Deli True sliced oven-roasted turkey breast
- 12 slices Hy-Vee Deli sliced baby Swiss cheese
- Hy-Vee nonstick cooking spray

1. PREHEAT oven to 425°F. Line a rimmed baking pan with foil; set aside. Pat pork dry with paper towels. Combine onions, olive oil, garlic, lime and orange zests, salt, pepper and oregano in a medium bowl. Rub mixture on pork.

2. HEAT a large skillet over medium heat. Sear pork on all sides, about 10 minutes. Place on prepared baking pan. Bake for 25 minutes or until done (145°F). Transfer pork to cutting board; let rest for 10 minutes. Cut into thin slices.

3. SPREAD ½ tsp. mustard on each bread slice. Top half of the bread slices with pickle slices, pork tenderloin slices, ham, turkey and Swiss cheese slices. Top with remaining bread slices.

4. SPRAY a grill pan with nonstick spray; heat over medium-high heat. Grill sandwiches in batches for 6 minutes or until bread is golden brown and cheese is melted, turning once halfway through.

Per serving: 790 calories, 21 g fat, 9 g saturated fat, 0 g trans fat, 165 mg cholesterol, 2,920 mg sodium, 87 g carbohydrates, 1 g fiber, 7 g sugar (0 g added sugar), 66 g protein. **Daily values:** Vitamin D 0%, Calcium 35%, Iron 15%, Potassium 8%

WHY THEY WORK

Protein builds muscle, especially after workouts when muscles need it the most, says Ryan Weiler, Hy-Vee dietitian in Shakopee, Minnesota. "Working out breaks down the muscle tissue, and the job of protein in your diet is to help build that back up so it can be bigger and stronger for the next workout," Weiler says.

Complete proteins, which come from animal sources, are the most effective at building muscle because they contain all nine of the essential amino acids your body cannot make on its own. Foods include meats, eggs, dairy products (milk, Greek yogurt, cheese), poultry and seafood. "Leucine is the key amino acid—it's the trigger for protein's repairs," Weiler says. "It's highest in these foods...these are quality proteins." Soybeans are a nonanimal source of complete protein.

Protein completeness can also be achieved by pairing certain foods, Weiler says. "This is called protein complementing, with vegetarian sources. A common example is rice and beans. There are certain amino acids that rice is missing and that beans have, and vice versa." Other pairings: soy and quinoa, or nuts and lentils.



1. COTTAGE CHEESE & FRUIT

Combine full-fat cottage cheese with protein powder and serve topped with banana slices, mango and/or pineapple chunks.

2. AVOCADO-CHICKEN WRAP

Wrap rotisserie chicken, avocado, cooked quinoa and spinach leaves in a whole grain flour tortilla. Serve with black bean salsa.

3. CHEESE BOARD

Enjoy a protein-rich assortment of cheese, nuts and grapes as an appetizer or dessert.

4. BEEF, BACON AND EGG BURGER

Top a burger with a fried egg, tuck in some crisp bacon and serve in a whole wheat bun. Accompany with oven-fried sweet potatoes.

5. SALMON AND VEGETABLE QUINOA

SERVE MEDITERRANEAN-SEASONED, OVEN-ROASTED SALMON OVER A MIXTURE OF COOKED QUINOA, CHOPPED CUCUMBERS, SLICED CHERRY TOMATOES AND CHOPPED RED ONION. ADD A SQUEEZE OF LEMON.

AN 8-OZ. SERVING OF GREEK YOGURT PROVIDES UP TO 20 GRAMS OF PROTEIN—ABOUT TWICE THE AMOUNT IN TRADITIONAL YOGURT.

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or Cottage Cheese:
select varieties
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recipe ideas, visit
daisybrand.com/recipes

HILLSHIRE FARM® TURKEY
IS SLOW ROASTED FOR HOURS.
AND DEVoured IN SECONDS.



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select varieties
20 oz. \$2.99



Wright Brand Bacon:
select varieties
24 oz. \$8.99



Aidells Pulled Chicken:
select varieties
12.5 oz. \$7.99



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



Hillshire Farm Premium Polska
Rope Sausage:
select varieties
42 oz. \$8.99



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Right after we carve our delicious Hillshire Farm® seasoned turkey, we double seal every slice for freshness. Which leads to the best Turkey, Arugula & Tomato sandwich you've ever tasted. Visit <http://HillshireFarm.com> for more sandwich inspiration



BAR SCENE

HITTING THE BAR CAN BE GOOD FOR YOUR HEALTH — THE NUTRIENT BAR THAT IS. READ ON TO LEARN HOW TO CUSTOMIZE BARS THAT FIT YOUR TASTE AND LIFESTYLE.

WORDS Hilary Braaksma
PHOTOS Tobin Bennett



GET EVERYTHING YOU WANT OUT OF A SUPPLEMENT BAR BY HANDPICKING THE RIGHT INGREDIENTS.

Energy and supplement bars are popular because they're convenient grab-and-go-treats and great post-workout pick-me-ups that provide nutrition and satisfaction not offered by prepackaged foods.

But finding the right bar for your diet, your tastes and your budget can be tricky. Try these recipes to make your own batch of customized bars at home. You'll save time and use the ingredients you like to eat.

The recipe grid on *page 44* is like a choose-your-own-adventure for bar making. Mix and match your favorite ingredients to make bars that give you exactly what you crave.



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GRAB A PROTEIN BAR WITHIN AN HOUR OF FINISHING A WORKOUT TO MAXIMIZE THE MUSCLE REPAIR PROCESS.

BEST BAR FOR YOU

Picking your own ingredients gives you quality control and guarantees the bar fits your diet and lifestyle.

WEIGHT-LOSS

Choose satiating ingredients like almonds and walnuts to help you feel full.

GLUTEN-FREE

Use gluten-free ingredients such as oats and flaxseed.

VEGAN

Use vegan ingredients like maple syrup and plant-based protein powder.

WEIGHT-GAIN

Pack on muscle with protein from quinoa and nut butters.

PREWORKOUT ENERGY

Mix in matcha powder or goji berries for an energy boost.

WORKOUT RECOVERY

Mix in protein powder to help rebuild muscle after a workout.

CONSIDER THE NUTRIENTS YOU LOOK FOR MOST IN STORE-BOUGHT BARS—LIKE PROTEIN, FIBER AND CALORIE COUNT—BEFORE BUILDING YOUR OWN RECIPE.

STORE-BOUGHT OPTIONS ALSO OFFER AN EASY WAY TO STAY SATISFIED. THE HY-VEE HEALTHMARKET CARRIES A RANGE OF NUTRITIOUS OPTIONS TO FIT YOUR NEEDS AND WANTS.

SHOP YOUR LOCAL HY-VEE STORE FOR HOMEMADE BAR INGREDIENTS, OR PREMADE PROTEIN, ENERGY AND DIET SUPPLEMENT BARS.





Customize your nutrition bar with an ingredient from each category, *right*. Place ingredients in a large mixing bowl and beat with an electric mixer on medium until well combined. Press mixture into a parchment-lined 8x8x2-in. baking pan. Refrigerate for 1 hour or until firm and cut into bars. Makes 16 bars. Store bars at room temperature for up to one week.

START WITH QUALITY INGREDIENTS TO BUILD A HEALTHY, SATISFYING BAR.

BUILD YOUR

OWN

PROTEIN POWDER

- 2 CUPS**
- Old-fashioned oats
 - Quick-cooking oats
 - Crisp brown rice cereal
 - Sprouted brown rice cacao cereal
 - Granola

- 1 CUP**
- Performance Inspired vanilla bean whey protein powder
 - Vanilla plant-based protein powder
 - Nonfat dry milk powder

NUT BUTTER

- 1 CUP**
- Hy-Vee no-stir peanut butter
 - Hy-Vee no-stir almond butter
 - Cashew butter
 - Sunflower nut butter
 - Tahini

NUTS/CHIPS

- 1 CUP**
- Hy-Vee chopped walnuts
 - Hy-Vee chopped pecans
 - Chopped almonds
 - Chopped pistachios
 - Hy-Vee dark chocolate chips or vanilla baking chips
 - Carob chips

DRIED FRUIT

- 1 CUP**
- Raisins
 - Dried chopped cherries
 - Dried cranberries
 - Dried goji berries
 - Dried blueberries
 - Chopped dried mango
 - Chopped dried papaya
 - Chopped dried pineapple
 - Freeze-dried raspberries (fold in freeze-dried fruit after mixing with mixer)

SWEETENER

- ¾ CUP**
- Hy-Vee honey
 - Agave nectar
 - Hy-Vee 100% pure maple syrup
 - Coconut nectar

SEEDS/GRAINS

- ¼ CUP**
- Ground flaxseed
 - Dry sesame seeds
 - Quinoa
 - Pepitas
 - Hemp hearts
 - Chia seeds

RAISE THE BAR Step up your ingredient list by including superpowders. What are superpowders? First of all, they're not to be confused with *super powers*, but they still might give you extra energy that will leave you feeling heroic. Superpowders are powdered forms of superfoods, or foods rich in the vitamins, nutrients and minerals our bodies crave.

IN THE MIX

Try these bars or come up with your own.
Add a drizzle of dark chocolate.

ADULT FITNESS BARS
quick-cooking oats + vanilla bean whey protein powder + cashew butter + dried goji berries + pure maple syrup + pepitas + chia seeds

CHOCOLATE CEREAL BARS
sprouted brown rice cacao cereal + nonfat dry milk powder + no-stir peanut butter + dark chocolate chips + dried cranberries + agave nectar + ground flaxseed

CHERRY-OAT BARS
old-fashioned oats + nonfat dry milk powder + no-stir almond butter + pistachios + dried cherries + honey + white quinoa

ANTIOXIDANT-RICH BARS
old-fashioned oats + vanilla plant-based protein powder + no-stir peanut butter + vanilla baking chips + honey + sesame seeds + matcha powder + freeze-dried raspberries

TROPICAL ENERGY BARS
granola + vanilla plant-based protein powder + cashew butter + pistachios + coconut nectar + dried mango/dried papaya/dried pineapple + chia seeds + goji powder

SUPERFOOD BARS
old-fashioned rolled oats + vanilla bean whey protein powder + no-stir almond butter + almonds + dried blueberries + coconut nectar + chia seeds

TRIPLE-NUT BARS
crisp brown rice cereal + vanilla bean whey protein powder + sunflower nut butter + raisins + pure maple syrup + walnuts/pecans/almonds + hemp hearts

ADD 1 TOSPOF
A SUPERPOWDER
AS DESIRED



MATCHA POWDER
is made of steamed and dried green tea leaves. Matcha provides energy in the form of caffeine and is high in antioxidants.



ACAI POWDER
is made from acai berries, which are rich in antioxidants that protect your cells from damage.



GOJI POWDER
is made from dried goji berries, which contain essential minerals, vitamin B and vitamin C.



***CRUNCHED FOR TIME?
THESE QUICK DINNER
IDEAS ARE LOW ON EFFORT,
BIG ON FLAVOR.**

WORDS Hilary Braaksma PHOTOS Greg Scheidemann



MINUTE MEALS

THESE MOUTHWATERING DINNER RECIPES TAKE ONLY **30 MINUTES OR LESS** FROM **PREP TO PLATE.** PACKED WITH GOOD-FOR-YOU INGREDIENTS, THEY PROVE YOU DON'T HAVE TO SACRIFICE TIME OR TASTE FOR **WHOLESOME MEALS.**

Sitting down to enjoy a nutritious meal with your family on busy weeknights—and weekends too—sometimes seems impossible. Jobs, clubs, sports and other activities make it seem as if frozen pizza or fast food is the only option for your tight schedule. But in less time than it takes to get takeout, put nutritious, homemade gyros or a steaming stir-fry on the table.



GET MORE QUICK RECIPE IDEAS
FROM THE "EZ PZ MEALS" SERIES
ON HELPFUL SMILES TV AT HSTV.COM



WALNUT-
(CRUSTED

SALMON

WINTER SALAD

30
minutes
or less

EATING ONE OR TWO SERVINGS OF OMEGA-3 FAT-RICH FISH A WEEK HAS BEEN SHOWN TO REDUCE THE RISK OF DYING FROM HEART DISEASE BY 36 PERCENT.

Prep 5 minutes | Roast 16 to 20 minutes
Serves 4

12 oz. baby red or yellow potatoes, halved
12 oz. Hy-Vee Short Cuts sliced
Brussels sprouts
1 Tbsp. plus ½ cup Gustare Vita olive oil, divided
1 large Honeycrisp or Gala apple, cored and cut into ½-in.-thick wedges
3 Tbsp. Gustare Vita balsamic vinegar
2 Tbsp. Hy-Vee packed brown sugar
1 Tbsp. Hy-Vee Dijon mustard
½ tsp. Hy-Vee salt
4 (5-oz.) pieces skinless fresh salmon fillets, ¾ to 1 in. thick
¼ cup Hy-Vee chopped walnuts
6 oz. mixed salad greens
⅓ cup Hy-Vee Short Cuts chopped red onions

1. **PREHEAT** oven to 450°F.

2. **PLACE** potatoes and Brussels sprouts in a large bowl; toss with 1 Tbsp. olive oil. Spread in a single layer on a 15×10-in. rimmed baking pan; add apple wedges. Roast for 10 minutes, stirring once halfway through.

3. **WHISK** together vinegar, brown sugar, mustard and salt in a small bowl. Slowly whisk in remaining ½ cup olive oil. Divide vinaigrette into two portions and set aside.

4. **PUSH** vegetables and apples to edge of pan, leaving them in a single layer. Pat salmon dry with paper towels; place in center of pan. Lightly brush salmon with one portion of vinaigrette; sprinkle with walnuts. Roast for 6 to 10 minutes or until salmon flakes with a fork (145°F) and vegetables and apples are tender. Drizzle with half of the remaining vinaigrette; sprinkle some of the greens around salmon.

5. **PLACE** remaining salad greens on four salad plates; sprinkle with red onions. Arrange salmon, vegetables and apples on top. Drizzle with remaining vinaigrette.

