Hybe Baithy SLOW

HEALTHY SLOW COOKER MEALS **DINNER MADE EASY** PAGE 46

9 TO 5 FITNESS SIX DESK WORKOUT MOVES PAGE 90

SPEAK OUT... GIVE A VOICE TO THE VOICELESS.

GABRIELLE

UNION:

(R)

PRACTICE PORTION CONTROL PAGE 70

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OCTOBER ISSUE





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I can't believe it's not clarified butter! Read up on the benefits of ghee.



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

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PEACEFUL

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mealtime

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VOL. 2 ISSUE 9 | OCTOBER





With Halloween comes a lot of sweets—and a lot of temptation. But fear not! *Hy-Vee Balance* is filled with tips and encouragement to help you stay the course, especially as we get closer to the holidays.

This issue features Gabrielle Union, an actress, author and activist, whose Put It Into Words campaign for Hallmark aims to brighten the day for those who need it. See *page 32*. As autumn takes hold, use the daylight to your advantage and admire the vibrant colors of the season. For inspiration, read "On the Right Trek," *page 40*, and learn how to safely navigate through the great outdoors. Still, many of us have professional obligations that keep us indoors. Flip to "Desk Workouts," *page 90*, to see how you can put fitness into your 8-hour workday and break up the monotony.

When trying to strike a balance between work, health, family and everything else that life has to offer, it's important to slow things down. "The Slow Cooker Magic," page 46, offers recipes that will delight the senses during a lazy Sunday afternoon, while giving you ample time to spend with family and friends. Change can happen

Change can happen quickly. This month, make it a goal to appreciate everyone, and everything, around you.

APPRECIATION

We asked our editorial contributors: What's your favorite healthy Halloween treat?

HEALTH

HEALTH

Kristin Williams

NUTRITION

Chief Health Officer Roasted pumpkin seeds.

Claire Baker

Beyond Celiac

Ambler, Pennsylvania

Communications Director, Pumpkin seeds! After my kids and I carve out our pumpkins, I toast up the seeds. Hv-Vee Senior Vice President

Ryan Weiler, RD, LD, CSSD Hv-Vee Dietitan Shakopee, Minnesota Dark chocolate. Anything higher than 70 percent cocoa for a boost in antioxidants and fiber.

FITNESS

FITNESS

Daira Driftmier,

Chris Wooley, PT, DPT, CMPT Physical Therapist West Des Moines, Iowa Apple slices dipped in almond butter.

Certified Personal Trainer, Director

Hy-Vee KidsFit and Hy-Vee Fitness

Apples and peanut butter.

just regular clementines with spooky faces on them.

FITNESS

beat them!

FITNESS

and Media Specialist

American Trails

Physical Therapist

Chicago, Illinois

PHARMACY & NUTRITION

Taylor Goodrich, Communication

Roasted pumpkin seeds. You can't

Leython Williams, PT, DPT

Angie Nelson Group Vice President, Retail Pharmacv You can't beat an apple in the fall for a healthy treat!

Jack-o'-lantern clementines, which are

DERMATOLOGY

Hayden Finch, Ph.D Innovative Learning Professionals Des Moines, Iowa I love those little boxes of raisins! They're sweet but still good for you!

DERMATOLOGY

Kim Stoakes, PharmD, BCPS Hv-Vee Webster City, Iowa Granny Smith apple slices dipped in caramel.

HEALTH

Carla Carter Program Coordinator, National Celiac Association Needham, Massachusetts For trick-or-treating, Pirate's Booty or organic fruit snacks.

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

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

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6 HUVER, BALANCE | October 2018



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

HY-VEE DIETITIANS: A registered dietitian, Julie McMillin shares the facts to help make smart eating choices.



Q: Why are fats important in our diet?

A: They provide energy, help the body absorb vitamins and work to build cell membranes and the sheaths around nerves. Fat is high in calories, however. Carbs and protein have 4 calories per gram; fat has 9 calories. For that reason, it's suggested that no more than 10 percent of your daily calories come from saturated fats.

Q: What are healthy fats?

A: They're unsaturated fats. Eating them in place of saturated fats can lower vour risk for heart disease and stroke. Depending on their chemical bonds, healthier fats are either monounsaturated or polyunsaturated. For monounsaturated fats, think olive, canola, peanut and sunflower oils. Monounsaturated fats are also in avocados and most nuts. Polyunsaturated fats are in corn and soybean oils and in walnuts, sesame, pumpkin and flax seeds. Omega-3 fatty acids are a type of polyunsaturated fat in salmon, mackerel, tuna and trout.

Q: How are saturated fats different from unsaturated?

A: Saturated fats come mainly from animal sources-red meat, poultry with skin on and full-fat dairy products. They raise low-density lipoprotein ("bad" cholesterol) levels, leading to possible cardiovascular disease. Saturated fats, which tend to be solid at room temperature, include beef and pork fat, butter and shortening. Unsaturated, healthy fats tend to be liquid.

Q: What are trans fats?

A: Some food manufacturers process vegetable oils into solids using a method called partial hydrogenation to prevent them from becoming rancid. What starts as a healthy fat becomes unhealthy. Trans fats are structurally different from other unsaturated fats and can raise bad cholesterol while lowering good cholesterol.

Q: How can I avoid trans fats?

A: Check food labels. Manufacturers must list trans fats if the food has 0.5 grams or more per serving.

Q: Any tips for swapping bad fats with good fats?

A: Cook with olive oil instead of butter or make your own salad dressings; purchased ones often include unhealthy fats.

Sources: www.nal.usda.gov/fnic/how-many-calories-are-one-gram-fat-carbohydrate-or-protein health.gov/dietaryguidelines/2015/guidelines/ www.heart.org/en/health-topics/cholesterol/prevention-and-treatment-of-high-cholesterol-hyperlipidemia/the-skinny-on-fats www.health.harvard.edu/staying-healthy/the-truth-about-fats-bad-and-good www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/fat/art-20045550

ESSENTIA

MONOSATURATED

Food sources for these fats include olive, canola, peanut, sunflower and safflower oils as well as avocados, peanut butter and most nuts. Swap some of the saturated fat in mayo with mashed avocado in tuna salad or chicken salad. Dip bread into a little olive oil instead of slathering it with butter. Snack on a handful of nuts instead of a chocolate bar.

POLYUNSATURATED

These fats are present in greatest amounts in sunflower, corn, soybean and cottonseed oils, in walnuts and pine nuts, and in sesame, sunflower, pumpkin and flax seeds. Swap walnuts, pine nuts or pumpkin seeds for cheese or crouton toppers on salads. Take advantage of the medium to high smoke points of peanut and sunflower oils and light olive oil for sautéing or stir-frying.

OMEGA-3S

These fatty acids are a type of polyunsaturated fat in salmon, tuna, mackerel and trout and in walnuts and flaxseeds. Swap the protein on your plate from red meat to grilled salmon or tuna. Substitute some of the flour in breading with the same amount of ground flaxseed.

COCONUT, PALM OIL AND PALM KERNEL OIL ARE NOT CONSIDERED HEALTHY-FAT OILS BECAUSE OF THEIR SATURATED FAT CONTENT, SAYS THE THE U.S. DIETARY GUIDELINES FOR AMERICANS 2015-2020.

Source: health.gov/dietaryguidelines/2015/guidelines/

SAFFLOWER OIL SALMON

 SEEDS (SESAME. SUNFLOWER.

• PEANUT

BUTTER

• PEANUT OIL

AVOCADOS

CORN OIL

MACKEREL

MOST NUTS

• OLIVES

OLIVE OIL

• PEANUTS

CANOLA OIL

PUMPKIN, FLAX)

- SUNFLOWER OIL
- TROUT
- TUNA
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- PHOTO Tobin Bennett

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MEAL MAKEOVER



YUYY SPCF

Prep 20 minutes Serves 1 (12 oz.)

1 oz. espresso or strong brewed coffee

- 2 Tbsp. Pumpkin Spice Puree, recipe below 1 cup Hy-Vee unsweetened original
- almond milk
- 2 Tbsp. purchased coconut whipped topping Hy-Vee ground cinnamon, for garnish

1. ADD espresso to serving mug. Stir in Pumpkin Spice Puree until smooth.

2. HEAT almond milk in a small saucepan over medium heat until small bubbles start to appear around the edges. Remove from heat and pour into a blender. Cover and blend about 30 seconds or until frothy. Pour over coffee mixture in mug. Top with coconut whipped topping and, if desired, garnish with cinnamon.

PUMPKIN SPICE PUREE: Combine ½ cup water,
½ cup canned Hy-Vee pumpkin puree,
¼ cup Hy-Vee Select 100% pure maple syrup,
½ tsp. Hy-Vee ground cinnamon, ½ tsp. Hy-Vee
vanilla extract, ¼ tsp. Hy-Vee ground nutmeg,
¼ tsp. Hy-Vee ground cloves and ¼ tsp.
Hy-Vee ground ginger in a small saucepan.
Bring to boiling; reduce heat. Simmer for
5 minutes or until mixture is slightly thickened.
Cool. Store in the refrigerator for up to 1 week.
Makes about ¾ cup.

Per serving: 110 calories, 5 g fat, 1.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 170 mg sodium, 17 g carbohydrates, 1 g fiber, 11 g sugar (0 g added sugar), 1 g protein. Daily values: Vitamin D 25%, Calcium 30%, Iron 1%, Potassium 71%

SIMPLE SWAPS CUT CALORIES

Maple syrup-sweetened pumpkin puree, low-fat almond milk and low-fat coconut whip make this hot and tasty drink healthier.



110 5 g calories fat



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11 g

sugars

13



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

Q. What are some common sleep disorders?

A Most people think of insomnia (inability to fall asleep or stay asleep) or sleep apnea (gasping for breath and/or snoring during sleep) as the most common sleep disorders. However, many also suffer from other types such as narcolepsy and restless leg syndrome. Narcolepsy is sudden muscle weakness and sleepiness in the daytime. Restless leg syndrome is characterized by cramping, tension and/ or aching in the legs.

Q. How can a sleep disorder affect your health?

Lack of sleep can put a person at greater risk for many other chronic conditions such as depression or even cardiovascular disease. A sleep disorder can also pose other issues, such as making it dangerous to operate a vehicle or difficult to perform at your job.

Q. How are sleep disorders treated?

Treatment depends on the disorder. For example, prescription products aid in keeping a patient with narcolepsy awake. There are medications and other options to help a person fall asleep or stay asleep at night. Some treatments are over the counter, and some require a prescription. Ask your Hy-Vee pharmacist for details.

Q. Do all sleep disorders require medication?

Α

No. Sleep apnea, for example, is often treated with a device that delivers continuous positive airway pressure (CPAP) throughout the night.

Q. What are some safety tips when taking sleep medication?

Be mindful of side effects
of sleep medicines such as dizziness, diarrhea or constipation. Check with your pharmacist about possible interactions with other drugs or with foods. Don't take sleep meds with alcohol.



PHOTO Tobin Bennett



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BODY BOOTCAMP

JOINED AT THE HIP

THE AVERAGE AMERICAN SITS UP TO 15 HOURS A DAY, WHICH MAY CAUSE HIP IMBALANCE. SO GET UP AND GET MOVING!

> Put your hips into it with these five moves that work the glutes and hip flexors to improve mobility.



Lie on your back, knees bent and feet flat on the floor. In a controlled motion, squeeze your glutes and raise your hips toward the ceiling. Do not arch your back. Slowly lower hips to starting position.





3→ PLANK LEG LIFT GLUTES, HIPS, ABS

Begin in a high plank position. Do not allow hips to sag. Squeeze your left glute, lift your left leg 2 inches above the floor and slowly swing it out to the left. Bring your left leg back to tap your right foot; set it back in place. Alternate.



On one leg, with right knee slightly bent and left leg back, lean forward until your back is parallel to the floor. Slowly return to standing position. Alternate.

←4 LATERAL LUNGE GLUTES, HIPS, QUADRICEPS

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



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SPAGHETTI SQUASH

This variety of winter squash is large and oval with **STRINGY FLESH THAT RESEMBLES SPAGHETTI NOODLES** hence, the name. It's a healthfully delicious **NUTRIENT-RICH, LOW-CARB SUBSTITUTE** for pasta.



BUY Mature spaghetti squash should have an even, creamy yellow color and feel heavy for its size. Select a squash with a hard rind that's free of bruising.

STORE

Keep unprepared spaghetti squash at room temperature for up to one month or longer in a cool, dark and dry location. Do not wash before storing.

PREP

Before cooking, halve the squash, remove seeds and pierce the flesh with a fork. After baking, steaming or microwaving, shred the flesh with a fork.

Serving: 1 cup, cooked Percentages represent daily values.

POTASSIUM

Sources: fcs-hes.ca.uky.edu/commodity/spaghetti-squash academicdepartments.musc.edu/ohp/PDFs/crops/FactSheetwithRecipe_SpaghettiSquash_Fall2012.pdf

NUTRIENT POWER

ROASTED **SPAGHETTI** SQUASH

Prep 20 minutes Roast 40 to 50 minutes plus 10 minutes Stand 10 minutes Serves 4

1 small spaghetti squash (about 11/2 lb.) Desired toppings, right

1. PREHEAT oven to 350°F.

2. CUT squash in half lengthwise and remove seeds. Place squash halves, cut sides down, in a shallow roasting pan.

3. ROAST for 40 to 50 minutes or until tender. Let stand for 10 minutes. Turn squash halves. cut sides up.

4. LOOSEN the squash with a fork to form spaghetti-like strands (see below).

5. ADD desired toppings. Roast 10 minutes more or until toppings are heated through.

Per serving: 45 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 11 mg cholesterol, 30 mg sodium, 11 g carbohydrates, 2 g fiber, 4 g sugar (0 g added sugar), 1 g protein. Daily Values: Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 4%



Pull spaghetti-like strands with a fork then pile them into the squash.



Learn how to make delicious Roasted Spaghetti Squash at HSTV.com



• SOFT MOZZARELLA CHEESE + FRESH BABY SPINACH + GUSTARE VITA PASTA SAUCE + HY-VEE **CRUSHED RED PEPPER FLAKES**

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ACORN squash

HOW TO ROAST Preheat oven to 400°F. Scrub squash; pat dry. Cut squash in half crosswise and remove seeds. Place squash halves, cut sides up, in a shallow roasting pan. Place 1 Tbsp. Hy-Vee

salted butter in each half; sprinkle with cinnamon-sugar and drizzle with Hy-Vee select 100% pure maple syrup. Roast 50 to 60 minutes or until tender. Garnish with fresh thyme, if desired.



SQUASH

Greg Scheidemann

PHOTOS

HOW TO ROAST Preheat oven to 350°F. Cut off the squash stem; halve squash lengthwise and remove seeds. Peel squash and chop into 1-in. cubes. Toss together squash,

2 Tbsp. Gustare Vita olive oil and 1 tsp. Hy-Vee salt. Spread cubes onto a rimmed baking pan. Sprinkle with whole or finely chopped sage leaves. Roast 45 to 50 minutes or until tender.



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- **3** HALLOWEEN PUMPKIN CUP WITH LID AND STRAW
- 4 HALLOWEEN PLASTIC CUPS
- 5 PUMPKIN MASTERS CARVING KIT
- 6 HALLOWEEN PUMPKIN PAPER PLATES & NAPKINS
- 7 HALLOWEEN SOCKS
- 8 LARGE HALLOWEEN TREAT BOWL
- **9** HALLOWEEN TREAT TOTES

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A TEAL PUMPKIN ON YOUR PORCH LETS KIDS WITH FOOD ALLERGIES KNOW THEY CAN STILL FIND SOMETHING FUN AT YOUR HOUSE.

FOOD ALLERGIES

One in 13 kids have food allergies. You can help kids with allergies enjoy the festivities by keeping some nonfood treats on hand in addition to candy. A teal pumpkin outside your house is an easy way to let parents and kiddos know it's safe to stop there.

NONFOOD TREATS

Help make trick-or-treating fun for everyone with noncandy treats. Stock up on seasonal toys or use one of these ideas:

- BUBBLES
- GLOW STICKS
- STICKERS
- TEMPORARY TATTOOS
- PENCILS
- ERASERS
- SPIDER RINGS
- VAMPIRE TEETH
- BEAD NECKLACES
- BOOKMARKS

PUMPKIN MAP

Homes participating in the Teal Pumpkin Project can add their trick-or-treat location to an online map to help parents in the community plan their Halloween route ahead of time. Visit foodallergy.org/ education-awareness/ teal-pumpkin-project to learn more and add your home to the project map.



The most important meal of your day could provide someone's <u>only</u> 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** to learn more about Hy-Vee One Step.



KRISTIN WILLIAMS Hy-Vee Senior Vice President Chief Health Officer

Seasonal affective disorder, or SAD, is a type of depression that occurs when daylight hours decrease. It has been linked to a chemical change in the brain that increases the sleeprelated hormone melatonin. Fall's cooler temperatures, brilliant colors and spicy aromas always give me extra energy and focus. Absorbing all that's good about fall can provide a mental health lift. For some, however, it's not so easy.

Shorter days and longer nights can trigger a type of depression known as seasonal affective disorder, or SAD. Fatigue and depression set in, continue through winter then lift by spring. It's thought that the lack of sunlight causes a chemical change in the brain in which melatonin, a sleep-related hormone, increases. Those who live farther from the equator are at more risk. We Midwesterners should take note.

It's estimated that about 5 percent of the U.S. population experiences SAD, and 4 out of 5 of those are women. Health experts list the following symptoms:

- Loss of interest in normally enjoyed activities
- Difficulty concentrating
- Extreme fatigue
- Increased sleep time, drowsiness during the day
- Social withdrawal
- Anxiety
- Feelings of hopelessness or guilt

If you experience any of these symptoms, don't brush them off. Confide in a family member or friend. Get a referral from your doctor for a counselor or psychologist. Or for staving off the winter blahs, winter blues or SAD, the American Psychological Association suggests:

Get into daylight as much as possible. Walk to the store, take photos or bike to a friend's house.

Be active. Join a book club, volunteer, schedule recurring pleasurable activities so you'll associate them with enjoyment.

Eat healthfully. Avoid heavy comfort foods. Instead, enjoy apples, pears, squash and other seasonal produce. It's one more way to embrace the change in season.

Spend time with people, especially friends and family. Don't succumb to hibernation.

Seek help if needed. Confide in a close friend or family member. Reach out to a professional if you feel vulnerable.

If you're experiencing depression or other emotional distress and have thoughts of self-harm or suicide, call the National Suicide Prevention Lifeline: 1-800-273-8255. SPEND TIME WITH FRIENDS AND FAMILY THIS FALL. RESIST THE URGE TO HIBERNATE.

OLD MCDONALD HAD A PINT.





