

**HyVee®**

# balance™

## **GIVE THANKS**

CLASSIC SIDES  
WITH A  
LIGHTER SPIN

PAGE 32

## **WINTER WARM-UP**

TURN UP  
THE HEAT

PAGE 24

**12 DAYS  
OF FITNESS**  
GIVE YOURSELF  
THE GIFT OF  
HEALTH

PAGE 44

CLASSIC FAVORITES **WITH A TWIST**  
NEW DELICIOUS, NUTRITIOUS MEALS FROM

# OPRAH!

NOVEMBER 2017

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# FEED THE FRENZY.

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PIRANHA™  
SNACKS

You think feeding-frenzied piranhas are hungry? That's nothing compared to how you feel at snack time. Luckily, Peaceful Piranha™ is here to satisfy your cravings. Whether you're looking to annihilate a bag of crunchy, munchy morsels or decimate some devastatingly sweet delectables, we've got your snack needs covered.

So go ahead. Feed the urge.

EXCLUSIVELY AT **HyVee**



# THE LINEUP

NOVEMBER  
ISSUE 2017



40  
BEAT THE  
BLUES



32 ON THE SIDE



44  
12 DAYS OF  
FITNESS

# THE HOLIDAY HUSTLE

8  
MORNING  
ROUTINE



28  
OFFICE  
WEIGHT  
GAIN



52  
HEALTHY  
TRAVELS





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Balance now  
available  
by delivery.  
Receive  
six issues for  
just \$10!



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The season of hustle and bustle calls for a little R and R.

# give THANKS



## STACEY LOFTUS, RD, LD

ASSISTANT VICE PRESIDENT,  
RETAIL DIETETICS,  
SOUTHERN REGION  
HY-VEE, INC.

▶ Stacey Loftus is most thankful for the people in her life. She shows her gratitude by maintaining a healthy lifestyle so she can continue to support healthy goals for her entire family.

The holidays are a time to reflect and a time to give thanks. I'm thankful for my family and friends, who help me be a better version of myself. Lately, I have been getting up early for a half-hour walk and weight lifting with my husband two to three days a week. I have also been doing a daily challenge with my sister that includes four to five different exercises such as push-ups or squats. Having a partner helps keep me accountable.

To maintain a healthy diet, I make sure to eat breakfast every day, with items from every food group. No day is perfect, but I try to fuel my body with choices that give me and my family energy and proper nutrition. Ordering my groceries from Hy-Vee Aisles Online really helps me plan our meals for the week, which saves time that I can spend with my family.

As the holidays approach, I try to focus on family rather than food. You can still experience your favorite family traditions and treats, but take smaller portions and eat small meals throughout the day. If you're attending a potluck, take a healthier option, like a recipe from "On the Side," page 32, to guarantee something nutritious appears on the table. And don't forget to stay active. For easy exercises to incorporate into your daily routine turn to "The 12 Days of Fitness," page 44.

This season, Hy-Vee celebrates gratitude and good health. Turn to *Hy-Vee Balance* for the tips you need to take control of your own wellness.



LOOK FOR THIS ICON  
FOR RECIPES YOU  
CAN MAKE IN A HALF  
HOUR OR LESS!



We asked our editorial contributors:  
What's your go-to winter workout gear?



**NUTRITION**  
Shannon Muhs, MS, RD, LMNT  
Hy-Vee Dietitian, Papillion, Nebraska  
My yoga mat. I love to do yoga, especially in the winter. For some reason, I enjoy going into a warm studio in the winter; it's more appealing to me to do yoga in winter than in the summer.

**NUTRITION**  
Kaiti George, RD, LMNT  
Hy-Vee Dietitian, Kearney, Nebraska  
There is no better way to make a winter outdoor workout more cheerful than a colorful or patterned stocking cap!

**WELLNESS**  
Martin Unga, PT, OCS  
Rock Valley Physical Therapy,  
Des Moines, Iowa

Whatever is clean in the closet, so I can do a quick run. I do Pilates two times a week, so nothing fancy needed there. My girls dance, so all my sports gear money goes to pointe shoes!

**NUTRITION**  
Deana Preble, RDN, CD  
Hy-Vee Dietitian, Madison, Wisconsin  
Leggings that are lightly fleece-lined, so when I go for walks outside, my legs stay warm. I also like a nice baseball-style winter hat and the flip-style glove/mitten combo so that if my hands get warm, I can let my fingers peek out. On top, I usually wear layers of tank tops, a long-sleeved sweat-wicking fabric shirt, a heavier sweatshirt and a vest. This allows me to stay warm, but not too warm.

**FITNESS**  
Daira Driftmire,  
Hy-Vee KidsFit Director  
Ear and neck warmers! The neck warmer is a game changer for my outdoor runs.

**PHARMACY**  
Angie Nelson,  
Assistant Vice President,  
Retail Pharmacy  
It's less about gear for me. The indoor gym equipment is my winter workout must-have: treadmill, bike and elliptical.

**NUTRITION**  
Julie McMillin, RD, LD  
Assistant Vice President,  
Retail Dietetics  
My snow boots. We love finding and cutting down our own Christmas tree, plus the hiking is great for the whole family.



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

Please recycle after use.



# 12 reasons TO subscribe



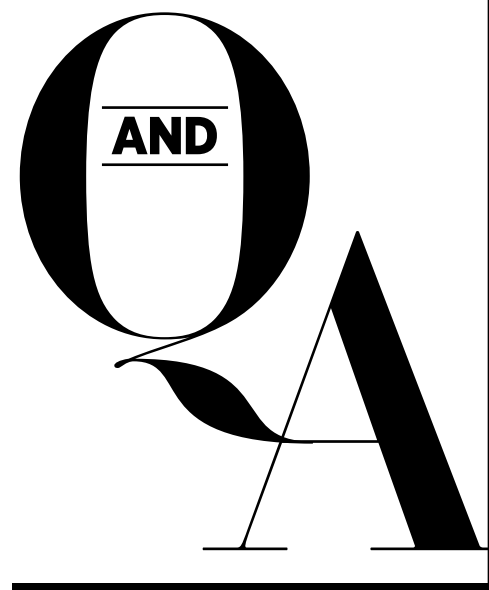




Julie McMillin, RD, LD

**HY-VEE DIETITIANS:**

As a registered dietitian, Julie knows healthy holidays depend on smart choices and staying active. She uses the tips ahead to balance her own eating goals with her favorite holiday treat: homemade pecan toffee.



**ONE**

**ATTACK WITH SNACKS**

Eat a high-protein snack before dinner or a cocktail party to curb binge eating.

**2**

**LEAN ON LIQUIDS: FILL UP ON FLAVOR-INFUSED WATER OR GREEN TEA (MANY PEOPLE MISTAKE THIRST FOR HUNGER).**



**FIVE**

**LIGHTEN UP AT THE BUFFET**

LOAD UP ON SEASONAL VEGGIES LIKE SWEET POTATOES, WINTER SQUASH AND ROOT VEGETABLES.

USE A SMALL PLATE TO CONTROL PORTION SIZES AND TRY NOT TO OVERFILL IT.

INSTEAD OF SAVING ROOM FOR DESSERT, FILL UP ON FOODS THAT ARE MORE NUTRIENT-DENSE.



**HOST A HEALTHY MEAL** WHEN ENTERTAINING, OFFER HEALTHY OPTIONS. CHANCES ARE YOUR GUESTS ALSO WORRY ABOUT GAINING UNWANTED HOLIDAY POUNDS.

**6**

# 10 TIPS TO AVOID HOLIDAY OVEREATING

Face-to-face with a buffet of holiday favorites, it's hard to keep **healthy eating goals** in mind. Hy-Vee Dietitian, Julie McMillin, has the tips you need to **stay disciplined and trim.**

**3**

**BUILD A HEALTHY HOME BASE**

Commit to making better-for-you choices on regular nights at home when you aren't in a tempting situation, such as standing next to a holiday buffet table! If you eat healthfully when it is easy, you'll feel less guilt indulging later at an event.



**FOUR**

**BEAT THE RUSH** TAKE TIME TO STOCK YOUR PANTRY AND FREEZER WITH NUTRITIOUS MEALS FOR BUSY NIGHTS OF HOLIDAY SHOPPING.

PHOTOS: Cameron Sadeghpour

**7**

**AVOID THE SNOWBALL EFFECT**

The busy holiday season often means missed meals, less exercise and disrupted sleep. All of these can lead to poor eating choices. Stay ahead of the stress by taking time for you. If you do splurge, let yourself off the hook. Instead of beating yourself up and continuing to derail, let it go and eat healthfully the next meal.

**EIGHT**

**STAY FIT & FESTIVE**

Work out before a big meal to burn extra calories and set the tone mentally. Make fitness a family event: take a family hike to pick out your Christmas tree, go on a sledding adventure or bundle up and take a walk.

**"THE KEY IS TO STAY ACTIVE DURING THE HOLIDAYS."**  
-JULIE MCMILLIN



**NINE**

**SAVOR SWEETS** DON'T OVERINDULGE. PICK YOUR ABSOLUTE FAVORITE HOLIDAY TREAT AND PASS ON THE REST. MINGLE AWAY FROM THE DESSERT TABLE TO AVOID TEMPTATION, OR PLATE FRESH FRUITS FOR A NATURAL SWEET.

**CELEBRATE**

Take a deep breath. The holidays are about enjoying time with loved ones. Focus on friends and family—rather than food—and enjoy special time with them.



# WAKE UP

like Zach Parise



## ZACH PARISE

- Left wing, Minnesota Wild
- 13-year veteran
- Minneapolis native



*Zach hits the ice 15 to 20 minutes before practice to sharpen his skills.*

## FAMILY GUY

When he's not dodging defenders or dishing out assists, Zach Parise finds his balance by spending time with his wife and 3-year-old twins. The All-Star winger wakes up around 7 a.m. and gets the twins ready for the day before catching a quick cup of coffee and leaving for the rink. "I completely separate my hockey life from my home life," Zach says. "Regardless of how hockey is going, I am always excited to see my family, and I put them first."

## EGG-CELLENT CHOICE

Zach keeps his breakfast simple with protein-packed eggs. If time allows, he treats himself to pancakes with oatmeal in the batter, topped with almond butter, plain yogurt, fruit and walnuts.

*One egg boasts 6 grams of protein and all nine essential amino acids.*



## ROAD WARRIOR

The NHL season consists of 82 games for each team, 41 of which are played on the road, so it's important for Zach to keep his routine flexible. While times for meetings, practices and meals all change, the one thing Zach can always count on when he's on the road is a good night's sleep. "I am pretty tired at night and don't have baby monitors waking me up throughout the night!"

"Exercise is a huge part of my career. During the season, my exercise is skating in practice, followed by a short maintenance workout session in the gym. I don't notice a difference [in performance] as far as morning or afternoon [games]. A majority of our games are at night, but when we have earlier ones I generally feel really good in them."

WHEN IT COMES TO LIVING A HEALTHY LIFESTYLE, ZACH SAYS HARD WORK AND DILIGENCE ARE WORTH IT IN THE END. "IT'S NOT ALWAYS EASY, BUT IT IS VERY REWARDING AND YOUR DAY-TO-DAY LIFE IS SO MUCH BETTER."

PHOTOS Cameron Sadeghpour (skates, puck); Tobin Bennett (eggs), courtesy of the Minnesota Wild (Parise)

# Chocolate PEANUT BUTTER Cheerios

NEW

Real Cocoa.

Real Peanut Butter.



TWO FLAVORS. TOO AWESOME.





**30**  
minutes  
or less

**140**  
calories

**8g**  
fat

**15g**  
carbs

**2g**  
fiber

**4g**  
protein

**Total Time** 30 minutes  
**Makes** 18 cookies

- 2 Tbsp. Hy-Vee unsalted butter, softened
- ½ cup coconut palm sugar
- 1 Hy-Vee large egg white, at room temperature
- ¾ cup Hy-Vee natural creamy no-stir peanut butter
- ¼ cup Hy-Vee unsweetened almond milk
- 1 tsp. Hy-Vee vanilla extract
- 2 cup Hy-Vee old-fashioned oats
- ¼ cup dark chocolate chips
- 3 Tbsp. Hy-Vee dry-roasted unsalted peanuts
- 3 Tbsp. Little Secrets Classic Dark Chocolate Candies
- 3 Tbsp. Little Secrets Toasted Coconut Dark Chocolate Candies, optional
- 1½ tsp. Hy-Vee baking powder
- 1 Tbsp. Hy-Vee HealthMarket chia seeds

- 1. PREHEAT** oven to 350°F. Line two cookie sheets with parchment paper; set aside.
- 2. PLACE** butter, palm sugar and egg white in a large mixing bowl. Beat with an electric mixer on medium. Add peanut butter, almond milk and vanilla; beat until well combined.
- 3. WHISK** together oats, chocolate chips, peanuts, chocolate candies, baking powder and chia seeds in a medium bowl. Gradually add to peanut butter mixture until dough forms.
- 4. DROP** 2 heaping Tbsp. of dough per cookie onto prepared baking sheets and flatten slightly. Bake 14 to 16 minutes or until golden brown and centers appear set.
- 5. COOL** on cookie sheets 5 minutes. Transfer cookies to a wire rack and cool completely.

Per cookie: 140 calories, 8 g fat, 3 g saturated fat, 0 g trans fat, 5 mg cholesterol, 95 mg sodium, 15 g carbohydrates, 2 g fiber, 7 g sugar, 4 g protein

**MONSTER COOKIE:**  
Compare the stats on this classic Hy-Vee monster cookie with the Monster Cookie recipe, above.



**180 cal**  
**10 g fat**  
**15 mg cholesterol**  
**23 g carbs**  
**1 g fiber**  
**4 g protein**

PHOTOS Cameron Sadehpour



Take home the  
**TASTE**  
you love



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# GIFT GUIDE FOR THE FITNESS BUFF



**1. SHAKE IT UP**  
BlenderBottle,  
SportMixer Pro32

**2. MUSCLE MIX**  
SUNWARRIOR  
Organic Protein,  
Performance  
Inspired Whey  
Protein

**3. TO-GO CUPS**  
Tervis Insulated  
Tumblers

**4. SWEAT SHIRT**  
F&F Active Slogan  
Racerback Vest

**5. COMFY KICKS**  
F&F Footwear

**6. WORK(OUT)  
FROM HOME**  
Jillian Michaels  
Workout DVDs

**7. TASTES  
S'WELL**  
S'ip by S'well  
Stainless Steel  
Water Bottle

**8. BUILDING  
BLOCK**  
Gaiam Yoga  
Essentials  
Block

**9. HEAVY  
HANDS**  
Gaiam Neoprene  
Hand Weights

**10. GET  
A GRIP**  
Grizzly Grip  
Vacuum Insulated  
Tumblers

**11. FANCY PANTS**  
F&F Active Leggings

**12. FOAM PARTY**  
Gaiam Foam Rollers

**13. STRETCH  
THERAPY**  
Gaiam Resistance  
Bands, set of three

**14. HYDRATION  
STATION**  
Lifefactory Water  
Bottle with Active  
Flip Cap



HY-VEE PHARMACIST:  
ANGIE NELSON

**Q. What Hy-Vee pharmacy services are especially helpful this time of year?**

**A.** Our convenient drive-through windows and home delivery options can save you a trip in the cold elements. This is especially handy for parents who do not want to brave the weather with kids in tow.

