

HyVee® balance®

**CALLING
THE SHOTS
WITH**

**KOBE
BRYANT**

PAGE 32

TO THE LIMIT
PAIN OR INJURY?
PAGE 74

**6 PREP AHEAD
DINNERS**
PAGE 46

**GET FIT
AT HOME**
PAGE 84

AUGUST 2018
~~\$4.95~~
FREE IN-STORE

#1 TRUSTED BRAND.



Duracell AA or AAA Batteries:
select varieties 16 ct. \$12.99
save 5¢ per gallon with each
item purchased

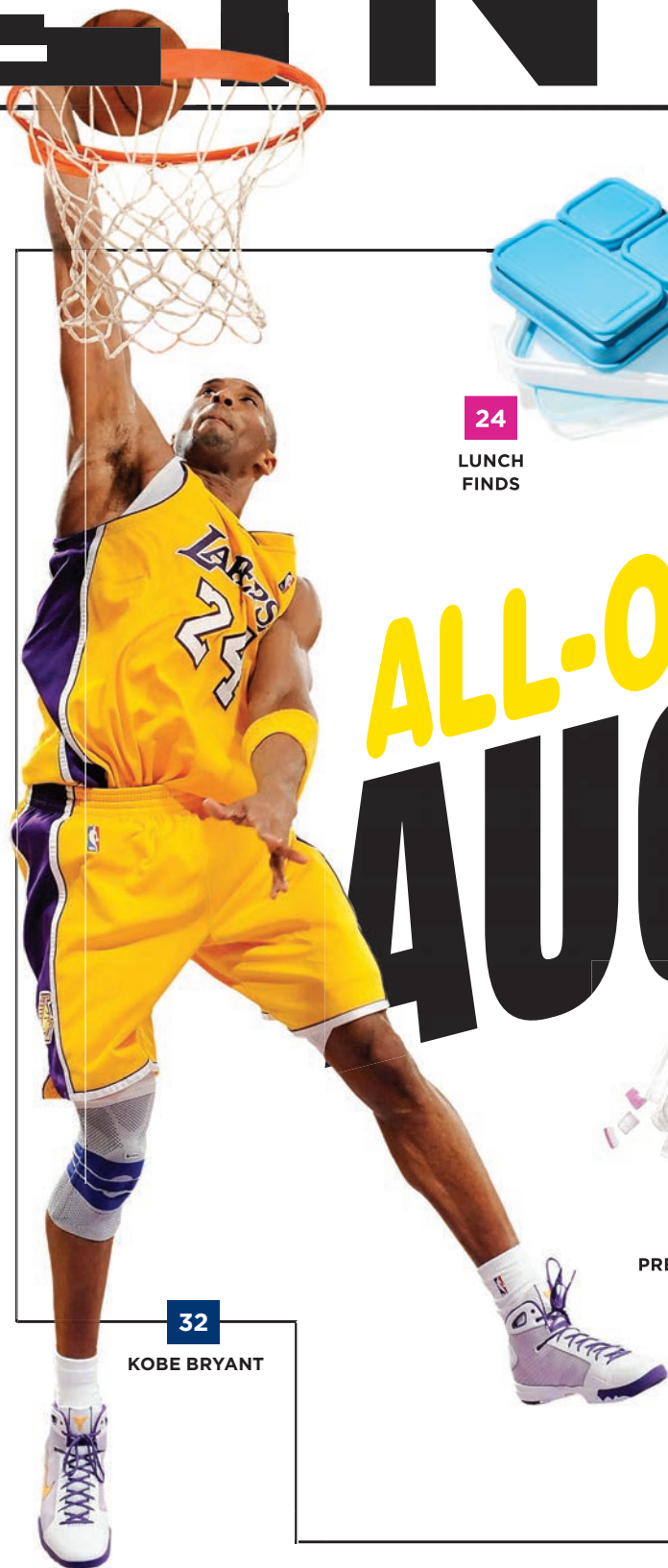


Duracell AA or AAA Batteries:
select varieties 8 ct. \$6.99
save 5¢ per gallon with each
item purchased

LINEUP

AUGUST
ISSUE 2018

PHOTO Lisa Blumenfeld/Getty Images (Kobe Bryant)



32

KOBE BRYANT



24

LUNCH
FINDS



40

SMOOTH
MOVE



46

PREP AHEAD



74

INJURY
VS. PAIN



90

BEYOND
THE
PLATEAU

AUGUST

ISSUE



30
minutes
or less

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



FOOD

13 MEAL MAKEOVER

Try a tasty lightened-up version of the classic chili dog.

40 SMOOTH MOVE

Get your blender ready for these smoothie bowl recipes.

46 PREP AHEAD

Learn how to make the most of meal-time preparation.

60 THE ART OF SNACKIFICATION

Step up your snacking with these easy, healthy ideas.



NUTRITION

9 DIETITIAN TIPS

A Hy-Vee dietitian explains the difference between simple and complex carbs.

21 NUTRIENT POWER

Fast facts and a delicious recipe for juicy watermelon.

56 FOODS THAT PROMOTE CLEAR SKIN

Yes, you can eat your way to better skin.

123 WHAT'S TRENDING

Learn how to select and prepare the versatile jackfruit.



HEALTH

15 PHARMACY FAQ

Know which foods can interfere with your prescriptions.

78 COLLAGEN

Why we need collagen and how we can get more of it.

100 LET'S GET PHYSICAL

You're due for a checkup.

130 PHARMACY

Get your vaccinations at Hy-Vee, no appointment needed.



FITNESS

17 BODY BOOTCAMP

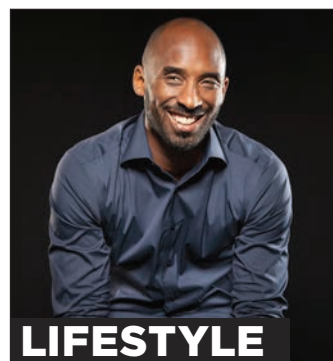
Improve joint mobility and strength with these leg workouts.

84 HOME WORK

Skip the gym and try these effective home workouts instead.

90 BEYOND THE PLATEAU

If your fitness results are flatlining, try these simple adjustments.



LIFESTYLE

24 FINDS

Say bye-bye to basic brown-bag lunches.

32 CALLING THE SHOTS WITH KOBE BRYANT

Catch up with the legendary Lakers star.

70 BENEFITS OF ROUTINE

Learn how your daily habits can work harder for you.



WELLNESS

27 HEALTHY LIVING

Brush, floss and see your dentist for a healthy smile.

74 INJURY VS. PAIN

Know the difference between a sore muscle and a serious injury.

94 UP IN FLAMES

Read up on the warning signs of chronic inflammation.

135 QUICK FIXES

Quick and clever ways to use a banana.

Give KIND[®] a try.



kindsnacks.com | [@kindsnacks](https://www.instagram.com/kindsnacks)



KIND Breakfast or
Healthy Grain Bars:
select varieties
5 to 10 ct. 2/\$5.00



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



KIND Core or Pressed Single:
select varieties
1.2 to 1.6 oz. 4/\$5.00



KIND Core or
Pressed Multi Pack:
select varieties
4 pack \$4.79



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



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



Nestle Pure Life:
select varieties
6 pk. .5 l. or 16.9 fl. oz. 4/\$5.00



Perrier:
select varieties
6 pk. 16.9 fl. oz. \$5.99



Perrier Sparkling Water:
select varieties
4 pk. 11.15 fl. oz. \$3.99



San Pellegrino or Perrier
Sparkling Water:
select varieties
750 ml., 25 fl. oz.
or 1 l. 2/\$4.00



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



San Pellegrino Sparkling Water:
select varieties
6 pk. 8.45 fl. oz. \$5.49

INCREDI BUBBLE

FAVORITE



TRANSITION

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

August is an interesting month. As we savor the rest of summer, we also pick up on the change of season. It's a time of transition.

In this issue of *Hy-Vee Balance*, we go one-on-one with Los Angeles Lakers legend Kobe Bryant about his transition from professional basketball player to full-time entrepreneur, in "Calling the Shots," *page 32*.

With school right around the corner, schedules fill up. It can be easy for parents and kids to lose focus on maintaining a healthy lifestyle. Resist the urge to cut corners, and let this issue help keep you on track.

Learn how to pack snacks with quality nutrition for the whole family and get loads of ideas and tips in "The Art of Snackification," *page 60*.

"Prep Ahead," *page 46*, shows how batch cooking a few items yields delicious, healthful weeknight meals that take only 30 minutes or less.

No time for the gym? Bring a quick circuit workout home; see "Home Work," *page 84*. If your exercise results are hitting a slump, check out "Beyond the Plateau," *page 90*, for ideas on getting past it to meet your fitness goals.

As you transition to the season ahead, adopt smart habits that can blossom into time-saving routines. You'll have time to enjoy the best parts of August, September and beyond.

*We asked our
editorial contributors:*
**How do you find Balance
in your life?**

FITNESS

Daira Driftmier,
Certified Personal Trainer
and Hy-Vee KidsFit Director
I prioritize what is important
to me. I focus to stay
consistent and efficient with my
time. My family is important to
me so I make sure to leave room
for flexibility because LIFE
happens and I am not perfect.

NUTRITION

Julie McMillin, RD, LD
Assistant Vice President
Retail Dietetics
Spending time with my
boys. Nothing re-balances
my life like spending time
with them, doing things
that make them happy.
Whether fishing, playing
baseball or just hanging out
watching YouTube.

HEALTH

Kristin Williams
Hy-Vee Senior Vice President
Chief Health Officer
It's a constant battle that any working
mother of two small children strives to
achieve every day. I focus on being more
present. It's not quantity, it's quality—
laughing, smiling, homework, dinner
together, family vacations.

HEALTH

Bret Ripley, DO, FACP, FPLI
Dean, Chairperson and Physician
College of Osteopathic Medicine
Des Moines University
For me, I make time to exercise part of my
workday routine; this is critical to maintain
health. For mental balance, I frequently review
all the wonderful things in my life, and I try
to say thank you often to the people around
me. Gratitude is one of the many positive
emotions that helps us stay mentally healthy.

NUTRITION

Deana Preble, RDN, CD
Hy-Vee Madison #1
Madison, WI

Balance is going for a walk, clearing
my head, and just saying, 'I need this
amount of time for myself.' Usually
that works. Whether that's going for a
walk, reading a magazine or watching
a show—just taking time for me is how
I get balanced.

PHARMACY & NUTRITION

Angie Nelson
Group Vice President, Retail Pharmacy
With a family and a career, I find my
balance by making the most of the
moments I have with my loved ones.
Those moments are filled with laughter,
games, sports and lots of competition
at my house.

NUTRITION

Mary Meier, PhD, ATC, LAT
Academic Program Director and
Assistant Director of Athletic Training
Iowa State University
Ames, Iowa
It's kind of hard for me. Finding time to
do it has always been an issue. I've got
four kids by myself; I joined a gym five
years ago and my exercise was 5 o'clock
in the morning because my kids were
still sleeping at home. So that changed
my lifestyle to where I had to go to bed
earlier at night and not stay up until
10—I had to manage my time better.

HY-VEE, INC.**DONNA TWEETEN**

EXECUTIVE VICE PRESIDENT,
CHIEF MARKETING OFFICER,
CHIEF CUSTOMER OFFICER

MATT NANNEN

SENIOR VICE PRESIDENT,
DIGITAL DEVELOPMENT/BRAND
AND IMAGE MARKETING

SARA CANADY

ASSISTANT VICE PRESIDENT,
BRAND AND IMAGE MARKETING

AD STAFF

AMY HOLDEN
LORRIE TROGDON
BRIAN GOERES
MORGAN DYKSTRA

TEST KITCHEN

RACHEL THALHUBER
HEATHER RAY

**GREY DOG MEDIA, LLC
INTEGRATED MARKETING****WANDA J. VENTLING**

PRESIDENT,
EDITORIAL AND CREATIVE DIRECTOR
ALISON HERR
VICE PRESIDENT, ASSOCIATE EDITORIAL
AND CREATIVE DIRECTOR
LAUREN NORTHNESS
EXECUTIVE ART DIRECTOR

AARON VENTLING

MANAGING EDITOR
DARA NEUBAUER
SENIOR ART DIRECTOR
KATE CORMAN
SENIOR ART DIRECTOR
BEAU BERKLEY
EDITOR
BROCK MERRITT
GRAPHIC DESIGNER
MACKENZIE FERGUSON
GRAPHIC DESIGNER
HILARY BRAAKSMA
EDITORIAL ASSISTANT
MICHAEL GOSHON
PREMEDIA/IMAGING DIRECTOR
AMY NESBITT
PREMEDIA/IMAGING SPECIALIST
LESLIE WHITE
PREMEDIA/IMAGING SPECIALIST
LOIS CARPENTER
TEST KITCHEN DIRECTOR
CANDICE NIELSEN
TEST KITCHEN/EDITORIAL ASSISTANT

KRISTI CHEW

COPY CHIEF

ADAM VENTLING

EXECUTIVE VICE PRESIDENT,
BUSINESS DIRECTOR
ANDREW VENTLING
VICE PRESIDENT,
OPERATIONS DIRECTOR
BILL FRAME
ADVERTISING SALES DIRECTOR
DAVE DUGGAN
ADVERTISING SALES EXECUTIVE

MARC BAPTISTE/CONTOUR BY GETTY IMAGES
COVER PHOTOGRAPHER

Prices effective
August 2, 2018 through
September 3, 2018
(while quantities last).

© 2018 by Hy-Vee, Inc. All rights reserved.
Printed in the U.S.A.

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.



Hy-Vee Balance is a product of Hy-Vee, covering health and wellness issues
and featuring Hy-Vee products, services and offers, and advertisements
from suppliers of Hy-Vee.

Hy-Vee, Inc., Grey Dog Media, LLC, and any individual or party represented
in this work do not warrant or assume any legal liability or responsibility for
the quality, accuracy, completeness, legality, reliability or usefulness of any
information, product or service represented within this magazine.

SIMPLY DELICIOUS GOOD



Back To Nature Cookies:
select varieties
6.4 to 12 oz. \$4.49



Ortega 3 Pack
Taco Seasoning:
select varieties
3.75 oz. \$2.29



Ortega Taco Sauce
mild or medium:
select varieties
16 oz. 2/\$5.00



Weber Seasonings:
select varieties
2.5 to 3.75 oz. 2/\$5.00

A Protein-Packed Kit for On-The-Go Mornings



SERVING
SUGGESTION



15g
OF PROTEIN
OR MORE

18g
WHOLE
GRAINS

NO
ARTIFICIAL
SWEETENERS

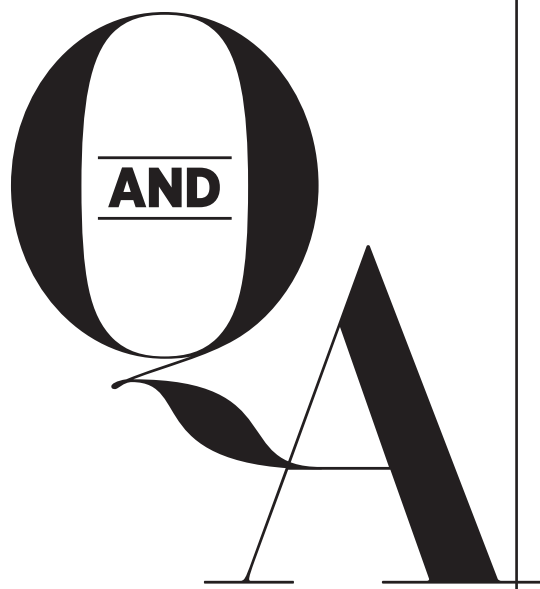
FIND IT IN THE
REFRIGERATED
SECTION



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

HY-VEE DIETITIANS:

A registered dietitian, Julie McMillin understands that carbohydrates are more complex than they seem.



Q: What are carbohydrates?

A: They're the sugars, starches and fibers found in fruits, grains, vegetables and milk products, and they are vital in providing the body with glucose for energy. The USDA Dietary Guidelines for Americans recommends that carbs, especially complex carbs, make up 45 to 65 percent of your total daily calories.

Q: What's the difference between simple and complex carbohydrates?

A: *Simple carbs have short-chain molecules; examples are sucrose (table sugar), fructose and other sweeteners often added to processed foods. Complex carbs are strung together in long, more complicated chains and have fiber, vitamins and minerals. Vegetables, fruit, beans, peas and whole grains are complex carbs.*

Q: Why eat complex carbs?

A: Typically found in plant foods, complex carbs contain fiber, vitamins and minerals that your body needs.

They take longer to digest than simple carbs, so you feel full longer and your blood glucose levels stay steady. Opt for unrefined complex carbs to maintain weight. On the other hand, a quicker-acting sugar may be needed for extra energy and endurance, such as that for long-distance running or cycling.

Q: Any tips for adding complex carbs to my diet?

A: Eat fruits and veggies as your snacks. This steers you away from processed, packaged snacks and their added sugars.

Q: How do carbs help with workouts or fitness goals?

A: *If your goal is performance, your body needs the fuel provided by carbs, which should be consumed before and maybe even during your workout. But if weight loss is your goal, you may need to cut back on carbs. For a personal recommendation, reach out to your local Hy-Vee dietitian.*

**KNOW
YOUR**



SIMPLE CARBS

SHORT-CHAIN MOLECULES ARE A FAST-ACTING SUPPLIER OF ENERGY. THEY CAN BE NATURALLY OCCURRING OR ADDED DURING FOOD PROCESSING:

- MILK (LACTOSE)
- NATURAL SUGARS IN FRUITS AND VEGETABLES
- HONEY
- FRUIT JUICE CONCENTRATE
- WHITE TABLE SUGAR
- BROWN SUGAR
- MOLASSES
- HIGH FRUCTOSE CORN SYRUP
- AGAVE NECTAR

COMPLEX CARBS

LONG-CHAIN MOLECULES FOUND IN STARCHY AND FIBROUS FOODS:

- STARCHY VEGETABLES (PEAS, CORN, LIMA BEANS, WHITE POTATOES, SWEET POTATOES, BUTTERNUT AND WINTER SQUASH)
- LEGUMES (KIDNEY AND PINTO BEANS, BLACK-EYED PEAS, LENTILS)
- FIBROUS FRUITS AND VEGETABLES (APPLES, BANANAS, BERRIES, BROCCOLI, GREEN BEANS, LEAFY GREENS, CARROTS)
- REFINED GRAINS (WHITE FLOUR, RICE AND PASTA)
- WHOLE GRAINS (WHEAT, OATS, BARLEY, BROWN RICE, QUINOA)

FUEL UP MOST OF THE BODY CAN DERIVE ENERGY FROM ALL THREE MACRONUTRIENTS—**CARBOHYDRATES, PROTEIN AND FATS**—BUT THE BRAIN PREFERS FUEL FROM CARBS. ITS CELLS ACCEPT GLUCOSE BETTER THAN THEY DO THE AMINO ACIDS FROM PROTEIN OR FATTY ACIDS FROM FAT.





JUST HEAT AND ADD YOUR
FAVORITE INGREDIENTS

60 SECONDS TO PERFECT PASTA

Made with 3 simple ingredients:

- ✓ Fully cooked pasta
- ✓ Pinch of sea salt
- ✓ Extra virgin olive oil



Nathan's Toppers:
select varieties
4.5 oz. 2/\$5.00

QUALIFYING EVENT

SATURDAY, AUGUST 11
IOWA STATE FAIR



Nathan's Beef Franks:
select varieties
10 to 14 oz. \$3.98

CHILI DOG

CHANGE-UP

Prep 35 minutes | Grill 8 to 10 minutes
Serves 8 (¼ cup chili each)

2 tsp. Gustare Vita olive oil
¼ cup Hy-Vee Short Cuts chopped onion
¼ cup chopped Hy-Vee Short Cuts celery
¼ cup chopped Hy-Vee Short Cuts carrots
½ cup chopped red and/or yellow bell pepper
1 clove garlic, minced
½ (14.5-oz.) can Hy-Vee diced tomatoes with green chiles
½ (15-oz.) can Hy-Vee no-salt-added black beans, rinsed and drained
½ cup Hy-Vee frozen corn
1½ tsp. Hy-Vee ground cumin
1½ tsp. Hy-Vee chili powder
¾ tsp. Hy-Vee paprika
8 (1.6-oz. each) fully cooked uncured turkey franks
8 (80-calorie) wheat hot dog buns
½ cup shredded sharp Cheddar cheese
Nutritional yeast, optional

1. HEAT oil in a medium saucepan. Add onion, celery, carrots, bell pepper and garlic. Cook until softened. Stir in tomatoes, black beans, corn, cumin, chili powder and paprika. Bring mixture to boiling; reduce heat and simmer for 10 minutes, stirring occasionally until thickened. Set aside; keep warm.

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

3. USING a sharp knife, make a few shallow diagonal slashes on one side of each hot dog.* Grill hot dogs for 8 to 10 minutes or until heated through (165°F), turning occasionally. During last minute of grilling, toast buns.

4. PLACE hot dogs in buns and top with chili, Cheddar cheese and, if desired, nutritional yeast.

*NOTE: Shallow slashes give hot dogs lots of nooks and crannies to catch the chili topping, plus the edges get extra-crispy and delicious.

Per serving: 280 calories, 13 g fat, 3.5 g saturated fat, 0 g trans fat, 40 mg cholesterol, 760 mg sodium, 29 g carbohydrate, 5 g fiber, 5 g sugar (0 g added sugar), 12 g protein. Daily values: Vitamin D 0%, Calcium 15%, Iron 10%, Potassium 6%

DOGGONE DELICIOUS:

Using a robust sharp Cheddar allows you to use less cheese without sacrificing that signature ballpark chili dog flavor.



470 cal
29 g fat
34 g carbs
1,260 mg sodium

280
calories

13g
fat

29g
carbs

760mg
sodium

ACTIVE LIVES START HERE!

LOOK FOR THESE GREAT NATURE'S BOUNTY
PRODUCTS NEAR THE PHARMACY.



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

Best Bar Ever:
select varieties
40 grams 2/\$3.00

**20 billion active cultures per serving guaranteed at time of manufacture.

†Source: Nielsen xAOC 52 weeks ending 11/18/17.

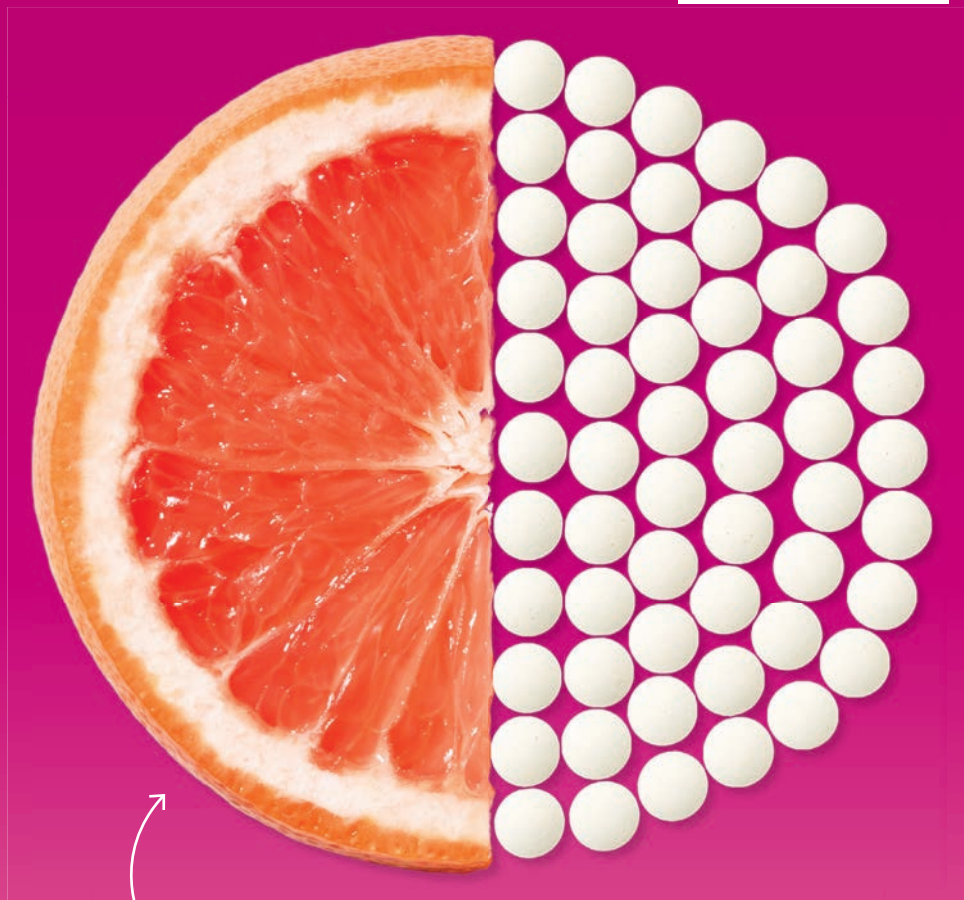
‡For occasional sleeplessness.
Individual results may vary.