WHETHER YOU'RE FEELING FUNKY OR SPUNKY, YOU'RE SURE TO FIND A PINT OF TIL THE COWS COME HOME[™] ICE CREAM TO MATCH YOUR MOOD. FROM IT WAS MINT TO BE[™] TO MIND YOUR PECAN QS[™] AND SHIVER ME TRUFFLES[™], THERE ARE A VARIETY OF UDDERLY IRRESISTIBLE FLAVORS TO CHOOSE FROM — AND JUST AS MANY EXCUSES TO NOT SHARE. TRY IT TODAY!



Z Ó E T

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ISSUE VOL. 2

BRING IT! WITH GABRIELLE UNION • ON THE RIGHT TREK •
THE SLOW COOKER MAGIC • FREAK OUT! • CELIAC DISEASE
DISPROPORTION • FOODS THAT HELP YOU SLEEP
WHAT'S SUPP • 9 TO 5 FITNESS • REST EASY
ALL ALONE • YOUR HEALTH CARE AT HY-VEE



GABRIELLE UNION'S DIMPLED SMILE AND CHEERLEADER GOOD LOOKS SEEM AT ODDS WITH HER NO-HOLDS-BARRED APPROACH TO SPEAKING OUT FOR OTHERS. TWENTY-FIVE YEARS OF FILM AND TELEVISION HAVE GIVEN HER A SPOTLIGHT TO ADVOCATE FOR ABUSE VICTIMS, HUMAN RIGHTS, BREAST CANCER AWARENESS AND OTHER ISSUES. NOW SHE URGES US TO REACH OUT TO EACH OTHER THROUGH GREETING CARDS.

WORDS Kristi Chew

PHOTO Steven Branscombe/Getty Images (this page); Randall Slavin/Contour by Getty Images (opposite page)

IF YOU'VE BEEN THROUGH TOUGH TIMES... SHARE **HOW YOU** GOT BY.



Gabrielle Union has played many roles during her acting career—a fiercely competitive cheerleader, a drugfighting DEA agent and a high-driving cable news anchor to name a few. But her role in reality? A fighter who stands up for what she believes in.

Union, 45, isn't shy about speaking out on behalf of human rights, assault victims, breast cancer awareness, mental health, posttraumatic stress disorder and many other issues.

"If you realize that there are probably billions of people who feel voiceless and alone and isolated, who have experienced the same things that you have survived, speak out about it. Give a voice to the voiceless.

"Just be a decent human being. I think a lot of people look at it as going out of their way, or 'That's so brave'. No. It's just being a decent human being. Speak up...Somebody in your space is hoping for a hero, and that hero can be you."

Union has had plenty of opportunity to speak up. Twenty-five vears of movies and television shows have given her a platform for voicing her views. Last year she wrote We're Going to Need More Wine, a book of essavs and candid personal stories on a range of topics including bullying, beauty standards and Hollywood.

Union, an Omaha native who graduated from UCLA with honors, took up modeling to pay off school debts and moved into film and TV. Early roles came in teen movies including 10 Things I Hate About You. She's All That. Love & Basketball and Bring It On, playing Isis, a competitive high school cheerleader. In 2003, she played DEA agent Syd Burnett in the movie Bad Boys II. Other movies: Cadillac Records. Think Like a Man, The Birth of a Nation and Breaking In. In 2013, Union began starring in the BET series Being Mary Jane as a high-power

cable news anchor. Next year Union is slated to reprise her Syd Burnett role in the television series *L.A.'s Finest*, a *Bad Boys II* spinoff co-starring Jessica Alba.

These days, Union remains supercharged while also incorporating as much time as she can for husband Dwyane Wade, NBA player, and her three stepsons. "I'm going to do my best for my family, try to find peace, joy and grace in all that I do," says Union.

Recently she found a new way to share her voice. In July she joined Hallmark's Put It Into Words campaign to inspire people to connect with greeting cards.

"The main goal is to encourage effort," says Union. "It's so easy to shoot off a text...but there's not a lot of thought that has to go into it. This idea that I can be a part of a campaign that encourages people to show some effort and be kind and compassionate—I'm going to jump at that."

3

In 2011, Union was

selected to work

with the National

Advisory Committee

on Violence Against

Women.

4

UNION HAS A DEGREE IN SOCIOLOGY AND CONSIDERED LAW SCHOOL AFTER COLLEGE,

Gabrielle Union hails from Omaha and is an avid Cornhusker football fan.

1

<u>2</u> She's the middle of three daughters. Her mom, Theresa, was a phone company manager; her dad, Sylvester, was a military sergeant.

34 Ilu/ee, BALANCE | October 2018
99 I'M GOING TO DO MY BEST FOR MY FAMILY, TRY TO FIND PEACE AND JOY AND GRACE IN ALL THATIDO

5

For her role as a broadcaster in *Being Mary Jane*, she prepared by studying the work of television news anchor Soledad O'Brien.

<u>6</u> In 2014, Union married 12-time NBA All-star Dwyane Wade.



Q. WHAT DO YOU LOVE TO DO?

A. OUTSIDE OF ACTING? SLEEP. TRAVEL. EAT. HANG OUT WITH MY FAMILY AND MY DOG. THOSE ARE THE THINGS I ACTUALLY LOVE TO DO.

(). What's your biggest motivator?

A. Fear!

$iglup_{ ext{.}}$. How do you overcome that?

A. Just put one foot in front of the other. Unfortunately, stopping has never been an option! I keep going. I try to face the fear head-on. The goal is to be motivated purely by the love of what I do and the people I work with. It's a work in progress.

U. What is the No. 1 quality you strive to have?

A. Peace.

(). How do you find balance in your life?

A. I'm going to do my best for my family, try to find peace and joy and grace in all that I do. And when I fail, I'm okay with that, because the idea that you can be everything to everybody and somehow find perfect harmony, that's a farce.

U. You're a public figure what do you see as your role when you offer insights on various causes?

A. I'm trying to do my part for the global benefit, to shed some light on a number of things—all the things I have personally dealt with in my life.



U. What have been some of the most important relationships in your life, and how do you maintain them?

A. WE HAVE A GROUP CHAT THAT'S CALLED SHENANIGANS, AND I LOVE THOSE GIRLS, AND I TRY TO KEEP UP WITH THEIR BIRTHDAYS AND TRY TO SURPRISE THEM WITH CARDS AND FLOWERS AND, YOU KNOW, SURPRISE THEM AT WORK. I LIKE TO SEND THEM 'JUST BECAUSE' CARDS, BECAUSE SOMETIMES YOU NEED SOMEBODY THAT JUST LOVES YOU WITH NO STRINGS ATTACHED, THAT THINKS YOU'RE PRETTY AMAZING.

Q. WHAT HAS BEING A STEPMOM TAUGHT YOU?

A. Having my own stepmom and observing what she did right and perhaps where there were some missteps. I learned to stay in my lane and to be an additional adult that loves them and guides them. But also understanding that you are not, nor will you ever be, the one that birthed them and to not try to be.

U. Do you send cards to your husband, Dwyane? Does he send cards to you?

A. Okay, full disclosure: Dwyane sends way more cards to me than I do to him. But when I do write cards to him, I like to write multiple cards for single occasions. There's something about sitting down to write a card with the goal of leaving your spouse feeling just like they're your forever crush. So yeah, I love getting cards from him.

Q. You are set to reprise your role from *Bad Boys II* as Syd Burnett in the spinoff television series *L.A.'s Finest* co-starring Jessica Alba. What can you share with us?

A. The gang has left Miami. We are in Los Angeles. We are cops who perhaps don't follow the book, and there's way more to each of our characters than meets the eye. Yeah, I think we are turning the "buddy cop" thing on its head with two boss chicks!

SAY IT IN WORDS

Hallmark's Put It Into Words campaign aims to inspire more people to express their emotions by sending greeting cards. Actress Gabrielle Union loved the idea and promotes it in a video by the company, available at Hallmark.com/ *put-it-into-words* and on Hallmark's YouTube channel. Union's was the first of four videos to launch. and she describes how she and her husband get a lift from cards they send each other. "We work on opposite coasts. It's hard when I'm working twelve, sixteen hours a day and at the end of a very hard week I hop on a plane," she says. "The beautiful thing about how cards have worked in our relationship is, they can lay it out in the way you really mean it."



DYNAMIC DUO

JESSICA ALBA AND GABRIELLE UNION PAIR UP AS LOS ANGELES POLICE DETECTIVES IN THE UPCOMING SERIES *L.A.'S FINEST*. Gabrielle Union reprises her Bad Boys // character Detective Syd Burnett to fight crime in Los Angeles alongside Jessica Alba in the upcoming Charter Communications' Spectrum cable series L.A.'s Finest. The partners disagree often and come from different yet equally complex backgrounds: Burnett is a single and free-spirited agent who left her complicated life in Miami, and partner Nancy McKenna (Alba) is a working mom who envies her partner's freedom. The 13-episode series is set for next year. GETTING A CARD MAKES YOU FEEL SPECIAL...IT GIVES YOU THAT LITTLE EXTRA OOMPH TO GET YOU THROUGH YOUR DAY.



IntoWords

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Gabrielle and her husband, Dwyane Wade at the launch of Hallmark's *Put It Into Words* campaign.



#Putitints

#PutItInto

Hallm



#PutitintoWo

Hyvee BALANCE | hy-vee.com

LATE NIGHT

LA LEGENDE COMMENCE

10 Bit

FROM PAVED PATHWAYS TO RUGGED INCLINES, **THERE'S A TRAIL** FOR EVERYONE. **MIDWESTERN TRAIL HIKING** IS LESS INTIMIDATING **THAN THE ROCKY TERRAIN** OF MOUNTAIN HIKING, AND IT'S A GREAT WAY TO GET IN SHAPE AND CLEAR YOUR MIND. LACE **UP YOUR HIKING BOOTS AND HIT** THE TRAILS.

> WORDS Hilary Braaksma PHOTOS Adam Albright and Tobin Bennett

ON AVERAGE, HIKERS BURN AROUND 100 CALORIES FOR EVERY MILE WALKED. – AMERICAN HIKING SOCIETY

Trail hiking provides access to gorgeous views with rich historical significance, and pathways to improved physical and mental health.

Going for a hike carries all the benefits of walking for exercise—it reduces the risk of coronary disease, improves cardiovascular fitness, increases bone density, helps

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office the second secon

prevent breast cancer, prostate cancer and type 2 diabetes, and is a low-impact activity that can be modified to fit the activity levels of most people. Upgrading your walk to a trail hike has the added benefit of uneven terrain, which improves core strength, stability and balance. Hiking also has the ability to become more strenuous with experience by taking on steeper climbs and more complicated trails.

There is also evidence that trail hiking can provide mental and emotional benefits. Researchers from Stanford University and the University of San Francisco found that a 50-minute walk in nature can decrease anxiety and negativity and boost memory performance—walks in urban settings didn't have the same effect. Exercising outside has also been linked to reduced anger and depression, increased selfesteem and the mood-boosting effects of increased sun exposure and vitamin D production.

FINDING YOUR PATH

"There has been a stigma in the past that [trail hiking] is for only certain kinds of people," says Taylor Goodrich, a media specialist for American Trails, a national nonprofit organization dedicated to advancing the development and awareness of U.S. trails. "Trails are for everyone, regardless of ability, race, sex, age, or any other distinguishing factor. My advice to everyone would be to get out there and find your trail. There are wonderful and fully accessible trails all over the country that can accommodate beginners, wheelchair users, children, senior citizens and everyone in between."

Winnin Winning

Sources: www.americantrails.org/national-trails-system/history www.msue.anr.msu.edu/news/benefits_of_walking_for_physical_exercise www.sciencedirect.com/science/article/pii/S0169204615000286 www.health.harvard.edu/blog/health-benefits-of-hiking-raise-your-heart-rate-and-your-mood-2016092810414 www.acefitness.org/education-and-resources/lifestyle/blog/6560/get-out-5-benefits-of-outdoor-exercise www.americanhiking.org/wp-content/uploads/2013/04/Heath-Benefits-of-Hiking-fact-sheet www.americanhiking.org/wp-content/uploads/2015/05/AHS_RPT_fnl_LOW.pdf www.health.harvard.edu/blog/health-benefits-of-hiking-raise-your-heart-rate-and-your-mood-2016092810414

ON POINT

A walking pole can add security on rugged terrain. Use poles with a spiked metal tip in soft surfaces like dirt and grass.



THE HHHE TIPS FOR BEGINNERS

START WITH SHORT

TRAILS in familiar areas and follow the markings instead of exploring unmarked areas, which can be dangerous for novice hikers. Know what terrain you can handle, and avoid steep climbs if you're unsteady on your feet.

HIKE WITH A PARTNER

so you'll have help in case of injury or other emergency—solo hiking is a goal to work toward, not a starting point. Let someone outside your hiking group know the route you plan to hike and when you expect to be back.

KEEP YOUR CELL PHONE ON AND CHARGED so you

can easily call for assistance or have your GPS location tracked in case of emergency. Switch your phone to airplane mode to preserve battery life and bring a back-up battery source if possible.

10 ESSENTIALS

Most outdoor recreation organizations recommend these ten must-have supplies be carried on every hike:

1. Navigation A compass, map, GPS or all three.

2. Hydration At least one quart of water per hiker and a purifying tool for natural water sources. 3. Nutrition Energyrich, nonperishable food like nuts and protein bars. 4. Fire A lighter or matches for warmth or a signal fire. 5. Illumination A flashlight or headlamp and extra batteries. 6. Multi-purpose tool A small knife, preferably with attachments like a file, screwdriver and tweezers. 7. Insulation Warm and rain-repellent clothing for backup. 8. Sun protection Sunblock, sunglasses, hat and lip balm-no matter the season. 9. Emergency shelter: A tarp or emergency blanket. 10. First aid A standard first aid kit, over-the-counter pain reliever, and any current prescriptions.

MEDICAL KIT

HIKINGETIQUETTE

• HIKE QUIETLY. ENJOY THE CALMNESS OF NATURE AND ALLOW OTHERS TO DO THE SAME.

- Know special regulations for the trail you're visiting.
- Visit in small groups when possible to avoid crowding the trail.
- Bring trash bags to take your waste out with you.
- Use existing trails to preserve the surrounding natural landscape.
- Walk single file to avoid widening existing trails.
- If you go off trail, disperse your group into different paths to avoid trail creation.
- Avoid walking in areas where off-trail hiking has already made an impact.
- Whatever you pack in, pack out. Don't toss trash, even if it's biodegradable.
- If you relieve yourself outdoors, do so at least 200 feet from the trail and water sources.
- Don't take souvenirs. Photos and memories are your only keepsakes.
- Don't touch historical structures or artifacts.
- When taking breaks, move slightly off the trail to allow others space to pass.
- DOWNHILL HIKERS YIELD TO UPHILL HIKERS.
- Hikers and bicyclists yield to equestrians.
- Bicyclists yield to hikers.
- If you bring a pet, keep it on a leash and clean up after it.
- Never feed the wildlife—it can impede their natural foraging.

SOME TRAILS AND THEIR SURROUNDINGS HAVE FEDERAL LAWS AND REGULATIONS PREVENTING COLLECTING PLANTS, TOUCHING ANIMAL EGGS, STRIPPING TREE BARK AND MORE. PLAY IT SAFE AND LEAVE NATURE EXACTLY AS YOU FOUND IT.

NO MATTER The season,

plan to dress in layers. Temperatures can change drastically throughout the day, especially in the Midwest, and other factors like altitude or unexpected exertion can make you wish you wore more or less clothing. If you're hiking in warm weather keep in mind that while shorts and tank tops are the cooler option, pants and sleeves can offer muchneeded sun protection.

Whatever clothing you decide to bring, picking the right fabric is essential. Avoid cotton, which absorbs and retains water and can be dangerous in hot or cold weather, or leave you wet and uncomfortable-cotton socks in particular are a blister hazard. Better clothing options are synthetic materials found in most sportswear, which are good at wicking away moisture. Wool and fleece are both ideal options for cooler weather, as they provide warmth and wind protection without holding excess moisture.

ACCESSORIES

BACKPACK: Find a lightweight backpack with lots of storage to pack your hiking essentials.

BINOCULARS: Bring these along to help you see the sights without disturbing the wildlife.

TREKKING POLES: Also known as walking poles, these will help keep you steady on difficult hikes.

CAMERA: If you're trying to preserve your phone battery while you hike, bring along another camera to capture memories.

CANTEEN: Bring along a water bottle or canteen with a clip that can easily be attached to your backpack for hands-free carrying.

TO PREVENT BLISTERS OR SORE FEET THAT WILL SLOW YOU DOWN, BREAK IN YOUR HIKING BOOTS BEFORE YOU HIT THE TRAIL.



Use your state's **Department of Natural Resources** website to learn about trails near you, or visit nrtdatabase.org and type in your zip code to locate nearby recreational trails and see helpful information about terrain, condition, length and accessibility.



American trails began as routes for trade and migration. By the early 20th century, trails were constructed with scenic, recreational routes in mind. In October 1968, the National Trails System Act became law to protect historic trail systems for hiking and enjoying nature, and a system was created for designating and classifying these trails.

NATIONAL SCENIC TRAILS are continuous trails with a distance of 100 miles or more. They're designated to provide recreation and conservation in areas with scenic, historic or natural significance. National Scenic Trails in the Midwest include:

- Ice Age Trail: Wisconsin
- North Country Trail: Minnesota and Wisconsin

NATIONAL HISTORIC TRAILS exist on routes with documented historical significance in relation to American history. National Historic Trails in the Midwest include:

- California Trail: Kansas, Missouri and Nebraska
- Lewis and Clark Trail: Illinois, Iowa, Kansas, Missouri and South Dakota
- Mormon Pioneer Trail: Illinois, Iowa and Nebraska
- Oregon Trail: Kansas, Missouri and Nebraska
- Pony Express: Kansas and Missouri
- Santa Fe: Kansas and Missouri
- Trail of Tears: Illinois and Missouri

NATIONAL RECREATION TRAILS are trails reasonably accessed from urban areas and managed at local, state, and national levels. NRTs are further divided into more trail categories, including:

- **Nature Trails:** These are pathways through local forests, state parks and other natural scenery.
- **Rail Trails:** Railroad corridors that have been discontinued for rail service are often repurposed for recreational trails.
- **ADA Trails:** These meet the standards of the Americans with Disabilities Act, making the path usable for people of many different accessibility levels.

