

# HyVee® balance®

**CROWD-PLEASER  
WATCH  
PARTY!**

PAGE 36

**PUCKER UP  
ZESTY  
CITRUS  
RECIPES**

PAGE 60

**+  
GET YOUR  
BEST BODY**

**RESISTANCE  
BAND  
WORKOUT**

PAGE 84

*"LET'S GET  
READY TO  
RUMBLE!"*  
PAGE 28

**MICHAEL BUFFER**

**UNSTOPPABLE**

**FEBRUARY 2019**  
\$4.95  
FREE IN-STORE



NEW CRUST.  
NEW SAUCE.  
25% MORE CHEESE.

WHOLE MILK WISCONSIN MOZZARELLA.  
PIZZA SAUCE WITH FRESH, VINE-RIPENED TOMATOES.



HyVee®

# THE LINEUP

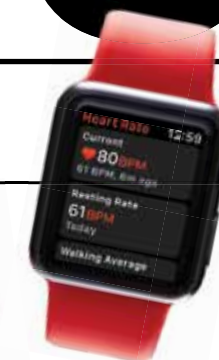
FEBRUARY  
ISSUE 2019



MICHAEL  
BUFFER 28



22  
FINDS



66 HEART  
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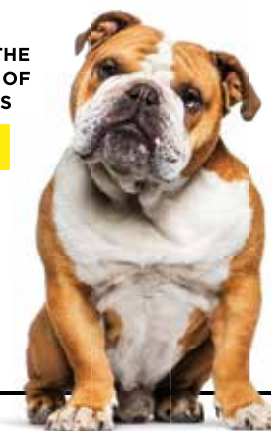


84  
BAND IT

## FEBRUARY FIT

FOR THE  
LOVE OF  
PETS

98



42  
LOVE





# FEBRUARY ISSUE



**30**  
minutes  
or less

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



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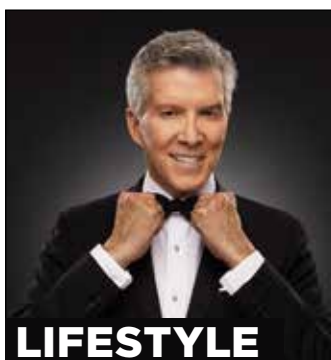
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# BIG WEEKENDS ARE FULL OF LITTLE MOMENTS



Pepsi 10 pk. Mini Cans:  
select varieties  
7.5 fl. oz. \$3.69

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### MADE WITH REAL FRUIT & 70% CACAO DARK CHOCOLATE



OUTSHINE®  
DARK CHOCOLATE  
RASPBERRY

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**Introducing NEW Outshine® Half-Dipped Bars.** This unique take on chocolate covered fruit is everything you're looking for: sweet, honest and real. Made with 70% cacao dark chocolate, real fruit and no GMO ingredients, this charming snack is a real catch. Plus, they're a good source of vitamin C!

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**DONNA TWEETEN**

EXECUTIVE VICE PRESIDENT,  
CHIEF MARKETING OFFICER,  
CHIEF CUSTOMER OFFICER

February is a sweet spot in the winter months—a time to indulge in chocolate, celebrate our closest relationships and focus on the things we love. For some it's a love of fitness and health, for others it's the joy of trying a new recipe or time spent with loved ones.

For our cover star and Hall of Fame ring announcer Michael Buffer, the love of boxing has been a catalyst for his journey to success, *page 28*. Known throughout the world for his iconic “Let’s Get Ready To Rumble®” intonation before boxing matches, Buffer and the ring have been practically synonymous for 40 years. The sport holds a special place in his heart.

This month, consider what tugs at your heartstrings. If it’s a furry friend, find out how to show your cat or dog all the love they deserve this year, *page 98*. Honor your human relationships with delectable home-made chocolate desserts, *page 54*, spoil that special someone with an intimate dinner for two, *page 42*, or strengthen your relationship (and muscles) with an exercise program for couples, *page 78*.

Remember to be loving toward yourself as well. Take care of your heart health, *page 66*, learn how to manage anger, *page 90*, and write your heart out, *page 94*—all loving things to do, for yourself and for those who care about you.

HEART



We asked our editorial contributors:  
What would you bring to a watch party?

LIFESTYLE

Kurt Venator, DVM, PhD  
Chief Veterinary Officer  
Nestle Purina PetCare Company  
St. Louis, Missouri  
Chance, our exceedingly friendly and outgoing yellow Labrador retriever, who can't get enough scratches behind the ears from friends and family.

HEALTH

Peter McGuinness  
Chief Commercial and Marketing Officer  
Chobani  
Onion dip with Greek yogurt, and potato chips. And ice-cold beer!

FITNESS

Daira Driftmier  
Certified Personal Trainer, Director of Hy-Vee KidsFit and Hy-Vee Fitness  
Buffalo Chicken Dip with veggies to use for dipping!

HEALTH

Anna Heronimus, RD, LD  
Hy-Vee Dietitian  
Eagan, Minnesota  
Cowboy caviar with avocado. Delicious and super easy to make!

WELLNESS

Jennifer Drew, MSW, LISW  
Outpatient Therapist  
Broadlawns Medical Center  
Des Moines, Iowa  
Jolly Rancher Jell-O shots! Everyone loves Jell-O and Jolly Ranchers. They are a crowd pleaser!

WELLNESS

Debra Landwehr Engle  
Author and Writing Mentor  
Winterset, Iowa  
I'd bring a gluten-free chocolate cake. Parties sometimes have limited gluten-free options, and this cake is so rich and moist, it makes everybody happy.

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(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.

TRY SOMETHING  
NEW

from Frito Lay  
Good fun!



Frito Lay Simply:  
select varieties  
7.5 to 8.5 oz. \$3.29



Frito Lay Smartfood:  
select varieties  
4.5 to 10 oz. 2/\$6.00



Frito Lay Red Rock Deli:  
select varieties  
6.87 or 7 oz. \$3.99



Frito Lay Off the Eaten Path:  
select varieties  
4.5 to 6.25 oz. \$3.29



Lay's Stax Chips:  
select varieties  
5.5 or 5.75 oz. 4/\$5.00

Simply Delicious. Simply Good. Simply Bold.



# PARTY AND



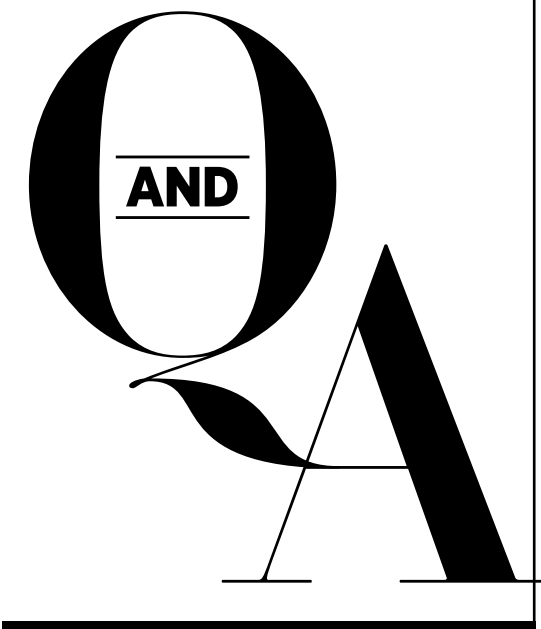
Party Size Oreo or  
Chips Ahoy Cookies:  
select varieties  
\$4.48



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

## HY-VEE DIETITIANS:

A registered dietitian, Julie McMillin has  
a strategy to lighten up watch-party food.



## WATCH- PARTY PICKS

### Q: How can we lighten up the usual football-watching party food?

**A:** Watch-party fare doesn't have  
to mean loaded nachos and pizza,  
cheesy dips with chips, meatball sliders  
and hot wings. Think baked wings and  
sweet potato skins, pizza bites with veggies,  
spinach or artichoke dip made with Greek  
yogurt and nachos or quesadillas that feature  
homemade bean dip, salsa, guac and Mexican  
cheese. Aim to curb calories, sodium and fat.

### Q: What drinks to serve besides beer and sodas?

**A:** Widen drink choices to include bottled water. Smart  
guests will drink water before starting in on beer, which  
can rack up 300 calories after two cans. Include light and  
nonalcoholic beers. If you have mixed drinks, use zero-  
calorie mixers to reduce the amount of sugar.

### Q: Any suggestions for lighter party sweets?

**A:** Dip orange sections, strawberries or other fresh fruit  
in dark chocolate fondue or yogurt dip. Serve carrot or  
zucchini mini muffins. Make brownies using  
low-fat yogurt. Set out trays of mini  
toasts or English muffins topped  
with apple slices and nut butter.

### Q: How can we keep from wrecking a diet on Game Day?

**A:** Eat a protein-rich  
breakfast—eggs or Greek  
yogurt—to satisfy throughout  
the day. Keep in mind that  
people tend to munch more  
when in front of a TV.  
Put down that pizza  
slice from time to  
time—so you can  
yell at the action  
on screen and  
slow down  
your calorie  
intake.





# 1 GRAPEFRUIT SPRITZERS

Combine ½ cup Hy-Vee ruby red grapefruit juice and 1 oz. vodka; pour into 2 (6-oz.) ice-filled glasses. Slowly top each drink with 2 oz. Hy-Vee lemon-lime soda. Garnish with grapefruit slice, if desired. Serves 2.

# 5 ARTICHOKE-STUFFED MUSHROOMS

Preheat oven to 350°F. Line a rimmed baking pan with foil and spray with Hy-Vee nonstick cooking spray; set aside. Wipe 10 large white mushrooms clean. Remove stems. Place, stem sides up, on prepared baking pan. Fill mushroom caps with 1 tsp. Hy-Vee Deli artichoke dip. Bake for 10 minutes. Remove pan from oven. Preheat broiler. If desired, sprinkle freshly grated Parmesan cheese on caps. Broil for 1 to 2 minutes or until heated through. Serve warm. Serves 10.

# 5 PARTY PICKS

Trim calories, sodium and fat without losing the taste.

# 4 TURKEY-STUFFED PINWHEELS

Spread 2 (8-in.) Hy-Vee multigrain flour tortillas with 2 Tbsp. Hy-Vee Select Original hummus. Top each with 2 slices Hy-Vee Swiss or Colby Jack cheese and ¼ cup fresh spinach leaves. Add 1 large Hy-Vee Deli turkey slice, 7 thin red bell pepper slices and ¼ cup thinly shredded red cabbage. Tightly roll up each tortilla and wrap in plastic wrap. Refrigerate for 2 to 4 hours. To serve, trim ends of rolls and cut into 1-in. pieces. Serves 14.

# 2 COTTAGE CHEESE VEGGIE DIP

Combine 1½ cups Hy-Vee 4% small curd cottage cheese, ¼ cup chopped fresh parsley, 3 Tbsp. finely chopped green onion, 1 Tbsp. finely chopped fresh dill and 1 Tbsp. fresh lemon juice. Serve with red bell pepper slices and sugar snap peas. Garnish dip with Hy-Vee black pepper and fresh dill sprig, if desired. Serves 8.

# 3 FIVE-SPICE SNACK MIX

Preheat oven to 350°F. Line a rimmed baking pan with parchment paper. Combine 1 cup Hy-Vee Tasteeos whole grain toasted oat cereal, 1 cup Leapin' LeMurs organic peanut butter & chocolate cereal, 1 cup Hy-Vee toasted corn cereal, ½ cup Hy-Vee dried pineapple pieces, ¼ cup walnuts, ¼ cup pecans, ¼ cup cashews and ¼ cup Hy-Vee dried cranberries in prepared pan. Combine 2 tsp. Hy-Vee canola oil and ½ tsp. Chinese five-spice seasoning. Drizzle over cereal mixture in pan; toss to coat. Bake for 15 minutes. Cool before serving. Serves 8 (½ cup each).

# LOOK WHO'S PREPPED TO PARTY



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# ALREADY READY.



Hormel Gatherings Hard Salami and Pepperoni Party Tray: select varieties 28 oz. \$9.99  
save 10¢ per gallon with each item purchased



Hormel Gatherings Honey Ham and Turkey Party Tray: select varieties 28 oz. \$9.99  
save 10¢ per gallon with each item purchased



Hormel Gatherings Pepperoni and Cheese Snack Tray: select varieties 14 oz. \$6.99





Barilla Plus Pasta:  
select varieties  
14.5 oz. 2/\$4.00



Barilla Pasta Sauce:  
select varieties  
14.5 or 24 oz. 2/\$4.00



Barilla Gluten Free Pasta:  
select varieties  
12 oz. 2/\$4.00



Barilla Pesto:  
select varieties  
6 oz. 2/\$5.00



Barilla Legume Pasta:  
select varieties  
8.8 oz. 2/\$5.00

# ONE SIMPLE INGREDIENT

## 100% CHICKPEA OR RED LENTIL

11-13g

of protein\*

GF

naturally

No GMO

ingredients

\* Per 2oz. serving

MASTERS OF PASTA

FIND IT IN THE PASTA AISLE

# TASTE THE DIFFERENCE

# A LIGHTER TAKE ON SPAGHETTI & MEATBALLS

Prep 40 minutes  
Cook 30 minutes  
Serves 4

1 Hy-Vee large egg, lightly beaten  
¾ cup Hy-Vee Short Cuts riced cauliflower  
¼ cup grated Pecorino-Romano cheese, plus additional for serving  
¼ cup finely chopped fresh Italian parsley, plus additional for serving

3 cloves garlic, minced, divided  
¾ tsp. Hy-Vee Italian seasoning  
¼ tsp. Hy-Vee salt  
¼ tsp. Hy-Vee black pepper  
1 lb. 93%-lean ground beef  
¼ cup Hy-Vee all-purpose flour  
2 Tbsp. Gustare Vita olive oil, divided  
¾ cup Hy-Vee Short Cuts chopped onions  
1 (28-oz.) can Italian whole peeled plum tomatoes, undrained  
1 cup water  
½ cup dry white wine or tomato juice  
1 Tbsp. Hy-Vee tomato paste  
8 oz. Hy-Vee omega-3 multigrain spaghetti

1. **COMBINE** egg, cauliflower, ¼ cup cheese, ¼ cup parsley, 2 cloves minced garlic, Italian seasoning, salt and pepper in a large bowl for meatballs.

Add ground beef; gently combine, being careful to not overmix. Shape mixture into 12 (2-oz.) meatballs; lightly coat meatballs with flour. Heat 1 Tbsp. oil over medium heat in a large skillet. Brown meatballs; set aside.

2. **HEAT** remaining 1 Tbsp. oil in a large heavy saucepan over medium heat for sauce. Add onions and remaining clove garlic. Cook for 5 minutes, stirring occasionally. Cut up tomatoes. Stir undrained tomatoes, water, wine and tomato paste into onion mixture. Add meatballs. Bring to boiling; reduce heat. Simmer, uncovered, for 30 minutes or until sauce thickens and meatballs are done (165°F).

3. **COOK** pasta according to package directions; drain and divide among four serving plates or pasta bowls. Spoon meatballs and sauce on top. Sprinkle with additional cheese and parsley, if desired.

**Per serving:**  
650 calories, 24 g fat, 8 g saturated fat, 0 g trans fat, 160 mg cholesterol, 880 mg sodium, 54 g carbohydrates, 3 g fiber, 8 g sugar (0 g added sugar), 52 g protein. Daily values: Vitamin D 0%, Calcium 20%, Iron 45%, Potassium 15%

650  
calories

24g  
fat

54g  
carbs

880mg  
sodium

### HAVE A BALL

Spaghetti and meatballs is a classic Valentine's Day dinner dish. This year, opt for a healthier remake of this fast-food favorite.

1,010 cal  
54 g fat  
92 g carbs  
1,797 mg sodium



PHOTOS: Greg Scheidemann and Tobin Bennett





Smithfield Bacon:  
select varieties  
12 oz. \$3.99



Smithfield Premium Sausage  
Link or Patty:  
select varieties  
12 oz. \$3.49



Smithfield Roll Sausage:  
select varieties  
16 oz. \$3.69



Smithfield Fully Cooked  
Links, Patty or  
Breakfast Sandwiches:  
select varieties  
12 or 24 oz. \$4.78



Smithfield Boneless Ham Steak:  
select varieties  
8 oz. \$2.29

# LOVE = YOUR MORNING. =



Turn the most important meal of the day into a deliciously heartfelt Valentine's Day gift. Start your morning off right with a protein-packed Smithfield breakfast.

Flavor hails from  
**Smithfield®**

For quick, easy breakfast inspiration,  
visit [smithfield.com](http://smithfield.com)



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

Q. **What is biometric health screening?**

A. It's a combination of measurements and readings that can identify potential risk factors for chronic diseases like heart disease, hypertension or diabetes. Your Hy-Vee pharmacy offers biometric screening, by appointment, for \$45.

BE PROACTIVE ABOUT YOUR HEALTH. A **BIOMETRIC SCREENING**, AVAILABLE THROUGH YOUR HY-VEE PHARMACY, CAN HELP UNCOVER POTENTIAL RISK FACTORS SO YOU CAN TAKE STEPS TO AVOID CHRONIC DISEASES.

Q. **What can I expect during my biometric health screening?**

A. A registered dietitian or pharmacist will use a fingerstick to collect a blood sample to determine cholesterol, triglyceride and glucose levels. He or she will also test resting blood pressure, measure height, weight and waist, and determine body mass index.

Q. **How long does it take?**

A. The entire screening process typically lasts 15 to 20 minutes. Results are immediate and delivered by a registered dietitian or pharmacist so an action plan can be started right away. Hy-Vee can also bring biometric screening to your local business or event.

Q. **How do I prepare for the screening?**

A. You must fast for 9 to 12 hours prior to screening. This means no food or beverages other than water. Your test results will not be accurate if you do not fast. The day of the screening, drink plenty of water and continue to take any medications prescribed by your physician.

Q. **Are there any other considerations?**

A. Avoid exercise at least 12 hours before your appointment. Avoid diuretics, including caffeine, unless prescribed by a physician. Abstain from drinking alcohol at least 48 hours and from smoking at least 30 minutes prior to your appointment. Also, empty your bladder 30 minutes beforehand.

BEFORE SCREENING, GO

9-12

HOURS WITHOUT  
▶ EATING

48

HOURS WITHOUT  
▶ ALCOHOL

30

MINUTES WITHOUT  
▶ SMOKING





Jimmy Dean Simple Scrambles:  
select varieties  
3 to 5.35 oz. \$2.68



Hillshire Farm Boneless  
Spiral Sliced Half Ham:  
\$2.99 lb.



Jimmy Dean Fully Cooked Bacon  
or Breakfast Sausage:  
select varieties  
2.2 to 16 oz. \$3.48



Tyson Grilled N Ready  
Bagged Chicken:  
select varieties  
12 oz. \$4.48



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

At least  
**17<sub>g</sub> OF PROTEIN**  
in every cup



TODAY'S YOUR  
DAY TO  
*Shine on*

©2018 Tyson Foods, Inc.



**ENGAGE  
PECTORAL  
MUSCLES FROM ALL  
ANGLES WITH THESE  
FIVE MOVES.**

**1 INCLINE DUMBBELL FLYS  
PECTORALS, DELTOIDS**

Lie on a bench angled between 20 and 30 degrees with a dumbbell in each hand. Extend arms above, palms facing in and elbows bent slightly. Lower arms out toward the floor until upper arms align with your chest. Slowly bring arms back to starting position. Repeat.



**2 PUSH-UPS WITH  
FEET ELEVATED  
PECTORALS, TRICEPS, DELTOIDS**

Begin in high plank position, with toes resting on an elevated surface, such as a bench, plyo box or stair. Without letting your hips dip, slowly lower your chest to almost touch the floor. Push up to starting position. Repeat.



**3**

**DUMBBELL CHEST PRESS  
PECTORALS, TRICEPS, DELTOIDS**

Lie on a bench with a dumbbell in each hand, positioned next to your chest, palms facing your feet. Retract shoulder blades and push dumbbells toward the ceiling. Slowly lower dumbbells to starting position. Repeat.



**4 PLATE  
PRESS OUT  
PECTORALS**

Hold two lightweight plates (2.5 or 5 lbs.) together, hands positioned in front of your chest and under your chin. Pressing plates together, extend your arms directly out in front. Slowly bring the plates back to starting position. Repeat.

**5 INCLINE CHEST PRESS  
PECTORALS, DELTOIDS, TRICEPS**

Sit on a bench angled between 45 and 60 degrees, a dumbbell in each hand positioned next to your chest, palms facing your feet. Retract shoulder blades and push dumbbells toward the ceiling. Slowly lower the dumbbells to starting position. Repeat.



Put your chest  
to the test.  
Check out  
**Push It**  
at [HSTV.com](http://HSTV.com)

PHOTOS Tobin Bennett





# ingredients you can see & pronounce®



KIND Core Bars:  
select varieties  
1.2 to 1.6 oz. 4/\$5.00



KIND Protein Bars:  
select varieties  
1.76 oz. 3/\$5.00



KIND Snack Bars:  
select varieties  
4 to 10 ct. 2/\$5.00



KIND Clusters or Fruit Bites:  
select varieties  
3.2 to 11 oz. \$3.99



KIND Kids Bars:  
select varieties  
6 ct. 2/\$6.00



# RED BELL PEPPERS

NUTRIENT POWER

Punch up the flavor and nutrition in your meals with **sweet and juicy red bell peppers**. Packed with antioxidants, these mild marvels are **low in calories** and **full of immune-boosting, cell-protecting vitamin C**.

37  
CALORIES

75%  
VITAMIN A

3%  
IRON

253%  
VITAMIN C

10%  
DIETARY  
FIBER

7%  
POTASSIUM

Serving: 1 medium  
red bell pepper  
Percentages represent  
daily values.

## FRESH PICKS

### BUY

Look for firm, vibrant-color peppers that have shiny skin and feel heavy for their size. Avoid peppers that look dull or shriveled.

### STORE

Refrigerate whole, unwashed bell peppers in a plastic bag for up to 5 days. Freeze cut-up peppers in a freezer bag for up to 6 months.

### PREP

Add red bell peppers to stir-fries, salads, pastas, soups, sandwiches and more. Enjoy bell peppers baked, sautéed or raw.

PHOTO Greg Scheidemann

Sources: [ods.od.nih.gov/factsheets/VitaminC-Consumer/nutritiondata.self.com/facts/vegetables-and-vegetable-products/2896/2](https://ods.od.nih.gov/factsheets/VitaminC-Consumer/nutritiondata.self.com/facts/vegetables-and-vegetable-products/2896/2)





# SPICY ROASTED RED PEPPER HUMMUS

Prep 5 minutes | Roast 30 minutes  
Serves 16 (2 Tbsp. hummus and 1 naan wedge each)

2½ red bell peppers,  
seeded and sliced; divided  
2 serrano chile peppers,  
seeded and halved\*  
1 (15-oz.) can Hy-Vee no-salt-added  
garbanzo beans, drained and rinsed  
2 Hy-Vee Short Cuts garlic cloves  
¼ cup fresh lemon juice  
¼ cup tahini  
½ tsp. Hy-Vee salt  
¼ tsp. Hy-Vee ground cumin  
Charred Naan Flatbread Wedges, *below*;  
optional

1. **PREHEAT** oven to 425°F. Line a baking sheet with foil. Place bell and serrano peppers on prepared baking sheet. Roast for 30 minutes or until peppers are slightly charred. Cool peppers on baking sheet on a wire rack for 10 minutes.

2. **PLACE** beans, garlic, lemon juice, tahini, salt and cumin in a blender or food processor. Add 2 charred bell peppers and the serrano peppers. Cover and blend until smooth. Transfer hummus to a serving bowl. Chop remaining ½ charred bell pepper; place on top of hummus. Serve with Charred Naan Flatbread Wedges.

**CHARRED NAAN FLATBREAD WEDGES:**  
Spray a medium skillet with Hy-Vee nonstick cooking spray. Heat skillet over medium-high heat. Place one (4.4-oz.) naan flatbread in the skillet; heat until slightly charred, turning once. Cut flatbread into wedges. Repeat with another flatbread.

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

Per serving: 50 calories, 2.5 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 75 mg sodium, 6 g carbohydrates, 2 g fiber, 1 g sugar (0 g added sugar), 2 g protein. Daily Values: Vitamin D 0%, Calcium 0%, Iron 0%, Potassium 2%

## GARBANZO BEANS

(also called chickpeas) are high in protein and have a subtle flavor that pairs well with roasted red peppers.

Source: [hsph.harvard.edu/nutritionsource/food-features/chickpeas-garbanzo-beans/](https://hsph.harvard.edu/nutritionsource/food-features/chickpeas-garbanzo-beans/)

PHOTO Greg Scheidemann

NEW

# HEINZ

ESTD 1869 ESTD

## UPGRADE your MAYONNAISE



A mayonnaise so deliciously creamy,  
it has to be Heinz.



Heinz Ketchup, Mustard  
or BBQ Sauce:  
select varieties  
15 to 21.4 oz. 2/\$4.00



Heinz Mayo:  
select varieties  
15 to 30 oz. \$3.99



Jell-O Play Slime:  
select varieties  
14.8 oz. \$4.99



Devour or Smart Made  
Frozen Entrées:  
select varieties  
9 to 12 oz. 2/\$6.00



Taco Bell Natural Cheese  
Shreds or Grated Cheese:  
select varieties  
7 or 8 oz. 2/\$5.00





1



2



3



4

# GIFTS OF LOVE

X'S AND O'S AREN'T JUST FOR TIC-TAC-TOE. THEY'RE A GREAT WAY TO SIGN OFF ON THESE SWEET GIFTS FOR YOUR LOVED ONES THIS VALENTINE'S DAY.



5



6



7



8

Find these items and more at your local Hy-Vee to make that special someone smile.

- 1 CASTILLO SAN SIMÓN WINE
- 2 CHOCOLATE-COVERED STRAWBERRIES AND ZÖET CHOCOLATE
- 3 FLOWERS
- 4 BASIN BATH AND BEAUTY PRODUCTS

- 5 CARDS
- 6 HAIR TOOLS
- 7 F&F CLOTHING
- 8 PERFUME AND COLOGNE

PHOTOS Tobin Bennett

# Create a moment they'll remember.

VALENTINE'S DAY IS THURSDAY, FEBRUARY 14

Hallmark Valentine's Day Bear: \$7.99 each



Find Hallmark cards filled with love and sweet gifts that show how much you care, all at Hy-Vee this Valentine's Day.







