

HyVee® balance®

MEN'S HEALTH

**GET
FIT
NOW**

TIPS ON NUTRITION,
FITNESS & WELLNESS
PAGE 76

**EAT
RIGHT
FOR
LESS**

PAGE 54

welcome to
WAHLburgers!

HY-VEE TEAMS UP WITH
THE WAHLBERGS
PAGE 32

JUNE 2018

\$4.95

FREE IN-STORE

new
sparkling water

i feel like
i can be open
around u

no calories
no sweeteners
all smiles™



THE LINEUP

JUNE
ISSUE 2018



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64 HAVE A BALL

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PADDLEBOARDING

TAKE IT
EASY

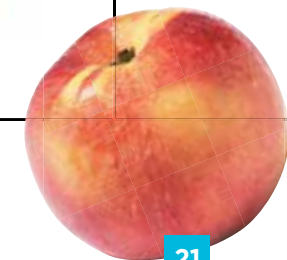
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JUNE

ISSUE

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now available
by delivery.
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to subscribe!



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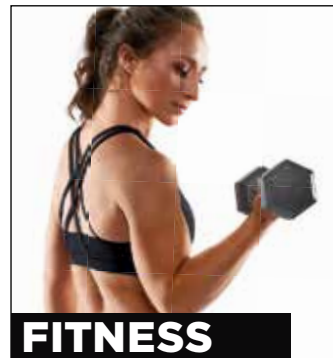
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SPLASH

INTO SUMMER

WITH

HY-VEE BALANCE

NOW AVAILABLE FOR DELIVERY!

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FOR JUST \$20.

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30
minutes
or less

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RECIPES YOU CAN MAKE IN
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San Pellegrino or
Perrier Sparkling Water:
select varieties
25 to 33.81 oz. \$1.99

INCREDIBLE

TAKE

THE

W

OF

THE



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

IN THIS ISSUE, WE WELCOME BACK THE WAHLBERGS—MARK, DONNIE AND PAUL—TO TALK FAMILY TIES, ALONG WITH BURGERS & FRIES, IN “OFF THE WAHL WITH THE WAHLBERGS,” *PAGE 32*. THESE BOSTON-BORN BROTHERS ARE ON A MISSION TO SHARE THE IMPORTANCE OF WORKING WITH FAMILY, WHILE GIVING US THE BEST POSSIBLE DINING EXPERIENCE AT THEIR WAHLBURGERS RESTAURANTS.

This month marks the official start of summer, and with a fresh season comes a fresh perspective. Don't hesitate to step out of your comfort zone and take on new challenges to improve the quality of your life. Growth requires change. Whether you decide to join a gym, change your diet or just cut out late-night snacks, you need the right support system. Take a lesson from the Wahlbergs and lean on family and close friends for accountability and inspiration to become the best version of yourself.

Struggling to live a healthy lifestyle? *Hy-Vee Balance* has you covered. Eat right for less with our money-saving shopping tips in “Bang for Your Buck,” *page 54*, and find heart-healthy recipes in “Foods for Healthy Blood Pressure,” *page 42*. Get a little help from your friends with group training in “Fit Together,” *page 60*, and learn the benefits of including a stability ball in your exercise routine in “Have a Ball,” *page 64*.

Summer is heating up! Get out and enjoy the world around you. And when you need an extra pick-me-up, Hy-Vee will be there with everything you need.

HEALTH & HAPPINESS

We asked our editorial contributors:
**What is your favorite way
 to exercise outside?**

FITNESS

Daira Driftmier
 Certified Personal Trainer and
 Hy-Vee KidsFit Director
 If solo, running. With the entire
 family—golfing or going on a hike.
 The kids love exploring.

FITNESS

David Mesarch
 Minnesota Director of Technology and
 Marketing, Orangetheory Fitness
 In the land of 10,000 lakes, kayaking puts
 my Orangetheory rower training to use.

FITNESS

Mike Rus,
 Owner and Certified Trainer,
 SUP Red Rock
 Stand-up paddleboarding is definitely
 my favorite outdoor exercise. Best
 part: It doesn't feel like you are
 working out at all!

NUTRITION

Julie McMillin, RD, LD
 Assistant Vice President, Retail Dietetics
 Playing baseball with my boys.

HEALTH

Kristen Williams
 Hy-Vee Executive Vice President,
 Chief Health Officer
 I like to go running.

HEALTH

Ashley Reese, MMN, RDN, LMNT
 Hy-Vee Dietitian
 I love it any time I can get outside
 and go for a long walk to clear my
 mind and enjoy the
 fresh air!

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June 1, 2018 through
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Hy-Vee Balance recipes are tested by test
 kitchen food technologists to guarantee that
 they are reliable, easy to follow and good tasting.

Please recycle after use. 

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“THE CLASSIC, CHEESY
PIZZA YOU LOVE... NOW
WITH A NUTRITIOUS *Twist*”

O, That's Good!

The crust is made with $\frac{1}{3}$ cauliflower.*
(but you can't tell)



It's pizza that loves you back!

O, That's Good! Pizza:
select varieties 22.6 to 24.1 oz. \$5.68
save 1¢ per gallon with each item purchased

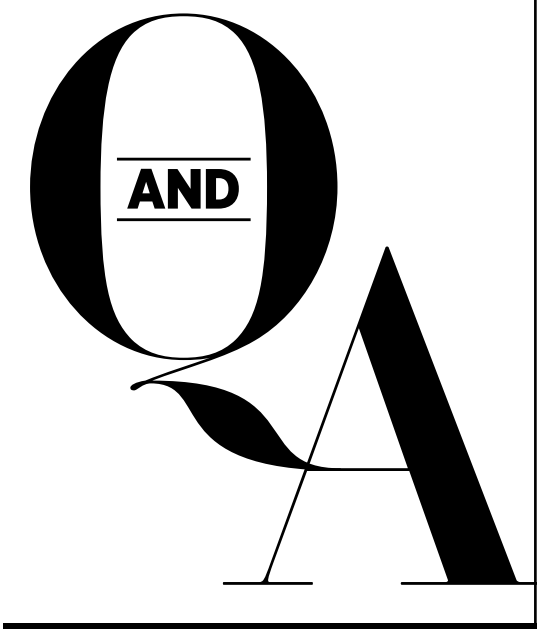
*Less than $\frac{1}{2}$ cup vegetables per serving
©2018 Mealtime Stories, LLC



Julie McMillin, RD, LD

HY-VEE DIETITIANS:

A Registered Dietitian, Julie McMillin enjoys helping customers learn about overlooked aspects of nutrition, like probiotics for digestive health.



GO WITH
YOUR

PHOTO Tobin Bennett

Q: Why is digestive health important?

A: *Seventy percent of our immune system is located in our gastrointestinal tract. Without a healthy gut, our immune system can be compromised. A healthy gut can lead to less illness and make you feel better overall.*

Q: What are probiotics and prebiotics?

A: Probiotics are the healthy or good bacteria that live in our digestive system. Prebiotics are the food source for probiotics. Eating prebiotic foods like apples and onions allows probiotics to flourish.

Q: What are signs of an unhealthy gut?

A: An upset stomach or irregular bowel movements are the most common signs of an unhealthy gut, but it does not always stop there. If you suffer from fatigue, constant colds, struggle to lose weight or have constant migraines and/or irritated skin, you may have an unhealthy microflora.

Q: How important is fiber for gut health?

A: Fiber helps to regulate bowel movements. Without fiber, we can find ourselves constipated, which can very quickly lead to an unhealthy gut.

Q: What should we eat to meet our fiber needs?

A: *Stick to whole grains, like barley and bran, or vegetables, beans and legumes. You can also take fiber supplements like Metamucil.*



FERMENTED FOODS

THESE HY-VEE
DIETITIAN-
APPROVED
FOODS ARE
LOADED WITH
GOOD BACTERIA
TO KEEP YOUR
DIGESTIVE
SYSTEM ON
TRACK.

KIMCHI

This spicy Korean side dish consists of fermented vegetables, like cabbage and radishes, that have been seasoned with chili powder, garlic and ginger. Kimchi is rich in lactic acid bacteria, which aids digestion and may help prevent influenza A.

KEFIR

This fermented dairy drink is made with a combination of bacteria and yeast called kefir grains. Kefir consumption has been linked to lower cholesterol levels and improved digestion through an abundance of good bacteria.

YOGURT

A popular probiotic food, the bacteria in yogurt may aid in multiple gut functions, including reducing diarrhea, preventing inflammatory bowel disease and lowering the risk of colon cancer.

KOMBUCHA

A CARBONATED TEA THAT HAS BEEN FERMENTED WITH YEAST AND BACTERIA, WHICH MAY WARD OFF DIARRHEA AND IRRITABLE BOWEL SYNDROME.



PHOTO Tobin Bennett

PROBIOTICS: THE GOOD STUFF

COMMONLY REFERRED TO AS **“GOOD BACTERIA”**, PROBIOTICS ARE TINY HEALTH-PROMOTING MICROORGANISMS. ALTHOUGH, CONSUMING FERMENTED FOODS IS YOUR BEST BET FOR **A DIET RICH IN PROBIOTICS**, SUPPLEMENTS CAN BE AN ALTERNATIVE FOR THOSE WHO ARE CONSTANTLY ON THE GO.

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4626640/>
<https://academic.oup.com/ajcn/article/80/2/245/4690304>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4303846/>

Smoothie, MEET Coffee



new
STARBUCKS
DOUBLESHOT®
COFFEE SMOOTHIE
 MADE WITH **REAL BANANA**

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SINCE 1894

HERSHEY'S SYRUP



View step-by-step
instructions on this
Ice Cream Mixer
at youtube.com/Hy-Vee

A SIMPLE SWAP:

Use pureed
medjool dates for a
naturally sweet
caramel flavor,
without the added
sugar and to
boost dietary fiber.



670 cal
31 g fat
2 g fiber
13 g protein

PHOTOS Greg Scheidemann

MEAL MAKEOVER

LIGHTER TURTLE PECAN-DATE MIXER

Prep 30 minutes | Serves 1 (12 oz.)

3 large whole medjool dates, seeded
1-pt. vanilla bean Halo Top ice cream
1 Tbsp. Hy-Vee chopped pecans, toasted
1 Tbsp. Hy-Vee semisweet
chocolate chips

1. SOAK dates in hot water for 20 minutes.
Remove ice cream from freezer; let stand at
room temperature for 20 minutes.

2. DRAIN dates; discard liquid. Place dates
in a food processor. Cover and process until
smooth, scraping sides of processor and
add water, if needed. Using a spatula, push
pureed dates through a fine-mesh strainer;
discard skins.

3. PLACE ice cream in a medium bowl; stir
to soften. Fold in pureed dates, pecans
and chocolate chips. Serve immediately.

Per serving: 480 calories, 8 g fat,
6 g saturated fat, 0 g trans fat,
180 mg cholesterol, 0 mg sodium,
90 g carbohydrates, 16 g fiber,
53 g sugar, 21 g protein

30
minutes
or less

480 cal

8 g fat

16 g fiber

21 g protein





Evian Water:
select varieties
Single Bottle
1l. \$1.68



Evian Water:
select varieties
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Evian Water:
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Stok:
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48 fl. oz. \$4.99



International Delight
Iced Coffee:
select varieties
64 fl. oz. \$3.79



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naturally occurring electrolytes
and balanced pH



Certified Carbon Neutral
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evian.



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

**Q. How can
opioids be
potentially
dangerous?**

**A. While opioids are
often effective for
pain relief, they
are also addictive.
Addiction can lead
to uncontrollable
cravings that can
ultimately lead to
uncontrollable use
at all costs.**

OPIOID 101

**Names of commonly
prescribed opioids:**

- Hydrocodone
- Oxycodone
- Codeine
- Morphine
- Vicodin
- Percocet

**ASK YOUR HY-VEE
PHARMACY ANY QUESTIONS
ABOUT OPIOIDS OR FOR
ADVICE ON ANY OPIOID
PRESCRIPTION THAT
YOU MAY HAVE IN
YOUR HOME.**

Q. What is being done to combat opioid abuse?

A. Opioid abuse is a large concern across the United States. Many states have passed or are looking to pass legislation that calls for a reduction in the amount of opioids given on the first fill for a patient who is new to therapy. Many insurance plans covering prescriptions have also limited first fill quantities as well.

Q. How is Hy-Vee helping?

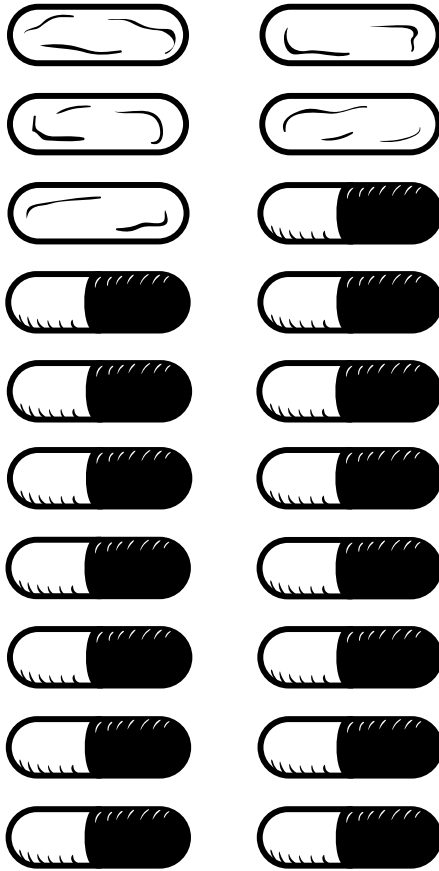
A. Hy-Vee supports various tactics to combat the opioid epidemic. Our stores carry destruction envelopes for leftover or unwanted opioids to reduce the accessibility of drugs on the street. Many Hy-Vee stores have partnered with local law officials to support a drug take-back day. Hy-Vee is committed to providing education to our pharmacy managers and store directors. Our Hy-Vee leaders also listen to speakers from local Drug Enforcement Administration offices that educate our teams on proactive measures and warning signs for improper opioid use.

Q. What is naloxone?

A. Naloxone can be used to reverse an opioid overdose. Naloxone blocks the opioid receptors to offset overdose symptoms, restore breathing and prevent death.

**Q. Do customers need a
prescription for naloxone?**

A. Each of the eight states that Hy-Vee operates in allows dispensing of naloxone to customers without a prescription, pursuant to an approved protocol. Hy-Vee currently dispenses Naloxone in six states and plans to extend to all eight by mid-summer.



ARMED & READY

Sculpt muscular arms and boost strength with isolated exercises so you can shed those pesky sleeves all summer long.

1 DUMBBELL ALTERNATE CURL BICEPS

Stand upright with a weight in each hand and elbows close to your sides. One arm at a time, curl the weight toward the corresponding shoulder, slightly rotating your wrist clockwise so your palm faces your shoulder. Lower the weight. Alternate.

2 DUMBBELL OVERHEAD EXTENSION TRICEPS

Stand upright and hold the end of one weight with both hands above your head. With the weight resting on your palms, lower the weight behind your head until your forearms and arms form a 90° angle. Raise the weight back over your head.

3 SHOULDER PRESS DELTOIDS

Stand with feet shoulder-width apart, bending slightly at the knees, with a weight in each hand. Place straightened arms by sides. Raise weights to shoulder height, rotating wrists so palms face forward. Raise weights upward until arms are fully extended. Lower weights.

4 CROSS-BODY HAMMER CURL BICEPS

Stand upright, holding a weight in each hand. Curl the weight in your right hand up toward the left side of your chest. Do not twist your upper arm. Touch the weight gently to the left side of your chest. Lower the weight back to the starting position. Alternate.

5 DUMBBELL LATERAL RAISE DELTOIDS

Stand upright with arms at your sides and holding a weight in each hand. Keeping your upper body steady, raise both arms until they are parallel to the floor. Slowly lower weights back to the starting position.

#1 TRUSTED BRAND.



Duracell Coppertop Batteries:
AA or AAA 8 ct. or 9 V 2 ct.
\$6.48



Jif Power Ups:
select varieties
6.5 oz. 5 pk. 2/\$5.00



Jif Peanut Butter or
Peanut Powder:
select varieties
28 oz. \$3.99



Smucker's Strawberry Jam:
select varieties
32 oz. \$3.49



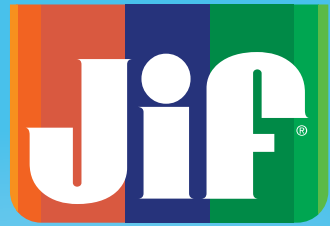
Dunkin' Donuts Coffee:
select varieties
20 oz. \$9.99



Folgers Simply
Gourmet Coffee:
select varieties
10 oz. \$5.99



Dunkin' Donuts K-Cups:
select varieties
32 ct. \$19.99



POWER UPS™

SCORE A SNACKING
WIN-WIN



NEW!



Come Together



MAKE
SMORE HAPPY IN THE WORLD

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La Croix Americana
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0-CALORIE 0-SWEETENER 0-SODIUM = INNOCENT!

LaCroixWater.com

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NUTRIENT POWER

PEACH

60
CALORIES
1 CUP SLICED

10%
VITAMIN A

8%
POTASSIUM

17%
VITAMIN C

9%
DIETARY
FIBER

6%
VITAMIN E

Percentages represent
daily values.

FRESH PICKS

SLICE

Sprinkle sliced peaches with
lemon or orange juice to keep
them from darkening.

PEEL

To remove peach skins easily,
dip the fruit in boiling water for
1 to 2 minutes, then transfer to a
bowl of ice water.

STORE

Place unripe peaches in a
brown paper bag and let them
soften. Refrigerate softened
fruit and eat within a week.