MIDUESTERN MIDUESTERN MIDUST-SEES Starved Rock State Park, Illinois Pikes Peak State Park, Iowa Elk River Trail, Kansas LEBANON HILLS REGIONAL PARK, Minnesota SUPERIOR HIKING TRAIL, Minnesota SUPERIOR HIKING TRAIL, Minnesota CATHEDRAL CANYON, Missouri PALISADES STATE PARK, South Dakota DEVIL'S LAKE, Wisconsin



Sources (this page and opposite): www.nrtdatabase.org/ www.nps.gov/subjects/nationaltrailssystem/index.htm www.nationalparks.org/connect/blog/beginners-guide-backcountry-hiking-prep www.rrca.org/education/multi-use-single-track-trail-running-tips



TO WORK

BACKCOUNTRY TRAILS: Also

considered off-trail hiking, backcountry trails are a more difficult and rugged adventure on unmarked land. National parks sometimes offer the availability to venture on backcountry hiking but may require a permit before you do so. When you reach this level of hiking expertise, be sure to consult with the park where you plan to hike about the requirements before heading off and thoroughly research the area you plan to be in.

TRAIL CAMPING:

Some trails are hundreds of miles long and require camping to complete. Map out your planned camping destinations ahead of time and check with the park where the trail is located to learn about their camping regulations. Practice setting up your tent and using supplies like a water pump and camping stove before you take off.

TRHIL RUNNING: Hitting the

trails for a run or jog is a great way to stay in shape and experience nature, but it can be more dangerous than running in your neighborhood or at a gym. Walk the trail you plan to run a few times before running so you're familiar with the terrain and blind curves. Be mindful of other people on the trail and bring a running buddy if possible. The American Trail Running Association advises you do not wear headphones while trail running. Report unsafe or dangerous conditions to park authorities.

WHO DOESN'T LOVE A CLASSIC BEEF AND VEGETABLE STEW THAT YOU CAN TOSS TOGETHER IN THE MORNING AND RETURN HOME TO FOR DINNER? OUR RECIPE IS SUPER HEALTHY, TOO!



QUICK TIPS

• SPRAY SLOW COOKER WITH NONSTICK SPRAY BEFORE **FILLING TO PREVENT FOOD** FROM STICKING.

• FILL COOKER AT LEAST HALF **BUT NO MORE** THAN TWO-THIRDS FULL.

 DON'T PEEK! HEAT WILL ESCAPE AND YOU'LL NEED TO ADD **30 MINUTES TO** THE COOK TIME.

Cooking at home is an important first step if you're trying to trim calories or fix healthy meals for your family. But it's not always easy to find the time. That's when a slow cooker can do some of the work for you. Prep ingredients (use Hy-Vee Short Cuts to save time) and toss them in the pot before you leave for work. When you come home, dinner will be waiting. With the time you save, you may even be able to hit the gym after work.

COOK MAGIC

Slow-cooking and healthful eating go hand in hand. Because the long, moisture-rich cooking environment transforms the leanest meats into tender bites and brings out complex flavors of vegetables and seasonings, you can use less salt and very little fat. Swapping in reduced-sodium and no-salt-added ingredients or fiberrich grains is a nutritious way to take meals to a healthier level. The real benefit: knowing that dinner is ready when you get in the door-no more hangry snacking on chips while prepping dinner.

HEALTH BITS

 CUT SODIUM BY 290 MG. USE 1 CUP REDUCED-SODIUM CHICKEN BROTH VERSUS REGULAR.

• CUT FAT BY 6 GRAMS. SWAP 3 OZ. GROUND TURKEY BREAST FOR 90% LEAN GROUND BEEF.

• CUT FAT BY 40%. USE ½ CUP LIGHT COCONUT MILK VERSUS REGULAR COCONUT MILK.

WHEN YOU'RE COMMITTED **TO HEALTHY**

THE

EATING EVEN WHEN TIME IS TIGHT, PUT YOUR SLOW **COOKER TO** WORK. TRY THESE **11 NUTRITIOUS**, DELECTABLE MEALS-INCLUDING A BREAKFAST TO **KICK-START** YOUR DAY.

Prep 10 minutes Cook 3 hours (LOW) | Serves 8

Hy-Vee nonstick cooking spray 3 lb. turkey breast tenderloins 1 Tbsp. Hy-Vee black pepper 1 tsp. Hy-Vee kosher salt 1 cup Hy-Vee 33% reduced-sodium chicken broth 1 cup Hy-Vee Select 100% pure maple syrup 1 grapefruit, zested and juiced 1 Tbsp. Gustare Vita olive oil 1 clove garlic, minced

rosemary **1. SPRAY** a 3½- or 4-qt. slow cooker with cooking spray. Season turkey

with black pepper and salt. Place

1 tsp. finely chopped fresh

turkey in slow cooker. Add broth. Cook on LOW heat for 2 hours.

2. COMBINE maple syrup, grapefruit zest and juice, oil, garlic and rosemary in a medium saucepan for glaze. Bring to boiling; reduce heat. Gently simmer 15 minutes or until reduced to $\frac{2}{3}$ cup. Divide glaze in half.

3. BRUSH half the glaze on turkey after it has cooked for 2 hours. Continue to cook turkey 1 hour more or until done (165°F). Remove turkey from slow cooker; brush with reserved glaze. Let turkey stand for 10 minutes. Cut into slices. Use 4 oz. turkey in paninis. Reserve remaining turkey for another use. Turkey-Gouda Paninis: Preheat a panini press or grill pan. Spread 1 tsp. Hy-Vee stone-ground Dijon mustard on each of 4 (1-oz.) slices Hy-Vee Bakery Emmer and Einkorn bread. Top 2 of the slices with 2 oz. turkey slices; ½ anjou pear, cored and sliced; 1-oz. slice Hy-Vee Select Gouda cheese and ½ cup arugula. Add remaining bread slice. Brush outsides of sandwiches with 2 Tbsp. Gustare Vita olive oil. Grill sandwiches, one at a time, for 6 minutes or until toasted. Makes 2 sandwiches.

Per serving (turkey only): 430 calories, 23 g fat, 7 g saturated fat, 0 g trans fat, 35 mg cholesterol, 840 mg sodium, 43 g carbohydrates, 4 g fiber, 13 g sugar (0 g added sugar), 14 g protein. Daily values: Vitamin D 0%, Calcium 20%, Iron 6%, Potassium 4%

MAPLE-GLAZED

JKKEY

BBEAST

SECRETS FOR SLOW COOKING

TRIM CALORIES AND FAT WHILE BOOSTING NUTRITION—WITHOUT SACRIFICING FLAVOR.



Toss in herbs Use both dried

and fresh herbs to enhance flavor without adding salt.

Watch sodium

Use reducedsodium or no-saltadded canned tomatoes, beans and broths.



Minimize fat

Use lean cuts of meat or remove skin from poultry before cooking. Drain off fat after browning.



Veggie up Brightly colored

veggies have the most vitamins and nutrients.

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Go with grains Slow-cook and

freeze big batches of whole grains to serve at your meals.



Finish it bright A squeeze

of fresh lemon or lime on soup or stew boosts flavor healthfully.



S T E W

Prep 15 minutes Cook 8 to 10 hours (LOW) or 5 to 6 hours (HIGH), plus 1 hour (HIGH) Serves 6

1 Tbsp. Gustare Vita olive oil

1½ lb. beef stew meat 3 cups Hy-Vee no-saltadded beef broth

1 cup water, divided 1½ lb. red or Yukon

gold potatoes, cut up

1 cup Hy-Vee Short Cuts chopped onion

- 4 medium carrots, peeled and cut into large chunks
- 1 medium parsnip, peeled and cut into ½-in. cubes
- ½ cup chopped Hy-Vee Short Cuts celery
 1 (1-oz.) pkg. dried
- shiitake mushrooms 3 Tbsp. Hy-Vee tomato
- paste

- 4 cloves garlic, minced 1 tsp. kosher salt ¾ tsp. Hy-Vee black
- pepper ½ tsp. Hy-Vee dried
- thyme 2 Hy-Vee bay leaves
- 2 Tbsp. Hy-Vee cornstarch
- Fresh thyme, for garnish

1. HEAT oil in skillet over medium-high heat. Brown meat, drain and transfer to a 5- to 6-qt. slow cooker. Add broth, ¾ cup water, potatoes, onion, carrots, parsnip, celery, mushrooms, tomato paste, garlic, salt, pepper and thyme. Add bay leaves.

2. COOK on LOW heat for 8 to 10 hours or on HIGH heat for 5 to 6 hours.

3. TURN slow cooker to HIGH heat. Combine remaining ¼ cup water and cornstarch; stir into stew mixture. Cover and cook 1 hour more or until stew is thickened. Discard bay leaves. Garnish with fresh thyme, if desired.

Per serving: 400 calories, 15 g fat, 5 g saturated fat, 0 g trans fat, 75 mg cholesterol, 470 mg sodium, 39 g carbohydrates, 4 g fiber, 6 g sugar (1 g added sugar), 29 g protein. Daily Values: Vitamin D 0%, Calcium 4%, Iron 30%, Potassium 6%

TENDERLOIN

Prep 30 minutes | Cook 5 to 6 hours (LOW) or 3 to 4 hours (HIGH) Serves 6

Hy-Vee nonstick cooking spray ¼ cup plus 1 Tbsp. Gustare Vita olive oil, divided

1 (3- to 3½ -lb.) pork loin roast ½ tsp. kosher salt, plus additional to taste Hy-Vee black pepper, to taste

1 onion, chopped

2 Hy-Vee Short Cuts cloves garlic, minced 1 cup Hy-Vee apple cider 1 Tbsp. lemon juice

- ¹/₄ cup Hy-Vee stone-ground honey
- Dijon mustard, divided
- 1/2 tsp. Hy-Vee ground thyme
- 2 Tbsp. Hy-Vee apple cider vinegar
- 1 Tbsp. Hy-Vee honey
- 3 cups thinly sliced Hy-Vee Short Cuts Brussels sprouts

1/2 cup thinly sliced red cabbage 2 large Fuji apples, cored and thinly sliced Fresh thyme, for garnish

1. SPRAY a 3- to 4-quart slow cooker with nonstick spray. Heat 1 Tbsp. oil in a large

skillet over medium-high heat. Sprinkle pork with salt and pepper. Brown pork on all sides. Place pork in slow cooker. Add onion and garlic to skillet. Cook until softened. Add to slow cooker. Stir in cider, lemon juice, 3 Tbsp. mustard and thyme. Cook on LOW heat for 5 to 6 hours or on HIGH heat for 3 to 4 hours. Cut pork into thin slices.

2. WHISK together cider vinegar, remaining 1 Tbsp. mustard, honey and salt and pepper to taste. Add remaining ¼ cup oil, whisking constantly. Set aside. **3. LINE** a platter with Brussels sprouts, cabbage and apples. Top with half of the pork slices.* Drizzle vinaigrette over all. Garnish with fresh thyme if desired.

*NOTE: Reserve remaining pork for another meal.

Per serving: 370 calories, 17 g fat, 3 g saturated fat, 0 g trans fat, 70 mg cholesterol, 400 mg sodium, 27 g carbohydrates, 3 g fiber, 19 g sugar (4 g added sugar), 28 g protein. Daily Values: Vitamin D 0%, Calcium 4%, Iron 10%, Potassium 15%

Prep 10 minutes Cook 5 to 6 hours (LOW) or 3 to 4 hours (HIGH) Serves 6

Hy-Vee nonstick cooking spray

2½ lb. Hy-Vee boneless skinless chicken thighs, cut into 2-in. pieces

1 cup Hy-Vee Short Cuts chopped onion

3 Hy-Vee Short Cuts garlic cloves, chopped

2 tsp. curry powder 2 tsp. garam masala

<u>1 tsp. Hy-Vee ground cumin</u>

¹/₂ tsp. Hy-Vee cayenne pepper

½ tsp. Hy-Vee ground ginger

1 (13.5-oz.) can Hy-Vee light coconut milk

1 (6-oz.) can Hy-Vee tomato paste

1 Tbsp. red curry paste 1 cup uncooked iasmine rice

2 cup Hy-Vee plain Greek yogurt, for serving Naan, for serving Lime wedges, for serving Chopped fresh cilantro, for garnish

1. SPRAY a 5- to 6-qt. slow cooker with nonstick spray. Combine chicken, onion, garlic, curry powder, garam masala, cumin, cayenne pepper and ginger in slow cooker. Combine coconut milk, tomato paste and red curry paste in a medium bowl; pour mixture over chicken. Cover and cook on LOW heat for 5 to 6 hours or on HIGH heat for 3 to 4 hours or until chicken is tender (165°F).

2. COOK rice according to package directions. Serve chicken mixture with rice, yogurt, naan and lime wedges. Garnish with cilantro, if desired.

Per serving: 420 calories, 12 g fat, 5 g saturated fat, 0 g trans fat, 180 mg cholesterol, 580 mg sodium, 35 g carbohydrates, 1 g fiber, 6 g sugar (0 g added sugar), 43 g protein. Daily Values: Vitamin D 0%, Calcium 4%, Iron 15%, Potassium 8% Prep 10 minutes Cook 6 to 8 hours (LOW) Serves 8 (½ cup each)

Hy-Vee nonstick cooking spray 1½ cup water 2 cups light coconut milk ½ cup Hy-Vee steel-cut

- vats vats vats values values
- ¹/₄ cup Hy-Vee quinoa
- flakes or Hy-Vee quick cooking oats
- 1/4 cup pearled barley
- 2 Tbsp. Hy-Vee Select pure maple syrup
- 2 tsp. Hy-Vee vanilla 1 tsp. Hy-Vee ground cinnamon
- ¼ tsp. Hy-Vee salt
- ¼ tsp. Hy-Vee ground nutmeg
- ¹⁄₄ tsp. ground allspice Desired toppers:
- Pomegranate seeds, blueberries, sliced raspberries, toasted coconut, Hy-Vee almonds, pistachios, Hy-Vee walnuts, Hy-Vee HealthMarket chia seeds, flaxseeds and/or Hy-Vee honey

1. SPRAY a 1½-quart slow cooker with nonstick spray. Combine water, coconut milk, oats, wheat berries, quinoa flakes, barley, maple syrup, vanilla, cinnamon, salt, nutmeg and allspice in slow cooker. Cover and cook on LOW heat for 6 to 8 hours. Serve with desired toppers.

Per serving: 220 calories, 13 g fat, 11 g saturated fat, 0 g trans fat, 0 mg cholesterol, 80 mg sodium, 23 g carbohydrates, 3 g fiber, 3 g sugar (0 g added sugar), 4 g protein. Daily Values: Vitamin D 0%, Calcium 2%, Iron 15%, Potassium 4%

OVERNIGHT COCONUT-CHAI MUUT-CHAI MUUT-CHAI MUUT-CHAI MUUT-CHAI MUUT-CHAI COCONUT-CHAI

WHITE BEAN, Quinoa & Kale

Prep 15 minutes Cook 5 to 6 hours (LOW) or 3 to 4 hours (HIGH) Serves 6

- ³/₄ cup uncooked tricolor quinoa, rinsed and drained
- 2 cups Hy-Vee vegetable stock 1 (14.5-oz.) can Hy-Vee fireroasted diced tomatoes with seasonings
- 1 yellow onion, chopped

- 1 cup Hy-Vee frozen sweet corn 1 poblano pepper, seeded
- and chopped* 3 Hy-Vee Short Cuts cloves garlic, minced
- 1 Tbsp. Hy-Vee Italian seasoning 2 cups water
- 2 (15-oz.) cans Hy-Vee cannellini beans, rinsed and drained; divided
- 3 cups kale leaves
- 1. COMBINE quinoa, stock, tomatoes, onion, corn, poblano pepper, garlic and Italian seasoning in a 3½- or 4-quart slow cooker.

 PLACE water and 1 can cannellini beans in a blender.
 Cover and blend until smooth.
 Add pureed beans to slow cooker.

3. COVER and cook on LOW heat for 5 to 6 hours or on HIGH heat for 3 to 4 hours.

4. DURING the last 30 minutes of cooking, turn slow cooker to HIGH heat. Stir in kale and remaining can of beans. Cover and cook for 30 minutes more or until kale is tender.

*NOTE: Chile peppers contain volatile oils that can burn your skin and eyes. When working with poblano peppers, wear protective gloves. Per serving: 250 calories, 1 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 610 mg sodium, 48 g carbohydrates, 7 g fiber, 7 g sugar (1 g added sugar), 11 g protein. Daily Values: Vitamin D 0%, Calcium 10%, Iron 15%, Potassium 10%

Short CUTS

NO MORE TEARS FROM CHOPPING ONIONS, BECAUSE HY-VEE SHORT CUTS ONIONS ARE ALREADY CHOPPED. BELL PEPPERS, TOO! THIS NO-CHOP CHILI IS INCREDIBLY EASY!

2

NO-Chop Turkey

Prep 20 minutes Cook 6 hours (LOW) or 3 hours (HIGH) Serves 8

- Hy-Vee nonstick cooking spray 1¼ lb. 99%-lean ground
- turkey breast 1 cup Hy-Vee Short Cuts
- chopped onion 1 cup Hy-Vee Short Cuts chopped red bell pepper
- 1 cup Hy-Vee Short Cuts chopped green bell pepper 1 (1-oz.) packet Hy-Vee chili seasoning mix
- 1 Tbsp. no-salt-added tomato paste 1 (28-oz.) can no-
- salt-added crushed tomatoes, undrained
- 1 (15-oz.) can Hy-Vee no-salt-added dark red kidney beans, rinsed and drained
- 1 (15-oz.) can Hy-Vee nosalt-added black beans, rinsed and drained 1 (8-oz.) can Hy-Vee nosalt-added tomato sauce

 SPRAY stockpot with nonstick cooking spray, place turkey, onions and bell peppers in stockpot.
 Cook and stir over medium heat until turkey is browned and vegetables are tender.
 Add chili seasoning mix and tomato paste. Cook and stir for 1 minute.

2. TRANSFER turkey

mixture to a 3½- or 4-quart slow cooker. Add crushed tomatoes, beans and tomato sauce. Stir to combine. Cover and cook on LOW heat 6 hours or HIGH heat for 3 hours.

Per serving: 190 calories, 0.5 g fat, 0 g saturated fat, 0 g trans fat, 45 mg cholesterol, 220 mg sodium, 20 g carbohydrates, 5 g fiber, 6 g sugar (0 g added sugar), 24 g protein. Daily Values: Vitamin D 0%, Calcium 4%, Iron 15%, Potassium 15%

QUIC



MAKING A BIG BATCH OF NO-CHOP TURKEY CHILI MEANS YOU CAN CREATE MORE EASY WEEKNIGHT MEALS. SIMPLY WARM THE LEFTOVER CHILI IN THE MICROWAVE.

POTATOES

Preheat oven to 425°F. Scrub baking potatoes; pat dry. Prick potatoes with a fork. Rub potatoes with Gustare Vita olive oil; sprinkle with kosher salt. Bake 40 to 60 minutes or until tender. Make a lengthwise cut into each potato and split potato open. Top with desired amount of warmed chili, sour cream and green onion slices.

