



## BEAT THE SUMMERTIME HEAT

### HY-VEE DIETITIAN'S TOP 10 PICKS FOR HYDRATING BEVERAGES

#### WATER

Most people need a minimum of eight to 12 cups each day. Invest in a reusable water bottle.

#### SPARKLING WATER

For those who like a little bubbly... Try Canada Dry® or La Croix® sparkling waters - simply carbonated water and natural flavors.

#### INFUSED WATER *try these*

Fresh fruits, vegetables, herbs and spices from Hy-Vee's produce department take plain water to a new level without any added calories.

#### TRUE CITRUS

Available in lemon, lime and orange flavors, True Citrus powders contain only crystallized fruit.

#### METROMINT®

Only three ingredients (water, mint and natural flavors); zero calories, available in a variety of flavors.

#### CRYSTAL LIGHT PURE®

Adds a hint of sweetness to water. Flavored with Truvia®, real sugars and natural flavors, and only 15 calories per serving.

#### HY-VEE LIQUID WATER ENHANCER

Compare to Crystal Light® or Mio® water enhancers.

#### NAKED JUICE® COCONUT WATER

Coconut water is a natural source of potassium and sodium, important electrolytes that help the body hold onto water and maintain hydration.

#### INFUSION COMBINATIONS

- cherries + lime slices + mint leaves
- strawberries + peaches or kiwi
- cucumber + lemon + sliced gingerroot
- lime + orange + rosemary
- raspberries + mint + lime

Adapted from: [www.infusedwaterrecipes.com](http://www.infusedwaterrecipes.com)

*Add to ice cold still or sparkling water*



#### FLUID FOODS

Choose foods higher in water content at meals and snacks to help improve hydration. Good choices include melons, citrus fruits, strawberries, cucumbers, tomatoes, celery, spinach, yogurt, popsicles and soups.

#### SPORTS DRINKS

For physical activity lasting longer than one hour, sports drinks are recommended. Look for brands that provide about 50 calories, 110 mg sodium and 15 grams carbohydrate per eight-ounce serving.

# WHAT'S NEW & EXCITING



## HY-VEE LIQUID WATER ENHANCER

Available in eight refreshing flavors that contain no added calories or sugar. Enhancing the flavor of your water may increase the amount you drink, leading to better hydration and improved athletic performance and endurance.



## HY-VEE ONE STEP WATER

Hy-Vee One Step Water is available in five varieties, including natural spring water, electrolyte enhanced water, and electrolyte enhanced water with fruit essence. A portion of One Step sales helps fund improved access to safe water and sanitation worldwide.

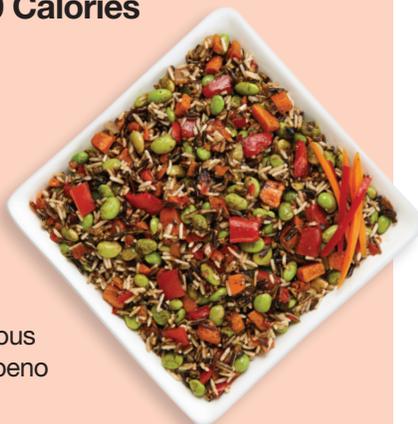


## SIMPLY 7 QUINOA CHIPS

With 40% less fat and 75% more protein per one-ounce serving than traditional potato chips, Simply 7 Quinoa Chips are a nutritious partner for your favorite dip. The protein found in quinoa provides all the essential amino acids your body needs, and snacks higher in protein help keep you feeling full longer.

## Dietitian Pick of the Month HY-VEE CHEF INSPIRED SALADS 5 Salads Under 200 Calories

1. Roasted Edamame
2. Thai Wild Rice
3. Mexican-Style Roasted Corn
4. Wild Rice with Vegetables and Bleu Cheese
5. Sweet & Spicy Couscous with Cranberry & Jalapeno



\*Available in Hy-Vee Kitchen cold case

## Dietitian Recipe of the Month

### SMOKY MAPLE-MUSTARD SALMON

Serves 4  
Active time: 5 minutes | Total: 15 minutes

#### ALL YOU NEED

- |   |  |
|---|--|
| 3 tbsp whole-grain or Hy-Vee Dijon mustard        | 1/4 tsp Hy-Vee freshly ground pepper                         |
| 1 tbsp Hy-Vee Select pure maple syrup             | 1/8 tsp salt   |
| 1/4 tsp smoked paprika or ground chipotle pepper* | 4 (4 oz each) skinless center-cut wild-caught salmon fillets |

#### ALL YOU DO

1. Preheat oven to 450 degrees. Line a baking sheet with foil and coat with cooking spray.
2. Combine mustard, maple syrup, paprika (or chipotle), pepper and salt in a small bowl. Place salmon fillets on the prepared baking sheet. Spread the mustard mixture evenly on the salmon. Roast until just cooked through, 8 to 12 minutes.

Nutrition Facts per serving: 148 calories, 4g fat, 1g saturated fat, 53mg cholesterol, 276mg sodium, 4g carbohydrate, 0g fiber, 23g protein.  
Source: adapted from Eating Well, Inc.



Source: Iowa State University Extension; Sports Nutrition, Cardiovascular, and Wellness Nutrition (SCAN) registered dietitians

## Dietitian-Approved Hydration Tips for Competition

### Pre-competition (1 hour prior)

- ✓ Drink 1 ounce of water per 10 pounds of body weight. For example, a 150-pound person should drink 15 ounces of water.

### During Competition

- ✓ Try to drink 4-6 ounces of water every 15 minutes. 1 "gulp" of water = 1 ounce. Goal: 4-6 "gulps" every 15 minutes.
- ✓ If the competition is expected to last more than an hour, sports drinks are recommended to supply carbohydrate and electrolytes for sustained performance.

### Post-competition

- ✓ Drink 2 cups of fluid for every pound lost during competition.

Hydration status is also impacted by age, sex, intensity and duration of activity, sweat rate, climate and altitude. Consult with a sports dietitian for individualized recommendations.