The
delicious
flavor of
these **FUZZY**
FRUITS isn't the
only sweet thing
about them. Peaches are
packed with **VITAMIN C** to help your body
heal, **FIBER** to keep you full and **VITAMIN A**
to promote healthy vision and skin.

PHOTOS Greg Scheidemann

Sources: <http://nutritiondata.self.com/facts/fruits-and-fruit-juices/1990/2>
<https://snaped.fns.usda.gov/seasonal-produce-guide/peaches>
<https://ods.od.nih.gov/factsheets/VitaminA-Consumer/>
<https://ods.od.nih.gov/factsheets/VitaminC-HealthProfessional/>

HyVee BALANCE | hy-vee.com

21

30
minutes
or less

GRILLED PEACHES AND CHICKEN

Prep 15 minutes
Grill 15 to 20 minutes
Serves 4

½ cup peach preserves
2 Tbsp. Gustare Vita olive oil
2 Tbsp. fresh orange juice
2 tsp. chopped fresh thyme,
plus additional for garnish
1 tsp. grated fresh ginger
5 medium peaches,
pitted and halved,
divided

**4 (4 to 5 oz. each) boneless,
skinless chicken breasts,
such as Smart Chicken**
**Hy-Vee salt and black pepper,
to taste**
¼ cup crumbled goat cheese

1. PREHEAT a charcoal or
gas grill with greased grill
rack for direct cooking over
medium-high heat.
2. COMBINE preserves, oil,
orange juice, thyme and ginger

in a small microwave-safe bowl
for glaze. Microwave on HIGH
for 30 seconds. Chop two peach
halves; add to glaze mixture in
bowl. Transfer glaze to a food
processor. Pulse glaze mixture
until slightly pureed, leaving
some peach chunks.
3. CUT remaining peach halves
into wedges. Season chicken
with salt and pepper. Grill
chicken for 15 to 20 minutes or
until chicken is done (165°F),

turning and brushing with glaze
every 5 minutes. Add peach
wedges to grill during the last
5 to 6 minutes of grilling. Brush
with remaining glaze and grill
until peaches are lightly charred.
4. SERVE chicken and peaches
with goat cheese. Garnish with
thyme sprigs, if desired.

Per serving: 370 calories, 10 g fat,
2 g saturated fat, 0 g trans fat,
65 mg cholesterol, 135 mg sodium,
45 g carbohydrates, 3 g fiber,
40 g sugar, 29 g protein



**HY-VEE
GRILLING
GUIDE ONLINE**
Check out all things
grilling and snag
your new favorite
recipes plus tips
to master the grill
at Hy-Vee.com

Firm, even slightly
underripe peaches
hold up best on the
grill and add sweet,
smoky flavor notes.

Some are eaten OTHERS DEVoured.



King's Hawaiian Rolls or Buns:
select varieties
12 or 12.8 oz. 2/\$6.00



King's Hawaiian BBQ Sauce:
select varieties
14.3 to 15 oz. 2/\$7.00



Irresistible Since 1950



SHORE THINGS

It's time to enjoy the sand and sun. These finds will make packing your beach or fitness bag a whole lot easier. Celebrate summer with an amazing selection of beach accessories from Hy-Vee.

- 1 INTEX LIVELY PRINT SWIM RINGS
- 2 AMERICAN PLASTIC TOYS 8 PC. COOL BEACH SET
- 3 HY-VEE SHARKS FRUIT FLAVORED SNACKS

- 4 WHISPS CHEDDAR CHEESE CRISPS
- 5 REDUCE 20 OZ. INSULATED WATER BOTTLE
- 6 SOLA NUT BARS
- 7 HY-VEE FRESH FRUIT INFUSED WATER

- 8 FOSTER GRANT POLARIZED SUNGLASSES
- 9 BANANA BOAT SPORT PERFORMANCE SUNSCREEN
- 10 INTEX FUN AND JUNIOR SWIM GOGGLES

PHOTO: Tobin Bennett

NEW!

TOTAL INDULGENCE IN JUST THE RIGHT SIZE



SNACKABLE ICE CREAM TREATS

**GIVE IN
TO THE
BUNNY**

**Blue
Bunny**
ICE CREAM



Good things come in 3's

In 2011 Taylor Farms launched the original 3 chopped salad kits to revolutionize the salad kit category
...and here we go again



TAYLORFARMS.COM

FOOD^{AS} MEDICINE



KRISTEN WILLIAMS
Hy-Vee Executive Vice President
Chief Health Officer

A rising number of doctors and other health care providers are now checking patients' eating habits along with their blood pressure and temperature. It makes sense. The food we eat can help us fight cancer, ease inflammation and regulate blood sugar. In many ways, food is medicine.

Just this past April, The Centers for Mind-Body Medicine held a California symposium on the topic of food as medicine; it included sessions on food's impact on brain health, fibromyalgia, hormones and autoimmune diseases.

I have to admit that when I toss a handful of blueberries into my smoothie I sometimes picture them as little vitamin C and K pills to shore up my skin and bones.

What other food "prescriptions" can we eat? Vitamin A, also known as retinol, promotes good vision, and one form of vitamin A, called beta-carotene, protects cells from free-radical damage that can lead to cancers. Vitamin A foods include eggs, milk, and orange and yellow fruits and veggies. Some cases of mouth and peptic ulcers may be caused by lack of folate found in dark, leafy greens and dried beans and peas. A magnesium deficiency can lead to muscle twitching, fatigue and rapid heartbeat. The mineral is found in green vegetables, bananas, nuts and milk.

SOME VITAMINS AND MINERALS ACT AS ANTIOXIDANTS THAT MAY PREVENT CELL DAMAGE. THAT'S A SWEEPING RECOMMENDATION FOR EATING FRUITS AND VEGGIES!

A lifestyle that combines exercise with eating the right foods—those that contain a variety of vitamins and minerals along with the right levels of protein, fiber and healthful fats—may be just what the doctor ordered.



PHOTO: Tobin Bennett



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



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DELICIOUS
BACKYARD
GRILLIN'

starts here



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



Crystal Farms Parmesan
Cheese Cup:
select varieties
5 oz. \$2.88



Simply Potatoes
Hashbrowns or Cuts:
select varieties
20 oz. 2/\$5.00



Crystal Farms String Cheese:
select varieties
16.7 or 20 oz. \$6.99



Simply Potatoes Mashed or
Macaroni & Cheese:
select varieties
18 or 24 oz. \$2.99



Crystal Farms American
Cheese Slices:
select varieties
12 oz. 2/\$5.00

NEW

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19g
PROTEIN*

4g
NET CARBS
PER SERVING



*VARIES BY FLAVOR

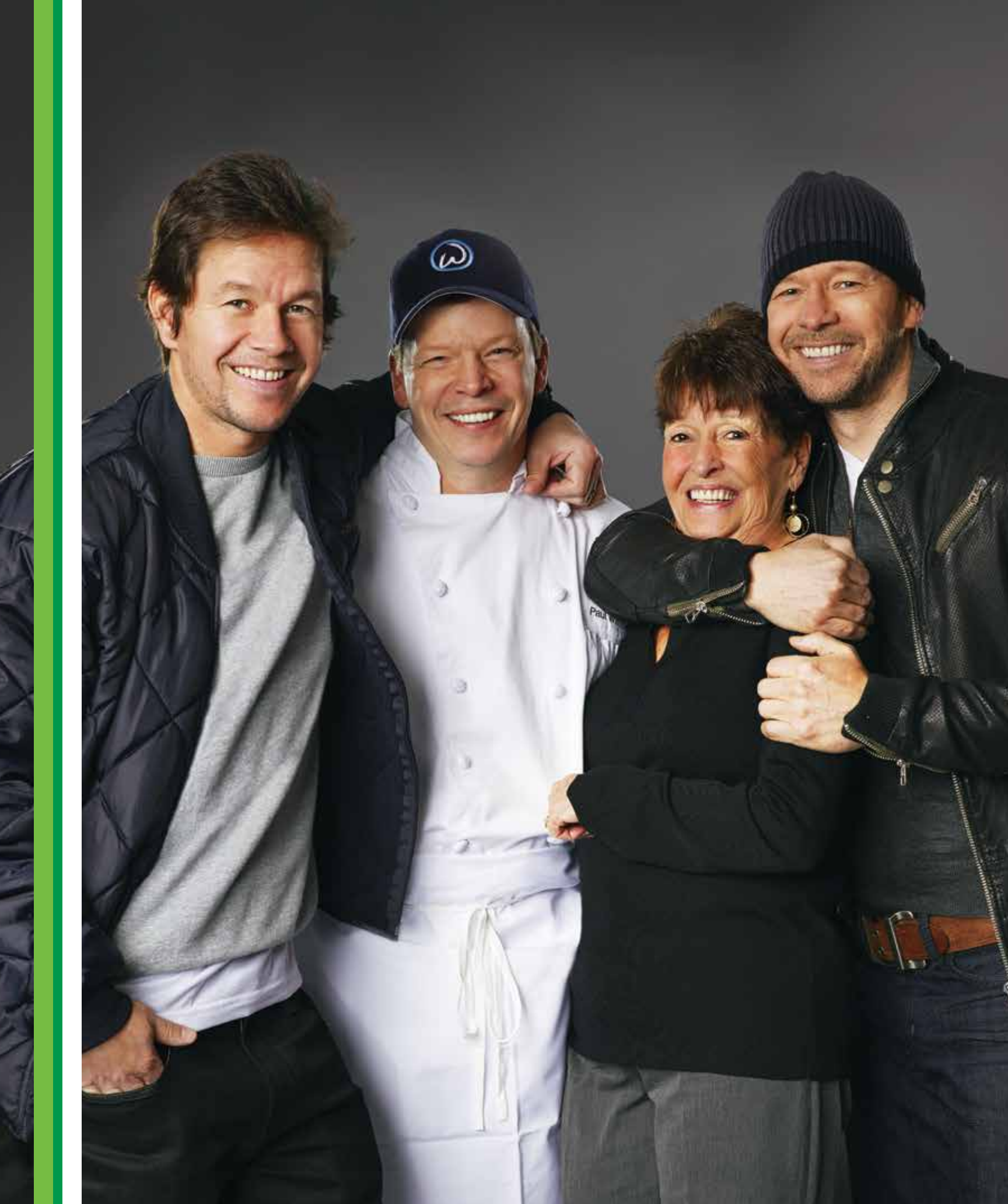


PHOTO: Wahlburgers Corporation and A&E Network

JUNE

ISSUE VOL. 2

OFF THE WAHL WITH THE WAHLBERGS
SOCK IT TO ME | FOODS FOR HEALTHY BLOOD PRESSURE
AMAZING STREET FOOD MAKEOVERS | BANG FOR YOUR BUCK
FIT TOGETHER | HAVE A BALL | SUMMER BURN
PADDLEBOARDING | MEN'S HEALTH | UNDER YOUR SKIN



WORDS Wanda Ventling and Aaron Ventling PHOTOS Wahlburgers Corporation and A&E Network

◀◀◀◀◀◀ OFF THE WAHL with THE WAHLBERGS FROM FAME TO FOOD IT'S ALL IN THE FAMILY

MARK, DONNIE AND PAUL WAHLBERG GREW UP LOVING THE COMFORT FOODS MADE FRESH IN THEIR MOM'S BOSTON KITCHEN. NOW, HY-VEE BRINGS THE FAMOUS FAMILY'S RESTAURANT, WAHLBURGERS, TO THE MIDWEST.

Back in the day, before Mark and Donnie became A-list music and film stars and brother Paul an accomplished chef, the Wahlberg brothers and their six other siblings faithfully gathered for 5 o'clock suppers. "I remember the hustle and bustle of so many of us jammed into our little kitchen. My parents would be cooking—usually something in a large pot—to try and feed all of us," Donnie says. "Everybody was together. It was always the happiest time of day for me."

Family ties are strong for the Wahlbergs, and brother Mark agrees. "Mealtime was a big deal for all of us to come together," he says.



“I’m so excited about working with Hy-Vee and bringing our restaurants to all these great cities and towns in America.”

—MARK WAHLBERG

The siblings shared their parents’ love for American-style classics: Dad’s chili, fried chicken, burgers and Mom’s famous American chop suey. Paul remembers, “On Sundays, you would have a roast turkey—my mother would make lasagna on occasion—and it was always awesome.” Money was tight in this working-class family, so leftovers—turkey on toast and the like—were also something to look forward to. Food stamps, giveaways and government cheese helped this Boston family make ends meet.

Paul’s food memories are vivid and inspire him today. He fondly remembers his childhood favorites, like English muffin pizzas with a choice of three toppings. “Meals together create certain memories. That’s what I love about food. Food can put you back in a different place and time. Today, if I’m eating English muffin pizzas, I’m 10 years old again,” Paul says.

While tight on cash and space, the family grew an unbreakable bond during time spent at the dinner table, along with their strong faith and work ethics. “Growing up as a kid in our family was really all about making the best out of the worst,” Donnie explains. When Donnie’s career with the band New Kids On The Block took off, it was natural for him to help his younger brother, Mark, establish his entertainment career. “We had huge success and it was only logical that he and I would want to help Paul

with his dreams,” Donnie says. “When Paul pitched us Wahlburgers, we realized this could be something really unique.”

Paul had worked at restaurants and in catering while in high school and later graduated from culinary school. “Paul wanted to create and share our family experience with other families and our customers at Wahlburgers,” Mark says. The first location opened in 2011 in Hingham, Massachusetts, and a reality series about the family’s experience hit A&E Network in 2014. Wahlburgers’ fresh, made-on-site food became popular with customers. When franchise opportunities opened up, Hy-Vee decided to bring the restaurants to the Midwest.

“Hy-Vee is excited to launch the first of many new restaurants in partnership with Wahlburgers, and to bring a new dining experience to customers throughout the eight-state region,” says Randy Edeker, chairman of the board, CEO and president of Hy-Vee. “Families will enjoy great food in a fun atmosphere, served with the excellent customer service and hospitality that Hy-Vee and Wahlburgers are known for.”

Paul developed the menu items with help from their mother, Alma, Mark and Donnie to reflect the family’s homecooked meals, but he knows what really matters. “The customer experience is the biggest thing—being able to get everybody in and make them happy,” Paul says.

“I COULDN’T DEPEND ON MY PARENTS A LOT. WHEN I WAS HAVING MY CHILDREN, I NEVER WANTED THEM TO FEEL THAT WAY. I WANTED THEM TO ALWAYS FEEL LOVED AND TO KNOW I AM THERE.”

—ALMA WAHLBERG



Randy Edeker, chairman of the board, CEO and president of Hy-Vee, with Mark Wahlberg, above, at the Hy-Vee Homefront fundraiser and screening of Patriots Day. “Hy-Vee has a responsibility to our customers, employees and communities to look for new ways to strengthen our company,” Edeker says. “Partnering with Wahlburgers positions Hy-Vee for future growth.”



MY FAVORITE WAHLBURGERS MENU ITEM?
THIS IS WHERE MY HUMILITY GOES OUT THE WINDOW,
the ‘BBQ Bacon,’ which is the burger I created.
IT’S TASTY, IT’S GOT BARBECUE SAUCE AND YOU GET A LITTLE SWEET. ALSO, IT HAS JALAPEÑOS FOR A LITTLE SPICE.
Don’t forget the bacon. What’s better than bacon?

—DONNIE WAHLBERG



“I TRY TO REMIND MARK THAT **each burger, to Paul, is like an Academy Award-winning role** FOR MARK. HE TREATS EACH **burger with that much care.**”

—DONNIE WAHLBERG

QA

WITH THE BOYS **MARK, DONNIE AND PAUL**

Q. What's your favorite item at Wahlburgers?

MARK My own “Thanksgiving Turkey Burger,” but the “Our Burger” is spectacular.

Q. What should a customer order their first time at Wahlburgers?

PAUL My first question is always the same. What do you like? Because that way I can always steer you in the right direction. But me, I would have an “Our Burger,” onion rings, and a Mexican Coke.

Q. Do you like working with family?

PAUL IT HAS ITS MOMENTS. A LOT OF TIMES, YOU REVERT BACK TO WHEN YOU WERE 10 YEARS OLD. WHATEVER BOTHERED YOU ABOUT THAT PERSON WHEN YOU WERE 10 YEARS OLD, BOTHERS YOU NOW, WHEN IT SHOULDN'T.

Q. At an early age, how did you learn to be content?

DONNIE I wasn't content, I was just grateful. My parents always made me feel important and I'm sure they did my siblings, as well. I felt like, in my childhood, I went without a lot of things, but I didn't go without love.

Q. What's your role with Wahlburgers?

MARK It's my job to grow and build the business. It's Paul's job to provide the customer experience. He's in charge of food and all that stuff, but it's my job to build and expand. Donnie is basically the one who keeps me and Paul from killing each other.

Q. What part do you play in Wahlburgers?

DONNIE I'm probably the glue. My brothers—if it were up to Paul, we'd have one location. If it were up to Mark, we'd have a billion locations. But for me, I'm all about being practical. I try to bridge the gap between the two and help them work together at a pace that's logical.

Q. What do you order at Wahlburgers?

MARK WHENEVER I GO, WHICH IS PRETTY OFTEN—DEPENDING ON WHERE I AM, I USUALLY ORDER FOUR OR FIVE THINGS. I'LL ORDER THE “OUR BURGER,” THE “BBQ BACON” AND MY “THANKSGIVING TURKEY BURGER.” SO THAT WAY, I CAN HAVE A LITTLE BIT OF EVERYTHING AND THEN THE TATER TOTS AND FRIES. IT'S ALL PRETTY SPECTACULAR.

