

# HyVee<sup>®</sup> balance™

## GOING FOR GOLD LAURIE HERNANDEZ

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FOODS THAT KEEP YOU FULL  
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MAY 2017  
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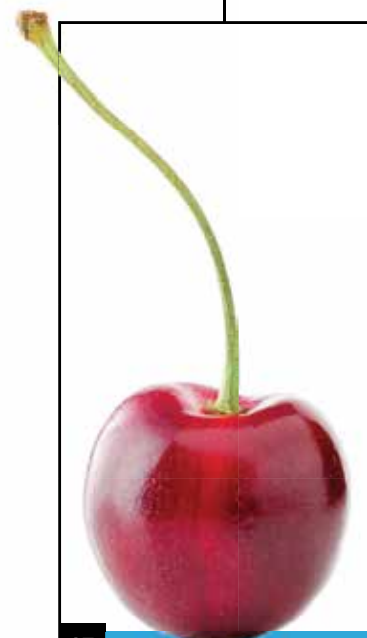
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Balance now  
available  
by delivery.  
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six issues for  
just \$10!



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# SET the bar



## ELLEN DAVIS

HY-VEE DIETITIAN,  
SPORTS NUTRITION  
WEST DES MOINES, IOWA

▶ As a sports dietitian and former Division 1 athlete, Ellen believes nutrition and fitness aren't just important, they are truly a way of life. Since 2010 she has been sharing her passion for each with clients and athletes who are looking to treat food as fuel for their own goals and performance.

Most of my cherished memories include an athletic event of some sort, which of course requires a combination of nutrition and fitness. Although I have always had a competitive drive, seventh-grade track was my first real experience with competitive running. I was hooked! My passion for general health came later, while running at the University of Missouri, when I realized how food acts as fuel for the body. As an adult, I've realized living a healthy lifestyle is all about balance. Additional responsibilities mean less time to train, so efficiency is key. I prepare meals and snacks on days off, to allow myself more time to work out before or after work. Sometimes, to make good use of time, a workout includes a bike ride on an indoor trainer while I listen to sports nutrition podcasts.

When it comes to making healthier choices, I encourage my clients and athletes to aim for progress rather than perfection. All too often we expect immediate results, and if we don't achieve them we revert to square one. Set goals to encourage small steps rather than unrealistic leaps, and celebrate when that goal is achieved by setting a new one.

Hy-Vee Balance magazine is a great resource for finding inspiration. For a behind-the-scenes look at how an Olympian trains for the world stage, check out "The Gold Standard," a feature story about 2016 Olympic gold medalist Laurie Hernandez, page 18. Throughout the magazine you'll find ideas for fitting it all in: nutrition, fitness and healthy living.



We asked our editorial contributors:  
What's your favorite salad topper?

**GASTROENTEROLOGY**

Dr. David E. Elliott  
James A. Clifton Chair of Gastroenterology  
University of Iowa Carver College of Medicine  
Sunflower seeds!

**NUTRITION**

Melissa Bradley, RD, LD  
Hy-Vee Dietitian, Savage, MN  
Any sort of nuts. I really like  
shelled peanuts. You can have up to  
49 for one serving.

**NUTRITION**

Julie McMillin, RD, LD  
Assistant Vice President Retail Dietetics  
My favorite salad topper is cottage cheese. It  
helps add a little extra protein.

**PHARMACY**

Angie Nelson,  
Assistant Vice President,  
Pharmacy Fulfillment  
I like to add fruit to my salads to add flavor and  
eliminate the need for salad dressing. It's a tasty  
way to avoid unhealthy toppings and also  
get added nutrients.

**FITNESS**

Daira Driftmier,  
Hy-Vee KidsFit Director  
I like to add sliced red or  
orange bell peppers.

**NUTRITION**

Brian Scheil, RD, LD, CPT  
Hy-Vee Dietitian  
My favorite salad topper is chunked avocado!

**NUTRITION**

Julie Gieseeman, RD, LD  
Certified Diabetes Educator  
I like to add smoked salmon.

**ENDOCRINOLOGY**

Dr. Rachel McKenney, Endocrinologist  
Gundersen Health System, La Crosse, WI  
Avocado



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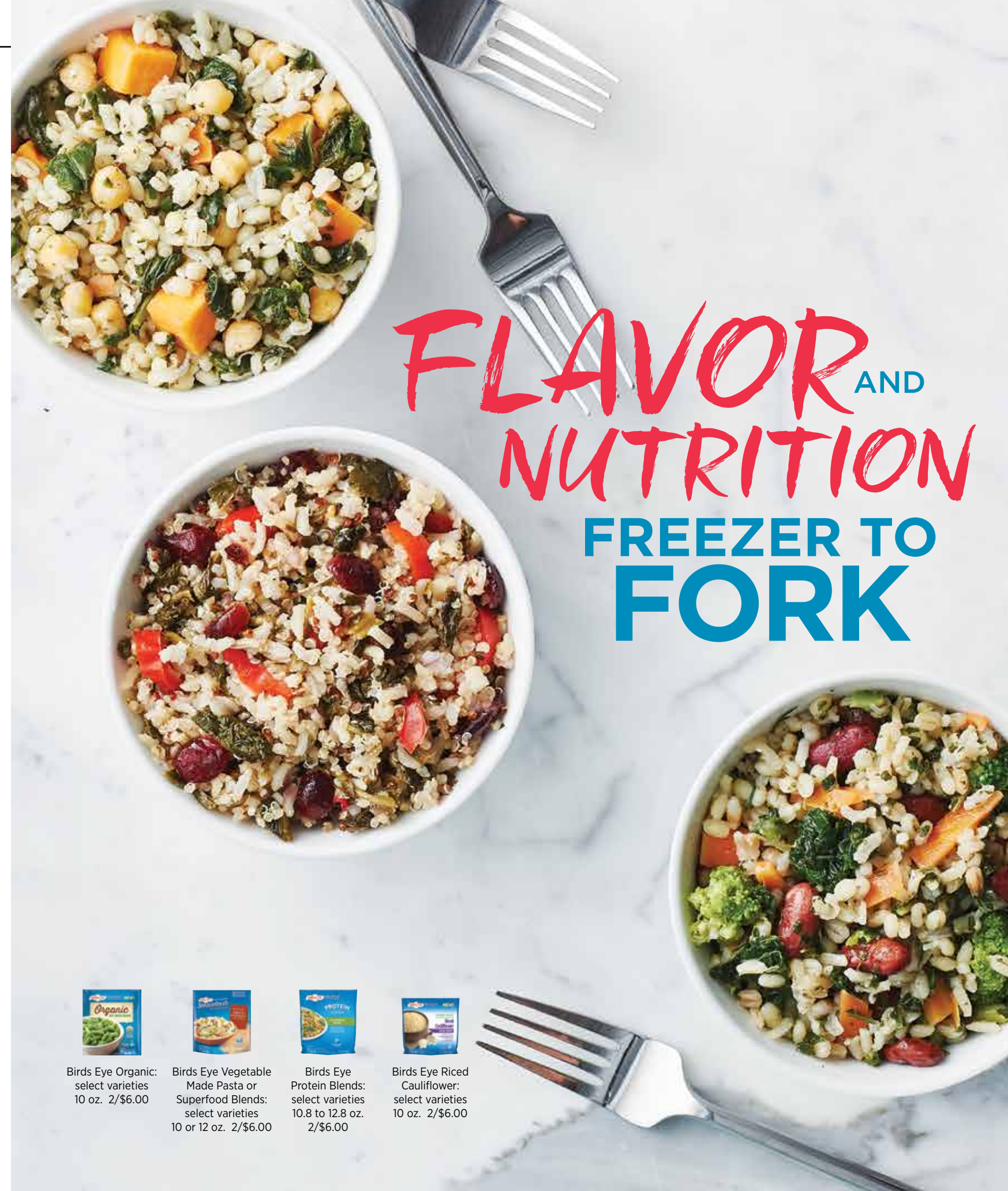
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by test kitchen food technologists to  
guarantee that they are reliable, easy to  
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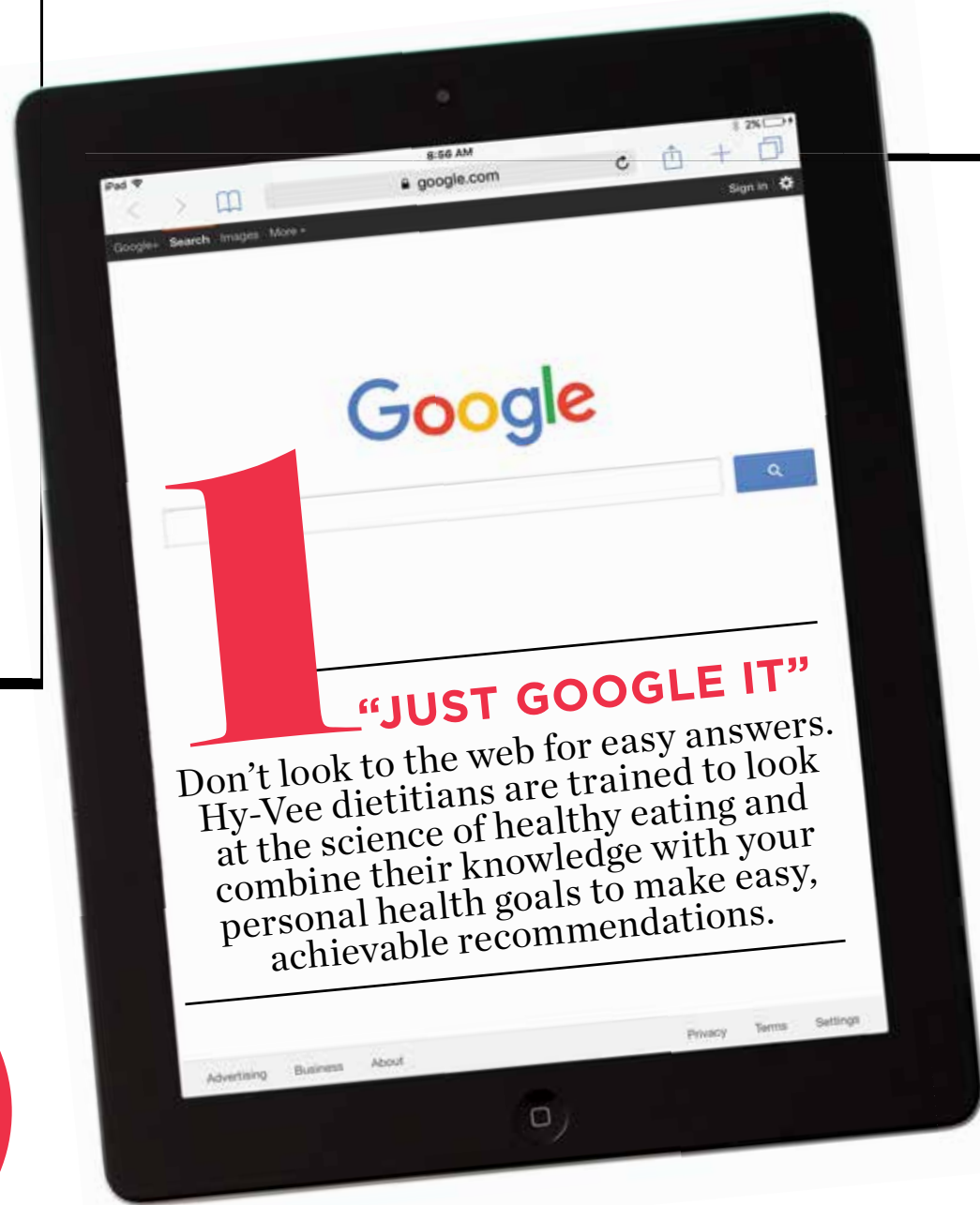
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Julie McMillin, RD, LD

**MEET THE DIETITIAN:**  
Julie is a Registered Dietitian and the Assistant Vice President of Retail Dietetics for Hy-Vee.



# THINGS A DIETITIAN WON'T TELL YOU

PHOTOS: Tobin Bennett and Cameron Sadeghpour



## “TRY THE (fill in the blank) DIET”

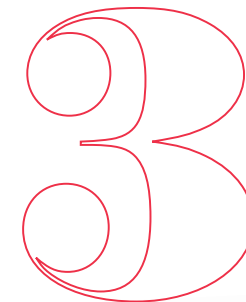
Unfortunately, there is still no magic pill or simple solution to healthy eating. A healthy diet means moderation and making smart choices. A fad diet that seems too good to be true usually is. Focus on choosing nutritious food items to fuel your body and meet your personal goals.

## “skip meals”

It's okay to eat small frequent meals, but avoiding a meal altogether may actually reduce the amount of weight you are trying to lose. Rather than skipping a meal, try making better choices.



Dietitians are not the food police. We like to eat and we like food—that's why most of us became dietitians. There is not necessarily a bad food, just bad portion sizes, and treats are okay in moderation.



“CUT ALL...”

**Eating healthy** is not about eliminating an entire food group like carbs, gluten or dairy. All of these groups have some **nutritional component** that **your body needs**. For example: If you cut out carbs completely, you may feel lethargic and tired because **carbs give you energy**.



# WAKE UP

like Kristin Porter



## KRISTIN PORTER

- Blogger, Iowa Girl Eats
- Mother of two
- Gluten-free

"THE BEST PART OF BEING A MOM IS...BEING A MOM! THE INSTANT LOVE AND CONNECTION I HAVE WITH ANOTHER HUMAN BEING IS THE BEST GIFT I COULD EVER RECEIVE. MY CHILDREN ARE MY SOUL MATES."

## WAKE-UP CALL

With a 4-month-old and a toddler in tow, blogging sensation Kristin Porter runs a gluten-free household with ease, even first thing in the morning. Kristin was diagnosed with celiac disease in 2013 and began to develop tasty gluten-free recipes for her already popular blog Iowa Girl Eats. Today, she looks to gluten-free swaps for popular products and naturally gluten-free foods like eggs and fruit for healthy, filling breakfast options.

\*For more on celiac disease and eating a gluten-free diet, see *Gluten Free* on pg. 32

*Kristin's make-ahead bars are great for busy mornings and have all the health benefits of a bowl of oatmeal in a handy bar form.*

Find this recipe at [iowagirleats.com](http://iowagirleats.com)

## EAT AND RUN

To save time during the morning rush, Kristin reaches for her homemade gluten-free Blueberry Oatmeal Breakfast Bars, which she makes every week and keeps stashed in the fridge. Peanut butter toast is also a winner because it's quick, easy and keeps her full for a morning of chasing after her little ones.

*Black coffee is a must says Kristin, and if time allows an almond milk latte while she's out and about.*

BEST MOM EVER



"I didn't think taking care of an infant was easy until I had a toddler. My 4-month-old is a breeze—feed him, dress him, nestle him into his car seat—boom, ready! Getting my toddler out the door is a little more involved. First I need to make sure he's eaten a healthy breakfast, then we pick out an outfit together, brush his teeth and use the bathroom, put on said outfit (easier said than done!), stuff his little feet into some shoes, add a coat...I'm exhausted just thinking about it!"

## START FRESH

A stress-free morning begins before bed. Kristin can't stand waking up to a messy kitchen, so when closing up shop each day she gives the house a thorough cleaning. She also prepacks her son's school snack and pops a Keurig pod into her machine so morning coffee is ready at the push of a button.



PHOTOS Cameron Sadeghpour

TIP

Kristin encourages her blog followers and *Hy-Vee Balance* readers to visit Hy-Vee HealthMarket for a broad selection of gluten-free ingredients and products!

SIGNATURE  
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Her love taught you the meaning of "always."

Because there are no ordinary moms, these are no ordinary cards.

*Mother's Day is Sunday, May 14.*

CLASS OF 2017



Your grad has the world at their feet.

On graduation day, celebrate how far they've come—and how proud you are—with a Hallmark card.



