

# HyVee® balance®

## GRILLED KABOBS

SIMPLE SKEWERS + HY-VEE'S  
TOP GRILL ACCESSORIES

PAGES 24, 36

## 9 TO 5

WORKPLACE  
STRESS  
SOLUTIONS  
PAGE 70

## ROAD WARRIOR!

SPIN TO WIN  
PAGE 62

WITH LOVE  
GIADA DISHES ABOUT  
THE IMPORTANCE  
OF FAMILY AND  
GREAT FOOD

PAGE 30

# GIADA DE LAURENTIIS

MAY 2018

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# THE LINEUP

MAY  
ISSUE 2018



SKIN DEEP 84

**STRONGER  
SUMMER**



36

STACK  
IT UP



9  
SUMMER  
SLIM  
DOWN

30  
GIADA DE  
LAURENTIIS



74  
KNOT A  
PROBLEM



17  
BODY  
BOOTCAMP



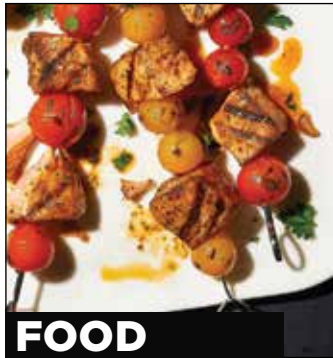


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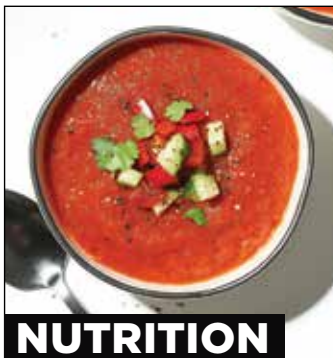
**30**  
minutes  
or less

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



## FOOD

- 13 MEAL MAKEOVER**  
A better burrito with bolder flavor and less impact.
- 36 STACK IT UP**  
Killer kabobs loaded with protein and veggies.
- 44 GREEK OUT!**  
Just add Greek yogurt—make any meal healthier.
- 48 FOODS THAT REDUCE BLOAT**  
Beat bloating with the right amount of fiber and hydration.
- 119 QUICK FIXES**  
Tips and tricks to save time while preparing fruit.



## NUTRITION

- 9 DIETITIAN Q&A**  
Simple summer weight-loss solutions for a rockin' body.
- 21 NUTRIENT POWER**  
Low-cal and packed with vitamin C, strawberries are a "berry" good choice.
- 105 TRENDING**  
Healthy or not? We answer your questions about coconut oil.



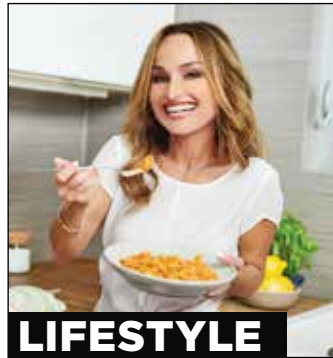
## HEALTH

- 15 PHARMACY FAQ**  
Off the cuff with a Hy-Vee pharmacist on blood pressure.
- 74 KNOT A PROBLEM**  
Get in touch with the benefits of massage therapy.
- 84 SKIN DEEP**  
Helpful tips to maintain the body's largest organ.
- 114 HEALTH**  
Stroke awareness and prevention techniques.



## FITNESS

- 17 BODY BOOTCAMP**  
Build support with these four lower-back exercises.
- 58 STRETCH INTO SUMMER**  
Ease into activity with better flexibility and range of motion with stretching.
- 62 ROAD WARRIOR**  
Get moving with our beginner's guide to biking.



## LIFESTYLE

- 24 FINDS**  
Hy-Vee's best grill accessories.
- 30 GIADA WITH LOVE**  
*Food Network's* Giada De Laurentiis on family and food.
- 90 ON THE BALL**  
Hy-Vee partners with the best in women's professional basketball.
- 93 WASHED UP**  
Freshen up your worn-out workout gear.
- 97 DOG DAYS**  
Keep your furry friends happy with proper pet hygiene.



## WELLNESS

- 56 HYDRATE**  
Fill up as you head into warmer weather.
- 70 9 TO 5**  
Manage workplace stress with advice from a medical professional.
- 78 AGAINST THE 'GRAINE**  
Know the triggers of headaches to ease the pain.



FIND YOUR

# BALANCE



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In this issue, we sit down with one of our favorite *Food Network* stars, Giada De Laurentiis, to learn how food has bonded her Italian family for generations. See “Giada With Love,” *page 30*, to read her inspiring story and find out how she balances her busy life.

Like Giada, many of us are managing family, work and personal responsibilities. Weekdays are packed with early morning meetings, late-night homework, carpooling kids and doing the laundry—we all have the proverbial, never-ending to-do list.

Finding balance may not be easy, but it's necessary for a healthy and happy life. Rest easy, because *Hy-Vee Balance* offers solutions, information and helpful ideas. Explore some ways to destress in “9 to 5,” *page 70*; “Knot a Problem,” *page 74*; and “Stretch Into Summer,” *page 58*.

Then, whether your day off is on a weekday or weekend, take an hour or so to ride a bike, plant some flowers or take a walk. Check out “Road Warriors,” *page 62*, to learn more about the health benefits of biking along with a helpful beginner's guide.

Go from package to the grill grates in minutes with our quick and easy kabob recipes in “Stack It Up,” *page 36*.

Fixing a meal doesn't have to be a chore, so light the grill and enjoy time with family or friends this summer.

EXPLORE

# SUPREMELY SATISFYING SUPERFOOD

IT'S A MOUTHFUL



We asked our editorial contributors:  
**What's your favorite outdoor activity during spring?**

**FITNESS**

Daira Driftmier, Personal Trainer and Hy-Vee KidsFit Director  
 Adventuring out to the local parks and riding bikes as a family. Running and golfing are my favorite solo go-tos!

**HEALTH**

Kelly Borreson, DPT  
 Wellspring Health Center  
 Hopkins, Minnesota  
 Walking my dog.

**HEALTH**

Anand Chockalingam, MD  
 University of Missouri Health Care  
 Columbia, Missouri  
 Tennis! After a long challenging day at work I really look forward to the combination of physical exercise, mental focus and the fun that is a good singles match.

**HEALTH**

Zach Fett, PT, DPT, CMPT  
 Iowa Clinic  
 West Des Moines, Iowa  
 Golf. I just enjoy golf. Try to get better and lower your score—and it's a social activity, too.

**PHARMACY & NUTRITION**

Angie Nelson  
 Group Vice President, Retail Pharmacy  
 We recently added a puppy to our family. When we get spring weather days, we enjoy getting him out for walks and short jogs.

**DERMATOLOGY**

Melissa Diamantis Darling, MD  
 Midwest Dermatology Clinic  
 Omaha, Nebraska  
 I love to play tennis. Also, I enjoy walking with my family, and swimming when it's warm enough. All using water-resistant sunscreen, of course!

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 May 31, 2018  
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Hy-Vee Balance recipes are tested by test kitchen food technologists to guarantee that they are reliable, easy to follow and good tasting.

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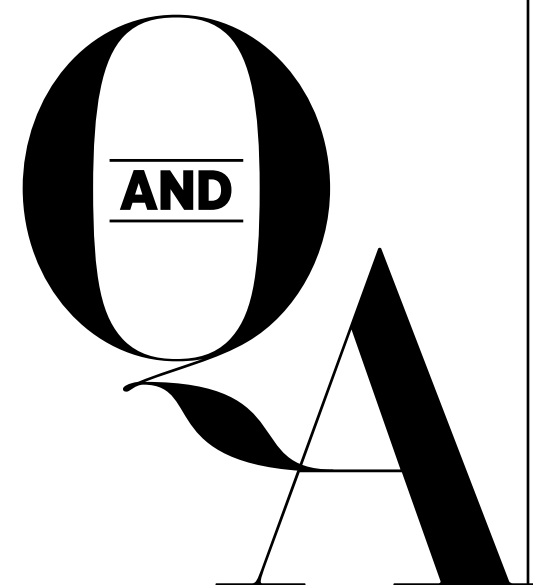
Dietitian Pick Honeysuckle White Turkey Boneless Breast Cutlets \$4.99 lb.

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Julie McMillin, RD, LD

**HY-VEE DIETITIANS:**  
A Registered Dietitian, Julie McMillin knows losing weight means more than cutting calories. Follow her tips to hit your summer weight-loss goals.



**Q: What's the largest contributing factor to weight loss?**

**A:** *When calories consumed are less than calories burned, weight loss will occur. But many other factors can play a role. Hydration and sleep are also very helpful. It is true—a well-balanced diet is essential, but a well-balanced life is crucial, too.*

**Q: Should I focus more on diet or exercise?**

**A:** Creating a calorie deficit is the key to losing weight. For example, 1 pound of weight loss equals a calorie deficit of 3,500 calories. It's important to figure out the easiest way to achieve this. If it's simply cutting calories, that will usually result in a faster weight loss. However, if you're like me and want a little more flexibility with the foods you eat, exercise is key.

**Q: Which is more important: the number of calories or the type of calories?**

**A:** I will always encourage individuals to choose the right calories. You really are what you eat, and over time your health will be determined by the food choices you've made throughout your life.

**Q: What foods should I eat to stay full longer?**

**A:** Focus on lean proteins like turkey. Ground turkey, turkey cutlets or even turkey burgers can add variety to your lean protein options.

**Q: What foods should I avoid?**

**A:** Foods that are high in calories and low in nutrition. They go down fast, but leave us feeling hungry when compared to fruits, vegetables and proteins, which leave us feeling full and satisfied.

**Q: Will eating late at night prevent me from losing weight?**

**A:** *Busy schedules and longer hours at work push dinner times later and later. This can have an impact on weight loss, but may also lead to other health issues. Simply not eating after 7 p.m. can help.*

# summer SLIM DOWN





REALLY WANT TO FEEL THE CALORIC BURN?  
**HOT PEPPERS**, LIKE HABANEROS CONTAIN  
 A COMPOUND CALLED CAPSAICIN, WHICH  
 HAS BEEN LINKED TO FAT LOSS AND  
 INCREASED ENERGY.

# WEIGHT-LOSS STRATEGIES

## HYDRATION

Our bodies lose water during exercise through sweat, leading to dehydration. Without proper hydration, our bodies are unable to perform at a high level, which may hinder the ability to burn calories.

## MY-PLATE

Every meal you plate should consist of  $\frac{1}{4}$  protein,  $\frac{1}{4}$  whole grains and  $\frac{1}{2}$  fruits and vegetables. Learn more about healthy portions at [choosemyplate.gov](http://choosemyplate.gov).

## VEGGIES FIRST

Move the most nutritious part of your meal to the front of the line. Eating vegetables (and lean proteins) before carbohydrates will keep you full longer on fewer calories and has been found to reduce blood sugar.

## SLOW DOWN

Try to take at least 20 minutes to eat. Slow down and don't forget to enjoy your meals! Eating intuitively takes time and focus. Your stomach doesn't signal to your brain that it is full until after 20 minutes.

TAKE TIME TO PLAN FOR A HEALTHY DIET BY CREATING A WEEKLY MEAL PLAN AND GROCERY LIST. USE A DAY OFF TO PLAN, PREP AND ORGANIZE YOUR MEALS SO YOU WON'T BE TEMPTED TO CHOOSE UNHEALTHY OPTIONS ON THE GO.

PLAN  
AHEAD

PHOTO Tobin Bennett

Sources: [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5426284/?log\\$=activity](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5426284/?log$=activity)  
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# SO LONG, SPAGHETTI

THERE'S A NEW NOODLE IN TOWN.  
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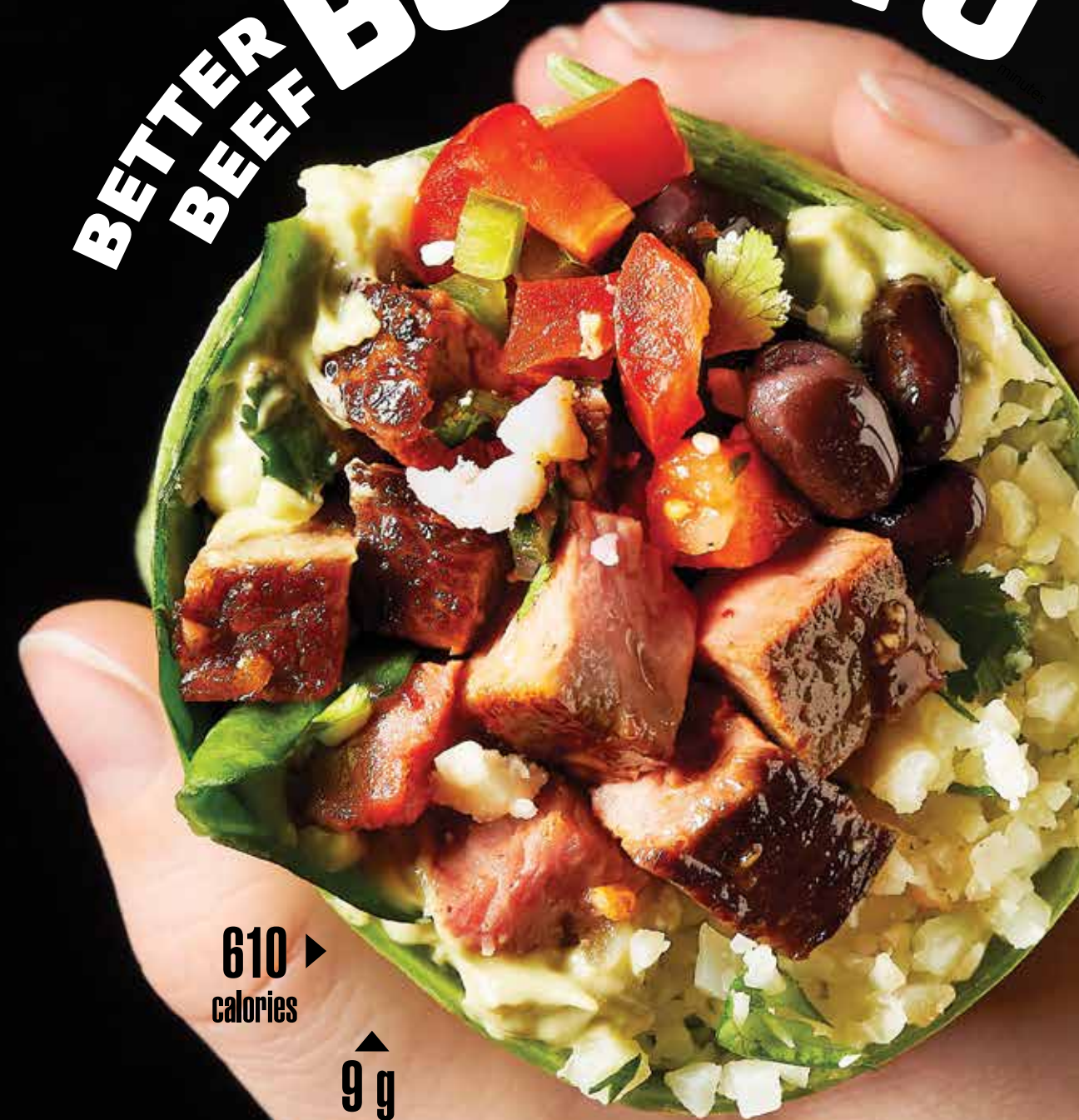
Introducing Green Giant Veggie Spirals™, an exciting new twist on noodles. Spiralized from fresh carrots, zucchini, beets and butternut squash, they're made from 100% vegetables and are gluten-free, with no sauce or seasoning added. A family-friendly alternative to pasta!

For recipes featuring Green Giant Veggie Spirals,  
please visit [GreenGiant.com](http://GreenGiant.com).



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## BETTER BEEF BURRITO



610  
calories

9 g  
sat. fat

880 mg  
sodium

51 g  
carbohydrates

**BIG BENEFITS**  
Our healthy remake has less than half the calories and carbs, with about a third amount of sodium of a fast-food burrito!



1,240 cal  
17 g sat. fat  
2,560 mg sodium  
119 g carbohydrates

Total Time 40 minutes  
Serves 4

- 1 Tbsp. chipotle seasoning
- 2 tsp. Gustare Vita olive oil
- 1 lb. boneless beef top sirloin steak, cut 1 in. thick
- ½ avocado, seeded and peeled
- ¼ cup Hy-Vee plain Greek yogurt
- 1 tsp. fresh lime juice, divided
- 2 cups frozen cauliflower rice
- 1 Tbsp. finely chopped cilantro
- 4 (10-in.) spinach tortillas
- 1 cup Hy-Vee HealthMarket organic baby spinach
- 1 cup Hy-Vee no-salt-added canned black beans, drained and rinsed
- ¼ cup Hy-Vee pico de gallo
- ¼ cup crumbled queso fresco cheese

**1. PREHEAT** a charcoal or gas grill for direct cooking over medium-high heat.

**2. COMBINE** chipotle seasoning and oil; rub mixture all over steak. Grill steak for 12 to 15 minutes or until it reaches medium doneness (155°F), turning once. Let stand for 5 minutes.

**3. PLACE** avocado, yogurt and ½ tsp. lime juice in food processor. Process until creamy. Cover and refrigerate until serving time.

**4. PLACE** cauliflower rice in a small microwave-safe bowl. Microwave, covered, on HIGH 2 minutes. Stir in cilantro and remaining ½ tsp. lime juice.

**5. CUT** steak into small cubes. Wrap tortillas in paper towels; heat in the microwave until warm. To assemble burritos, divide spinach, steak, cauliflower rice and beans among tortillas. Top with pico de gallo, cheese and avocado cream. Fold bottom edge of tortilla over filling. Fold in the sides. Then, starting from the folded bottom edge, roll up the tortilla to encase the filling.

Per serving: 610 calories, 28 g fat, 9 g saturated fat, 0 g trans fat, 90 mg cholesterol, 880 mg sodium, 51 g carbohydrates, 7 g fiber, 3 g sugar, 38 g protein

PHOTOS: Tobin Bennett





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

**Q. What causes high blood pressure?**

**A.** There are many risk factors for high blood pressure or hypertension. Some are modifiable, such as sedentary lifestyle or a high sodium diet. Others are not modifiable, such as your family history, increased age or your ethnicity.

**Q. What are the dangers of high blood pressure?**

**A.** Over time, it can lead to serious conditions, including increased risk for heart attacks, stroke, heart disease or heart failure.

**Q. What's a healthy blood pressure range for adults?**

**A.** Less than 120/80 is ideal. In 2017, the American College of Cardiology and other medical groups jointly defined high blood pressure as greater than 130/80.

**Q. Are there symptoms of high blood pressure?**

**A.** High blood pressure is often referred to as a “silent killer.” This is because many people have high blood pressure with no symptoms.

**Q. How can I prevent high blood pressure?**

**A.** Proper diet, weight loss, active lifestyle, minimal alcohol consumption, smoking cessation and stress management can help minimize your risks.





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BODY BOOTCAMP

# BACK IN ACTION

Straighten up with these four lower-back  
exercises to improve posture and balance,  
while stabilizing your core.

## 1→ COBRA

Lie facedown with hands  
underneath your shoulders  
and elbows tucked. Press  
your pelvis into the floor and lift your chest upright, keeping  
straight arms. Continue to press your pelvis into the ground  
and hold for 5 seconds.