Q. What will customers experience?

PAUL I WANT PEOPLE TO BE EXCITED WHEN THEY COME IN. BECAUSE, YEAH, THERE'S THE WHOLE CELEBRITY ASPECT, BUT AT THE END OF THE DAY WE'RE IN THE RESTAURANT BUSINESS. WE'RE STILL SERVING FOOD. AND WE WANT TO MAKE PEOPLE HAPPY.

Q. What's special about Wahlburgers?

MARK The amount of effort, love and energy that is put into creating the experience. Not only the food, but also the customer service. We want families to come and share in the Wahlburger experience, so it's extremely important to us that everybody has an amazing time from the second they're in, to how they're handled with the staff and, of course, the food. That's the thing that keeps everybody coming back.

Q. What does family mean to you?

PAUL Togetherness. And love.



THE NINE WAHLBERG SIBLINGS GATHERED FOR A FAMILY PICTURE ON EASTER MORNING. ALMA WAHLBERG RECALLS SCHOOL CLOTHES WERE OFTEN HAND-ME-DOWNS, BUT EASTER WAS SPECIAL. “WE'D TAKE OUT A LOAN,” SHE SAYS.





wahlburgers

*Our Family, Our Story,
Our Burgers*

**BRING HOME THE BURGERS!
ENJOY THE PROPRIETARY BLEND
OF ANGUS BEEF SERVED IN
WAHLBURGERS RESTAURANTS
AT HOME—NOW AVAILABLE AT
YOUR LOCAL HY-VEE.**



Get a taste of the Wahlburgers experience at home! Most Hy-Vee stores will offer “Wahlburgers at Home”—a signature Angus beef blend of brisket, short rib and chuck found in its restaurants across the country. “We wanted to provide the best cuts of Angus beef that’s always fresh, never frozen to ensure that every bite is tender, juicy, and packed full of rich flavor,” Paul says. Every Hy-Vee store across the eight-state region will offer Wahlburgers’ proprietary blend ground beef, preformed patties and preformed sliders.

Brothers Mark, Donnie and Paul are excited to bring the flavor of the restaurants to the home cook. The meat can be used as you would any ground beef, whether grilled or cooked on the stove top or in the oven. “There’s a great taste, there’s juiciness to it. It’s a fresh, beautiful product,” Paul says.

FAMILY FACTS

What do you really know about the Wahlbergs? Check out this surprising info:

PAUL WAHLBERG IS A FORMALLY TRAINED CHEF AND CATERED FOR SEVERAL OF MARK’S EARLY FILMS.

THE TV SHOW, WAHLBURGERS, IS ON ITS NINTH SEASON AND ORIGINALLY AIRED IN 2014.

IN 2017, MARK WAHLBERG WAS THE HIGHEST PAID ACTOR IN HOLLYWOOD, ACCORDING TO FORBES.

DONNIE WAHLBERG WAS THE FOUNDING MEMBER OF NEW KIDS ON THE BLOCK.

THE WAHLBERGS GREW UP IN DORCHESTER, AN INNER-CITY NEIGHBORHOOD IN BOSTON.

FRESH EATS

Wahlburgers isn’t just another burger joint. Sure, it delivers a juicy, mouthwatering burger like the “Our Burger” (Paul’s choice) or the “BBQ Bacon” (Donnie’s choice). The biggest point of difference from other eateries is the experience and freshness of food, from the proprietary blend of beef—custom-made for the brothers—to housemade sauces, dressings and salads. Wahlburgers also serves fresh from-scratch sides like, “Smoked Bacon Mac ‘N Cheese” and “Housemade Chili.”

The Wahlburgers menu also includes fish, chicken and vegetarian options, along with old favorites like “Tater Tots,” desserts, frappés and floats. “It’s all pretty spectacular. My mom’s macaroni salad, the Sloppy Joes—it’s a pretty extensive menu, which differentiates us from others,” Mark says.



“The highest compliment you can ever pay a cook is to come back. That’s all I’ve ever wanted. You come up with these dishes on the menu, in any restaurant, and people say ‘Oh man, that’s my favorite.’ When I hear that, I’m floored.”

—Paul Wahlberg

ON THE BLOCK

Next to open will be the West Des Moines, IA Wahlburgers. Expected Fall 2018.



MALL OF AMERICA

OPEN NOW! The Wahlburgers at the Mall of America just opened at the end of May. It’s a 5,500-square-foot restaurant on Level 2 at the north end of the mall. “Families will have a great time and hopefully share a lot of laughs and love when they enjoy my family’s delicious recipes

at our new Wahlburgers in one of the top tourist spots in America,” Paul says. “Along with Hy-Vee, my family is committed to offering a unique culinary experience that goes beyond the basic burger, with customer service that will make you feel like family.”



THE HY-VEE Family Table

Dining out has surpassed eating at home, according to Food Institute’s analysis of 2014 USDA data. So it was natural for Hy-Vee to partner with Wahlburgers to bring their family-friendly, popular restaurants to the Midwest.

Hy-Vee plans to own and operate 26 Wahlburgers restaurants. Select Wahlburgers items will also be available at Hy-Vee’s Market Grille restaurants, while “Wahlburgers at Home” meat products will be sold in most Hy-Vee stores.



The first Wahlburgers was built in 2011, in Hingham, Massachusetts, southeast of downtown Boston. The counter-serve restaurant features big burgers and shakes and has recently reworked its menu to highlight popular chef-inspired dishes, including some lighter offerings. It also serves 15 varieties of housemade condiments.

SOCK IT TO ME

SOCKEYE SALMON MAKES A SPLASH

Get hooked on succulent wild sockeye—highly praised for its unique flavor and bright red, extra firm texture. Caught fresh from the Copper River in Alaska, it's one of the healthiest foods to eat. Hy-Vee's sockeye are rich in protein and omega-3 fatty acids, which promote heart and brain health. Call it nature's perfect protein.

NATURE'S BEST

Adding wild salmon to your diet may add years to your life. A 2013 study from the Harvard School of Public Health and the University of Washington concluded that eating fish high in omega-3s—including sockeye—once or twice a week may increase your lifespan by more than two years and reduce your risk of dying from cardiovascular disease by 35 percent.

So, how much salmon should you eat to reap its health benefits? The American Heart Association recommends eating 3.5 ounces of cooked fish two times a week.

Omega-3s are essential fatty acids, which your body cannot produce and must get through foods. Besides keeping your heart healthy, omega-3s may reduce the risk of some cancers, Alzheimer's disease and dementia. The omega-3 fatty acids EPA and DHA found in wild salmon are critical for normal brain function and development throughout all stages of life. In fact, several studies have correlated pregnant women's fish intake with higher scores for their children on tests of intelligence and brain function in early childhood. In older adults, lower levels of

omega-3s have been associated with the brain aging faster and with the loss of memory and thinking capabilities.

Vitamin D, another key nutrient that occurs naturally in sockeye, promotes calcium metabolism and bone health.

Sockeye is also rich in astaxanthin, a carotenoid pigment that gives salmon flesh its pinkish-red color. Astaxanthin has been linked to heart health and improved skin condition. Wild salmon contains four times more astaxanthin than farmed salmon because of the orange krill they eat while in the ocean.

Sources Entire Article: <https://ods.od.nih.gov/factsheets/Omega3FattyAcids-Consumer/>
<https://www.reuters.com/article/us-omega-3/omega-3-fatty-acids-tied-to-longer-life-study-idUSBRE9320ZM20130403>
<https://www.ncbi.nlm.nih.gov/pubmed/15232398>
<https://www.ncbi.nlm.nih.gov/pubmed/18789910>

SUMMER TASTE

The sockeye's oily richness and firm flesh make it perfect for grilling. Fragrant cedar planks lock in moisture and infuse the fish with flavor. See recipe for Plank Seed-Crusted Salmon Salad, page 44.

- Soak cedar planks in fruit juice or cider to add another layer of flavor to your salmon.
- Grill sockeye with the skin on; it provides a safety layer between the fish's flesh and the hot surface.

- Season lightly. A sprinkling of salt and freshly ground black pepper or a simple rub of garlic or fresh herbs with some light, bright citrus brings out sockeye's rich and wild taste.

- Check often. Sockeye cooks very quickly. Cook it just until lightly translucent in the center (145°F). It will finish cooking from retained heat.

- Don't shy away from eating the skin. It contains heart-healthy omega-3s and, when crispy, is quite tasty.

Sockeye season is here! Check your local Hy-Vee through June for availability and delicious deals.



NUTRIENT-RICH

SOCKEYE IS A SIGNIFICANT SOURCE OF **PROTEIN**. IT'S HIGH IN **OMEGA-3S** AND VERY LOW IN SATURATED FAT. ITS DEEP-RED HUE COMES FROM **CAROTENOIDS**, WHICH HAVE ANTI-INFLAMMATORY PROPERTIES. SALMON BOASTS **B VITAMINS** AND THE MINERAL **SELENIUM**, WHICH HELPS WITH THYROID FUNCTION. BESIDES SUNLIGHT, SALMON IS ONE OF THE FEW NATURAL SOURCES OF **VITAMIN D**.

WORDS Lois White PHOTO Tobin Bennett



FOODS FOR HEALTHY BLOOD PRESSURE

WORDS Kristi Chew
PHOTOS Greg Scheidemann

LOOKING FOR WAYS TO LOWER BLOOD PRESSURE OR TO MAINTAIN HEALTHY STATS? START BY LOOKING AT THE FOODS YOU EAT. FORTUNATELY, SOME OF THE MOST COLORFUL AND FLAVORFUL FOODS—THOSE THAT PROVIDE ESSENTIAL NUTRITION—ALSO HELP REGULATE BLOOD PRESSURE AS WELL AS HEALTHY WEIGHT.

The potassium, calcium, magnesium and fiber in vegetables, fruit, low-fat dairy, whole grains, nuts and seeds all contribute to a heart-healthy diet, as do the omega-3 healthy fats in salmon. Replace salt and other seasoning with fresh herbs, spices and lemon juice to heighten and complement flavors while keeping sodium levels low—key in managing blood pressure. High blood pressure stresses the heart and blood vessels.

An estimated 103 million U.S. adults—nearly half the adult population—have high blood pressure, according to the American Heart Association (AHA). The AHA now considers a blood pressure reading of 130/80 and above as high; the threshold used to be 140/90. Fortunately, many people can bring their blood pressure within range with exercise and the right foods.

STUDIES LINK EATING WHOLE GRAINS, SUCH AS OATS AND QUINOA, AND LOW-FAT DAIRY, LIKE THE GREEK YOGURT IN THIS DISH, TO REDUCING BLOOD PRESSURE.

MULTI-OAT & QUINOA GRANOLA

Prep 10 minutes plus cooling
Bake 25 minutes
Serves 8 (½ cup each)

Hy-Vee nonstick cooking spray

2 cups Hy-Vee

old-fashioned oats

1 cup Hy-Vee chopped walnuts

½ cup shelled unsalted

pistachios

½ cup sprouted tri-color quinoa

2 Tbsp. Hy-Vee HealthMarket

chia seeds

¾ cup Hy-Vee honey

1. PREHEAT oven to 300°F. Line a rimmed baking pan with parchment paper. Spray parchment with nonstick spray.

2. TOSS together oats, walnuts, pistachios, quinoa and chia seeds in a medium bowl. Place honey in a small saucepan. Bring to boiling; remove from heat and immediately pour over oats mixture. Toss until coated. Spread mixture on prepared pan. Bake for 25 minutes or until toasted and golden, stirring every 10 minutes. Cool completely before serving. Granola will become crisp while cooling. Store in an airtight container for up to 1 week.

3. FOR BREAKFAST BOWL, top plain Hy-Vee Greek yogurt with granola, fresh fruit and pomegranate seeds.

Per serving: 370 calories, 16 g fat, 1.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 0 mg sodium, 52 g carbohydrates, 6 g fiber, 28 g sugar, 8 g protein

Sources (this page and opposite):
<https://my.clevelandclinic.org/health/articles/4249-hypertension-and-nutrition>
<http://www.berkeleywellness.com/slideshow/foods-lower-blood-pressure>
<https://news.heart.org/more-than-100-million-americans-have-high-blood-pressure-aha-says/>

Prep 30 minutes | **Grill** 5 to 10 minutes plus 15 to 20 minutes
Serves 4

1 cedar plank
1 recipe Herbed Yogurt Dressing, below
2 tsp. sesame seeds
2 tsp. organic flax-hemp blend
½ tsp. fennel seeds
1 Tbsp. Hy-Vee Gustare Vita garlic-flavored olive oil
1 (1-lb.) skin-on sockeye salmon fillet
Hy-Vee sea salt and black pepper, to taste
2 cups mixed salad greens
6 asparagus spears, cut into ribbons
3 roma tomatoes
Sliced lemon wedges, for serving
Fresh Italian parsley and dill sprigs, for garnish

1. SOAK cedar plank in water for 30 minutes. Prepare Herbed Yogurt Dressing; cover and refrigerate until serving time. Combine sesame seeds, flax-hemp blend and fennel seeds in a medium skillet. Toast over medium heat, stirring frequently, 3 to 4 minutes. Transfer seed mixture to a small bowl; add garlic olive oil. Set mixture aside.

2. PREHEAT charcoal or gas grill for direct cooking over medium heat.

3. CUT salmon into four portions. Season with salt and pepper. Rub seed mixture on salmon; set aside.

4. PLACE soaked plank on hot grill for 5 to 10 minutes or until lightly toasted, turning once. Place salmon, skin side down, on cedar plank. Grill for 15 to 20 minutes or until fish flakes easily with a fork (145°F). Serve salmon with mixed greens and asparagus ribbons, tomato slices, Herb Yogurt Dressing and lemon wedges. Sprinkle additional pepper on top and, if desired, garnish with parsley and dill.

Herbed Yogurt Dressing: Place ½ cup Hy-Vee plain Greek yogurt, ½ cup peeled and chopped cucumber, 2 Tbsp. chopped fresh dill, 2 Tbsp. chopped fresh chives, 1 minced clove garlic, 1 Tbsp. fresh lemon juice, 1 Tbsp. Gustare Vita olive oil and ¼ tsp. Hy-Vee salt in a food processor. Cover and process until pureed. Makes ¾ cup.

Per serving: 350 calories, 24 g fat, 4.5 g saturated fat, 0 g trans fat, 65 mg cholesterol, 240 mg sodium, 7 g carbohydrates, 2 g fiber, 3 g sugar, 28 g protein

EATING FATTY FISH SUCH AS SALMON CAN LOWER DIASTOLIC PRESSURE (THE SECOND NUMBER, WHEN THE HEART RELAXES).
FLAX SEEDS ARE LINKED TO LOWERING BOTH DIASTOLIC AND SYSTOLIC PRESSURE (HEART CONTRACTS).

PLANKED SEED-CRUSTED SALMON SALAD

HONEY-LEMON GRILLED CARROTS

Prep 10 minutes
Grill 30 minutes plus 15 to 20 minutes | **Serves** 5

1½ lb. carrots with tops
Hy-Vee nonstick cooking spray
Hy-Vee salt and black pepper, to taste
2 Tbsp. Hy-Vee honey, plus additional for serving
2 Tbsp. fresh lemon juice
1 tsp. Hy-Vee Dijon mustard

1 Tbsp. chopped fresh thyme, plus additional for garnish
Lemon wedges, for serving

1. PREPARE a charcoal or gas grill with oiled grill rack for direct cooking over medium-high heat.
2. WASH AND PEEL carrots. Trim carrots, leaving 1 in. of tops. Spray a large sheet of heavy-duty foil with nonstick cooking spray. Place carrots on half the foil. Season with salt and pepper. Fold

foil in half to cover carrots; make a narrow fold in edges to seal.

3. GRILL foil packet for 30 minutes. While carrots are grilling, combine 2 Tbsp. honey, lemon juice, mustard and thyme in a small bowl; set aside.

4. REMOVE packet from grill and carefully open. Place carrots directly on grill rack. Grill for 15 to 20 minutes or until carrots are lightly charred, turning

occasionally and brushing with honey-lemon mixture.

5. TRANSFER carrots to a serving platter. Drizzle with additional honey and garnish with additional thyme, if desired. Serve with lemon wedges.

Per serving: 80 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 120 mg sodium, 21 g carbohydrates, 4 g fiber, 14 g sugar, 1 g protein

BESIDES VITAMIN A, CARROTS CONTAIN POTASSIUM, WHICH CAN HELP LOWER BLOOD PRESSURE BY CONTROLLING THE EFFECTS OF SODIUM (SALT) IN YOUR BODY.

AMAZING

WHAT MAKES THIS FOOD TRUCK FARE SO GOOD?