**Q. Are Alka-Seltzer tablets safe for relief of discomfort from overeating?**

**A.** Alka-Seltzer tablets can be used for an upset stomach or heartburn, as they contain ingredients that neutralize stomach acid. They also contain aspirin, which is a pain reliever. Individuals over 60 years of age, pregnant women, diabetics and those taking certain medications should not take Alka-Seltzer tablets without discussing it with their pharmacist or health care provider.

**Q. Are there any pharmacy services especially targeted for the winter?**

**A.** We strive to provide flu vaccinations to our patients and customers this time of year to protect against the influenza virus. However, our pharmacies can provide additional immunization services year-round. You can stop in at a local Hy-Vee Pharmacy to check your state's immunization registry for any gaps or needs.

**Q. What do you recommend for chapped lips?**

**A.** Use a petrolatum-containing lip balm. Wind and cold can aggravate lips, so minimize exposure to these conditions.

**Q. How can customers combat sore throats caused by their home heating systems?**

**A.** Dry heat can irritate the throat and make you hoarse. Many people get relief from a scratchy or dry throat by simply using a humidifier.

**Q. What can customers do for dry or cracked skin?**

**A.** To help prevent dry skin, avoid long, hot showers and baths, which can pull oils from skin and exacerbate dryness. Limit bathing to 10 minutes. Finally, moisturize when skin is damp to lock in moisture.

## FAQ: AT THE PHARMACY

**Stock up for the season! Look for these products at your Hy-Vee Pharmacy and tackle winter health issues head-on:**

• **Antacids** (Hy-Vee antacid tablets, Tums, Mylanta and others) relieve heartburn and indigestion.

• **Cold and Flu Meds** (Hy-Vee and other brand-name cough suppressants and decongestants) help to relieve symptoms.

• **Ibuprofen** (Hy-Vee Ibuprofen, Motrin, Advil and others) is a nonsteroidal anti-inflammatory drug (NSAID). It reduces inflammation and fevers, and relieves head and body pains, cramps and arthritis.

• **Alka-Seltzer Tablets** relieve discomfort from heartburn or upset stomach.

When taking medications, speak to your health care provider and refer to package directions.



# give 'em the BOLD SHOULDER

Tone up even though that bulky sweater may cover up your pipes for now. Strong is healthy and, besides, summer is coming! These simple moves fire up the shoulders to build strength, carve out muscle and torch fat.

**1→ SHOULDER PRESS**  
ANTERIOR/MEDIAL DELTOIDS.  
Stand with feet shoulder-width apart, bending slightly at the knees, with a hand weight in each hand. Place straightened arms by sides, palms facing the body. Raise weights to shoulder height rotating wrists so that palms face forward. Raise weights upwards until arms are fully extended. Pause, then slowly return weights to shoulder height.



**2→ SHOULDER SHRUGS**  
TRAPEZIUSES.  
Stand with feet shoulder-width apart, bending slightly at the knees, with a hand weight in each hand. Place straightened arms by sides, palms facing the body. Shrug shoulders upward as high as possible, pausing at uppermost position for one to two seconds. Release shoulders back to starting position.



Get the moves for **stronger shoulders**. Visit [youtube.com/Hy-Vee](https://www.youtube.com/Hy-Vee)

**3→ ALTERNATING FRONT RAISES**  
ANTERIOR DELTOIDS.  
Stand with feet shoulder-width apart, bending slightly at the knees, with a hand weight in each hand. Place straightened arms in front of thighs, palms facing body. Raise right arm upward to shoulder height, keeping palm facing the floor. Pause, then slowly return to starting position and repeat with opposite arm.



**4→ REVERSE FLY**  
POSTERIOR DELTOIDS. RHOMBOIDS.  
Stand with feet shoulder-width apart, bending slightly at the knees and bending upper body forward at the hips so torso is nearly parallel to the floor, with a hand weight in each hand. Let straightened arms hang from shoulders with a slight bend in the elbow, palms facing each other. Keep back flat. Slowly raise arms upward to a spread eagle. Pause, then slowly return to starting position.

PHOTOS Tobin Bennett (this page and opposite)

Download a 30-day Shoulder Workout Challenge at [hy-vee.com](https://hy-vee.com)

# CRANBERRIES

They're not just for Thanksgiving meals anymore. Cranberries are a natural superfood filled with **ANTIOXIDANTS** and **PHYTOCHEMICALS** that may help prevent cancer and heart disease. Whether you eat them fresh or cooked, a few of these **TART BERRIES** go a long way in a variety of dishes and drinks in any season.

**46**  
CALORIES  
1 CUP RAW

**1%**  
CALCIUM

**1%**  
IRON

**14%**  
DIETARY  
FIBER

**2%**  
POTASSIUM

**4%**  
CARBS

Percentages represent daily values.

## FRESH PICKS

### FRESH

Raw cranberries contain a higher amount of natural nutrients than processed cranberries and have a much stronger flavor.

### FROZEN

Outside of autumn (harvest season), fresh cranberries can be hard to find. Store some in the freezer to enjoy them all year.

### DRIED

A handful of dried cranberries contains good fiber but often has a higher amount of sugar than raw cranberries.

Sources: <https://snaped.fns.usda.gov/seasonal-produce-guide/cranberries>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5039576/>



# skinny cranberry kombucha cocktail

**Total Time** 10 minutes  
**Makes** 1 (6.5-oz.) drink

**2 Tbsp. fresh rosemary, plus 1 sprig, for garnish**  
**1 cup fresh or frozen cranberries, thawed, plus 2 Tbsp. halved cranberries, for garnish**  
**½ navel orange, chopped**  
**1.5 oz. vodka (1 shot)**  
**Ice cubes**  
**½ cup cranberry kombucha**

**1. PLACE** 2 Tbsp. rosemary in a cocktail shaker. Use a muddler to bruise the rosemary. Add 1 cup cranberries, orange and vodka. Use muddler to crush cranberries and the orange, releasing the juices. Add about ½ cup ice to shaker. Cover cocktail shaker and shake well to blend ingredients.

**2. FILL** a cocktail glass with ice. Pour cranberry mixture through cocktail shaker strainer over ice in the glass. Top with kombucha. If desired, garnish with rosemary sprig and halved cranberries.

**Per serving:** 200 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 10 mg sodium, 25 g carbohydrates, 6 g fiber, 11 g sugar, 1 g protein

Sip your way to spirits bright and make a splash with this low-calorie cranberry cocktail.

**30**  
minutes  
or less



OPRAH | WINTER WARM-UP | OFFICE 15  
ON THE SIDE | BEAT THE BLUES | THE 12 DAYS OF FITNESS  
FOODS THAT PROMOTE HEALTHY AGING  
ROLL WITH IT | HY-VEE HEROES | HEALTH INSURANCE 101



# OPRAH

**WHEN *THE OPRAH WINFREY SHOW* CAME ON WEEKDAYS AT 4 P.M., IT SEEMED AS IF THE ENTIRE COUNTRY SAT DOWN ON A COLLECTIVE SOFA TO WATCH. EACH EPISODE WAS LIKE HAVING COFFEE WITH A GOOD FRIEND, ONE WHO HOOTED AND HOLLERED, SHARED AHA MOMENTS AND UGLY CRIES WITH US AND JUST HAPPENED TO BRING ALONG SEVERAL MILLION PALS. OPRAH'S KNACK FOR TELLING STORIES AND POSING QUESTIONS TO PRESIDENTS, PRINCES AND CELEBRITIES CAPTURED THE WORLD. HER EMMY AWARD-WINNING SHOW, MOVIES AND BUSINESS DEALINGS BENEFIT FROM HER MIDAS TOUCH. SHE KNOWS WHAT PEOPLE LIKE, AND SHE DELIVERS. NOW, OPRAH INVITES YOU TO HER TABLE FOR DELICIOUS DISHES WITH NUTRITIOUS TWISTS. THEY'RE READY-TO-GO, IN THE REFRIGERATED SECTION AT YOUR LOCAL HY-VEE.**

WORDS Wanda Ventling

**MEDIA ICON OPRAH WINFREY IS NO STRANGER TO THE KITCHEN, AND NOW SHE'S BRINGING COMFORT FOODS TO YOUR TABLE. IN PARTNERSHIP WITH KRAFT HEINZ, OPRAH CREATED A NEW REFRIGERATED FOOD LINE CALLED O, THAT'S GOOD!**

PHOTOS Courtesy of Mealtime Stories, LLC; photographer Joseph Pugliese (above), Ruven Afanador (right)



OPRAH WINFREY, A KID FROM KOSCIUSKO, MISSISSIPPI, LEARNED TO READ AND WRITE BY AGE THREE FROM HER GRANDMOTHER HATTIE MAE LEE. HER GRANDMOTHER ALSO TAUGHT HER THAT THE BEST FOOD COMES FROM HARD WORK.

"I started out as a young girl growing up on a tiny little patch of land," says Oprah. "Every single thing that we ate came from our little patch of land. Now I've continued the tradition where I grow my own fresh fruits and vegetables, and I love creating delicious new recipes from what has come from the garden."

Planting and reaping are Oprah's life example. Despite the odds stacked against her, she faithfully planted what she had—her God-given gifts and talents, zeal for learning and speaking, and remarkable empathy for others. Oprah's trajectory to becoming America's favorite talk show host wasn't enough for her—she's also a businesswoman, an award-winning author and actor, and the driving force behind a magazine, a television network and a laundry list of charities.

Even with all of her success, Oprah's accomplishments aren't what makes her stand out from the crowded stage of celebrities. What sets Oprah apart is her ability to connect with people, to cry at their pain and roll up her sleeves to see change. Simple gestures matter to her. Oprah believes sharing good food with others is an act of love: a bowl of soup or a delicious entrée is a way to show people you treasure them.

"I love the very idea of sharing good food with people. I love hosting and having friends over for a good meal. When they all started asking how I was still enjoying food so much and creating such delicious and nutritious meals, I decided I wanted to share the recipes I had discovered with everyone," she says.

With her trademark drive for excellence, she collaborated with a team of creative chefs at Kraft Heinz test kitchens in Glenview, Illinois. Together they cooked up a whole new line of her favorite foods, aptly named O, That's Good! Read more about these new products on the pages ahead, and find them in the refrigerated section at your local Hy-Vee.

## AN ADVOCATE FOR CHANGE

**OPRAH BEGAN HER CAREER** as a talk show host in 1978 and immediately knew she had found her calling. Over the nearly 40 years since, she has used her media presence as a platform for advocating humanitarian issues, inspiring women and men alike to live their best lives. Pairing interesting topics with informative, entertaining interviews and jaw-dropping giveaways, Oprah grabbed the attention of the nation and called on each viewer to strive for their own health and wellness goals. Having first-hand experience with dieting and weight struggles, Oprah encourages us to focus on a positive body image and a healthy, balanced lifestyle.

# 65

**MILLION**  
ESTIMATED  
VIEWERS PER  
DAY TUNED IN  
FOR *THE OPRAH  
WINFREY SHOW*.

In 2000, Oprah expanded the show and released a monthly magazine called *O: The Oprah Magazine*.

**AFTER 25  
RECORD-SETTING  
SEASONS, THE  
SERIES FINALE  
OF *THE OPRAH  
WINFREY SHOW*  
AIRED ON MAY 25,  
2011.**

**FOR OPRAH,  
STAYING ACTIVE  
IS KEY TO BEING  
HEALTHY AND  
HAPPY.**





"I WAS SITTING AT MY TABLE IN MY OWN HOME AND HAD WHIPPED UP SOME CAULIFLOWER, TRYING TO MAKE MYSELF THINK I WAS EATING MASHED POTATOES, BUT IT WAS NOT WORKING," SAYS OPRAH. "SO I THOUGHT, WHAT IF I USED A PORTION OF THE MASHED POTATOES AND ADDED THE CAULIFLOWER? THEN I WOULD HAVE A SUBSTANTIVE MASHED POTATO-CAULI DISH. THAT IS HOW THE FIRST RECIPE WAS INSPIRED."



W

ith Oprah at its helm, the O, That's Good! comfort food line features nutritious ingredients without artificial flavors or dyes. Each is easy to prepare in minutes. You can find these

items within your Hy-Vee store's refrigerated section. The line includes four flavorful soups: Broccoli Cheddar Soup (with added butternut squash), Baked Potato Soup (with added cauliflower), Creamy Tomato Basil Soup (with added celery and carrots) and Creamy Butternut Squash Soup (with added sweet potatoes and carrots). There are also four savory sides: Original Mashed Potatoes and Garlic Mashed Potatoes (both with added mashed cauliflower), Three Cheese Pasta (with added butternut squash) and Creamy Parmesan Pasta (with added white beans).

Head to your local Hy-Vee today to try each nutritious (and delicious) option available. Every O, That's Good! soup and side has a nutritious twist, but Oprah often adds something extra to many of her favorites to shake things up. For her Three Cheese Pasta with butternut squash, "Add some cooked broccoli or peas to get even more veggies," she says. For her Baked Potato Soup with cauliflower, "shake on a little chili powder to give it some real Southwest flavor."

## OPRAH GIVES BACK GOOD BEYOND THE BOWL

Oprah's love for helping people has covered a breadth of charities, including programs for schools and for feeding the hungry. The O, That's Good! comfort foods not only taste good, they do good for others, too. Ten percent of profits from the O, That's Good! products will be divided equally between the charitable organizations Rise Against Hunger and Feeding America.



PHOTOS: Ruven Afanador





**Q. How are you giving back through O, That's Good!?**

**A.** Ten percent of Mealtime Stories' profits will be equally split between charitable organizations Rise Against Hunger and Feeding America. The Kraft Heinz Company Foundation intends to make annual donations on behalf of Mealtime Stories to these charities until the joint venture becomes profitable.

**Q. Why did you partner with Kraft Heinz?**

**A.** The team at Kraft Heinz understands like I do the power of creating an experience with food. They are mindfully aware of the ingredients that go into each recipe and were great collaborators through this creation process.

**Q. What are your hopes for O, That's Good!?**

**A.** We're introducing a whole new line of foods that are all made with nutritious ingredients—no artificial flavors or dyes—and easy to prepare.

**Q. How did you decide on creating soups, too?**

**A.** In my eyes, if someone is offering you a bowl of soup, that means they love you. I've felt that way ever since I was a little girl ... and I still feel that way today. I just knew I had to have soups as part of the O, That's Good! launch.

**Q. Why did you decide to support the fight against hunger through this food line?**

**A.** I believe in anything you do, you have to think about how you can give back. And to be able to have a portion of O, That's Good! go back to people who don't get food at all in the world, just feels like the right thing to do.

**Q. How have real ingredients played a part in your life?**

**A.** I love harvesting vegetables and fresh fruits and creating new recipes. I want others to be able to enjoy the same delicious, nutritious food at a price point that makes it accessible to everyone.

**Q. Each product from your O, That's Good! line offers a nutritious twist by adding in more veggies. What's your favorite twist?**

**A.** The Original Mashed Potatoes with a twist of cauliflower! People have tried the cauliflower-mashed potato combination at my house, never even realizing the cauliflower was there. Now that's good!