*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 causes a food and drug interaction?

A. What you eat or drink may alter the effects of a medication, leading to unwanted side effects or rendering the medication ineffective.

Q. What is a common food and drug interaction?

A. Some statin drugs used to lower cholesterol may react with grapefruit and grapefruit juice. The grapefruit inhibits an enzyme needed to metabolize the drug. Therefore, too much drug stays in the body longer. Possible side effects include liver and muscle damage.

Q. Are there any other interactions to be aware of?

A. Green leafy vegetables that are high in vitamin K can interfere with some blood thinners prescribed to those at risk of developing harmful blood clots. Regularly consuming alcohol along with acetaminophen can lead to liver issues over time.

Q. How do you know if certain foods interact poorly with medication?

A. Your pharmacist will counsel you on the risks and proper dosage. Harmful interactions do not occur with all medications. Consult with your doctor or pharmacist.

Q. What are some physical symptoms of a food and drug interaction?

A. It depends on the food and medication. Severe nausea and vomiting are common, and some interactions can cause rapid heartbeat, slowed reactions or drowsiness. In some instances, the medication levels in the body can rise to toxic levels and damage the liver or other organs.

Back to school with a drumroll.



TM



Energizer Flashlight:
select varieties
1 or 2 ct. \$6.49



Energizer Hearing Aid Batteries:
select varieties
8 ct. \$8.99



OUR
#1 LONGEST
LASTING
MAX™*
*AA/AAA



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

GET A LEG UP

THINKING ABOUT SKIPPING LEG DAY? THINK AGAIN. THESE MOVES HIT EVERY LOWER-BODY MUSCLE TO IMPROVE DEFINITION, JOINT MOBILITY AND STRENGTH.

1 →

SQUAT TO LEG KICK

QUADRICEPS, HAMSTRINGS, HIPS

With feet shoulder-width apart, squat until thighs are parallel to the ground.

Quickly rise out of stance and lean on right leg while slowly extending opposite leg in an upward kick motion.



2 ↑ LUNGE KNEE UP

GLUTES, HAMSTRINGS, QUADRICEPS

Step forward with your right leg until thigh is parallel to the ground and knee is centered over heel. As you rise to a standing position, bring your left leg up toward your chest while balancing on your right leg. Alternate.



3 ↑ SUMO SQUAT

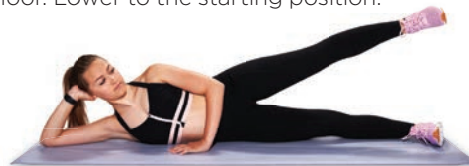
GLUTES, HAMSTRINGS, QUADRICEPS

Stand with feet wider than shoulder-width apart, toes pointed outward. Squat until thighs are parallel to the ground. Push through your heels back to starting position.

4 ↓ LATERAL LEG RAISE

GLUTES, HIPS

Lie on your side with bottom arm supporting your head. Slowly lift your top leg until 45 degrees from the floor. Lower to the starting position.



5 CALF RAISES

CALVES

Stand with feet hip-width apart and hands on your sides. Slowly lift your heels up, standing on balls of feet. Hold for 1 second, then return to the starting position.



Go ahead — brew another cup.

VALUE
PACK



Get your favorite K-Cup® pods at a great value with 32-count boxes.

KEURIG®

belVita

breakfast reimagined

easy. nutritious. delicious.



Nabisco Organic Triscuit:
select varieties
6.5 or 7 oz. \$2.88



Nabisco Value Pack belVita:
select varieties
14.08 or 21.12 oz. \$5.99



Nabisco belVita:
select varieties
8.8 oz. \$2.88



discover breakfast
in the cookie aisle



MADE FROM ONLY
QUALITY
INGREDIENTS



NATURAL OPTIONS INSPIRED BY YOU



Purely Smart...

Introducing the new mark of wellness. Puremark™ Naturals provides the best quality vitamins and supplements that resonate with today's consumer preferences and growing dietary demands. We offer a wide range of products from daily vitamins and multivitamins to vegan proteins and whole-food superfood supplements.

See individual items in the Puremark Naturals family for unique natural options.
View the complete line of products at PuremarkNaturals.com



WATERMELON

Quench your thirst with a thick slice of juicy watermelon—it's **92% WATER!** Serve it fresh, frozen or grilled. You'll find plenty of uses for this sweet, refreshing summer treat.

Watermelon is **LOW IN CALORIES, WITH ZERO FAT AND ZERO SODIUM.**

80
CALORIES

30%
VITAMIN A

25%
VITAMIN C

8%
POTASSIUM

4%
DIETARY
FIBER

4%
IRON

Serving: 2 cups, diced
Percentages represent daily values.

FRESH PICKS

BUY

Look for a symmetrical watermelon with a dried stem and yellow underside. It should feel heavy for its size.

STORE

Keep a whole watermelon at room temperature for 7 to 10 days. Store cut watermelon in the refrigerator, in an airtight container, up to 5 days.

EAT

All of a watermelon is edible. The flesh tastes sweet raw, juiced or frozen, and the rind can be used for stir-fries, stews and pickling.

GRILLED WATERMELON

WITH CAYENNE AND MANGO

30
minutes
or less

Prep 20 minutes

Grill 5 minutes

Serves 12

1 (3-lb.) seedless mini watermelon

½ tsp. kosher salt

½ tsp. Hy-Vee cayenne pepper

½ tsp. lime zest

1 mango, seeded, peeled and chopped

1 lime, cut into wedges

½ cup crumbled goat cheese or ½ cup Hy-Vee plain Greek yogurt

¼ cup chopped unsalted pistachios, toasted

Mint leaves, for garnish

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

2. CUT watermelon into 1-in.-thick slices; discard ends. Combine salt, cayenne pepper and lime zest; rub mixture on each watermelon slice. Grill about 5 minutes or until watermelon is lightly seared, turning once halfway through.

3. REMOVE watermelon slices from grill. Cut each slice into 4 wedges. Transfer wedges to a serving platter. Top each with mango and a squeeze of lime juice. Sprinkle with goat cheese (or spoon on yogurt) and sprinkle with pistachios. Garnish with mint leaves, if desired.

Per serving: 70 calories, 1.5 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 100 mg sodium, 14 g carbohydrates, 1 g fiber, 11 g sugar (0 g added sugar), 2 g protein. **Daily values:** Vitamin D 0%, Calcium 2%, Iron 0%, Potassium 4%

Give sweet watermelon a hit of tanginess with a sprinkle of goat cheese.

Experience...

Shasta Sparkling Water

SIMPLY
NATURAL
SMARTLY
HEALTHY

- 100% All Natural Ingredients
- 1st Clean Label:
Only Carbonated Water, Naturally Essenced
- Zero Calories
- Zero Sweeteners
- Zero Sodium
- Zero Caffeine

Shasta Sparkling Water:
select varieties
10 pk. 10.5 fl. oz. 2/\$7.00

SHASTASPARKLING.com
@ShastaSparkling



© 2017 Shasta Beverages Inc.
(NASDAQ: FIZZ) | 1.800.834.9980

SIMPLY
NATURAL
SMARTLY
HEALTHY

SINCE 1889
SHASTA
SPARKLING WATER

MANUFACTURER'S COUPON
EXPIRATION DATE: 9/30/18

BUY 10 GET 1 FREE
ONE PACK ONE ANY FLAVOR

DO NOT DOUBLE

0042200-020368



Consumer: Limit one coupon per purchase of specified items. Purchaser pays sales tax and deposit. **Retailer:** Shasta will pay face value plus 8¢ handling provided retailer complies with terms of this offer. This coupon is void if duplicated, taxed, restricted, or prohibited. Good only in the U.S.A. Cash value 1/20 of 1¢. Payment will not be made if coupon is misredeemed as defined by redemption policy. Copies are available upon request. Send coupons to:
Shasta Beverages, Inc. 809
NCH Marketing Services, P.O. Box 880001
El Paso, TX 88588-0001
Good for retail value up to \$4.99
Retail Price: \$

SHASTASPARKLING.com





BYO Lunch

PREP AHEAD AND MAKE HEALTHFUL EATING EASY WITH THESE PORTABLE, FAMILY FRIENDLY FOOD-STORAGE FINDS.



1 CAMELBAK 25 OZ. CHUTE MAG WATER BOTTLE



2 RUBBERMAID LUNCHBLOX KIDS



3 ANCHOR HOCKING 2 CUP & 4 CUP GLASS CONTAINER WITH LID



4 IGLOO PLAYMATE GRIPPER COOLER LUNCH BAG



5 COOL GEAR EZ-FREEZE EXPANDABLE BENTO BOX



6 FREEZ PAK REUSABLE ICE SUBSTITUTES, SIZES MINI & SMALL



A squeezable yogurt condiment

75% less fat than sour cream, 50% fewer calories,
and 3x more protein*

Chobani®

*Chobani® Savor avg: 25 calories, 3g protein, 1g fat;
sour cream: 60 calories, 1g protein, 6g fat per 2 Tbsp serving. ©2018 Chobani, LLC



Land O'Frost Breakfast Cuts:
select varieties
7 oz. 2/\$6.00



Land O'Frost Premium
Sliced Lunch Meat:
select varieties
10 or 16 oz. \$3.99



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



Wimmer's Summer Sausage:
select varieties
18 oz. \$5.88



Wimmer's Natural Casing Dinner
Sausage or Little Smokies:
select varieties
13 or 14 oz. \$3.99



Wimmer's Wieners:
select varieties
12 or 16 oz. \$3.99



A Slice Above.



NO By-Products

NO Added Hormones*

NO Artificial Flavors



* Federal regulations prohibit the
use of hormones. Excludes beef.



KRISTIN WILLIAMS

Hy-Vee Senior Vice President
Chief Health Officer

FOLLOW
THIS TOOTH
WISDOM.
WHEN YOU
PRACTICE
GOOD ORAL
HYGIENE
HABITS YOU'LL
BE REWARDED
WITH A
HEALTHY
MOUTH.

I'm always amazed at the array of dental products available in the grocery and pharmacy aisles. It's reassuring to see so much ammunition in the fight for a healthy smile. We should all take advantage of the dental brushes, tools, pastes and other products and follow these tips from the American Dental Association (ADA).

Brush twice a day for 2 minutes with a fluoride toothpaste. Fluoride helps build minerals on teeth to resist decay. Use a soft-bristle brush with a small-enough head to reach throughout your mouth. Hold the toothbrush at a 45-degree angle to the gums and gently move it back and forth in short strokes over all surfaces. Tilt the brush vertically and use up-and-down strokes to clean inside surfaces of front teeth.

Consume some fluoride. When children consume it through foods, drinking water and supplements, fluoride makes their tooth enamel stronger even before their baby teeth break through. After teeth grow, fluoride helps rebuild enamel lost from plaque

acids. For adults, fluoride in toothpastes, mouthwashes and professional applications helps rebuild weakened tooth enamel.

Floss or use dental picks between teeth once a day, as recommended by the ADA, to remove plaque and food particles. Interdental brushes, floss threaders or a water flosser can help those with braces, bridges or other dental work. Glide floss between teeth and gently rub. Also slide it between the gum and the tooth and gently rub.

Always use an ADA-accepted fluoride toothpaste unless your dentist advises otherwise. Toothpaste types abound: those that whiten, those for sensitive teeth, pastes with plaque-fighting ingredients, and fluoride ones for fighting cavities.

Beyond brushing and flossing daily, **eat healthfully** and **limit sugary snacks and drinks** to avoid cavities. And **see a dentist regularly**—preferably twice a year—to prevent and treat decay and gum disease.

**BOTH THE
AMERICAN
DENTAL
ASSOCIATION
AND THE U.S.
DEPARTMENT
OF HEALTH AND
HUMAN SERVICES
CURRENTLY
RECOMMEND
FLOSSING AS
AN IMPORTANT
PART OF
ORAL HYGIENE.**



ORAL EXAM





**YOUR ROOSTER MAY
BE A PHONE ALARM.
YOUR TRACTOR
MIGHT BE AN SUV.
BUT WHEN YOUR
OVEN ROASTED
TURKEY BREAST
IS CRAFTED WITH
NOTHING BUT HEART
AND HARD WORK,**

**YOU'RE
CLOSER
TO THE
FARM
THAN
YOU
THINK**



Hillshire Farm Lunch Meat:
select varieties
16 oz. \$4.99

NO ARTIFICIAL PRESERVATIVES • NO ADDED NITRATES* • NO ADDED NITRITES*

*Except for those naturally occurring in the celery juice powder and sea salt.



Enter the unique on-pack code at Lays.com & you could be an instant WINNER!



Frito Lay Lay's:
select varieties
5 to 8 oz. 2/\$5.00
Flavor availability will vary by market.

BUY SPECIALLY MARKED **LAY'S TASTES OF AMERICA**
BAGS FOR A CHANCE TO WIN!



SPICE UP GAME TIME SNACKS



Hormel Pepperoni:
select varieties
3.75 to 8 oz. \$3.48

A full-page photograph of Kobe Bryant in mid-air, performing a dunk. He is wearing a yellow Los Angeles Lakers jersey with the number 24 and purple shorts. He is holding the basketball with his right hand, about to put it through the hoop. The background shows a blurred crowd of spectators in a basketball arena.

AUGUST

ISSUE **VOL. 2**

CALLING THE SHOTS WITH
KOBE BRYANT

SMOOTH MOVE

PREP AHEAD

FOODS THAT PROMOTE
CLEAR SKIN

THE ART OF
SNACKIFICATION

BENEFITS OF
ROUTINE

INJURY VS. PAIN

COLLAGEN

HOME WORK

BEYOND THE
PLATEAU

UP IN FLAMES

LET'S GET
PHYSICAL

PHOTO Lisa Blumenfeld/Getty Images

CALLING THE SHOTS

WITH

KOBE

BRYANT

WORDS Aaron Ventling

FOR TWO DECADES, KOBE BRYANT DOMINATED THE HARDWOOD AND CHANGED THE GAME OF BASKETBALL. NOW HE'S TAKING ON THE BOARDROOM AND SETTING HIS SIGHTS ON CHANGING THE WORLD THROUGH STORYTELLING. FIND OUT WHAT LIFE AFTER BASKETBALL MEANS FOR THIS LOS ANGELES LAKERS LEGEND AND ONE OF THE GREATEST PLAYERS OF ALL TIME.

"Basketball is life," Kobe Bryant says. "It's been my obsession since I was six years old."

From an early age, Bryant, who now leads his own media production company, Granity Studios, has always been a student of details. He pored over VHS tapes of professional basketball players like Magic Johnson, Larry Bird and other greats to learn their methods and moves. Basketball is in his blood—he's the son of former professional basketball player Joe "Jellybean" Bryant—and because he spent his younger years growing up in Italy, he had limited access to American television. So to feed his interest, Bryant's grandfather would mail him tapes, giving him a foundation for developing his game.

Basketball was Kobe's constant interest, a subject to master through focused study and practical application. He drilled and practiced endlessly, growing his skills so rapidly that after he and his family moved to Philadelphia, and he finished high school, he turned professional at 18. Showing controlled yet intense play, Bryant quickly gained a reputation for being fiercely competitive while still learning from his opposition.

"As a basketball player, you need to sacrifice a lot if you want to be the best. It takes dedicated focus, which means time away from family and friends," Bryant says. "You need to surround yourself with people who support your vision and encourage you to work hard."

In twenty seasons with the Los Angeles Lakers, Bryant compiled one of the best careers in the history of professional basketball. He won five championships, made 18 all-star appearances and finished third all-time on the league scoring list.

"My inspiration was always to be the best, silence the doubters and crush the competition," Bryant says. "Now that I've retired from





“
I WANT TO
CONTINUE
TO BREAK
THE MOLD—
TO DO
THINGS
THAT HAVE
NEVER
BEEN DONE
BEFORE.
”

PHOTO Allen Berezovsky/Getty Images (this page); FREDERIC J. BROWN/Getty Images (opposite, basketball); JEAN-BAPTISTE LACROIX/Getty Images (opposite, award)

“I’M EXTREMELY PASSIONATE ABOUT WRITING. PEOPLE CAN TOUCH

"I ALWAYS CHALLENGE MYSELF AND MY TEAM TO PUSH HARDER, THINK BIGGER AND NEVER GET COMPLACENT."

playing professionally, it's given me an opportunity to teach the next generation of athletes to reach their full potential."

As a player, Bryant's unmatched focus allowed him to overcome physical limitations and maximize his natural abilities, a skill he implements off the court to this day. His superstar status provided him access to some of the best entrepreneurs and content creators in the world through marketing campaigns and product endorsements. Once again, Bryant saw an opportunity to study the greats. Bryant started his

own investment management company, Kobe Inc., with which he later developed his own media production company, Granity Studios, as a passion project to share inspiring and educational stories through a variety of media, including books, films and television series.

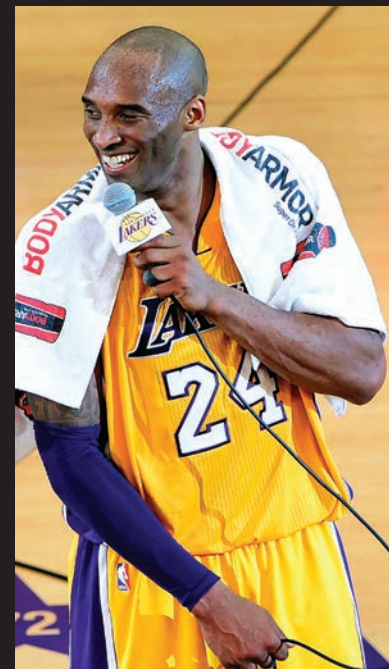
"I'm one hundred percent focused on building my content studio and telling original stories that teach the next generation of athletes how to reach their full potential ... There's no point to my career if I don't share my journey with others, so they can be greater

than I ever was," Bryant says. "We're creating original characters—all with different ethnicities and genders—who will confront different challenges and emotions. My dream is that these stories will tee young people up for success."

Bryant's journey off the court is just beginning, but he's already making headlines in his new profession. In early 2018, he won an Academy Award for *Dear Basketball*, an animated short adapted from a poem he wrote about his life and career. Partnering with ESPN, Bryant launched *Detail*, a streaming series on ESPN+ in which he analyzes individual professional basketball players and teams to provide deeper insight to fans. And if Bryant wasn't busy enough, his autobiography, *The Mamba Mentality: How I Play*, will be released this fall. Just like his playing days, Bryant continues to be a student of details.

"I want to continue to break the mold—to do things that have never been done before."

In 2018, Bryant won an Academy Award for his animated short film, *Dear Basketball*, adapted from his farewell poem from his final season in professional basketball.



Kobe Bryant, above, thanking fans at Staples Center following a 60-point performance in the final game of his career on April 13, 2016.

KOBE ON LEBRON JAMES SIGNING WITH THE LAKERS:

"I COULDN'T BE MORE EXCITED FOR THE CITY OF LOS ANGELES... IT'S HIS TURN NOW. HE'LL TAKE THIS FRANCHISE BACK TO ITS PROMINENCE."

—BRYANT ON THE DAN PATRICK SHOW.

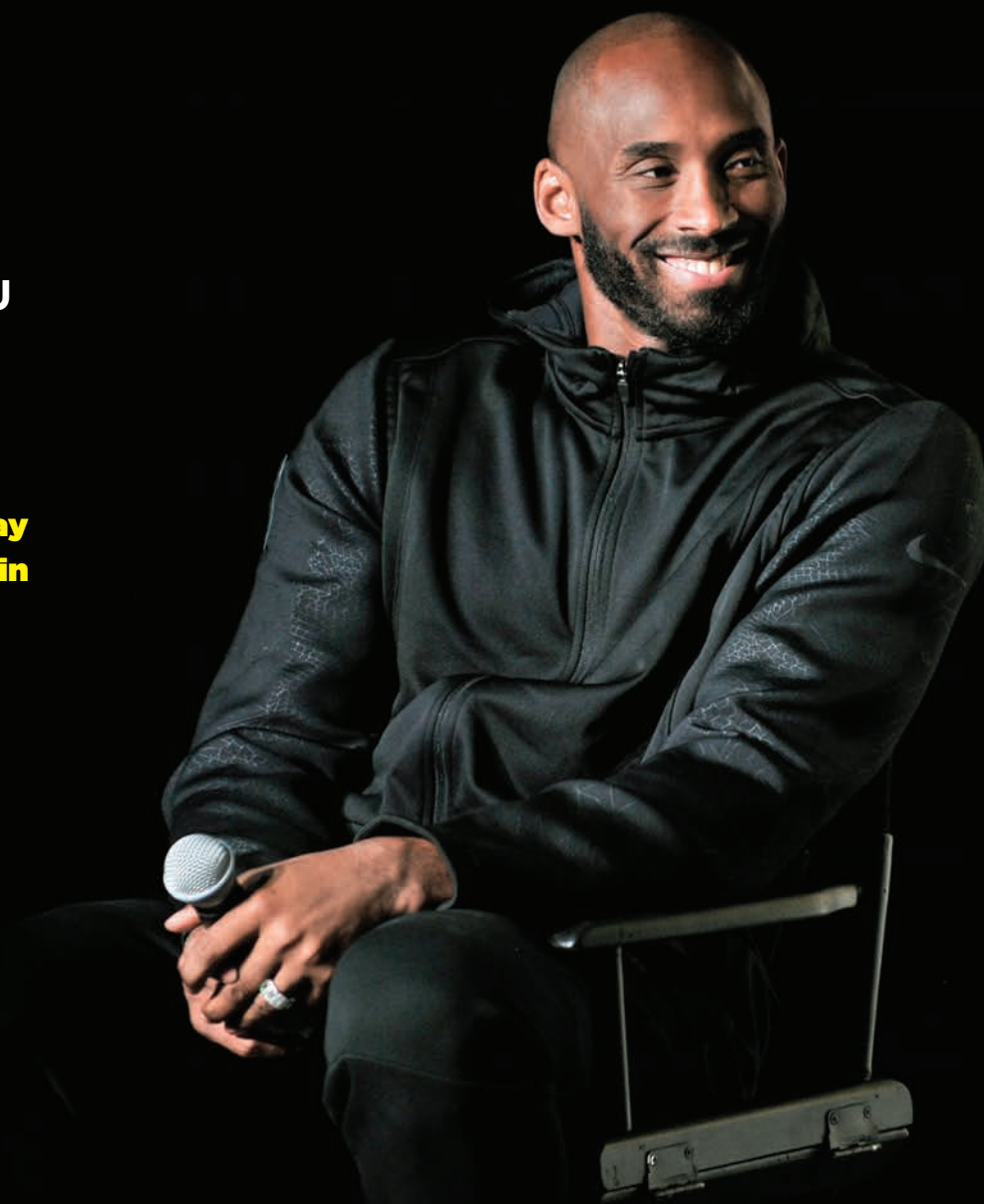
ON THE EMOTIONAL EXPERIENCES I WENT THROUGH AS AN ATHLETE."

**Q. HOW DO YOU
FIND BALANCE?**

A. I stick to a routine and make sure there's time built into every day for working out, being in the office and hanging out with my family.

**Q. What role
did nutrition and
fitness play in
your career?**

A. I wasn't always focused on nutrition early in my career, but as I got older, I started to better understand how healthy nutrition could make me a stronger, more efficient athlete. Once I knew how it could make me better, it became a priority.



OFF THE COURT

WITH KOBE BRYANT

K O B E B R Y A N T PLAYER B I O



VISIONARY

When it comes to Bryant's involvement with BODYARMOR, he's more than a celebrity endorser—he's actively engaged in building the brand. Bryant, who developed his own media production company, Kobe Studios, has personally written, directed and narrated several advertisements for the rising sports drink company.

"I want to be a part of the business, because I believe in the vision that there is a better hydration option for athletes. I always want to be involved with brands that challenge conventional thinking, push the status quo and aim to make athletes better," Kobe says.

NICKNAME

Black Mamba

NUMBERS

8, 24

POSITION

Shooting Guard

TEAM

Los Angeles
Lakers

YEARS ACTIVE

1996-2016

Q. What does keeping a healthy lifestyle mean to you?

A. It means still getting up at 4 a.m. and hitting the gym.

Q. After hours—who is Kobe Bryant?

A. WHAT ARE AFTER HOURS? WHAT YOU SEE IS WHAT YOU GET.

Q. What's been your most difficult adjustment in retirement?

A. Getting to the school pick-up line early enough to be first car in line!

Q. How has fatherhood affected you?

A. My girls are my everything. They've given me the inspiration to help guide the next generation.

Q. What was the greatest achievement of your career?

A. The 2010 Championship win in Boston.

Q. How has your competitive nature affected you as a business professional?

A. Same rules apply as we build our content studio. I always challenge myself and my team to push harder, think bigger and never get complacent.