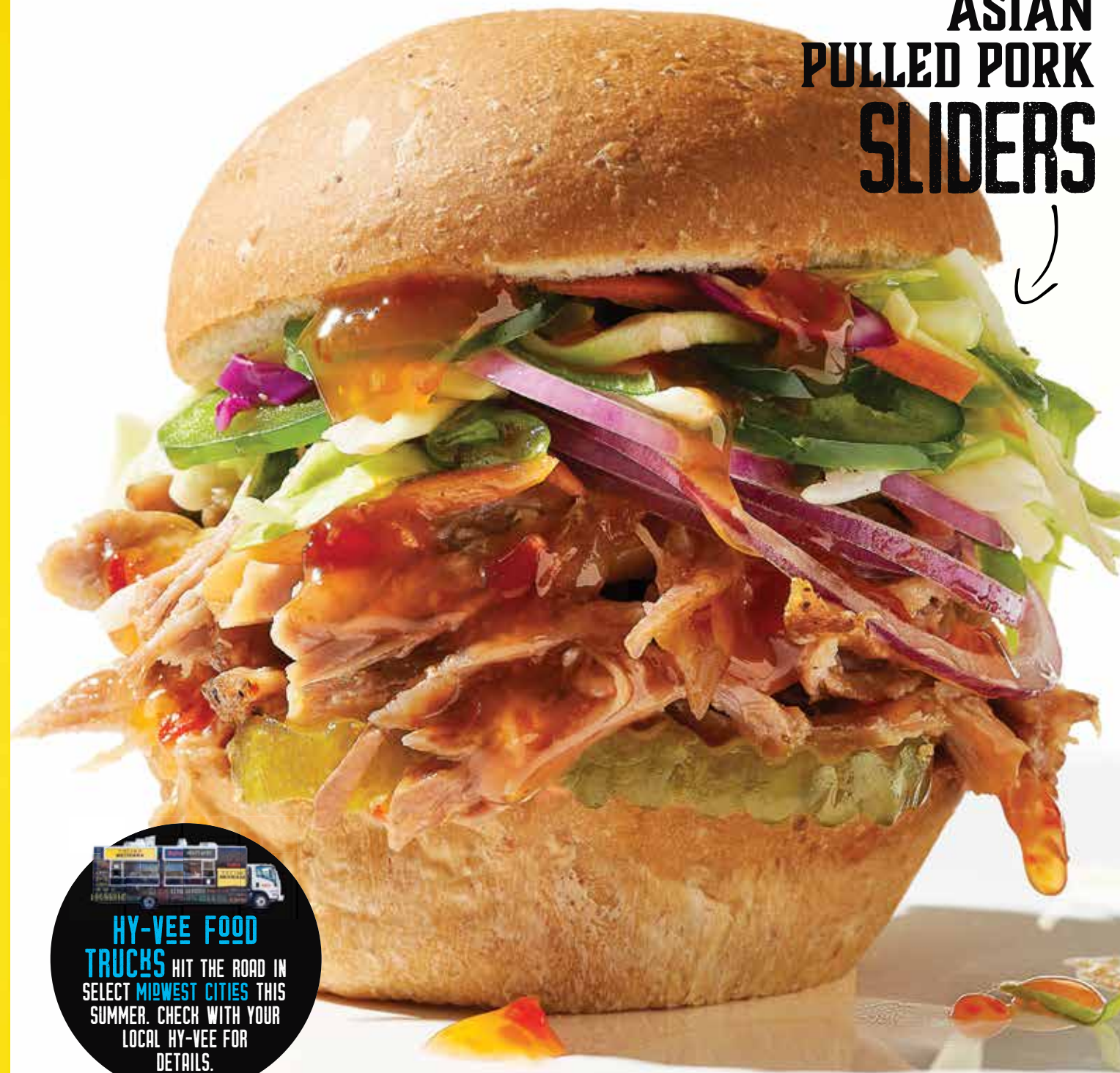
STREET FOOD MAKEOVERS

IT'S SPICY, AROMATIC AND ADVENTUROUS!

FRESH & HEALTHY,
LESS FAT FEWER CALORIES

WORDS Lois White PHOTOS Greg Scheidemann

ASIAN PULLED PORK SLIDERS



Prep 20 minutes | **Roast** 3 hours
Stand 20 minutes | **Serves** 12

1 (2½-lb.) boneless pork shoulder roast
Hy-Vee salt and black pepper
2 Tbsp. Hy-Vee canola oil
2 Tbsp. adobo sauce
1 cup Hy-Vee vegetable stock
3 cups Hy-Vee coleslaw salad mix
5 green onions, thinly sliced
3 Tbsp. Hy-Vee apple cider vinegar

3 Tbsp. Hy-Vee sweet Thai chili sauce, plus additional for serving
24 bread and butter pickles
12 Hy-Vee Bakery whole wheat slider buns, split
1 small red onion, thinly sliced
1 jalapeño or fresno chile pepper, seeded and sliced*

1. PREHEAT oven to 325°F.

2. TRIM fat from meat. Season meat with salt and pepper. Heat oil in Dutch oven over medium-high heat. Brown

meat in hot oil. Pour adobo sauce and vegetable stock over meat. Cover and roast 3 hours. Let stand 20 minutes.

3. COMBINE coleslaw mix, green onions, vinegar and salt and black pepper to taste in a medium bowl; set aside.

4. TRANSFER meat to a cutting board. Using two forks, pull meat apart into shreds, discarding fat. Place meat in a bowl; toss with 3 Tbsp. chili sauce.

5. TO SERVE, place pickles on bun bottoms. Add meat mixture. Top with red onion, coleslaw mixture and chile pepper slices. Drizzle with additional chili sauce, if desired. Add bun tops.

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

Per serving: 300 calories, 9 g fat, 2 g saturated fat, 0 g trans fat, 55 mg cholesterol, 940 mg sodium, 32 g carbohydrates, 2 g fiber, 14 g sugar, 21 g protein

STUFF A SLIDER WITH EAST-MEETS-WEST FLAVOR. REV UP SUCCULENT PULLED PORK WITH **ADOBO SAUCE** AND **THAI CHILI SAUCE**. PILE ON A COOL **FRESHLY MADE SLAW** AND ADD ONION AND **CHILE PEPPER** SLICES. JUST ONE WILL SATISFY, AND YOU WON'T MISS THE FRIES.



FRESH SPRING ROLLS

Prep 45 minutes
Serves 6 (2 rolls each)
3 Tbsp. bottled lemon and herb Italian-style marinade
3 Tbsp. ground fresh chili paste or garlic pepper sauce
3 Tbsp. Hy-Vee creamy peanut butter
3 cups shredded romaine lettuce
1 cup shredded Napa cabbage
2 Tbsp. chopped fresh mint
2 Tbsp. chopped cilantro
2 Tbsp. chopped lightly salted cashews

1 Tbsp. chopped fresh basil
1 tsp. lime zest
2 Tbsp. lime juice
12 (8½-in.) round rice papers
¼ cup sliced yellow bell pepper
¼ cup sliced red bell pepper
¼ cup shredded cucumber, seeds removed
¼ cup shredded carrot
Hy-Vee crushed red pepper, for garnish
1. WHISK together Italian-style marinade, chili paste and peanut butter for dipping sauce; set aside.

WRAP FRESH INGREDIENTS IN RICE PAPERS FOR A LIGHTER, NO-FRY TAKE ON FOOD TRUCK FARE.

2. COMBINE lettuce, cabbage, mint, cilantro, cashews, basil, lime zest and lime juice in a medium bowl. Fill a wide shallow bowl with warm water. Dip 1 rice paper into water for a few seconds or just until moistened. (Rice paper will still be firm but will continue to soften during assembly.) Place rice paper on a work surface.
3. BUILD each roll by placing about ½ cup lettuce-cabbage mixture across lower third of the rice paper. Top with a few slices each bell pepper; add some

cucumber and carrot. Fold bottom of rice paper up over filling. Fold in sides and roll up tightly.
4. REPEAT with remaining rice papers and filling ingredients. Serve immediately with dipping sauce. Garnish dipping sauce with crushed red pepper, if desired.
Per serving: 170 calories, 6 g fat, 1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 660 mg sodium, 24 g carbohydrates, 2 g fiber, 5 g sugar, 5 g protein

Prep 25 minutes | **Bake** 45 to 60 minutes | **Serves** 4
1 (1-lb.) jicama or 1 lb. Hy-Vee Short Cuts jicama sticks
3 Tbsp. Gustare Vita olive oil, divided
½ tsp. Hy-Vee garlic powder
½ tsp. Hy-Vee chili powder
¼ tsp. Hy-Vee salt, plus additional to taste
¼ tsp. Hy-Vee black pepper, plus additional to taste
4 oz. boneless beef sirloin steak
1 small white onion
½ yellow bell pepper, seeded
½ red bell pepper, seeded
1 Tbsp. minced garlic
3 Tbsp. olive oil mayo
1 Tbsp. Hy-Vee Sriracha sauce
1 tsp. lime zest
1 Tbsp. fresh lime juice
Hy-Vee sour cream or Greek yogurt, for serving
Fresh cilantro, for garnish

1. PREHEAT oven to 400°F. Line a rimmed baking pan with foil. Place a wire rack on top of foil; set aside.
2. PEEL and cut jicama into sticks, if using whole jicama. Cook jicama sticks, covered, in enough boiling lightly salted water to cover for 10 minutes. Drain. Transfer sticks to wire rack. Drizzle with 2 Tbsp. olive oil.
3. BAKE for 45 to 60 minutes or until jicama is brown on the ends, turning sticks over halfway through. Remove jicama from oven. Combine garlic powder, chili powder, salt and black pepper. Sprinkle mixture over jicama sticks; set aside and keep warm.
4. THINLY SLICE steak, onion and bell peppers. Sprinkle with minced garlic, salt and black pepper. Heat remaining 1 Tbsp. olive oil in a large skillet over medium-high heat. Cook steak mixture for 4 to 6 minutes or until meat reaches desired doneness.

5. COMBINE olive oil mayo, Sriracha and lime zest and juice.
6. TOSS fries with cooked meat mixture. Drizzle with Sriracha mixture, top with sour cream and garnish with cilantro.
Per serving: 250 calories, 17 g fat, 3 g saturated fat, 0 g trans fat, 20 mg cholesterol, 300 mg sodium, 15 g carbohydrates, 6 g fiber, 4 g sugar, 7 g protein



FELLOW FRENCH-FRY FRIENDS, FEAR NOT. THESE HAVE DOUBLE THE FIBER OF POTATOES.

JICAMA LOADED FRIES

SOFT, PUFFY STREET
TACO-STYLE TORTILLAS
ARE THE PERFECT SIZE
FOR SNACKING ON A
SLIGHTLY SPICY VERSION
OF LOBSTER SALAD.

30
minutes
or less

LOBSTER ROLL TACOS

Prep 27 minutes
Cook 3 minutes
Serves 5 (2 tacos each)
2 (8 oz. each) lobster tails, thawed if frozen
Hy-Vee salt and black pepper, to taste
2 Tbsp. Hy-Vee salted butter
1 lemon, juiced
¼ cup Hy-Vee no-salt-added black beans, drained and rinsed
1 mango, seeded and chopped
1 large shallot, finely chopped

2 serrano chile peppers, seeded and finely chopped*
2 tsp. agave nectar
¼ tsp. Hy-Vee ground cumin
¾ cup Hy-Vee Short Cuts guacamole
10 (4-in.) flour tortillas, slightly charred
1 Tbsp. fresh oregano leaves
½ tsp. smoked paprika
Additional serrano chile pepper, seeded and sliced; for garnish*
Lime wedges, for serving

1. USE kitchen shears to cut through top of lobster shells. Open shells and carefully

pull out the meat. Chop lobster into ½-in. pieces and season with salt and black pepper. Heat butter in skillet over medium heat until it begins to bubble. Add lobster to skillet and drizzle with lemon juice. Cook about 3 minutes or until lobster is opaque. Remove lobster from skillet.

2. COMBINE beans, mango, shallot and chiles in a medium bowl for salsa. Stir in agave nectar, cumin and salt and black pepper to taste.

3. TO ASSEMBLE, spread 1 Tbsp. guacamole on each tortilla. Divide lobster

and salsa among tortillas. Sprinkle with oregano leaves and paprika and, if desired, chile pepper slices. 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: 440 calories, 16 g fat, 6 g saturated fat, 0 g trans fat, 75 mg cholesterol, 550 mg sodium, 48 g carbohydrates, 7 g fiber, 12 g sugar, 26 g protein

REFRESHING RAINBOW SHAVED ICE

Prep 20 minutes
Cook 20 minutes
Serves 2

2 cups berry blend, strawberry banana, pomegranate blueberry or pineapple passion fruit juice
3 Tbsp. agave nectar
5 cups shaved ice*

1. ADD juice and agave nectar to a medium saucepan. Bring to boiling; reduce heat. Gently boil for 20 minutes or until mixture is reduced to ½ cup and has syrupy consistency. Cool for 10 minutes. Cover and chill until ready to serve.

2. FILL a 12-oz. foam cup or paper cone with 2½ cups shaved ice. Add ¼ cup fruit syrup. Repeat with remaining ingredients. Serve immediately.

***NOTE:** Use a high-power blender to blend small batches of crushed ice.

Per serving: 220 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 70 mg sodium, 53 g carbohydrates, 0 g fiber, 46 g sugar, 1 g protein

TO CREATE A
RAINBOW EFFECT,
REDUCE ALL FOUR FRUIT
JUICES IN SEPARATE
BATCHES AS DIRECTED
AND ADD 1 TBSP. EACH
TO THE ICE.

PHOTO Jay Wilde



Kemps Ice Cream Sandwiches:
select varieties
12 ct. 2/\$7.00



Kemps Sherbet:
select varieties
54 oz. 2/\$7.00





Kemps Ice Cream:
select varieties
132 fl. oz. \$6.99



Kemps IttiBitz Ice Cream:
select varieties
2.9 oz. \$.99



Live Real Farms Smoothies:
select varieties
32 fl. oz. \$2.99




SHAREABLE? MAYBE.

ADORE-A-BOWL.

CAN'T WAIT TO SPOON.

it's okay
to have a
food-crush



Sweet Me Creamery Ice Cream:
select varieties
16 oz. \$3.68

with 7 flavors to choose,
which one will be your favorite?



BRING THE SWEET
Velvety layers. Cookie crumb crust.
Easy as one-two-thaw.



**FIND BOTH IN THE
FREEZER AISLE**

Edwards Premium Pie:
select varieties
25 to 36 oz. \$5.99



SEASONAL
PRODUCE, LEAN
PROTEIN AND
WHOLE GRAINS GO
A LONG WAY FOR
HEALTHFUL MEALS.



Eating for good health doesn't have to empty your wallet. Some of the most nutrient-rich foods are better buys. Whether you're on your own or feeding a family, build healthy meals around these ideas.

\$135
WEEKLY AMOUNT
THE AVERAGE
AMERICAN SPENDS
ON GROCERIES.

WORDS Kristi Chew PHOTOS Tobin Bennett

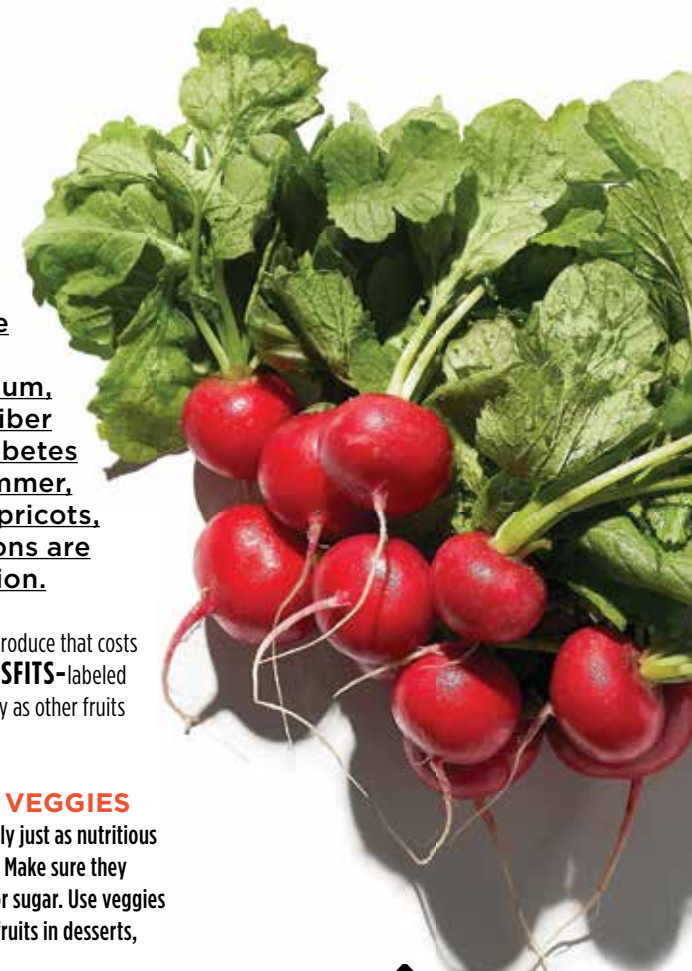
PRODUCE

SHOP IN SEASON

Buying seasonal produce can save money. High in nutrients and low in sodium, fresh produce contains fiber to help lower risks of diabetes and heart disease. In summer, strawberries, peaches, apricots, cherries, plums and melons are at peak flavor and nutrition.

Buy imperfectly shaped or irregular-size produce that costs less than perfect specimens. **HY-VEE MISFITS**-labeled fresh produce is just as nutritious and tasty as other fruits and vegetables and is priced lower.

Buy **FROZEN FRUITS AND VEGGIES** when you can't buy fresh. They're typically just as nutritious and flavorful and have a longer shelf life. Make sure they don't contain added sauces, butter, salt or sugar. Use veggies in soups, stir-fries and power bowls and fruits in desserts, sauces and smoothies.



**NATURAL SUGARS
IN FRUIT ARE MORE
HEALTHFUL THAN
REFINED SUGARS
AND FIBER IN FRESH
FRUIT AND VEGGIES
HELPS KEEP YOUR
BLOOD GLUCOSE
STEADY.**

When it comes to seafood, opt for canned or frozen to stretch your dollar and the shelf life. Buy canned items that are packaged in water and frozen choices without breading or added salt.

MEAT

Buy family-size packages of lean meat or poultry; divide them up and freeze meal-size portions, labeled and dated.

GROCERY

Look beyond meat for protein. Good sources include:

- **Eggs:** They contain all essential amino acids, unlike most other protein food sources.
- **Beans:** A half-cup of black beans has about the same amount of protein as an ounce of grilled lean steak.
- **Dairy products:** Choose low-fat versions of milk, yogurt and cheese. They also contain calcium, and many are fortified with vitamin D.

CAN IT

When you're in a time crunch, use canned beans. Simply drain and rinse the beans, then toss them into a dish.