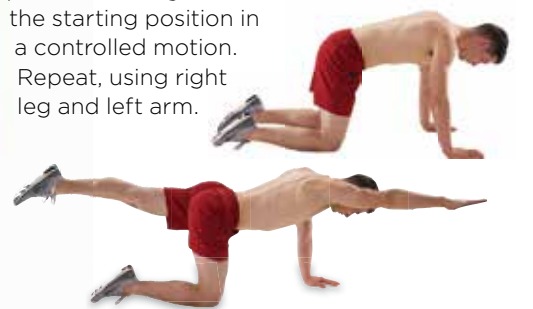
## 2→ SUPERMAN

Lie facedown with  
arms and legs  
fully extended.  
Simultaneously lift  
both arms and legs  
off the ground,  
while keeping your spine stable and aligned with  
the head and neck. Slowly return to the starting  
position. Repeat.



## 3→ BIRD DOG

Begin on hands and knees. Engage core and  
maintain a flat back. Simultaneously extend  
the left leg and right arm until both are  
parallel to the ground. Return to  
the starting position in  
a controlled motion.  
Repeat, using right  
leg and left arm.



## 4→ CAT-COW

Begin on hands and knees. Engage core  
and push your spine upward. Hold for  
5 seconds and slowly lower your stomach  
toward the floor. Allow your shoulder blades  
to move inward and hold for 5 seconds.



Perfect your form  
with **lower back  
exercises**. Watch  
the tutorial at  
[youtube.com/Hy-Vee](https://www.youtube.com/Hy-Vee)

PHOTOS Tobin Bennett





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something for  
**everybunny**



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Percentages represent  
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## FRESH PICKS

### STUFF 'EM

Strawberries and nut butters are a match made in heaven. Scoop out the berry centers (eating as you go) and pipe in nut butter.

### TOSS 'EM

Toss strawberries into a mixed greens salad with blue cheese and pecans. They add fabulous color, texture and sweetness.

### GRILL 'EM

Stick a skewer into strawberries and angel food cake cubes. Grill and serve topped with coconut dessert topping. Irresistible!

PHOTO Tobin Bennett

Sources: <http://nutritiondata.self.com/facts/fruits-and-fruit-juices/2064/2>  
<https://www.healthline.com/nutrition/foods/strawberries>



# STRAWBERRY CITRUS SALSA OVER GRILLED HALIBUT

**Total Time** 30 minutes plus chilling time  
**Serves** 4

**1 cup fresh strawberries, hulled and chopped**  
**1 medium orange, peeled, sectioned and cut into chunks**  
**½ shallot, finely chopped**  
**½ serrano chile pepper, sliced\***  
**2 Tbsp. finely sliced fresh basil**  
**½ tsp. lime zest**  
**3 Tbsp. fresh lime juice, divided**  
**4 (4-oz.) Hy-Vee fresh halibut fillets**  
**1 Tbsp. Gustare Vita olive oil**  
**½ tsp. Hy-Vee salt**  
**1 tsp. freshly ground black peppercorns**  
**Lime wedges, for serving**

**1. COMBINE** strawberries, orange, shallot, chile pepper, basil, lime zest and 1 Tbsp. lime juice in a medium bowl. Cover and chill at least 30 minutes.

**2. PREHEAT** a charcoal or gas grill with oiled grill rack for direct cooking over medium heat.

**3. RINSE** fish; pat dry with paper towels. Combine remaining 2 Tbsp. lime juice and oil; drizzle over fish. Sprinkle with salt and black pepper.

**4. GRILL** fish for 4 to 6 minutes or until fish flakes when tested with a fork (145°F). Serve fish topped with salsa. Serve with lime wedges.

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

**Per serving:** 170 calories, 5 g fat, 1 g saturated fat, 0 g trans fat, 55 mg cholesterol, 370 mg sodium, 11 g carbohydrates, 2 g fiber, 6 g sugar, 22 g protein

This amazing strawberry salsa adds bright, fresh flavors to halibut, a lean white fish with a mild and slightly sweet flavor.



PHOTO Tobin Bennett

FLAVORED  
*H<sub>2</sub>O* **OOHHH**  
**YEAH!**

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# GET GRILLIN'

WITH THE TOP GRILLING ACCESSORIES FROM HY-VEE



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PHOTOS Tobin Bennett

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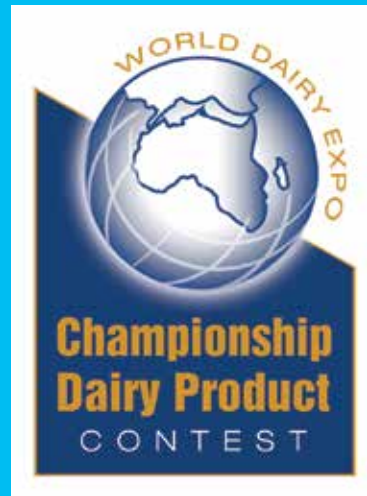


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*More power to your morning.*



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# MAY

ISSUE VOL. 2

GIADA WITH LOVE  
STACK IT UP  
GREEK OUT  
FOODS THAT REDUCE  
BLOAT | HYDRATE  
STRETCH INTO SUMMER  
ROAD WARRIOR | 9 TO 5  
KNOT A PROBLEM  
AGAINST THE GRAINE  
SKIN DEEP



PHOTO Ray Kachatorian



# GIADA

## WITH LOVE



EMMY AWARD-WINNING HOST AND CELEBRITY CHEF GIADA DE LAURENTIIS IS THE BELOVED STAR OF SEVERAL FOOD NETWORK SHOWS. SHE'S AUTHORED A LIBRARY OF BEST-SELLING COOKBOOKS, MADE LASAGNA FOR ROYALS AND MOVED HER BRAND TO THE FRONT BURNER—CHILDREN'S BOOKS, RESTAURANTS IN VEGAS AND SOME TASTY SNACK OFFERINGS (NOW AT YOUR LOCAL HY-VEE!). BUT GIADA BRINGS MORE TO THE TABLE THAN JUST GOOD FOOD. HER PASSION FOR LIVING *LA DOLCE VITA* IS BASED ON LESSONS FROM HER ITALIAN HERITAGE.

WORDS Aaron Ventling PHOTOS Ray Kachatorian and Simply7 Snacks





# M

“My earliest food memory is making pizza with my grandfather and siblings,” Giada says. “He’d give us each a ball of dough and we’d sit on the counter to make our own pizza and he’d bake them in the pizza oven for us.”

Born in Rome—a city known for its rich heritage and old-world cuisine—Giada gained a passion for cooking, along with a deep value for family and Italian culture, through time spent with her late grandfather Dino De Laurentiis, at his restaurant, DDL Foodshow.

Dino and his nine siblings grew up selling spaghetti at his parents’ pasta factory in pre-World War II Italy.

“He would go door to door with his siblings and sell pasta and sauce,” Giada says. “I love his work ethic.”

In time, Dino found opportunity in the Italian film business, eventually producing more than 500 films and earning 38 Academy Award nominations.

“At times his work took precedence over everything and at times it didn’t,” Giada says. “But he grew a humongous business for his entire family and changed the way we lived. He had barely any education, but he loved what he did—and was the greatest salesman. At the end of the day that’s what got him where he ended up,” Giada says.

Her mother and grandmother were actresses, her father was an actor-producer, and two siblings have worked in Hollywood, as a makeup artist and a film editor.

“My family was in the movie business, so definitely I could’ve gone down that road,” she says. But, she confesses, it was her shyness that kept her from working in movies. “Cooking is where I felt empowered. I come from a large Italian family—they’re very loud and it can be hard to get a word in—so you try to find what you’re good at,” Giada says.

At 7, she moved from Italy to Los Angeles with her mother and siblings. It wasn’t an easy transition for a self-described “painfully shy” kid. Adding to her troubles was a new culture and language. But Giada’s Italian roots grow deep and she drew from her strong family ties and adapted to a new world.

After high school, she stayed close to home and earned a degree in social anthropology from the University of California-Los Angeles. Still unsettled with her career path, Giada moved to Paris to train as a cuisine and pastry chef at Le Cordon Bleu. “I was good in the

kitchen and that is where I got the most rewards—it’s where I felt the strongest, the most empowered and truly happiest. It was almost a no-brainer to forge my own path and go into cooking,” Giada says.

She studied at the largest network of culinary and hospitality schools in the world, yet bouts with homesickness threatened her career. Ultimately, Giada’s mother convinced her to stay.

She completed her training and moved back to Los Angeles where she honed her cooking skills at restaurants including, Wolfgang Puck’s flagship restaurant, *Spago* and luxury hotel chain *Ritz-Carlton*.

“I wasn’t making any money and my parents were getting very frustrated with me. So, to make more money I started to cater and food-style,” Giada says.

Giada was helping a friend food-style for *Food & Wine* magazine when she was asked to write an article about her family. Her big break came in 2002 when a Food Network executive read Giada’s story and eventually offered her a job.

“When it came to doing the shows—it took me nine months to put a tape together—I originally didn’t want to do it,” Giada says. *Everyday Italian* premiered in April 2003. The first series challenged her shy nature, but she persevered. Over time, her career blossomed to include other shows such as *Food Network Star*, *Giada at Home* and *Iron Chef America*. She is also a regular contributor on NBC’s *The Today Show*.

“Being in front of the camera all of these years has been like therapy—a camera to talk to the whole time. It helped me become empowered,” Giada says.

Off-camera, she’s authored nine cookbooks, a series of children’s books and has opened two restaurants on the Las Vegas Strip.

With her career success, Giada’s life mirrors the trajectory of her grandfather’s. Like him, she took the gifts she was given and makes the most out of them. “Success means a lot of different things to different people. To me, success is making a mark in my field and I work at it every day,” Giada says. Still, in the quiet moments, when she talks about her family, the loss of her younger brother to skin cancer and the love she has for her 9-year-old daughter, Jade, whom she calls her “biggest passion,” her family values show above everything.

“I think Italians have a unique love for their culture, their ingredients and their family...we are rooted in that, and food and family come before almost anything else. Italian food, Italian culture is like a big warm hug and everybody wants it.”

Like grandfather Dino, his children and grandchildren come together to cook, share a table and love each other. Along the way they find the sweet life. Giada’s passions may be great, but her goal is simple: “to make my family proud, you know, to make my family proud of me.”

**WHAT DOES LIVING A BALANCED LIFESTYLE MEAN TO YOU?**

**“BEING A SINGLE, WORKING MOM AND ABLE TO HAVE A PERSONAL RELATIONSHIP WITH MY DAUGHTER, WHILE GROWING MY BUSINESS.”**



Q | A

WITH  
GIADA

**SAVORY  
OR SWEET?**

Sweet.

**RED OR  
WHITE WINE?**

White.

**FAVORITE  
PASTA SHAPE?**

Mezzi rigatoni.

**COOKING  
UTENSIL YOU  
CAN'T LIVE  
WITHOUT?**

My chef’s knife.

**MOST  
IMPORTANT  
MEAL YOU’VE  
EVER MADE?**

Cooking for Prince William and Princess Kate. [Prince William] wanted to learn to make lasagna... it’s something that I guess he’d tried to make for Kate for years, but could not perfect it.

**LIFE  
EXPERIENCE  
THAT CHANGED  
YOU?**

My brother’s death from melanoma. I learned that life is fleeting and you better grab the bull by the horns and do what you want to do. Don’t think that you have tomorrow, because we don’t all have tomorrow.

**BIGGEST LIFE  
LESSON FROM  
BEING IN  
THE PUBLIC  
SPOTLIGHT?**

Just smile. When in doubt just smile, because then they don’t know what you’re thinking. You can get away with murder if you just smile.





Go behind the scenes with **Giada De Laurentiis** and Hy-Vee Balance at [youtube.com/Hy-Vee](https://youtube.com/Hy-Vee)

“YOU DON’T HAVE TO COOK, BUT AT SOME POINT YOU NEED TO UNDERSTAND INGREDIENTS—FOOD IS THE LIFELINE OF WHO WE ARE.”

66 I AM SO EXCITED TO TEAM UP WITH SIMPLY7! THIS POPCORN IS **EVERYTHING I LOVE IN A SNACK—SIMPLE, REAL INGREDIENTS** AND DELICIOUS FLAVORS. 99



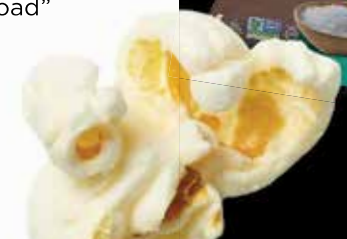
What began as a challenge to find a healthful and delicious snack for her daughter led Giada to join with Simply7 to develop her signature line of popcorn.

“My goals were to make a popcorn that is more nutrient-rich and give my daughter snacks that are actually good for her body, that help her in her physical and mental growth,” Giada says.

In addition to providing healthful snacks, Giada and Simply7 sponsor *Fund Her Farm*, a program that empowers female farmers across the country. Eventually, Giada hopes to source all the blue and red corn for U.S.-based products from farms operated by women.

Check out these Simply7 with Giada Popcorn flavors now!

- **PARMESAN CHEESE**  
Dusted with 10-month-aged Parmesan for a sharp, nutty flavor.
- **SEA SALT & OLIVE OIL**  
Sprinkled with hand-harvested sea salt from the “Salt Road” in Sicily and olive oil.
- **BUTTER**  
Tossed in creamy organic clarified butter made with milk from pasture-raised cows.



### Simply7 WITH GIADA POPCORN

- Gluten Free Certified
- Non-GMO Project Verified
- No Trans Fat
- No Artificial Colors
- No Artificial Flavors
- No Preservatives
- Vegetarian
- Vegan (Sea Salt & Olive Oil, only)
- Kosher Dairy

**Simply7 with Giada Popcorn**  
Made from naturally non-GMO blue and red corn to provide more antioxidants than yellow and white corn.



## WHY POPCORN?

“I’m a mom who’s always looking for snacks for my daughter and it’s become more and more difficult to get healthy snacks that are actually delicious. There’s only so many cucumbers and tangerines that I can give my daughter. I come from a movie-making family, where you go to the theater and have popcorn. So, when I met with Simply7 and learned about their delicious, healthy snacks, I thought, ‘What a fun project to do together!’”





# STACK IT UP

WORDS Lois White PHOTOS Tobin Bennett

WHEN IT COMES TO GREAT GRILLING, IT DOESN'T GET MUCH EASIER (OR TASTIER!) THAN A KABOB. COMBINE SATISFYING, SAVORY PROTEIN AND TONS OF FRESH PRODUCE FOR MOUTHWATERING HEALTHY MEALS THAT TAKE ONLY MINUTES.

## STEAK FAJITA KABOBS

**Total Time** 25 minutes plus refrigerating time | **Serves** 4

**1 lb. top sirloin steak, cut into 1½-in. pieces**

**1 Tbsp. Hy-Vee Mexican-style fajita seasoning**

**½ cup cilantro sprigs**

**½ cup fresh parsley sprigs**

**¼ cup Gustare Vita olive oil**

**2 Tbsp. Hy-Vee red wine vinegar**

**2 tsp. fresh lime juice**

**1 clove garlic, chopped**

**½ tsp. Hy-Vee red pepper flakes**

**1 white or yellow onion, cut into wedges**

**1 red bell pepper, seeded and cut into 1½-in. squares**

**1 yellow bell pepper, seeded and cut into 1½-in. squares**

**1 green bell pepper, seeded and cut into 1½-in. squares**

**1. PLACE** steak in shallow dish; rub with fajita seasoning. Cover and chill 30 minutes.

**2. COMBINE** cilantro, parsley, olive oil, vinegar, lime juice, garlic and red pepper flakes in a food processor for chimichurri sauce. Cover and process until well-combined. Let stand until serving time.

**3. PREHEAT** a charcoal or gas grill for direct cooking over medium-high heat. Alternately

thread steak, onion and bell pepper onto four 10-in. skewers.\*

**4. GRILL** kabobs for 8 to 10 minutes or until steak reaches desired doneness (145°F for medium-rare or 155°F for medium). Serve with chimichurri sauce.

**\*NOTE:** If using bamboo skewers, soak in water for 30 minutes before grilling.

**Per serving:** 390 calories, 28 g fat, 8 g saturated fat, 0 g trans fat, 85 mg cholesterol, 230 mg sodium, 8 g carbohydrates, 2 g fiber, 4 g sugar, 24 g protein



## HEALTHY NOTES

### BUILDING BLOCKS

Low-fat protein builds and repairs muscle, bone, skin, and more. As a general rule, most meats with the word “loin” contain the least amount of fat: beef sirloin, tenderloin, and pork loin. Other lean meats are skinless chicken or turkey, shrimp, salmon, and swordfish. If you're looking for a meat alternative, tofu is great for grilling.

### BEWARE OF THE CHAR

Overcooking meat can be a health risk, according to the National Cancer Institute. When cooked in high temperatures (above 300°F), meat can release cancer-inducing chemicals. For the healthiest meats, limit direct contact with open flame and avoid heavy charring.

## FILL UP ON FIBER

Fruit is more than just a flavor-booster for the perfect kabob. Like veggies, fruit can be a great source of fiber—which keeps you feeling full longer and helps

prevent heart disease and diabetes. Mangos, papayas, avocados, peaches, pears, and pineapples are all fiber-filled fruit options that are great for the grill.

## CARIBBEAN JERK CHICKEN KABOBS

**Total Time** 25 minutes plus marinating time | **Serves** 4

**1 lb. Hy-Vee boneless skinless chicken breasts, cut into 3-in. strips**

**½ cup Hy-Vee Hickory House Caribbean Kick marinade**

**1 mango, seeded, peeled and cubed**

**½ red onion, cut into wedges**

**1 cup peeled papaya wedges**

**1 lime, sliced**

**Cilantro leaves, for garnish**

**1. PLACE** chicken strips and marinade in a resealable plastic bag. Seal bag and refrigerate for at least 30 minutes. Drain chicken; discard marinade.

**2. PREHEAT** a charcoal or gas grill for direct cooking over medium-high heat. Alternately thread chicken, mango, red onion, papaya and lime slices onto four 10-in. skewers.\*

**3. GRILL** kabobs for 12 to 15 minutes or until chicken is done (165°F), turning once halfway through. Garnish with cilantro, if desired.

**\*NOTE:** If using bamboo skewers, soak in water for 30 minutes before grilling.

**Per serving:** 240 calories, 1.5 g fat, 0 g saturated fat, 0 g trans fat, 55 mg cholesterol, 930 mg sodium, 32 g carbohydrates, 3 g fiber, 25 g sugar, 27 g protein

BRING HOME COASTAL FLAVOR WITH MANGO AND PAPAYA SKEWERED BETWEEN MARINATED CHICKEN. THESE TASTE JUST AS GOOD WITH SHRIMP.

Sources: <https://www.cancer.gov/about-cancer/causes-prevention/risk/diet/cooked-meats-fact-sheet>  
<https://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/weight-loss/art-20044318>



# HONEY-SRIRACHA SHRIMP KABOBS

**Total Time** 31 minutes  
**Serves** 4

**12 oz. Brussels sprouts,** trimmed and cut in half  
**1 medium sweet potato,** peeled and cut into 1-in. chunks  
**1 Tbsp. Hy-Vee Sriracha sauce**  
**2 Tbsp. chopped fresh cilantro**  
**1 Tbsp. Hy-Vee honey**  
**1 Tbsp. fresh lime juice**  
**1 clove garlic,** minced  
**1 lb. extra-large raw shrimp,** peeled and deveined, with tails

**1. BRING** a large saucepan of lightly salted water to boiling over high heat. Add Brussels sprouts and sweet potato. Simmer for 8 minutes or until just barely tender. Drain vegetables; spread on a baking sheet to cool slightly.