**"I THINK EVERYTHING IN LIFE IS BETTER WHEN YOU SHARE IT. AND GOOD FOOD IS MEANT TO BE SHARED."  
- OPRAH WINFREY**

PHOTO: Ruven Afanador



DELICIOUS WITH  
A NUTRITIOUS  
*Twist*



**O, THAT'S GOOD!**  
SIDES



**O, THAT'S GOOD!**  
SOUPS

O, That's Good!  
Refrigerated Soup or Side:  
select varieties  
16 or 20 oz. \$3.99

NOW AT **HyVee**



# WINTER WARM-UP

WORDS Aaron Ventling PHOTOS Tobin Bennett

Baby, it's cold outside, but if you still yearn for a burn, get it without damaging your body. Properly prep for exercise with a dynamic warm-up routine guaranteed to get your blood pumping safely.

## FEEL THE HEAT

Start a cold car on a frigid morning and it may take a while for the engine to turn over, warm up and begin to purr. Like a car, your body needs to warm up before moving into a higher gear to exercise. When performed properly, a warm-up gradually raises the heart rate and body temperature, dilates blood vessels, reduces lactic acid buildup and prepares muscles and tendons for the demands of exercise.

Raise your body temperature and you increase circulation, which loosens joints and increases blood flow. You not only feel better, you also reduce the risk of injury, according to Martin Ungs, a physical therapist and occupational clinical specialist at Rock Valley Physical Therapy in Des Moines, Iowa.

Staying injury-free increases the likelihood of people developing and keeping lifelong fitness routines. "Any sport or training should result in a positive experience. Injury and impeded recovery are a negative, so warm-ups are a crucial part of having a great workout or recreational activity," Ungs says.

But what's the best way to warm up? Ungs suggests easing into exercises with movements that mimic those of the activity to be performed but at an easier, slower pace. "A general rule for warm-ups is to do some type of cardio activity, like walk or jog for five minutes, followed by dynamic stretches. This may also have a cardio component," Ungs says. "Walking on a treadmill with a gentle incline facilitates a nice stretch on the calf muscles." (Check out Ungs' warm-up suggestions on *pages 26-27*.)

## CHILL OUT

Just as important as warming up, a proper cooldown allows your body to gradually lower an accelerated temperature and heart rate from exercise. Stop too fast and you can experience nausea or dizziness. The American Heart Association (AHA) recommends that you finish any workout with a slow, five-minute walk to decrease your heart rate below 120 beats per minute. Additionally, the AHA advises post-workout static stretches on sore muscles for 10 to 30 seconds to improve flexibility and reduce lactic acid buildup.



"ANY SPORT OR TRAINING SHOULD RESULT IN A POSITIVE EXPERIENCE. INJURY AND IMPEDED RECOVERY ARE A NEGATIVE, SO WARM-UPS ARE A CRUCIAL PART OF HAVING A GREAT WORKOUT OR RECREATIONAL ACTIVITY. THIS IS ESPECIALLY IMPORTANT AS OUR BODIES AGE AND THE PHYSICAL DEMANDS PLACED UPON THEM ARE MORE INTERMITTENT."

— MARTIN UNGS  
Physical Therapist and Occupational Clinical  
Specialist at Rock Valley Physical Therapy  
in Des Moines, IA

## Q & A MARTIN UNGS, PT, OCS

**Q. WHAT TYPES OF MOVEMENTS SHOULD A WARM-UP INCLUDE?**

**A.** Controlled. One should always be aware of proper body posture and form. A warm-up should encompass elements that work the core and facilitate balance.

**Q. WHAT'S THE BEST WAY TO PREVENT INJURY DURING EXERCISE?**

**A.** Listen to your body. When starting any new activity or sport, start gradually and add intensity, speed and weight incrementally. Evaluate your body's flexibility, strength and balance levels with the anticipated activity. Work to optimize strength through cross-training, as well.

**Q. HOW INTENSE SHOULD A WARM-UP BE?**

**A.** The more intense the sport the more intense the warm-up.

**Q. ARE STATIC STRETCHES BAD FOR YOU?**

**A.** No. They have a place in injury rehabilitation and joint protection.

**Q. ARE THERE SUPPLEMENTS THAT CAN AID A WARM-UP?**

**A.** Always have proper hydration levels. This helps regulate body temp, maintain healthy joints and muscles, and ensure proper heart, kidney and liver functions. Properly balanced nutrition—carbohydrates, proteins and healthy fats—makes the most sense, especially for recovery.



# 5-MINUTE WARM-UP

provided by Martin Ungs, PT, OCS

## LIGHT JOG HIGH-STEP FORWARD AND SIDEWAYS 30–60 seconds

As you jog, exaggerate steps by bringing knees above waist level both forward and sideways.

## FRONT KICKS 5 reps each leg

Standing upright, raise arms in front to shoulder level, slowly extend right leg forward in exaggerated kicking motion. Repeat with opposite leg.

## STANDING LEG KICKS AND SIDE KICKS 30–60 seconds each leg

Stand with feet hip-width apart and hands on hips. With weight positioned mostly on one leg, slowly extend opposite leg forward, backward and to the side. Repeat routine for opposite leg.

## OVERHEAD LUNGES 5 reps each leg

Stand with feet shoulder-width apart and a straight back. With arms raised high, slowly lunge one leg forward, keeping core tight. Repeat move with opposite leg.

## ROTATING LUNGES 5 reps each leg

Stand with feet slightly wider than shoulder-width. Lunge forward with right leg, slowly rotating upper body to the right. Before you rise out of lunge, reset torso back to neutral position. Repeat with opposite leg.

## DYNAMIC STRETCHING

“THEY’RE BALLISTIC MOVEMENTS, WHICH ARE NOT HELD FOR ANY LENGTH OF TIME,” MARTIN UNGS SAYS. “THEY CHALLENGE THE RANGE OF THE MUSCLE LENGTH AND ARE DESIGNED TO ENGAGE MORE ACTIVE NERVOUS SYSTEM INPUT FOR BALANCE AND REACTION.” USE THIS ACTIVE STRETCH TO SIMULATE A LESS INTENSE VERSION OF THE MOVES IN YOUR WORKOUT.

## STATIC STRETCHING

“THEY’RE GENERALLY USEFUL TO FACILITATE COOLDOWN AND MUSCLE, TENDON AND LIGAMENT RECOVERY,” UNGS SAYS. TO RELIEVE MUSCLE PAIN, THESE STATIONARY STRETCHES WILL INCREASE FLEXIBILITY BUT AREN’T ADVISED PRIOR TO WARMING UP. STATIC STRETCHES ALSO REDUCE THE BUILDUP OF LACTIC ACID, WHICH CAN LEAD TO CRAMPS AND SORENESS.

**MOUNTAIN CLIMBERS**  
From a high plank position, draw either knee toward chest, planting with opposite leg. Maintain a tight core and lower back, as you extend drawn leg back and bring up opposite leg. Repeat at desired pace.

**SINGLE KNEE-TO-CHEST:**  
Lie flat on back. With legs extended and shoulders relaxed, pull one knee toward chest. Alternate legs to stretch glutes, back of bent leg and hip flexor of straight leg.

**HIGH KICKS**  
Stand upright with feet shoulder-width apart. With a straight back, lift one straightened leg as high as possible, reaching toward foot with opposite hand. Carry momentum into a step. Repeat with opposite leg.

**DYNAMIC PIGEON**  
From a high plank position, bring right knee to chest level. Rotate until shin is perpendicular with arms, maintaining square hips. Lower until right glute touches ground. Repeat on opposite leg.

**INCHWORM**  
Stand upright with feet shoulder-width apart. With straight legs and feet planted on the floor, slowly walk hands forward on floor until you reach a push-up position. Slowly reverse to standing position and repeat.

**LEG SWINGS (FRONT)**  
Standing next to a wall or other support, brace with one arm at shoulder height. Swing outside leg from front to back. Gradually increase range of motion and pace. Repeat with opposite leg.

**LEG SWINGS (SIDE)**  
Standing upright and facing a wall or other support, brace with both arms at shoulder height. Swing right leg from side to side in front of body, gradually increasing range of motion and speed. Repeat with opposite leg.

**SCORPIONS**  
Lie flat on stomach with arms extended and feet together. Rotate hips, bringing either heel as close to opposite hand as possible. Pause for a moment and reset position. Repeat with opposite leg.

**SEATED HAMSTRING**  
From the ground, extend your right leg straight in front of you. Touch the heel of your left leg to your right knee. Bend forward and hold your right toes or foot. If you can't reach your foot, hold your shin. Each time, try to reach a little farther. Repeat with opposite leg.

**STANDING QUAD STRETCH**  
Holding onto a wall or other support, grab your right foot in your right hand and pull heel toward your buttocks. Keep knees close together during this stretch. Repeat on opposite side.

**GLUTES STRETCH**  
Lie on the floor faceup. Bend your right leg at the knee, keeping your right foot planted flat on the floor. Cross your left leg over the right thigh. Hold onto the back of the right thigh with both hands. Pull your right knee toward your torso. Repeat on the opposite side.

**LOW BACK STRETCH**  
Lie on your back with your knees bent. Hug your shins and slowly pull your knees up to the chest until you feel a gentle stretch in your lower back.

**BUTTERFLY STRETCH**  
Sit on the floor with the soles of your feet touching. While holding your toes, lean your upper body forward, bending from the hips.

**TRICEPS STRETCH**  
Extend your arms overhead. Use your left hand to pull the right elbow behind your head. You should feel the stretch in your right triceps. Repeat on the other side.

**POSTERIOR SHOULDER STRETCH**  
Pretend you have an itch between your shoulder blades. Hold your right arm across your body and grab the back of your right elbow with your left hand. Pull the right elbow in as far as you can so that your right fingertips can reach your upper back. Repeat on the other side.

**CALF STRETCH**  
Extend legs out straight. Reach for your toes and slowly pull toes backward until you feel a stretch in the calf muscles. If you cannot reach your toes, use a towel to pull your feet back.

TRY OUT THE ABOVE STRETCHES PROVIDED BY

Daira Driftmier, Director of Hy-Vee KidsFit & Hy-Vee Fitness

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# OFFICE

**YOU DON'T HAVE TO BE A MANAGER TO FIND YOURSELF MANAGING OFFICE WEIGHT GAIN. FROM DONUTS IN THE BREAK ROOM TO CATERED CONFERENCE CALLS, A TYPICAL 9-TO-5 CAN PLAY A FULL-TIME ROLE IN YOUR WAISTLINE. COMBAT OFFICE CULTURE AND OTHER JOB-RELATED RISKS TO YOUR HEALTH. YOU MAY HAVE GRADUATED FROM FEARS OF THE FRESHMAN 15, BUT YOU STILL NEED TO JUMP GOOD-HEALTH HURDLES.**

WORDS Kaitlyn Cimino PHOTOS Tobin Bennett

## DANGERS AT THE DESK

GET THE MEMO ON OFFICE NORMS WITH UNEXPECTED IMPACTS. MANY ASPECTS OF YOUR WORKPLACE MAY BE TIPPING THE SCALE.

### HECTIC SCHEDULES

Raise your hand if you've heard yourself say "I don't have time to get into shape." Between working late and skipping lunch, you're less likely to fit in a workout and more likely to snarf down a nutritionally void microwave meal. Not to mention, missing meals often means overeating later.

### TAKE-OUT MENUS

Some days the only way to survive a board meeting is the prospect of catered lunch. But most takeout options are full of empty calories and loaded with sugars and fat. Plus, oversized portions trick you into eating more than you need (or really even want).

### DRESS CODE

An occasional trip to the water jug can do wonders for your energy. But is your office attire curbing your mobility? Being trapped in a suit can make you less likely to sneak in a walk over lunch. If you're wobbling

around in a cute pair of heels you might not make it to the printer.

### OPEN CONCEPT SEATING

Sure, you love feeling like the cast of *The Office* with quirky deskmates you can taunt all day. But while you labor away, you may increase your exposure to germs, making you too sick to work out.

### DAILY COMMUTE

Unless you're lucky enough to work within walking distance, your day job is likely bookended with more sedentary time in the car. Couple long-term sitting with the temptation of drive-through breakfast and you may find extra pounds over time.

### CLASSIC COWORKERS

The party planner, candy bowl stocker and office baker are among the most common culprits when it comes to bad nutritional influences. The truth is, any group of people opens the door to peer pressure and too-tempting suggestions.

### HAPPY HOUR

As the name implies, happy hour ends the day on a positive (and conveniently discounted) note. But blowing off steam over drinks may blow your weight-loss goals.



### HOW TO DOWNSIZE (IN A GOOD WAY)

**DIVERSIFY**  
DON'T BURN OUT ON SALAD. MIX THINGS UP WITH A WRAP OR POWER BOWL.

**INVEST**  
HAVE LOW-CAL SNACKS YOU ACTUALLY ENJOY ON HAND, INSTEAD OF STARING LONGINGLY AT THE VENDING MACHINE.

**STREAMLINE**  
PREP HEALTHY MEAL OPTIONS ON SUNDAYS TO ELIMINATE LAST-MINUTE TEMPTATION ON YOUR LUNCH BREAK.

**OUTSOURCE**  
RESEARCH HEALTHY EATING OPTIONS NEAR YOUR OFFICE AND SUGGEST ONE FOR THE NEXT STAFF MEETING.

**MULTITASK**  
FIT IN FITNESS. BOOK WALKING MEETINGS ON WEDNESDAYS OR TAKE PHONE CALLS STANDING UP.

## DIS-COMFORT FOOD

Get the skinny on emotional eating.



Many people use food to cope with stress, anxiety and even boredom, but emotional eating goes beyond mere whims. For a short time, a stressful situation may suppress your appetite. The brain sends a signal to the adrenal glands to ignite your body's fight-or-flight mode, putting eating on hold. But under extended periods of pressure, the adrenal glands release a hormone called cortisol, which increases appetite. The result is stress eating, which often means poor food choices that contain refined sugars and fats. If you've regretted pounding a box of cookies, you know a junk food binge only compounds the negative feelings that led you to the snack cabinet in the first place. Taking charge of your appetite can help you feel calm and in control. Plus, healthful foods mean increased energy levels. Use a food journal to self-monitor the choices you make and identify any potential stress-eating triggers.



# SUGAR CRASH

“You are what you eat” may sound extreme, but certainly what you eat directly affects your **BRAIN FUNCTION AND, INEVITABLY, YOUR MOOD.** Healthful, high-quality food items (think vitamins, minerals and antioxidants) **NOURISH THE NOGGIN** and protect it from oxidative stress. On the other hand, quick-fix sugary treats with refined sugars (the dozen donuts in the break room) can be **HARMFUL TO THE BRAIN, HAMPER YOUR BODY’S REGULATION OF INSULIN** and lead to inflammation. Keep tabs on the foods and drinks you turn to **AT YOUR DAY GIG.**

## DAILY GRIND

Beat the midday slump without sabotaging your weight.

**Coffee run** We would never dream of telling you to kick your coffee habit, but stay smart about how you charge your battery. According to the Mayo Clinic, up to 400 milligrams (mg) of caffeine a day seems to be safe for most healthy adults. This translates to about four cups of joe (or 10 cans of soda). Stick to low-calorie creamers (or drink it black if you can stomach it) and go easy on sweeteners. Too much caffeine can cause jitteriness or insomnia.