Aquaphor or Nivea Baby Items: select varieties 3 to 16.9 oz. \$5.99



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



Nivea Body Wash For Women: select varieties 6.8 or 16.9 oz. \$3.49



Nivea For Men: select varieties 2.5 to 5 oz. \$4.99



Nivea Lip Care: select varieties .17 oz. \$1.79

# Care for your Skin

## THIS WINTER

**Eucerin**  
DERMATOLOGICAL SKINCARE

**Aquaphor**  
HEALING OINTMENT

**NIVEA**

**NIVEA MEN**



## WAYS TO HELP YOUR CHILD PREVENT CYBERBULLYING



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

**Teach kids it's not OK to let cyberbullying—online insults, threats or invasions of privacy—go on. Empower them to report and prevent it, and show how they can comfort and restore dignity to those who are victimized.**

**Go to [stopbullying.gov](http://stopbullying.gov) for help. Report cyberbullying to school authorities. If bullying escalates to stalking or threats of violence, call local law enforcement.**

Like most parents, I worry about the effects that social media can have on my kids, and that includes the potential for cyberbullying—threats, rumors, name-calling, ridicule or personal information posted online by others. I also try to foster a sense of responsibility in my kids for others who may be bullied online.

Cyberbullying is definitely a problem. **Almost 60 percent of U.S. teens have been harassed or bullied online, according to Pew Research Center.** The far-reaching effects on kids include withdrawal, humiliation, missed school, eating disorders, depression and suicide. Parents, teachers and other adults must be vigilant. Kids, too, can help. Equip them with ideas, knowledge and reassurance to do their part.

Texting and digital messaging are how kids communicate with each other and maintain friendships, and we don't want to randomly confiscate phones and computers. Instead, we can teach them safe ways to use technology to communicate. We can help them spot cyberbullying toward others and report the behavior to the proper people. And we should encourage kids to empathize with those being bullied.

### TEACH APPROPRIATE ONLINE BEHAVIOR

Remind kids to think about what they're about to post and consider that it might be forwarded or reposted. Encourage them to be kind on social media. Make sure they keep passwords secret, even from friends.

Ensure your kids keep you apprised of what they're doing online and who they communicate with. Ask them about messages they receive that make them uncomfortable—sad, scared or angry.

### ENCOURAGE STANDING UP FOR OTHERS

Impress upon kids that they need to help stop cyberbullying. Ask them to talk to you, a teacher or another adult when they see it. Urge them to reach out to a cyberbullying victim by sitting with them at lunch, inviting them to do something or just talking with them so they don't feel alone and depressed. It's important to know it's not acceptable to be treated badly.



PHOTO Tobin Bennett

Sources: [pewinternet.org/2018/09/27/a-majority-of-teens-have-experienced-some-form-of-cyberbullying/](http://pewinternet.org/2018/09/27/a-majority-of-teens-have-experienced-some-form-of-cyberbullying/)  
[stopbullying.gov](http://stopbullying.gov)



# YOU COULD WIN GOLD\*



Look inside specially marked packages of HERSHEY'S GOLD bars for a chance to  
**WIN\* THE BAR'S WEIGHT IN 24K GOLD OR \$1,547†**

†cash equivalent for 1.4oz. Standard Size bar.

Coupon provided to all participants.

Non-winners will receive coupon inside pack. Winners will receive coupon by mail.

Hershey Standard Bars:  
select varieties  
1.4 to 2.72 oz. \$0.69

\*NO PURCHASE OR PAYMENT OF ANY KIND NECESSARY TO ENTER OR WIN. PURCHASE WILL NOT INCREASE YOUR CHANCE OF WINNING. Open only to legal residents of the United States residing in the 50 United States or District of Columbia, 18 years of age or older at time of entry. Void where prohibited. Promotion Entry Period starts at 12:00:01 AM ET on 12/14/18 and ends at 11:59:59 PM ET on 07/31/19 or when the supply of specially marked HERSHEY'S GOLD candy bar codes has been exhausted, whichever occurs first. Redemption period ends at 11:59:59 PM ET on 08/31/19. **TO ENTER:** Look for a code inside specially marked packages of HERSHEY'S GOLD candy bars (standard 1.4 oz., King 2.5 oz., or giant 6.5 oz. sizes) available at participating retailers (giant 6.5 oz. available at participating Walmart stores only). **OR TO ENTER WITHOUT A PURCHASE,** hand-print your name, complete address, and age on a self-addressed stamped envelope and mail in a first-class stamped envelope postmarked no later than 07/31/19 to be received by 08/10/19 to: Hershey Gold Rush Game Request, P.O. Box 251328, West Bloomfield, MI 48325. Limit one free entry per stamped outer envelope. **PRIZES:** Grand Prize consists of a 6.5 ounce 24K Gold Bar (or cash equivalent). Approximate retail value (ARV): \$7,181. First Prize consists of a 2.5 ounce 24K Gold Bar (or cash equivalent). ARV: \$2,762. Second Prize consists of a 1.4 ounce 24K Gold Bar (or cash equivalent). ARV \$1,547. Odds of winning a prize: 1:130,000. ARVs are based on value of spot gold as of 8/10/18 at 8:32 AM ET and actual value of gold bar is subject to gold value fluctuation at date of award. Cash equivalent value is based on stated ARV for applicable prize. **Limit one prize per name/address/household.** See full Official Rules for details, including number of prizes available, at [www.HersheysWinGold.com/rules](http://www.HersheysWinGold.com/rules). Sponsor: The Hershey Company, 100 Crystal A Drive, Hershey, PA 17033.

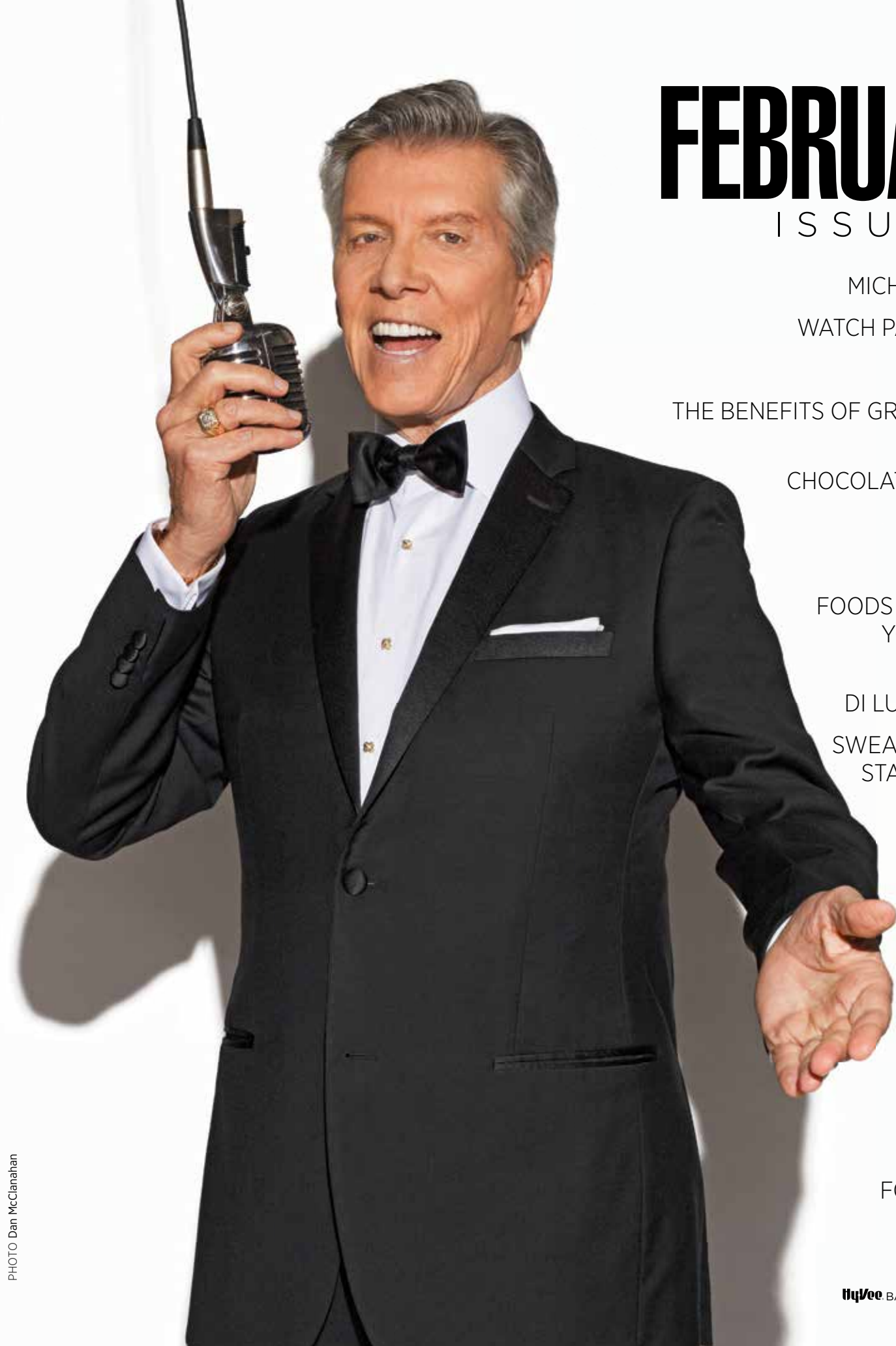


PHOTO Dan McClanahan

# FEBRUARY I S S U E VOL. 3

MICHAEL BUFFER  
WATCH PARTY BASICS

LOVE

THE BENEFITS OF GREEK YOGURT

GUILT-FREE  
CHOCOLATE DESSERTS

PUCKER UP

HEART LOVE

FOODS THAT BOOST  
YOUR IMMUNE  
SYSTEM

DI LUSSO SALADS

SWEAT TOGETHER,  
STAY TOGETHER

STAY  
HEALTHY  
IN COLD  
WEATHER

BAND IT

SKI DO

HOT  
TEMPERED

WRITE FOR  
YOUR  
HEALTH

FOR THE LOVE  
OF PETS



**MICHAEL  
BUFFER**

UN

**STOPPABLE**

HE STEPS INTO THE SPOTLIGHT, THE MIC DROPS AND THE ARENA GOES SILENT. HE'S ELEGANTLY TANNED AND TUXED; HIS VELVET VOICE PRIMED, PITCH-PERFECT FOR THE MOMENT. "L-L-LADIES AND GENTLEMEN," HE BEGINS. HUSHED FANS SMILE AS HE MASTERFULLY BUILDS ANTICIPATION. BUT IT'S HIS ICONIC PHRASE, "LET'S GET READY TO RUMBLE®" THAT IGNITES EMOTION IN THE ROOM. THIS IS MICHAEL BUFFER.

WORDS Kristi Chew and Aaron Ventling PHOTOS Dan McClanahan





# M

ichael Buffer, Hall of Fame ring announcer lives for the roar of the crowd. He's a sports legend

who's taken his catchphrase, "Let's Get Ready To Rumble®" to boxing, wrestling, football and other major events.

He's rubbed shoulders with some of the most recognized people on the planet, from presidents to famous athletes. He's announced on ESPN, in Atlantic City casinos, fights on HBO, World Championship Wrestling main events, the World Series, Stanley Cup Final, NBA Finals and has appeared in movies (*Rocky Balboa*, *Ready to Rumble*) and television over his 37-year-long career.

Born in Lancaster, Pennsylvania, to parents who divorced when he was 11 months old, Buffer was placed into foster care and raised in suburban Philadelphia. "It was like a *Leave It to Beaver* childhood in the suburbs," he says. "I had a great childhood. No complaints." From an early age, he was in contact with his biological mother. Later in life, he reunited with his biological father.

Buffer was a fight fan for as long as he can remember. "Ever since I was a kid watching a black-and-white TV in the fifties, seeing Sugar Ray Robinson and Rocky Marciano, I've loved the fights."

At age 20, he enlisted in the United States Army during the Vietnam War. "I never went farther than Fort Knox, Kentucky. It was a matter of luck." After he left the Army at age 23, he worked as a car salesman for 10 years, then moved into modeling after a friend introduced him to her agent. He got gigs in commercials, then made forays into part-time ring announcing.

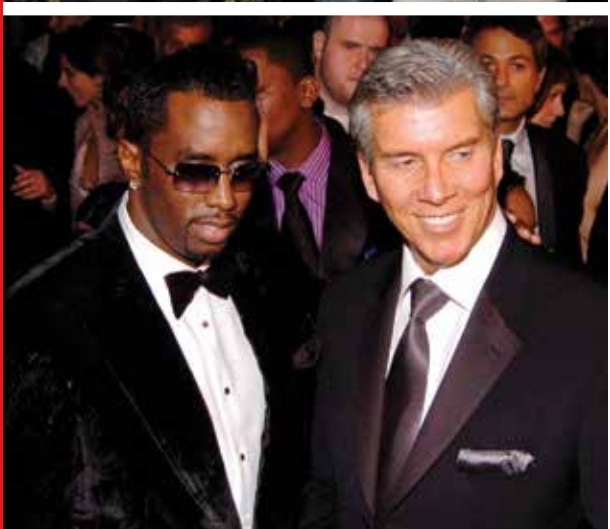
By the late 1980s, it was his full-time job. He established his style—refining his voice, delivery, timing and even his polished, tuxedoed look.

Still searching for ways to distinguish himself from the field, Buffer looked for ways to impact the crowd. He noticed the fans lost their excitement as local announcers rattled off names of the ringside doctors, timekeepers, judges and referees before the fights. "The announcers would kill the crowd before they introduced the stars of the show," Buffer says. "I wanted something that would bring the crowd back. I started using the phrase, 'Let's Get Ready To Rumble®.'"

Buffer was inspired by boxer Muhammad Ali. "He would say, 'Rumble, young man, rumble.' That was in my mind when I started saying it." Buffer's phrase triggered so much crowd response that he acquired a federal trademark on it in 1992. Those five words changed his trajectory. "They meant a life that I never thought would happen. I've been very lucky," he says.

Over the years, Buffer's voice carried him through engagements on major networks and with numerous promoters. But 10 years ago he received a diagnosis that threatened his career—throat cancer. While it required surgery, he did not need chemotherapy. Doctors removed his lymph nodes, tonsils and part of his throat. "The first thing I did when I was in recovery was, I spoke out loud and said—and this is no lie— 'Ladies and gentlemen...' And it sounded exactly the same. I thought, well, this might work out," he says.

It did—for ten more years. With retirement in sight, Buffer instead took another offer, this time with a two-year contract from global sports streaming service DAZN (pronounced "dah-ZONE"). "Like the famous line from *The Godfather*. Just when I thought I was out, they pulled me back in. An offer I couldn't refuse," he says. "It's a great opportunity to still be out there and doing my thing, as long as my voice works and I can wake up and do the ole, 'Ladies and gentlemen.'"



PHOTOS: Neil Leifer/Getty Images (Mike Tyson); Jeffrey Asher/Getty Images (Donald Trump); Ethan Miller/Getty Images (Floyd Mayweather Jr.); Patrick McMullan/Getty Images (Sean Combs); Sportsfile/Getty Images (opposite)

“WHEN I BRING THE FIGHTERS TO THE RING AND SAY, 'LET'S GET READY TO RUMBLE'® AND THE SOUND IS DEAFENING, WELL THAT'S PRETTY EXCITING. IT'S A MOMENT THAT'LL BE CAPTURED ON VIDEO AND REPLAYED AFTER I'M GONE. PEOPLE WILL LOOK AT IT AND SAY, 'WOW, THAT WAS PRETTY GREAT!' FOR ME, IT'S JUST A THRILL TO BE THERE.”

Opposite, top: Mike Tyson being introduced by Buffer before his 1988 fight against Larry Holmes.

Opposite, second: Buffer meets ringside with Donald Trump in 1988. Also pictured: Rev. Jesse Jackson, actor Redd Foxx and promoter Don King.

Opposite, third: Buffer at a 2009 pre-fight weigh-in with Floyd Mayweather Jr.

Opposite, bottom: Sean “P. Diddy” Combs and Buffer at a 2005 Golden Globe Awards afterparty.



Buffer introduces fighters at the 2016 IBF & WBA Super-Bantamweight World Unification Title Fight at Manchester Arena.



# Q & A

## WITH MICHAEL BUFFER



**Q. WHAT WAS YOUR FIRST RING ANNOUNCING GIG LIKE?**

A. Pretty nervous. Pretty atrocious. It was in October of 1982. I wish I could buy all those tapes that are out there and destroy them.

**Q. AT THE TIME, WHY DO YOU THINK YOU STOOD OUT AS AN ANNOUNCER?**

A. I think the power of television had a lot to do with it. ESPN was a new network on cable in the early 1980s and boxing was their number one show. They would rebroadcast it six or seven times a week. I would appear there thirty, forty times a year, so it was a lot of exposure.

**Q. What is the secret to your success?**

A. I THINK THE KEY TO MY SUCCESS IS THAT I'M A FAN AND ENJOY WHAT I DO.

**Q. YOU'VE TRAVELED THE WORLD. WHAT'S YOUR FAVORITE CITY?**

A. Monaco.

**Q. What's the best advice you ever got?**

A. A supper club singer who has since passed away, Jody Berry, ... was a real show business character that I got to be friendly with. He understood stage presence and timing. He told me, "When you say 'Let's Get Ready To Rumble,' shut the hell up." I asked what he meant and he said, "People want to react to that." ... So I started to say, 'Let's Get Ready To Rumble' and I would pause. And sure enough, there was that feedback and a reaction.

**Q. HOW DOES RING ANNOUNCING MAKE YOU FEEL?**

A. I enjoy being a part of what is a moment in history of a sport. ... I know I'm a moment of something that's going to be captured on video and replayed after I'm gone. Some people are going to look at it and say 'Wow, that was pretty great.' It's a thrill to be there.

**Q. HOW MANY TUXEDOS DO YOU OWN?**

A. Probably twenty.

**Q. How do you find balance in your life?**

A. I'VE BEEN MARRIED FOR OVER TEN YEARS NOW. CHRISTINE AND I ... HAVE A GREAT MARRIAGE. I LOVE TO BE HOME. WE HAVE FOUR DOGS AND TWO CATS AND THEY'RE QUITE HAPPY TO SEE US WHEN WE'RE HOME. GOING TO WORK AND BEING ABLE TO KEEP IN TOUCH WITH MY WIFE AND HAVING HER WITH ME MOST OF THE TIME, THAT'S PRETTY MUCH HOW I BALANCE MY LIFE OUT.

**Q. Healthy is a subjective word—what does it mean to you?**

A. BEING HAPPY, BEING CONFIDENT, BEING FIT AND LOOKING GOOD.

**Q. Who is the most impressive athlete you've seen compete?**

A. MUHAMMAD ALI.

**Q. WHAT HAVE YOU LEARNED FROM BOXERS?**

A. For all the tough-guy image one thinks of as a fighter ... there is a certain amount of camaraderie. I've seen all kinds of language back and forth and shoving matches, and you think, wow, these guys hate each other. But at the end of the fight, nine times out of ten you'll see these fighters embrace each other. Especially if they've just given everything they had.



# ROAR OF THE CROWD

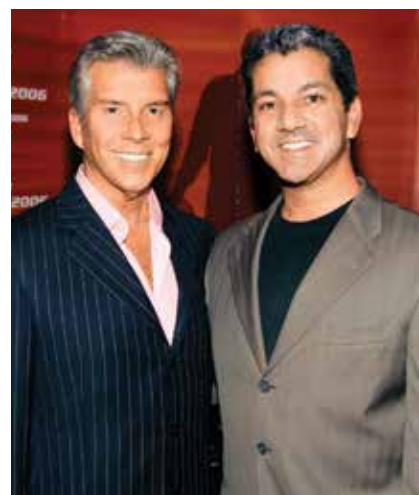
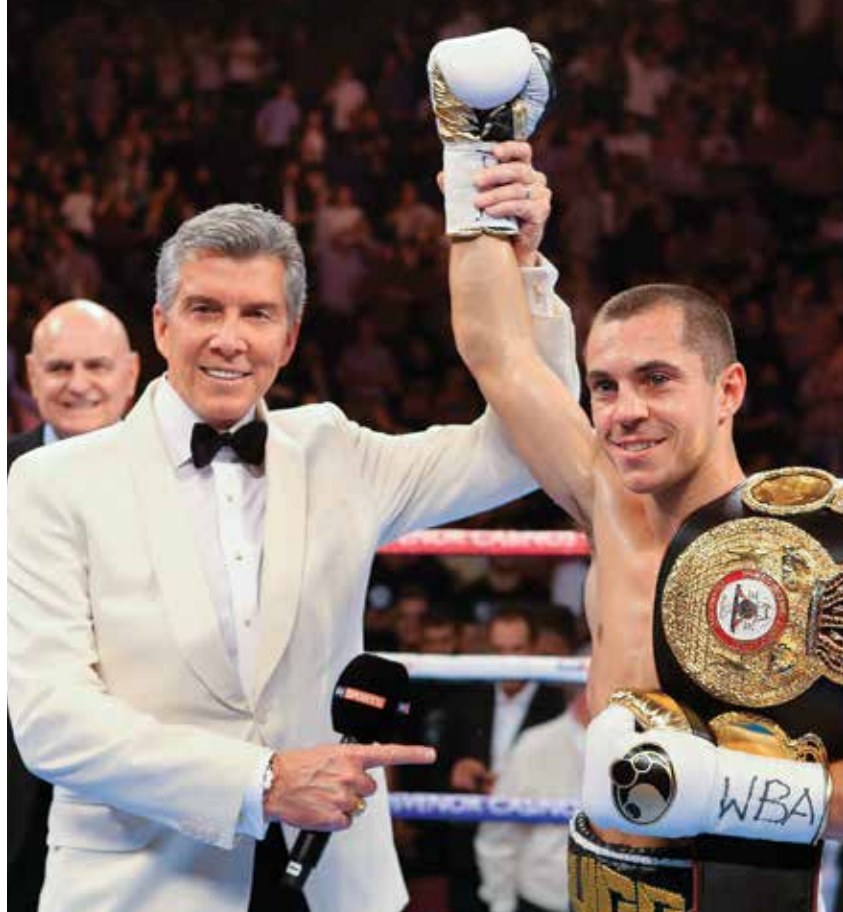
Michael Buffer called his first fight in 1983 at Madison Square Garden in New York City when Roberto Duran beat Davey Moore, the light middleweight champion. Since then he has drawn energy from, and given energy back, to the crowds.

"I have always been a fan of not just the sport but of the crowd reaction," says Buffer, who even enjoys repeatedly replaying recorded football highlights, "just to listen to the crowd. I love the shots where you get a little view of the fans rising out of their seats. I just love that atmosphere."

Throughout his career, Buffer has worked independently without longterm contracts. In 2018, he signed a two-year deal to be the main event ring announcer with video streaming service DAZN, dedicated to live and on-demand sporting events. Even with the end of his career in sight, Buffer can still get a crowd fired up. "I think the key to my success is that I am a fan and I enjoy what I do. I don't think that's a secret, it's just a key."

*Right: Scott Quigg claims the 2015 WBA World Super Bantamweight Championship.*

*Below: Half-brothers Michael and Bruce Buffer pose for the camera.*



## FAMILY CONNECTION

Michael Buffer met his half-brother, Ultimate Fighting Championship (UFC) announcer Bruce Buffer in 1989 after their birth father contacted Michael upon seeing him on television. The brothers quickly connected. "We've got two completely

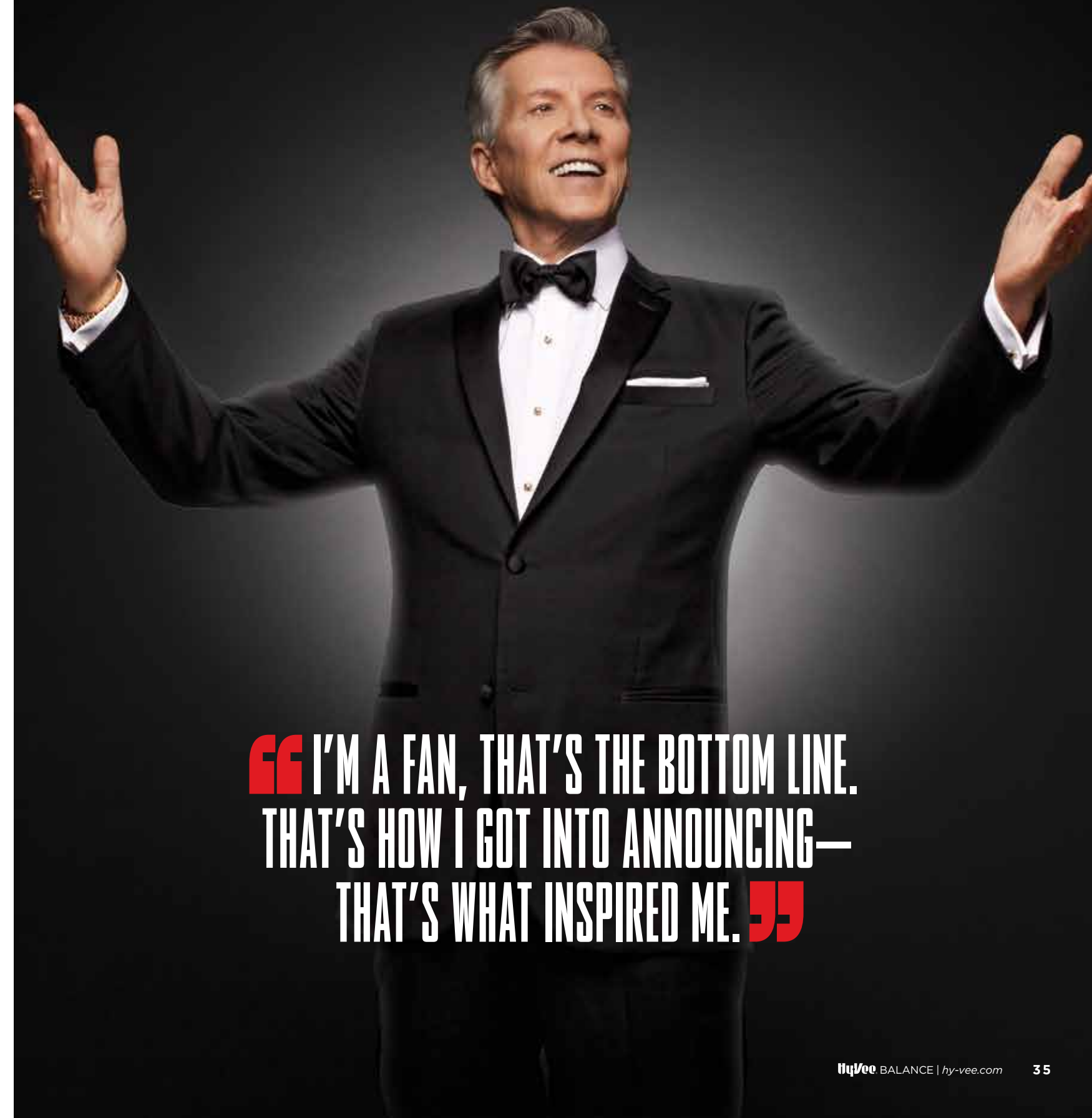
different personalities, lifestyles and childhoods. We were just a couple of grown men that hit it off," he says. "I made a deal with Bruce and asked him to field business deals as my agent... It worked out pretty well."