Per serving: 600 calories, 33 g fat, 4.5 g saturated fat, 0 g trans fat, 65 mg cholesterol, 260 mg sodium, 42 g carbohydrates, 5 g fiber, 19 g sugar (7 g added sugar), 36 g protein. Daily values: Vitamin D 80%, Calcium 8%, Iron 15%, Potassium 30%

FAST & FRESH

30
minutes
or less

COOKER

BEEF GYROS

Prep 15 minutes
Cook 15 minutes
Serves 4

- 3 Tbsp. Gustare Vita olive oil
- 2 Tbsp. fresh lemon juice
- 2 tsp. Hy-Vee garlic powder
- 1½ tsp. Hy-Vee dried oregano leaves
- ¼ tsp. Hy-Vee salt
- ¼ tsp. Hy-Vee black pepper
- 1 lb. beef flank steak, cut into ¼-in.-thick strips
- 2 cups Hy-Vee no-salt-added beef broth
- 4 whole wheat pita flat breads
- 1 cup mixed salad greens
- 1 cup thinly sliced seedless cucumber
- 1 cup halved cherry tomatoes
- ¼ cup sliced red onion
- ¼ cup Culinary Tours tzatziki sauce

1. COMBINE olive oil, lemon juice, garlic powder, oregano leaves, salt and pepper in a resealable plastic bag. Add steak strips. Seal bag and shake to combine. Remove steak strips from bag and add to a pressure cooker. Pour broth over top. Pressure cook beef for 15 minutes according to manufacturer's directions. Release pressure and remove beef from pressure cooker.

2. SERVE beef in pitas with mixed salad greens, sliced cucumber, cherry tomatoes, red onion and tzatziki sauce.

Per serving: 550 calories, 26 g fat, 4.5 g saturated fat, 0 g trans fat, 70 mg cholesterol, 880 mg sodium, 49 g carbohydrates, 1 g fiber, 4 g sugar (0 g added sugar), 33 g protein. Daily values: Vitamin D 0%, Calcium 4%, Iron 15%, Potassium 10%



GYRO HERO
FLANK STEAK, A LEAN CUT OF STEAK, PACKS IN PLENTY OF PROTEIN WITH LESS FAT THAN OTHER CUTS.

Prep 5 minutes | Cook 16 minutes
Broil 4 to 5 minutes | Serves 8

9 Hy-Vee large eggs, lightly beaten
1½ cups Hy-Vee 2% reduced-fat milk
1 Tbsp. chopped fresh thyme
½ tsp. Hy-Vee salt
½ tsp. Hy-Vee black pepper
1 Tbsp. Gustare Vita olive oil
1 (8-oz.) pkg. sliced mushrooms
¾ cup Hy-Vee Short Cuts chopped red bell peppers
¼ cup Hy-Vee Short Cuts chopped white onions
1 clove garlic, minced
1½ cups spinach leaves
4 oz. Gruyère cheese, shredded (1 cup)
½ cup halved cherry tomatoes
2 Tbsp. thinly sliced fresh basil

1. PREHEAT broiler on HIGH. Combine eggs, milk, thyme, salt and black pepper in a medium bowl; set aside.

2. HEAT oil over medium-high heat in a 10- or 12-in. broilerproof skillet. Add mushrooms, red peppers, onions and garlic. Cook and stir until tender. Add spinach. Cook until spinach is wilted, stirring occasionally. Drain mixture and return to skillet.

3. POUR egg mixture into skillet over vegetables. As mixture sets, run a spatula around edge of skillet, lifting egg mixture so uncooked portion flows underneath. Continue cooking until almost set. Sprinkle with cheese and top with tomatoes.

4. PLACE skillet under broiler. Broil for 4 to 5 minutes or until cheese is melted and tomatoes are roasted. Sprinkle with basil before serving.

Per serving: 190 calories, 13 g fat, 5 g saturated fat, 0 g trans fat, 230 mg cholesterol, 360 mg sodium, 6 g carbohydrates, 1 g fiber, 4 g sugar (0 g added sugar), 14 g protein. Daily values: Vitamin D 10%, Calcium 20%, Iron 10%, Potassium 6%



EGGS ARE AN EXCELLENT SOURCE OF PROTEIN, WITH 6 GRAMS PER ONE 70-CALORIE LARGE EGG. EGGS ALSO PROVIDE ESSENTIAL NUTRIENTS, INCLUDING VITAMIN D.

30
minutes
or less



BROILER GARDEN

FRITTATA



Watch how to whip up a **Broiler Garden Frittata** at HSTV.com

GASHEW

(CHICKEN) STIR-FRY

Prep 10 minutes
Cook 20 minutes
Serves 4

1 tsp. plus 2 Tbsp. Gustare Vita olive oil, divided
3 cups Hy-Vee Short Cuts riced cauliflower
2 Tbsp. water
5 Hy-Vee Short Cuts garlic cloves, minced
2 Tbsp. hoisin sauce
2 Tbsp. Hy-Vee less-sodium soy sauce
1 Tbsp. grated fresh ginger
¾ tsp. Hy-Vee Sriracha sauce
1 lb. Hy-Vee True boneless, skinless chicken breasts, cut into thin strips
2 cups Hy-Vee Short Cuts julienne bell pepper strips

½ red onion, sliced
½ cup Hy-Vee canned sliced water chestnuts, drained
½ cup Hy-Vee lightly salted cashew halves and pieces, plus additional for garnish
Chopped fresh cilantro, for garnish
Lime wedges, for serving

1. HEAT 1 tsp. oil in a large nonstick skillet over medium heat. Add riced cauliflower; cook and stir for 2 minutes. Add the water; stir to combine. Cover and cook over low heat for 3 to 5 minutes or until tender. Remove from skillet; keep warm and wipe skillet clean.

2. COMBINE garlic, hoisin, soy sauce, ginger and Sriracha in a small bowl; set aside.

3. HEAT 1 Tbsp. oil in same skillet over medium heat. Add chicken and cook through (165°F), stirring occasionally. Remove chicken from skillet.

4. HEAT remaining 1 Tbsp. oil in same skillet over medium-high heat. Add peppers, onion and water chestnuts. Stir-fry for 5 minutes or until crisp-tender.

5. RETURN chicken to skillet. Add sauce mixture and

½ cup cashews. Cook for 2 to 3 minutes or until heated through, stirring occasionally. Serve over riced cauliflower. Garnish with additional cashews and cilantro, if desired. Serve with lime wedges.

Per serving: 360 calories, 18 g fat, 3 g saturated fat, 0 g trans fat, 85 mg cholesterol, 630 mg sodium, 21 g carbohydrates, 4 g fiber, 8 g sugar (1 g added sugar), 31 g protein. Daily values: Vitamin D 0%, Calcium 4%, Iron 10%, Potassium 15%

30
minutes
or less

½ CUP OF COOKED RICED CAULIFLOWER CONTAINS LESS THAN 3 GRAMS OF CARBS, COMPARED TO 23 GRAMS OF CARBS IN THE SAME SERVING SIZE OF COOKED BROWN RICE.



MEXICAN

30
minutes
or less

PASTA SKILLET

Prep 2 minutes
Cook 23 minutes
Serves 6

- 1 Tbsp. Gustare Vita olive oil
- 1 lb. 93%-lean ground turkey
- ½ cup Hy-Vee Short Cuts chopped white onions
- 2 cups uncooked whole grain elbow pasta
- 1 (10-oz.) can Hy-Vee mild enchilada sauce
- 1 (8-oz.) can Hy-Vee no-salt-added tomato sauce
- 1 cup Hy-Vee refrigerated fresh mild salsa
- 1 cup Hy-Vee 33%-less-sodium chicken broth
- ½ cup Hy-Vee frozen whole-kernel corn
- ½ cup Hy-Vee canned no-salt-added black beans, drained and rinsed
- ¼ cup Hy-Vee Short Cuts chopped green bell peppers
- 1 poblano pepper, seeded and chopped
- 1 cup finely shredded Mexican cheese blend, divided
- Hy-Vee light sour cream, chopped
- fresh cilantro, chopped tomato, sliced avocado and/or Hy-Vee Santa Fe-style tortilla strips, for garnish

1. HEAT oil in a large skillet over medium-high heat. Add ground turkey. Cook until browned, stirring occasionally to break into crumbles. Drain and discard drippings. Add onions; cook for 5 minutes or until softened.

2. STIR in pasta, enchilada sauce, tomato sauce, salsa and chicken broth. Bring to boiling; reduce heat. Simmer, covered, for 10 minutes or until pasta is *al dente*, stirring once halfway through.

3. ADD corn, black beans and bell and poblano peppers. Gently toss to combine. Stir in ½ cup cheese; cook for 1 to 2 minutes more or until cheese is melted.

4. TOP with remaining ½ cup cheese. Garnish with sour cream, cilantro, tomato, avocado and/or tortilla strips. Serve immediately.

Per serving: 410 calories, 15 g fat, 5 g saturated fat, 0 g trans fat, 70 mg cholesterol, 880 mg sodium, 42 g carbohydrates, 2 g fiber, 6 g sugar (0 g added sugar), 26 g protein. Daily values: Vitamin D 0%, Calcium 15%, Iron 15%, Potassium 8%

THIS SOUTHWEST-INSPIRED DISH USES LOW-SODIUM AND NO-SALT-ADDED INGREDIENTS FOR A LIGHTER TAKE ON CLASSIC GOULASH.



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REAL'Za™

PIZZA



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Make Real Meals For Real Life




SEAFOOD HELD TO A HIGHER STANDARD



**LOOK FOR THIS SYMBOL WHEN
CHOOSING SEAFOOD AT HY-VEE.**

Seafood bearing this symbol was caught or farmed in a manner
that minimizes damage to the environment or other sea life.

HyVee[®]



**YOU CAN AGE MORE
GRACEFULLY—AND
HEALTHFULLY—
BY EMBRACING
THE ART AND
SCIENCE OF
LONGEVITY.**

WORDS Luke Miller

WINTER

THIS

YEAR

“GROWING OLD,” IT’S BEEN SAID, “AIN’T FOR WIMPS.”

Case in point: Approximately 80 percent of older people are coping with at least one persistent health challenge, according to the National Council on Aging (NCOA), and 77 percent have at least two. And with people living longer than ever before, there’s more time for multiple health issues to pop up.

You don’t have to take those sobering statistics lying down. In fact, it would be better if you were standing upright—and moving, because movement and exercise are critical to healthy aging.

Unfortunately, only 23 percent of American adults age 18–64 get the recommended amount of physical activity, according to recent federal government reports.

That’s a missed opportunity

because regular exercise can produce long-term health benefits by reducing the risk of developing diseases and the disabilities often associated with aging.

Studies show that regular exercise can help treat chronic conditions such as arthritis, heart disease and diabetes. It can also reduce blood pressure and help people overcome difficulties with walking or balance.

But there’s more to the story, like fueling the body with the right foods, which helps you maintain a healthy weight to lessen the stress on your heart and bones. Optimal aging also involves having a positive attitude, maintaining relationships with others, and finding a purpose greater than yourself. For more on those, turn to *page 59*.

GET ACTIVE

The American Heart Association recommends at least 75 minutes of vigorous aerobic exercise a week or 150 minutes of moderate-intensity exercise, as well as muscle-strengthening activities at least twice a week. There are many ways to exercise, including lifting weights, aerobics, jogging, biking, swimming, dancing, yoga and tai chi. Want more ideas? Get free exercise brochures from the National Institute on Aging at order.nia.nih.gov/view-all-exercise-pubs

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IN GOOD HEALTH

Aging is part of life, but you can affect how it plays out. Adopting a healthy lifestyle today can alleviate or prevent disease and disability. You can delay, mitigate or even avoid all those frailties that afflict not only senior citizens, but also middle-aged and younger people.

YOU’VE ONLY GOT ONE BODY, AND ALTHOUGH WE’VE LEARNED HOW TO SWITCH OUT A FEW PIECES...IT’S NEVER AS GOOD AS WHAT YOU WERE BORN WITH. TAKING GOOD CARE OF YOUR BODY IN THE SAME WAY AS A NEW CAR THAT YOU JUST BOUGHT OR A GARDEN YOU JUST PLANTED WILL HELP YOU AGE WELL.”

—DR. PAUL B. VOLKER, ASSISTANT PROFESSOR, DOCTOR OF OSTEOPATHIC MEDICINE PROGRAM, DES MOINES UNIVERSITY

GET WELL

Be proactive about your health. Follow these simple steps.

EAT RIGHT

Avoid junk food, sweets and foods high in saturated fat such as fatty beef and pork, and poultry with the skin on.

EXERCISE

Physical exercise is good for the heart and will help you retain muscle as you age.

LOSE WEIGHT

Losing excess weight will help lower blood

pressure as well as glucose, cholesterol and triglyceride levels.

AVOID SMOKING

Smoking increases the risk of heart disease and stroke.

MODERATE ALCOHOL USE

If you're going to drink alcohol, do so in moderation. That means no more than one drink per day for a woman and two drinks per day for a man.

CONTROL CHOLESTEROL

High cholesterol can cause plaque buildup in arteries, which can lead to heart attack or stroke.

MANAGE BLOOD PRESSURE

Optimal blood pressure is less than 120/80 mm Hg. Keeping blood pressure under control helps guard against heart disease and stroke.

“REGULAR PHYSICAL ACTIVITY IS ONE OF THE MOST IMPORTANT THINGS YOU CAN DO FOR YOUR HEALTH. EVEN 60 MINUTES A WEEK OF MODERATE-INTENSITY AEROBIC ACTIVITY IS GOOD FOR YOU.”

—CENTERS FOR DISEASE CONTROL AND PREVENTION

31

MILLION AMERICANS, AGE 50 OR OLDER, ARE INACTIVE.

—CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC)

TIME TO GET ACTIVE

People who are physically active an hour a day have a 40 percent lower risk of dying early than those who are active for less

than 5 minutes a day, according to the CDC. Take the stairs instead of the elevator. Lift dumbbells or do calisthenics while watching TV. Walk the dog or do some yard work. “If you

can get out of your chair and walk for 10 minutes three times a day, that gives you about as much exercise as being on a treadmill for 30 minutes,” says Dr. Paul B. Volker.

Sources (this page and opposite): [cdc.gov/media/releases/2016/p0915-physical-activity.html](https://www.cdc.gov/media/releases/2016/p0915-physical-activity.html)
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EAT HEALTHFULLY WITH THE FRESHEST FOOD YOU CAN AFFORD.