Q. What's been your key to overcoming stressful situations?

A. I don't worry about things I can't change or control. I let those things go.

Q. NBA champion, Oscar winner—what's next?

A. Tony winner, Grammy winner....

Q. How do you find contentment?

A. I don't. I'm always pushing and striving for the next great thing. Contentment is boring.

CAREER STATS

25 PPG

5.2 RPG

4.7 APG

CAREER ACHIEVEMENTS

5x League champion
2000, 2001, 2002, 2008, 2010

2x Finals MVP

Regular Season MVP
2008

2x Scoring Champion

18x all-star

15x all-league

12x all-defensive

Slam Dunk Contest Winner
1997

REFUELED

"FOR BODYARMOR, I BELIEVE WHOLEHEARTEDLY IN FOUNDER AND CEO MIKE REPOLE AND HIS APPROACH TO BUILDING A BREAKTHROUGH, INNOVATIVE BRAND. AND I WAS RIGHT—HE'S DONE JUST THAT," SAYS BRYANT OF HIS DECISION TO TEAM UP WITH BODYARMOR IN 2013.



HYDRATE YOUR HOME TEAM



**NATURAL FLAVORS
& SWEETENERS**



**NO COLORS FROM
ARTIFICIAL SOURCES**



**POTASSIUM-PACKED
ELECTROLYTES**

BODYARMOR:
select varieties
6 pk. 16 fl. oz.
\$4.99

BODYARMOR
Sports Drink

Strawberry Banana

6 | PREMIUM
SPORTS
DRINK
BOTTLES | 16 FL OZ (473mL) Bottles®



**NATURAL
FLAVORS & SWEETENERS**



COCONUT WATER



**POTASSIUM-PACKED
ELECTROLYTES**





POWER UP THE BLENDER FOR **SUPER EASY SMOOTHIE BOWLS!** COLORFUL FRUITS CONTRIBUTE THE LUSCIOUS CREAMY TEXTURE, CONTRASTED BY CRUNCHY LAYERS OF HEALTHFUL TOPPINGS. GRAB A SPOON AND GET READY FOR A **BRAIN-BOOSTING BREAKFAST OR ENERGIZING AFTERNOON SNACK.**

WORDS Lois Carpenter
PHOTOS Cameron Sadeghpour and Tobin Bennett

Prep 20 minutes
Serves 2 (16 oz. each)

2 Tbsp. dried goji berries
2 cups Hy-Vee frozen
unsweetened raspberries
1 cup Hy-Vee frozen
unsweetened whole
strawberries
1 banana, peeled, cut up
and frozen
6 oz. firm silken tofu
 $\frac{3}{4}$ cup Hy-Vee unsweetened
almond milk
 $\frac{1}{4}$ cup unsweetened
pomegranate juice
2 Tbsp. agave nectar
6 slices Hy-Vee frozen
unsweetened peach
slices, thawed
4 fresh strawberries, sliced
 $\frac{1}{4}$ cup fresh raspberries,
halved if desired
2 Tbsp. pomegranate seeds
1 Tbsp. pumpkin seeds
Mint leaves, for garnish
Freeze-dried strawberries,
crushed, for garnish

1. SOAK goji berries in
water for 10 minutes. Drain;
discard liquid.

2. PLACE soaked berries,
frozen raspberries and
strawberries, banana, tofu,
almond milk, pomegranate
juice and agave nectar in a
blender. Blend until smooth.

3. POUR mixture into bowls.
Divide peach and strawberry
slices, fresh raspberries, and
pomegranate and pumpkin
seeds between bowls. Garnish
with mint and freeze-dried
strawberries, if desired.

Per serving: 420 calories,
6 g fat, 1 g saturated fat,
0 g trans fat, 0 mg cholesterol,
140 mg sodium,
86 g carbohydrates, 8 g fiber,
57 g sugar (14 g added sugar),
13 g protein. Daily values:
Vitamin D 10%, Calcium 20%,
Iron 30%, Potassium 15%

30
minutes
or less

GOJI-REDBERRY

SMOOTHIE BOWLS

Goji
berries
contain
antioxidants
that help fight
disease.

CHOCOLATE, PEANUT BUTTER & BANANA SMOOTHIE BOWLS

Prep 15 minutes
Serves 2 (12 oz. each)

3 bananas, peeled and frozen
1 cup Hy-Vee unsweetened almond milk
1 cup fresh blueberries, divided
½ cup Hy-Vee old-fashioned oats
3 Tbsp. Hy-Vee honey
3 Tbsp. powdered peanut butter
3 Tbsp. cacao powder
½ tsp. Hy-Vee vanilla extract
2 Tbsp. puffed rice cereal
1 cup Hy-Vee Short Cuts pineapple chunks, cut into bite-size chunks

2 Tbsp. pistachios, shelled, roasted and salted
1 Tbsp. pomegranate seeds
Matcha green tea powder, optional
Granola, optional

1. PLACE bananas, almond milk, ½ cup blueberries, oats, honey, powdered peanut butter, cacao powder and vanilla in a blender. Cover and blend until smooth.

2. POUR mixture into bowls. Divide remaining ½ cup blueberries, cereal,

pineapple, pistachios and pomegranate seeds between bowls. Sprinkle with matcha powder and serve with granola, if desired.

Per serving: 510 calories, 9 g fat, 1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 190 mg sodium, 108 g carbohydrates, 12 g fiber, 65 g sugar (26 g added sugar), 12 g protein. Daily values: Vitamin D 15%, Calcium 20%, Iron 15%, Potassium 25%

30
minutes
or less

cacao is high in antioxidants, which may boost heart health. they also elevate mood.



TROPICAL ENERGY SMOOTHIE BOWLS

Prep 14 minutes
Serves 2 (16 oz. each)

2 cups Hy-Vee
 frozen unsweetened
 mango chunks
1 cup Hy-Vee frozen
 unsweetened
 pineapple chunks
 $\frac{2}{3}$ cup mango nectar
 $\frac{2}{3}$ cup Hy-Vee
 HealthMarket
 coconut water
 $\frac{1}{4}$ cup Hy-Vee 1% low-
 fat cottage cheese
1 to 2 tsp. maca powder
1 blood orange, peeled
 and cut horizontally
 into slices
 $\frac{1}{2}$ dragon fruit, cut
 into slices
 $\frac{1}{2}$ fresh mango, seeded,
 peeled and cut
 into slices
2 Tbsp. cubed fresh
 papaya
2 Tbsp. dried papaya
 chunks
1 tsp. acai powder

1. PLACE frozen mango
 and pineapple, nectar,
 coconut water, cottage
 cheese and maca
 powder in a blender.
 Blend until smooth.

2. POUR mixture into
 bowls. Divide blood
 orange, dragon fruit,
 fresh mango slices,
 fresh and dried papaya
 and acai powder
 between bowls.

Per serving: 390 calories,
 1.5 g fat, 0.5 g saturated fat,
 0 g trans fat, 0 mg cholesterol,
 210 mg sodium,
 90 g carbohydrates, 6 g fiber,
 66 g sugar (0 g added sugar),
 8 g protein. Daily values:
 Vitamin D 0%, Calcium 8%,
 Iron 6%, Potassium 10%

30
 minutes
 or less



**Sweet and
 malty maca
 powder may
 increase
 stamina and
 energy levels.**

IMMUNE-BOOSTING GREEN SMOOTHIE BOWLS

30 
minutes
or less

wheatgrass
juice may
be effective
at lowering
cholesterol.

Prep 20 minutes
Serves 4 (16 oz. each)

8 cups baby spinach, divided
2 cups Hy-Vee frozen
unsweetened pineapple
chunks, divided
2 cups Hy-Vee frozen
unsweetened peach slices,
divided
2 bananas, peeled, cut up
and frozen
2 avocados, seeded, peeled
and cut up; divided
1 cup Hy-Vee unsweetened
almond milk, divided
1 cup water, divided
2 Tbsp. mint leaves, divided
2 Tbsp. agave nectar, divided
2 tsp. wheatgrass juice
powder, divided
Desired topper, *below*

1. PLACE 4 cups spinach,
1 cup pineapple, 1 cup peaches,
1 banana, 1 avocado, ½ cup
almond milk, ½ cup water,
1 Tbsp. mint, 1 Tbsp. agave
nectar and 1 tsp. wheatgrass
powder in a blender. Cover
and blend until smooth.
Pour mixture into two bowls.
Repeat to make two more
bowls. Add desired topper.

KIWI-HONEYDEW TOPPER:

Divide 2 kiwi, peeled and
cut into slices; 1 cup sliced
honeydew; and 1 tsp. Hy-Vee
HealthMarket chia seeds among
bowls. Sprinkle with matcha
powder. Garnish with additional
mint leaves, if desired.

BERRY-MELON TOPPER:

Divide
½ cup fresh strawberry slices,
½ cup watermelon sticks, ¼ cup
dried goji berries and ¾ tsp.
matcha powder among bowls.

ORANGE-MANGO TOPPER:

Divide 1 cup fresh mango
chunks; 1 tangelo, peeled and
segmented; 4 dried apricots,
halved; and 2 tsp. flaxseeds
among bowls. Drizzle with
honey and sprinkle with
matcha powder.

Per serving (without toppings):
360 calories, 16 g fat,
2 g saturated fat, 0 g trans fat,
0 mg cholesterol, 140 mg sodium,
54 g carbohydrates, 13 g fiber,
21 g sugar (7 g added sugar),
7 g protein. Daily values:
Vitamin D 6%, Calcium 20%,
Iron 30%, Potassium 15%



30
minutes
or less

**maqui berries
contain
antioxidants
that help
reduce
inflammation.**

MAQUI CHERRY-BERRY SMOOTHIE BOWLS

Prep 15 minutes
Serves 2 (20 oz. each)

1 (16-oz.) bag Hy-Vee frozen unsweetened cherry-berry blend
1¼ cups fresh blueberries, divided
1 cup Hy-Vee nonfat vanilla Greek yogurt, plus additional for garnish
¾ cup Hy-Vee unsweetened almond milk

3 to 4 Tbsp. Hy-Vee honey
2 tsp. maqui berry powder
1 tsp. grated fresh ginger
2 plums, pitted and cut into slices
½ cup chia and flaxseed granola
¼ cup golden berries, halved
1 piece crystallized ginger, cut into thin strips
Thyme sprigs, for garnish

1. PLACE cherry-berry blend, 1 cup blueberries, 1 cup yogurt, almond milk, honey, maqui berry powder and fresh ginger in a blender. Cover and blend until smooth. Pour mixture into bowls.

2. DIVIDE remaining blueberries, plum slices, granola, golden berries and crystallized ginger between

bowls. Drizzle with additional yogurt and garnish with thyme, if desired.

Per serving: 540 calories, 4 g fat, 0 g saturated fat, 0 g trans fat, 10 mg cholesterol, 160 mg sodium, 109 g carbohydrates, 5 g fiber, 69 g sugar (26 g added sugar), 17 g protein. Daily values: Vitamin D 10%, Calcium 25%, Iron 20%, Potassium 8%

PREP AHEAD

BATCH COOKING OR SOME FORM OF PRE-MEAL PRODUCTION PAYS OFF BIG ON BUSY WEEKNIGHTS. HAVING PREPARED MEATS, SAUCES OR EVEN BAKED POTATOES IN THE FRIDGE ALLOWS COOKS TO CHANGE UP THE FOOD AND MAKE HEALTHIER MEAL CHOICES THROUGHOUT THE WEEK. WITH OUR SIMPLE MEAL COMPONENTS, YOU'LL BE ABLE TO BUILD 10 OR MORE DIFFERENT HEALTHY MEALS FOR A FAMILY OF FOUR IN 30 MINUTES TOPS.

WORDS Lois Carpenter PHOTOS Greg Scheidemann and Tobin Bennett

QUICK TIP

COOKING TIP Boneless pork loin roasts need only a few hours in the slow cooker. Cook these on the weekend, then just reheat the pork for your weeknight dinners.

MORE SERVING SUGGESTIONS

- Serve pork with brown rice, seasonal vegetables or mashed sweet potatoes.
- Serve pork in slider buns topped with lettuce, cucumber and cilantro.

Prep 30 minutes
Slow Cook 5 to 6 hours (low-heat setting)
Rest 10 minutes
Makes 7 cups sliced pork plus sauce

2 (2-lb. each) boneless center-cut pork loin roasts

$\frac{3}{4}$ cup rice vinegar

$\frac{1}{4}$ cup Hy-Vee less-sodium soy sauce

$\frac{1}{4}$ cup sesame oil

2 Tbsp. sesame seeds, toasted

$\frac{1}{4}$ cup garlic paste

$\frac{1}{4}$ cup ginger paste

$\frac{1}{4}$ cup sliced green onions

2 Tbsp. chili-garlic sauce

$\frac{1}{2}$ cup packed Hy-Vee dark brown sugar

1. TRIM fat from meat. Prick meat all over with a fork. Place meat in a $3\frac{1}{2}$ - or 4-qt. slow cooker.

2. COMBINE rice vinegar, soy sauce, sesame oil, sesame seeds, garlic paste, ginger paste, green onions and chili-garlic sauce in a medium bowl. Pour over meat in slow cooker. Cover and cook on LOW for 5 to 6 hours or until pork is done (145°F). Remove meat from cooker and let rest for 10 minutes.

3. STRAIN juices from slow cooker into a medium saucepan. Add brown sugar. Bring mixture to boiling; reduce heat. Gently boil for 10 minutes or until mixture thickens slightly.

4. CUT meat into thin slices or strips. Transfer meat and sauce to storage containers. Refrigerate up to 3 days or freeze up to 3 months. Thaw frozen meat in refrigerator before using.

KOREAN BARBECUED PORK TACOS:

Reheat 2 cups of the pork mixture in a medium saucepan over low heat. Meanwhile, for pickled slaw, shred or thinly slice enough green and purple cabbage, carrots and red onion to make 2 cups; toss together in a bowl. Combine $\frac{1}{2}$ cup rice vinegar, $\frac{1}{2}$ cup water, $\frac{1}{3}$ cup Hy-Vee sugar

and $1\frac{1}{2}$ tsp. kosher salt in a small saucepan. Bring mixture to boiling to dissolve sugar. Pour over vegetables in bowl. Let stand for 10 minutes. Drain; discard liquid. Divide pork and sauce among 8 corn tortillas. Top with pickled slaw. Serves 4 (2 tacos each).

Per serving: 450 calories, 12 g fat, 2 g saturated fat, 0 g trans fat, 70 mg cholesterol, 1,170 mg sodium, 53 g carbohydrates, 5 g fiber, 27 g sugar (23 g added sugar), 29 g protein. Daily values: Vitamin D 0%, Calcium 6%, Iron 6%, Potassium 15%

SLOW COOKER KOREAN BARBECUED PORK

GREEK SHEET-PAN

Prep 10 minutes

Bake 25 to 30 minutes

Makes 4 breasts (2 servings each)

Hy-Vee nonstick cooking spray

2 Tbsp. Gustare Vita olive oil

2 cloves garlic, minced

1 Tbsp. finely chopped oregano

1 tsp. lemon zest

1 tsp. kosher salt

½ tsp. Hy-Vee black pepper

4 (8-oz. each) Hy-Vee True boneless, skinless chicken breasts

1. PREHEAT oven to 450°F. Spray a 15×10-in. sheet pan with nonstick spray. Set aside.

2. COMBINE olive oil, garlic, oregano, lemon zest, salt and pepper. Rub mixture all over chicken breasts. Place chicken on prepared sheet pan. Bake for 25 to 30 minutes or until done (165°F.) Cool for 10 minutes.

3. TRANSFER chicken to storage containers. Refrigerate up to 3 days or freeze for up to 3 months. Thaw frozen chicken in refrigerator before using.

GREEK SHEET-PAN VEGGIES AND CHICKEN:

Preheat oven to 450°F. Spray a 15×10-in. sheet pan with Hy-Vee nonstick cooking spray. Toss together 1 red bell pepper, cut into 1-in. pieces; 2 cups Hy-Vee Short Cuts cauliflower florets; 2 cups Hy-Vee Short Cuts zucchini and/or summer squash, cut in half; and ½ red onion, cut into 1-in. pieces. Add 2 Tbsp. Gustare Vita olive oil, 1 Tbsp. fresh lemon juice and Hy-Vee black pepper to taste; toss with vegetables to coat. Bake for 10 minutes. Turn vegetables and add 2 cooked chicken breasts to pan. Bake 10 minutes more or until chicken is heated through. Sprinkle 2 oz. Soirée feta cheese crumbles over vegetables. Serve with lemon wedges and ½ cup Culinary Tours tzatziki sauce. Serves 4.

Per serving: 410 calories, 29 g fat, 4.5 g saturated fat, 0 g trans fat, 70 mg cholesterol, 720 mg sodium, 10 g carbohydrates, 3 g fiber, 5 g sugar (0 g added sugar), 31 g protein. Daily values: Vitamin D 0%, Calcium 8%, Iron 15%, Potassium 10%

FREE



MORE SERVING SUGGESTIONS

CUT CHICKEN INTO STRIPS TO TOP A PIZZA, TOSS INTO A SALAD, ADD TO A GRAIN BOWL OR USE IN A SANDWICH WRAP.



QUICK TIP

REHEATING TIP To reheat meatballs, thread them onto skewers and place on a rimmed baking pan. Cover with foil and bake in a 300°F oven for 15 minutes or until heated through.

MORE SERVING SUGGESTIONS

- Place meatballs in slider buns; spoon spaghetti sauce over meatballs and top with mozzarella cheese.
- Add meatballs to canned soup or a veggie-noodle bowl.

Prep 20 minutes | Bake 20 to 25 minutes
Makes 40 meatballs (5 per serving)

2 (1-oz. each) slices Hy-Vee Bakery
10-grain bread, torn into chunks
2 Hy-Vee large eggs, lightly beaten
¼ cup sliced green onions
2 cloves garlic, minced
1 Tbsp. fresh thyme leaves
½ tsp. Hy-Vee salt
½ tsp. Hy-Vee black pepper
2 lb. 93%-lean ground turkey

1. PREHEAT oven to 350°F. Place bread in food processor. Cover and process into crumbs.

2. COMBINE eggs, bread crumbs, green onions, garlic, thyme, salt and pepper in a bowl. Add ground turkey; mix well. Shape into 40 meatballs. Arrange meatballs on a large rimmed baking pan. Bake 20 to 25 minutes or until done (165°F). Cool. Transfer meatballs to storage containers. Refrigerate up to 3 days or freeze up to 3 months. Thaw frozen meatballs in refrigerator before using.

SPICY TURKEY MEATBALLS: Combine ⅓ cup Hy-Vee honey, ¼ cup Hy-Vee ketchup, ¼ cup Hy-Vee Sriracha sauce, 1 Tbsp. Hy-Vee apple cider vinegar and ¼ tsp. Hy-Vee garlic powder in a saucepan. Bring to boiling; reduce heat. Simmer, uncovered, 5 minutes. Reheat 20 thawed meatballs (see tip, *above left*); brush with sauce. Divide ⅔ cup cooked brown rice among four plates. Serve meatballs over rice. Sprinkle with sesame seeds. Serves 4.

Per serving: 330 calories, 9 g fat, 3 g saturated fat, 0 g trans fat, 125 mg cholesterol, 680 mg sodium, 35 g carbohydrates, 0 g fiber, 30 g sugar (26 g added sugar), 24 g protein. Daily values: Vitamin D 0%, Calcium 4%, Iron 10%, Potassium 2%

SPICY TURKEY

MEATBALLS

VEGETARIAN

BOLOGNESE

MORE SERVING SUGGESTIONS

- SERVE SAUCE OVER REFRIGERATED RAVIOLI, OR ZUCCHINI, YELLOW SQUASH OR SWEET POTATO SPIRAL-CUT NOODLES.
- USE SAUCE IN A LASAGNA OR STUFF IT INTO A BELL PEPPER SHELL.
- SERVE SAUCE OVER A BAKED POTATO WITH A SPRINKLING OF CHEESE.

Prep 1 hour plus cooling time
Makes 7 cups sauce

1 (1-oz.) pkg. Monterey blend dried mushrooms
2 Tbsp. Gustare Vita olive oil
1 yellow onion, chopped

1 stalk celery, chopped
1 large carrot, peeled and chopped
4 cloves garlic, minced
1 (28-oz.) can Hy-Vee crushed tomatoes
1 cup water
1 cup sliced baby bella mushrooms
½ cup dry red wine, such as Cabernet
¼ cup finely chopped Italian parsley
3 Tbsp. fresh oregano leaves or 1 Tbsp. Hy-Vee dried oregano
2 Tbsp. finely chopped fresh rosemary or 2 tsp. Hy-Vee dried rosemary
½ tsp. Hy-Vee salt
½ tsp. Hy-Vee black pepper
¾ cup dry red lentils

1. SOAK mushrooms in 1 cup hot water for 10 minutes. Drain, reserving liquid. Rinse mushrooms to remove any grit. Slice mushrooms and set aside.

Strain mushroom liquid through a coffee filter to remove grit. Set liquid aside.

2. HEAT oil over medium-high heat in a Dutch oven. Add onion, celery, carrot and garlic. Cook for 5 minutes or until softened. Add tomatoes, water, baby bella mushrooms, wine, dried mushrooms and reserved liquid, parsley, oregano, rosemary, salt and black pepper. Bring mixture to boiling; reduce heat. Simmer, covered, for 20 minutes. Add lentils. Simmer for 25 minutes more or until lentils are tender.

3. COOL sauce for 20 minutes. Transfer half of sauce to a blender. Cover and blend until pureed. Stir pureed mixture into sauce in Dutch oven. Transfer sauce to storage containers. Refrigerate up to 3 days or freeze up to 3 months. Thaw frozen sauce in the refrigerator before using.

VEGETARIAN BOLOGNESE PASTA:

Cook 8 oz. spinach fettuccine according to package directions. Drain pasta; do not rinse. Heat 2 cups sauce. Divide pasta and warmed sauce among four serving plates. Serves 4.

Per serving: 300 calories, 3.5 g fat, 0.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 220 mg sodium, 56 g carbohydrates, 3 g fiber, 6 g sugar (0 g added sugar), 12 g protein. Daily values: Vitamin D 0%, Calcium 10%, Iron 20%, Potassium 10%

Prep 30 minutes

Slow Cook 8 to 10 hours
(low-heat setting), 4 to 5 hours
(high-heat setting)

Cool 10 minutes

Makes 6 cups shredded meat plus
cooking juices

1 (4-lb.) boneless beef chuck pot roast

2 Tbsp. Gustare Vita olive oil

4 to 5 chipotle peppers in adobo sauce

**½ cup Hy-Vee 50%-less-sodium
beef broth**

¼ cup fresh lime juice

3 Tbsp. Hy-Vee apple cider vinegar

1½ Tbsp. Hy-Vee ground cumin

4 tsp. minced dried garlic

1 Tbsp. Hy-Vee dried oregano

½ tsp. Hy-Vee black pepper

¼ tsp. Hy-Vee ground cloves

1. TRIM fat from meat. Cut meat into
10 large chunks. Heat oil in a large
skillet over medium-high heat. Sear
meat, half at a time, on all sides. Transfer
meat to a 3½- or 4-qt. slow cooker.

2. PLACE chipotle peppers in a blender.
Add broth, lime juice, vinegar, cumin,
garlic, oregano, black pepper and
cloves. Cover and blend until smooth.
Pour over meat in cooker. Cover and
cook on LOW for 8 to 10 hours or
HIGH for 4 to 5 hours.

3. REMOVE meat from cooker,
reserving cooking juices. Cool meat
for 10 minutes. Shred meat using
two forks; discard fat. Transfer meat
and juices to storage containers.
Refrigerate up to 3 days or freeze up
to 3 months. Thaw frozen shredded
beef in refrigerator before using.

BEEF BARBACOA BOWLS: Place 2 cups
shredded beef and juices in a medium
saucepan; sprinkle with ½ tsp. Hy-Vee
crushed red pepper. Heat over medium
heat until heated through. Toss 6 cups
shredded romaine with 1 cup cut-up
cherry tomatoes; divide mixture among
four serving bowls. Spoon shredded beef
and juices on top. Divide 1 cup avocado
slices, ¼ cup red onion or radish slices,
¼ cup crumbled Cotija cheese and
8 small lime wedges among bowls.
Garnish with cilantro, if desired. Serves 4.

Per serving: 560 calories, 31 g fat,
8 g saturated fat, 0 g trans fat,
165 mg cholesterol, 270 mg sodium,
15 g carbohydrates, 9 g fiber, 3 g sugar
(0 g added sugar), 58 g protein.
Daily values: Vitamin D 0%, Calcium 10%,
Iron 35%, Potassium 25%

QUICK TIP

MORE SERVING SUGGESTIONS

• Serve beef in enchiladas, burrito bowls, soups,
quesadillas or nachos.