## HY-VEE'S BEEF IS THE BEST!

MICHAEL BUFFER TEAMED UP WITH HY-VEE TO PROMOTE ITS UNSTOPPABLE BEEF—OFFERED IN THREE USDA-AWARDED SELECTIONS—PRIME, CHOICE AND ANGUS. FOR MORE INFORMATION ON HY-VEE'S SELECTION OF TOP-QUALITY BEEF, CHECK WITH AN ASSOCIATE IN THE MEAT DEPARTMENT AT YOUR LOCAL STORE. (CHECK OUT THE SCREENGRAB FROM THE COMMERCIAL, BELOW.)



PHOTOS: Dave Thompson/Getty Images (above); Michael Bezjian/Getty Images (Bruce Buffer)



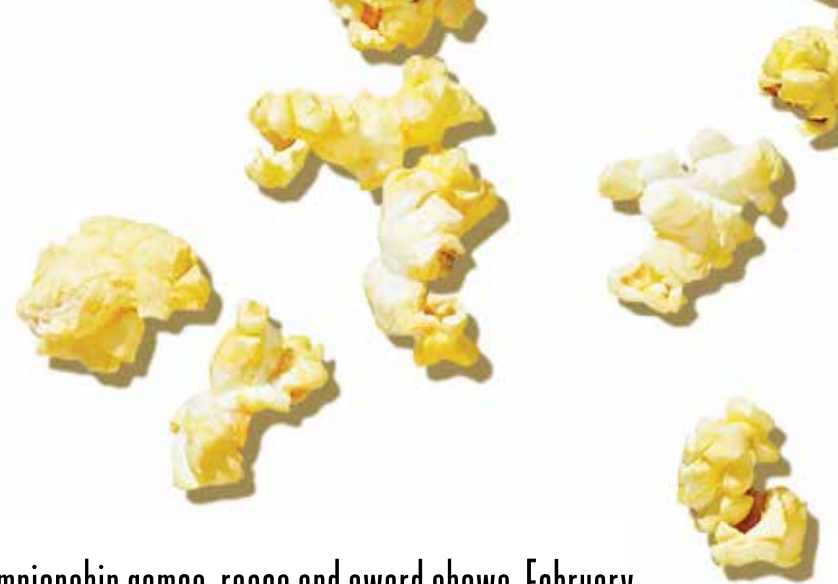
“I’M A FAN, THAT’S THE BOTTOM LINE. THAT’S HOW I GOT INTO ANNOUNCING— THAT’S WHAT INSPIRED ME.”





# BASICS

WORDS Hilary Braaksma PHOTOS Tobin Bennett



Between championship games, races and award shows, February is the perfect time to host a watch party. What's a watch party? As far as parties go, this one's pretty simple. Gather your guests, provide the food, drinks and comfortable seating and let the TV do the entertaining. Your local Hy-Vee makes it even easier with a wide selection of food trays, drinks and fun decorations. What better way to wind down during the winter season?

## LET'S PARTY

If getting your loved ones together isn't enough motivation to host a party, consider the health benefits. A study from the University of Southern California found that socializing leads to better health, a

stronger immune system and improved mood. Does the stress of party planning seem overwhelming? A study from Harvard suggests that some stress can be positive. Socializing, as a result of hosting a party may offer the same cardiovascular benefits as exercise and increase levels of the bonding hormone, oxytocin.

Hosting is good for your health. A study from the American Academy of Neurology found that people who socialize often are

**55%**  
LESS LIKELY  
TO DEVELOP  
DEMENTIA

## PARTY BASICS

**READY TO PLAN? DECIDE ON THE FOLLOWING, THEN READ ON TO GET STARTED:**

### CHOOSE WHAT TO WATCH

The type of show—sports event, awards ceremony, popular movie or TV series—drives your guest list, food and decor choices.

### SET THE MOOD

Make the event special and host like a pro. From how to prep, decorate and treat guests right— we've got you covered, *page 39*.

### PICK FOOD AND DRINKS

Check out Hy-Vee's diverse offerings—buckets of wings, trays, pizza and more. Or, make our quick-and-easy snacks and amazing drink recipes, *page 40-41*.



# WATCH

## WHAT TO

**CHOOSE CROWD-WORTHY SHOWS—LIVE, ON-DEMAND OR RENTALS—FOR GREAT WATCH PARTY FUN!**

**FEBRUARY 2019**

A FEW WATCH-PARTY-WORTHY EVENTS HAPPENING THIS MONTH

### 1. SUPER BOWL LIII

CBS  
The 53rd Super Bowl in Atlanta, airing **Feb. 3**, determines the new NFL champion and offers an impressive halftime show.

### 2. GRAMMYS

CBS  
The 61st annual Grammy Awards ceremony **Feb. 10** is a star-studded event honoring the hottest musical acts with jaw-dropping live performances.

### 3. DAYTONA 500

FOX  
Tune in **Feb. 17** for a showcase of speed and skill at the 61st running of this NASCAR Cup Series race.

### 4. ACADEMY AWARDS

ABC  
Watch filmmakers and actors receive awards for the best cinematic achievements, **Feb. 24**.

Not available for a live event? Don't let that stop you from hosting a watch party. Set your party up to watch your favorite streaming series, a new movie release or a classic film you can't get enough of. There are advantages to hosting a streamable or video watch party. The timing is more flexible—no need to plan around live air times. Party themes practically choose themselves—just pick food and decor that match the mood of the movie or pull from the best scenes of your favorite binge-worthy show. Just make sure the selection is something your guests love, too!

## SOIREE STREAMING

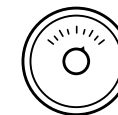
**CHECK YOUR LOCAL HY-VEE FOR A REDBOX KIOSK. CHOOSE NEW RELEASES, OLD CLASSICS AND EVEN VIDEO GAMES FOR YOUR WATCH PARTY.**

## SWAG BAG

Show further appreciation for your guests by sending them home with party favors that reflect the theme of your watch party. There's no need to break the bank with these items, as even the simplest gifts can make a difference when thoughtfully considered. Find gift bags, wrapping paper, baskets or containers at Hy-Vee, along with a variety of local sports memorabilia, packaged snacks and other watch-party-appropriate gift items.

## DON'T FORGET!

**MAKE THESE SMALL ADJUSTMENTS TO FIELD A BETTER EXPERIENCE FOR GUESTS.**



### TURN DOWN THE HEAT

Many guests in a confined space ramps up the room temperature. Ahead of the party, turn the heat down a few degrees, especially if you've had the oven on to prep food.



### KNOW THE NUMBER

Add an RSVP date to your invitations, and double-check the head count a few days before the party to avoid too little (or too much) food and drink.



### MAKE THEM COMFY

Stock the bathroom with fresh towels and designate a spot for coats, shoes and purses. Place food and drinks where guests can easily help themselves.



### SET THE TIME

On the invitation, include arrival and event start times. This will allow time for guests to settle in and reduce the amount of pause breaks during live events.



### TEAM CLEAN

Encourage guests to use halftime or commercial breaks as an opportunity to eliminate excess trash from the room. Set a clear space—not blocking the TV—to discard trash.

**AVOID CARPET OR FURNITURE STAINS BY BEING CAREFUL WITH YOUR FOOD CHOICES. SELECT FOODS WITH LESS GREASE OR SAUCE, LIKE POPCORN AND CHEESE-AND-MEAT TRAYS, TO SAVE ON MORE THAN JUST CALORIES.**

## DECOR WITH MORE

Decorating sets the mood—guests get excited as soon as they walk in the door when the room environment matches the event theme. And they'll leave with a memorable experience.

**For an awards watch party, go all out with silver and gold hanging spirals or balloons, beautiful bouquets from Hy-Vee Floral, and celebratory champagne and champagne flutes from Hy-Vee Wine & Spirits.**

Bright colors match the energy and excitement of a major sporting event like NASCAR or the Super Bowl. Find team-branded decorations and colorful napkins, flatware and paper products at Hy-Vee. And check out the Hy-Vee Floral Department for a selection of delicious and stylish edible centerpieces, balloons and floral arrangements in your team's colors.





**GUINNESS MILKSHAKE**  
Combine 2 (1-pt.) containers light vanilla bean ice cream, 1 chilled (11.2-oz.) bottle Guinness draught beer and 2 oz. Baileys Original Irish cream in a blender. Cover and blend until combined. Pour into glasses and garnish with shaved chocolate, if desired. Serves 2 (16 oz. each).



**BLACKBERRY-ORANGE OLD FASHIONED**  
Combine ½ oz. simple syrup, 4 blackberries, 2 dashes orange bitters and 1½ oz. bourbon in a cocktail shaker; muddle until combined. Add ½ cup crushed ice; cover and shake until combined. Strain mixture into a 10-oz. ice-filled glass. Top with ½ cup Hy-Vee club soda. Garnish with orange slice, if desired. Serves 1.

**CRANBERRY-POMEGRANATE CHAMPAGNE SPRITZER**  
Combine ½ oz. pomegranate juice and ½ oz. cranberry juice in a champagne flute. Pour in 4 oz. champagne. Garnish with pomegranate seeds, if desired. Serves 1.



## CHEERS!

Treat guests to a selection of beverages from Hy-Vee Wine & Spirits. Find everything you need—local IPAs, domestic bottles, gluten-free beers, low-calorie seltzers and plenty of wine and liquor options to suit everyone's taste.



## PARTY FOOD MADE EASY

Classic TV-friendly foods like popcorn and candy are a given at a watch party, but what about the rest? Save yourself time and stress, and leave the appetizer and finger-food prep to the catering experts at Hy-Vee. Visit the store or go online to choose from a wide selection of meat and cheese trays, fruit and

veggie trays, wings, sandwiches, subs (including 3-foot and 6-foot), seafood trays, sushi platters, desserts including cupcakes, brownies and cookies, and much more. Order ahead for pick-up later. Visit your local Hy-Vee Catering Department, or go to [hy-vee.com](http://hy-vee.com) and make your selections.

\* ALLOW TWO OR MORE DAYS BEFORE THE PARTY TO ORDER HY-VEE CATERING. ORDER IN STORE, BY PHONE OR ONLINE AT [HY-VEE.COM](http://HY-VEE.COM) TO ALLOW PLENTY OF TIME FOR PREPARATION AND PICK-UP.

## AWESOME APPS FROM HY-VEE



**Fiesta Platter**  
Southwest-inspired tray of layered refried beans, sour cream, ripe olives, fresh tomatoes, green onions and grated Di Lusso Monterey Jack and Cheddar cheeses.



**Sparkling Berry Tray**  
Hand-selected succulent fresh strawberries, raspberries, blueberries and blackberries elegantly displayed and topped with coarse sugar.



**Signature Terrific Trio Platter**  
Di Lusso oven-roasted chicken, turkey, Muenster, smoked Gouda, sharp Cheddar and Havarti cheeses served with Hellman's spread.



**Calabrese Salami, Prosciutto & Crespone Board**  
Calabrese salami, prosciutto, crespone, roasted garlic-onion jam, Swiss cheese, mustard, dried cherries and cornichons on a cedar plank.



**Tailgate Bucket**  
1.5 lb. crispy Colossal Wings plus 1.5 lb. savory JoJo Fries.

## CATERING

Thinking about providing dinner and a show? Order these customized meal ideas and more from Hy-Vee Catering.

### Pizza Bar

Choice of three pizza varieties, oven-fresh breadsticks and Caesar salad.

### Hickory House Meal

Choice of one, two or three entrées; each with three side dishes and a corn muffin.

**DON'T FORGET DESSERT! CHECK OUT HY-VEE'S SELECTION OF GOURMET CUPCAKES, DONUTS, COOKIE TRAYS, CHEESECAKE & MORE.**



# LOVE

**CELEBRATE**  
VALENTINE'S  
DAY BY  
PREPARING A  
SPECIAL **MEAL FOR**  
**TWO**. THESE DISHES  
ARE A BALANCE  
OF **SCRUMPTIOUS**  
**FLAVORS AND SIMPLE**  
**TECHNIQUES**.  
SURPRISE SOMEONE  
YOU LOVE OR BOND  
OVER COOKING  
TOGETHER.

WORDS Hilary Braaksma PHOTOS Greg Scheidemann

## MAIN DISH

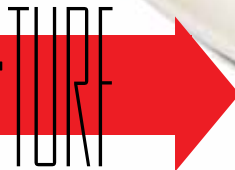


### add a little love

Which wine to serve with Surf 'n' Turf? The "surf" (shrimp) pairs well with the fruity, light flavor of white wine, while "turf" (steak) goes best with the deep, rich notes of red. Choose your favorite—or one of each—from your local Hy-Vee Wine & Spirits.

**30**  
minutes  
or less

**SURF  
AND**



**Prep** 10 minutes  
**Cook** 20 minutes  
**Serves** 2

**2 (6-oz.) beef sirloin steaks,**  
about 1 in. thick  
**¼ tsp. kosher salt**  
**¼ tsp. Hy-Vee black pepper**  
**2 Tbsp. Gustare Vita olive oil, divided**  
**2 Tbsp. Hy-Vee unsalted butter, divided**  
**2 sprigs fresh thyme**  
**8 oz. raw Gulf shrimp**  
**2 cloves garlic, minced**  
**1 Tbsp. chopped fresh parsley**  
**1 tsp. Hy-Vee crushed red pepper**

**¼ cup sliced baby bella mushrooms**  
**¼ cup fresh oyster mushrooms,**  
chopped  
**2 Tbsp. dry white wine,**  
such as Chardonnay  
**1 tsp. chopped fresh tarragon,**  
plus additional for garnish

**1. PREHEAT** oven to 400°F. Line a large rimmed baking pan with foil; set aside. Pat steaks dry; sprinkle with salt and black pepper.

**2. HEAT** 1 Tbsp. oil in a large nonstick skillet over medium-high heat. Sear steaks on both sides for 4 minutes,

turning once halfway through. Add 1 Tbsp. butter and thyme sprigs to skillet. Melt butter and baste steaks.

**3. REMOVE** steaks from the skillet and place on prepared baking sheet. Bake for 5 minutes or until internal temperature reaches 145°F for medium-rare doneness.

**4. PEEL** and devein shrimp. Heat same nonstick skillet over medium-high heat. Add remaining 1 Tbsp. oil, remaining 1 Tbsp. butter and garlic to skillet. Cook until fragrant. Add shrimp. Cook and stir for 4 minutes or until shrimp turn

opaque. Add parsley, red pepper; toss to coat shrimp. Using a slotted spoon, remove shrimp from skillet; keep warm.

**5. ADD** mushrooms to skillet. Cook for 3 minutes or until tender. Add wine to skillet, stirring to scrape up any brown bits. Cook for 1 minute more. Stir in tarragon. Serve mushroom sauce on steak with shrimp.

**Per serving:** 680 calories, 47 g fat, 18 g saturated fat, 0 g trans fat, 340 mg cholesterol, 670 mg sodium, 3 g carbohydrates, 1 g fiber, 1 g sugar (0 g added sugar), 59 g protein. Daily values: Vitamin D 0%, Calcium 10%, Iron 20%, Potassium 15%



APPETIZER

FRESH TOMATO BRUSCHETTA

Prep 12 minutes  
Bake 8 minutes  
Serves 2 (2 crostini each)

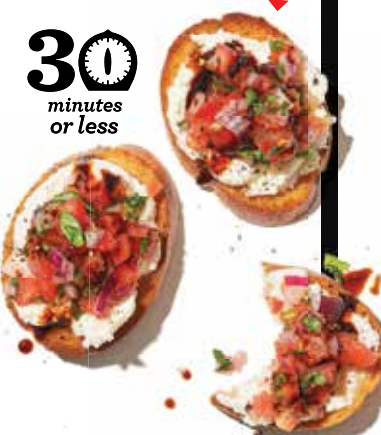
4 (½-in.-thick) slices Hy-Vee Bakery French baguette bread  
1 Tbsp. Gustare Vita garlic-flavored olive oil  
¼ cup chopped Roma tomatoes  
2 Tbsp. Hy-Vee Short Cuts chopped red onions  
1 Tbsp. chopped fresh basil  
1 clove garlic, minced  
½ tsp. kosher salt  
½ tsp. Hy-Vee black pepper  
2 Tbsp. Hy-Vee whole milk ricotta cheese  
Gustare Vita balsamic glaze, for garnish

1. **PREHEAT** oven to 400°F. Line a baking sheet with foil; set aside. Brush baguette slices with oil and place on prepared baking sheet. Bake for 8 minutes or until crisp and light golden. Cool on baking sheet on a wire rack for 5 minutes.

2. **COMBINE** tomatoes, onions, basil, garlic, salt and pepper in a medium bowl. Spread ricotta cheese on toasts and top with tomato mixture. Serve immediately. Garnish with balsamic glaze, if desired.

Per serving: 230 calories, 10 g fat, 2.5 g saturated fat, 0 g trans fat, 10 mg cholesterol, 420 mg sodium, 31 g carbohydrates, 0 g fiber, 2 g sugar (0 g added sugar), 7 g protein. Daily values: Vitamin D 0%, Calcium 4%, Iron 10%, Potassium 2%

30 minutes or less



Roma tomatoes are firm and less moist than other varieties, making them best for chopping and topping off bruschetta.

Prep 5 minutes | Cook 15 minutes  
Serves 2

8 oz. green beans, trimmed  
2 Tbsp. grated Parmesan cheese, plus additional for garnish  
1 Tbsp. chopped fresh parsley  
1 Tbsp. pine nuts, toasted  
1 Tbsp. Gustare Vita olive oil  
1 clove garlic, minced  
½ tsp. lemon zest  
Kosher salt and Hy-Vee black pepper, to taste

SIDE DISH



add a little love

“Gremolata” sounds fancy, but it’s a simple blend of fresh parsley, lemon and garlic that adds a bright finishing touch.

30 minutes or less

GREEN BEAN GREMOLATA

1. **BRING** a large saucepan of water to boiling. Add green beans and boil for 5 to 10 minutes or until crisp-tender. Remove beans; drain and plunge into ice water.

2. **COMBINE** 2 Tbsp. Parmesan cheese, parsley, pine nuts, olive oil, garlic and lemon zest in a medium bowl.

3. **HEAT** a large nonstick skillet over medium-high heat. Add Parmesan mixture; cook and stir until heated through. Add green beans; cook for

3 minutes more or until beans are tender, tossing frequently to coat with the sauce. Remove from the heat and transfer beans to a serving platter. Season to taste with salt and pepper and, if desired, garnish with additional Parmesan cheese.

Per serving: 150 calories, 11 g fat, 2 g saturated fat, 0 g trans fat, 5 mg cholesterol, 100 mg sodium, 10 g carbohydrates, 3 g fiber, 4 g sugar (0 g added sugar), 4 g protein. Daily values: Vitamin D 0%, Calcium 8%, Iron 10%, Potassium 6%



DESSERT

Prep 20 minutes plus standing time  
Bake 25 to 30 minutes plus cooling time  
Refrigerate 1 hour  
Serves 2

1 cup Hy-Vee heavy whipping cream, divided  
4 Tbsp. plus 1 tsp. Hy-Vee granulated sugar, divided  
1 (6- to 7-in.) vanilla bean, halved lengthwise\*  
3 egg yolks  
¼ cup fresh raspberries and/or sliced strawberries  
½ tsp. orange-flavored liqueur, such as Cointreau  
Fresh mint, for garnish

1. **PREHEAT** oven to 300°F. Line inside of an 8×8×2-in. baking dish with a kitchen towel. Place two shallow 6-oz. ramekins on towel in baking dish; set aside.

2. **COMBINE** ½ cup cream and 2 Tbsp. sugar in a small heavy saucepan. Scrape seeds from vanilla bean; add seeds and pod to cream mixture. Heat over medium-low heat just until mixture begins to simmer. Remove from heat; remove vanilla bean pod. Stir in remaining ½ cup cream.

3. **WHISK** egg yolks in a medium bowl. Slowly whisk in cream mixture. Strain custard mixture through a fine-mesh strainer; divide mixture between ramekins.

4. **PLACE** baking dish on oven rack. Add enough hot water to towel-lined dish to reach halfway up sides of ramekins. Bake for 25 to 30 minutes or until centers of custards are just set. Remove ramekins from water; cool on a wire rack for 1 hour. Cover and refrigerate at least 1 hour or up to overnight.

5. **TOSS** berries with 1 tsp. sugar and liqueur in a small bowl; let stand for 30 minutes. Ten minutes before serving, use remaining 2 Tbsp. sugar to sprinkle 1 Tbsp. on each custard. Caramelize by holding the flame of a kitchen torch just above the sugar and move it around the custard top until the sugar caramelizes; garnish with berry mixture and mint.

\*NOTE: To substitute vanilla extract for the vanilla bean, stir in 1 tsp. Hy-Vee vanilla extract into the strained custard mixture.

Per serving: 630 calories, 50 g fat, 30 g saturated fat, 1.5 g trans fat, 410 mg cholesterol, 45 mg sodium, 34 g carbohydrates, 1 g fiber, 32 g sugar (28 g added sugar), 8 g protein. Daily values: Vitamin D 15%, Calcium 8%, Iron 6%, Potassium 4%



FRESH BERRY CRÈME BRÛLÉE

Torching the top sugary layer of crème brûlée with a kitchen torch is essential to creating the caramelized flavor and identifying texture. Wait until just before serving to apply the torch—this dessert should be served within 10 minutes of caramelizing.



# HAPPY VALENTINE'S DAY



Dove:  
select varieties  
7.94 to 8.87 oz.  
\$3.79

M&M's:  
select varieties  
9.5 to 11.4 oz.  
\$2.98



FIND THESE FINE GHIRARDELLI PRODUCTS AND MORE



Ghirardelli Stand Up Bag Candy:  
select varieties  
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Ghirardelli Hot Cocoa:  
8 ct. \$3.99



Ghirardelli Candy Making Wafers:  
select varieties  
10 oz. \$4.49

## DOUBLE CHOCOLATE CEREAL BARS

### INGREDIENTS :

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

### DIRECTIONS :

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

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



# THE BENEFITS OF GREEK YOGURT

A VERSATILE SWAP-OUT FOR RICH INGREDIENTS, GREEK YOGURT BOOSTS NUTRITION IN EGG SALAD, MAC AND CHEESE, DESSERTS AND MUCH MORE.

WORDS Kristi Chew PHOTOS Greg Scheidemann and Tobin Bennett

Greek-style yogurt, like regular yogurt, has roots tens of thousands of years ago in the Mediterranean and the Middle East. The exact origin is unknown, though it's claimed to have been discovered accidentally in Mesopotamia around 5000 BC. Mixed with honey, yogurt has been called "the food of the gods," and some people claim it's a reason for increased longevity.

Yogurt is made from heated and cooled milk fermented with live bacteria cultures, which are good for gut health. Greek yogurt is made by straining regular yogurt to remove liquid whey and lactose, resulting in a thickened yogurt. This process concentrates protein, so along with its abundance of calcium, phosphorus and riboflavin, and the probiotics from live cultures, Greek yogurt is a nutritional bonanza.

"Greek yogurt is the **original superfood**," says Peter McGuinness, chief commercial and marketing officer for Chobani, which makes Greek yogurt from locally sourced milk at plants in upstate New York and Twin Falls, Idaho.

Other companies make and distribute Greek yogurt in the U.S. However, McGuinness credits Chobani for driving a greater acceptance of it.

When company founder Hamdi Ulukaya arrived in the U.S. from Turkey in 1994 and later purchased a shuttered yogurt facility, McGuinness says, most Americans found Greek yogurt to be too tart. Sales were about 1 percent of the yogurt market. Chobani created authentically strained yogurt—using three cups of milk for every one cup of yogurt—sweetened and flavored to appeal to the American palate.

Greek yogurt "is still the biggest food trend in America," says McGuinness. By 2017 it captured 37 percent of U.S. yogurt sales. Greek yogurt is a popular ready-to-eat food often packaged with fruit or jam. It's also used plain or flavored as a versatile ingredient for healthier desserts, salads and other recipes. Swap it for ice cream, mayonnaise, crème fraîche or sour cream.

## GREEK YOGURT NUTRITION:

- NEARLY DOUBLE THE PROTEIN OF REGULAR YOGURT
- ROUGHLY HALF THE CARBS OF REGULAR YOGURT (ADDED SWEETENERS WILL ADD TO CARBS)
- UNLESS IT'S A NONFAT VARIETY, IS SIGNIFICANTLY HIGHER IN SATURATED FAT THAN REGULAR YOGURT

Sources: [mayoclinic.org/prebiotics-probiotics-and-your-health/art-20390058](http://mayoclinic.org/prebiotics-probiotics-and-your-health/art-20390058)  
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"GREEK YOGURT IS THE ORIGINAL SUPERFOOD."

