



## REALLY – FOODS CAN FIGHT THE FLU

### PROBIOTICS A “BAD BUG” DEFENDER!

Did you know over 80% of your immune system function starts in your belly? It's true! Most bad bacteria enter our bodies through the food we eat and drink or the air we breathe. So it makes sense for our digestive system to be the first line of defense.

Probiotic foods are filled with “active and live cultures” or good bugs. These beneficial bacteria help fight off infectious disease while helping to strengthen our immune system. Probiotics foods are found in Greek yogurt, kefir and a host of other foods. Eat something with probiotics every day.

### GO NUTS!

Nuts are rich in vitamin E which helps keep the immune system healthy. Vitamin E tends to enhance the production of B-cells, the immune cells that produce antibodies which destroy bacteria. Sunflower seeds, almonds, pistachios, peanuts, pine nuts and any nut butter are all filled with vitamin E.

Sink your teeth into zinc! Zinc plays a big role in maintaining a healthy immune system and will help keep the sniffles, sneezes and flu bugs at bay. The best sources of zinc are “beef and beans” - primarily lean beef, pork and lamb, peanut butter and all sorts of beans.

If you do catch the flu bug, don't let it spread. Instead, remember what mom always said, “Cough on your cuff, sneeze on your sleeve, and wash your hands, please”.

Interested in learning more about flu-fighting foods? Visit your favorite Hy-Vee dietitian. Find a RD near you at Hy-Vee.com.

### WHAT'S HOT! MAKING HAND-WASHING FUN

Try this fun activity to reinforce good hand-washing techniques. Have your child rub a little margarine on his/her hands and then stick his/her hands into a tub of wet (used) coffee grounds. Next have them try to rub the coffee ground “germs” off over a sink. Finally have them scrub the “germs” off using soap and running water.

### SUPPLEMENT SAVVY – H1N1 & VITAMIN D

Vitamin D continues to make the news. Most recently it has been linked to possibly helping prevent or ease the effects of H1N1 by strengthening the innate immune response we rely on to defend ourselves from novel infections. Vitamin D is normally synthesized by our bodies during exposure to sunlight in the summer. Only a few foods contain significant amounts of vitamin D: salmon, tuna, vitamin D-enriched milk and some mushrooms. Thinking about supplementing with vitamin D? Simply ask your Hy-Vee pharmacist for guidance.



### SPICE MASHED SWEET POTATOES

Serves 4.

#### ALL YOU NEED

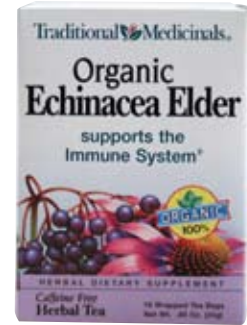
- 4 medium sweet potatoes
- 1/2 cup Hy-Vee orange juice
- 1/8 tsp nutmeg
- 1/8 tsp allspice
- 2 tbsps Hy-Vee butter
- Salt and pepper, to taste
- 1 tbsps molasses or brown sugar
- 1 tsp Hy-Vee butter

#### ALL YOU DO

1. Preheat oven to 400°F. Bake sweet potatoes 45 to 55 minutes or until tender or micro-bake.
2. Cut potatoes in half and scoop the pulp into a mixing bowl; discard peels. Add orange juice, nutmeg, allspice and 2 tablespoons butter; beat until fluffy. Season to taste with salt and pepper.
3. Lightly coat a 1-quart baking dish with nonstick cooking spray. Spoon potatoes into baking dish. Drizzle molasses over potatoes and dot with butter.
4. Bake, uncovered, 15 to 20 minutes or until heated through. Serve hot.

Nutrition facts per serving: 180 calories, 31 g carbs, 3 g protein, 6 g fat, 4 g fiber, 43 mg sodium.

# WHAT'S NEW & EXCITING



## HY-VEE HEALTHMARKET™ VITAMIN C

Vitamin C may not cure the common cold, nor will it prevent the flu. However, once you get sick, vitamin C may shorten the duration and decrease the severity of cold and flu symptoms.

## NATURE BLESSED™ TART CHERRY CONCENTRATE

Get a good night's sleep to help keep your immune system strong! Cherries are rich in melatonin, an all-natural night cap.

## TRADITIONAL MEDICINALS™ ECHINACEA ELDER BERRY

Perfect combination of natural immune enhancers – Echinacea and elderberry. Sip a cup of tea daily to boost your immune system.

## HEALTH THEMES FOR NOVEMBER

American Diabetes Month  
American Diabetes Association  
Phone: (800) – Diabetes  
[www.diabetes.org](http://www.diabetes.org)  
Juvenile Diabetes Research Foundation  
[www.jdrf.org](http://www.jdrf.org)  
Recipes & Menus: [Hy-Vee.com](http://Hy-Vee.com)

GERD Awareness  
International Foundation for Functional  
Gastrointestinal Diseases  
Phone: (888) 964-2001  
[www.aboutgerd.org](http://www.aboutgerd.org)

Peanut Butter Month  
[www.peanutbutterlovers.com](http://www.peanutbutterlovers.com)

Pomegranate Month  
[www.pomwonderful.com](http://www.pomwonderful.com)

Pecan Month  
[www.georgiapecansfit.org](http://www.georgiapecansfit.org)

Veterans Day  
November 11th, 2009

Thanksgiving Day  
November 26th, 2009

## NOVEMBER HEALTH PICKS

Farmer's Market Organic™ canned pumpkin  
Only 40 calories in 1/2 cup and packed with beta-carotene, a powerful antioxidant.

Traditional Medicinals™ throat coat  
Sip a cup of this soothing licorice root tea and your throat will feel so much better. Helps ease sore throats from colds, flu and even talking too much.

Nature Blessed™ Tart Cherry Concentrate  
Packed with antioxidants and potential anti-inflammatory. Some individuals find joint relief by drinking two one-ounce glasses a day.

Blue Diamond™ Almond Butter  
Rich in vitamin E, enhancing the production of B-cells, the immune cells that produce antibodies which destroy bacteria. For a long-lasting feeling of fullness, spread almond butter on whole grain toast and sprinkle with chia seed.

Cascadian Farms™ raspberries  
Raspberries are a "superfood" and one of the best sources of disease-fighting antioxidants. Thaw frozen raspberries a few minutes and let your imagination go wild. Toss them into cereal, chilled soups, sparkling water or scattered over salad.

Organic Wonderful Pomegranates  
Buy now while pomegranates are in season. They are rich in immune-enhancing antioxidants, vitamin C and potassium.

## MEXICAN PILAF WITH TURKEY

Serves 4.

### ALL YOU NEED

- 1 tbsp. olive oil
- 1 small red onion, diced
- 1/2 red bell pepper, seeded and diced
- 1 jalapeño pepper, seeded and minced
- 1 cup Hy-Vee frozen corn
- 2 cups cooked quinoa or brown rice
- 1 cup shredded cooked turkey breast
- 1/2 cup canned Hy-Vee black beans, drained and rinsed
- 1/4 cup minced fresh cilantro
- Juice of 1 lime

### ALL YOU DO

1. In a large nonstick skillet heat oil over medium heat. Add onion, bell pepper, jalapeño and corn. Sauté 3 to 5 minutes or until tender.
2. Stir in grains, turkey and beans; cook 2 minutes.
3. Stir in cilantro and lime juice; and serve.

Nutrition facts: 239 calories, 40 g carbs, 11 g protein, 5 g fat, 1 g saturated fat, 6 g fiber, 15 mg sodium