\$7,020 AVERAGE
AMOUNT AMERICANS
SPEND ON FOOD
EACH YEAR.

\$3,008 of the \$7,020 is spent on eating out. Highest spending categories of groceries annually: nonalcoholic beverages (\$374), bakery products (\$346) and miscellaneous (\$726).

Sources: <http://news.gallup.com/poll/215597/far-american-grocery-shoppers-buck-online-shopping-trend.aspx>
<https://www.bls.gov/cex/2015/combined/cucomp.pdf>
<https://www.supertracker.usda.gov/foodapedia.aspx>



SMART STRATEGIES

“Prepping and planning are the most important things, especially if you’re trying to save money while eating healthfully, and I think a lot of people struggle with it,” says Ashley Reese, MMN, RDN, LMNT. As a Hy-Vee dietitian in Omaha, she advises clients and customers to plan meals around the five food groups—protein, carbs (starches), fruits and vegetables, fats and dairy. “Half your plate should be vegetables, a quarter of it protein, and the other quarter carbs,” Reese says. “It’s my standard meal plan for everyone.” Some tips:

EXTEND THE USE OF FRESH FOODS

- Use romaine lettuce in a salad, and fill wraps another day with leftover lettuce.
- Use fresh bell peppers in salads and in sandwiches, stir-fries or omelets later.
- Bananas, when overripe, can be mashed and used to make banana bread or a smoothie.

OVERLAP INGREDIENTS IN RECIPES

- Use tomato sauce in spaghetti and homemade pizza.
- Put fresh spinach in salads and sandwiches. Add it to pasta or soup. Sauté it as a side dish.
- Add fresh veggies to salads, wraps, omelets and stir-fries; use as pizza toppers.

MAKE EXTRAS

- Hard-boil a dozen eggs; put them back in the egg carton and fridge. Use for protein. Keeps about five days in the fridge.
- Make a pitcher of smoothies; freeze in individual cups.
- Roast a chicken for a meal, and pull meat for soup and wraps later.
- Grill or roast lean meats like pork tenderloin or flank steak. Larger portions can be used for multiple meals.
- Prep a large quantity of soup and freeze individual portions.

STRETCH INGREDIENTS

Pair a small amount of an expensive meat cut, such as beef tenderloin, with brown rice in a veggie-rice pilaf.

“**Prepping and planning** ARE IMPORTANT. LOOK AT EACH MEAL AS, *WHAT CAN I FIT IN FROM THE FRUITS, VEGETABLES, PROTEIN, GRAINS AND DAIRY CATEGORIES?*”

— Ashley Reese, MMN, RDN, LMNT, Omaha Hy-Vee

12.5%
OF AMERICANS’
ANNUAL
HOUSEHOLD BUDGET
IS SPENT ON FOOD
EVERY WEEK.

HyVee
deals

CHECK OUT HUNDREDS OF WAYS TO SAVE MONEY ON YOUR GROCERY BILL, INCLUDING DIGITAL COUPONS, WEEKLY ADS, EXCLUSIVE SALES AND MORE AT [HY-VEEDEALS.COM](https://www.hy-veedeals.com)

Sources (this page and opposite): <https://www.supertracker.usda.gov/foodapedia.aspx>
<https://medlineplus.gov/vitamins.html>
<https://medlineplus.gov/minerals.html>
https://link.springer.com/chapter/10.1007%2F978-1-4615-1061-1_18
<https://ods.od.nih.gov/factsheets/VitaminA-HealthProfessional/>

TOP 10 CHEAP & HEALTHY GROCERY STAPLES



1 BROWN RICE This versatile meal stretcher has significant amounts of fiber plus B vitamins.

2 BEANS Black beans have protein, fiber, potassium and folate and are a good meat substitute.

3 BANANAS Potassium helps nerves and muscles function; it also helps your heartbeat stay regular.

4 WHOLE WHEAT PASTA A versatile low-fat, no-cholesterol meal ingredient.

5 ROMAINE LETTUCE Romaine is a strong source of folate, which helps blood clot. It also has vitamin A for healthy teeth, skin and eyes.

6 SKINLESS, BONELESS CHICKEN BREASTS The base of countless healthful meals, one baked chicken breast contains more than half your protein requirement for the day and has B vitamins for converting food to energy.

7 SKIM MILK A cup has 83 calories. Milk contains calcium, protein, B vitamins and vitamins D (promotes calcium absorption) and A.

8 CANNED TOMATOES One cup delivers 40 percent of your daily vitamin C (protects against cell damage) and more than 100 percent of thiamine needed to process carbs.

9 FROZEN BLUEBERRIES Half a cup has fiber and vitamin K and only about 40 calories.

10 EGGS For a few dollars, get multiple portions of high-quality, low-cal, low-fat protein.

FRESH VEGGIE TIP:
BUY A VEGETABLE
TRAY FOR THE
WEEK AND PORTION
THE ITEMS
FOR HEALTHFUL
SNACKING.





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NEW
BOTTLE

SAME
Honest®
TASTE

NEW ZICO® COCO-LIXIRS

we're coconuts for cold-pressed juice



Zico Coco Lixirs:
select varieties
12 fl. oz. 2/\$5.00



serving
suggestion

MAKE ANY NIGHT A
FLAVOR
FIESTA

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La Victoria Taco Sauce:
select varieties
8 oz. 2/\$4.00



Herdex Guacamole or
Roasted Salsa:
select varieties
15.7 oz. \$3.49



La Victoria Salsa:
select varieties
16 oz. \$2.99



Chi Chi's Tortillas:
select varieties
8 or 10 ct. \$2.39



Chi Chi's Taco Seasoning Mix:
select varieties
.78 oz. \$.89



JOIN IN!
EXERCISE IS FUN,
INSPIRATIONAL
AND HABIT-
FORMING WITH A
GROUP OF LIKE-
MINDED EXERCISE
BUFFS. **GROUP**
WORKOUTS IN
SPIN CYCLING,
YOGA, PILATES, CORE
WORK, AEROBICS,
KICKBOXING AND
MORE CONTINUE
TO RISE AS PEOPLE
EXPERIENCE
STRENGTH IN
NUMBERS.

WORDS Kristi Chew

GROUP DYNAMIC

CLASS ACTION

Stay fired up by exercising with a group. Studies show that it may coax more effort and calorie-burning for some exercisers than working out alone. In addition:

- **Group exercise is social; camaraderie sets in.** Workout mates groan, cheer and sweat along with you.
- **Routines are designed to be consistent and safe.**
- **Instructors guide your movements and offer help.**
- **You learn from the moves of others.**
- **A sense of accountability kicks in; you want to show up and participate.**
- **A sense of competition fires up and you push yourself harder.**

Typical yoga, Zumba, aerobics, core, kickboxing or spin-cycling classes at a gym or studio last 30 minutes to an hour and include appropriate background music to drive and inspire you.

PEER REVIEW

A natural aversion to being the “weakest link” can work positively for you in a group fitness setting. A Kansas State University study illustrates how **you potentially can burn more calories when you work out with someone you perceive to be better than yourself.**

The study, by Brandon Irwin, associate professor of kinesiology, found that exercisers exerted themselves more—increasing workout time and intensity by as much as 200 percent—when they competed against a teammate.

Another study, published in the *Journal of Consulting and Clinical Psychology*, found that **95 percent of those who began a weight-loss program with friends finished the program,** compared to 76 percent completion rate for those who went on their own.



GROUP-BASED, INSTRUCTOR-LED STUDIO WORKOUTS... WILL CONTINUE TO GROW IN POPULARITY.”

— PETE MCCALL, HEALTH AND FITNESS EXPERT,
“8 FITNESS TRENDS FOR 2018,” AMERICAN COUNCIL
ON EXERCISE



ORANGETHEORY

Orangetheory Fitness offers workouts that burn calories up to 36 hours after exercise. The goal is to work out at 84 percent or more of your maximum heart rate for 12 to 20 minutes to put you in the "orange zone." Exercisers wear heart monitors that project their stats on the wall. The fitness company, based in Boca Raton, Florida, has 750 studios nationwide. It plans to open 1,500 more in the next year.

BETTER
TOGETHER

HY-VEE & ORANGETHEORY

To help customers integrate health, fitness and exercise into their daily lives, Hy-Vee has partnered with Orangetheory Fitness to place workout classes in or near Hy-Vee stores. The first is attached to the Hy-Vee store in Shakopee, Minnesota, and another is being developed in West Des Moines, Iowa.

Hy-Vee dietitians will offer Orangetheory members guidance on nutrition, samples of healthful foods, store tours, and the opportunity to order wholesome meal kits before class and take them home after, says Aaron Wiese, Hy-Vee Vice President, HealthMarkets, Health & Wellness Strategy.

The Worldwide Survey of Fitness says group workouts are near the top of 2018 exercise trends, second only to high-intensity interval training—and they're available in groups, too. Try any of these.

HIGH-INTENSITY INTERVAL TRAINING (HIIT)

Short bursts of highly strenuous exercise—generally body-weight exercise like squats, push-ups, crunches and kettlebell moves—followed by short periods of slower recovery movements. Classes last between 10 to 20 minutes. And who can't spare 20 minutes?

INDOOR CYCLING Spinning classes take you through an aerobic workout on a stationary bike that simulates flat roads, climbs and sprints. The more resistance on the bike, the more calories you burn. Instructors aren't shy about shouting encouragement and guidance over loud, driving music.

KICKBOXING A cardio workout of boxing moves, martial arts and aerobics. Many classes include working with punching bags. Kicks, punches and footwork build muscle strength, eye-hand coordination, agility and balance.

YOGA/PILATES Considered mind-body workouts, these classes focus on stretching, core strength, flexibility and balance. Instructors use serene music and verbal encouragement to connect mind to the movements.

ZUMBA This cardio workout has your group dancing to Latin and other international music to burn calories. People are often encouraged to morph into their own moves—the focus is on energetic movement and fun.

BOOT CAMPS These classes forgo exercise machines to provide military-style workouts using sandbags, medicine balls, resistance bands, battle ropes and tires. Jumping jacks, squats, lunges and other dynamic exercises are in the mix. Boot camp classes, offered indoors and out, ramp up full-body strength and stamina.

ORANGE ZONE

The 24 Orangetheory exercisers in each class at the Shakopee, Minnesota, Hy-Vee spend 30 minutes on cardio, 30 minutes strength-training, and an hour of cheering each other on, says David Mesarch, Minnesota Director of Technology and Marketing for OTF. "The community within our studio is ridiculous. It's off-the-charts positive," says Mesarch. Exercisers run on a treadmill, row and work on resistance training as one coach guides them through the routines and the other helps people with their form.



HEALTH AND WELLNESS IS A STRATEGIC PILLAR FOR HY-VEE.

ORANGETHEORY IS THE FASTEST-GROWING FRANCHISE IN THE U.S. WE'RE COMPLEMENTARY... YOU NEED CARDIO AND STRENGTH TO COMPLEMENT A GOOD DIET."

— AARON WIESE,
HY-VEE VICE PRESIDENT,
HEALTHMARKETS, HEALTH &
WELLNESS STRATEGY

Research has shown that speeding up exercise for short intervals, such as in HIIT, can result in nearly twice the amount of weight loss than non-HIIT, while spending one-third less time exercising.

PHOTOS UfaBizPhoto/Shutterstock

HAVE A BALL



WORDS Beau Berkley PHOTOS Tobin Bennett

STROLLING PAST YOUR GYM'S STABILITY BALLS MIGHT MEAN PASSING ON MUSCLE GAINS.

USE STABILITY BALLS
TO HONE IN ON
SELDOM WORKED
STABILIZER MUSCLES
AND CHALLENGE
YOUR MIDSECTION
WITH INVENTIVE
VARIATIONS OF
COMMON EXERCISES.

STABILITY BALLS WERE FIRST DEVELOPED IN ITALY

and used primarily by physical therapists in Switzerland. Today, stability balls are still therapeutic mainstays and are used by gym-goers to build strength and endurance while working stabilizer muscles in the core and pelvis. Despite the name, what gives the stability ball an edge over other fitness tools is actually instability. Because users can't rely on a flat, motionless surface to prop themselves up, muscles in the abdominals, hips and back must be constantly engaged to support the body through an exercise. Fine-tuning those three areas will improve balance, posture and intermuscular coordination. Exercises

that engage multiple muscles burn more calories. Many stability ball exercises are modified versions of other exercises, like push-ups, sit-ups or hamstring curls. Standard push-ups with feet on the ground build the upper body, specifically the chest and triceps. By placing your toes on a stability ball, you not only get upper-body benefits, but also work your core, those muscles that keep your hips and lower back in line.

Stability balls aren't one-size-fits-all. To optimize each exercise, pick the right ball for your height. Daira Driftmier, certified personal trainer and director of Hy-Vee KidsFit and Hy-Vee Fitness, recommends sitting on a ball as you would a chair. If your knees are at a 90-degree angle, it's the right size. More than 90 degrees means it's too big, and less means it's too small.

A BALL OF MANY NAMES

DON'T BE CONFUSED IF YOU HEAR THESE NAMES THROWN AROUND IN DIFFERENT GYMS. THEY'RE ALL THE SAME THING.

- Stability ball
- Swiss ball
- Exercise ball
- Gymnastic ball
- Therapy ball
- Fitness ball

“TAKING A MASTERED MOVEMENT AND SWITCHING IT UP
BY USING THE STABILITY BALL CAN ADD A WHOLE NEW
LEVEL OF DIFFICULTY TO THE EXERCISE.”

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

Sources: <https://www.acefitness.org/education-and-resources/professional/expert-articles/5811/5-benefits-of-compound-exercises>
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<https://www.acefitness.org/education-and-resources/lifestyle/blog/3173/4-creative-stability-ball-exercises>

10 STABILITY BALL MOVES

1. DEADBUG

Targets abdominals and obliques.

Lie on your back, feet up with knees bent, holding stability ball between your hands and knees. Keep the ball in place with your left hand and right knee. Reach your left leg and right arm straight out until both are parallel and a few inches from the floor. Return to the starting position. Alternate.



2. HAMSTRING CURL

Give your thighs, hips and glutes a challenge with this lower-body exercise.

Lie on your back with heels on a stability ball and your legs straight. Squeeze your glutes and bring your hips off the floor. Drag your heels toward you to roll the ball until your knees form a 90-degree angle. Slowly roll back to starting position.



3. V-PASS

Core muscles are under tension throughout this two-part move.

Lie on your back with legs on the floor, holding stability ball overhead with both hands. Simultaneously lift arms and legs and place the ball between your calves, creating a "V." Lower back down to the starting position, with the ball between your legs. Repeat the movement, passing the ball back to your hands.



4. PUSH-UP

Build up pectoral muscles in the chest while also working your midsection.

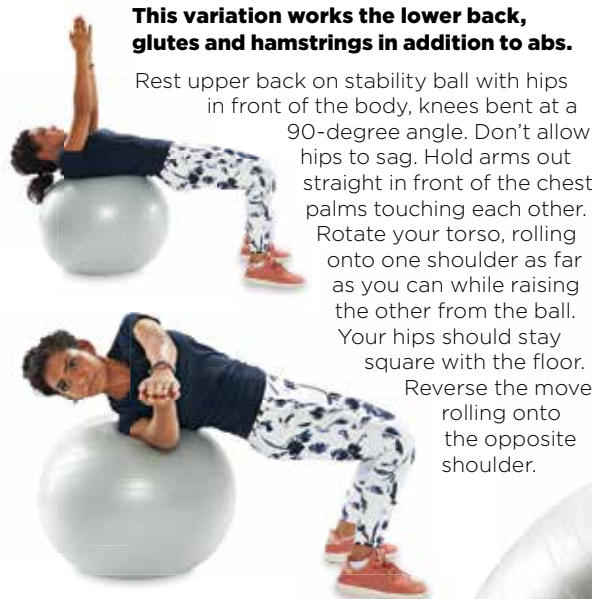
Place toes on stability ball, extending your body until it is straight with hands directly underneath your shoulders. Bend your elbows and lower your chest toward the floor, keeping elbows tucked close to your body. Press your upper body back to the starting position.



5. RUSSIAN TWIST

This variation works the lower back, glutes and hamstrings in addition to abs.

Rest upper back on stability ball with hips in front of the body, knees bent at a 90-degree angle. Don't allow hips to sag. Hold arms out straight in front of the chest, palms touching each other. Rotate your torso, rolling onto one shoulder as far as you can while raising the other from the ball. Your hips should stay square with the floor. Reverse the move, rolling onto the opposite shoulder.



6. STABILITY BALL PLANK

Works ab and back muscles that engage to keep your body flat.

Place toes on stability ball, extending your body until it is straight with hands directly underneath your shoulders. Hold for 30 seconds.

7. KNEE TUCKS

This move strengthens and tones core muscles.

Place feet on stability ball, extending your body until it is straight with hands directly underneath your shoulders. Bend your knees to roll the ball toward your hands until only your toes are resting on the ball. Do not allow hips to sag. Slowly straighten your legs back behind you.



8. ROLLOUT

The abs and lower back are the primary movers while hamstrings assist.

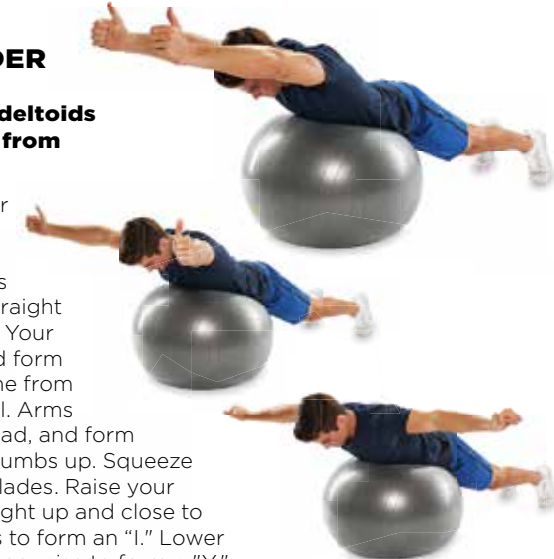
Kneel with knees hip-width apart and place your hands on the stability ball. With arms straight and back flat, roll forward until the ball comes to your forearms and your body forms a straight line. Slowly roll back to the starting position.