EINCHILADA STACK

Layer warmed chili, avocado slices, mini red bell pepper slices and chopped cilantro between warmed Hy-Vee flour tortillas. Top with sour cream and, if desired, garnish with additional red bell pepper slices and cilantro.



Top mac 'n' cheese with a spoonful of warmed chili. Add spinach leaves and, if desired, chopped jalapeño pepper.



PREHEAT OVEN TO 350°F. HALVE AND SEED A YELLOW BELL PEPPER. FILL WITH MIXTURE OF COOKED RICE AND CHILI. TOP WITH HY-VEE SHREDDED MOZZARELLA CHEESE. BAKE UNTIL HOT AND BUBBLY. GARNISH WITH CHIVES.



PORK IN A FIELD OF ITS OWN.



To us, "fresh and local" are more than just words. It's the promise we make to our customers and the communities we serve to only source fresh, premium pork from

customers and the communities we serve to only source fresh, premium pork from Midwestern family farms near our stores. Buying locally raised pork supports the local farmers. It also connects the local community to the people who produce their food. That's why we're proud to work with real family farms in Iowa, Minnesota, South Dakota, Nebraska, Kansas, Missouri, Illinois and Wisconsin.

INTRODUCING





HOME IS WHERE THE HEARTY IS.

UUVCO. ANGUS RESERVE[™] 100% NATURAL





WORDS Hilary Braaksma PHOTOS Greg Scheidemann and Tobin Bennett

HALLOWEEN IS THE PERFECT EXCUSE TO GATHER WITH FRIENDS AND FAMILY AT YOUR FAVORITE HAUNT AND CELEBRATE WITH FESTIVE FOOD AND DRINKS. GET OUT YOUR CREEPIEST DECOR, YOUR SCARIEST SNACKS AND CRAZIEST COSTUMES AND GET THE PARTY STARTED.

Host a frightfully fun neighborhood get-together before—or as an alternative to—traditional trick-or-treating on your block. Whatever the size of your party, make it scary fun with our ideas for spooky decorating, fun games and tasty treats. Visit Hy-Vee to gather everything you need to celebrate, then bring your kids back to the store for treats.

Join Hy-Vee for more seasonal fun by attending a Halloween store event. Kids can trick-or-treat at Hy-Vee stores on Saturday, October 27, from 1 to 3 p.m. Trick-or-treating store events also offer coloring activities, mini-pumpkin decorating and cookie decorating. The first 100 kids trickor-treating will get a free bag! Bring the whole family and join in Hy-Vee's Halloween celebration.



Halloween isn't just for the kids! Adult parties are a fun way to celebrate fall, get creative with costumes and entertain. Get your friends and family together for a haunted house or costume party and toast to the freaky festivities with seasonal drinks and appetizers.

Spooky Spirits: Serve seasonal brews or spike your punch bowl with something from Hy-Vee Wine & Spirits.

KIDS' Parties

Get the whole family together before trickor-treating, or enjoy a safe alternative to it. Go beyond the sweets by hosting a spooky backyard scavenger hunt or obstacle course to offset the impending sugar rush.

Sweet Not Scary:

Candy overload is a little too scary this time of year. Serve healthy snacks along with traditional treats.



1 FANG-TASTIC CANDY CORN DONUTS Glaze premade donuts with white, yellow and orange frosting and arrange candy corn in the shape of fangs.
 2 MONSTER-CADO TOAST Top a piece of toast with mashed avocado and arrange cut veggies into the shape of a scary face. 3 SPIDER CUPCAKES Top Hy-Vee Bakery chocolate frosted cupcakes with a spooky spider made from a prune, black licorice legs and candy eyes dotted with black gel frosting. 4 CHOCOLATE CHIP SPIDER COOKIES Pipe chocolate frosting legs around the chocolate chips in premade cookies. 5 BOO-NANAS Dip frozen bananas in vanilla yogurt, roll in shredded coconut and decorate with mini chocolate chip eyes. 6 CANDY CORN FRUIT CUPS Layer pineapple chunks, mandarin orange pieces and whipped cream into a fruit parfait. 7 MONSTER PRETZELS Dip large pretzel rods in colorful melted baking chips and pipe on eyes made of white and milk chocolate.
 8 APPLE SPIDERS Spread peanut butter between two apple slices and add mini pretzel-stick legs. Finish with black gel frosting eyes and mouths. 9 GRANOLA BAR MONSTER Pipe melted white baking chips in a mummy-like pattern on premade granola bars and finish with candy eyes. 10 CHOCOLATE-COVERED HALLOWEEN STRAWBERRIES Dip strawberries into orange-and-white-colored melted baking chips and pipe on frosting to make jack-o'-lantern and skull designs.

TRICKS & TREATS

THE HALLOWEEN FUN DOESN'T STOP WHEN YOU'RE DONE HOSTING A PARTY. HERE ARE MORE WAYS TO MAKE THE MOST OF THE SEASON WHILE STAYING SAFE, HEALTHY AND HAPPY.

BALANCE

A healthy meal before trick-or-treating helps curb the urge to load up on sweets.

- Agree on the number of treats allowed per day in the weeks following Halloween.
- Come up with a plan to use and share extra candy, like using small packages of M&Ms to make cookies for friends and family.
- Walk around the neighborhood you're trick-ortreating in, instead of driving from house to house.
- Set up obstacle courses or other physical activities at your Halloween party.

KIDSFIT

Try these Halloweentheme workouts from Hy-Vee KidsFit director and certified personal trainer Daira Driftmier:

Creepy Crawlers 2 rounds

- 10 spider walks forward
- 10 spider walks backward
- 10 spider touches

Ghost Buster Jumping Jacks

Work out to the theme song from *Ghostbusters* and do a jumping jack each time you hear the word "ghost."

Find videos for these moves and more at *hy-veekidsfit.com*.



SAFETY

- Stay in a group and communicate where you're going.
 A responsible adult should accompany young children.
- Carry a cell phone.
 Review routes with
- older children who head out with friends.
- Add reflective tape to costumes or bags and candy buckets.
 Stay on sidewalks or the far side of the road, facing traffic.
 Don't cut across
- driveways or alleys.Don't eat any treats
- Don't eat any treats while out and about.
 Only visit homes
- with porch lights on.
- Give everyone in your trick-ortreating party a flashlight with fresh batteries.
 Headlamps are helpful for small children.

TREATS

If you're the one passing out treats this year, consider healthy alternatives to the usual candy:

- Oranges, Cuties or clementines decorated like pumpkins using a food-safe marker
- A plastic glove filled with trail mix or popcorn and adorned with a plastic spider ring
 Bananas, wrapped in gauze to look like mummies
- A green apple in a plastic bag decorated to look like a monster
- Nonfood items like glow sticks, balls and toys

GAME IDEAS

All Wrapped Up Wrap Halloween candy, small toys and other treats in plastic wrap, forming a ball. Pass between kids, allowing 15–30 seconds to unwrap at each turn.

Glow Ring Toss Play Halloween horseshoes by tossing glow necklaces around pumpkins.

Pumpkin Tic-Tac-Toe Use duct tape and orange and white mini pumpkins to lay out a tic-tactoe board.

DECOR

Freaky Flowers

Give a bouquet of white roses a creepy makeover by adding plastic spider rings to the blooms or draping it in fake cobwebs.

Scary Balloons

Use a black permanent marker to draw spooky ghost faces and jack-o'-lantern faces on white and orange balloons.

Creepy Candles

Use a permanent marker to draw spiderwebs, spiders or ghostly faces on plain white candles.

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g's Hawaiian Rolls: select varieties Kii 18 ct. \$5.99

King's Hawaiian Rolls: select varieties 24 ct. \$5.99





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This Hallowaiian, FEED MONSTROUS APPETITES.

Learn more at www.HALLOWAIIAN.com.

SERVE UP SERVE UP SMASHIN SMASHIN CREATENS



DRED EYEBALL COOKIE BALLS

Prep Time: 20 min | Total Time: 1 hr 40 min | Makes: 48 servings

WHAT YOU NEED

- 1 pkg. (8 oz.) brick cream cheese, softened
- 36 OREO Cookies, finely crushed
- 12 oz. purple, green, or orange candy coating wafers
- 1 Tbsp. oil
- 2 pkg. (1 oz. each) large candy button eyes Decorations: assorted sprinkles, nonpareils, decorating gels or icings

MAKE IT

MIX cream cheese and cookie crumbs until blended; shape into 48 (1-inch) balls. Place on waxed papercovered rimmed baking sheet. Refrigerate 20 min. **MELT** candy coating wafers as directed on package; stir in oil. Dip balls, 1 at a time, in candy coating, turning to evenly coat all sides of each ball. Return to baking sheet.

ADD 1 candy button eye to each ball, then add other decorations as desired.

REFRIGERATE 1 hour or until firm. Keep refrigerated.

Nutrition Information Per Serving: 110 calories, 6g total fat, 3.5g saturated fat, 5mg cholesterol, 65mg sodium, 13g carbohydrate, 0g dietary fiber, 10g sugars, 1g protein



WHILE SUPPLIES LAST

© Mondelēz International group

GLUTEN-FREE EATING IS GETTING **EASIER FOR CELIAC SUFFERERS** AND OTHERS WHO **ARE SENSITIVE TO** WHEAT. THAT'S FORTUNATE, **BECAUSE MANY PEOPLE ARE UNAWARE** THEY HAVE THE **DISEASE, WHICH CAN BE SILENT** FOR DECADES **UNTIL SYMPTOMS** ERUPT.

> WORDS Kristi Chew PHOTOS Tobin Bennett and Greg Scheidemann

|H|



Claire Baker, a busy mother of two boys in Philadelphia, struggled with anemia and a lack of energy that dated to her early 20s. Doctor after doctor

prescribed iron supplements, but they weren't working. The doctors suggested her vegetarian diet and monthly menstrual periods had something to do with the anemia. All she knew was that she kept taking iron yet always felt a bit tired.

In her 40s, she got a blood test that led to a diagnosis: celiac disease, a hereditary immune reaction to gluten—a protein in wheat, rye and barley.

"I was untreated for 25 years," says Baker. "I thought I felt normal. It was only after my numbers improved that I realized I could have felt better for a long time."

Four years after her diagnosis, while skimming a website for gluten-free diet tips, she stumbled upon an opening for the job she holds now: communications director for Beyond Celiac, a national organization that raises awareness of the disease.

Celiacs' immune respose targets the small intestine, leading to poor absorption of nutrients. Common symptoms include diarrhea, fatigue, bloating, abdominal pain and constipation. "Left untreated, the disease can lead to other complications anemia, decreased bone density, nerve injury, infertility, damage to tooth enamel," says Julie McMillin, R.D., Hy-Vee Assistant Vice President, Retail Dietetics. "There's no cure, only management of the symptoms through a gluten-free diet."

Some people have no symptoms for decades until they flare up later. About 2.5 million Americans are undiagnosed and at risk for long-term health problems, according to the Celiac Disease Foundation.

"It runs the gamut as far as symptoms are concerned," says Carla Carter, program coordinator for the National Celiac Association. In addition. she says, "You could have no symptoms but full intestinal damage. Or you could have one or many of 200 potential symptoms." With some of the symptoms easily mistaken for irritable bowel syndrome or other diseases, it's not hard to understand why many people go undiagnosed. A screening test for celiac disease consists of a blood test for antibodies. If that's positive, a doctor recommends a biopsy of the small intestine. Health experts say children, siblings and parents of celiacs should be screened for the disease, as they have a 1 in 10 risk compared to a 1 in 100 risk in the general population.

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"THE GLUTEN-FREE DIET IS CRITICALLY IMPORTANT, RIGHT DOWN TO THE CRUMB LEVEL, TO PEOPLE WITH CELIAC DISEASE." – CARLA CARTER, NATIONAL CELIAC ASSOCIATION

CELIACS USE SEPARATE TOASTERS, UTENSILS, EVEN PATS OF BUTTER TO AVOID EVEN A TINY BIT OF GLUTEN CONTAMINATION.

FIBER, B VITAMINS, IRON AND MAGNESIUM CAN BE LOST WHEN REMOVING WHEAT-BASED FORTIFIED CEREALS AND BREADS FROM YOUR DIET. INCREASE INTAKE OF FRUITS AND VEGETABLES, AND EAT OTHER WHOLE GRAINS SUCH AS BROWN RICE, QUINOA AND GLUTEN-FREE OATS.

<u>Non-Celiac Gluten Sensitivity</u>

Some followers of a gluten-free diet are not celiacs but are sensitive to gluten or some other protein in wheat. They experience some of the same symptoms as celiac disease, including abdominal pain, bloating, diarrhea, constipation, bone or joint pain, chronic fatigue and "foggy" thinking after ingesting gluten. Although they do not test positive for celiac disease, they report relief when gluten is removed from their diets. Non-Celiac Gluten Sensitivity is generally considered less severe than celiac disease.



WHEN **GLUTEN**, A PROTEIN IN WHEAT, BARLEY AND RYE, IS MIXED WITH WATER IT MAKES DOUGH **ELASTIC.** IT'S FOUND IN **BREAD AND BAKED GOODS**, **PASTA, CEREALS, SOME SOUPS AND SAUCES**, AND **BEER.** SOME GRAINS ARE **GLUTEN-FREE**, INCLUDING **QUINOA, BROWN AND WILD RICE, BUCKWHEAT**, **MILLET** AND **AMARANTH**. "CHECK OUT THE GROWING NUMBER OF GLUTEN-FREE PRODUCTS," SAYS JULIE MCMILLIN, REGISTERED DIETITIAN AND HY-VEE ASSISTANT VICE PRESIDENT, RETAIL DIETETICS. "MANY OF OUR STORES HAVE DEDICATED SECTIONS JUST FOR SHOPPERS WHO REQUIRE A GLUTEN-FREE DIET." DOWNLOAD A GLUTEN-FREE SHOPPING LIST ON HY-VEE.COM

NOT JUST A GUT REACTION

When a celiac's immune system overreacts to gluten. it damages the hairlike projections, called villi, inside the small intestine so they fail to properly absorb vitamins and minerals from food. That can lead to iron deficiency anemia, reduced bone density through loss of calcium, and infertility and miscarriage. Other potential health problems from celiac disease include seizures and other neurological problems, intestinal lymphoma and small bowel cancer.



AVOID: WHEAT, RYE, BARLEY CAN EAT: RICE, CORN, QUINOA, GLUTEN-FREE OATS, FLAX, CHIA, GLUTEN-FREE CEREALS





FRUITS & VEGGIES

> AVOID: PROCESSED FRUITS AND VEGGIES WITH GLUTEN-CONTAINING SAUCES CAN EAT: ALL FRESH PRODUCE AND FROZEN PRODUCE WITHOUT SAUCES

<u>P R O T E I N</u>



AVOID: MEATS WITH BREADINGS OR MARINADES THAT CONTAIN GLUTEN CAN EAT: MEAT, FISH, EGGS, LEGUMES AND NUTS ARE GENERALLY GLUTEN FREE **DAIRY**



AVOID: MANY CHEESES ARE GLUTEN FREE, BUT DURING PROCESSING GLUTEN MAY BE INCORPORATED CAN EAT/DRINK: ALL TYPES OF PLAIN COW'S MILK

Sources: beyondceliac.org

66 IlyVee, BALANCE | October 2018

Mayo Clinic Going Glutan Free Essential Guide to Managing Celiac Disease and Other Glutan-Related Conditions, Joseph A. Murray, M.D. Prep 20 minutes Bake 25 to 30 minutes Serves 6

Hy-Vee nonstick cooking spray ¼ cup Hy-Vee granulated sugar 1 Tbsp. Hy-Vee cornstarch 3 medium cooking apples, peeled, cored and chopped 1 cup frozen cranberries, thawed



BOB'S RED MILL GLUTEN-FREE ROLLED OATS ARE PROCESSED IN A DEDICATED GLUTEN-FREE FACILITY.

CRANBERRY-APPLE

2 tsp. grated fresh ginger ¹/₂ cup <u>gluten-free</u> <u>old-fashioned oats</u> ¹/₂ cup packed Hy-Vee brown sugar ¹/₄ cup gluten-free

all-purpose flour ½ tsp. Hy-Vee ground cinnamon [—]¼ cup Hy-Vee unsalted butter, cut into chunks

1. **PREHEAT** oven to 375°F. Spray six (6-oz.) ramekins or custard cups with nonstick spray; set aside.

2. COMBINE granulated sugar and cornstarch in a medium bowl. Add apples, cranberries and ginger, toss to combine. Divide apple mixture among ramekins; set aside. 3. COMBINE oats, brown sugar, flour and cinnamon in a bowl. Cut in butter until mixture resembles coarse crumbs. Sprinkle topping over apple mixture in ramekins.

4. BAKE for 25 to 30 minutes or until apples are tender and topping is golden.

Per serving: 260 calories, 8 g fat, 5 g saturated fat, 0 g trans fat, 20 mg cholesterol, 10 mg sodium, 48 g carbohydrates, 3 g fiber, 37 g sugar (26 g added sugar), 1 g protein. Daily values: Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 4%



BOB'S RED MILL GLUTEN-FREE FLOUR IS MADE FROM STONE-GROUND GLUTEN-FREE GRAIN AND BEAN FLOURS. Prep 20 minutes Bake 10 to 12 minutes Serves 30 (1 cookie each)

CHOCOLATE CHUNK

- 2 oz. Hy-Vee plain cream cheese, softened
- 3/4 cup Hy-Vee unsalted butter, softened

1 cup packed Hy-Vee brown sugar ½ cup Hy-Vee granulated sugar 1 Hy-Vee large egg 1 tsp. Hy-Vee vanilla extract 2¼ cups gluten-free all-purpose

- flour 1 tsp. Hy-Vee baking soda
- 1 tsp. Hy-Vee salt
- ¹/₂ tsp. xanthan gum
- 1½ cups gluten-free semisweet chocolate chunks or chips

1. PREHEAT oven to 375°F. Line 3 baking sheets with parchment paper; set aside.

2. PLACE butter and cream cheese in a large mixing bowl. Beat with

an electric mixer on medium until fluffy. Lightly beat in brown sugar and granulated sugar. Beat in egg and vanilla until combined. Stir in chocolate chunks or chips.

3. **COMBINE** gluten-free flour, baking soda, salt and xanthan gum in a medium bowl. Add to creamed mixture and beat until combined.

4. DROP rounded tablespoons of dough 2 in. apart on prepared baking sheets. Flatten slightly.

Bake for 10 to 12 minutes or until edges are light brown (cookies should still be soft). Cool on wire racks. Store cookies in an airtight container at room temperature for up to 3 days or in the freezer for up to 6 months.