# VEGGIE FRIES



**30**  
minutes  
or less

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

Hy-Vee nonstick cooking spray  
5 cups vegetables cut into sticks,  
including carrots, zucchini, and/or  
portobello mushrooms  
1 Tbsp. Hy-Vee Select extra virgin olive oil  
1 tsp. no-salt seasoning blend  
1 tsp. finely chopped fresh parsley,  
optional  
Hot chile pepper sauce, optional

**1. GREASE** a wire rack with nonstick cooking spray and place on a large rimmed baking pan. Preheat oven to 425°F.

**2. TOSS** vegetables with olive oil and seasoning blend in a large bowl. Place onto prepared baking pan. Bake for 20 minutes or until beginning to brown. Sprinkle fries with parsley and serve with hot chile pepper sauce, if desired.

Per ¾ cup serving carrot fries: 80 calories, 4 g fat, .5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 80 mg sodium, 11 g carbohydrates, 3 g fiber, 5 g sugar, 1 g protein

Per ¾ cup serving zucchini fries: 50 calories, 4 g fat, .5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 10 mg sodium, 5 g carbohydrates, 1 g fiber, 3 g sugar, 2 g protein

Per ¾ cup serving mushroom fries: 45 calories, 3.5 g fat, .5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 5 mg sodium, 2 g carbohydrates, 1 g fiber, 2 g sugar, 1 g protein

80

calories

4.5g

fat

11g

carbs

1g

protein



**FAST-FOOD  
LARGE FRY**

Compare the stats  
on these fast-food  
fries with the healthy  
recipe, above.

510 cal  
24 g fat  
61 g carbs  
7 g protein



For a helpful video  
on how to make  
**Veggie Fries**, visit  
[youtube.com/Hy-Vee](https://youtube.com/Hy-Vee)

PHOTOS Tobin Bennett

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# HEALTHY-ISH TOPPERS



## 1. PICO DE GALLO

A common variation of salsa that has less liquid, pico de gallo features fresh, uncooked ingredients like onions, tomatoes, peppers, herbs, spices and other ingredients with antioxidant and anti-inflammatory properties.

## 2. TZATZIKI

Don't be alarmed if the name doesn't ring a bell, as it's also known as Greek yogurt dip. Made with yogurt plus blended cucumbers, garlic, lemon juice and olive oil, this cool, tangy mixture pairs well with grilled meats or as a dip with fresh veggies.

## 3. HUMMUS

It's traditional Middle Eastern spread of cooked, mashed chickpeas, tahini, olive oil, lemon juice, salt and garlic. Rich in fiber and protein, with a low carbohydrate count, hummus is ideal for anyone looking to shed pounds without losing flavor. Also available in other varieties and flavors.

## 4. KIMCHI

A spicy Korean blend of fermented cabbage, chile peppers, vinegar, garlic and other spices, Kimchi can top nearly any food looking for a kick. Even with a high sodium content, this topper is very nutritious as it contains vitamins A, B and C, as well as "healthy" bacteria that assist in digestion.

## 5. DIJON MUSTARD

Ditch the ketchup for this mildly spicy condiment low in sugar, fat and calories. It's often made with mustard seeds and white wine to provide a sharp, enhanced flavor.

## 6. GUACAMOLE

We can thank the Aztecs for this avocado-based dip; they developed it in the 1500s. With a creamy texture, often enhanced by lemon juice, onions and tomatoes, this versatile dip is high in fiber, healthy fats and vitamins C and E.

Unlike most condiments, these healthier alternatives pack a lot of flavor without the caloric punch. Stock your fridge with these soon-to-be staples.



**HY-VEE PHARMACIST:**  
**ANGIE NELSON**  
Assistant Vice President,  
Pharmacy Fulfillment

## MAY IS NATIONAL STROKE AWARENESS MONTH

The American Heart Association and American Stroke Association recommend using the following acronym to remember the signs of stroke:

### FAST

**F: FACE DROOPING**

**A: ARM WEAKNESS**

**S: SPEECH DIFFICULTY**

**T: TIME TO CALL 911**

Additional signs to watch for are difficulty walking or moving, vision disturbances and severe or persistent headache.

**Q. What is the most important action to take if you or someone you know is having a stroke?**

**A. Seek medical attention immediately. This can minimize the long-term effects of the stroke and even prevent death.**



**Q. Are there any pharmacological treatments for stroke?**

**A.** A common pharmacologic treatment is TPA (tissue plasminogen activator). This is administered to the patient through an IV to help dissolve the clot. This medication has a narrow window of efficacy, or capacity to produce an effect, and should be administered within three hours of stroke occurrence to improve outcomes.

**Q. Why do some people take aspirin daily?**

**A.** Some high-risk individuals take an aspirin daily for the prevention of heart attack or stroke. It is best to discuss this with your health care provider before starting. A stroke is due to either a blood clot in the brain or a brain bleed. Aspirin works to prevent blood clots from forming, so that is why some health professionals recommend it to reduce the risk of clot.

## FAQ: AT THE PHARMACY

**There are many factors that can put a person at risk for stroke. Hy-Vee can help you reduce your risk.**

### Common Risks:

- High blood pressure
- Untreated diabetes
- Elevated cholesterol
- Smoking

### How Hy-Vee Can Help:

- Pharmacists counsel patients on medication management, specifically for conditions that increase risk of stroke.
- Hy-Vee's Quit for Good program educates, encourages and supports patients to quit smoking.
- Dietitians promote healthy eating and having a healthy BMI.



# KETTLEBELL-BELL

## GRIND & BALLISTIC

Swing your way to a summer bod with kettlebell moves designed for a full-body tone. With a center of mass located away from your hands, kettlebell moves work out tendons and ligaments to strengthen joints.

### 1→ RUSSIAN KETTLEBELL SWINGS SHOULDERS. BACK. HIPS. GLUTES. LEGS.

Place feet wider than hip-distance apart and grab kettlebell handle with both hands, palms down. Drive hips back, maintaining a slight bend in both knees. Drive hips forward, swinging kettlebell upward while engaging glutes and core.



### ←2 BENT-OVER ROWS BACK. ARMS. SHOULDERS.

In high lunge position, place kettlebell inside of front foot. With palm facing down, lift kettlebell with opposite hand and pull up toward the stomach, keeping elbow close to the body. Lower the weight. Complete reps and repeat on opposite side.

### 3→ KETTLEBELL WINDMILL SHOULDERS. BACK. CORE. OBLIQUES. HIPS.

Start with feet wider than hip-distance apart and kettlebell overhead in right hand. Keeping arm straight overhead, slide left hand down the outside of left thigh. Pause and return to the start. Complete reps and repeat on opposite side.



### ←4 GOBLET SQUAT SHOULDERS. LEGS. BACK. CORE.

Place feet slightly wider than hip-distance apart and hold kettlebell close to chest with both hands. Lower into a squat, maintaining a straight spine with shoulders back. Keep weight on heels of feet, pushing knees outward as you lower to either full squat position (hamstrings on calves) or until spine starts to round. Pause at bottom and return to standing.

For a helpful video on these basic Kettlebell moves, visit [youtube.com/Hy-Vee](https://youtube.com/Hy-Vee)



PHOTOS: Cameron Sadeghpour (this page) Tobin Bennett (opposite)

Download a 30-day kettlebell challenge at [hy-vee.com](https://hy-vee.com)

# CHERRY

74  
CALORIES  
1 CUP RAW

13%  
VITAMIN C

1%  
VITAMIN A

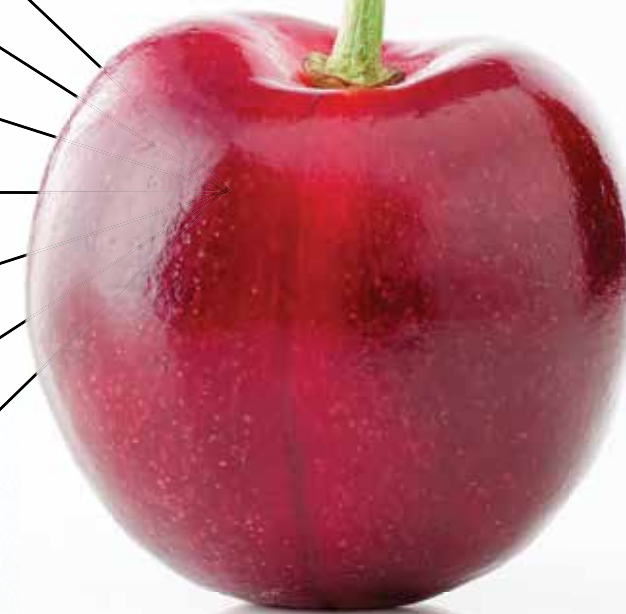
1%  
FOLATE

12%  
DIETARY  
FIBER

7%  
POTASSIUM

17%  
CARBS

An excellent source of **VITAMIN C**, sweet cherries are available in many varieties. In your Hy-Vee Produce Department look for **SHINY, FIRM, PLUMP FRUIT** with fresh stems and unbroken skin. Cherries do not ripen after picking so avoid lighter red ones.



### FRESH PICKS

#### SNACK

Eat cherries fresh for a healthy low-calorie snack or dip them in dark chocolate for a sweet treat.

#### ADD

Toss a few pitted cherries into a chicken salad or serve with sharp aged Cheddar cheese.

#### PRESERVE

Pit and mash cherries for jams and compotes perfect for swirling into a yogurt parfait.

Percentages represent daily values.

Sources: <https://www.hy-vee.com/health/healthnotes/default.aspx?%2fassets%2ffood-guide%2fcherries%2f%7edefault>  
<https://supertracker.usda.gov/foodapedia.aspx>



# SWEET CHERRY SALSA

Total Time 15 minutes Serves 24

**3 cups sweet cherries, stemmed, pitted and chopped**

**¼ medium red onion, finely chopped**

**¼ cup cilantro, roughly chopped**

**2 Tbsp. Hy-Vee Select extra virgin olive oil**

**1 Tbsp. fresh lime juice**

**1 Tbsp. fresh orange juice**

**1 jalapeño, seeded and finely chopped, optional\***

**Hy-Vee sea salt multigrain pita chips**

**1. COMBINE** cherries, onion, cilantro, olive oil, lime juice and orange juice in a large bowl. If desired, add jalapeño. Stir to combine. Serve with pita chips.

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

Per 2 Tbsp. serving: 25 calories, 1 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 0 mg sodium, 3 g carbohydrates, 0 g fiber, 3 g sugar, 0 g protein

If you like your salsa very hot, then leave in the jalapeño seeds and pith. That's where most of the spicy heat resides.

**30**  
minutes  
or less



PHOTOS Tobin Bennett (this page) Simon Bruty (opposite)

**MAY**  
ISSUE **VOL. 1**



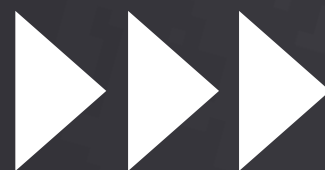
THE GOLD STANDARD: LAURIE HERNANDEZ | DIABETES  
GLUTEN-FREE | THE GREENER SIDE | HOME ALONE | STRONG NOT SKINNY  
FOODS THAT FILL YOU UP | BRIGHT FUTURE | SHADY BEHAVIOR



# THE GOLD STANDARD

LAURIE HERNANDEZ

WORDS Aaron Ventling and Kaitlyn Cimino PHOTOS Simon Bruty



A PAIR OF **OLYMPIC GAMES** MEDALS WAS JUST THE BEGINNING FOR 16-YEAR-OLD U.S. GYMNAST LAURIE HERNANDEZ. AFTER **WINNING** AMERICANS' HEARTS WITH HER ARTISTRY ON THE MAT, SHE TOOK HER **TALENTS** TO THE STAGE IN ABC'S *DANCING WITH THE STARS*. HER LARGER-THAN-LIFE **PERSONALITY** SHINES AGAIN AND AGAIN AS HER ROAD TO SUCCESS IS PAVED IN BIG **DREAMS,** **HARD WORK** AND THE UNFALTERING SUPPORT OF HER FAMILY.



**L**aurie Hernandez began sharpening her skills even before she ever hit the mat. “I started ballet when I was two, but I think it was a little too serious for my age. That was when I switched to gymnastics,” says Laurie, 2016 team champion and balance beam silver medalist. “I remember seeing a gymnast on TV, and I pointed to her and I was like ‘Wow, she’s so cool! I want to be just like her.’” Laurie’s mother took notice and enrolled her in a gymnastics class when she turned five.

Laurie was born in New Brunswick, NJ, to parents Wanda and Anthony. By age 12, Laurie was placing highly at elite national and international competitions. She credits her mother for keeping her grounded throughout her early success. “The first time at Nationals I did really bad. I fell multiple times, and I remember looking at my mom and saying, ‘I’m so disappointed.’ I wanted to do much better. And Mom was like, ‘Well, look at where you are. This is so cool. So many people would love to be

here.’ And she took me out for ice cream. That was a really defining moment.”

In 2014 Laurie’s eyes were set on Rio. But in the middle of training with the U.S. Junior National Team, she was sidelined for over a year with a fractured wrist and torn knee ligaments. “That was really hard, because I was watching my teammates compete while I sat on the side,” Laurie says. “I was so happy for them, because they were doing so well, but I wanted to be out there.” Laurie made her health a priority and got back in the gym as quickly as possible. Through hard work, she was awarded a spot on the U.S. Olympic Women’s National Team and turned professional at the age of 16, just one week before the 2016 games.

In Rio, Laurie helped the U.S. Olympic Women’s National Team, nicknamed “The Final Five,” win a gold medal in the women’s artistic team all-around event. Individually, she went on to win a silver medal in the Women’s Balance Beam. Laurie plans to continue her gymnastics career and prepare for the Olympic Games Tokyo 2020.

Just days before the Olympic Games Rio 2016, Laurie achieved her lifelong dream of becoming a professional gymnast. She forfeited NCAA eligibility and her previous commitment to the University of Florida to accept an invitation to Rio.



LAURIE, 2005



“THE **PRESSURE** FROM THE **OLYMPICS** IS HARD TO COMPARE TO ANYTHING BECAUSE THAT’S THE BIGGEST AND GREATEST MOMENT OF MY LIFE. I’M ONLY SIXTEEN. THE AMERICAN FLAG ON MY WRIST AND USA EMBROIDERED ON MY LEOTARD, THAT’S A REALLY BIG **RESPONSIBILITY**. IT MADE ME NERVOUS BUT, AT THE SAME TIME, BEING ABLE TO HAVE TEAMMATES WHO REMIND ME ‘DO WHAT YOU DO IN PRIVATE; DON’T CHANGE ANYTHING,’ THAT **HELPED** A LOT.”



Go behind the scenes with Laurie Hernandez and Hy-Vee Balance at [youtube.com/Hy-Vee](https://youtube.com/Hy-Vee)





“IT’S DEFINITELY HARD TO MAKE SURE THAT I’M **BALANCING** EVERYTHING, FROM MEDIA STUFF TO MAKING SURE I’M TAKING **CARE** OF MYSELF. EVERY TEXT I GET FROM [MY FAMILY] REMINDS ME THEY WERE HERE BEFORE EVERYTHING, AND THEY’RE STILL WITH ME NOW. IT REALLY **HUMBLES** ME. I OWE THEM EVERYTHING.” —LAURIE HERNANDEZ

## Q AND A WITH LAURIE

### Q. WHAT WAS LAST SUMMER IN RIO LIKE?

**A.** Rio was amazing. It was such an honor being there, and it was so much fun being able to represent my country with some of my closest friends, who I call family.

### Q. WHAT WAS YOUR TOP MEMORY?

**A.** Aside from being able to win medals with my teammates, I was able to go to the cafeteria and meet different athletes from different countries. We got to see how different their body types were, and we got to hear about where they’re from and what sports they do and how passionate they were about it.

### Q. DID YOU GET STARSTRUCK?

**A.** Oh yeah, for sure. I met Michael Phelps and Usain Bolt. My brother used to do track, so we completely idolize Usain Bolt and we thought he was the coolest. Being able to meet him in person was, like, wow—really tall.

### Q. WHAT IS YOUR FAVORITE GYMNASTICS EVENT?

**A.** Probably floor or beam. I like floor because I really like dancing, so it’s a lot of fun. And then beam, too, is really tricky for me, but the more you do it the easier it gets. It’s kind of like a sixth sense for me.