BEEF BARBACOA

MORE SERVING SUGGESTIONS

- PEEL, CHOP AND TOSS INTO A SAUSAGE AND EGG SKILLET DISH.
- ADD CHOPPED SWEET POTATO TO A BURRITO, SANDWICH WRAP OR CHILI.



CHORIZO-STUFFED SWEET POTATOES

Prep 5 minutes

Bake 45 to 60 minutes

Cool 10 minutes

Makes 8 baked sweet potatoes

8 medium sweet potatoes
(10 oz. each)

1. PREHEAT oven to 425°F. Scrub sweet potatoes and pierce all over with a fork. Place on a rimmed baking pan. Bake for 45 to 60 minutes or until tender. Set aside to cool slightly. Store potatoes in the refrigerator up to 1 week.

CHORIZO-STUFFED SWEET

POTATOES: Preheat oven to 425°F. Using a spoon, scoop pulp from 4 baked sweet potatoes, leaving ¼-in. shells. Place shells in an 8×8-in. baking pan; set aside. Place pulp in a medium bowl. Using a potato masher, mash

potato pulp until smooth. Set aside. Remove and discard casing from ½ lb. Mexican chorizo; place sausage in a large skillet. Add 1 cup Hy-Vee Short Cuts chopped onion, 1 Tbsp. Gustare Vita olive oil and 1 minced garlic clove. Cook over medium heat until chorizo is cooked through. Remove from heat; do not drain. Stir in ½ cup Hy-Vee Select corn and black bean salsa. Add chorizo mixture to sweet potato pulp; combine well. Season with kosher salt, ½ tsp. Hy-Vee chili powder and ¼ tsp. Hy-Vee cayenne pepper. Spoon sweet potato mixture into shells, mounding mixture slightly. Bake for 20 minutes. Sprinkle with Manchego cheese crumbles, if desired, and bake 5 minutes more or until cheese has melted. Spoon extra salsa on top, and, if desired, garnish with fresh cilantro. Serves 4.

Per serving: 480 calories, 16 g fat, 6 g saturated fat, 0 g trans fat, 45 mg cholesterol, 1,160 mg sodium, 67 g carbohydrates, 20 g fiber, 22 g sugar (1 g added sugar), 19 g protein. Daily values: Vitamin D 0%, Calcium 10%, Iron 20%, Potassium 30%

FAST FIXES & TIPS

GET PREPPED

STOCK UP

- **PANTRY:** PLAIN OATMEAL, CANNED AND DRIED BEANS, LENTILS, CANNED TOMATOES, SALSA AND REDUCED-SODIUM BROTH
- **FREEZER:** FRUITS AND VEGETABLES, SHRIMP AND SALMON
- **OTHER:** GARLIC, LEMONS, LIMES, SOY SAUCE, OILS, SPICES, KOSHER AND SEA SALT, MUSTARD, VINEGARS

COOK IN BULK

Prepare batches of whole grains, such as brown rice or quinoa. Cool the cooked grains in the fridge, then divide the grains into meal-size portions to freeze.

GEAR UP WITH GADGETS

Cutting boards, sharp knives and mini choppers make fast work of slicing and dicing. Glass storage containers let you see what's stored in the fridge or freezer and they generally can be used in microwave ovens.

MULTITASK Cook multiple parts of the meal at once. If you're baking chicken or fish, roast the vegetables at the same time.



CUT CORNERS WITH HY-VEE SHORT CUTS—THE PRECUT FRUITS AND VEGETABLES IN THE PRODUCE DEPARTMENT. YOU’LL WASTE LESS FOOD AND, WITH NO NEED TO WASH OR PEEL THE PRODUCE, YOU’LL SPEND LESS TIME IN THE KITCHEN.

LEARN HOW TO PREP HEALTHY BREAKFASTS, LUNCHES AND DINNERS FOR THE WEEK USING JUST 20 INGREDIENTS. DISCOVER THIS AND MORE IN THE “SAVE TIME. TAKE SHORTCUTS.” COOKING GUIDE AT HY-VEE.COM.

TOGETHER TASTES BETTER



Coke Meal Makers Chinese
Dinner For 4 & Coke 2 l.:
\$28.00





Where the taste of
Italy comes to your table!™



www.BellatoriaPizza.com



Made in the USA



Bellatoria, the shield and awning design are registered trademarks of Bernatello's Pizza, Inc. (c) 2010 Bernatello's Pizza, Inc. All rights reserved.

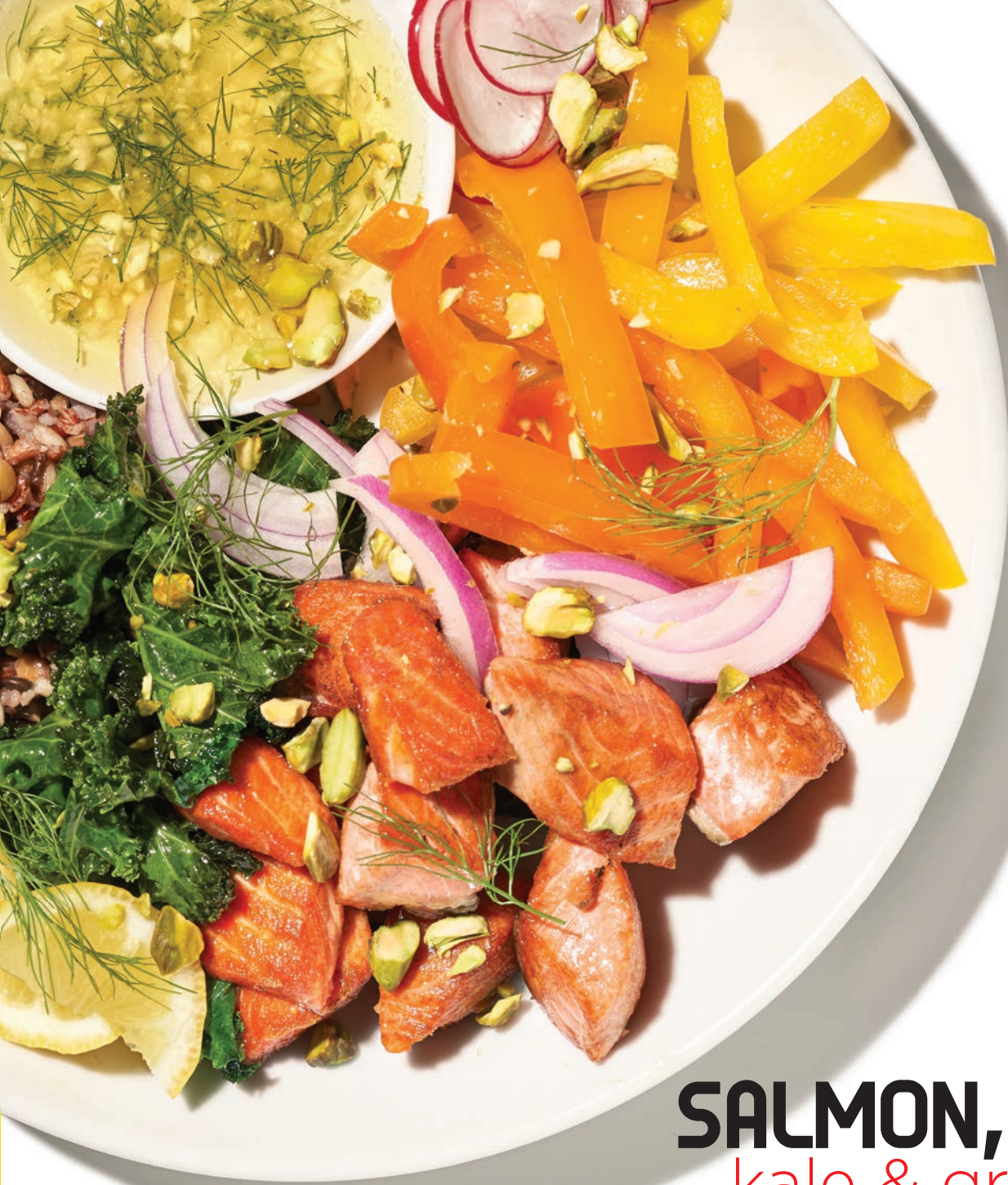
RESEARCHERS ARE EYEING FATTY, SUGARY AND PROCESSED FOODS AS MAJOR CULPRITS BEHIND ACNE. STEER AWAY! EAT FRUITS, VEGGIES, WHOLE GRAINS AND LEAN PROTEIN FOR THAT HEALTHY GLOW.

foods that promote

Low-glycemic-index (GI) foods—green veggies, whole grains, legumes and most fruits—keep blood sugar from spiking insulin, which increases skin's secretion of oily sebum. Omega-3s in salmon help keep a healthy balance of bacteria in the gut, which can reduce skin redness and inflammation.

CLEAR SKIN

WORDS Kristi Chew
PHOTOS Greg Scheidemann



SALMON, kale & grains salad

Prep 45 minutes | Serves 4

2½ cups water
½ cup sprouted rice trio
½ cup sprouted lentil trio
1 recipe Lemon-Fennel Vinaigrette, *right*
1 Tbsp. Gustare Vita olive oil
4 cups chopped kale leaves
1 lb. sockeye salmon, skinless, cut into 4 portions
Hy-Vee salt
1 yellow bell pepper, seeded and cut into strips
1 orange bell pepper, seeded and cut into strips

¼ cup thinly sliced red onion
2 radishes, thinly sliced
2 Tbsp. chopped pistachios
Lemon wedges, for serving
Fennel fronds, for garnish

1. PLACE water in a medium saucepan; bring to boiling. Add rice trio. Simmer, covered, for 20 minutes. Add lentil trio. Simmer, covered, for 5 minutes more or until rice and lentils are tender. Drain, if necessary, and set aside.

2. PREPARE Lemon-Fennel Vinaigrette. Cover and refrigerate until ready to serve.

3. HEAT oil in a large skillet. Cook kale in hot oil for 2 to 3 minutes or until slightly wilted. Remove from skillet. Season salmon with salt. Add salmon to skillet. Cook over high heat for 10 to 12 minutes or just until fish flakes when tested with a fork (145°F), turning once halfway through. Remove salmon from skillet; cut into pieces.

4. DIVIDE rice and lentil mixture, kale, salmon, bell pepper strips, red onion and radish slices among four serving plates. Sprinkle pistachios on top and add lemon wedges to each. Garnish with fennel fronds, if desired. Serve with Lemon-Fennel Vinaigrette.

LEMON-FENNEL VINAIGRETTE: Whisk together ½ cup lemon juice, 2 Tbsp. finely chopped fennel, 2 Tbsp. Hy-Vee honey, 1 Tbsp. fennel fronds, 1 minced garlic clove and Hy-Vee salt to taste in a small bowl. Slowly add ½ cup Gustare Vita olive oil, whisking continuously.

Per serving (with 2 Tbsp. vinaigrette): 560 calories, 31 g fat, 5 g saturated fat, 0 g trans fat, 60 mg cholesterol, 85 mg sodium, 41 g carbohydrates, 6 g fiber, 8 g sugar (0 g added sugar), 31 g protein.
Daily Values: Vitamin D 60%, Calcium 6%, Iron 15%, Potassium 15%



foods to eat

- Salmon, tuna
- Kale, spinach
- Broccoli
- Asparagus
- Bell peppers
- Raw carrots
- Sweet potatoes
- Whole grains
- Lentils, black beans, chickpeas
- Bran cereals
- Olive oil
- Most fruits
- Lean protein (poultry, seafood)
- Walnuts

foods to avoid

- White rice
- Pasta
- Potatoes
- Processed foods
- White bread; baked goods containing refined sugar
- Processed seed and vegetable oils (safflower, canola, sunflower, flaxseed)
- Milk (whole, low-fat, skim)
- Fried foods

Prep 20 minutes
Bake 30 to 40 minutes
Serves 8

3 Tbsp. Gustare Vita olive oil, divided
4 medium sweet potatoes
1 clove garlic, unpeeled
1 ripe medium avocado, halved, pitted and peeled
1 Tbsp. finely chopped cilantro
1½ tsp. fresh lime juice
½ lb. lean ground turkey
1½ cups Hy-Vee pico de gallo
½ cup canned Hy-Vee no-salt-added black beans, drained and rinsed
Cilantro leaves, for garnish

1. POSITION oven racks in center and top tier of oven. Preheat oven to 325°F. Line two large baking sheets with foil. Brush foil with 1 Tbsp. olive oil; set aside.

2. EVENLY SLICE sweet potatoes about ¼ in. thick using a mandoline slicer or very sharp knife. Place slices in a large bowl. Evenly coat with remaining 2 Tbsp. olive oil.

3. ARRANGE slices in one layer on prepared baking sheets. Bake for 30 to 40 minutes or until golden and crisp, rotating baking sheets and turning slices over as needed. Cool chips on wire racks.

4. MEANWHILE, PLACE unpeeled garlic in a skillet over medium heat. Cook for 10 minutes or until soft and blackened in spots, turning occasionally. Cool, then slip off the skin. Add garlic, an avocado half, cilantro and lime juice to a food processor. Cover and process until smooth. Transfer to a small bowl. Chop remaining avocado half and stir into pureed mixture. Cover and refrigerate until ready to serve.

5. COOK turkey in a skillet over medium heat until browned; drain. Add pico de gallo and beans to turkey in skillet and heat through.

6. MOUND turkey mixture in a serving bowl. Top with avocado mixture. Sprinkle with cilantro leaves, if desired. Serve nacho dip with sweet potato chips.

Per serving: 200 calories, 11 g fat, 2 g saturated fat, 0 g trans fat, 20 mg cholesterol, 45 mg sodium, 18 g carbohydrates, 3 g fiber, 5 g sugar (0 g added sugar), 8 g protein. **Daily Values:** Vitamin D 0%, Calcium 4%, Iron 6%, Potassium 8%

layered NACHO DIP^{with} sweet potato chips

X **Nutritious sweet potatoes, black beans and ground turkey keep glucose levels steady. Sweet potatoes also contain vitamin A, which helps maintain healthy skin in general.**





Using whole wheat flour and oats rather than white flour lowers the glycemic index of this treat. Walnuts have omega-3s. Blueberries are a good source of antioxidants.

BLUEBERRY

crumble

Prep 20 minutes
Bake 15 to 20 minutes | **Serves** 8

½ cup water, divided
3 Tbsp. Hy-Vee cornstarch
6 cups fresh blueberries
½ tsp. lemon zest
1 tsp. fresh lemon juice
¾ cup Hy-Vee old-fashioned oats
¼ cup Hy-Vee whole wheat flour
¼ cup Hy-Vee sliced almonds

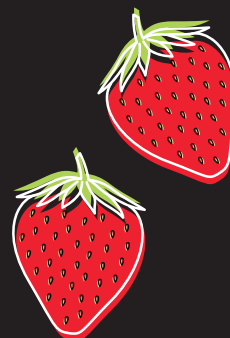
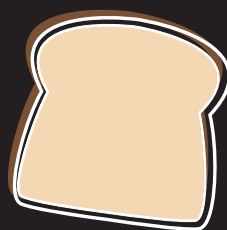
¼ cup Hy-Vee chopped walnuts
1 tsp. Hy-Vee ground cinnamon
2 Tbsp. Hy-Vee honey
1½ Tbsp. Gustare Vita olive oil
Hy-Vee vanilla Greek yogurt,
for serving

1. PREHEAT oven to 350°F. Combine ¼ cup water and cornstarch in a small bowl; set aside. Combine blueberries and remaining ¼ cup water in a large saucepan. Bring mixture to boiling. Cook

about 5 minutes or until blueberries begin to soften. Stir in cornstarch mixture. Cook and stir until thickened and bubbly. Stir in lemon zest and juice. Transfer blueberry filling to an 8- or 9-in. baking dish.

2. COMBINE oats, whole wheat flour, almonds, walnuts and cinnamon in a medium bowl for topping. Stir in honey and oil. Combine mixture thoroughly. Sprinkle topping over blueberry filling. Bake for 15 to 20 minutes or until topping is golden. Serve warm with yogurt, if desired.

Per serving: 190 calories, 7 g fat, 1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 0 mg sodium, 32 g carbohydrates, 5 g fiber, 15 g sugar (0 g added sugar), 3 g protein.
Daily Values: Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 4%

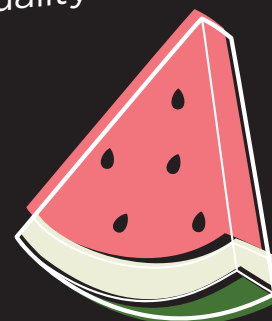
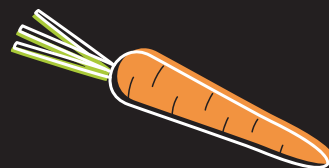


THE ART OF SNACKIFICATION

PACK NUTRITION INTO YOUR KIDS BETWEEN MEALS

Snacking is good for kids—and adults! One or two healthful snacks per day staves off hunger and helps kids focus on schoolwork and have energy for play. Good snacks feed the body when energy reserves dip. Bad snacks—junk foods that lack nutrients or poorly timed snacks—interfere with kids' appetites for healthier foods, promote weight gain and interrupt natural hunger and fullness signals. Snacks are mini meals, so make sure they contain quality nutrition that fuels until mealtime.

WORDS Shoshana Pritzker PHOTOS Tobin Bennett



Sources: journals.lww.com/jpgn/Fulltext/2014/10000/Impact_of_Snacking_Pattern_on_Overweight_and_11.aspx
stateofobesity.org/childhood-obesity-trends/
www.ncbi.nlm.nih.gov/pubmed/14702014

www.ncbi.nlm.nih.gov/pmc/articles/PMC2678872/
www.fns.usda.gov/school-meals/tools-schools-focusing-smart-snacks
www.foodallergy.org/sites/default/files/2017-09/cdc-guidelines.pdf
www.foodallergy.org/education-awareness/advocacy-resources/wcdc-national-guidelines-and-supplemental-resources
www.actionforhealthykids.org/storage/documents/pdfs/tipsheets-may-2018/snacks-2-23-17.pdf
www.hsph.harvard.edu/nutritionsource/sugary-drinks-fact-sheet/
<http://pediatrics.aappublications.org/content/early/2017/04/27/peds.2016-3290>

TAKE BACK THE SNACK

NO MORE MINDLESS SNACKING. BANISH THE CHIPS AND SWEETS FROM THE PANTRY THAT KIDS CAN ACCESS 24 HOURS A DAY. INSTEAD, DEVELOP A PLAN FOR YOUR KIDS TO ENJOY A SMALL SNACK IN-BETWEEN MEALS (TWO SNACKS PER DAY) AND HAVE THE FOOD ITEMS READY. BUY NUTRITIOUS FOODS IN INDIVIDUAL CONTAINERS, OR DIVIDE THEM INTO SERVINGS AHEAD OF TIME. FILL A BIN IN THE PANTRY OR FRIDGE WITH PREFILLED ZIP-CLOSE BAGS OF HEALTHFUL SNACKS AND LET THE KIDS CHOOSE.

LEAD THE WAY

School-age kids between 6 and 12 grow over two inches and five pounds a year. This could be the reason parents frequently hear their kids complain, "I'm starving!" And why kids grab anything they can to fill their hunger, especially sugar- and carb-laden treats.

Italian researchers found kids who snacked on high-calorie junk foods more frequently than other kids were more likely to be obese or overweight. Easy-to-access low-nutrition foods have led more than 12 million U.S. children to be obese.

How do we combat this? We can start with what we purchase and serve the whole family.

Parents hold the power when it comes to their kids' eating habits, so it's important to take the time to stock the pantry with nutritious foods and encourage your kids to make healthy choices every day. And it's never too early to start.

Research shows that food patterns begin to develop in infants as young as 7 months old. Today's infants and toddlers often consume nutrient-poor foods. One-fourth of young children eat few vegetables, and when they do consume a veggie, French fries are the most common choice, according to a study reported last year in the journal *Pediatrics*.

Children learn about food by observing the eating behaviors of others, especially their parents. Kids won't want to try a nutritious food if you seem to dislike it. If you want your children to eat nutritional foods, you need to be a positive role model by eating those foods too. If your family eats healthfully, your kids are less likely to becoming picky eaters or overeaters. You'll help form food habits that they'll carry into a healthy adulthood.

If you're unsure about snacks for kids, talk to a Hy-Vee dietitian for suggestions and a store tour.

HEALTHY TIPS

FOCUS ON PORTIONS

Don't let kids sit in front of the TV and eat out of the whole bag or box. Instead, teach them to read labels for the suggested portion size and help them serve themselves in a bowl or on a plate.

SET NEW RULES

WHEN YOU PURCHASE SNACK FOODS. MAKE SURE THEY CONTAIN AT LEAST 3 GRAMS OF FIBER PER SERVING AND NO MORE THAN 9 GRAMS OF SUGAR. THESE TWO RULES WILL HELP YOU WEED OUT THE WORST JUNK FOODS.

PICK PROTEINS

Lean protein satisfies hunger better than carb-rich foods alone. Serve Greek-style yogurt with fresh fruit, low-sodium turkey deli meat with a cheese stick or a couple of hard-boiled eggs.

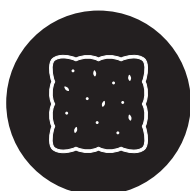
STOCK HY-VEE SHORT CUTS

Hy-Vee Short Cuts are healthy snacks! Prewashed and presliced or cubed fresh veggies and fruit store in the fridge and are ready to eat with dips like hummus, guacamole and nut butters. Stock up on whole grain snacks in individual packages. Fill the fridge with healthful yogurts and cheese snacks.



GET THEM INVOLVED

Guide kids to choose healthful foods for their snacks as you grocery shop together. Even if they can't read, show them the nutritional labels on packages and talk about proper nutrition. They'll be interested in trying new foods if you explain how certain foods help them stay strong and have energy to play.



START SMALL

IF YOU HAVE LESS-THAN-HEALTHY SNACK FOODS IN YOUR KITCHEN, SLOWLY REPLACE THEM WITH MORE HEALTHFUL ALTERNATIVES. SWAP COOKIES FOR MULTIGRAIN, SEEDED CRACKERS. TRADE POTATO CHIPS FOR LIGHT POPCORN. EXCHANGE FROZEN POP STICKS FOR FROZEN GRAPES OR STRAWBERRIES.



ENCOURAGE WATER

Research shows sugary beverages are directly linked to obesity. Swap sugary drinks for water, milk or 100% juice. Challenge family members to drink more water. Kids need 5 or 6 cups per day and adults should consume 8 cups. Make hydration fun—drink water and get a sticker; more than 10, get a prize.



of U.S. kids consume about **ONE-QUARTER OF THEIR DAILY CALORIES FROM SNACKING**, with savory snack choices leading the pack.

PEPPERONI PIZZA

PIZZA SAUCE
+
PEPPERONI SLICES
+
SHREDDED
MOZZARELLA
CHEESE



BREAKFAST AFTER SCHOOL

SCRAMBLED EGG
+
FULLY COOKED
SAUSAGE
CRUMBLES
+
SHREDDED
CHEDDAR
CHEESE
+
AVOCADO SLICES



TUNA MELT

TUNA AND
CHOPPED SWEET
PICKLES STIRRED
INTO MAYONNAISE
+
AMERICAN CHEESE
+
CHOPPED FRESH
DILL



BERRY CHEESECAKE

WHIPPED CREAM
CHEESE
+
SLICED
STRAWBERRIES
+
DRIZZLE OF HONEY
+
MINT LEAVES



HAWAIIAN

CANADIAN BACON
+
HY-VEE SHORT CUTS
PINEAPPLE
CHUNKS
+
SLICED
GREEN ONION
+
SWEET-AND-
SOUR SAUCE



APPLE PEANUT

PEANUT BUTTER
+
HY-VEE SHORT CUTS
APPLE SLICES
+
CINNAMON



CHOCOLATE HAZELNUT

CHOCOLATE-
HAZELNUT SPREAD
+
BANANA SLICES
+
CHOPPED
HAZELNUTS



VEGGIE SUPREME

MARINARA SAUCE
+
CHOPPED BELL
PEPPERS
+
CHOPPED BABY
BELLA MUSHROOMS
+
CHOPPED RED
ONION
+
SHREDDED
MOZZARELLA
CHEESE
+
CRUSHED RED
PEPPER

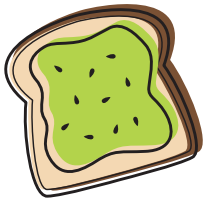


ENGLISH MUFFINS

FIX TASTY
SNACKS
8 WAYS!

THE TOP 10 HEALTHY SNACKS

LET KIDS WHIP UP THESE HEALTHFUL AFTER-SCHOOL SNACKS. THEY'LL LEARN COOKING BASICS AND YOU'LL FEEL GOOD ABOUT WHAT THEY EAT.