—PETER MCGUINNESS, CHIEF COMMERCIAL AND MARKETING OFFICER, CHOBANI

## Chobani. YOGURT AT HY-VEE

• **GREEK FROM FRUIT ON THE BOTTOM TO DRINKABLE, TRADITIONAL GREEK YOGURT IN A VARIETY OF WAYS**

• **SNACKS FLIP<sup>®</sup> FLAVORED GREEK YOGURT PLUS SEPARATE MIX-INS, WIDE VARIETY OF FLAVORS**

• **NONGREEK VANILLA OR FRUITS BLENDED INTO CREAMY SMOOTH YOGURT**

• **GIMMIES LOW-FAT GREEK YOGURT SNACKS FOR KIDS; COMES IN REGULAR CONTAINERS, MILKSHAKES, TUBES**

• **NON-DAIRY CULTURED COCONUT PRODUCTS ALL-NATURAL INGREDIENTS, NO ARTIFICIAL FLAVORS; SINGLE-SERVE CUPS AND DRINKS**



# LIGHTEN UP

## WITH GREEK YOGURT SWAP-OUTS

Its rich texture makes Greek yogurt a super swap for mayo or sour cream in dips and dressings. Use as a thickener in creamy soups, or as a base to replace cream in frozen desserts. You can even use Greek yogurt in place of oil in some cake mixes. Try these ideas—find the recipes on [hy-vee.com/recipes-ideas](http://hy-vee.com/recipes-ideas).



### FROZEN FUDGY POPS

Place 1 cup Hy-Vee semisweet chocolate chips in a medium bowl; set aside. Bring 1 cup Hy-Vee 2% reduced-fat milk to a simmer; pour over chocolate chips. Whisk until chocolate is melted. Stir in 1½ cups Chobani vanilla Greek yogurt. Spoon mixture into 10 (3-oz.) molds. Insert a craft stick into each pop and freeze for 4 to 6 hours or until firm. To unmold pops, dip the molds into warm (not hot) water until the pops loosen. Makes 10.

### TART CHERRY SORBET

Place 2 cups Hy-Vee frozen unsweetened tart cherries, 1 frozen cut-up banana, 1 cup Chobani vanilla Greek yogurt and ¼ cup pomegranate juice in a blender. Cover and blend until smooth, scraping down sides as needed. Pour mixture into an 8×4-in. loaf pan. Repeat process of blending the same amount of ingredients; add to mixture in loaf pan. Cover and freeze at least 4 hours. Let stand for 30 minutes before scooping. Serves 6.



### GREEK YOGURT EGG SALAD

Finely chop 6 hard-boiled eggs, reserving 2 yolks. Mash reserved yolks in a medium bowl. Stir in ¼ cup Chobani plain Greek yogurt, 2 Tbsp. finely chopped green onion, 1 tsp. Hy-Vee yellow mustard and ¼ tsp. Hy-Vee salt. Gently stir remaining hard-boiled eggs into yogurt mixture. Fill halved and seeded mini bell peppers with salad. Season to taste with Hy-Vee white or black pepper. Garnish with dill, if desired. Serves 10 (2 Tbsp. each).

### HOMEMADE RANCH DRESSING

Whisk together ½ cup Chobani plain Greek yogurt, 1 Tbsp. Hy-Vee 2% reduced-fat milk, 1 Tbsp. Gustare Vita olive oil, 1 Tbsp. fresh lemon juice, 1 Tbsp. chopped fresh parsley, 1 minced garlic clove and ½ tsp. That's Smart! onion powder in a small bowl. Makes ¾ cup or serves 6 (2 Tbsp. each).



### GREEK YOGURT CUPCAKES

Prepare 1 (16.5-oz.) pkg. Hy-Vee confetti deluxe cake mix according to package directions for cupcakes, using 1 cup water, 3 large egg whites and ¼ cup Chobani plain nonfat Greek yogurt. Bake for 15 to 20 minutes. Cool cupcakes on a wire rack. Combine 1 (8-oz.) container Hy-Vee frozen whipped topping, thawed, and 1 cup Chobani vanilla Greek yogurt; spread on top of cupcakes. Garnish with decorating sprinkles, if desired. Store in a covered container in the refrigerator. Makes 24.



### MANGO-PINEAPPLE SMOOTHIES

Place 2 cups Hy-Vee frozen unsweetened mango chunks, 1 cup Hy-Vee frozen unsweetened pineapple chunks, ¾ cup mango nectar, ¾ cup Hy-Vee HealthMarket coconut water and ½ cup Chobani vanilla Greek yogurt in a blender. Cover and blend until smooth. Pour into 2 (16-oz.) glasses. Garnish with additional chopped frozen mango and Hy-Vee sweetened flaked coconut, if desired. Serves 2.



### GREEK COMPOUND BUTTER

Combine ¾ cup Hy-Vee unsalted butter, softened; ¼ cup Chobani plain nonfat Greek yogurt; 2 cloves garlic, minced; 1 Tbsp. chopped fresh parsley; 1 Tbsp. chopped fresh rosemary and 1 Tbsp. chopped fresh thyme in a medium mixing bowl. Beat with an electric mixer on medium for 1 to 2 minutes or until light and fluffy. Transfer to a flat surface lined with plastic wrap; shape butter mixture into a log. Wrap tightly. Refrigerate at least 2 hours or until firm. Cut into slices to serve. Serves 12 (1 Tbsp. each).

### MEXICAN MARINATED CHICKEN

Cut 1 lb. Hy-Vee boneless, skinless chicken breasts into 1-in. pieces; place in a large resealable plastic bag. Combine 1 cup Chobani plain nonfat Greek yogurt, ¼ cup fresh lime juice, 4 tsp. Hy-Vee chili powder, 1½ tsp. minced garlic, 1 tsp. Hy-Vee ground cumin, ½ tsp. Hy-Vee dried oregano leaves and ¼ tsp. Hy-Vee salt in a small bowl. Pour over chicken; seal bag and marinate in the refrigerator for 30 minutes.

Spray a grill rack with Hy-Vee nonstick cooking spray. Preheat charcoal or gas grill for direct cooking over medium-high heat. Drain chicken; discard marinade. Thread chicken and, if desired, assorted cut-up fresh vegetables onto metal skewers. Grill for 8 to 10 minutes or until chicken is done (165°F). Serves 4.



ONE CUP OF REGULAR VANILLA ICE CREAM HAS 15 GRAMS OF FAT COMPARED TO ONE-FOURTH CUP OF REGULAR MAYONNAISE HAS 20 GRAMS OF FAT COMPARED TO

0 GRAMS OF FAT IN ONE CUP OF CHOBANI GREEK NONFAT VANILLA YOGURT. 1 GRAM IN ONE-FOURTH CUP OF CHOBANI LOW-FAT PLAIN GREEK YOGURT.



## CHICKEN-YOGURT

# MAC 'N' CHEESE

**Prep** 10 minutes  
**Cook** 20 minutes  
**Serves** 6

**1 (8-oz.) Hy-Vee True boneless, skinless chicken breast**  
**¼ tsp. That's Smart! onion powder**  
**¼ tsp. Hy-Vee garlic powder**  
**Hy-Vee salt and black pepper**  
**1 Tbsp. Gustare Vita olive oil**  
**2 cups Hy-Vee large shell macaroni**  
**½ cup Chobani plain nonfat Greek yogurt**  
**1 Tbsp. Hy-Vee all-purpose flour**  
**¾ cup shredded Hy-Vee sharp Cheddar, plus additional for garnish**  
**¼ cup grated Pecorino-Romano**  
**2 cups lightly packed fresh baby spinach**

**1. PAT** chicken dry with paper towels. Season with onion and garlic powders, salt and pepper.

**2. HEAT** oil in a medium nonstick skillet over medium-high heat. Add chicken; cook for 15 minutes or done (165°F), turning halfway through. Transfer to a cutting board; let rest for 5 minutes. Cut into cubes.

**3. COOK** macaroni according to package directions. Drain, reserving ¼ cup pasta water; set aside. Wipe out saucepan.

**4. WHISK** together yogurt and flour in same saucepan. Heat over medium-low heat. Stir in ¾ cup cheddar and the Pecorino-Romano cheese. Reduce heat to low; cook and stir until cheeses are melted. Stir in pasta, spinach and chicken. Cook over low heat until heated through, adding reserved pasta water, if necessary to thin mixture. Garnish with additional Cheddar cheese, if desired.

Per serving: 250 calories, 9 g fat, 4 g saturated fat, 0 g trans fat, 45 mg cholesterol, 190 mg sodium, 23 g carbohydrates, 1 g fiber, 2 g sugar (0 g added sugar), 19 g protein.  
Daily values: Vitamin D 0%, Calcium 15%, Iron 10%, Potassium 4%

### A CREAMY BASE

Nonfat Greek yogurt mixed with cheeses gives this classic comfort food richness without high levels of fat and calories.

**30**  
minutes  
or less

# Chobani® Simmies™

**new!**

**NoTHiNg  
ArTiFiciAl  
ProTeiN Packed**



Chobani Gimmies Crunch:  
select varieties  
4 oz. 10/\$10.00

Chobani Gimmies Tubes or Shakes:  
select varieties  
6 or 10 ct. 2/\$7.00

## ReaL. GoOD. FuN.

**Introducing Gimmies™, a new kids' yogurt from Chobani. Twice the protein\*, nothing artificial, and packed with probiotics.**

\*Than the leading kids' yogurts. Chobani® Gimmies™ Tubes: 4g sugar, 3g protein; leading kids' yogurt tubes: 6g sugar, 1.5g protein per 1.5 oz serving. Chobani® Gimmies™ Milkshakes: 8g sugar, 6g protein; leading kids' drinkable yogurt: 12g sugar, 3g protein per 4 fl oz serving. Chobani® Gimmies™ Crunch: avg. 8g protein; leading kids' yogurt with mix-ins: avg. 4g protein per 4 oz serving.



# GUILT-FREE CHOCOLATE DATE DESSERTS

**DON'T LET YOUR SWEET TOOTH LEAVE YOU FEELING GUILTY. THESE DECADENT DESSERT RECIPES ARE DESIGNED TO LET YOU INDULGE WITHOUT GOING OVERBOARD. EVERYTHING IS MEANT TO BE ENJOYED IN MODERATION—CHOCOLATE, ESPECIALLY.**

WORDS Hilary Braaksma PHOTOS Greg Scheidemann

## DARK CHOCOLATE, NUT & SEED BARS

**Prep** 20 minutes  
**Refrigerate** 4 hours  
**Serves** 16

**1 (12-oz.) pkg. seeded Medjool dates**  
**1 cup almond butter**  
**¼ cup Hy-Vee honey**  
**1 tsp. Hy-Vee vanilla extract**  
**¾ cup almonds, chopped**  
**¾ cup unsalted shelled pistachios, chopped**  
**¼ cup pepitas**  
**¼ cup dry white quinoa**  
**¼ cup Hy-Vee HealthMarket chia seeds**  
**2 cups Hy-Vee dark chocolate chips**  
**1 Tbsp. Hy-Vee vegetable shortening**

**1. LINE** an 8×8×2-in. baking pan with parchment paper, extending paper over edges of pan; set aside.

**2. PLACE** dates, almond butter, honey and vanilla extract in a food processor. Cover and process until smooth.

**3. TRANSFER** date mixture to a large bowl. Fold in almonds, pistachios, pepitas, quinoa and chia seeds. Press into prepared pan.

**4. COMBINE** chocolate chips and shortening in a microwave-safe bowl. Microwave on HIGH at 30-second intervals until melted, stirring each time. Spread chocolate in an even layer over bars.

**5. COVER** and refrigerate 4 hours or until firm. Using the edges of paper, lift uncut bars out of pan. Cut into 16 bars.

**Per serving:** 420 calories, 27 g fat, 9 g saturated fat, 0 g trans fat, 0 mg cholesterol, 35 mg sodium, 45 g carbohydrates, 6 g fiber, 30 g sugar (14 g added sugar), 9 g protein.

**\* ADDING SEEDS AND NUTS TO YOUR DIET CAN LENGTHEN YOUR LIFE, ACCORDING TO RESEARCH FROM HARVARD.**

Source: [health.harvard.edu/nutrition/why-nutritionists-are-crazy-about-nuts](http://health.harvard.edu/nutrition/why-nutritionists-are-crazy-about-nuts)



# CHOCOLATE & STRAWBERRY WHOOPIE PIES

**Prep** 20 minutes  
**Bake** 10 to 15 minutes  
per batch  
**Makes** 12 whoopie pies

**1¼ cups Hy-Vee all-purpose flour**  
**¾ cup Hy-Vee baking cocoa**  
**1 tsp. Hy-Vee baking soda**  
**½ tsp. Hy-Vee salt**  
**½ cup Hy-Vee unsalted butter, softened**  
**¾ cup packed Hy-Vee brown sugar**  
**1 Hy-Vee large egg**  
**1 tsp. Hy-Vee vanilla extract**  
**¾ cup Hy-Vee buttermilk**  
**1 recipe Marshmallow Buttercream, right**  
**1 cup sliced fresh strawberries**

**1. PREHEAT** oven to 350°F. Line cookie sheets with parchment paper; set aside.  
**2. STIR** together flour, cocoa, baking soda and salt in a medium bowl. Set aside.

**3. PLACE** butter in a large mixing bowl. Beat with an electric mixer on medium for 30 seconds. Add brown sugar; beat until combined. Beat in egg and vanilla. Alternately beat in flour

mixture and buttermilk on low until just combined.

**4. SHAPE** dough into 2-in. patties and place 1 in. apart on prepared cookie sheets. Bake for 10 to 15 minutes or until set in the center. Cool completely on cookie sheets.

**5. PREPARE** Marshmallow Buttercream. To assemble whoopie pies, place 5 strawberry slices on bottoms of half of the cookies. Spoon Marshmallow Buttercream on strawberries. Top with remaining cookies, bottom sides down. Store whoopie pies in layers separated by waxed paper in an airtight container in the refrigerator for up to 3 days.

**MARSHMALLOW BUTTERCREAM:** Beat together ½ cup Hy-Vee unsalted butter, 1 (7-oz.) container Hy-Vee marshmallow crème and 1 cup Hy-Vee powdered sugar until light and fluffy.

**Per whoopie pie:** 380 calories, 17 g fat, 10 g saturated fat, 0.5 g trans fat, 55 mg cholesterol, 240 mg sodium, 56 g carbohydrates, 3 g fiber, 37 g sugar (36 g added sugar), 4 g protein. Daily values: Vitamin D 0%, Calcium 4%, Iron 10%, Potassium 4%

★ A LAYER OF FRUIT ADDS FLAVOR, TEXTURE AND HEALTH BENEFITS OF VITAMINS AND FIBER TO KEEP YOU FEELING FULL.



# DOUBLE- CHOCOLATE CHIP BUCKWHEAT COOKIES

**Prep** 10 minutes | **Refrigerate** 1 hour  
**Bake** 10 to 12 minutes per batch  
**Makes** 10 cookies

**¾ cup buckwheat flour**  
**1 tsp. Hy-Vee baking soda**  
**¼ cup Hy-Vee unsalted butter**  
**1 cup Hy-Vee semisweet chocolate chips, divided**  
**½ cup packed Hy-Vee dark brown sugar**  
**1 Hy-Vee large egg**  
**1 tsp. Hy-Vee vanilla extract**  
**1 tsp. sea salt flakes**

**1. PREHEAT** oven to 350°F. Line cookie sheets with parchment paper; set aside.  
**2. COMBINE** buckwheat flour and baking soda in a small bowl; set aside.

**3. PLACE** butter and ½ cup chocolate chips in a microwave-safe bowl. Microwave on HIGH at 30-second intervals until melted, stirring each time. Cool slightly. Whisk in brown sugar, egg and vanilla. Stir in flour mixture and remaining ½ cup chocolate chips. Cover; refrigerate 1 hour.

**4. SHAPE** dough into 2-in. balls. Place balls 2 in. apart on prepared cookie sheets; press slightly. Sprinkle with sea salt flakes. Bake for 10 to 12 minutes or until edges are just set. Cool on cookie sheet for 2 minutes. Transfer to a wire rack and cool.

**Per cookie:** 100 calories, 5 g fat, 3 g saturated fat, 0 g trans fat, 15 mg cholesterol, 190 mg sodium, 14 g carbohydrates, 1 g fiber, 10 g sugar (10 g added sugar), 1 g protein. Daily values: Vitamin D 0%, Calcium 0%, Iron 6%, Potassium 0%





# mousse

## chocolate

### SWEET POTATTO

\* SWEET POTATOES  
ARE A TOP SOURCE  
OF BETA-CAROTENE  
FOR EYE HEALTH.

**Prep** 7 minutes | **Heat** 5 to 7 minutes  
**Refrigerate** 1 hour | **Serves** 4 (½ cup each)

**2 cups Hy-Vee Short Cuts cubed sweet potatoes**  
**½ cup Hy-Vee unsweetened vanilla almond milk**  
**¾ cup Hy-Vee baking cocoa, plus additional  
for garnish**  
**½ cup agave nectar**  
**2 tsp. Hy-Vee vanilla extract**  
**¾ cup Hy-Vee frozen light whipped topping,  
thawed and divided**

**1. PLACE** sweet potatoes in a microwave-safe bowl. Microwave on HIGH for 5 to 7 minutes or until sweet potatoes are very tender.

**2. TRANSFER** sweet potatoes to a food processor or blender. Add almond milk. Cover and process until smooth. Add ¾ cup cocoa, agave nectar and vanilla. Cover and process until smooth. Refrigerate at least 1 hour or until chilled.

**3. TRANSFER** chocolate mixture to a bowl and fold in ½ cup whipped topping. Divide mousse among four dessert dishes. Top each dessert with 1 Tbsp. whipped topping; garnish with additional cocoa, if desired.

**Per serving:** 260 calories, 3.5 g fat, 1.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 60 mg sodium, 56 g carbohydrates, 2 g fiber, 35 g sugar (0 g added sugar), 1 g protein. Daily values: Vitamin D 0%, Calcium 4%, Iron 70%, Potassium 6%

Source: [hsph.harvard.edu/nutritionsource/food-features/sweet-potatoes/](https://hsph.harvard.edu/nutritionsource/food-features/sweet-potatoes/)

# MOLTEN CHOCOLATE CAKES

**Prep** 30 minutes  
**Refrigerate** 2 hours  
**Bake** 15 minutes  
**Stand** 5 minutes | **Serves** 5

**½ cup plus ¼ cup Hy-Vee semisweet chocolate chips, divided**  
**2 Tbsp. Hy-Vee heavy whipping cream**  
**1 Tbsp. plus ¼ cup Hy-Vee salted butter, divided; plus additional for greasing**  
**2 Hy-Vee large eggs**  
**¼ cup Hy-Vee granulated sugar**  
**¼ cup Hy-Vee all-purpose flour, plus additional for dusting**  
**1½ cups Halo Top light vanilla bean ice cream**  
**Hy-Vee baking cocoa, for garnish**

**1. FOR FILLING,** combine ½ cup chocolate chips, whipping cream and 1 Tbsp. butter in a small saucepan. Stir and melt over low heat until chocolate is melted and mixture is smooth. Cool and refrigerate for 2 hours.

**2. PREHEAT** oven to 375°F. Combine remaining ¼ cup chocolate chips and remaining ¼ cup butter in a saucepan. Stir until chocolate is melted and mixture is smooth. Set aside.

**3. BUTTER** and lightly flour five 4-oz. ramekins; set aside. Beat eggs and sugar with an electric mixer on medium for 5 minutes. Beat in flour and chocolate-butter mixture. Spoon 1 in. of batter in each ramekin.

**4. DIVIDE** chilled filling into five portions; roll into balls. Place a ball in center of batter in each ramekin. Divide remaining batter among ramekins to cover filling.

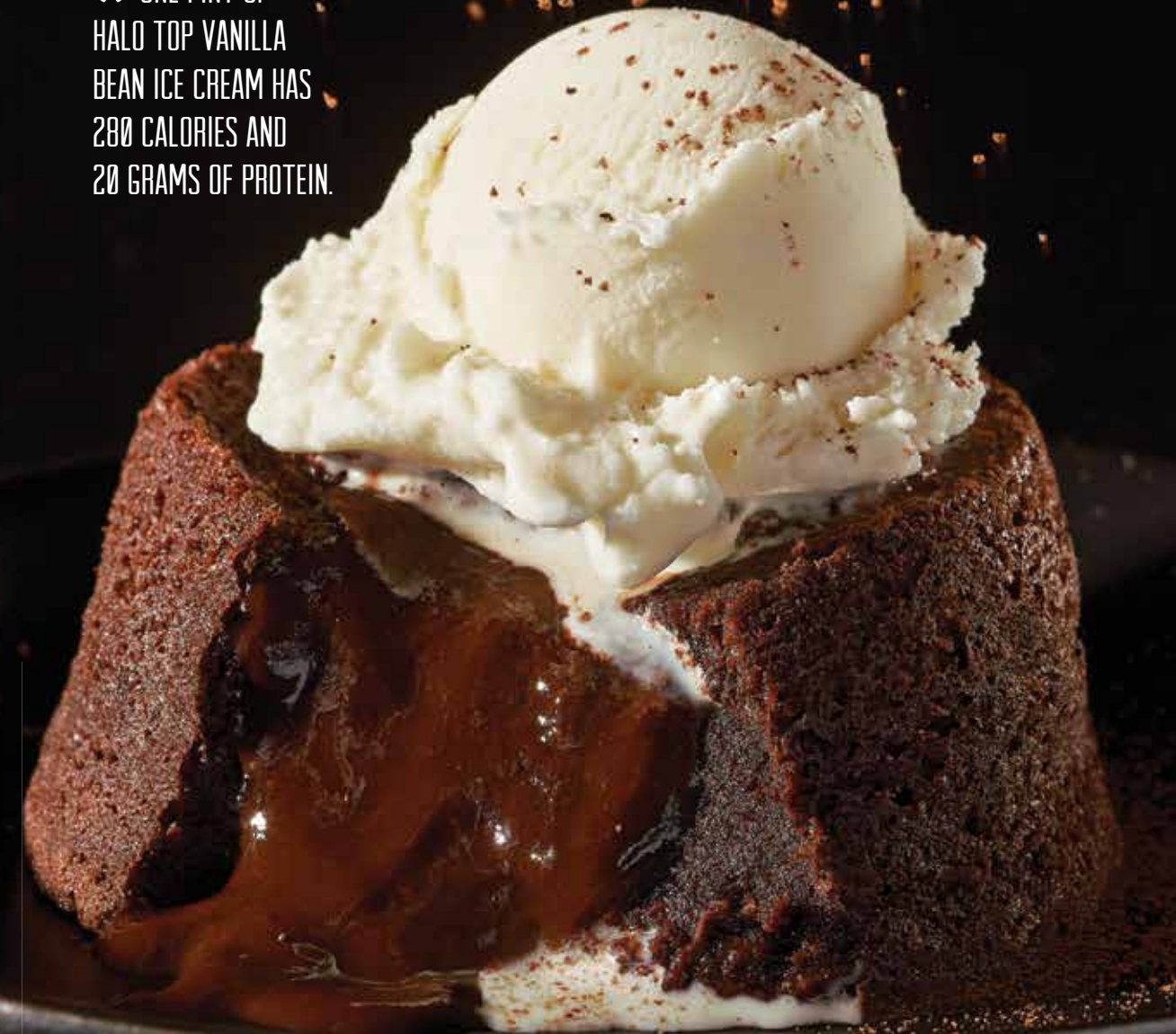
**5. BAKE** for 12 to 15 minutes. Remove from oven and let stand for 5 minutes. Using a knife, loosen cakes from sides of ramekins. Invert onto dessert plates. Serve immediately topped with ice cream. Garnish with cocoa, if desired.

**To make ahead:** Prep through Step 4. Refrigerate up to 4 hours. Let stand at room temperature for 30 minutes before baking.

**Per serving:** 400 calories, 24 g fat, 15 g saturated fat, 0.5 g trans fat, 145 mg cholesterol, 125 mg sodium, 43 g carbohydrates, 2 g fiber, 30 g sugar (25 g added sugar), 8 g protein. Daily values: Vitamin D 0%, Calcium 8%, Iron 10%, Potassium 4%

Source: [halotop.com/flavors/](https://halotop.com/flavors/)

\* ONE PINT OF  
HALO TOP VANILLA  
BEAN ICE CREAM HAS  
280 CALORIES AND  
20 GRAMS OF PROTEIN.







# pucker

MOST CITRUS IS IN SEASON FROM LATE FALL TO EARLY SPRING. NOW IS THE TIME TO STOCK UP AND ADD ZEST TO MEALS WITH LEMONS, LIMES, ORANGES, MANDARINS AND GRAPEFRUIT. CITRUS DOES MORE THAN ADD BRIGHT, CRISP FLAVOR—IT'S ALSO LOADED WITH HEALTH BENEFITS. EATING CITRUS CAN BOOST YOUR IMMUNE SYSTEM, SUPPORT CARTILAGE AND JOINTS, HELP WOUNDS HEAL, MAINTAIN BONES, SKIN AND TEETH, PROTECT AGAINST HEART DISEASE AND DELAY SIGNS OF AGING.

**SWEET + SOUR =**  Take a bite out of these fresh citrus recipes.

WORDS Hilary Braaksma PHOTOS Greg Scheidemann and Tobin Bennett



# Asian LIME chicken wings

**Prep** 10 minutes

**Bake** 30 minutes

**Serves** 8

**½ cup Hy-Vee plain Greek yogurt**

**¼ cup Hy-Vee mayonnaise**

**½ tsp. plus 2 Tbsp. grated lime zest, divided**

**1 Tbsp. plus ⅓ cup fresh lime juice, divided**

**2 tsp. chopped fresh cilantro, plus additional leaves for garnish**

**Hy-Vee salt, to taste**

**Hy-Vee nonstick cooking spray**

**2 lb. chicken wingettes and drumettes (about 20 pieces)**

**1 Tbsp. Hy-Vee canola oil**

**½ tsp. Hy-Vee garlic salt**

**¼ tsp. Hy-Vee black pepper**

**½ cup hoisin sauce**

**⅓ cup Hy-Vee honey**

**1 tsp. grated fresh ginger**

**Lime wedges, for garnish**

**1. PREHEAT** oven to 400°F. Combine yogurt, mayonnaise, ½ tsp. lime zest, 1 Tbsp. lime juice and 2 tsp. cilantro in a small bowl; season with salt. Cover and refrigerate until serving.

