

# HyVee® balance®

**HYDRATE**  
ALL SUMMER LONG  
PAGE 62

**GOOD  
FOR YOU!**  
SELF-CARE TRENDS  
PAGE 92

**10 MINUTES  
TO FIT**  
PAGE 72



**STEFON  
DIGGS**  
BEHIND THE MINNESOTA MIRACLE

JULY 2018  
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JULY  
ISSUE 2018

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## HOT HOT HEAT

# WAVE

SUMMER FUN

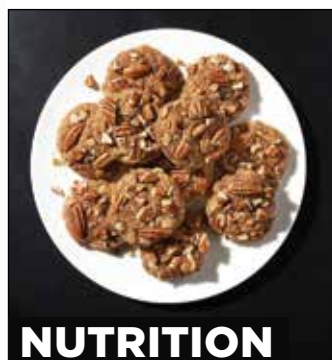


# JULY ISSUE



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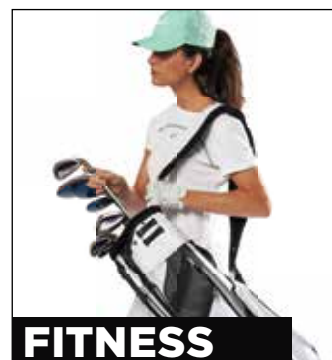
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**30**  
minutes  
or less

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



## 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.

Try a Hy-Vee Mealtime Kit today.







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**DONNA TWEETEN**  
EXECUTIVE VICE PRESIDENT,  
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In this issue of *Hy-Vee Balance*, we catch up with Minnesota Vikings wide receiver Stefon Diggs—the man behind the Minnesota Miracle—for a firsthand account of his season-saving Hail Mary touchdown during last year's playoffs and how family pushed him toward success in “The Big Catch,” *page 30*.

Encouragement plays a big part in achieving goals. If you're hitting a plateau with yours, look for motivation throughout this magazine.

Trying to lose weight? Get inspired with “The 1,500 Calories a Day Guide,” *page 46*, a five-day meal plan plus snacks mapped out by a Hy-Vee dietitian, and “That's a Wrap,” *page 38*, featuring a twist on wrap sandwiches.

Hurdle the dog-days-of-summer lull in exercise by trying golf. “Golf” on *page 68* describes how much fun it is and takes the mystery out of scoring, equipment and etiquette of the game. Take high-intensity interval training into the sunshine and rev up the calorie burn; see “Summer HIIT,” *page 72*.

Learn how to use probiotics to balance the good bacteria in your gut against the bad for a healthy body; check out “More than a Gut Feeling,” *page 82*. And turn to *page 92* to learn how a lifestyle of self care elevates your physical, emotional and mental well-being. “Self Care” describes how healthy it is to put the priority on No. 1: you!

ELEVATE



We asked  
our editorial  
contributors:  
What’s your  
secret  
to summer  
fun?

**NUTRITION**

Gail Cresci, RD, LD, CNSC  
Director of Nutrition Research  
Cleveland Clinic  
I ride my bike to work—20 miles  
round trip. This serves many purposes:  
exercise, avoiding congested traffic,  
stress reliever, and I get to enjoy more  
summertime fun getting outside for at  
least 2 hours a day.

**NUTRITION**

Katie Schaeffer, RD, LD  
Davenport, Iowa  
Doing absolutely anything near water!  
I love to be on the lake swimming,  
reading, and being with my friends and  
family. Take any summer activity and add  
a water feature and it makes it 10 times  
better for me!

**FITNESS**

Daira Driftmier,  
Certified Personal  
Trainer and  
Hy-Vee KidsFit Director  
Don’t overschedule as a family to  
make sure we have time together.

**FITNESS**

Ken Schall,  
PGA Golf Professional  
I’m going to make a commitment this  
summer to play more golf.

**HEALTH**

Kristin Williams  
Hy-Vee Senior Vice President  
Chief Health Officer  
Putting on my tennis shoes, running in  
the warm sun and heading to the  
pool with my two boys, 7 and 8.

**PHARMACY & NUTRITION**

Angie Nelson  
Group Vice President, Retail Pharmacy  
I love warm weather, so my secret to  
summer fun is sunshine.

**HEALTH**

Amol Patil, MD, Pulmonologist  
Division of Pulmonary & Critical Care  
University of Nebraska Medical  
Center, Omaha  
Hiking in the national parks! We do at  
least one national park in the summer.

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**Prices effective  
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(while quantities last).**

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

Please recycle after use.



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# Fresh Inspiration for Summer Gatherings



## Red, White & Berry Salad

**Prep:** 15 min. **Makes:** 4 servings

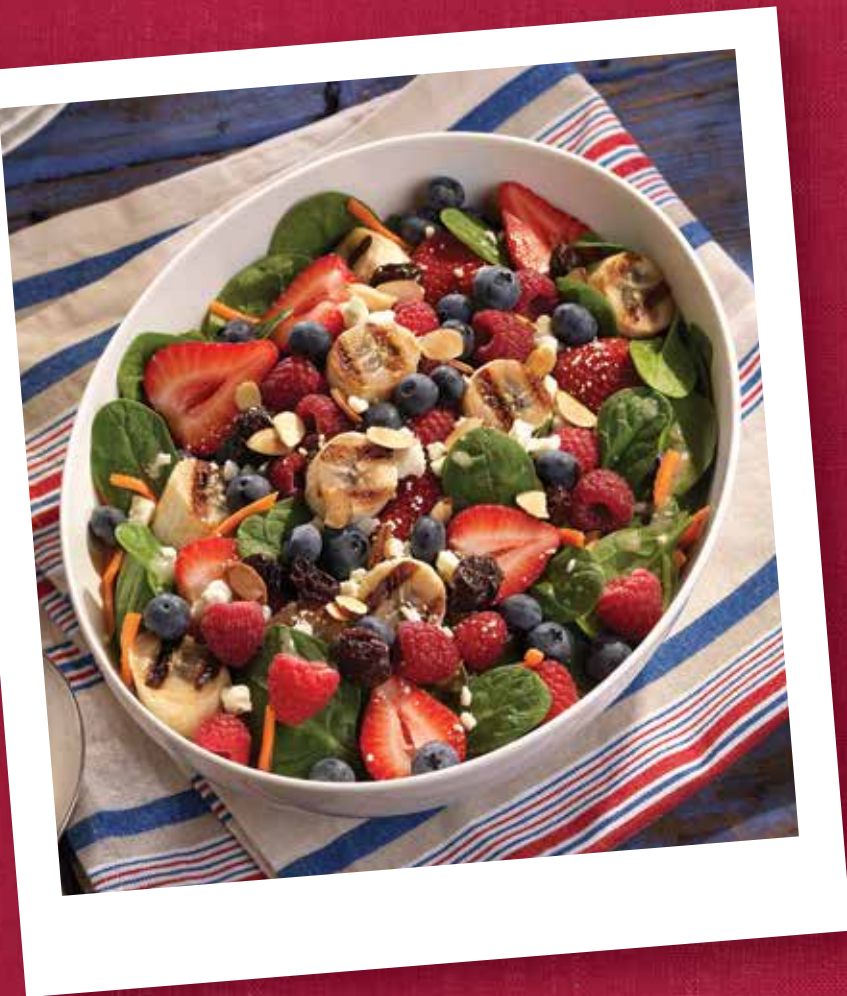
**2 DOLE® Bananas**, peeled and sliced into 1-inch rounds  
**1 pkg. (8.3 oz.) DOLE Spinach Cherry Almond Bleu Salad Kit**

1 cup blueberries  
1 cup raspberries  
1 cup strawberries, hulled and halved

**Heat** grill over medium heat and spray with cooking spray. Grill bananas on each side until grill marks appear, about 6 minutes.

**Combine** spinach and vinaigrette from salad kit in a large bowl. Toss gently to combine. Top spinach with grilled bananas and berries. Sprinkle salad with sliced almonds and bleu cheese crumbles from packets in salad kit.

**Per Serving:** 230 calories, 10 g fat (2 g sat.), 5 mg cholesterol, 210 mg sodium, 33 g carbohydrate (7 g dietary fiber, 19 g sugars), 4 g protein, 80% Vitamin A, 80% Vitamin C, 8% calcium, 10% iron, 200% Vitamin K, 25% folate, 15% Magnesium, 50% Manganese



*Grilled bananas add a unique and delicious twist to your summer salads!*



**HY-VEE DIETITIAN:**  
**JULIE McMILLIN, RD, LD**  
Assistant Vice President  
of Retail Dietetics

A Registered Dietitian, Julie McMillin is always excited to help Hy-Vee customers expand their food smarts.

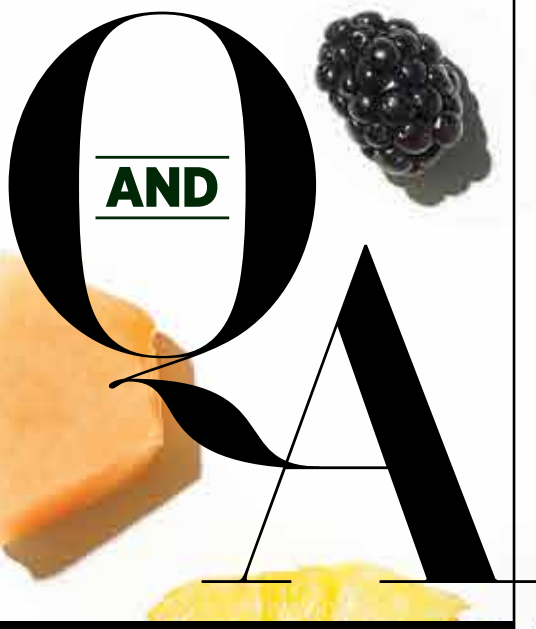


PHOTO: Tobin Bennett



# SHORTCUT TO BETTER EATING

**Q: What varieties of Hy-Vee Short Cuts are available?**

**A:** Hy-Vee Short Cuts come in all varieties, from peeled mandarin oranges to spiralized veggies.

**Q: With so many vitamins and supplements, why are fresh fruits and vegetables needed?**

**A:** Supplements are just that, supplements. They should be used to supplement a healthy diet. Fruits and vegetables have beneficial nutrients like flavonoids and antioxidants that are not in most supplements.

**Q: Are there nutrients specific to fruits and vegetables?**

**A:** Yes, fruits and vegetables are rich in many vitamins and minerals that you just cannot get anywhere else. They leave you feeling energized and overall healthier. Fruits and vegetables provide fiber that helps fill you up and keeps your digestive system happy. Phytonutrients, a fancy term for nutrition only provided by plant-based foods or fruits and vegetables, is key to a healthy immune system and preventing many diseases like cancer, diabetes and heart disease.

**Q: How many fruits and vegetables should a person eat daily?**

**A:** More really does matter. Most individuals should aim to consume five servings a day. Here is an easy example of how to incorporate five servings: Have a banana with breakfast, a big salad for lunch (usually counts for a couple servings of vegetables), for a midday snack grab some sliced red peppers with a little hummus, and for dinner add some lettuce, onions and tomatoes to your burger.

**Q: How can Short Cuts help meet those requirements?**

**A:** Today's hectic lives have led to a reduced intake of fruits and vegetables. In fact, the average American does not eat half of the needed amounts of fruits and vegetables. Hy-Vee's Short Cuts program allows shoppers to have an easy solution to purchasing fresh fruits and veggies.

**Q: What's your favorite way to use Hy-Vee Short Cuts?**

**A:** Baseball games. Snacks at or between games can be hard for busy parents.



# 5 Short CUTS

## SOLUTIONS

CUT KITCHEN TIME IN HALF AND CUT DOWN ON FOOD WASTE WITH PREWASHED, PRECUT AND READY-TO-GO HY-VEE SHORT CUTS FRUITS AND VEGGIES. FIND THEM IN THE PRODUCE SECTION AND GIVE THEM THE SPOTLIGHT AT YOUR NEXT MEAL.



**30**  
minutes  
or less

### 1 GRILL

**Veggie Packet:** Prepare a charcoal or gas grill for direct cooking over medium-high heat. Prepare an 18x12-in. double layer of foil. Toss together 1½ cups Hy-Vee Short Cuts bell pepper strips, 1½ cups Hy-Vee Short Cuts zucchini and summer squash slices, ½ cup red onion wedges, 2 Tbsp. Gustare Vita olive oil, 1 Tbsp. fresh thyme leaves and Hy-Vee salt and black pepper to taste. Place on foil and fold into a packet. Grill 15 to 20 minutes or until vegetables are tender. Serves 4.

### 2 CHILL

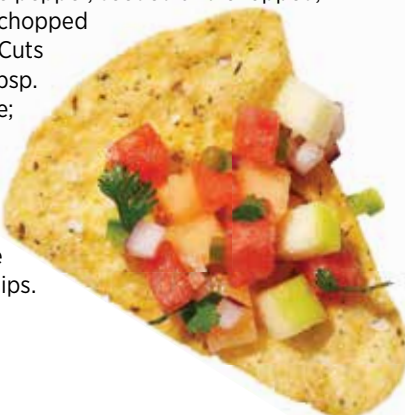
#### Zucchini Pasta

**Salad:** Combine 1 (0.76-lb.) container Hy-Vee Short Cuts zucchini noodles, ½ cup each Hy-Vee Short Cuts chopped red and yellow bell pepper, ½ cup Hy-Vee Short Cuts chopped red onion, ½ cup Soirée feta cheese and 2 oz. quartered sliced salami in a large bowl. Cover and refrigerate for 20 minutes. Just before serving, drizzle with ¼ cup Hy-Vee Italian salad dressing and toss to coat. Serves 8.

**30**  
minutes  
or less

### 3 DIP

**Apple-Melon Salsa:** Combine 1¼ cups chopped Hy-Vee Short Cuts apple wedges; ½ cup chopped Hy-Vee Short Cuts cantaloupe; ½ cup chopped Hy-Vee Short Cuts watermelon; 1 jalapeño chile pepper, seeded and chopped; 3 Tbsp. finely chopped Hy-Vee Short Cuts red onion; 3 Tbsp. fresh lime juice; 2 Tbsp. finely chopped cilantro and Hy-Vee salt to taste. Serve with tortilla chips. Serves 9.



PHOTOS Tobin Bennett



HY-VEE SHORT CUTS ADD A NUTRITIOUS TWIST TO PASTA SALAD.

### 4 FREEZE

**Easy Fruit Sorbet:** Drain liquid from 1 (1.25-lb.) container Hy-Vee Short Cuts strawberries, honeydew or pineapple. Cover and freeze fruit 4 hours. Place frozen fruit in a food processor; add 1 to 2 Tbsp. agave nectar and ¼ cup water. Process until smooth. Pour mixture into an 8x4-in. loaf pan. Cover and freeze 4 hours or overnight. Let stand at room temperature 15 minutes before serving. Serves 4 (½ cup each).



**30**  
minutes  
or less

### 5 STIR-FRY

**Paleo Beef-Veggie Stir-Fry:** Cut 1 (0.6-lb.) container Hy-Vee Short Cuts broccoli, cauliflower and carrots into bite-size pieces. Place in a microwave-safe bowl; add 1 Tbsp. water. Microwave, covered, on HIGH 3 minutes; drain vegetables and set aside. Rub 2 (8-oz.) beef tenderloin steaks with 1 Tbsp. salt-free steak seasoning;\* thinly slice steak into bite-size strips. Heat 1 Tbsp. Gustare Vita olive oil in a large skillet over medium-high heat. Cook steak in hot oil until desired doneness. Remove steak from skillet. Add 1 Tbsp. Gustare Vita olive oil to skillet. Add vegetables. Cook and stir for 4 minutes or until crisp-tender. Return steak to skillet; heat through. Season to taste with Hy-Vee salt and black pepper. Serves 4. (\*NOTE: Use Mrs. Dash brand for Paleo diet.)

## PACK YOUR FRIDGE

Tap into Hy-Vee's Short Cuts fruits and veggies—ready for you to enjoy immediately! You'll appreciate the convenience of having prewashed and precut ingredients on hand that make healthy eating easy.

### RICED

Cauliflower

### PRECHOPPED

Bell Peppers

Onions

### PRESLICED

Apples

Broccoli

Cauliflower Florets

Jicama

Yellow Squash

Zucchini

### SPIRALIZED

Sweet Potatoes

Winter Squash

Zucchini

### OTHER

Asparagus

Clementines

Fruit Blends

Grapes

Mandarin

Oranges

Melon

Pineapple

Veggie Blends

And More







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## MEAL MAKEOVER

REVAMP  
THE DRIVE  
THRU

# CRISPY CHICKEN SALAD

Prep 25 minutes

Bake 20 to 25 minutes | Serves 4

Hy-Vee nonstick cooking spray

1 recipe Homemade Ranch Dressing, *below*

2 (5-oz.) boxes gluten-free multigrain crackers

2 egg whites

1 lb. chicken tenders

6 cups mixed salad greens

½ large seedless cucumber, peeled and cut into julienne strips

2 medium carrots, peeled and cut into julienne strips

1 cup halved red and/or yellow cherry tomatoes

4 radishes, thinly sliced

½ red onion, thinly sliced

3 turkey bacon strips, crisp-cooked, drained and crumbled

2 oz. freshly shaved Parmesan cheese

**1. PREHEAT** oven to 400°F. Place a wire rack on a rimmed baking pan. Spray rack with nonstick spray; set aside.

**2. PREPARE** Homemade Ranch Dressing. Cover and refrigerate until ready to serve.

**3. PLACE** crackers in a large resealable plastic bag. Seal bag. Using a rolling pin, crush crackers; place crumbs in a shallow dish. Whisk together egg whites in another shallow dish. Dip chicken into egg whites and then in the cracker crumb mixture. Repeat dipping and coating, pressing so the coating sticks. Place chicken on prepared rack. Bake for 20 to 25 minutes or until done (165°F).

**4. ASSEMBLE** salads. Divide salad greens, chicken, cucumber, carrots, cherry tomatoes, radishes, red onion, bacon strips and Parmesan cheese among plates. Serve with dressing.

**Homemade Ranch Dressing:** Whisk together ½ cup Hy-Vee plain Greek yogurt, 1 Tbsp. Hy-Vee 2% reduced-fat milk, 1 Tbsp. Gustare Vita olive oil, 1 Tbsp. fresh lemon juice, 1 Tbsp. chopped fresh parsley, 1 minced garlic clove and ½ tsp. Hy-Vee onion powder in a small bowl.

Per serving: 420 calories, 16 g fat, 3.5 g saturated fat, 0 g trans fat, 90 mg cholesterol, 940 mg sodium, 34 g carbohydrates, 4 g fiber, 6 g sugar, 36 g protein

### SALAD DO'S:

- Nix the croutons
- Amp up the veggies
- Oven-fry the chicken
- Add an assertive cheese
- Make your own dressing



**FAST FOOD SALAD:**  
720 cal  
50 g fat  
36 g protein  
1,960 mg sodium

**420**  
calories

**16 g**  
fat

**36 g**  
protein

**940 mg**  
sodium

PHOTOS Tobin Bennett



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Save \$5 When You Buy  
\$25 Nature's Bounty Vitamins:  
select varieties  
(price varies by store)

NEW!  
THE BEST EVER

\*\*20 billion active cultures per serving guaranteed at time of manufacture.  
\*Source: Nielsen xAOC 52 weeks ending 11/18/17.  
†For occasional sleeplessness.  
Individual results may vary.

\*These statements have not been evaluated by the Food and Drug Administration.  
These products are not intended to diagnose, treat, cure or prevent any disease.



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

**Q. What is juvenile arthritis?**

**A.** Juvenile arthritis is an autoimmune condition that attacks a child's joints with arthritis-type symptoms such as pain, swelling of the joints, and often fever.

**Q. Is it common?**

**A.** According to the Arthritis Foundation, juvenile arthritis affects approximately 300,000 kids nationwide who are under the age of 16.

**Q. How is juvenile arthritis treated?**

**A.** It depends on the severity of the symptoms. Sometimes treatment can be a nonsteroidal anti-inflammatory drug like ibuprofen. Other times, steroidal combinations can be used to reduce inflammation. In more severe cases, drugs that work to block an inflammatory protein are used to help fight inflammation.

**Q. Are there different types of juvenile arthritis?**

**A.** According to the Arthritis Foundation, there are multiple types of juvenile arthritis. On top of joint inflammation and discomfort, different types of juvenile arthritis have varying affected joints and/or have additional accompanying symptoms such as skin rash.

**Q. How can Hy-Vee help?**

**A.** Your local Hy-Vee pharmacist is a great resource for questions about juvenile arthritis, including any treatment questions. A well balanced diet is also an important consideration for a child with juvenile arthritis and our in-store dietitians are an important health resource available at your local Hy-Vee.

PHOTO Tobin Bennett



STEPHEN CURRY  
TWO-TIME MVP

# STRONG FEELS GOOD.

0g SUGAR  
25g PROTEIN  
VITAMINS A, C & D

Muscle Milk Genuine or Smoothie:  
select varieties  
14 or 15.8 fl. oz. 2/\$5.00



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BODY BOOTCAMP

# *PUSH* THE LIMITS

Push-ups are a classic exercise to engage the whole body—arms, chest, core and legs. Here's how to put a new twist on an old favorite—with simple variations.



## 1↑ DECLINE CHEST/ARMS

Start in push-up position with feet on a plyo box or raised platform. Maintaining a straight back, gradually lower your chest until it nearly touches the ground. Press upward.



## 2↑ PUSH-UP ROTATION CHEST/ARMS/ABS

Start in push-up position, feet on the floor and upper body raised off the ground. Lower your chest toward the ground until it nearly touches. Press your upper body up and simultaneously twist your torso and raise your right arm toward the sky. Repeat, alternating arms.



## 3↑ PUSH-UP TO ROW CHEST/ARMS/UPPER BACK

Start in push-up position, feet on the floor, upper body raised off the ground and hands gripping dumbbells. Lower your chest toward the floor, then push up before it touches. Once arms are straight, pull weight in right hand to right side of the chest. Gradually lower arm. Alternate.



## 4↑ SPIDERMAN CHEST/ARMS/ABS

Start in push-up position, feet on the floor and upper body raised off the ground. Lower your chest toward the floor while simultaneously bringing your right knee toward your right elbow. Push yourself back to starting position. Alternate.



PHOTOS Tobin Bennett





# 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

NUTRIENT POWER

# SWEET CORN

86  
CALORIES

14%  
CARBS

13%  
THIAMIN

11%  
VITAMIN C

9%  
MAGNESIUM

6%  
POTASSIUM

Corn is an excellent source of **POTASSIUM**, an essential nutrient that helps control blood pressure. Plus, it's rich in eye-healthy **CAROTENOIDS** and **COMPLEX CARBS**, which support steady energy levels. Corn is naturally gluten-free and **SCORES LOW TO MEDIUM ON THE GLYCEMIC INDEX**, so it won't cause large spikes in blood sugar.

## FRESH PICKS

### CHOOSE

Check quality without peeling the husk by making sure tassels aren't dried or darkened. Also, kernels should feel plump and densely packed to the tip.

### STORE

Leave husks on to slow moisture loss and wrap ears in a damp paper towel. Place in an airtight container and refrigerate up to 2 days.

### COOK

**Boil:** Cook husked ears in boiling water 5 to 7 minutes.  
**Grill:** Rub husked ears with butter and wrap in foil. Grill over medium heat 25 to 30 minutes; turn several times.

Serving: 1 medium ear  
Percentages represent daily values.