**2. PREPARE** a charcoal or gas grill with oiled grill rack for direct cooking over medium-high heat.

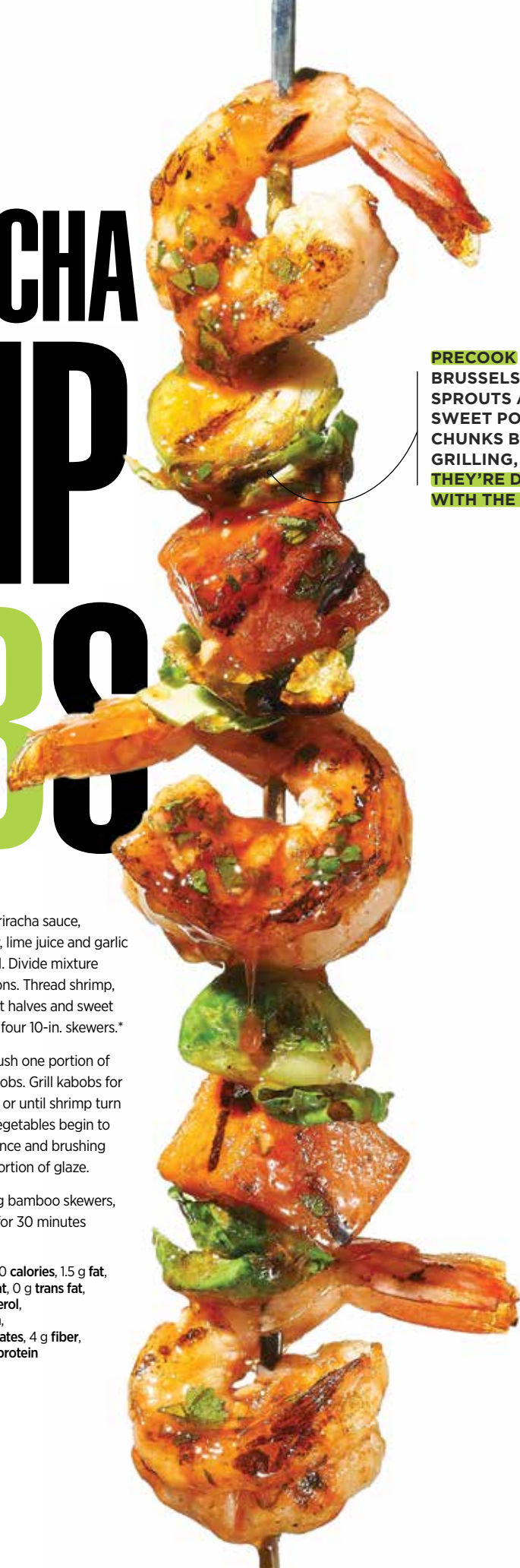
**3. COMBINE** Sriracha sauce, cilantro, honey, lime juice and garlic in a small bowl. Divide mixture into two portions. Thread shrimp, Brussels sprout halves and sweet potatoes onto four 10-in. skewers.\*

**4. LIGHTLY** brush one portion of glaze over kabobs. Grill kabobs for 2 to 4 minutes or until shrimp turn opaque and vegetables begin to char, turning once and brushing with second portion of glaze.

**\*NOTE:** If using bamboo skewers, soak in water for 30 minutes before grilling.

**Per serving:** 160 calories, 1.5 g fat, 0 g saturated fat, 0 g trans fat, 145 mg cholesterol, 730 mg sodium, 20 g carbohydrates, 4 g fiber, 9 g sugar, 19 g protein

**PRECOOK** BRUSSELS SPROUTS AND SWEET POTATO CHUNKS BEFORE GRILLING, SO **THEY'RE DONE** WITH THE SHRIMP.



## SALMON KABOBS WITH OLD BAY SPICE RUB

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

**1 lb. salmon fillets,** cut 1½ in. thick  
**1 Tbsp. Gustare Vita olive oil**  
**2 tsp. Old Bay or purchased seafood seasoning**  
**10 red cherry tomatoes**  
**12 yellow cherry tomatoes**  
**Finely chopped Italian parsley,** for garnish  
**2 lemons,** halved

**1. REMOVE** skin from fish, if necessary, and discard. Cut fish into 1½-in. cubes; place in a shallow dish. Combine oil and Old Bay seasoning in a small bowl. Rub mixture onto fish; set aside.

**2. PREHEAT** a charcoal or gas grill with oiled grill rack for direct cooking over medium-high heat.

**3. ALTERNATELY THREAD** fish and cherry tomatoes onto four 10-in. skewers.\* Grill kabobs for 4 to 6 minutes or until fish flakes when tested with a fork

(145°F) and tomatoes are charred, turning once halfway through. Grill lemon halves, cut sides down, alongside kabobs until charred. Squeeze charred lemon halves over kabobs and, if desired, garnish with parsley.

**\*NOTE:** If using bamboo skewers, soak in water for 30 minutes before grilling.

**Per serving:** 280 calories, 19 g fat, 4 g saturated fat, 0 g trans fat, 60 mg cholesterol, 70 mg sodium, 4 g carbohydrates, 1 g fiber, 2 g sugar, 24 g protein

**30**  
minutes  
or less



## CHICKEN KABOBS WITH INDIAN SPICE RUB

Total Time 30 minutes | Serves 4

- 1 (5.3-oz.) container Hy-Vee plain Greek yogurt
- 2 tsp. chopped fresh mint, plus additional for garnish
- 1 Tbsp. Gustare Vita olive oil
- 1 tsp. Hy-Vee ground cumin
- 1 tsp. ground turmeric
- 1 tsp. smoked paprika
- ½ tsp. Hy-Vee garlic powder
- ½ tsp. Hy-Vee salt
- ½ tsp. Hy-Vee black pepper
- 1 lb. boneless, skinless chicken breasts, cut into 1-in. pieces
- 24 green onions, cut into 3-in. lengths (white part only)

- PREHEAT** a charcoal or gas grill with oiled grill rack for direct cooking over medium-high heat. Combine yogurt and 2 tsp. mint for minted yogurt. Cover; refrigerate until serving time.
- COMBINE** oil, cumin, turmeric, smoked paprika, garlic powder, salt and pepper in a shallow dish. Add chicken, tossing to coat.
- THREAD** chicken and green onion pieces onto four 10-in. skewers.\* Grill kabobs 10 to 12 minutes or until done (165°F), turning every 2 minutes. Serve with minted yogurt. Garnish with mint leaves, if desired.

\*NOTE: If using bamboo skewers, soak in water for 30 minutes before grilling.

Per serving: 190 calories, 5 g fat, 0.5 g saturated fat, 0 g trans fat, 55 mg cholesterol, 420 mg sodium, 7 g carbohydrates, 2 g fiber, 4 g sugar, 31 g protein

30  
minutes  
or less

FOR THE BEST FLAVOR AND TEXTURE, SOAK FIRM, LEAN SWORDFISH IN THIS CITRUS-SOY MARINADE FOR 15 MINUTES.

## MARINATED SWORDFISH KABOBS

Total Time 30 minutes | Serves 4

- 3 Tbsp. Gustare Vita olive oil
- 1 Tbsp. Hy-Vee red wine vinegar
- 2 tsp. Hy-Vee light soy sauce
- 2 tsp. orange zest
- 2 tsp. ground coriander
- 1 tsp. Hy-Vee ground cumin
- ¼ tsp. Hy-Vee red pepper flakes
- 1 lb. swordfish steaks, cut 1 in. thick
- 1 orange, cut into chunks
- 1 small red onion, cut into wedges
- 1 medium zucchini, cut into ribbons
- 1 medium yellow summer squash, cut into ribbons
- Hy-Vee salt and black pepper, to taste

- COMBINE** oil, vinegar, soy sauce, orange zest, coriander, cumin and red pepper flakes in a shallow dish. Trim skin from fish and discard. Cut fish into 1¼-in. pieces; add to seasoned oil mixture, tossing to coat. Let stand at room temperature for 10 to 15 minutes.

- PREHEAT** a charcoal or gas grill with oiled grill rack for direct cooking over medium-high heat.

- DRAIN** fish; reserve marinade. Alternately thread orange chunks, red onion wedges, fish, and zucchini and yellow summer squash ribbons onto four 10-in. skewers.\* Brush kabobs with reserved marinade and season to taste with salt and pepper. Discard remaining marinade.

- GRILL** for 4 to 6 minutes or until fish is almost firm (145°F) and the vegetables are charred, turning once.

\*NOTE: If using bamboo skewers, soak in water for 30 minutes before grilling.

Per serving: 290 calories, 17 g fat, 2.5 g saturated fat, 0 g trans fat, 45 mg cholesterol, 260 mg sodium, 10 g carbohydrates, 3 g fiber, 6 g sugar, 24 g protein

30  
minutes  
or less

# GRILLING GUIDE

Follow our tips and tricks for finger-lickin' results.

### KABOBS

- Pair fruits, veggies and protein with common cooking times.
- Allow space at both ends of each skewer for easy handling. Also, small spaces between pieces can pare cook times.
- Keep kabobs from sticking to the grill by brushing the grill rack with vegetable or olive oil before adding the kabobs.
- Distribute weight evenly along the kabob. Bookend thin-sliced veggies with bulky pieces of meat or tofu to keep everything in place and prevent sliding.
- To check meat for doneness, remove one kabob from the grill and cut into a piece of meat. Look for clear juices and smooth cutting. Use a meat thermometer to determine doneness on larger chunks of meat.

**FOOD-SAFE TIP: ALWAYS PLACE COOKED KABOBS ON A CLEAN PLATTER FOR SERVING.**

### SKEWERS

- Apply a light coating of oil or cooking spray to metal skewers before threading food to make food slide off easier.
- Presoak wooden skewers in warm water before grilling to reduce charring.

Good Cook  
Bamboo  
Skewers:  
select varieties  
100 ct. \$1.99



## PEACH BBQ TOFU KABOBS

Total Time 30 minutes  
Serves 4

- ¼ cup peach preserves
- ¼ cup Hickory House Cattle Drive barbecue sauce
- 1 tsp. ginger paste
- 2 tsp. chopped fresh thyme, plus additional for garnish
- 1 (14-oz.) pkg. extra-firm tofu, drained, pressed and cut into 1-in. cubes
- 1 yellow bell pepper, seeded and cut into 1-in. pieces
- 1 red bell pepper, seeded and cut into 1-in. pieces
- 1 cup pearl onions, whole or pieces
- 1 peach, pitted and cut into slices

- PREHEAT** a charcoal or gas grill with well-greased grill rack for direct cooking over medium-high heat.
- COMBINE** peach preserves, barbecue sauce, ginger paste and 2 tsp. thyme in a small bowl.

- THREAD** tofu, pepper pieces, onions and peach slices onto eight 10-in. skewers. Generously brush with peach barbeque sauce.
- GRILL** kabobs for 4 to 6 minutes or until lightly charred. Garnish with thyme sprigs, if desired.

\*NOTE: If using bamboo skewers, soak in water for 30 minutes before grilling.

Per serving: 220 calories, 6 g fat, 0.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 190 mg sodium, 34 g carbohydrates, 5 g fiber, 25 g sugar, 11 g protein

30  
minutes  
or less

GIVE TOFU SOME SPICE AND SIZZLE! FRESH GINGER ADDS KICK TO A SIMPLE BRUSH-ON SAUCE THAT CARAMELIZES WITH HEAT, ADDING RICH FLAVOR.



# PEPPERED BEEF KABOBS WITH BLUE CHEESE

**Total Time** 20 minutes  
**Serves** 4  
**1 lb.** beef tenderloin steaks, cut 1 in. thick  
**1 Tbsp.** Gustare Vita olive oil  
**1 Tbsp.** purchased steak seasoning blend  
**½ lb.** asparagus spears, trimmed and cut into 2-in. lengths  
**¼ cup** crumbled blue cheese

- 1. PREHEAT** a charcoal or gas grill for direct cooking over medium-high heat.
- 2. CUT** steaks into 1¼-in. chunks. Toss steak chunks with oil and sprinkle with seasoning. Thread beef and asparagus pieces onto four 10-in. skewers.\*
- 3. GRILL** kabobs for 8 to 10 minutes or until meat is done (145°F for medium-rare

or 155°F for medium), turning once halfway through. Sprinkle blue cheese crumbles onto kabobs before serving.

**\*NOTE:** If using bamboo skewers, soak in water for 30 minutes before grilling.

**Per serving:** 190 calories, 10 g fat, 3.5 g saturated fat, 0 g trans fat, 65 mg cholesterol, 160 mg sodium, 2 g carbohydrates, 1 g fiber, 1 g sugar, 25 g protein

**30**  
 minutes  
 or less

# HAWAIIAN RAINBOW BBQ PORK KABOBS

**Total Time** 20 minutes plus marinating time | **Serves** 4

- 1 lb.** pork tenderloin, cut into 1¼-in. cubes  
**½ cup** bottled Hawaiian marinade, plus additional for serving  
**1 cup** Hy-Vee Short Cuts fresh pineapple chunks  
**½ red onion**, cut in wedges  
**1 green bell pepper**, seeded and cut into 1½-in. squares  
**1 red bell pepper**, seeded and cut into 1½-in. squares  
**Hy-Vee unsweetened coconut flakes**, toasted, for garnish  
**Serrano pepper slices**, for garnish\*

**1. PLACE** pork and marinade in a large resealable plastic bag. Seal bag and refrigerate for at least 30 minutes. Remove pork from bag; discard marinade.

**2. PREHEAT** a charcoal or gas grill for direct cooking over medium-high heat. Thread pork, pineapple, onion, and peppers onto four 10-in. skewers.\*\*

**3. GRILL** kabobs for 8 to 10 minutes until pork is done (145°F). Brush with additional bottled marinade. Garnish with coconut flakes and serrano pepper slices, if desired.

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

**\*\*NOTE:** If using bamboo skewers, soak in water for 30 minutes before grilling.

**Per serving:** 240 calories, 2.5 g fat, 1 g saturated fat, 0 g trans fat, 75 mg cholesterol, 1,060 mg sodium, 30 g carbohydrates, 2 g fiber, 27 g sugar, 25 g protein

**SAUCE ON THE SIDE**  
 RESERVE SOME MARINADE IN A REUSABLE CONDIMENT BOTTLE TO ADD A DOSE OF HAWAIIAN FLAVOR TO THE FINISHED PRODUCT.



Make these **Hawaiian Rainbow BBQ Pork Kabobs**. Watch the tutorial at [youtube.com/Hy-Vee](https://youtube.com/Hy-Vee)



# GREEN RECIPE OUT!

GREEK YOGURT HAS THE TANG, TEXTURE AND NUTRITION TO PUMP UP NEARLY ANY FOOD. SUBSTITUTE THIS VERSATILE, PROTEIN-PACKED SNACK IN EVERYDAY RECIPES.

WORDS Lois White  
PHOTOS Tobin Bennett



## Frozen Yogurt Bark

**Smart Swap:** Greek yogurt for white chocolate

**LINE** a baking sheet with parchment paper; **SPRAY** parchment with Hy-Vee nonstick cooking spray. **COMBINE** 1 (32-oz.) container Hy-Vee vanilla Greek yogurt and ¼ cup Hy-Vee honey. **SPREAD** on prepared baking sheet. **SPRINKLE** yogurt with ½ cup Hy-Vee oats and honey granola, ½ cup fresh blueberries, 3 peeled and sliced kiwis and ¼ cup toasted coconut flakes. **FREEZE** for about 1 hour. **BREAK** into pieces and serve immediately. **FREEZE** leftover bark in an airtight container. Serves 12.

## EDIBLE COOKIE DOUGH

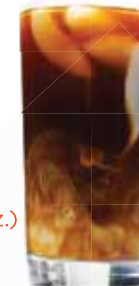
**SMART SWAP:** GREEK YOGURT FOR EGGS

Stir together 1 cup Hy-Vee vanilla Greek yogurt, ½ cup Hy-Vee almond butter, 2 Tbsp. Hy-Vee honey, ½ cup Hy-Vee chocolate chips, ¼ tsp. Hy-Vee vanilla extract and ⅛ tsp. Hy-Vee salt. Makes 2 cups.

## SALTED CARAMEL ESPRESSO FRAPPE

**SMART SWAP:** GREEK YOGURT FOR CREAM

Whisk together 2 Tbsp. instant espresso coffee and 1 Tbsp. hot water in a medium bowl. Add 1½ cups Hy-Vee all natural almond milk, ¼ cup Hy-Vee honey-salted caramel Greek yogurt and 1 Tbsp. salted caramel syrup. Whisk until smooth. Divide between two (8-oz.) glasses. Serves 2.



## CREAMY YOGURT MAC AND CHEESE



**SMART USE:** GREEK YOGURT MAKES A LIGHTER SAUCE

**COOK** 2 cups packaged cavatappi pasta (8 oz.) according to package directions. After 6 minutes, **ADD** 2 cups broccoli florets to saucepan. Continue cooking pasta and broccoli until pasta is al dente. **DRAIN;** reserve ¼ cup liquid. **COMBINE** 1 cup Hy-Vee plain Greek yogurt and 1 Tbsp. Hy-Vee all-purpose flour in a medium saucepan. **STIR** in 4 oz. shredded American cheese and 6 oz. shredded sharp white Cheddar cheese. **COOK** and stir over low heat until cheeses are melted. Stir in pasta and broccoli mixture. **HEAT** through, adding reserved liquid, if necessary, to thin mac and cheese. **SEASON** with Hy-Vee cayenne pepper, to taste. Serves 6.

## Greek Yogurt Caesar Dressing

**SMART SWAP:** GREEK YOGURT FOR RAW EGG

Whisk together ¾ cup Hy-Vee plain Greek yogurt, 2 Tbsp. fresh lemon juice, 1 Tbsp. Gustare Vita olive oil, 1 Tbsp. Hy-Vee Dijon mustard, 1 minced garlic clove, 1 tsp. Hy-Vee Worcestershire sauce and Hy-Vee salt and black pepper to taste. Makes 1 cup.



## GREEK YOGURT MARINADE

**SMART USE:** CALCIUM AND LACTIC ACID IN GREEK YOGURT BREAK DOWN PROTEIN, RESULTING IN TENDER, MOIST MEAT.

Combine 1 cup Hy-Vee plain Greek yogurt, 1 tsp. lemon zest, ¼ cup fresh lemon juice, 3 Tbsp. Gustare Vita olive oil, 3 Tbsp. fresh rosemary sprigs, 2 minced garlic cloves, 1½ tsp. chopped fresh thyme, ½ tsp. Hy-Vee salt and ¼ tsp. Hy-Vee black pepper. Use to marinate 1½ lb. chicken pieces for 30 minutes before cooking.



## Garlic & Lemon Smashed Potatoes

**SMART SWAP: GREEK YOGURT FOR SOUR CREAM**

**PREHEAT** oven to 400°F. **COMBINE** ½ cup Hy-Vee plain Greek yogurt, 1½ tsp. fresh lemon juice and 1 clove minced garlic. Chill until serving time. **TOSS** together 1½ lbs. small Yukon gold potatoes, 1 Tbsp. Gustare Vita olive oil and Hy-Vee salt and black pepper to taste. **SPREAD** potatoes on a rimmed baking pan. **ROAST** for 30 minutes. **REMOVE** potatoes from oven. Slightly **SMASH** each potato with the back of a spoon. **RETURN** potatoes to the oven and roast 5 to 10 minutes more or until crispy. **SERVE** potatoes topped with yogurt mixture, chopped chives and Hy-Vee red pepper flakes. Serves 12.