### Q. WHO ARE YOUR ROLE MODELS?

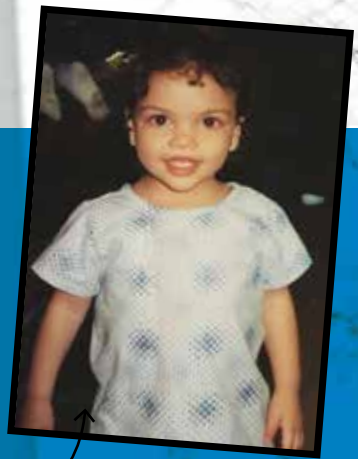
**A.** I have a lot of role models. My first would be Tatyana McFadden, because she was a Paralympian and she is just so beautiful. She is strong, she is powerful. Being able to see her really motivated in her sport makes me motivated in mine, like, “You go girl.”

### Q. WHAT HAVE YOU LEARNED IN THE FACE OF INJURIES AND SETBACKS?

**A.** To make sure I’m not taking anything for granted and to stay grateful for everything, because one moment you’re doing something that you truly love and the next moment it’s taken away from you. Having to sit on the side and watch everyone, that gave me greater appreciation for when I came back and I was

A second-generation Puerto Rican, Laurie brought diversity to the U.S Olympic Women’s Gymnastics team. She became the first U.S.-born Hispanic athlete to make the team since 1984.

LAURIE, 2002



able to do it again. I was like ‘Wow, I’m able to walk on the beam and I’m able to swing on bars.’ Being grateful for the sport is one of the key elements to being successful in it.

### Q. HOW DO YOU KEEP YOUR FOCUS?

**A.** By having my teammates remind me, ‘Hey you’re gonna be fine, relax, don’t forget to breathe.’ As a gymnast it can actually be regular for you to forget to breathe, because you’re so tense and scared. Just reminding yourself to do the same thing that you do in practice—that really helps me to focus.

### Q. WHAT KIND OF WORKOUT SCHEDULE DID YOU TAKE ON TO TRAIN FOR GOLD?

**A.** Pre-Olympics, it was a couple of hours in the morning, then taking a break for school and then a second workout. The first workout was mainly for routines and reinforcing muscle memory and correcting everything. The second workout was just working on skills or if we needed to finish something. That happened six days a week, so it was pretty rigorous.

### Q. HOW WOULD YOU DESCRIBE YOUR DIET?

**A.** I don’t usually count calories. I go by portion size or what I think is healthiest that’s right in front of me. As an athlete, I notice that I have to eat every two hours to make sure I don’t get really hungry and overeat. I don’t usually do anything like protein shakes, but my mom will blend bananas and peanut butter or she will make toast and put a spread on it that has good protein.



# DANCING WITH THE STARS

As if winning gold in Rio wasn't enough, Laurie and her dance partner, Valentin Chmerkovskiy, took home the coveted Mirrorball Trophy. The two tangoed their way to a victory on Season 23 of ABC's *Dancing with the Stars*. "It's just crazy being able to be on the ballroom floor and being in the presence of everybody else," Laurie says. "It was a tight competition." She used her world-class balance, discipline and flexibility to turn a childhood dream into a reality. "It was something that my family and I would watch all the time. We would come home from practice and it was the one day I was allowed to push school back an hour, just so we could watch that show." After winning the competition, Laurie's dancing days weren't over. She parlayed her success into a spot on the *Dancing with the Stars* Tour where members performed new and old routines in front of fans in 43 cities across America.

"MY DAD WAS ALWAYS TELLING ME, 'ONE DAY YOU'RE GOING TO BE ON THAT SHOW.' AND I WAS LIKE 'OH, STOP. YOU'RE SO WEIRD.' BUT HE DEFINITELY CALLED IT." —LAURIE HERNANDEZ



## Q. WHAT IS IT LIKE TO BE RECOGNIZED?

**A.** Being able to hear little girls go, "I watched you compete on T.V. I started gymnastics because of you," it makes me really happy because that's how I started. I watched a gymnast, and she inspired me to start a sport I didn't realize I would love in the future.

## Q. DO YOU HAVE A DREAM JOB OUTSIDE OF GYMNASTICS?

**A.** I think maybe acting just because I do watch a lot of TV shows and movies whenever I have the time. It's really cool to be able to see actors and actresses just cry on camera. I want to do that!

## Q. WHO WOULD PLAY YOU IN A MOVIE ABOUT YOUR LIFE?

**A.** Madison Pettis, because she's got my hair! Although she's a lot taller than me, so I don't know how that would work.

## Q. HOW DOES MUSIC IMPACT YOU IN THE GYM?

**A.** Music is very, very important to me. I mean, if I had to live with something for the rest of my life and I couldn't have anything else, it would definitely be music. If I'm feeling kind of tired, kind of down, I'm able to play very loud and hyped-up music and that really pumps me up for a workout. Or if I have too much energy, I play slow songs to calm me down. It really helps me to use that and maneuver my emotions.

## Q. WHEN IT COMES TO FOOD, WHAT ARE YOUR GUILTY PLEASURES?

**A.** I love homemade chocolate chip cookies or homemade cookies in general. And probably ice cream.

## Q. WHAT OTHER OPPORTUNITIES HAVE YOU HAD IN LIGHT OF YOUR SUCCESS?

**A.** I was able to partner with Crest and Orgullosa, two P&G brands that represent who I am. I love to smile and laugh so Crest was a perfect fit and my Hispanic roots are highlighted with Orgullosa. In addition to P&G, I have joined the Nike family. I am so grateful for these opportunities!

## Q. WHAT DO YOU HOPE PEOPLE TAKE AWAY FROM *I GOT THIS: TO GOLD AND BEYOND*, YOUR NEW BOOK?

**A.** If you set a goal for yourself and work really hard, you can get there, even though it's probably going to be difficult. If it's not hard, then it's not worth it.



Her enthusiasm and bubbly personality on and off the mat have earned her nicknames throughout the professional gymnastics community like "The Human Emoji" and "Baby Shakira."

LAURIE, 2006

## THE HUMAN EMOJI

"Basically, as gymnasts we are known to be very serious and very focused, which is a good thing. If you aren't focused, you hurt yourself. But also in gymnastics, I'm very giggly and bubbly. People noticed that whenever I'm thinking or feeling an emotion, it really shows on my face, so I am the Human Emoji."

—LAURIE HERNANDEZ



Download the **Laurie Hernandez the Human Emoji** app from the App Store or Google Play.





# Balance Your Day

like gymnast Laurie Hernandez  
with these products from



Crest 2-Step Tooth Whitening Kits: select varieties 6.3 fl. oz. \$12.99



Crest Prohealth or 3D Whitening Toothpaste: 5.1 to 6.4 oz., Crest Mouthwash: 14.77 to 33.81 fl. oz., Oral-B Toothbrush: 1 or 4 ct. or Fixodent: 2 to 2.7 oz. \$4.99



Crest Regular: 2 ct.-6.4 oz., Prohealth: 4.6 oz., Sensi Repair: 3.5 oz., 3D Whitening: 4.1 to 4.8 oz., +Scope Toothpaste: 7.6 to 8 oz., Mouthwash: 1 liter or Oral-B Toothbrush each select varieties \$3.99



Always or Tampax: select varieties 20 to 120 ct. \$5.79



Always Discreet: select varieties 15 to 66 ct. \$11.99



Gillette Mach3 or Venus Razor: select varieties 1 to 4 ct. \$6.99



Secret Clinical, Gillette Clinical or Old Spice Deodorant: select varieties 1.6 to 2.6 oz. \$6.99



OLAY Cleanser or Body Wash: select varieties each, 5 to 24 oz. or 5 to 18 fl. oz. \$4.99

“IT’S REALLY IMPORTANT THAT I’M ABLE TO **INSPIRE** KIDS AND INSPIRE THIS GENERATION, BECAUSE I FEEL LIKE IT’S A BIG **RESPONSIBILITY** TO MAKE SURE THAT WE’RE ALL VERY KIND TO EACH OTHER, THAT WE’RE ALL SETTING **GOALS** FOR OURSELVES AND STAYING MOTIVATED TO GO FOR THEM. WE ARE ABLE TO **CHANGE** THIS GENERATION, AND I THINK WE SHOULD.”

—LAURIE HERNANDEZ



**29.1  
MILLION  
PEOPLE**  
or 9.3% of the U.S. population  
**HAVE DIABETES**

**For many, the impact of diabetes is life-changing, but it is often entirely manageable. Hy-Vee dietitians help customers face the facts. In diabetes education courses, customers learn how to manage their blood sugar. Through initiatives like the Hy-Vee Begin® program, they learn to maintain control of their lives—and sometimes to even avoid a diagnosis.**

WORDS Julie Gieseeman RD, LD, CDE

# Diabetes

See sources on following pages.

## ALL TYPES OF DIABETES: 101

90–95 PERCENT OF THOSE WITH DIABETES HAVE TYPE 2 (ADULT-ONSET), A **PREVENTABLE FORM OF THE METABOLIC DISEASE** GENERALLY CAUSED BY AN UNHEALTHY LIFESTYLE.

At 7:30 a.m. a customer concerned about his daughter arrived at Hy-Vee for a critical meeting with Julie McMillin, a Hy-Vee registered dietitian. The girl had been diagnosed with diabetes. “He was terrified to feed his daughter anything,” says Julie.

The father’s reaction was not unusual. Like any disease that is strongly linked to what a person eats, diabetes hits the victim in a way no one expects. Favorite foods—those that you long for at the end of the day and are likely loaded with sugar—suddenly seem too risky to eat.

The girl and her family were overwhelmed by a number of dangerous unknowns. With Julie’s help, they faced the disease head on, revamping the entire family’s lifestyle (and their pantry) with Hy-Vee’s help.

Diabetes of either type is not the mystery or threat that it once was. There are ways to live with this disease. You only have to be willing to change some of your habits.

### TYPE 1 DIABETES

Typically diagnosed in children and young adults, type 1 diabetes was previously known as juvenile diabetes. With type 1 diabetes, the body is unable to produce insulin, a hormone needed to move glucose—which the body uses for energy—through the bloodstream into the cells of the body. Only 5 percent of those diagnosed with diabetes have type 1. With insulin therapy and other treatments, even young children can learn to manage their condition and live long, healthy lives.

### TYPE 2 DIABETES

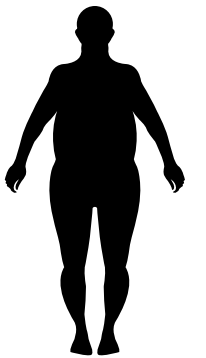
The most common form of diabetes, type 2 diabetes develops most often in adults but can also affect young people. A lack of insulin, or a body’s inability to use insulin effectively, results in high blood glucose levels. This form of diabetes is treated with medication and significant lifestyle changes such as healthy eating and exercise. Most people with type 2 need to start taking insulin eventually.

### GESTATIONAL DIABETES

A form of glucose intolerance sometimes developed by pregnant mothers, gestational diabetes is typically diagnosed during the second or third trimester. During pregnancy, increasing blood glucose levels increase the risk for both mother and fetus and require treatment.

### PREDIABETES

A person with prediabetes has a blood sugar level higher than normal, but not high enough for a diagnosis of diabetes. He or she is at higher risk for developing type 2 diabetes and other serious health problems, including heart disease and stroke.



## RISK FACTORS

AGE (ESPECIALLY AFTER 45 YEARS OF AGE)

BEING OVERWEIGHT OR OBESE

FAMILY HISTORY OF DIABETES

HAVING AN AFRICAN AMERICAN, HISPANIC/LATINO, AMERICAN INDIAN, ASIAN AMERICAN, OR PACIFIC ISLANDER RACIAL OR ETHNIC BACKGROUND

A HISTORY OF DIABETES WHILE PREGNANT (GESTATIONAL DIABETES) OR HAVING GIVEN BIRTH TO A BABY WEIGHING NINE POUNDS OR MORE

BEING PHYSICALLY ACTIVE LESS THAN THREE TIMES A WEEK

## SYMPTOMS AND SIGNS OF DIABETES

- Urinating often
- Feeling very thirsty
- Feeling very hungry—even though you are eating
- Extreme fatigue
- Blurry vision

- Cuts/bruises that are slow to heal
- Weight loss—even though you are eating more (type 1)
- Tingling, pain, or numbness in the hands/feet (type 2)

Long-term complications include damage to the eyes, heart, blood vessels, nervous system, teeth, gums, feet, skin or kidneys; blindness; amputations; and increased rate of heart attack and stroke.

See sources on following pages.



# UNDERSTANDING INSULIN

INSULIN IS A HORMONE MADE IN THE PANCREAS, LOCATED BEHIND THE STOMACH.

Glucose is a critical fuel needed by your body to produce energy. A simple sugar, glucose is one of the sugars and starches you eat as carbohydrates. Occasionally, glucose quits working properly. The result is diabetes.

A second substance in your body, insulin, is supposed to escort glucose through your bloodstream so it can do its work in cells. When glucose can't enter your cells, your energy fades. Insulin may still be made but no energy is released.

When your body stops making energy, it becomes apparent. You may feel sluggish and disoriented. It takes energy to think, move around and even to digest a meal. This is diabetes, insulin resistance or prediabetes.

For type 1 diabetes, the road ahead is manageable but will require adherence to a strict diet, intake of insulin and close watch on blood sugars. For type 2 diabetes, changes in diet and lifestyle are needed, plus daily blood testing.

## INSULIN RESISTANCE

EXCESS WEIGHT AND PHYSICAL INACTIVITY ARE SUSPECTED AS THE MAIN CAUSES OF TYPE 2 DIABETES. THESE ARE CONDITIONS THAT YOU CAN CHANGE THROUGH AN IMPROVED DIET AND EXERCISE.

### Excess Weight

Some experts believe obesity, especially excess fat around the waist, is a primary cause of insulin resistance. Studies have shown that belly fat produces hormones and other substances that can cause serious health problems. These include insulin resistance, high blood pressure, imbalanced cholesterol and cardiovascular disease (CVD).

Losing weight can reduce insulin resistance and prevent or delay type 2 diabetes, studies show. The key to managing diabetes is adopting a diet low in sugars and other carbohydrates.

A diagnosis of diabetes is frightening. But you can transform it from a negative into a positive by accepting the challenge. The primary way to beat the disease is through diet and exercise. Take this as an opportunity to remake your body and get healthy.

### Physical Inactivity

Along with a poor diet, a lack of exercise is associated with insulin resistance, often leading to type 2 diabetes. The second aspect of living with diabetes is physical fitness.

Glucose is used more by muscle than other tissues and is inherently a healthy source of energy. The more muscle a body has, the more glucose it can burn to control blood glucose.

The two types of physical activity most important for managing diabetes are aerobic exercises and strength training. So let your physical needs prod you to work out at a local fitness center or get equipment to use at home.

### Other Lifestyle Factors

Other causes of insulin resistance may include ethnicity, certain diseases, steroid use, some medications, cigarette smoking and sleep apnea and other sleep problems.

### Additional Help

In need of help or more information regarding diabetes? Contact the registered dietitian at your local Hy-Vee store.

## CHECK YOUR BLOOD SUGAR

Daily testing will help people with diabetes determine how well their meal plan, activity plan and medication are working to keep blood glucose levels in a normal range. This can be done with a simple finger-stick blood test at home. Those with type 2 diabetes should test one to two times per day or as recommended by their health care provider. Those dosing insulin with meals will need to test more frequently, sometimes even up to 6-8 times daily for best management.

## EAT THE RIGHT FOODS

You may worry that having diabetes means going without foods you enjoy. The good news is that you can still eat your favorite foods, but you might need to eat smaller portions or enjoy them less often. **Work with a Hy-Vee dietitian** to create a diabetes meal plan that meets your needs and likes.

# FACE THE FACTS

The stats on diabetes are staggering. Take stock of your own health and talk to your doctor about beating the odds.