Per serving: 160 calories, 8 g fat, 5 g saturated fat, 0 g trans fat, 20 mg cholesterol, 55 mg sodium, 23 g carbohydrates, 0 g fiber, 15 g sugar (15 g added sugar), 2 g protein. Daily values: Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 2%



GRAB A COLD ONE! THESE BEERS AND CIDERS ARE **GLUTEN FREE OR CRAFTED** TO REMOVE GLUTEN.



REDBRIDGE SORGHUM BEER

A rich, fullbodied lager made without wheat or barley.



NEW BELGIUM **GLÜTINY**

Sweet, slightly herbal malt flavors.



OMISSION IPA

Hoppy pale ale is balanced and smooth.



TWO **BROTHERS**

Prairie Path Golden Ale is a complex malt blend.



ANGRY ORCHARD

A hard cider with a crisp apple flavor.

GLUTEN-FREE



VAN'S CEREALS

Whole-grain blend of oats, brown rice, millet, quinoa and amaranth provides nutrients and fiber. Try crunchy, slightly sweet Cinnamon Heaven.



ENJOY CEREALS, SNACKS, ENTRÉES, BAKED GOODS AND MORE MINUS THE **GLUTEN. HY-VEE AISLES** HOLD PLENTY OF **OPTIONS. HERE ARE** JUST A FEW.

RICEWORKS

BILENUUN BIL

Whole-grain rice snacks have no gluten-also no preservatives or artificial flavors.



ENER-G BREAD Multigrain bread has rice flour, brown rice flour, tapioca and no gluten.

BARILLA PASTA Gluten-free with classic pasta texture and flavor. Made with corn and rice.



GLUTINO COOKIES

Luscious vanilla cream is sandwiched between dark chocolate wafers. They're gluten free, so indulge!



G GREAT TASTE, MADE Ζ WITH CORN T Σ R RICE

ITALY'S #I BRAND OF PASTA


AMERICANS LIKE THINGS BIG, FROM BRAWNY TRUCKS TO MCMANSIONS. UNFORTUNATELY, **SUPERSIZING ALSO APPLIES TO OUR FOOD PORTIONS**—AND, EVENTUALLY, OUR WAISTLINES. HERE'S HOW TO KEEP THAT FROM HAPPENING.

WORDS Luke Miller PHOTOS Tobin Bennett

LIVING LARGE Bigger isn't always better, especially when it comes to the amount of food we pile on our plates. While it may make for awesome social media posts, that spectacular dinner plate isn't just overflowing with food, it's also overflowing with calories. And that can pose a threat to our health.

Twenty years ago, a typical cheeseburger and serving of fries added up to 543 calories. That's reasonable, considering the USDA estimates, on average, that a woman needs 2,000 calories a day and a man needs 2,500 calories a day. But today's supersize versions tally well over a thousand calories—without a beverage! Add in a couple more meals on a typical day and you can see why we're gaining weight at an alarming rate.

3,500 CALORIES = 1 POUND

SUPERSIZING ADDS UP QUICKLY

PORTION DISTORTION It's

common these days to see a plate piled high with enough food for two or three people. Still operating under the "finish your plate" mentality of childhood, we chow down and pay with indigestion in the short run, worsening health long term. What we now consider a "normal" portion size is partly the result of bigger dinner plates in general. In fact, the surface area of the average dinner plate has increased 36 percent since the 1960s. While 6 ounces of pasta looks reasonable on an 8-inch plate, it looks more like an appetizer on a 12-inch plate. So we end up adding more pasta.

WHY IT'S RISKY Nearly 40 percent of American adults are obese, with a body mass index (BMI) greater than 30, according to the Centers for Disease Control and Prevention (CDC). That's concerning, because obesity can lead to heart disease, stroke, diabetes and certain types of cancer. It can also impact quality of life by contributing to depression, anxiety and physical pain. Not surprisingly, it's costing us more than our health. In a 2006 study, the CDC found that annual medical costs for people with obesity were \$1,429 higher on average than for those of normal weight.

HOW TO CONTROL IT Don't embrace the "bet you can't finish it" mentality. For the sake of your health, it's better to pack a doggie bag than to pack on the pounds. Read on to find some of our favorite strategies for controlling portions.

A TYPICAL BAGEL IN THE U.S. IS **195 PERCENT** BIGGER THAN THE USDA'S STANDARD SIZE.

Sources: www.cnpp.usda.gov/sites/default/files/usda_food_patterns/EstimatedCalorieNeedsPerDayTable.pdf www.cdc.gov/obesity/data/adult.html smallplatemovement.org/wp-content/uploads/2017/06/portion_size_me_JADA_2007.pdf

A V O I D T H E T R A P

WHEN EATING OUT:

• Share a meal. Split an entrée with a dining companion. If eating alone, order a healthy appetizer instead of a calorie-laden entrée.

• Dissect a dessert.

Ask for extra forks and enjoy just a few bites of a decadent treat and share the rest with dining companions.

• Pass the fries around.

Eating French fries can be habit forming. Better to take a handful for yourself and share the rest.

• Take some home. Ask for a take-home box with your order and pack up half your meal right away. Enjoy leftovers as a meal the following day.

WHEN EATING AT HOME: • Use smaller dishes.

Serve on an 8-inch salad plate instead of a 12-inch dinner plate. Your plate will look full and you'll eat less.

Plate your food in

the kitchen. You're less likely to have seconds if the serving dish is out of reach.

• **Slow down.** Enjoy a leisurely meal, chewing your food slowly and paying attention to the aroma and taste.

• **Measure it.** If eating or snacking in front of the TV, put the amount you intend to eat into a bowl rather than eating straight from the package.

As the average size of dinner plates has increased, it's only natural for us to try to fill

As the average size of dinner plates has increased, it's only natural for us to try to fill those plates. Compare a typical portion, *below left*, with what an actual serving would look like if it fit within the USDA's caloric needs for an average adult, *below right.*

PORTION



WHAT WE EAT 22-ounce chicken burrito with brown rice, black beans, lettuce, salsa, cheese, chips and guacamole: 1,745 calories

WHAT'S ENOUGH Half the burrito, one third of the chips and guacamole: 679 calories

SERVING



♦ WHAT WE EAT ½ pound gourmet cheeseburger with lettuce, tomato, pickle, mayonnaise, French fries and ¾ cup ketchup: 1,230 calories

WHAT'S ENOUGH > ¼ pound cheeseburger, half the French fries, and 2 tablespoons of ketchup: 615 calories





• WHAT WE EAT 2 triangular slices with classic marinara pizza sauce, sausage, pepperoni, mushrooms, banana peppers, green peppers and black olives: 270 calories per slice, 540 calories total

WHAT'S ENOUGH > One slice: 270 calories



Sources (this page and opposite): https://www.healthyeating.org/Healthy-Eating/Healthy-Living/Weight-Management/Article-Viewer/Article/348/Correct-Portion-Sizes-How-to-Keep-Portion-Distortion-in-Check www.nhibi.nih.gov/health/educational/wecan/eat-right/distortion.htm www.niddk.nih.gov/health-information/weight-management/ust-enough-food-portions care.diabetesjournals.org/content/38/7/e98

Huveo, BALANCE | October 2018

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wexnermedical.osu.edu/blog/check-your-portion-sizes www.nutritionletter.tufts.edu/issues/13_1/special-reports/Mastering-Portion-Control_2082-1.html PORTION VS. SERVING A PORTION IS THE Amount of food you Choose to eat. A Serving is the Amount of food that is Recommended.

> A STUDY IN *HEALTH PSYCHOLOGY* FOUND THAT PEOPLE DETERMINE HOW MUCH TO EAT BY THE NUMBER OF UNITS IN A PORTION. FOR EXAMPLE, PARTICIPANTS OFFERED THREE 20-GRAM COOKIES ATE LESS THAN THOSE OFFERED ONE 60-GRAM COOKIE.

LEARN MORE ABOUT BALANCING FOOD GROUPS FOR A HEALTHY DIET AT THE USDA'S WEBSITE, CHOOSEMYPLATE.GOV

Eat the protein in your meal before eating the carbs to help control blood sugar and better maintain your weight.

IT'S ALL ABOUT BALANCE

A well-balanced meal starts with fruits and vegetables. The CDC says only 1 in 10 Americans gets enough of these gems, which can reduce the risk of heart disease, diabetes, some cancers and obesity. Give them half the plate because they're low in fat, high in fiber, and will help you fill up so you eat less of the other stuff. Now add the starches, such as pasta, potatoes, rice or bread, taking up no more than one-fourth of the plate. The final quarter section is for proteins such as meat, fish or tofu.

Portion control got you down? Cut loose with a healthy salad. Line a big plate with your choice of lettuce, kale, spinach, shredded cabbage or a mix of them all. Add raw vegetables and your choice of protein (tuna fish or a crumbled veggie burger work well). Skip the cheese and croutons, adding seeds and sprouts instead. Top with a low-fat dressing or oil and vinegar. *Voila!* Lots of food, lots of nutrients, not lots of calories.

GIVE YOUR BODY A SPORTING CHANCE

If you don't have a measuring cup available, use these visual clues to determine proper portions.



1 serving of cooked meat or poultry (3 ounces) is a deck of cards



1 serving of chopped raw fruits or vegetables (1 cup) is a baseball



1 serving of cooked wholegrain pasta (½ cup) is a hockey puck



1 serving of dried fruit or nuts (¼ cup) is a golf ball



of cheese (1½ ounces) is six dice

1 serving



1 serving of butter, salad dressing, mayo or oil (1 tablespoon) is a **poker chip**

1 serving of peanut butter (2 tablespoons) is a **ping-pong** ball



1 serving of ice cream (½ cup) is a **tennis ball**

APPLES ARE A UALIIARIE SOURCE OF SOLUBLE FIBER IIINA UFSSEI WALLS AS WELL AS INSOLURIE FIRER THAT HELPS TO MOVE FOOD OUICKLY THROUGH THE INTESTINES FOR BETTER COLON HEALTH.

Sources (this page and opposite): medlineplus.gov/ency/patientinstructions/000337.htm msue-anr.msu.edu/news/estimate_food_portions_with_handy_everyday_items www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/water/art-20044256 www.nutritionletter.tufts.edu/issues/10_9/special-reports/Best-Food-Choices-to-Reduce-Yourcancer-Risk, 1535-1.html extension.illinois.edu/apples/nutrition.cfm www.choosemyplate.gov/MyPlate

To get the most nutrients and fiber from an apple, eat the skin.

MORE WAYS To avoid Overeating

• Enjoy healthy snacks between meals to keep you from overindulging. Dip apple slices in low-fat yogurt or baby carrots in hummus. A handful of nuts and raisins and a banana can also satisfy hunger cravings—without busting a gut.

• Stay hydrated. Adults need the equivalent of eight 8-ounce glasses of water per day, and that figure only goes up if you're exercising, doing manual labor, or active outside on a hot day. Also, thirst is often confused with hunger, so consider having a glass of water when you feel hungry.

• Load up on fresh vegetables and fruits. Substitute them for chips when you have a sandwich. Or make up a big batch of salad Sunday night and work off it throughout the work week. You'll fill up on fiber, not calories.

begin A NEW JOURNEY

Walk a healthier path with Begin[®], a 10-week healthy lifestyle and weight

management program led by a Hy-Vee registered dietitian. The program focuses on healthy eating, weight control, exercise and overall good health. You can meet individually with a dietitian to set goals, then attend hour-long classes in a Hy-Vee store. Biometric screenings allow you to see the impact of your changes on cholesterol, blood sugar, blood pressure, weight and body measurements. For more information, visit hy-vee.com/health/begin-program. A TYPICAL PORTION OF PASTA IS 480 PERCENT LARGER THAN THE USDA STANDARD SERVING.

3 KEYS TO

Eating reasonable portions is just the beginning. These tips from the USDA help you build a healthy eating style to last a lifetime.

Focus on variety, amount and

nutrition. Make healthy food and drink choices from all five food groups (fruits, veggies, grains, proteins and dairy) to get the nutrients you need. Eat the proper number of calories based on your age, gender, height, weight, and activity level.

Z Avoid saturated fat, sodium,

and added sugars. They're a big contributor to weight gain and chronic health problems. Read Nutrition Facts labels on product packaging so you can avoid foods that are high in those categories.

Go about it gradually. Changing lifelong eating habits takes time. Start by making little changes adding more vegetables and fruits to your plate or switching to low-fat or fat-free dairy. Then celebrate the small victories!

75



Ziploc Snack or Sandwich Bags: select varieties 66 or 90 ct. \$3.28



Ziploc Freezer or Storage Bags: select varieties 30 to 40 ct. \$4.68



Ziploc Slider Bags: select varieties 10 to 20 ct. 2/\$5.00



Glade Candle or Plug In Scented Oil: select varieties 9.2 oz or 3 ct. refills \$6.48



Windex, Scrubbing Bubbles or Shout Cleaner: select varieties 8.7 to 32 fl. oz. 2/\$6.00

HOMEFRONT

Give back with our family of products

For every two SC Johnson products purchased in October 2018, SC Johnson will donate 50 cents to Hy-Vee Homefront!*



*Up to \$15,000

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real-life products. feel-good value.



simply done™ ready for life besimplydone.com

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FOODS **THAT** HELP YOU

IMPROVE SLEEP WITH CERTAIN FOODS. BALANCE DAYTIME FUEL WITH EVENING NOURISHMENT THAT WON'T INTERFERE WITH YOUR ZZZ'S. THE KEY IS TO INCLUDE FOODS WITH TRYPTOPHAN, MAGNESIUM AND OTHER ELEMENTS THAT HELP ROUTE SOOTHING CHEMICALS TO YOUR BRAIN, AND TO AVOID STIMULANTS LIKE CAFFEINE.

WORDS Kristi Chew PHOTOS Tobin Bennett By dinnertime the fuel for your body should include substances that are kind to it and let it unwind toward bedtime. Tryptophan, vitamin D, melatonin and magnesium in food can help you do that, according to studies.

For example, those in a Wisconsin study group who ate Atlantic salmon three times a week over six months appeared to fall asleep more easily and reported better sleep quality than a control group who ate non-fish meats over the same period. A 2014 report in the *Journal of Clinical Sleep Medicine*, a publication of the American Academy of Sleep Medicine, noted that fatty fish, such as salmon, contain vitamin D and omega-3 fatty acids, "and both nutrients seem to be important for the regulation of serotonin, which is involved in ... energy balance and sleep." A review of studies published in the National Institutes of Health (NIH) in 2014 reported that foods containing tryptophan, calcium, melatonin and potassium appear to prevent insomnia.

Melatonin-rich foods such as nuts, mushrooms, fish and some cereals appear to have sleep benefits, says another NIH-published report, in 2017. Lack of magnesium, a mineral needed for many processes in the body, has been associated with insomnia, especially in older people.

Sources (this page and opposite): www.ncbi.nlm.nih.gov/pmc/articles/PMC4013386/

(Re), WWW.Incbi.Infinitini.gov/pinc/articles/PMC44013360/ www.ncbi.nlm.nih.gov/pmc/articles/PMC4400346/ www.ncbi.nlm.nih.gov/pmc/articles/PMC5409706/ www.ncbi.nlm.nih.gov/pmc/articles/PMC2995283/ www.ncbi.nlm.nih.gov/pmc/articles/PMC5015038/ www.ncbi.nlm.nih.gov/pmc/articles/PMC5015038/ www.ncbi.nlm.nih.gov/pmc/articles/PMC4247643/







CHAMOMILE TEA Apigenin, an ingredient in chamomile, binds with the brain's benzodiazepine receptors, which appears to put the body in a calm, sleepy state.



WHOLE GRAINS High in magnesium. A deficit of this mineral has been linked to insomnia in elderly people. Bananas are also a source of magnesium.



KIWI This green fruit contains the feel-good chemical serotonin. It also contains folate. Deficiency in folate has been associated with restless leg syndrome.



EGGS Tryptophan in eggs is transformed into serotonin in the brain, then converted to melatonin.



CHICKEN/TURKEY Tryptophan, present in turkey and chicken, is needed to make the neurotransmitter serotonin.

OATMEAL

Oats contain

reported to

tryptophan and

melatonin, both

improve sleep.



CHERRIES Tart cherry juice is a source of melatonin, the sleep hormone that regulates and resets your internal clock.



SALMON Fatty fish, such as salmon, is a major dietary source of vitamin D. Deficiency has been linked to poor sleep quality. Fish is also a source of tryptophan.



MILK Both whole milk and 2% milk contain the essential amino acid tryptophan, the precursor for serotonin and melatonin.



PISTACHIOS Nuts, including pistachios and walnuts, have the highest level of melatonin among plantbased foods. Melatonin improves sleep.



minutes or less

Hy-Vee nonstick cooking spray

3 Tbsp. Hy-Vee all-purpose flour 3 Tbsp. packed Hy-Vee brown sugar ½ tsp. Hy-Vee baking powder ½ tsp. Hy-Vee baking soda ½ tsp. Hy-Vee ground cinnamon ½ tsp. Hy-Vee ground nutmeg 1 Hy-Vee large egg 1 ripe small banana, mashed (½ cup) 1 Tbsp. Hy-Vee canola oil 1 Tbsp. Hy-Vee 2% reduced-fat milk **1. SPRAY** 2 (8-oz.) microwave-safe mugs with nonstick spray.

2. COMBINE flour, brown sugar, baking powder, baking soda, cinnamon and nutmeg in a small bowl. Add egg; combine thoroughly. Stir in banana, oil and milk. Divide batter between prepared mugs.

3. MICROWAVE, one at a time, on HIGH for 1 to 1½ minutes or until a wooden toothpick inserted near center comes out clean.

Per serving: 280 calories, 10 g fat, 1.5 g saturated fat, 0 g trans fat, 95 mg cholesterol, 150 mg sodium, 44 g carbohydrates, 2 g fiber, 28 g sugar (20 g added sugar), 5 g protein. Daily values: Vitamin D 6%, Calcium 4%, Iron 6%, Potassium 6%





CHERRY

Place ¼ cup unsweetened cherry juice, 3 Tbsp. Hy-Vee Select red wine vinegar, 2 Tbsp. Hy-Vee canola oil, 2 Tbsp. Hy-Vee honey, 2 Tbsp. Hy-Vee dried cherries, 1 Tbsp. chopped shallot, 1 garlic clove and 1 tsp. Hy-Vee Dijon mustard in a blender. Blend until smooth. Serve over salmon-and-lettuce salad. Makes ¾ cup.

2 WILLY SUILS PREPARE A FAVORITE BURGER RECIPE, USING GROUND TURKEY INSTEAD OF BEEF. SHAPE INTO MINI-SIZE PATTIES, COOK AND SERVE IN WHOLE WHEAT SLIDER BUNS LINED WITH LETTUCE OR SPINACH.