9. I-Y-T SHOULDER RAISE

Give your deltoids a workout from all angles.

Lie with your stomach on the stability ball and legs extended straight behind you. Your body should form a straight line from head to heel. Arms straight ahead, and form fists with thumbs up. Squeeze shoulder blades. Raise your arms straight up and close to your ears to form an "I." Lower arms, then raise to form a "Y." Lower arms, then raise to form a "T."



10. SINGLE LEG HIP THRUST

Target glute and hamstring muscles while strengthening the lower-back.

Lie on your back with both feet on the stability ball, legs bent at a 90-degree angle and arms by your side. Lift one foot off the ball and extend it straight out. Squeeze your glutes and bring your hips off the ground. Lower hips back to ground.



View these **Stability Ball Moves** in action. Watch the tutorial at [youtube.com/Hy-Vee](https://www.youtube.com/Hy-Vee)

"I THINK EVERYONE CAN BENEFIT BY INCORPORATING THE STABILITY

BALL INTO THEIR WORKOUT ROUTINE." — DAIRA DRIFTMIER, CERTIFIED PERSONAL

TRAINER AND DIRECTOR OF HY-VEE KIDSFIT AND HY-VEE FITNESS

SUMMER

BURN



THE GRASS IS GREEN (AND A LITTLE LONG) AND THE SUN IS SHINING—A GREAT TIME TO BREAK A SWEAT. IF THE WALLS ARE CLOSING IN ON YOU, GET OFF THE COUCH, PUT ON YOUR WALKING OR RUNNING SHOES AND HEAD OUT THE DOOR.

WORDS Beau Berkley

SPORTS

ARE YOU SPENDING MORE TIME INSIDE THAN YOU REALIZE? MAYBE SO. ACCORDING TO THE ENVIRONMENTAL PROTECTION AGENCY, AMERICANS ON AVERAGE SPEND 90 PERCENT OF THEIR TIME INDOORS. THAT INCLUDES WHAT WE DO FOR OUR HEALTH.



FACT: VITAMIN D, THE SUNSHINE VITAMIN, CAN HELP PREVENT OSTEOPOROSIS.

The remedy to this indoor ailment is simple: Just walk out the door. And keep walking. You'll soak up bone-fortifying vitamin D from the sun while burning ample calories.

According to Harvard Medical School, a 155-pound person can burn nearly

150 calories while walking at a leisurely pace for 30 minutes. Want to turn up the heat? Go for a run or toss a Frisbee with friends or your dog. Need some alone time? Hike on a trail or tend to the grass in the backyard. The potential for adventure is nearly limitless, and so are the benefits.



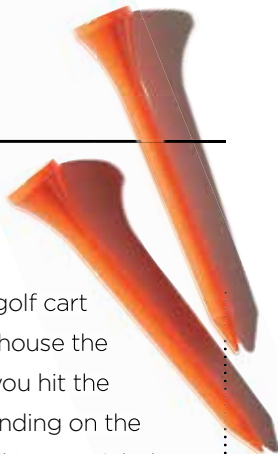
ANY WAY YOU SWING IT

Satisfy your competitive spirit and burn calories at the same time. The sports below will help get your body into the swing of things for an active summer.

Like other racket sports, badminton improves lateral quickness and hand-eye coordination, and it fires up your metabolism. Turn a friendly volley into a heated match by challenging that ultracompetitive relative to a game at the next family outing.

Softball leagues are some of the most popular options for those who want to stay active and competitive. Even if you're a novice in the batter's box, softball or baseball can improve hand-eye coordination and reaction time.

Leave the golf cart at the clubhouse the next time you hit the links. Depending on the course, walking an 18-hole round adds 4–8 miles and more than 10,000 steps—not including wandering the tree line in search of lost balls.



BURN IT

CALORIES BURNED IN 30 MIN. (155 POUNDS)

SPORTS	
SWIMMING	223
RUNNING (12-MINUTE MILE)	298
TENNIS	260
GOLF (WALKING)	205
FRISBEE	112
BICYCLING (15 MPH)	372
SOCCER	260
BADMINTON	167
SOFTBALL	186
BEACH VOLLEYBALL	298
KICKBALL	246

LEISURE	
KAYAKING	186
HIKING	223
ROCK CLIMBING	298
ARCHERY	130
HORSEBACK RIDING	149
IN-LINE SKATING	386
JUMPING ROPE	372
WALKING (17-MINUTE MILE)	149
SNORKELING	186
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PHOTOS Tobin Bennett

PHOTO Jacob Lund/Shutterstock

OUTDOOR EXERCISE INCREASES PHYSICAL ACTIVITY LEVEL AND MAY REDUCE STRESS AND IMPROVE MOOD AND SELF-ESTEEM.



Go the scenic route when picking an exercise spot. Yoga in the park instead of the gym pares down stress even more. A hike along a riverside trail works cardio and core muscles as it soothes the soul. A barefoot walk along the beach works calves while providing thought-provoking scenery.

Up for a challenge? Give your upper body a workout with a day of kayaking. It forces paddlers to use their torso and legs to turn and maneuver. In addition to increasing arm and back strength, kayaking is low-impact and protects your joints.

TAKE YOUR ROCK-CLIMBING WORKOUT OUTSIDE. YOU'LL GET AN UPPER-BODY WORKOUT, ESPECIALLY IN THE SHOULDERS, AND IMPROVE YOUR FLEXIBILITY AND AGILITY.

For a weekend of heart-pumping adventure, seek out a state or national park and rough it under the stars. You'll be forgiven if you stay in an RV, because you'll still have access to hiking trails, waterways and trees to climb.

PHOTOS Tobin Bennett (shoe, sprayer, basil), Sergiy1975/Shutterstock (mower)

YARD WORK



Put a dent in a lengthy summer to-do list by turning your yard chores into outdoor gym sessions. According to Harvard Medical School, a 155-pound person can burn up to 167 calories mowing

the lawn for 30 minutes with a push mower. Raking, cleaning gutters and painting the house burn plenty of calories while helping you meet your vitamin D requirements.

FACT: WIND RESISTANCE WHILE RUNNING OR CYCLING OUTDOORS CAN HELP YOU BURN MORE CALORIES.
— AMERICAN COUNCIL ON EXERCISE

HYDRATION



Your body needs water to stay strong and healthy, especially during summer. Any exercise induces sweating, your body's way to cool off. Sweating may mean you're working hard—it also means you're losing water. Replace it quickly to lubricate joints, transport nutrients to cells and remove waste.

TAKE ROOT

If you garden for just 2½ hours a week at moderate intensity, you may **reduce the risk of obesity, high blood pressure, diabetes, osteoporosis and**

depression, health experts say. Weeding, watering, planting and pruning does more than that, however. It also fosters mental clarity and feelings of reward.

In addition, if you grow your own produce, you'll consume more fruits and vegetables, which can lower cholesterol and blood pressure.



GARDENING incorporates elements of moderate to intense exercise—pushing, pulling, lifting and stretching. You work multiple muscles at one time and also improve balance.

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1448497/>
<https://www.health.harvard.edu/blog/health-benefits-of-hiking-raise-your-heart-rate-and-your-mood-2016092810414>
<https://www.betterhealth.vic.gov.au/health/healthyliving/canoeing-and-kayaking-health-benefits>
<https://www.nhs.uk/Livewell/fitness/Pages/rock-climbing-health-benefits.aspx>
http://msue.anr.msu.edu/news/what_are_the_physical_and_mental_benefits_of_gardening
<https://www.acefitness.org/education-and-resources/lifestyle/blog/5911/6-benefits-of-exercising-outdoors>

GET A FUN WORKOUT—DIVE INTO PADDLEBOARDING



WORDS Hilary Braaksma PHOTOS Tobin Bennett

WHAT'S SUP?

Paddleboards are more than laid-back lake toys. If you're looking for a total-body workout that's easy on joints and fun for friends and family, add stand-up paddleboarding (or SUPing) to your summer to-do list.

OVER HALF OF PEOPLE WHO PARTICIPATE IN STAND-UP PADDLEBOARDING EVERY YEAR ARE **FIRST-TIMERS**.

ONE OF THE BEST THINGS ABOUT STAND-UP PADDLEBOARDING is that it's accessible to people at almost all fitness levels—the exercise is low-impact and gentle on the joints and can be performed standing, sitting or kneeling.

A paddleboard is similar to a surfboard, but the dimensions are larger—recreational paddleboards are between 9 and 12 feet long, and 29 to 36 inches wide. The paddle should be 6 to 8 inches taller than the user and is used with the blade facing forward.

Paddleboarding is a total-body workout that engages arms, legs, and core muscles—the transverse abdominis and rectus abdominis. When performed at a quick enough pace, paddleboarding is also a cardio workout.

Practice makes perfect, and improving technique burns more calories. Expect to burn 300–400 calories during an hour of leisurely paddleboarding.

FOR THOSE WITH ORTHOPEDIC PROBLEMS, PADDLEBOARDING IS A SAFE ALTERNATIVE TO JOGGING, BIKING OR WALKING.

Paddleboarding is a sport with decades of history and a growing list of devotees. In fact, there are more than 150,000 paddleboarders in the U.S. While people have been stand-up paddling for centuries, the modern incarnation began in the 1990s with professional surfer Laird Hamilton. Since then, the giant surfboard and those who paddle it have moved inward from ocean coasts to the lakes of the Midwest.

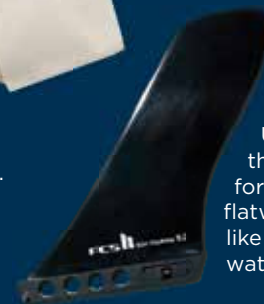
GEAR UP

PADDLEBOARDS RANGE IN PRICE FROM AROUND \$500 TO UPWARDS OF \$3,000

RAIL TAPE can be applied to any board with narrow rails. It protects the edges of the board from cosmetic damage while minimizing drag. Its transparency also preserves the aesthetic of your board.



THE FIN attaches under the tail of the paddleboard. It helps you move forward in a straight line during strokes rather than in circles. Use a fin that's suited for exploring flatwater areas like lakes and waterways.



A LEASH that's coiled and attaches at the ankle keeps you from losing your board. The ankle attachment allows plenty of leg room to swim back to your board, and the coil minimizes drag while you paddle.



Q&A

Mike Rus, owner of SUP Red Rock in Otley, Iowa, is a board-certified trainer through the Professional Stand Up Paddle Association (PSUPA).

Q HOW DID YOU FIRST GET INTO PADDLEBOARDING?

A My first experience was in Austin, Texas, and I have been hooked ever since! When I moved to the Midwest for college, I always missed the ocean. I started SUP Red Rock because I wanted to share this opportunity with as many people as possible.

Q WHO SHOULD TRY PADDLEBOARDING?

A Paddleboarding is for nearly everyone! We have 7-year-olds to 70-year-old people come out and have a blast. You don't have to stand the whole time; you can sit, lie down or even paddle from your knees. It's one of those experiences where after you're done you say, "Wow, I am so glad we tried that!"

Q IS IT MORE FUN AS A GROUP OR SOLITARY ACTIVITY?

A Groups are the way to go—nothing better than to watch your friends and family fall in! If you don't have a group, I would recommend trying one of our SUP yoga classes. They are entry level and always make for an awesome experience!

Q WHAT TIPS WOULD YOU GIVE TO FIRST-TIMERS?

A Make sure you work with someone who knows paddleboarding inside and out, and be in a location that has little or no wake. Best time of the year [to try] would be mid-June when the water starts to warm up and is enjoyable if you happen to fall in—remember, falling in is just part of the fun!

1/2 THE SUGAR*

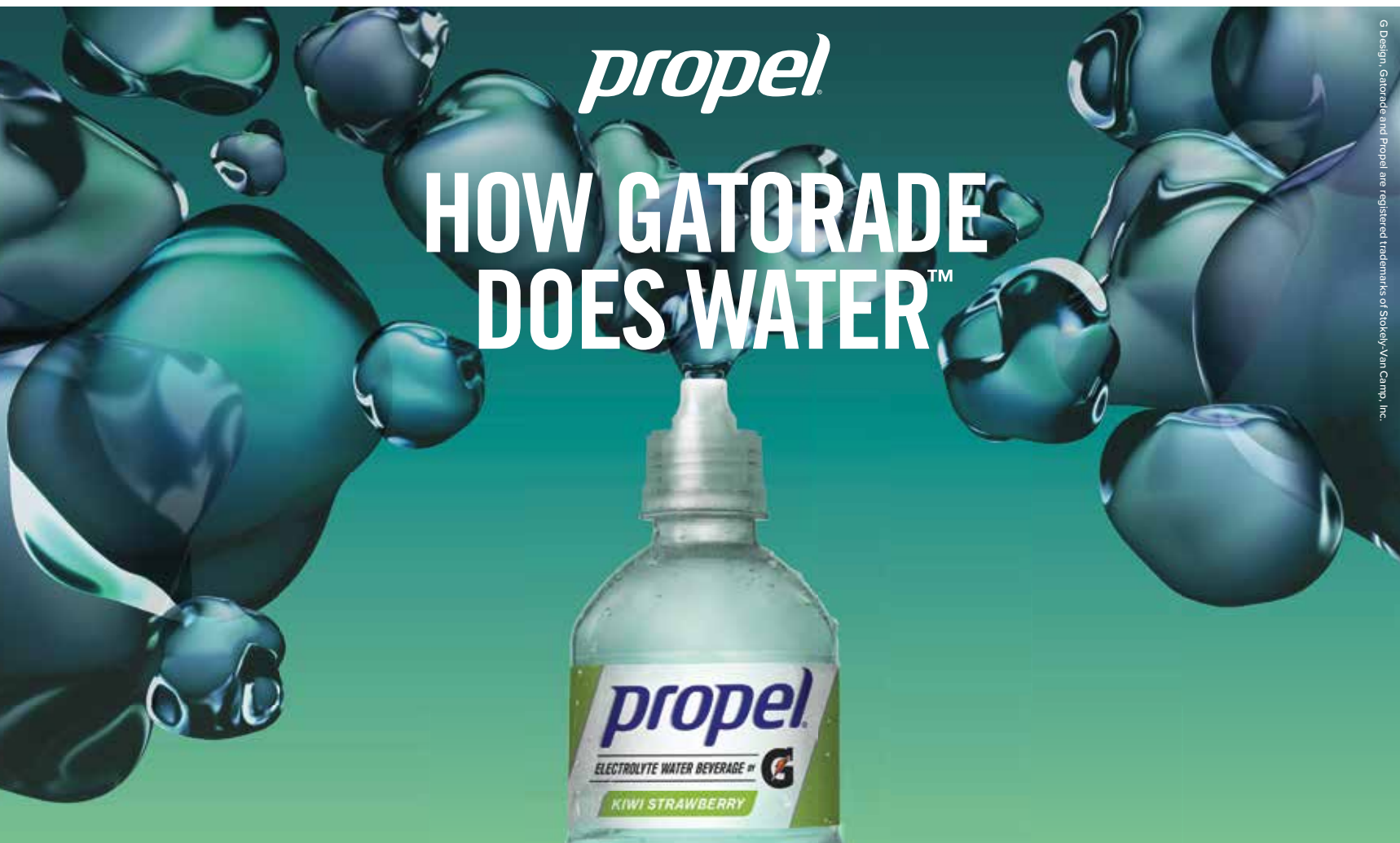


ALL THE ELECTROLYTES

*1/2 the sugar of regular Gatorade (21 grams v. 7 grams per 12 oz.)
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MADE FOR ATHLETES



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HOW GATORADE DOES WATER™

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Maid S'Mores Cereal:
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19 or 21 oz. \$3.99



Post Honey Bunches Of Oats
or Pebbles Family Size Cereal:
select varieties
15 or 18 oz. \$3.29



Mom's Best Natural Cereal:
select varieties
13 to 24 oz. 2/\$6.00



Post Shredded Wheat Cereal:
select varieties
15 to 18 oz. \$2.49



Post Great Grains,
Grape Nuts or Bran Cereal:
select varieties
13.5 to 25 oz. \$3.15



FIND THE RIGHT BALANCE FOR YOU.

WE ALL TH

[MEN'S]

REAL MEN GO TO THE DOCTOR. THAT'S RIGHT—AND THEY TAKE CARE OF THEMSELVES WITH GOOD NUTRITION, A FITNESS PLAN AND HEALTH SCREENINGS. SO IF YOU'VE BEEN SIDESTEPPING THE ISSUE, IT'S TIME TO OWN YOUR HEALTH!

WORDS Kristi Chew, David Krause and Wanda Ventling
PHOTOS Tobin Bennett

TAKE CHARGE FOR BETTER HEALTH

Maintaining good health isn't necessarily complicated but it does require owning your body and making intentional, wise choices to keep it running well. Let's be honest—the stats aren't in a guy's favor. Men who suffer from disease or depression are less apt than women to seek even routine medical and dental appointments.

Men die at a faster rate (41% higher) and younger than women and they suffer greater

illness during their lives, according to *Harvard Men's Health Watch*. Men also take greater risks with their health—whether it's drinking alcohol or smoking, driving fast or not wearing seat belts. According to a 43-year study by the Centers for Disease Control and Prevention, men even have a higher likelihood than women of being struck by lightning!

Look at the stats, then make an effort to change them. We'll show you how.