### \$245 BILLION

Estimated diabetes costs in the U.S. in 2012 (directly and indirectly related to the disease)



Let your local Hy-Vee Begin® program help you stave off or manage diabetes. The 10-week program teaches about healthy changes to make in your life. It includes screenings for glucose, cholesterol and other levels. “Begin® for Diabetes will have a specific diabetes curriculum to help clients understand and manage their condition in a healthy manner,” says Hy-Vee Dietitian Katie Lashier of West Des Moines, IA. Contact your local Hy-Vee dietitian for more information.

1 IN 3 U.S. ADULTS HAVE PREDIABETES. NINE OUT OF 10 DON'T KNOW IT.

8.1 MILLION people with diabetes are undiagnosed

Studies have shown that most people with prediabetes develop type 2 diabetes within 10 years, unless they change their lifestyle. Simple diet and exercise changes can cut that risk by nearly

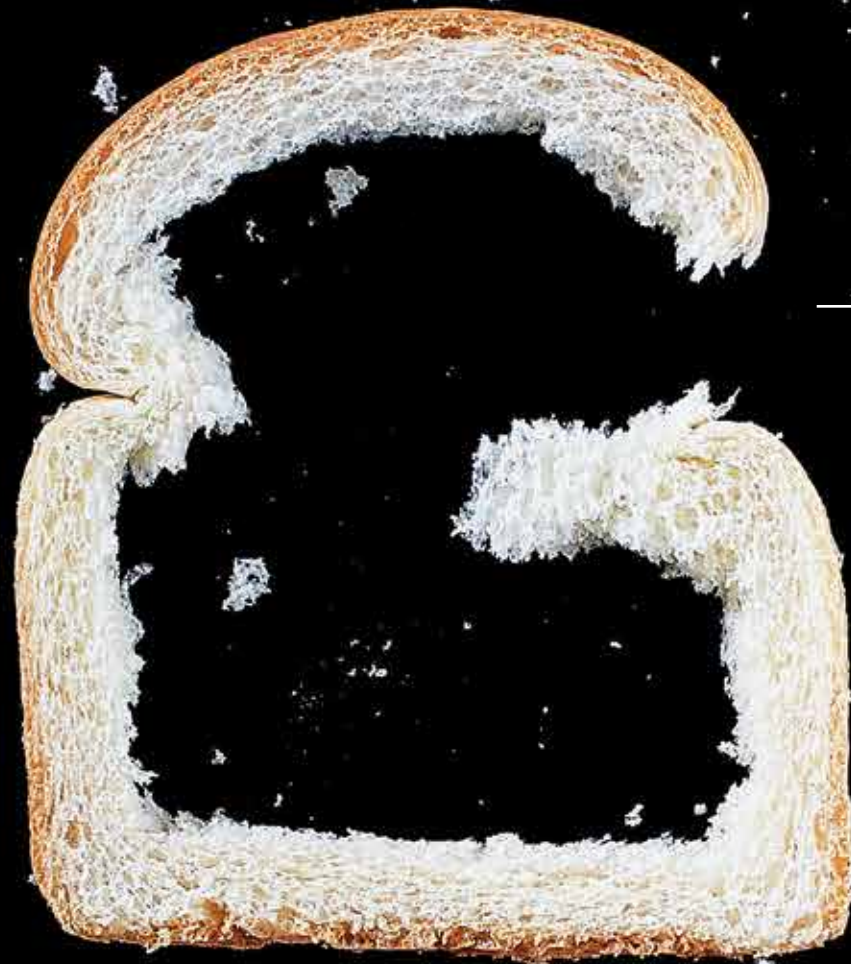
58%

Sources, right and opposite: <https://www.cdc.gov/diabetes/pubs/statsreport14/national-diabetes-report-web.pdf>  
<https://www.cdc.gov/diabetes/basics/prediabetes.html>  
<https://www.niddk.nih.gov/health-information/diabetes/overview/what-is-diabetes/prediabetes-insulin-resistance>  
<http://www.mayoclinic.org/diseases-conditions/diabetes/in-depth/blood-sugar/ART-20046628>  
[http://www.joslin.org/info/an\\_overview\\_of\\_diabetes.html](http://www.joslin.org/info/an_overview_of_diabetes.html)

<https://www.cdc.gov/diabetes/pubs/statsreport14/national-diabetes-report-web.pdf>  
<https://www.cdc.gov/diabetes/basics/prediabetes.html>  
<https://www.niddk.nih.gov/health-information/diabetes/overview/what-is-diabetes/prediabetes-insulin-resistance>  
<http://www.mayoclinic.org/diseases-conditions/diabetes/in-depth/blood-sugar/ART-20046628>  
[http://www.joslin.org/info/an\\_overview\\_of\\_diabetes.html](http://www.joslin.org/info/an_overview_of_diabetes.html)



A gluten-free diet is a necessity for those with **CELIAC DISEASE** and others who are **SENSITIVE TO GLUTEN**. Should you avoid gluten?



# GLUTEN

# FREE

WORDS Kristi Chew PHOTOS Cameron Sadeghpour

## A GLUTEN-FREE LIFE

Christina Bennett laughs about how she first discovered her gluten intolerance, but it wasn't a laughing matter a couple of years ago. She and her husband, Levi, decided to spend an evening watching favorite movies while sharing a cheese tray and a few bottles of Guinness beer.

"A couple of hours into it, I got so sick. Really sick," says Christina. "I knew I would have to be tested. At that time, I thought eating gluten-free meant I'd be on a fine little fad diet. I wasn't looking for a complete lifestyle change." But a lifestyle change was exactly what Christina got.

Following her failed movie night, she was quickly diagnosed with celiac disease, a condition that disrupts the immune system and can cause havoc with digestion. The prescription was simple: Eat nothing containing gluten. But gluten, found in common grains such as wheat, is present in many popular and staple food items.

For the next six months, Christina tried a variety of gluten-free foods. She couldn't seem to find the right recipes or the right taste. She was merely "stumbling through it, trying to figure out what to eat."

One day she brought this issue to Becky Guittar, the store dietitian at her local Hy-Vee in Lincoln, Nebraska. Becky is co-chair of the Lincoln Celiac Support Group. She invited Christina to a Simple Fix dinner-prep class at the store.

"Up to that point, she had always felt overwhelmed. All she focused on were foods she couldn't eat," Becky says. "Suddenly I gave her a lot of alternatives, because everything we serve in the classes is gluten-free."

Christina says, "Now whenever I need a recipe or some information, I know I can go to Becky. Then I can shop the HealthMarket at Hy-Vee and the rest of the store too. Becky has taught me where to find all the gluten-free foods. I no longer feel so overwhelmed."

### What is gluten?

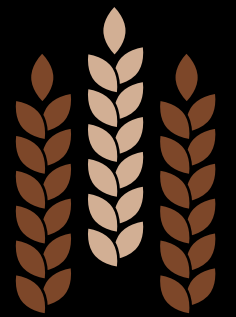
A protein found in certain grains, primarily wheat, barley and rye, gluten is often mixed with water to help create the elasticity of dough. Among the foods it is found in are pasta, baked goods, cereals, some soups and beer.

### Why is gluten a problem?

Some people are allergic to gluten. It triggers a hereditary autoimmune reaction called celiac disease or a similar disorder called non-celiac gluten sensitivity, says Dr. David E. Elliott, gastroenterologist at the University of Iowa Carver College of Medicine.

### Is a gluten-free diet necessary?

Yes, the diet is the only effective treatment known at this time. There are no effective medications for celiac disease, but a gluten-free diet can relieve symptoms significantly.



## Foods with Gluten

Pastries, pita, croissants, naan, flatbreads, bagels, muffins, donuts, rolls and breads made from wheat or rye flour.

Cakes, cookies, brownies, pretzels, graham crackers

Cereal, granola

Croutons, breading and coating mixes

Pastas, egg noodles, ramen, raviolis, couscous, gnocchi, udon

Pancakes, waffles, biscuits, French toast

Flour tortillas

Beer

## What Are the Signs of Celiac Disease?

**There are more than 200 signs of the disease.** For children these include abdominal bloating and pain, chronic diarrhea and vomiting. For adults, there may be unexplained iron-deficiency anemia, fatigue and bone or joint pain. Many people develop antibodies to gluten; detecting these antibodies is a way to diagnose the disease. Another way is genetic testing. If either test is positive, a doctor may order a biopsy of the small intestine. **"For someone with ... a family history of celiac disease, it is wise to be checked for it,"** says Dr. David E. Elliott, gastroenterologist at the University of Iowa Carver College of Medicine. Do not go on a gluten-free diet until celiac disease is diagnosed by a doctor. Long-term effects can include osteoporosis, infertility and nervous system disorder.

**ONE**  
**IN** 100  
Has celiac disease worldwide.

Sources, except where noted: <https://celiac.org/celiac-disease/understanding-celiac-disease-2/what-is-celiac-disease/>  
<https://celiac.org/live-gluten-free/glutenfreediet/sources-of-gluten/>  
<https://uihc.org/celiac-disease>





## GETTING THE NUTRIENTS YOU NEED

While most people on gluten-free diets get the nutrients they need, there has been concern about these diets lacking some vital nutrients. Good food choices can help celiacs avoid nutritional deficiencies, according to a study published by the National Institutes of Health. Among the findings are:

- Carbohydrates should be about 55 percent of the total calories eaten. Foods include corn, brown rice and beans.
- Eat buckwheat, quinoa, amaranth and gluten-free oats for added fiber.
- Increase intake of fruits and vegetables for a boost in necessary micronutrients.

Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3257612/>

**“I’m healthy today in large part because Hy-Vee has a dietitian on staff. She helped me understand what was going on.”**

—Christina Bennett of Lincoln, NE, speaking about Hy-Vee Registered Dietitian Becky Guittar

**Wheat allergies** are sometimes confused with celiac disease. These are allergies to proteins found in wheat. The main remedy is to avoid wheat and to take medications for the allergy symptoms—irritation of the throat, hives, nasal congestion, watery eyes. Anaphylaxis, a life-threatening reaction with trouble swallowing, rapid heartbeat or severe difficulty breathing, could also occur. Foods to avoid: breads, cereals, beer, soy sauce, ketchup and certain other condiments; check labels.

**Non-celiac gluten sensitivity** also may be confused with celiac disease because of similar symptoms. Some people who do not test positive for celiac disease report gastrointestinal problems which they say recede with the removal of gluten from the diet. Since

the symptoms can’t be pinned to celiac disease, scientists were skeptical of a link to gluten. However, in 2011 the *American Journal of Gastroenterology* published a study of 34 people who did not have celiac disease but did have irritable bowel syndrome. Of the 19 who were fed gluten, 13 reported gastrointestinal problems. And in 2015, the National Institutes of Health published findings that said, “We can conclude that NCGS (non-celiac gluten sensitivity) should be regarded as an independent disease” outside of celiac. “Some people just have a little more problem digesting gluten,” says Dr. David E. Elliott, a gastroenterologist with the University of Iowa Carver College of Medicine. “The undigested protein might overfeed some of the bacteria in the gut.... We think that’s what’s happening.”



**Gluten-free beer is gaining popularity. While many GF beers forgo barley for sorghum, buckwheat or other grains, Omission brand, owned by the Craft Beer Alliance and brewed at Widmer Brewing in Portland, OR, uses a process that removes gluten from malted barley. Find Omission beer in the Wine & Spirits Department of your local Hy-Vee.**

Sources: <http://www.mayoclinic.org/diseases-condition/wheat-allergy/basics/definition/con-20031834>  
<https://www.nature.com/ajg/journal/v106/n3/abs/ajg2010487a.html>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4406911/>

## ON THE LABEL

In 2013 the U.S. Food and Drug Administration ruled that a manufacturer can label its product “gluten-free” if it has less than 20 parts per million (ppm) of gluten. This is a minute level that people with celiac disease can tolerate. Gluten-free labels are also allowed on foods naturally absent in gluten.

Source: <https://www.fda.gov/ForConsumers/ConsumerUpdates/ucm363069.htm>

## FEATURED PRODUCTS



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

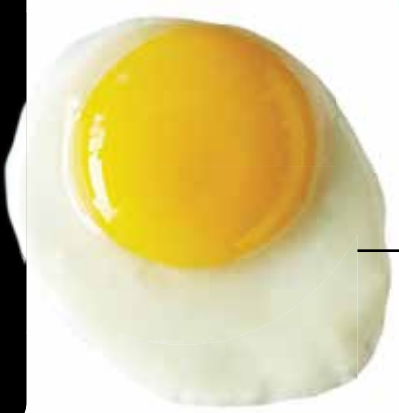
**FIND OVER 2,000 GLUTEN-FREE PRODUCTS IN THE HY-VEE HEALTHMARKET. YOUR STORE DIETITIAN CAN ALSO PROVIDE A LIST OF GLUTEN-FREE ITEMS AVAILABLE.**



Skinny Pop Popcorn: select varieties 4.4 oz. 2/\$5.00



Glutino



Eggland's Best Organic Eggs: 1 dozen \$3.99



Barilla Gluten Free or Plus Pasta: select varieties 12 or 14.5 oz. \$1.99





START WITH A  
BASE OF PACKAGED  
GREENS FROM THE  
HY-VEE PRODUCE  
DEPARTMENT AND  
LOAD IT WITH  
FLAVORFUL TOPPERS  
FOR A NUTRITIOUS  
SALAD YOU'LL  
ENJOY ALL  
SEASON LONG.

# THE GREENER SIDE

PHOTOS Tobin Bennett



## TROPICAL AVOCADO SALAD

**30**  
minutes  
or less

Total Time 15 minutes Serves 1

$\frac{1}{2}$  (5 oz.) package fresh baby romaine lettuce  
 $\frac{1}{4}$  head radicchio, shredded  
1 cup peeled and thinly sliced jicama  
 $\frac{1}{2}$  navel orange, peeled and thinly sliced

1 Tbsp. fresh lime juice  
 $\frac{1}{4}$  avocado, peeled, seeded and thinly sliced  
2 Tbsp. pepitas (roasted pumpkin seeds)  
2 Tbsp. pomegranate seeds

1. WASH and dry romaine in a salad spinner.

2. COMBINE the romaine, radicchio, jicama and orange in a bowl. Squeeze lime juice over top of salad and toss to coat. Serve with avocado, pepitas and pomegranate seeds for topping.

Per serving: 340 calories, 17 g fat, 3 g saturated fat,  
0 g trans fat, 0 mg cholesterol, 45 mg sodium,  
42 g carbohydrates, 16 g fiber, 14 g sugar, 11 g protein





## ASIAN CHICKEN SALAD

**30**  
minutes  
or less

**Total Time** 25 minutes **Serves** 4

**1 recipe Light Coconut Dressing**  
**½ (5 oz.) package fresh baby spinach**  
**¼ cup Hy-Vee roasted unsalted peanuts**  
**Hy-Vee coconut oil cooking spray**  
**Dash Hy-Vee cayenne pepper**  
**Dash curry powder**  
**½ cup thinly sliced English cucumber**  
**½ cup fresh snow peas**  
**½ cup thinly sliced mango**

**½ cup thinly sliced dragon fruit, optional**  
**1 steamed chicken breast half, thinly sliced**  
**1 Tbsp. fresh basil, finely chopped**  
**1 Tbsp. fresh mint, finely chopped**

- 1. PREPARE** Light Coconut Dressing; set aside.
- 2. WASH** and dry spinach in a salad spinner.
- 3. PLACE** the peanuts in a small bowl and spray with cooking spray until lightly coated. Add cayenne pepper and curry powder; toss until peanuts are well coated.
- 4. TOSS** together spinach, cucumber, snow peas and

mango in a large bowl. If desired, add dragon fruit. Drizzle salad with 2 Tbsp. Light Coconut Dressing; toss to coat. Reserve remaining dressing for another use.

- 5. SERVE** salad topped with chicken, basil, mint and nuts.

**LIGHT COCONUT DRESSING:** Blend ½ cup light coconut milk, ½ cup Hy-Vee plain Greek yogurt, ½ oz. sliced peeled ginger (or 2 tsp. grated), and 1 Tbsp. fresh lime juice in a blender until smooth.