) U YOGURT PUDDING

Pictured *above*. Combine 1½ cups Hy-Vee vanilla Greek yogurt and ½ cup part-skim ricotta cheese in a bowl. Divide mixture between two (8-oz.) dessert dishes. Top each with ¼ cup fresh raspberries or cut-up kiwi, 1 Tbsp. Hy-Vee slivered almonds or pistachios and 1 tsp. Hy-Vee HealthMarket chia seeds. Serves 2.

CHAMOMILE TEA

Fill a microwave-safe mug with Hy-Vee 2% reduced-fat milk. Microwave on HIGH for 2 to 3 minutes or until milk is hot and bubbly. Add 1 chamomile tea bag to the milk and steep for 10 minutes. Remove and discard the tea bag. Stir in 1 tsp. Hy-Vee honey, if desired, to sweeten. Serves 1.

KIWI-TOMATO SALSA

Combine 2 peeled and chopped kiwi, 2 seeded and chopped roma tomatoes, ½ peeled and chopped English cucumber, ¼ cup seeded and chopped red bell pepper and 2 Tbsp. chopped cilantro. Season to taste with Hy-Vee salt and black pepper. Serve with whole grain crackers. Makes 2½ cups.



FEELING SLUGGISH? THERE'S A SUPPLEMENT FOR THAT. WANT TO IMPROVE YOUR WORKOUTS? THERE'S A SUPPLEMENT FOR THAT, TOO. SUPPLEMENTS CAN MAKE UP FOR NUTRITIONAL GAPS OR GIVE YOU AN EDGE IN THE GYM WHEN THEY WORK IN TANDEM WITH A BALANCED DIET AND CONSISTENT EXERCISE.

WORDS Beau Berkley PHOTOS Tobin Bennett and Adam Albright

SUPPLEMENTARY INFORMATION

WHETHER AT THE OFFICE OR THE GYM, AMERICANS RELY ON SUPPLEMENTS TO IMPROVE PERFORMANCE AND HEALTH. IN 2016, THE SUPPLEMENT INDUSTRY HIT \$41.16 BILLION IN TOTAL SALES, UP FROM \$37 BILLION IN 2014.

Shopping for supplements can be overwhelming. with flashy packaging and names that sound like ingredients for a Harry Potter potion (no offense, St. John's Wort). Vitamins, minerals, amino acids and enzymes come in tablets, capsules, powders, drinks and bars. Supplements can be broken down into two categories: dietary and sports nutrition. Dietary supplements like vitamins and minerals can help if you struggle to consume and absorb enough of a certain nutrient, but they should not be thought of as a replacement for a balanced, wholefoods diet. Vitamin and mineral supplements can also be used to reverse some nutrient deficiencies following a doctor's diagnosis.

Sports supplements like whey protein and creatine can help with muscle recovery after a tough workout and build muscle over time. These kinds of supplements may help you achieve your fitness or athletic goals by boosting performance and endurance.

Whether you're looking to shore up your vitamin D, strengthen your joints or increase muscle mass, keep in mind that a supplement might augment—not completely replenish—a needed nutrient.

Ryan Weiler, Hy-Vee **Registered Dietitian in** Shakopee, Minnesota, is quick to point out that supplements are not the answer to everything. "There's no magic pill, so no supplement will solve all your problems or completely transport you to the next tier of training. They can definitely be a tool to get you off that plateau," Weiler said. "Just keep your expectations grounded and keep in mind supplements are something you add to an already balanced nutrition plan."



NOT ALL SUPPLEMENT **BOTTLES ARE THE SAME, BUT THEY ALL HAVE A FEW LABELS YOU NEED TO BE AWARE OF TO ENSURE SAFETY AND PROPER USE.**

1 Supplement Facts The Food and Drug

Administration (FDA) requires supplement companies to list all ingredients under "Supplement Facts." Manufacturers must comply with quality standards to ensure that only the listed ingredients are in the product.

2 Proprietary Blends

Many sport supplements contain proprietary blends, a mix of ingredients intended to have a specific effect. Companies are required to list each ingredient in the blend in order of weight, but not the specific amount.

3 Disclaimer

Supplement bottles have a disclaimer noting that the product's health claims have not been evaluated by the FDA.



DIETARY SUPPLEMENTS CAN **HELP OUR BODIES** 52 percent of American adults take one or more dietary subnet entry subnet to the contract of **GET OUT OF A**

When deficiencies develop due to dietary preferences or health conditions. supplementation can be extremely beneficial. Vitamin B12. which aids neurological function and red blood cell formation, is found almost exclusively in animal products, so vegetarians and vegans may take a supplement to boost their levels. Calcium supplements can stave off osteoporosis, and iron, a mineral that helps shuttle oxygen throughout the body, can be used by those with anemia. Consult a doctor if you think you're deficient; self-diagnosing could lead to oversupplementing, which can bring about more issues. Karsten Koehler, assistant professor in Sports and **Exercise Nutrition and Director of the Sports and Exercise Nutrition Lab at** the University of Nebraska-Lincoln, says absorbing too much of certain nutrients, such as iron, can cancel out the absorption of other minerals, like copper and zinc. "You're tricking your body into thinking it has enough of these other nutrients, too. So, copper or zinc deficiency can be a result of iron supplementation," Koehler says.

Sources: ods.od.nih.gov/factsheets/ ExerciseAndAthleticPerformance-HealthProfessional/ www.fda.gov/food/guidanceregulation/guidancedo cumentsregulatoryinformation/dietarysupplements/ ucm070597.htm#4-1 https://ods.od.nih.gov/factsheets/ VitaminB12-HealthProfessional/

- Journal

of the American Medical Association

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STROLLING THROUGH THE HY-VEE HEALTHMARKET? HERE ARE SOME DIETARY SUPPLEMENTS YOU'LL LIKELY SEE ON THE SHELVES.

ALWAYS CONSULT YOUR PHYSICIAN **BEFORE STARTING** A SUPPLEMENT REGIMEN.

MELATONIN

Natural sleep hormone typically produced by the brain during the evening. May benefit those suffering from jet lag, insomnia or sleep problems caused by shift work.

PROBIOTIC

Live bacteria that may confer beneficial effects on the digestive system. May help reverse potential sideeffects of antibiotics.

FIBER

Digestive aid that may

improve bowel function for

those lacking a high-fiber

diet, which is about 25 to

30 grams per day.

MULTIVITAMIN

One of the most frequently used supplements. Contains various forms of A, B, C, D and E vitamins. May help reverse or make up for nutrient deficiencies.

CALCIUM

May improve bone and

teeth health. Calcium is not produced by the body,

so it must be consumed through foods

and/or supplements.

GREEN TEA EXTRACT Isolated powder from the Camellia sinensis plant. **Contains antioxidants that** may protect cells from free radical damage.



FISH OIL

Supplement high in omega-3 fatty acids, commonly found in fish such as salmon. May reduce the risk of ischemic stroke.

Sources: nccih.nih.gov/health/melatonin nccih.nih.gov/health/probiotics nccih.nih.gov/health/vitamins www.cancer.gov/publications/dictionaries/cancer-drug/def/green-tea-extract www.ucsfhealth.org/education/fiber_supplements/ www.ucsfnealth.org/education/fiber_supplements/ www.noforg/patients/treatment/calicium/itamin-d/ www.mayoclinic.org/diseases-conditions/iron-deficiency-anemia/symptoms-causes/syc-20355034



IRON Aids in red cell production. Women, frequent blood donors and vegetarians have an increased risk of iron deficiency.

SPORTS SUPPLEMENTS ARE MADE TO IMPROVE WORKOUTS, MUSCLE RECOVERY AND EXERCISE ENDURANCE.

POWDER POWER

SPORTS SUPPLEMENTS CAN BE USED AS A QUICK AND EFFICIENT WAY TO FUNNEL NUTRIENTS TO MUSCLES BEFORE, DURING OR AFTER EXERCISE. BELOW ARE SOME OF THE MOST COMMONLY USED SPORTS SUPPLEMENTS.

REPORTED TO ALTON	WHAT IT DOES: Aids in building, maintaining and repairing muscle fibers. Whey protein digests quickly, casein digests more slowly, and plant protein may be used by those who are lactose intolerant.	WHEN TO TAKE: Within 45 minutes to an hour after a workout. Consuming protein after exercise can reduce muscle breakdown.
	WHAT IT DOES: Generates adenosine triphosphate (ATP) to supply muscles with energy. Creatine use has been associated with increased strength and power during high-intensity workouts.	WHEN TO TAKE: Typical use includes "loading" phase, during which users consume 20 grams per day for 3 to 5 days. After loading phase, take 1 tablespoon before or after workout.
	WHAT IT DOES: May improve energy levels, muscle endurance and mental focus during workout. Usually made with a variety of ingredients, including high doses of caffeine.	WHEN TO TAKE: The name has it: right before a workout. Aim for 15 to 30 minutes before you begin exercising.



BUYER BEWARE

DESPITE EVER-GROWING CONSUMER INTEREST. SUPPLEMENT COMPANIES **ARE NOT REQUIRED TO** SEND PRODUCTS TO THE FOOD AND DRUG **ADMINISTRATION FOR** PREMARKET REVIEW. **PUTTING THE ONUS ON THE COMPANIES TO GUARANTEE THAT** THEIR PRODUCT IS SAFE AND EFFECTIVE. THAT'S NOT ALWAYS THE CASE, SO **CONSUMERS NEED** TO CARRY OUT DUE **DILIGENCE BEFORE REACHING THE CHECKOUT LINE. "BE** SOMEWHAT CRITICAL **OF THE BRANDS** YOU'RE CHOOSING AND THE INGREDIENTS ON THE LABEL." WEILER SAYS.

Third Party Certification:

Check for third party certifications from companies like Informed-Sport or Informed-Choice to ensure the product was made with proper manufacturing practices, contains quality ingredients and is free of banned substances.



WHEY IN

There may be no more prominent supplement powder than whey protein. According to the National Institutes of Health, consuming protein during and after a workout can optimize muscle response (and mixing up a scoop of whey at the gym is far more convenient than keeping a chicken breast in your pocket). To kick-start your recovery, Weiler recommends downing your shake within 45 to 60 minutes after your workout. SPENT ON SPORTS NUTRITION SUPPLEMENTS IN 2016.

PERFORMANCE INSPIRED

ALL-NATURAL HIGH PERFORMANCE SPORTS NUTRITION FROM MARK WAHLBERG



EXCLUSIVELY AT



We're not going to sugar-coat this.*

15g protein. 9g sugar.



SMARTER NOT SWEETER^{*} Yogurt made with ultra-filtered milk

YOPLAIT AND YO BY YOPLAIT ARE TRADEMARKS OF YOPLAIT MARQUES (FRANCE) USED UNDER LICENSE. * 40% LESS SUGAR THAN LEADING GREEK LOWFAT YOGURT; YO CONTAINS 96 SUGAR PER 5.3 0Z SERVING; THE LEADING YOGURT BRAND CONTAINS 166 SUGAR PER 5.3 0Z SERVING

EXPERIENCE FRENCH STYLE YOGURT

subtly sweet, fresh taste



Yoplait Oui or YQ Yogurt: select varieties 5 or 5.3 oz. 3/\$4.00

crafted with simple ingredients



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SITTING ALL DAY CAN LEAD TO PHYSICAL AND MENTAL AILMENTS. UNFORTUNATELY, MANY AMERICANS WORK AT DESK **JOBS, AND THAT** SEAT TIME QUICKLY ADDS UP.

The average adult spends 71 percent of their waking hours sedentary, sitting between 7 and 15 hours a day. Yet the human body is designed to move, and that amount of inactive time comes with dangerous health risks: heart disease, diabetes, depression, obesity, high cholesterol and aches and pains. A study from the College of American Physicians found that people who sit for less than 30 minutes at a

time have the lowest rate of those health risks.

"Sitting does not engage the musculature of our core and glutes, which can cause them to become weakened over time," says Leython Williams, physical therapist at Athletico Physical Therapy in Chicago, Illinois. "These strength deficits can lead to decreased stability in our activities of daily living."

Williams warns that a sedentary workday can lead to herniated disks, back pain, neck strain and increased risks for falls.

Any exercise will help counter the negative effects of sitting, but "deskercise" is particularly helpful because it allows you to break up the repetitive motions of the workday that can cause strain on your body.

MINUTES SPENT SITTING IN A YEAR

SUPPLIE R

STEP UP YOUR **DESK WORKOUTS** WITH THESE OFFICE-FRIENDLY FITNESS TOOLS.

INCREASE CORE STRENGTH BY REPLACING YOUR CHAIR WITH A STABILITY BALL

> TONE AND BUILD MUSCLE ALL DAY BY WEARING **ANKLE &** WRIST WEIGHTS

INCREASE BALANCE AND STABILITY BY STANDING A FEW MINUTES A DAY ON A BALANCE BOARD



DESK WORKOUTS

MINUTES SEATED IN AN AVERAGE WORKDAY

SITTING

STATS

Sources for whole story: www.ncbi.nlm.nih.gov/pmc/articles/PMC3404815/ hr.williams.edu/files/2014/01/Exercise-at-Your-Desk-Presentation.pdf annals.org/aim/article-abstract/2653704/patterns-sedentary-behavior-mortality-u-s-middle-aged-older-adults www.juststand.org/the-facts/ www.cdc.gov/pcd/issues/2012/pdf/11_0323.pdf

WORKDAYS IN

A YEAR

ON THE

Working a desk job doesn't mean you need to sit still. Stretches and strength training can easily be worked into your schedule without disrupting the work day.

"I recommend people set an alarm for every 30 to 60 minutes as a reminder to get up," says Chris Wooley, physical therapist at UnityPoint Health in West Des Moines, lowa. "Take a short walk, stretch, use the restroom, really anything to get yourself out of the seated position."



Time to stand! Stand up and move a little for one minute.

GET TECHNICAL:

Set a recurring alarm on your smartwatch, phone or computer to alert you when it's time to move. Some smartwatches and fitness trackers have built-in reminders.



STEP 1 Stand with back to desk and place palms down on edge. Use arms to lower body until arms are at a 90-degree angle. STEP 2 Push up with arms and repeat.

TRICEP DIP

TOE RAISES

STEP 1 Rest hands on back of chair or desk, rise to the balls of



PUSH-UP

STEP 1 Place hands on desk, shoulderwidth apart. Step back to a diagonal push-up position with heels lifted. STEP 2 Use arms to lower chest to desk, push up, and repeat.



SOUAT

STEP 1 Stand up straight with back to chair and lower your body into a hovering squat with crossed arms. STEP 2 Hold 5-10 seconds. Stand, repeat.

"ONE OF THE MAIN ISSUES I SEE IN MY LINE OF WORK, ESPECIALLY WITH PEOPLE WHO WORK DESK JOBS. IS POOR POSTURE. TAKING A MINUTE OR TWO EACH HOUR TO STRETCH OR DO A FEW EASY EXERCISES CAN HELP RESET YOUR POSTURE." — CHRIS WOOLEY, PT, DPT, CMPT

JUST 5 MINUTES PER HOUR OF PHYSICAL ACTIVITY CAN

HELP REVERSE THE DAMAGING EFFECTS OF SITTING.



LEG RAISE **STEP 1** Sit straight

in chair with arms at sides and core tight and engaged. Lift one leg straight out. STEP 2 Hold 10-15 seconds, lower leg, and repeat on opposite side.



STEP 1 Stand with fingers resting on desk top, with feet shoulder-width apart. Step one leg back and lower into lunge position. STEP 2 Stand back up

and alternate sides.

your feet, squeezing legs and glutes. STEP 2 Hold 5-10 seconds. Release and repeat.

MORE WAYS TO GET MOVING

1. TAKE WALKING **MEETINGS** Skip the conference room and talk while you walk.

2. <u>REPLY IN PERSON</u> Instead of emailing, walk to a co-worker's desk to discuss project plans. **3.** BRING SNEAKERS Stash a pair of athletic shoes at work to motivate a walk.

4. BREAK TIME Do a wall sit in the break

room while you wait for your lunch to heat up. 5. BUDDY SYSTEM Join forces with a co-worker and make a plan to hold each other accountable.

STAND UP

Even if you're active outside the work place and hit the recommended 30 minutes a day of exercise, it may not be enough to counteract the negative side effects of constant sitting.

Fortunately, mitigating the health risks of a sedentary workday is easily achievable—**stand more, sit less.**

Low-intensity physical activities like walking and standing play an essential role in metabolic function, lower the risk of early death, lower stress, increase energy, tone muscles and reduce aches and pains.

A STUDY BY THE CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC) FOUND THAT TRADING AN HOUR OF SITTING FOR STANDING RESULTED IN 54 PERCENT LESS BACK AND NECK PAIN.

A standing desk or workspace can help, but if that's not a possibility, **make it a priority to stand** frequently during the workday. 0

Stay fit from 9 to 5 with **Desk Workout Exercises.** Watch the tutorial at *HSTV.com*

6. <u>TAKE THE STAIRS</u> Get in some quick cardio by climbing the stairs instead of heading for the elevator.
7. <u>PARK IN THE BACK</u> Forfeit the closest parking spot to get in a brisk walk before work.



NEW Udi's Artisan Breads! *Gluten free bread has never tasted so good!*

Welcome to our best bread ever! Bigger slices, softer texture and incredible taste. So good you won't believe it's gluten free!

BIG SLICES & SOFT TEXTURE

Benefits of Udi's Gluten Free Bread

- Certified Gluten Free with delicious taste
- Larger slice size on 20oz/24oz loaves
- No artificial colors or flavors
- Dairy & nut Free



Udi's Sandwich Bread: select varieties white or multigrain 24 oz. \$6.99

Certified Gluten Free | Wheat & Dairy Free | No Artificial Colors & Flavors



Mrs. Butterworth's Breakfast for 1: select varieties 8.5 to 10.2 oz. \$2.99



Mrs. Butterworth's Syrup: select varieties 24 fl. oz. \$2.99



Van de Kamp's Fish: select varieties 18 to 24.6 oz. \$4.88



Birds Eye Premium Vegetables: select varieties 10 to 12.8 oz. \$2.99



FLAVORS FROM

TO





TASTE THE WORLD WITHOUT THE TRIP.



E A S Y It's the morning after a tough leg workout and your thighs feel like jello. On days like this, the

IT MAY BE TIME TO RECONSIDER THE "NO DAYS OFF" MENTALITY. GIVING YOUR MUSCLES TIME TO HEAL AFTER EXERCISE IS AN OPPORTUNITY TO REGROUP MENTALLY AND GROW PHYSICALLY. RATHER THAN THINKING OF RECOVERY DAYS AS A TIME TO LIE ON THE COUCH, DIAL BACK THE INTENSITY WITHOUT SACRIFICING HARD-EARNED MUSCLE GAINS.