—DR. PAUL B. VOLKER,
MD, FAAFP

WANT HELP? THE BEGIN™ PROGRAM IS A 10-WEEK HEALTHY LIFESTYLE AND WEIGHT MANAGEMENT PROGRAM LED BY A REGISTERED HY-VEE DIETITIAN. LEARN MORE AT HY-VEE.COM/HEALTH/BEGIN-PROGRAM

EAT RIGHT

HEALTHY AGING SUPERFOODS

THESE NUTRIENT-RICH FOODS CONTAIN AT LEAST ONE COMPONENT ASSOCIATED WITH GOOD HEALTH.

DARK LEAFY GREENS

Kale, spinach, collard greens and Swiss chard are packed with vitamins, minerals and phytochemicals to prevent disease.



BERRIES

BLUEBERRIES, STRAWBERRIES, BLACKBERRIES AND RASPBERRIES HAVE ANTIOXIDANTS TO PREVENT CELL DAMAGE.



NUTS

Walnuts, hazelnuts, pecans and almonds offer protein and monounsaturated fats, which may reduce the risk of heart disease.



COCOA

Studies show that dietary flavanols found in cocoa—including dark chocolate—may support cardiovascular health.



WHOLE GRAINS

Whole grains like oats, bulgur, quinoa and brown rice are a valuable source of fiber to help with digestion and cholesterol levels.



FISH

Fatty fish such as salmon, mackerel, tuna and sardines are a good source of protein and heart-healthy omega-3 fatty acids.



ADD TO LIFE

Following a healthy lifestyle can prolong the life expectancy of a 50-year-old by 12 to 14 years compared to individuals who don't follow a healthy lifestyle, according to an American Heart Association study. Factors include never smoking, healthy weight, regular physical activity, healthy diet and moderate alcohol consumption.

THINK POSITIVELY ABOUT AGING

An upbeat attitude may protect against mental decline. A recent Yale University study found that older people who had a positive attitude about aging were nearly 50 percent less likely to develop dementia than those who were pessimistic or fearful about aging—even when both groups carried a gene variant linked to dementia.

FIND A CAUSE TO SUPPORT

Being a part of a cause greater than yourself can give your life purpose—especially important after retirement. Learn about volunteer opportunities at nationalservice.gov/programs/senior-corps

Relationships are a key factor in healthy aging. Research by an assistant professor of psychology at Michigan State University shows that relationships with family and friends are linked to better overall health and happiness. Yet friendships become increasingly important with age and are a stronger predictor of health and happiness than family relationships. Keep in touch with friends. And think about adding younger friends so you can benefit from fresh perspectives.

SHOPPING

ORGANIC



LOOKING FOR FOOD RAISED IN AN ENVIRONMENTALLY FRIENDLY WAY? FROM SOUP TO NUTS, A BROAD RANGE OF ORGANIC FOODS AND BEVERAGES IS AVAILABLE AT HY-VEE.

WORDS Luke Miller PHOTOS Tobin Bennett



@HY-VEE

Reach for some delicious carrots in the Hy-Vee produce aisle and you have choices—baby and whole, presliced and prewashed, and in some cases rainbow varieties. But selection goes beyond these to include organic carrots, too—which means you choose how they're grown.

Organic farming practices steer clear of synthetic chemicals, antibiotics, growth hormones and genetically modified organisms in favor of age-old practices that are easier on the environment and kinder to humans.

“Organic practices include adding compost and using cover crops, like clovers, which all help aggregate soil (and) add more organic matter,” says Kathleen Delate, Ph.D., professor of agronomy and agriculture at Iowa State University. Studies show organic farmland performs better during periods of both drought and excess rain. “This improved soil is better at holding water and mitigating runoff in times of excess rain,” Delate says.

Land that's farmed organically may even help battle global warming and water pollution. “Our research has shown higher carbon sequestration with organic farming, and reduced polluting nitrates into the groundwater,” says Delate.

“Consumers are becoming increasingly aware of the value of eating healthy foods,” Delate says. “A recent study showed a connection between organic food consumption and lowering of cancer risk. Since organic foods cannot be grown with synthetic pesticides, researchers associated the benefits with lowered pesticide exposure with organic foods.”

Hy-Vee has backed the organic trend for well over 20 years. “We were some of the early adopters,” says Mike Orf, group vice president for produce. “Hy-Vee was really ahead of the curve, just recognizing that it was a category with huge potential for future growth.”

While some people buy organic in an effort to help the environment, others are making a lifestyle choice. “A lot of it tends to be younger customers, even mothers with small children who are just more aware of what is going into their children's mouths,” Orf says.

Still others base it on taste. “There can actually be a discernible difference in flavor on bananas and grapes and strawberries, to name a few,” Orf says.

In the end, it's about giving customers what they want. “This is a really important segment for us and we want to make sure our stores are offering the variety today's customers want,” Orf says.

ORGANIC CHOICES

AT HY-VEE

“HY-VEE CUSTOMERS CAN BE CONFIDENT WITH OUR ORGANIC PRODUCTS. WHEN A PRODUCT IS CERTIFIED ORGANIC, IT MEANS THAT IT HAS MET CERTAIN CRITERIA AND FARMS ARE INSPECTED BY A GOVERNMENT-APPROVED CERTIFIER.”

—ELISA SLOSS, RD, LD, HEALTHMARKET SUPERVISOR

HY-VEE TRUE ORGANIC MEATS

HY-VEE GIVES YOU MANY CHOICES. The True line of meats, exclusively at Hy-Vee, includes roasts, tenderloins, country-style ribs, thick-cut chops, boneless chicken, ground beef and more.

True meats come in two forms: All Natural and Certified Organic. All Natural meats contain no antibiotics or added hormones.

Certified Organic meats carry the USDA Organic seal and go a step further.

“An organic certification means that the animals were never given any antibiotics or growth hormones and were fed organic feed,” says HealthMarket’s Elisa Sloss. It also means animals had access to living conditions that accommodate their natural behaviors, such as pasture for grazing.

FRESH ORGANIC DAIRY

IS ORGANIC MILK HEALTHIER? A team led by a Washington State University researcher found that organic milk had 62 percent more heart-healthy fats than conventional milk. Hy-Vee has certified organic milk, cheese, yogurt, butter, cottage cheese, sour cream, ice cream and more.

FRESH ORGANIC EGGS

HEALTH-CONSCIOUS EGG LOVERS have a friend in Hy-Vee HealthMarket organic eggs. They come from small family farms where free-range hens can roam at will and are fed only high-quality, certified organic grain.



FRESH ORGANIC PRODUCE SHELVES ARE FULLY STOCKED WITH ORGANIC FOODS. “We have well over a hundred items available in our warehouse to stock our stores every single day,” says Mike Orf,

group vice president for produce. “By far the biggest section in organic produce is organic salads. That’s such a powerful category. We have national brands as well as a private brand called Full Circle.” Berries, bananas and apples are also

popular, he says. “I meet with a lot of growers and it’s very common to hear them say, ‘We’re putting in more organic acreage,’” Orf says. “The industry is gearing that way, so we have the benefit of being able to offer the customer more choices.”



PRICE-TRIMMING FULL CIRCLE ORGANIC FOODS

CONCERNED ABOUT THE COST OF ORGANIC FOODS? Hy-Vee HealthMarket’s Elisa Sloss has a solution. “Look for Full Circle organic products,” she says. “Full Circle is our private label organic line that is typically more affordable than the national labels. Frozen fruits and vegetables are another great way to buy organic at a more affordable price, especially when the produce is not in season.”

PANTRY-STABLE ORGANIC FOODS

OPTIONS ARE GROWING, says Elisa Sloss, RD, LD, HealthMarket supervisor for Hy-Vee. “This includes everything from pasta or entrees to breakfast foods and even salty snacks,” she says. Other organic offerings: nuts, cereals and granola; coffee, tea and juice; and honey, jam and maple syrup. “The organic trend is also coming into our protein and vitamin categories,” Sloss says. “We are carrying more organic plant-based or grass-fed protein powders, bars and drinks and organic vitamins and supplements.”

HOW THE USDA DEFINES ORGANIC

For a product to be labeled organic, the United States Department of Agriculture (USDA) specifies that a crop must be raised on land where synthetic fertilizers, herbicides, insecticides or fungicides have not been applied for at least three years prior to harvest. Genetically modified organisms (GMOs), biosolids and irradiated products are also prohibited.

Packaged products are categorized as follows:

“100-PERCENT ORGANIC”

All ingredients and processing aids must be certified organic.

“ORGANIC”

All ingredients must be certified organic unless specifically allowed by the national list (bit.ly/ingred605). The total of nonorganic content (excluding salt and water) must not exceed 5 percent.

“MADE WITH ORGANIC _____”

At least 70 percent of the product must consist of certified organic ingredients (excluding salt and water).



Sources (this page and opposite): usda.gov/media/blog/2012/03/22/organic-101-what-usda-organic-label-means news.wsu.edu/2013/12/09/researchers-see-added-nutritional-benefits-in-organic-milk/

HIGH-OCTANE SOUP



WARM SOUP ON A COLD WINTER NIGHT IS GOOD FOR THE SOUL AND CAN BE JUST AS GOOD FOR YOUR BODY. OUR "HIGH-OCTANE" SOUPS ARE PACKED WITH GOOD-FOR-YOU NUTRIENTS THAT HELP FUEL YOUR BODY AND GIVE YOU ENERGY. STEP UP YOUR SOUP GAME WITH THESE HEALTHY WINTER RECIPES.

WORDS Hillary Braaksma PHOTOS Greg Scheidemann



CREAMY RED PEPPER & TOMATO SOUP

Prep 10 minutes
Cook 1 hour 10 minutes
Bake 10 minutes
Serves 6 (1 cup each)

Hy-Vee nonstick cooking spray
4 red bell peppers, seeded and sliced
4 large tomatoes, seeded and quartered
¼ cup plus 1 Tbsp. Gustare Vita olive oil, divided
½ tsp. Hy-Vee salt
¼ tsp. Hy-Vee black pepper, plus additional for garnish
1 cup Hy-Vee Short Cuts chopped white onions
5 Hy-Vee Short Cuts garlic cloves, minced
1 (6-oz.) can Hy-Vee tomato paste
1 (32-oz.) container Hy-Vee vegetable cooking stock
¼ cup loosely packed fresh basil leaves, plus additional for garnish
2 Tbsp. Basil Croutons, for serving; below
½ cup shaved Parmesan cheese, for serving

1. PREHEAT oven to 425°F. Line a baking sheet with foil; spray with cooking spray. Arrange bell peppers and tomatoes on prepared baking sheet; drizzle with ¼ cup olive oil. Season with salt and pepper. Roast for 35 to 40 minutes or until skins are wrinkled.

2. HEAT remaining 1 Tbsp. oil in a large saucepan over medium heat. Add onions and garlic. Cook until onion is tender, stirring occasionally. Stir in tomato paste. Stir in vegetable stock and ¼ cup basil leaves. Bring to boiling; reduce heat. Whisk until tomato paste is thoroughly combined. Remove from heat and cool slightly.

3. TRANSFER half of the roasted vegetables and tomato onion mixture to a blender. Cover and blend until smooth and creamy. If desired, pour mixture through a fine mesh strainer; discard pulp. Repeat with remaining mixture.

4. LADLE soup into bowls. Top with Basil Croutons and Parmesan cheese. Garnish with basil leaves and black pepper, if desired.

BASIL CROUTONS: Preheat oven to 400°F. Line a baking sheet with parchment paper. Toss together 4 oz. cubed Hy-Vee Grains of the Earth bread and ¼ cup Gustare Vita basil-flavored olive oil. Spread on prepared baking sheet. Bake for 10 minutes or until golden brown. Cool on baking sheet on wire rack.

Per serving: 190 calories, 12 g fat, 1.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 580 mg sodium, 20 g carbohydrates, 5 g fiber, 12 g sugar (1 g added sugar), 4 g protein. Daily values: Vitamin D 0%, Calcium 2%, Iron 10%, Potassium 10%

SOUP & SPLIT PEA

VEGAN

Prep 5 minutes
Cook 1 hour, 15 minutes
Serves 8 (1 cup each)

- 1 Tbsp. Gustare Vita olive oil
- 2 cups Hy-Vee Short Cuts butternut squash, finely chopped
- 1 cup Hy-Vee Short Cuts chopped white onions
- 3 Hy-Vee Short Cuts peeled cloves garlic, minced
- 2 tsp. Hy-Vee ground cumin
- 1 tsp. curry powder
- ½ tsp. Hy-Vee salt
- ¼ tsp. Hy-Vee black pepper, plus additional for garnish
- 2 (32-oz. each) containers Hy-Vee vegetable cooking stock
- 2 cups water
- 2 cups yellow split peas, rinsed
- 2 Tbsp. fresh lemon juice
- ½ cup dairy-free coconut-milk yogurt alternative, for serving

1. HEAT oil over medium heat in a large saucepan. Add squash, onions and garlic. Cook until onion is tender, stirring occasionally. Stir in cumin, curry powder, salt and ¼ tsp. pepper. Cook and stir for 2 minutes.

2. ADD stock, the water and split peas. Bring to boiling; reduce heat. Simmer, covered for 1 hour or until split peas are soft. Remove from heat. Stir in lemon juice.

3. LADLE soup into bowls. Swirl some of the yogurt alternative into each serving. Sprinkle with black pepper, if desired.

Per serving: 240 calories, 2.5 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 700 mg sodium, 44 g carbohydrates, 15 g fiber, 9 g sugar (2 g added sugar), 14 g protein. Daily values: Vitamin D 0%, Calcium 4%, Iron 20%, Potassium 15%

6 HY-VEE DIETITIAN HEARTY ADDITIONS

The best soup sides and stir-ins, with advice from Sarah Peterson, Hy-Vee Dietitian, Chariton, Iowa



VEGGIES

EAT THESE AS A SIDE OR STIR-IN. "THEY'RE FILLING AND CONTAIN TONS OF ANTIOXIDANTS," SARAH SAYS.



LOW-FAT CREAM CHEESE

A SMALL CUBE OF ½-LESS-FAT CREAM CHEESE ADDS FLAVOR AND RICHNESS TO SOUP.



YOGURT

STIR IN PLAIN GREEK YOGURT OR A DAIRY-FREE YOGURT ALTERNATIVE.



WHOLE WHEAT CROUTONS

SARAH SUGGESTS A ¼-CUP SERVING, OR ABOUT 8 SMALL WHOLE WHEAT CROUTONS.