**2. LINE** a large rimmed baking pan with foil; spray with nonstick spray. Pat chicken dry with paper towels. Toss chicken with oil in a large bowl; sprinkle with garlic salt and pepper. Place chicken on prepared pan. Bake for 30 minutes or until done (165°F), turning halfway through. Transfer to a large clean bowl.

**3. COMBINE** hoisin sauce, honey, remaining 2 Tbsp. lime zest, remaining ⅓ cup lime juice and ginger in a small saucepan. Bring to boiling; reduce heat. Simmer, uncovered, over medium to medium-low heat for 10 to 12 minutes or until slightly thickened, stirring often.

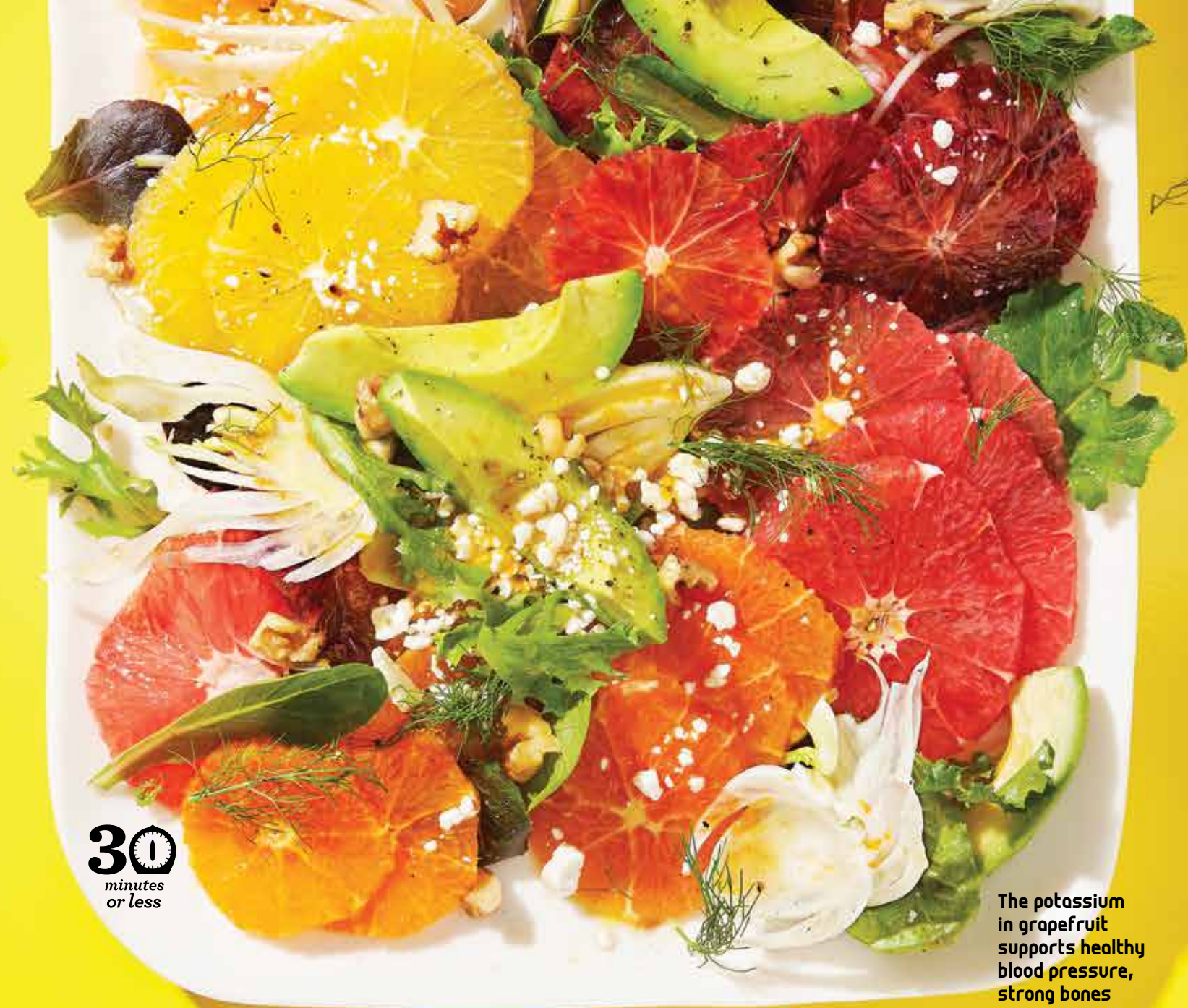
**4. POUR** hoisin sauce mixture over chicken; toss to coat. Serve with yogurt sauce for dipping. Garnish with lime wedges and cilantro leaves, if desired.

**Per serving:** 370 calories, 21 g fat, 5 g saturated fat, 0 g trans fat, 145 mg cholesterol, 1,050 mg sodium, 23 g carbohydrates, 0 g fiber, 17 g sugar (11 g added sugar), 23 g protein. Daily values: Vitamin D 0%, Calcium 4%, Iron 6%, Potassium 2%



Need a crowd pleaser for the next get-together? Check out **Asian Lime Chicken Wings** at [HSTV.com](http://HSTV.com)

Limes and other citrus fruit are beneficial to heart health.



**30**  
minutes  
or less

The potassium in grapefruit supports healthy blood pressure, strong bones and muscles.

## tangy CITRUS, fennel & AVOCADO salad

CITRUS ZEST + CITRUS JUICE =  
brighter, bolder flavor

**Prep** 25 minutes | **Serves** 6

**1 fennel bulb, stalks removed and cored**

**4 oranges (a variety, such as navel, blood, Cara Cara or Minneola)**

**2 mandarin oranges**

**1 pink grapefruit**

**2 cups mixed salad greens**

**1 avocado, peeled, pitted and sliced**

**2 Tbsp. white balsamic vinegar**

**1 tsp. orange zest**

**2 Tbsp. fresh orange juice**

**1 to 2 tsp. Hy-Vee honey**

**½ cup Gustare Vita extra virgin olive oil**

**¼ cup Soirée crumbled feta or goat cheese (1 oz.)**

**2 Tbsp. toasted chopped walnuts**

**Chopped fennel fronds, for garnish**

**Freshly ground black pepper, to taste**

**1. TRIM** tough outer leaves from fennel. Thinly slice bulb into slivers using a mandoline or sharp knife. Set aside.

**2. CUT** peels from oranges, mandarins and grapefruit. Discard peel and cut citrus crosswise into slices. Place greens on a serving platter or in a shallow bowl. Arrange citrus, avocado and fennel on top.

**3. COMBINE** balsamic vinegar, orange zest and juice and honey in a small

bowl. Slowly whisk in olive oil. Drizzle vinaigrette over the salad; sprinkle with cheese crumbles and walnuts. Garnish with fennel fronds, if desired. Season to taste with pepper.

**Per serving:** 290 calories, 20 g fat, 3.5 g saturated fat, 0 g trans fat, 5 mg cholesterol, 95 mg sodium, 29 g carbohydrates, 7 g fiber, 18 g sugar (1 g added sugar), 4 g protein. Daily values: Vitamin D 0%, Calcium 10%, Iron 6%, Potassium 15%

Sources (this page and opposite):  
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[source.colostate.edu/potassium-good-for-heart-bones-and-muscles/](http://source.colostate.edu/potassium-good-for-heart-bones-and-muscles/)





# lemon DROP cookies

**Prep** 25 minutes  
**Bake** 8 to 10 minutes per batch  
**Makes** 40 cookies

**¾ cup Hy-Vee unsalted butter, softened**  
**1½ cups Hy-Vee granulated sugar**  
**6 tsp. lemon zest, divided; plus additional for garnish**  
**2 tsp. Hy-Vee baking powder**  
**1 tsp. kosher salt**  
**3 Hy-Vee large eggs**  
**¼ cup plus 3 Tbsp. fresh lemon juice, divided**  
**3 cups Hy-Vee all-purpose flour**  
**¼ cup crushed Hy-Vee lemon drop candies**  
**2 cups Hy-Vee powdered sugar**

**Lemons contain a flavonoid that may help prevent cancer.**

- 1. PREHEAT** oven to 375°F. Line cookie sheets with parchment paper; set aside.
- 2. PLACE** butter in a large mixing bowl. Beat with an electric mixer on medium for 30 seconds. Add the sugar, 4 tsp. lemon zest, baking powder and salt. Beat on medium for 2 minutes, scraping sides of bowl occasionally. Beat in eggs and ¼ cup lemon juice until combined. Beat in as much of the flour as you can with the mixer. Stir in remaining flour. Stir in crushed lemon drops.
- 3. DROP** dough by rounded teaspoons or a small cookie scoop 2 in. apart onto prepared cookie sheets. Bake for 8 to 10 minutes or until edges are light brown. Cool on cookie sheets for 2 minutes. Transfer cookies to wire racks; cool.
- 4. WHISK** together powdered sugar, remaining 3 Tbsp. lemon juice and remaining 2 tsp. lemon zest in a small bowl until combined. Add more lemon juice, if needed, for glaze consistency. Spread tops of cooled cookies with glaze. Garnish with additional lemon zest, if desired.

**Per cookie:** 130 calories, 4 g fat, 2.5 g saturated fat, 0 g trans fat, 25 mg cholesterol, 80 mg sodium, 23 g carbohydrates, 0 g fiber, 15 g sugar (14 g added sugar), 1 g protein. Daily values: Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 0%

# CITRUS-STRIP STEAK flatbread



**Oranges are packed with the B vitamin folate, which can reduce the risk of stroke.**

- Prep** 30 minutes  
**Bake** 4 to 6 minutes  
**Cook** 8 minutes | **Serves** 4
- 2 (12-in.) artisan thin crust flatbreads**  
**Hy-Vee nonstick cooking spray**  
**1 (12-oz.) Hy-Vee Choice Reserve boneless beef New York strip steak**  
**½ tsp. kosher salt**  
**¼ tsp. Hy-Vee black pepper**  
**8 oz. sliced fresh mozzarella cheese, cut up**  
**1 cup arugula**  
**2 clementines or mandarins, peeled and sectioned**  
**¼ cup thinly sliced red onion**  
**¼ cup crumbled blue cheese (1 oz.)**  
**3 radishes, thinly sliced**  
**1 recipe Orange Citrus Dressing, below**
- 1. PREHEAT** oven to 350°F. Line a baking sheet with foil. Lightly spray both sides of flatbreads with nonstick spray. Place flatbreads on prepared baking sheet. Bake for 5 minutes or until slightly crisp; set aside.
- 2. PREHEAT** a medium-size nonstick skillet over medium-high heat. Pat steak dry with paper towels; sprinkle with salt and pepper. Add steak to skillet and cook 8 minutes or until 145°F for medium-rare doneness, turning once halfway through. Transfer steak to a cutting board. Loosely cover with foil and let rest for 5 minutes. Cut steak across the grain into thin strips.
- 3. TOP** each flatbread with mozzarella cheese. Bake for 4 to 6 minutes or until cheese is melted. Remove from oven.
- 4. TOP** flatbreads with steak strips, arugula, clementine sections, red onion, blue cheese and radishes. Drizzle with dressing; serve immediately.
- ORANGE CITRUS DRESSING:** Whisk together ½ tsp. orange zest, 1 Tbsp. fresh orange juice, 1 Tbsp. Gustare Vita olive oil, 1½ tsp. Hy-Vee apple cider vinegar, 1½ tsp. Hy-Vee honey and ¼ tsp. Hy-Vee Dijon mustard. Makes about ¼ cup.
- Per serving:** 510 calories, 28 g fat, 14 g saturated fat, 0 g trans fat, 90 mg cholesterol, 950 mg sodium, 29 g carbohydrates, 1 g fiber, 7 g sugar (3 g added sugar), 32 g protein. Daily values: Vitamin D 0%, Calcium 30%, Iron 15%, Potassium 4%



# + heart

HEART AND SOUL. HEART THROB. HEART OF GOLD.  
NO PART OF THE BODY GETS SO MUCH LOVE IN LANGUAGE  
AS THE HEART. IT'S THE SEAT OF EMOTIONS, GOODNESS  
AND COMPASSION. PROTECT THIS MUSCULAR ORGAN  
TO LIVE BETTER, AND LONGER.

WORDS Kristi Chew PHOTO Tobin Bennett

# LOVE

ABOUT THE SIZE OF  
A CLENCHED FIST,  
YOUR HEART BEATS  
100,000 TIMES AND  
PUMPS MORE THAN  
2,000 GALLONS OF  
BLOOD OVER A  
24-HOUR PERIOD TO  
DELIVER OXYGEN AND  
NUTRIENTS TO CELLS  
AND TO FERRY AWAY  
WASTE. YOUR HEART  
NEVER RESTS.

## Healthy Heart

An amazingly synchronized pumping station lies inside your rib cage. Your heart generates its own electricity to continuously pump roughly eight pints of blood to feed every part of your body and then ferry waste to the lungs to be exhaled. Those *lub DUBS* are the sound of blood moving and stopping, valves opening and closing, to send blood on its journey through a 60,000-mile-long highway of arteries, veins and capillaries, at 1.5 gallons per minute.

The heart is uniquely built for this coordinated pumping. It has four chambers—a right and a left atrium at the top, and a right and left ventricle at the bottom—plus arteries and veins to route blood in and out of the organ. The right atrium receives oxygen-poor blood from all parts of the body, and the ventricle underneath it contracts to pump that blood to the lungs where it reloads on oxygen. The left atrium receives the oxygen-enriched blood from the lungs and the ventricle underneath it pumps it to all parts of the body. Valves inside the heart ensure blood always flows in one direction.

Such a workhorse organ deserves constant attention. But all too often, it's taken for granted, until serious problems strike.

## Problem Heart

Heart disease is the No. 1 cause of death in the United States, according to the American Heart Association. About 2,300 people in the country die each day from cardiovascular disease, which can cause heart attacks or strokes. Every 40 seconds someone in this country has a heart attack. And every 40 seconds someone has a stroke.

Most cardiac disease lies in the cardiovascular system and is traced to lifestyle choices, says Dr. Benjamin Reinking, clinical professor and cardiologist at the University of Iowa Stead Family Children's Hospital in Iowa City. "Smoking, poor diet, having diabetes and chronic stress cause the heart to work harder and can cause, at a tiny level, inflammation that can irritate blood vessel walls or change how the walls of the vessels function," Dr. Reinking says.

Don't wait until trouble to care for your heart. Better habits now, even small ones, can help. "People tend to think they need to make big changes to make a difference. But you don't have to run a marathon," Dr. Reinking says. "Just adding five minutes to your day to go for a walk makes a difference over time."

THE HEART HAS ITS OWN ELECTRICITY AND PACEMAKER THAT MAKE THE ORGAN BEAT CONSTANTLY AND RHYTHMICALLY.



# BROKEN heart

Most cases of heart disease are cardiovascular—they involve chronic narrowing or blockage of blood vessels that prevents oxygen and nutrients from reaching the heart, leading to possible heart attack or stroke. Other forms of heart disease include infections and inherited problems inside the heart.



## ATHEROSCLEROSIS

When plaque builds up inside blood vessels, atherosclerosis occurs. "Atherosclerosis is the depositing of cholesterol inside blood vessel walls that causes narrowing and makes it harder for blood to get through,"

Dr. Reinking says. Oxygen and nutrients therefore don't reach other parts of the body. If the blocked vessel supplies the heart or brain, a heart attack or stroke might occur. If the vessel supplies the extremities, tissue death can occur. Sometimes plaque can break off the vessel wall and ride through the bloodstream to become lodged elsewhere in the circulatory system and trigger formation of a blood clot there; that, too, can cut off blood flow. Atherosclerosis symptoms can include chest pain or tightness, shortness of breath, or pain or numbness in the arms and legs.

## STROKE

OCCURS WHEN A BLOCKED ARTERY OR BURST BLOOD VESSEL INTERRUPTS BLOOD SUPPLY TO THE BRAIN. MOST CASES ARE DUE TO BLOCKAGES CAUSED BY BLOOD CLOTS OR PLAQUE BUILDUPS THAT BECOME DISLODGED.

## HEART ATTACK

A circulation blockage that stops blood flow to the heart muscle causes a heart attack, during which some of the heart tissue dies. The heart heals by forming scar tissue, which may weaken the heart's pumping ability. Proper medication and lifestyle actions can limit the damage. Chest pain is often a sign of upcoming heart attack.

## SIGNS OF A STROKE

**NUMBNESS OR WEAKNESS** in the face, arm or leg on one side of the body

**HEADACHE** that is sudden and severe, sometimes accompanied by vomiting

**CONFUSION**, difficulty speaking or understanding

## SIGNS OF A HEART ATTACK

**CHEST PAIN** or pressure that lasts more than a few minutes or disappears and returns

**PAIN** in the back, jaw, neck or one or both arms or shoulders

**DIZZINESS**, loss of balance

### THINK FAST:

Face (does one side droop when smiling?)  
Arms (can you keep both arms raised?)  
Speech (is it slurred?)  
Time to call 9-1-1 if any of these signs are observed

**\* CALL 9-1-1 IMMEDIATELY IF YOU HAVE SIGNS OF A STROKE.**

**SHORTNESS OF BREATH**

**EXTREME FATIGUE**

**LIGHT-HEADEDNESS**

**SWEATING**

**NAUSEA**

**\* CALL 9-1-1 IMMEDIATELY IF YOU HAVE SIGNS OF A HEART ATTACK.**

TOO MUCH SODIUM IN THE DIET CONTRIBUTES TO HIGH BLOOD PRESSURE. ADULTS AND CHILDREN OVER THE AGE OF 14 SHOULD CONSUME LESS THAN 2,300 MG OF SODIUM A DAY. THOSE WITH CHRONIC HIGH BLOOD PRESSURE SHOULD CONSUME EVEN LESS.

A FAMILY HISTORY OF HEART DISEASE IS ONE RISK FACTOR, BUT EVERYDAY DECISIONS ABOUT DIET, EXERCISE, WEIGHT MANAGEMENT, DEALING WITH STRESS AND OTHER FACTORS ALSO PLAY AN IMPORTANT PART IN THE HEALTH OF YOUR HEART.

## SMOKING

Don't start smoking, and if you do smoke, quit. Nicotine in cigarettes constricts blood vessels, and contaminants in smoke can damage their inner linings, possibly leading to atherosclerosis. The Hy-Vee Quit for Good program can help smokers quit. Talk with a Hy-Vee pharmacist for details.

## LACK OF EXERCISE

Inactivity is hard on your weight, blood pressure and heart. Aerobic exercise, such as swimming, running, brisk walking and cycling, strengthens the heart muscle and improves circulation. Strength training—working with weights—helps reduce fat and increase lean muscle mass.

## POOR DIET

Focus on high-quality protein, complex carbohydrates and ample vitamins and minerals to feed your body. Avoid high blood glucose and diabetes by strictly limiting refined sugars. Keep saturated fats at no more than 10 percent of your daily calories, and avoid trans fats altogether.

## BEING OVERWEIGHT

Burn at least as many calories as you take in. Obesity, especially belly fat, is linked to greater risk for high blood pressure, diabetes, stroke and heart disease. Men should keep their waistlines to 40 inches or less, women to 35 inches or less.

## DIABETES

Untreated diabetes can lead to cardiovascular disease and stroke. Watch your sugar intake. High levels of blood glucose over time can damage blood vessels and the nerves that control those vessels as well as the heart. The most common causes of death among adult diabetics are heart disease and stroke.

## HIGH CHOLESTEROL

Avoid saturated and trans fats in red meats, baked goods, dairy products and fried or processed foods. Those fats increase cholesterol in your blood, which can clog blood vessels with plaque and cause cardiovascular disease. Eat unsaturated fats from avocados, olive oil and nuts.

## HIGH BLOOD PRESSURE

The American Heart Association recommends keeping blood pressure below 120/80 mm Hg. If stress is driving up blood pressure, manage it through physical activity, maintaining friendships, prayer or meditation. If needed, seek help from a mental health provider.

LEARN TO MAKE MANY OF THESE LIFESTYLE CHOICES BY JOINING A HY-VEE BEGIN™ PROGRAM. CONTACT A HY-VEE DIETITIAN FOR MORE INFORMATION.

HIGH BLOOD PRESSURE OCCURS WHEN THE FORCE OF BLOOD AGAINST THE WALLS OF VESSELS IS TOO HIGH. THE HEART AND VESSELS WORK TOO HARD, WHICH CAN CAUSE HEART ATTACK OR STROKE.



Aerobic exercise defends against heart disease. Burn calories and strengthen your heart and other muscles safely by keeping an eye on your heartbeat. Here's how to find your optimal workout zone and monitor it while exercising.

## FIND YOUR MAX

Maximum heart rate (MHR) is the limit that your cardiovascular system can handle during vigorous exercise. For a rough idea, subtract your age from 220 for the maximum beats per minute your heart should reach during vigorous exercise. For a more precise way, see *below right*.

## USE THE CRUISE

Calculate a percentage of the MHR as a cruising zone for most of your workout. Health experts suggest 50 to 79 percent if you're just starting to work out regularly and up to 85 percent if you're a regular, experienced exerciser.

## TIME THE ZONES

Check your heart rate periodically to make sure it gradually increases during warm-up, stays within your targeted MHR percentage during most of your workout and slowly drops during cooldown.

- Consult a physician before beginning any exercise program.
- Start workouts slowly, and gradually increase the intensity.

- Stretch before a workout using similar yet less-strenuous moves as the exercise.
- Stretch afterward while muscles are warm.



## feel the beat

GENERALLY, 60 TO 100 BEATS PER MINUTE IS CONSIDERED A NORMAL RESTING HEART RATE. THE LOWER THE RATE, THE MORE EFFICIENTLY YOUR HEART IS PUMPING. MEASURE YOUR RESTING HEARTBEAT USING A WEARABLE BAND OR WATCH, THE BUILT-IN HEART-RATE MONITOR ON SOME WORKOUT MACHINES, OR MANUALLY, *BELOW*.

**Precise Count** Place your index and third fingers over your radial artery—under your thumb—or over your carotid artery on your neck to the side of your windpipe. Count beats for 30 seconds and multiply by 2 to get beats per minute.

# smart FOOD

The right foods make you heart-healthy. “Focus on the standard recommendations—whole grains, lean meats and lots of fruits and vegetables,” says Julie McMillin, Hy-Vee assistant vice president, Retail Dietetics. “Add foods that help fight cholesterol, triglycerides and high blood pressure, such as omega-3 fats, high-fiber foods and lower-sodium snacks.”

## 1. VEGETABLES, FRUITS

Low in calories and high in vitamins, minerals and fiber, fruits and vegetables fill you up to keep your weight down and may help prevent cardiovascular disease. Good food choices abound: asparagus, broccoli, Brussels sprouts, carrots, green beans, leafy greens, apples, bananas, berries, citrus, grapes.

## 2. LOW-FAT DAIRY

Include fat-free or low-fat milk, yogurt and cheese in your diet. They're sources of protein, which feeds tissue throughout your body. They also contain calcium and magnesium, which help keep the heartbeat regular.

## 3. LEAN PROTEIN

Low-fat options include fish and skinless chicken and turkey. Omega-3 fatty acids, abundant in salmon and tuna, can lower blood triglycerides. Eggs, nuts, seeds and soy products provide plant-based protein.

## 4. LEGUMES

Black-eyed peas, chickpeas, kidney beans, lentils and lima beans are a lower-cholesterol source of protein. Their fiber gives you a sense of fullness that can keep you from overeating. When buying canned, go for no-salt-added, or drain and rinse before eating.

## 5. WHOLE GRAINS

Brown rice, barley, farro, oats and quinoa are good sources of fiber and other nutrients that play a role in regulating blood pressure and cholesterol. Other options: whole grain breads, cereals and pastas.

## 6. GOOD FATS

Limit saturated fats (skin-on poultry, fatty cuts of meat, lard, butter and coconut and palm oils) and avoid trans fats altogether to manage cholesterol. Opt for olive, canola or safflower oil; nut butters; avocados; and fatty fish such as salmon, mackerel and trout. Restrict saturated fat to less than 10 percent of daily calories.

**OBSITY**  
INCREASES THE  
LIKELIHOOD OF  
HIGH BLOOD  
PRESSURE, TYPE  
2 DIABETES AND  
HEART DISEASE.



A NEW STUDY PUBLISHED IN *THE AMERICAN JOURNAL OF CLINICAL NUTRITION* QUESTIONS WHETHER DAIRY MUST BE LOW-FAT OR NONFAT TO FOSTER HEART HEALTH. CERTAIN FATTY ACIDS LINKED TO WHOLE MILK FATS WERE MONITORED IN 2,907 OLDER ADULTS OVER A 22-YEAR PERIOD AND WERE FOUND TO HAVE NO SIGNIFICANT BEARING ON THE NUMBER OF DEATHS IN THAT GROUP DUE TO CARDIOVASCULAR DISEASE OR STROKE.

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SOME FOODS ARE LINKED TO IMMUNE SYSTEM  
HEALTH. WORK THEM INTO YOUR DIET  
TO FIGHT DISEASE.

# FOODS THAT BOOST YOUR IMMUNE SYSTEM

WORDS Kristi Chew  
PHOTOS Tobin Bennett and Greg Scheidemann

**To fight off bacteria, viruses** and other foreign invaders, your body needs adequate amounts of nutrients that feed its immune system. A well-balanced diet of vitamins and minerals is key to overall health. More specifically, vitamins A, C, D and E, as well as some B vitamins, magnesium and zinc, are linked to a healthy immune system. Feed your defenses with these foods.

## **BRUSSELS SPROUTS**

High vitamin C content promotes healing and the formation of scar tissue.