WORDS Beau Berkley PHOTOS Tobin Bennett

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It's the morning after a tough leg workout and your thighs feel like jello. On days like this, the call of the couch can be oh, so tempting. Still, walking out the door and around the block might be the best thing for those aching muscles. "Working out puts stress on your body, and it's important to stress muscles to help them grow and get strong. Rest also helps build strength," says Daira Driftmier, certified personal trainer and Director of Hy-Vee KidsFit and Hy-Vee Fitness.

TO WIT: TIME SPENT TAKING IT EASY IS JUST AS IMPORTANT AS TIME SPENT IN THE SQUAT RACK.

During strenuous workouts, small micro tears develop across muscle fibers. Movements like walking will induce circulation to shuttle nutrients to repair and regenerate stressed tissues, all without challenging your muscles further.

STRETCHING MAY BE ONE OF THE BEST WAYS TO EASE TENSE MUSCLES DURING RECOVERY DAYS. ACCORDING TO THE AMERICAN COUNCIL ON EXERCISE, STRETCHING IMPROVES BLOOD FLOW AND CIRCULATION, TAKES STRESS OFF JOINTS AND REDUCES PAIN AND STIFFNESS.

"ACTIVE RECOVERY RETURNS BLOOD FLOW TO JOINTS AND HELPS MUSCLE TISSUE REPAIR, WHICH CAN RESULT IN BETTER FLEXIBILITY AND RANGE OF MOTION."

— DAIRA DRIFTMIER, CERTIFIED Personal trainer, director of Hy-vee Kidsfit and Hy-vee Fitness

FIRE AND ICE

Along with active recovery, heat and cold treatments may be effective at reducing sore muscle pain. A study in *The Journal of Strength and Conditioning Research* found that both heat and ice treatments immediately or within 24 hours after exercise are effective at reducing pain.

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ACTIVITIES

whatever activity you pick during active recovery, make it low impact and not challenging for your muscles or cardiovascular system.

To cover your bases, Driftmier recommends performing a few dynamic stretches before active recovery, followed by static stretches after.

Go on a brisk walk or a light jog if you're an active runner.

Channel your inner yogie and attend a yoga class to stretch tight muscles.

An easy swim is a quick way to get your heart pumping without adding stress to joints.

Sources (this page and opposite): www.acefitness.org/education-and-resources/professional/expert-articles/6387/10-reasons-why-you-should-be-stretching www.acefitness.org/education-and-resources/professional/expert-articles/5456/passive-vs-active-recovery-which-is-more-effective www.acefitness.org/education-and-resources/professional/expert-articles/3565/exercise-and-rest-how-much-rest-you-actually-need www.ncbi.nlm.nin.gov/pubmed/26502272 

SPEND TIME FOAM ROLLING TO LOOSEN KNOTS IN SORE MUSCLES.

Adding a few minutes of foam rolling to your recovery arsenal can lead to increased blood flow and stronger muscle tissue. By rolling sore muscles over a foam roller, you loosen points of tension in the fascia, a thin layer of connective tissue that covers muscle. Tension can develop in the fascia for a variety of reasons, such as overuse, and rolling out that tension can decrease the risk of injury. While those muscles loosen up, blood and nutrients are shuttled to the muscle for recovery. Due to the amount of pressure, foam rolling can at times be uncomfortable. Use your body to control pressure placed on muscles, applying more as you feel fit.

www.unm.edu/-lkravitz/Article%20folder/Wateru/NMI www.acefitness.org/education-and-resources/lifestyle/blog/3543/why-you-should-be-foam-ro www.mayoclinic.org/healthy-lifestyle/consumer-health/expert-answers/infrared-sauna/faq-20057 www.health.harvard.edu/blog/can-cryotherapy-stop-your-pain-cold-or-is-just-a-lot-of-hot-air-201804181 www.ncbi.nlm.nih.gov/pubmed/2184

roller **Technique**

Pick an area of tension and place that part of your body on the foam roller. If rolling out your quadriceps, place one or both legs on top while using your arms to stabilize. Maneuver your quadricep up and down the roller for 30 seconds. Switch legs.

INJURY Prevention

Stay away from the gym for a few days. Constantly grinding your muscles and joints can make recovery difficult and lead to injury.

Always warm up before exercise to move blood to your muscles and prepare them to handle an increased load.

Take time to learn how to correctly perform a new exercise. Lifting heavy weight with poor form can lead to disaster.

If you're new to exercise, gradually increase the difficulty. It will take your body time to adjust to new movements, and taking on too much too soon can lead to soreness that may keep you out of the gym.

TIME TO EAT

Think of recovery day nutrition as a chance to feed tired muscles and replace nutrients lost during exercise. Focus on protein in eggs, lean meat, dairy and beans. Protein from meat and other animal products are complete proteins carrying all nine essential amino acids the body can't produce by itself. Protein is an important macronutrient for building muscle and increasing strength, especially when muscles are worn down and need energy to rebuild.

It's also important to replace electrolytes lost while exercising. Electrolytes are minerals, like sodium, potassium and calcium, that bring nutrients to cells while removing waste. Fruits and vegetables such as pickles, sweet potatoes and melon are good options to replace electrolytes. TAKE A Water Break

HYDRATING DURING RECOVERY DAYS CAN REPLENISH LOST ELECTROLYTES, AID DIGESTION, AND TRANSPORT NUTRIENTS TO AND FROM CELLS.

RADICAL RECOVERY

and an enter the bit

Recovery can go beyond conventional methods. It may be a membership at a recovery center, or paying a one-time fee for a treatment like Electronic Muscle Stimulation (EMS). EMS induces blood flow by sending short bursts of electricity throughout sore muscles, causing them to activate and contract. Or you can opt for a rest in an infrared sauna, a small room heated with infrared lights to cause perspiration and raise heart rate. On the opposite side of the temperature spectrum is cryotherapy. Users stand in a small room or a chamber with temperatures ranging from -148°F to -220°F to reduce muscle soreness.



A recent study shows that nearly half of us in the U.S. feel left out or lonely, an emotion that touches both mental and physical health. Fortunately, there are ways to lessen the sense of isolation.

I S O L A T E D

Counterintuitive to a culture so connected electronically, Americans are a lonely lot, and young people are more apt to be lonely than older people. A survey conducted earlier this year by Cigna Corp., a global health insurance company, and the marketing research firm Ipsos found that about half of Americans consider themselves lonely at least sometimes, and those ages 18 through 22 are the loneliest. Everyone, regardless of age, feels lonely at times. It's normal. But a pervasive, ongoing sense of loneliness is not normal and can be harmful and costly. Loneliness plays a significant role in mental health issues: one out of five adults in the U.S. suffers from a mental health condition. Loneliness has also been linked to a higher risk of heart disease, stroke and problems with the immune system. There is also growing evidence that loneliness might lead to an earlier death.

being alone

Some people thrive on solitude. They're not necessarily antisocial; they simply prefer to be by themselves. Loneliness stems from a perceived lack of connections with others. It's the difference between the level of connectedness you have and the level you want. "Loneliness is feeling like you don't have a person to share your emotional and social experiences with," explains Dr. Finch. "And that confidence you have in a person and that ability to confide in someone is really important for developing social connections and reducing loneliness."

POSSIBLE REASONS

ACCORDING TO THE CIGNA 2018 U.S. LONELINESS INDEX, NEARLY HALF OF AMERICANS REPORT FEELING ALONE SOMETIMES OR ALWAYS (46 PERCENT) OR LEFT OUT (47 PERCENT), OTHER FINDINGS:

- One in four Americans rarely or never feel as though people really understand them.
- Two in five sometimes or always feel that their relationships are not meaningful.
- One in five say they rarely or never feel close to people or feel as if there are people they can talk to.
- Those ages 18 to 22 reported the highest loneliness scores.
- Social media use alone was not a predictor of loneliness. However, older people were less likely to be lonely and less likely to be heavy users of social media.

Hayden Finch, Ph.D., a psychologist in private practice in Des Moines, lowa, says some causes of loneliness are understandable, such as being geographically isolated. Other causes can be situational, relating to life changes such as graduating from college, moving to a new city to take a job, or going through a divorce or relational break-up. And while social media use alone isn't a predictor of loneliness, it certainly can be a factor, she says. "The teenagers I work with seem very uncomfortable with face-to-face interactions and with making phone calls. They're much more comfortable with text-based communications as you would have with social media," Dr. Finch says. "The relationships we develop online are easier in a sense that they don't come with some of the anxieties that a face-to-face interaction does."

MORE THAN ONE-THIRD OF AMERICANS 45 AND OLDER ARE LONELY, ACCORDING TO A STUDY BY THE AARP. THE AARP, WHICH LOOKED AT 2010 CENSUS DATA, REPORTED THAT A SHRINKING NETWORK OF FRIENDS AND A LACK OF SOCIAL SUPPORT, SUCH AS BELONGING TO A NEIGHBORHOOD ORGANIZATION, ATTENDING CHURCH SERVICES OR ENGAGING IN HOBBIES, WERE ASSOCIATED WITH LONELINESS AMONG THIS GROUP.

"BEING CONNECTED TO

OTHERS SOCIALLY IS WIDELY CONSIDERED A FUNDAMENTAL HUMAN NEED ... YET AN **INCREASING PORTION OF THE U.S. POPULATION NOW EXPERIENCES ISOLATION REGULARLY.**

> - JULIANNE HOLT-LUNSTAD, PH.D., PROFESSOR OF PSYCHOLOGY, BRIGHAM YOUNG UNIVERSITY



Sources: www.cigna.com/newsroom/loneliness-survey www.nimh.nih.gov/health/statistics/mental-iilness.shtml www.ahsworg.uk/userfiles/Research/Perspectives%20on%20Psychological%20Science-2015-Holt-Lunstad-227-37.pdf www.ncbi.nlm.nih.gov/pmc/articles/PMC5754055/ www.apa.org/news/press/releases/2017/08/lonely-die.aspxwww.aarp.org/content/dam/aarp/research/surveys_statistics/general/2012/ loneliness-2010.doi.10.26419%252Fres.00064.001.pdf

when to talk to a professional

Overcoming loneliness may be as simple as meeting people with similar interests, volunteering, picking up a hobby, or exploring one's faith. These work well for people in new environments where they don't know anyone. But for others, the "cure" isn't so simple. "The most chronic form of loneliness I see is in individuals who perceive themselves as different," says psychologist Dr. Hayden Finch. "They might have social connections, or at least social contacts. but they don't feel connected to those people." In cases like that, she adds, talking with a professional, such as a social worker or a psychologist, can help change the way they think about themselves and their relationships.





"RESEARCH TELLS US THAT PEOPLE WHO SPEND MORE THAN TWO HOURS **A DAY ON SOCIAL MEDIA HAVE TWICE** THE RISK OF BEING SOCIALLY ISOLATED. THERE'S CERTAINLY A **CONNECTION THERE, BUT...WE DON'T REALLY KNOW WHAT DIRECTION IT GOES IN.** WE DON'T KNOW, FOR **EXAMPLE, IF PEOPLE** WHO ARE ALREADY **ISOLATED GET ON** SOCIAL MEDIA MORE TO FILL THAT TIME ... OR IF **PEOPLE WHO ARE ON** SOCIAL MEDIA MORE OFTEN THEN BECOME SOCIALLY ISOLATED."

— HAYDEN FINCH, PH.D., PSYCHOLOGIST

SOCIAL MEDIA'S EFFEC

"We see this most alarmingly among young adults, teenagers through college age," says Dr. Finch. "They're in a really critical phase of social identity formation. Being exposed frequently to these distilled, unrealistic portrayals on social media, they start to believe other people are more socially connected, and then they feel inadequate and socially disconnected in comparison."

4 WAYS TO FIGHT LONELINESS

Improve Social Skills

Loneliness can result from a lack of interpersonal skills. Take small steps to learn to engage in conversation. A smile and a compliment ("Your dog is so cute! What kind is he?") invites response. Simple questions or chatting with people at the gym, coffee shop or the library get you comfortable talking with people, increase the number of familiar faces in your life and might result in an exercise or latte partner.

Spend the Right Time with Family Sometimes, older people who see family too little are no more lonely than those who are surrounded by family all day. Find a balance that engages you with others. Explore with your kids on a bike ride, play card games that allow you to talk about interesting things or designate a certain meal, like spaghetti-night Fridays, to discuss important or meaningful topics while cooking and eating

something enjoyable.

Work with Others WORKING WITH Π OTHERS FOSTERS FEELINGS OF CONNECTION AND **BALANCE. ACCORDING** TO THE CIGNA SURVEY, EMPLOYED ADULTS HAVE A LOWER AVERAGE LONELINESS SCORE THAN THOSE WHO ARE UNEMPLOYED, NINE IN TEN OF THOSE WHO SAY THEIR RELATIONSHIPS WITH COWORKERS ARE GOOD TO EXCELLENT REPORT THEY ARE IN GOOD TO EXCELLENT GENERAL HEALTH.

Join In

Groups can be engaging and interesting. Check one out. Take on a gym class and talk to others. Start a walking group in your neighborhood. Take a class in something that matches your interests, whether learning Spanish or cooking. Book clubs are an effective way to open up to others because of the topics they cover. Often the newer books include discussion questions in the back which can prompt interesting viewpoints and tidbits about others in the group.

WORK A BALANCE

NTAL HUMAN NAL H Fortify personal relationships by containing your work demands, suggests Dr. Finch. "If you stay connected to work through email, or if you're on call, you never really get to leave work. Your brain stays dedicated to work all the time, then has fewer resources for relationships. On top of that, more people are working from home. Without coworker relationships, people become quite isolated, and that's another aspect that contributes to loneliness among adults."

> 27% OF AMERICANS RARELY OR **NEVER FEEL AS** THOUGH PEOPLE UNDERSTAND THEM - CIGNA 2018 U.S. LONELINESS INDEX

OF THOSE WHO HAVE DAILY IN-**PERSON INTERACTIONS** SAY THEIR OVERALL HEALTH IS GOOD TO EXCELLENT

- CIGNA 2018 U.S. LONELINESS INDEX



IS LONELY **45 AND OLDER** NDIVIDUALS AARP SURVEY: LONELINESS MONG OLDER ADULTS





WALK-IN CLINICS IN HY-VEE STORES ARE ONE MORE WAY CUSTOMERS CAN Stay Healthy. They offer convenient and affordable care for minor Injuries and illnesses.

The idea of a clinic at a store shouldn't seem so unusual to regular Hy-Vee customers. Over the years, shoppers have seen the expansion of pharmacy services, the hiring of in-store dietitians and the placement of HealthMarket sections in each store. Clinics are one more way for Hy-Vee to encourage wellness.

Over the last five years or so, there's been rapid expansion of the clinics. "We started small. That first clinic was about the size of a closet," says Aaron Wiese, Hy-Vee Vice President of HealthMarket, Health/Wellness Strategy.

Hy-Vee knows consumers need more quick, convenient and affordable medical options, says Wiese. So in 2005 the company began leasing space to companies with successful regional clinics—including Mayo Clinic Health System in Rochester, Minnesota, and St. Luke's Health System in Kansas City. These and 22 more medical companies run the clinics.

Advance practice registered nurses and/or physician assistants handle treatments and are qualified to examine patients, diagnose common diseases, help with relatively minor injuries and write prescriptions, says Angie Nelson, Hy-Vee Group Vice President for Retail Pharmacy. They provide diagnostic, therapeutic and preventive care for patients.

TREATMENTS (MAY VARY)

CONDITIONS

- Allergies
- Bronchitis
- Cold and flu
- Cold sores
- Ear infections
- Insect bites
- Mononucleosis
- Pink eye
- Poison ivy
- Sinus infections
- Sore throat
 Urinary tract infections (females, 6 years and older)

OTHER SERVICES

- Pregnancy test
- Sports physical exam
- Strep test
- TB test

VACCINATIONS

- Hepatitis A and B
- Influenza
- Pneumonia
- Tetanus



DOINTED AN APPOINTMENT?

walk-in visits. Many clinics also schedule appointments; however, check with the clinic at your local Hy-Vee. Patients must be 18 months or older.

Q: How do I pay?

A: Most services are relatively inexpensive and are covered by most medical insurance companies. You must pay any copay required by your insurance. Costs are set by the medical companies that run the clinics and may vary by clinic.

Q: Where in the store should I look for the clinic?

A: The clinics are adjacent to pharmacies in most stores. Look for signs as you enter the store.

Q: How are these clinics different from a visit to my doctor?

A: The clinics offer quick service on a limited number of issues—common illnesses and conditions that are generally easier to diagnose and treat. The clinics have private examining rooms and equipment to treat relatively minor conditions, but they do not have sophisticated diagnostic equipment, such as X-ray and CAT scan machines, to treat more complicated medical issues.

Q: Why do advance practice registered nurses (APRNs) and physician assistants (PAs) run the clinics?

A: They are well trained and well educated to handle the job. Doctors are more frequently pursuing specialties beyond primary care, and as the number of primary-care doctors shrinks, more medical students are enrolling in programs for APRNs and PAs.

Q: If a clinic in a grocery store shows how medicine is changing, what's next?

A: Telemedicine—the intersection of a patient, a doctor and cell phones—is poised to be the next step, according to Andrew Perry, CEO of McFarland Clinics and a partner with Hy-Vee in three McFarland Express Care clinics in Iowa stores. "Cell phone makers are working on telehealth solutions right now. In the next few years, patients will commonly interact with a doctor through video. The technology will even allow patients to take their own blood pressure and perform other tests using their phones. This will be quite an advancement for good health."

IF YOU HAVE OTHER QUESTIONS, STOP AT THE CLINIC IN YOUR LOCAL HY-VEE AND ASK.


CHECK THIS LIST TO SEE WHETHER THERE IS A CLINIC AT THE HY-VEE IN YOUR CITY. IF THERE IS, CHECK IT OUT ON YOUR NEXT TRIP TO THE STORE.

ILLINOIS

Macomb MDH Convenient-Care 1600 East Jackson St.

Quincy Blessing Convenient Care 1400 Harrison St.

Springfield Memorial Physician Services 2115 S. MacArthur Blvd.

IOWA

Ames McFarland Express Care 3800 Lincoln Way

Ames McFarland Express Care 640 Lincoln Way

Cedar Falls Convenient Care Express -Covenant Clinic 6301 University Ave.

Council Bluffs CHI Health Quick Care 2323 W. Broadway

Davenport Genesis Convenient Care-Now 2351 W. Locust St. Des Moines Mercy Clinics Quick Care 420 Court Ave.