Sources: <https://ndb.nal.usda.gov/ndb/foods/show/301826?manu=&fgcd=&ds=https://www.healthline.com/nutrition/foods/corn>  
[https://whatscooking.fns.usda.gov/sites/default/files/factsheets/HHFS\\_CORN\\_FRESH\\_900210Dec2012.pdf](https://whatscooking.fns.usda.gov/sites/default/files/factsheets/HHFS_CORN_FRESH_900210Dec2012.pdf)



Quinoa packs protein into a light and refreshing summer salad. Toasting the grain before cooking brings out its delicious nutty flavor. Simply add the drained quinoa to a heavy skillet and cook over medium heat, stirring constantly.

**Prep** 13 minutes  
**Cook** 9 minutes  
**Grill** 8 to 12 minutes  
**Serves** 8

**⅔ cup dry quinoa, rinsed and drained**  
**5 medium ears sweet corn in husks**  
**½ cup Gustare Vita olive oil, divided**  
**1 cup sliced cucumber**  
**½ cup thinly sliced basil leaves**  
**½ cup thinly sliced red onion**  
**½ cup halved cherry tomatoes**  
**¼ cup fresh lemon juice**  
**1 tsp. Hy-Vee honey**  
**Hy-Vee salt and black pepper, to taste**  
**Lemon slices, for garnish**

**1. COOK** quinoa according to package directions. Drain. Transfer to a serving bowl; cool.

**2. PREPARE** a charcoal or gas grill for direct cooking over medium heat. Pull back corn husks, leaving husks attached at stem ends. Remove silk. Gather husks over stem and tie with a string to form a handle. Brush ears with 2 Tbsp. olive oil. Place corn on grill with husks away from the fire. Grill for 8 to 12 minutes, turning and brushing with 2 Tbsp. more oil, until slightly charred on all sides. Remove corn from grill and cool slightly.

**3. STIR** cucumber, basil, red onion and tomatoes into quinoa. Combine lemon juice, remaining ¼ cup olive oil, honey, and salt and black pepper to taste; stir into quinoa mixture. Using a sharp knife, cut kernels from cobs; discard cobs. Stir half of the kernels into the salad and spoon remaining corn over top. Garnish with lemon slices, if desired.

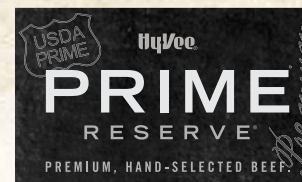
**Per serving:** 240 calories, 15 g fat, 2 g saturated fat, 0 g trans fat, 0 mg cholesterol, 10 mg sodium, 24 g carbohydrates, 3 g fiber, 6 g sugar, 4 g protein

# GRILLED SWEET CORN QUINOA SALAD

PHOTO Cameron Sadehpour

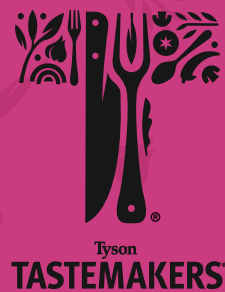
# EVEN OUR ADVICE IS A CUT ABOVE.

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15 MINUTES.**



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**DINNER  
IS SERVED.**



**TRY ALL OF OUR FULL MEAL  
AND PAIRING OPTIONS.**



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

**When it comes to workouts, I don't subscribe to the "no pain, no gain" mantra. Sure, I push myself, and there's discomfort in that. Pain, though, is something else—it can signal a torn ligament, strained muscle or some other injury that could set me back and cancel out all the hard work I've done. I prefer to be gym-smart.**

**It's important to begin any exercise routine with a 5- to 10-minute cardio warm-up—**walking or light jogging—to increase the heart rate and move blood and oxygen to the muscles, which prepare them for more strenuous exercise. Don't forget to cool down, as well. A 10-minute cooldown after exercise gradually lowers the heartbeat to normal and prevents dizziness.

Learn about some of the most common injuries and how to avoid them:

**Strained back:** It's a common injury, and not too surprising.

Extended time sitting at our desks or sofas can weaken back muscles. A smart course is to gradually strengthen your back muscles with low-intensity exercise. Other culprits for a strained back: arching your spine during standing lifts and uneven distribution of the weight.

**Shin splints:** Pain along the lower front of the legs occurs when muscles overstress and inflame—a problem often found with runners and athletes who run or jump on hard pavement. Avoid shin splints by wearing proper shoes that are in good condition, and warm up before

exercise to get blood flowing into your leg muscles.

**Runner's knee:** Cartilage beneath the kneecap becomes irritated, often due to weak hip, glute and quad muscles. Strengthen these muscles with exercises like lunges, hip thrusts, kettlebell swings and walking with lateral bands.

**Rotator cuff injury:** The rotator cuff is the group of muscles that support your shoulder joint. Workouts that involve a lot of shoulder movements can strain these muscles.

**IT band syndrome (ITBS):** The iliotibial band consists of ligaments along the outside of your leg from the knee to the hip. It can become tight and inflamed from overuse, such as with spin cycling, or if you run on uneven or banked surfaces. To avoid ITBS, wear running shoes that are in good condition, make sure your seat height is correct when cycling, and run on even surfaces or vary your route on banked running tracks.

A workout injury can happen to anyone. But if we're smart about exercise, the odds are in our favor.

**YOUR BODY'S FLEXIBILITY CAN STAVE OFF INJURIES. AFTER A WARM-UP, WHEN MUSCLES ARE ELASTIC, WORK IN SOME STRETCHES.**

PHOTO: Tobin Bennett







Freschetta® Naturally Rising Crust Four Meat



Freschetta® Naturally Rising Crust Pepperoni



Freschetta® Brick Oven Crust Supreme



Freschetta® Brick Oven Crust Pepperoni



Freschetta® Brick Oven Crust Three Meat



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TAKE ON  
FROZEN



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select varieties  
14.54 to 30.88 oz. 2/\$9.00

Freschetta® Pizza's real cheese,  
made-from-scratch sauce, and  
yeast-risen crust is more than just  
premium ingredients – It's a new  
way of looking at pizza. Taste the  
fresh difference today.

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NEW

# Red Oval Farms OATMEAL COOKIES

We start with simple, familiar ingredients  
and end with a wholesome, delicious crunch.



MADE WITH OATS  
NO ARTIFICIAL FLAVORS OR COLORS  
NO HIGH FRUCTOSE CORN SYRUP

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select varieties  
10.76 or 11.29 oz. \$2.88



Nabisco Cheese Nips:  
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10 or 10.62 oz. \$1.99



Nabisco Honey Maid Grahams:  
select varieties  
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# STEP UP

IT'S FINALLY FLIP-FLOP SEASON! THESE SUMMER FINDS WILL HELP YOU PUT YOUR BEST FOOT FORWARD.

- 1 GOLD BOND PEDI SMOOTH FOOT CREAM
- 2 JOHNSON'S FOOT SOAP QUICK DISSOLVING POWDER
- 3 ECOTOOLS FOOT BRUSH
- 4 BODY BENEFITS PUMICE STONE
- 5 BASIN SHEA SATSUMA BODY SCRUB
- 6 SINFUL COLORS NAIL POLISH IN COCO BAE AND FEEL THE VIBE
- 7 TOPCARE TOENAIL CLIPPERS
- 8 TWEEZERMAN NAIL FILE

BASIN'S SHEA SATSUMA BODY SCRUB IS MADE FROM A BLEND OF SHEA BUTTER AND HIGH-QUALITY OILS TO EXFOLIATE AND MOISTURIZE YOUR WHOLE BODY. FIND THIS AND MORE IN THE BASIN LINE AT SELECT HY-VEE STORES.



PHOTO Tobin Bennett

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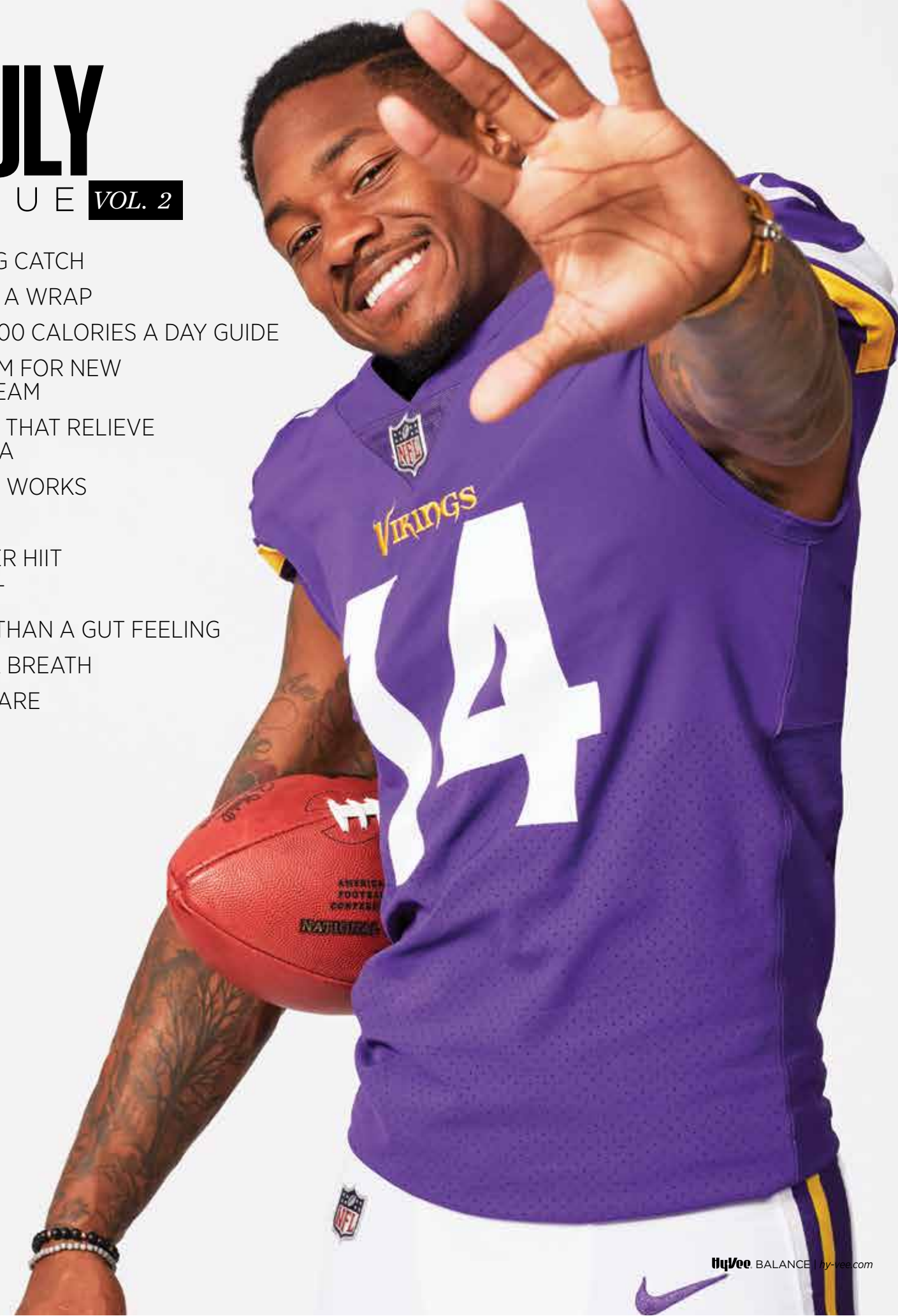


# JULY

ISSUE **VOL. 2**

THE BIG CATCH  
THAT'S A WRAP  
THE 1,500 CALORIES A DAY GUIDE  
SCREAM FOR NEW  
ICE CREAM  
FOODS THAT RELIEVE  
NAUSEA  
WATER WORKS  
GOLF  
SUMMER HIIT  
KIDSFIT  
MORE THAN A GUT FEELING  
TAKE A BREATH  
SELF CARE

PHOTO Dominic DiSaia



HyVee BALANCE | [hy-vee.com](https://hy-vee.com)



CALL IT WHAT YOU WANT, BUT DON'T CALL HIS MIRACULOUS PLAY LUCK. MINNESOTA VIKINGS WIDE RECEIVER STEFON DIGGS HAS BEEN TRAINING FOR THE BIG STAGE HIS ENTIRE LIFE.



# THE BIG CATCH

WITH  
STEFON DIGGS

NO.  
14

HE'S THE MAN BEHIND THE **MINNESOTA MIRACLE**. GO DEEP WITH STEFON DIGGS AS HE'S PRIMED TO BE THE NEXT BIG THING IN PROFESSIONAL FOOTBALL.

WORDS Aaron Ventling with Rob Gray and Beau Berkley PHOTOS Dominic DiSaia



# KEEP ON GRINDIN'

When Stefon Diggs landed on the opposing team's 34-yard line—inches from the sideline—time stood still. Minnesota trailed the New Orleans Saints by a point in last year's divisional playoff round, and the flashy Vikings receiver had just slipped two defenders and gathered in a desperate heave from his quarterback with five seconds remaining.

Nearly losing balance, Diggs frantically turned upfield and faced a crucial decision—whether to preserve the clock and head out of bounds for a potential winning field goal or take matters into his own hands and tight-rope the sideline for a win. He saw open field and took full advantage. He clutched the ball and raced untouched for the game-winning score.

"That moment changed my life.... That play was made for me," Diggs says. To fans, the legendary play—known as the Minnesota Miracle—is more than extraordinary. But to the casual observer, his quick decision to take the

nonconventional route may have seemed like a risk. It wasn't. Diggs had been practicing the game's fundamentals since he was a kid, always training for the big stage.

"I live for those situations. Every kid has counted down 5, 4, 3, 2, 1 and jumped on the bed—scoring a winning touchdown. So it just kind of goes that far back. As far as being ready for the moment, I feel like I've been preparing. That wasn't my first time catching the ball, my first time trying to stay up. I've been doing this forever—that's why I thought it was just made for me," Diggs says.

It's a culmination of years of sacrifice and regimented development spurred by his late father, Aron. He'd started Stefon on serious workout routines at a young age and taught him to be a disciplined athlete. Whether flat on his back, preparing for another gut-wrenching 200 straight sit-ups or chasing countless spiraling footballs, the future Vikings star eagerly accepted whatever his father threw at him.

"We used to go to the field together. He'd have me run sprints. I wanted to get better—to know what I was doing. We weren't just playing pitch and catch. I was running and cutting—doing drills," Diggs says.

In 2008, Diggs' father unexpectedly died from congestive heart failure. This caused him to think not only about his loss, but his responsibility and legacy.

"Probably the biggest thing was losing my dad. When you have somebody that you lean on for guidance, you lean on for everything and then they're gone and not only just for me....," Diggs says. "That kind of made me into the man I am, understanding that I was following him and now who's going to follow me?"

The sudden loss forced 14-year old Diggs into an early

adulthood, helping out as a father figure for his two younger brothers, Darez and Trevon, both of whom now play college football. Diggs and his siblings were raised by their mother and late grandmother, who passed away from heart issues in 2017.

"I've got two younger brothers. I've got to set the example. It's easy to tell somebody what to do. It's harder to show them what they're supposed to be doing," Diggs says. Having this responsibility kept him from giving up. "I got hurt in college twice. The first time I broke my ankle was the moment I felt like I wasn't invincible. I had to learn how to walk again, learn how to run again, do that whole thing. So it was a rough time and I could have said, man, I'm done with this. But I really just started locking in, focusing on every day, and found out the things to do rather than just consume my life in football. That's when I kind of got into fashion. So for me, it was just really loving what I'm doing and taking advantage of the moment, because it all could be gone. Just like people," Diggs says.

Still, those countless hours training with Dad set the stage for his commitment to success and continue to be a driving force to this day.

"When your parents challenge you, you want to do it.... He was definitely building and pushing me in the right direction—instilling the little things like working hard, no matter how you feel."

That drive—fostered by family bonds strengthened by loss—pushed Diggs from a highly touted high school recruit to a star at the University of Maryland. Then, after three years in college, Diggs was drafted by the Vikings in 2015.

Diggs caught a career-best eight touchdowns last season, helping the Vikings to their second-best record in franchise history. Heading into his fourth season, he debuted in the league's Top 100, an annual list of the best players. His determination to grow as a player has only begun.

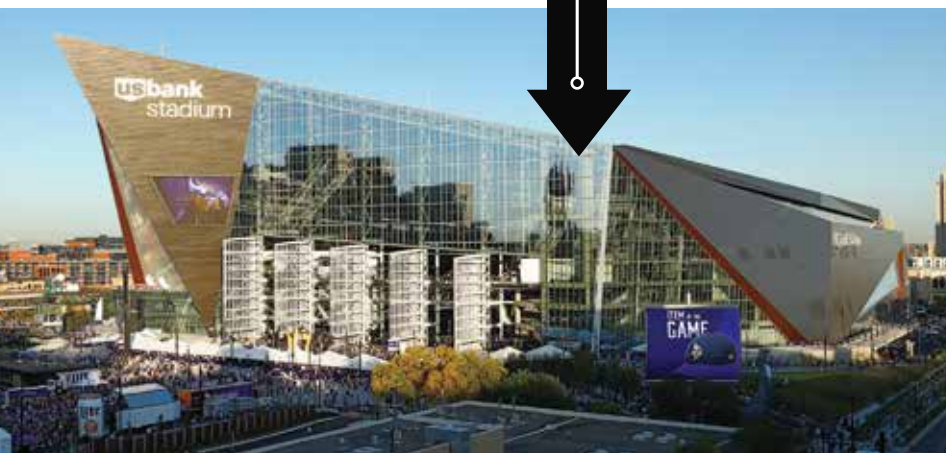
"I want to get better. I need to get better. I have to get better," Diggs says. "I take everything that way, so it's not much of an option for me. My mind-set is, if there's green grass and there's an open area, there's a lot of opportunity."

“  
THAT  
MOMENT  
CHANGED  
MY LIFE.  
THAT PLAY  
WAS MADE  
FOR ME.  
”

Stefon Diggs, No. 14, catching the pass during his 61-yard game-winning play in last year's divisional playoffs against the New Orleans Saints.

PHOTO: Hannah Foslén/Getty Images





“FOOTBALL IS A FAMILY ENVIRONMENT. AS MUCH AS IT’S BUSINESS, [COACHES AND TEAMMATES] ARE PEOPLE YOU’RE SPENDING SO MUCH TIME WITH. YOU WANT THE BEST FOR THEM. WHENEVER THEY CRITICIZE ME, I KNOW IT’S COMING FROM A GOOD PLACE.”

## A SEASON FOR THE BOOKS

Balance is a defining characteristic of any football team with lofty aspirations, and the 2017 Minnesota Vikings were no exception. On offense, dynamic playmakers like Jerick McKinnon, Stefon Diggs and Adam Thielen—who led the team in receiving yards—paved the way for a top-12 offense despite losing starters at quarterback and running back early in the season.

On the other side of the ball, the defense was bolstered by the all-pro play of defensive end Everson Griffen and defensive backs Harrison Smith and Xavier Rhodes, who combined for seven interceptions.

Statistically, the Vikings defense was one of the best in the league, finishing first in total defense and second in rushing yards allowed per game and passing yards allowed per game. Looking

ahead to the 2018 season, the balance that helped the Vikings seal their best record in two decades appears to be intact, along with new faces at key positions to keep hopes running high in Minneapolis. Returning will be all seven Pro-Bowl players from 2017, including Thielen, Griffen, Rhodes and Smith, as well as defensive tackle Linval Joseph, linebacker Anthony Barr and tight end Kyle Rudolph. Joining in the off-season was highly touted free agent quarterback Kirk Cousins, a Pro Bowl selection in 2016, and defensive tackle Sheldon Richardson, who adds depth to an already stout defensive line.

The 2018 schedule pits the Vikings against five of last year’s playoff teams, including a rematch of last year’s conference championship against the Philadelphia Eagles.

## FLASHY NEW DIGS

### HY-VEE PARTNERS WITH THE MINNESOTA VIKINGS

AT NEARLY TWICE THE SIZE OF THE METRODOME, THE MINNESOTA VIKINGS’ FORMER HOME, U.S. BANK STADIUM—HOST OF LAST SEASON’S CHAMPIONSHIP—IS A SCULPTURAL BEAUTY WORTH EXPERIENCING FROM ALL SIDES. WITH A MAXIMUM CAPACITY OF 73,000, THE APPROXIMATELY 1.6 MILLION-SQUARE-FOOT FACILITY PLANS TO HOST SEVERAL MAJOR CONCERTS AND SPORTS EVENTS.

IN 2015, HY-VEE BECAME A FOUNDING PARTNER OF U.S. BANK STADIUM AND AN OFFICIAL PARTNER OF THE MINNESOTA VIKINGS. HY-VEE AND THE VIKINGS ALSO PARTNER FOR A VARIETY OF COMMUNITY OUTREACH PROGRAMS.

PHOTOS: Simon Bruty/Sports Illustrated/Getty Images (teammates); Joe Robbins/Getty Images (stadium)



# PLAYER BIO

## STEFON DIGGS

AGE  
24

HEIGHT  
6 ft.

WEIGHT  
191 lbs.

POSITION  
Wide Receiver

COLLEGE  
Maryland

EXPERIENCE  
4th season

DRAFTED  
5th Round (146th overall, Minn., 2015)

CURRENT TEAM  
Minnesota Vikings

NO.  
14

CAREER STATS  
(as of 2017 season)

REC - 200

REC YDS - 2,472

REC TDS - 15



# ON THE FLY

WITH STEFON DIGGS



**Q. During the play, what was going through your mind?**

**A.** When I turned around and started running, [I thought] 'Let me look back and see if anybody's there,' so I could get out of bounds...But it was crazy. When I turned, I did two head checks, like you're driving. I looked once. I looked twice. I'm like, 'There's nobody there. Nobody.' It was a crazy feeling.

**Q. When you saw the replay, what was it like experiencing the play from a different point of view?**

**A.** I didn't see it for a while, because I got tackled and my teammates were on me for a while...When I did see it, it was crazy, because so many things could have happened differently. He could have hit me. Or I could have stepped out of bounds. We wouldn't be here today if I went out of bounds—if I did what I was supposed to do. If I was just going to stay in and go out of bounds, then we kick a field goal, we win and I walk away. But God had other plans. I was going for the gold, anyway. Once I saw [the defender] miss I was like, 'I ain't going out of bounds. You can hang that up.'

**Q. What does the off-season look like?**

**A.** Each year you get a fresh start to create a new identity and what kind of team you're going to be. It all starts with our coaches—our coaches do a great job of drilling the same things every day. We're going to play smart. We're going to play tough. We're going to play straight up and down football—you're going to have to beat us straight up and down.

**Q. What are your thoughts on the Vikings quarterback situation?**

**A.** I'm looking forward to it. I feel like Kirk [Cousins] can do anything that you want him to do or need him to do. He has a good arm. He can run around a little bit and can take a hit here and there, too.

**Q. Biggest mentor in your life?**

**A.** My dad. But my mom played a huge part, too. As I got older, there's father figures, like Chad Scott—who played for the Pittsburgh Steelers and the New England Patriots. When I got closer to making it to the NFL, we had some good talks that I needed to move forward.

**Q. Favorite type of training?**

**A.** I love field work, because that's where I make my money. As far as lifting weights, I don't mind lifting weights. I enjoy

being strong and able to move some stuff around like furniture in the house. But for me, it's speed and quickness.

**Q. What would you do if you didn't play football?**

**A.** I'm really into fashion. But if I didn't make it in football, I'd probably be training kids or something like that and opening my own gym. I'm trying to open my own gym now, so everything is in the works. I really love football, so I'd probably do something related. And if not that, I'd also be dabbling in fashion.

—  
**“As far as being ready for the moment, I feel like I’ve been preparing. That wasn’t my first time catching the ball, my first time trying to stay up. I’ve been doing this forever—that’s why I thought it was just made for me.”**  
—

**Q. Do you pay much mind to critics on Twitter?**

**A.** Nobody's going to knock on my door one day and say anything to my face. It's not that serious to me....I like to let people have their moment to shine, you know what I'm saying? You feel like you want to get something off your chest, I'm here for it, but it's not like I'm going out of my way. I don't go back and forth with anybody.