**Water jug** Making up about 60 percent of your body weight, water is vital to health and energy.

But with a packed schedule and back-to-back meetings, it’s easy to forget to stay hydrated. This matters to your performance review, because even mild dehydration can drain your energy and leave you lethargic (so much for hitting the gym on the way home). Water also dissolves the minerals and nutrients you eat, making them accessible to your body so that healthful eating choices have a greater impact.

**Vending machine** Most sugary drinks are full of empty calories with zero nutritional value. With as much as 10 teaspoons of sugar per 12-ounce beverage, these drinks pave the way to weight gain and obesity. Plus, the sugar and acid in these drinks dissolve tooth enamel and increase dental decay.

\* STOP WHAT YOU’RE DOING AND STEP AWAY FROM THE VENDING MACHINE.

THE LEADING SOURCES OF **ADDED SUGARS** IN THE U.S. DIET ARE **SUGAR-SWEETENED BEVERAGES**, GRAIN-BASED **DESSERTS** LIKE CAKES AND COOKIES, **CANDY** AND DAIRY **DESSERTS** LIKE ICE CREAM.

—Centers for Disease Control and Prevention



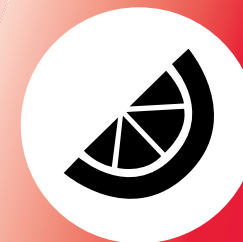
iStockphoto.com/DNY59

## FOODS THAT BOOST YOUR MOOD



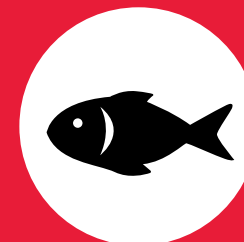
### OATMEAL

With soluble fiber, oats slow down carbohydrate absorption, keeping your blood sugar levels even.



### FRESH FRUIT

Full of fiber and complex carbohydrates, fruits offer a steady supply of energy.



### FISH

The omega-3s found in fish help you produce serotonin, a chemical linked to good moods.



### MILK

Both dairy and nondairy milks are fortified with vitamin D, which acts as a natural antidepressant.

## FOODS THAT BOOST PRODUCTIVITY



### WHOLE GRAINS & BEANS

Carbohydrates supply the brain with quick energy, and may boost mood and performance under stress.



### WALNUTS & SALMON

Fatty acids refresh connections between brain cells, improving memory and cognition.



### POULTRY & YOGURT

Protein takes longer to digest than carbs, offering sustained energy to keep you alert all day long.



### COFFEE & TEA

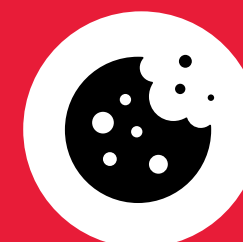
Caffeine improves reaction time, combats mental fatigue and allows muscles to work harder.

## FOODS TO AVOID



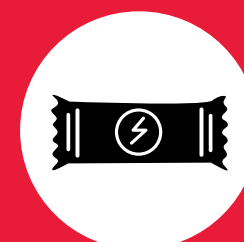
### ENERGY OR SPORTS DRINKS

Loaded with sugar, caffeine or both, these pack in calories and lead you to a midday crash.



### CANDY & COOKIES

These items can cause blood sugar spikes followed by drops, leaving you irritable and tired.



### PROCESSED ENERGY BARS

Avoid bars full of saturated or trans fats and sugars. They are practically candy bars.

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GIVE HOLIDAY SIDE DISHES  
HEALTHY MAKEOVERS THAT ARE  
FRESH AND TASTY. A HOLIDAY  
BIRD MAY TAKE CENTER STAGE,  
BUT THESE NUTRITIOUS PAIRINGS  
WILL HAVE EVERYONE REACHING  
FOR GUILT-FREE SECONDS.

# ON THE FLAT



*tip*  
Cater this year's  
holiday turkey  
and a premade  
meal from  
your local  
Hy-Vee.

PHOTOS Cameron Sadeghepour

USE RED-HUED BLOOD  
ORANGES OR PINK  
CARA CARAS, TO ADD  
COLOR AND TONS OF  
VITAMIN C TO YOUR  
HOLIDAY SALAD.



# CITRUS WINTER SALAD

RECIPE, p. 38



FOR ITS CLASSIC GREEN BEAN CASSEROLE FLAVOR, THIS **NO-BAKE KNOCKOFF** USES YOGURT AND **FRESH MUSHROOMS** INSTEAD OF CREAM OF MUSHROOM SOUP.

# LIGHT GREEN BEAN SKILLET DISH

RECIPE, p. 38

*tip*

Add flavor and flair by stirring fresh herbs into the dough and sprinkling them over the baked rolls.

# HERBED GLUTEN-FREE DINNER ROLLS

Total Time 1 hour Makes 9 rolls

Hy-Vee baking nonstick cooking spray  
12 oz. (by weight) gluten-free multipurpose flour  
1 Tbsp. dried herbes de Provence  
1 (.25-oz.) pkg. quick-rise instant yeast  
1½ tsp. xanthan gum  
1 tsp. kosher salt  
1 cup warm water (105°F to 110°F)  
1 Hy-Vee large egg, set out at room temperature for 30 minutes  
2 Tbsp. Hy-Vee honey  
1 Tbsp. Hy-Vee Select extra virgin olive oil

2 tsp. Hy-Vee white wine vinegar  
Hy-Vee olive oil nonstick spray  
1 recipe Garlic Oil, *right*, optional  
1 Tbsp. finely chopped fresh parsley, optional

**1. COAT** nine 2½-in. muffin cups with baking cooking spray; set aside.  
**2. ADD** flour, herbes de Provence, yeast, xanthan gum and salt to a mixing bowl. Beat with an electric mixer on low. Add water, egg, honey, oil and vinegar. Beat on medium for 5 minutes, scraping bowl as needed.  
**3. SPOON** ¼ cup dough into each of the prepared muffin cups. Lightly coat top of batter with olive oil

cooking spray. Cover; let rise in a warm place for 30 minutes.

**4. PREHEAT** oven to 375°F. Bake for 20 to 25 minutes or until golden brown. Meanwhile, prepare Garlic Oil, if desired. Brush rolls with Garlic Oil and sprinkle with parsley, if desired. Serve immediately or keep warm in a 200°F oven on low for up to 1 hour.

**Garlic Oil:** Stir together ¼ cup Hy-Vee Select extra virgin olive oil, 1 Tbsp. minced garlic and ½ tsp. Hy-Vee kosher sea salt in a small bowl.

**Per serving:** 180 calories, 2 g fat, 0 g saturated fat, 0 g trans fat, 20 mg cholesterol, 240 mg sodium, 35 g carbohydrates, 1 g fiber, 4 g sugar, 4 g protein







Make this **Apple-Sage Dressing** at home. Visit [youtube.com/Hy-Vee](https://www.youtube.com/Hy-Vee)

*Tip*

To dry bread for use the same day, preheat oven to 300°F. Cut bread into cubes and spread on a rimmed baking pan. Place bread in oven and bake 30 minutes.

# APPLE-SAGE DRESSING

**Total Time** 1 hour 10 minutes **Serves** 6

**Hy-Vee olive oil nonstick cooking spray**

**1 large carrot, chopped**

**6 oz. baby bella mushrooms, thinly sliced**

**2 medium onions, finely chopped**

**2 stalks celery, chopped**

**1 cup finely chopped steamed chestnuts, optional**

**2 Tbsp. minced garlic**

**1 recipe Dried Bread Cubes, right**

**½ cup Hy-Vee dried cranberries**

**¼ cup finely chopped fresh sage**

**2 cups Hy-Vee 33%-less-sodium chicken broth, plus more as needed**

**1 Hy-Vee large egg, beaten**

**1 red apple, such as Braeburn, cored and cut into 1-in. cubes**

**Hy-Vee kosher salt and Hy-Vee black pepper, to taste**

**1. PREHEAT** oven to 425°F. Lightly coat an 8×8×2-in. baking dish with cooking spray; set aside.

**2. HEAT** a large skillet over medium heat. Coat with cooking spray and add carrot. Cook 3 minutes,

stirring often. Add mushrooms, onions, celery and, if desired, chestnuts to skillet and cook, stirring often, until onions begin to soften. Add garlic and cook 30 seconds more.

**3. TRANSFER** mixture to a large bowl. Add Dried Bread Cubes, dried cranberries and sage. Pour in broth and egg; toss to combine. Let mixture sit for 10 minutes to absorb broth. If needed, add more broth, ¼ cup at a time, until bread is thoroughly moistened. Stir in apple and season with salt and pepper.

**4. TRANSFER** mixture to baking dish; lightly coat top with cooking spray and bake 30 minutes, uncovered, or until top has browned and internal temperature reaches 160°F.

**Dried Bread Cubes:** Preheat oven to 200°F. Cube 1 (28-oz.) loaf Hy-Vee Bakery whole wheat bread into 1-in. pieces. Spread bread cubes in a single layer on a rimmed baking pan. Bake 10 minutes. Turn off oven and leave bread in oven overnight to dry. Makes 8 cups.

**Per serving:** 400 calories, 2.5 g fat, 0 g saturated fat, 0 g trans fat, 30 mg cholesterol, 880 mg sodium, 86 g carbohydrates, 6 g fiber, 23 g sugar, 13 g protein

FOR HIGH FIBER AND LOTS OF NUTRITION, REACH FOR SWEET POTATOES STUFFED WITH APPLE SAUCE AND SPICES, AND TOPPED WITH DRIED FRUIT. THEY TASTE LUXURIOUS.

# STUFFED SWEET POTATOES

RECIPE, p. 38



Make these **Stuffed Sweet Potatoes** at home. Visit [youtube.com/Hy-Vee](https://www.youtube.com/Hy-Vee)



# CITRUS WINTER SALAD

FROM PAGE 33  
Total Time 1 hour 20 minutes Serves 6

- 1 recipe Honey-Roasted Almonds, below, optional
- 2 large red beets, rinsed and trimmed
- Hy-Vee olive oil nonstick cooking spray
- 4 blood oranges or Cara Cara oranges, divided
- 1/3 cup Hy-Vee canola oil
- 1/4 cup Hy-Vee white wine vinegar
- 1 tsp. Hy-Vee honey
- 1 tsp. Hy-Vee Dijon mustard
- Kosher salt and Hy-Vee black pepper, to taste
- 1 (5-oz.) container baby kale
- 4 tangerines, peeled and thinly sliced
- 1 medium red onion, thinly sliced
- 2 oz. Hy-Vee Select natural fresh goat cheese, crumbled

1. **PREHEAT** oven to 400°F. Prepare Honey-Roasted Almonds, if desired.
2. **COAT** beets with cooking spray. Wrap beets with foil and place in a rimmed baking pan. Bake 55 minutes or until tender. Remove beets from oven and cool. When cool enough to handle, remove foil and peel and thinly slice the beets.
3. **ZEST** one orange. Squeeze juice from orange, yielding about 1/4 cup juice. Set aside. Peel remaining oranges; cut each crosswise into 1/2-in.-thick slices. Set aside.
4. **ADD** canola oil, vinegar, zest, juice, honey and Dijon mustard to a screw-top jar. Cover and shake well. Season to taste with salt and pepper.
5. **ARRANGE** kale, beets, oranges, tangerines and red onion on a large platter. Top with goat cheese, and if desired, Honey-Roasted Almonds.

**Honey-Roasted Almonds:** Preheat oven to 400°F. Line a rimmed baking pan with parchment paper. Place 3/4 cup whole almonds and 2 Tbsp. Hy-Vee honey in a bowl and stir until combined. Spread almonds in prepared pan and bake for 5 minutes. Stir mixture and bake for 2 minutes more or until toasted.

**Per serving:** 260 calories, 16 g fat, 3 g saturated fat, 0 g trans fat, 5 mg cholesterol, 80 mg sodium, 26 g carbohydrates, 5 g fiber, 18 g sugar, 5 g protein

# LIGHT GREEN BEAN SKILLET DISH

FROM PAGE 34  
Total Time 1 hour 10 minutes Serves 6

- 1 recipe Crispy Onion Topping, below
- 8 cups water
- 1 (12-oz.) pkg. fresh trimmed green beans
- 1 Tbsp. Hy-Vee Select extra virgin olive oil
- 1 (8-oz.) pkg. sliced cremini mushrooms
- 2 tsp. minced garlic
- 1/4 tsp. Hy-Vee crushed red pepper flakes
- 1/4 cup Hy-Vee 33%-less-sodium chicken broth
- 2 tsp. Hy-Vee 100% cornstarch
- 2 Tbsp. Greek plain nonfat yogurt, such as Chobani
- 1/4 tsp. Hy-Vee Dijon mustard
- 1 tsp. chopped fresh thyme
- Kosher salt, to taste
- 1/4 cup sliced almonds

1. **PREPARE** Crispy Onion Topping.
2. **BRING** the water to boiling in a large stockpot over high heat. Add green beans and cook 10 minutes or until tender. Transfer beans to a bowl of ice water and let stand until cool. Drain and transfer green beans to a platter lined with paper towels.
3. **HEAT** olive oil in a large skillet. Add mushrooms and cook over medium heat, stirring occasionally, for 5 minutes or until mushrooms are fragrant. Add garlic and red pepper flakes and cook 30 seconds. Whisk together broth and cornstarch in a bowl.
4. **ADD** broth mixture to skillet. Cook and stir until thickened and bubbly. Add green beans and heat through, about 5 minutes, stirring occasionally. Remove skillet from heat. Add yogurt, Dijon mustard and thyme and toss to coat. Season with salt to taste.
5. **ADD** green bean mixture to a 2-qt. baking dish or serving dish and top with Crispy Onion Topping and sliced almonds. Serve immediately.

**Crispy Onion Topping:** Preheat oven to 325°F. Line a rimmed baking pan with foil. Lightly coat with Hy-Vee olive oil nonstick cooking spray. Slice two medium onions into thin rings. Combine 1/4 cup Hy-Vee all-purpose flour and 1/2 tsp. That's Smart seasoned salt in a large bowl. Add onion slices and toss to coat. Place onion rings on prepared pan and lightly coat with cooking spray; bake for 35 minutes or until onion rings are crispy and golden brown, stirring every 5 minutes. Transfer rings to a platter lined with paper towels until ready to use.

**Per serving:** 110 calories, 4.5 g fat, .5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 160 mg sodium, 15 g carbohydrates, 3 g fiber, 4 g sugar, 4 g protein

# STUFFED SWEET POTATOES

FROM PAGE 37  
Total Time 1 hour 45 minutes + 10 minutes cooling time  
Serves 6

- 6 medium sweet potatoes, scrubbed and patted dry (about 10 oz. each)
- 1 recipe Mixed Dried Fruit Topper, below
- 1/2 cup Hy-Vee unsweetened applesauce
- 1 Tbsp. Hy-Vee honey
- 1 tsp. Hy-Vee ground cinnamon
- 1/4 tsp. Hy-Vee ground cloves
- Kosher salt, to taste
- 2 Tbsp. finely chopped fresh Italian parsley

1. **PREHEAT** oven to 350°F. Line a rimmed baking pan with foil. Prick sweet potatoes with fork. Place in prepared pan and bake for 1 1/4 hours or until tender, turning once (or microwave potatoes on high for 10 minutes or until tender, turning once). Let stand 10 minutes. Prepare Mixed Dried Fruit Topper.
2. **CUT** a slit in top of each potato and press in and up on the ends. Using a spoon, scoop out potato pulp, leaving a 1/4-in. shell. Place potato pulp in a medium bowl. Stir in applesauce, honey, cinnamon and cloves. Season with kosher salt to taste.
3. **SPOON** potato mixture into the potato shells. Sprinkle Mixed Dried Fruit Topper on each potato.
4. **BAKE**, uncovered, for 20 minutes or until heated through and coconut begins to brown. Sprinkle with parsley before serving.