WHOLE WHEAT BREAD

WHOLE WHEAT IS FILLING AND FIBER-PACKED. "MAKE SURE TO WATCH PORTION SIZES," SARAH SAYS.



WHOLE GRAIN CRACKERS

CHOOSE CRACKERS MADE OF WHOLE GRAINS AND LOOK FOR BRANDS WITH ADDED FIBER AND PROTEIN.



TURMERIC GINGER CHICKEN ZOODLE SOUP

30
minutes
or less

Prep 10 minutes
Cook 17 minutes
Serves 6

1 lb. Hy-Vee boneless, skinless chicken breast halves
1 tsp. Gustare Vita garlic-flavored olive oil
1 Tbsp. grated fresh ginger
1 tsp. ground turmeric
½ tsp. ground coriander

2 (32-oz. each) containers Hy-Vee 33%-less-sodium chicken broth, divided
8 oz. Hy-Vee Short Cuts zucchini and/or carrot veggie noodles
½ cup loosely packed chopped baby kale
Green onion curls, for garnish
Hy-Vee crushed red pepper, for garnish

Lime wedges, for serving
Rice crackers, for serving

1. LIGHTLY POUND chicken breasts to an even thickness. Heat oil in a large saucepan over medium-low heat. Stir in ginger, turmeric and coriander. Cook and stir for 15 to 30 seconds. Add pounded chicken breasts and chicken broth to saucepan.

Simmer, covered, for 15 to 20 minutes or until chicken is done (165°F). Transfer chicken to a cutting board. Using two forks, shred chicken; return to saucepan.

2. ADD veggie noodles to soup. Return to a simmer. Simmer, covered, for 1 to 2 minutes or until noodles are tender. Stir in kale.

3. LADLE soup into bowls. Garnish with onion curls and sprinkle with red pepper, if desired. Serve with lime wedges and rice crackers.

Per serving: 110 calories, 1.5 g fat, 0 g saturated fat, 0 g trans fat, 45 mg cholesterol, 740 mg sodium, 3 g carbohydrates, 1 g fiber, 2 g sugar (0 g added sugar), 19 g protein. **Daily values:** Vitamin D 0%, Calcium 0%, Iron 0%, Potassium 2%



CHUCKWAGON BEEF- VEGETABLE SOUP

Prep 5 minutes

Cook 1 hour, 25 minutes

Serves 8

1 lb. boneless beef chuck roast,
cut into $\frac{3}{4}$ -in. cubes

2 Tbsp. Gustare Vita olive oil, divided

1 cup Hy-Vee Short Cuts chopped
white onions

2 stalks celery, sliced

2 cloves garlic, minced

5 cups Hy-Vee no-salt-added beef broth

1 (14.5-oz.) can Hy-Vee no-salt-added
diced tomatoes, undrained

2 Tbsp. Hy-Vee tomato paste

1 tsp. Hy-Vee dried oregano leaves

$\frac{1}{2}$ tsp. Hy-Vee salt

$\frac{1}{4}$ tsp. Hy-Vee dried thyme

$\frac{1}{4}$ tsp. Hy-Vee ground black pepper

1 Hy-Vee bay leaf

2 cups cubed Yukon gold potatoes

1 (12-oz.) Hy-Vee That's Smart! frozen
mixed vegetables

Cracked black pepper, for garnish

Chopped fresh parsley, for garnish

Hy-Vee Bakery whole wheat rolls,
for serving

1. PAT beef dry with paper towels. Heat 1 Tbsp. oil over medium-high heat in a 3- to 4-qt. saucepan or stockpot. Add beef. Cook for 5 to 7 minutes or until beef is browned, stirring occasionally. Transfer meat to a bowl using a slotted spoon.

2. HEAT remaining 1 Tbsp. oil in saucepan. Add onions, celery and garlic. Cook over medium heat for 3 to 4 minutes or until nearly tender, stirring occasionally. Return beef to saucepan. Stir in broth, tomatoes, tomato paste, oregano, salt, thyme, ground pepper and bay leaf. Bring to boiling; reduce heat. Simmer, covered, for 45 minutes or until beef is tender.

3. ADD potatoes. Return to boiling; reduce heat. Simmer, covered, for 10 minutes. Add frozen vegetables; simmer 10 minutes more or until vegetables are tender.

4. DISCARD bay leaf. Ladle soup into bowls. Garnish with cracked pepper and parsley, if desired. Serve with rolls, if desired.

Per serving: 190 calories, 6 g fat, 1.5 g saturated fat, 0 g trans fat, 35 mg cholesterol, 260 mg sodium, 19 g carbohydrates, 4 g fiber, 6 g sugar (0 g added sugar), 15 g protein. Daily values: Vitamin D 0%, Calcium 4%, Iron 10%, Potassium 10%



COCONUT SHRIMP SOUP CURRY

Prep 5 minutes
Cook 25 minutes
Serves 4

- 2 Tbsp. Hy-Vee canola oil
- 1 (5-oz.) container shitake mushrooms
- ¼ cup sliced green onions
- ¼ cup red curry paste
- 1 Tbsp. grated fresh ginger
- 2 (13.5-oz. each) cans Hy-Vee light coconut milk
- 1 cup Hy-Vee vegetable stock
- 1 cup water
- 2 Tbsp. fish sauce (optional)
- 2 cups Hy-Vee Short Cuts broccoli florets
- 6 oz. rice noodles
- 1 lb. raw medium shrimp, peeled and deveined
- ¼ cup thinly sliced red bell pepper
- 2 Tbsp. fresh lime juice, plus wedges for serving
- Fresh chopped cilantro, for garnish
- Serrano pepper slices, for garnish
- Sriracha, to taste

30
minutes
or less

- 1. HEAT** oil in a large saucepan over medium heat. Add mushrooms, green onions, curry paste and ginger. Cook and stir for 4 to 6 minutes or until mushrooms are tender.
- 2. STIR** in coconut milk, vegetable stock, water and, if desired, fish sauce; add broccoli. Bring mixture to boiling; reduce heat. Add rice noodles. Simmer, uncovered, for 5 minutes. Add shrimp and bell pepper. Cook for 3 to 4 minutes more or until shrimp turn opaque. Stir in lime juice.
- 3. DIVIDE** soup among four serving bowls. Garnish with cilantro and serrano pepper slices. Serve with lime wedges and, if desired, Sriracha.

Per serving: 460 calories, 19 g fat, 11 g saturated fat, 0 g trans fat, 140 mg cholesterol, 980 mg sodium, 42 g carbohydrates, 2 g fiber, 5 g sugar (1 g added sugar), 21 g protein.

Daily values:
Vitamin D 0%,
Calcium 8%,
Iron 10%,
Potassium 10%



3 PEAK NUTRIENTS to easily incorporate into your soup:

VITAMIN C

VITAMIN C REPAIRS THE BODY, HEALS WOUNDS AND PREVENTS ILLNESS. ADD BROCCOLI, YELLOW AND RED BELL PEPPERS, AND TOMATOES TO SOUPS FOR MORE VITAMIN C.

VITAMIN D

VITAMIN D HELPS THE BODY ABSORB CALCIUM. ADD FISH, CHEESE OR VITAMIN D-FORTIFIED YOGURT TO YOUR SOUP FOR THIS VITAMIN BOOST.

VITAMIN K

VITAMIN K HELPS BLOOD CLOT AND HELPS MAINTAIN BONE STRENGTH IN ADULTS. ADD BROCCOLI, CAULIFLOWER, KALE OR SPINACH TO YOUR SOUP FOR MORE VITAMIN K.

DAYS TO LOSE WEIGHT

DO YOU RESOLVE
TO LOSE WEIGHT IN
2019? MEET YOUR
FIRST MONTH'S
GOAL WITH THESE
TIPS, PLUS PRODUCTS
AND PROGRAMS
FROM HY-VEE.

1

GET MOTIVATED

"Write down your goals, tell someone your goals, invite someone to join you, and schedule your workouts like other appointments,"

says Daira Driftmier, certified personal trainer and director of Hy-Vee KidsFit and Hy-Vee Fitness.



Work weight-loss strategies into your daily life with these ideas. “We can help with diet, exercise, hydration, vitamins and supplements, equipment and sports nutrition,” says Kristin Williams, Hy-Vee senior vice president and chief health officer. Seek advice from in-store **dietitians** who can guide you through nutrition labels and suggest meal ideas. Shop the **produce and HealthMarket aisles** for diet-conscious foods, and note healthful cooking and nutrition information on **displays** and stations throughout the store. Join the **Hy-Vee begin™** program to learn lifestyle lessons for health. Get the kids in on the act; sign them up for **Hy-Vee KidsFit**, which offers fun exercises and lessons for wellness. Read on for more tools and ideas.

3 Sign up for Hy-Vee HealthyBites online newsletters and get useful tips written by store dietitians. Each issue features nutrition and health information plus a recipe. Go to hy-vee.com/health/healthy-bites

4 READ LABELS
Avoid added sugars and high calorie, fat and sodium levels by scrutinizing nutrition labels. Ensure you get the right amounts of vitamins, minerals, protein and fiber. Check the number of servings in a package so you can calculate the nutrition you're getting.

5 GO TO HY-VEE.COM AND CLICK ON “RECIPES & IDEAS” TO FIND DIETITIAN-APPROVED DISHES TO TRY.

6 MANAGE MACROS
Keep this in mind when monitoring carb, protein and fat grams: 1 gram of protein equals 4 calories, 1 gram of carbohydrates is 4 calories and 1 gram of fat is 9 calories.

7 BAG A SALAD
“Take advantage of bagged greens and salad mixes in the produce aisle,” says Hy-Vee Dietitian Melissa Jaeger in Savage, Minnesota. “Hy-Vee Spring Mix is washed and ready for toppings. Add a cooked chicken breast on a bed of crunchy greens.”

8 USE SMALLER PLATES

SMALLER PLATES GIVE THE IMPRESSION THEY HOLD MORE FOOD. FILL HALF YOUR PLATE WITH VEGETABLES, ONE-FOURTH WITH LEAN PROTEIN AND ONE-FOURTH WITH WHOLE GRAINS.

MAKE LIFESTYLE CHANGES WITH

begin™

Sign up for the Hy-Vee begin™ Healthy Lifestyle program and learn how to tweak your everyday decisions and habits for weight loss, disease prevention and general good health. Registered dietitians show how to focus on nutritious foods and to help you shop for a better you. “Hy-Vee’s more than 160 registered dietitians are dedicated to helping you make healthy lifestyle changes in 2019,” says Stacey Loftus, RD, LD,

Hy-Vee assistant vice president, retail dietetics, Southern Region. “Whether you’re looking to lose weight, reduce your sugar intake or lower your cholesterol, Hy-Vee’s begin™ program can help you achieve your goals.” Join a begin™ group class or meet one-on-one with a dietitian. The 10-week course starts with an hour-long session to discuss your goals and to measure your weight, blood pressure, body mass index, cholesterol and glucose.

You’ll watch cooking demonstrations to learn about planning and preparing healthful meals, portion control, smart food shopping and understanding food labels. At the end of the program, you’ll take measurements again to gauge your success.

FOR MORE INFORMATION GO TO HY-VEE.COM/HEALTH/BEGIN-PROGRAM OR TALK TO YOUR STORE DIETITIAN.

9 EASE IN

“Get back into moving,” Hy-Vee Fitness director Daira Driftmier says. “Start with something small and repeat it to make it a habit—something you’d miss if you didn’t complete it. Add in more small goals that eventually lead to big changes.” A mix of cardio and weights is a good approach for losing weight, she says.

10 WORK OUT AT WORK

Do leg raises from your chair. Rest your hands on the back of your chair and do toe raises. Climb stairs during breaks, and walk to colleagues’ desks instead of using email.

“As individuals increase their fiber intake they need to increase their water intake to prevent constipation or abdominal discomfort.”

—Melissa Jaeger, Hy-Vee Dietitian, Savage, Minnesota

12



HOME IN

Create a workout station at home with small equipment: yoga mat, kettlebells, resistance bands, plyo box and jump rope. Store in a closet or under a bed.

13

“EAT AN EGG BREAKFAST. EGGS CREATE A SENSE OF FULLNESS THAT MAKES YOU LESS HUNGRY DURING THE DAY.”

—MEGAN CALLAHAN, HY-VEE DIETITIAN, LEE’S SUMMIT, MISSOURI

HYDRATE BEFORE, DURING AND AFTER WORKOUTS. DURING ONE HOUR OF EXERCISE YOUR BODY CAN LOSE 1 QUART OF WATER, ACCORDING TO THE AMERICAN COUNCIL ON EXERCISE.

FOURTEEN

15

Torch calories. Here are the calories a 155-pound person burns during everyday tasks, according to the American Council on Exercise:

housework (30 minutes) 175, stair-climbing (15 minutes) 190, walking at a casual pace (30 minutes) 117, yardwork (30 minutes) 234. The

U.S. Department of Health and Human Services recommends at least 150 minutes of moderate (75 minutes of vigorous) exercise a week.

HyVee®

KIDS FIT

16 Hy-Vee KidsFit is a fun and free at-home program to teach kids and families about exercise, nutrition and healthy life choices. Sign kids

up for the 5-Week Challenge. “It’s on a kid-friendly website that can be used to help make the healthy choice easy and fun,” says Daira Driftmier,

◀ HEED YOUR HEART

During exercise your heart tells you whether you're working hard enough for serious calorie-burning. Exercise experts suggest you should work out at 50-65 percent of your maximum heart rate (MHR) if you're just beginning to exercise, and at 85 percent if you regularly exercise.



18 SKIP CHIPS

“Make fresh veggies and fruits your dippers. Pair broccoli or sliced bell peppers with hummus, and apple or pear wedges with yogurt or nut butter.”

—Megan Callahan, Hy-Vee Dietitian, Lee's Summit, Missouri ▶



19 TAKE SHORT CUTS

Hy-Vee Short Cuts produce leads to quick, nutritious cooking. Buy fresh precut fruits and vegetables ready for no-hassle sautéing, steaming, grilling or simply adding to salads, stews and stir-fries.

20 LEARN ABOUT PRODUCE
EXPERIMENT WITH FRESH FRUITS AND VEGGIES YOU DON'T TYPICALLY EAT. ASK A STORE ASSOCIATE ABOUT WAYS TO PREP, COOK AND STORE A FOOD THAT STRIKES YOUR INTEREST.