**Q. Do you have a morning routine you can sketch out?**

**A.** I try to wake up like any other day—thank God for waking up. I meditate in the morning as soon as I wake up for at least 10 minutes—really just thinking about the day and what I'm going to do. I'm a free spirit, like a free bird. I don't really like being stuck on one thing. I like routines, to keep organized, but I don't like doing the same thing over and over.

**Q. What's your favorite food?**

**A.** Chicken Parmesan. I love breakfast food, too. I could eat breakfast food any time of the day.

**Q. What are some places you've traveled to, or want to visit?**

**A.** I want to go to Thailand. I want to go to Dubai. I've been to Paris. I went to London prior [to playing a game there]. I loved London. I went to Toronto—that was actually kind of fun and the people were different. I'm not done traveling. I've got a whole lot of places I want to go, but I should wait. I've got [things] I need to take care of first.



# THAT'S A

TRADE UP YOUR SANDWICH FOR A WRAP. THESE APPETIZING IDEAS SHOW YOU JUST HOW EASY AND DELICIOUS ANY MEAL CAN BE.

WRAPS ARE HANDY FOR READY-TO-GO LUNCHES. THEY'LL POWER YOU UP FOR THE AFTERNOON.

CUT THE CARBS—  
USE LEAFY GREENS  
FOR WRAPPERS!

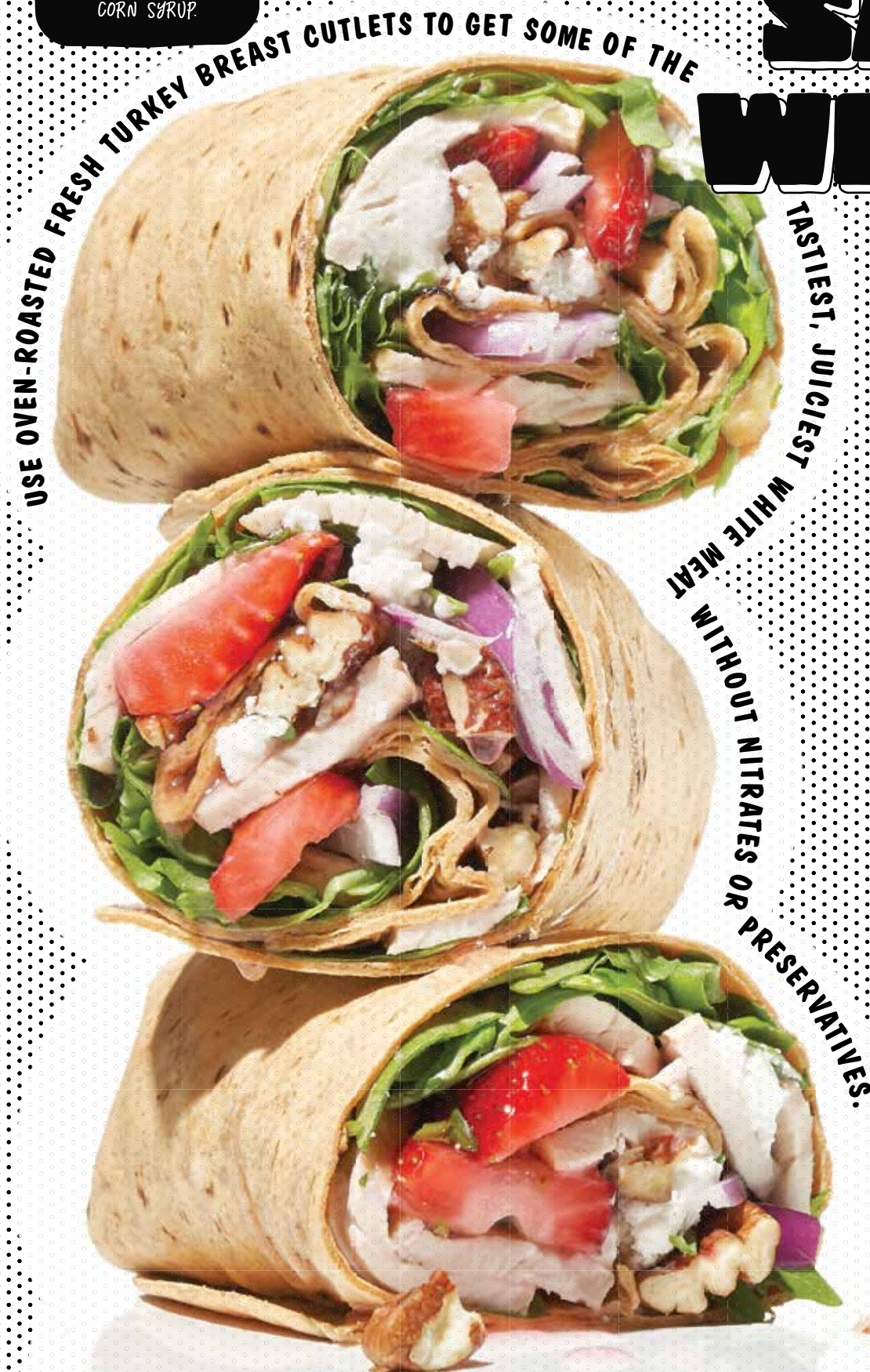
Because it's awesome

FOOD WRAPPED IN OTHER FOOD—IT'S A FUN, HEALTHY TWIST ON THE TRADITIONAL SANDWICH. LEAN MEATS, CRUNCHY AND COLORFUL VEGGIES AND HOMEMADE CONDIMENTS KICK UP THE FLAVOR AND PACK IN NUTRITION.

WORDS Lois Carpenter PHOTOS Tobin Bennett

JUST A FEW MINUTES OF WHISKING RESULTS IN A VIBRANT BERRY VINAIGRETTE MINUS ANY HIGH-FRUCTOSE CORN SYRUP.

## STRAWBERRY-ARUGULA SALAD WRAPS



Prep 25 minutes | Roast 20 to 25 minutes | Serves 5

Hy-Vee nonstick cooking spray  
1 lb. turkey breast cutlets  
Hy-Vee salt and black pepper, to taste  
1½ Tbsp. Hy-Vee Select red wine vinegar  
1½ Tbsp. Hy-Vee strawberry preserves  
¾ tsp. Hy-Vee Dijon mustard  
2 Tbsp. Gustare Vita olive oil  
1 cup sliced strawberries  
2 cups arugula leaves  
5 large multigrain flatbread tortillas  
¼ cup thinly sliced red onion  
2 oz. Hy-Vee Select goat cheese, crumbled  
¼ cup Hy-Vee chopped pecans, toasted

**1. PREHEAT** oven to 400°F. Line a rimmed baking sheet with foil; place a wire rack on foil and spray with nonstick cooking spray. Season turkey with salt and pepper; place on prepared rack. Roast for 20 to 25 minutes or until done (165°F). Cool turkey 10 minutes then cut into bite-size strips.

**2. WHISK** together vinegar, strawberry preserves, mustard and salt and pepper to taste for strawberry vinaigrette. Slowly whisk in olive oil. Toss strawberries with 2 Tbsp. of vinaigrette.

**3. TO ASSEMBLE WRAPS**, layer arugula on each tortilla. Top with turkey, strawberry mixture, red onion, goat cheese and pecans. Fold bottom edge of tortilla over filling. Fold in both sides. Then, starting from the folded bottom edge, roll up tortilla. Serve with remaining vinaigrette.

Per serving: 340 calories, 16 g fat, 4 g saturated fat, 0 g trans fat, 50 mg cholesterol, 740 mg sodium, 25 g carbohydrates, 9 g fiber, 7 g sugar, 29 g protein



**Prep** 50 minutes | **Grill** 15 to 20 minutes  
**Serves** 6

**¾ cup Sunflower Hummus, below**  
**3 medium carrots, peeled**  
**2 medium beets, scrubbed and peeled**  
**1 small white onion**  
**1 cup torn kale leaves**  
**1 cup shredded red cabbage**  
**2 Tbsp. Hy-Vee apple cider vinegar**  
**2 Tbsp. Gustare Vita extra virgin olive oil**  
**1 tsp. Hy-Vee honey**  
**6 Ezekiel sprouted-grain tortillas**

**1. PREPARE** Sunflower Hummus.

**2. CUT** carrots into sticks. Cook carrots in a small amount of lightly salted boiling water in a medium saucepan for 10 minutes. Cool. Cook beets, covered in lightly salted boiling water, for 30 minutes. Drain. Transfer beets to a large bowl of ice water. Cool.

**3. PREPARE** a charcoal or gas grill with well-greased grill rack for direct cooking over medium heat. Cut beets and onion into wedges. Place kale and cabbage in a medium bowl. Combine vinegar, oil and honey for vinaigrette; lightly toss half the vinaigrette with the kale mixture.

**4. GRILL** carrots, beets and onion for 15 to 20 minutes or until slightly charred, turning once.

**5. WRAP** sprouted-grain wraps in damp paper towels. Microwave on HIGH for 1 minute. To assemble wraps, spread 2 Tbsp. Sunflower Hummus on each tortilla. Top with kale mixture, carrots, beets and onion; drizzle with remaining vinaigrette. For each wrap, fold bottom edge of tortilla over filling. Fold in one side. Then, starting from the folded bottom edge, roll up the tortilla.

Per serving: 280 calories, 13 g fat, 2 g saturated fat, 0 g trans fat, 0 mg cholesterol, 240 mg sodium, 34 g carbohydrates, 7 g fiber, 6 g sugar, 8 g protein

**SUNFLOWER HUMMUS**

**1 cup unsalted sunflower seeds**  
**2 Roma tomatoes, seeded and cut up**  
**½ cup fresh cilantro sprigs**  
**¼ cup fresh lemon juice**  
**3 Tbsp. Gustare Vita extra virgin olive oil**  
**2 Tbsp. tahini**  
**1 Tbsp. sun-dried tomatoes**  
**¼ tsp. Hy-Vee salt**  
**¼ tsp. Hy-Vee black pepper**

**1. COOK** sunflower seeds in lightly salted boiling water in a saucepan for 10 minutes. Drain. Transfer sunflower seeds to a blender or food processor. Add tomatoes, cilantro, lemon juice, olive oil, tahini, sun-dried tomatoes, salt and pepper. Cover and blend until nearly smooth. Transfer to a small bowl. Store in the refrigerator for up to 1 week.

**GRILLED  
VEGGIE-  
SUNFLOWER  
HUMMUS**

**WRAP**

*THE CARROTS, BEETS AND ONION  
ARE ALSO GOOD OVEN-ROASTED.  
SPREAD THEM ON A SHEET PAN  
AND ROAST IN A 400°F OVEN FOR  
30 TO 40 MINUTES.*

THE VITAMINS,  
MINERALS AND  
FIBER IN COLLARD GREENS  
HAVE BEEN LINKED TO LOWER  
RISK OF DIABETES, CANCER AND  
CARDIOVASCULAR DISEASE.

**KOREAN  
STEAK  
COLLARD WRAPS**

**Prep** 45 minutes | **Cook** 5 to 7 minutes | **Serves** 4 (2 wraps each)

**1 lb. beef top sirloin steak, cut into thin bite-size strips**  
**½ cup rice wine vinegar, divided**  
**¼ cup Hy-Vee all-purpose light soy sauce**  
**2 Tbsp. Hy-Vee Select 100% pure maple syrup**  
**4 cloves garlic, minced**  
**2 tsp. sesame oil**  
**1 tsp. Hy-Vee black pepper**  
**1 mini seedless cucumber, thinly sliced**  
**1 large carrot, peeled and cut into julienne strips**  
**½ tsp. Hy-Vee crushed red pepper**  
**8 collard greens**

**2 Tbsp. Hy-Vee canola oil, divided**  
**½ red bell pepper, seeded and thinly sliced**  
**½ yellow bell pepper, seeded and thinly sliced**  
**½ red onion, cut into thin wedges**  
**¼ cup chopped fresh herbs, such as mint and cilantro**

**1. PLACE** beef in a resealable plastic bag set in a shallow bowl. Combine ¼ cup vinegar, soy sauce, maple syrup, garlic, sesame oil and black pepper. Pour over beef; seal bag. Marinate 30 minutes, turning bag occasionally.

**2. COMBINE** cucumber, remaining ¼ cup vinegar, carrot and crushed red pepper in a small bowl. Cover and refrigerate.

**3. SOAK** collard greens in cool water to remove any grit; drain and rinse. Carefully trim about 2 in. of the thick middle stems off each leaf. Drop trimmed leaves, a few at a time, into a pot of lightly salted boiling water. After 30 seconds, transfer leaves to an ice-water bath. Cool 1 minute. Remove leaves and pat dry with paper towels

**4. DRAIN** beef; discard marinade. Heat 1 Tbsp. canola oil in a large skillet over medium-high heat. Add beef. Cook and stir for 2 to 3 minutes or until desired doneness. Remove from skillet. Add remaining 1 Tbsp. canola oil to skillet. Stir-fry bell peppers and red onion 3 to 4 minutes or until crisp-tender. Return beef to skillet; heat mixture through.

**5. LAY** collard leaves, back sides up, on a work surface. Divide beef and pepper mixture evenly among the leaves, placing mixture on the bottom center of each leaf. Top with some of the cucumber mixture and herbs. To form each wrap, fold bottom edge of leaf over filling. Fold in both sides. Then, starting from the folded bottom edge, roll up leaf.

**NOTE:** Extra-large, billowy collard leaves make sturdy and flexible wraps. Blanching the leaves keeps them from tearing or splitting; they fold neatly around ingredients without breaking.

Per serving: 470 calories, 30 g fat, 7 g saturated fat, 0 g trans fat, 85 mg cholesterol, 1,000 mg sodium, 24 g carbohydrates, 9 g fiber, 9 g sugar, 29 g protein



HOMEMADE BARBECUE SAUCE IS WARMED WITH LIQUID SMOKE AND CAYENNE PEPPER, BUT THE DOMINANT FLAVOR IS ITS SWEET FRUITINESS FROM PINEAPPLE. SERVE IT WITH OTHER GRILLED MEATS.

# HAWAIIAN GRILLED PORK + PINEAPPLE WRAPS

**Prep** 30 minutes | **Grill** 12 to 15 minutes  
**Serves** 5

**½ cup Pineapple Barbecue Sauce, right**  
**1 lb. boneless pork loin butterfly chops, cut into long, thin strips**  
**Hy-Vee salt and black pepper, to taste**  
**½ fresh pineapple, peeled and cut into rings**  
**½ cup Hy-Vee instant brown rice**  
**2 Tbsp. Hy-Vee slivered almonds, toasted**  
**1 Tbsp. shredded carrot**  
**1 Tbsp. finely chopped red bell pepper**  
**5 (8-in.) whole wheat flour tortillas**  
**1 Tbsp. finely chopped fresh parsley, for garnish**  
**Lime wedges**

**1. PREPARE** Pineapple Barbecue Sauce. Set aside ¼ cup sauce to use as brush-on sauce and ¼ cup sauce to use for serving. Refrigerate remaining sauce for another use.

**2. PREPARE** a charcoal or gas grill with greased grill rack for direct cooking over medium heat. Thread pork strips onto six 10-in. skewers.\* Season pork with salt and black pepper to taste.

**3. GRILL** pineapple rings for 5 minutes. Turn pineapple and grill 5 minutes more or until slightly charred. After turning pineapple, add pork kabobs to grill. Grill for 7 to 10 minutes or until pork is done (145°F) turning occasionally and brushing with sauce. Remove kabobs and pineapple from grill. Slide pork off of skewers and cut pineapple into chunks.

**4. COOK** rice in the microwave according to package directions. Stir in almonds, carrot and bell pepper.

**5. TO ASSEMBLE WRAPS**, add 2 Tbsp. rice mixture to each tortilla. Top with pineapple, pork and, if desired, parsley. Fold bottom edge of tortilla over filling. Fold in both sides. Then starting from the folded bottom edge, roll up the tortilla. Repeat for remaining wraps. Serve with reserved barbecue sauce and, if desired, lime wedges.

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

**Per serving:** 420 calories, 10 g fat, 3 g saturated fat, 0 g trans fat, 50 mg cholesterol, 690 mg sodium, 58 g carbohydrates, 2 g fiber, 19 g sugar, 27 g protein

## PINEAPPLE BARBECUE SAUCE

**1 (8-oz.) can That's Smart! crushed pineapple in pineapple juice**  
**1 (6-oz.) can Hy-Vee tomato paste**  
**¼ cup mild molasses**  
**2 Tbsp. Hy-Vee apple cider vinegar**  
**1 Tbsp. Hy-Vee garlic powder**  
**1 tsp. mesquite liquid smoke**  
**½ tsp. Hy-Vee cayenne pepper**

**1. COMBINE** undrained pineapple, tomato paste, molasses, vinegar, garlic powder, liquid smoke and cayenne pepper in a small saucepan. Bring to boiling; reduce heat. Cover and simmer for 5 minutes. Cool slightly. Transfer sauce to a blender. Cover and blend until smooth.

# GRILLED SALMON

## + WATERMELON-MANGO SALSA WRAPS

**Prep** 45 minutes  
**Grill** 4 to 6 minutes  
**Serves** 4 (3 wraps each)

**1 cup seedless watermelon, cut into ¼-in. cubes**  
**1 small mango, seeded, peeled and cut into ¼-in. cubes**  
**¾ cup canned Hy-Vee no-salt-added black beans, drained and rinsed**  
**½ cup frozen Hy-Vee Select roasted super sweet cut corn, thawed**  
**¼ cup chopped red bell pepper**  
**¼ cup chopped green onions; reserve tops for serving**  
**¼ cup coarsely chopped fresh Italian parsley**  
**1 serrano chile pepper, seeded and finely chopped\***  
**1 Tbsp. lime zest**  
**3 Tbsp. fresh lime juice**  
**1 Tbsp. minced garlic**  
**¾ tsp. Hy-Vee salt, divided**  
**¼ tsp. Hy-Vee ground cumin**  
**1 recipe Lime Cream, right**  
**1 lb. skinless salmon fillets**  
**1 Tbsp. Gustare Vita olive oil**  
**½ tsp. Hy-Vee black pepper**  
**½ tsp. Hy-Vee cayenne pepper**  
**24 butter lettuce leaves**  
**Serrano chile pepper slices, for garnish\***

**1. COMBINE** watermelon, mango, black beans, corn, bell pepper, chopped green onions, parsley, chopped serrano pepper, lime zest and juice, garlic, ¼ tsp. salt and cumin for salsa. Cover and refrigerate until ready to serve.

**2. PREPARE** a charcoal or gas grill with greased grill rack for direct cooking over medium heat. Prepare Lime Cream. Cover and refrigerate until ready to serve.

**3. RINSE** fish; pat dry with paper towels. Combine oil, remaining ¼ tsp. salt, black pepper and cayenne pepper. Rub mixture all over fish. Grill salmon 4 to 6 minutes or until fish flakes when tested with a fork (145°F), turning once halfway through.

**4. STACK** two lettuce leaves together for each wrap. Add 1 oz. salmon and ¼ cup salsa. Top with 1 tsp. Lime Cream and, if desired, pepper slices. Wrap leaves into a bundle and tie with a thinly sliced green onion top.

**Lime Cream:** Combine ¼ cup Hy-Vee plain Greek yogurt, 1 tsp. lime zest, ½ tsp. lime juice, ½ tsp. chopped fresh Italian parsley and Hy-Vee salt to taste.

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

**Per serving:** 380 calories, 19 g fat, 4 g saturated fat, 0 g trans fat, 65 mg cholesterol, 520 mg sodium, 24 g carbohydrates, 5 g fiber, 9 g sugar, 29 g protein

PAIR GRILLED FISH WITH A QUICK, REFRESHING SALSA TO WORK MORE FRUITS INTO A HEALTHY & DELICIOUS DIET.



Wrap up a delicious meal with chicken raised with no antibiotics ever.

Keep it real.  
Keep it Tyson.



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Tyson Grilled & Ready  
Bagged Chicken:  
select varieties  
12 oz. \$4.49

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PILE ON  
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serving suggestion

Hormel Natural  
Choice Bacon:  
select varieties  
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Hormel Natural  
Choice Snacks:  
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Hormel Natural  
Choice Lunchmeat:  
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<sup>®</sup>Minimally processed. No artificial ingredients. © 2018 Hormel Foods, LLC



# 1,500

## CALORIES

A DAY

## GUIDE

MOST OF US MAINTAIN OUR WEIGHT ON ROUGHLY 2,000 CALORIES A DAY IF WE'RE MODERATELY ACTIVE. SO, CUT 500 CALORIES AND EXPECT TO DROP A FEW POUNDS. WHAT DOES A 1,500-CALORIE-A-DAY DIET LOOK LIKE? DELICIOUS! FOLLOW THIS PRACTICAL FIVE-DAY PLAN FOR THREE MEALS AND TWO SNACKS A DAY.

**Hy-Vee Dietitian Katie Schaeffer in Davenport, Iowa,** offers this flexible, easy-to-follow plan for a satisfying 1,500 calories per day, plus information about the health benefits you can expect. "Feel free to swap out the meals and to add snacks as you like," Schaeffer says. And check out our tasty roundup of snack ideas, each at 100 calories or less, on page 53.

WORDS Kristi Chew PHOTOS Greg Scheidemann

### BREAKFAST



- **Think Thin Oatmeal**
- **Medium-Size Apple**

THIS OATMEAL, AT 190 CALORIES, HAS 29 GRAMS OF WHOLE GRAINS—GOOD SOURCES OF B VITAMINS TO HELP CONVERT FOOD TO ENERGY, AND FIBER, WHICH AIDS DIGESTION AND MAY LOWER CHOLESTEROL. AN APPLE ADDS FIBER AND VITAMIN C, AN ANTIOXIDANT.

280 CALORIES

### SNACK

- **Mandarin Orange**
  - **10 Almonds**
- Mandarin oranges provide about half of your daily vitamin C for skin and bone health. Vitamin E in almonds helps your immune system.

100 CALORIES



1,500  
CALORIES TOTAL

DAY



### LUNCH

- **½ Taylor Farms Southwest Chopped Salad**
- **½ Johnsonville Flame Grilled Southwestern Chicken Breast**
- **½ cup Minute-ready Cooked Brown Rice**

GRILLED CHICKEN BREAST IS A LEAN PROTEIN SOURCE; CABBAGE AND ROMAINE PROVIDE VITAMIN K, NEEDED FOR HEALTHY TISSUES AND BLOOD CLOTTING. BROWN RICE CONTRIBUTES FIBER, VITAMINS AND MINERALS.

410 CALORIES

### SNACK

- **Mozzarella Cheese Stick**
- **2 Dove Dark Chocolate Squares**

160 CALORIES



### DINNER

#### SEARED SALMON WITH SAUTÉED SPINACH AND GARLIC PILAF

Prep 5 minutes

Cook 25 to 30 minutes | Serves 4

- 3 tsp. Gustare Vita olive oil, divided
- ½ cup finely chopped yellow onion
- ¼ cup finely chopped celery
- 3 cloves garlic, minced; divided
- 2 cups Hy-Vee 33%-reduced-sodium chicken broth
- 1 bay leaf
- 1 cup dry quinoa, rinsed and drained
- ¼ cup Hy-Vee sliced almonds, toasted
- 1 Tbsp. packed Hy-Vee brown sugar
- 1 tsp. Hy-Vee sea salt, plus additional as needed
- ½ tsp. cracked black pepper, plus additional as needed
- ¼ tsp. Hy-Vee ground cumin
- ¼ tsp. Hy-Vee dry mustard
- Dash Hy-Vee ground cinnamon
- 4 (4 oz. each) skinless salmon portions
- 1 Tbsp. Hy-Vee unsalted butter
- 1 Tbsp. thinly sliced shallot
- 4 cups fresh spinach
- ½ cup halved cherry tomatoes
- Lemon wedges, for serving

**1. PREHEAT** oven to 350°F. For garlic pilaf, heat 2 tsp. oil in a medium saucepan over medium-high heat. Add onion, celery and 1 clove garlic; cook until softened. Stir in broth and bay leaf. Bring to boiling; add quinoa. Simmer for 12 minutes or until broth is absorbed. Remove from heat. Fluff quinoa with a fork and remove bay leaf. Cover and let stand 5 minutes. Stir in almonds.