6 SHOCKERS ABOUT MEN'S HEALTH:

1 | Worldwide, men die younger than women. In the U.S. men live 5 fewer years than women, 76.3 to 81.2 years (CDC).

2 | MEN HAVE AN INCREASED RISK OF DYING FROM HEART DISEASE AND AT A YOUNGER AGE THAN WOMEN (HARVARD).

3 | Men are less likely to go to the doctor (CDC/Orlando Health hospital survey).

4 | Men are less likely to brush their

teeth, floss daily and get regular dental check-ups, which increases the risk of gum disease and inflammatory diseases. (American Academy of Periodontology).

5 | MEN ARE MORE LIKELY TO USE TOBACCO—40% OF MEN AND 9% OF WOMEN SMOKE WORLDWIDE (WORLD HEALTH ORGANIZATION).

6 | Men have a higher rate of suicide (Harvard).

MACRO MANAGEMENT

Macronutrients, which provide calories, or energy, to fuel body functions, are called macronutrients because you need relatively large amounts of them. Protein, carbohydrates (sugars) and fats (lipids) are the three macronutrients needed for a healthy diet with amounts needed based on activity, age and body dynamics.

FATS Aid in the absorption of vitamins; improve brain and cell functions and skin.

GOAL: 20-35% OF DAILY TOTAL CALORIES

PROTEIN Helps repair/rebuild cells, promotes growth and development, and optimizes immune function and hormone levels.

GOAL: 10-35% OF DAILY TOTAL CALORIES

CARBOHYDRATES Sugars (glucose) and starch your body burns for energy.

GOAL: 45-65% OF DAILY TOTAL CALORIES

Micronutrients are vitamins and minerals that you need in smaller amounts and that your body uses for normal growth and development.



PROTEIN SOURCES
MEAT, FISH, POULTRY,
EGGS, SEEDS, NUTS,
BEANS, LEGUMES,
TOFU



GOOD FATS
AVOCADOS,
SEEDS, NUTS,
OLIVE OIL,
FATTY FISH,
COCONUT OIL



HEALTHY CARBS
BROWN RICE,
CHICKPEAS,
FRUITS,
VEGETABLES



SPORTS NUTRITION

WE'VE ALL EXPERIENCED IT. THE *I CAN'T GO THE DISTANCE* FEELING IN THE MIDDLE OF AN INTENSE WORKOUT OR PHYSICALLY DEMANDING SPORT. IT COULD BE DUE TO THE LACK OF, (OR INEFFICIENT) FUEL IN YOUR BODY. HERE ARE TIPS TO FEED YOUR BODY MORE EFFICIENTLY.

High-energy foods are the same for men, women and children. The difference, according to the American Dietetic Association, is that men who typically have larger bodies and greater muscle mass, require more calories and energy to burn. Check out these high-octane foods:

Whole Grains contain all of the nutrient-rich parts of the grain and more fiber than refined grains. They also furnish B vitamins to convert food to energy and minerals for cell metabolism and immune function.

Fruits & Veggies provide glucose for energy; their antioxidants foster a strong immune system and healthy prostate.

Low-Fat Milk & Yogurt are heart-healthy protein alternatives to red meat and high-fat cheese. Supplies glucose, protein and vitamin B-12 that helps you make red blood cells.

Nuts & Seeds supply protein without the saturated fat.

HELP TO BUILD A BETTER BODY

Want a customized plan for your diet? Set an appointment with a Hy-Vee dietitian. You'll get personal, professional advice to learn the best path to better health. Go to Hy-Vee.com.

52

PERCENT OF AMERICAN
ADULTS TAKE ONE
OR MORE DIETARY
SUPPLEMENTS.

—JOURNAL OF THE AMERICAN
MEDICAL ASSOCIATION

SUPPLEMENTS AREN'T THE
SAME AS WHOLE FOODS.
THEY DON'T CONTAIN
OTHER NUTRIENTS THAT
FOOD HAS.

BEFORE TAKING DIETARY SUPPLEMENTS, READ THE
LABEL. MAKE SURE IT WON'T GIVE YOU SIDE EFFECTS.

SUPPLEMENTAL HEALTH

IN GENERAL, IT'S BEST TO GET YOUR NUTRIENTS FROM FOOD. But even with a balanced diet you may fall short of certain nutrients. As we get older, our ability to absorb some vitamins and minerals may decrease. Sometimes a supplement can fill the gap. In addition, some supplements help to fuel workouts and activity. Many people take **protein** supplements for muscle repair and growth. **Selenium** is a mineral that helps your body's antioxidant defense system. **Riboflavin** (vitamin B2) helps metabolize carbs, protein and fats for energy; some people take it to fight migraines and cataracts. **Omega-3 fatty acids** are a good supplement for those who dislike fatty fish; they supply essential fatty acids needed for heart and brain health.

THE DEPARTMENT OF HEALTH AND HUMAN SERVICES RECOMMENDS AT LEAST 150 MINUTES OF MODERATE OR 75 MINUTES OF VIGOROUS AEROBIC ACTIVITY EACH WEEK.

MUSCLE HUSTLE

HERE'S A COMPELLING REASON TO KEEP WORKING OUT: AFTER AGE 30 YOU CAN LOSE AS MUCH AS 5 PERCENT OF YOUR MUSCLE MASS PER DECADE THEREAFTER. MOST MEN WILL LOSE ABOUT 30 PERCENT OF THEIR MUSCLE MASS DURING THEIR LIFETIMES, SAYS THE HARVARD MEDICAL SCHOOL'S HARVARD HEALTH PUBLISHING. SOME RESEARCH SUGGESTS DECREASED TESTOSTERONE, CALLED SARCOPENIA, MAY BE A FACTOR IN THIS NATURAL MUSCLE LOSS.

PRESERVE MUSCLE
PROGRESSIVE
RESISTANCE
TRAINING—GRADUALLY
AMPING UP WEIGHTS,
REPS AND SETS—IS
ESPECIALLY EFFECTIVE
FOR PRESERVING
MUSCLE MASS.
SAYS HARVARD
MEDICAL SCHOOL.
THE CONSTANT
CHALLENGES BUILD
MUSCLE.

WHY WORK OUT?

According to a *health.gov* 2018 report, the newest research supports these findings by the 2008 Physical Activities Guidelines: "Physical activity reduces the risk of many adverse health outcomes." In addition to disease prevention benefits, the report says that regular physical activity provides a variety of benefits that help people sleep better, feel better, and perform daily tasks more easily. The report also says some health benefits can occur immediately, on the same day the physical activity is performed.

The 2018 Physical Guidelines Committee report further states that physically active adults will also benefit from:

- Decreased risk of certain cancers, dementia and excessive weight gain
- Improved quality of life and sleep
- Reduced feelings of anxiety and depression



DANGEROUS WAIST!

Belly fat is not only the padding under your belt, it's also deep inside the body surrounding your internal organs. It's a dangerous fat, according to the Mayo Clinic, because it increases your risk of:

- cardiovascular disease
- insulin resistance and type 2 diabetes
- colorectal cancer
- premature death from any cause
- high blood pressure

35%
OF MEN AGE 20 AND OLDER
ARE OBESE.

Sources: <https://www.niddk.nih.gov/health-information/health-statistics/overweight-obesity>
<https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/fitness-training>
https://health.gov/paguidelines/second-edition/report/pdf/PAG_Advisory_Committee_Report.pdf
<https://www.health.harvard.edu/staying-healthy/preserve-your-muscle-mass>

PUMPING IRON

CHALLENGE ALL YOUR BODY PARTS. YOU'LL BENEFIT FROM AN OVERALL WORKOUT THAT USES ALL MUSCLES, JOINTS AND TENDONS. THE MAYO CLINIC RECOMMENDS INCORPORATING THESE TYPES:



AEROBIC
exercise, also called cardio or endurance, uses large muscle groups and revs up your heart rate. Examples: jogging, biking, swimming.



STRENGTH
training builds muscle and overall strength using resistance moves on machines or with weights or bands, while improving your ability to do everyday activities.



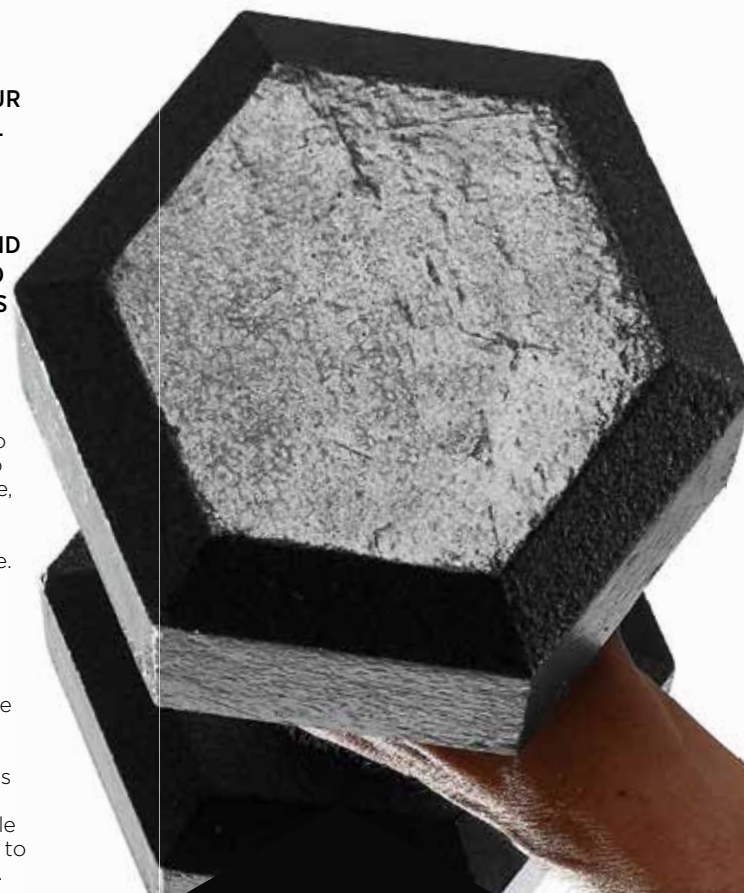
CORE
workouts help train the muscles in your abdomen, lower back and pelvis to support your spine. Planks, sit-ups and exercises with stability balls can help strengthen your core.



BALANCE
routines also help you stabilize your core. Stand on one leg for increasing lengths of time, or try tai chi.



STRETCHES
elongate muscles and provide flexibility needed for workouts and for everyday activities.



WITH THE FLOW

Aerobic exercise makes you breathe faster and more deeply, which increases blood flow to your muscles and back to your lungs. Being aerobically fit means your heart, vessels and lungs efficiently move oxygen throughout your body.

REV IT UP
Get results in shorter time with high-intensity interval training (HIIT). Alternate short bursts (1-2 minutes) of rigorous exercise with regular-level exercise.

WARM & COOL

Always warm up before a workout by moving at a slower pace, then gradually increase the pace. Cool down afterward to bring your heart rate to normal. Both help to avoid muscle strain and other injuries.

BALANCE EXERCISES
ARE A GOOD IDEA
FOR OLDER ADULTS.
BALANCE TENDS TO
DECREASE WITH AGE.

The doctor will see you now:
These screenings are widely
recommended for men's health.

18%
OF U.S. MEN AGE 18 AND OVER SMOKE

HEALTH SCREENINGS

AGES 18–49

Blood pressure:

Check it at least every 2 years; more often if it runs high, which could suggest heart disease.

Cholesterol: Test every 5 years, more often if you have risk factors for heart disease.

Colorectal: Get tested for this cancer if you have inflammatory bowel disease.

Diabetes: At least every 3 years, and more often if you're overweight or have risk factors for type 2 diabetes.

HIV: Anyone at risk for infection should be tested.

Skin cancer: Have your doctor check for anything suspicious-looking during routine exams.

STOP PUTTING IT OFF!

IT'S A FACT: MEN ARE LESS LIKELY THAN WOMEN TO GET ROUTINE PHYSICAL EXAMS. A SURVEY BY THE AMERICAN ACADEMY OF FAMILY PHYSICIANS FOUND THAT 55 PERCENT HAD NOT SEEN A DOCTOR THE PREVIOUS YEAR, AND 30 PERCENT SAID THEY "WAIT AS LONG AS POSSIBLE" TO SEEK MEDICAL ATTENTION WHEN SICK OR IN PAIN.

AGE 50+

Blood pressure:

Check it at least every 2 years; more often if it runs high, which could suggest heart disease.

Cholesterol: Test every 5 years, more often if you have risk factors for heart disease.

Colorectal: Get a fecal occult blood test annually, a sigmoidoscopy every 5 years or a colonoscopy every 10 years.

Diabetes: At least every 3 years, and more often if you're overweight or have risk factors for type 2 diabetes.

Skin cancer: Have a doctor check anything suspicious-looking during routine exams.

Note: When and whether men should have a Prostate-specific antigen (PSA) test has become controversial. Check with a doctor.

EVEN IF YOU FEEL FINE, YOU SHOULD SCHEDULE REGULAR CHECKUPS TO HELP PREVENT FUTURE HEALTH PROBLEMS.



Q: HOW DO YOU DEFINE FITNESS FOR MEN?

A: Aim to maintain a body mass index lower than 25 and higher than 18 to be in the healthy range of fitness based on weight.

Q: HOW DO YOU COUNSEL YOUR PATIENTS REGARDING FOOD & NUTRITION?

A: I recommend following a Mediterranean-style diet for both men and women. This diet emphasizes plant-based eating more so than animal-product eating.

Q: HOW CAN MEN ACHIEVE AND MAINTAIN FITNESS?

A: The single most important recommendation I give both men and women is to maintain physical activity and exercise throughout their lives to help maintain normal metabolism.

Q: WHAT FOODS DOES THE MEDITERRANEAN DIET EMPHASIZE?

A: Fruits, vegetables, salads, whole grains, and seeds and nuts as the main portion of the meal with low-fat meat and dairy products in small portions.

Q: WHY IS BELLY FAT SO DANGEROUS TO MEN?

A: There's a statistical correlation of a higher rate of cardiovascular disease in men who have belly-fat obesity.

Q & A WITH DALE STEINMETZ, M.D., A FAMILY PHYSICIAN WITH MERCY CLINICS IN CLIVE, IOWA

Q: WHAT ABOUT TESTOSTERONE REPLACEMENT PRODUCTS?

A: Testosterone replacement shouldn't be needed in a man who has normal, gradual lowering testosterone levels that are part of aging.

Q: HOW ELSE IS BELLY FAT HARMFUL TO MEN'S HEALTH?

A: With increasing body-fat percentage, fat tissue actually breaks down testosterone. So as a man's body-fat percentage increases, it breaks down his testosterone even further.

Q: SHOULD MEN BE TAKING DIETARY SUPPLEMENTS?

A: If you follow a Mediterranean diet with a good variety of foods, you shouldn't require any supplementation. From a purely academic standpoint, supplements aren't needed.

Q: WHAT MISCONCEPTIONS ABOUT HEALTH DO YOU SEE AMONG MEN?

A: The most prevalent misconception is the idea that men need to feel like they're 18 again, buying into advertising for testosterone supplementation.



Show dinner who's boss.

Busy evenings are no match for you when you have Hy-Vee Mealtime Kits. With fresh ingredients and chef-inspired recipes, you can take charge and cook delicious homemade meals by dinnertime. Plus, there's no subscription or monthly fee. Just pick up a kit in store when it's convenient for you.

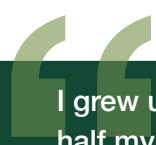
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I grew up in the city, married a farmer and have now spent more than half my life on the farm. We're the fourth generation to farm this land. I'm proud to be involved in growing food, fiber and fuel for my family and others. We eat the food we produce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





US

UNDER YOUR

FOR SOME OF US, LOVING THE SKIN WE'RE IN IS MADE DIFFICULT BY DRYNESS, ACNE, ECZEMA OR A HOST OF OTHER ISSUES. BUT LOOKS AREN'T THE ONLY THING IN DANGER WHEN OUR SKIN IS UNHEALTHY. OUR SKIN IS A VITAL ORGAN (THE BODY'S LARGEST) THAT PROVIDES NUTRIENTS, PROTECTS AGAINST INFECTION AND HELPS REGULATE BODY TEMPERATURE.

So how do we ensure that we give our skin the TLC it needs to stay healthy? Should we scrub? How do we cleanse? Which SPF do we need? We asked some dermatologists to give us the skinny on skin care for a healthy, youthful appearance.

We know the look of healthy skin—firm, smooth, clear and radiant. But without the help of caked-on makeup, how do we get it?

“Washing your face twice a day, moisturizing your face, and using sunscreen are the basics of a healthy skin regimen,” says Dr. Ronda Farah, assistant professor of Dermatology at the University of Minnesota. “You don’t really need chemical peels, scrubs or microdermabrasion to keep your skin healthy.”

Common reasons to visit a dermatologist include eczema, psoriasis, allergic contact dermatitis, hives and rosacea. While some of these seem mild, they may predispose you to further health complications if left untreated. Psoriasis, for example, has well-known skin symptoms and is linked to elevated risks for heart disease, diabetes and high blood pressure. Seeking treatment is vital.

Dermatologists can also provide cosmetic skin care advice and treatments, Farah says, so don’t hesitate to visit them. From laser treatments to botulinum toxin (botox) injections to personalized hygiene regimens, dermatologists can help with most matters pertaining to skin.

“Having a formal assessment by a board-certified dermatologist can really help you select what’s worth your time and your finances,” Farah says.



A charcoal sheet mask like this one from Yes To Tomatoes is a safe way to detoxify stressed skin and clean clogged pores.