## Lighter Hollandaise Sauce

**SMART SWAP: GREEK YOGURT FOR BUTTER**

**FILL** a 3-qt. saucepan half full of water. Bring to **BOILING**; reduce heat. **WHISK** together 1 cup Hy-Vee plain Greek yogurt, 1 egg yolk, 2 tsp. Hy-Vee all-purpose flour, 1 tsp. fresh lemon juice and ½ tsp. Hy-Vee yellow mustard in a medium stainless-steel bowl. **PLACE** bowl over saucepan of gently boiling water. **WHISK** sauce constantly until slightly thickened. Remove from heat. **SERVE** over 1 lb. oven-roasted asparagus or Brussels sprouts. Serves 6.

## Mango Sorbet

**SMART SWAP: GREEK YOGURT FOR CREAM**

Add 1 cup Hy-Vee vanilla Greek yogurt, 1 frozen peeled banana, 2 cups Hy-Vee frozen mango chunks and ¼ cup Hy-Vee orange juice to a blender. Puree until smooth, scraping sides as needed. Pour mixture into an 8×4-in. loaf pan. Repeat process with same amount of ingredients. Cover and freeze for 4 hours. Let stand at room temperature for 30 minutes before scooping. Serves 6.

## Super Moist Cupcakes

**Smart Uses:** Greek yogurt replaces oil in a cake mix\* and lightens a topping to replace classic buttercream.

**FOR TOPPING,** combine 1 (9-oz.) container thawed frozen coconut whipped topping and 1 cup Hy-Vee vanilla Greek yogurt.

**TO ASSEMBLE,** spread blackberry jam on each cupcake. Spread yogurt topping over jam. Sprinkle with cocoa powder, if desired. Serves 24.

**\*NOTE:** Substitute equal amount of vanilla Greek yogurt for oil in any brand of store-bought chocolate cake mix.



IF YOU DON'T HAVE SELF-RISING FLOUR, SUBSTITUTE WITH 1½ CUPS HY-VEE ALL-PURPOSE FLOUR, 1½ TSP. HY-VEE BAKING POWDER AND ¾ TSP. HY-VEE SALT.

## NO-RISE PIZZA DOUGH

1 CUP PLUS 2 TBSP. **HY-VEE PLAIN GREEK YOGURT** + 1 TSP. **HY-VEE ITALIAN SEASONING** + 1½ CUPS **SELF-RISING FLOUR**

**COMBINE** ingredients in a medium bowl. **WORKING** with your hands, **FORM** dough into a ball. **ROLL OUT** dough on a lightly floured surface and **FIT** into a 12-in. pizza pan. **TOP** with your favorite sauce and goodies. **BAKE** until crust is golden and cheese is bubbling. Serves 6.

**Blueberry Lemonade** Heat ½ cup fresh blueberries and 1 Tbsp. Hy-Vee sugar in saucepan over low heat until berries release juice, stirring occasionally. Combine 4 (5.3-oz.) containers Hy-Vee nonfat blueberry Greek yogurt (with fruit on bottom), ¼ cup Hy-Vee honey and cooked berry mixture. Spoon into 10 (3-oz.) molds, filling each three-fourths full. Insert craft sticks and freeze 2 hours. Add 1 Tbsp. lemonade, 2 to 3 fresh blueberries and 2 quartered lemon slices to each mold. Freeze 4 to 6 hours more. Makes 10.

**Berry Swirl** Heat 1½ cups fresh raspberries or blueberries and 2 Tbsp. Hy-Vee sugar in small saucepan over low heat until juices release from berries, stirring occasionally. Cool 10 minutes. Combine 2 cups Hy-Vee vanilla Greek yogurt, ¼ cup Hy-Vee honey and berry mixture. Spoon mixture into 10 (3-oz.) molds. Insert craft sticks and freeze 4 to 6 hours. Makes 10.

**Key Lime-Raspberry** Combine 1 cup Hy-Vee key lime Greek yogurt and 1½ Tbsp. Hy-Vee honey in a small bowl. Spoon mixture into 10 (3-oz.) molds. Insert craft sticks and freeze 2 hours. Add 2 Tbsp. raspberry lemonade and 2 halved fresh raspberries to each mold. Freeze 2 hours. Combine 1 cup Hy-Vee Greek vanilla yogurt and 2 Tbsp. Hy-Vee honey in a small bowl. Add to molds. Freeze 4 to 6 hours more. Makes 10.



# YOGURT FRUIT POPS



# BLOAT

FOODS THAT  
**REDUCE**



IF BELLY BLOAT HAS YOU DOWN—DON'T WORRY, BECAUSE IT CAN OFTEN BE ALLEVIATED WITH A FEW SIMPLE CHANGES TO YOUR DIET. EXCESS INTESTINAL GAS CAN RESULT FROM EATING DIFFICULT-TO-DIGEST FOODS, AN OVERGROWTH OF BACTERIA OR EVEN SWALLOWED AIR.

THE BIGGEST CULPRITS ARE CARBONATED BEVERAGES; NON-NUTRITIVE SWEETENERS; CRUCIFEROUS VEGETABLES SUCH AS BROCCOLI, CAULIFLOWER, KALE, AND CABBAGE; PLUS DAIRY, LEGUMES AND STARCHY FOODS. IN ADDITION, A HIGH SODIUM INTAKE CAN CAUSE WATER

RETENTION, WHICH CAN MAKE YOU FEEL PUFFY. INSTEAD, FILL UP ON HIGH-POTASSIUM FOODS TO REGULATE WATER LEVELS AND DIGESTION-SOOTHING ENZYMES. IN ADDITION, A HEALTHY GUT CAN BE HELPED WITH A DAILY PROBIOTIC AND LOW-CARB, HIGH-FIBER FOODS.

PHOTOS Tobin Bennett

## PINEAPPLE-GINGER SMOOTHIES



**Total Time** 10 minutes  
**Serves** 2 (8 oz. each)  
**1½ cups** Hy-Vee Short Cuts fresh pineapple  
**1 medium** banana  
**1 (5.3-oz.) container** Hy-Vee Greek vanilla yogurt  
**2 tsp.** grated fresh ginger  
**½ cup** crushed ice  
**Pineapple slices**, for garnish

**1. PLACE** pineapple, banana, yogurt and ginger in a blender. Add ice. Cover and blend until smooth. Garnish with pineapple slices, if desired.

**Per serving:** 170 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 5 mg cholesterol, 40 mg sodium, 38 g carbohydrates, 4 g fiber, 27 g sugar, 8 g protein

**30**  
minutes  
or less

Gingerroot contains gingerol, a compound that **STIMULATES AND IMPROVES DIGESTION** to soothe a sour stomach. **BROMELAIN, AN ENZYME IN PINEAPPLE**, may help digestion by breaking down proteins, according to the American Cancer Society.



# ZESTY TOMATO GAZPACHO

**30**  
minutes  
or less

**Total Time** 25 minutes  
plus chilling time  
**Serves** 3 (1 cup each)

**3 ripe medium roma tomatoes, seeded**  
**1 red bell pepper, seeded**  
**1 small cucumber, peeled and seeded**  
**1 stalk celery**  
**½ cup Hy-Vee low-sodium tomato juice**  
**1 clove garlic, minced**  
**2 tsp. Hy-Vee Select balsamic vinegar**  
**2 tsp. Hy-Vee less-sodium Worcestershire sauce**  
**1 tsp. Hy-Vee ground cumin**  
**½ tsp. Hy-Vee ground black pepper, plus additional for serving**  
**Several dashes bottled hot pepper sauce**  
**Lemon wedges, for serving**  
**Hy-Vee salt, to taste**  
**Cilantro leaves, for garnish**

**1. CUT** tomatoes, bell pepper, cucumber and celery into ¼-in. cubes; place in a medium bowl and toss together. Reserve ¼ cup vegetable mixture for garnish.

**2. ADD** tomato juice, garlic, balsamic vinegar, Worcestershire sauce, cumin, ½ tsp. black pepper and hot pepper sauce to taste to mixture in bowl. Transfer mixture to a blender or food processor. Cover and blend to desired consistency; season, to taste, with salt. Return mixture to bowl. Cover and chill for 4 hours.

**3. SERVE** gazpacho in bowls topped with reserved vegetable mixture. Sprinkle with additional black pepper and serve with lemon wedges. Garnish with cilantro, if desired.

**Per serving:** 50 calories, 0.5 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 60 mg sodium, 10 g carbohydrates, 3 g fiber, 7 g sugar, 2 g protein

***CUCUMBERS**, at about 96% water, help you meet your daily hydration needs. Cukes also have pectin, **A SOLUBLE FIBER** that has been shown to feed healthy gut bacteria. Eating **POTASSIUM-RICH TOMATOES** helps balance sodium levels in the body to reduce retained water weight.*

# MELON RADISH & CUCUMBER SALAD

**Total Time** 25 minutes plus  
chilling time | **Serves** 6

**2 Tbsp. fresh lime juice**  
**2 tsp. Hy-Vee honey**  
**1 Tbsp. finely chopped mint**  
**1 (2-lb.) honeydew melon**  
**2 lb. cantaloupe**  
**2 lb. seedless watermelon**  
**1 medium cucumber**  
**½ cup thinly sliced radishes**  
**Mint leaves, for garnish**

**1. COMBINE** lime juice, honey and chopped mint in a small bowl for lime dressing; set aside.

**2. CUT** honeydew, cantaloupe and watermelon in half; remove and discard seeds. Scoop flesh with a sharp 1-in. melon baller. Cut cucumber into ribbons using a vegetable peeler.

**3. PLACE** melon, cucumber and radish slices in a large bowl. Pour lime dressing over top. Cover and chill at least 30 minutes before serving. Stir mixture and, if desired, garnish with mint leaves.

**Per serving:** 180 calories, 1 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 60 mg sodium, 45 g carbohydrates, 4 g fiber, 39 g sugar, 3 g protein

**Melons are a great source of potassium, an electrolyte that regulates the body's FLUID LEVELS.**

Sources Entire Article: <https://www.healthline.com/nutrition/11-proven-benefits-of-ginger>  
<https://www.healthline.com/nutrition/7-health-benefits-of-cucumber>  
<https://www.healthline.com/nutrition/foods/tomatoes>  
<https://www.medicalnewstoday.com/articles/279176.php>





# Refresh Your Daily Routine

## Refresh

**Prep: 5 min. Makes: 4 servings**

**3 DOLE Premium Celery Hearts**, trimmed and chopped  
**1 DOLE Banana**, peeled and sliced  
1 cup diced, fresh pineapple  
1 apple or pear, cored and chopped  
¾ cup unsweetened coconut water  
1 cup ice cubes  
1 teaspoon honey, optional  
Banana slices, optional garnish  
Celery leaves, optional garnish

**Combine** celery, banana, pineapple, apple, coconut water, ice and honey in blender or food processor. Cover; blend until smooth

**Per Serving:** 80 Calories, 0g Fat (0g Sat Fat), 0mg Cholesterol, 75mg Sodium, 21g Carbohydrate (3g Fiber, 14g Sugars), 1g Proteins, 4% Vit A, 45% Vit C, 4% Calcium, 2% Iron, 30% Manganese

You can easily add more fiber-rich fruits and vegetables to your day by whipping up a Refresh.



For recipe inspiration, visit [Dole.com](https://www.dole.com)



## Light Berry Dessert

Serves 6

- 1 cup Daisy® Sour Cream
- 1 cup Daisy® Cottage Cheese
- 1 tablespoon lemon juice
- ½ cup sugar
- 1 pint berries, pureed

- Step 1:**  
Combine all ingredients in food processor and process until smooth.
- Step 2:**  
Pour mixture into 6 small custard cups or muffin tins sprayed with nonstick spray.
- Step 3:**  
Freeze until firm (about 2 hours).
- Step 4:**  
Loosen edges with tip of knife. Turn onto dessert plates. Garnish with fresh berries.



Daisy Sour Cream or Cottage Cheese:  
select varieties  
14 or 16 oz. \$1.88





Body Armor, Bai  
or HyDrive:  
select varieties  
16 or 33.81 fl. oz. 4/\$5.00



7Up 6 pk. select varieties  
16.9 fl. oz. 4/\$9.00  
(with purchase of 4)



Hawaiian Punch:  
select varieties  
128 fl. oz., 6 pk. 10 fl. oz. or  
10 pk. 6 fl. oz. \$1.99



Mott's Applesauce:  
select varieties  
12 ct. pouch \$7.48



ReaLemon or ReaLime Juice:  
select varieties  
15 fl. oz. 2/\$4.00



7Up:  
select varieties  
2 l. 5/\$5.00

MAKE YOUR  
**PARTY  
PUNCH  
PERFECT**

**HyVee**®

## Perfect Party Punch

### 1. In a large punch bowl, combine:

24 oz. 7UP®

¼ cup ReaLemon® 100% Lemon Juice

12 oz. orange juice

32 oz. Hawaiian Punch® Fruit Juicy Red®

16 oz. Canada Dry® Club Soda

1 pint raspberry sorbet

### 2. Garnish with fresh raspberries (if desired) and enjoy!

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REALEMON is a registered trademark of Beverages Delaware, Inc. ©2018 Mott's LLP MB-801671\_123118



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SHARE A **Coke**® FOR THE BEST SUMMER YET



# THE DEHYDRATED

## AM I DRINKING ENOUGH?

It's estimated that 75 percent of Americans are chronically dehydrated—and odds are you're one of them. We often link the symptoms—sleepiness, lack of energy, headache—to something else. Instead of searching online for obscure medical ailments to blame your symptoms on, try drinking more water.

We all know that increasing fluids is the way to go, but some of us can't maintain our drinking habits. Forget the eight glasses a day you were told to drink as a kid. The current daily water recommendation for ages 19 and older is 3.7 liters for men and 2.7 liters for women. That suggestion boils down to about 15 and 11 glasses of water, respectively.

On top of that, you may need more water if you live in a hot climate or at a higher elevation, if you exercise often, or have a fever, diarrhea or vomiting.

Although it's not proven how water intake affects chronic disease, it's well known that water is essential for regulating body temperature, lubricating and cushioning joints, protecting the spine and helping to eliminate waste. The average person is composed of around 60 percent water—and without enough water, we cannot function properly.

Symptoms of dehydration include extreme thirst, fatigue, infrequent urination with the possibility of dark-colored urine, headaches and mental foggiess. Dehydration may even lead to overheating, constipation, mood changes, kidney stones, seizures and shock. Mild dehydration is easily treated by drinking water or other fluid, but extreme dehydration may call for a trip to the hospital.

To prevent dehydration, drink liquids before you feel thirsty. If you wait until you're thirsty, you're already dehydrated. Eating fruits and vegetables with a high water content can contribute up to 20 percent of your daily fluid needs. Stock your kitchen with fresh or frozen melons, cucumbers, green peppers, berries, radishes, celery, cantaloupe and other watery produce to both supplement your hydration needs and eat healthfully.

2½ CUPS  
COLD WATER  
+  
½ CUP FRESH  
OR FROZEN  
RASPBERRIES  
+  
½ CUP FRESH  
OR FROZEN  
STRAWBERRIES  
+  
AGAVE NECTAR,  
TO SWEETEN



DOUBLE-BERRY AGUA FRESCA



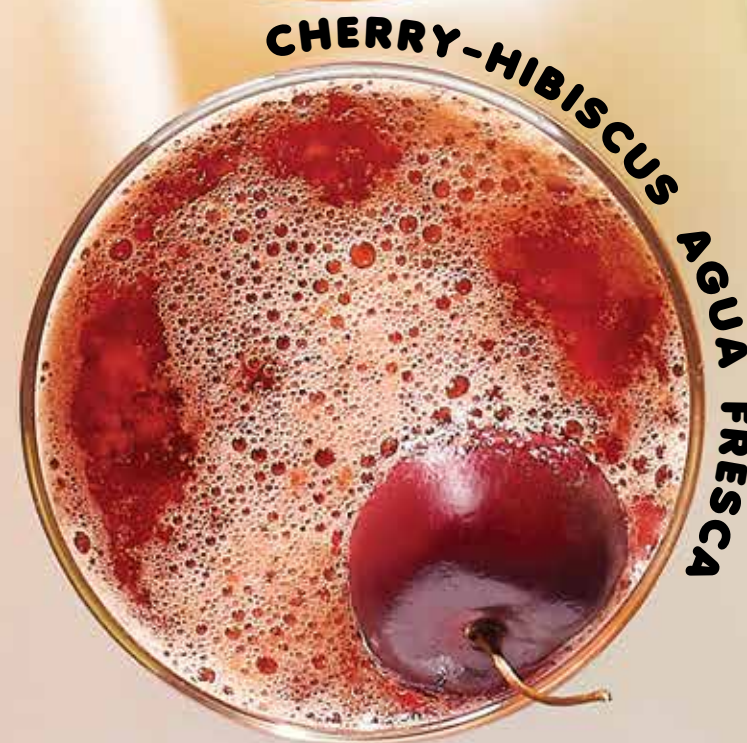
CITRUS-PINEAPPLE AGUA FRESCA

2 CUPS COLD WATER  
+  
1½ CUPS LEMONADE  
+  
1 CUP FRESH PINEAPPLE CHUNKS  
+  
½ CUP HY-VEE ORANGE JUICE



MANGO-GUAVA AGUA FRESCA

1½ CUPS COLD WATER  
+  
1½ CUPS GUAVA OR  
MANGO NECTAR, CHILLED  
+  
1 CUP FRESH OR FROZEN  
CUT-UP MANGO



CHERRY-HIBISCUS AGUA FRESCA



1½ CUPS CUBED HONEYDEW  
+  
2½ CUPS COLD WATER  
+  
2 TBSP. FRESH LIME JUICE  
+  
2 TBSP. CHOPPED FRESH MINT

HONEYDEW AGUA FRESCA

2 HY-VEE RASPBERRY HIBISCUS TEA BAGS,  
STEEPED IN 2 CUPS HOT WATER FOR  
3 TO 5 MINUTES, THEN CHILLED  
+

1 CUP HY-VEE UNSWEETENED CHERRY JUICE, CHILLED  
+  
1 CUP FROZEN PITTED SWEET CHERRIES

## FRUIT-INFUSED WATER

Take a tip from Mexico and quench your thirst with a vibrant, healthful agua fresca (Spanish for “fresh water”). It's tempting to call it juice, but the taste—fresh pineapple, mango, watermelon, cantaloupe and other fruits—is more subdued. Typical agua frescas, as featured here, use at least two times the amount of water to fruit pulp, so the drink is more water than fruit. Make your own refreshing agua frescas to control sweetness and ingredients.

For all agua fresca recipes, puree ingredients in a blender until smooth. Serve in an ice-filled glass. Each recipe makes 4 servings.





THE AMERICAN  
HEART ASSOCIATION  
RECOMMENDS  
**30 MINUTES OF  
MODERATE AEROBIC  
ACTIVITY**—5 DAYS  
A WEEK—AND  
STRETCHING CAN  
HELP YOU REACH IT.



**RISE.  
SHINE.  
STRETCH.**

We instinctively stretch each morning to release fluids that collect in our back. By tensing and stretching our limbs, we redistribute it to literally spring back to life and start a new day.

Blood slowly and gently flows to other parts of the body. The heart begins pumping a bit faster. Mental cobwebs dissipate and our minds start to focus.

“Stretching—when done consistently and correctly—can greatly improve your quality of life,” says Daira Driftmier, Certified Personal Trainer and Director of Hy-Vee KidsFit and Hy-Vee Fitness.

Yet somehow when we

consciously decide to couple stretching with exercise, we often get it wrong.

Even worse, we may simply avoid the practice altogether, which limits our mobility, fitness gains and increases risk of muscle and joint-related injury.

“There are two faults that people have,” says Zach Fett, a physical therapist with the Iowa Clinic in West Des Moines, Iowa. “One, they’re not able to stretch a muscle effectively, so they find compensations to stretch it, breaking down something else. Also, people tend to overstretch, which will cause more problems later on.”