**2. COMBINE** brown sugar, 1 tsp. salt, ½ tsp. black pepper, cumin, mustard and cinnamon in a small bowl. Rub mixture on one side of salmon.

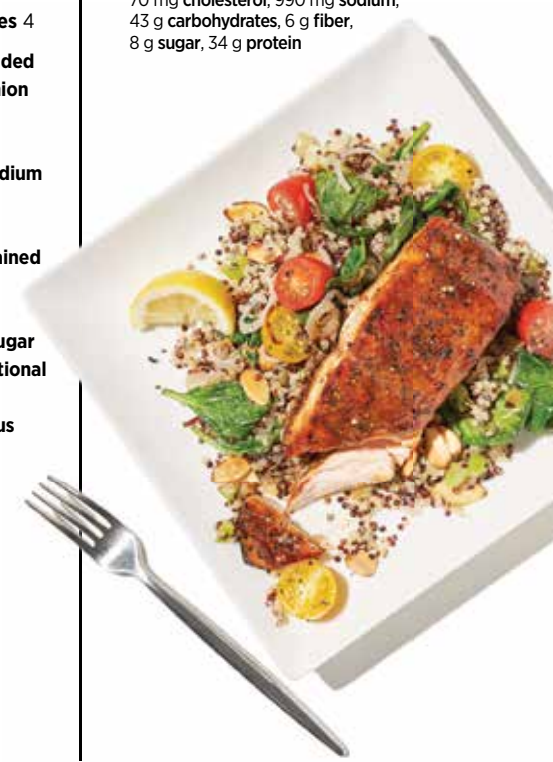
**3. HEAT** remaining 1 tsp. oil in an ovenproof sauté pan over medium-high heat. Sear salmon, seasoned side down, until fish is browned, for 2 minutes. Remove from heat. Turn fish over and bake in oven for 5 to 6 minutes or until fish flakes easily when tested with a fork (145°F).

**4. MEANWHILE,** cook butter, shallot and remaining 2 cloves garlic in a medium skillet over medium-high heat until softened. Add spinach; cook until slightly wilted. Add cherry tomatoes and quinoa mixture. Season to taste with salt and pepper.

**5. SERVE** salmon and pilaf with lemon wedges.

550 CALORIES

Per serving: 550 calories, 27 g fat, 6 g saturated fat, 0 g trans fat, 70 mg cholesterol, 990 mg sodium, 43 g carbohydrates, 6 g fiber, 8 g sugar, 34 g protein





# DAY 2

1,420  
CALORIES TOTAL



## BREAKFAST

- Kodiak Cake Power Waffle
- Justin's Almond Butter Squeeze Pack
- 5 Raspberries
- Box of Raisins

ALMOND BUTTER IS A HEALTHY FAT; IT ALSO HAS PROTEIN. KODIAK FROZEN WAFFLES ARE MADE FROM WHOLE GRAINS.

420 CALORIES

## SNACK

- ½ cup Low-Fat Cottage Cheese
- Dole Fruit Cup (mandarin oranges)

130 CALORIES

## LUNCH

- ½ Taylor Farms Garden Vegetable Chopped Salad
  - Hard-boiled Egg
- A hard-boiled egg has only 80 calories and is a complete protein with all the amino acids your body needs. The salad's broccoli, cauliflower and cabbage provide vitamins B, C and K.

360 CALORIES



- Picky Bar
- Good-for-you bars with fruits, nuts, grains and spices in nine flavors. Each bar has just 200 calories.

200 CALORIES

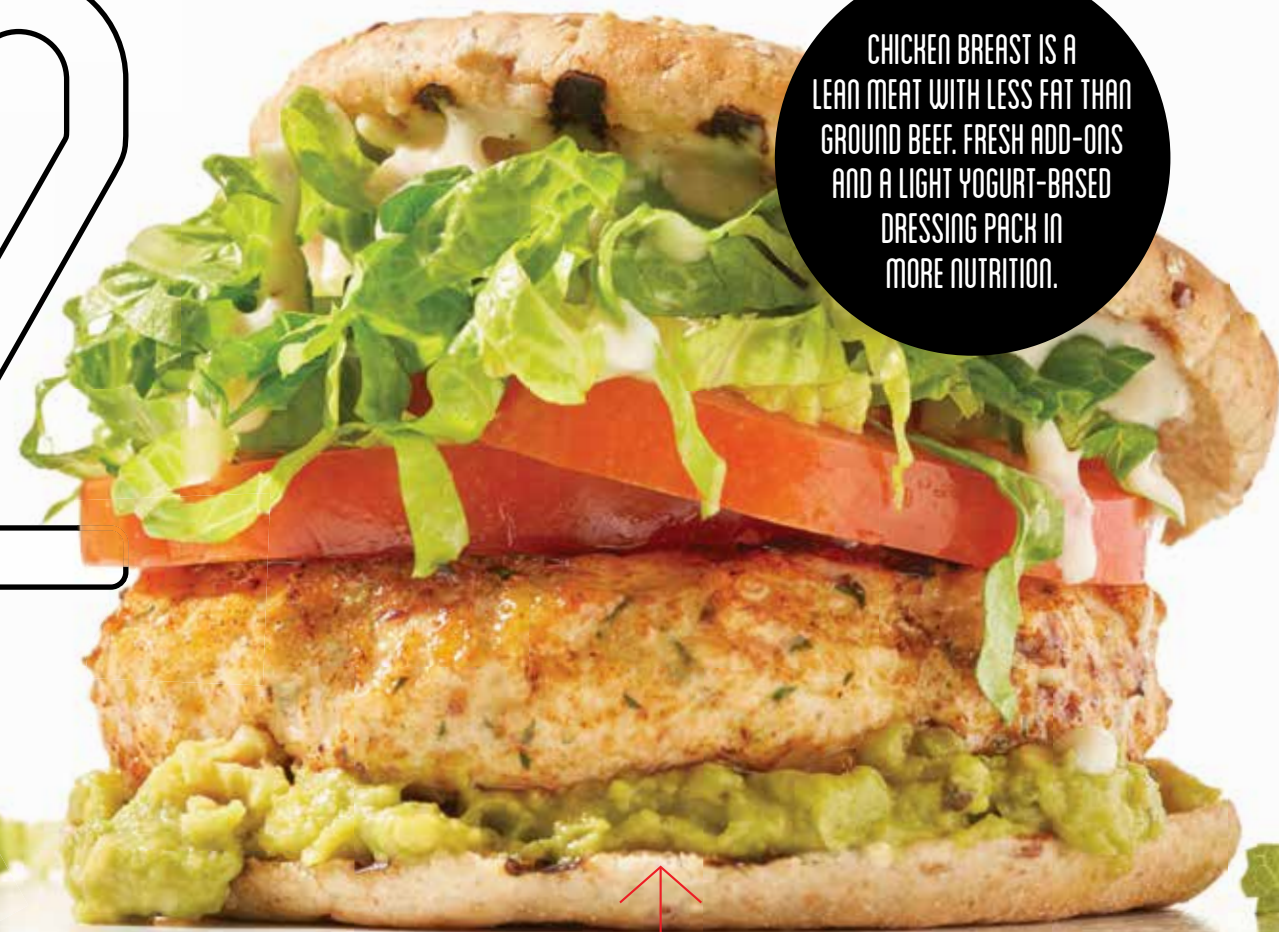
## DINNER

### CAESAR CHICKEN BURGERS

Prep 20 minutes  
Grill 20 to 25 minutes  
Serves 4

- 1 lb. ground chicken breast
- ½ medium onion, grated
- ¼ cup Hy-Vee Select shredded Parmesan cheese
- ¼ cup finely chopped fresh parsley
- 2 tsp. Hy-Vee garlic powder
- 4 Sandwich Thins whole wheat rolls, split
- ¼ cup Hy-Vee Short Cuts prepared guacamole
- 1 large tomato, sliced
- 2 cups Hy-Vee shredded romaine lettuce
- ¼ cup Bolthouse Farms Creamy Caesar yogurt dressing

CHICKEN BREAST IS A LEAN MEAT WITH LESS FAT THAN GROUND BEEF. FRESH ADD-ONS AND A LIGHT YOGURT-BASED DRESSING PACK IN MORE NUTRITION.



1. **COMBINE** ground chicken, onion, Parmesan, parsley and garlic powder in a large bowl. Form mixture into four patties. Refrigerate patties for 10 minutes.

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

3. **GRILL** patties for 20 to 25 minutes or until done (165°F), turning once halfway through.

4. **TO SERVE**, spread roll bottoms with guacamole. Add chicken burgers, tomato slices, lettuce and dressing. Add roll tops.

310 CALORIES

Per serving: 310 calories, 6 g fat, 1.5 g saturated fat, 0 g trans fat, 75 mg cholesterol, 440 mg sodium, 30 g carbohydrates, 2 g fiber, 4 g sugar, 35 g protein

## BREAKFAST

- Oikos Triple Zero Yogurt
- ¼ cup Hy-Vee Fruit & Nut Granola
- ¼ cup Blueberries

THIS YOGURT IS A NONFAT SOURCE OF PROTEIN; GRANOLA OFFERS FIBER AND IRON. BLUEBERRIES PROVIDE VITAMINS C AND K.

250 CALORIES

## SNACK

- Single-serve pack of Emerald Cocoa Almonds
- 1 cup sliced strawberries

Load up on almonds' vitamin E and strawberries' vitamin C—both are antioxidants that help fight cell damage.

210 CALORIES

## LUNCH

- Hard-boiled Egg
- 8 Pretzel Crisps
- Sabra Hummus Singles
- 8 to 10 Bell Pepper Strips
- KIND Fruit Bites
- Dove Dark Chocolate Square

ENJOY LOW-CAL PROTEIN, VITAMIN C (RED PEPPER), AND VITAMIN B6 (HUMMUS) PLUS HEALTHY BITES OF SWEETNESS AND CRUNCH.

370 CALORIES

## SNACK

- Medium-size Apple
- Babybel Cheese

140 CALORIES



## DINNER

### CARIBBEAN JERK PORK TENDERLOIN, BAKED SWEET POTATO AND STEAMED BROCCOLI

Prep 15 minutes plus marinating time  
Bake/Roast 45 to 60 minutes  
Stand 10 minutes  
Serves 4

- 1 lb. pork tenderloin, trimmed
- ½ cup bottled Caribbean Jerk marinade
- ¼ cup chopped onion
- 1 clove garlic, minced
- 1 Tbsp. Hy-Vee honey
- Hy-Vee black pepper, to taste
- 4 medium sweet potatoes
- 1 lb. fresh broccoli, cut into pieces
- ¼ cup Hy-Vee salted butter

1. **PLACE** pork in a large resealable plastic bag set in a shallow dish. Combine marinade, onion, garlic, honey and pepper for marinade. Pour over pork; seal bag. Marinate in the refrigerator for 6 hours or overnight, turning bag occasionally.

2. **PREHEAT** oven to 400°F. Scrub sweet potatoes and pierce all over with a fork. Place on oven rack. Bake for 45 to 60 minutes or until tender. While potatoes are baking, drain pork; discard marinade. Place on a rack in a shallow roasting pan. Roast, uncovered, for 30 to 35 minutes or until done (145°F). Cover with foil and let stand 10 minutes before slicing.

3. **JUST BEFORE SERVING**, place broccoli in a microwave-safe bowl with 2 Tbsp. water. Microwave, covered, on HIGH for 5 to 8 minutes or until crisp-tender, stirring once. Serve pork with broccoli and buttered sweet potatoes.

380 CALORIES

Per serving: 380 calories, 15 g fat, 8 g saturated fat, 0 g trans fat, 105 mg cholesterol, 430 mg sodium, 35 g carbohydrates, 6 g fiber, 13 g sugar, 30 g protein

# DAY 3



1,350  
CALORIES TOTAL



# 4

## BREAKFAST

- Breakfast Burrito, recipe *below*
- Dole Fruit Cup

330 CALORIES

### BREAKFAST BURRITOS

Prep 5 minutes

Cook 10 minutes | Serves 4

6 oz. mild Italian turkey sausage

Hy-Vee nonstick cooking spray

4 Hy-Vee large eggs, lightly beaten

Hy-Vee salt and black pepper

½ cup Hy-Vee reduced-fat shredded sharp Cheddar cheese

¼ cup Hy-Vee medium salsa

4 (8-in.) La Tortilla Factory light flour tortillas

**1. COOK** sausage in a medium nonstick skillet over medium heat about 5 minutes or until browned and cooked through. Drain; remove sausage from skillet and wipe skillet clean.

**2. LIGHTLY COAT** same skillet with nonstick spray. Heat over medium heat. Season eggs with salt and pepper; add to skillet. Cook without stirring until eggs begin to set on the bottom and around the edges.

**3. USING A SPATULA**, lift and fold partially cooked eggs so uncooked portion flows underneath. Continue cooking for 2 minutes or until egg mixture is cooked through but is still glossy and moist.

**4. ADD** eggs, sausage, cheese and salsa to tortillas and roll to form burritos.

Per serving: 250 calories, 13 g fat, 5 g saturated fat, 0 g trans fat, 215 mg cholesterol, 730 mg sodium, 19 g carbohydrates, 0 g fiber, 2 g sugar, 19 g protein

## SNACK

- Small Banana
- Justin's Almond Butter Packet

GET VITAMIN B6 (HELPS THE IMMUNE SYSTEM), POTASSIUM (REGULATES BLOOD PRESSURE) AND FIBER FROM A 100-CALORIE BANANA!

280 CALORIES

## LUNCH

- ½ Dole Sunflower Crunch Salad
- Hy-Vee Multigrain Roll

A MEDLEY OF GREENS AND CARROTS SUPPLIES VITAMINS A, C AND K; SUNFLOWER SEEDS HAVE VITAMIN E.

415 CALORIES

## SNACK

- Chobani Greek Yogurt

Greek yogurt is high in protein and contains healthy probiotics.

120 CALORIES

## DAY

1,485 CALORIES TOTAL

## DINNER

### GRILLED BRUSCHETTA CHICKEN WITH VEGETABLE MILLET PILAF

Prep 35 minutes

Grill 20 to 25 minutes | Serves 4

1 lb. boneless, skinless chicken breasts

¼ cup bottled sun-dried tomato vinaigrette dressing, divided

1 medium tomato, seeded and chopped

½ cup Hy-Vee shredded low-moisture part-skim mozzarella cheese

¼ cup fresh basil leaves

1 recipe Vegetable Millet Pilaf, *right*  
Lemon wedges

**1. PREPARE** a charcoal or gas grill for indirect grilling over medium-high heat.

**2. PLACE** chicken in large resealable plastic bag. Add 2 Tbsp. dressing; seal bag. Let stand 10 minutes. Remove chicken; discard vinaigrette.

**3. GRILL** chicken for 20 to 25 minutes or until done (165°F), turning once halfway through. Meanwhile, combine remaining dressing, chopped tomato, cheese and basil.

**4. SERVE** chicken, topped with tomato mixture, with Vegetable Millet Pilaf and lemon wedges.

**VEGETABLE MILLET PILAF:** Cook ¾ cup dry millet in lightly salted water according to package directions. Heat 2 tsp. Gustare Vita olive oil in a medium skillet over medium-high heat. Add ¼ cup chopped red onion. Cook until softened. Add 1 minced garlic clove and ½ cup each chopped yellow bell pepper, chopped zucchini and Hy-Vee frozen peas. Cook for 5 minutes or until vegetables are tender. Stir in millet. Season to taste with Hy-Vee salt and black pepper.

340 CALORIES

Per serving: 340 calories, 9 g fat, 2 g saturated fat, 0 g trans fat, 65 mg cholesterol, 220 mg sodium, 31 g carbohydrates, 4 g fiber, 3 g sugar, 35 g protein

MILLET IS A GLUTEN-FREE GRAIN WITH HIGH AMOUNTS OF PROTEIN AND FIBER AS WELL AS VITAMIN B, IRON AND MAGNESIUM.



## BREAKFAST

- Jimmy Dean Scramble
- Small Orange

PAIR THE 20 GRAMS OF PROTEIN OF A JIMMY DEAN SCRAMBLE (300 CALORIES) WITH A VITAMIN C- AND FIBER-PACKED ORANGE.

345 CALORIES

## LUNCH

- Quick Chicken Tortilla Soup, recipe *below*
- 10 Hy-Vee Whole Grain Tortilla Chips

360 CALORIES

### QUICK CHICKEN TORTILLA SOUP

Prep 10 minutes | Cook 15 minutes  
Serves 4 (2½ cups each)

- 1 (14.5-oz.) can no-salt-added Hy-Vee diced tomatoes
- 1 (14.5-oz.) can Hy-Vee 33%-less-sodium chicken broth
- 1 (10-oz.) can Hy-Vee mild enchilada sauce
- 1 (12-oz.) bag Hy-Vee frozen corn
- 1 medium yellow onion, chopped
- 1 (4-oz.) can Hy-Vee diced green chiles
- 2 tsp. minced garlic
- 1 tsp. each Hy-Vee ground cumin and chili powder
- Hy-Vee salt and black pepper, to taste
- 2½ cups chopped cooked chicken
- 2 avocados, seeded, peeled and chopped
- Fresh cilantro, for garnish

**1. COMBINE** 2 cups water, tomatoes, broth, enchilada sauce, corn, onion, chiles, garlic, cumin, chili powder and salt and pepper to taste. Bring to boiling; reduce heat. Simmer for 5 minutes. Add chicken and heat through. Serve topped with avocado and, if desired, cilantro.

Per serving: 360 calories, 24 g fat, 4.5 g saturated fat, 0 g trans fat, 45 mg cholesterol, 1,000 mg sodium, 21 g carbohydrates, 8 g fiber, 7 g sugar, 20 g protein

## SNACK

- KIND Fruit Bites
- Mozzarella Cheese Stick

140 CALORIES

## DINNER

- Grilled Steak with Greek Salad, recipe *below*
- Hy-Vee Whole Grain Roll

500 CALORIES

### GRILLED STEAK WITH GREEK SALAD

Prep 20 minutes | Grill 10 to 15 minutes | Serves 4

- 1 recipe Greek Tomato Salad, *right*
- 4 (4-oz.) sirloin steaks, 1 in. thick
- Hy-Vee kosher sea salt and black pepper, to taste

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

**2. TRIM** fat from steaks; season with salt and pepper. Grill steaks for 10 to 12 minutes for medium-rare (145°F) or 12 to 15 minutes for medium (160°F). Let rest for 5 minutes.

**3. PREPARE** Greek Tomato Salad. Serve steaks over salad.

**GREEK TOMATO SALAD:** Combine 1 cup each halved red and yellow cherry tomatoes; ½ cup each chopped cucumber, thinly sliced red onion and halved Kalamata olives; 2 Tbsp. Gustare Vita garlic-flavored olive oil; 1 Tbsp. each fresh lemon juice, Hy-Vee Select red wine vinegar and finely chopped Italian parsley; 2 tsp. each finely chopped fresh oregano and basil; and Hy-Vee salt and black pepper to taste. Just before serving, stir in 4 cups arugula and 2 oz. Soirée crumbled feta cheese.

Per serving: 400 calories, 29 g fat, 9 g saturated fat, 0 g trans fat, 100 mg cholesterol, 560 mg sodium, 6 g carbohydrates, 2 g fiber, 4 g sugar, 27 g protein

## SNACK

- ½ cup Unsweetened Apple Sauce
- 1 Nick's Turkey Stick

145 CALORIES

1,490  
CALORIES TOTAL

DAY

# SLIM SNACKS

Reach for one of these snacks and feel no guilt. They're tasty, healthy, filling and low-calorie.

100 CALORIES OR LESS

**1** MEDIUM-SIZE APPLE = 90 CALORIES

**2** 1 CUP CAULIFLOWER + BROCCOLI + CARROT HY-VEE SHORT CUTS (35 CALORIES) + 2 TBSP. BOLTHOUSE CLASSIC RANCH YOGURT DRESSING (45 CALORIES) = 80 CALORIES

**3** TRAIL MIX: ½ CUP MULTIGRAIN CHEERIOS (50 CALORIES) + 2 TBSP. MINI MARSHMALLOWS (20 CALORIES) + 17 RAISINS (25 CALORIES) = 95 CALORIES

**4** 2½ CUPS OF SEA SALT AIR-POPPED POPCORN = 80 CALORIES

**5** ½ CUP OR 5 TBSP. LIGHT WHIPPED CREAM (50 CALORIES) + 1 CUP STRAWBERRIES (50 CALORIES) = 100 CALORIES

**6** 1 TBSP. GUACAMOLE (25 CALORIES) + 21 BABY CARROTS (70 CALORIES) = 95 CALORIES





# SCREAM FOR NEW

# Ice Cream

## INDULGE HEALTHFULLY THIS SUMMER.

Hy-Vee now offers pints of ice cream that showcase fewer calories, less sugar and, in some cases, higher protein and fiber than ever before—without sacrificing flavor. If you have special dietary needs—vegan, dairy-free, soy-free or nut-free—you can have your scoop and eat it too. There's something for everyone. Now that's worth screaming for!

WORDS Lois Carpenter PHOTOS Tobin Bennett



# GET THE SCOOP

WANT SOMETHING LIGHTER, OR HAVE SPECIAL DIETARY NEEDS? THESE BETTER-FOR-YOU ICE CREAMS ARE WORTH INDULGING IN. SEE WHAT EACH HAS TO OFFER.

## ① HALO TOP

It's America's best-selling pint. Halo Top has fewer calories and less sugar than most light ice creams. A ½-cup serving contains 60 to 80 calories and provides about 6 grams of protein and 12 percent of your daily fiber intake. Flavors include birthday cake, red velvet, mochi green tea and others. Dairy-free pints, made with a coconut base, have 14 flavors, including pancakes and waffles.

## ② SO DELICIOUS

**Treat yourself, even if you're lactose-intolerant or vegan.** So Delicious dairy-free ice creams made with cashew, coconut, almond or soy milk contain about 50 percent less fat than premium ice creams, but only trace amounts of protein and calcium. Flavors include dark chocolate truffle, salted caramel cluster, cappuccino, peachy maple pecan and more.

## ③ ENLIGHTENED

Dig into Enlightened, another silky, smooth ice cream that's high in protein and fiber and low in fat and sugar. The first item in the ingredient list is skim milk. A ½-cup serving contains 60 to 100 calories, 2 grams of fat, 6 grams of protein and 5 grams of fiber. Satisfy your craving with birthday cake, sea salt caramel, chocolate cookie dough and strawberry cheesecake.

## ④ SOLA

**Made with milk and cream, Sola contains a blend of natural sweeteners that tastes like table sugar—with 75 percent fewer calories.** A ½-cup serving has 140 to 190 calories, 10 to 15 grams of fat and 7 to 8 grams of sugar. Look for vanilla bean, peanut butter chocolate, chocolate chip cookie dough and strawberry vanilla swirl, among other flavors.