AVOCADO TOAST

Top toasted whole grain bread with mashed avocado and crunchy sesame seeds or bacon bits.



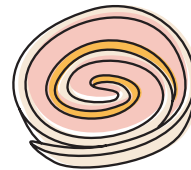
APPLES & NUT BUTTER

High-protein peanut butter or almond butter offers a tasty dip for sliced apples or celery sticks.



PIZZA BAGEL BITES

Spread pizza sauce on a whole grain bagel or bagel thin; top with Hy-Vee Short Cuts veggies and shredded cheese. Bake in a toaster oven.



TURKEY PINWHEELS

Spread a thin layer of cream cheese on slices of low-sodium turkey deli meat. Top with a cheese slice. Roll up into a log and cut into slices.



TUNA DIP & CRACKERS

Combine drained chunk tuna, plain Greek yogurt and Hy-Vee Short Cuts chopped bell pepper and red onion. Serve with multigrain crackers.



HUMMUS SUSHI BITES

Spread hummus on a low-calorie whole grain tortilla and top with finely chopped Hy-Vee Short Cuts veggies. Roll up and cut into slices.



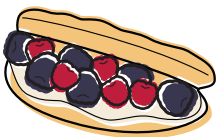
TRAIL MIX

Mix plain popcorn with low-sugar fruit snacks.



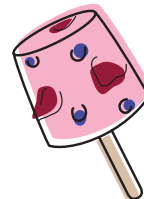
YOGURT PARFAIT

Layer Greek yogurt with fresh fruit, nuts and low-sugar granola.



WAFFLE SANDWICH

Toast a frozen multigrain waffle and cut in half. Spread ricotta cheese on one half; top with fresh berries and a drizzle of honey. Add remaining half.



SMOOTHIE POP

Stir fresh fruit into a 6-oz. container of yogurt. Insert a pop stick and freeze until firm. To serve, set pop out, then release it from the container.

GET CREATIVE AND ADD SOME FUN TO SNACKING.

ENCOURAGE YOUR KIDS TO TRY NEW FOODS. THEY JUST MIGHT FIND A NEW FAVORITE AFTER-SCHOOL SNACK.

You won't believe what the kids are cooking up. Discover healthy kid-developed recipes in **4 Recipes to Make with Your Kids** on Hy-Vee.com

KIDS' SNACKS

TENDER LITTLE MUFFINS TOPPED WITH COCONUT AND CHOCOLATE CHIPS PROVIDE THE PERFECT KID-SIZE BITES FOR AN AFTER-SCHOOL SNACK.

mini muffins

PEANUT BUTTER-BANANA



Prep 20 minutes
Bake 12 to 15 minutes
Serves 12 (2 muffins each)

Hy-Vee nonstick cooking spray
1/3 cup vanilla protein powder
1/3 cup Hy-Vee old-fashioned oats
2 Tbsp. coconut flour
2 Tbsp. coconut sugar
2 Tbsp. unsalted roasted sunflower nuts
1 tsp. Hy-Vee baking powder
2 Hy-Vee large eggs, lightly beaten
2 medium bananas, peeled and mashed
3 Tbsp. Hy-Vee creamy peanut butter
1 tsp. Hy-Vee vanilla extract
1/3 cup Hy-Vee semisweet chocolate chips
Desired toppers (Hy-Vee mini semisweet chocolate chips, Hy-Vee sweetened flake coconut and/or unsalted roasted sunflower nuts)

1. PREHEAT oven to 350°F. Spray twenty-four 13/4-in. muffin cups with nonstick spray.

2. COMBINE protein powder, oats, flour, sugar, 2 Tbsp. sunflower nuts and baking powder in a small bowl.

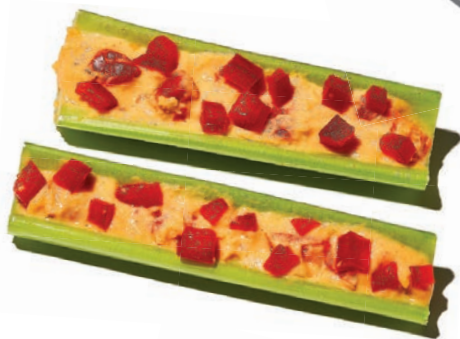
3. COMBINE eggs, bananas, peanut butter and vanilla in a medium bowl. Add oat mixture; combine well. Stir in 1/3 cup chocolate chips. Spoon batter into prepared muffin cups, filling each two-thirds full. Add desired toppers.

4. BAKE for 12 to 15 minutes or until edges are firm (tops will be slightly rounded). Cool in muffin cups on a wire rack for 5 minutes. Remove muffins from muffin cups and serve warm.

Per serving: 110 calories, 4.5 g fat, 2 g saturated fat, 0 g trans fat, 35 mg cholesterol, 80 mg sodium, 12 g carbohydrates, 3 g fiber, 7 g sugar (4 g added sugar), 4 g protein.
Daily values: Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 4%

FROZEN FRUIT CUPS

Place desired Hy-Vee Short Cuts bite-size fruits into plastic cups. Fill each with white grape juice. Freeze 2 hours. Let stand at room temperature 5 minutes before serving.



FIRE ANTS ON A LOG

Using Hy-Vee Short Cuts celery sticks, fill celery with Hy-Vee roasted red pepper hummus and top with finely chopped red bell pepper.



YOGURT-COVERED STRAWBERRIES

Dip strawberries into Hy-Vee vanilla Greek yogurt, then roll in Hy-Vee oats and honey granola. Place dipped berries on a baking sheet lined with parchment paper; freeze for 1½ hours. Remove from freezer 15 minutes before serving.

TROPICAL TRAIL MIX

Combine desired amounts of Hy-Vee plain popcorn, Hy-Vee multigrain Tasteos cereal, toasted coconut chips, chopped dried mango, dried cranberries, pepitas and milk chocolate chips. Store in an airtight container or resealable bag.



WHAT'S SAFE FOR SCHOOL

With an influx of kids with food allergies, the Centers for Disease Control and Prevention has developed guidelines to help schools manage the risk factors. It's important to check with your local school handbook or representative before sending snacks to school. Many schools have become a nut-free zone, banning peanuts and tree nuts. Send these snacks instead:



Sunflower seed butter is a nut-free alternative to peanut butter.

Hummus cups with fresh sliced veggies are a delicious, nut-free totable snack.



Yogurt pouches and cups are packed with protein to fuel little bodies.

Opt for light or skinny popcorn varieties that lower fat calories.



Kids love mozzarella string cheese because it's fun and filling.

Fruit—apples, bananas, oranges, watermelon, cantaloupe, pears, blueberries, strawberries—offer lots of kid-friendly snack options.



Grab a few 100-calorie guacamole packs and send them along with fresh sliced veggies or whole grain crackers.



WHERE DELICIOUS MEETS FUN



serving suggestion



**Pop open SKIPPY® P.B. BITES:
All the fun in one bite!**

Get more snack ideas at peanutbutter.com

© 2018 Hormel Foods, LLC



Skippy Peanut Butter:
select varieties
26.5 or 40 oz. \$5.49



Skippy Peanut Butter:
select varieties
26.5 or 28 oz. \$4.29



Skippy PB Bites:
select varieties
5 to 6 oz. \$2.99

HORIZON ORGANIC



YOUR ADVENTURE AWAITS!

PERFECT FOR LUNCH BOXES AND
SECRET MISSIONS



Disney · PIXAR



INCREDIBLES 2

JUNE 15



Animal Smoothies:
select varieties
12 pk. \$5.29



Horizon Organic Cheese:
select varieties
6 or 8 oz. \$3.79



Horizon Organic Milk:
select varieties
1 gal. \$6.99



Horizon, Silk or
Sir B Aseptic Milk:
select varieties
8 fl. oz. 4/\$5.00



Horizon, Silk, So Delicious or
Sir B Aseptic Milk:
select varieties
6 pk. 8 fl. oz. \$6.99



Silk, So Delicious or
Horizon Aseptic Milk:
select varieties
1 qt. 2/\$4.00



General Mills Cereal:
select varieties
12 to 17 oz. \$2.99



Nature Valley or Fiber One
Grain Snacks:
select varieties
4.10 to 9.5 oz. 2/\$5.00



Betty Crocker Fruit Snacks:
select varieties
4.5 to 8 oz. 3/\$5.00



Betty Crocker Supreme Brownie
or Dessert Bars:
select varieties
16.5 to 22.25 oz. 2/\$5.00



Cascadian Farm Cereal
or Granola Bars:
select varieties
6.2 to 15.6 oz. \$3.49



Chex Mix, Gardetto's or Bugles:
select varieties
6 to 8.75 oz. 3/\$5.00

Be Back^{to} School Ready both In



& Out of the Classroom



Yoplait GoGURT:
select varieties
8 ct. 2/\$4.00



Totino's Pizza Rolls:
select varieties
40 ct. \$3.28



Pillsbury Toaster Strudel:
select varieties
11.7 oz. 2/\$4.00



Annie's Cookies, Crackers
or Crispy Treats:
select varieties
3.9 to 8.4 oz. \$2.99



Annie's Fruit Snacks,
Granola Bars, Popcorn, Puffs
or Snack Mix:
select varieties
4 to 9 oz. 2/\$6.00

**FUEL
UP &
EARN**

BUY \$20

in participating General Mills items

EARN \$.20


per gallon **ON FUEL**

with your Hy-Vee
Fuel Saver + PERKS™ card!



Look for participating General Mills products in this week's ad. Fuel offer valid 7/31/18-9/4/18.
Participating products must be purchased in a single transaction. Limit one fuel discount per person.
Fuel discount good for the purchase of up to 20 gallons in one fuel purchase.
See full fuel program terms at www.hy-vee.com/perks. © General Mills.

MSO-3918



enefits OF ROUTINE

We talk about breaking bad habits yet often overlook the importance of setting good ones.

Done repeatedly, healthy habits—hitting the gym, snacking on blueberries instead of cookies, bedtime reading with the kids—become routines you perform without a thought.

Relying on autopiloted routines makes you more likely to stay consistent with your healthy choices.

Get in the swing with some beneficial routines and eventually you'll find you default to healthy habits. Check out the following suggestions.

WORDS Tara McMullen
PHOTOS Greg Scheidemann

LIFE

FAMILY

If you have kids at home, you know there is a routine for everything: waking, naps, meals, bedtime. That's for good reason. Routines give children frameworks from which to explore and understand the world. Routines nurture feelings of trust, security and safety. For parents, routines set clear expectations and reduce chaos.

What's the secret to an effective routine for children? According to the Centers for Disease Control and Prevention (CDC), they should have consistency, predictability and follow-through.

Bedtime should occur at the same time each night and may be preceded by a bath and story time. Children can predict that after the bath and story

time comes bedtime. If a child begs to stay up later, it's important to follow through and insist it is indeed time for bed. This ensures you and your children get proper sleep time.

Regular mealtimes also are important for parents and kids. They reinforce bonding; they also reinforce kids' sense of security.

Although family routines might seem mundane, the results can be significant. One study by the American Academy of Pediatrics linked the simple routines of eating dinner as a family, adequate sleep on weekdays and limited screen time to a 40 percent reduction in obesity in American preschoolers.

HOME

If you juggle a job, family and fitness there's little time left to keep a tidy home. Stay on top of housework by breaking it down into daily, weekly and other routines:

DAILY

- Wash dishes
- Wipe down counters
- Take out trash
- Sweep or vacuum main areas
- Open new mail and file away or toss
- Pick up and put away stray items

WEEKLY

- Laundry
- Vacuum
- Dust furniture
- Clean out fridge, toss expired foods
- Change bedding
- Mop kitchen floors
- Clean microwave
- Wipe down appliances

MONTHLY

- Dust lamp shades
- Vacuum vents and woodwork
- Wash pillows, mattress pads and blankets

- Vacuum condenser coils behind fridge
- Clean oven

Tip: Select one task for each day of the week and write it on a calendar. You are more likely to achieve your goals if you write them down and there's a rhythm to them, says Dr. Gail Matthews, clinical psychologist and professor at Dominican University of California.

Monday: change bedding
Tuesday: laundry
Wednesday: vacuum and mop floors
Thursday: dust
Friday: clean bathrooms



WORK

Start with the most challenging or important item when you begin work each day. When you tackle those before slogging through emails, voice mails or social media, your willpower is less likely to wane as the day goes on.

Take breaks throughout the day. Consistently taking time to unplug helps the brain consolidate information so you stay productive.

Eat a healthful lunch. It provides your brain the nutrients and energy it needs to focus, stay on task and make decisions.

Write a to-do list at the end of the day for the next day's schedule. By setting goals, you're more likely to hit the ground running the next day.

FOOD

MEAL PREPPING

When your stomach growls, do you instinctively turn to fruit or nuts, or do you pop open a bag of chips? Repeatedly selecting the healthy option can eventually become instinctive.

A detailed meal and snack plan is key, says Deana Preble, a Hy-Vee dietitian in Madison, Wisconsin. “Doing a meal plan and keeping to it will help you establish a healthier eating routine,” Preble says. “If you don’t know what you’re having for dinner, you’re more likely to order pizza, go

through a drive-through or go out to eat.”

Preble recommends creating a meal plan and shopping for groceries the same day each week, or twice a week, to get into a consistent rhythm. Meals should contain all five food groups—dairy, vegetables, fruit, protein and whole grain—as recommended by the USDA, she says. Healthy snacks can be from one or two groups, like vegetables with hummus, fruit with cheese or yogurt with fruit, Preble says. A snack should contain

only 100 to 200 calories and should be a whole food rather than a prepackaged item, which often contains empty sugar calories.

For nights when your routine falls short, Preble recommends a rotisserie chicken paired with a bagged salad and a bag of microwavable potatoes as a quick, healthy and fail-safe meal. Contact your local Hy-Vee dietitian for information about the Simple Fix program, which includes recipes, meal planning and meal prep assistance.

“TAKE ON ONE NEW THING AT A TIME. DO THAT NEW THING UNTIL YOU GET GOOD AT IT. Maybe you begin by focusing on meal planning. You don’t concern yourself with eating more fruits and vegetables. Once you’re good at meal planning, then...add one extra vegetable a day.”

— Deana Preble, Hy-Vee dietitian, Madison, WI



FIND YOUR FOOD RHYTHM

What you eat is important, but so is when. While every person is a bit different, a good rule of thumb is to eat every three to four hours, Preble says.

Many people associate eating healthfully with still feeling hungry. There’s some validity to that, Preble says. A fruit or vegetable typically contains fewer calories than a granola bar. While the fiber in the fruit or vegetable should fill you, you may need to eat more often.

Set a time to stop eating each evening. “When we sleep, our bodies are supposed to be resting, recovering and regenerating cells. It’s repair time. If we eat at 8 p.m. and go to bed at 10 p.m., our bodies spend the first two or three hours digesting food rather than resting, regenerating and repairing tissue,” Preble says.

What about intermittent fasting? While some people see success in a fasting routine, Preble recommends you do research. She advises your daily intake never drop below 500 calories, as some fasting plans suggest. Instead, if you want to fast, set a goal of not eating for 12 to 14 hours overnight.

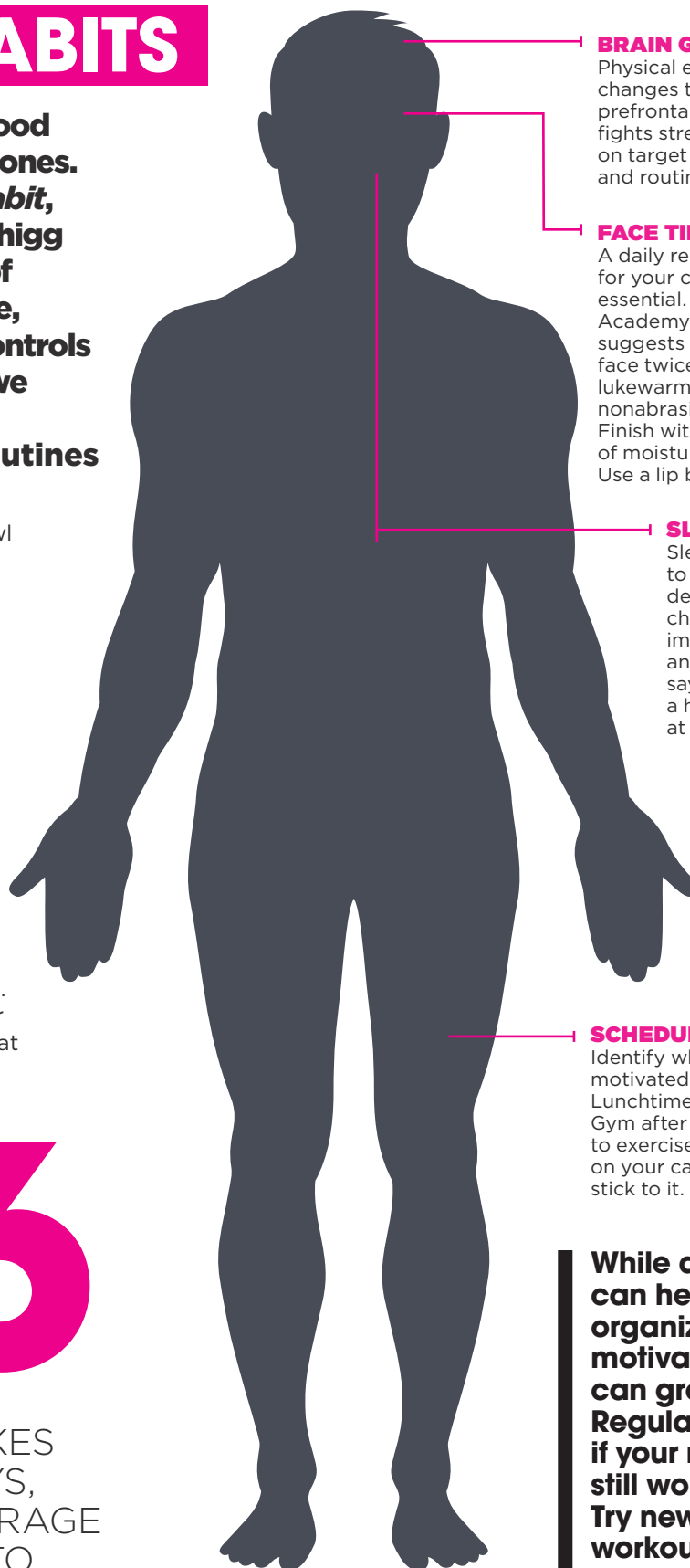
BAD HABITS

After you've set good habits, tackle bad ones. In *The Power of Habit*, author Charles Duhigg identifies a cycle of habits: cue, routine, reward. Reward controls our habits, and if we identify it, we can adjust cues and routines that lead to it.

Let's say you crave a bowl of ice cream every night while you watch the late-night news. You're not sure you're hungry each night, but the ice cream has become your way to wind down. You want to eliminate the nightly snack but still need a way to achieve the reward—winding down. Change the cue and the routine. If the cue is the time, then at 9:30 head to your bedroom with a book. Instead of snacking, read to unwind. Or experiment with other options until you find what works for you.

66

A 2010 STUDY FOUND IT TAKES 18 TO 254 DAYS, WITH AN AVERAGE OF 66 DAYS, TO LOCK IN A ROUTINE.



BRAIN GAIN

Physical exercise causes changes to the brain's prefrontal cortex, which fights stress and keeps us on target with our goals and routines.

FACE TIME

A daily regimen to care for your complexion is essential. The American Academy of Dermatology suggests you wash your face twice daily with lukewarm water and a nonabrasive cleanser. Finish with an application of moisturizer with SPF 30. Use a lip balm with SPF 30.

SLEEP ON IT

Sleep allows our bodies to rest and repair. "Sleep deprivation causes chronic stress that impairs how the body and brain use energy," says Kelly McGonigal, a health psychologist at Stanford University.

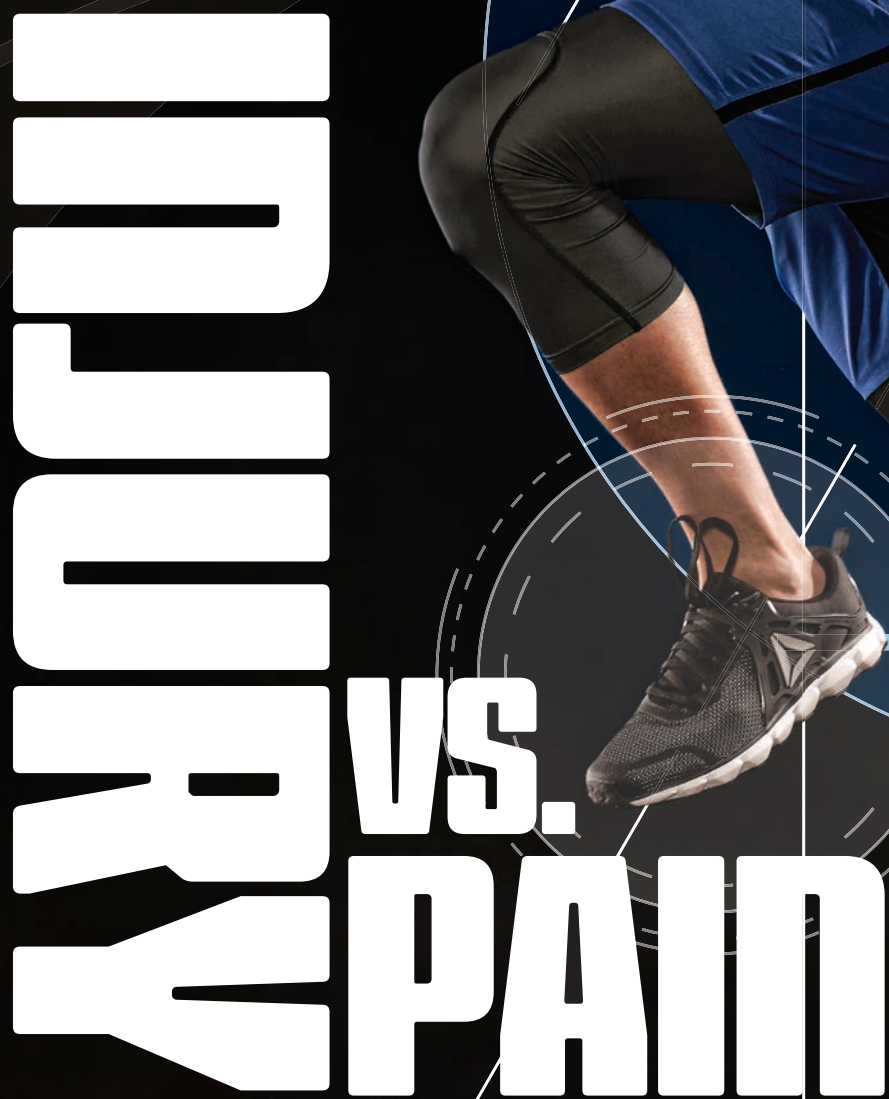
PACK YOUR BAG

Organize your gym bag the night before. The convenience of having clothes, water bottle, towel, mat or whatever you need at the ready will propel you to the gym.

SCHEDULE EXERCISE

Identify when you're most motivated. Jog before work? Lunchtime yoga session? Gym after work? Set a time to exercise and block it out on your calendar so you stick to it.

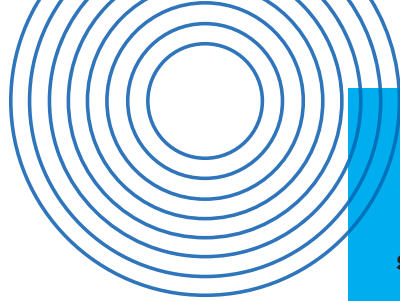
While a routine can help you stay organized and motivated, it also can grow stale. Regularly assess if your routines still work for you. Try new recipes, workouts and routes to work for a slight twist to your routine.



INJURY vs. PAIN

ACHES AND PAINS ARE NORMAL AS YOUR BODY ADJUSTS TO A NEW FITNESS ROUTINE. BUT COULD THEY SIGNAL AN INJURY? WE BREAK DOWN HOW TO KNOW THE DIFFERENCE AND HOW TO STAY SAFE AS YOU GET FIT.

WORDS Rachel Lopez PHOTOS Tobin Bennett



HAVING AN ACCOUNTABILITY BUDDY DRAMATICALLY INCREASES YOUR CHANCES OF REACHING YOUR FITNESS GOALS. RESEARCH SHOWS THAT GETTING AN EXERCISE PARTNER INCREASES WORKOUT FREQUENCY AND DURATION, ESPECIALLY IF THE COMPANION IS POSITIVE AND SUPPORTIVE. IN FACT, ENCOURAGEMENT IS THE HIGHEST INDICATOR OF SUCCESS—AND IF YOU HAVE A BUDDY, YOU’LL ALWAYS HAVE A SPOTTER TO HELP KEEP YOU SAFE. — UNIVERSITY OF ABERDEEN, SCOTLAND

"People sometimes worry too much about the distance [they run]. Don't worry about that. Concentrate on consistency and time. Improvements will come if you stick with it. Don't allow yourself to stop exercising because of muscle soreness. Think of all the positive benefits of exercise you'll see mentally, physically and emotionally if you keep going. And if you hate to run, don't run! Find an activity you enjoy doing and you're more likely to make it a habit."