THE AMERICAN COLLEGE OF SPORTS MEDICINE RECOMMENDS  
THAT **EXERCISERS** OF ALL AGES AND FITNESS LEVELS **PRACTICE  
STRETCHING** A MINIMUM OF **TWO DAYS A WEEK.**

## SECOND OPINION

WITH ZACH FETT,  
PHYSICAL THERAPIST,  
THE IOWA CLINIC

### Q. WHAT ARE THE KEY BENEFITS OF STRETCHING?

**A.** First, there’s a static component—long-duration holds that help fibers stretch and get more blood flow. Also, there’s a dynamic component where you move the body and muscles lengthen. Generally, stretching gets blood flowing and fibers prepared for activity.

### Q. HOW CAN STRETCHING MAKE YOU FEEL BETTER?

**A.** In my profession, I find that the first complaint people have is pain. So we try to reduce that. Stretching allows for pain modulation—whatever the injury. Blood flow and tissue stretching allow some extent of relief. So, number one—I use it for pain relief and acute injuries.

### Q. INCORPORATING MINDFULNESS INTO EXERCISE AND LIFE IN GENERAL HAS BECOME A TREND. CAN THAT APPLY TO STRETCHING?

**A.** Any kind of mind’s-eye activity beforehand helps. You need to get muscles ready with stretching, and you need to get the body ready with the mind. Mindfulness is a good component to that.

### Q. HOW DO YOU KEEP PEOPLE ON STRETCHING ROUTINES AFTER THEY LEAVE A CLINICAL SETTING?

**A.** I say, ‘Hey, your goal is 10 percent better next visit, right?’ If they don’t do anything, they’re not going to get 10 percent better. But if I say, ‘Hey, this exercise will make you 10 percent better,’ they’ll be more accountable at home.



Stretching—dynamic and static—increases flexibility and primes your body for exercise. In addition, Fett says stretching releases stress-reducing chemicals.

“Endorphins help with stress,” Fett says. “When you stretch and then work out, these released endorphins relax your muscles.”

Think beyond isolated hamstring or shoulder muscles. Your whole body, including the muscles in your core, want a stretch.

“Stretching needs to be a holistic, or whole-body approach,” he says. “Even when you’re walking or running—you need to stretch your core before doing that. Full-body stretching is more important than just isolated stretching.”



## STRETCH THE RIGHT WAY

When added to a well-rounded exercise program, stretching yields obvious benefits beyond blood flow. The key lies in getting it right, with proper timing and technique. “Stretch for 10 minutes before, then spend 20 minutes stretching afterward,” Fett says. “You need to get blood flowing to the muscles that you work out. Then you need to cool down.”



# TOP 10 STRETCHES

BY DAIRA DRIFTMIER

## DYNAMIC STRETCHES

Increase your heart rate and prepare your body for a workout with dynamic stretches to improve flexibility and reduce the risk of injury.

“Stretching is an **IMPORTANT PART** of everyone’s fitness journey. Each stretch has a purpose. Some should be done **BEFORE A WORKOUT**, while some are more effective afterward. These two types are called **DYNAMIC AND STATIC STRETCHES.**”

— DAIRA DRIFTMIER,

Certified Personal Trainer and Director of Hy-Vee KidsFit and Hy-Vee Fitness



### SCORPION

**Increase hip mobility, while strengthening core and lower back.**

Lie facedown with your arms stretched out. Keeping arms still, look to your right and roll to the left, as you reach your right heel toward your left hand. Pause and alternate sides.



### LUNGE WITH TWIST

**Engage your hips, legs and core with this stretch.**

Begin with your feet hip-width apart. Take a large step forward with your left leg, bend both knees and rotate your torso to the right. If able, reach and extend your arms up over your head. Repeat on alternate side.



### ARM CIRCLES

**Refine your shoulders, biceps, triceps and back.**

From a standing position, raise arms to your sides. Slowly make small circles, gradually increase size. After twenty seconds, reverse circular motion.



### SINGLE LEG RDL

**Improves balance, while targeting glutes and hamstrings. Use a wall or chair to decrease difficulty.**

On one leg with the opposite knee slightly bent, lean forward until your back is parallel with the floor. Slowly return to single leg position.



### INCHWORM

**Enhance strength and balance with this full-body move.**

From a standing position, bend at the waist and slowly walk your hands forward until your body reaches a plank position. With feet still, reverse crawl back to a standing position.



### SEATED HAMSTRING

**Better range of motion and flexibility.**

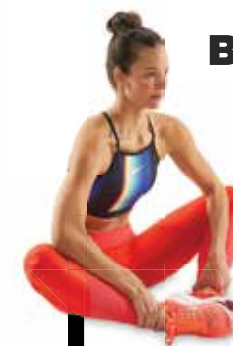
From a seated position, straighten your left leg and bring the sole of your right foot to your inner left thigh. Maintain a flat back, as you reach toward your left foot.



### BUTTERFLY

**Release tight hips abductors and inner thighs.**

From a seated position, bring the soles of your feet together in front of your body. Vary intensity by bringing heels closer to your body. Use elbows to gently press down on your thighs to engage hips.



### PIGEON POSE

**Deep stretch for glutes, groin and hips.**

From a plank position, bring your left knee toward your right hand and slowly lower to the ground. With hands planted, lean back to increase intensity.



## STATIC STRETCHES

Recommended as a post-workout cooldown, to improve range of motion in your joints, reduce lactic acid buildup and target exhausted muscle groups.

### IT BAND

**Stabilize knee joints and prevent tight ligaments.**

From a standing position, cross your right leg in front of your left leg. Keep weight on your back leg and slowly lean forward until your back is parallel with the floor.



### FLOOR CALF

**Soothe tight calves.**

From a high plank position, lock your right foot around your left ankle. To increase intensity, gradually flatten left foot onto the ground.



STRETCHING KEEPS MUSCLES LONG AND **FLEXIBLE** TO MAINTAIN A RANGE OF MOTION IN OUR JOINTS. WITHOUT THAT RANGE AND FLEXIBILITY, MUSCLES SHORTEN AND BECOME TIGHT.

Sources: <http://www.sciencefocus.com/qa/why-do-we-stretch-when-we-wake>  
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<http://www.acsm.org/public-information/articles/2016/10/07/improving-your-flexibility-and-balance>



# R O A D WARRIOR



Spinning your wheels burns calories, builds muscle and increases overall fitness. Biking is a low-impact aerobic exercise that doesn't jar the body, yet as an endurance sport improves cardiovascular fitness and tones your legs, arms, butt and stomach. It even triggers the release of endorphins that may promise you a happier day.

Biking is a unique activity as there is truly something for everyone. It can be practical and economical fun—think commuters, vacationers on touring bikes loaded with luggage and leisure riders checking out the neighborhood. Biking can be a lifetime workout routine to get and stay in shape for the long haul. Last year 105-year-old French cyclist Robert Marchand even set a new world record, proving biking isn't only for the young. Diehard thrill seekers find their moxie mastering mountain bikes over rugged terrain or a souped-up hybrids on a cyclocross course. And elite athletes press the limits of technology, design and physics racing at speeds upwards of 80 miles an hour. A world of fun and fitness awaits—all you need is a bike.

WORDS Wanda Ventling and David Mable  
PHOTOS Adam Albright and Greg Scheidemann

CYCLING CAN BURN MORE THAN **700 CALORIES** AN HOUR.

## HOW TO BUY A BICYCLE

Buying the right bike isn't as easy as riding one, so do your homework. Think about how you plan to use a bike—are you riding to work, for leisure, for competition? Research the types of bikes, the function and design. And before you fall in love, set a budget.

Bikes are best purchased from a local bike shop as the sales people are often avid cyclists with a universal love of sharing their knowledge and passion. "Everyone's needs are different," says bike shop owner Dave Hoss. "Different types of bikes fit a variety of people. In a bike shop, someone will help you find the style that suits your needs."

## 5 BENEFITS OF BIKING

**EASY ON THE JOINTS** On a bike your weight is on a pair of pelvic bones. "That makes it good for anyone with joint pain or age-related stiffness," says Dr. Clare Safran-Norton, PHD, PT, OCS

**AEROBIC WORKOUT** Good for the heart, brain, and blood vessels and releases endorphins—the body's feel-good chemicals.

**BUILDS MUSCLE** Biking works the muscles in the buttocks, thighs, calves, abdomen, shoulders and arms.

**OVERALL FITNESS** "The benefits carry over to balance, walking, standing, endurance, and stair climbing," says Dr. Safran-Norton.

**BUILDS BONES** "Resistance activities, such as pushing pedals, pull on the muscles, and then the muscles pull on the bone, which increases bone density," says Dr. Safran-Norton.

## FRAMES

The heart of the bike, frames typically come in four materials (listed *below*, least-to-most expensive) with each offering benefits for specific users.

**ALUMINUM:** Inexpensive and strong, aluminum is possibly the most common material for bike frames. Because it's lightweight it shapes energy-efficient bikes. "Most hybrid bikes and entry-price road bikes are made of aluminum," says Zac Angus, bike department manager at Scheels Sporting Goods Store in West Des Moines, Iowa.

**STEEL:** The **workhorse of frames, steel touring and adventure bikes can carry loads of luggage. Steel frames may be the easiest to repair and are a great option for commuter and recreation bikes. If budget allows, avoid low-end bikes made of high tensile (Hi-Ten) steel, which has a poor strength-to-weight ratio. Instead, look for chromoly (CroMo) steel.**

**CARBON FIBER:** Light and comfortable, carbon fiber bikes absorb minute road vibrations. "Carbon fiber absorbs road shock," Angus says. "A carbon-fiber fork helps create a smooth ride, and when used in the frame, carbon fiber is a major benefit." Carbon fiber takes about 14 times longer to produce than aluminum bikes.

**TITANIUM:** **Lighter, more durable and more resistant to corrosion than steel, titanium is almost indestructible—but has the downside of being expensive. It's typically offered only by specialty bike manufacturers.**

## PEDALS

There are three choices in bike pedals: plain, toe-clippable and clipless. Plain are best for most riders. Toe-clippable pedals were popular until the '80s but today's serious riders choose clipless pedals. These require special bike shoes with cleats that clip into the pedal's locking mechanism. While they take practice, clipless pedals offer benefits. They provide the best connection to the bike's power train because both feet maintain constant contact with the pedal and both legs work together making, strokes

more powerful. They also offer security. The feet are attached to the bike, giving better control for quick movements—even a bunny-hop over obstacles, if needed.

THERE ARE MANY TYPES OF BIKE SADDLES ON THE MARKET. RESEARCH AND TRIAL ARE THE SECRET TO FINDING THE BEST ONE FOR YOUR NEEDS.



**DRINK UP!** INTENSE RIDES IN EXTREMELY HOT WEATHER COULD REQUIRE AS MUCH AS 4 BOTTLES OF WATER PLUS ELECTROLYTES AN HOUR.

## GEAR

The popularity of biking has pushed the offering of tech and comfort products. Here are just a few.

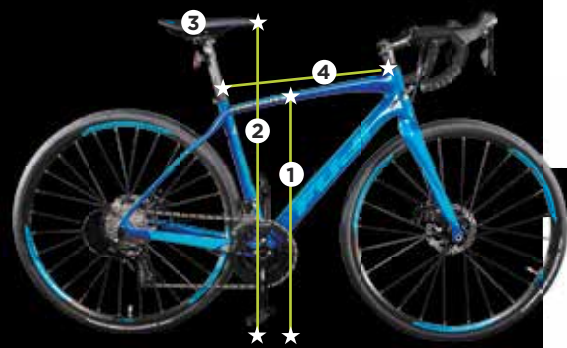
**1 A CYCLING COMPUTER** KEEPS TRACK OF WHERE YOU'VE RIDDEN, WHEN AND HOW FAST. SOME FEATURE GPS MAPPING, FITNESS TRACKING, PERFORMANCE ALERTS AND CONNECTIVITY. PRICES RANGE FROM UNDER \$30 TO \$600.

**2 A BIKE PHONE MOUNT** HOLDS YOUR PHONE SO YOU CAN SEE IT. DOWNLOAD CYCLING APPS FOR MAPPING, AND RIDE RECORDING. FROM ABOUT \$15-\$70.

**3 RECHARGEABLE FRONT AND REAR LED LIGHTS** THAT HAVE LONG RUN TIMES. CONSIDER OPTIONS SUCH AS REAR-FACING RADAR DEVICES TO WARN YOU OF APPROACHING VEHICLES—"CAR BACK!" FROM ABOUT \$10 TO \$250. **4 CLIP-IN BIKE SHOES** IMPROVE YOUR RIDE. FROM ABOUT \$80-\$550.







## MADE TO MEASURE

Bikes need to fit the rider to be safe and to offer an efficient, injury-free workout and a comfortable ride. A professional bike fitting is the best option for determining bike size. The three things they'll look at are contact points: pedals, saddle and handlebars. Depending on the type of bike and manufacturer, sizes may vary. Consider these four measurements:

**1. STAND OVER HEIGHT** Measure your inseam minus the amount needed for clearance (1 to 2 inches).

**2. SADDLE HEIGHT** With the saddle level to the floor, ask someone to hold the bike upright. Sit on the saddle, hips level, one foot over the center of a pedal and in lowest position. Your knee should have a slight bend—27 to 37 degrees—and your leg should be about 80 to 90 percent extended. Adjust the saddle as needed.

**3. SADDLE SETBACK** Ask someone to hold your bike upright. Sit on the saddle, hips level, one foot over the center of a pedal. The saddle setback position is correct when the knee is directly over the pedal spindle, mid stroke. Tip: Dangle a piece of string with a weight on the bottom next to your kneecap to check the plumb line.

## 4. UPPER BODY POSITION/HANDLEBARS

Your upper body position should be relaxed, shoulders squared, without straining the back or arms to reach the handlebars. If you need to stretch too far, the effective top tube—the distance from the stem and head tubes—may be too long. This is determined by sitting on the bike for proper fit. The most comfortable position for most road cyclists is when the torso and upper arm connect at a 90-degree angle and the hips form a 45-degree angle. You should have a slight bend in the elbows to maximize comfort and control. Other bikes, such as touring, mountain or road bikes allow the rider to sit more upright.

HELMET USE HAS BEEN ESTIMATED TO  
REDUCE THE ODDS OF HEAD INJURY BY **50%**

Bike helmets serve the most important role of any bike accessory you can buy. They can save your life. Although all helmets sold in the U.S. must meet government standards for safety, they do vary by style, size and shape. Prices range from \$35 to more than \$300. Higher prices get you less weight, more vents to keep you cool, aerodynamics and customizable fit. Whether it's a lightweight, well-vented helmet for hot days or one with a visor for shade and protection from tree limbs, look for a helmet that meets your specific needs.

Bike helmets have a foam liner of expanded polystyrene (the material used in picnic coolers) under a rigid shell to reduce the impact of a crash. Never wear a helmet that was worn during a crash. Discard it and replace it with a new one. Any impact likely crushed some of the foam and possibly cracked the outer shell, compromising the effectiveness of the helmet even if the damage isn't visible.

## SIZE IT RIGHT

To select the right helmet, put one on your head without fastening the straps. The front of the helmet should be level and two-fingers-width above your eyebrows. Shake your head from side to side; the fit should feel similar to that of a baseball cap. Fasten

the straps tightly. Wearing a bike helmet with loose straps is the same as not wearing a helmet at all. Each side strap should come to a point ½ inch or less under an earlobe. The chin strap should be about ½ inch below your chin when your mouth is closed.

# HEAD CASE



T Y OF P E

# BIKE



## ROAD

Traditional style with drop handlebars. For racing or long paved-trail rides, road bikes are quick, lively and light. **Price range: \$850 and up**



## HYBRID

Narrow tires for paved roads and trails; flat upright handlebars for comfort and simplicity; slightly wider tires than those on road bikes. Can still be quick, light and lively. **Price range: \$400 to \$1,400**



## MOUNTAIN

Fat knobby tires for off-road riding. Fun for rides in the woods (where allowed); also good for cruising and commuting. **Price range: \$400 and up**



## FAT TIRE

Oversize 3- to 5-inch-wide knobby tires. Fun is the key objective—on snow, ice, sand and mud, as well as cruising the neighborhood. Comfortable to ride, though can be heavy. **Price range: \$600 and up**



## CRUISER

Popular among casual bicyclists for paved roads, the cruiser usually features balloon tires, an upright seating posture. **Price range: \$150-\$500**



## E-BIKE

Electric-assist bikes have a motor in one wheel that provides up to a 200-watt boost. Popular with commuters and those who appreciate an extra boost. **Price range: \$1,200 to \$3,000**

## ROAD/RACING

Road bikes are meant for high speeds on smooth surfaces. Lightweight racing bikes are designed for better aerodynamics.

## CYCLOCROSS/ADVENTURE

Designed for racing on mixed surfaces—gravel, grass, unpaved trails and pavement.

## TOURING

Built for the long haul and typically made of steel. Touring bikes have comfort seats and can carry baggage.

## TRIATHLON/TIME TRIAL

Road bikes designed to position the body to optimize aerodynamics.

## FITNESS/HYBRID

A broad term that classifies various general-purpose bikes, most with an upright sitting position and flat or upright handlebars.

## TRACK/FIXED GEAR/FIXIES

Single-gear bike, some without brakes. Designed to be ridden on a velodrome (banked, oval track).

## MOUNTAIN/FAT TIRE

Designed for riding rough off-road trails, typically with flat or upright handlebars, low-gear range and shock absorbers.

## CRUISER/COMFORT

Practical bikes that take a beating year round. Designed with durable tires, comfortable seats and upright sitting.

## COMMUTER/URBAN

Lightweight for easy storage yet durable to withstand regular commutes.

## BMX

Compact sizing and durable frames optimize this bike for trick and stunt riding.

## RECUMBENT

Features a low, long design with a full seat and back for a comfortable, chair-like ride.

## E-BIKES

Designed with an electric motor and battery for assisting the rider; available in diverse bike styles.



# BIKE NIGHT @ YOUR LOCAL HY-VEE

Many Hy-Vee stores sit adjacent to or near local and regional trails—and all of them are bike-friendly. Search for your favorite Hy-Vee on Google Maps and look for green lines that represent nearby bike-friendly trails. Create your own Hy-Vee Taco Tuesday or Wednesday Steak Night or Saturday Morning Pancake Ride. Set a time, then message friends to meet you for a ride. After your ride, break bread together at the Hy-Vee Market Grille and enjoy craft beers, local wines, gourmet coffees or other refreshing drinks along with tasty food.

## HY-VEE STORES NEAR TRAILS

### UNION MIDTOWN, OMAHA, NE BIG PAPIO TRAIL

Hop on the Big Papio Trail at Hy-Vee for a ride north to Hefflinger Park—or pedal south to the Keystone Trail and Missouri River.

### MISSION, KS ROCK CREEK TRAIL

Follow the Rock Creek Trail east from Hy-Vee, then take a short jaunt to the center of arts and culture at Kansas City Art Institute and other nearby museums.

### OAKDALE, MN HADLEY TRAIL

Ride the Hadley Trail north from Hy-Vee to the Oakdale Nature Preserve and back.

### FITCHBURG, WI MILITARY RIDGE STATE TRAIL

Pedal to and through the University of Wisconsin Arboretum.

### WAUKEE, IA RACCOON RIVER VALLEY TRAIL

Head south from Hy-Vee and then west to Adel for a scenic ride along the Raccoon River Valley Trail. Bike any distance up to 72 miles, which would complete the loop—Waukee, Adel, Panora, Perry, Dallas Center and back to Waukee.