**Per serving:** 480 calories, 24 g fat, 4.5 g saturated fat, 0 g trans fat, 125 mg cholesterol, 140 mg sodium, 17 g carbohydrates, 6 g fiber, 4 g sugar, 51 g protein

**Total Time** 30 minutes **Serves** 1

**1 recipe Savory Whole Grain Croutons**  
**1 medium carrot, peeled**  
**½ (5 oz.) package arugula**  
**2 cups halved cherry tomatoes, divided**  
**¼ cup Hy-Vee Select olive oil**  
**¼ cup red wine vinegar**  
**½ tsp. Hy-Vee honey**  
**1 cup sugar snap peas**  
**1 cup broccoli florets**  
**1 Hy-Vee large pasteurized egg, poached**  
**½ oz. thinly sliced Asiago cheese, optional**

- 1. PREPARE** Savory Whole Grain Croutons; set aside.

- 2. PEEL** carrot into long, thin strips with a vegetable peeler. Wash and dry arugula in a salad spinner.

- 3. BLEND** 1 cup halved cherry tomatoes, olive oil, vinegar and honey in a blender until smooth to create a tomato vinaigrette.

- 4. COMBINE** arugula, carrot, sugar snap peas, remaining tomatoes and broccoli in a large bowl. When ready to serve, drizzle salad with 2 Tbsp. tomato vinaigrette and toss to coat (save remaining vinaigrette for another use). Serve with ¼ cup Savory Whole Grain Croutons and egg for topping. Serve cheese on the side, if desired. Save remaining croutons for another use.

**SAVORY WHOLE GRAIN CROUTONS:** Preheat oven to 350°F. Cut enough Hy-Vee Bakery whole grain bread loaf (such as Grains of the Earth loaf) into ¾-in. cubes to make 2 cups. Place bread in a large bowl and spray with nonstick olive oil cooking spray to lightly coat bread. Toss bread with 2 tsp. no-salt seasoning blend. Spread bread cubes on a baking sheet and bake at 350°F for 10 minutes. Stir bread and bake 5 to 10 minutes more or until crisp and golden. Cool before serving.

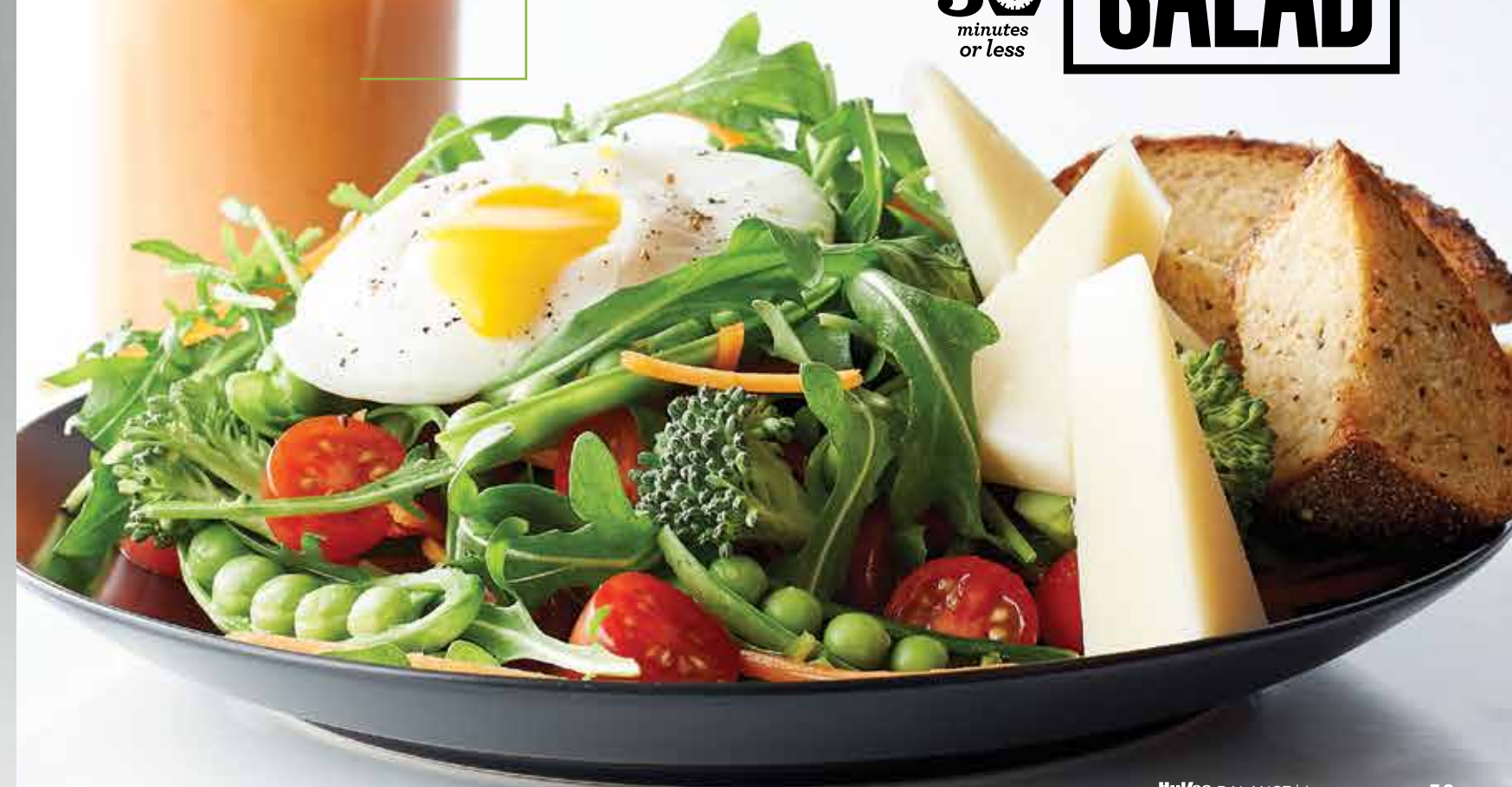
**Per serving:** 290 calories, 13 g fat, 2.5 g saturated fat, 0 g trans fat, 185 mg cholesterol, 250 mg sodium, 31 g carbohydrates, 8 g fiber, 11 g sugar, 16 g protein

### TIP:

Save leftover cherry tomato vinaigrette for dressing leafy green salads or use as a zesty marinade for chicken, pork or fish.

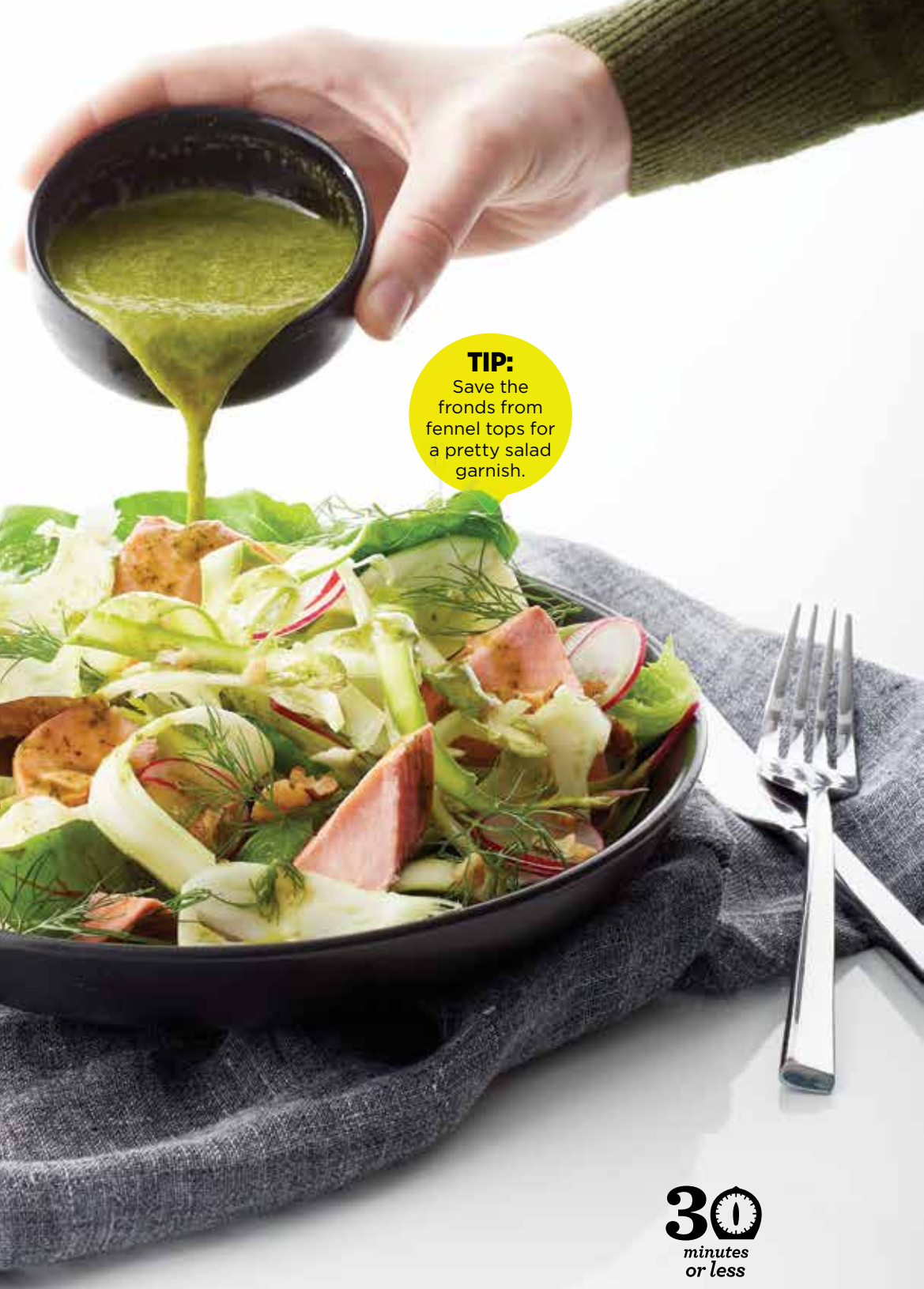
**30**  
minutes  
or less

## GARDEN FRESH SALAD





# SALMON ASPARAGUS SALAD



**TIP:**  
Save the fronds from fennel tops for a pretty salad garnish.

**30**  
minutes  
or less

**Total Time** 20 minutes **Serves** 1

- 1 recipe Green Herb Vinaigrette
- ½ (5 oz.) package spring salad mix
- 3 asparagus spears
- ¼ bulb fennel, thinly sliced
- 1 radish, thinly sliced
- 1 (5 oz.) fillet steamed skinless salmon, flaked
- 2 Tbsp. Hy-Vee chopped walnuts

- 1. PREPARE** Green Herb Vinaigrette; set aside.
- 2. WASH** and dry salad mix in a salad spinner. Peel asparagus into thin strips with a vegetable peeler.
- 3. COMBINE** salad mix, asparagus, fennel and radish in a large bowl. Drizzle salad with 2 Tbsp. Green Herb Vinaigrette and toss to coat. Reserve remaining vinaigrette for another use.
- 4. SERVE** salad with salmon. Top with walnuts.

**GREEN HERB VINAIGRETTE:** Blend ½ cup Hy-Vee Select olive oil, 2 Tbsp. fresh lemon juice, ½ cup fresh dill, ½ cup chopped fresh chives, 1 tsp. Hy-Vee Dijon mustard and ½ tsp. Hy-Vee honey in a blender until smooth.

**Per serving:** 510 calories, 33 g fat, 4.5 g saturated fat, 0 g trans fat, 100 mg cholesterol, 180 mg sodium, 12 g carbohydrates, 6 g fiber, 4 g sugar, 42 g protein



## TEN TOPPERS

- 1. Robust cheeses** like Parmesan, Gouda and blue can give your salad a salty or creamy little boost. Be sparing; a little can go a long way.
- 2. Citrus** such as orange, lime, lemon or grapefruit brightens up a salad and gives it a shot of vitamin C. Toss in a few slices or wedges.
- 3. Fresh Herbs** add pops of flavor. Go for soft delicate herbs—basil, mint, tarragon—that won't fight the salad's flavors. Avoid woody or pungent herbs, such as rosemary and sage.
- 4. Croutons** are a great way to add some crunchies to the salad, and to use up leftover whole grain bread (see the Whole Grain Croutons subrecipe on page 39).
- 5. Pomegranate Seeds** add sweet, tart, tasty hits to a salad, plus some juicy crunch. They also add bright color.
- 6. Pepitas**, the Spanish name for roasted pumpkin seeds, add a nutty crunch and a deliciously delicate flavor to greens.
- 7. Eggs** are an excellent source of protein. A boiled or poached egg makes a salad more robust and filling.
- 8. Avocado** is high in heart-healthy fats, which makes it a perfect topper for crisp, lettuce-based salads. A few slices add good-for-you richness.
- 9. Jalapeños** are spicy hot, so just a few slices on a salad will make it *muy caliente*. Removing the white pith and seeds first can reduce the heat.
- 10. Spiced Nuts** add unexpected flavor to a salad and are very easy to prepare (see peanut prep in Step 3 of the instructions on page 38).

Source: <http://www.ogweek.com/crops/4182917-fda-hass-avocados-are-heart-healthy>





THE AMERICAN HEART ASSOCIATION (AHA) RECOMMENDS WARMING UP WITH STRETCHING AND 5 TO 10 MINUTES OF LIGHT JOGGING. BEGIN EACH ACTIVITY AT A LOWER INTENSITY, GRADUALLY INCREASING TO DESIRED LEVEL.

# HOME ALONE

## 5 AT-HOME WORKOUTS IN 50 MINUTES OR LESS

WORDS Aaron Ventling PHOTOS Cameron Sadeghpour

SKIPPING THE GYM HAS NEVER FELT SO GOOD. WITH THESE MINIMAL-SPACE AND NO-EQUIPMENT-NEEDED WORKOUTS YOU CAN GET FULL-BODY TRAINING IN YOUR LIVING ROOM WITHOUT THE COST OF A GYM MEMBERSHIP.

**THINKING ABOUT JOINING** that new inverted-hot yoga spelunking class or signing up for an all-inclusive gym with more shops than your local mall? Sure, trendy classes and luxury amenities are nice, but they aren't necessary for you to reach your fitness goals. More than 58 million Americans spend more than \$700 every year on gym memberships, yet two-thirds of them don't even go to the gym regularly, according to Statistic Brain Research Institute. You can achieve amazing results by working out at home, with a little creativity and your own body weight.

Whether you're lunging your way to the laundry room or jumping rope during commercial breaks, it's easy to fit at-home workouts into your daily routine for a more active lifestyle. Follow these no-equipment-needed workouts designed by Daira Driftmier, director of Hy-Vee KidsFit and a certified personal trainer, for full-body training in 50 minutes or less.

Sources: [http://www.heart.org/HEARTORG/HealthyLiving/PhysicalActivity/FitnessBasics/Warm-Up-Cool-Down\\_UCM\\_430168\\_Article.jsp#.WMLxohiZMk4](http://www.heart.org/HEARTORG/HealthyLiving/PhysicalActivity/FitnessBasics/Warm-Up-Cool-Down_UCM_430168_Article.jsp#.WMLxohiZMk4)  
<http://www.statisticbrain.com/gym-membership-statistics/>

## @HOME GYM ON A BUDGET

SUPPLEMENT YOUR AT-HOME WORKOUTS WITH THESE AFFORDABLE FITNESS ACCESSORIES FROM HY-VEE. EACH IS AVAILABLE FOR UNDER \$15!