**Mixed Dried Fruit Topper:** Combine 1/4 cup Hy-Vee sweetened flake coconut, 2 Tbsp. Hy-Vee dried cranberries, 2 Tbsp. finely chopped Hy-Vee dried pineapple and 3 Tbsp. Hy-Vee chopped pecans in a small bowl.

**Per serving:** 320 calories, 3.5 g fat, 1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 170 mg sodium, 70 g carbohydrates, 10 g fiber, 22 g sugar, 5 g protein



Before



After



Hang up the apron and let Hy-Vee prepare your holiday meal.

From traditional turkey dinners to prime rib feasts and more, Hy-Vee can help you serve a family of four or a full house of twenty. We'll even prepare the sides and dessert. Spend more time with company, less time in the kitchen. Order your premade holiday meal today.





# BEAT THE BLUES

DON'T LET THE SEASON KNOCK YOU DOWN. FIND OUT HOW WINTER WEATHER CAN IMPACT YOUR MOOD AND FIGHT BACK.

PHOTOS Tobin Bennett

## MEET THE OPPONENT

**IF YOUR USUAL SUNNY DEMEANOR CLOUDS OVER WITH THE CHANGE OF SEASONS, YOU MAY HAVE A CASE OF THE WINTER BLUES.**

A cold weather front can leave you spending more time indoors and less time staying active. This translates to what many people refer to as cabin fever, or extreme restlessness and irritability. Some people even feel the effects of decreased exposure to sunlight through an imbalance of serotonin, melatonin and vitamin D.

Not only can seasonal changes affect your mental health, winter blues can also impact you physically through winter weight gain. With less daylight some people want to hibernate and shift back to their ancestral habits of less exercise and more eating, which increases the chances of gaining weight. Weight gain can then lead to

feelings of disappointment and further blues. Hy-Vee dietitian Kaiti George, RD, LMNT, from Kearney, Nebraska, encourages individuals to focus on eating healthy to help prevent weight gain.

"Start the day with 25 grams of protein at breakfast," Kaiti says. "In fact, strive for 25 grams of protein at each of your three meals!" A protein-rich meal compared to a carbohydrate-rich meal has been shown to help set the right tone for hunger hormones throughout the day. Focus on complex carbs, such as whole grain bread, oatmeal, brown rice, quinoa and beans and avoid restrictive dieting.

Produce should also be foundational to a healthy diet. "Try to incorporate at least one fruit or vegetable per meal and snack," Kaiti suggests. "Fruits and vegetables are fairly low in calories and offer a power package of nutrition."

## Seasonal Affective Disorder (SAD)

THE AFFECTS OF SEASONAL CHANGE MAY IMPACT SOME INDIVIDUALS MORE SIGNIFICANTLY.


Seasonal Affective Disorder (SAD) is a type of depression that comes and goes with the seasons, typically starting in late fall and


early winter, and fading during the spring and summer. This pattern of depression usually lasts for at least two years before diagnosis. Only 6 percent of the United States population, primarily in northern states, has SAD based on diagnostic criteria in the American Psychiatric

Association Diagnostic and Statistical Manual of Mental Disorders. Signs of SAD can be weight gain, feeling moody and less energetic, and at times social withdrawal or hypersomnia. SAD is more than the winter blues and it is important to contact your health care provider if you have concerns.

Sources: <https://www.nlm.nih.gov/health/topics/seasonal-affective-disorder/index.shtml>  
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<http://medlineplus.gov/ency/article/002405.htm>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2686645/>

AS DAYLIGHT BURNS FASTER, LESS SUNLIGHT MAY LEAVE YOU WITH AN IMBALANCE OF SEROTONIN, MELATONIN AND VITAMIN D.

 **SEROTONIN**, a neurotransmitter that affects mood, is often impacted by seasonal change. In healthy people, serotonin levels in the brain vary throughout the year and are lowest in winter. Disruptions in the production and use of serotonin in the body can contribute to depression.

 **MELATONIN**, the hormone that regulates sleep, increases in production in darkness. This means during winter months of less daylight, increased melatonin levels may cause individuals to feel lethargic.

 **VITAMIN D**, made by the body when it is exposed to the sun, is also impacted by winter weather. Less sun means fewer tan lines and, more importantly, less vitamin D. Some studies report that low levels of vitamin D can lead to depression.



It takes  
**10–15**

minutes of  
sunshine  
3 times a week  
to get all the  
vitamin D a  
body needs.

**14%**  
**OF ADULTS**

in the U.S.  
suffer from  
a lesser form  
of seasonal  
mood  
changes,  
known as  
winter blues.

## fight

### WITH WORDS

According to  
a 2015 study,  
writing down  
five things you  
are grateful for  
may improve  
happiness  
and lower  
stress and  
depression.

**60 to 80%**

of those who  
suffer from SAD  
benefit from  
light therapy.

IF YOU FEEL YOUR MOOD FALLING WITH  
THE TEMPERATURE, LACE UP AND GET  
BACK IN THE RING. WORK OUT YOUR  
WORRIES WHILE YOU WORK UP A SWEAT.

## TAP IN

TALK TO YOUR DOCTOR ABOUT THESE ALTERNATIVE  
SOLUTIONS TO YOUR SEASONAL SLUMP.



### PHYSICAL ACTIVITY

High-intensity exercise  
releases endorphins,  
the body's natural  
feel-good chemicals.  
Regular exercise can  
lower the symptoms  
associated with mild  
depression and  
anxiety, and improve  
sleep patterns often  
disrupted by stress.



### LIGHT THERAPY

Used to treat Seasonal  
Affective Disorder  
(SAD), depression,  
sleep disorders, jet lag  
and more, light therapy  
involves sitting near  
a device called a light  
therapy box. This light  
box emits bright light  
that mimics natural  
outdoor light.



### SUPPLEMENTS

Increase your intake of  
foods rich in vitamin D  
such as fatty fish, milk,  
eggs and breakfast  
cereals. According  
to the Mayo Clinic,  
omega-3 fatty acids as  
well as melatonin are  
also being studied in  
relation to depression  
and winter-onset SAD.

## DON'T ROLL WITH THE PUNCHES

BRUSH THEM OFF WITH REGULAR ACTIVITY

### TAKE AIM

**Stay active and set goals.** Sign up for an early  
spring race to encourage winter training, or set  
a weight goal for March. Targets help you feel  
productive and motivated.

### KEEP IT CLASSY

**Switch it up with an indoor workout class.**

A new and challenging workout like spin  
or yoga can help crack cabin fever and  
provide a social outing.

### PLAN AHEAD

**Take snow days head on.** If icy  
roads or kids home from school  
prevent you from your normal  
gym or outdoor running  
routine, try an Internet  
workout or body-weight  
exercises at home.

### DRESS THE PART

**Suit up for outdoor**

**activity.** Dress in a base  
layer to remove moisture  
from the skin, a middle layer  
for insulation, and an outer  
layer for protection from  
wind and precipitation.

**1**  
OUT  
OF  
**3**

ADULTS RECEIVE THE  
RECOMMENDED AMOUNT  
OF PHYSICAL ACTIVITY EACH  
WEEK, ACCORDING TO THE  
U.S. DEPARTMENT OF HEALTH  
AND HUMAN SERVICES.

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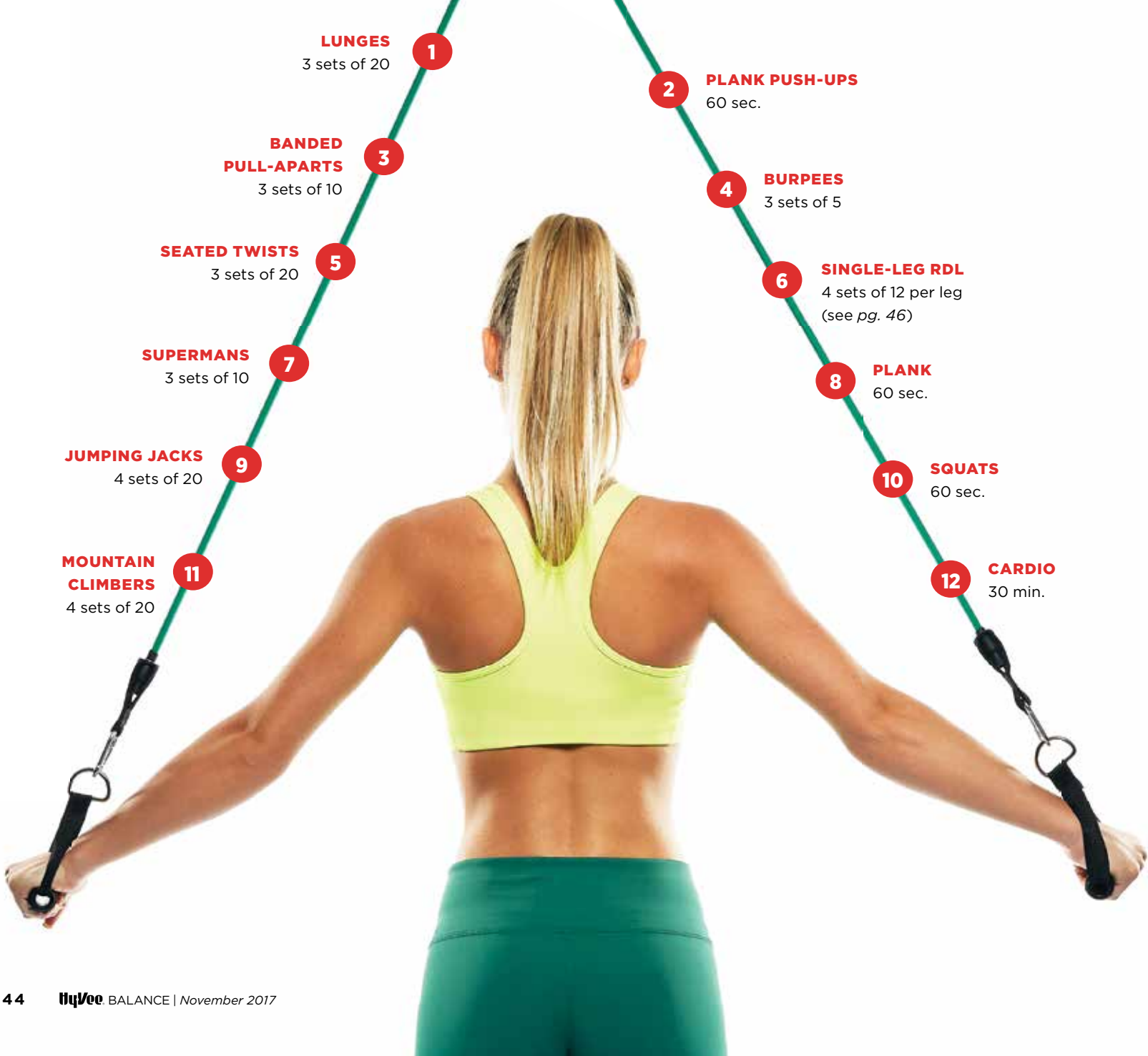
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THE 12 DAYS OF

HANG UP YOUR STOCKING, NOT YOUR FITNESS GOALS. YOU CAN STAY SLIM ALL SEASON LONG WITH JUST A FEW BASIC MOVES.

# FITNESS



**LUNGES**  
3 sets of 20

1

**BANDED PULL-APARTS**  
3 sets of 10

3

**SEATED TWISTS**  
3 sets of 20

5

**SUPERMANS**  
3 sets of 10

7

**JUMPING JACKS**  
4 sets of 20

9

**MOUNTAIN CLIMBERS**  
4 sets of 20

11

**PLANK PUSH-UPS**  
60 sec.

2

**BURPEES**  
3 sets of 5

4

**SINGLE-LEG RDL**  
4 sets of 12 per leg  
(see pg. 46)

6

**PLANK**  
60 sec.

8

**SQUATS**  
60 sec.

10

**CARDIO**  
30 min.

12

DAY 1



**FA LA LA LA LUNGES**

3 sets of 20 (10 per side)  
Build single-leg strength and improve stability with walking lunges. This body-weight workout targets your glutes and quads as well as your hamstrings and calves. Add in an engaged core for balance and this single move turns into a highly effective lower-body workout. Plus, lunges torch calories so you can counter a Christmas cookie binge.

Start standing upright with a tight core and arms raised. Take one exaggerated step with right leg, lowering body until right knee is bent 90 degrees and left knee is just above the ground. Push up and forward into next lunge, leading with opposite leg.

## MERRY FITNESS TO ALL AND TO ALL A GOOD LIFE.

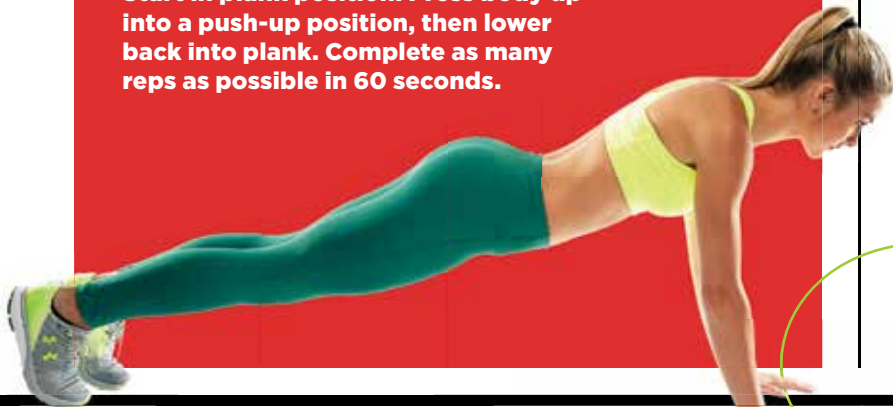
### PLANK PUSH-UPS

60 seconds continuous

Increase muscular endurance while shaping your shoulders and strengthening your core.

Start in plank position. Press body up into a push-up position, then lower back into plank. Complete as many reps as possible in 60 seconds.

DAY 2



DAY 4

**BURPEES**  
3 sets of 5

Enjoy a jolly season, but eliminate rolls from your belly laugh. Daunting yet efficient, burpees tap into multiple muscle groups, weaving

squats, jumps and push-ups into one fast-paced exercise designed to melt belly fat and strengthen limbs. Learn how to modify your burpee at [hy-veekidsfit.com/videos](http://hy-veekidsfit.com/videos)

From a squat position with hands in front of body, kick legs out and perform push-up. Immediately bring legs back to squat position and jump upward, clapping hands at the top of motion. Repeat.