**PREMIUM SAUCE**  
the perfect finish for  
your drink or dessert

Ghirardelli Ice Cream Sauce:  
select varieties  
16 or 17 oz. \$4.99



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



**chillycow**



**LOWER  
CALORIE**  
\*compared to leading  
ice creams



**MADE WITH  
ULTRA-FILTERED  
MILK**



**SMOOTH &  
CREAMY**



YOU'RE FEELING FINE. THEN BAM! YOU GET A QUEASY FEELING IN YOUR STOMACH THAT MAKES YOU FEEL LIKE YOU'RE GOING TO VOMIT. IT MAY BE TRIGGERED BY FOOD POISONING, A MIGRAINE, PREGNANCY OR EVEN STRESS. HERE'S HOW TO SOOTHE YOUR STOMACH BACK TO GOOD HEALTH.

# NAUSEA

## foods that RELIEVE

WORDS Lois Carpenter PHOTOS Tobin Bennett

If you're looking to quell nausea, start with lighter fare that is gentle on the stomach. It's important to stay hydrated, but drink no more than 4 ounces at a time to allow your stomach to adjust. Then aim for small amounts of light carbs, like saltines or toast. As your stomach settles, add an easy protein like chicken breast. You may find that chewing on mint leaves or a piece of fresh ginger will help soothe your stomach.

Need some more ideas? Our recipes and food recommendations will put you on the right path. Remember, most nausea is temporary. If your queasiness doesn't go away in a day or two, consider seeing a doctor.

### FOODS TO EAT

- APPLES
- APPLESAUCE
- APPLE JUICE
- BAKED POTATO
- BANANAS
- CHICKEN BREAST
- COCONUT WATER
- DRY CEREAL
- GINGER
- GREEK YOGURT

- HARD-BOILED EGGS
- HERBAL TEA
- MINT
- NUTS
- PEANUT BUTTER
- RASPBERRIES
- RICE
- SORBET
- SPORTS DRINKS
- TOAST
- TOMATO JUICE

### FOODS TO AVOID

- ALCOHOL
- CARBONATED BEVERAGES
- COFFEE
- FRIED FOODS
- MILK
- PROCESSED MEATS
- SPICY FOODS

## GINGER-LEMON CHICKEN-NOODLE SOUP



FIND THIS EASY RECIPE ON PAGE 60.

### PRO TIP:

BOTH WATER AND SALT IN A CLEAR BROTH SOUP PROMOTE HYDRATION.

**A SQUEEZE OF FRESH LEMON ADDS CITRIC ACID, WHICH AIDS DIGESTION.** FRESH GINGER PROMOTES THE SECRETION OF SOME DIGESTIVE JUICES AND ENZYMES THAT **HELP NEUTRALIZE STOMACH ACID.**





# RASPBERRY-COCONUT ELECTROLYTE YOGURT POPS



View step-by-step instructions to make these **Yogurt Pops** at [youtube.com/Hy-Vee](https://youtube.com/Hy-Vee)

## RASPBERRY-COCONUT ELECTROLYTE YOGURT POPS

**Prep** 5 minutes plus freezing time  
**Serves** 10 (3 oz. each)

**¾ cup Hy-Vee HealthMarket coconut water**  
**¾ cup fresh raspberries**  
**6 Tbsp. + 2 tsp. strawberry electrolyte drink**  
**6 Tbsp. + 2 tsp. fruit punch electrolyte drink**  
**6 Tbsp. + 2 tsp. orange electrolyte drink**  
**1¼ cups Hy-Vee vanilla Greek yogurt**  
**2 Tbsp. Hy-Vee honey**

**1. COMBINE** coconut water and raspberries in a blender. Blend until smooth; strain. Pour mixture into 10 (3-oz.) molds and freeze 2 hours.

**2. ADD** 2 tsp. strawberry electrolyte drink to each mold, insert craft sticks and freeze 1 hour. Repeat with fruit punch and orange electrolyte drinks.

**3. COMBINE** Greek yogurt and honey in a small bowl; spoon mixture on top of frozen layers. Freeze 4 to 6 hours more.

**Per serving:** 50 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 45 mg sodium, 9 g carbohydrates, 1 g fiber, 9 g sugar, 3 g protein

## PRO TIP: ELECTROLYTE DRINKS HELP

**RESTORE SODIUM  
AND POTASSIUM  
WHILE HYDRATING  
YOUR BODY.**  
GREEK YOGURT  
CONTAINS PROBIOTICS,  
**GOOD BACTERIA THAT  
HELP REGULATE YOUR  
DIGESTIVE SYSTEM.**

## GINGER-LEMON CHICKEN- NOODLE SOUP

*From pg. 59*

**Prep** 15 minutes  
**Cook** 35 minutes  
**Serves** 4 (1½ cups each)

**6 cups Hy-Vee 33%-less-sodium chicken broth, divided**  
**1 (8-oz.) boneless, skinless chicken breast**  
**2 cups water**  
**1 cup sliced carrots**  
**½ cup chopped celery**  
**2 Tbsp. fresh ginger, peeled and cut into thin strips**  
**1 oz. stir-fry rice noodles**  
**4 (6-oz.) heads baby bok choy, cut in half**  
**Lemon wedges, for serving**

**1. ADD** 4 cups broth to a saucepan. Add chicken. Bring to boiling; simmer for 15 to 20 minutes or until chicken is done (165°F). Remove chicken from saucepan. Using two forks, shred chicken; set aside. Strain broth through a fine-mesh strainer. Return strained broth to saucepan.

**2. ADD** remaining 2 cups broth, water, carrots, celery and ginger to saucepan. Bring to boiling; reduce heat. Simmer for 10 minutes. Add noodles, baby bok choy and shredded chicken to saucepan. Simmer soup for 5 minutes more.

**3. SERVE** soup in bowls with lemon wedges.

**Per serving:** 120 calories, 1 g fat, 0 g saturated fat, 0 g trans fat, 30 mg cholesterol, 1,060 mg sodium, 11 g carbohydrates, 3 g fiber, 5 g sugar, 18 g protein

## PRO TIP:

**WHILE BANANAS  
HELP RESTORE  
POTASSIUM, DEPLETED  
FROM DIARRHEA  
AND VOMITING,  
OATMEAL IS EASY ON  
THE STOMACH AND  
PROTEIN-PACKED  
PECANS AND ALMOND  
BUTTER HELP  
REPLENISH ENERGY.**

## BANANA-OATMEAL COOKIES

SNACK ON WHOLESOME COOKIES PACKED WITH BANANAS AND OATMEAL, TWO FEEL-GOOD INGREDIENTS.

**Prep** 15 minutes | **Bake** 15 to 20 minutes | **Cool** 10 minutes  
**Serves** 14

**Hy-Vee nonstick cooking spray**  
**2 cups almond flour**  
**1 cup Hy-Vee old-fashioned oats**  
**½ cup Hy-Vee chopped pecans, divided**  
**1 tsp. Hy-Vee baking powder**  
**½ tsp. Hy-Vee ground cinnamon**

**¼ tsp. Hy-Vee salt**  
**3 ripe medium bananas**  
**¼ cup almond butter**  
**¼ cup coconut sugar**

**1. PREHEAT** oven to 350°F. Line 2 baking sheets with parchment paper. Spray parchment with nonstick spray; set aside.  
**2. STIR** together almond flour, oats, ¼ cup pecans, baking powder,

cinnamon and salt in a medium bowl. Set aside.

**3. MASH** bananas in a large bowl. Add almond butter and coconut sugar, combining well. Stir in flour mixture just until combined.

**4. USE** moistened hands to form mixture into fourteen 2-in. patties. Place patties on prepared baking sheets. Sprinkle

cookies with remaining ¼ cup pecans. Bake for 15 to 20 minutes or until cookies are set in the center. Cool on a wire rack. Store cookies in an airtight container in the refrigerator up to 3 days.

**Per serving:** 190 calories, 12 g fat, 1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 90 mg sodium, 17 g carbohydrates, 4 g fiber, 10 g sugar, 5 g protein



# WATER WORKS

YOUR BODY IS 60 PERCENT WATER. EVERY DAY, YOU LOSE SOME OF IT THROUGH YOUR BREATH, PERSPIRATION AND URINE, AND YOU MUST REPLENISH IT SO YOUR FOOD DIGESTS, ORGANS FUNCTION, MUSCLES WORK, JOINTS ARE LUBRICATED, SKIN HAS ELASTICITY AND BODY TEMPERATURE IS NORMAL. YOUR LIFE DEPENDS ON IT. YOU CAN GO WITHOUT FOOD FOR A MONTH BUT WOULD PERISH IN A FEW DAYS WITHOUT WATER. EIGHT GLASSES A DAY IS THE LONG-TOUTED RECOMMENDATION, BUT THERE'S A LITTLE MORE TO IT THAN THAT.

WORDS Kristi Chew  
PHOTOS Tobin Bennett



## HYDROPOWER!

**BOTTLED WATER IS NOW THE TOP DRINK IN THE COUNTRY. AMERICANS DOWNED AN AVERAGE 39 GALLONS OF IT IN 2016, SURPASSING SODA.**

—BEVERAGE MARKETING CORP.



### HOW MUCH?

The National Academies of Sciences, Engineering and Medicine recommends around 91 ounces

(11 eight-ounce cups) a day for women and 125 ounces (16 cups) for men. That includes plain water; coffee, tea and other beverages; and water derived from foods. But it's not set in stone. Age, climate, activity level, pregnancy and illness have a bearing. Other health sources suggest dividing the number of your weight in half and drinking that many ounces of water each day as a baseline, and to

drink more as needed. Because caffeine drinks may increase the number of bathroom visits, it's been suggested they should not be included in the recommendation. The National Academies of Sciences, Engineering and Medicine, however, says moderate amounts don't reduce your daily water intake. "Caffeinated beverages can contribute as much as noncaffeinated options," the academy says.

**During just one hour of exercise your body can lose more than a quart of water. Drink before signs of thirst appear, and hydrate before, during and after workouts.**

— American Council on Exercise

## DRINK TO THAT

### YOUR WHOLE BODY IS THIRSTY:

#### SKIN

Water absorbed by cells gives skin elasticity.

#### BRAIN

Dehydration can disrupt mood and impair cognition. Four studies on school children from 2006 to 2009 indicated that low to moderate dehydration may alter cognitive performance.

#### MUSCLES

Water helps blood carry nutrients to muscle tissue.

#### TEMPERATURE CONTROL

Sweat evaporation is your body's "cooling system." If it's not compensated for by drinking fluids, core body temperature can rise.

#### GUT

Water is vital to digestion. It moves outside the intestine into blood to feed the body, and moves waste back through the intestine and out the body. It softens stool to prevent constipation.

#### URINARY TRACT

Water passes through your kidneys, which regulate your blood pressure and remove waste from your body. Proper amounts of water can prevent kidney stones and urinary tract infections.

IN ADDITION, WATER HELPS FIGHT COLDS AND FLU, AS WATER AIDS IN LOOSENING CONGESTION. AND IT'S A **ZERO-CALORIE** DRINK TO MAKE YOU FEEL FULL AND HELP YOU **LOSE WEIGHT.**

### DEHYDRATION



**When water moves through your gut,** nearly all of it is reabsorbed and sent to your body's cells to deliver nutrients, regulate your temperature and lubricate joints. Water helps your kidneys remove waste from your blood as urine. You're

dehydrated when you don't have enough water in your body to carry out normal functions. Mild dehydration may cause sleepiness, headache or dizziness and is treated by simply drinking more water. Severe dehydration can cause kidney damage

or failure, which may require intravenous fluids or dialysis. You're at risk for dehydration if you live in a hot climate, have had vomiting or diarrhea, take diuretics or have poorly controlled diabetes. Older adults often don't drink enough fluids.



## GUT CHECK

It can take as little as five minutes for the water you swallow on an empty stomach to pass through your GI tract, be absorbed by your intestines and enter (along with nutrients) your bloodstream.

Sources page 62: <https://www.ncbi.nlm.nih.gov/pubmed/21997675>  
<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/water/art-20044256>  
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<https://www.ncbi.nlm.nih.gov/pubmed/21997675>



## WATER- WISE

Though uncommon, it's possible to drink so much water that you dilute your body's sodium level.

This condition is called **hyponatremia**. In severe cases, hyponatremia can cause nausea, headache, confusion, low blood pressure, seizures or coma.

Marathon runners and other endurance athletes who drink large quantities of water must replenish sodium and electrolytes lost through excessive sweating. It is also possible to drink too much water if you have thyroid disease or a kidney, liver or heart condition or if you're taking a medication that makes you retain water.

**PROPER HYDRATION IS A BALANCE OF REPLENISHING WATER, MINERALS LIKE ELECTROLYTES AND OTHER SUBSTANCES YOUR BODY NEEDS.**



**Go high tech!** Use a free app like Daily Water or Carbodroid to track your water intake and to set drink-water reminder alarms on your phone.

Also try the Waterlogged (iPhone) or Water Your Body (Android) apps.

**NOT BIG ON APPS? JUST SET A FEW REMINDER ALERTS ON YOUR PHONE FOR THROUGHOUT THE DAY.**

## THIRST AID

Sports drinks are options for those who exercise intensely. They help replace sodium, potassium and other electrolytes lost through sweating and provide carbs needed for energy.

**LOOKING FOR FUN AND FLAVORFUL OPTIONS BEYOND PLAIN WATER? CHECK OUT THE DRINKS WELLNESS EXPERTS ARE LOVING ON PAGE 66.**

Energy drinks may have B vitamins and amino acids, but there has been concern over significantly high levels of caffeine and sugar.

**The color of your urine may give you an idea of how hydrated you are.** If it's **light yellow or colorless**, you're probably well hydrated. If it's **dark yellow or amber**, you may not be.

## SIP BY SIP

**IF 11-PLUS GLASSES OF WATER A DAY SEEMS LIKE A LOT, FEAR NOT. GET THERE WITH SEVERAL SIPS AN HOUR AND BY USING THESE TRICKS:**

**Keep a water carafe nearby.** It's easier to remember to drink if the water source is at hand.

**Buy a cool-looking water bottle.** Stay hydrated in style!

**Make it a habit.** Take a drink every time you get out of the shower or before you wash your face at night. Soon you'll mentally associate the two.

**Order water** first thing when your restaurant server comes around, and drink it before you eat your meal. It will make you feel full quicker and will help you digest your food.

**Dilute sweet drinks** with more water and ice cubes.

**Drink water if you're hungry**—find out whether you're thirsty instead.

**Leave your desk each hour.** Stretch your legs and head to the water cooler.

**Add flavor to water** with fresh strawberries, lemon wedges or cucumber slices, or add herbs like mint or basil. Or try one of Hy-Vee's powder or liquid water enhancers.

**Sip sparkling or mineral water** for a little hydration excitement and as a substitute for sodas.



Source page 64: <https://nccih.nih.gov/health/energy-drinks>  
Source page 65: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2908954/>

## EAT YOUR WATER

Eighty percent of your total water intake comes from drinking water and other fluids, says the National Academies of Sciences, Engineering and Medicine. The remaining 20 percent is derived from foods. Tap into the water content of the foods listed, *right*; each is at least 80 percent water.

APPLES  
CABBAGE  
CANTALOUPE  
CARROTS  
CELERY  
COOKED BROCCOLI  
FAT-FREE MILK  
GRAPES  
LETTUCE  
ORANGES  
PEARS  
PINEAPPLES  
SPINACH  
SQUASH  
STRAWBERRIES  
TOMATOES  
WATERMELON  
YOGURT



## HYDRO- POWERED WORKOUT

### DRINK WATER FOR STRENGTH

**"For regular exercisers, maintaining a constant supply of water in the body is essential to performance.**

**Dehydration leads to muscle fatigue and loss of coordination...In a dehydrated state, the body is unable to cool itself efficiently, leading to heat exhaustion and possibly heat stroke. Without an adequate supply of water the body will lack energy and muscles may develop cramps."** — American Council on Exercise



# TOP 8 DRINKS

## WELLNESS EXPERTS LOVE

If your drink choices feel watered down—liven them up! Whether you're in need of quick post-workout protein or an afternoon pick me up, these flavorful options satisfy more than thirst.

- 1 ZICO CHOCOLATE FLAVORED **COCONUT WATER**
- 2 HY-VEE FRESH **INFUSED WATER**
- 3 PERFORMANCE INSPIRED READY 2GO **PROTEIN** ISLAND FRUIT PUNCH
- 4 TRADITIONAL MEDICINALS ORGANIC **DANDELION HERBAL TEA**
- 5 ALO EXPOSED **ALOE VERA JUICE DRINK**
- 6 LA CROIX **SPARKLING WATER** PASSIONFRUIT
- 7 GT'S ORGANIC **KOMBUCHA** MYSTIC MANGO
- 8 LUCKY JACK NITRO **COLD BREW COFFEE** OLD SCHOOL





IN 2016,  
A RECORD-  
BREAKING  
2.5 MILLION  
PEOPLE  
PLAYED  
GOLF  
FOR THE  
FIRST  
TIME EVER.



Innovative driving ranges and stylish equipment are giving golf a shot of energy. Read up on the finer points of the game and find out what drives new players to the course.

WORDS Hilary Braaksma  
PHOTOS Tobin Bennett

## UP TO PAR

Golf has come a long way since its humble beginnings in 15th century Scotland, where games were played with sticks and pebbles. Today, golf continues to gain popularity among younger players, and its fresh appeal is noticeable. In 2016, golf was re-introduced to the Summer Olympics after a 112-year absence, confirming that the sport has staying power. That same year, 2.5 million golfers teed off for the first time, breaking the previous record of 2.4 million set in 2000, at the height of Tiger Woods' fame. "Golf is back on the upswing," says Ken Schall, PGA golf professional. "And you don't have to spend a ton of money on equipment or lessons to get started. The important thing for beginners is to keep things simple."

A 155-POUND PERSON CAN  
BURN ROUGHLY 820 CALORIES  
IF CARRYING THEIR OWN  
CLUBS (520 CALORIES IF  
USING A CART) DURING  
2 HOURS OF GOLF.



## GOLF 101: THE BASICS

**THE OBJECT OF THE GAME:** Hit the ball into the hole in as few strokes as possible.

**SCORING:** Each swing is recorded. The lower the score, the better. Each hole has a "par," or the ideal number of strokes to sink the ball, ranging from 3 to 5.

**KEEPING PAR:** A full course is 18 holes, and pars are

added to equal a total par for the course, typically 72.

**TEEING OFF:** Tee your ball behind the markers on the ground. There are usually different tee markers for different skill levels.

**GOING OUT OF BOUNDS:** Play your ball where it lands. If you hit it out of bounds, you take a one-stroke penalty and use a new ball.

## THE LINGO

**CADDIE** A person hired to carry equipment and assist with the game.

**PAR** The ideal number of strokes per hole to sink the ball.

**BIRDIE** A score of one under par on any given hole.

**EAGLE** A score of two under par on any given hole.

**BOGEY** A score of one over par on any given hole.

**LINKS** A course designed on linksland (land reclaimed from the ocean). Not just another term for "golf course."

**HANDICAP** A numerical measure given to a golfer's playing ability.

**FORE** The warning shouted when your ball looks like it might hit other players.

**HAZARD** An area of the golf course designed to cause challenge.

ABOUT 6.2 MILLION YOUNG  
ADULTS (AGES 18 TO 34)  
PLAYED ON-COURSE GOLF  
LAST YEAR. —NATIONAL GOLF FOUNDATION

JUST AS YOU'LL BE EXPECTED TO KNOW THE RULES, YOU'LL BE EXPECTED TO KNOW BASIC GOLF ETIQUETTE THE FIRST TIME YOU PLAY.

- Arrive early to warm up.
- Read the scorecard for local rules.
- Place an identifying mark on your ball.
- Repair any divots or indentations caused by clubs or balls hitting the turf.
- Be quiet while other players prepare to swing or putt.
- If you don't have a caddie, the player closest to the hole tends the flagstick.
- Allow yourself no more than 5 minutes to locate a lost ball.
- It's okay to be frustrated, but maintain a sense of decorum on the course—no yelling or throwing gear.
- When on the green, don't walk through the line between a ball and the hole.

COURSE ETIQUETTE

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5256129/>  
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[www.golfdigest.com/story/kaspriske-fitness-column-2009-10](http://www.golfdigest.com/story/kaspriske-fitness-column-2009-10)  
<http://wearegolf.org/blog/2018/05/the-national-golf-foundation-issues-2018-golf-industry-report/>  
<https://www.health.harvard.edu/diet-and-weight-loss/calories-burned-in-30-minutes-of-leisure-and-routine-activities>



**HIT THE  
LINKS FOR  
GOOD HEALTH:  
GOLF IS GOOD  
FOR YOUR  
RESPIRATORY AND  
CARDIOVASCULAR  
SYSTEMS AND YOUR  
MENTAL WELLNESS.**

## HEALTHY SWING

Golf is a moderate form of aerobic exercise, especially if you forego the golf cart. Walking the course provides a cardio workout, and it has social and mental benefits. Studies suggest a positive association between playing golf and building self-esteem, improved social skills and better emotional control.

Golf has professional benefits, too. Long considered a “business game,” major decisions are made on the course. For work outings, social outings and boss bonding time, learning the game has many benefits.



## DRESS CODE

AFTER YOU’VE BRUSHED UP ON THE BASIC RULES OF GOLF, IT’S IMPORTANT TO LEARN GOLF’S SOCIAL ETIQUETTE—including the dress code. Golf has some general unspoken rules about what’s appropriate to wear and what isn’t, and many courses offer their own dress code. Clothing, which can lend an air of sophistication and respect for the game—as well as comfort for the players—is an important choice. Dress pants, dress shorts, or women’s golf skirts are considered the norm. It’s also suggested that players wear collared shirts. Modest clothing is preferred on the golf course, so choosing lightweight fabric that still offers coverage is key for playing in warm weather. Golf shoes are optional for beginners, Schall says. “A decent pair of athletic shoes will work just fine.”

**DO:**  
**WEAR DRESS  
SLACKS OR DRESS  
SHORTS, OR A  
MODEST GOLF SKIRT.**

**DON’T:**  
**WEAR DENIM,  
WORKOUT  
SHORTS, CARGO  
SHORTS OR  
TANK TOPS.**



Sources: <http://ngfdashboard.clubnewsmaker.org/>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5256129/>  
<https://www.golfdigest.com/>  
[https://www.golfdigest.com/story/privateclubs\\_avery](https://www.golfdigest.com/story/privateclubs_avery)

## TEE PARTY DECIDING WHERE TO PLAY IS ALMOST AS IMPORTANT AS DECIDING WHETHER TO PLAY.

Public golf courses are ideal for beginners. You pay by the game, unlike private clubs, which have a membership fee. Public courses can be much busier than private clubs, but what they lack in privacy is made up for in affordability and welcoming atmosphere.

Joining a private club means less crowded courses, networking with other club members, excellent service and course upkeep. Memberships, which vary widely, can be pricey; a *Golf Digest* survey in 2008 put the average at over \$6,000 a year. Some courses offer discounts for players under 30 to attract new players.

Driving ranges all over the country are getting a modern makeover, usually combining golf with a laid-back food-and-drink atmosphere. Like public courses, they’re pay-to-play, and offer fun high-tech ways to practice your swing. Driving ranges are also much less time-consuming. “Not everybody has a whole day or four-plus hours to dedicate to golf,” Schall says.

# HOPPING CLUB

Players are allowed to carry up to 14 clubs in their bag during games, per the United States Golf Association rules, but Schall says beginners can get by without a full set. Buying your own set can be an expensive investment, and until you do, many golf courses have rental clubs for players. “You can make golf as affordable or expensive as you want to,” Schall says.