ACTIVE HYDRATION TRACKER BOTTLE



SPEED JUMP ROPE



THERAPY BANDS



CORE & BACK STRENGTH BALL



ALIGNMENT BACK ROLLER



RESISTANCE CORD KIT (LIGHT, MEDIUM, HEAVY; SOLD SEPARATELY)



HAND STRENGTH GRIP (LIGHT, MEDIUM, HEAVY; SOLD SEPARATELY)



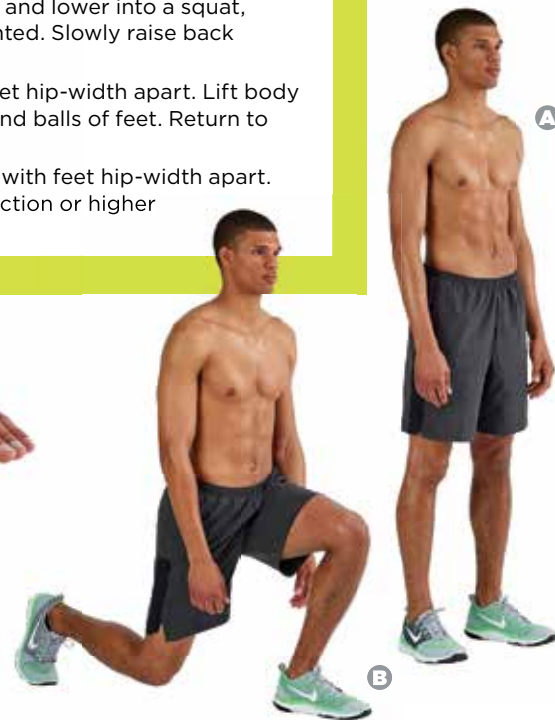
## LOWER-BODY WORKOUT

**Complete 4 Rounds**  
Attempt each move with maximum effort or until 60 seconds is complete.

1. WALL SITS (SHOWN)
2. WALKING LUNGES (SHOWN)
3. SIDE-STEP SQUATS: Stand straight with hands together. Take a wide step to either side and lower into a squat, keeping the opposite foot planted. Slowly raise back toward side with planted foot.
4. CALF RAISES: Stand with feet hip-width apart. Lift body as high as possible with toes and balls of feet. Return to feet flat on floor.
5. HIGH KNEES: Stand straight with feet hip-width apart. Alternately, lift knees to midsection or higher with arms raised.

### WALL SITS

Keep back and shoulders flat against wall, with feet shoulder-width apart and flat on the floor. Hips and knees should be bent at a 90 degree angle, with a tight core and arms raised out.



### WALKING LUNGES

With an upright posture and tight core (a), take an exaggerated step forward, lowering your body until the opposite knee is just above the floor (b). Slowly rise to standing position and alternate steps.

## FULL-BODY CARDIO

**Complete 4 Rounds**  
Attempt each move with maximum effort or until 60 seconds is complete.

1. BURPEES (SHOWN PAGE 45)
2. PLANK PUSH-UPS: Start in front plank position. Press body up into a push-up position, then lower back into plank.
3. MOUNTAIN CLIMBERS: Start in front plank position. Alternating legs, rapidly lift knees toward chest.
4. SQUAT FRONT KICKS: From a standing position, perform a squat. As you push upward, lift one leg to the front in a kicking motion. Alternate legs with each squat.
5. SIDE SHUFFLE: With knees slightly bent and chest raised, quickly step side to side in either direction.

## CORE WORKOUT

**Complete 3 Rounds**  
Rest 1 minute between rounds.

1. 30 BICYCLES (SHOWN)
2. 30 SHOULDER BRIDGES (SHOWN)
3. 15 LEG RAISES: Lie flat on back with legs stretched out. Keep hands flat on floor, while using core to lift legs until feet are parallel with the ceiling.
4. 15 CRUNCHES: Lie on back with knees bent and feet flat. Place hands behind head and slowly use abdominals to curl up and forward until shoulder blades are off floor.
5. 30 PLANK SHOULDER TOUCHES: Start in a push-up position with raised glutes. Alternately, touch each shoulder with opposite hand.

### BICYCLES

Lying flat on the floor with hands behind head, pull left knee toward chest, rotating body until opposite elbow touches (a). Alternate knees in a pedaling motion (b).

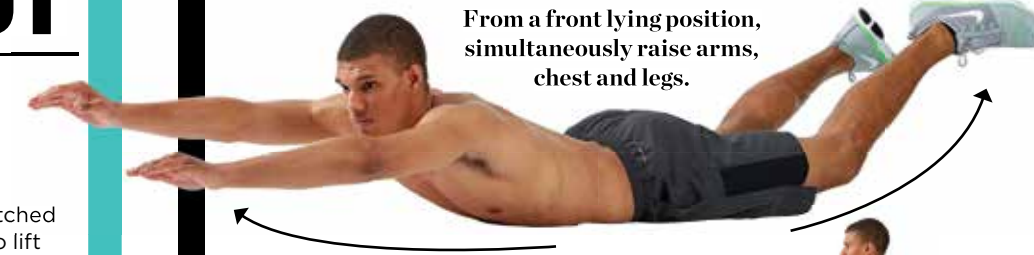


### SHOULDER BRIDGE

Lie on back. Pull legs to a 45 degree angle and raise pelvis, keeping shoulders flat against the floor.

### SUPERMANS

From a front lying position, simultaneously raise arms, chest and legs.



### BENCH DIPS

Facing away from chair, place hands on edge of seat and lower body until rear is just above ground, then extend upward.



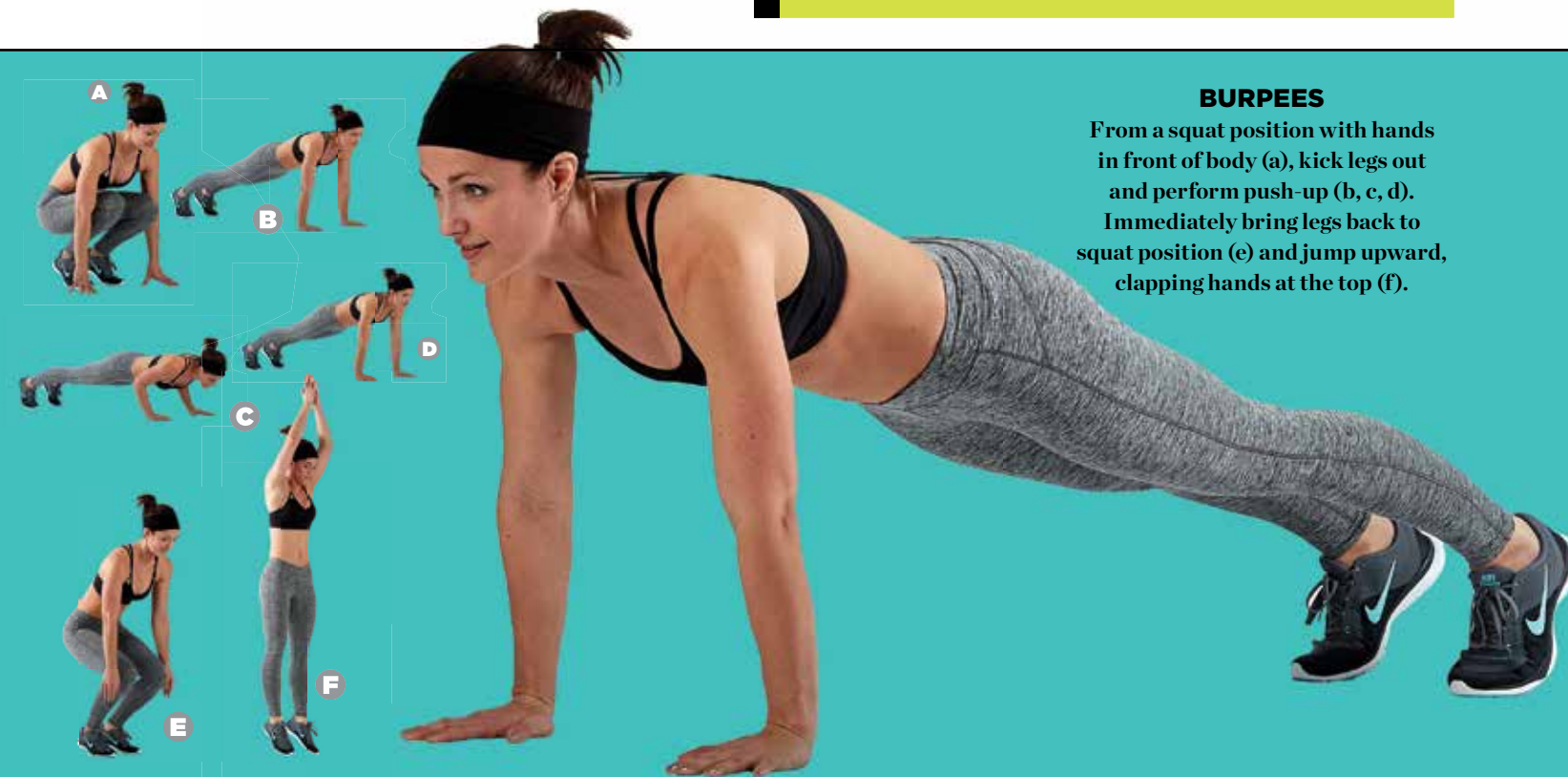
## UPPER-BODY WORKOUT

**Complete 4 Rounds**  
Rest 1 minute between rounds.

1. 10 SUPERMANS (SHOWN)
2. 10 BENCH DIPS (SHOWN)
3. 10 PUSH-UPS: Place hands firmly on floor under shoulders with feet shoulder-width apart. With a flat back, lower body until chest grazes the floor. Raise up until arms are straight.
4. 10 PLANK TWISTS: From a forearm side plank position, twist body and reach opposite hand as far as possible.
5. 10 PIKES: From a push-up stance, slowly walk feet forward until body forms a 90 degree angle.

### BURPEES

From a squat position with hands in front of body (a), kick legs out and perform push-up (b, c, d). Immediately bring legs back to squat position (e) and jump upward, clapping hands at the top (f).





# TURN IT UP

INCREASE THE EFFORT WITH THE FULL-BODY SCULPT WORKOUT, DESIGNED TO REACH EVERY MAJOR MUSCLE GROUP WITH MAXIMUM EFFICIENCY.



**OVERHEAD WALKING LUNGES**  
Stand with arms raised, a tight core and an upright posture (a). Take an exaggerated step, lowering your body until the opposite knee is just above the ground (b). Slowly rise to standing position and alternate steps.



**SQUAT & SIDE KICK**  
Standing with feet parallel and shoulder-width distance apart, sink rear with weight balanced on heels (a). Quickly rise out of stance and lean on one leg (b), slowly extending opposite leg in an upward kick motion (c).



**BACKWARD CRAB WALK**  
Sit on floor with legs extended. Place hands behind back and lift body into the air, keeping a tight core and glutes (a). In this position, walk backward without slumping (b, c).

## FULL-BODY SCULPT WORKOUT

Complete 3 Rounds  
Rest 1 minute between rounds.

1. 20 OVERHEAD WALKING LUNGES (SHOWN)
2. 20 SQUAT & SIDE KICKS (SHOWN)
3. 20 BACKWARD CRAB WALK STEPS (SHOWN)
4. BEAR CRAWLS FORWARD:  
On hands and feet, move as quickly as possible across the length of the room.
5. 20 INCHWORMS:  
From a standing position, with feet shoulder-width apart, stretch down and place hands on floor. Slowly walk into a push-up position. Keeping feet planted, walk back into standing position.



JUST AS IMPORTANT AS WARMING UP, THE AMERICAN HEART ASSOCIATION RECOMMENDS A COOLDOWN WITH STRETCHING TO REDUCE BUILDUP OF LACTIC ACID, AND A 5-MINUTE WALK TO REDUCE BODY TEMPERATURE.



# STRONG

NOT SKINNY

UPGRADE TO A HEALTHY YOU. A LEAN, **STRONG** BODY IS EASY TO ACHIEVE WHEN YOU AIM FOR **WEIGHT LOSS** WITH A HEALTHY DIET, CARDIO EXERCISE AND **WEIGHT TRAINING**. MORE MUSCLE MEANS **STRONGER BONES**, BETTER **BALANCE** AND FASTER **RESULTS**.

PHOTOS Cameron Sadeghpour

THE IDEAL BODY EXISTS IN MANY SHAPES AND SIZES. WHEN IT COMES TO WEIGHT LOSS, HY-VEE DIETITIANS STAND BEHIND GOALS THAT FOCUS ON THE HEALTHIEST YOU. AIM FOR STRONG AND BUILD YOURSELF UP FOR A LASTING SLIM-DOWN.

#### SET HEALTHY GOALS

Measure progress in inches, not just pounds. One pound of fat and one pound of muscle weigh the same; however, one pound of muscle is smaller and denser. This means the road to a healthy body may even mean weight gain as you add muscle. Hy-Vee Registered Dietitian Brian Scheil and many other dietitians at Hy-Vee use the Ideal Body Weight Formula to provide an estimated healthy weight for clients. They can also use body fat analyzers to help clients determine how much weight to lose.

#### CUT THE RIGHT CALORIES

"Stop thinking quick fix," says Scheil. "There is no quick fix. People on strict diets may develop unhealthy relationships with food by having exclusive food lists." Scheil encourages clients to strive for portion control and to cut back on added sugar, packaged foods and processed white flours. These, he says, are low in fiber and healthy fats and are less nutritious than their whole-grain form.

Instead of counting calories, focus on food quality over quantity. The calories in a slice of pizza may be equal to a meal of grilled chicken and vegetables, but the latter will be more nutritious. Once food quality is established, look at creating a calorie deficit. Hy-Vee employs in-store dietitians who can help you match your diet to your fitness plan.

#### WORK OUT FOR WEIGHT LOSS

A healthy approach to exercise for weight loss is to focus on increasing mobility, conditioning and performing a strength training program that exercises multiple muscle groups. "Slow jogging, or steady-state aerobics, is one of the most popular forms of exercise in America, but people are overweight and running is hard on the knees and hips," says Scheil. It may not be a good place to start for achievable, long-term health and fitness results. Lose weight with exercise that combines cardio, interval training, and weight training.

#### UNDERSTAND WEIGHT TRAINING

Many people have misguided notions when it comes to weight training. Lifting weights won't turn you into a bulky body builder overnight. Instead, it will facilitate your weight loss and improve your overall health. "As an individual gains lean muscle, their Resting Metabolic Rate (RMR) will increase, leading to greater calorie expenditure at rest, and gradually improving one's body composition," says Scheil.

He explains that male muscle fiber types are generally higher in "fast-twitch" muscle fibers and thus potential for greater power output. Female muscle fiber types are generally higher in "slow-twitch" muscle fibers and thus potential for reduced fatigue during exercise and better recovery rates.

#### MAKE CARDIO COUNT

Perform cardio that's inefficient, meaning it toggles between high and low intensity. This forces your body to continuously adapt throughout your workout. This includes high-intensity interval training, and walking or sprints on an inclined treadmill. The more inefficient the cardio, the better it is for fat loss.

If you consistently use the elliptical for 30 minutes to an hour and don't change the resistance, intensity or frequency, your body will adapt to the workout and progress will stall. To continue seeing an effect, vary your workout intensity. Look for activities that keep you burning more calories after the workout.



"A LOT OF PEOPLE ARE FOCUSED ON THE SCALE. BUT **LOSING INCHES** AND DROPPING CLOTHING SIZES IS OFTEN **A LESS FRUSTRATING APPROACH TO WEIGHT LOSS GOALS**.

A POUND OF MUSCLE IS MORE COMPACT AND OF COURSE HEALTHIER THAN A POUND OF FAT."

**BRIAN SCHEIL,**  
**RD, LD, ASCM CPT**  
HY-VEE REGISTERED  
DIETITIAN



## EAT YOUR WAY FIT

Many people think the best approach to a weight loss attempt is to drastically cut calories and hit the gym. The result? Hunger, frustration, exhaustion and sincere cravings for junk food. Dietitian Brian Scheil has tips for feeding your workout and slimming down without starvation.


### EATING FOR WEIGHT LOSS

Our bodies are much smarter than 1 minus 1, or calories in minus calories out. A healthy diet takes into account the quality of the calories consumed as well as the rate and method by which the body is burning those calories. When combining diet and fitness for healthy weight loss, a person may even need to increase their caloric intake. To build a healthy eating plan, Scheil suggests:

- o **REDUCE** added sugar and processed foods
- o **VARY** protein sources to include chicken, fish, turkey, lean beef, pork, Greek yogurt, hard cheeses, lean jerky, nuts, beans and supplemental protein
- o **CHOOSE** healthy added fats such as olive oil, nuts and nut butters, avocados, chia, fish and flaxseeds
- o **PREP** grains with limited ingredients such as potatoes, brown rice, quinoa, quality breads (such as sprouted grain breads) and whole grain pastas
- o **EAT** more nonstarchy vegetables, such as broccoli, cauliflower, spinach and kale
- o **ENJOY** fruit in moderation (2–3 servings per day) to limit your intake of sugars
- o **PLAN** most of your daily carbohydrates around your workouts when they will be best utilized
- o **CUT** carbs back on days of low or no activity

“MAKE SMALL CHANGES, **KEEP EATING NUTRITIOUS FOODS** AND STAY COMMITTED TO AN EXERCISE PROGRAM.”