### ASBURY PLAZA, DUBUQUE, IA NW ARTERIAL TRAIL

Travel north from Hy-Vee on Arterial Trail, connecting with the Dubuque Heritage Trail for a long ride through the Little Maquoketa River Valley as far as Dyersville.

## EXPLORE THOUSANDS OF MILES OF BEAUTIFUL MIDWEST TRAILS!

### TIME TO RIDE!

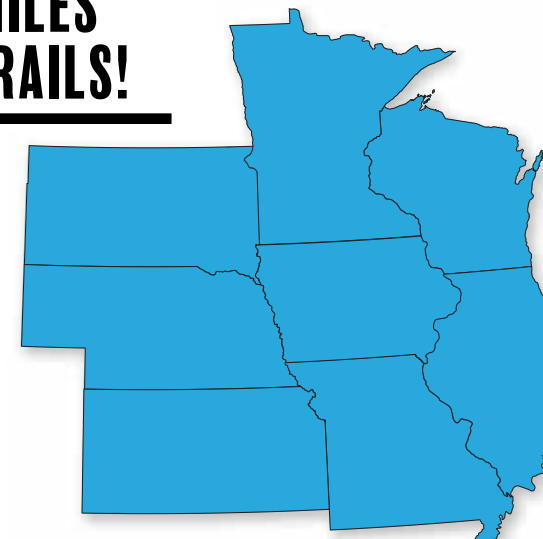
You've found a bike, bought a helmet and filled your water bottle. Now it's time to ride!

Limit your first rides to short ones. Go easy, keep it fun and choose nearby destinations like parks or coffee shops to meet friends. If your first rides leave you wanting more, jump back on the bike.

Gradually add miles each week. Riding 5 miles per day for six days benefits you more than one 30-mile weekend ride. After a few weeks of short, easy rides, you'll be thrilled with your progress.

Look for others to join you for rides. Ask your bike shop about local clubs and rides that fit your fitness level. Once you're comfortable with your bike, sign up for upcoming one-day biking events. A goal a month or two ahead will motivate you to get out and ride.

## BIKE THE MIDWEST



### READY FOR MORE?

USA Cycling (USAC) offers a variety of rides and races throughout the United States. Michelle Moore, USAC Director of Marketing, suggests you start with your USAC local association and clubs.

"If you're interested in learning more about racing, consider reaching out to your USA Cycling Local Association (LA)," Moore says. "It has the ins and outs of everything bike racing in your area or state. Your LA can answer questions about how to get involved and can recommend area cycling clubs for you to contact."

Local bike clubs often host educational events, training rides and races, where you can meet people with similar interests.

"Clubs typically host group rides and offer loads of local know-how," Moore says. "Be sure to discuss your level of cycling with them to ensure a good fit."

A list of Local Associations and clubs is available at [www.usacycling.org](http://www.usacycling.org). Let your Local Association point you in the right direction to determine an event to try first—road race, gravel event or mountain bike race.

"USA Cycling sanctions nearly 3,000 events each year in the United States," Moore says. "Your Local Association should have advice and insight into the best local events for newcomers, whether that's because of low entry fees, a vibrant social scene, specific distances or technical details."

## FIX-IT KIT

When heading out past city limits, pack gear—besides your phone—to get you back home if you encounter a problem.

In your kit, include a multi-tool with Allen wrenches, a chain tool, spare tube for your tires, tire levers, a patch kit and portable pump or CO<sup>2</sup> cartridge and inflator.



## SHARE THE TRAIL

**RIDE ON THE RIGHT**, except when passing.

**USE A BELL** or your voice to announce your intention to pass.

**PASS ON THE LEFT**, and pull out only when the way is clear.

**TRAVEL IN A STRAIGHT LINE**, unless avoiding hazards or passing.

**INDICATE YOUR INTENTION** to vehicles and other riders when you plan to turn or pass.

### BIKE TURN SIGNALS



LEFT TURN



RIGHT TURN



ALT. RIGHT TURN



STOP





Gatorade Recover Bars:  
select varieties  
6 ct. \$7.99



Gatorade Almond Butter  
Whey Bars or Recover Bars:  
select varieties  
2 to 2.82 oz. 2/\$3.00



Gatorade Bulk Powder:  
select varieties  
61.37 or 63.49 oz. \$19.99



Gatorade Chews or Fuel Bars:  
select varieties  
1 or 2.1 oz. 10/\$10.00



Gatorade Protein Shakes:  
select varieties  
11.16 fl. oz. 2/\$4.00

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HIGH-QUALITY  
PROTEIN



TO HELP REBUILD  
MUSCLE

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select varieties  
2.08 oz. 3/\$5.00

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LIFE IS BETTER WHEN YOU CAN FEED YOUR CRAVINGS





# 9 TO 5

JOB STRESS IS UNAVOIDABLE. BUT WHEN YOU TAKE IT HOME AT THE END OF THE DAY, IT CAN DO A NUMBER ON YOUR WELL-BEING. LEARN THE STRATEGIES FOR OFFSETTING—AND EVEN LEVERAGING—WORKDAY PRESSURE.

WORDS Steve Cooper  
PHOTOS Tobin Bennett



ou're not alone if you experience stress on the job. Sixty-one percent of us reported it last year, according to a "Stress in America" survey by the American Psychological Association. Prime culprits: big workloads, tight deadlines, little control over the work environment, perceived mistreatment by supervisors or coworkers, unclear job descriptions, restructuring and management changes. It doesn't help that technology keeps us reachable at all times.

A little goes a long way, as chronic stress can lead to gastrointestinal problems, insomnia, high blood pressure or heart disease. It can also lead to depression and harm personal relationships if you keep putting your job ahead of them.

But stress is also the motivator that gets things done. How can we use the good side of stress to our advantage while relieving some of the pressure?

It helps to understand your stress. Try strategies, large and small to deal with it, and find ways to be reminded that stress can help us grow.

## TAKING CONTROL

Have you ever experienced a fight-or-flight response while driving? The answer is likely, yes, if you've ever been cut off by another driver. Perceived threats or stressful situations can kick out hormones that compel you to fight or flee. Eventually, your body's parasympathetic system even calms you down.

**Controlling stress is a matter of finding ways to relax. Instead of stirring up stress through the sympathetic system, send positive thoughts to your parasympathetic system—and you'll be cool and collected.**

Dr. Anand Chockalingam—a cardiologist at the University of Missouri Health Care and an associate professor at UM School of Medicine with a special interest in preventive cardiology—says there are many simple ways to deal with stress including, "spending a few minutes in the woods or sharing a pleasurable, healthy meal with good, positive people."

"Patients have more control over their own health than they realize," Chockalingam says. "Doctors and pills contribute only 20 to 30 percent to resolving chronic conditions. That means 70 to 80 percent of restoring a person's health is in their own hands. Positive outlook, confidence and trust play a crucial role. If people pay a little more attention to their lives, they can derive a lot of day-to-day benefits for their health."

**STRESS-RELATED CONDITIONS CONTRIBUTE TO 75%–90% OF ALL VISITS TO HEALTH CARE PROVIDERS IN THE UNITED STATES.**

## TYPES OF STRESS

1

### Acute

The most common type occurs from the pressures of the recent past and anticipated demands of the near future. It's a missed deadline, failed contract, sick child at home. In small doses, acute stress is expected, but too much of it can lead to anger, anxiety, tension headache, jaw pain and digestive problems.

2

### Episodic Acute

When acute stress compounds, migraines, hypertension, chest pain and other more serious symptoms can occur. Pockets of life become disordered and there is a continued state of chaos—you're always rushing, and you become aggressive, impatient, harried or hostile.

3

### Chronic

This is grinding stress that goes on for months or years. It can be the stress of poverty, a dysfunctional family, or being trapped in an unhappy marriage or a despised job. It can also stem from an early traumatic event that has not been dealt with. Chronic stress can lead to heart attack, stroke and death.



HOW CAN I STOP GETTING STRESSED? THAT'S THE WRONG QUESTION. STRESS IS ALWAYS A MOMENT AWAY. THE QUESTION IS: HOW CAN I MAKE STRESS WORK FOR ME?

GET A GRIP

FROM CEO TO PAPER CARRIER, EVERYONE WITH A JOB EXPERIENCES STRESS. WHILE THE MAJORITY OF WORKERS COPE WITH PRESSURES TO DELIVER QUALITY WORK, A SELECT FEW CAN'T COPE, BECAUSE OF BOSSY BOSSES, OUT-OF-CONTROL PERSONAL ISSUES OR AN OFFICE MATE WHO IS A SABOTEUR.

What triggers stress? Perhaps your team has an important meeting to close the big sale. The entire group is on edge. Although the others are nervously excited, you feel overwhelmed, inadequate and tense.

Having counseled thousands who struggle with workplace stress, psychologist Sharon Melnick has seen this pattern repeatedly. She frequently speaks



about stress at leading corporations, and wrote *Success Under Stress: Powerful Tools for Staying Calm, Confident, and Productive When the Pressure's On*, a book on the topic.

"You're thinking: *What's going on? I can't do this! Everything has to be perfect. What will this mean for me?* There's fear, there's stress. This psychological response sets you up for how you will perform," Melnick says.

Melnick shares how you can make stress work for you in "Stress Tools," right.

STRESS TOOLS

**Control Yourself.** This is the fundamental idea behind making stress your partner rather than your enemy. Professional athletes or successful business leaders face stress frequently, transforming tension into a focusing tool. How do they do it? They control what they can control. You can't stop someone who points out your shortcomings. You can control your own thoughts and observations about your work skills. Ignore the critic with a negative message. Control what you can control.

**Take a Cool Breath.** You have a boss who is a screamer. Whenever you go into his or her office, you feel like wearing a protective helmet. Instead, when the boss goes negative, quietly and deeply, with your lips barely apart, draw air into your mouth. Then quietly exhale through your nose. Keep this up for a few minutes. Instead of a negative reaction, you'll soon feel a cooling sensation on your tongue. As you become calm, speak to your boss quietly and without rancor. He or she will likely chill out in response.

**Tell a Different Story.** When leaders or workmates criticize skills, most people get stressed and defend themselves emotionally. But what if there's a kernel of truth in what's been said? Instead of dismissing the information, assess it honestly. If some part was true, write a different script.

Don't be reactive and strike back; be resilient, examine yourself and tell yourself what you need to hear. Maybe it's not that your work is inadequate. Perhaps your pace is a little slow. Accept this allegation and work to improve. One day you might be commended for always hitting deadlines.

**Accept and Accomplish.** Confidence, a key to success in the workplace, opens the door for you to become an innovative and high-performing employee who speaks up with worthy ideas. Perhaps you prepare first-rate reports, yet you avoid speaking in groups. You can accept this view and resign yourself to the lower ranks, or you can get actively involved in the community to develop stronger speaking skills. Go for it.

Sources: *Success Under Stress: Powerful Tools for Staying Calm, Confident, and Productive When the Pressure's On*, Sharon Melnick

BRAIN

Stress is a response triggered in the brain by the release of the hormone cortisol, which signals the heart, lungs, immune system and skin to react to a stressful situation. Long-and short-term memory can be affected.

BACK

Psychological distress plays a significant role in the severity of back pain. Some studies clearly associate job dissatisfaction and depression with back pain, although it is still unclear whether stress is a direct cause of back pain.

**GASTROINTESTINAL**  
THE BRAIN AND INTESTINES ARE CLOSELY RELATED, AND PROLONGED STRESS CAN DISRUPT THE DIGESTIVE SYSTEM, IRRITATING THE LARGE INTESTINE AND CAUSING DIARRHEA, CONSTIPATION, CRAMPING AND BLOATING.

STRESS AFFECTS NEARLY EVERY PART OF THE BODY. THE BRAIN, HEART AND OTHER ORGANS FACE AN ONSLAUGHT OF PRESSURE FROM PROLONGED STRESS.



HEART

UNDER STRESS, HEART RATE AND BLOOD PRESSURE INCREASE INSTANTANEOUSLY. RESEARCH HAS LINKED STRESS TO HEART DISEASE IN MEN, PARTICULARLY IN WORK SITUATIONS WHERE THEY LACK CONTROL. SOME EVIDENCE INDICATES THAT THE WAYS IN WHICH WOMEN COPE WITH STRESS MAY BE MORE HEART-PROTECTIVE.

ABDOMEN

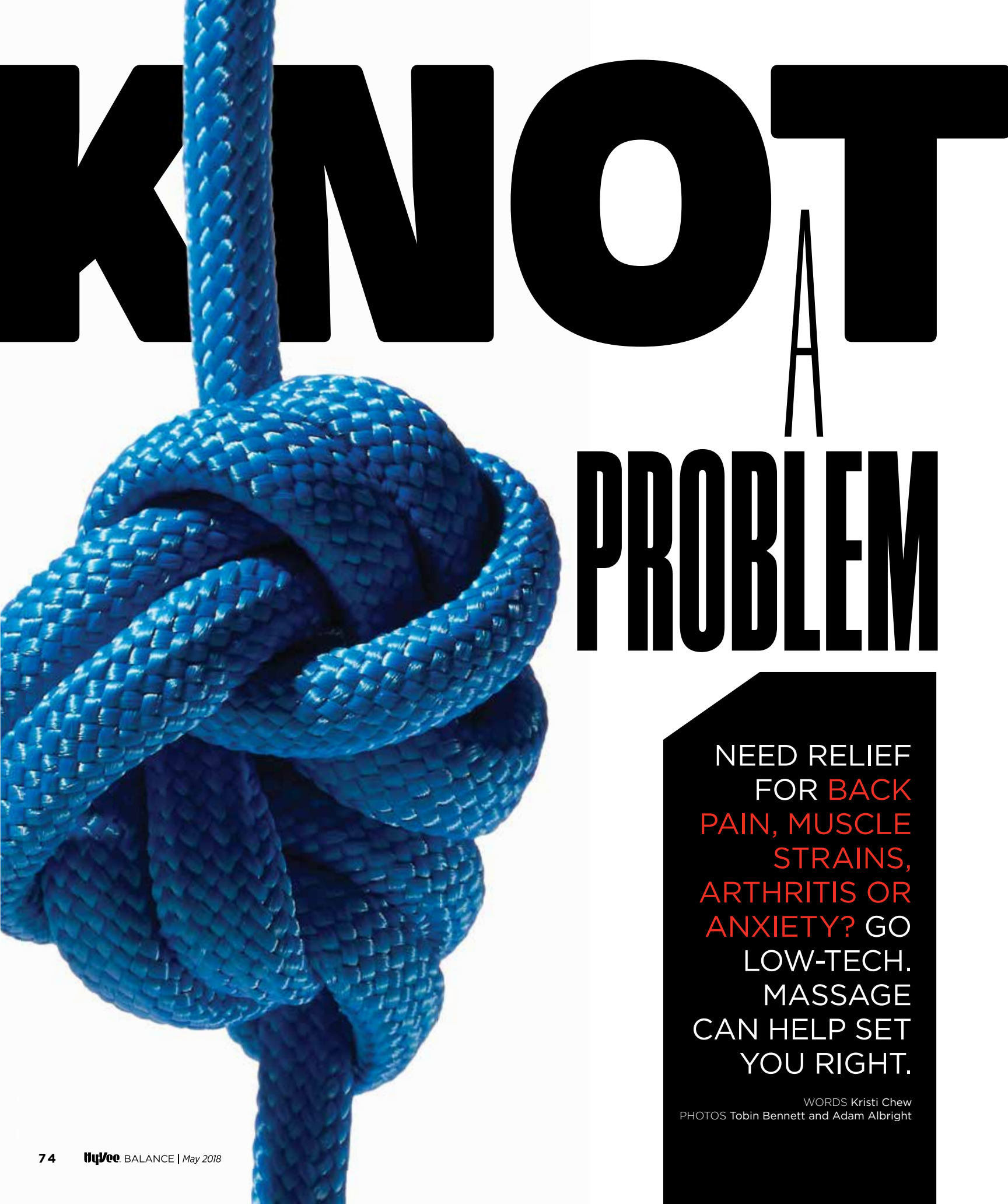
Stress is often related to weight gain and obesity. Many people develop cravings for salt, fat and sugar to counteract tension. As a result, they gain weight. In addition, weight gain often results in abdominal fat, which increases the risk of diabetes and heart disease.

JOINTS

Stress may intensify chronic pain caused by arthritis and other joint and muscle conditions.

STRESS AND YOUR BODY





# PROBLEM

NEED RELIEF  
FOR **BACK  
PAIN, MUSCLE  
STRAINS,  
ARTHRITIS OR  
ANXIETY?** GO  
LOW-TECH.  
MASSAGE  
CAN HELP SET  
YOU RIGHT.

WORDS Kristi Chew  
PHOTOS Tobin Bennett and Adam Albright



## NICE TO BE KNEADED

If you think of massage as a pampering day at the spa, reconsider. People rely on massage to reduce arthritis, neck and low back pain, aid digestion, make pregnancy more comfortable, and lower blood pressure, heart rate and anxiety—as well as to energize muscles before a workout and soothe them afterward.

The National Center for Complementary and Alternative Medicine reports that approximately 9 percent of Americans use massage, one of the most popular complementary therapies. American Massage Therapy Association reports that 72 percent of people surveyed claim the main reason for getting a massage is either medical or stress-related.

Studies of the benefits of massage are few and results are often unclear; but because massage simply makes you feel good and is about as natural as you can get, it's easy to understand why it's so popular. Here's the rub:

## BENEFITS RUN DEEP

Studies suggest that pressing or stroking skin and underlying tissue can lower the body's production of the stress hormone cortisol while boosting production of the feel-good hormone serotonin. Studies are under way on the effects of massage on arthritis. A 2006 study at the University of Medicine and Dentistry of New Jersey reports that 68 adults with osteoarthritis of the knee showed improved function and range of motion and less pain after receiving two Swedish massages a week on the knee area. Another study, in 2010, at the University of California, Los Angeles School of Medicine and the nearby Cedars-Sinai Medical Center found that participants' number of lymphocytes—part of the immune system—increased after just one session of Swedish massage.

## KNOW YOUR ETIQUETTE



**TALK** Tell the massage therapist what you want: type of massage, oil or no, how much pressure, where problem spots are. He or she will ask you about any medical conditions for safety's sake.



**SHOWER** A warm shower before massage not only is a courtesy to the therapist, it warms and relaxes your muscles.



**CLOTHES** You'll be draped throughout the massage, so it's your decision how much (if any) clothing to wear. Do what's comfortable for you.



**TIP** A tip of anywhere between 15 to 25 percent is typical. For a medical massage, however, a tip is not expected.

MASSAGE THERAPY HAS BEEN SHOWN TO REDUCE THE PAIN AND FREQUENCY OF CHRONIC TENSION HEADACHES AND MAY BE HELPFUL IN REDUCING PAIN OF FIBROMYALGIA.

## TYPES OF MASSAGE

**AROMA** Includes oil or lotion containing highly concentrated plant oils.

**SWEDISH** Uses soft, long, kneading strokes, deep circular movements and tapping to relax and energize.

**DEEP-TISSUE** Targets deeper layers of muscle and tendons with slow, forceful kneading; focuses on stiff or sore trouble spots.

**SPORTS** Therapy to help prevent or treat injuries by improving flexibility and loosening muscle strains.

**HOT STONE** Warm stones are set on specific points to transmit heat deep into the body; the stones may be used as massage tools or temporarily left in place.

**THAI** Therapist applies his or her whole body to maneuver the client into certain positions; includes muscle compression, mobilizing of joints and acupressure.

**SHIATSU** Therapist's fingers exert rhythmic pressure on precise acupressure points of the body to enhance the flow of energy or qi (pronounced chee).