DAY 3

**Banded Pull-Aparts**  
3 sets of 10

Perfectly portable and easy to adjust to your strength, resistance bands are a staple of the home gym. Tighten your band for more resistance or add slack to take it easy. A resistance band lets you maintain tension throughout each rep so muscles work harder for longer.

Grip band by handles or wrap an end of band around hands. Raise arms straight in front of body and pull bands apart, pinching shoulder blades together and opening chest, keeping arms straight throughout motion.

GET IN THE HOLIDAY SPIRIT WITH FESTIVE KICKS.





## DAY 5



## SEATED TWISTS

3 sets of 20

**Challenge your core and carve out a six-pack. Try this move equipment-free or slip in a dumbbell and say good-bye to your love handles even sooner.**

Seated on the floor, bring bent knees together. Rest heels on floor with toes lifted. Place palms together, holding arms in front of chest. Lean back until torso is at a 45-degree angle to floor and abs are engaged. Without lowering torso or hands, rotate upper body to right side. Pause, then reverse movement to twist back through center and over to opposite side.

## DAY 6



**LET IT SCULPT, LET IT SCULPT, LET IT SCULPT**

**SINGLE-LEG ROMANIAN DEAD LIFTS (RDL)**  
4 SETS OF 12 PER LEG

**Use it or lose it. This exercise challenges balance as well as focus to improve both while building strength.**

Hold a dumbbell in each hand at arm's length in front of thighs. Lift left leg backward a few inches from floor. Hinge at hips and lower torso until it is nearly parallel to floor, stretching left leg up and out behind body. Dumbbells should travel straight down toward floor. Return to starting position without letting left foot touch floor.

## DAY 7

## SUPER(SNOW)MANS

3 sets of 10

EVEN OUT YOUR CORE AND PAIR COMMON AB WORK WITH THIS STABILITY MOVE. SUPERMANS HELP STRENGTHEN YOUR LOWER BACK, GLUTES, SHOULDERS AND CORE.

Lie facedown with arms extended in front and legs extended behind. Engage glutes and lower back to simultaneously raise arms, legs, and chest off floor. Hold for one count, then slowly return to starting position.

### DAY 8

#### PEOPLE PLANKING

60 seconds continuous

Tone abs, back and shoulders with this full-body pose. Squeeze ab muscles to engage your core and maintain a straight line from ankles to head. If you can't wrap up 60 seconds at once, simply split the workout into three 20-second planks.

### DAY 9

#### JACKS A-JUMPING

4 sets of 20

Increase calorie burn with a spike in heart rate. A classic cardio burst everyone knows, jumping jacks help tone your entire body. For an added challenge, switch it up with star jumps. Jump vertically as high as possible, stretching limbs into a star shape in midair.

### DAY 10

#### SQUATTERS SQUATTING

60 seconds continuous

Build stronger glutes and quads in one move. Body-weight squats work some of the largest muscles in the lower body. They also provide full-body benefits as they promote fat burning, improve balance and support long-term mobility and fitness.



STAY ON THE NICE LIST WITH PROPER FORM AND ALIGNMENT.

## DAY 11

### MOUNTAIN CLIMBERS

4 sets of 20

**Improve range of motion in your hips while strengthening your shoulders and core. Mountain Climbers are a full-body workout designed to get your heart pumping and muscles burning.**

Start in plank position. Alternating legs, rapidly lift knees toward chest.

## DAY 12

### CHRISTMAS CARD-I-O

30 minutes continuous

**Lace up and knock out a half hour of cardio.**

**According to the American College of Sports Medicine, healthy adults should get at least 150 minutes of moderate-intensity exercise per week. Break away from the hustle and bustle, and take a jog around the neighborhood. Or stay in the thick of it with a power walk through the local mall.**





ANTIOXIDANTS  
ABOUND IN  
SNOW PEAS, RED  
PEPPERS AND  
CARROTS.

PACKED WITH POWERHOUSE NUTRIENTS AND DEFENSIVE ANTIOXIDANTS, THESE FOODS PROMOTE SOFT SKIN, STURDY BONES AND SHARP EYES. LOOKING FOR THE KEY TO LONGEVITY? IT MIGHT JUST BE IN THE GROCERY AISLE.

# FOODS THAT PROMOTE HEALTHY AGING

“COLLAGEN FOUND IN MEATS IS AN AMINO ACID, HELPFUL IN MAINTAINING SKIN INTEGRITY.”

—SHANNON MUHS, HY-VEE DIETITIAN,  
PAPILLION, NEBRASKA

## THAI BEEF MEATBALL KABOBS OVER FRIED RICE

Total Time 1 hour plus 4 hours refrigerating time  
Serves 6

2 cups water  
1 cup uncooked sprouted brown rice  
1 lb. grass-fed 85%-lean ground beef  
½ cup finely chopped yellow onion  
½ cup Hy-Vee whole wheat bread crumbs  
¼ cup chopped cilantro, divided  
2 Hy-Vee large eggs, divided  
3 Tbsp. Hy-Vee light soy sauce, divided  
1 Tbsp. Hy-Vee Thai sweet chili sauce plus more for topping  
1 tsp. minced fresh ginger  
1 clove garlic, minced  
1 red bell pepper, seeded and cut into 1-in. pieces  
6 (10-in.) wooden or metal skewers\*  
Hy-Vee nonstick cooking spray  
2 tsp. sesame oil  
1 cup snow peas, halved diagonally  
½ cup shredded carrots  
¼ cup sliced green onions  
2 Tbsp. lime juice

**1. BRING** the water to boiling in a large saucepan. Add rice. Return water to boiling; reduce heat. Simmer, covered, for 18 minutes or until most of the water is absorbed and rice is tender. Remove from heat; let stand, covered, 5 minutes. Fluff with a fork. Cover and refrigerate 4 hours.

**2. COMBINE** ground beef, onion, bread crumbs, 2 Tbsp. cilantro, 1 egg, 2 Tbsp. soy sauce, 1 Tbsp. sweet chili sauce, ginger and garlic in a large bowl. Shape mixture into 24 (1¼-in.) meatballs. Thread meatballs and red pepper alternately onto skewers.

**3. PREPARE** a gas or charcoal grill for direct cooking over medium heat. Coat grates with cooking spray. Lightly coat kabobs with cooking spray. Grill 10 to 12 minutes or until meatballs are browned and cooked through (160°F), turning once halfway through.

**4. SPRAY** a 12-in. nonstick skillet with cooking spray and heat over medium heat. Beat remaining egg in a small bowl. Add egg to the skillet; cook and stir for 1 to 2 minutes or until scrambled. Remove egg from pan and cut into strips. Set aside.

**5. HEAT** sesame oil in the same skillet over medium heat. Add reserved rice, scrambled egg strips, snow peas, carrots, green onions, lime juice, remaining 2 Tbsp. cilantro and remaining 1 Tbsp. soy sauce to the skillet. Cook and stir for 2 to 3 minutes or until heated through and vegetables are crisp-tender.

**6. SERVE** kabobs over fried rice with additional sweet chili sauce, if desired.

\***Note:** If using wooden skewers, soak skewers in water for 30 minutes before using.

Per serving: 390 calories, 16 g fat, 5 g saturated fat, .5 g trans fat, 115 mg cholesterol, 650 mg sodium, 38 g carbohydrates, 3 g fiber, 4 g sugar, 20 g protein

WORDS Kristi Chew PHOTOS Cameron Sadeghpour

Sources: <https://www.ncbi.nlm.nih.gov/pubmed/17921406>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2846867/>



# BELL PEPPERS

PACKED-OUT

**Total Time** 1 hour **Serves** 6

**⅓ cup Hy-Vee Select red quinoa**  
**2 cups water**  
**⅓ cup Hy-Vee Select lentil blend**  
**Hy-Vee nonstick cooking spray**  
**6 medium yellow bell peppers**  
**1½ cups sliced baby bella mushrooms**  
**½ cup chopped yellow onion**  
**1 tsp. minced garlic**  
**¼ tsp. Hy-Vee kosher sea salt**  
**¼ tsp. Hy-Vee crushed red pepper flakes**  
**4 cups Hy-Vee organic baby spinach**  
**1 Tbsp. fresh lemon juice**  
**2 tsp. finely chopped fresh thyme**  
**2 tsp. finely chopped fresh rosemary**  
**1½ cups chopped Roma tomatoes (about 10 Roma tomatoes)**  
**1 cup Hy-Vee shredded Parmesan cheese (4 oz.), divided**  
**1½ cups Hy-Vee tomato, basil and garlic pasta sauce**  
**2 Tbsp. Hy-Vee Italian seasoned panko bread crumbs**

**1. PLACE** quinoa in a fine-mesh strainer; rinse and drain. Bring the water to boiling in a large saucepan. Add quinoa and lentil blend. Reduce heat, cover and simmer for 14 minutes or until quinoa is tender and water is fully absorbed. Drain and set aside.

**2. PREHEAT** oven to 375°F. Coat a large rimmed baking pan with cooking spray. Cut tops from peppers and slightly trim bottoms so peppers stand upright; remove seeds and ribs. Stand peppers and tops upright on prepared pan. Bake for 20 minutes. Discard any water that accumulates in the peppers while baking. Set tops aside.

**3. SPRAY** a large nonstick skillet with cooking spray. Add mushrooms, onion, garlic, salt and pepper flakes. Cook and stir over medium heat for 3 minutes. Stir in spinach, lemon juice, thyme and rosemary. Cook for 2 minutes, stirring frequently, until spinach wilts. Remove from heat. Stir in cooked lentil and quinoa mixture, tomatoes, ¾ cup Parmesan cheese and pasta sauce.

**4. SPOON** quinoa mixture into peppers. Sprinkle with remaining ¼ cup cheese and top each pepper with bread crumbs. Return to oven and bake 15 minutes or until peppers are crisp-tender and cheese is browned. Replace tops, if desired.

**Per serving:** 260 calories, 8 g fat, 3 g saturated fat, 0 g trans fat, 15 mg cholesterol, 670 mg sodium, 36 g carbohydrates, 7 g fiber, 11 g sugar, 14 g protein

BELL PEPPERS AND TOMATOES DELIVER VITAMIN C, NEEDED FOR TISSUE GROWTH AND REPAIR.

## ANTIAGING FOODS

**ALMONDS** (Vitamin E)

**BELL PEPPERS** (Vitamin C)

**BLUEBERRIES** (Vitamins C, K and fiber)

**BROCCOLI** (Vitamins A, C and K and fiber)

**CANTALOUPE** (Vitamin A)

**GRASS-FED BEEF** (Omega-3 fatty acids)

**KALE** (Vitamins A, C and K)

**ORANGES** (Vitamin C)

**PUMPKINS** (Beta-carotene)

**ROSEMARY** (Vitamins A, C and fiber)

**SALMON** (Omega-3 fatty acids)

**SWEET POTATOES** (Vitamin A)

**TOMATOES** (Vitamin C)

**WALNUTS** (Omega-3 fatty acids)

# PUMPKIN

TURMERIC, A BITTER SPICE TRADITIONALLY USED IN CURRIES, CONTAINS ANTI-INFLAMMATORY, SKIN-CARE AND OTHER HEALING PROPERTIES.

## ALMOND CURRIED CHICKEN

**Total Time** 35 minutes

**Serves** 4 (about 1¼ cups per serving)

**Hy-Vee nonstick cooking spray**

**1 lb. boneless, skinless chicken breast halves, cut into thin strips**

**1 Tbsp. Hy-Vee canola oil**

**1 small white onion, sliced**

**½ cup sliced red bell pepper**

**1 Tbsp. minced fresh ginger**

**2 cloves garlic, minced**

**2 tsp. curry powder**

**1 tsp. garam masala**

**½ tsp. Hy-Vee ground cinnamon**

**½ tsp. Hy-Vee kosher sea salt**

**1 lb. sugar pumpkin or butternut squash, peeled, seeded and chopped into 1-in. cubes**

**1¼ cups Hy-Vee unsweetened almond milk**

**¾ cup Hy-Vee 33%-less-sodium chicken broth**

**2 Tbsp. chopped cilantro**

**2 cups cooked basmati rice, optional**

**1 cup baby kale, optional**

**Toasted Hy-Vee sliced almonds, for garnish**

**1. COAT** a large skillet with cooking spray; add chicken. Cook and stir chicken over medium-high heat 3 to 5 minutes or until internal temperature reaches 165°F and juices run clear. Remove chicken from skillet. Set aside and keep warm.

**2. ADD** oil to same skillet. Cook onion, bell pepper, ginger, garlic, curry powder, garam masala, cinnamon and salt over medium

heat for 2 to 4 minutes, stirring frequently. Add pumpkin, almond milk and chicken broth. Bring mixture to boiling; reduce heat. Simmer, covered, for 10 to 12 minutes or until pumpkin is tender.

**3. PUREE** 2 cups of mixture in a blender until smooth. Return to skillet.

**4. STIR** in reserved chicken and the cilantro. Bring mixture to boiling; reduce heat. Simmer, uncovered, for 3 minutes or until chicken mixture thickens slightly. If desired, serve with rice and/or baby kale. Top with almonds.

**Per serving:** 200 calories, 6 g fat, 0 g saturated fat, 0 g trans fat, 55 mg cholesterol, 500 mg sodium, 12 g carbohydrates, 2 g fiber, 5 g sugar, 29 g protein

Sources, this page and opposite: <http://www.mayoclinic.org/healthy-lifestyle/adult-health/expert-answers/healthy-skin/faq-20058184>  
<http://www.umm.edu/health/medical/altmed/herb/rosemary><http://www.berkeleywellness.com/healthy-eating/nutrition/article/turmeric-comes-strong>  
<https://www.nia.nih.gov/health/smart-food-choices-healthy-aging>  
<http://www.arthritis.org/living-with-arthritis/treatments/natural/supplements-herbs/guide/turmeric.php>



# Roll It

WITH

HEALTHY | HOLIDAY | TRAVELS

Whether you're on the interstate or at the terminal, avoid a holiday health hang-up. Prep for your trip by making a list—and checking it twice—of these items found at Hy-Vee.

WORDS Beau Berkley PHOTOS Greg Scheidemann



## FIRST AID

➔ Pack a small first aid kit with gauze, adhesive bandages and antiseptic wipes to protect small cuts or scrapes. They may come in handy if you get careless while carving the turkey.

**ALSO PACK:**

- digital thermometer
- tweezers
- ice pack
- nonlatex gloves



Your biceps and appetite will both thank you for grabbing a snack high in protein, which aids in muscle recovery and improves satiety.

## healthy SNACKS

Save money and calories by skipping the drive-thru and packing a quick, nutritious snack like Oatmega bars. Each one contains 14 grams of protein and 300 milligrams of omega-3 fats to keep you fueled if you're running on empty. Look for a variety of protein bar options in the Hy-Vee HealthMarket.

**ALSO PACK:**

- beef jerky
- crackers
- dried fruits
- granola bars
- hard or spreadable cheese
- nuts
- nut butter pouches
- trail mix
- whole fruits

## PREVENTION +TREATMENT

➔ Traveling exposes your immune system to a variety of germmy objects, like doorknobs, gas pump handles, public bathrooms and whatever mystery illness your cousins contracted this year. Stave off scary microbes by packing water-soluble vitamin C tablets, which may help prevent or shorten the duration of the common cold.