21 BRUSH YOUR TEETH.
THE FRESH, CLEAN AND MINTY SENSATION SENDS A SUBLIMINAL SIGNAL THAT MEALTIME IS DONE.

22

TAKE 20



HY-VEE ONLINE SERIES OF SHORT & SWEAT FITNESS VIDEOS ON HELPFUL SMILES TV TAKE JUST 20 MINUTES EACH. HEAD TO HSTV.COM/SHOW/SHORT-SWEAT

23 KEEP TRACK

Maintain a food journal. Writing down everything you ate for the day, including that at-the-office treat or the late-afternoon latte, keeps your food-monitoring accurate.

certified personal trainer and director of Hy-Vee KidsFit & Hy-Vee Fitness. The program gives kids tools to follow their progress via workouts, quizzes and more.

Kids earn badges and trophies for participating. The KidsFit app, also free, lets them steer their avatars through a series of educational mini games and gives them

access to a library of simple exercise videos. **New this month:** Hy-Vee KidsFit Club. Sign up kids to earn rewards in-store and through a monthly newsletter.

FOR MORE INFORMATION VISIT HY-VEEKIDSFIT.COM

24 GREEK OUT

“Use high-protein, low-fat Greek yogurt in place of more fattening thickening ingredients,” says Hy-Vee Dietitian Megan Callahan. “Substitute it for mayo in tuna salad or for sour cream on a baked potato. Fold it into cake batter, use it to top desserts or mix it into parfaits.”



27 AVOID MULTITASKING WHILE MUNCHING. TV AND ONLINE SHOPPING KEEP YOUR MIND OFF THE PLEASURE OF EATING AND ENCOURAGE YOU TO OVERTREAT.

28 FILL UP WITH FIBER

“Put fiber to work in your diet,” says Melissa Jaeger, Hy-Vee dietitian in Savage, Minnesota. “It controls body weight by making you feel full for a long time, helps with digestion and lowers LDL (bad) cholesterol.”

TWENTY-FIVE

WATERY FOOD

“Hydration is important for those looking to lose weight and all of us in general,” says Hy-Vee Dietitian Melissa Jaeger. “Many fruits and vegetables along with a variety of foods contain high amounts of water.” Good options include apples, cantaloupe, carrots, celery, grapes, oranges, pears, pineapples, strawberries, tomatoes and watermelon.

26

REV IT UP TRY HIGH-INTENSITY INTERVAL TRAINING (HIIT). ALTERNATE SHORT BURSTS OF STRENUOUS EXERCISE WITH REGULAR-LEVEL EXERCISE FOR QUICKER CALORIE BURN.

29

“When people get the diet mentality, they tend to think less is more. Try adding fruits and vegetables to your meals. Add, don’t subtract.”

—Kaiti George, Hy-Vee Dietitian, Kearney, Nebraska



30

HY-VEE DIETITIANS

Hy-Vee's 160-plus in-store registered dietitians are at the ready. "We're here to help make customers' lives easier, healthier and happier," says Melissa Orf, dietitian in West Des Moines, Iowa. Meet with a registered dietitian for a free customized nutrition tour and learn to read nutrition labels. Or sign up for dietitian-directed cooking sessions at in-store stations and take home a week's worth of meals to freeze. Dietitians also get kids in the act, with special classes just for them.

ASK ABOUT

- CONSULTATIONS
- STORE TOURS
- SIMPLE FIX MEAL-PREP CLASSES
- DISEASE MANAGEMENT
- KIDS IN THE KITCHEN CLASSES

CUT BACK ON ADDED SUGARS

They're more obvious on nutritional labels now. "Added sugars" are those inserted during processing for improved taste, texture or preservation.

31 TALK TO YOUR BUD

Workout and diet pals contribute to success in meeting your goals. If you've reached a weight-loss plateau, reach out to your support system to cheer you on.



HyVee® KIDSFIT


**DOWNLOAD
THE APP
FOR MORE
FUN & GAMES!**




- FREE online personal trainer
- Developed by a certified personal trainer
- No equipment or gym needed
- Healthy eating tips from Hy-Vee dietitians
- Fun workouts for all fitness levels, families, kids & teens
- Join the ^{HyVee}KIDSFITCLUB for exclusive club perks!

hy-veekidsfit.com



ONE CARTON. ONE STEP.



BUY HY-VEE ONE STEP EGGS. GIVE A MEAL TO A HUNGRY CHILD.

With the Hy-Vee One Step program, you can do good simply by purchasing items that are already on your grocery list. For each carton of Hy-Vee One Step eggs you buy, we donate a meal to a hungry child through Meals from the Heartland, which provides nutritious meals to families in need. Plus, you can find full details about how the eggs were raised with the QR code on the label. Learn more about the Hy-Vee One Step program at hy-vee.com.

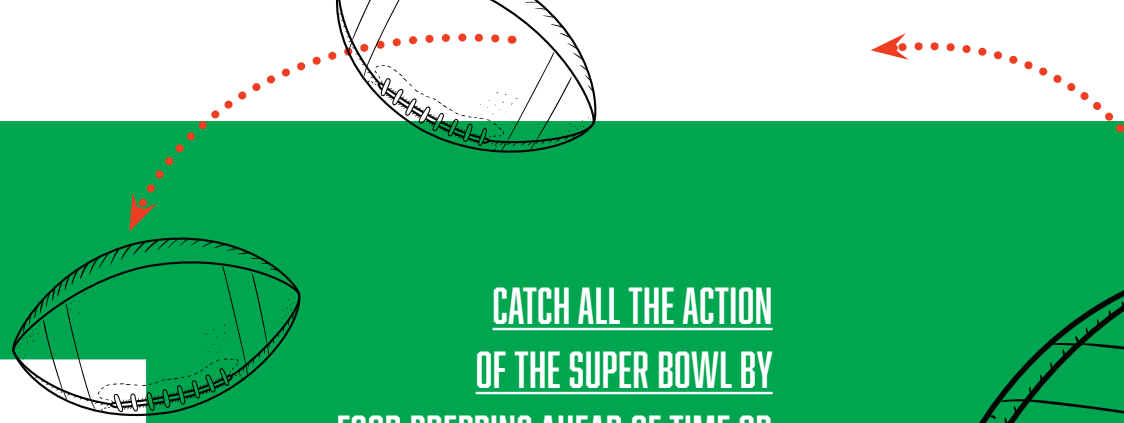
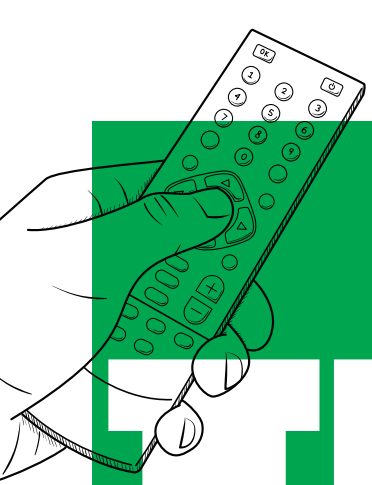


HOW DID THE CHICKEN CROSS THE ROAD? ONE STEP AT A TIME. SCAN FOR DETAILS.



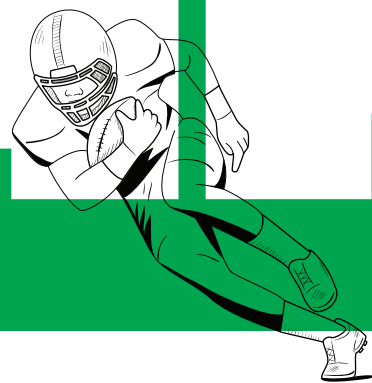
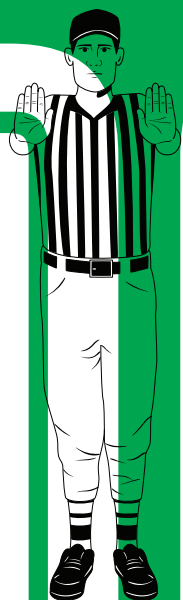
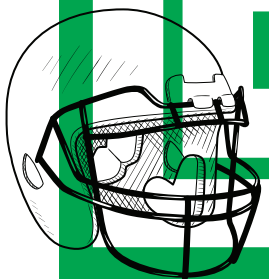
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AVAILABLE EXCLUSIVELY AT HY-VEE.



THE 24 HOUR WAR

CATCH ALL THE ACTION
OF THE SUPER BOWL BY
FOOD PREPPING AHEAD OF TIME OR
DURING A COMMERCIAL BREAK.
THE CLOCK IS TICKING. READY? BREAK!



WORDS Beau Berkley PHOTOS Greg Scheidemann and Tobin Bennett



GAME-DAY RUNDOWN

Time to put the “watch” back in “watch party.” And we’re not talking about timepieces. You need to plan your party food around the game, not during it. A two-minute commercial break during the big game offers enough time to put together or reveal quick-and-easy crowd-pleasing snacks. Once the feeding frenzy dies down, keep guests engaged and entertained with easy games or activities. Then it’s back to football!

LEAVE NO DOUBT THAT YOU’RE
THE NO. 1 PARTY HOST!



PRO VS. COLLEGE IN 120 SECONDS

PROFESSIONAL AND COLLEGE FOOTBALL DIFFERENCES

PRO

The action pauses near the end of each half when the clock strikes 2:00.

This is called the two-minute warning.

In overtime, if the team who receives the ball first scores a touchdown, the game ends. If they kick a field goal or do not score, then the other team has an opportunity to respond.

Receivers must keep both feet in bounds for a catch to count.

Defensive pass interference is enforced from the spot of the foul.

COLLEGE

The clock stops momentarily after each first down so the referees can determine the yardage to the next first down.

In overtime, the ball is placed 25 yards from the end zone. A team wins when it scores and prevents the other team from scoring.

Receivers just need to keep one foot in bounds for a catch to count.

Defensive pass interference is enforced with a 15 yard penalty from where the ball was snapped.

GET YOUR

BEER
GAME
ON

Head to the Hy-Vee Wine & Spirits section to ensure your party doesn't run dry! Take care of all your guests' needs from local craft brews, wine, liquor, mixers and more.

LOOKING FOR A NEW GO-TO CAN OF SUDS? TRY OUT ANY OF THE OFFERINGS FROM WARPED ROOTS BEER, INCLUDING LOADED TOAD, FOUND EXCLUSIVELY AT HY-VEE!



2 MINUTES TO THE TABLE

CRUNCH TIME HAS A NEW MEANING—FUEL YOUR ENTIRE WATCH PARTY WITH THESE QUICK AND EASY SUPER BOWL SNACK IDEAS.

BUFFALO CAULIFLOWER

Toss 1 lb. Hy-Vee Short Cuts cauliflower florets with a mixture of $\frac{2}{3}$ cup Hy-Vee Buffalo Wing Sauce and 1 Tbsp. melted Hy-Vee butter. Place on a foil-lined, rimmed baking pan sprayed with Hy-Vee nonstick cooking spray. Bake at 450°F for 10 minutes or until crisp-tender; stir. Broil 4 in. from heat for 2 to 3 minutes or until slightly charred, if desired. Transfer to serving dish; serve with reduced-fat ranch or blue cheese dressing. Serves 6 to 8.



SPICED NUTS

Combine 3 Tbsp. melted unsalted butter with 2 Tbsp. salt-free fiesta-lime seasoning blend. Drizzle over 1 lb. Hy-Vee mixed nuts; toss until coated. Spread mixture on a parchment-lined baking sheet. Bake at 350°F for 5 to 7 minutes or until lightly toasted. Cool before serving. Serves 28 (2 Tbsp. each). Makes $3\frac{1}{2}$ cups.

SPINACH-ARTICHOKE CHEESE DIP

Microwave on high 1 (8-oz.) pkg. Hy-Vee frozen spinach artichoke dip for 2 minutes or just until thawed. Fold in 1 (8-oz.) container whipped Greek cream cheese; $\frac{1}{2}$ cup Asiago, fontina, Parmesan and Provolone cheese blend and $\frac{1}{4}$ cup chopped roasted red peppers. Transfer to a 1-qt. casserole. Top with $\frac{1}{4}$ cup additional cheese blend. Bake at 400°F for 10 to 15 minutes or until golden on top. Let stand 5 to 10 minutes. Serve with Hy-Vee Short Cuts vegetables. Serves 20 (2 Tbsp. each). Make $2\frac{1}{2}$ cups.



5 PARTY RULES

Don't commit a party foul! Be courteous to others by following these five rules for game watching.

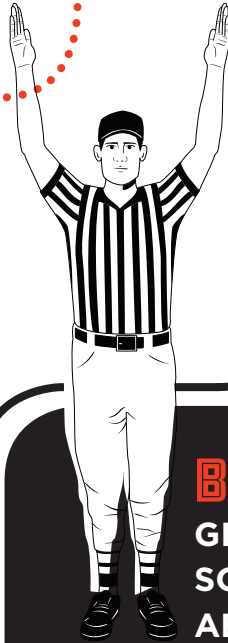
ICE CREAM SANDWICH

For a quick halftime treat, cut a pint of Halo Top ice cream into slices. Peel off the outside carton and place each slice of ice cream between two Hy-Vee Bakery cookies.



CHIPS + SALSA

Customize Hy-Vee medium salsa by adding canned black beans, corn and chopped green bell or poblano chile peppers. Serve with Hy-Vee restaurant-style tortilla chips.



BETTER BITES

GIVE YOUR GUESTS SOMETHING TO TALK ABOUT WHEN THE GAME IS OVER. CHANGE UP THE USUAL WATCH PARTY FARE WITH FRESH, READY-TO-GO FOOD FROM HY-VEE.

SUSHI ROLLS

Check out Hy-Vee Grab 'n' Go and pick up a selection of NORI Sushi® when entertaining a few friends. Or turn to Hy-Vee Catering for a platter of assorted NORI Sushi® when hosting a crowd.



MARINARA MEATBALLS

Combine 1 (12-oz.) pkg. turkey meatballs and 1¼ cups purchased marinara sauce in a 1.5-qt. slow cooker. Cook on HIGH for 1½ to 2 hours or until heated through (165°F). Top with shredded mozzarella cheese and fresh basil. Serves 12 (2 meatballs each).



THAI CHICKEN SKEWERS

Pre-order Chicken Satays from Hy-Vee Catering. Serve heated, topped with toasted sesame seeds.

