



CANCER CONTROL MONTH

REDUCE YOUR CANCER RISK...

Studies suggest the link between body fat and cancer risk is stronger than previously thought. Because of the overwhelming evidence, the American Institute of Cancer Research (AICR) recommends maintaining a healthy weight throughout life to best reduce your chances of developing cancer.

INCHES MATTER

HOW TO MEASURE WAIST CIRCUMFERENCE

1. Place tape measure around waist above tip of hipbone.
2. Measure waist after exhaling.
3. High health risk if waist measures:
 - ≥31.5" for females
 - ≥37" for males



CRUCIFEROUS VEGETABLES

- Powerful cancer protection.
- Glucosinolates may help activate body's detoxifying system.

TRY EATING 3-4 SERVINGS EACH WEEK

- Broccoli
- Brussels Sprouts
- Cauliflower
- Kale
- Cabbage



DOLE CHOPPED CABBAGE BLEND SALAD KITS

3 ways
 ----- TO HELP LOSE -----
INCHES & POUNDS



30 minutes
 physical activity every day



3 bottles
 of 20-ounce water

WHAT'S NEW & EXCITING



BEETELITE NEO SHOT

Beets are rich in antioxidants, and provide electrolytes and dietary nitrates. Studies have linked consumption of beets to increased athletic performance due to the naturally high nitrates.



DAVIDSON'S SAFEST CHOICE PASTEURIZED EGGS

Davidson's Safest Choice® Eggs are pasteurized whole eggs in the shell, so safe for all your favorite egg dishes! The Safest Choice™ all-natural, gentle water bath pasteurization process eliminates the risk of salmonella in eggs without changing the nutrition or flavor.



HY-VEE STEAM QUICK EDAMAME

Edamame have a unique combination of nutrients, including a rich source of protein, dietary fiber and carbohydrates. Convenient steam-in-bag cooking with microwave.

Dietitian Pick of the Month

**FULL CIRCLE 660MG
OMEGA 3 EGGS**

5 REASONS TO EAT OMEGA EGGS

1. They have 18 times the omega-3 found in standard eggs.
2. Protein in eggs helps you feel full and satisfied longer.
3. Eating eggs for breakfast reduces hunger throughout the day.
4. Healthy adults may eat one egg a day without affecting their risk of heart disease.
5. They are an excellent source of choline, important for fetal brain development and brain function in adults.



Dietitian Recipe of the Month

MICROWAVE COFFEE CUP SCRAMBLE

Serves 1

ALL YOU NEED

- | | |
|-----------------------------------|---|
| 2 Full Circle 660 mg Omega-3 eggs | Optional add-in ingredients, as desired |
| 2 tbsp milk | 2 tbsp shredded cheddar cheese |
| | Salt and pepper, to taste, optional |

ALL YOU DO

1. Coat 12-ounce microwave-safe coffee mug with cooking spray. Add eggs and milk; beat until blended. May add additional ingredients such as diced green or red peppers, onions, mushrooms, Canadian bacon or salsa.
2. Microwave on HIGH 45 seconds; stir. Microwave until eggs are almost set, 30-45 seconds longer. Top with cheese; season with pepper and salt as desired.

Nutrition facts per serving: 215 calories, 15 g fat, 6 g saturated fat, 389 mg cholesterol, 244 mg sodium, 2 g carbohydrate, 0 g fiber, 17 g protein.

Source: www.incredibleegg.org

This newsletter is brought to you by your Hy-Vee Registered Dietitian

The information is not intended as medical advice. Please consult a medical professional for individual advice.



5K | 10K | HALF
MARATHON

4.27.14

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