## **KALE, SPINACH, LEAFY GREENS**

Greens are rich in vitamin A, key in immune function. Deficiency is associated with susceptibility to infections and skin disorders.

## **RED BELL PEPPERS**

One red bell pepper has about 250 percent of your daily requirement for vitamin C.\*

## **POMEGRANATE**

A whole pomegranate has a significant amount of vitamin C; less so in the seeds (arils).

## **SWEET POTATO**

A sweet potato has seven times the daily requirement of vitamin A\* plus vitamin B6, which helps production of white blood cells. It also has magnesium to support the immune system.

## **PAPAYA**

Papaya is a good source of vitamin A to boost immunity.

## **TOMATOES**

Tomatoes are a good source of both vitamin A and C.

## **CITRUS**

Citrus has substantial vitamin C, which the body cannot make on its own and must get through food.

## **GREEN TEA**

Research has linked compounds in green tea to the promotion of certain white blood cells in the immune system.

## **BROWN RICE**

B vitamins and magnesium work to foster immunity.

## **ALMONDS**

Almonds contain vitamin E plus B vitamins, magnesium and zinc.

## **GINGER**

Ginger's anti-inflammatory properties aid immunity.

## **BLUEBERRIES**

One cup has nearly one-quarter of the recommended daily amount of vitamin C\*.

## **DARK CHOCOLATE**

The cacao in dark chocolate has been linked to white blood cell function.

## **FATTY FISH**

Salmon and tuna contain B vitamins and magnesium. Salmon also contains zinc for immune function, wound healing and cell growth.

**STUDIES SUGGEST THAT CERTAIN VITAMINS, MINERALS AND MICRONUTRIENTS HAVE A BEARING ON THE IMMUNE SYSTEM, BUT MUCH OF THE RESEARCH WAS DONE ON ANIMALS OR IN TEST TUBES. MORE RESEARCH IS NEEDED ON NUTRIENTS' EFFECTS ON THE IMMUNE SYSTEMS OF HUMANS TO MAKE MORE DEFINITIVE CLAIMS.**

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\*Percentages based on a 2,000-calories-per-day diet.



**Prep** 6 minutes  
**Cook** 18 minutes  
**Serves** 4

**3 Tbsp. water**  
**2 tsp. Hy-Vee cornstarch**  
**¼ cup Hy-Vee less-sodium soy sauce**  
**2 Tbsp. packed Hy-Vee brown sugar**  
**1 Tbsp. rice vinegar**  
**3 cloves garlic, minced; divided**  
**½ tsp. grated fresh ginger**  
**Hy-Vee nonstick cooking spray**  
**1 lb. ground chicken breast**  
**1 tsp. That's Smart! onion powder**  
**1½ cups Hy-Vee Short Cuts broccoli florets**  
**1 cup sliced baby bella mushrooms**  
**½ cup shredded or julienne-cut carrots**  
**½ cup Hy-Vee Short Cuts chopped red bell peppers**  
**24 lettuce leaves, such as Boston or Bibb**

**1. WHISK** together water and cornstarch in a small saucepan. Add soy sauce, brown sugar, rice vinegar, 1 clove garlic and ginger. Cook and stir until thickened and bubbly. Cook for 1 minute more. Set aside.

**2. SPRAY** a large skillet with nonstick spray. Cook chicken, onion powder, and remaining 2 cloves of garlic over medium heat or until chicken is cooked through. Stir in broccoli, mushrooms, carrots, bell peppers and soy mixture. Simmer, uncovered, for 8 to 10 minutes or until vegetables are crisp-tender.

**3. FILL** lettuce leaves with chicken mixture and serve immediately.

**Per serving:** 200 calories, 1.5 g fat, 0 g saturated fat, 0 g trans fat, 70 mg cholesterol, 690 mg sodium, 16 g carbohydrates, 2 g fiber, 9 g sugar (7 g added sugar), 30 g protein. Daily values: Vitamin D 0%, Calcium 4%, Iron 10%, Potassium 8%

**30**  
minutes  
or less

## CHICKEN-VEGGIE LETTUCE WRAPS



**1 PAPAYA-BANANA BREAD**  
For a twist on traditional banana bread, substitute puréed papaya for half the amount of mashed banana in your recipe to add a dose of vitamin A.

**2 HONEY-LEMON-GLAZED SALMON**  
Oven-roast salmon fillets brushed with a glaze of ¼ cup Hy-Vee honey and 1 Tbsp. lemon juice. Serve with brown rice, sautéed spinach and toasted almonds.

**3 STUFFED BAKED SWEET POTATO**  
Top a baked sweet potato with chickpeas or beans, cooked or oil-massaged raw kale and a dollop of Greek yogurt. Sprinkle with sunflower seeds.

**4 GREEN TEA WITH CITRUS**  
Give green tea a shot of vitamin C. Squeeze a slice of orange or other citrus into tea; drop the slice in.

**5 CANTALOUPE BREAKFAST BOWL**  
Top half of a cantaloupe with Greek yogurt, chopped papaya and blueberries. Sprinkle with chopped almonds.

Incorporate many of the immunity-boosting foods into meals, snacks and drinks. Serve them as side dishes or toppers, or tweak your favorite recipes with them. Try these easy ideas to fit more nutrients into your diet.

**MORE  
WAYS TO**

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OPT FOR  
CONVENIENT  
**DI LUSSO SALADS**  
PACKED WITH CRISP  
VEGGIES, FRUIT, NUTS  
AND PROTEIN AS A  
HEALTHIER CHOICE  
THAN SOMETHING  
FROM THE  
DRIVE-THRU.

# SALADS

Di Lusso ready-made salads pile on fresh veggies and add-ons that pack a serious nutritional punch. Each dish has a protein—like chicken or hard-boiled eggs—to promote muscle growth, as well as healthy fats like chopped nuts to assist with vitamin absorption. Toss in antioxidant-rich fruits for a nutrient-dense meal you'd be hard-pressed to find anywhere else. Clean eating is bright, colorful and delicious.



**PICK ONE  
UP TODAY!**  
FIND THESE  
SALADS AND  
MORE AT  
YOUR LOCAL  
HY-VEE.

- CHICKEN  
FAJITA SALAD
- GARDEN  
SALAD
- COBB SALAD
- BERRY  
CHICKEN  
SALAD
- CLASSIC  
CHEF SALAD

CHOOSING A SALAD  
FOR YOUR NEXT  
MEAL WILL SATISFY  
MORE THAN JUST  
HUNGER PANGS. FILL  
YOUR FORK WITH  
VEGETABLES TO REAP  
THE BENEFITS TODAY.

**VERY VEGGIE** The average American struggles to meet the recommended daily amount of 2 to 3 cups of vegetables per day. According to the Centers for Disease Control and Prevention, only 9 percent of U.S. adults hit the mark. Di Lusso ready-made salads overflow with fresh vegetables to help you meet daily requirements.

**DAILY VITAMINS** Di Lusso salads are filled with dark greens like spinach and kale, both providing powerful nutrients. Vitamin A, abundant in dark greens, may be effective at preventing age-related macular degeneration, which causes gradual loss of vision later in life. Folate, a B vitamin, is also found in dark greens and may help prevent the onset of cancer.

**HIGH FIBER** The American Heart Association recommends consuming 25 to 30 grams of fiber, yet dietary fiber intake among Americans is only 15 grams. Adding Di Lusso salads to your diet is an easy method to up your intake. In addition to improving digestive health and regularity, a high-fiber diet may reduce risks of certain conditions, such as heart disease and diabetes.

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**THAT'S  
GOOD!**  
real, nutritious deliciousness

**THIS COMFORT  
FOOD ALSO  
HELPS  
COMFORT  
HUNGRY  
CHILDREN.**

WHEN YOU PURCHASE “O, THAT’S GOOD!”  
PRODUCTS FEATURING THE HY-VEE ONE  
STEP LOGO, A PORTION OF PROCEEDS GO  
TO THE BACKPACK PROGRAM™, WHICH  
HELPS KIDS SUCCEED BY MAKING SURE  
THEY DON’T GO HUNGRY ON WEEKENDS.



HyVee  
**ONE** STEP

For every purchase of any “O, That’s Good” product at a Hy-Vee store, Hy-Vee will donate \$0.16 of the purchase price to the Backpack Program™. For more information on the Backpack Program™, visit [OneStep.Hy-Vee.com/OThatsGood](https://OneStep.Hy-Vee.com/OThatsGood)



# SWEAT



WHAT'S THE IDEAL  
DATE NIGHT?  
SIPPING AGED WINE  
AT AN UPSCALE  
BAR? SAMPLING  
THE FINEST FARE AT  
A FANCY BISTRO?  
OR POWERING  
THROUGH A  
CRUELING WORKOUT  
TOGETHER? IF YOUR  
GOAL IS LIFELONG  
HAPPINESS AND  
HEALTH, THE  
LAST OPTION  
MIGHT GET  
YOU THERE.

## DUMBBELL DUOS

Couples who exercise together possibly feel more satisfaction and happiness in their relationship. According to a recent study from Brigham Young University, married couples who exercise together report having more positive marital interactions—like a spouse saying something kind or helping with a task—than negative interactions like arguing, criticizing or breaking a promise. Researchers theorize that with increased time together and direct communication, partners experience simultaneous releases of hormones during exercise.

Performing movements in sync, like jogging side by side or partner exercises, potentially strengthens emotional and social bonds. A study published in the *British Journal of Psychology* found that those who carry out identical actions during

an interaction share a stronger connection to their partner.

Even when your exercise buddy is a friend, you benefit from working out together.

Having a spotter during exercises, such as bench press, reduces risks for injury. The spotter can also provide the confidence to eke out more reps than you would on your own—toward greater strength and muscle gain over time. Effort might also increase for both partners.

Those who exercise with one or more people tend to work harder—a social phenomenon known as the Kohler Effect, in which individuals perform at a higher level in a group than they would on their own.

The catch: Partners need to be within a similar skill range; too broad the gap in skills, the less likelihood for success.

AWAY FROM  
THE GYM,  
TAKE ON  
THESE  
ACTIVITIES  
WITH YOUR  
FITNESS  
PARTNER:

- BIKE
- CANOE
- DANCE
- GOLF
- HIKE
- JOG
- TENNIS
- PADDLE-BOARD
- WALK THE DOG
- YOGA

## BUDDY UP

Four reasons to consider working out as a couple, provided by Daira Driftmier, certified personal trainer and director of Hy-Vee KidsFit and Hy-Vee Fitness.

### ACCOUNTABILITY

Partners keep each other on track when one feels like slacking off. True love means never having to say you're sorry for skipping one leg day.

### MOTIVATION

Encouraging words are a welcome boost when the going gets tough.

### FRIENDLY COMPETITION

The desire to outperform your partner leads to more reps and sweat, more lean and fit.

### FUN FACTOR

Let's face it: Sweating it out solo can be lonely. Time passes quickly with a partner to talk to and provide support.

HEAD 'TO  
HY-VEE

TAKE WORKOUTS FROM GYM TO FAMILY ROOM WITH HELP FROM HY-VEE. CHECK YOUR LOCAL HEALTHMARKET FOR EXERCISE EQUIPMENT—HAND WEIGHTS, FOAM ROLLERS; YOGA OR STRETCHING MATS, PLUS RESISTANCE BANDS—TO USE IN THE COMFORT OF YOUR OWN HOME.

WORDS Beau Berkley  
PHOTOS Tobin Bennett

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# THE COMPANY YOU KEEP

As the saying goes: You are who your friends are. Research supports that claim. Findings in a study published in the *Journal of Obesity* suggest that associating with those who are more fit than you are has **positive effects on weight-loss goals**. Researchers found that participants who interact with individuals they perceived to be thinner are more likely to lose weight.

In addition, peers who are **fitter than you likely have a positive effect on you**. A study in the *Journal of Social Sciences* placed participants in one of two groups—high-fitness exercise or low-fitness exercise. After each group exercised for 20 minutes, the study showed participants in the high-fitness group exercised harder than those in the low-fitness group.

**“EXERCISING WITH A PARTNER HOLDS ME ACCOUNTABLE. PARTNERS WHO SUPPORT YOUR GOALS CALL YOU OUT WHEN YOU SLACK ON EXERCISE, CHEER WHEN YOU ARE GIVING YOUR BEST EFFORT AND LET YOU KNOW IF YOU NEED TO SCALE BACK TO AVOID INJURY.”**

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

## THE MORE, THE MERRIER

Group fitness classes are a fun way to meet people, get a workout and meet a possible workout partner. Classes, generally led by an instructor, include activities from yoga to spin to high-intensity interval training. And there appears to be strength in numbers. A study in the *Journal of the American Osteopathic Association* found that consistent attendance in group fitness classes significantly decreases stress and increases quality of life when compared to exercising alone or even with a partner.

# 95

PERCENT OF PARTICIPANTS IN A STUDY WHO COMPLETED A WEIGHT-LOSS PROGRAM AS PART OF A GROUP—COMPARED TO 76 PERCENT WHO COMPLETED THE PROGRAM INDIVIDUALLY.

# GROW TOGETHER

## MEDICINE BALL ROTATIONAL TWIST

Partners stand back-to-back. Partner A holds a medicine ball at waist height, twists to the left and passes the ball to Partner B, who twists to receive the ball, then twists right to pass back to Partner A. Continue passing the ball, reversing twisting directions with additional reps.

FOR A QUICK CRITIQUE, HAVE YOUR PARTNER CHECK YOUR FORM—THIGHS PARALLEL TO THE FLOOR DURING LUNGES AND SQUATS. HIPS HELD HIGH AND CORE TIGHT DURING PLANKS.

GRAB A PARTNER AND HIT THE FLOOR FOR THIS VERSION OF THE WALTZ! PERFORM EACH EXERCISE FOR THREE 1-MINUTE SETS, RESTING 1 MINUTE BETWEEN SETS. WORK AT A MODERATE PACE TO STAY IN SYNC.



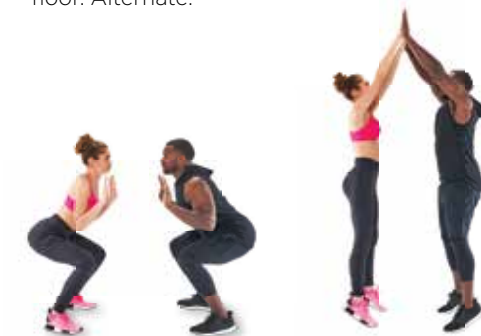
### 1 REACH-AND-TOUCH PLANK

Begin in high plank about 1 foot from your partner. Partners simultaneously reach with the right arm to touch the right arm of the other. Return to starting position, alternate arms and repeat.



### 2 PARTNER WALKING LUNGES

Partners stand facing each other, each holding the other's elbows—one using overhand grip, the other underhand. Partner A steps forward with right foot, while Partner B steps backward with left foot—thigh of front legs parallel to the floor. Alternate.



### 3 SQUAT HIGH-FIVE

Partners face, knees bent and thighs parallel to floor. Both partners push off from the heels, arms overhead to high-five. Repeat.



ADULTS HAVE AN AVERAGE 2 TO 3 COLDS PER YEAR, ACCORDING TO THE CENTERS FOR DISEASE CONTROL AND PREVENTION, AND MOST PEOPLE GET COLDS AND FLU IN WINTER AND SPRING. THESE PREVENTIONS AND REMEDIES COULD HELP YOU STAY HEALTHIER THIS SEASON.

# STAY HEALTHY IN COLD WEATHER

## PREVENTIONS

### PRACTICE GOOD HYGIENE

RESEARCH SHOWS WE TOUCH OUR FACES AN AVERAGE OF 15 TIMES AN HOUR. BECAUSE GERMS ARE EASILY TRANSMITTED FROM HAND TO EYES, NOSE OR MOUTH, THE CDC RECOMMENDS WASHING HANDS FREQUENTLY—ESPECIALLY AFTER TOUCHING COMMONLY SHARED SURFACES SUCH AS DOORKNOBS, WHERE GERMS CAN LIVE FOR 48 HOURS. WASH YOUR HANDS WITH SOAP AND WATER FOR AT LEAST 20 SECONDS. HANDWASHING CAN PREVENT ABOUT 30 PERCENT OF DIARRHEA-RELATED SICKNESSES AND ABOUT 20 PERCENT OF RESPIRATORY INFECTIONS, ACCORDING TO THE CDC. IT'S ALSO A GOOD IDEA TO REGULARLY CLEAN AND DISINFECT SHARED SURFACES AT HOME TO PREVENT THE SPREAD OF GERMS.

### EXERCISE OFTEN

Movement is good for the body, exercise even better to boost your immune system. The *British Journal of Sports Medicine* reported a study showing the frequency of aerobic exercise correlated with a reduced duration of upper respiratory tract infections. A daily 30- to 60-minute walk is considered moderate exercise. When outdoor walking is treacherous, consider a treadmill. Or lift weights or do calisthenics.



## FUEL THE BODY

A well-balanced diet fortifies the body with nutrients to resist sickness.

"Eating a diet high in vegetables and fiber during winter will help boost your immune system because they are full of vitamins, minerals and antioxidants," says Hy-Vee Dietitian Anna Heronimus. "Some easy ways to get veggies in your diet are adding leafy greens to soups, roasting root vegetables such as parsnips, carrots, potatoes and onions and adding spiralized zucchini to salads."

These dietary items can help. **RAW HONEY** is a natural antibacterial added to tea to soothe the throat. **GARLIC & ONIONS** "contain many antioxidants that have been shown to reduce common cold and flu symptoms as well as reduce blood pressure," says Heronimus. **FERMENTED FOODS** like sauerkraut, yogurt, kefir and kombucha contain probiotics, which support the immune system. **FIBER** is beneficial to the diet. A 2010 University of Illinois study showed soluble fiber—in such foods as oats, apples and nuts—strengthens the immune system.

### DRINK HERBAL TEA

"Herbal teas have been shown to be useful when cold-like symptoms appear," says Anna Heronimus, RD, LD, Hy-Vee dietitian. "Herbal teas such as chamomile, peppermint and green tea contain bioactive ingredients, such as polyphenols and flavonoids, which are used to treat inflammation of the skin and mucosal membranes."

### CLEAR SINUSES

While hot tea can clear nasal passages and reduce congestion, another way is to flush nasal cavities with a neti pot. A solution of baking soda, saline and distilled water is expressed into one nostril, travels through the sinuses to thin out mucus, and exits from the other nostril.

## REMEDIES

### REST SOUNDLY

Your body needs sleep to deal with infectious diseases. Studies show that a lack of sleep makes you more likely to get sick after being exposed to a virus—and can also affect recovery time if you get sick. The optimal amount of sleep for adults is 7 to 8 hours.

### FORTIFY YOURSELF

Although results are mixed, some studies show vitamin C, zinc and echinacea may shorten the length of a cold when taken at the onset of infection. Check with your doctor before taking supplements.

### STAY HYDRATED

Winter air is drier—indoors and out—but proper hydration keeps mucous membranes soft, moist and free of tiny cracks that allow viruses and bacteria to enter. Also, water, juice, broth or warm lemon water with honey can loosen congestion.

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WORDS Luke Miller PHOTOS Tobin Bennett



# BAND IT

**SWITCH UP YOUR REGULAR FREE-WEIGHT ROUTINE WITH RESISTANCE BANDS.**  
*THEY'RE EASY TO USE, SIMPLE TO MOVE AND EFFECTIVE FOR BUILDING STRENGTH.*

WORDS Beau Berkley PHOTOS Tobin Bennett

**FLEXIBLE FITNESS** Easy-to-use resistance bands are popular tools for both gym buffs and physical therapists. Whatever your goals, bands offer multiple advantages.

- **Minimal storage space** Conveniently stash, store, tote or hang bands where you'll see and use them.
- **Portable** Pack bands in a gym bag, backpack or carry-on for on-the-go workouts.
- **Cost effective** A single band usually costs \$30 or less.

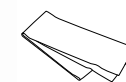
- **Adaptable to fitness levels** Exercises are safe and effective for new or experienced exercisers. Low-impact moves mean minimal wear and tear on joints.
- **Combine with other equipment** Loop bands around barbells or dumbbells for increased tension, which may improve strength if progress has stalled.
- **Versatility** Use bands to work almost every muscle of the body. Most exercises performed with free weights can be replicated with bands, some of which can be performed while sitting, if mobility is an issue.

**CAN'T RESIST** Degree of difficulty varies by band thickness or weight. The thicker or heavier the band, the greater the resistance. To build muscle, strength or speed—or to move beyond a training plateau—mix in resistance bands during your next workout.



## TYPES OF BANDS

**STRETCH YOUR EXERCISE REGIMEN WITH A VARIETY OF DURABLE AND LIGHTWEIGHT BANDS THAT PROVIDE RESISTANCE TO BUILD STRENGTH.**



**THERAPY BAND**  
For rehabilitation stretching and joint mobility exercises.



**COMPACT OR FIT TUBE**  
Built-in handles for functional full-body training.



**FIT LOOP BAND**  
Fits around legs for performing lower body exercises.



**CLIP TUBE RESISTANCE BAND**  
Clips attach to anchor points or handles for full-body training.



**FIGURE-EIGHT**  
Versatile for upper and lower body exercises.



**RING RESISTANCE BAND**  
Slips around legs for lower body exercises, specifically hips and glutes.

**TECHNICAL TIPS**  
Get the most from resistance band workouts.

**No Slacking** Start each exercise by creating tension in the band. Slack in the band equals no resistance to challenge muscle fibers.

**Anchor Down** Some resistance band exercises, such as chest presses, require looping the band around an anchor. Ensure that the anchor is sturdy to withstand stretching of the band and body weight.

**Damage Control** Inspect well-used bands for holes or tears that develop with use. As bands weaken, they can snap and cause injury.

**GET IT AT HY-VEE!**

**ZIP TO YOUR LOCAL HY-VEE HEALTHMARKET TO BROWSE THE SELECTION OF BANDS, RANGING FROM COMPACT TUBES TO THERAPY BANDS.**

**FEEL THE TENSION** STRETCHY ELASTIC BANDS PROVIDE RESISTANCE AND TENSION FOR MUSCLE FIBERS THROUGH MOVEMENT. SOME FREE-WEIGHT OR MACHINE EXERCISES RELAX TENSION AT THE BEGINNING OR END OF AN EXERCISE, WHEREAS RESISTANCE FROM FITNESS BANDS INCREASES AS MOVEMENT PROGRESSES TO CHALLENGE WORKING MUSCLES.



# BAND PRACTICE

FOR A TOTAL BODY WORKOUT,  
PERFORM 4 SETS OF 10 REPS  
WITH 1 MINUTE OF REST  
BETWEEN SETS.

## LOWER BODY



**1 SQUAT**  
QUADRICEPS,  
HAMSTRINGS, GLUTES  
Step on the center of the band, feet shoulder-width apart, a handle in each hand. Bring handles to shoulder height, palms forward. Bend knees until thighs are parallel to the floor. Push off from heels and return to starting position. Repeat.



**2 LYING HAMSTRING CURL**  
HAMSTRINGS  
Loop or attach a band to an anchor then wrap, strap or loop ends around ankles. Lying on your stomach, slowly bring heels toward glutes then return to starting position. Repeat.

PERFORMING  
A TOTAL BODY  
EXERCISE  
PROGRAM WITH  
RESISTANCE  
BANDS FOR  
AS FEW AS  
SIX WEEKS  
CAN INCREASE  
STRENGTH  
BY 10 TO  
30 PERCENT.

—UNIVERSITY OF  
ARIZONA



**3 LATERAL BANDED WALK**  
HIP FLEXORS, GLUTES  
Wrap a looped band above ankles. Feet hip-width apart, bend slightly at knees. Step right foot to the right, slightly wider than shoulder-width, then step left foot toward the right, returning to hip-width apart. Repeat to step to the left.



**4 LEG EXTENSION**  
QUADRICEPS  
Wrap or hook a band to an anchor then wrap the opposite end of the band around your right ankle. Lift right foot slightly off the floor, heel toward the ceiling. In a controlled motion and keeping knee steady, slowly kick right foot forward. Repeat with left leg.



**5 GLUTE BRIDGE**  
GLUTES  
Wrap a looped band just above your knees. Lie on your back, arms at your sides, feet on the floor and knees bent. Lift hips off the floor, pressing knees outward against the resistance of the band. Keeping knees pressed outward, lower hips to the floor. Repeat.

## UPPER BODY



**1 SHOULDER PRESS**  
DELTOIDS  
Stand with one foot on the center of a band, each hand holding a fitness band handle. Bring handles toward shoulders, rotating hands so palms face forward. Press arms straight up. With control, return to starting position. Repeat.



**2 BICEP CURL**  
BICEPS  
Stand with one foot on the center of a band, holding a handle in each hand at your sides. Rotate hands so palms are forward. Slowly curl both handles up toward your shoulder. In a controlled motion, return to starting position. Repeat.

**PERFORM EACH  
MOVEMENT IN A  
SLOW, CONTROLLED  
MOTION. MORE  
TENSION TIME  
LEADS TO GREATER  
MUSCLE SIZE  
AND STRENGTH.**



**3 OVERHEAD TRICEP EXTENSION**  
TRICEPS

Step on the center of the band with one foot. Holding a handle in each hand, raise arms straight above your head. Keeping elbows close to sides of your head, slowly lower handles behind the back of your head until elbows nearly form a 90-degree angle. Press handles above your head. Alternate feet. Repeat.

**4**

**STANDING CHEST PRESS**  
PECTORALS, TRICEPS

Loop or attach a band to an anchor that is chest height. Face away from the band, a handle in each hand. Bring hands up to your chest and create slight tension in the band. Press handles forward until arms are straight. Slowly return to starting position.



**5 BENT-OVER ROW**  
BICEPS, LATISSIMUS DORSI

Stand on the center of a band, feet shoulder-width apart, a handle in each hand. Bend forward at hips, a slight bend in the knees. Keeping core tight and back flat, pull handles toward sides of chest while retracting shoulder blades. Slowly return to starting position. Repeat.



# SKI DO

WORDS Beau Berkley PHOTOS Tobin Bennett

THE WORD SKI IS DERIVED FROM THE OLD NORSE WORD SKITH, WHICH MEANS “STICK OF WOOD.”