Dubuque Grand River Medical Group Acute Clinic 2395 NW. Arterial

Jefferson McFarland Clinic 106 W. Washington St.

Lamoni Free Clinics of Iowa 101 E. Main

Marshalltown McFarland Express Care 802 S. Center St.

Ottumwa Easy Care Walk-In Clinic 2453 N. Court

Sioux City Mercy Express Care 2827 Hamilton Blvd.

Waukee Mercy Clinics Quick Care 1005 E. Hickman Rd.

West Des Moines Mercy Clinics Quick Care 555 S. 51st St.

KANSAS

Mission Saint Luke's Convenient Care 6655 Martway St.

Olathe Saint Luke's Convenient Care 14955 W. 151st St.

Olathe Saint Luke's Convenient Care 18101 W. 119th St.

Overland Park Saint Luke's Convenient Care 8501 W. 95th St.

Shawnee Saint Luke's Convenient Care 13550 W. 63rd St.

MINNESOTA

Albert Lea Mayo Clinic Health System Express Care 2708 Bridge Ave.

Austin Mayo Clinic Health System Express Care 1307 18th Ave. NW.

Cottage Grove Entira Express Clinic 7280 E. Point Douglas Rd. S.

Eagan Allina Health Everyday Clinic 1500 Central Park Commons Dr.

Lakeville Allina Health Everyday Clinic 16150 Pilot Knob Rd.

Mankato Mayo Clinic Health System Express Care 2010 Adams St. Marshall AveraNow 900 E. Main St.

Oakdale Entira Express Clinic 7180 10th St. N.

Rochester Mayo Clinic Express Care 500 Crossroads Dr. SW.

Rochester Mayo Clinic Express Care 4221 W. Circle Dr. NW.

Savage St. Francis Express Care 6150 Eagan Dr.

Shakopee St. Francis Express Care 1451 Adams St. S.

MISSOURI Belton

Saint Luke's Convenient Care 1307 E. North Ave.

Columbia Mizzou Quick Care 3100 W. Broadway

Columbia Mizzou Quick Care 405 E. Nifong Blvd.

Columbia Mizzou Quick Care 25 Conlev Rd.

Gladstone Meritas Health Express 7117 N. Prospect Ave.

Independence University Health On the Go 1525 E. 23rd St. S.

Independence University Health On the Go 4545 S. Noland Rd

Jefferson City Capital Region Quick Care 3721 W. Truman Blvd.

Kansas City Meritas Health Express

5330 NW. 64th St. Lee's Summit Saint Luke's Convenient Care 301 NE. Rice Rd.

Lee's Summit Saint Luke's Convenient Care 310 SW. Ward Rd.

Liberty Meritas Health Express 109 N. Blue Jay Dr.

Osage Beach Boone Medical Group 5816 Osage Beach Pkwy, Suite 104

Raytown Saint Luke's Convenient Care 9400 E. 350 Highway

Springfield, MO CoxHealth Quick + Care 1720 W. Battlefield Rd.

NEBRASKA

Grand Island CHI Health Quick Care 115 Wilmar Ave.

Kearney CHI Health Quick Care 5212 3rd Ave.

Lincoln CHI Health Quick Care

Lincoln CHI Health Quick Care 1601 N. 84th St.

Lincoln CHI Health Quick Care 6001 Village Dr.

Omaha CHI Health Quick Care 14591 Stony Brook Blvd.

Omaha CHI Health Quick Care 10808 Fort St.

Omaha CHI Health Quick Care 7910 Cass St.

Omaha CHI Health Quick Care 9707 Q St.

Omaha CHI Health Quick Care 747 N. 132nd St.

Omaha CHI Health Quick Care 17810 Welch Plaza

Omaha CHI Health Quick Care 3410 N. 156th St.

Omaha CHI Health Quick Care 1000 S. 178th St.

Papillion CHI Health Quick Care 11650 S. 73rd St.

SOUTH DAKOTA Sioux Falls

Avera Now 1601 S. Sycamore Ave.

Sioux Falls Avera Now 4101 S. Louise Ave.

Sioux Falls Avera Now 3000 S. Minnesota Ave.

Sioux Falls Avera Now 1900 S. Marion Rd.

Sioux Falls Avera Now 3020 E. 10th St.

Sioux Falls Avera Now 2700 W. 10th St.



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

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

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• NO •• artificial flavors or preservatives NO high fructose corn syrup



TBY

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Angela Tin Vice President American Lung Association of the Upper Midwest

Healthy choices don't just happen at the grocery store, but also when you're filling up your vehicle. Learn from American Lung Association's Angela Tin about lung health and environmental benefits of choosing ethanol at the pump.

Motor vehicles are the #1 cause of air pollution.

They account for up to 70% of air quality problems.

The fuel you choose matters.

gasoline, American Ethanol reduces greenhouse gas emissions by almost 50%. That's the equivalent to removing more than 9 million cars from the road for a year, which means cleaner air for your family.

The higher the blend, the greater the benefits.

If you drive a flex-fuel vehicle, look for the yellow handle and choose E85 (85% ethanol) for even more lung health and environmental benefits.

Ethanol is good for vehicles.

It provides higher octane for cleaner engines, better winterizing and increased overall performance. If you drive a 2001 or newer vehicle, pick E15 at the pump for the greatest benefit.



I am proud to grow the corn used to create a homegrown, clean biofuel. I trust my family vehicle with ethanol and feel good about making a choice at the pump that's good for the environment, too. Ethanol is the right choice for my family and yours. – *Mark Kenney, Nevada, Iowa*



iowacorn.org/cleanair

SWEET SPOT.

PRESS TO PICK A PERFECT PEAR. EVERY TIME.

Ripen firm pears at room temperature. When the sweet spot gives to pressure from your thumb, your pears are deliciously ripe.

Visit for recipes USAPears.org/sweet-spot

A longer-lasting, lactose-free butter without dipping into vegetable-based alternatives? We'll give you the full spread. Ghee is a form of clarified butter that's making the rounds as a gourmet dairy substitute. Clarified butter is made by heating unsalted butter until milk solids and water rise to the top, where they are skimmed off. Ghee is created when the butter is boiled even longer and nearly all the milk solids and water are strained out, leaving only pure butterfat.

GHEE

(PRONOUNCED LIKE THE FIRST HALF OF GEESE) HAS BEEN A STAPLE IN INDIAN CUISINE AND TRADITIONAL MEDICINE SINCE ANCIENT TIMES.

BENEFITS OF GHEE

Ghee is an all-natural product that's free of unhealthy additives, preservatives and trans fats. It's rich in heart-healthy fats like omega-3s, which are beneficial to cardiovascular health. A study from India, where clarified butter is considered a cooking staple, found that those who consumed more ghee than other types of fat had a lower risk of coronary heart disease.

It's packed with free-radical-fighting antioxidants and vitamins A, D, E and K, which promote essential brain and immune system function. Ghee contains the fatty acid butyrate, which has been linked to anti-inflammatory and anti-viral properties, and can help heal and repair the stomach lining for improved digestive health.

Clarified butter also has a higher smoke point than traditional butter—it can heat to nearly 500 degrees which means less harmful free radicals are released during high-heat cooking. Because of its low moisture content, ghee has a longer shelf life and, because the milk is removed, it's lactose-free. GHEE CONTAINS MORE FLAVOR THAN TRADITIONAL BUTTER. ADD IT SPARINGLY WHEN USED AS A CONDIMENT.

GHEE VS. BUTTER



	GHEE	BUTTER
CALORIES	110 per Tbsp.	100 per Tbsp.
LACTOSE- FREE	Yes	No
SHELF LIFE	Up to 1 year, no refrigeration required	6-9 months, refrigerated
SMOKE POINT	Up to 482°F; better for sautéing and frying	Up to 302°F; better for baking

<u>HOV</u> <u>TO</u> USE

> GHEE HAS A DEEP NUTTY FLAVOR THAT CAN BE USED NEARLY ANYWHERE THAT CALLS FOR BUTTER.

- SPREAD ON TOAST OR BAKED GOODS
- MELT AND DRIZZLE OVER STEAMED VEGETABLES, RICE, POTATOES, STEAK AND MORE
- SAUTÉ FRESH VEGETABLES
- USE IN ANY RECIPE THAT CALLS FOR COOKING OIL
- DEEP-FRY FOODS
- MIX A SPOONFUL INTO YOUR COFFEE

Sources: www.ecpi.edu/blog/culinary-nutrition-9-health-benefits-ghee food.unl.edu/food-storage-chart-cupboardpantry-refrigerator-and-freezer www.swccd.edu/modules/showdocument.aspx?documentid=10969 www.berkeleywellness.com/healthy-eating/food/article/ghee-versus-butter www.ncbi.nlm.nih.gov/pubmed/9212571

CANCEP

DIDITION OF THE ANTICIPACITY OF THE ANTICACITY OF THE

MONTH—A NECESSARY REMINDER THAT THE DISEASE IS, UNFORTUNATELY, PREVALENT IN THE WORLD. THE KEY TO SURVIVAL? EARLY DETECTION.

WORDS Elaine M. Cooper R.N.

The National Cancer Institute estimates that 266,120 new cases of breast cancer in women will be diagnosed in 2018. Fortunately, there is hopeful news. Consider that the five-year survivor rate for breast cancer patients between 2008 and 2013 increased to 89.7 percent. And the overall cancer death rate in the United States decreased by 25 percent between 1990 and 2014.

WHAT IS BREAST CANCER?

Breast cancer occurs when some cells grow abnormally in breast tissue. These cells divide more rapidly than normal cells do, and as they accumulate, they form a lump or mass.

"Cancer is a multi-cause disease where genetic and environmental factors interact and accumulate over time," says Issam Alawin, M.D., Medical **Oncologist at Cancer Treatment Centers** of America (CTCA).

While patients want to know the reason they have breast cancer, Dr. Alawin says it's difficult to pinpoint one cause.

Researchers believe that a variety of hormonal, lifestyle and environmental factors can increase the risk of developing breast cancer. Genetics can also play a role. Whatever the cause, when it's not treated early, breast cancer can spread (metastasize) throughout the body.

Breast cancer affects women of all ages. While the majority of diagnosed cases are women over 45 (239,390 in the U.S. this year), it is expected that 26,730 women younger than 45 years old in the United States will be diagnosed in 2018

BREAST CANCER IS THE MOST COMMON NON-SKIN CANCER AMONG AMERICAN WOMEN. 1 IN 8 WOMEN WILL DEVELOP INVASIVE BREAST **CANCER DURING HER LIFETIME.**

TREATMENTS

- Surgery
- Radiation
- Chemotherapy
- Hormone therapy
- Targeted therapy

Many breast cancer treatments are administered in infusion centers. Advances in immunotherapies, which can be oral, can be easily accessed via specialty pharmacies such as Amber Pharmacy, a wholly owned subsidiary of Hy-Vee. Patients with complex, chronic conditions can get treatments at these pharmacies.

SIGNS AND SYMPTOMS

• Skin changes, such as swelling, redness, or other visible differences in one or both breasts

- An increase in size or change in shape of the breast(s)
- Changes in the appearance of one or both nipples
- Nipple discharge other than breast milk
- General pain in/on any part of the breast
- Lumps or nodes felt on or inside of the breast



Women ages 40 to 44 should have the choice to start annual breast cancer screening with mammograms (X-rays of the breast) if they wish to do so. • Women age 45 to 54

should get mammograms everv vear.

 Women 55 and older should switch to mammograms every 2 years, or can continue yearly screening.

HY-VEE CAN HELP

Our pharmacists are specialists when it comes to supporting breast cancer patients.

Dr. Kim Stoakes, PharmD, BCPS, a pharmacist at Webster City, Iowa, Hy-Vee and a breast cancer survivor, can empathize with patients. She also recommends these supplements and treatments:

1 Probiotic (Florajen Digestion is her favorite)

- **2** Ginger supplement for nausea prevention
- **3** Biotin 5,000 units for skin, hair and nails (impacted by radiation)
- 4 Vitamin B12, 2,500 units for neuropathies (pain and numbness in hands and feet)
- **5** Lansinoh ointment for
- radiated skin
- 6 Miralax for constipation
- 7 Cetirizine if receiving premedication for neutropenia
- 8 Placing hands and feet in ice during chemotherapy (can decrease neuropathy

Stoakes also encourages women to examine themselves monthly. "New studies show some breast cancers caught early with no or limited lymph node involvement may not require chemotherapy treatment," she says.

With Stoakes' unique understanding of the disease, diagnosis and treatments, she feels she's a better pharmacist.

Sources: www.cancercenter.com/breast-cancer/learning/ www.cancer.org/content/dam/cancer-org/research/cancer-facts-and-statistics/annual-cancer-facts-and-figures/2018/estimated-number-of-new-cases-for-the-four-major-cancers-by-sex-and-age-group-2018.pdf www.cancer.org/cancer/breast-cancer/treatment.html

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here and throughout Hy-Vee Balance.

FRIDGE & FREEZER



Azteca Homestyle or Small Flour Refrigerated Tortillas: select varieties 8.5 or 12 oz. 3/\$5.00



Cloverdale Bacon: select varieties 16 oz. \$5.28



Just Bare Boneless Skinless Chicken Breast: select varieties 16 oz. \$4.99



Reser's Main St. Bistro Side Dish: select varieties 20 or 24 oz. \$2.99



Old Folks Fresh Sausage Roll: select varieties 16 oz. \$2.99



Al fresco Chicken Sausage: select varieties 12 oz. \$4.99



Frigo Cheese: select varieties 10 to 32 oz. \$6.48



Cloverdale Tangy Summer Sausage: select varieties 28 oz. \$7.99



PictSweet Farms Vegetables For Roasting: select varieties 16 or 18 oz. \$2.99



Foster Farms Corn Dogs: select varieties 29.3 to 42.7 oz. \$4.99



Green Giant Boxed Vegetable: select varieties 7 to 10 oz. 3/\$4.00



InnovAsian Cuisine Entrée: select varieties 16 or 18 oz. \$4.99



Gorton's Fish or Shrimp: select varieties 6.3 to 24.5 oz. \$4.99



Challenge Butter: select varieties salted or unsalted 16 oz. \$3.99



Eggland's Best Large Eggs: select varieties 1 dozen \$2.39



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



Lantana Hummus: select varieties 10 oz. \$3.49



Babybel Mini Cheese & Crackers: select varieties 2.89 to 3.22 oz. 2/\$5.00



Laughing Cow Cheese Cups: select varieties 4 pk. \$3.28



Litehouse Dressings or Instantly Fresh Herb: select varieties 11 to 13 fl. oz. or 200 ml. \$3.99



Flatout or Foldit: select varieties 8.5 to 14 oz. \$2.99



Rana Refrigerated Pasta or Sauce: select varieties 7 to 15 oz. \$3.99



El Monterey Family Pack Burrito: select varieties 32 oz. \$3.99

PANTRY -



Creme Curls: select varieties 4 ct. \$3.99



505 Southwestern Salsa or Queso: select varieties 12 to 16 oz. \$2.99



Bush's Beans: select varieties 15 to 16 oz. 5/\$5.00



Idahoan Steakhouse Soup Pouch: select varieties 6.6 or 7.1 oz. 2/\$5.00



Musselman's Apple Sauce: select varieties 6 ct. 2/\$4.00



Ortega Taco Sauce: select varieties mild or medium 16 oz. \$2.68

BEVERAGES =



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



Ortega Regular Taco Shells or Good Grains: select varieties 10 or 12 ct. \$1.88



Frito Lay Smartfood or Rold Gold: select varieties 4.75 to 16 oz. 2/\$6.00



Frito Lay Party Size Chips or Jar Dip: select varieties 10.5 to 24 oz. \$3.99



Amazing Grass: select varieties 7.4 to 15.1 oz., 15 to 200 ct. \$18.99



Old Orchard Juice or Cocktail: select varieties 64 fl. oz. 2/\$4.00

OTHER



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



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



Nivea Lip Care: select varieties .17 oz. \$1.99



Nivea Women's Body Wash: select varieties 6.8 or 16.9 fl. oz. \$2.99

ng Grass: varieties

OUICK FIXED PUSH ALL THE RIGHT BUTTONS WITH THESE MUST-TRY MICROWAVE TIPS.

BETTER LEFTOVERS:

PLACE A GLASS OF WATER IN THE MICROWAVE ALONG WITH LEFTOVERS BEFORE REHEATING. THE MOISTURE KEEPS YOUR FOOD FROM DRYING OUT AND PREVENTS OVERCOOKING.

PERFECTLY PEELED TOMATOES

Wash a tomato and use a small knife to remove the stem. Cut a shallow X on the bottom to make peeling easier. Microwave for 30-50 seconds, depending on the size of the tomato. Let the tomato cool before touching, then slowly peel away the skin.

DRY HERBS IN MICROWAVE

Spread the leaves of fresh herbs between two paper towels on a microwavable dish. Heat on high for 60 seconds, adding 20-second intervals as needed. Dried herbs should crumble easily. Keep in an airtight container up to 6 months.



Watch the tutorial for these timesaving **Microwave Hacks** at *HSTV.com*



<u>POP THE CLOVES OUT OF THEIR PAPERY CASING. YOU CAN MICROWAVE THE WHOLE BULB OR</u> IDIVIDUAL CLOVES AS NEEDED. (USE, DO NOT STORE, CLOVES THAT HAVE BEEN MICROWAVED.) FRESH GARLIC ON HIGH FOR 15 TO 20 SECONDS TO EASILY **GETTING GARLIC OUT: MICROWAVE** NDIVIDUAL

HEALTHIER Potato Chips

Cut a potato into thin slices—1/8 inch or thinner. Rinse the slices in cold water, then pat dry. Lightly salt or season. Place the slices on a microwave-safe dish and cook on high for 3 to 5 minutes, until lightly browned and crispy.

EASY SCRAMBLED EGGS

Beat together two eggs and two tablespoons of milk in a microwavable mug. Microwave on high for 90 seconds, stopping halfway to stir. Sprinkle with salt and pepper, seasonings, fresh herbs or cheese.

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- Qualified language interpreters
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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.



Fig. 1 – Try chopsticks.



Fig. 2 – Drop chopsticks.



Fig. 3 – Try chopsticks again.







Fig. 5 – Use hands.

Authentic taste. However you eat it.





UP NEXT

Gear up for Thanksgiving with healthy dishes from *Hy-Vee Balance* that will have the entire family talking (in a good way!). Plus, we'll tell you how to improve cognitive function in addition to the proper methods for cleanup.



Shows so fresh you might want to refrigerate them.

The HSTV streaming network is serving up all-new online video content that will help you learn, laugh and live well. Our shows will cover everything from meal prep to mom talk, pet parenting to kitchen hacks, quick workouts and more.

