1

Avoid talking during crucial moments. Fourth and goal with the game on the line is no time to gossip.

2

Keep the line of sight to the TV clear. If you must get up, duck or circle behind viewers.

3

Keep your cool! Visualize the positive. Believe a kicker can make a field goal.

4

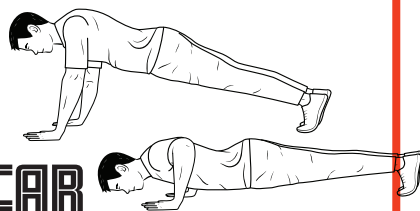
Never double dip. If a food is good, put it on a plate. Everyone is watching.

5

Be friendly. Compliment others' dishes and thank them for coming.

ACTIVATE YOUR COMMERCIAL BREAK

▶ Commercials during the Super Bowl can make you laugh and cry, and now they'll make you sweat, too. Take advantage of this two-minute break to power through a few mini workouts. Every time you see a specific commercial, perform the corresponding exercise. To ensure you keep moving, we've chosen a few of the more popular advertising subjects.



CAR COMMERCIAL

▶ **A classic exercise for classic commercials. Perform five bonus reps if the commercial invokes a famous speech to sell more cars.**

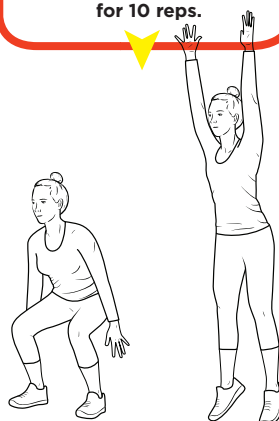
HOW-TO:

Begin in high plank position. Lower your chest until it nearly touches the ground. Push yourself back to starting position. Repeat for 10 reps.

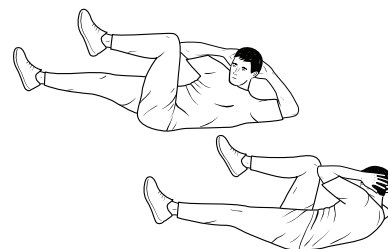
If these commercials don't have you craving an ice-cold refreshment, this set of 10 jump squats will.

HOW-TO:

Stand upright with feet shoulder-width apart. Bend at the knees, moving your arms slightly back. Once thighs are parallel to the floor, jump in the air using your arms to propel you higher. Land softly. Repeat for 10 reps.



DRINK COMMERCIAL



CELEBRITY ENDORSEMENT

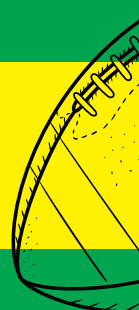
▶ **Hit the deck and perform 30 seconds of bicycle crunches. If you have to use an online encyclopedia to identify a celebrity, it doesn't count.**

HOW-TO:

Lie on your back with legs off the floor and knees bent at a 90-degree angle. Straighten your right leg while simultaneously twisting your trunk until your right elbow meets the inside of your left knee. Alternate sides for 30 seconds.

GAME ON

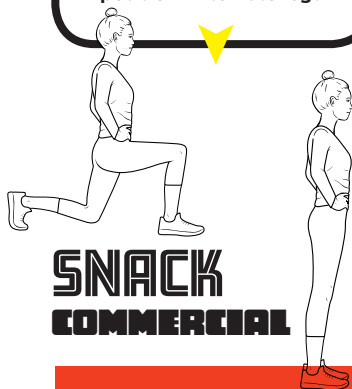
TWO TEAMS SQUARE OFF IN THE SUPER BOWL ON SUNDAY, FEBRUARY 3, AT MERCEDES-BENZ STADIUM IN ATLANTA, GEORGIA. CATCH EVERY PLAY ON YOUR LOCAL CBS STATION OR STREAM THE GAME LIVE FROM YOUR PHONE, TABLET OR STREAMING DEVICE VIA CBS ALL ACCESS.



The best part about lunging during a snack commercial? You can lunge all the way to the kitchen. To get more snacks.

HOW-TO:

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



**SNACK
COMMERCIAL**

**ESTIMATES CLAIM UP
TO 2,400 CALORIES PER PERSON
ARE CONSUMED DURING THE
BIG GAME. GET A JUMP START
ON CALORIE-BURNING.**

PRO FOOTBALL TRIVIA



1

Brett Favre completed 6,300 passes in his career. Who caught his first pass?

- A. Himself
- B. Sterling Sharpe
- C. Donald Driver
- D. Antonio Freeman

2

How many professional football teams are there?

- A. 16
- B. 32
- C. 24
- D. 18

3

After each touchdown the offense can kick an extra point or attempt a _____?

- A. Field Goal
- B. Onside Kick
- C. Two-Point Conversion
- D. Punt

4

What is the longest field goal in professional football history?

- A. 64 yards
- B. 63 yards
- C. 66 yards
- D. 60 yards

5

How many teams are currently based in California?

- A. 2
- B. 6
- C. 4
- D. 1

6

Which term describes when the quarterback changes the play right before the ball is snapped?

- A. Reverse
- B. Sneaky Quarterback
- C. Quarterback Sneak
- D. Audible

7

Who has the most rushing yards in professional football history?

- A. Walter Payton
- B. Wayne Gretzky
- C. Barry Sanders
- D. Emmitt Smith

8

How many points is a field goal worth?

- A. 1
- B. 3
- C. 4
- D. 2

9

On a kickoff, what is the term used for when the ball is purposely kicked hard and low down the field?

- A. Squib
- B. Foul Ball
- C. Squid
- D. Direct Kick

THE



**=POINT
CONVERSION**

Who won the Super Bowl in 2018?

- A. New England Patriots
- B. New York Yankees
- C. Philadelphia Eagles
- D. Seattle Seahawks

What is the term for the player deemed to have had the best game?

- A. Most Valuable Player
- B. Best In Show
- C. The Star
- D. Leader of the Pack

ANSWERS: 1. A, 2. B, 3. C, 4. A, 5. C, 6. D, 7. D, 8. B, 9. A. BONUS: C, A



SNICKERS

Skittles

COUNTDOWN TO SUPER BOWL LIII

**FUNNER
TO THE FINAL
SECOND**

MONTH DAY YEAR

FEB:03:2019



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.

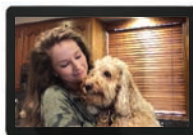
Watch and learn at **HSTV.com**



**EZ
PZ**
meals



MOMOSITES
ATTRACT.



my
Pet
Children



i think
i burnt
the water.



THE BEARD
BEHIND THE
BAR



The
Braided
Apron

A man in a black athletic suit is running from left to right. The background is a vibrant pink. Overlaid on the image is a large, white, stylized graphic of the word 'MAD'. The letters are thick and blocky, with a slight shadow effect. The man's body is partially obscured by the 'M' and 'A' letters. The text 'MAD FOR' is positioned to the left of the 'M'.

**MAD
FOR**

WORDS Beau Berkley
PHOTOS Tobin Bennett

HOPING TO IGNITE A FITTER LIFESTYLE?

EASE INTO A NEW EXERCISE ROUTINE. MODERATE-INTENSITY TRAINING CAN IMPROVE STRENGTH AND ENDURANCE, GIVING YOU AN EDGE DOWN THE ROAD.

With the emergence of high-intensity interval training (HIIT), some forms of exercise have become an afterthought. HIIT may be the hottest trend in the fitness industry, but you don't have to consistently leave puddles of sweat on the gym floor to boost your fitness level.

"Adding moderate-intensity exercise to your routine helps you burn more calories during your workout and increases strength and endurance—and you can't forget the endorphins released during exercise, which can improve your mental health and mood," says Daira Driftmier, certified personal trainer and director of Hy-Vee KidsFit and Hy-Vee Fitness.

A moderate-intensity exercise is any activity that puts your heart rate at 50-70 percent of your maximum heart rate, whereas high-intensity workouts usually put your heart rate at 70-85 percent of your maximum heart rate. Forms of moderate-intensity exercise may include brisk walking,

jogging, light swimming, water aerobics, bicycling at 10 miles per hour and even outdoor chores like gardening.

There's some evidence that keeping your heart rate at a moderate level for a longer period can be just as effective as a high heart rate for shorter periods of time.

A study published in *PLOS One*, found that sedentary obese men who participated in six weeks of moderate-intensity training developed greater cardiovascular fitness than those who participated in six weeks of HIIT. The study also found that both forms of exercise were effective at decreasing body fat percentage and improving insulin sensitivity and blood pressure.

"Your body will benefit by combining moderate and high intensity throughout your fitness journey," Driftmier says. "This could help your body recover faster from workouts, prevent fitness plateaus, reduce fitness burnouts and even reduce the risk of injury."

WORK YOUR WAY UP

Any individual who has not exercised in some time may struggle mightily if they opt for a high-intensity workout right away, which may lead to overexertion and stunt any potential benefits. Driftmier suggests incorporating moments of high intensity during

moderate workouts. "Each individual's intensity level is based off of their unique fitness level," Driftmier says. "If a sedentary individual walks 20 minutes per day, they could add 30 seconds of higher-intensity walking every 2-3 minutes."

"ADDING MODERATE-INTENSITY EXERCISE TO YOUR ROUTINE HELPS YOU BURN MORE CALORIES DURING YOUR WORKOUT [AND] INCREASES STRENGTH AND ENDURANCE."

—DAIRA DRIFTMIER, CERTIFIED PERSONAL TRAINER AND DIRECTOR OF HY-VEE KIDSFIT AND HY-VEE FITNESS

LISTEN TO YOUR HEART

EXERCISE INTENSITY IS UNIQUE TO EACH PERSON. AN EASY WAY TO MEASURE INTENSITY IS BY UNDERSTANDING YOUR MAXIMUM AND TARGET HEART RATE.

“The struggle for individuals is to be honest with how much or how little effort they put into their workouts,” Driftmier says. “Monitoring your heart rate can be one of the best tools for understanding your body’s response to exercise.”

FIND THE TARGET

According to The American Heart Association and the Centers for Disease Control and Prevention, moderate exercise intensity is about 50–70 percent of your maximum heart rate, and vigorous intensity is about 70–85 percent of your maximum heart rate. Use this method, suggested by Driftmier, to find your target heart rate for moderate-intensity exercise:

- FIND YOUR RESTING HEART RATE BY PLACING TWO FINGERS ON EITHER SIDE OF YOUR WINDPIPE. COUNT THE NUMBER OF BEATS IN 15 SECONDS AND MULTIPLY THIS NUMBER BY 4.
- SUBTRACT YOUR AGE AND RESTING HEART RATE FROM 220.
- MULTIPLY THAT NUMBER BY .5 AND ADD YOUR RESTING HEART RATE. THIS IS 50 PERCENT OF YOUR TARGET HEART RATE.
- TO FIND THE UPPER RANGE, USE THE SAME FORMULA, BUT SWAP OUT .5 FOR .7 FOR 70 PERCENT.

WEAR IT

Wearable technology like smartwatches or straps that wrap around the chest or arm can provide an accurate reading of your resting heart rate, as well as your heart rate during exercise so you can see what intensity you’re working at.

DRIFTMIER SAYS YOU CAN APPLY MODERATE-INTENSITY TO ALMOST ANY ACTIVITY. HERE ARE A FEW OPTIONS TO GET YOU STARTED:

- BRISK WALKING
- JOGGING
- WATER AEROBICS
- CYCLING (10 MPH)
- TENNIS DOUBLES
- LIFTING WEIGHTS

STEADY STATE

A 12-year study by the European Society of Cardiology found that adults ages 65 to 74 reduced their risk of an acute cardiovascular event by more than 30 percent when regularly performing moderate-intensity exercise. The same study found that moderate physical activity is associated with a more than 50 percent reduction in cardiovascular death in adults over 65.

PERFORM 4 SETS OF EACH MOVE FOR 30 SECONDS, WITH 1 MINUTE OF REST BETWEEN SETS :

MONITOR HEART RATE TO ENSURE YOU STAY IN THE PROPER ZONE (50–70 PERCENT). ADJUST INTENSITY OR SET TIME ACCORDINGLY BASED ON HEART RATE.



Sources: hsph.harvard.edu/obesity-prevention-source/moderate-and-vigorous-physical-activity/
escardio.org/The-ESC/Press-Office/Press-releases/moderate-physical-activity-linked-with-50-reduction-in-cardiovascular-death-in



1 HIGH KNEES

Stand with feet hip-width apart. Lift right knee as high as you can and raise your left arm. Quickly alternate so left knee is up. Continue to alternate legs in exaggerated running motion.



2 SIDE SHUFFLE

Stand with feet slightly wider than shoulder-width apart. Bend at the knees with toes forward. Shuffle to your right for five steps, making sure you do not cross your legs. Reverse direction and shuffle to the left for five steps. Repeat.



4 BODY-WEIGHT SQUAT

Stand with arms crossed and with feet wider than hip-width apart. Bend both knees until thighs are parallel to the ground. Push off heels and return to the starting position. Repeat.



3 PLANK WITH SHOULDER TAPS

Begin in high plank position. In a controlled motion, touch your right hand to your left shoulder. Staying in plank position, alternate hands.



5 BUTT KICKS

Stand with feet hip-width apart. Quickly bring your left heel toward your left glute muscle and back down. Alternate legs in an exaggerated running motion.



6 JUMPING JACKS

Stand with feet hip-width apart. Jump your feet to both sides while raising arms overhead. Immediately return to the starting position. Repeat.

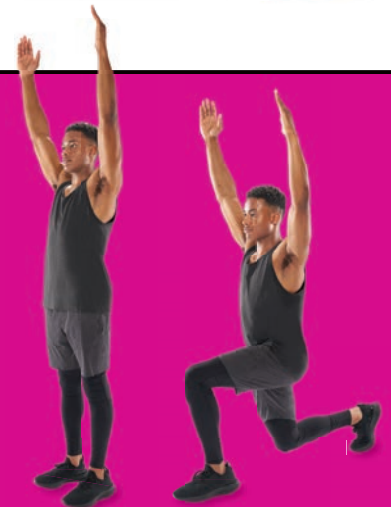
7 PUSH UPS

Begin in high plank position. Lower your chest until it nearly touches the ground. Push yourself back to starting position.



8 OVERHEAD LUNGES

Stand with arms raised overhead. Take an exaggerated step forward, lowering your body until thigh is parallel to the ground. Return to standing position. Alternate.