GET OFF YOUR COUCH AND INTO THE GREAT WIDE OPEN ON CROSS-COUNTRY SKIS. SLIDE AND GLIDE YOUR WAY THROUGH A LOW-IMPACT WORKOUT THAT'S EASY ON JOINTS WHILE RIGOROUS ON MUSCLES AND THE CARDIOVASCULAR SYSTEM.

## LIVE LONG

A 2017 STUDY IN THE SCANDINAVIAN JOURNAL OF MEDICINE & SCIENCE IN SPORTS FOUND THAT CROSS-COUNTRY SKIING INDEPENDENTLY LOWERED CHANCES OF ALL-CAUSE MORTALITY.

## FEEL IT IN THE AIR

Cross-country skiing can provide a much-needed escape from indoors. Outdoor exercise boosts mood and feelings of confidence.

## OVER THE HILLS, THROUGH THE WOODS

**CROSS-COUNTRY SKIING** was originally developed as a form of transportation by snowbound Scandinavians in ancient Northern Europe. Thanks to snowblowers and four-wheel drive, today cross-country skiing is mostly recreational and sought by fitness enthusiasts as a low-impact form of outdoor cardio. Unlike other forms of skiing—like downhill—cross-country is performed on flat or slightly inclined surfaces. Skiers cannot depend on gravity to propel them forward and must use their arms, legs and core to get from point A to point B for a full-body workout that engages large muscle groups from head to toe.

ENERGY EXPENDITURE OF ONE HOUR OF CROSS-COUNTRY SKIING EQUALS APPROXIMATELY 2.5 HOURS OF ALPINE OR DOWNHILL SKIING.

## COLD BURN

**CORE MUSCLES** are central for maintaining an upright posture while traversing uneven terrain.

**ARM MUSCLES**, such as triceps, biceps and deltoids, play key roles in helping the skier move forward while dictating pace.

**CROSS-COUNTRY SKIING** is similar to walking. Skiers lift skis to propel forward.

**ACCORDING TO THE CLEVELAND CLINIC**, a 190-pound person burns up to 700 calories during one hour of cross-country skiing.

**CROSS-COUNTRY SKI POLES** ARE LONGER AND LIGHTER THAN POLES FOR DOWNHILL SKIING.

**FREE-HEEL** bindings allow cross-country skiers to travel over bumpy ground and scale hills. Other types of Nordic skiing, like Telemark and Alpine touring, feature the same free-heel binding.

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RESEARCH SHOWS  
FREQUENT AND INTENSE  
ANGER MAY PUT YOU  
AT SIGNIFICANT RISK  
FOR CORONARY HEART  
DISEASE. KEEP YOUR  
COOL—AND YOUR  
HEALTH—BY MANAGING  
YOUR ANGER.

# TEMPERED

WHETHER YOU'RE  
QUICK-TEMPERED  
BY NATURE OR BY  
CIRCUMSTANCE, LEARN  
TO TAME ANGER FOR  
THE SAKE OF YOUR  
MIND AND BODY.

WORDS Luke Miller  
PHOTOS Tobin Bennett

**DO YOU HAVE A SHORT FUSE? OFTEN BLOW YOUR TOP OR FEEL A NEED TO LET OFF STEAM? THOSE ARE ALL EUPHEMISMS FOR THE SAME THING: ANGER. WE ALL EXPERIENCE IT FROM TIME TO TIME. AND THAT'S NOT NECESSARILY A BAD THING.** "Anger is not inherently bad," says Jennifer Drew, MSW, LISW, who facilitates an anger management training and support group at Broadlawns Medical Center in Des Moines. "Anger is an emotional response that can be healthy if expressed appropriately. Anger can be motivating—letting us know that we are in danger and giving us the information we need to avoid it. Anger also helps us in conflict, to protect ourselves and others, and fight injustice."

But anger can be detrimental to your health when it's too frequent, intense or enduring—and dangerous to yourself and others if it leads to verbal or physical aggression. Chronic anger can contribute to high blood pressure, heart disease, migraines and sleep disorders. It can also damage relationships and lead to job loss.

One might wonder how anger develops in the first place. Physiologically, we feel anger when our brain judges something as threatening. This can include what we find offensive, intrusive, dangerous or annoying.

"When this happens, our brain activates the 'fight or flight' response, which causes increased muscle tension, rapid heart rate, a hormonal surge and release of adrenaline—our body's way of getting us

ready to run away or defend ourselves," Drew explains. (See *Lingering Effect*, page 92.)

"Once our body responds," she adds, "that signals a cognitive reaction followed by a behavioral reaction."

The question is, how can we deal with anger? "People learn to manage anger by first understanding the anatomy of their own anger," Drew says, noting the underlying cause may be hidden.

"If you can imagine anger as the tip of the iceberg, what lies beneath can include fear, humiliation, frustration, rejection and shame. Many people find expressing these emotions to be far more difficult and anxiety provoking than expressing anger."

Knowing what's really causing our anger is the first step in addressing it.



# A MINDFUL APPROACH

Anger is no fun. And the sooner you learn to deal with it, the happier (and healthier) you will be. One way is to gain perspective by becoming more mindful. “Research supports the idea that in addition to a healthy diet, plenty of sleep, and exercise, it is helpful to learn relaxation and mindfulness techniques,” says Jennifer Drew, anger management facilitator. Follow these steps to tame your temper.

- **Breathe intentionally.** Inhale slowly and deeply through your nose, hold for a few seconds, then exhale slowly and completely through your mouth. “Deep, diaphragmatic breathing is incredibly effective at calming us down quickly,” Drew says. “Your brain will not stay angry if you control your heart rate.”
- **Try to be objective.** Consider all sides. “Looking at a situation from another person’s perspective and gaining a true understanding of their unique lived experience is called empathy. Accessing empathy when you are angry can go a long way in de-escalating anger—both in the other person and in you,” Drew says.
- **Take the higher road.** Think of the most even-tempered, diplomatic person you know—even a fictional character on screen or in a novel—and envision how they might react.
- **Focus on what really matters.** “Fleshing out what we value most in our lives helps us to weed out things that are inconsequential,” Drew says. “We are far less likely to sweat the small stuff.”

# 3

PERCENT OF RESPONDENTS SAID THEY BECAME ANGRY ONE OR MORE TIMES A DAY BASED ON SOMETHING THEY’VE HEARD OR READ IN THE NEWS.

—2016 NBC/ESQUIRE POLL

## LINGERING EFFECT

“The fight or flight response can happen in less than one second, but it takes approximately 20 minutes for our bodies to return to normal physiological functioning.

Your heart rate, blood pressure, and hormone levels remain high long after the threat is gone. If you experience this frequently enough, it can lead to high blood pressure, high cholesterol, heart disease and more.”

—Jennifer Drew, MSW, LISW Anger Management Facilitator

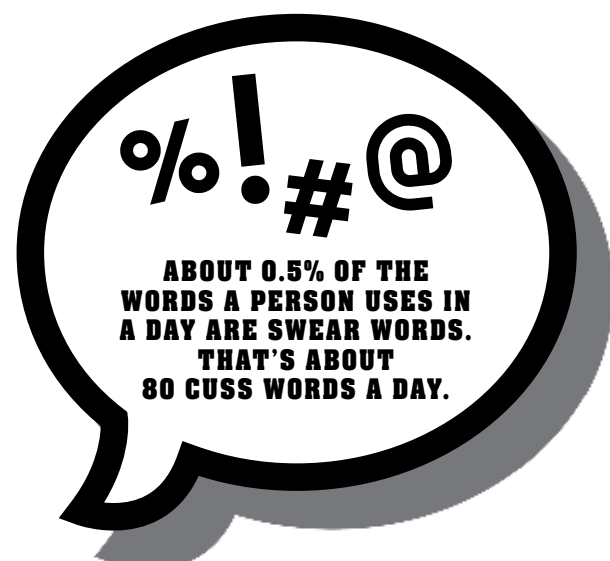
## CALMING ROAD RAGE

One common form of anger is road rage, which has been described as “driving under the influence of emotion.” It boils over when one driver becomes offended by actions, such as tailgating, of another driver. Frequent road rage can result in chronic stress, impact the immune system and cause tension headaches. Here’s how to deal with it:

- Leave early so delays won’t seem as critical as they would when running late.
- Diffuse negative emotions. Replace them with positive or humorous thoughts.
- Slow down and ask yourself: Will it matter in 10 years—or even 10 minutes?

\* NEARLY 80 PERCENT OF DRIVERS EXPRESSED SIGNIFICANT ANGER, AGGRESSION OR ROAD RAGE BEHIND THE WHEEL AT LEAST ONCE IN THE PAST YEAR. —AMERICAN AUTOMOBILE ASSOCIATION

**SALTY LANGUAGE** “When angry, count to four,” Mark Twain wrote. “When very angry, swear.” He might have a point. Research suggests that swearing is very closely related to emotion. We may swear as a way to blow off steam. Or we may swear to emphasize a point. We also swear as a response to pain—for instance, when stubbing a toe. That’s probably a good thing: A 2009 UK study showed that using expletives might actually increase our pain threshold.



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INSTEAD OF ALLOWING AN UNPLEASANT SITUATION TO MAKE YOU ANGRY OR AGGRESSIVE, USE IT AS MOTIVATION TO CHANGE.

## A BASIC EMOTION

Anger is considered one of six basic emotions—along with happy, surprised, afraid, disgusted and sad—although in recent years, researchers at the University of Glasgow have recommended consolidating the list to four. After studying facial expressions, researchers found initial reactions for anger and disgust (crinkled nose) and afraid and surprised (raised eyebrows) were very similar to each other. Therefore, they believe any distinctions between those emotions are socially, not biologically, based.

## EXERCISE AND ANGER MANAGEMENT

Exercise is helpful for reducing stress and anger. While taking out your frustrations on a punching bag might feel pretty good, you could also split wood or lift weights. One low-impact exercise is walking, which is good for your body as well as your emotions. Author Lucy R. Lippard shares an example: “An Eskimo custom offers an angry person release by walking the emotion out of his or her system in a straight line across the landscape; the point at which the anger is conquered is marked with a stick, bearing witness to the strength or length of the rage.” Knowing you have to retrace your steps might be incentive enough to deal with your anger sooner rather than later. If you’re unsuccessful, at least you get some good exercise out of the deal.

## R-E-L-A-X

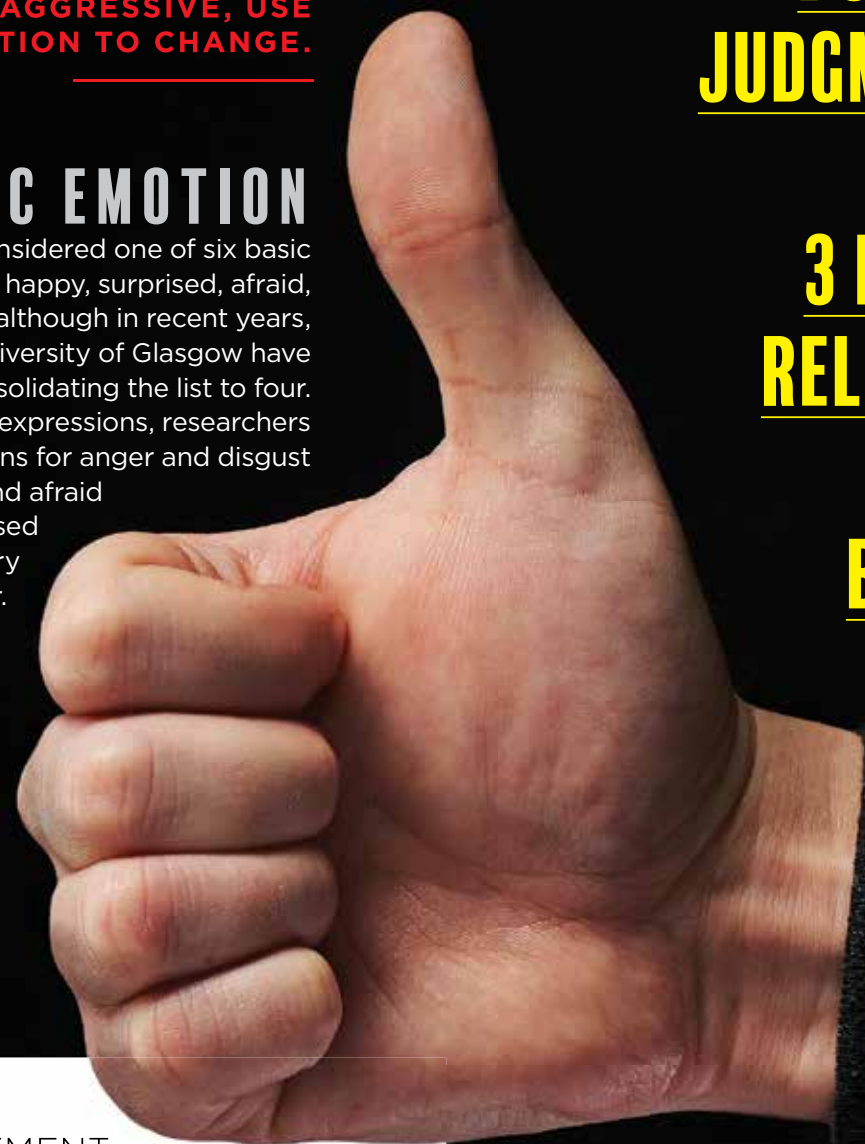
Want to safeguard yourself against the next angry outburst? Learn to chill out.

Imagine a relaxing scene, repeat a calming word or phrase in your head, listen to music or write in a journal (see page 94). Yoga, meditation, guided relaxation

techniques and deep breathing can also help mitigate anger.

“The key is to practice these as often as possible—especially when you are not angry, stressed, or anxious—so that you can use them quickly and easily whenever you need to,” Drew says.

ANGER TAMER:  
DON’T PASS  
JUDGMENT FOR  
AT LEAST  
3 MINUTES.  
RELEASE THE  
NEED TO  
BE RIGHT.







STUDIES SHOW  
THAT WRITING ABOUT  
TRAUMATIC, STRESSFUL  
OR EMOTIONAL  
EVENTS CAN IMPROVE  
BOTH PHYSICAL AND  
PSYCHOLOGICAL  
HEALTH.

# WRITE FOR YOUR WELL-BEING

Looking to feel better? The remedy might be as close as the nearest pen and paper. Turns out, writing can be good for you—with a range of health benefits for mind and body.

Research shows that expressive writing can boost immune functioning in patients with terminal or life-threatening diseases. Studies also uncovered other health benefits, such as fewer reported visits to the doctor, less time lost to illness, better sleep and diminished stress and depression.

“Writing about emotional upheavals in our lives can improve physical and mental health,” says James Pennebaker, Ph.D., former chair of psychology at the University of Texas at Austin and co-author of *Expressive Writing: Words that Heal*. Pennebaker

has extensively researched expressive writing, a form of journaling that concentrates on feelings rather than events, objects, people or memories. He has found that journaling is more effective when used to better understand—and learn from—one’s emotions.

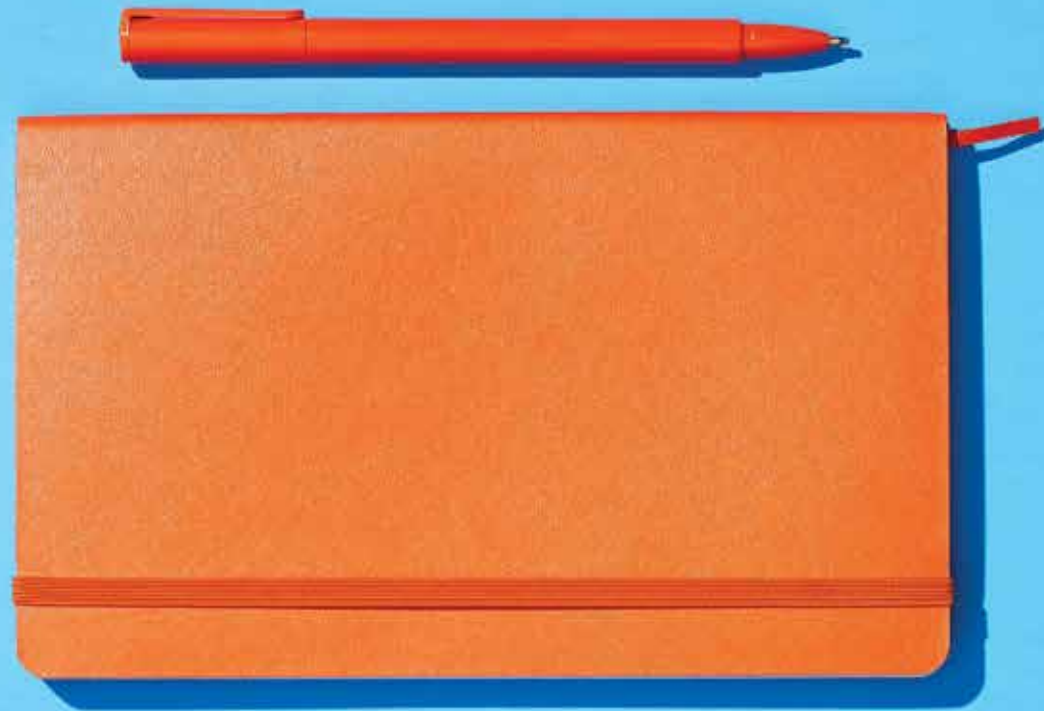
“Putting upsetting experiences into words forces people to acknowledge and organize the experiences. We often fail to see how an upheaval has affected so many parts of our lives and how complicated the events and our reactions to them have been,” Pennebaker says.

“Simply putting the experiences into everyday language helps us to stand back and rethink parts of the event in ways we haven’t done. Afterward, we tend to think about the events less, sleep better, and feel less stressed.”

WORDS Luke Miller PHOTOS Tobin Bennett

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## EXPRESS YOURSELF

Journaling is one way. Sharing with an audience is another.

for yourself and no one else,” says author and researcher James Pennebaker, Ph.D., a leading authority on expressive writing. “If you want to share your experiences with others afterward, fine. But I recommend writing just for you.”

The reason is simple. “The most important aspect is to simply put experiences into words in an honest way,” Pennebaker explains. “If an audience might judge us or we subtly change the story to make ourselves look better or not hurt others’ feelings, then it would be better to write just for yourself.”

One idea is to keep a private journal for yourself while writing letters or essays as you feel the need. Sharing thoughts with others can lead not only to greater awareness but also to a stronger sense of connectedness, according to James Nobel, M.D., M.P.H., founder of the UnLonely Project, which raises awareness about the increasing prevalence of loneliness and its harmful effects.

“Picking up a pen can be a powerful intervention against loneliness,” writes Dr. Nobel in an article for the Harvard Medical School, where he serves on the faculty. “I am a strong believer in writing as a way for people who are feeling lonely and isolated to define, shape, and exchange their personal stories. Expressive writing, especially when shared, helps foster social connections.”

JOURNALING IS AVAILABLE TO ALL. YOU DON'T HAVE TO BE A WRITER—NO ONE WILL SEE WHAT YOU'RE WRITING—YOU JUST HAVE TO BE WILLING TO EXPLORE YOUR FEELINGS HONESTLY.

Keep in mind that there are probably a thousand ways to write that are beneficial to you... Experiment on your own and see what works best.”

—James Pennebaker, author and researcher

### WHAT TO EXPECT

THE BENEFITS OF EXPRESSIVE WRITING MAY NOT BE APPARENT AT FIRST. “MANY PEOPLE REPORT THAT AFTER WRITING, THEY SOMETIMES FEEL SOMEWHAT SAD OR DEPRESSED. LIKE SEEING A SAD MOVIE, THIS TYPICALLY GOES AWAY IN A COUPLE OF HOURS,” SAYS PENNEBAKER. “IF YOU FIND THAT YOU ARE GETTING EXTREMELY UPSET ABOUT A WRITING TOPIC, SIMPLY STOP WRITING OR CHANGE TOPICS.”

### RESEARCH SHOWS EXPRESSIVE WRITING MAY LEAD TO:

- reduced blood pressure
- improved mood
- greater feeling of well-being
- lower levels of depression
- less stress
- fewer days absent from work
- quicker re-employment after job loss
- better working memory
- improved athletic performance
- higher grades in school

» If journaling isn't addressing problems or is making you feel even more anxious, seek professional help.

# GETTING started

### • Buy a notebook or journal.

It doesn't have to be fancy, but it should be small enough to easily carry with you in case you journal away from home.

• **Carve out time.** “Think of a time during the day when you typically have a few quiet minutes,” says best-selling author Debra Landwehr Engle, who teaches a class on journaling in central Iowa. “Maybe it's when you first wake up and have a cup of coffee, just before bed, during your lunch hour—whatever works for you.”

• **Make a promise.** Commit to writing for a minimum of 15 minutes a day for three or four consecutive days, taking a break after that if needed. “The more frequently you journal, the more benefits

you'll see,” says Engle. “Once you establish a journaling habit, you may find yourself doing it more often because it supports your success—and it simply feels good.”

• **Prepare to be surprised.** Journaling leads to greater awareness of your own feelings. “When you journal, you'll often find yourself writing down something you didn't even know was on your mind, or a thought you've never had before,” says Engle. “Some of my biggest ‘aha!’ moments have happened when I'm journaling.”

“I THINK OF JOURNALING AS A GIFT FOR THE SOUL. IF YOU'RE ANGRY OR HURT OR SAD OR LONELY, YOU CAN GET THOSE FEELINGS OUT AS THOUGH YOU'VE HAD A HEART-TO-HEART TALK WITH YOUR BEST FRIEND.” —DEBRA LANDWEHR ENGLE, WRITING MENTOR



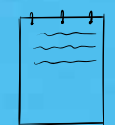
### FIND A TOPIC

Write about what's on your mind, what you're worrying about, a dream you had recently, something that's affecting your life negatively, researcher James Pennebaker says, adding, “You can write about the same issue every day or a series of different issues.”



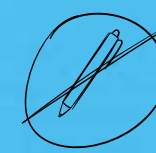
### PICK A THEME

Tie this experience to your childhood, relationship with your parents, people you have loved or love now, even your career, advises Pennebaker. Ask yourself how it relates to who you would like to become, who you have been in the past or who you are now.



### WRITE IT DOWN

Write longhand or type—whichever is most comfortable. If you can't write, use a tape recorder. “Whatever you choose to write about, it is critical that you really let go and explore your very deepest emotions and thoughts,” says Pennebaker.



### STOP EDITING

“The writing is for you and for you only,” says Pennebaker. “The purpose is for you to be completely honest with yourself. When writing, secretly plan to throw away your writing when you are finished. Whether you keep it or save it is really up to you.”

### TO REVIEW OR NOT TO REVIEW?

Some people review their journals periodically, then write about what they've learned about themselves or what they're doing to grow and change. “Everybody approaches it differently,” says Pennebaker. “When I write, I rarely ever go back to look at it. I have a good friend who often goes back, edits it, and reworks the same story multiple times until they are happy. It's up to you what you do.”

### WHAT TO DO WITH OLD JOURNALS

Some people shred or burn them, others keep them indefinitely. If you're concerned about privacy, arrange for a friend to collect and destroy your journals should something happen to you.



# FOR THE LOVE OF PETS

DOGS AND CATS HAVE BEEN OUR **MOST CHERISHED ANIMAL COMPANIONS FOR THOUSANDS OF YEARS.** SHOW THEM YOUR LOVE BY GIVING THEM PROPER CARE, PLENTY OF ATTENTION AND A TAIL-WAGGIN' ASSORTMENT OF FOOD, TREATS AND TOYS FROM HY-VEE.



\* **DOGS BRING MORE MEANING, SELF-ESTEEM AND SENSE OF BELONGING TO THEIR OWNERS**  
—AMERICAN PSYCHOLOGICAL ASSOCIATION.

WORDS Luke Miller PHOTO Life On White/Getty Images

**Own a pet? You're not alone.** Nearly 70 percent of U.S. households have at least one pet, according to the American Pet Products Association (APPA). Reasons to claim a pet as part of the family are many. Since the bond between people and animals began, pets have demonstrated unconditional love that's as heart-warming as it is healthful to their humans. A 2016 APPA survey shows that 83 percent of cat owners and 81 percent of dog owners name varied benefits—from companionship to physical and emotional support to teaching youngsters care and responsibility.

## WANT TO RETURN THE FAVOR? HERE'S WHAT YOU CAN DO FOR YOUR PET.



### EXERCISE

Help your pet stay fit and healthy, which will benefit you both.

**DOGS** No matter the age, dogs need exercise to stay healthy and happy. "Knowing how much exercise your dog needs and how often starts with factoring in age, size and health," says Dr. Kurt Venator, chief veterinarian for Purina. "Leisurely walks may be best for an older dog, while a young dog is more likely to have energy for something more vigorous." Play fetch with a ball or flying disc, visit a dog park or arrange for other dogs to join playtime in fenced yards.

**CATS** Healthy cats should play or be active at least 20 minutes daily, says Dr. Venator, noting that overweight cats are at greater risk for cancer, diabetes and heart, respiratory and kidney problems. Train your cat to walk on a leash, play toss with a ping-pong ball or dangle a feather from a string tied to a pole. "Providing opportunities for your cat to exercise can lead to overall better quality of life," says Dr. Venator.



### MENTAL STIMULATION

Before boredom can lead to trouble, stimulate your pet with brain games. Dr. Venator says, "Both physical exercise and mental stimulation are important to the health and wellbeing of dogs and cats."

**DOGS** Playing hide-and-seek or learning new tricks requires brain function. Another idea: Put morsels of food in a muffin tin, cover with tennis balls, and let the dog discover how to remove the balls to get the treat. "Regular exercise and training can help socialize your pet, ultimately leading to good behavior," adds Dr. Venator.

**CATS** Point a laser (away from the eyes) as a moving target for cats to chase. Or poke holes in a box, add kibble and ping-pong balls (to prevent kibble from spilling out), and let the pet figure how to get to the food. Place a cat ladder near a window for a perch to watch outdoor action.



### BONDING

Foster a strong connection through consistent and positive daily interaction.

Avoid neglect and physical or emotional punishment, which are cruel and will destroy trust.