**ALSO PACK:**

- aloe vera
- antacids
- motion sickness meds
- cough suppressants or drops
- ear plugs
- lubricating eye drops
- nasal saline
- pain and fever relief (acetaminophen, aspirin or ibuprofen)
- prescription medicines
- sunscreen



If your destination includes blue skies and sunshine, pack sunscreen with a sun protection factor (SPF) of 30 or higher. Applying aloe vera to a sunburn while fighting back tears is no way to spend a vacation.



## TRAVELING TECH

Don't miss out on your favorite podcast during a long drive because you neglected to charge your phone. A portable charger will come in handy if your car doesn't have a USB port and you need to figure out what exit you were supposed to take.

**ALSO PACK:**

- battery extender
- headphones
- luggage tracker

## good HYGIENE

Maintain a clutter-free carry-on by packing travel-size toiletries—3.4 ounces or less—including shampoo, body wash, deodorant and toothpaste.

**ALSO PACK:**

- cotton swabs
- hand sanitizer
- nail clippers
- tissues, tweezers
- face wash



## Miscellaneous

Toss in any oddball items that might save you grief later. From safety pins for a wardrobe malfunction to a light scarf for a chilly flight, these nonessentials take little space but can often be useful.

**ALSO PACK:**

- empty water bottle
- health insurance card
- miniature sewing kit

Sources: <https://ods.od.nih.gov/factsheets/VitaminC-HealthProfessional/>  
<https://www.tsa.gov/travel/security-screening/whatcanbring>  
<https://wwwnc.cdc.gov/travel/page/pack-smart>  
<https://www.aad.org/media/stats/prevention-and-care/sunscreen-faqs>  
<http://ajcn.nutrition.org/content/87/5/1538S.long>



# HEROES



## GAME CHANGERS

HY-VEE SUPPORTS OUR HEROES, WHETHER THEY'RE VETERANS AND COMMUNITY LEADERS, OR CITIZENS WHO INSPIRE AND HELP OTHERS THROUGH INDIVIDUAL ACTS OF HEROISM.

WORDS Rob Gray

**WHEN IT COMES TO THOSE WHO SERVE, HY-VEE IS A LOYAL FAN.**

### Dry eyes were hard to find.

When Hy-Vee donated \$250,000 to the 2009 Honor Flight for World War II veterans, deep emotions stirred among those who've served—and the company employees who volunteered to help.

"Some of the store directors I worked for, when they started doing the Honor Flight, they would come back from helping and cry," says Hy-Vee employee and U.S. Army Reserve veteran Kevin Sullivan.

Hy-Vee's commitment to honoring heroes of all eras, past and present, is reflected in its ongoing support for the Honor Flight, its own Homefront program and the Hy-Vee Heroes Game that pits Iowa against Nebraska on the football field but brings many Americans together to solemnly pay tribute to those who bravely serve their nation and local communities.

The Homefront program epitomizes Hy-Vee's commitment to former and current members of the military. The company's "Hiring Heroes" initiative includes a signing bonus, assistance with travel and moving-related expenses, and an allowance toward the purchase of a new home through Midwest Heritage Bank.

Hy-Vee also offers career placement assistance to spouses and families of former and active duty service members, helping to make the transition to civilian life as seamless as possible for the heroes who inspire all of us.

"We're not the only company, but I believe we're one of the companies that makes the biggest effort, takes pride in that effort and not only supports those who have served us but also their families," Kevin says.

**\$600,000** has been donated to the Red Cross by Hy-Vee through sponsorship of the Hy-Vee Heroes game.

**CHRIS KUEHN**  
ARMY, 2007-16



## veteran SPOTLIGHT

Chris Kuehn served one year in Afghanistan and eventually spent six years in the Army Criminal Investigation Unit. His career path seemed well-charted—until love intervened.

"Ended up meeting a girl and decided that I wanted to settle down and maybe be home once in a while," says Chris, an assistant manager at the Hy-Vee in Urbandale, Iowa.

Chris married his wife, Katie, in 2016. A member of her family has worked at Hy-Vee for 20 years and spoke glowingly about the company's commitment to its employees—veterans and nonveterans alike.

"It's kind of rare to find people that are still loyal to their companies," Chris says. "I feel like most younger employees change jobs every three or four years now. So when I heard all these employees at Hy-Vee were sticking around for 20 to 30 years, I knew something had to make sense."

Chris also noticed the signs and plaques honoring veterans on shopping trips to the very store he now helps manage. "At the customer service desk, we have a plaque that says, 'We hire Heroes,' and it's talking about the Hiring Heroes program," Chris says.

Chris, who at that time worked long hours for a security company, decided to join Hy-Vee—and his appreciation of the company's welcoming attitude toward veterans deepened.

"When I was doing orientation I noticed that if you're a veteran you get Veterans Day off, automatically and with pay," says Chris, who was scheduled to be honored at the October 14 Iowa State-Kansas football game. "That spoke volumes to me that Hy-Vee understands that it's not just your typical government service day off. It's actually supposed to mean something."





## veteran SPOTLIGHT

Eric Clark, a product specialist at the Windsor Heights, Iowa, store, has been with Hy-Vee for 22 years.

"I started out as a night stocker," he says. "The backbone of the organization, as they say."

He joined the Marines during the Cold War for simple but powerful reasons.

"It sounds corny, but I felt a patriotic duty to serve my country," the Dubuque native says. Eric worked on fighter jets in Beaufort, South Carolina, and also served overseas in Iwakuni, Japan. "I enjoyed being able to travel the world and get a little different perspective on things. And I think I still carry that now. I feel I have a more worldly perspective on how Americans are viewed overseas."

Eric says that Hy-Vee's commitment to veterans through the Homefront program, Heroes Game and numerous other efforts makes him especially proud to be a longtime employee.

He earned VIP treatment at the September 28 Iowa State-Texas football game in Ames, Iowa. "All I can say is I'm just humbled by being honored," Eric says.



### Hy-Vee

When Nebraska and Iowa clash annually in the Hy-Vee Heroes Game, the football is intense. But a broader message of community support and appreciation serves as the backdrop for each touchdown, turnover and trophy-raising celebration.

The Big Ten rivals have split the past six games since Hy-Vee stepped in to sponsor the game and imbue it with deeper meaning.

**TWO RIVALS  
TEAM UP  
ANNUALLY  
TO HONOR  
OFF-THE-  
FIELD  
HEROES.**

PHOTOS Courtesy of Eric Clark (left),  
iStockphoto.com/master1305 (above)

A different "scoreboard" rises in prominence: Hy-Vee has donated \$600,000 to support the American Red Cross.

When the Cornhuskers and Hawkeyes meet Nov. 24 in Lincoln, Nebraska, another \$100,000 will flow to the Red Cross, which is hard at work providing relief to those affected by hurricanes Harvey and Irma.

The Hy-Vee Heroes Game celebrates people helping people—members of our communities who courageously and selflessly come to the aid of others in distress. Nominate a hero by logging onto *Hy-Vee.com* and navigating to the Hy-Vee Heroes Game page.

Iowa and Nebraska have clashed on the football field dozens of times, but the series didn't become an

# HEROES GAME

HUSKERS VS. HAWKEYES  
FRIDAY, NOVEMBER 24, 2017  
MEMORIAL STADIUM,  
LINCOLN,  
NEBRASKA



The Hy-Vee Heroes Game series is currently tied **3-3** with Iowa as the 2016 champion.





## veteran SPOTLIGHT

Service became a tradition for Carol Palzewicz's family. She and six of her 10 siblings, or their spouses, have served in the military.

Carol, a certified RPh technician at the Southridge Hy-Vee in Des Moines, Iowa, felt compelled to join for both personal and patriotic reasons.

"I knew there were bigger and better things for me," she says.

There were.

Carol enlisted in the Air Force within months of graduating high school and ended up serving in the Philippines at age 19. She rose to the rank of master sergeant during her military career and joined Hy-Vee shortly after retiring.

A chance meeting helped spur her career shift.

Bill Novotny, a pharmacist at the Southridge, Hy-Vee noticed her shopping for her daughters, then 4 and 5 years old, "who were sick all the time," Carol says.

"I've got a job for you whenever you're ready," Carol recalls Bill saying.

Carol, who served as a bio-environmental engineering technician with the Air Force, takes pride in her current job and in her status as a Hy-Vee employee.

"I think they just bend over backwards for veterans and do whatever they can to help us," says Carol, who was honored at the October 14 Iowa State-Kansas football game. "They help us get jobs and get reacclimated to being a civilian. When I came from the Air Force or the military to Hy-Vee, the transition was very easy for me."

Kevin Sullivan doesn't want the "hero" tag applied to himself.

"I can speak about the commitment Hy-Vee makes to the veterans. I can speak about how well I've been treated as a veteran by Hy-Vee. I can speak on how proud I am to be a member of a company that does support veterans through the Honor Flight, breakfasts and free Veterans Days off for those who have served. I can speak to all of that. But as far as anybody being a hero or for anything that was done in combat, that's for the real people that really made the sacrifices," says Kevin, who joined the company in 1973.

Sullivan, the manager of general merchandise at the West Lakes Hy-Vee, in West Des Moines, Iowa, spends his

Veterans Days off visiting others who have served. One friend, a World War II hero, has passed away, but spending time with him deeply touched Kevin, who continues to meet with other area veterans on that day for reverence and reflection.

"It's humbling to go talk to them, but it's just so inspirational to see how they talk when you come and tell them, 'Just visiting for Veterans Day,'" Kevin says.

Hy-Vee, he adds, has always been a steadfast supporter of veterans. His job was waiting for him after he completed reserve training in 1976.

"In fact, they hadn't taken me off the payroll," he says. "And I went back to work."

## veteran SPOTLIGHT



KEVIN SULLIVAN  
ARMY RESERVES, 1976-84

PHOTOS Courtesy of Carol Palzewicz (far left), Courtesy of Kevin Sullivan (left)



**THANK YOU TO THE MEN  
AND WOMEN WHO PROTECT  
OUR FREEDOMS.**

Those who answer the call risk everything so that we might enjoy our way of life. In the process, these heroes often sacrifice so many moments that make our lives meaningful: a child's first words, a younger brother's graduation, a meal with family.

Though we can never fully repay them, we are proud to give back to our veterans, servicemen and servicewomen through our Hy-Vee Homefront programs.

From sponsoring Honor Flights to simple thank you breakfast buffets on Veterans Day, we are humbled to serve generations of these extraordinary Americans who have served us.

We are privileged to recruit and hire them as our co-workers at Hy-Vee and honored to have them on our team.

To our veterans and members of our military, we thank you.

[hy-vee.com/homefront](http://hy-vee.com/homefront)



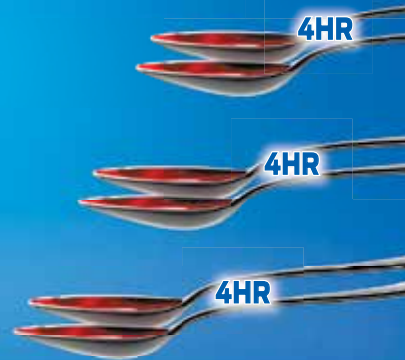


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✓ COLD ✓ UPPER RESPIRATORY INFECTION ✓ FLU ✓ SORE THROAT ✓ STOMACH BUG



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Lysol® Disinfectant spray kills germs on hard surfaces including Flu (Influenza A), Stomach bug (Norovirus), Upper respiratory infection (Respiratory Syncytial Virus), Cold (Rhinovirus), Sore Throat (Rhinovirus) etc.

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\*BD Pen Needle Compatibility Status Summary with Diabetes Care & Non-Diabetes Drug Delivery Devices; Documents Number: 1490TH-0004-02 Dated: April 2016; 10000308903 Ver A Dated: 30 March 2017.  
† Compared to their current pen needle on leading pen brands. † Current needle sizes: 12.7mm and 8mm.  
‡ Co-pays and coverage amount vary by plan. 1. Hirsch L, et al. Jml of Dia Sci and Tech. 2012;6(2):328-335.  
2. Aronson R et al. Clin Therapeutics. 2013;35(7): 923-933. 3. Answers & Insights Market Research Sep 2010.

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# HYDRATE TO A BETTER YOU



Dasani Purified Water:  
24 pk. 16.9 fl. oz. \$3.99

Powerade: select varieties  
8 pk. 20 fl. oz. \$3.99

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Glacéau vitaminwater:  
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# MATCH MADE IN TAILGATE HEAVEN

## RO-TEL ROCKIN' GUACAMOLE

Total Time 10 minutes

Serves 20

3 ripe Avocados from Mexico,  
pitted, peeled and mashed  
1 Can (10 oz.) RO\*TEL® Original  
Diced Tomatoes & Green  
Chilies, drained  
½ cup chopped onion  
1 teaspoon lime or lemon juice  
½ teaspoon salt  
Ground black pepper  
Tortilla chips, optional

1. MIX avocados, drained tomatoes,  
onion, lime or lemon juice and salt  
in medium bowl until well blended.  
Season with pepper to taste.



Ro-tel Diced Tomatoes:  
select varieties  
10 oz. \$.98





# HEALTH INSURANCE 101

WORDS MaryBeth Matzek PHOTOS Tobin Bennett

Navigating the perplexing health care marketplace is no easy task. The daunting pile of papers that, allegedly, tell you what you need to know are often far from helpful. You may even be tempted to toss the paperwork, with its unfamiliar words that are hard to understand, and a few that might even be hard to say. After all, you don't get sick *that* often. But no matter how many miles you run or how much kale you eat, illness and injury are unfortunately inevitable, and having health insurance will keep your budget from breaking with your bones.

## THE BASICS

WHAT IS HEALTH INSURANCE?

It's no secret that medical bills are pricey (up to \$7,500 for a broken leg), but insurance companies help mitigate the cost by paying a bulk of the bill. That doesn't necessarily mean you get away scot-free, but you won't have to pay an arm and a leg after having one of them put back together. Before selecting a plan, review your personal budget and weigh it against your health care needs. Selecting a plan with a low monthly premium means you'll front a higher out-of-pocket cost should you need care. Likewise, selecting a plan with a higher premium means you'll pay less when the bills come. If you know you'll be seeking a lot of care, paying a high premium may save you money in the long run. Checking the plan's provider network is also important if you have a specific doctor or doctor's office you know you'll be frequenting. Some plans will allow you to only receive care from providers in their network or charge you extra if you go outside of it.

## KEY TERMS

### HEALTH INSURANCE LINGO

**Insurance premiums:** A monthly payment made to the insurance company in exchange for coverage. Premiums must be paid whether you receive care or not.

**Co-payment:** A fixed amount that is paid after every visit to the doctor, usually around \$15–\$25. The actual cost can be much higher, but the insurance company picks up the remainder of the bill.

**Deductible:** The maximum amount you pay for a service before insurance picks up the rest. Depending on the plan, an annual deductible could apply to all forms of health care or specific services.

**Provider Network:** A list of healthcare providers that have been contracted by the insurance company to provide care to its members.

## CLOSE THE DEAL

PURCHASING INSURANCE

### How is health insurance purchased?

Policies can be purchased directly from an insurance company; through an agent or broker who represents a single or multiple insurance companies; online marketplaces, like *HealthCare.gov*; or through an employer. With an abundance of providers, choosing the right health care plan can be overwhelming. But don't hesitate to contact an agent to simply ask questions or get a price quote, as most offer these services for free.