**REFLEXOLOGY** Therapists massage various parts of the foot that are believed to correspond to specific parts of the body to promote a sense of well-being.

**PREGNANCY** Used especially when medicines are limited in an effort to reduce arm and leg swelling, relieve muscle and joint pain and to reduce stress from the demands of pregnancy.

**CHAIR** Focuses on neck, shoulders, back and arms while clients are seated in specially designed chairs. Popular at malls, airports, festivals and other events.

Sources: <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/massage/art-20045743?p=1>  
<http://online.liebertpub.com/doi/abs/10.1089/acm.2009.0634>  
<https://www.ncbi.nlm.nih.gov/pubmed/27464321>  
<https://www.arthritis.org/living-with-arthritis/treatments/natural/other-therapies/massage/massage-benefits.php>





# WORK IT OUT

If you're athletic or just like to work out, you may benefit from a massage.

Before a race or sporting event, regular massage "helps to keep muscles pliable and healthy; it addresses muscle knots, trigger points and tightness...and can help to prevent injuries," says Kelly Borreson, Doctor of Physical Therapy at Wellspring Health Center in Hopkins, Minnesota. "Following a workout or sporting event, muscles are in a recovery phase and benefit from massage to heal and repair as well as flush out lactic acid that can build up with physical exertion." Massage works to alleviate pain in a number of ways, she says: "Mechanically, by removing fibrous adhesions and knots from muscles; physiologically, by improving circulation to decrease inflammation; and neurologically, by reducing pressure on nerves," Borreson says. It also stimulates the lymphatic system, which removes cellular waste and toxins from the body, to improve the flow of blood and lymph fluid, she says. "Inflammation decreases as a result of better blood and lymphatic flow."

## KEEP ESSENTIAL

Oils allow a massage therapist's hands to glide over skin in a smooth, frictionless motion. Some oils also nourish the skin. But not everyone can or wants to use them. If you are allergic to oils, or simply don't

want them, consider using a lotion with shea butter or aloe vera, or no oil. If no oil, make sure the room is warm enough for your comfort; you may want to lie on a warm towel or hot pad. Your massage

therapist may use any of these oils: fractionated coconut, jojoba, sunflower, almond, apricot kernel, avocado, or grapeseed. Oil also can act as a base for aromatherapy essential oils, *right*.



## SCENT SATIONAL



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**CHECK WITH YOUR DOCTOR BEFORE SEEKING THERAPEUTIC MASSAGE FOR ARTHRITIS, ESPECIALLY IF YOU HAVE OSTEOPOROSIS. — ARTHRITIS FOUNDATION**

## Q & A WITH

**KELLY BORRESON,**  
WELLSPRING HEALTH CENTER,  
HOPKINS, MINNESOTA

### Q: HOW IS MASSAGE USED IN PHYSICAL THERAPY?

**A:** We utilize massage and other soft tissue techniques to decrease pain and inflammation, and to improve mobility and flexibility in the body by loosening tight and fibrous tissue, and combining it with stretching and exercise.

### Q: DOES IT HELP WITH ARTHRITIS?

**A:** Yes. When joint integrity and stability break down, as it does with arthritis, muscles that support the joint become overworked and cause pain. Deep-tissue therapeutic massage works to loosen tight or tense muscles to decrease pain and help improve the quality of muscle tissue.

### Q: DOES IT HELP WITH INJURIES FROM AUTO ACCIDENTS?

**A:** Yes. Most often the injury occurs in the neck and/or back, causing muscle and ligament strain and sprains. Massage helps to decrease pain and to improve circulation and lymphatic flow, which decreases inflammation.

## RAISE A GLASS



If you drink enough water (at least eight glasses a day), blood moves efficiently to remove toxins from muscles. Dehydration, however, traps toxins in muscles and causes pain. Massage therapists urge

clients to be hydrated before a massage so they can manipulate muscles efficiently, and afterward to help your kidneys and other organs flush out toxins and avoid soreness. Water also helps lubricate your joints.

**MASSAGE THERAPISTS CAUTION AGAINST DRINKING CAFFEINE OR ALCOHOL AFTER A MASSAGE, AS THEY ARE DIURETICS THAT CAN CAUSE DEHYDRATION.**



AGAINST the

GRAINE

WORDS David Krause

BAD NEWS: MIGRAINE HEADACHES AFFECT NEARLY ONE OUT OF FOUR HOUSEHOLDS IN THE UNITED STATES. GOOD NEWS: YOU CAN REDUCE THE THROBBING PAIN THROUGH NONDRUG APPROACHES ALONG WITH APPROPRIATE MEDICATION.

**Most know what it's like to suffer from a headache—a migraine, though, is a step beyond.**

Headaches, including migraines, are caused by overactivity of pain-sensitive structures in the head. These headaches are called primary because they aren't associated with serious underlying diseases or secondary causes like tumors or infection. Primary headaches can be triggered by chemical activity in the brain, the nerves and blood vessels surrounding the skull, and muscles in the head and neck.

A migraine's pain is more severe than other primary headaches, and it can cause nausea, dizziness and other symptoms.

"Right off the top, it's the physician's job to determine whether a patient has a primary headache disorder, the most common being tension headaches and migraines, and not rare secondary disorders" such as a sinus infection or brain tumor, says Lynn Rankin, M.D., neurologist and headache and migraine specialist with UnityPoint Health in Des Moines, Iowa.

Tension-type headache, or TTH—the most common primary headache—is described as pressure or tightness that feels like a band around the head, sometimes spreading into the neck. TTH headaches often begin in the teen years and affect women more than men. The cause may be stress-related or associated with musculoskeletal problems in the neck. Most TTH episodes last a few hours, and can persist several days.

Migraine—the more severe form of primary

*Continues on page 80 >>*

**TENSION HEADACHES** are the second most common illness worldwide, while **MIGRAINES** rank third. Up to **4% OF ADULTS** worldwide have a headache or migraine 15 or more days a month.

MIGRAINE

Q  
AND  
A

WITH LYNN RANKIN, M.D.,  
HEADACHE AND MIGRAINE  
SPECIALIST AT UNITYPOINT  
HEALTH—DES MOINES, IOWA

**Q: WHAT DO YOU VALUE MOST DURING A HEADACHE EVALUATION?**

**A:** I rule out the remote possibility of a secondary headache disorder, which could point to a brain lesion, brain infection or cerebrovascular problem.

**Q: WHAT ARE THE SIGNS OF A TYPICAL TENSION-TYPE HEADACHE?**

**A:** The pain associated with a tension headache involves band-like pressure, typically in the mid or dull pain range, and isn't accompanied by other symptoms.

**Q: HOW IS PAIN ASSOCIATED WITH TENSION HEADACHE DIFFERENT FROM MIGRAINE?**

**A:** More than just a headache, a migraine has associated nausea, throbbing pain, and sensitivity to light, noise and, often, smells and motion.

**Q: WHAT SYMPTOMS DO YOU SEE WITH HEADACHES THAT REQUIRE FURTHER EVALUATION?**

**A:** These include numbness, tingling, weakness on one side, changes in vision, tremors, loss of balance, and confusion. Also fever, chills, weight loss or other systemic signs.

Migraines affect 12 percent of the U.S. population.



MIGRAINES AND OTHER HEADACHES—A LEADING CAUSE OF OUTPATIENT AND EMERGENCY ROOM VISITS—ARE A PUBLIC HEALTH ISSUE AMONG WOMEN AGES 18 THROUGH 44.

PREVENTION

**Prevention and treatment of headaches and migraine work hand-in-hand.** “Patients can take migraines under control to an extent by accessing resources to track migraines and look for patterns,” Dr. Rankin says. Electronic apps, such as *migrainebuddy.com*, provide tools to gather valuable information to share with your physician.

Keeping a diary helps identify specific migraine triggers—food, beverages, exercise, routine, medications—as well as headache

severity. Substances that can trigger a headache or migraine include chocolate, processed meats, artificial sweeteners, and cheese. Caffeinated and alcoholic food and drinks, especially red wine and champagne, are common triggers. Limit how much you consume or, perhaps, eliminate them from your diet.

Lack of sleep or too much sleep can also cause migraines. Make sure to get 7 to 8 hours of sleep each night, and track your sleep patterns.

For migraines, loud

noises, flashing lights and sensory stimulation are common triggers, and challenging to avoid. Being aware of situations that affect you—such as driving at night, watching movies, noisy clubs, crowded events, exposure to glare from the sun—might help you to avoid them. Also remember to give your eyes a rest from your computer screen or TV. Note visual or audio disturbances around you and, if you sense a migraine coming on, be prepared to exit the environment.

Continued from page 79 >>

headache—is a neurological disorder that affects 39 million men, women, and children in the U.S. “A migraine is more than just a headache,” Dr. Rankin says. “The pain of a migraine is moderate to intense—enough to affect daily activities. To work with a migraine probably means you’re moving in slow motion.” Sensitivity to light and sound is heightened as well, Dr. Rankin adds. “A patient once gave me the example of her husband chewing celery across the room that was extremely annoying to her during a migraine. Or barking dogs that normally don’t bother are really annoying.”

A migraine can also be accompanied by an “aura,” or an episode of changes in visual, sensory, speech or motor functions. These neurologic symptoms generally last less than an hour—often just minutes. Some patients experience flashing lights for 15 minutes or fewer without accompanying pain of migraine.

90% of migraine sufferers have a family history of the illness.

**Q: HOW EFFECTIVE ARE PREVENTIVE MEASURES FOR HEADACHES AND MIGRAINES?**

**A:** Some factors involving treatment and lifestyle can prevent occasional migraines from becoming chronic, which affects about 2% of the population. They’re the ones I tend to see.

**Q: WHAT LIFESTYLE CHANGES DO YOU RECOMMEND TO YOUR PATIENTS?**

**A:** We discuss the importance of keeping a regular routine in terms of sleep, meals and exercise, and limiting caffeine to no more than one beverage per day.

**Q: WHAT ABOUT DIET? WHAT DO YOU RECOMMEND TO HELP PREVENT HEADACHES?**

**A:** We talk about clean eating by avoiding dyes, preservatives, artificial sweeteners and processed foods. These measures can make a big impact in preventing headaches.

**Q: WHAT IS A MEDICATION-OVERUSE HEADACHE, AND HOW CAN IT BE PREVENTED?**

**A:** We counsel patients not to take the medication more than two or three times per week. This is the threshold above which you develop rebound or overuse headaches.

**ONE OUT OF FOUR WOMEN EXPERIENCE MIGRAINES**, with 28 million women in the U.S. affected—85% of chronic migraine sufferers. Half experience more than one episode per month; 25% have four or more severe episodes per month.

**Migraines affect 12% of the U.S. population. Every 10 seconds, someone visits a hospital ER complaining of head pain. More than half of migraine sufferers are never diagnosed; the majority of migraine sufferers never seek medical treatment.**

“Diet and lifestyle modifications can alleviate headaches and migraines, although medication management differs. In all headache types, prevention is important. Even for some patients who control every variable, they still have headaches, because they are genetically prone.” — Dr. Rankin

**Most migraine sufferers experience episodes once or twice per month, but more than 4 million people in the U.S. experience chronic daily migraines.**

**MIGRAINES RUN IN FAMILIES. A CHILD WHO HAS ONE PARENT WITH MIGRAINES HAS A 50% CHANCE OF INHERITING THE CONDITION. WHEN BOTH PARENTS SUFFER, CHANCES INCREASE TO 75%.**

TREAT MIGRAINES

The goal of migraine treatment is to stop the symptoms and prevent future painful attacks.

If you or someone in your family has migraines, see a neurologist who is trained to treat headaches. After studying your medical history and symptoms, the doctor will likely perform a physical and neurological examination before making a diagnosis. Your doctor may also recommend additional tests to rule out other causes of pain if your

condition is unusual, complex or suddenly becomes worse.

Many medications are available for treating migraines. Some drugs used to treat other conditions are also effective for relieving or preventing a migraine. The medications used to treat migraines fall into two broad categories:

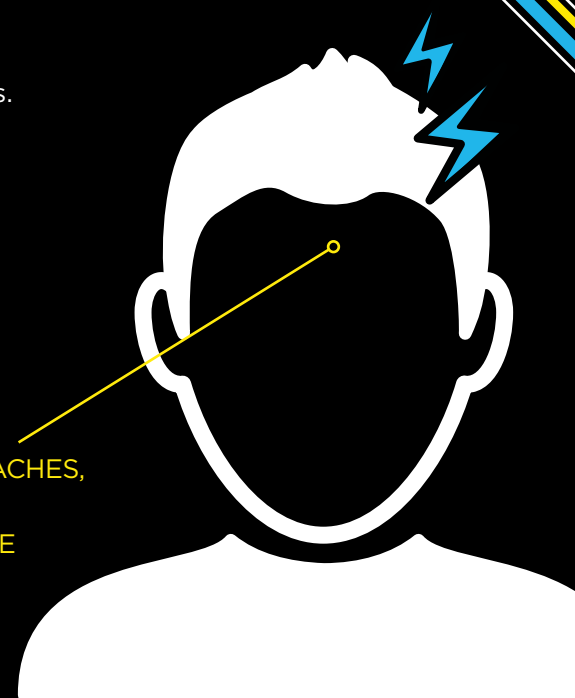
**Pain-relieving medications:** Known as acute or abortive treatment—these are taken during a migraine attack to stop symptoms.

**Preventive medications:** Taken regularly, often daily, these drugs reduce the severity or frequency of migraines.

The treatment plan your doctor develops depends on the frequency and severity of headaches, extent of disability the headaches cause and other medical conditions.

**TENSION-TYPE HEADACHES, MIGRAINES, AND MEDICATION-OVERUSE HEADACHES ARE A PUBLIC HEALTH OBSTACLE THAT LEADS TO DISABILITY AND ILL HEALTH.**

WORLDWIDE, MIGRAINES AFFECT MORE THAN 10 PERCENT OF THE POPULATION AND ARE THE THIRD MOST PREVALENT ILLNESS.



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WORDS Kristi Chew  
PHOTOS Tooga/Getty Images (woman), Kalabi Yau/Shutterstock (umbrella), Tobin Bennett (glasses)

SKIN IS YOUR LARGEST ORGAN—IT REGULATES BODY TEMPERATURE AND PROVIDES A BARRIER FROM DISEASE.

TAKE A GOOD LOOK AT YOURSELF IN THE MIRROR AND WHAT DO YOU SEE? YOUR SKIN REVEALS YOUR AGE, HEALTH AND HABITS. FOR CLEAR SKIN WITH AN ENVIABLE GLOW YOU'LL NEED TO DO MORE THAN COVER IT UP WITH MAKEUP. INSTEAD, GO DEEP. TAKE CARE OF YOURSELF, INSIDE AND OUT. EAT HEALTHFULLY, GET ADEQUATE SLEEP, LIMIT STRESS, PROTECT YOUR SKIN FROM HARSH SUN RAYS, CHOOSE AND USE SKIN-CARE PRODUCTS WISELY WHILE ROUTINELY CHECKING FOR THE WARNING SIGNS OF CANCER AND OTHER SKIN DISORDERS.



## UNDER YOUR SKIN

### EAT

**Vitamin A** in orange and yellow produce, such as **carrots** and **pumpkin**, as well as in kale, helps maintain healthy skin and bone. Yellow and red **bell peppers**, **berries** and **citrus fruits** have vitamin C to protect skin-firming collagen, and it may prevent skin damage from UV rays. **Tomatoes**, rich in lycopene, may have skin cancer-preventing benefits, according to another study. **Salmon**, **mackerel** and other **omega-3-rich fish** may reduce skin scaling and dryness.

### SLEEP

During deep sleep, your body is in **repair mode; it regenerates skin, muscle, blood and brain cells**. If you're sleep deprived, your body can't produce new collagen and skin can't repair itself from sun exposure and other daytime stressors. The result is premature skin aging. The National Sleep Foundation recommends **7 to 9 hours of sleep each night**.

### CLEANSE

The American Academy of Dermatology recommends one **5- to 10-minute shower** or bath per day with warm, not hot, water and gentle fragrance-free soap. Use only enough cleanser to remove dirt and oil. Pat dry (don't rub) with a towel and immediately add **moisturizer**. Ointments and creams are less irritating than lotions. Soothing ingredients include **olive** or **jojoba oil**, **shea butter**, **glycerine**, **hyaluronic acid**, **lanolin** and **mineral oil**. When shaving, first apply shaving cream, lotion or gel to lubricate skin.

## SLATHER UP!

**SPF**  
What does it stand for? **Sun Protection Factor**. It's a measure of how long it takes the sun to burn skin that's treated with sunscreen, compared to that which hasn't.

**15-50**  
**RECOMMENDED SPF RANGE**  
ANYTHING BEYOND 50 DOES NOT SIGNIFICANTLY INCREASE PROTECTION

**SPRAYS:** Easy to apply  
**CREAMS:** Good for dry skin  
**LOTIONS:** Good for large areas, less greasy than creams  
**GELS:** Good coverage for skin that has a large amount of hair



## SUN BLOCKERS

**Avoid sun exposure** between 10 a.m. and 2 p.m., whatever the season (even on overcast days), because those are peak hours for ultraviolet (UV) radiation. Wear protective clothing, including pants, long sleeves, sunglasses and a wide-brimmed hat. For long days in the sun, consider laundry treatments that add UV protection to clothing for a specific number of washings.

**Apply sunscreen** with a sun protection factor (SPF) of at least 15, preferably 30 to 50, in a broad-spectrum sunscreen that protects against both UVA and UVB rays. UVA rays can cause skin wrinkling and age spots; UVB causes sunburn. Excessive exposure to either can cause skin cancer. *Note: SPF beyond 50 does not greatly increase protection.*

**Apply generously**, one ounce (shot-glass or golf-ball size) over the entire body, 30 minutes before going outside. Reapply every two hours—more if you're perspiring or swimming. Don't overlook ears, nose, back of neck, hands, tops of feet and hairline.





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- 7 NEUTROGENA ULTRA SHEER DRY-TOUCH**  
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**THE ANATOMY OF**  
A SUNSCREEN BOTTLE

HERE'S HOW TO READ THE LABELS ON THAT NEXT BOTTLE OR TUBE OF SUNSCREEN.

- ➔ SPF** Sun Protection Factor, usually ranges from 15 (least protection) to 100. Look for SPF of at least 30 to 50.
- ➔ BROAD SPECTRUM** Protects against both UVA and UVB sun rays. Look for this designation for optimum protection.

- ➔ WATER RESISTANT** Does not mean waterproof. No sunscreens are waterproof or sweatproof. If water resistant, label must say whether protection lasts for 40 minutes or 80 minutes while swimming or sweating.

- ➔ SPORT** Not an FDA labeling term. Usually means that the sunscreen will stay on wet skin for either 40 or 80 minutes.



**Sunscreen's active ingredients** are regulated by the Federal Drug Administration. Some groups have warned there are worrisome properties in a few, including oxybenzone and avobenzone, including the ability to absorb through skin and potentially enter body tissue. However, both the FDA and the American Academy

of Dermatology have said they are safe. In a statement last year, the AAD stated, "Current scientific data does not support claims that sunscreen ingredients are toxic or a hazard to human health. Rather, evidence supports the benefits of applying sunscreen to minimize long-term damage to the skin from the sun's harmful ultraviolet rays."

**SKIN CANCER Q&A**

**RESPONSES FROM MELISSA DIAMANTIS DARLING, M.D., AT MIDWEST DERMATOLOGY IN OMAHA, NEBRASKA**

- Q: What are the different types of skin cancer?**  
**A:** **Basal cell carcinoma** is the most common. It's usually a slow-growing, raised nodule that often crusts, ulcerates or bleeds. It's not considered life-threatening but can cause considerable disfigurement. **Squamous cell carcinoma** is another common form of skin cancer that advances rapidly. **Malignant melanoma** is a serious skin cancer that appears in moles or other pigmented cells of the skin.
- Q: Which is the most dangerous?**  
**A:** Malignant melanoma, by far. It's extremely aggressive and, if not caught early, can spread to other parts of the body and cause death.
- Q: How is skin cancer treated?**  
**A:** The first step is usually a biopsy.

