



SIMPLE SECRETS TO STAYING SLIM

You really can eat yourself skinny! It is quite simple to do. It just takes a bit of knowledge, a few dietary changes and a little more moving to keep you thin.

Eat Breakfast: Your body tends to burn fewer calories as you sleep and will continue to burn less until you eat. People who eat a protein-rich breakfast tend to consume fewer calories later. Protein takes longer to digest than carbohydrate and it helps keep you feeling full throughout the morning. A smart choice is Greek yogurt with twice the protein, such as Dannon Light and Fit Greek yogurt with only 80 calories.

Eat Three Meals a Day: Eating regular meals keeps our basal metabolic rate burning more calories. If the body misses a meal, it simply slows down to conserve energy and prevent starvation. Eating regular meals also prevents overeating at the next meal.

Keep Your Fat Intake Low: Gram for gram, fat adds more than twice as many calories as carbohydrates or protein. Limit fried foods, snack chips, butter, gravy, creams and margarines. Instead, eat plenty of fruits, vegetables, lean meats, low-fat dairy products and whole grain breads and cereals.

Watch Portion Sizes: Satisfy your appetite with a single serving of food and skip the second helping. For added portion control, try individual frozen dinner entrees with fewer than 450 calories per meal. Add a piece of fresh fruit or raw veggies and you will have a healthy satisfying meal. Healthy Choice frozen entrees are a great choice to help with portion control.

Water, Water, Water: Drink at least eight glasses of water a day. Often when your body feels hungry, it is really just thirsty. Hunger pangs mask thirst. So drink instead of eat! Water works to curb your appetite so drink cool refreshing water all day long.

- Try zero-calorie flavored beverages such as vitaminwater Zero
- Drink water such as smartwater in larger bottles to help increase water consumption

Get Moving: Exercise is the key to maintaining a healthy weight. You can easily walk yourself thin with just a brisk 30-minute walk every day. Or try something a bit more vigorous like jogging, lifting weights, zumba, swimming, basketball or even yoga. Just MOVE!

WHAT'S NEW & EXCITING



MORNING STAR FARMS MEDITERRANEAN CHICKPEA BURGER

A totally refreshing veggie burger, made with chickpeas, spinach, Roma tomatoes and traditional Greek herbs and spices. Morning Star Farms Mediterranean burger contain 10 grams protein, 7 grams fiber and only 110 calories.



BLUE DIAMOND ARTISAN NUT-THINS CRACKER

Now your favorite Nut Thin cracker from Blue Diamond is artisan-baked. Still gluten-free and wheat-free, made with almonds and brown rice, comes in three varieties: flax seed, sesame seed and multi-seed. Has 130 calories for 13 crackers.



HEALTHY CHOICE STEAMING ENTREES

Perfect portions for portion control with frozen single-serve entrees. Healthy Choice Steaming Entrees use a special steam film to lock in fresh taste and vibrant colors and flavors. Smart choice for lunch to help control calories and portions.

Dietitian Pick of the Month LOUISIANA GULF SHRIMP

Did you know?

Louisiana shrimp have a firm texture and natural sweetness from living and feeding in wild, nutrient-rich Gulf waters?

- Shrimp are low in calories and an excellent source of protein, which helps with appetite control.
- A three-ounce portion of shrimp provides:
 - 84 calories
 - 18 grams of protein
 - 1 gram of fat
 - Vitamin B12 and selenium
- Hy-Vee has its own U.S. Department of Commerce seafood lot inspector to assure the highest standards for quality and taste.

Easy to Use

Try these three simple ways to prepare shrimp:

- Roast - Toss the shrimp in olive oil and salt, and cook in a 400-degree oven for six to eight minutes.
- Sauté - Add a bit of olive oil or butter to a shallow pan and whatever seasoning you prefer. Cook for five minutes, stirring occasionally.
- Grill - Pierce shrimp with a skewer in two places. This ensures that all sides get exposed to the heat (and makes them easy to flip). Cook for about five to seven minutes on a hot grill, flipping once halfway through. As soon as shrimp are white and opaque, they're ready to eat.

Dietitian Recipe of Month

ROASTED NEW POTATOES AND GREEN BEANS

Serves 6 (about 3/4 cup each) Active time: 15 minutes | Total: 40 minutes

ALL YOU NEED:

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| 1-1/2 pounds new or baby potatoes, cut in half | 2 tablespoons champagne vinegar or Grand Selections white-wine vinegar |
| 8 ounces green beans, trimmed | 1 tablespoon Hy-Vee Dijon mustard |
| 5 teaspoons Grand Selections extra-virgin olive oil, divided | 3 tablespoons crumbled Gorgonzola or other blue cheese |
| 1/2 teaspoon salt | 2 tablespoons finely chopped scallion greens |
| 1/4 teaspoon Hy-Vee freshly ground pepper, plus more to taste | |

ALL YOU DO:

1. Position rack in lower third of oven; preheat to 450°F.
2. Toss potatoes and green beans in a large bowl with 2 teaspoons oil, salt and pepper. Spread evenly on a rimmed baking sheet. Roast, stirring once or twice, until the potatoes are tender and golden and the green beans are tender and browned in spots, 25 to 35 minutes.
3. Whisk the remaining 3 teaspoons oil, vinegar and mustard in a large bowl. Stir in cheese and scallion greens.
4. When the vegetables are done, toss with the dressing in the bowl. Serve warm.

Per serving: 151 calories; 5 g fat (1 g sat, 3 g mono); 3 mg cholesterol; 23 g carbohydrate; 0 g added sugars; 4 g protein; 3 g fiber; 295 mg sodium; 567 mg potassium. Nutrition bonus: Vitamin C (22% daily value), Potassium (16% dv). Carbohydrate Servings: 1 1/2. Source: adapted from Eating Well, Inc.