— Mary Meier, Ph.D., ATC, LAT
Iowa State University

**6
TO
8**

Number of weeks it takes to make a fitness routine a habit

FEEL THE BURN

It's normal to experience aches and pains when starting a new fitness routine, but no one wants to risk serious injury. Although anyone can sustain a fitness injury, beginners are especially prone because they often take on too much activity and their muscles aren't used to being pushed past normal thresholds.

Some soreness is a good thing. Muscles contract as they lengthen, resulting in tiny tears called microtraumas. The tiny tears rebuild while your body rests, developing greater strength and endurance. So aching muscles actually signal you're making progress. Beginners often want to take a timeout when they start feeling the burn of sore muscles, but experts advise to keep moving.

"Muscle soreness is a healthy and expected result of exercise, so don't panic," says Mary Meier, Ph.D., senior lecturer in kinesiology and assistant director of athletic training at Iowa State University. "Work through it. Continue to move the next day, maybe alternating activities. If you started out with running, the next day go walk in the pool, ride a bike, do the elliptical or lift weights."

It's important to recognize when NOT to work through the burn. If pain is acute and lasts more than a week, see your doctor and identify the source. If the pain comes from a serious injury, it's crucial to treat the area to avoid long-term damage, such as arthritis, scar tissue or reduced range of motion. "Listen to your body," Meier says. "And don't push through things that you shouldn't."

PAIN vs. GAIN

It's easy to confuse normal soreness for injury as you begin a new exercise program. Two primary factors differentiate them: severity and the time they last. Acute pain for more than 7 to 10 days is likely serious enough to require a doctor. An injury often begins during an activity as throbbing or stabbing in a specific location. You may experience difficulty breathing as if the wind got knocked out of you, or your joints may feel locked, limiting your range of motion.

Although experts say you should let some time pass to ensure it's actually an injury, medical attention is crucial to healing. Avoid working

out that area of your body; instead focus on other muscle groups if you work out. A physical therapist can help create an exercise regimen to set you on a path to healing and keep you moving toward your fitness goals.

Normal soreness, which actually signals muscles are getting stronger, generally lasts only 24 to 72 hours and feels like burning or straining. Your muscles may feel weak, tight or fatigued. You may experience discomfort in regular daily activities, such as sitting or climbing stairs. Keep moving, and make sure to get plenty of rest, nutrition and hydration. And keep exercising!

"ADULTS AGES 85 YEARS AND OLDER WHO REPORTED PARTICIPATING IN PHYSICAL ACTIVITIES SUCH AS HOME EXERCISE, GARDENING, CROSS-COUNTRY SKIING, DANCING, SWIMMING, BICYCLING OR GROUP EXERCISE FOR MORE THAN 60 MINUTES PER WEEK REDUCED THEIR RISK OF SUSTAINING A FALL-RELATED INJURY BY 63 PERCENT, COMPARED WITH NOT PERFORMING ANY OF THESE ACTIVITIES."

— U.S. HEALTH.GOV PHYSICAL ACTIVITY GUIDELINES

WARM IT UP/COOL IT DOWN

Warming up before and cooling down after a workout are key to reducing muscle soreness. Even if you cut the length of your primary activity, your muscles will thank you.

WARM UP

Static warm-up includes basic stretching exercises and yoga.

Dynamic warm-up includes jumping jacks, light jogging and biking

COOL DOWN

Stretch out with yoga, resistance bands or a stability ball.

Roll it out with foam rollers (especially on sore spots).



IF YOU'RE MODERATELY SORE, EXERCISE ACTUALLY SPEEDS RECOVERY BY INCREASING BLOOD FLOW TO MUSCLES. LIGHT EXERCISE SUCH AS WALKING OR SWIMMING CAN PROVIDE LOW-IMPACT RELIEF. CHECK WITH A HY-VEE PHARMACIST OR SPORTS NUTRITIONIST AT SELECT STORES FOR TIPS ON INJURY RECOVERY.

WORK THROUGH IT

Staying active while injured can keep your fitness goals on track, help you rehabilitate and maintain your mental health. The amount of activity you attempt depends on your injury. Pain is subjective and genetic factors determine normal range of motion, so no two injuries respond to the same recovery methods. Seek advice from your doctor and visit with a physical therapist to determine what's appropriate for your fitness level and injury.

PLAY IT SAFE

To avoid injury, consult the professionals. Clear any activity with your doctor, who will consider your personal health factors to guide your workouts. Lay out your fitness goals. Are you exercising for strength and conditioning? Weight loss? Decreasing blood pressure or cholesterol? Then share your goals with a fitness professional, who can teach you appropriate form. Many gyms offer a free consultation with a certified personal trainer for new members.

Begin gradually, building frequency, intensity and duration over time. Once you stabilize or reach a plateau, add resistance or weight training to build more muscle and endurance. It's especially important to build strength in your core, or middle section of your body. A strong core serves as the foundation for most physical activities and provides the stability you need to stay safe in any workout routine.

STEP IT UP Three Steps to Prevent Injury

1. Begin your new workout at your current ability, then gradually increase frequency, duration and intensity.

2. Add strength and resistance training to your workout to build muscle and endurance.

3. Vary activities and incorporate warm-up and cooldown exercises into each workout.

IF YOU SUSTAINED A PREVIOUS INJURY, REGULAR PREVENTIVE STRETCHING AND FLEXIBILITY EXERCISES HELP STRENGTHEN SURROUNDING MUSCLES AND PREVENT RE-INJURY.

AVOID COMMON INJURIES

1 SHOULDER IMPINGEMENT

(shoulder pain or numbness)
Limit repetitive overhead activities (tennis, swimming, volleyball, weights). Stretch supportive muscles (deltoid, triceps) to improve flexibility.

2 WRIST TENDONITIS

(ache during movement)
Limit repetitive movements, especially when beginning a racquet sport. Use supportive wraps.

3 LOW BACK STRAIN

Stretch hamstrings. Build core muscle strength (especially abs). Practice proper lifting form. Use appropriate mattress and sleep position (avoid sleeping on back or stomach).

4 PATELLAR TENDONITIS

(kneecap strain)
Stretch upper leg muscles before and after activity. Correct foot alignment with orthotics. Limit jumping or pounding activities. Use knee strap or compression sleeve during activity.

5 IT BAND STRAIN

(inflammation on side of knee)
Stretch and strengthen hip muscles. Use foam roller or tennis ball to ease tightness. Modify running gait. Correct foot alignment with orthotics.

6 ANKLE SPRAIN

Do strengthening and balance exercises. Stretch Achilles tendon. Wear proper shoes.

7 PLANTAR FASCIITIS

(pain on bottom of foot)
Wear supportive, activity-appropriate shoes. Stretch arches, Achilles tendon and lower leg muscles. Modify activities to avoid pounding.



COLLAGEN IS THE GLUE THAT
SHAPES YOUR SKIN, BONES
AND MUSCLES. IT ALSO
CUSHIONS JOINTS. COLLAGEN
FADES AS YOU AGE, BUT YOU
CAN FIND IT IN CERTAIN FOODS,
ORAL SUPPLEMENTS AND
COSMETICS. WANT TO GIVE
THEM A TRY? HERE'S WHAT
YOU SHOULD KNOW.

WORDS Annie Hauser PHOTOS Tobin Bennett

COLLAGEN

Collagen-containing products boast incredible benefits for younger-looking skin, harder nails, more flexible joints and stronger muscles. Do the promises stand up? Some studies suggest they might.

Collagen is a structural protein that your body makes to help build tendons, skin, bones and more. "It's basically the building block of our skin," says Lauren Fine, M.D., a dermatologist with Chicago Cosmetic Surgery and Dermatology.

The main types of collagen in our bodies are Collagen I (skin, tendon, bone, ligaments, teeth and the outside fluid that bathes cells), Collagen II (cartilage, eye), Collagen III (skin, muscle, blood vessels) and Collagen IV (epithelial cells that line the skin and other organs).

"As we get older, the [body's] production of Collagen I and III decreases," Dr. Fine says. "In our 30s and 40s, the rate of new collagen production decreases. By the 50s, it is half what it once was."

So anything that augments your skin's collagen is going to be good for it, she adds.

**TYPICAL HALLMARKS
OF REDUCED COLLAGEN
IN YOUR BODY INCLUDE
FINE LINES, WRINKLES,
CREPEY SKIN, STIFF
JOINTS AND TENDONS,
AND SHRINKING,
WEAKENED MUSCLES.**



TIES THAT BIND

Your body makes collagen from the amino acids in the protein-rich foods you eat—meat, poultry, eggs, fish, beans and dairy products. Collagen binds cells and tissue together to help them maintain their integrity. Collagen-rich products such as foods (bone broth, gelatin), supplemental powders, bars and cosmetics (skin creams) offer options for those looking to boost collagen levels.

INCREASING HEALTHY COLLAGEN

It makes sense that consuming collagen or applying it onto skin would help. It may not be all that simple. But a few studies have come up with some interesting results.

A six-month study at Penn State University in 2008 found that athletes who took an oral collagen supplement reported reduced joint pain. Another study, in 2012, examined 200 men and women with joint pain and found lessened joint pain in a group that drank a collagen supplement versus those who drank a placebo over six months. A 2014 review of 69 women reported improved skin elasticity in those who took an oral collagen supplement. Last year, the *Journal of Cosmetic Dermatology*

reported improved fingernail growth among 25 people who consumed a supplement of collagen peptides. The jury is out, however, as to whether collagen from oral supplements goes right to our connective tissue as collagen.

Applying collagen peptides directly onto skin, however, has been shown to improve skin quality and texture and to fight wrinkles, Dr. Fine says. “Things that directly stimulate collagen—growth factors, peptides—ultimately, they’re promoting healthy skin formation and have regenerative properties,” she says.

Again, researchers say more studies are needed to substantiate claims.

THE WORD COLLAGEN COMES FROM THE GREEK WORD FOR GLUE. COLLAGEN IS THE STRUCTURAL PROTEIN THAT BINDS CELLS AND TISSUES TOGETHER.

COLLAGEN SAFEGUARDS

WEAR SUNSCREEN, AS THE SUN'S UV RAYS ARE THE TOP CAUSE OF DAMAGED COLLAGEN IN THE SKIN, DR. LAUREN FINE SAYS. A DIET LACKING IN VITAMIN C (WHICH HELPS BUILD COLLAGEN), A DIET OVERLOADED WITH SUGARS, AND EXPOSURE TO ENVIRONMENTAL POLLUTANTS LIKE CIGARETTE SMOKE ALSO DAMAGE COLLAGEN.

- Find oral collagen supplements in:**
- powders to stir into smoothies, coffee and other drinks and into sauces
 - pills and gelatin capsules
 - protein bars

USE OF COLLAGEN HYDROLYSATE OR TYPE II COLLAGEN SUPPLEMENTS APPEARS GENERALLY SAFE, THOUGH PEOPLE WITH SENSITIVITIES TO CHICKEN OR BEEF SHOULD CONSULT A DOCTOR BEFORE USING THEM.

— UNIVERSITY OF MICHIGAN HEALTH LIBRARY





SMOOTH SAILING

BOOST THE AMINO ACIDS YOU NEED FOR HEALTHY COLLAGEN. HERE ARE SOME COLLAGEN-CONTAINING PRODUCTS TO TRY.

1 PRIMAL KITCHEN VANILLA COCONUT COLLAGEN FUEL supports skin, nails and joints. Mix powder into water, coffee or smoothies.

2 ANCIENT NUTRITION BONE BROTH COLLAGEN Protein from chicken, beef and turkey bone broth contains types I, II and III collagen. Blend into water, juices or shakes.

3 HY-VEE HEALTHMARKET ALL NATURAL GELATIN Capsules contain gelatin for healthy hair, nails, skin and cartilage.

4 SCHIFF MOVE FREE ULTRA Supplement tablets provide type II collagen for bone, cartilage and joints.

5 BULLETPROOF COLLAGEN PROTEIN BARS Tasty and convenient, they provide amino acids needed for collagen.

6 L'ORÉAL COLLAGEN MOISTURE FILLER Restores elasticity; smooths wrinkles.

7 BULLETPROOF COLLAGEN PROTEIN Has 25 grams of hydrolyzed collagen per serving.

YES IT FEELS LIKE A COMFY ROBE. BUT IT IS NOT A ROBE.

People everywhere are confusing Quilted Northern® toilet paper with a super-comfy robe. Yes, both are luxurious, cushiony-soft and make you feel at home, but Quilted Northern® is not a robe.

It's just really nice toilet paper.



Look for Quilted Northern® at your
local HyVee store.

LIFE GETS MESSY



Cottonelle Bath Tissue,
Viva Towels or Flushable
Cleansing Cloths:
select varieties
6 mega rolls, 12 double rolls
or 168 ct. \$6.98



Scott Comfort Plus Bath Tissue,
1000 Bath Tissue
or Paper Towels:
select varieties
12 to 18 rolls or 8 mega rolls
\$8.99



Kleenex Facial Tissue:
select varieties
20 to 160 ct. 3/\$5.00



Huggies, Pull-ups,
Goodnites Giga Packs:
select varieties
33 to 132 ct. \$24.99

LET'S GET TO WORK



TIME AND HEALTH ARE BOTH VALUABLE, SO WHY SACRIFICE ONE FOR THE OTHER? CIRCUIT TRAINING CAN IMPROVE YOUR OVERALL FITNESS LEVEL WITHOUT SPENDING AN HOUR IN THE GYM. SO, WHAT ARE YOU WAITING FOR? THE CLOCK IS TICKING.

Squeezing an unorganized fitness routine into a cramped schedule can lead to poor workout performance.

Instead, work out on your own terms, in your own space, and save some time in the process. A quick circuit workout at home with minimal equipment can lead to major results in the long run. Regularly performing circuit-style workouts has been found to reduce fat and insulin resistance while improving strength and endurance. Adopt the following circuit routines to improve cardio health or to build strength.

WORDS Beau Berkley PHOTOS Tobin Bennett

Get moving with this 10-minute circuit designed to get your heart racing. Daira Driftmier, Certified Personal Trainer and Director of Hy-Vee KidsFit and Hy-Vee Fitness, recommends performing each move at maximum effort for 40 seconds, followed by 20 seconds of rest.

CARDIO CIRCUIT



0:00–1:00

JUMP ROPE

Stand with feet hip-width apart. Holding a jump rope with both hands, swing the rope over your head from the backside and jump over it before it reaches your feet.

1:00–2:00

LUNGES

Stand with feet hip-width apart, hands on hips. Step your right foot forward and bend at the knee until thigh is parallel to the ground. Push off heel and return to the starting position. Alternate legs.

2:00–3:00

JUMPING JACKS

Stand with feet hip-width apart. Jump your feet to each side while raising arms overhead. Immediately return to the starting position. Repeat.

3:00–4:00

SCISSOR HOPS

Stand with feet hip-width apart. Jump in the air, landing with your left leg ahead of your right leg. Jump and switch leg positions. Repeat.

4:00–5:00

TUCK JUMPS

Stand upright with feet shoulder-width apart. Bend at the knees, moving your arms slightly back. Before thighs are parallel, jump in the air using your arms to propel you higher. In the air, bring your knees as close to your chest as possible. Repeat.



5:00–6:00

BODYWEIGHT SQUAT

Stand with arms crossed and with feet wider than hip-width apart. Bend both knees until thighs are parallel to the ground. Push off heels and return to the starting position. Repeat.

6:00–7:00

MEDICINE BALL PRESS WITH KNEE LIFT

Stand with feet shoulder-width apart, holding a medicine ball above your head. Lower the ball to chest level while bringing your right knee up. Touch the ball to your knee then press it overhead. Alternate legs.

7:00–8:00

SKATER HOPS

Stand with feet hip-width apart, a slight bend in the knees. Jump to one side, landing on one foot with the opposite raised and behind. Jump to the other side, alternating foot positions.

8:00–9:00

BUTT KICKS

Stand with feet hip-width apart. Quickly bring your left heel toward your left glute muscle and back down. Alternate legs in an exaggerated running motion.

9:00–10:00

LINE JUMPS

Create a line on the ground with a flat object. Stand next to the line with your feet together. Quickly jump over the line and land softly on the opposite side. Quickly jump back to the starting position. Repeat.



0:00–1:00 OVERHEAD TRICEP EXTENSION

Hold a dumbbell in each hand, arms directly overhead. Bend at the elbows until both dumbbells are behind your head. Bring the dumbbells back overhead to the starting position.

1:00–2:00 DUMBBELL SHRUG

Stand with feet shoulder-width apart, a dumbbell in each hand with arms by the sides of your body. Shrug shoulders upward as high as possible and hold for one second before returning to starting position.

2:00–3:00 PUSH-UP

Begin in high plank position. Lower your chest until it nearly touches the ground. Push yourself back to starting position.

3:00–4:00 GOBLET SQUAT

Hold one weighted end of a dumbbell close to your chest, using both hands in an underhand grip. With feet shoulder-width apart, squat down until thighs are parallel to the ground. Push off heels and return to the starting position.

4:00–5:00 DUMBBELL ROMANIAN DEAD LIFT

Hold a dumbbell in each hand in front of your thighs with feet hip-width apart. Slowly hinge at the hips, pushing your butt backward with a slight bend in the knees, and lower weights to the knees. Slowly bring your hips forward and return to starting position.

STRENGTH CIRCUIT

This strength-building circuit requires minimal lightweight equipment—dumbbells, a resistance band and a medicine ball. Daira Driftmier recommends beginners start with 3- to 8-pound dumbbells and increase weight as your strength increases. Every minute, perform a new exercise for 10 to 15 reps. To increase difficulty, add more weight or increase the rep range.

A 2016 STUDY IN THE *JOURNAL OF SPORTS MEDICINE AND PHYSICAL FITNESS* FOUND THAT THOSE WHO PERFORMED CIRCUIT TRAINING 3 TIMES A WEEK FOR 8 WEEKS MADE SIGNIFICANT IMPROVEMENTS IN MUSCULAR STRENGTH, ENDURANCE AND AEROBIC CAPACITY.



5:00–6:00 RESISTANCE BAND LATERAL RAISE

Hold a resistance band handle in each hand and place your right foot on the center of the band. Raise both arms laterally until they are parallel to the floor. Lower arms. Repeat.

6:00–7:00 TRICEP DIPS

Face away from an elevated surface, like a chair, stair or plyo box. Place palms on the edge of the surface and stretch your legs out. Bend at the elbows and lower your body until elbows form a 90-degree angle. Push back to the starting position.

7:00–8:00 SQUAT TO OVERHEAD PRESS

Hold a dumbbell in each hand, raised and in front of shoulders. Stand with feet shoulder-width apart. Squat until legs are parallel to the floor. Push off heels to standing position while pressing both dumbbells overhead.



8:00–9:00 DUMBBELL CURLS

Hold a dumbbell in each hand, arms at the side of your body. Keeping elbows in place, curl both dumbbells toward your shoulders while rotating wrists until palms face up. Bring weights back down to the starting position.

9:00–10:00 MEDICINE BALL WOOD CHOPS

Hold a medicine ball with both hands near the outside of your right knee, bending slightly at the knees. Stand and twist your torso, bringing the ball up toward your left shoulder. Repeat.



TIP
Don't lengthen your rest period because you have to run upstairs for a drink. Prep a water bottle beforehand, lay a sweat towel nearby and turn on your favorite tunes to stay focused.



Gatorade Recover Bars:
select varieties
6 ct. \$8.99



Gatorade Bulk Powder:
select varieties
19.7 or 22.4 oz. \$19.99



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



Gatorade Protein Bar:
select varieties
2 to 2.82 oz. 2/\$3.00



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

MADE FOR ATHLETES

20 GRAMS OF HIGH-QUALITY PROTEIN



TO HELP REBUILD MUSCLE

DO GOOD WITH A GOOD BREAKFAST.



The Soulfull Project
Hot Cereal Packets:
select varieties
7 oz. 2/\$6.00

The Soulfull Project
Hot Cereal Cups:
select varieties
2.01 to 2.26 oz.
2/\$4.00

The Soulfull Project
Hot Cereal Pouches:
select varieties
14.10 oz. \$4.99

YOU BUY ONE. WE GIVE ONE.

LEARN MORE AT: [THESOULFULLPROJECT.COM](https://thesoulfullproject.com)





BEYOND THE PLATEAU

12

WAYS TO
GO ABOVE AND
BEYOND FOR
WEIGHT LOSS

IF THE NUMBERS ON YOUR BATHROOM SCALE SEEM STUCK, YOU MAY HAVE HIT A PLATEAU. INSTEAD OF REPEATING THE SAME WEIGHT-LOSS ROUTINE, STEP OVER THE PLATEAU BY MAKING SOME SIMPLE ADJUSTMENTS TO REACH YOUR GOALS.

1 TRACK YOUR PROGRESS

While it may seem overly simple, tracking your food intake, exercise and weight fluctuations can result in increased weight loss, according to a study published in the *Journal of the Academy of Nutrition and Dietetics*. Whether you use an app or jot a few lines in a journal every day, tracking progress or lack of it can help identify where you slipped up or what habits hold you back.

2 QUALITY VS. QUANTITY

For many, losing weight comes down to an easy math equation. Take in fewer calories than you burn and watch the pounds slide off. Right? Focusing on the math alone is a dangerous pitfall. To achieve and then maintain your goal weight, think of calories in terms of quality, not just quantity.

3 TIME IT RIGHT

We all have hectic schedules, but watch when you eat. A study reported by the *International Journal of Obesity* found subjects who ate their main meal after 3 p.m. lost weight at a slower rate than those who ate a larger meal earlier in the day. Try to consume the majority of your calories around the lunch hour, not after you arrive home from work.

RE-EVALUATE YOUR DIET

“IT’S IMPORTANT TO RECALCULATE CALORIE NEEDS AS YOUR BODY STARTS TO CHANGE BECAUSE YOU WILL HAVE DIFFERENT NEEDS,” SAYS HY-VEE REGISTERED DIETITIAN JENA PAPE OF OAKDALE, MINNESOTA. “IF A PERSON CONTINUES TO EAT THE SAME AMOUNT OF CALORIES AFTER A PLATEAU AS WHEN THEY FIRST STARTED LOSING WEIGHT, THEY MAY MAINTAIN THE INITIAL WEIGHT LOSS, BUT IT WON’T LEAD TO MORE.” MAKE SURE THAT YOUR CALORIES COME FROM THE RIGHT PLACES. 1,500 CALORIES FROM SUGARY, PROCESSED FOODS WON’T BE AS HELPFUL TO YOUR FITNESS AND WEIGHT LOSS GOALS AS 1,500 CALORIES FROM WHOLE, FRESH FOODS. WHAT YOU EAT IS JUST AS IMPORTANT AS HOW MUCH YOU EAT.

5 MORE FIBER, LESS FAILURE

You know you need the recommended amount of fiber each day, but do you get it? Research in the *Annals of Internal Medicine* shows eating 30 grams of fiber every day can lower blood pressure, improve your response to insulin and increase weight loss. Getting your daily fiber is just another step toward ensuring your diet doesn’t set you up for weight-loss failure.

6 « SWEET DREAMS

Correlations are repeatedly found between reduced sleep and increased weight. If you don’t get enough z’s, it’s likely you also eat more and don’t exercise enough, thanks to hormone alterations that occur in sleep-deprived individuals, particularly middle-aged women. In other words, if you know you’re not sleeping enough and you want to lose pounds, hit the sack a little earlier tonight.

STAY HYDRATED

Getting enough water each day? It may be the missing link between you and your weight-loss goals. Dehydration is associated with higher body mass index (BMI) and consistent dehydration (not just a parched throat after a run, but a continual failure to properly hydrate) can double your chances of being overweight. Drink water before meals to prevent overeating, and add more water to your diet, removing filler beverages to increase metabolism.



WHERE'S THE BEEF?

Increasing your protein intake can boost your metabolism, increase satiety and help build muscle mass. In a high-protein diet, you receive more than 35 percent of your total calories from protein; you substitute protein for other foods in your diet (especially refined carbs). Switching to a high-protein diet can be well worth the effort.

QUICKLY BOOST YOUR METABOLISM: STUDIES SHOW DRINKING 500 MILLILITERS OF WATER (ABOUT 17 OUNCES) CAN INCREASE YOUR METABOLISM BY 24 PERCENT FOR UP TO AN HOUR.