- If the biopsy shows basal cell or squamous cell carcinoma, we examine to determine whether there is additional cancer in the skin. Often these cancers have roots under the lesion, and they must be removed entirely. If it is on the face, scalp or neck, or when the tumor has aggressive cells or is extra-large, we recommend a procedure called Mohs microscopic surgery. The surgeon excises a small section of skin surrounding the tumor and the tissue is examined microscopically during the surgical procedure. It is conservatively removed, small layer by small layer, until all skin edges are clear of cancer. This technique provides the highest known cure rate and has the added benefit of a good cosmetic outcome.
- Q: What about melanoma? How is it treated?**  
**A:** Early melanomas with a low rate of growth may be treated with a wide excision, in the office of a dermatologist or under the care of an oncology surgeon. Advanced cases are referred to the care of a cancer specialist.
- Q: How can we know whether we have skin cancer?**  
**A:** Seeing your dermatologist yearly for a skin check is a good start. In addition, knowing the warning signs and conducting monthly skin self-checks will help you to recognize skin cancers early, when treatment is most effective.

**ON AVERAGE, A PERSON'S RISK FOR MELANOMA DOUBLES IF HE OR SHE HAS HAD MORE THAN FIVE SUNBURNS. —THE SKIN CANCER FOUNDATION**

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PHOTO Tobin Bennett

**WARNING SIGNS**

**ABCDE's of melanoma warning signs.**

- Asymmetry:** If you draw a line through your mole, it won't look even on both sides.
- Border:** Moles with uneven borders that are notched or scalloped.
- Color:** A normal mole has all one color. If it has color variation, it's suspicious. Moles that turn red, white or blue should also be examined for the possibility of melanoma.
- Diameter:** Moles that are larger than 6 mm (pencil eraser) are more likely to contain melanoma.
- Evolving:** If your mole changes in any way, it's suspicious. Normal moles do not change.

**Warning signs for basal cell and squamous cell carcinoma:**

- Open sore that bleeds, oozes, crusts and/or doesn't heal
- Shiny bump or nodule, often pearly white or pink; can also be tan, black or brown
- Pinkish lesion with an indentation or ulceration in the middle and that won't heal
- White, yellowish or waxy lesion; often shiny and may resemble a scar
- Wart-like growth appears and sometimes bleeds



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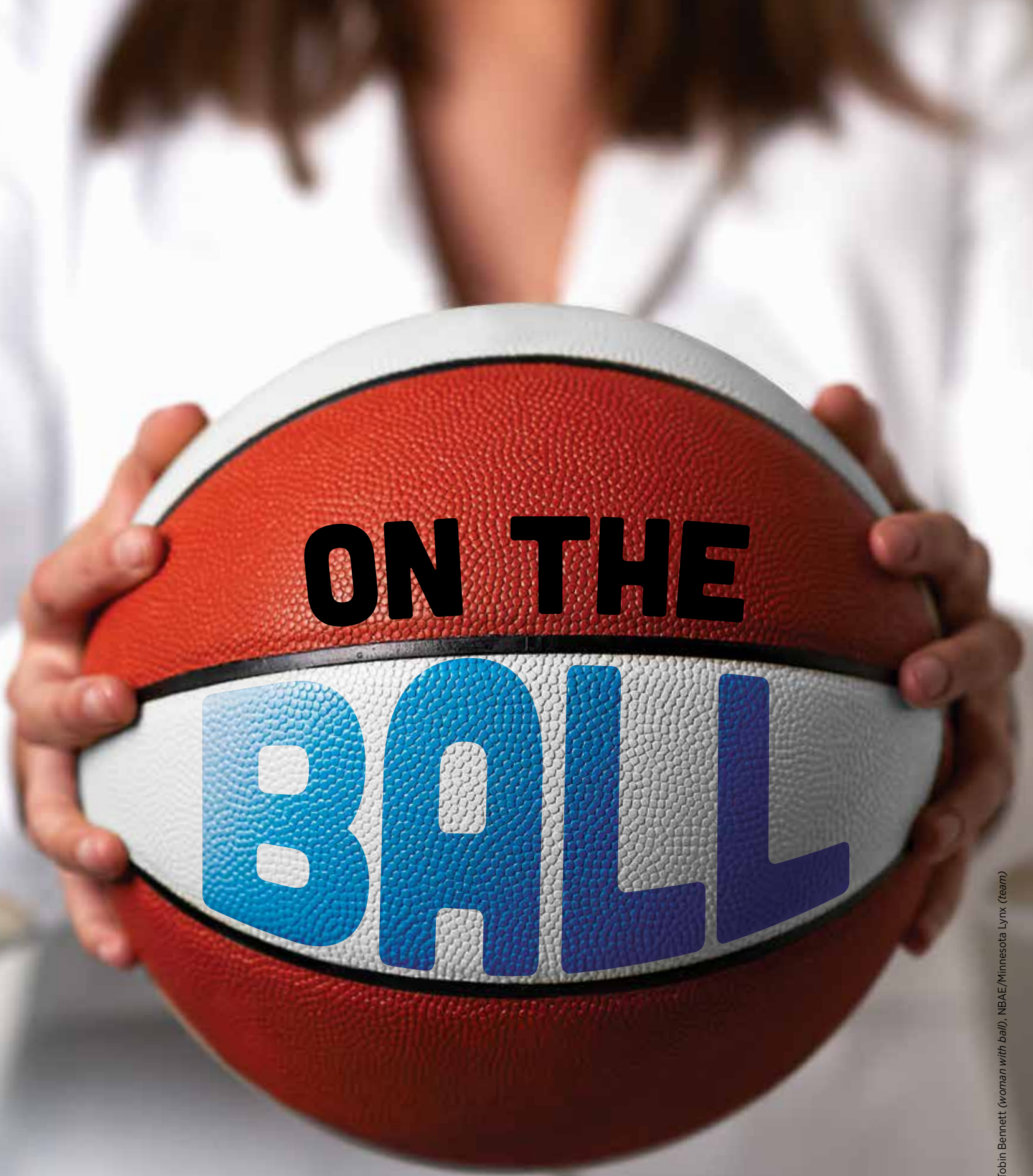
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PHOTOS Tobin Bennett (woman with ball), NBAE/Minnesota Lynx (team)



For the last seven years, the Minnesota Lynx have broken records and become the premier franchise in professional women's basketball. This model franchise has won four championships and six conference titles since 2011, while winning nearly two-thirds of their games. The road to a championship doesn't just go through Minneapolis, it's where it begins and ends.

### RECORD CHANGES

<b>1999—2010</b>
• 165—211
• TWO PLAYOFF APPEARANCES
• ONE PLAYOFF WIN
• ZERO CHAMPIONSHIPS
<b>2011—2017</b>
• 182—58
• SEVEN PLAYOFF APPEARANCES
• 40 PLAYOFF WINS
• FOUR CHAMPIONSHIPS

It hasn't always been trophies and confetti showers for the Lynx. Inconsistent performances resulted in rare playoff appearances from 1999 to 2010. The tide turned with the hiring of head coach Cheryl Reeve in 2010, a strong draft class and the signing of several veteran All-Stars. "I was in my prime, [Rebekkah] Brunson was in her prime and Seimone [Augustus] was in her prime," says Lynx All-Star point guard Lindsay Whalen. "Then we drafted Maya [Moore], a once-in-a-generation player."

## STATS TO KNOW

- 4 Championships
- 6 All-Stars
- 2 League MVPs
- 10,407 Average fan attendance in 2017
- .715% winning percentage since 2010



## NEW SEASON, NEW GOAL

Given the accolades and accomplishments, one might think the Lynx could become content with sitting atop the league, but Whalen says that's far from the case. "Every time I see my teammates and they're working out, I want to work a little harder, to try and rack up as many championships as we can before this thing is all said and done," she says. The 2018 season offers a chance for the Lynx to win their first back-to-back championships. The team returns all five starters from 2017, including reigning MVP Sylvia Fowles.

### HY-VEE PARTNERSHIP

In November 2017, Hy-Vee announced a long-term partnership with the Minnesota Timberwolves, Minnesota Lynx and Iowa Wolves to be each team's official grocery, pharmacy and floral partner. Under collective ownership, each team will focus on improving their respective communities, with the Timberwolves and Lynx focusing on fighting hunger and the Iowa Wolves teaming up with Hy-Vee's KidsFit.





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### BULK UP

SKIP SCRAWNY DETERGENTS AND TRY A TOUGHER-ACTING SPORTS DETERGENT TO FIGHT LONG-LASTING ODORS AND STAINS.

### EMPTY BAG

Soaked workout clothes are a breeding ground for bacteria, so make sure to unpack your gym bag after each use. To combat smells, place a few dryer sheets inside.

### INSIDE OUT

Turn gym clothes inside out before washing so sweat stains have more contact with soap and water.

### FIGHT ODORS

Common synthetic fabrics found in workout gear can keep odors through multiple washings. Tide suggests to pre-soak smelly clothes for 15 to 30 minutes in cold water.

### BLOOD, SWEAT & TEARS

Sometimes our effort leaves an unwanted lasting impact. Remove fresh stains with a cold-water rinse, then pretreat for 30 minutes in a stain-release liquid before washing in cold water.

# UP



PHOTO Tobin Bennett

Sources: <https://tide.com/en-us/how-to-wash-clothes/laundry-tips-and-tricks/how-to-wash-workout-clothes>  
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# DOG DAYS

**A CLEAN CANINE** The American Society for the Prevention of Cruelty to Animals (ASPCA) recommends bathing your dog at least once every three months. Begin with a thorough brushing of your pet to remove dead hair. Next, place them in a tub or sink with a few inches of lukewarm standing water and use a slow-spraying nozzle, hose or plastic container to wet your dog, never pouring water directly into eyes, ears or nose. Gently massage pet-specific shampoo with natural ingredients, like oatmeal or aloe vera, from front to back. Rinse thoroughly and carefully dry with a large towel.

## NOT SO QUICK

Trimming nails can be a tedious task. The ASPCA suggests to trim them before your dog's nails touch the ground when they walk. Slowly cut each nail at an angle until you see a circle in the nail. This indicates that you're nearing a blood vessel, known as the quick. After cutting, use an emery board to smooth sharp edges.

## HAIR OF THE DOG

How often to brush depends on the length of your dog's hair. A boxer with a short coat may only need one brushing a week, while a longer-haired collie may need daily attention. Consistent brushing removes dirt and bacteria, prevents tangles and spreads natural oils.



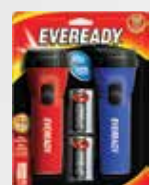
PHOTOS: dezy/Shutterstock (dog), Tobin Bennett (brush)

Source: <https://www.asPCA.org/pet-care/dog-care/dog-grooming-tips>

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97





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understood you  
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say thank you.

MOTHER'S DAY IS  
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Coconut oil is high in medium chain triglycerides (MCTs), a type of fatty acid that's quickly used as energy instead of becoming body fat. MCTs do contain an abundance of saturated fat, so keep an eye on the serving size.

#### ANTI-INFLAMMATORY

Inflammation, the body's natural (and often painful) response to injury or infection, can wreak havoc on our bodies. Coconut oil contains another fatty acid called lauric acid, which lends a hand in fighting inflammation.

#### GUT HEALTH

MCTs in coconut oil aid in digestion, while its antimicrobial properties ward off bacteria that can lead to infection and irritation.

#### WEIGHT LOSS

A natural calorie burner, MCTs may boost metabolism by 5 percent within a 24-hour period, which adds up to significant fat loss over time. Don't expect miracles; the oil won't replace hard work and a healthful diet.

#### SKIN AND HAIR SOLUTION

The fatty acids in coconut oil are also good for your outsides. A daily application of this ultra-moisturizer can treat dry, cracked skin while reducing blemishes and prevent stretch marks and wrinkles. Coconut oil naturally contains an SPF of 4 to 5 and antioxidants that help block about 20 percent of harmful sunrays—a super protector for hair and skin.

When you choose coconut oil, skip the refined varieties and go for organic, raw, unprocessed virgin coconut oil—the good stuff!

Sources: <https://www.ncbi.nlm.nih.gov/pubmed/15724344>  
<https://www.ncbi.nlm.nih.gov/pubmed/12715094>  
<https://www.ncbi.nlm.nih.gov/pubmed/22279374>  
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PHOTO Tobin Bennett



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

Whether it's organic or nonorganic, foods sold in the U.S. are monitored for safety. Dr. Ruth MacDonald, a respected leader in nutrition and food science, talks about why she trusts our food to be safe.

#### There are safety guidelines for all foods.

Both organic and nonorganic foods are monitored for safety. There are strict guidelines regarding the use of chemicals, pesticides and antibiotics to help ensure the safety of the food you eat, and all farmers must follow them.

#### All foods are regulated.

Farmers use chemicals to keep bugs away, but that doesn't mean there is residue on the foods you eat. Chemicals are regulated and they are tested as safe. It's important to wash all your fruits and vegetables.

#### Choose foods based on their nutritional value.

A Stanford University study showed that fruits and vegetables labeled organic were no more nutritious than conventionally grown fruits and vegetables. Select foods that enhance the quality of your diet rather than basing decisions on how the food was grown. You can have confidence in the U.S. food supply; there are many systems in place to ensure the safety of all our food.



As a farmer and a mom, I don't feel the need to spend extra money on organic foods when feeding my family. I know that the conventionally raised foods I buy have been through proper regulations and testing and I trust that they are safe and healthy. – Kellie Blair, Dayton, Iowa

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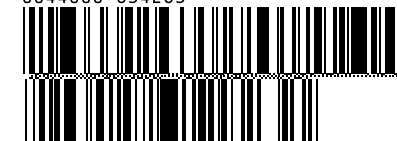
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# STROKE

AROUND 80 PERCENT OF STROKES ARE PREVENTABLE, BUT THEY STILL CLAIM 140,000 LIVES EACH YEAR. MAY IS STROKE AWARENESS MONTH, SO PUT YOUR HEALTH FIRST AND LOWER THE RISK OF HAVING A STROKE BY KNOWING THE SIGNS AND CAUSES.

Strokes occur when blood flow is cut off from an area of the brain. The lack of oxygen during a stroke can damage or kill brain cells, reducing an individual's ability to perform actions controlled by the afflicted region.

**There are two types of strokes: ischemic and hemorrhagic. Ischemic strokes happen when brain arteries are clogged or narrowed. Hemorrhagic strokes are the result of ruptured vessels, usually caused by high blood pressure.**

**SIGNS OF A STROKE MANIFEST OUTWARDLY IN SEVERAL WAYS. TROUBLE SPEAKING, PARALYSIS OR NUMBNESS OF THE FACE, TROUBLE SEEING, HEADACHES AND DIFFICULTY WALKING ARE SOME OF THE EASIEST SIGNS TO IDENTIFY. IF YOU OR ANYONE YOU KNOW NOTICE ANY OF THESE SIGNS, SEEK IMMEDIATE MEDICAL ATTENTION.**

Strokes are often the result of unhealthy habits and high blood pressure. According to the Mayo Clinic, one of the most important actions you can take is lowering your blood pressure through exercise, stress management and limiting sodium, alcohol and tobacco.

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- Fresh Rosemary (chopped)

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**TRY THIS:** Add zucchini, squash (yellow), peppers (red, orange, yellow), sweet red pepper flakes (sprinkle).

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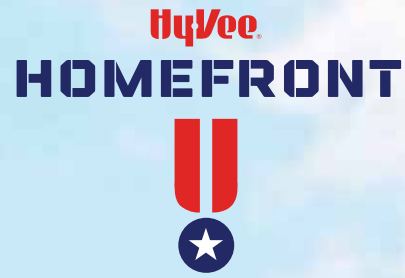
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# QUICK FIXES

MOST PEOPLE REQUIRE 3 SERVINGS OF FRUIT A DAY. TRY THESE HEALTHY HACKS TO MAKE MEETING THAT GOAL EASIER.



½ CUP OF CHOPPED, COOKED OR CANNED FRUIT COUNTS AS A SINGLE SERVING.

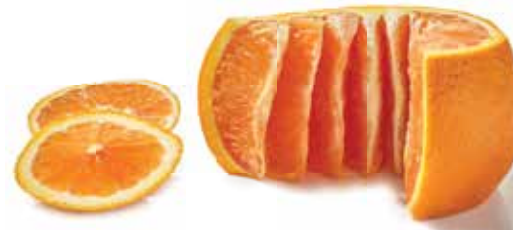
## SLICE SAVER

Storing apple slices for a snack or meal later in the day?

Soak the slices in one cup of water and two tablespoons of honey for 30 seconds to delay browning.

## FRUIT ROLL-OUT

Peel and segment an orange in record time by slicing off both ends and cutting into the middle. Pull the two sides of the peel apart and enjoy!



## STRAW-BERRY

CLEANLY REMOVE THE STEM FROM AN OTHERWISE PICTURE-PERFECT STRAWBERRY BY PUSHING A MEDIUM-SIZED STRAW THROUGH THE BOTTOM OF THE BERRY UNTIL IT POPS THE STEM OFF.



## recipe index

MAY 2018

### MEAL MAKEOVER

Better Beef Burrito *p. 13*

### NUTRIENT POWER

Strawberry Citrus Salsa over Grilled Halibut *p. 22* **GF**

### GRILLED KABOBS

Caribbean Jerk Chicken Kabobs *p. 36*

Steak Fajita Kabobs *p. 37*

Honey-Sriracha Shrimp Kabobs *p. 38* **GF**

Salmon Kabobs with Old Bay Spice Rub *p. 39* **30** **GF**

Chicken Kabobs with Indian Spice Rub *p. 40* **30**

Marinated Swordfish Kabobs *p. 40* **30**

Peach BBQ Tofu Kabobs *p. 41* **30** **V**

Peppered Beef Kabobs with Blue Cheese *p. 42* **30**

Hawaiian Rainbow BBQ Pork Kabobs *p. 43*

### GREEK OUT!

Frozen Yogurt Bark *p. 45*

Edible Cookie Dough *p. 45*

Salted Caramel Espresso Frappe *p. 45*

Creamy Yogurt Mac and Cheese *p. 45*

Greek Yogurt Caesar Dressing *p. 45*

Greek Yogurt Marinade *p. 45*

Garlic and Lemon Smashed Potatoes *p. 46*

Super Moist Cupcakes *p. 46*

Mango Sorbet *p. 46*

Lighter Hollandaise Sauce *p. 46*

No-Rise Pizza Dough *p. 46*

Yogurt Fruit Pops *p. 47*

### FOODS THAT REDUCE BLOAT

Pineapple-Ginger Smoothie *p. 49* **30** **V** **GF**

Zesty Tomato Gazpacho *p. 50* **V**

Melon, Radish and Cucumber Salad *p. 51* **V** **GF**

**30**  
minutes  
or less

**30 MINUTES  
OR LESS**

**GF**  
option

**GLUTEN FREE**

**V**  
option

**VEGETARIAN  
DISH**

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PHOTOS Tobin Bennett and Greg Scheidemann

Source: <https://health.gov/dietaryguidelines/dga2000/document/build.htm>





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UP NEXT

Find out how to save money while eating healthy, feel the burn with full-body stability ball exercises, the best tips for overall men's health and more in the June issue of *Hy-Vee Balance*!



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