**DRIVER**  
In the category known as woods, drivers are lighter and ideal for hitting long distances. Price range: \$50-\$500+

**IRON**  
These clubs are numbered and usually range from a 3-iron to a 9-iron—different numbers producing different heights and distances. Irons are usually suggested for mid-range shots. Price range: \$200-\$1,400+ for a set

**WEDGE**  
A subset of irons, the wedge is designed for hitting high. Beginners really only need a pitching wedge to help make high, arching shots. Price range: \$30-\$150+

**PUTTER**  
Used for the last shots on each hole, putters are designed to sink the ball at short distances. Price range: \$20-\$400+

## SULTANS OF SWING

“Nobody ever really masters the swing,” Schall says. “The best thing a person can do is go to a practice range somewhere, where they can get the ball airborne and develop a little bit of consistency in their shots before they venture out on the golf course.” For beginners, Schall recommends looking for a local PGA pro to schedule a lesson on the fundamentals. Your local golf course can help you find a PGA pro in your area.



TAKE  
HIGH INTENSITY  
INTERVAL  
TRAINING (HIIT)  
OUTSIDE TO  
MEET YOUR  
SUMMER FITNESS  
GOALS. AN  
OUTDOOR  
HIIT WORKOUT  
WILL HAVE YOU  
FEELING THE  
BURN—NO  
EQUIPMENT  
NEEDED!



## HIIT WORKOUTS CONSIST OF

short bursts of maximum-effort exercise followed by rest periods. A mix of cardio and strength moves, HIIT workouts improve blood pressure and aerobic fitness, and burn calories and fat while maintaining muscle mass.

### A MATTER OF TIME

The exercise-to-rest ratio is key for HIIT workouts. Daira Driftmier, Certified Personal Trainer and Director of Hy-Vee KidsFit and Hy-Vee Fitness, recommends beginners start with

30 seconds of exercise and 30 seconds of rest for a 10-minute session. As you become more experienced and gain stamina, add extra rounds to keep the workouts challenging.

GET OUT

KICK YOUR HIIT SESSION INTO AN EVEN HIGHER GEAR BY GOING OUTSIDE. EXERCISING OUTDOORS CAN HAVE PROFOUND POSITIVE EFFECTS ON SELF-ESTEEM, STRESS AND ENERGY LEVELS. NOT TO MENTION YOU'LL GET YOUR DAILY DOSE OF VITAMIN D FROM THE SUN, WHICH CAN HELP KEEP BONES STRONG.

PERFORMING  
HIIT  
WORKOUTS  
CAN RESULT  
IN 6 TO  
15 PERCENT  
MORE  
CALORIES  
BURNED  
DURING THE  
TWO-HOUR  
POST-  
WORKOUT  
WINDOW.

— AMERICAN COLLEGE  
OF SPORTS MEDICINE

“THE BIGGEST EXCUSE PEOPLE GIVE FOR NOT WORKING OUT IS THAT THEY DON'T HAVE TIME. HIIT WORKOUTS ARE A GREAT SOLUTION BECAUSE THEY ARE SHORT AND EFFECTIVE.”

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



# 10

## MINUTE HIT SEQUENCE

Perform any of these 10 moves for a quick calorie burn. For a full 10-minute workout, perform each move for 30 seconds, followed by 30 seconds of rest.



### MINUTE 1: SIDEWAYS BOX/BENCH JUMPS

Stand to the side of a step platform, box or park bench. Jump sideways onto the platform, landing softly on both feet. Slowly step down to the starting position and alternate sides.



### MINUTE 2: SQUAT JUMPS

Stand with feet shoulder-width apart. Squat until thighs are parallel to the ground. Pressing your heels into the ground, jump straight up into the air. Land softly on both feet.



### MINUTE 5: GRASS GRABBERS

Stand with feet wider than shoulder-width apart. Push hips back, lower into a squat and touch the ground between your legs with right hand. Straighten quickly and hop feet in so they land close together under the hips. Hop back into wide-legged squat position and touch ground with left hand.



### MINUTE 4: SQUAT THRUSTERS

Stand with your feet shoulder-width apart. Squat down, place your hands on the floor and shoot your legs backward, forming a high plank position. Immediately bring your legs back into the squat position and return to the starting position.



### MINUTE 3: JUMP LUNGES

Start in a lunge position, with the left foot forward and right foot behind. Jump in the air, alternate legs and land with the right foot in front and left foot in back.



### MINUTE 6: SIDE LUNGES

Stand with your feet shoulder-width apart. Step out to the right, shifting your body weight over your right leg and squatting to a 90-degree angle. Push off your right leg and return to the starting position. Alternate.

### MINUTE 9: BICYCLES

Lie on your back with both legs extended and feet in the air with heels slightly higher than hips. Engage your core and lift shoulder blades off the ground. Twist your torso, bend your left knee and bring your right elbow to the knee. Alternate sides quickly.

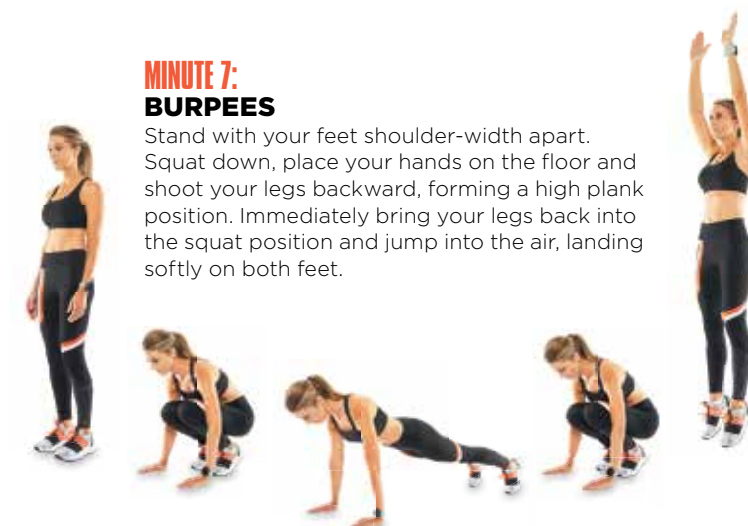


### MINUTE 10: MOUNTAIN CLIMBERS

Start in a high plank position with hands on the ground, legs extended and back straight. Bring the right leg forward until the knee is near the right forearm. From this position, quickly alternate legs.

### MINUTE 7: BURPEES

Stand with your feet shoulder-width apart. Squat down, place your hands on the floor and shoot your legs backward, forming a high plank position. Immediately bring your legs back into the squat position and jump into the air, landing softly on both feet.



### MINUTE 8: HIGH KNEES

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





# KidsFit

**HY-VEE KIDSFIT** is designed to teach kids about making **health, exercise and nutrition** lifelong priorities, with the help of fitness coach **Daira Driftmier**.

WORDS Hilary Braaksma  
PHOTOS Provided by Hy-Vee KidsFit



Hy-Vee KidsFit provides free and fun educational tools from Certified Personal Trainer and Director of Hy-Vee KidsFit and Hy-Vee Fitness Daira Driftmier to encourage kids to set and meet health goals.

Hy-Vee KidsFit coaches children, along with their parents or guardians, about the importance of healthy living. The program is designed to be accessible to everyone—no special workout gear or equipment is needed for the routines.

Keeping kids physically active is a key factor in building healthy bodies.

Nearly 20 percent of American children are obese, which puts them at risk for long-term health issues like high blood pressure, heart disease, diabetes, and more. Aside from the physical dangers of childhood obesity, it can also affect children's emotional well-being and establishes poor habits for adulthood.

The American Council on Exercise recommends at least 60 minutes of active play for kids every day, and more is even better. The Centers for Disease Control and Prevention (CDC) encourages three types of physical

activity for kids: aerobic (brisk walking, running), muscle strengthening (gymnastics, push-ups) and bone strengthening (jumping rope, jogging).

Exercise builds self-esteem, decreases feelings of depression and anxiety, teaches discipline and teamwork, increases muscle mass and builds strong, healthy bones.

Visit [Hy-VeeKidsFit.com](http://Hy-VeeKidsFit.com) for more information and ways to get active!

**HyVee**  
**KIDSFIT**

**ONLY 1 IN 3 CHILDREN** are physically active every day. Kids need **60 minutes or more** of moderate to vigorous physical activity daily.

Sources for story: [www.cdc.gov/healthyschools/obesity/facts.htm](http://www.cdc.gov/healthyschools/obesity/facts.htm)  
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[www.livestrong.com/article/562083-caloric-expenditure-during-activities-for-kids/](http://www.livestrong.com/article/562083-caloric-expenditure-during-activities-for-kids/)

## MOVE IT!

START WITH THESE BASIC MOVES AND CRANK UP THE DIFFICULTY TO CHALLENGE KIDS AS THEY GET STRONGER.

See the how-to video for these workouts on [hy-veekidsfit.com](http://hy-veekidsfit.com).

### 1 SQUATS

Start with feet shoulder-width apart, then slowly push your bottom back and bend your knees. Go as low as you can, without letting your knees go in front of your toes. Squeeze your bottom and use your heels to push back up into standing position.



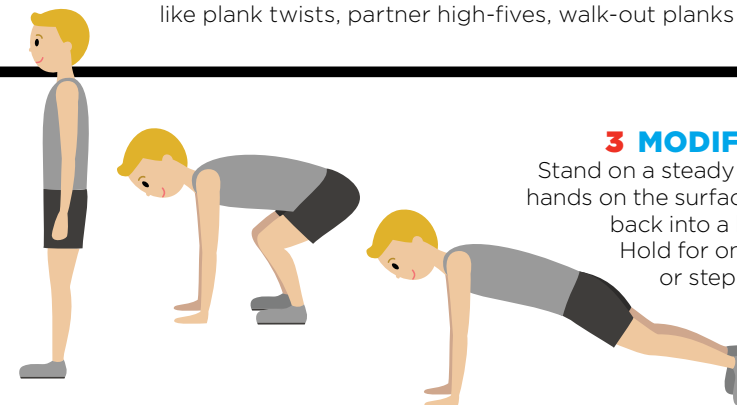
### 2 PLANKS

With arms shoulder-width apart, balance your weight on your forearms and engage your core. You should be up on your toes with your feet slightly apart. As you get stronger try variations like plank twists, partner high-fives, walk-out planks and more.



### 3 MODIFIED BURPEES

Stand on a steady surface. Place your hands on the surface and jump or step back into a high plank position. Hold for one count, then jump or step your feet back into standing position and jump up.



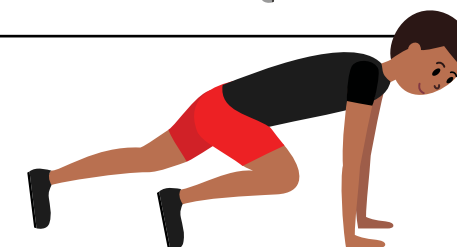
### 4 MODIFIED PUSH-UPS

Kneel and place your hands on the floor, shoulder-width apart. With your back flat and knees on the floor, lower your chest toward the floor. Keep elbows close to your sides. When your chest is almost to the floor, push back up.



### 5 MOUNTAIN CLIMBERS

Start in a push-up position. Move your right foot and place it on the floor under your chest. Keep your left leg straight and strong. Without moving your hands, jump to switch leg positions.



**KidsFit**

helps with all of the components of fitness, but especially **strength, endurance, flexibility, balance and coordination.**

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



# BY THE NUMBERS

THE 5-2-1-0 NUMBER SYSTEM MAKES IT EASY TO REMEMBER THE COMPONENTS OF A HEALTHY LIFESTYLE. THE WHOLE FAMILY CAN BENEFIT FROM MAKING THIS HELPFUL GUIDELINE A PART OF DAILY LIFE.



## 5

**(OR MORE) FRUITS AND VEGGIES**

- Lower rates of chronic disease.
- Help prevent weight gain—especially when eaten in place of common snacks.



## 2

**HOURS (OR LESS) SCREEN TIME**

- American Academy of Pediatrics (AAP) says children are spending an average of 7 hours a day on screen time.



## 1

**HOUR (OR MORE) OF ACTIVITY**

- Essential for weight maintenance and prevention of chronic diseases.
- Improves mood, boosts energy and helps you sleep better.



## 0

**SUGARY DRINKS**

- Cut down on sugary beverages to avoid cavities and excessive weight gain.
- Drink more water to keep hydrated, especially during hot weather.

Hy-Vee KidsFit takes part in Iowa's 5-2-1-0 Healthy Choices Count statewide childhood health campaign. The campaign, by the Iowa Department of Public Health and Healthiest State Initiative, promotes healthy diet and lifestyle guidelines.

## KIDSFIT EVENTS

Looking for a way to jump-start your school wellness efforts? Have a KidsFit® Assembly! Hy-Vee KidsFit has reached over 350 schools and over 198,000 students since 2016, empowering them to live healthier lifestyles. Also attend free family workouts, cooking classes and more hosted by KidsFit. Find Hy-Vee KidsFit on Facebook for new activities from Daira and Hy-Vee dietitians. Join in on the fun and download the free Hy-Vee KidsFit Workbook!



Hy-Vee KidsFit was featured at Exercising Your Character, an event that brought grade-schoolers together in April for motivational messages about health, wellness and the importance of good character, at Hy-Vee Hall in Des Moines.



Kids visit with a local Hy-Vee dietitian about nutrition and healthy eating choices, as a part of Hy-Vee KidsFit.



The 5th grade class from Collins-Maxwell Elementary School in Collins, Iowa, completed and won the Hy-Vee KidsFit squat challenge as part of their school wellness initiative, landing them as the half time show at Hilton Coliseum in Ames, Iowa, at an Iowa State Men's Basketball Game.

**“KidsFit came at the perfect time to highlight the need for everyone, students and staff, to be responsible for their food and activity choices. It fits seamlessly with our district wellness policy and curriculum, as well as with the P.E. program.”**

— Lucas Shivers, Director of Elementary Education for USD 383, Manhattan, KS

## 5-WEEK KIDSFIT CHALLENGE

The 5-Week Challenge provides a structure for kids to take control of their personal health and fitness. Signing up for the 5-Week Challenge will provide kids the tools to monitor progress by recording workouts on a **PLAY DAY**, quizzes on an **EAT** or **LEARN DAY**, and fun memories on a **FAMILY DAY**. Throughout the 5-Week Challenge, kids can earn trophies and badges for participating in and completing daily activities.

**What is PLAY DAY, EAT DAY, LEARN DAY, and FAMILY DAY?**

**PLAY DAY** is a workout designed by our online personal trainer. The workouts are designed for kids so they can workout in their own home, outside or at a playground.

**LEARN DAY** is education and information about how to exercise safely, increase motivation, build self-confidence and make fitness fun and part of daily life.

**EAT DAY** provides education and information from our Hy-Vee registered dietitians about the importance of eating healthy and how to make simple, healthy snacks.

**FAMILY DAY** is designed to bring families together by providing fun activities that promote health and fitness.

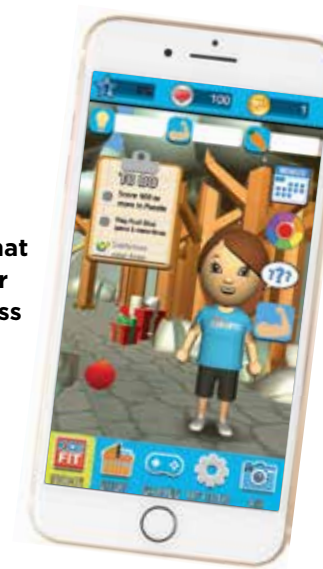
### FIND OUT MORE!

5-WEEK FITNESS CHALLENGES, HOW-TO VIDEOS AND MORE FREE RESOURCES ARE AVAILABLE ONLINE AT [HY-VEEKIDSFIT.COM](http://HY-VEEKIDSFIT.COM).

## APP-TASTIC!

**HY-VEE KIDSFIT** is a free app that can be downloaded to your smartphone or tablet. Kids can use it to play games, access how-to videos for the moves listed on page 77, and more.

- **EDUCATIONAL GAMES**
- **Trivia from dietitians**
- **NO IN-APP PURCHASES**
- **SAFE EXERCISE VIDEOS**



## SUMMER ACTIVITIES for kids

Like adults, kids can pack on extra weight if they don't get enough exercise. Active play serves two purposes—it burns calories and it's fun! When parents join, the whole family wins.

### 1 GO FOR A HIKE OR WALK

A hike in the park or a walk down the street is an easy way to get the whole family moving together!

### 2 SCAVENGER HUNT

You can find a scavenger hunt list on the KidsFit website.

### 3 RIDE A BIKE

Go for a spin around the neighborhood and in an hour a 75-pound kid burns about 135 calories—adults 360-600. Don't forget to wear a helmet!

### 4 TRAIN FOR A RACE

Find training guides for different skill levels on the KidsFit website.

### 5 SKATEBOARD, SKATE OR ROLLERBLADE

Skating burns about 170 calories an hour for a 75-pound kid and encourages good balance.

### 6 ANIMAL RELAY RACE

Switch up regular racing by hopping or doing a crab crawl, bear crawl or side shuffle.

### 7 TRACK YOUR TRAILS

Find the 'Track Your Trails' worksheet on the KidsFit website and reward yourself for meeting activity.

### 8 FLY A KITE

Windy weather is perfect for kite-flying and getting in extra steps.

### 9 KIDSFIT BINGO

Find the active Bingo sheet on the website and play with family and friends.

### 10 PLAY CATCH

A game of catch builds muscles and hand-eye coordination.

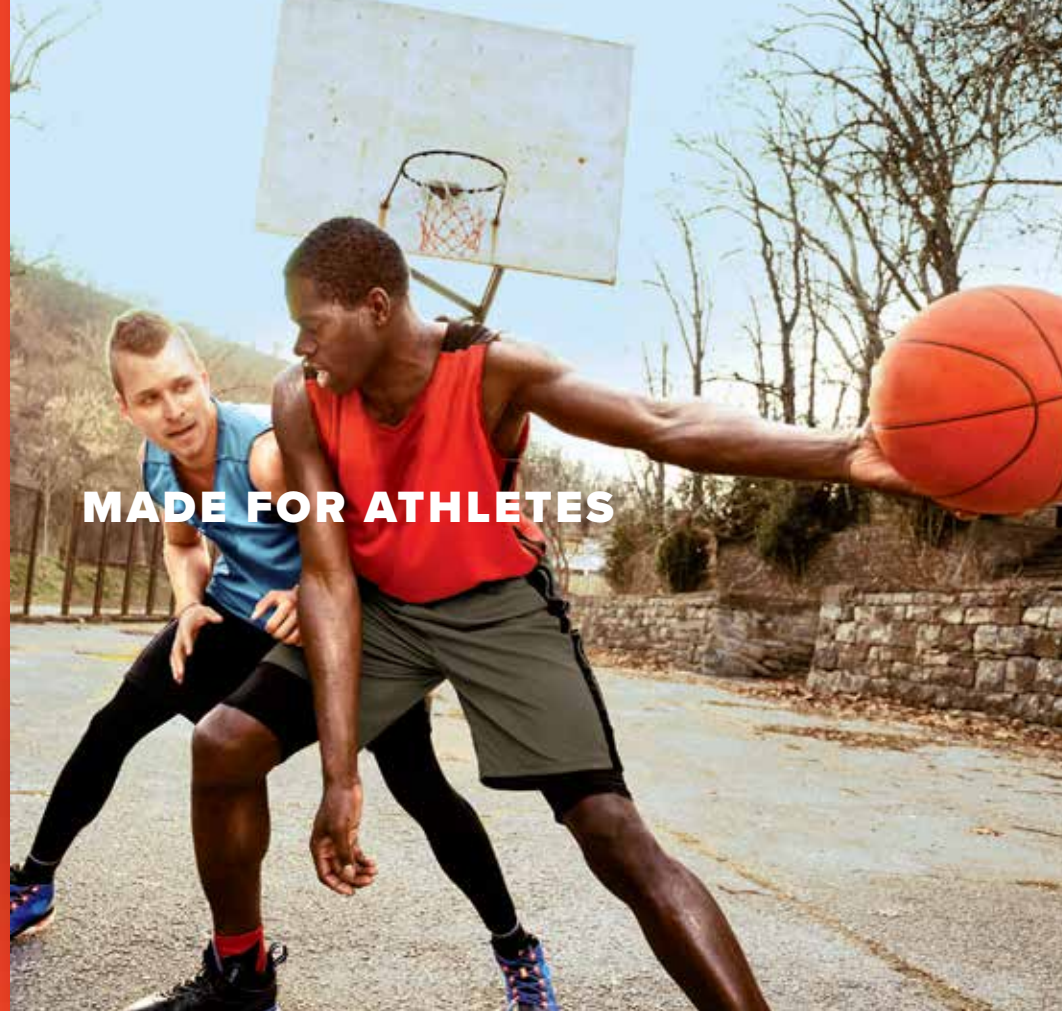


1  
2 THE SUGAR\*

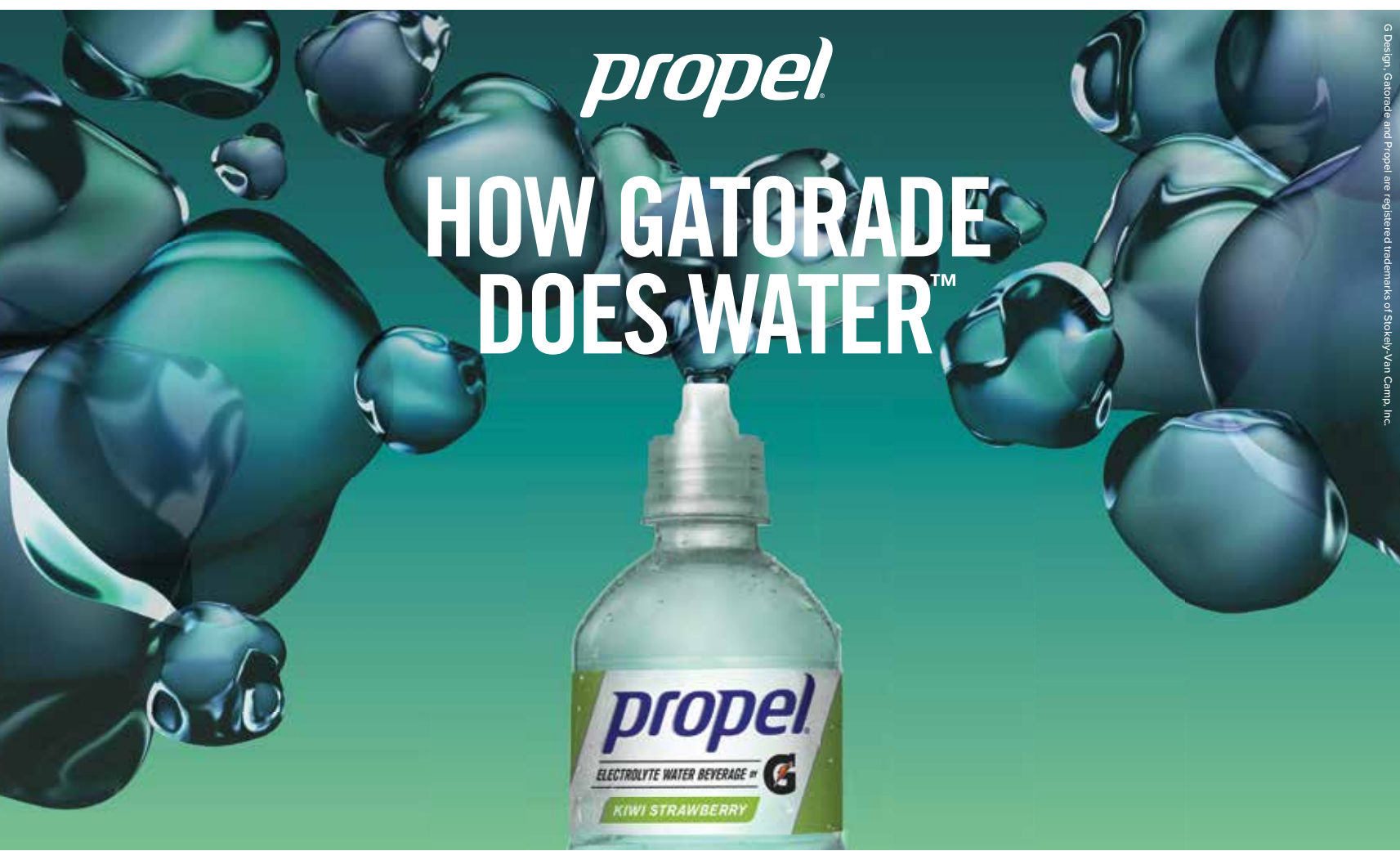


ALL THE  
ELECTROLYTES

\*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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# GUT

MORE  
THAN A

## FEELING

**FROM RIDDING YOUR BODY OF BAD BACTERIA TO DIGESTING YOUR FOOD, THE HEALTH-PROMOTING ORGANISMS IN YOUR DIGESTIVE SYSTEM DO MORE THAN YOU MIGHT REALIZE. LEARN HOW TO KEEP YOUR GASTROINTESTINAL MICROBIOME TENANTS HAPPY AND HEALTHY.**

WORDS Beau Berkley



PHOTO: Life Science/Shutterstock

**YOUR BODY HAS TRILLIONS OF MICROORGANISMS WAGING A WAR—GOOD VS. BAD—IN A FIGHT FOR LIFE.**

Adding probiotics to your diet has potential for treating or preventing diarrhea, irritable bowel syndrome, ulcerative colitis and Crohn's disease. Some people believe probiotics may fight a host of other maladies, too, including eczema, vaginal infections, allergies and colds.