— THE JOURNAL OF CLINICAL ENDOCRINOLOGY AND METABOLISM

HIIT THE WEIGHT ROOM

When you first began your weight-loss journey, your exercise routine was likely simple. Maybe you started out with walks through the park, then upgraded to jogging, then running, then a spin class, maybe some Pilates. Now, if you've found yourself at a weight-loss plateau, your previous exercise routine likely won't cut it. It's time to step up your game

with some high-intensity interval training (HIIT).

More effective at reducing abdominal fat, HIIT can increase overall aerobic fitness, lower insulin resistance and improve glucose tolerance, according to the *Journal of Obesity*, though it added that more research is needed. Additionally, if you lack the time to increase your current exercise schedule, HIIT provides maximum results with minimal

time spent at the gym.

HIIT exercises are for every individual, regardless of preferences. Go with classics such as push-ups, planks, squats, lunges and burpees, then add in weights to increase effectiveness. Whatever HIIT exercise you choose (and there are plenty), your goal is quick, extremely intense bursts of exercise followed by very brief recovery periods.

PHOTO: Greg Scheidemann

**DEHYDRATION IS ASSOCIATED
(NOT JUST A PARCHED THROAT)**

10

ALL IN THE TIMING

Many exercise and nutrition novices rarely consider recovery time, but there's definitely a wrong and right way to recover from your workout. Timing food consumption around exercise and recovery can make a big difference in the results you see in the mirror. A study at the University of Surrey in England shows that women benefit when they eat carbohydrate-rich foods about 90 minutes before exercise, then avoid eating during recovery. Men benefit from eating during recovery (90 minutes after exercise), not before.


11

THE COMPANY YOU KEEP

We've all heard, throughout life, to hang around people we admire and strive to emulate. It holds true through weight loss, too, when a stable support system is crucial. One study by The Obesity Society shows those who never experienced weight-loss support from their families were less likely to lose weight than their counterparts. In contrast, 71% of individuals who received frequent friend and family support lost weight successfully. If you feel you've reached a weight-loss plateau, don't go it alone. Find a support system of family or friends to cheer you on to your goal.

12

YOUR METABOLISM: FRIEND OR FOE?

THE OBESITY SOCIETY FOLLOWED PARTICIPANTS OF THE TV SHOW "THE BIGGEST LOSER" AND FOUND, IN MANY CASES, PARTICIPANTS REGAINED SOME OF THE WEIGHT LOST DURING THE SHOW. 

Unfortunately, losing the weight a second time around is much more difficult due to one hard truth. Following bouts of strenuous exercise, metabolism slows to reserve energy and, if you experience the extreme lifestyle

typical on the show, you can't expect to continue exercising (and only exercising) until you lose enormous amounts of weight. At some point, your metabolism stops cooperating.

Thankfully, the average person doesn't practice "The Biggest Loser" lifestyle, but a lesson can be learned. If you try to lose weight, exercise is not enough. As your metabolism slows to hold on to your calories, you need to reduce your intake more to continue losing weight. Someone at 200 pounds trying to lose weight can consume more calories than someone weighing 140 pounds.

If you've lost weight and plateaued, but haven't reduced your calories continuously along your weight-loss journey, that may be your big issue.

WITH HIGHER BMI, AND CONSISTENT DEHYDRATION CAN DOUBLE YOUR CHANCES OF BEING OVERWEIGHT.


UP IN

FLAMES

THE DANGER OF CHRONIC INFLAMMATION

IT'S A NATURAL PART OF YOUR BODY'S DEFENSE
SYSTEM, BUT WHEN PROLONGED, INFLAMMATION
CAN WREAK HAVOC AND MAKE YOU VULNERABLE
TO DISEASE. RELIEVE YOUR MIND AND BODY TO
AVOID LONG-TERM DAMAGE.

WORDS David Krause PHOTOS Greg Scheidemann and Tobin Bennett



Inflammation is a hot topic today. Oprah, Dr. Oz, Ellen and many others in the media have weighed in on how inflammation affects the body. Inflammation is the underlying cause behind many diseases. And even when it isn't the cause, inflammation can lead to serious complications once disease gains a foothold in the body.

At the same time, however, inflammation is a natural part of the immune system. Remember when, as a kid, you scraped your knee or elbow? Redness at the site of the wound was inflammation doing its job, fighting off harmful bacteria while setting the stage for tissues to heal.

So the problem isn't just the presence of inflammation, but rather its nature—whether it's acute or chronic. Acute inflammation is short-term (the scraped knee) while long-term, or chronic, inflammation is the culprit associated with illnesses such as arthritis and heart disease.

Unlike acute inflammation surrounding a skin wound, chronic inflammation produces steady low-level inflammation. In part, it's the result of an overfiring immune system. Sometimes the body triggers this kind of inflammation even when there's nothing to fight. The constant pressure causes arteries and organs to break down, leading to disease.

"Inflammation in general is a risk for heart disease," says Valerie Stratton, D.O., an internist with Mercy Comfort Health Center for Women and medical director of Mercy Executive Health Program in Des Moines, Iowa. "If I have

rheumatoid arthritis or lupus, I have a chronic inflammatory disease, so I already have an increased risk of heart disease because of that ongoing inflammation."

Inflammation promotes dangerous buildup of plaque in the arteries, increasing the risk for heart attack or stroke. Fortunately, there's a test known as high-sensitivity C-reactive protein, or hs-CRP, that helps identify a harmful level of inflammation. "The hs-CRP level is an additional risk factor we look at to see whether we need to treat you or whether you have a higher risk for heart disease," Dr. Stratton says.

Chronic inflammation plays a role in a number of diseases, including Alzheimer's, arthritis, cancer, diabetes, osteoporosis and possibly depression. This knowledge has prompted a flood of remedies—herbs, supplements and diets—all purported to reduce inflammation and promote good health. But inflammation reduction is never quite that easy. Scientists warn that the impact of chronic inflammation remains mostly a mystery.

"Basic science hasn't yet answered the major questions about inflammation," says Michelle Petri, M.D., a rheumatologist and director of the Johns Hopkins Lupus Center in Baltimore, Maryland. Researchers such as Dr. Petri have been studying chronic, low-level inflammation for several decades. They've discovered that lifestyle factors—poor diet, lack of exercise and even neglected dental health—can contribute to harmful inflammation.

Still, much remains to be learned. "Despite its current high profile, inflammation remains a mystery," Dr. Petri says.

TOO MUCH,
TOO LONG
ISN'T GOOD

"Many people think of inflammation in terms of external signs: swelling, bruising and so on. But in truth, uncontrolled inflammation plays a role in almost every major disease. Inflammation occurs naturally in the body. But when it goes wrong or goes on too long, it can trigger disease processes. That's why researchers spend so much time trying to understand it—and developing ways to counteract it."
— Cleveland Clinic



THE BEST TREATMENT FOR CHRONIC INFLAMMATION IS PREVENTION. KEEPING AN IDEAL BODY WEIGHT, ELIMINATING STRESS, EXERCISING, A WELL-BALANCED DIET AND GETTING ADEQUATE SLEEP CAN KEEP YOUR IMMUNE SYSTEM HEALTHY ENOUGH TO FIGHT BACK AGAINST THE INFLAMMATION. —AMIEE SMITH, HY-VEE PHARMACIST, CHARITON, IA

CHRONIC

Chronic inflammation is the bad boy. Long-standing, unchecked inflammation damages tissues and organs, resulting in compromised health for millions of people. Just a generation ago, chronic inflammation and the scope of its potential for damage in the body were not even on the radar screen at medical schools. Today, inflammation is known to play a role in major diseases, such as congestive heart failure and hypertension (high blood pressure). But there's still much to learn.

CHRONIC VS. ACUTE INFLAMMATION

ACUTE INFLAMMATION IS YOUR BODY'S NATURAL RESPONSE TO INTRUDERS. BUT CHRONIC INFLAMMATION OVER TIME TURNS AGAINST YOU.

ACUTE

Acute inflammation results when you have a cut or scrape of the skin. Or an infected, ingrown toenail, or a sprained ankle, acute bronchitis or a sore throat. Or something more serious, such as tonsillitis or appendicitis. Whatever the cause, the inflammation is short-term and usually starts to disappear after a few days. Without the healing properties of acute inflammation, the body might never heal properly. Without inflammation, simple wounds would fester and turn into deadly infections.

INFLAMMATION
HAS LONG BEEN
A WELL-KNOWN
SYMPTOM OF
MANY INFECTIOUS
DISEASES, BUT
MOLECULAR AND
EPIDEMIOLOGICAL
RESEARCH
INCREASINGLY
SUGGESTS THAT IT
IS ALSO INTIMATELY
LINKED WITH A
BROAD RANGE OF
NONINFECTIOUS
DISEASES, PERHAPS
EVEN ALL OF THEM.

— NATIONAL INSTITUTES OF HEALTH

SIGNS & SYMPTOMS OF INFLAMMATION

The signs of acute inflammation form the acronym PRISH:

PAIN The inflamed area is painful, especially when you touch it. Chemicals are released that stimulate nerve endings, causing greater sensitivity.

REDNESS The affected area appears red because capillaries fill with more blood than usual.

IMMOBILITY You may notice some loss of function where there's inflammation, such as in a sore muscle after running.

SWELLING This occurs because fluid builds up in the affected area along with inflammation.

HEAT More blood flows to the affected area, so it feels warm to the touch.

With chronic inflammation, internal organs may be affected and there may be few or no indicators. Symptoms of chronic inflammation need to be identified and addressed by a physician. Possible signs include:

- Fatigue
- Chest Pain
- Abdominal Pain
- Fever
- Rash
- Joint Pain
- Mouth Sores

SOMETIMES THERE'S A DIRECT LINK BETWEEN INFLAMMATION AND DIFFERENT FORMS OF CANCER. EXTENDED EXPOSURE TO STOMACH ACID IN THE ESOPHAGUS FROM HEARTBURN, FOR EXAMPLE, CAN CHANGE THE NATURE OF THE CELLS LINING THE ESOPHAGUS, INCREASING THE RISK OF CANCER.



Too much stomach acid from chronic heartburn can cause esophageal cancer.

FIGHT CHRONIC INFLAMMATION

YOU MAY BE ABLE TO KEEP CHRONIC INFLAMMATION UNDER CONTROL WITH COMMON-SENSE BASICS YOU'VE HEARD BEFORE: EAT A HEALTHFUL DIET, DON'T SMOKE, GET MORE EXERCISE, GET ADEQUATE SLEEP, AND SEE YOUR DOCTOR FOR REGULAR CHECKUPS, WHICH COULD HELP STOP CHRONIC INFLAMMATION BEFORE IT CAUSES PROBLEMS.



LOSE WEIGHT

If you're overweight, work toward getting down to an ideal weight. As Westerners live longer and continue to get larger—35 percent of Americans are obese—researchers have discovered that low-level immune responses (chronic inflammation), triggered by extra weight and lack of exercise, contribute to various illnesses. Lose some weight and you'll also lose the harmful fat cells that accompany obesity; those cells compromise healthy nerves, organs and tissues.



TAKE CARE OF YOUR TEETH

YOU MIGHT BE SURPRISED TO LEARN THAT INFLAMMATORY CELLS FROM CHRONICALLY INFLAMED AND INFECTED GUMS CAN HAVE ADVERSE EFFECTS ELSEWHERE IN THE BODY. THE INFLAMMATION CAN EVEN LEAD TO HEART ATTACK AND STROKE. CHRONIC INFLAMMATION ALSO PLAYS A ROLE IN THE TANGLE OF BRAIN CELLS THAT HAS BECOME THE HALLMARK OF ALZHEIMER'S DISEASE.



EAT A HEALTHFUL DIET

More research needs to be done to determine exactly how diet contributes to reducing chronic inflammation. But it's generally a good idea to eat a diet rich in fruits, vegetables and whole grains while low in fats, processed foods and sugars. Along a similar line, avoid exposure to toxic substances, such as diesel engine exhaust and cigarette smoke, which can set off the immune system.



GET MORE EXERCISE

Exercise can seemingly be a contradiction regarding inflammation. While exercise causes an acute inflammatory response in the short term—as anyone has learned upon doing too much—exercise also has a beneficial anti-inflammatory effect on the body. Keep in mind you don't have to train to be a marathon runner to benefit from exercise. Do something. Get moving and keep up the momentum.



Try **Stretches to Reduce Inflammation**.

Watch the tutorial at [youtube.com/Hy-Vee](https://www.youtube.com/Hy-Vee)



- FRESH VEGETABLES,
TOMATOES AND GREEN
LEAFY VEGGIES, SUCH
AS SPINACH, KALE AND
COLLARD GREENS

- ORANGES AND BERRIES,
SUCH AS STRAWBERRIES,
BLUEBERRIES AND CHERRIES

- SKINLESS POULTRY, FISH,
EGGS, LEGUMES AND FAT-FREE
GREEK YOGURT

- MONOUNSATURATED FATS:
OLIVE OIL, AVOCADOS AND NUTS

- OMEGA-3 FATTY ACIDS: WILD
SALMON, TUNA, MACKEREL, SARDINES,
WALNUTS AND GROUND FLAXSEED

FOODS THAT PREVENT INFLAMMATION

FOODS THAT CAUSE INFLAMMATION

- Refined carbohydrates, such as white bread and pastries
- French fries and other fried foods
- Soda and other sugar-sweetened beverages
- Red meats, such as burgers and steaks
- Processed meats, such as hot dogs and sausages
- Margarine, shortening and lard



LET'S GET

PHYSICAL

WORDS Luke Miller PHOTOS Greg Scheidemann and Tobin Bennett

GETTING A PHYSICAL EXAM MIGHT NOT SEEM APPEALING, BUT THERE ARE COMPELLING REASONS TO SCHEDULE ONE. HERE'S WHAT YOU NEED TO KNOW ABOUT THREE DIFFERENT TYPES OF PHYSICALS: GENERAL WELLNESS, SPORTS AND EXECUTIVE.

LET'S FACE IT.

There's not a lot of impetus to schedule a routine physical examination if you feel healthy. But a physical exam can be a preventive step to help you stay in good health. You can catch up on vaccinations and get a review of your vital signs—body temperature, heart rate, respiration rate and blood pressure—to see how well your body is performing.

It's also an opportunity for a doctor to go over your family's health history. For example, if heart disease runs in your family, your doctor may order additional blood tests and screen for cholesterol, while also recommending lifestyle modifications.

"Diseases develop over time, and the earlier they are picked up, the better," says Kevin A. Carnevale, M.D., associate professor at Des Moines University College of Osteopathic Medicine. Preventive measures can help mitigate chronic diseases such as hardening of the arteries and diabetes. "An ounce of prevention is worth 100 pounds of cure," Carnevale says.

“

An annual physical exam is preventive in nature. It allows for the prevention of avoidable health conditions. For already known diseases, proper treatment and monitoring ensures that further complications are avoided so that you can lead a longer, healthier life.”

— DR. KEVIN A. CARNEVALE

“DURING THE PHYSICAL EXAM VISIT, IT IS IMPORTANT FOR PATIENTS TO BE TRUTHFUL AND COMPLETE IN THEIR LIFESTYLE SUMMARIES. WE KNOW SOME PEOPLE DON'T WANT TO ADDRESS THEIR DIET OR ALCOHOL INTAKE PRACTICES, BUT WITHOUT KNOWING, WE AS PROFESSIONALS MIGHT BE HAMPERED IN PROVIDING OPTIMAL GUIDANCE.”

— BRET RIPLEY, DEAN
COLLEGE OF OSTEOPATHIC MEDICINE
DES MOINES UNIVERSITY

WHAT HAPPENS AT A ROUTINE PHYSICAL?

The doctor will listen to your heart and lungs with a stethoscope to detect signs of heart or lung disease. He or she will also look at your gums, throat, nose and ears for any abnormalities. Men may be checked for hernias and prostate health, while a woman's physical might include breast and pelvic exams. In addition, your doctor will check all your vital signs and may order some laboratory tests.



SPORTS *PERFORMANCE* PHYSICALS

Athletics offer an excellent way to stay in shape, but there's always the risk of getting hurt. An annual sports physical helps ensure student athletes are healthy enough to safely participate.

Some states require a sports physical before students can participate in athletics. Even if your state doesn't require it, it's a good idea to schedule a sports exam to make sure your teen is ready for strenuous activity and doesn't have any underlying medical conditions.

A sports physical, or pre-participation physical exam, assesses a person's health and fitness as it relates to sports. Doctors, physician assistants and nurse practitioners all perform sports physicals. Many schools also offer sports physicals.

The health care provider looks for diseases or past injuries that could make athletic participation unsafe. In

addition, the athlete fills out a form documenting medical history, including such problems as asthma, diabetes, epilepsy, dizziness, frequent headaches, heart problems, past surgeries or injuries, severe allergies and medications.

Then comes the physical exam, which measures height and weight, heart rate and blood pressure, vision and hearing. The provider also checks neurological function (reflexes, coordination, strength), joint flexibility, mobility, and heart and lung function. In addition, a hemoglobin count and urinalysis are done.

If everything appears to be in order, the athlete is cleared to play without restrictions.

COMPREHENSIVE PHYSICALS

THIS HEALTH EXAM FAR **EXCEEDS THE SCOPE** OF OTHER PHYSICALS.

“REGULAR HEALTH EXAMS AND TESTS CAN HELP FIND PROBLEMS BEFORE THEY START. THEY ALSO CAN HELP FIND PROBLEMS EARLY, WHEN CHANCES FOR TREATMENT AND CURE ARE BETTER. BY GETTING THE RIGHT HEALTH SERVICES, SCREENINGS AND TREATMENTS, YOU ARE TAKING STEPS THAT INCREASE YOUR CHANCES FOR LIVING A LONGER, HEALTHIER LIFE.”

— CENTERS FOR DISEASE CONTROL AND PREVENTION

For a checkup that goes beyond the basics, schedule a comprehensive physical that typically examines the long-term health and productivity of a company's top talent, but is available to anyone with the need.

Comprehensive physicals usually include a thorough exam, extensive blood work, urinalysis, vision and hearing tests, and an EKG to monitor the heart. There are also checks for chronic conditions such as heart disease, cancer and osteoporosis. Depending on one's gender, there might be a mammogram or prostate exam as well.

Some comprehensive physicals even include CT scans of the heart or the full body, although concerns have been raised about the effectiveness of those tests (delivering false positives or negatives) and the amount of radiation involved.

Because they are detailed, comprehensive physicals often include cardiovascular counseling, lifestyle evaluation and an in-depth review with the doctor. There may even be food and fitness coaching offered, depending on the scope of the physical.

“MUCH OF STAYING HEALTHY DEPENDS ON YOU! LEARN ABOUT WHAT YOUR HEALTHY BLOOD PRESSURE, BLOOD SUGAR AND CHOLESTEROL NUMBERS SHOULD BE.”
— BRET RIPLEY, DEAN, COLLEGE OF OSTEOPATHIC MEDICINE, DES MOINES UNIVERSITY

WHAT'S UP, DOC?

A doctor looks for many signs during a physical exam. Here are some insights:

HEART When a doctor checks your heart with a stethoscope, he or she listens for an irregular heartbeat, heart murmur or other signs of heart disease.

LUNGS The stethoscope also helps evaluate the lungs. As you take deep breaths and expel air, your doctor listens for crackles, wheezes or decreased breath sounds—all possible clues to heart or lung disease.

TONSILS & TEETH When you open wide and say “ah,” the doctor examines your throat and tonsils for inflammation or discoloring. He or she also gets insight into your overall health by the quality of your teeth and gums.

HEAD & THROAT During a physical, the doctor also examines your ears, nose, eyes, lymph nodes, thyroid and carotid arteries for irregularities.

HERNIA Men are familiar with the famous “turn your head and cough” routine from school physicals. It's a way to check for a weakness in the abdominal wall between the intestines and scrotum.

PROSTATE By inserting a gloved finger in the rectum, a doctor can feel a man's prostate to see if it is enlarged or has any suspicious areas.

BREAST During a woman's physical, a doctor may check lymph nodes in the underarm area and examine the breasts for abnormalities and lumps that could indicate breast cancer.

NEW FROM ROCKSTAR[®] ENERGY DRINK



RECOVERY FRUIT PUNCH • PURE ZERO MANDARIN ORANGE • PURE ZERO GRAPE

WWW.ROCKSTARENERGY.COM



Pepperidge Farm Goldfish:
select varieties
9 ct. \$4.49



Bolthouse Farms Juice:
select varieties
450 ml. \$2.79



Pepperidge Farm Goldfish:
select varieties
6 to 8 oz. 3/\$5.00



Spaghettios:
select varieties
15.8 oz. \$0.99



Pepperidge Farm Buns or Rolls:
select varieties
14 to 15 oz. \$2.99

FILL THEIR PACKS with
A+ SNACKS™



NEW!

Healthy
Choice

**POWER
BOWLS**



Healthy Choice Breakfast
Power Bowl:
select varieties 7.2 oz. \$3.49



Healthy Choice Power Bowl:
select varieties
9 to 9.9 oz. \$3.49



Marie Callender Delights:
select varieties
10 to 11.65 oz. \$3.49



P.F. Chang's Bowls:
select varieties
11 oz. \$5.49



Snack Pack Pudding or Gels:
select varieties
4 ct. 3/\$3.00



Chef Boyardee Pasta:
select varieties
7.25 to 15 oz. 3/\$3.00

START YOUR DAY WITH INGREDIENTS THAT MATTER

HEALTHY CHOICE® POWER BOWLS MORNING





DELICIOUS, VALUE ADDED CONVENIENCE

Benefits of buying Frozen Vegetables

- ✓ Always in season
- ✓ No food waste
- ✓ Cost value vs fresh
- ✓ Nutritional information listed



Birdseye Vegetables or Birdseye Veggie Made Tots, Fries or Pasta: select varieties 10 to 12.8 oz. \$2.99

The food you love, now made from veggies! | No artificial ingredients | 100% vegetables



Lender's Bagels: select varieties 6 ct. \$1.88



Duncan Hines Perfect Size For 1: select varieties 8.3 to 11.2 oz. 2/\$5.00



Duncan Hines Perfect Size for 1 Frosting or Drizzle: select varieties 3.7 to 4.6 oz. \$1.19



Mrs. Butterworth's Syrup: select varieties 24 fl. oz. 2/\$5.00



Mrs. Butterworth's Breakfast For 1: select varieties 2.5 to 10.2 oz. 2/\$5.00



Crystal Farms
String Cheese:
select varieties
10 oz. \$3.58



Crystal Farms
Parmesan Cup:
select varieties
5 oz. \$2.79



Crystal Farms
American Singles:
select varieties
12 oz. \$2.28



Crystal Farms All Whites:
select varieties
16 oz. \$2.99



Crystal Farms Hard
Boiled Eggs:
select varieties
3.5 oz. \$2.29



Crystal Farms Deli Slices:
select varieties
7 or 8 oz. \$2.68



Enjoy Another
SLICE OF SUMMER!

GET LUNCH BOX Ready!



Hershey's Snack
Size Candy:
select varieties
10.35 to 11.6 oz. 2/\$7



Reese's

Earn some extra credit from your kids

Quick and easy lunches packed
with variety, fun and flavor.

Visit armourmeats.com to learn more.

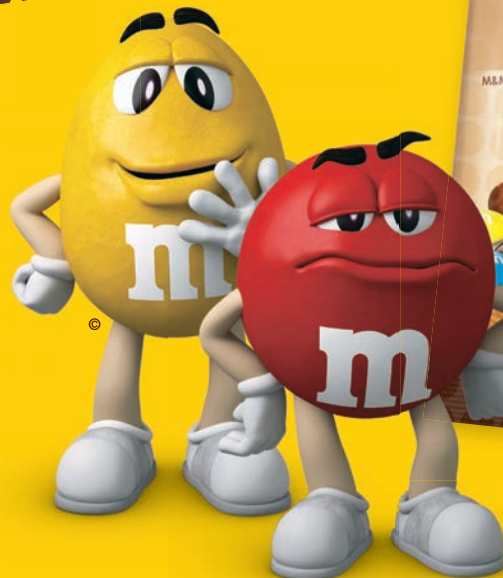


Armour Lunchmakers:
select varieties
2.5 to 3.3 oz.
10/\$10.00

NEW

m&m's
snackmix

GO SWEET
GET SALTY



SAY HELLO
TO TONIGHT'S APPETIZER.



BITE-SIZED SNACK SQUARES
EASY TO SHARE. NOT THAT YOU'LL WANT TO.

GLUTEN-FREE
& NON-GMO

150
REALLY GOOD
CALORIES PER SERVING

REAL INGREDIENTS.
REAL FLAVOR.