**BRIAN SCHEIL, RD, LD, ASCM CPT**  
HY-VEE REGISTERED DIETITIAN

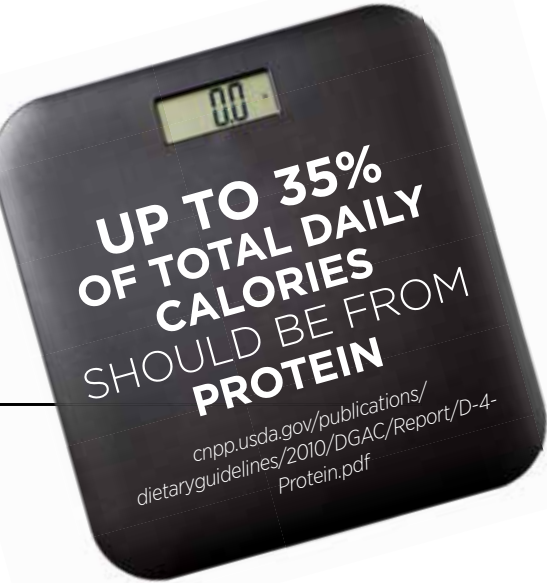


# The Power of Protein

“High-quality protein of sufficient quantities evenly spaced throughout the day is key to gaining and maintaining muscle mass, especially when strength training is a component.”

**BRIAN SCHEIL, RD, LD, ASCM CPT**  
HY-VEE REGISTERED DIETITIAN

Before you blend up another protein shake, get the facts on how much protein your body needs. Recommended protein amounts depend on a person’s goals and activity level. According to the Academy of Nutrition and Dietetics, frequency, type and volume of planned exercise all factor into how much protein you should consume. Athletes should aim for 1.2 to 2 g of protein per kilogram of body weight per day. Assuming you aren’t training to be a professional athlete, start with 1.1 to 1.6g/kg/day. Powders and supplements are great for convenience, but are also not necessary. These recommended amounts are typically possible through food consumption alone. Dietitians suggest an active person strive for at least three meals with protein, plus post workout protein and a protein snack at night. Eating protein before bed improves muscle recovery overnight, helping the body get more out of your



workout. This means improved muscle mass and strength gains. Protein types should be varied.

### PROTEIN SOURCE EXAMPLES

- Breakfast:** Peanut butter, eggs, milk
- A.M. Snack:** Almond butter, string cheese, lean meat dried jerky
- Lunch:** Sliced deli turkey, cheese, vegetarian protein option
- P.M. Snack/Post Workout:** Whey (fast-digesting) protein or whey protein isolate supplemental protein, or chocolate milk
- Dinner:** Pork chops, chicken, lean beef or seafood
- P.M. Snack:** Greek yogurt, handful of mixed nuts, or casein (slow-digesting) supplemental protein available in the Hy-Vee HealthMarket

TIME BEFORE EXERCISE	RECOMMENDED FOODS/ LIQUIDS	MEAL AND SNACK IDEAS
30 min to 1 hour	Mostly liquids	Sports drink, whey isolate shake, water
1 to 2 hours	Small snack and liquids	Granola bar, grapes, Greek yogurt, water
2 to 3 hours	Small meal and liquids	Lean jerky, banana, water
3 to 4 hours	Regular-size meal and liquids	Chicken and brown rice, starchy vegetables, bread, milk, water



## FOODS THAT

These meals have staying power—you won't be hungry again for a long time. "Between the stomach and the brain, there are hormones to tell us when we're hungry versus when we're full," says Melissa Bradley, RD, LD, a Hy-Vee dietitian in Savage, MN. The feel-hungry hormone is ghrelin; the feel-full one is leptin. Stay full longer by eating foods with sufficient protein and fiber, says Melissa.

WORDS Kristi Chew PHOTOS Cameron Sadeghpour

# Fill YOU UP



## SLICED TURKEY SANDWICH

**Total Time** 55 minutes **Serves** 4

- 1 recipe Zucchini and Radish Fridge Pickles, optional
- 1 (20-oz.) pkg. boneless turkey breast tenderloins
- 2 tsp. Dijon mustard
- ½ cup Hy-Vee chopped walnuts
- Hy-Vee olive oil nonstick spray
- 3 Tbsp. water
- 2 Tbsp. Hy-Vee plain Greek yogurt
- 2 Tbsp. jarred sun-dried tomatoes, rinsed
- Hy-Vee salt, to taste
- 4 Hy-Vee Bakery whole grain hamburger buns
- 1½ cups thinly sliced green leaf lettuce
- 1 medium tomato, thinly sliced
- ½ medium red onion, thinly sliced

**1. PREPARE** Zucchini and Radish Fridge Pickles, if desired.

**2. PREHEAT** oven to 400°F. Brush tenderloins with mustard. Place nuts in a shallow dish and press tenderloin into nuts, turning to coat evenly.

**3. SPRAY** a baking pan with cooking spray and add prepared tenderloins. Roast, uncovered, for 40 minutes or until internal temperature reaches 165°F. Transfer tenderloins to a cutting board and let rest for 10 minutes. Cut into ¼-in.-thick slices.

**4. COMBINE** water, yogurt and sun-dried tomatoes in a blender or small food processor for the sandwich spread. Blend until smooth. Place in a small bowl. Season with salt to taste.

**5. SPREAD** 1 Tbsp. sandwich spread on cut sides of each bun. Top bun bottoms with lettuce, tomato, onion, turkey and, if desired, Zucchini and Radish Fridge Pickles. Add bun tops.

### ZUCCHINI AND RADISH FRIDGE PICKLES:

Bring 1 cup water, ½ cup Hy-Vee sugar, 3 thinly sliced cloves of peeled garlic, 2 Tbsp. Hy-Vee kosher salt, ½ tsp. fennel seeds and ½ tsp. caraway seeds to boiling in a small saucepan, stirring until sugar and salt dissolve. Stir in 3 cups ice and 1 cup apple cider vinegar. Transfer mixture to two medium bowls. Thinly slice 1 medium zucchini and 4 radishes. Add zucchini and 2 sprigs fresh dill to one bowl, and radishes and 2 sprigs fresh dill to the other bowl. Cover bowls with plastic wrap and refrigerate for 1 hour before using.

**Per serving:** 390 calories, 9 g fat, 15 g saturated fat, 0 g trans fat, 80 mg cholesterol, 1,020 mg sodium, 34 g carbohydrates, 6 g fiber, 8 g sugar, 40 g protein

## LEAN TURKEY TENDERLOIN

Each sandwich provides 40 grams of protein, roughly two-thirds of your protein needs for the day. The whole wheat bun provides fiber. "Putting protein and fiber foods together keeps us full longer," says Melissa Bradley, RD, LD, a Hy-Vee dietitian in Savage, MN. "They are broken down more slowly in our system."



# QUINOA BOWL

## GARDEN VEGGIE



ONE HARD-BOILED EGG HAS ONLY 78 CALORIES AND ONLY 5.3 GRAMS OF FAT, YET 6.3 GRAMS OF HEALTHY PROTEIN. QUINOA CONTAINS BOTH FIBER AND PROTEIN, SO THIS MEAL IS A REAL “POWER PACK,” SAYS HY-VEE DIETITIAN MELISSA BRADLEY.

**30**  
minutes  
or less

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

- 4 Hy-Vee pasteurized large eggs
- 1 cup uncooked red quinoa
- 8 Brussels sprouts
- 2 cups fresh green beans
- 2 cups broccoli florets
- 2 cups grape tomatoes, halved
- 3 radishes, thinly sliced
- 1 avocado, pitted, peeled and thinly sliced
- 2 Tbsp. fresh lemon juice

**1. PLACE** eggs in a small saucepan with enough water to cover. Bring to boiling; reduce heat and simmer for 5 minutes. Remove pan from heat and let stand for 2 minutes. Drain water and run cold water over eggs until cool enough to handle; drain. To peel, gently tap egg on the countertop until shell is thoroughly cracked. Peel off eggshell with fingertips, starting at the large end.

**2. PREPARE** quinoa according to package directions.

**3. GRATE** Brussels sprouts with a cheese grater. Stir into the quinoa. Set quinoa mixture aside and keep warm.

**4. BRING** 4 cups water to boiling in a large saucepan. Cook green beans and broccoli florets for 3 minutes; drain. Place vegetables in a large bowl of ice water; cool and drain.

**5. DIVIDE** quinoa mixture among four serving bowls. Top with green beans, broccoli, tomatoes, radishes and avocado. Sprinkle with lemon juice to taste, and top with eggs, cut in half.

**Per serving:** 370 calories, 14 g fat, 2.5 g saturated fat, 0 g trans fat, 185 mg cholesterol, 95 mg sodium, 46 g carbohydrates, 11 g fiber, 6 g sugar, 16 g protein

Source: <https://www.hy-vee.com/health/healthnotes/default.aspx?%2fassets%2ffood-guide%2feggs%2fnutrition>

## FACT

This protein- and fiber-filled meal will stick with you. Fresh salsa is a tasty yet low-sodium condiment.



**Total Time** 45 minutes **Serves** 8

- 1 cup Hy-Vee uncooked long-grain brown rice
- 8 (10-in.) whole grain or sprouted grain flour tortillas
- Hy-Vee olive oil nonstick spray
- 1 medium onion, finely chopped
- 1 tsp. minced garlic
- 1 lb. ground pork
- 1 (15-oz.) can Hy-Vee no-salt-added black beans, drained and rinsed
- 1 Tbsp. Hy-Vee chili powder
- 1 Tbsp. chopped fresh cilantro or parsley
- 2 cups purchased fresh salsa
- 4 medium tomatoes, chopped
- 3 cups shredded green leaf lettuce

**1. PREHEAT** oven to 350°F.

**2. COOK** rice according to package directions. Set aside and keep warm. Wrap tortillas in foil; heat in oven for 10 minutes or until warm.

**3. SPRAY** a large nonstick skillet with cooking spray and heat over medium-high heat. Add onion and garlic; cook for 5 minutes or until onion is softened. Add ground pork; cook for 10 minutes or until pork is browned, using a spoon to break up larger chunks of pork. Stir in beans, chili powder and cilantro. Cook for 2 minutes or until heated through.

**4. PLACE** ½ cup ground pork mixture onto each tortilla. Top with rice, salsa, tomatoes and lettuce. Fold in the sides of tortilla and roll up.

**Per serving:** 430 calories, 13 g fat, 3.5 g saturated fat, 0 g trans fat, 40 mg cholesterol, 410 mg sodium, 57 g carbohydrates, 10 g fiber, 5 g sugar, 22 g protein

## GROUND PORK BURRITO





# BRIGHT

Pinky Swear Foundation offers hope to kids with cancer and their families.

# FUTURE

JOIN HY-VEE AND PINKY SWEAR FOR A NEW SUMMER RUN FOR THE WHOLE FAMILY. THE BIG EVENT IS A 5K, WITH A SHORTER 1-MILE RUN/WALK FOR YOUNGER KIDS. FOR INFO, SEE PAGE 58.

While nine-year-old Mitch Chepokas was confined to a Minnesota hospital bed at Christmastime 2002, he overheard two parents talking nearby. Their child had been diagnosed with cancer, and this put the family in a financial bind. Because Mitch had cancer himself, he understood the pressures families face because of the disease.

So Mitch asked if he could withdraw all the money in his savings account—\$6,000—to distribute to families in the hospital, and his father, Steve Chepokas, agreed. Mitch was so elated at the reaction of the families he asked his dad, “Pinky swear with me that you will keep doing this forever.” The father and son linked pinky fingers, and Steve made a forever commitment.

A few months later, Mitch passed away, but not before he and Steve set up what would become the Pinky Swear Foundation. The mission of the nonprofit foundation is to provide support for families of children with cancer.

While many other nonprofits donate toward the search for cures, Pinky Swear focuses solely on helping families get through the financial and emotional ordeal. The goal is to make life as stress-free as possible for those in need.

EACH SUMMER, HY-VEE RAISES FUNDS FOR PINKY SWEAR THROUGH FAMILY FITNESS EVENTS. SO FAR, MORE THAN \$1 MILLION HAS BEEN GIVEN.



Steve and Becky Chepokas hold a picture of their son, Mitch, who inspired Pinky Swear to help kids with cancer.



THIS SUMMER, HY-VEE IS SPONSORING FIVE 5K FAMILY FUN RUNS/WALKS AND ONE YOUTH TRIATHLON FOR FAMILIES IN MAJOR CITIES THROUGHOUT THE MIDWEST.



# SHOW YOUR SUPPORT

This year marks the launch of a new tradition for the Pinky Swear Foundation and Hy-Vee. The annual summer event is changing to a 5K family fun run/walk, which means whole families can run, jog or walk, deciding for themselves how to approach the event.

## HOW TO REGISTER

Entrants may participate individually or as a family at any of the six events scheduled across the Midwest in late summer and early fall. In addition to the 5K family fun run/walk—that's 5 kilometers, or 3.1 miles—there will be a 1-mile run/walk for those not ready for a 5K.

For more information about events near you or to sign up as a participant or as a volunteer, visit the Pinky Swear website at [www.pinkyswear.org/events](http://www.pinkyswear.org/events)

## EVENT LOCATIONS

### 5K/1 MILE FAMILY FUN RUN/WALK

**Centennial Park and LeClair Park, Quad Cities:** Sunday, July 16th

**Arrowhead Stadium, Kansas City, MO:** Saturday, August 12th, or Sunday, August 13th

**Lake Ann, Chanhassen, MN:** Saturday, August 19th

**Principal Park, Des Moines, IA:** Sunday, September 24th

**Lewis & Clark Landing, Omaha, NE:** Saturday, September 30th

### YOUTH TRIATHLON

**Lake Nokomis, MN:** Saturday, August 5th

Annara and her parents still battle the illness.



# ANNARA COTTRELL

Because William and Michelle Cottrell thought their daughter, 3-year-old Annara, was fighting a digestion problem, they weren't ready for the diagnosis that came in July 2015.

Michelle recalls, "Our mouths dropped. My heart sank and my mind stopped working."

Annara had Pre B Cell TEL/AML Fusion Acute Lymphocytic Leukemia. Treatment started immediately. After only 29 days, she achieved remission. This was bittersweet because the long, grueling process of chemo treatments continued.

During this difficult period, the Cottrells received a call from the Pinky Swear Foundation offering help.

"Pinky Swear was a savior. They gave us grants in 2015 and 2016. Those really helped us during a tough time," Michelle says.

At her low point, Annara weighed 24 pounds. During the first year of treatment, she wouldn't eat much besides soy milk. She's now nearing the end of the treatments. Assuming the remission holds, her chemo regimen comes to an end in October.

A bright student, Annara is being homeschooled—attending a school would expose her to contagious diseases. Michelle says few understand how hard all this is.

"It haunts you. It never leaves you. She will get stronger and she won't remember half of what's going on. But for parents it's always there," Michelle says.



## WHAT IS LEUKEMIA? A CANCER THAT INVADES BONE MARROW AND AFFECTS WHITE BLOOD CELLS. CHILDREN ARE ITS #1 TARGET.

### THE DIAGNOSIS

"Annara was diagnosed with leukemia within a couple of weeks of the onset of the disease. Catching it early really helped," Michelle says.

### SHE'S AMAZING

"She likes to be called NaNa. She's sassy, forward, sweet and giving," her mother says.

### A RECENT SCARE

"Her numbers got out of control for a couple of weeks," Michelle says. "But they dropped back down. She hasn't relapsed and we have our fingers crossed."