## BALANCE YOUR BACTERIA

Suffer a bout of diarrhea following a course of antibiotics or a trip overseas and you know firsthand the effects of hostile gut bacteria. Research shows eating good bacteria, found in different cultured or fermented foods such as yogurt, sauerkraut and pickles (see *page 85*), potentially balances the gut by allowing good bugs to outnumber the bad.

Probiotic foods contain living strains of certain bacteria that may aid digestive function, keep bowels regular and improve overall immune health. Probiotics work in the gut by changing the pH to a more acidic level. Probiotic

bacteria turn lactose and other sugars into lactic acid. The lower pH affects nerves that control gut movement and that help digestion. Probiotics may also help break down proteins and fats in the digestive tract.

There are 400-plus strains of bacteria in an adult's approximately 30-foot-long GI tract. Of those, the friendly *Lactobacillus* genus has over 100 species.

"*Lactobacillus* bacteria, for example, generate lactic acid, which is acidic, and bad bacteria don't like an acidic environment," says Gail Cresci, Director of Nutrition Research of the Cleveland Clinic's Center

of Human Nutrition. "[Bad bacteria] prefer it to be more neutral or basic in pH. If they hit an acidic environment, they die."

In some cases, the benefit of a high-fiber diet that allows friendly bacteria to flourish appears to extend beyond the digestive system. Butyrate, a type of short-chain fatty acid produced by bacteria in the colon after breaking down nondigestible fibers, has been found to have positive effects on neurological disorders like Alzheimer's and Parkinson's disease and can also produce adenosine triphosphate (ATP), which helps drive a number of metabolic functions.

THE NORMAL HUMAN INTESTINAL TRACT CONTAINS 300-1,000 DIFFERENT KINDS OF BACTERIAL SPECIES.

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4053917/>  
<https://health.clevelandclinic.org/include-probiotics-diet/>  
<https://nccih.nih.gov/health/probiotics/introduction.htm>



# HEALTH BENEFITS

Probiotic research is still in the early stages and is ever-growing, but there are a few known health benefits provided by certain gut bacteria.

**VITAMINS** Bacteria in the colon synthesize vitamin K, which helps blood clot and may help prevent osteoporosis. Bacteria in the intestines also synthesize vitamin B12, a key nutrient for healthy nerve and blood cells.

**IMMUNE SYSTEM** Good bacteria give the immune system a major boost by warding off harmful bacteria that fight for space in the digestive system.

**DIGESTION** Good bacteria can aid in digestion by breaking down indigestible fibers that can cause bloating and irregular bowel movements. Probiotics may also be effective at easing diarrhea and irritable bowel syndrome if you take certain antibiotics.

**MOOD** Gut dysbiosis, an imbalance of good and bad bacteria, can have adverse effects on health outside of the digestive system. “Gut [bacteria] do affect our mood and behavior,” Cresci says. “A lot of times, depression and things like that are associated with gut dysbiosis.”

# SIDE TRACT

# ONE IN TEN

WE HAVE 10X MORE BACTERIA THAN HUMAN CELLS IN OUR BODIES—MOST OF IT IN OUR GUT.

The World Health Organization defines probiotics as “live microorganisms which when administered in adequate amounts confer a health benefit on the host.”

## PREBIOTICS

Food for probiotics (good bacteria) that may help stimulate their growth or activity. Some of the foods high in prebiotics are onions, apples, bananas and artichokes. Prebiotics are typically polysaccharides, a type of carbohydrate that is broken down and utilized with the help of gut bacteria. To repay your microbial housemates, eat a fibrous diet with fruits and veggies to keep good bacteria flourishing.

## PROBIOTICS

Also known as “good bacteria,” are found in most fermented foods, like kefir, kimchi, sauerkraut and yogurt. Different bacterial strains have different benefits, and not all have been studied closely enough. According to Harvard Health, “The scientific community agrees that there are potential health benefits to eating foods with probiotics. However, more research is needed to solidify the claims. The best we can say is they won’t hurt and may help.”

**SYNBIOTICS** The physical combination of prebiotics and probiotics, either through food or supplements. Research is currently being conducted to find ideal pairings between prebiotics and probiotics for optimal health benefits.

## FOOD FOR GUT HEALTH

**KEFIR** Milk is fermented in the presence of kefir “grains” made of yeast and bacteria. Kefir has a somewhat sour taste and contains mostly *Lactobacillus* bacteria.

**KIMCHI** A spicy Korean dish that includes fermented cabbage, radishes and other interchangeable vegetables, seasoned with chili powder, red pepper and garlic. Most of the bacterial strains in kimchi are lactic acid bacteria, which ward off bad bacteria in the digestive system.

**YOGURT** A popular fermented food, yogurt is made by fermenting milk with *Lactobacillus* and *Streptococcus* bacteria.

**KOMBUCHA** A carbonated tea fermented with yeast and bacteria, which may help reduce diarrhea.

**NATTO** This fermented soybean dish popular in Japan contains *Bacillus subtilis* which may help your immune system, aid digestion of vitamin K2 and support heart health.

**BRINE-CURED OLIVES** Look for salt-water brined olives rather than vinegar-brined for live probiotics.

**APPLE CIDER VINEGAR** Made by fermenting apples. Add it to a drink or salad dressing.

**SALTED GHERKINS** Pickled, or fermented, baby cucumbers. Must be pickled in a salt-water mixture rather than vinegar to have live probiotics.

**MISO** A popular soup ingredient, miso is created by fermenting soybeans, barley or brown rice with koji, a fungus.

**CHEESE** Look for active probiotics listed on the food labels of some aged cheeses, such as Gouda, mozzarella, Cheddar and cottage cheese. Raw, unpasteurized cheeses include probiotics such as *thermophilus*, *bifidus*, *bulgaricus* and *acidophilus*.

**SAUERKRAUT** Fermented in lactic acid bacteria which support the growth of good bacteria. Choose unpasteurized for live and active bacteria.

WHEN SHOPPING FOR PROBIOTIC FOODS, LOOK FOR “LIVE AND ACTIVE CULTURES” ON THE LABEL.



PHOTOS: Tobin Bennett



Sources (this page and opposite): <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4053917/>  
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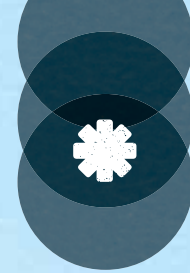


# BREATHE TAKE A

BREATHE EASY AND YOU TAKE IT FOR GRANTED. BUT STRESS, ANXIETY, EXERTION AND DISEASE CAN MAKE IT A STRUGGLE. IN THOSE INSTANCES, BREATHING EXERCISES CAN HELP RID THE LUNGS OF TRAPPED STALE AIR, INCREASE YOUR OXYGEN INTAKE AND WORK YOUR DIAPHRAGM INTO BETTER EFFICIENCY. LEARN HOW TO KEEP YOUR LUNGS HEALTHY AND USE YOUR BREATH TO FUNCTION AT YOUR BEST.

WORDS Kristi Chew PHOTOS Tobin Bennett

PEOPLE  
NORMALLY  
USE ONLY  
ABOUT  
**70%**  
OF THEIR LUNG  
CAPACITY.



IF YOUR LUNGS WERE OPEN FLAT, THEY WOULD COVER THE SIZE OF AN ENTIRE TENNIS COURT. —THE LUNG INSTITUTE

YOU TAKE UP TO 20 BREATHS A MINUTE WHILE LOUNGING ON THE COUCH AND UP TO FOUR TIMES AS MANY DURING INTENSE TREADMILLING, drawing oxygen into your body and expelling carbon dioxide. Your lungs don't have the muscles for this pumping, so your diaphragm and rib cage must do it. If they're not working properly, or if your lungs are compromised, reduced oxygen and resulting stale air trapped inside the lungs can lead to bronchitis, emphysema, Chronic Obstructive Pulmonary Disease (COPD) and other respiratory illnesses. "The lungs are like the bellows a blacksmith uses," says Dr. Amol Patil, Pulmonologist, Division of Pulmonary and Critical Care, University of Nebraska Medical Center, Omaha. "The diaphragm contracts to suck the air in and increase the capacity of the chest cavity." When the diaphragm relaxes,

you exhale. "The primary purpose of this is to move oxygen from the air into your bloodstream and, at the same time, remove carbon dioxide out from the blood and into the air," Patil says. Lungs generally are a robust organ, good at protecting themselves, but for those whose lungs or bronchial tubes are damaged, medicines and certain breathing exercises may be needed, he says. (See breathing exercises on page 90).

## AIR SUPPLY

Keep your lungs healthy with moderate exercise and by avoiding air contaminants. For example:

**DON'T SMOKE.** Smoking can cause COPD. More than 11 million people in the U.S. have been diagnosed with it.

**AVOID EXPOSURE TO CHEMICALS,** secondhand smoke or radon. Don't exercise outdoors on poor quality air days.

**PREVENT INFECTIONS.** Wash your hands and avoid crowds during flu season. Brush your teeth at least twice a day. Keep flu and pneumonia vaccinations up to date.

THE DIAPHRAGM IS A WALL OF MUSCLE SEPARATING YOUR CHEST CAVITY FROM YOUR ABDOMINAL CAVITY. IT CONTRACTS AS YOU DRAW IN AIR AND RELAXES AS YOU EXHALE. IT'S YOUR MAIN MUSCLE FOR BREATHING.

## FLOW CHART

Asthma is a lung-related condition in which airways become inflamed and can spasm, causing shortness of breath. Allergies and air pollution often trigger attacks. Those with moderate to severe asthma find relief with inhalers and can use a peak-flow meter to measure their ability to push air from their lungs to help manage treatment. The handheld device measures air-flow force after a person fills the lungs then exhales in one fast blast.



Sources: <https://lunginstitute.com/blog/never-knew-breathing-facts/>  
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<http://www.lung.org/lung-health-and-diseases/lung-disease-lookup/asthma/living-with-asthma/managing-asthma/measuring-your-peak-flow-rate.html>  
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“DO LUNG EXERCISES FOR ANXIETY AND STRESS WORK? YES, THERE’S EVIDENCE FOR THAT. ANXIETY CAUSES HYPERVENTILATION. WHAT WE ADVISE PATIENTS WITH ANXIETY TO DO IS, ALONG WITH TREATMENT FOR ANXIETY, DO SLOW, DEEP BREATHING, JUST LIKE MEDITATION.”

— AMOL PATEL, MD, PULMONOLOGIST, DIVISION OF PULMONARY AND CRITICAL CARE, UNIVERSITY OF NEBRASKA MEDICAL CENTER, OMAHA

# EVERY BREATH YOU TAKE

**CERTAIN BREATHING EXERCISES CAN AID PEOPLE WHO HAVE CHRONIC LUNG DISEASES LIKE COPD AND ASTHMA. OTHER TECHNIQUES CAN HELP REDUCE ANXIETY OR JUST ANCHOR YOUR THOUGHTS AND EMOTIONS.**

**Diaphragmatic** Inhale through the nose and let your belly fill up with air. Exhale through mouth at least two to three times as long as your inhale. Perform this breathing technique for about 5 minutes—three or four times a day. The technique encourages your diaphragm to fully fill and empty your lungs—helpful for people with asthma, emphysema and chronic bronchitis. It’s also a stress reliever.

**Pursed Lip** Inhale through the nose; exhale at least twice as long through your mouth, with your lips pursed. This exercise strengthens the diaphragm, slows your demand for oxygen and slows the pace of your breathing to overcome shortness of breath. It also keeps airways open longer, releases trapped air in the lungs and generally relaxes. This technique is advised for those with COPD and asthma.

**Equal Breathing** Inhale through the nose for a count of 5, then exhale through the nose for a count of 5. Eventually increase the equal number of counts according to your comfort level. Inhaling and exhaling through the nose in equal measures adds a natural resistance to the breath, which calms.

**Progressive Muscle Relaxation** Lie comfortably on the floor. Inhale while scrunching your toes to contract the muscles in your feet. Exhale while releasing the contraction. Then inhale and contract your calf muscles; exhale and release. Work various muscles, contracting them when inhaling and releasing when exhaling. This technique synergizes muscle movements with breath and reduces stress.

## SAVE YOUR BREATH

The most common causes of a nagging cough for nonsmokers are postnasal drip, asthma, gastroesophageal reflux disease (GERD), chronic bronchitis and treatment with angiotensin-converting enzyme (ACE) inhibitors for high blood pressure. But smoking is the overall leading cause of chronic coughing and it can lead to bronchitis, emphysema, pneumonia and lung cancer.

## RESTRICTED AIR SPACE

**Chronic bronchitis** is the persistent inflammation of the bronchial tubes, usually from smoking or long-term exposure to industrial pollutants. Treatment may include a corticosteroid inhaler. **Emphysema** is the thinning and destruction of air sacs in the lungs; breathing becomes progressively difficult. Both chronic bronchitis and emphysema are considered **Chronic Obstructive Pulmonary Disease (COPD)** illnesses. **Obstructive sleep apnea** causes breathing to stop and start while asleep; when throat muscles relax, the airways collapse.

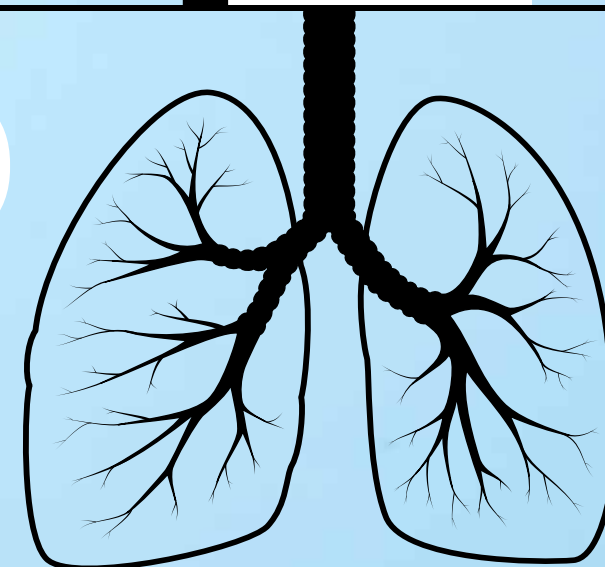
**11**  
**MILLION PEOPLE**  
**IN THE UNITED**  
**STATES SUFFER**  
**FROM COPD. UP**  
**TO 90 PERCENT**  
**OF COPD DEATHS**  
**ARE LINKED TO**  
**SMOKING.**

**COUGHING IS PART OF THE BODY’S DEFENSE AGAINST DISEASE.** IT EXPELS BACTERIA, MUCUS AND FOREIGN PARTICLES FROM THE RESPIRATORY TRACT TO PROTECT THE LUNGS FROM INFECTION AND INFLAMMATION.

## COPD

### CHRONIC OBSTRUCTIVE PULMONARY DISEASE

This long-term illness prevents a person from breathing properly because of excess mucus or degeneration of the lungs. Emphysema and chronic bronchitis are both considered COPD diseases.



**RESEARCH IS UNDER WAY TO GROW NEW LUNGS FROM STEM CELLS. IN SOME CASES, STEM CELLS FROM THE PATIENT’S BLOOD OR BONE MARROW ARE BEING USED TO HEAL DAMAGED LUNG TISSUE.**

Talk to your Hy-Vee Pharmacist if you need help managing meds for asthma, COPD or any other breathing disorder. If you’re a smoker, ask about Hy-Vee’s Quit for Good program. During the six-session course, Hy-Vee pharmacists and dietitians educate and support those looking to quit smoking.

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# Self

# CARE

It's more than a trend—self care is a lifestyle committed to prioritizing your physical, emotional and mental well-being. You'll reap amazing personal rewards, plus the benefits of self care can positively affect those around you.

WORDS Hilary Braaksma PHOTOS Tobin Bennett

**SELF CARE IS MORE THAN BOOKING A SPA DAY** (but it helps!). It's a commitment to prioritizing personal well-being. Although putting yourself first might sound selfish, it's an essential part of being the best parent, spouse, employee, friend and family member you can be.

Self care serves the same purpose as the airplane safety recommendation to put on your own oxygen mask before assisting others.

Why? Because when your needs are met, you can be of more service to the people in your life who rely on you.

"In order to know how to take care of ourselves, we need to have a clear sense of what's going on with us," says Kerri Eness-Potter, Program Coordinator, Mindfulness-Based Programs in the Department of Psychiatry at the University of Iowa Hospitals and Clinics.

Studies suggest that when you're good to yourself and meet personal needs—eating and sleeping well, exercising, and simply being kind to yourself—you can be healthier and happier.

## YOU'RE THE BOMB

IF YOU ASSOCIATE SELF CARE WITH BATH BOMBS AND FACE MASKS, YOU'RE NOT MISSING THE MARK. TREATING YOURSELF TO SMALL RELAXING MOMENTS DURING HIGH-STRESS TIMES IS A USEFUL SELF-CARE TOOL. **PEOPLE WHO MAKE AN EFFORT TO DO KIND THINGS FOR THEMSELVES AFTER PERCEIVED FAILURES ARE MORE LIKELY TO STICK TO THEIR GOALS AND SEE LONG-TERM PERSONAL IMPROVEMENT,** ACCORDING TO A STUDY FROM THE UNIVERSITY OF CALIFORNIA, BERKELEY. SO GO AHEAD AND INDULGE IN THAT BUBBLE BATH.

Sources: <http://journals.sagepub.com/doi/pdf/10.1177/0146167212445599>  
<https://www.sciencedaily.com/RELEASES/2009/07/090722110901.HTM>

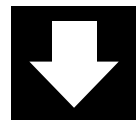
Get these relaxing products and more by shopping the Basin line at select Hy-Vee locations.

Scents like mango, lavender and lemon have been scientifically linked to reducing stress.





75  
PERCENT



Eating well is a great way to practice long-term self care, and it doesn't have to be overwhelming and complicated to integrate into your life. When you take small steps to change your diet, you make a big investment in your health.

**NIX THE "DIET."** Consider good eating a lifestyle. The aim with self-care eating isn't strict calorie restrictions or looking a certain way, it's about eating food that helps you feel your best, boosts energy and prevents chronic health issues like heart disease and type 2 diabetes. You can look forward to an improved immune system, more stamina, self-esteem and increased emotional stability.

**SWAP SIMPLY.** No need to overhaul your eating habits. Swap processed foods for

fruits, veggies and whole grains; these foods provide nutrients and help you feel full, so you're less likely to fuel up on calorie-dense, nutrient-deprived fast and processed foods.

**WATER YOUR BRAIN.** Staying hydrated allows blood to reach and feed all parts of your body, including your brain. Dehydration can disrupt mood and impair cognition; even mild dehydration can cause headache, sleepiness and dizziness. Keep reaching for the water so it becomes a refreshing habit, not a chore.

#### FOOD JOURNALING

Moderation is an important part of self care. Food journals can help you realize when you overindulge. Note what emotional and environmental triggers lead you to reach for sugary snacks, energy drinks, or alcohol so you can plan ahead to make healthier choices.

**Stress and eating can be an endless cycle. When you're not nourished, you feel stressed and turn to sugary, high-fat foods to cope—and that only leads to less energy, poor health, and more stress.**

#### MEDITATION

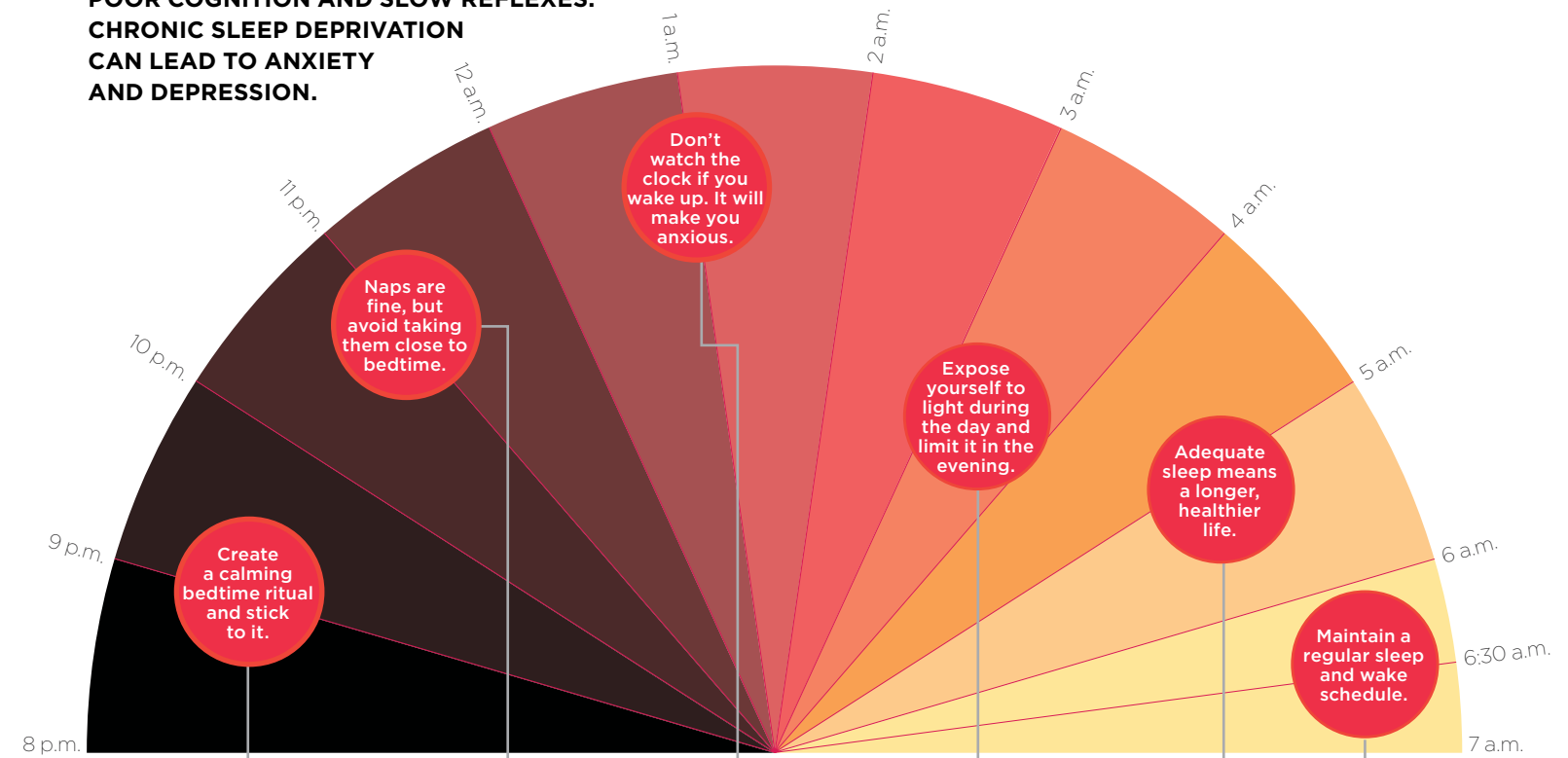
Resist the urge to "stress eat" by meditating. Diffusing essential oils can add to the calmness during meditation and enhances energized feelings after.