#TRYALITTLEGOODNESS



A1 Steak Sauce:
select varieties
10 oz. \$3.29



Country Time or
Kool-Aid Sparklers 6 Pack:
select varieties
7.5 fl. oz. \$2.99



Kraft Macaroni & Cheese
Frozen Meal:
select varieties
8.5 oz. \$2.99



Cracker Barrel
Macaroni & Cheese:
select varieties
12 or 14 oz. \$3.99



Planters Crunchers or
Nut-riton Bag:
select varieties
5.5 or 7 oz. \$2.99



Breakstone Cottage Doubles:
select varieties
4.7 oz. \$0.99

TRY NEW!

**Kool-Aid
SPARKLERS**

CHERRY

**50% LESS SUGAR. 100% BUBBLES.
NO HIGH FRUCTOSE CORN SYRUP.**

**50%
LESS SUGAR**

**THAN LEADING
REGULAR SODAS***
*per 7.5 oz., this product 11g sugar
leading regular sodas 25g sugar

**TRY
NEW!**

NO
artificial flavors
or preservatives
NO high fructose
corn syrup

**Country
Time**

**Sparkling
LEMONADE**

Refreshment IS NOW IN Session



SNAPPLE and MADE FROM THE BEST STUFF ON EARTH are registered trademarks of Snapple Beverage Corp. ©2018 Snapple Beverage Corp. YOO-HOO is a registered trademark of Mott's LLP. ©2018 Mott's LLP. ANTIOXIDANT INFUSION and BAI KULA WATERMELON are registered trademarks of Bai Brands LLC. ©2018 Bai Brands LLC. 2018 BA SPORTS NUTRITION, LLC. ALL RIGHTS RESERVED. MB-305475_123118



Bai:
select varieties
18 fl. oz. 3/\$5.00



Body Armor:
select varieties
16 fl. oz. 4/\$5.00



Snapple:
select varieties
16 fl. oz. 5/\$5.00



Yoo-Hoo:
select varieties
15.5 fl. oz. 5/\$5.00



Mott's 100% Juice:
select varieties
6 or 8 pk. \$2.98



Mott's Applesauce Pouch:
select varieties
12 ct. \$5.99



Mott's Juice or Applesauce:
select varieties
4, 8 ct. or 48 fl. oz. 2/\$5.00



Mott's Juice or Applesauce:
select varieties
6 ct. or 64 fl. oz. 2/\$4.00

New!



Finally, a JUICE
that's Sensible



MOTT'S SENSIBLES is a trademark of Mott's LLP. ©2018 Mott's LLP.

*Compared to 100% apple juice.



Kellogg's Rice Krispies Treats
Big Bar, Pringles Snack Stack
or Grab & Go Can:
select varieties
2.1 to 3 oz. 5/\$5.00



Keebler or Cheez-IT Caddies:
select varieties
12 to 14.4 oz. \$3.99



Kellogg's Cereal:
select varieties
12 to 18.7 oz. \$2.99



Kellogg's Rice Krispies Treats,
Sandwich Crackers or
Fruit Snacks:
select varieties
5.6 to 11 oz. 2/\$5.00



Eggo Waffles:
select varieties
10 ct. \$2.38



1 BOX = 1 FREE SCHOLASTIC BOOK

CHOOSE FROM **OVER 80** FULL-LENGTH SCHOLASTIC TITLES FROM BEGINNING READERS TO TEENS

BUY

any participating Kellogg's® product by 9/30/2018.

TAKE A PIC

of your receipt(s) with qualifying purchases and go to
FeedingReading.com to register and upload. Each receipt must
be submitted separately and within 30 days of purchase.

GET

credit to redeem for a book of your choice to keep or donate. Credits
must be redeemed by 12/18/2018. Limit of 10 books per participant.

Visit FeedingReading.com to learn more.



TM ® & © Scholastic Inc. All rights reserved.

Send each receipt separately. Receipts must be submitted within 30 days of purchase and no later than 10/30/18. Book credits must be redeemed by 12/18/18 at 11:59p.m., EST. Limit 10 books per participant. Must be a U.S. resident, 13 years of age or older, and a registered member of Kellogg's Family Rewards®. See FeedingReading.com for full list of participating products.

®, TM, © 2018 Kellogg NA Co.



A Family of Brands
— Since 1964 —

SUMMER SAVINGS!



Connie's Pizza or
Breakfast Pizza:
select varieties
20.36 to 25.49 oz. \$4.99



Palermo's Primo Thin or
Pizzeria Pizza:
select varieties
14.2 to 22.95 oz. 2/\$8.88



Palermo's King Cheese Pizza:
select varieties
22.3 to 26.45 oz. \$5.99



Palermo's Thin Crust Pizza:
select varieties
14.5 to 16.9 oz. 4/\$10.00



Screamin' Sicilian Pizza:
select varieties
20.2 to 25.05 oz. \$5.99



Screamin' Sicilian Singles
or Stromboli:
select varieties
9.1 to 10 oz. 3/\$10.00

What's Your Pizza Mood? | Visit palermospizza.com/mood



Uncle Matt's Organic
Orange Juice:
select varieties
59 oz. \$5.99



Dairy Pure Cottage Cheese
Mix-ins:
select varieties
5.3 oz. 4/\$5.00



Land O'Lakes
Cottage Cheese:
select varieties
24 oz. 2/\$5.00



TruMoo Flavored Milk:
select varieties
64 fl. oz. 2/\$4.00



LOVE AT FIRST SIP.®



PURE ORGANIC GOODNESS

As the nation's oldest organic orange juice company, we're committed to growing and producing tasty, good for you organic juices and fruit.

Our products are free of synthetic pesticides and GMOs.

www.unclematts.com

TOUCHDOWN FOR TEA



OFFICIAL ICED TEA SPONSOR OF THE
NATIONAL FOOTBALL LEAGUE

HEINZ

ESTD 1869 ESTD

NEW

UPGRADE
your
MAYONNAISE



Heinz Mayo:
select varieties
19 or 30 oz. \$3.99

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

GOING BACK TO SCHOOL IS SWEETER

with



Look for the Hostess® school bus in a store near you!





Clorox Clean-Up Spray:
select varieties
30 or 32 fl. oz. \$2.98



Clorox Bleach:
select varieties
55 or 64 fl. oz. \$2.49



Brita SoHo Pitchers or
3 Pack Filters:
select varieties
\$17.99



Glad Hi Count Trash Bags:
select varieties
25 to 80 ct. \$6.99



Clorox Wipes:
select varieties
70 or 75 ct. \$4.49



GladWare Entree
or Mini Rounds:
select varieties
2 to 8 ct. 2/\$5.00



GEAR UP FOR A GREAT SCHOOL YEAR



CLEAN

IS JUST THE BEGINNING

KILLS COLD & FLU VIRUSES³

Lysol®

BRAND II
KILLS 99.9% OF VIRUSES
& BACTERIA**

Disinfecting Wipes

BOX TOPS®
FOR
EDUCATION

Buy any 5
participating Lysol®
products, and enter
for a chance to win

**50,000 BONUS
BOX TOPS!**

Visit
www.lysolboxtops.com



Airborne Effervescent
or Chews:
select varieties
7 to 32 ct. \$5.99



Finish Dish Detergent:
select varieties
12 to 20 ct. or 75 oz.
\$3.99



Lysol Kitchen or
Bath Cleaner:
select varieties
22 to 40 fl. oz., 2 or 4 pk.
2/\$5.00



Lysol Laundry Sanitizer:
41 oz. \$5.99
**save 10¢ per gallon with
each item purchased**



Lysol Sprays, Wipes or
Toilet Bowl Cleaner:
select varieties
12 to 12.5 oz. or 80 ct.
\$3.99



Clearasil Face Wash:
select varieties
6.78 fl. oz. \$6.99



Cure 81 Boneless Ham:
select varieties
quarter, half or whole \$4.49



Cure 81 Diced or Cubed Ham:
select varieties
8 oz. 2/\$5.00



Hormel Bone In Smoked
Pork Chops:
select varieties
15 oz. \$5.49



Hams FOR Hunger™

BUY A HAM & HELP FEED A FAMILY

For select purchases of a HORMEL® CURE 81® ham, our retailer partners will receive more hams to donate to charity, up to 10,000 hams. Learn more at Hormel.com/Cure81.

JACKFRUIT

THE WORLD'S LARGEST TREE FRUIT IS GREEN, MILDLY SWEET, DOUBLE THE SIZE OF A WATERMELON AND INCREDIBLY VERSATILE. MEET THE JACKFRUIT.

If you've heard of (or tasted) jackfruit already, it's likely that you were introduced to it as a meat replacement. Jackfruit has recently been making the rounds as a vegetarian pulled pork substitute, thanks to its relatively impressive protein content, sinewy texture and ability to soak up other flavors, like barbeque sauce.

Jackfruit grows in tropical climates and is typically imported. Some jackfruit trees exist in Florida and Hawaii, but they're not widely cultivated in the U.S. as a food source. While jackfruit is considered exotic to Americans, it's widely available as a dietary staple in native areas including India and southeast Asia. One tree can annually produce 150 to 200 jackfruits—each with the potential to weigh nearly 100 pounds.

Jackfruit contains a high amount of protein compared to most fruit, at 2 grams per a one-cup, 160-calorie serving of sliced fruit. It's also a good source of fiber, vitamins A, B and C, calcium, potassium and iron. If you're thinking about adding some adventure to your summer grocery list, the jackfruit is a versatile and healthful way to try something new.

FLAVOR

RIPENED JACKFRUIT IS SWEET, WITH A MELON-LIKE FLAVOR. UNRIPE JACKFRUIT IS MILD AND STARCHY, WHICH ALLOWS IT TO ABSORB OTHER FLAVORS.

USES

Jackfruit can be used ripe or unripened, and can be baked, fried, roasted, ground, creamed or eaten fresh. A mature jackfruit is around 30 to 40 percent edible flesh, and the seeds can be roasted.



Watch how to **Prep a Jackfruit** at [youtube.com/Hy-Vee](https://www.youtube.com/Hy-Vee)

PREPARATION

Jackfruit has a sticky texture that can be messy to cut. Prep hands, knife blade and cutting surface with oil for easier handling. Cut the jackfruit in half and gently pull the yellow-colored pods from the rest of the fruit, removing the seeds as you go.

AVAILABILITY

Fresh jackfruit is in season from March to May. You can find it year round canned in syrup or brine. Packaged and cut-up jackfruit is also available in flavors like BBQ, teriyaki, curry and Tex-Mex.

STORAGE

Mature jackfruit ripens in 3 to 10 days at room temperature. Cut jackfruit can be stored in the refrigerator up to 5 days.

SELECTION

A ripened jackfruit should have some give when pressed. Mature jackfruit usually has a strong, sweet aroma and a hollow sound when tapped.

JACKFRUIT IS A GOOD SOURCE OF FIBER, VITAMINS A, B AND C, CALCIUM, POTASSIUM AND IRON.





HIGH FRUCTOSE CORN SYRUP

TWO SWEETENER EXPERTS GIVE THE LOWDOWN ON WHY SUGAR IS SUGAR.

High fructose corn syrup (HFCS) is a liquid sweetener made in the United States from corn, with the same composition as sugar. Used in soft drinks, cereals and baked goods, it was developed in the 1970s as an alternative to table sugar when sugar cane and sugar beet crops were hit by hurricanes and their prices rose.

HFCS has been blamed for the country's obesity problem. But the science community says it's no more to blame than table sugar or than portion size and lack of exercise.

SUGAR IS SUGAR. **YOUR BODY DOESN'T KNOW**

THE DIFFERENCE. CORN SUGAR (HFCS) IS

GROWN IN CORNFIELDS IN THE MIDWEST.

HIGH FRUCTOSE CORN SYRUP, SUGAR AND

HONEY ALL CONTAIN **4 CALORIES PER GRAM.**

The Federal Drug Administration, the American Medical Association and the Academy of Nutrition and Dietetics have issued statements saying HFCS and table sugar have essentially the same effect on obesity.

SMOOTH TEXTURE

"High fructose corn syrup is just another sugar," says Ruth Litchfield, Ph.D., RD, LD, professor/interim chair, Department of Food Science and Human Nutrition at Iowa State University. "It results in better browning in baked products. It gives caramels, ice cream and fudge a smooth texture."

SIMILAR SUGARS

"High fructose corn syrup is not alone in its composition of fructose and glucose," says John S. White, Ph.D., of White Technical Research in Argenta, Illinois. "You also have table sugar and honey. That's crucial to understanding that the perceived threat of HFCS is a myth. **Does the body process HFCS differently than it does glucose? The answer is no, it doesn't.**" The only difference between HFCS and table sugar is that fructose and glucose are chemically bonded in table sugar but not in HFCS, says White, a biochemist specializing in caloric sweeteners. "That bond is readily broken during digestion. At that point you have free sugars. They're transported into the bloodstream. And at that point they are indistinguishable by the body."

PRESENTED BY



Your Food is

SAFE

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

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

There are safety guidelines for all foods.

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

All foods are regulated.

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

Choose foods based on their nutritional value.

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

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





Study break.




With roasted almonds, rich dark chocolate and a touch of sea salt, Kashi® Chocolate Almond Sea Salt Bars are a great-tasting snack for any activity—even homework.



Kashi Frozen Entrée or Waffles:
select varieties
8 to 10.1 oz. \$3.19

Kashi Cereal, Bars, Cookies or Crackers:
select varieties
6.15 to 16.3 oz. \$3.19





Di Lusso Aioli:
select varieties
8.5 oz. \$2.99

Di Lusso
DELI COMPANY

PAIRS WELL WITH FRIENDS AND SUMMER AFTERNOONS.

Nothing complements sunny days and the smiling faces of friends better than DI LUSSO® Meats and Cheeses. You'll find our premium dried sausages and artisan cheeses, combined with fresh, seasonal produce, bring the perfect flavors to your summertime gatherings.

Discover more delicious ways to entertain and delight this summer with Di Lusso Deli Company.

Di Lusso Premium
Thin Sliced Salami or
Pepperoni:
select varieties
\$7.99/lb.

Serving Suggestion

©2018 Melting Pot Foods, LLC

dilussodeli.com |   



MOM's Best Natural Cereal:
select varieties
13 to 24 oz. 2/\$5.00



Post Oreo O's,
Honey Maid S'Mores,
Nutter Butter or
Chips Ahoy! Cereal:
select varieties
19 or 21 oz. \$3.99



Post Grape Nuts cereal:
select varieties
29 oz. \$3.99



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



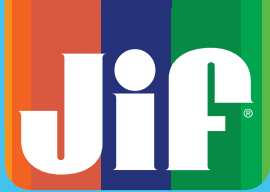
Post Honey Bunches
of Oats:
select varieties
15 or 18 oz. \$3.29



Post Shredded Wheat Cereal:
select varieties
15 to 16.4 oz. \$2.49

It's not a dream...





POWER UPS™

**SCORE A SNACKING
WIN-WIN
FOR THE WHOLE FAMILY**

GOODNESS MOMS WANT.



TASTE KIDS LOVE.

©/© The J.M. Smucker Company



Dunkin' Donuts Canister Coffee:
select varieties
30 oz. \$15.99



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



Folgers 1850 Coffee:
select varieties
10 ct. or 12 oz. \$5.99



Hungry Jack Syrup:
select varieties
27.6 fl. oz. \$2.79



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



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

NEW

**BREW
BOLDLY**

INTRODUCING 1850:
CRAFTED WITH FIRE-ROASTED, STEEL-CUT
ARABICA COFFEE BEANS FOR A BOLD
AND SMOOTH TASTE.



©/TM The Folger Coffee Company

NATIONAL IMMUNIZATION AWARENESS MONTH

Back-to-school time serves as a reminder to protect yourself and those you love against serious disease.

Everyone from babies to the elderly need proper immunizations.

Most schools require kids to be current with their vaccinations before classes start. States differ in requirements for schools and day care centers, so check with the school or your doctor. Also find information about recommended immunizations for all age groups at www.cdc.gov/vaccines/index.html.

"Just walk in—you don't need an appointment," says Berit Rabin, Hy-Vee Pharmacy Manager, Springfield, Illinois. "Typically, you're in and out in about 10 minutes."

Hy-Vee pharmacies offer 18 vaccinations, including influenza, HPV, shingles, tetanus and more. Not all vaccinations are available at every pharmacy, so call your local Hy-Vee ahead of time for details.

RECOMMENDED VACCINES

INFANTS

- Hepatitis B
- Polio
- Respiratory illnesses
- Rotavirus
- Tetanus

AGE 1 TO 6

- Chicken pox
- Flu
- Hepatitis
- Measles
- Mumps

AGE 17 TO 18

- Chicken pox
- Diphtheria
- Hepatitis A
- Human papillomavirus (HPV)
- Measles
- Meningitis
- Pertussis
- Pneumonia
- Polio
- Rubella
- Tetanus

ADULTS

- Diphtheria
- Flu
- Tetanus



PHOTO Greg Scheidemann



Gillette Cartridges:
select varieties
4 ct. \$9.99



Old Spice or Secret Deodorant,
Bar Soap or Body Wash:
select varieties
2.6 to 3.75 oz., 6 bars
or 12 to 18 fl. oz. \$3.99



STRENGTH & STYLE



Pantene Pump or Dual Pack:
select varieties
12.6 to 25 fl. oz. \$6.99



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



Crest Toothpaste or Oral-B
Toothbrush:
select varieties
6.4 oz. or 2 ct. \$1.69



Prilosec:
select varieties
14 ct. \$10.99

GET THE GOODS

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

FRIDGE & FREEZER



Bar-S Corn Dogs:
select varieties
2.67 lb. \$5.98



Noosa Yoghurt:
select varieties
4 pk. 2/\$8.00



Sea Cuisine Skin Packs or
Encrusted Fillets:
select varieties
8.5 to 10.5 oz. \$6.99

PANTRY



BabyBel Mini or
Laughing Cow Cup:
select varieties 2.89 to
3.22 oz. or 4 pk. 2/\$5.00



Jones Canadian Bacon
or Braunschweiger:
select varieties
6 or 8 oz. \$3.99



Grill Mate Bottle:
select varieties
3.5 to 3.5 oz. 2/\$4.00



Italica Olive Oil:
select varieties
17 oz. \$6.99



Stonefire Naan Dippers:
select varieties
7 oz. \$3.78

BEVERAGES

Acadia Farms Figgin
Fruit or Crunchin Cuts:
select varieties
4 to 7 oz. 2/\$6.00



Musselman's Apple Sauce:
select varieties
6 ct. \$2.19



Dakota Style
Sunflower Kernels:
select varieties
16 oz. \$3.29



Honest Kids Juice
Pouch or Box:
select varieties
8 or 10 ct. 2/\$7.00

OTHER



Minute Maid Orange Juice:
select varieties
128 fl. oz. \$5.99



Fairlife Smart Milk Shakes:
select varieties
4 pk. \$6.99



Nivea Body Lotion:
select varieties
6.8 to 16.9 fl. oz. \$5.49



Nivea For Men:
select varieties
2.5 to 5 fl. oz. \$5.49



Amazing Grass Superfoods,
Protein Powder or Capsules:
select varieties 7.4 to 15.1 oz.,
15 to 200 ct. \$19.99



it's more than a bag

IT'S A
CLASSROOM
CADDY

Ziploc
BRAND seal top bags use as
imagined®

S.C. Johnson
A Family Company



Ziploc Freezer or Storage Bags:
select varieties
15 to 24 ct. \$2.98



Ziploc Snack or Sandwich Bags:
select varieties
66 or 90 ct. \$3.29



Ziploc Containers:
select varieties
2 to 8 ct. 2/\$6.00



Start Your Day with a Healthy Breakfast Banana Split!

**Celebrate National
Banana Split Day
on August 25th!**



Sounds like dessert, but makes a wholesome
morning meal the whole family will love!

Breakfast Banana Split

Total Time: 10 min. **Makes:** 4 servings

- 4 **DOLE® Bananas**, cut in half lengthwise
- 1 cup plain low-fat Greek yogurt
- 1 teaspoon vanilla extract
- ¼ cup granola
- 1 teaspoon chia seeds (optional)
- 2 tablespoons semi-sweet chocolate chips
- 1 cup raspberries or blueberries
- 2 tablespoons almond butter
- 2 tablespoons almond milk
- 1 tablespoon maple syrup



Stir together yogurt and vanilla in small bowl.

Arrange banana half on each plate and top with yogurt mixture. Sprinkle granola, chia seeds, chocolate chips and raspberries over yogurt.

Whisk together almond butter, milk and maple syrup until smooth. Drizzle over banana splits.

Per Serving: 270 calories, 8 g fat (2.5 g sat.), 5 mg cholesterol, 60 mg sodium, 46 g carbohydrate (7 g dietary fiber, 26 g sugars), 9 g protein, 4% Vitamin A, 30% Vitamin C, 10% calcium, 6% iron

For recipe inspiration, visit Dole.com



©2018 Dole Fresh Fruit, Inc. TM & © Trademarks of Dole Food Company, Inc.

STEP UP

SAVE & LIVE HAPPY



Get **\$5**

with \$15
purchase*

or

\$10

with \$30
purchase*

*On two or more products.

*Visit **STEPUPANDSAVE.COM**
TO SUBMIT YOUR REBATE



Gold Bond Specialty
Skin Solutions:
select varieties
2 to 13 oz. \$9.99



Gold Bond Body Powder:
select varieties
7 or 10 oz. \$5.99



Allegra, Nasacort or Xyzal
Allergy Relief:
select varieties 120 sprays
30 or 35 ct. \$17.99



Cortizone 10 Anti-Itch Cream:
select varieties
1 oz. \$4.49

*Rebate offer. Must spend \$15.00 or \$30.00 on two (2) or more participating products in one transaction after all other discounts and coupons. Sales tax is not included towards purchase. Complete rebate registration and upload a valid purchase receipt for the qualifying products showing purchase date, purchase location and purchase price. Limit one per household. Purchase receipt must be dated 7/29/18 – 9/16/18. Purchase receipt must be submitted by 10/14/18.



SUDDENLY,
“TASTES LIKE
CHICKEN”
FEELS LIKE A
HUGE COMPLIMENT.



Johnsonville
Flame Grilled Chicken:
select varieties
9 to 14 oz. \$3.69

QUICK FIXES

FROM GROOMING TO SHOE SHINING, THESE HOUSEHOLD HACKS ARE BANANAS—LITERALLY.

recipe index

AUGUST 2018

MEAL MAKEOVER

Chili Dog Change-up p. 13

NUTRIENT POWER

30 GF V Grilled Watermelon with Cayenne and Mango p. 22

SMOOTH MOVE

30 GF V Goji-Redberry Smoothie Bowls p. 41
30 V Chocolate, Peanut Butter & Banana Smoothie Bowls p. 42
30 GF V Tropical Energy Smoothie Bowls p. 43
30 GF V Immune-Boosting Green Smoothie Bowls p. 44
30 V Maqui Cherry-Berry Smoothie Bowls p. 45

PREP AHEAD

30 Korean Barbecued Pork Tacos p. 47
30 GF Greek Sheet-Pan Veggies & Chicken p. 48
Spicy Turkey Meatballs p. 49
30 V Vegetarian Bolognese Pasta p. 50
30 GF Beef Barbacoa Bowls p. 51
Chorizo-Stuffed Sweet Potatoes p. 52

FOODS THAT PROMOTE CLEAR SKIN

GF Salmon, Kale & Grains Salad p. 57
Layered Nacho Dip with Sweet Potato Chips p. 58
Blueberry Crumble p. 59

THE ART OF SNACKIFICATION

30 English Muffin Snacks p. 62
Peanut Butter-Banana Mini Muffins p. 64
Frozen Fruit Cups p. 65
30 Fire Ants on a Log p. 65
Yogurt-Covered Strawberries p. 65
30 Tropical Trail Mix p. 65

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. 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.

BUG BITES

Rub the inside of a banana peel on a mosquito bite to relieve itching and swelling.

WHITEN TEETH

Rub the inside of a small piece of banana peel across your teeth for a **brighter, whiter smile**. The high potassium, magnesium and manganese content in bananas can help remove stains and whiten teeth.

BLEMISH BUSTER

The vitamins and minerals in bananas can help solve your skin woes. Use a mashed banana face mask to treat dark spots, smooth skin texture and moisturize.

SHOE SHINE

Potassium is a key ingredient in many shoe polish brands. The potassium in bananas, combined with natural oils, make the inside of the peel perfect for shining leather shoes.



View bonus
Banana Hacks at
youtube.com/Hy-Vee



STEAKS WORTH GETTING FIRED UP ABOUT.



Hy-Vee Choice Reserve® and Hy-Vee Prime Reserve® beef is 100% natural and hand-selected to ensure it meets the highest standards for quality, tenderness and flavor.

UP NEXT

Kick off autumn with *Hy-Vee Balance*. In our September issue, we go over the X's and O's with college football announcer Kirk Herbstreit and dish out fresh recipes for the best (and healthiest) tailgate on the lot!



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://www.onestep.hy-vee.com) to learn more about Hy-Vee One Step.