THYROID

WORDS Luke Miller

ALTHOUGH IT'S RELATIVELY SMALL, THE THYROID HAS A VERY BIG JOB TO DO. IT MAKES HORMONES THAT INFLUENCE EVERY CELL, TISSUE AND ORGAN IN THE BODY AND KEEPS EVERYTHING WORKING AS IT SHOULD.



A SEEMINGLY BIT PLAYER WITH A BIG ROLE TO PLAY



he thyroid knows how to get things done. Most of the time it quietly works behind the scenes, secreting chemical messengers that regulate metabolism, body temperature and, to a certain extent, energy levels. It's the unsung costar in your body's everyday workings. The problem is, when the thyroid isn't feeling up to snuff, you probably aren't either.

"An underactive thyroid can cause the body's energy levels to drop and lead someone to feel tired, sluggish and fatigued," says Dr. Jon Crosbie, D.O., associate professor in family medicine at Des Moines University. "An overactive thyroid can cause the body to go into somewhat of an overdrive mode and cause a jittery and generally unrelaxed state."

That's just the beginning. An overactive thyroid—called hyperthyroidism—can cause heart palpitations, higher blood pressure and heart arrhythmias (when the heart doesn't beat in a consistent and coordinated motion).

"The body isn't meant to run hot all the time, and hyperthyroidism, in a sense, causes this," Dr. Crosbie says.

Hyperthyroidism can be dangerous for pregnant women, and Graves' disease, the most common form of hyperthyroidism in women in

their childbearing years, can cause thyroid dysfunction in the fetus or even miscarriage.

An underactive thyroid—called hypothyroidism—has its own set of problems, including exacerbating certain cardiac conditions and causing gastrointestinal problems.

Despite the complications, the future is bright for thyroid patients. "An underactive thyroid is very easily treated and most people have no side effects," Dr. Crosbie says. "An overactive thyroid can be a bit more complicated but is usually very treatable."



HYPOTHYROIDISM AN UNDERACTIVE THYROID GLAND DOESN'T PRODUCE ENOUGH THYROID HORMONE.

When thyroid hormone levels are too low, cells don't get enough thyroid hormone and the body's processes slow down. One result is weight gain, often due to excess accumulation of salt and water. Hashimoto's disease, an autoimmune disorder, is the most common cause of hypothyroidism, affecting about five people out of 100. As the disease progresses, the thyroid usually enlarges, causing the front of the neck to swell. This condition, called a goiter, is at least 8 times more common in females than males and often affects middle-aged women. Hypothyroidism can also be caused by surgical removal of part or all of the thyroid gland, radiation treatment, medicines, or a congenital condition.

HYPERTHYROIDISM AN OVERACTIVE THYROID GLAND PRODUCES TOO MUCH THYROID HORMONE.

Hyperthyroidism goes in the opposite direction: The gland produces too much thyroid hormone. While it may result in unintended weight loss, hyperthyroidism increases the appetite, so some patients may not lose weight. The most common cause of hyperthyroidism—seen in more than 70 percent of hyperthyroid patients—is Graves' disease, which develops when antibodies in the blood turn on the thyroid and cause it to grow and secrete too much thyroid hormone. Graves' disease tends to run in families and occurs more often in young women.

SYMPTOMS OF THYROID CONDITIONS

HYPOTHYROIDISM

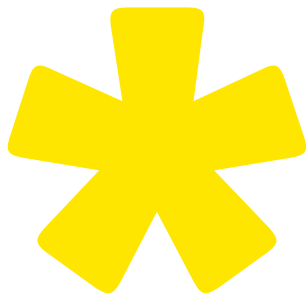
- weight gain
- cold feeling, tire more easily
- dry skin
- forgetfulness and depression
- constipation

HYPERTHYROIDISM

- weight loss
- nervousness
- irritability
- increased sweating, racing heart, anxiety
- hand tremors
- difficulty sleeping
- muscle weakness
- thinning skin and brittle hair
- more frequent bowel movements

NOW ADD THIS

Iodine is needed for the production of thyroid hormone. The body does not make iodine, so you must get it through iodized salt, grains, cereals, fish, meat, poultry and milk products. It is essential that pregnant women receive sufficient iodine in their diets for healthy brain development in the fetus and young children.



Thyroid problems aren't just treated with medication.

Many people embrace a holistic approach that treats the whole being.

"It's not so much a holistic approach to a thyroid condition as it is a holistic approach to the problems that can come along with thyroid dysfunction," says Des Moines University's Dr. Crosbie. "For example, if a person has an anemia—low hemoglobin—that's made worse by a thyroid problem, then eating a good, healthy diet rich in leafy green vegetables and iron can help improve this."

Exercise may help hyperthyroid patients overcome anxiety and sleep disorders and hypothyroid patients deal with weight gain, fatigue and depression. The goal is to improve outcomes through wellness.

"A healthy lifestyle includes getting the proper amount of exercise and sleep and nutrition," says Dr. Charles H. Emerson, M.D., immediate past president of the American Thyroid Association (ATA). "It also includes cultivating

habits that minimize inappropriate stress and enhance a feeling of well-being."

CAM CALLING

Yoga provides one way of dealing with stress; meditation offers another. They're just two therapies found in Complementary and Alternative Medicine (CAM). More than 30 percent of adults try health care approaches other than standard practices, according to the National Institutes of Health. Approaches include hypnosis, massage and tai chi as well as vitamins, herbs and special diets.

"Many might consider these to be major features of complementary medicine," Dr. Emerson says. "However, a healthy lifestyle is endorsed by both so-called traditional and complementary medicine."

The ATA notes patients use CAM to cope with the side effects of medication—fatigue, weight gain or brain fog—or to ease stress and anxiety about the lifelong diagnosis.

MOST THYROID DISEASES ARE LIFELONG CONDITIONS THAT CAN BE MANAGED WITH MEDICAL ATTENTION.

COMMON TREATMENTS

AN ENDOCRINOLOGIST CAN HELP DETERMINE A TREATMENT BEST FOR YOU.

HYPERTHYROIDISM

ANTITHYROID DRUGS: Block the thyroid gland's ability to make new thyroid hormone.

RADIOACTIVE IODINE: Used to damage or destroy the thyroid cells that make thyroid hormone.

SURGERY: Removal of all or most of the thyroid gland, followed by medication to restore thyroid hormone levels.

T4 MONOTHERAPY: Thyroid hormone replacement using the synthetic drug levothyroxine to replace thyroxine, or T4.

T4/T3 COMBINATION THERAPY: Thyroid hormone replacement using both levothyroxine and liothyronine to replace T4 and T3 hormones, respectively.

HYPOTHYROIDISM

STATISTICS

People of all ages and races get thyroid disease. Although thyroid issues are more common in older women, babies can be born with them.

20

20 million Americans have some form of thyroid disease.

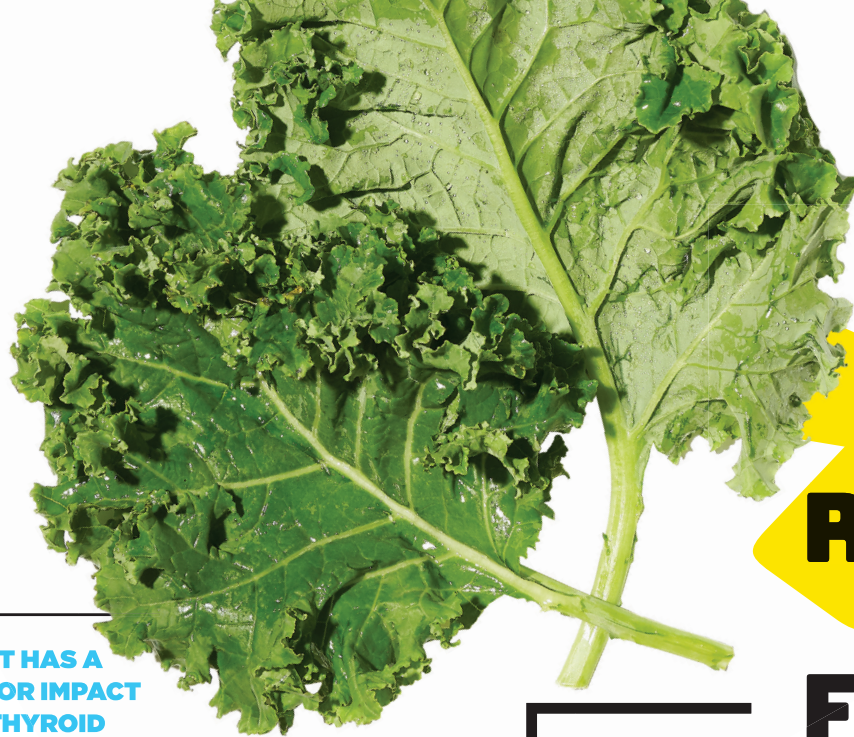
THYROID COMPLICATIONS TO KNOW

If you have hypothyroidism, the Mayo Clinic advises against taking thyroid hormone replacement medication at the same time as ingesting:

- walnuts
- soybean flour
- cottonseed meal
- iron supplements or multivitamins containing iron
- calcium supplements
- antacids that contain aluminum or magnesium
- some ulcer medications (such as sucralfate)
- some cholesterol-lowering drugs (especially those containing cholestyramine and colestipol)

Note: Too much dietary fiber can interfere with the absorption of synthetic thyroid hormone. Talk with your doctor before taking any supplements.

PHOTOS: Tobin Bennett



THE ROLE OF FOOD

“DIET HAS A MAJOR IMPACT ON THYROID FUNCTION. SPECIFIC NUTRIENTS ARE NECESSARY FOR THE THYROID TO FUNCTION AND IF WE DON’T CONSUME THOSE NUTRIENTS, IT’S HARD FOR OUR THYROID TO DO ITS JOB.”
—TAMRA THOLE, RD, LD, HY-VEE REGISTERED DIETITIAN, KANSAS CITY

“Start with a good food foundation. Consuming foods that are minimally processed and close to their natural state is best,” Thole says. “Lots of fruits and veggies, as well as protein and healthy fats like olive oil, nuts, seeds and avocados, can help decrease inflammation and increase nutrient intake.”

Dietary advice can be personalized depending on the type of thyroid disease. For example, a person with an autoimmune form might improve gut health by replacing inflammatory foods with nutrient-dense foods, adding probiotics to boost good bacteria, and taking targeted supplements to soothe and repair gut lining.

“You may have heard the saying, ‘You are what you eat,’ but I like to say, ‘You are what you absorb,’” Thole says. “You can eat the healthiest diet in the world, but if your gut can’t absorb the nutrients, there’s likely going to be an issue.”



FOODS TO EAT

THOLE RECOMMENDS: • **Brazil nuts**—contain selenium to help convert T4 thyroid hormone to T3 thyroid hormone, the active form our bodies can use. • **Pumpkin and sunflower seeds**—a good source of zinc, which helps our hypothalamus gauge thyroid hormone levels and also helps convert T4 thyroid hormone to T3 thyroid hormone. • **Salmon**—provides vitamin D to help T3 thyroid hormone get into cells and omega-3 fatty acids to reduce inflammation. • **Orange foods**—Squash, carrots, apricots and others contain vitamin A, which helps convert T4 thyroid hormone to T3 thyroid hormone.

FOOD CAVEATS

Gluten, dairy and other food sensitivities can affect those with Hashimoto’s thyroiditis. On the other hand, people with hyperthyroidism may need to avoid foods high in iodine. “It’s important to make sure your iodine levels are not too high or too low, so work closely with your doctor to see where your levels are at,” Thole says.

60

Up to 60 percent of those with thyroid disease are unaware of their condition.

5-8

Women are 5 to 8 times more likely than men to have thyroid problems.

12

More than 12 percent of the U.S. population eventually develops a thyroid condition.

SPICET

UP





Has anyone accused you of being salty lately? We're not talking about your bad

attitude—we're talking about your sodium intake. Sodium is essential for your health, but if you're consuming more than 2 grams a day (equal to about 5 grams of salt, the main source of sodium in most diets) you could be overdoing it.

Keeping salt intake under 5 grams a day helps reduce high blood pressure and lowers the risk of cardiovascular disease, stroke and heart attack. The World Health Organization estimates that close to 2.5 million deaths every year could be prevented if global salt consumption was lowered to the recommended 5 grams per day.

So what does **5 grams of salt** look like? **Slightly less than 1 teaspoon.** If you've been a little heavy-handed with the salt shaker (who hasn't?), try the tricks *below* to replace salt with spices that pack in flavor without added health risks.

WORDS Hilary Braaksma PHOTOS Tobin Bennett

MOST PEOPLE CONSUME 9 TO 12 GRAMS OF SALT A DAY— AROUND TWICE THE MAXIMUM RECOMMENDED DAILY INTAKE. —WORLD HEALTH ORGANIZATION



SNEAKY SODIUM

Sodium comes into most of our diets in the form of salt. A shake here, a sprinkle there, and it really starts to add up. But where else is sodium coming from?

Processed foods like bacon, ham, salami, cheese, snack foods, instant noodles, microwave meals, fast food, breads and condiments contain excess sodium. It also **occurs naturally in foods** like celery, spinach and beets.

Check food labels. Sodium content is often listed in milligrams (mg). The recommended daily sodium intake is 2 grams, which is equal to 2,000 mg.

SKIP THE SALT

Cutting salt from your favorite dishes doesn't have to be tasteless. Shake things up with lighter, leaner enhancements—that boast the bold flavor you crave.



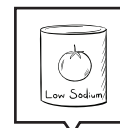
DON'T add salt when you cook. Herbs, spices and fresh ingredients can do some of the heavy lifting when it comes to flavor. Salt doesn't need to be your default.



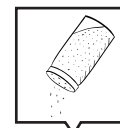
DO limit the consumption of salty snacks. Switch out your favorite chips for crunchy vegetables and hummus or top your popcorn with other spices.



DON'T keep salt on the table. People sometimes salt their food reflexively before even taking a first taste. Teach yourself to enjoy other, more subtle flavors in food.



DO buy low-sodium ingredients. Look for canned and packaged ingredients with a "lower sodium" or "no salt added" label to help you cut down on your sodium intake.



DO keep trying new flavors. Some spices are an acquired taste. Learning to enjoy less salty foods can take time, so be patient with yourself.