Sources: <https://ou.edu/content/dam/recservices/documents/Eating%20for%20Stress%20Management.pdf>  
<https://unlcmis.unl.edu/engineering/james-hanson/meditation-and-aromatherapy-tools-combat-stress>  
<https://www.hsph.harvard.edu/nutritionsource/disease-prevention/>

# SLEEP SCHEDULE

TOO LITTLE SLEEP CAUSES IRRITABILITY, POOR COGNITION AND SLOW REFLEXES. CHRONIC SLEEP DEPRIVATION CAN LEAD TO ANXIETY AND DEPRESSION.



9 p.m.

#### NO SCREENS

In the hours leading up to sleep, wind down with a book or magazine. Avoid blue light from device screens, which can hinder rest. Most smartphones have a nighttime option with less harsh lighting. TVs and laptops should be powered off.

11 p.m.

#### IT'S BEDTIME

Adults need between 7 and 9 hours of sleep. Say no to activities that constantly keep you up late. You'll have more time and energy when you're well-rested. If you work non-traditional hours, try using blackout curtains and a noise machine.

1 a.m.

#### STAY ASLEEP

Screens aren't the only source of light you need to nix—blinking alarm clocks, streetlights, and night lights can also interrupt your sleep. Turn off all sources of light and invest in blackout curtains. If you wake up often at night, let your doctor know.

3 a.m.

#### INSOMNIA

Tossing and turning all night, even in a pitch-black room? Cut out caffeine, alcohol, nicotine and other stimulants that lead to poor sleep quality. If you've tried adopting healthier sleep habits but still find yourself struggling, consult your physician.

5 a.m.

#### SLEEP IN

If you're cutting sleep short for early morning workouts, you might be better off getting that extra hour of rest. Lack of adequate sleep has been linked to a shortened lifespan, obesity, diabetes, hypertension and a weakened immune system.

6:30 a.m.

#### WAKE-UP TIME

Keeping a consistent wake-up time, even on weekends, helps form healthy sleep habits. Set your alarm for the same time every day and resist the snooze button. Get your body into the habit of falling asleep, staying asleep, and starting the day early.

THE AVERAGE ADULT GETS ONLY 6 HOURS AND 40 MINUTES OF SLEEP A NIGHT, WHICH IS 20 MINUTES UNDER THE RECOMMENDED MINIMUM.

Sources: <http://www.dartmouth.edu/~healthed/relax/>  
<http://healthysleep.med.harvard.edu/need-sleep/>

**FYI** Even partial sleep deprivation can wreak havoc on your mood. People who don't get enough sleep experience more stress, sadness and anger, according to a study from the University of Pennsylvania.



# Get going

## STAYING ACTIVE IS ANOTHER IMPORTANT COMPONENT TO SELF CARE.

### REDUCE STRESS

Exercise limits the body's production of adrenaline and cortisol, which contribute to feelings of stress and anxiety.

### GAIN CONFIDENCE

Fitness limits more than just negative feelings. Regular exercise also releases the feel-good hormone serotonin. And feeling yourself become physically stronger or watching your waistline shrink

can have positive effects on your mood as well.

### REDUCE PAIN

Exercise releases endorphins, which are natural pain killers and mood boosters. Bad day? Try running away from your problems, literally.

### IMPROVE HEALTH

Health problems are a huge stressor on individuals and families. Daily exercise helps lessen your risk of serious, chronic diseases, which in turn helps you prevent the emotional and financial stress of illness.

# 25

TO 60 MINUTES OF AEROBIC EXERCISE IMPROVES MOOD AND DECREASES NEGATIVE FEELINGS.

## MORE WAYS TO PRACTICE SELF CARE

**AVOID ALCOHOL AND DRUGS.** Both may seem like good short-term solutions to stress, but the long-term risks far outweigh any benefit.

**CUT OUT SUGAR** Sweets may give you a temporary boost of feel-good energy, but the crash and the adverse effect on your health isn't worth it.

**THINK OF SELF CARE AS A LIFELONG HABIT RATHER THAN A MEANS TO AN END. SMALL CHANGES CAN MAKE A HUGE DIFFERENCE OVER TIME.**

**FORGIVE** Accepting that mistakes happen is less stressful than aiming for (and constantly falling short of) perfection. Forgive yourself and move on.

**STAY POSITIVE** Stress, anxiety and worry are inevitable parts of life. Learn to see the bright side and keep a positive attitude, even when things get rough.

Anxiety-free time spent alone has been connected to increased creative thinking, better health, improved intimacy in relationships and increased productivity.

## PARTY OF ONE

**Prioritizing yourself means spending time with yourself. Carve out alone time during the week for hobbies, personal goals or just relaxation.** Do this even when your schedule is full of work meetings, kids' activities, family birthdays and social gatherings. Schedule alone time the way you would schedule any other important event, like a doctor's appointment or lunch with a friend. Spending quality time with yourself has benefits: improved health, increased self-esteem, increased productivity and heightened creativity. Free time will give you space to explore things that bring you happiness or to rediscover hobbies. The connectedness we experience with social media and technology today makes it even more important to be intentional about taking time to unplug from constant technology. And when you finally do squeeze in that alone time, make it yours—avoid spending it making grocery lists, folding laundry, or worrying.

1

SCHEDULE TIME ALONE AND COMMIT TO IT.

2

GO DEVICE-FREE DURING YOUR ALONE TIME.

3

USE YOUR TIME TO FOCUS ON YOURSELF.

**ONE THIRD OF AMERICANS SAY THEY RARELY ENGAGE IN HOBBIES OR PASTIMES THEY ENJOY.**



### GREEN GOODNESS

Keeping plants in your home has been shown to reduce feelings of stress and anxiety, clean the air and increase productivity.





Axe or Dove Body Wash, Axe or Degree Deodorant or Q-tips: select varieties 2.6 to 3 oz., 13.5 to 16 oz. or 500 ct. \$3.99



Dove Advanced Care, Dove Men or Axe White Deodorant: select varieties 2.6 to 3 oz. \$4.99



TRESemmé Premium Hair Care: select varieties 4.3 to 25 oz. \$4.99



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Dove, Dove Men or Dove Dermacare Shampoo or Conditioner: select varieties 12 fl. oz. \$3.99

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USED BY PROFESSIONALS

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Real



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San Pellegrino Sparkling Fruit Beverages: select varieties 6 pk. 11.15 fl. oz. \$4.98



Nestlé Pure Life Water: select varieties 6 pk. 4/\$5.00



Perrier Slim Cans: select varieties 10 pk. \$5.49



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NEW

Bear Naked Cereal  
or Granola:  
select varieties  
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**RiDiCULOUS**



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+



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Oscar Mayer Lunch Meat:  
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Trio's Snackfuls  
or Snackfuns:  
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Gevalia, McCafé, Maxwell  
House Premium  
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IT'S NOT MAC AND CHEESE.  
IT'S MACARONI & CHEDDAR.



Cracker Barrel  
Macaroni & Cheese:  
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FIND US IN THE DINNER AISLE

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select varieties  
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select varieties  
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NEW Reddi-wip Non Dairy:  
select varieties  
6 oz. 2/\$7.00



NEW Banquet Mega Meal:  
select varieties  
13 to 14 oz. \$2.68



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



NEW Tennessee Pride  
Breakfast Sandwiches:  
select varieties  
14 to 18.08 oz. \$5.48



Super Snack Pack  
Pudding or Gel:  
select varieties  
6 ct. 2/\$5.00



NEW Frontera Bowls:  
select varieties  
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# DISCOVER YOUR NEW FAVORITE



Odom's Tennessee Pride  
Breakfast Sandwiches



Banquet  
Mega Pies



Reddi-wip  
Non-Dairy

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to do delicious,  
all day long.



LOOK FOR THESE  
NEW GENERAL MILLS  
ITEMS AND MORE.





# MEAT-FREE JERKY

THE CLASSIC PROTEIN-  
PACKED SNACK GETS A  
FLAVOR-FILLED, MEAT-  
FREE MAKEOVER.

Jerky is a snacking staple. The delicious strips are an easy, filling way to get protein during the day and tide you over between meals. Resealable packaging and generally mess-free eating make jerky ideal for road-trip munching and office snack drawers. And now you can get all of the flavor and convenience without the meat.

**ALTERNATIVE JERKIES ARE PLANT-BASED AND MADE FROM SOY, COCONUT, MUSHROOMS AND MORE. SOME ARE DESIGNED TO IMITATE THE TASTE AND TEXTURE OF THE REAL THING, WHILE OTHERS OFFER THEIR OWN SPIN ON AN OLD FAVORITE.**

Flavors range from those similar to traditional meat jerky—mesquite, BBQ and smoked black pepper—to hazelnut, pineapple, and chili lime, which carry well in plant-based options.

**MEAT-FREE JERKIES ARE A TASTY ALTERNATIVE FOR ANYONE LOOKING TO EAT LESS MEAT AND MORE VEGGIES.**

PLANT-BASED JERKY OFFERS THE SAME AMOUNT OF PROTEIN AS TRADITIONAL BEEF JERKY.

## TYPES OF MEAT-FREE JERKY

**COCONUT JERKY** has a naturally sweet aftertaste; it's often mixed with fun, nontraditional flavors (like chocolate hazelnut).

**EGGPLANT JERKY** has a deep meaty flavor that satisfies like traditional jerky.

**MUSHROOM JERKY** offers an umami flavor which resembles beef.

**SEITAN JERKY** is made from wheat gluten and has a dense, chewy texture that makes a great meat substitute.

**SOY JERKY** is a good source of protein and low in fat. This jerky may need to be refrigerated.

**CONQUER YOUR DAY**  
WITH **11g OF PROTEIN\*** PER SERVING



Jack Link's Jerky:  
select varieties  
8 oz. \$12.99

**MADE WITH 100% BEEF**

\*Good source of protein. Nutritional values vary by flavor. See [www.jacklinks.com](http://www.jacklinks.com) for complete nutrition information. © 2018 LINK SNACKS, INC. ALL RIGHTS RESERVED

PHOTO: Tobin Bennett





Lotzza  
Motzza



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

# Are GMO foods safe?

For the answer, we asked Dr. Ruth MacDonald, a respected leader in nutrition and food science, what she wants consumers to understand about the safety of genetically modified foods.

## GMOs are safe.

We've consumed foods from genetically modified crops for years and there's no evidence of any risk to human health.

## There are no health risks.

The World Health Organization, American Pediatric Association, National Academy of Medicine and others have analyzed thousands of studies and concluded that GMOs are safe.

## We enjoy the safest food supply in the world.

Genetic modification has been used for decades and GMO crops are the most tested in the history of agriculture. There is no evidence of risk to people, animals or the environment.

“

As a farmer and a mom, I only feed my family foods that I trust to be safe. Not only are GMOs safe for my family and yours, but GMO technology is better for our environment because it allows us to use less pesticides on our crops. That's good for everyone. – Sara Ross, Minden, Iowa



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Plum Organic Puffs  
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select varieties  
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Garden Fresh or  
Margaritaville Salsa or Chips:  
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Find recipes and more at  
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20 oz. \$4.19



Sir Kensington's Mayonnaise:  
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10 oz. \$4.99



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Lipton Family Size Tea or  
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Suavitel Fabric Softener:  
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Speed Stick or  
Lady Speed Stick:  
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Softsoap Body Wash  
or Soap Refill:  
select varieties  
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Palmolive Dish Liquid:  
select varieties  
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Ajax Liquid Dish Soap:  
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Kleenex Facial Tissue:  
select varieties  
20 to 160 ct. 3/\$5.00



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Goodnites Giga Packs:  
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Huggies 11x Box  
Wipe Refill:  
select varieties \$14.69



Huggies 3x Wipes Refill:  
select varieties  
72 to 216 ct. \$5.97



# CARE AFTER SURGERY

YOUR LOCAL HY-VEE PHARMACISTS CAN SUPPORT YOUR POST-SURGERY CARE. ASK THEM ABOUT PAIN MEDS, WOUND HEALING, APPROPRIATE FOODS AND MORE.

When picking up a post-surgery prescription at the Hy-Vee Pharmacy, ask how you can make your recovery go smoothly. Pharmacists can answer questions beyond the post-op care pamphlet often distributed by hospitals and clinics and can advise on prescriptions—including side effects and drug interactions, how to keep wound sites sterile, and whether certain types of foods are better than others at this time. “Probably the number one thing we hear about is pain medicine,” says Travis Turner, Pharmacy Manager in Cedar Falls, Iowa. “Anytime someone’s put on an opiate medication scheduled every four to six hours, we recommend they also take something for constipation. We also counsel about infection, keeping wounds from getting infected and protecting with antibiotics or antibiotic ointments.”

**WATCH FOR ANY SEPARATION OR BLEEDING AT AN INCISION SITE. ARRANGE TO HAVE APPROPRIATE STERILE PADS, BANDAGES AND ADHESIVES AT HOME BEFORE SURGERY. YOU MAY WANT TO EAT SMALL MEALS SEVERAL TIMES A DAY UNTIL YOUR APPETITE AND ACTIVITY LEVEL INCREASE.**

## SURGERY

**CALL YOUR DOCTOR** if there is swelling, pain, heat or drainage at an incision site and if you have a fever. Wash your hands before and after touching a wound or incision site. Check with your local Hy-Vee prior to surgery to arrange for home delivery of prescriptions.

### MED CHECK

People who have had heart stents or other surgeries that require blood-thinning drugs often have questions about how those meds will affect their heart rate or blood pressure, Turner says. Pharmacy staff can pull up a patient’s current prescription information on a computer and double-check how any new meds could

interact with them, he notes. And pharmacists sometimes pull store dietitians into the recovery equation. “We have dietitians in almost every store,” Turner says. “The dietitian and the pharmacy can help with what you should and shouldn’t eat, and just living a healthier life in a way that can relate to surgery recovery.”

IF IT’S EXPECTED YOU’LL BE DIZZY AND LESS MOBILE MORE THAN A DAY AFTER SURGERY, SLEEP IN A BEDROOM NEAR A BATHROOM AND CLEAN UP ANY CLUTTER IN THOSE AREAS BEFOREHAND.

Source: [https://www.cc.nih.gov/ccc/patient\\_education/pepubs/postop.pdf](https://www.cc.nih.gov/ccc/patient_education/pepubs/postop.pdf)

# This bunny means business.



Energizer Eveready, Max or Lithium Batteries: select varieties AA or AAA 8 ct., AA 4 ct., C or D 4 ct. or 9 V 2 ct. \$6.94



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## BEVERAGES



Old Orchard Healthy Balance, Cocktails or CranCocktails:  
select varieties  
64 fl. oz. 3/\$5.00

## OTHER



Body Armor:  
select varieties  
16 fl. oz. 10/\$10.00



Caribou Coffee:  
select varieties  
7.35, 11 or 12 oz. \$6.99



Aquaphor:  
select varieties  
.35 to 1.75 oz. \$3.49



Chinet White Plates or Bowls:  
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Kashi by Kids Cereal:  
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11 oz. \$2.99



# Kashi<sup>®</sup> by Kids Cereals

Offer valid 7/1/18-7/30/18

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# Snake Up Your SUMMER

WITH HERSHEY'S



Hershey's Pouch Candy:  
select varieties  
6.3 to 10.5 oz. 2/\$7.00



# QUICK FIXES

CUT OUT PRICEY SKIN CARE PRODUCTS. YOUR BEST BET FOR SOFT SKIN MAY BE FOUND IN THE KITCHEN.



## DAIRY-SOFT SKIN

Use milk for more than growing strong bones. Heat 2 to 3 cups of milk in the microwave until warm, then soak your hands for 5 to 10 minutes to soften and moisturize them.

## recipe index

JULY 2018

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

**GF**  
option  
**GLUTEN FREE**

**V**  
option  
**VEGETARIAN  
DISH**

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

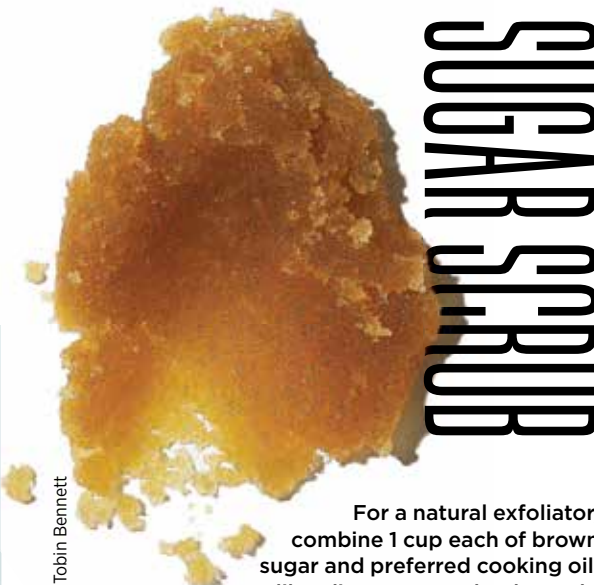
### Hy-Vee provides:

- Free aids and services to people with disabilities to communicate effectively with us, upon request or when necessary, such as:
  - Qualified language interpreters
  - Written information in other formats (large print, audio, accessible electronic formats, other formats)
  - Free language services to people whose primary language is not English, such as:
  - Qualified interpreters
  - Information written in other languages upon request
- If you need these services, contact your local pharmacist. If you believe that Hy-Vee has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with: Hy-Vee Civil Rights Coordinator, Attn: Legal Dept., 5820 Westown Parkway, West Des Moines, IA 50266, 515-267-2800, Fax 515-327-2162, [legalnotices@hy-vee.com](mailto:legalnotices@hy-vee.com). You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, the Hy-Vee Civil Rights Coordinator is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Ave. SW, Room 509F, HHH Building, Washington DC 20201, 800-368-1019, 800-537-7697 (TDD).

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

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

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



## SUGAR SCRUB

For a natural exfoliator, combine 1 cup each of brown sugar and preferred cooking oil, like olive or avocado, then add 2 to 4 drops of essential oils. Use it on hands and feet. Rinse well.

PHOTOS Tobin Bennett

## CUTICLE CARE

Soften dry cuticles. Add a few drops of coconut oil to a pea-size amount of hand cream and rub on dry spots.



Try these **Skin Care Hacks**. Watch the tutorial at [youtube.com/Hy-Vee](https://youtube.com/Hy-Vee)



# People

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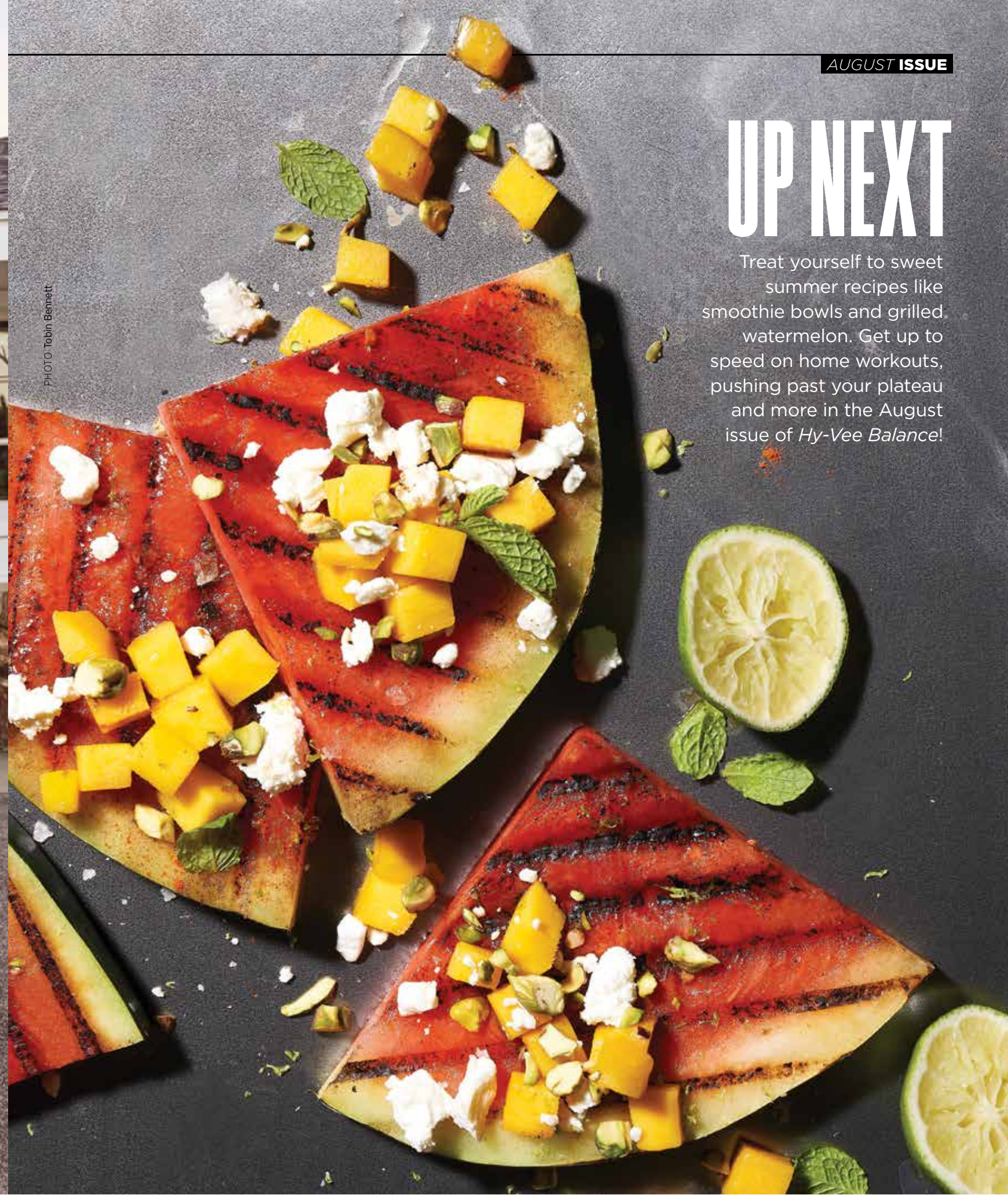
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AUGUST ISSUE

## UP NEXT

Treat yourself to sweet summer recipes like smoothie bowls and grilled watermelon. Get up to speed on home workouts, pushing past your plateau and more in the August issue of *Hy-Vee Balance*!

PHOTO: Tobin Bennett







The most important meal of your day  
could provide someone's only meal of their day.



For every box of Hy-Vee cereal you purchase, we donate a meal to a child in need through Meals From The Heartland. Visit [OneStep.Hy-Vee.com](https://onestep.hy-vee.com) to learn more about Hy-Vee One Step.