Uninsured individuals pay a yearly fee to the government of 2.5% of their household income or \$695 per uninsured adult, depending on which amount is higher.

29  
MILLION  
The number of uninsured  
Americans in 2015.

\$10,345  
THE AVERAGE YEARLY  
HEALTH CARE COST PER  
PERSON IN THE  
UNITED STATES IN 2016.  
In 1960, the average cost per  
person was \$146.

Sources: <https://marketplace.cms.gov/outreach-and-education/what-you-should-know-provider-networks.pdf>  
<https://www.healthgrades.com/explore/4-ways-to-buy-individual-health-insurance>  
<https://www.census.gov/library/publications/2016/demog/p60-257.html>  
<https://www.healthcare.gov/fees/>



# PROBIOTICS



SAY HELLO TO HELPFUL BACTERIA. BILLIONS OF THESE MICROSCOPIC ORGANISMS LIVE THEIR SHORT LIVES THROUGHOUT THE BODY, BATTLING HARMFUL BACTERIA AND PREVENTING INFECTION.

## BACTERIA "FOR LIFE"

Probiotics are living bacteria and yeasts found throughout the body. These bacteria help to balance out "bad" bacteria. Although probiotics are a relatively new field of study, many researchers and doctors have voiced their support for these healthy bacteria and cite a growing list of health benefits from having them around. Though the impact of probiotics isn't fully understood, research suggests they play a key role in maintaining a productive immune system and can improve the digestive system's ability to absorb nutrients from food.

### THE BOTTOM LINE FROM THE NATIONAL INSTITUTES OF HEALTH

Probiotics, commonly referred by medical and nutritional experts, provide many health benefits. But be aware that the probiotics that work for you may not work for someone else. At this time, the U.S. Food and Drug Administration only regulates foods that contain probiotics not probiotic medicines or supplements. Check with a doctor or dietitian before using a probiotic medication or supplement. According to the National Institutes of Health (NIH), probiotics have a good safety record. Side effects for healthy people usually consist only of mild digestive symptoms. But there may be rare instances of serious side effects for people with underlying medical problems.

## SHOP AROUND

CHECK PRODUCT LABELS FOR "USE BY" DATES AND TERMS LIKE "LIVE AND ACTIVE CULTURES." BACTERIA MUST BE ALIVE FOR YOU TO GAIN THEIR NATURAL BENEFITS.

**22%**  
JUMP IN ANNUAL  
PROBIOTIC  
SUPPLEMENT  
SALES IN 2014.

- NUTRITION  
BUSINESS  
JOURNAL

### FOODS WITH PROBIOTICS

- CIDER VINEGAR
- DARK CHOCOLATE
- FERMENTED FOODS SUCH AS KIMCHI, MISO, KOMBUCHA AND SAUERKRAUT
- GINGER BEER
- OLIVES
- PICKLES RAW, UNPASTEURIZED
- YOGURT

Probiotics are mainly consumed through foods that have been cultured or fermented, two methods in which food producers enrich and naturally preserve healthy bacteria. Increase the presence of probiotics in your diet.

"FOR MOST OF US, INCORPORATING MORE FOODS CONTAINING PROBIOTICS LIKE YOGURT AND KEFIR INTO OUR DIETS WILL HELP PROMOTE GOOD GUT HEALTH."

— ANNA HERONIMUS, RD, LN, HY-VEE DIETITIAN, SIOUX FALLS #4, SD

Sources: <http://www.webmd.com/digestive-disorders/features/what-are-probiotics#1>  
<https://www.health.harvard.edu/staying-healthy/the-benefits-of-probiotics>

# UP WE CAN EAT



Nabisco Toasted Chips:  
select varieties  
7.1 or 8.1 oz. \$2.88



Nabisco Vea Crackers,  
Crisps or Bars:  
select varieties  
5 oz. 2/\$7.00



# GET THE GOODS

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



Red Star Yeast:  
select varieties  
3 ct., .75 oz. \$1.38



TGI Friday's Snacks:  
select varieties  
7.6 to 11 oz. \$3.49



Bagel Bites:  
select varieties  
9 pk. 2/\$4.00



Pompeian Olive Oil:  
select varieties  
32 fl. oz. \$8.99



Princella Yams  
40 oz. \$2.48



Uncle Ben's Rice:  
select varieties  
6 to 15.8 oz. 2/\$4.00



Que Vida Salsa:  
select varieties  
16 oz. \$3.28



Tyrrells Potato Chips:  
select varieties  
5.3 oz. 2/\$6.00



Fisher Walnut Halves  
& Pieces  
16 oz. \$7.49



Green Giant Corn, Green  
Beans or Peas:  
select varieties  
14.5 to 15.25 oz. \$0.88



Idahoan Potatoes:  
select varieties  
3.25 to 4.94 oz. 4/\$5.00



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



Wimmer's Summer  
Sausage: select varieties  
18 oz. \$5.49



Old Folks Sausage Patties:  
medium or spicy medium  
24 ct. \$7.29



Planters P3 Snack Pack  
Singles: select varieties  
1.8 oz. 2/\$3.00



King's Hawaiian Rolls:  
select varieties  
12 ct. \$2.99



Sunsweet Dates:  
pitted or whole  
8 oz. \$2.99



Planters NUTrition:  
select varieties  
7.5 to 10.25 oz. \$5.99



Werther's or Riesen  
Candy: select varieties  
30 or 34 oz. \$8.98



Zatarain's Rice Sides or  
Dinner: select varieties  
6 to 8 oz. 2/\$4.00



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



Chobani Greek Yogurt:  
select varieties  
4 pk. 3/\$10.00



Bertolli Rustic Cut Sauce  
or Organic Sauce:  
select varieties  
15 to 24 oz. \$2.99



\$1 Off Spice Island  
Gourmet Spices:  
select varieties  
.04 to 3.5 oz.



McCormick Gravy Mix:  
select varieties  
.87 or 1 oz. 3/\$3.00



McCormick Taco, Chili or  
Mexican Seasoning:  
select varieties  
1 to 1.5 oz. 3/\$3.00



Tone's Mini Spices:  
select varieties  
.05 to 1.55 oz. 3/\$3.00



Kraft Pasta Shapes:  
select varieties  
12 oz. 2/\$4.00



Bear Creek Dry Soup Mix:  
select varieties  
7 to 12.1 oz. 2/\$7.00




Frigo Cheese:  
select varieties  
5 to 15 oz. 2/\$6.00


Chobani Greek Yogurt  
Drink: select varieties  
10 fl. oz. 3/\$5.00









Green Giant Veggie Tots:  
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16 oz. \$3.49




Green Giant Riced Veggies:  
select varieties  
12 oz. \$2.49




Green Giant Mashed Cauliflower:  
select varieties  
20 oz. \$4.88



Naked Juice:  
select varieties  
32 fl. oz. \$4.99



fairlife Smart MilkShakes:  
select varieties  
4 pk. \$7.49



Di Lusso Premium Thin Sliced Chicken:  
select varieties  
\$6.99 lb.



Hefty Trash Bags:  
select varieties  
56 to 90 ct. \$11.99



Chinet Plates, Platters, Bowls or Cut Crystal Plates or Glassware:  
select varieties  
8 to 36 ct. 2/\$5.00



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



Amazing Grass Superfood, Protein Powder or Capsules:  
select varieties  
7.4 to 15.1 oz., 15 to 200 ct. \$18.99



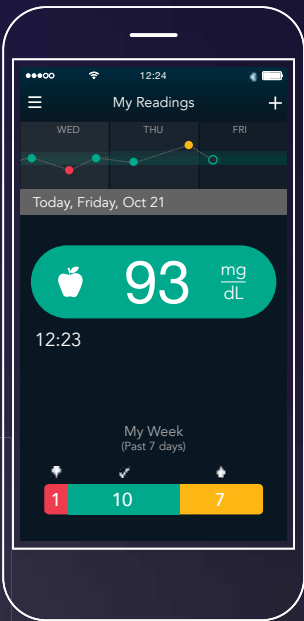
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Your diabetes, illuminated

Contour<sup>®</sup>  
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Blood Glucose Monitoring System

Smart meter and app system



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- Seamlessly connects to the **FREE** CONTOUR<sup>™</sup> DIABETES app

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\* ±8.4% applies to values ≥100mg/dL. Ad hoc analysis demonstrated 95% of results fell within ±8.4 mg/dL or ±8.4% of the laboratory reference values for glucose concentrations <100 mg/dL or ≥100 mg/dL, respectively, when tested via subject-obtained capillary fingertip results (patients).

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

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# DIY SPA GIFT IDEAS

- BEST IN GLASS**  
Fill a trio of clear glass jars with white basics like cotton balls, swabs and pretty soaps; set them in a shallow tray. Top the tallest with a bow. Elegant and so useful!
- CLEAN SOAK**  
Custom-make bath salts. Mix 1 cup Epsom salt with ¼ cup coarse sea salt. Mix in a few drops of an essential oil and food coloring. Place in a glass jar and add a pretty label.
- MANI-READY**  
Into a large mason jar, tuck emery boards, files, polish remover, clippers and a couple gorgeous hues of polish. Slip an ornament onto a ribbon and tie around the jar neck.
- LIP LOVE**  
Make an exfoliating scrub to soothe winter-chapped lips. Mix 2 Tbsp. each sugar and almond oil. Add a few drops of peppermint oil and spoon into a clean baby food jar.
- MELLOW MOOD**  
Pair a eucalyptus, lavender or chamomile jar candle with an iTunes gift card for the fragrance and sounds of an upscale home spa.
- TOWEL TIME**  
Spray-paint a small wine rack or wire napkin holder an ethereal pastel color. Once paint is dry, roll up a few white hand towels and set inside.

## DA BOMB FIZZERS

Turn your tub into an at-home spa with fragrant, fizzing bath bombs. Made with fewer ingredients than many competitors' products, Da Bomb Bath Fizzers contain moisturizing oils safe for kids and adults, and release fragrant aromas to turn the bath into a relaxing and restorative experience. Plus, Da Bomb Fizzers products won't stain skin or fill your bath with residue. Instead, they produce a "clean fizz," free of greasy additives. Each bath bomb also contains a surprise trinket inside so the fun lasts beyond the bath.

Package a set of bombs with a fluffy bath sponge or other bathing accessory, or simply attach a label and string to hang this gift on the tree.

## SOOTHING

Experiment with fragrant essential oils (lavender, eucalyptus and peppermint) and lubricants (almond, coconut and olive oils).



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NOVEMBER 2017

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**30**  
minutes  
or less

**GF**  
option

**V**  
option

**30 MINUTES  
OR LESS**

**GLUTEN FREE**

**VEGETARIAN  
DISH**

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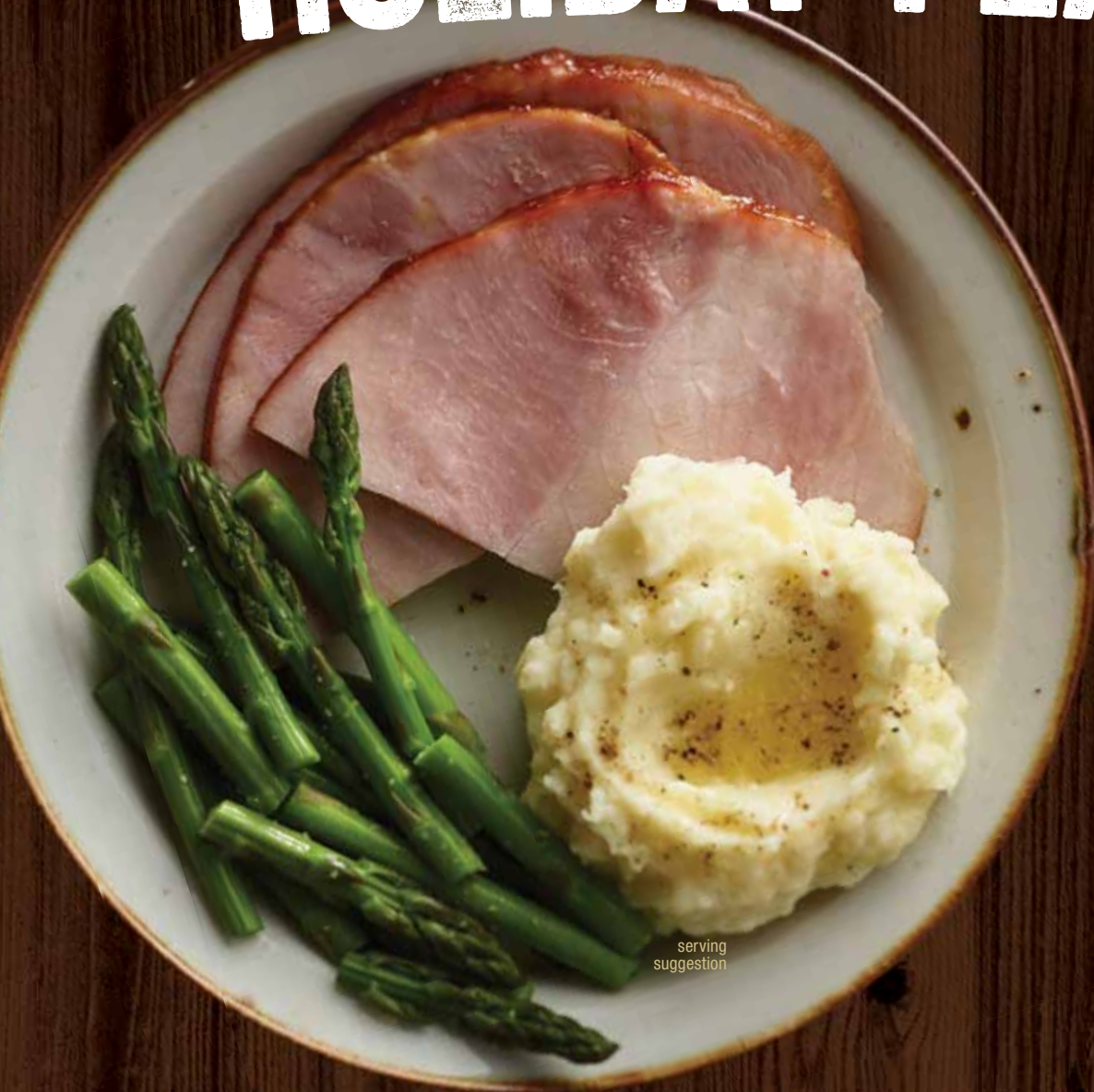
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JANUARY ISSUE



# JILLIAN michaels

**START THE YEAR STRONG** WITH HELP FROM **HY-VEE BALANCE**. THE UPCOMING JANUARY ISSUE **IS PACKED WITH THE FITNESS**, NUTRITION AND LIFESTYLE TIPS YOU NEED TO **GEAR UP FOR 2018**. PLUS, WE CHECKED IN WITH **JILLIAN MICHAELS** TO FIND OUT HOW TO LIVE A HEALTHIER, MORE **BALANCED LIFE**.



— FREE —

# MEDICARE PART D PLAN COMPARISON REPORT

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a free medication review  
and plan comparison.

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