FLAVOR MASTER

GET THE SHAKEDOWN
ON YOUR SPICE
CABINET CONTENTS



ALLSPICE

has a rich, sweet flavor that's similar to nutmeg, cinnamon and cloves. It works well with fruits, veggies and fish.



CARDAMOM

is a powerful, fragrant spice that enhances cakes and pastries and is often used in Indian and Middle Eastern spice blends.



CAYENNE

is a strong and hot red spice made from dried chiles. Cayenne pairs well with both sweet and savory foods.



CINNAMON

is a sweet, fragrant spice sold in sticks or in ground form. Pairs well with beef, poultry, pork, fruits and desserts.



CLOVE

has a strong, slightly sweet pepperlike flavor that pairs well with ham, sweet potatoes, ciders, teas and desserts.



CORIANDER

is available as whole or ground seeds and has a spicy, citrus flavor that complements fruits, vegetables and meat.



CUMIN

has a sharp, earthy, warm flavor that enhances beef, fish, poultry, pork, veggies and eggs.



GINGER

has a warm, peppery flavor with a sweet aroma. It pairs well with beef, fish, pork, veggies and fruit.



MUSTARD

comes in the form of whole or ground seeds and has a powerful, hot flavor that works well as a rub or blended into burgers and meatloaf.



NUTMEG

has a warm, sweet and spicy flavor that adds depth to fruits, vegetables, meat, curries, desserts and eggnog.



PAPRIKA

is made of ground dried red peppers and ranges from mild and sweet to hot. Use it as a garnish to enhance flavors in soups, stews and casseroles.



PEPPER

tastes best as freshly ground peppercorns. White pepper tastes hotter than black but is less complex with fewer flavor notes.



SAFFRON

is an expensive spice because of the labor-intensive cultivation. It gives desserts, vegetables and light meats a richer, fuller and much more aromatic flavor.



STAR ANISE

is sweet and spicy, with a licorice-like flavor. Simmer whole pods in soups, marinades and sauces to add flavor (remove before serving).



TURMERIC

has a sharp, slightly bitter flavor and is a popular addition to curries and chutneys. It pairs well with poultry, veggies and fish.



BETTER BLENDS

Combine spices to make unique and tantalizing flavors that put a salt shaker to shame. Try the barbecue blend (*right*) on corn on the cob, as a rub for meats, mixed into chili or sprinkled into a snack mix. Try the Five-Spice Powder blend (*below right*) on salmon, in cakes or on top of popcorn. The options are limitless!

SPICY SUGGESTION

FOR ENHANCED FLAVOR, TRY TOASTING SPICES AND SPICE BLENDS IN A SKILLET ON MEDIUM HEAT. COOK FOR TWO MINUTES OR UNTIL FRAGRANT, STIRRING FREQUENTLY. USE AS YOU NORMALLY WOULD.



SALT-FREE BARBECUE SPICE BLEND

Prep 5 minutes
Makes ½ cup

- 2 Tbsp. packed Hy-Vee brown sugar
- 2 Tbsp. Hy-Vee paprika
- 1 Tbsp. ground ancho or chipotle chile pepper or Hy-Vee chili powder
- 1 tsp. Hy-Vee black pepper
- 1½ tsp. Hy-Vee garlic powder
- 1 tsp. Hy-Vee That's Smart! onion powder
- ½ tsp. Hy-Vee ground cumin
- ½ tsp. Hy-Vee dried thyme
- ½ tsp. Hy-Vee cayenne pepper

1. COMBINE ingredients in a small bowl. Store in a tightly covered container at room temperature.

USES

- Rub on poultry, pork, beef, shrimp or fish
- Add to burgers
- Mix into mayo for a sandwich or burger spread
- Sprinkle as a flavoring on popcorn
- Sprinkle on corn on the cob or sweet potato oven-fries
- Stir into chili
- Stir into creamy potato salad
- Use for making toasted spiced nuts

OR

FIVE-SPICE POWDER

Prep 5 minutes
Makes ¼ cup

- 3 Tbsp. Hy-Vee ground cinnamon
- 2 tsp. anise seed
- 1½ tsp. fennel seed
- 1½ tsp. whole Szechwan or black peppercorns
- ¾ tsp. Hy-Vee ground cloves

1. COMBINE ingredients in a spice or coffee grinder. Cover and grind to a powder. Store in a tightly covered container at room temperature.

USES

- Rub on poultry, pork, beef or salmon
- Sprinkle as a flavoring on popcorn
- Spice up baked goods (cookies, bars, cakes, pancakes)
- Use in rice and in Asian-inspired dishes (lo mein and stir-fries)
- Season sweet potatoes, beets, turnips, carrots
- Add to whipped cream for a pumpkin pie topping
- Stir into oatmeal
- Use for making toasted spiced nuts
- Mix with sugar and use as a toast topper
- Sprinkle on vanilla bean ice cream



UNBELIEVABLE BUTTERY TASTE



Smooth and Creamy



Calories per serving



Less saturated fat than butter*

*1 Tbsp: 2 g sat fat, 6 g total fat; Butter 7 g sat fat, 11 g total fat

I Can't Believe It's Not Butter, Brummel & Brown or Country Crock Sticks or Spread: select varieties 7.5 to 16 oz. 2/\$5.00



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Creamy Taste*



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still
100%
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*Compared to 100% apple juice.



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*Perfectly balanced pH Water | approximately 7.4 pH.

DRINKING VINEGARS



HEALTH BENEFIT
DRINKING VINEGARS CAN HELP REDUCE BLOOD SUGAR LEVELS AND CURB HUNGER.

TART, TANGY VINEGARS MIXED WITH FRUITS, SPICES AND HERBS OFFER SATISFYING TASTE AND TANTALIZING HEALTH BENEFITS SUCH AS CURBING HUNGER AND IMPROVING BLOOD SUGAR LEVELS.

For over 2,000 years, people have used vinegar to flavor food and drinks, preserve food, clean skin and surfaces, heal wounds and treat diabetes.

While not every health claim attributed to vinegar has been confirmed, recent studies have shown that consuming vinegar reduces the glucose response to carbs in both healthy adults and those with diabetes.

Drinking vinegars typically contain 4-7 percent acetic acid, which has been shown to reduce the absorption of starches and slow digestion, resulting in a feeling of fullness and satiety that can aid in weight loss.

UP TO 275

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—JOURNAL OF THE AMERICAN DIETETIC ASSOCIATION

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Crystal Farms Chunks or Shreds: select varieties 6 to 8 oz. 2/\$5.00



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

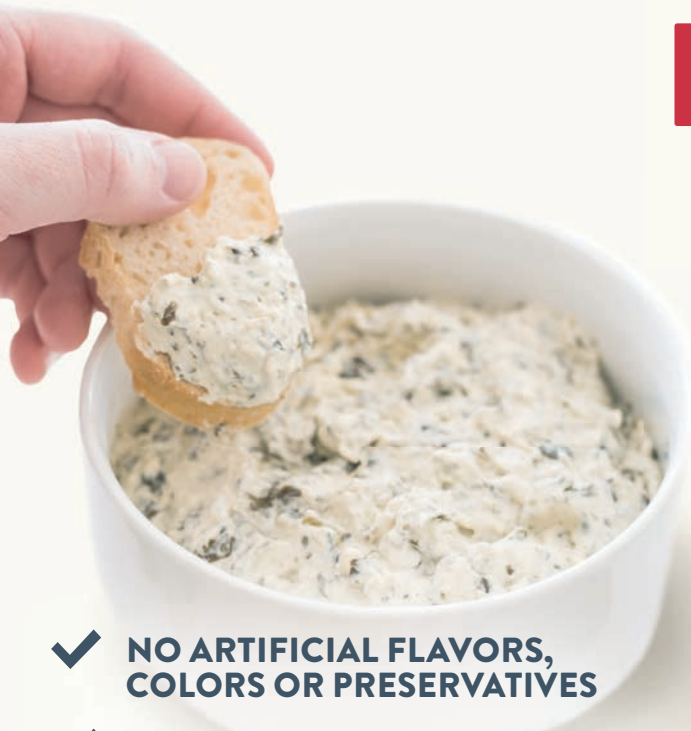


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Angela Tin
Vice President
American Lung
Association of the
Upper Midwest

Make HEALTHY choices for you and your family.

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

Motor vehicles are the #1 cause of air pollution.

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

The fuel you choose matters.

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

The higher the blend, the greater the benefits.

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Ethanol is good for vehicles.

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



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

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SINUS HEALTH

SINUSES ARE AIR-FILLED SPACES BETWEEN, ABOVE AND BEHIND THE EYES. THEY PRODUCE A MUCUS TO MOISTURIZE THE INSIDE OF THE NOSE AND PROTECT AGAINST IRRITANTS AND MICROORGANISMS. MICROSCOPIC HAIRS, CALLED CILIA, SLOWLY MOVE THE MUCUS INTO THE THROAT, WHERE IT CAN BE ELIMINATED.

WHAT IS SINUSITIS?

Sinusitis occurs when the lining of the sinuses becomes inflamed. This can be caused by viruses, bacteria or allergies and is often accompanied by sneezing, stuffy nose or sinus pressure. “Having sinus issues is one of the major complaints patients have during cold and flu season,” Hy-Vee Pharmacist Erin Copeland says.

GOOD TO KNOW

See a doctor right away if sinusitis symptoms include fever, severe headache, confusion, stiff neck, swelling or redness around the eyes or visual disturbances.

SINUS REMEDIES TO TRY AT HOME

1

DECONGESTANTS

“Nasal decongestants come in both a nasal spray and oral tablet,” Copeland says. “Ask your Hy-Vee pharmacist for details on which product might be best for you.”

2

SALINE SPRAY

A saline spray keeps nose and sinuses moist to trap irritants. “Nasal washes and saline sprays have similar efficacy in clearing nasal congestion, so it would be a personal preference which of these to use,” Copeland says.

3

NASAL WASH

Use a neti pot to loosen mucus and rinse sinuses with a solution of saline, baking soda and distilled water. The solution is introduced into one nostril, travels through the sinuses and exits from the other nostril.

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Airborne Effervescent or Chews: select varieties 7 to 32 ct. \$5.99



Delsym Liquid Cough: select varieties 3 fl. oz. \$9.99



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Mucinex FastMax, 12 Hour or SinusMax: select varieties 6 fl. oz., 14 to 20 ct. \$11.97



Aircare Air Care: select varieties 1 to 2 ct.. \$4.88

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InnovaAsian Cuisine Bowls:
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Cheeseburgers:
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Noosa Yoghurt:
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select varieties
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Frigo Cheese:
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Icelandic Provisions
Skyr Yogurt:
select varieties
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Babybel Cheese:
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10 ct. \$4.99



Babybel Mini's or
The Laughing Cow Cups:
select varieties
2.89 to 3.22 oz. or 4 ct.
\$2.77



The Laughing Cow
Wedges or Dippers:
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5 or 6 oz. \$2.77



Cabot Dairy Bars, Cracker Cuts or Shreds:
select varieties
6 to 8 oz. \$2.88



Al Fresco Gluten Free Chicken Sausage or Meatballs:
select varieties
12 oz. \$4.99



Mariani Walnut Milk:
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64 fl. oz. 2/\$5.00

PANTRY



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Barnana Assorted Organic Products:
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select varieties
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Dakota Style Sunflower Kernels:
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Chicken of the Sea or King Oscar:
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BEVERAGES

OTHER



Skinny Pop Popcorn or Paqui Chips:
select varieties
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Fuel for Fire Smoothie:
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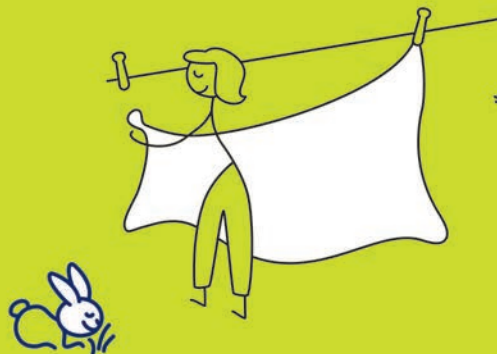


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select varieties
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\$3.99



VAPORIZE YOUR WORST SORE THROAT PAIN



Use as directed. Keep out of reach of children.

QUICK FIXES

THESE ORGANIZING
TIPS STACK UP
AGAINST THE REST.

ORGANIZATION HACKS

FLOATING JARS

INSTALL A MAGNETIC KNIFE STRIP TO THE UNDERSIDE OF YOUR CABINETS. ATTACH GLASS JARS BY STICKING AN ADHESIVE MAGNETIC SQUARE TO EACH LID AND FILL JARS WITH DRIED FRUITS AND NUTS OR OTHER FOOD ITEMS.

FILED AWAY

Store unwieldy baking sheets, cooling racks and cutting boards with a wire file sorter. Place the rack in an open and easily accessible cabinet, then organize by size, food or cooking use.





SEALED TIGHT

Knock out two birds with one stone. Use clip hangers to both keep bags shut and hang them in your pantry to free up space. (Baby hangers are perfect for Hy-Vee brand chips.)



HANGING OUT

Gather seasoning packets together with a binder clip. Use one loop of the clip to hang the spice packets from a Command™ strip on the inside of your cabinet.

Get your house in order with **Organization Hacks** at HSTV.com



EASE THE TENSION
IS YOUR UNDER-THE-SINK CABINET GETTING CRAMPED? INSTALL A TENSION ROD ABOUT THREE-FOURTHS OF THE WAY UP THE CABINET AND USE IT TO HANG SPRAY BOTTLES AND S-HOOKS FOR A VARIETY OF ITEMS.



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30
minutes
or less
**30 MINUTES
OR LESS**

GF
option
GLUTEN FREE

V
option
**VEGETARIAN
DISH**

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Hy-Vee provides:

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- Qualified language interpreters
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- Free language services to people whose primary language is not English, such as:
- Qualified interpreters
- Information written in other languages upon request

If you need these services, contact your local pharmacist. If you believe that Hy-Vee has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with: Hy-Vee Civil Rights Coordinator, Attn: Legal Dept., 5820 Westown Parkway, West Des Moines, IA 50266, 515-267-2800, Fax 515-327-2162, legalnotices@hy-vee.com. You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, the Hy-Vee Civil Rights Coordinator is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Ave. SW, Room 509F, HHH Building, Washington DC 20201, 800-368-1019, 800-537-7697 (TDD).

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

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16 oz. \$3.99



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UP NEXT

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