**DOGS & CATS** Talk to pets in a calm, low voice and feed them treats directly from your hand. Massage them where they like to be touched (dogs typically like belly rubs; cats do not). Some pets are drawn to other people, some are shy—often based on past experiences. If your pet is shy or frightened, use a calm approach to appear less threatening.

"Aside from basic necessities, such as high-quality food, safe place to live, proper hydration and adequate exercise and veterinary care, pets just want to be with those they love," says Dr. Venator, "whether lounging on the sofa or going for a walk."

## \* WATCH THE WEIGHT

LOVE MEANS KEEPING YOUR PET FIT. A 14-YEAR PURINA "LIFE SPAN" STUDY SHOWS THAT DOGS THAT CONSUMED 25 PERCENT FEWER CALORIES THAN THEIR LITTERMATES DURING THEIR LIFETIMES MAINTAINED A LEAN OR IDEAL BODY CONDITION, RESULTING IN LONGER LIFE. THE MEDIAN LIFE SPAN OF LEAN-FED DOGS WAS EXTENDED BY 15 PERCENT OR NEARLY 2 YEARS.

## Q & A

VETERINARIAN KURT VENATOR, DVM, PHD  
ANSWERS TO COMMONLY ASKED QUESTIONS  
ABOUT FEEDING PETS

**Q. Are grains in foods good for pets?**

**A.** Yes, grains are an excellent source of nutrients for both dogs and cats. For example, corn in a balanced diet is an excellent source of protein, carbohydrates, linoleic acid and antioxidants. Ounce for ounce, corn has twice the level of antioxidants as an apple.

**Q. What about food allergies?**

**A.** Unfortunately, a myth—not supported by veterinary medicine—claims that grains cause allergies in pets. That's not the case. True food allergies are rare in dogs and cats, and any offending substances are usually not grain-related. Grains, a good source of nutrients, are beneficial for most dogs. The chance that a dog will be allergic to grain is unlikely.

(continued on following page)

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# Q & A

WITH VETERINARIAN  
KURT VENATOR, DVM, PHD

(continued from  
previous page)

Q. What vitamins and minerals are key?

A. At Purina, we formulate all our food based on knowing first which nutrients a dog or cat needs to live the best life, then in selecting ingredients that deliver those key nutrients. Just as each pet is unique, vitamin and mineral needs will vary based on size, life stage, breed and special needs.

Q. How can I appease a finicky eater?

A. To prevent fussy tendencies, maintain a routine. Pets learn from how they're treated. A sure way to create a fussy eater is to mix up or change

their routines—or to panic at the first sign of rejection and try to tempt pets back to the bowl with tidbits from your table. Pets quickly learn how to manipulate to gain your food rather than eat the healthy balanced diet designed for pets.

Q. Any advice on treats?

A. Treats are not essential to the diets for cats and dogs, and should be given in moderation. The general rule is that treats should not comprise more than 10 percent of your pet's total daily calories.



## SAVE THE SOFA

CATNIP IS A NATURAL HERB SOMETIMES USED TO STIMULATE CATS INTO PLAYING. "CAT OWNERS MAY ALSO TRY USING CATNIP TO REDIRECT NEGATIVE BEHAVIORS," SAYS DR. VENATOR. "IF YOUR CAT IS SCRATCHING THE FURNITURE, TRY PLACING A SCRATCHING POST IN THE AREA AND RUBBING IN SOME CATNIP. THE CATNIP WILL ATTRACT YOUR CAT'S ATTENTION TO THE POST, RATHER THAN YOUR SOFA."

PHOTO 5 second Studio/Shutterstock

\* OWNING A CAT MAY REDUCE RISK OF STROKE AND HEART ATTACK —NATIONAL INSTITUTES OF HEALTH.

## PET NUTRITION DETAILS

DOGS AND CATS EACH HAVE SPECIFIC NUTRITIONAL NEEDS, AND IT'S IMPORTANT TO PROVIDE THEM **HIGH-QUALITY FOOD TAILORED TO THEIR NEEDS**. LOOK FOR **COMPLETE AND BALANCED** ON LABELS TO ENSURE THAT YOUR PET GETS THE PROPER NUTRIENTS—**PROTEIN AND AMINO ACIDS FOR STRONG MUSCLES AND HEALTHY SKIN AND FUR, NUTRIENT-RICH FATS AND OILS, CARBOHYDRATES FOR QUICK ENERGY, AND A BALANCE OF VITAMINS AND FORTIFYING MINERALS**. YOU MAY ALSO CHOOSE PET FOODS **SPECIALLY FORMULATED FOR PARTICULAR LIFE STAGES** OR TO AID IN DIGESTION, JOINT HEALTH, OR SKIN AND FUR APPEARANCE.

FIND THESE PURINA PRODUCTS AND MORE AT HY-VEE:



### BENEFUL ORIGINALS

With real beef as the main ingredient, Beneful Originals is tasty as well as nutritious dog food.



### BEYOND WILD

Prey-inspired meats and fish are mixed together in all-natural recipes to delight cats of all ages.



### PURINA ONE KITTEN

Purposeful Nutrition supports optimal health of kittens with real chicken as the main ingredient.



### PUPPY CHOW

Popular for decades, Purina Puppy Chow is fortified with vitamins and minerals to fuel growing puppies.



### SMALL BREED

SmartBlend Small Breed Adult Formula has an antioxidant blend that helps support your dog's immune system.



### BEYOND GRAIN FREE

With nearly two dozen grain-free flavors in wet and dry formulas, Beyond offers cats the best of taste naturally.

## PAMPER YOUR PET

Treats and toys provide an easy way to shower our pets with affection. Hy-Vee has a full assortment of both.

### TREATS

Pet snacks are handy for training or teaching tricks. They can satisfy a cat's cravings or a dog's need to chew. Some are formulated to offer health benefits as well.

Careful! Too many treats can cause pets to become fat. To draw out the experience, use a snack-dispensing toy to distribute kibble-size treats gradually. Or put a few treats in an empty tissue box (for cats) or sealed cereal box (for dogs) to encourage hunting.

While a small amount of people-food isn't necessarily bad for pets, avoid feeding chocolate, grapes, raisins, onions; salty, sugary or spicy foods; or bones that might splinter when chewed.

### TOYS

Just as with kids, toys offer pets entertainment and mental stimulation. Be sure to consider safety when choosing pet toys.

- Avoid toys that are heavily dyed, treated with fire retardants or stain guards, or tainted with toxic heavy metals.
- Remove choking hazards—such as small eyes glued in place—before presenting toys.
- Steer clear of plush toys filled with beans or polystyrene beads.
- Avoid balls with a single air hole, which can a pet's tongue.
- Consider your pet's size. While safe for smaller dogs, a tennis ball could work its way into the back of a large dog's mouth and become a choking hazard.
- Don't throw sticks or stones—they can injure the mouth and teeth or lodge in a dog's throat.
- Keep a variety of toys on hand and switch them out to keep a pet's interest.

Sources (this page and opposite): purina.com  
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aspc.org/pet-care/cat-care/cat-nutrition-tips

PHOTOS Tobin Bennett





Clorox Floor Mop Wipes:  
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Glad Drawstring  
Household Trash Bags:  
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Fresh Step:  
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# CHOLESTEROL

IT'S ESSENTIAL TO LIFE AND IS NOT NECESSARILY BAD. IN FACT, YOUR BODY NEEDS CHOLESTEROL TO FUNCTION. BUT TOO MUCH CAN PUT YOU AT RISK FOR HEART ATTACK AND STROKE.

**Cholesterol is a fatty substance that your body uses in three ways:** 1) as a structural component of cell membranes; 2) to make hormones and vitamin D; and 3) to produce bile acids to digest food. Your liver makes all the cholesterol you need. The rest of the cholesterol in your body comes from dietary sources. Foods high in saturated and trans fats can trigger the liver to produce more cholesterol than it needs.

## GOOD VS. BAD CHOLESTEROL

CHOLESTEROL IS CARRIED THROUGH THE BLOODSTREAM BY PARTICLES CALLED LIPOPROTEINS, WHICH ARE CLASSIFIED BY DENSITY. THE LOWER THE DENSITY, THE MORE FAT IN THE LIPOPROTEIN.



**HDL**

High-density lipoprotein (HDL) or “healthy” cholesterol carries cholesterol to the liver to be flushed from the body. According to the Centers for Disease Control and Prevention (CDC), high HDL levels can lower the risk of heart disease and stroke.



**LDL**

Low-density lipoprotein (LDL) or “lousy” cholesterol carries cholesterol from the liver to tissues. LDL cholesterol can build up on the walls of blood vessels over time, narrowing and possibly blocking blood flow, and can lead to heart disease and stroke.

**THE DANGERS OF HIGH CHOLESTEROL**

AS CHOLESTEROL BUILDS, IT SLOWLY FORMS A THICK, HARD DEPOSIT IN ARTERIES THAT FEED THE HEART AND BRAIN, WHICH DIMINISHES EFFICIENCY. WHEN A BLOOD CLOT FORMS AND BLOCKS ONE OF THESE PASSAGES, HEART ATTACK OR STROKE CAN OCCUR.

1 IN 3

**NEARLY 1 IN 3 AMERICAN ADULTS HAS HIGH CHOLESTEROL, ACCORDING TO THE AMERICAN HEART ASSOCIATION.**

## NUMBERS TO KNOW

THE CDC GUIDELINES FOR TESTING CHOLESTEROL MEASURES MILLIGRAMS OF CHOLESTEROL PER DECILITER OF BLOOD.

TYPE	IDEAL	BORDERLINE	HIGH
TOTAL	< 200 mg/dL	200–239 mg/dL	> 240 mg/dL
LDL	< 100	130–159	> 160
HDL	> 40	N/A	N/A

**WHAT ROLE DO TRIGLYCERIDES PLAY?**

ALONG WITH CHOLESTEROL, DOCTORS MEASURE TRIGLYCERIDES—A TYPE OF FAT IN THE BLOOD. HIGH LEVELS CAN CAUSE PLAQUE BUILDUP IN ARTERIES. A NORMAL RESULT FOR TRIGLYCERIDES IS LESS THAN 150.

## MANAGING HIGH CHOLESTEROL

**Although the tendency for high cholesterol can be inherited, it's often the result of unhealthy lifestyle choices, which can be changed.**

**FOOD**

Eat high-fiber foods such as oatmeal, oat bran, apples, pears, kidney beans and Brussels sprouts. Avoid saturated and trans fats. Get healthful fats from fish, nuts, olive oil and avocados.

▶ **Learn how to eat healthier in Hy-Vee's begin™ program. Ask a dietitian for details.**

**WEIGHT**

Studies suggest that those with extra body fat can reduce LDL and triglycerides and increase HDL by losing weight. Weight loss can also reduce the risk for diabetes and heart disease. Some people at healthy weights have high cholesterol; and some who are overweight show ideal cholesterol levels.

**EXERCISE**

According to the Cleveland Clinic, exercise can lower triglycerides and increase HDL (healthy cholesterol), but has little effect on LDL (lousy cholesterol) unless paired with weight loss and dietary changes. Aerobic exercise—walking, cycling, swimming, elliptical and step machines—is recommended.

**MEDICATIONS**

A number of cholesterol-lowering drugs are available. Some help remove cholesterol from the blood by removing bile acids, forcing the body to break down LDL cholesterol to make more bile acids. Statin drugs slow the liver's production of cholesterol while increasing its ability to remove LDL cholesterol in the bloodstream. If you've been diagnosed with high cholesterol, talk with your doctor to determine whether you're a candidate for medication and which is appropriate.

WITH A SIMPLE FINGER STICK YOUR HY-VEE PHARMACY CAN TEST YOUR LDL, HDL AND TRIGLYCERIDES FOR ONLY \$45. SCHEDULE AN APPOINTMENT TODAY.

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Sources (this page and opposite): [cdc.gov/cholesterol/index.htm](https://www.cdc.gov/cholesterol/index.htm)  
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While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of heart disease.  
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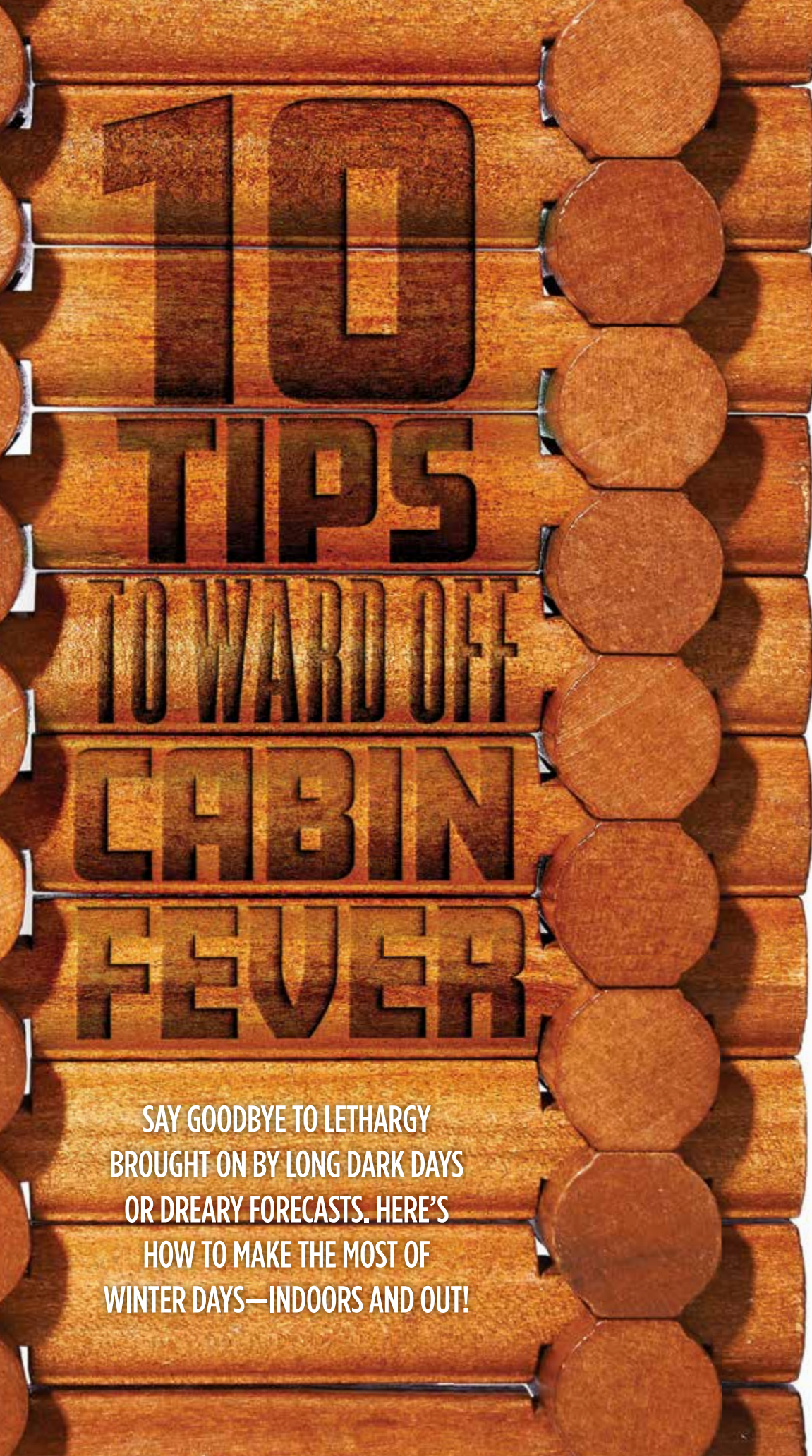


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SAY GOODBYE TO LETHARGY  
BROUGHT ON BY LONG DARK DAYS  
OR DREARY FORECASTS. HERE'S  
HOW TO MAKE THE MOST OF  
WINTER DAYS—INDOORS AND OUT!



WITH HOLIDAY ACTIVITIES BEHIND US, energy and enthusiasm wane. Even outdoor landscapes, once brightly lit, can appear drab.

If the novelty of hours curled up with a book or binge-watching TV shows has lost its cozy magic, you might have cabin fever—a mild, fairly common and easily treatable problem.

Follow these suggestions to brighten your mood. Then, with renewed energy and focus, follow nature's lead to embrace the still, calm restful season of winter.

## 1 GET OUTSIDE

Bundle up and head out! Dressed in light layers, scarf, hat and gloves, go sledding, build a snowman or walk briskly around the block. Studies show that as few as 20 minutes outdoors can improve your mood. Time in sunlight can help relieve stress and increase production of disease-fighting, mood-boosting vitamin D. Fresh air can also enhance your immunity!

## 2 EXPERIENCE SOMETHING NEW

Studies show that experiences lead to longer-lasting happiness than material items. Novel experiences in particular release dopamine, the feel-good chemical. Reap benefits by taking a cooking class or visiting a local art exhibit.

Sources (this page and opposite): [urmc.rochester.edu/encyclopedia/content.aspx?contenttypeid=85&contentid=P00755](http://urmc.rochester.edu/encyclopedia/content.aspx?contenttypeid=85&contentid=P00755)  
[hsc.wvu.edu/news/story?headline=4-reasons-your-kids-and-you-should-play-outside-during-winter](http://hsc.wvu.edu/news/story?headline=4-reasons-your-kids-and-you-should-play-outside-during-winter)  
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## EAT SMARTER

FOODS CAN IMPROVE MOOD WHEN THE WEATHER KEEPS YOU INDOORS. IF YOU FEEL LISTLESS, YOU COULD BE LOW ON FOLIC ACID. TRY ASPARAGUS, RICH IN FOLATE AND VITAMIN D. WILD SALMON, HIGH IN OMEGA-3 FATTY ACIDS AND VITAMIN D, LIFTS MOODS. STOCK VITAMIN C-RICH ORANGES TO INCREASE IMMUNITY, PROTEIN-PACKED GREEK YOGURT FOR ENERGY AND A FEW PIECES OF DARK CHOCOLATE FOR A DOSE OF ANTIOXIDANTS AND BLOOD-PRESSURE-REDUCING FLAVONOIDS.

## 4 BUY A BOUQUET

Caring for indoor plants may reduce stress and improve mood. Research from Chiba University in Japan found that fresh flowers led to relaxed, natural feelings. Check out the Hy-Vee floral section for a variety of indoor plants and fresh bouquets for a nature-inspired pick-me-up.



## LISTEN TO MUSIC

Tune in to peppy, upbeat songs and sing or dance along. A study from the University of Wisconsin-La Crosse states that participants who listen to positive and uplifting music experience optimistic moods.



## REARRANGE YOUR SPACE

Tired of the same landscape indoors and out? You can't rearrange the weather, but you can change a room. Shuffle furniture or accessories around, add potted plants or hang colorful art.



## GET MOVING

Physical activity is shown to improve mood, increase energy and stamina, improve sleep, relieve stress, intensify mental alertness, reduce weight, and improve endurance. Take a walk, join a fitness class or plug in to a workout video at home.



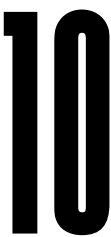
## HELP OTHERS

Volunteering promotes feelings of empathy and brain changes associated with happiness. It also reduces isolation, improves confidence and reduces stress and negativity.



## TAKE A TRIP

If all else fails, plan a trip! Head somewhere warmer, or book a weekend somewhere closer to home for a change of scenery.



## PHONE A FRIEND

Call a friend, visit family or meet a colleague for lunch. An 80-year Harvard study found that a significant predictor for health and happiness is social connection.

HOUSE  
CALL

## SEE YOUR DOCTOR

If improved nutrition plus increased activity and vitamin D don't improve your mood, check with a professional. Talk to your doctor or ask if you might have seasonal affective disorder (SAD)—a type of clinical depression that occurs during fall or winter months.

PHOTOS: Tobin Bennett





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I grew up in the city, married a farmer and have now spent more than half my life on the farm. We're the fourth generation to farm this land. I'm proud to be involved in growing food, fiber and fuel for my family and others. We eat the food we produce and care that it is nutritious and safe for our family and yours. – Julie Van Manen, Kellogg, Iowa



# GET THE GOODS

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

## FRIDGE & FREEZER



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Pictsweet Farms Steamables Edamame: select varieties 8 to 14 oz. 3/\$5.00



Cole's Garlic Bread or Cheese Sticks: select varieties 11.5 to 16 oz. 2/\$5.00



Green Giant Boxed Vegetables: select varieties 7 to 10 oz. 3/\$4.00



Noosa: select varieties 4 pk. \$3.99



Kozy Shack Pudding: select varieties 4, 6 ct. or 22 oz. 2/\$6.00



Land O'Lakes Small Spreadable, Fresh Buttery Taste or Margarine Sticks: select varieties 6.5 to 16 oz. \$1.99



Mini Babybel Cheese: select varieties 4.2 or 4.5 oz. \$3.98

## PANTRY



Jolly Time Microwave Popcorn: select varieties 6 or 10 ct. \$2.99



Lindsay Olives: select varieties 3.8 to 6 oz. \$1.68



Snack Factory Pretzel Crisps: select varieties 14 oz. \$4.98



Creme Curls Vanilla: select varieties 4 ct. \$2.99



Chinet 16 oz. Comfort Cup Insulated: select varieties 18 ct. \$4.77



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VALUE  
SIZE



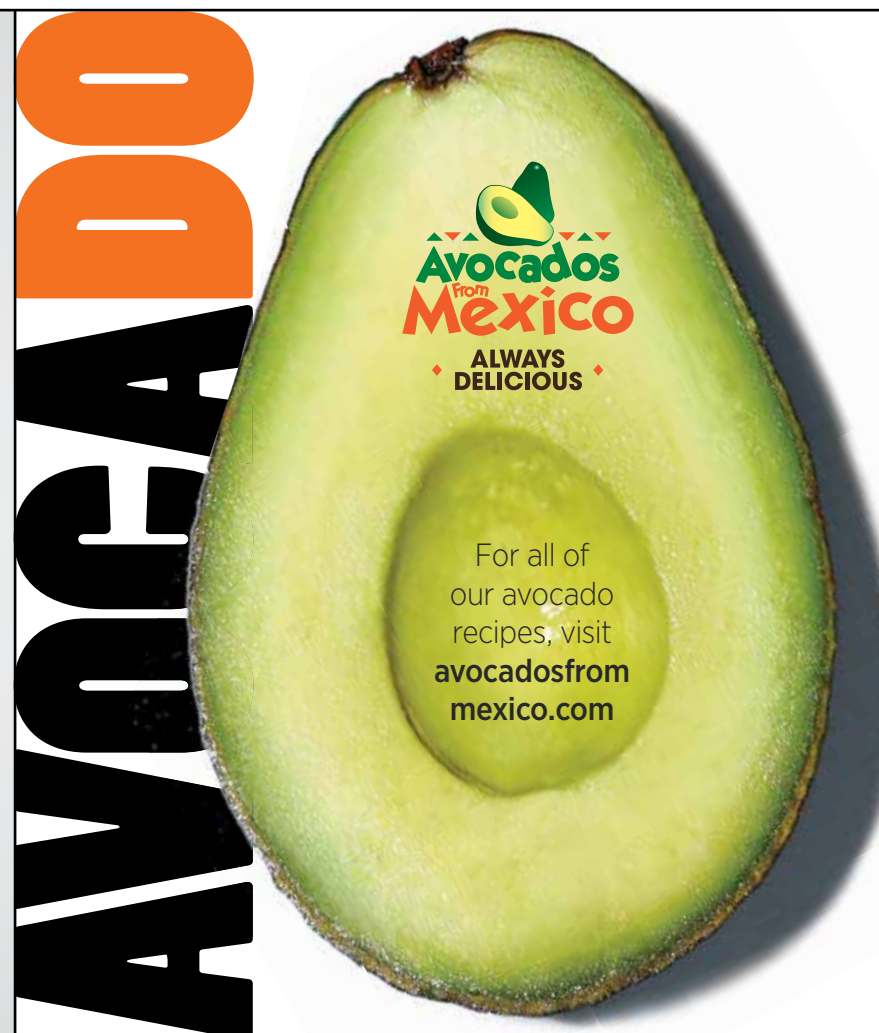
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SIZE



Nature Valley Grain Mega Pack:  
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# QUICK FIXES |

## BAKING SODA HACKS

USE BAKING SODA FOR MORE THAN JUST BAKING!

### MULTI-PURPOSE

Grab some baking soda and scrub, wipe and wash anything from produce to ovens. Dirt and grime are out of time.

- **Clean Your Oven:** Slowly add water to a dish of baking soda until it forms a paste. Apply the paste to the inside of your oven with a rag and easily wipe away burned-on residue.
- **Produce Scrub:** Mix water and baking soda for a gentle, all-natural produce scrub to wash away impurities.
- **Clean Up Scribbles:** Sprinkle baking soda on a damp cloth to gently remove crayon marks from walls.

PHOTOS: Tobin Bennett



### DEODORIZE

Remove household odors from upholstery by shaking a generous amount of baking soda on mattresses, furniture, pet beds and other stinky surfaces. Let the baking soda sit for 15-20 minutes before removing with a vacuum.

### WHITEN YOUR TEETH

DROP A PINCH OF BAKING SODA ON TOOTHPASTE AND BRUSH FOR A MAXIMUM OF TWO MINUTES. TO PROTECT ENAMEL FROM SCRATCHING, USE BAKING SODA ONLY ONCE PER WEEK.



### UNCLOG YOUR DRAIN

Pour a combination of baking soda, vinegar and hot water down drains to clear clogs and deodorize your sink.

► Baking soda is an abrasive cleaner, so use a light hand and avoid surfaces that scratch easily.

Watch these clever cleaning tips with **Baking Soda Hacks** at [HSTV.com](http://HSTV.com)



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FEBRUARY 2019

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### FOODS THAT BOOST YOUR IMMUNE SYSTEM

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

**GF**  
option  
GLUTEN FREE

**V**  
option  
VEGETARIAN  
DISH

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

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-874-3972.

ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-866-874-3972.



# UP NEXT

Spring is a time of new beginnings. Learn about foods to help you heal, exercises to build muscle and downtime to ease the mind. Also, in our March issue: a heart-to-heart talk with America's favorite co-star, Judy Greer, who's exploring new beginnings of her own as a director.



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