Amanda and Matthew are looking forward with optimism.

# MATTHEW MARTIN

Few things please 4-year-old Matthew more than his swing set. When he isn't racing across the monkey bars, he's pushing the limits with how far he can jump from a moving swing.

"He's all boy, that's for sure," says his mother, Amanda Moore of Odessa, Missouri.

Thrilled to have Matthew home from the hospital where he was treated for acute lymphoblastic leukemia, the boy had a very difficult 2015 and a slowly improving 2016. Mother and son lived in Kansas City near the Children's Mercy Hospital for nearly a year. Fortunately, this year has started much stronger for Matthew.

After he was discharged from the hospital, they moved into a community where the school district provides an excellent program for special-needs kids, like Matthew. This gave him a group of friends his own age—a simple luxury Matthew hasn't really experienced before.

"Matthew really, really loves to see the other kids," says Amanda. "This is the first time in two years that he's been able to play with kids his own age. It's a fantastic step for him."

Matthew continues with chemotherapy once a month plus a couple of other hospital visits each week.

Amanda has returned to work now and life is improving. But at the height of the difficulty, Pinky Swear helped cover the family's rent and some other bills.

"As important as the money was, Pinky Swear engaged with Matthew and made him feel really loved," Amanda says.



Matthew is a boy with spunk and spirit.

## FAMILIES THAT MUST DECLARE BANKRUPTCY AFTER DIAGNOSIS: 11%.

## AMOUNT PINKY SWEAR HAS RAISED SINCE 2008: \$13 MILLION.

### THE FIRST SIGNS

"Matthew began showing signs in December 2014. He was having random fevers that would go away but then he would get another fever. Finally, a doctor ordered a blood test, and then they knew it was cancer," Amanda says.

### THE WORST OF IT

"The majority of the time, it's not the cancer that was the worst of it for him. It was the chemotherapy and the shots," she says.

### PINKY SWEAR TO THE RESCUE

"My car broke down one day and I had no one I could turn to. So I called the people at Pinky Swear and they rescued me. They are amazing," Amanda says.



# NO MORE DRESSING ON THE SIDE

**NEW**



Bolthouse Organic Dressing:  
select varieties  
12 fl. oz. 2/\$6.00

## CHICKPEA AVOCADO FETA SALAD

### INGREDIENTS

2 Cans of Chickpeas  
½ Small Red Onion, small dice  
½ Avocado, small dice  
¼ Cup of Bolthouse Farms®  
Organic Avocado Ranch  
½ Tsp of Kosher Salt  
2 Tbsp of Sheep Feta, crumbled

### DIRECTIONS

1. In a large bowl combine chickpeas,  
red onion, Bolthouse Farms® Avocado  
Ranch and kosher salt. Make sure to  
fully coat the chickpeas in the dressing  
then allow to rest for 10 minutes.  
2. Gently fold avocado and feta to the  
salad. Serve cold.



For recipe inspiration visit @bolthousefarms

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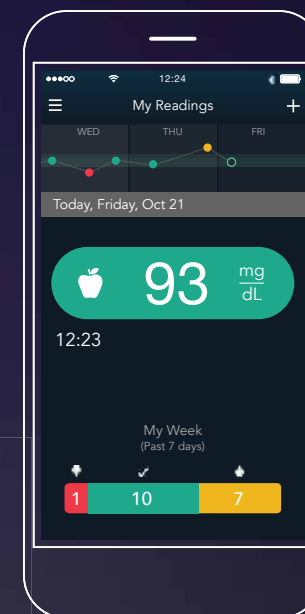
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\* ±8.4% applies to values ≥100mg/dL. Ad hoc analysis demonstrated 95% of results fell within ±8.4 mg/dL or ±8.4% of the laboratory reference values for glucose concentrations <100 mg/dL or ≥100 mg/dL, respectively, when tested via subject-obtained capillary fingertip results (patients).

References: 1. Christiansen M et al. Accuracy and User Performance Evaluation of a New Blood Glucose Monitoring System in Development for Use with CONTOUR®NEXT Test Strips. Poster presented at the 15th annual meeting of the Diabetes Technology Society (DTS); October 22–24, 2015; Bethesda, Maryland, USA.

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# SHADY BEHAVIOR

GET YOUR FUN IN THE SUN, BUT PREP FOR SILENT DANGERS. TWO TYPES OF UV LIGHT CAN BE HARMFUL. UVA RAYS CAN SPEED UP YOUR SKIN'S AGING PROCESS AND CAUSE WRINKLES OR AGE SPOTS. UVB RAYS CAN BURN SKIN. TOO MUCH EXPOSURE TO EITHER TYPE MAY CAUSE SKIN CANCER. THE SAFEST ROUTE? PACK SUNSCREEN THAT OFFERS PROTECTION FROM ALL UV LIGHT, AND FOLLOW THESE TIPS.

## SUN-CARE SAFETY

### ➔ APPLY, APPLY, APPLY AGAIN

Generously apply sunblock to exposed skin including face, tops of hands and ears. The American Academy of Dermatology recommends adults use at least one ounce of sunscreen every two hours. Before going outside, wait approximately 15 minutes for skin to properly absorb sunscreen.

### ➔ BE FARE TO YOUR SKIN

Sun Protection Factor, or SPF, is a measure of how well a product will protect against UVB rays. The Mayo Clinic recommends coverage with an SPF of at least 15 and claims products with more than 30 SPF provide only small increases in additional protection.

### ➔ PUCKER UP

Protect the soft skin of your lips with a sun-blocking lip balm. Sunblock can also help prevent cold sores.

### ➔ CAP IT OFF

A wide-brimmed hat will shield your face and scalp from skin-damaging sun exposure (think wrinkles), plus protect the often overlooked back of the neck.

### ➔ PACK SHADES

When shopping for the perfect pair of sunglasses, invest in ultraviolet (UV) radiation protection. Skip shades that block less than 99 percent of both UVA and UVB rays to keep lids and corneas safe.

### ➔ SKIP PRIME TIME

Head inside for lunch or grab a seat under an umbrella. The hours between 10 a.m. and 2 p.m. are peak time for ultraviolet radiation exposure, when the sun is near the height of its arc.

### ➔ COVER UP

Dress in loose, lightweight clothing with sleeves and pant legs. Thin layers can help you block rays without breaking a sweat.

### ➔ DON'T COUNT ON CLOUD COVERAGE

The sun's rays can reach (and burn) skin even on overcast or cool days, especially in summer and spring months. Double down on protection no matter the temperature or clouds in the sky.

### ➔ EAT UP

Foods like asparagus, carrots, tomatoes and watermelon are rich in lycopene, an antioxidant that studies have shown to help protect cells from sunburn and keep skin looking young.

### ➔ BACK TO NATURE

Hy-Vee offers a variety of organic and all-natural sunscreens, which absorb into skin quickly. These products contain higher amounts of natural minerals like zinc oxide, which sit atop skin and reflect sunrays.

Sources: <https://www.aad.org/public/spot-skin-cancer/learn-about-skin-cancer/prevent/how-to-apply-sunscreen>  
<http://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/best-sunscreen/art-20045110>  
<https://www.cancer.org/cancer/skin-cancer/prevention-and-early-detection/what-is-uv-radiation.html>  
<https://www.ncbi.nlm.nih.gov/pubmed/11340098>

PHOTO Tobin Bennett



## PRODUCTS THAT PROTECT

### 1 REPLENISH

Aloe vera and other sun soothing lotions repair damaged skin with natural healing properties.

### 2 COVER UP

Freshen up with a variety of makeups containing built-in SPF and skin-repairing nutrients.

### 3 LIP LOVE

Lip balms with SPF trap moisture and protect lips from harmful UV rays.

### 4 IN THE CLEAR

If you have sensitive skin look for dermatologist-recommended SPF lotions that won't cause break-outs.

### 5 SPRAY IT

For quick application or unruly kids, apply SPF sun spray lotions.

### 6 MADE FOR YOU

Specifically formulated lotions are available for every need. Look for baby products, sport varieties, waterproof options and more.

**HIT THE SHELVES  
AT HY-VEE FOR  
TOP PICKS THAT  
KEEP SKIN SAFE  
IN THE SUN.**



# Rx

HY-VEE PHARMACY

YOUR QUESTIONS ANSWERED

# BAD TO THE BONE

1 IN 12 PEOPLE  
OLDER THAN 60 HAVE HAND  
OSTEOARTHRITIS

OSTEO-  
POROSIS  
CAUSES  
2 MILLION  
BROKEN  
BONES EACH  
YEAR

\$19B  
OSTEOPOROSIS-  
RELATED COSTS  
EACH YEAR

## ALL THE RIGHT MOVES

Your bones and joints work in tandem all your life. Ignore them and you may develop osteoporosis, the thinning of bone, or osteoarthritis, the loss of cartilage and fluid that cushion the spaces between bones. About 54 million Americans have osteoporosis or increased risk for it, according to the National Osteoporosis Foundation, and osteoarthritis affects about 27 million Americans. So no bones about it—work to avoid them.

### OSTEOPOROSIS

“It’s important that we identify it and treat it when necessary,” says Dr. Rachel McKenney, an endocrinologist with Gundersen Health System in La Crosse, Wisconsin. “Osteoporosis doesn’t typically cause pain until you get a fracture.” She advises getting tested if you’re a post-menopausal woman, are 65 or older, have had it in your family or have had a fracture of a hip or wrist bone or vertebrae of the spine.

### KNOW YOUR RISK

Some diseases and medicines may affect bone density, including rheumatoid arthritis, celiac disease and inflammatory bowel disease, as well as certain antacids, cancer drugs and steroids.

### Fight osteoporosis with weight-bearing exercise.

Walking, running and weight training help build bone, notes McKenney. “Our bones are constantly under remodeling. There are cells that eat away old bone, and cells that put down new bone.” Muscles’ push against bone during exercise triggers an increase in new-bone activity, she says.

### Get enough calcium and vitamin D.

Supplements may be in order—around 1,200 mg of calcium and 800 International Units of vitamin D per day.

### OSTEOARTHRITIS

Osteoarthritis occurs when cartilage between bones wears away so that joints aren’t cushioned, sometimes leading to bone spurs, joint stiffness or swelling and pain.

### KNOW YOUR RISK

Osteoarthritis is most common in people older than 65. Other contributing factors are obesity and genetics.

### Manage your pain.

“A lot of times there’s not much you can do except treat the pain,” says McKenney. Some patients have joints replaced, or take injections of a corticosteroid or synthetic synovial fluid. Some report relief from glucosamine-chondroitin supplements, although some studies show no link to cartilage repair.

### Exercise wisely.

Go for low-impact exercise such as swimming, biking or yoga.

Sources except where noted:  
<http://www.arthritis.org/living-with-arthritis/treatments/natural/supplements-herbs/guide/chondroitin-sulfate.php>  
<http://www.nof.org/patients/what-is-osteoporosis/>  
<http://www.arthritis.org/about-arthritis/types/osteoarthritis/what-is-osteoarthritis.php>

PHOTO: thaloe192/Shutterstock.com

# TASTE THE JOY



## TASTE THE JOY, SHARE THE LOVE



# GET THE GOODS

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



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al fresco Chicken Sausage or Meatballs: select varieties 12 oz. \$4.99



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



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Hormel Always Tender Ground Pork: 16 oz. \$2.99



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belVita: select varieties 14.08 to 21.12 oz. \$5.99



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505 Southwestern Salsas or Queso: select varieties 12 to 16 oz. \$3.49



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Starbucks Iced Coffee: select varieties 40 or 48 fl. oz. \$4.99



Carl Buddig Premium Deli Meats: select varieties 16 oz. \$3.99



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Honest Kids Juice Pouch: select varieties 8 pack 2/\$7.00



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# PEARLY WHITES



**90** PERCENT  
OF ADULTS HAVE HAD A  
CAVITY AND ONE IN FOUR  
U.S. ADULTS CURRENTLY  
HAS AN UNTREATED CAVITY  
(U.S. CENTER FOR DISEASE  
CONTROL, CDC)

**NEARLY  
50 PERCENT  
OF ADULTS  
30+ HAVE  
SIGNS OF  
GUM  
DISEASE  
(CDC)**



Sources: <https://www.cdc.gov/nchs/fastats/dental.htm>  
<https://www.cdc.gov/chronicdisease/resources/publications/aag/oral-health.htm>  
<http://www.mouthhealthy.org/en/az-topics/b/brushing-your-teeth>  
<http://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/dental/art-20047475>

## ORAL HYGIENE: WHY IT MATTERS

Poor oral health can become more of an issue than cavities and sores; it can affect the rest of your body, too. According to the Mayo Clinic, improper mouth care can lead to an unhealthy level of dangerous bacteria that may increase risk of inflamed heart, cardiovascular disease, stroke and other serious complications. Additionally, poor mouth care can increase the risk of respiratory disease and developing dementia. Some studies have even shown a link between periodontitis (gum) disease and infertility issues and higher risk of premature births.

## BRUSHING

The American Dental Association (ADA) recommends brushing your teeth twice daily, four minutes total. With a soft-bristled brush placed at a 45 degree

angle to the gums, gently brush back and forth until all surfaces, including your tongue, have been cleared of plaque and any debris.

## FLOSSING

If you thought it was in question, think again. The ADA advises daily flossing to remove additional plaque and food particles under the gum line and in between teeth. Wrap about 18 inches of floss around both forefingers. Using about an inch of the tightly wound floss, gently insert between teeth. Oversensitive or bloody gums may be a sign of infection or gingivitis.

## FOODS TO FORGET

Additionally, the Mayo Clinic recommends avoiding foods that get stuck in the grooves of teeth for long periods of time, such as chips and cookies, along with foods and drinks that contain high levels of acidity, caffeine and sugar.

**34** PERCENT OF ADULTS  
AGES 18-64 VISITED  
THE DENTIST IN 2014,  
ACCORDING TO THE CDC.

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MAY 2017

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Hy-Vee complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Hy-Vee does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

### Hy-Vee provides:

- Free aids and services to people with disabilities to communicate effectively with us, upon request or when necessary, such as:
- Qualified language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Free language services to people whose primary language is not English, such as:
- Qualified interpreters
- Information written in other languages upon request

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

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

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.



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PHOTO: Dominic DiSala

# ANTHONY RIZZO

◀ THE JULY ISSUE OF *HY-VEE BALANCE*  
CHECKS IN WITH WORLD SERIES  
CHAMPION ANTHONY RIZZO OF THE  
CHICAGO CUBS. READ ABOUT HIS  
SECRETS TO SUCCESS AND FIND  
TIPS FOR TAKING A SWING AT YOUR  
OWN FITNESS GOALS! THE ISSUE  
ALSO HIGHLIGHTS SUMMER  
PRODUCE AND FAMILY FUN.



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## PERFORMANCE WHEY \*

Each serving of delicious Performance Whey provides 25g of protein, 160 calories and 5g of dietary fiber. In addition, the digestive enzymes it contains help you better absorb and more quickly assimilate the protein, spurring faster muscle repair and growth.



## RIPPED WHEY \*

Designed to support muscle building while boosting your body's ability to burn body fat, Ripped Whey delivers 25g of protein for only 160 calories. Leucine drives muscle building while digestive enzymes facilitate more efficient digestion of protein. Carnitine, choline and a blend of guarana and caffeine stimulate fat burning by boosting metabolism.



## EXPLOSIVE PRE-WORKOUT \*

Taking in specific supplements before training improves performance and results, and Explosive Pre-Workout is formulated to deliver. Citrulline (3g) and arginine (3g) allow your body to deliver more blood and nutrients to hard-training muscles. Creatine (3g) drives more intense muscle contractions, and beta-alanine (2.5g) improves muscular endurance and strength.



## PROTEIN BAR

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## CREATINE \*

Creatine is one of the most popular sports performance supplements, and Creatine from Performance Inspired provides muscular endurance and better recovery.



## POST-WORKOUT BCAA \*

These amino acids drive protein synthesis, helping your muscles recover and grow more efficiently. Post-Workout BCAA provides an efficacious dose of branched-chain amino acids with added Glutamine and Electrolytes.

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