Smart About Sun

Adequate sun protection is essential for healthy skin. To help protect against harmful UV rays from the sun, apply a product with SPF 30 on your face, neck and top of your hands every day before spending time outside. If you’re trying to slow skin from premature aging, or you live in a warm-weather climate, you can bump it up to SPF 50. For extra protection, look for moisturizers, makeup and beauty balms that have SPF built in. Farah suggests meeting with a dermatologist or primary care doctor if you notice a spot that is painful, bleeding, itching or is not healing, or an old spot that looks different than normal.

CARING FOR YOUR TYPE OF SKIN

Skin care for your face may require certain procedures and products, depending on whether it’s dry, oily or a combination of both.



Normal

The standard—wash twice a day and use moisturizer and sunscreen—applies here. Sunscreen should be at least SPF 30, and you can add SPF makeup.



Oily

Select products labeled oil-free or noncomedogenic, meaning they won’t clog pores. Consider benzoyl peroxide and retinoids to reduce greasy spots.



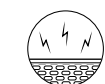
Dry

A once-a-day moisturizer might not cut it for dry skin. Reapplication during the day, or thicker ointments or creams for troublesome spots might help flaky skin. A word of caution: Cracked skin opens the door for bacteria to creep in, so keep up your moisturizer regimen.



Combination

If you’re caught at both ends of the spectrum, Farah suggests focusing on the oily side of skin when picking products. For select areas that are particularly dry, apply nongreasy moisturizer.




Sensitive

Avoid skin products with fragrance and look for cleansers labeled “gentle.” When you try something new, Farah suggests, test it first on your arm or wrist for a week and watch for any reaction before applying it to your face.

WORDS Tara McMullen PHOTOS Tobin Bennett

TOP 10 FOODS FOR CLEAR AND BEAUTIFUL SKIN

1



WATER helps all organs function properly. Skin has three layers: subcutaneous tissue, dermis and the outermost layer, the epidermis. Without water, the epidermis can become tight and dry. Drinking water isn't a cure-all for dry skin, but it is one of many steps that can make your skin healthy.

2

OLIVE OIL In a 2012 study, researchers found that monounsaturated fat in olive oil was effective at reducing the amount of skin damage caused by the sun's rays.

3

KIDNEY BEANS have the protein and fiber of black beans, plus zinc, an important nutrient especially for vegetarians. A deficiency in zinc is linked to hair loss.

6




SALMON and its omega-3 fatty acids can have anti-inflammatory effects on skin, Katta says. So feel good inside and look good outside by regularly eating a healthful portion of salmon.

7


YOGURT with live, active cultures. Recent studies show the benefits of good bacteria in your gut—and what's good for the gut is good for the skin says Katta. She notes promising research that links fermented foods with live bacteria to fighting inflammation and calming sensitive skin. Make sure the yogurt you choose has live, active cultures and low sugar levels.

10



GREEN TEA, unsweetened, boasts antioxidants; but it's the polyphenols that protect against skin damage caused by UV radiation. Sounds like an easy way to stave off premature skin aging one sip at a time.

8



TOMATOES contain the phytonutrient lycopene that can protect against skin redness and damage from UV radiation. Katta cites a study in which people had a daily dose of tomato paste: "At the start, their skin was examined to determine how they reacted to UV radiation—how quickly they would sunburn. After 12 weeks of eating tomato paste every day, their skin actually did not sunburn as easily," Katta says.

WHILE THERE IS PERSUASIVE EVIDENCE THAT DIET CAN IMPROVE SKIN OR MAKE TREATMENT MORE EFFECTIVE, DIET ALONE LIKELY CANNOT CURE A SERIOUS SKIN CONDITION, SAYS DR. RAJANI KATTA, CLINICAL ASSISTANT PROFESSOR OF MEDICINE AT BAYLOR COLLEGE OF MEDICINE, AND CLINICAL PROFESSOR OF DERMATOLOGY AT MCGOVERN MEDICAL SCHOOL. THESE NUTRITIONAL SUGGESTIONS, IN COMBINATION WITH PRESCRIBED TREATMENT, CAN SUPPORT YOUR SKIN GOALS.

4




BLUEBERRIES are a powerhouse of antioxidants. "One thing that causes aging of the skin is oxidation. UV radiation or pollution in your skin causes the production of free radicals that bounce around and cause damage. You want to crush those free radicals by providing antioxidants," Katta says.

5

BLACK BEANS, with high fiber and protein, stabilize blood sugars, which in turn helps keep skin clear, collagen strong and skin from sagging and wrinkling prematurely.

9



SPICE IT UP Head down the spice aisle for a wealth of antioxidant-packed options. Add spices to everything, Katta suggests. "Whether that's cinnamon or basil or oregano or cloves, a lot of those have antioxidants. If you eat a little bit here or there, it really adds up!"

1



2



3



4



5



6



7



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WASHING 101

ACCORDING TO THE AMERICAN ACADEMY OF DERMATOLOGY (AAD), A FEW SIMPLE STEPS ARE ALL IT TAKES TO GET INTO AN EFFECTIVE HYGIENE ROUTINE.

STEP 1 Choose a cleanser.

The AAD recommends something gentle, non-abrasive and alcohol-free. Salicylic acid is a common alcohol-containing ingredient. Hy-Vee offers several alcohol-free over-the-counter options that are noncomedogenic.

STEP 2 Don't scrub-a-dub.

Ditch your wash cloth, brush or sponge and instead use your fingertips to lightly apply—not scrub—the cleanser onto your face. Be particularly careful around your eyes—that skin is thin and fragile.

STEP 3 Rinse with warm, not hot, water, before patting dry with a fresh towel.

STEP 4 Wash only twice a day, or immediately after sweating profusely.

STEP 5 Apply a moisturizer, preferably one with SPF 30 or higher.

See these easy Face Washing steps at [youtube.com/Hy-Vee](https://www.youtube.com/Hy-Vee)

Sources: <https://www.aad.org/public/skin-hair-nails/skin-care/face-washing-101>
<http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0044490>
<https://www.ncbi.nlm.nih.gov/pubmed/19168000>
<https://academic.oup.com/ajcn/article/86/4/1225/4649573>

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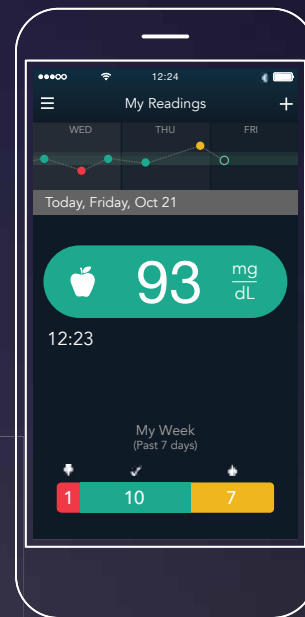
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References: 1. Christiansen M et al. Accuracy and User Performance Evaluation of a New Blood Glucose Monitoring System in Development for Use with CONTOUR[®]NEXT Test Strips. Poster presented at the 15th annual meeting of the Diabetes Technology Society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

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PHOTOS: Tobin Bennett

Sources for story: <https://www.health.harvard.edu/heart-health/the-power-of-plant-based-protein-a-longer-life>
http://msue.anr.msu.edu/news/plant_proteins
<https://www.health.harvard.edu/blog/how-much-protein-do-you-need-every-day-201506188096>
<https://nutrition.biomedcentral.com/articles/10.1186/1475-2891-12-86>

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PROTEIN IS OFTEN REFERRED TO AS THE BUILDING BLOCKS FOR MUSCLES AND BONES. You also need protein for connective tissue, blood, antibodies and more. A study in *Nutrition Journal* shows that rice protein shakes yield similar post-workout results to whey protein—and that plant-based proteins might be more healthful.

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5 OLYMPIAN LABS PEA PROTEIN
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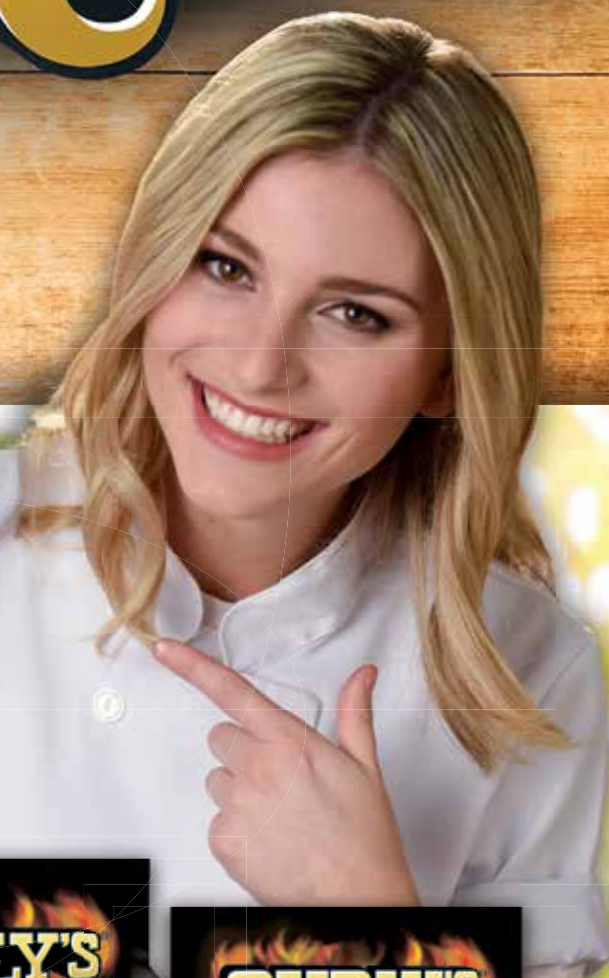
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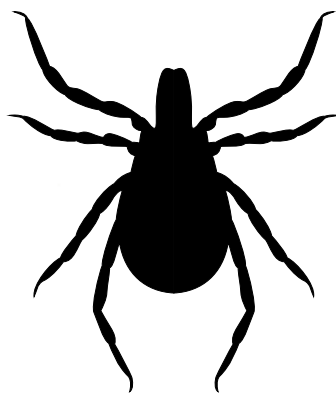


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FEND OFF LYME DISEASE DURING JAUNTS IN THE WOODS THIS SUMMER. HERE'S THE LATEST ON REPELLENTS AND TREATMENTS.

TICK



Lyme disease symptoms can vary widely, along with the duration and severity if not treated correctly. The disease is caused from the bite of a black-legged deer tick infected with the *Borrelia burgdorferi* microbe. Possible symptoms occur within weeks: **fever, chills, headache, fatigue, muscle and joint pain, swollen lymph nodes and a rash** at the bite site that may expand and resemble a bullseye. Up to 80

percent of victims get the rash, which is rarely itchy or painful but can feel warm. Left untreated, symptoms can include **severe headache, severe joint pain and swelling, facial palsy, irregular heartbeat and problems with short-term memory.** Lyme disease is usually successfully treated with antibiotics—orally in early stages and intravenously in certain other cases.

NOOTKATONE, A NATURAL COMPOUND FOUND IN ALASKA YELLOW CEDAR TREES, CITRUS AND SOME HERBS, MAY BE A FUTURE REPELLENT AGAINST TICKS AND LYME DISEASE. THE CENTERS FOR DISEASE CONTROL AND PREVENTION IS WORKING TO DEVELOP IT.

IF YOU'RE BITTEN or suspect you've been, see a doctor, who will draw a blood sample for testing. People treated with antibiotics in the early stages of Lyme disease usually recover within a few weeks. **TO REMOVE A TICK** from your skin, use fine-tipped tweezers to grasp its head as close to the skin's surface as possible and pull upward; don't twist or jerk. Clean the bite area with rubbing alcohol or soap and water. Kill the tick by submersing it in alcohol or flushing it down the toilet. Never crush a tick with your fingers. **PREVENT LYME DISEASE:** Avoid wooded areas with tall grass and leaf litter; walk in the center of trails; and use repellent that contains at least 20 percent DEET, picaridin or IR3535 on exposed skin. Clothing that is pretreated with permethrin will repel through several washings. Look for ticks on your body and on your pets.

LYME DISEASE CAUSES MORE THAN 300,000 ILLNESSES EACH YEAR IN THE U.S., MOSTLY IN THE NORTHEAST AND UPPER MIDWEST.

Sources: <https://www.cdc.gov/lyme/index.html>
<https://www.cdc.gov/lyme/resources/NOOKATONE.pdf>
<https://www.epa.gov/insect-repellents/repellent-treated-clothing>

PHOTO Tobin Bennett

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PATTY MELT

Increase the juiciness by pressing a small ice cube into the center of a raw hamburger patty.

FLAVOR POUCH

For a smoky flavor on a gas grill, wrap a handful of wood chips in aluminum foil and place the pouch underneath the grate and over the burner. Poke holes in the top to release the smoke.



PHOTOS Tobin Bennett

PLATE SWAP Nobody wants to spend summer wrapped around the porcelain throne. Never place cooked meat on a plate that previously held raw meat, which can contain foodborne pathogens like E. coli, salmonella and listeria.



recipe index

JUNE 2018

MEAL MAKEOVER

30 Lighter Turtle Pecan-Date Mixer *p. 13*

NUTRIENT POWER

30 Grilled Peaches and Chicken *p. 22*

FOODS THAT REDUCE BLOOD PRESSURE

Nutty Oat and Quinoa Granola *p. 43*

Planked Seed-Crusted

Salmon Salad *p. 44*

V **GF** Honey-Lemon Grilled Carrots *p. 45*

FOOD TRUCK BONANZA

Asian Pulled Pork Sliders *p. 47*

Fresh Spring Rolls *p. 48*

Loaded Jicama Fries *p. 49*

30 Lobster Roll Tacos *p. 50*

GF Refreshing Rainbow Shaved Ice *p. 51*

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

GF
option
GLUTEN FREE

V
option
**VEGETARIAN
DISH**

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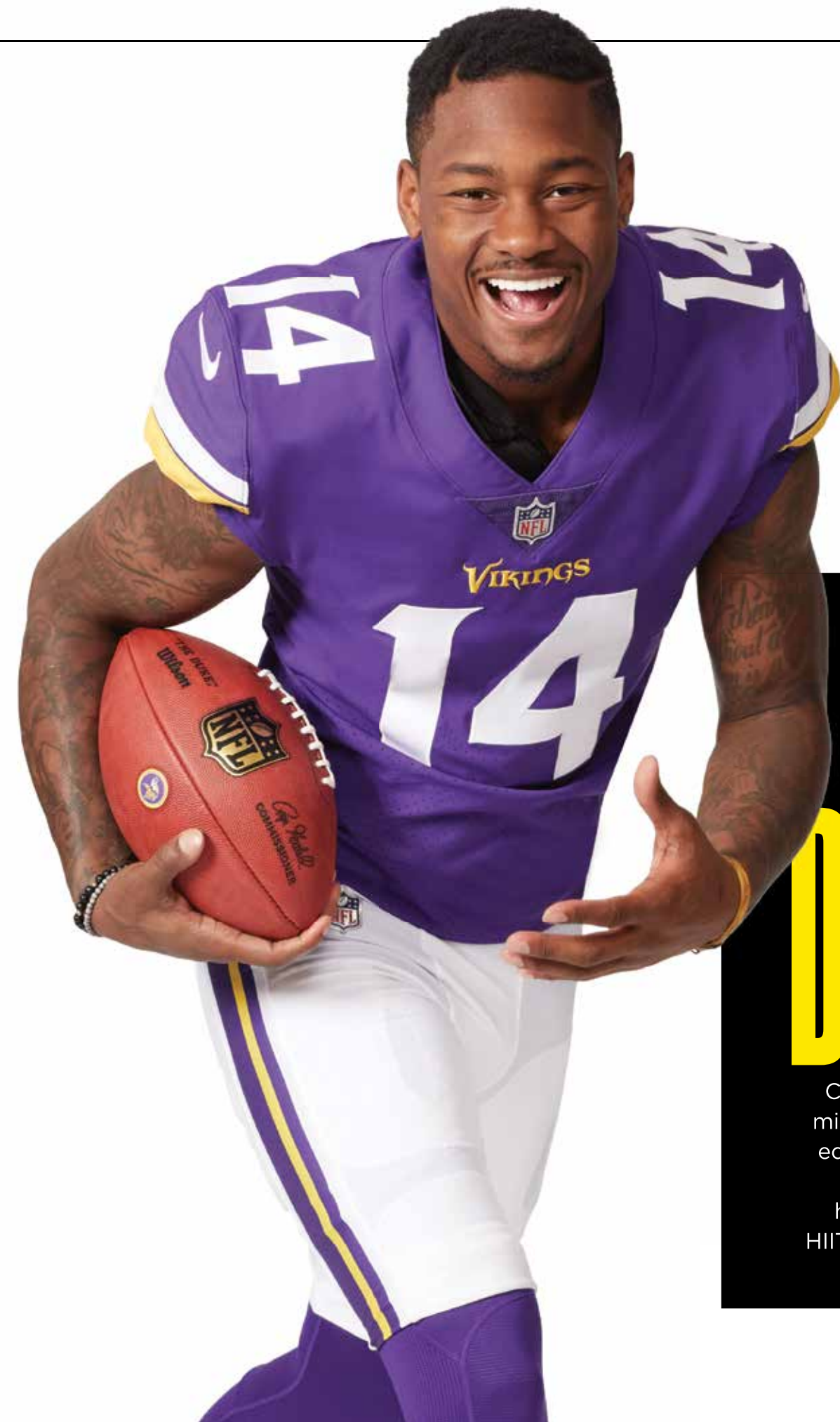


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Simple®**

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JULY ISSUE



STEFON DIGGS

Catch up with the Vikings
miracle playmaker in July's
edition of *Hy-Vee Balance*.

Also, we help you stay
hydrated during outdoor
HIIT exercises, craft healthy
wraps and much more!

PHOTO: Dominic DiSaia



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