



YOU CAN PREVENT BREAST CANCER

The statistics are startling. One in eight women in the United States will develop breast cancer. Every day, 111 women die from breast cancer. If you are like most women, you might be wondering what you can do to avoid breast cancer. The best prevention advice today is breastfeed your baby, avoid gaining weight especially after menopause, limit alcohol, stay fit, have regular mammograms and eat more foods which are linked to helping prevent breast cancer - whole grains, tomatoes, white mushrooms, cabbage and flax.

WHOLE GRAINS: Studies show regularly eating whole grains may delay the onset of breast cancer. Whole grains are thought to lower estrogen levels especially in premenopausal women. Estrogen is linked to helping breast cancers grow.

TOMATOES: Tomatoes, especially processed tomatoes served with a bit of oil, are rich in the powerful antioxidant lycopene. Studies show eating lycopene-rich tomatoes may offer a protective effect against breast cancer.

MUSHROOMS: Mushrooms may not cure cancer, but they may help prevent it. The common white button mushroom contains linoleic acid, which appears to inhibit the body from making estrogen. Many breast cancers depend on estrogen to grow.

CABBAGE: Women who regularly eat cruciferous vegetables (cabbage, broccoli, cauliflower, turnips and Brussels sprouts) tend to be less likely to develop breast cancer after menopause than women who seldom eat cruciferous vegetables.

FLAX: A recent relatively large study found that women who ate foods high in lignans had a 17 percent lower risk of breast cancer compared to women who didn't eat foods with a lot of lignans. Flax seed contains an abundance of natural plant lignans.

REMEMBER -

monthly breast exams and annual mammograms are important for early diagnosis and treatment of breast cancer.

Take charge of your health today. If you need help, contact your local Hy-Vee registered dietitian. Find one near you at Hy-Vee.com.

WHAT'S HOT! PLAYING FOR GOOD HEALTH

Get moving and start playing again! One of the simplest and most effective ways to prevent breast cancer is keeping fit. Make a personal commitment to you and your health by playing vigorously for at least four hours per week. Try a brisk walk, a good hike, a bike ride or an exercise class or circuit training session at the local fitness center. Studies show strenuous play reduces the risk of breast cancer by 30 to 40 percent. The protective benefit is especially effective for pre-menopausal women who are thin or at a normal body weight.

SUPPLEMENT SAVVY – FOLIC ACID

Do you regularly drink a glass of wine or beer or maybe a mixed drink? Then you might want to make sure you are eating enough foods enriched with folic acid such as whole grain breads and cereals. A preliminary report suggest women who eat limited amounts of folic-acid-rich foods and who regularly drink alcohol had a 32% increased risk of breast cancer compared with nondrinkers. Taking a multivitamin with folic acid has been shown to lower risk as well.



WHOLE GRAIN APRICOT MUFFINS

ALL YOU NEED

- 3/4 cup chopped Hy-Vee dried apricots
- 1/2 cup Hy-Vee orange juice, divided
- 1 cup whole-wheat flour
- 3/4 cup Hy-Vee all-purpose flour
- 3/4 cup wheat germ, toasted
- 1-1/2 tsp baking powder
- 3/4 tsp. baking soda
- 1/4 tsp salt
- 2 large Hy-Vee eggs
- 1/2 cup packed Hy-Vee light brown sugar
- 1 cup lowfat buttermilk
- 1/4 cup Hy-Vee canola oil
- 1 tsp vanilla extract
- 1/3 cup chopped Hy-Vee walnuts

ALL YOU DO

1. Preheat oven to 400°F. Line 12 muffin cups with paper liners; coat with nonstick cooking spray.
2. In a small saucepan combine apricots and 1/4 cup orange juice. Place over medium-high heat; bring to a simmer. Remove from heat and let stand 10 minutes.
3. Meanwhile, in a large mixing bowl combine flours, wheat germ, baking powder, baking soda and salt; set aside.
4. In a medium mixing bowl whisk together eggs, brown sugar, buttermilk, oil, vanilla and remaining 1/4 cup orange juice. Add egg mixture to flour mixture; stir until just combined. Add the apricots and liquid; stir to combine.
5. Spoon batter into muffin cups. Sprinkle with walnuts. Bake 15 to 20 minutes or until a toothpick inserted into the center of a muffin comes out clean. Let cool in pan 5 minutes. Remove from pan and let cool completely on a wire rack.

Nutrition Facts: 220 calories, 34g carbohydrate, 6g protein, 3g fiber, 8g fat, 1g saturated fat, 35mg cholesterol, 105mg sodium

WHAT'S NEW & EXCITING



SALBA™ GROUND SEED

A special white chia seed with an abundance of fiber and omega 3 fats. Use ground salba in place of flour. One cup of salba can be used in place of three cups of flour.



GOJI BERRIES

Goji berries have been used for 6,000 years by herbalists in China, Tibet and India. They are rich in antioxidants, especially carotenoids which are linked to maintaining healthy vision.



WILDWOOD™ SOYOGURT WITH FIBER

Deliciously rich and creamy organic soy yogurt with fiber. Abundant in calcium for strong bones and naturally contains choline to boost brain health.

OCTOBER HEALTH THEMES

Breast Cancer Awareness Month
www.breastcancer.org

Campaign for Healthier Babies Month
www.marchofdimmes.com

Celiac Sprue Awareness Month
Celiac Sprue Association
Gluten-free list available at Hy-Vee.com
www.csaceliacs.org

National Pasta Month
www.ilovepasta.org
www.Hy-Vee.com

Popcorn Popping Month
www.popcorn.org

Pork Month
www.nppc.org

Seafood Month
www.aboutseafood.com

World Egg Day - Oct 9

Columbus Day – October 12

World Food Day – October 16

National Mammography Day - Oct 16

TOP PICKS ON SALE IN OCTOBER

Naturally More™ peanut butter
Fresh roasted peanuts blended with milled flaxseed. Flaxseed contains natural plant lignans which are linked to reducing the risk of breast cancer.

Stemilts™ organic apples
Prevent breast cancer! Eat plenty of fruits and vegetables.

Hy-Vee HealthMarket Organic Pasta Sauce
Tomato-based pasta sauces are rich in lycopene. This powerful antioxidant is thought to help prevent breast cancer.

McCanns™ Irish Oatmeal
Oatmeal is a whole grain. Studies show regularly eating whole grains may delay the onset of breast cancer.

EASY BREAKFAST BAKE

ALL YOU NEED

- 1/2 cup sliced button mushrooms
- 1/2 cup chopped onion
- 4 large whole Hy-Vee eggs
- 4 Hy-Vee egg whites
- 1/2 cup Hy-Vee nonfat milk
- 1 cup shredded reduced-fat Cheddar cheese
- 1/4 cup Hy-Vee sliced black olives
- 6 slices Hy-Vee Bakery whole-wheat bread

ALL YOU DO

1. Preheat oven to 350°F. Coat a nonstick skillet with nonstick cooking spray and place over medium heat. Add mushrooms and onion; cook and stir until tender. Remove from heat; set aside.
2. In a large bowl whisk together whole eggs, egg whites, milk, cheese, olives, and salt and pepper to taste. Stir in mushroom mixture.
3. Coat a 2-quart baking dish with nonstick cooking spray. Layer bread slices in dish; pour egg mixture over bread. Bake 30 to 45 minutes or until a knife inserted into the center comes out clean. Cut into squares and serve immediately.

Nutrition Facts: 210 calories, 18g carbohydrate, 15g protein, 4g fiber, 8g fat, 3g saturated fat, 135mg cholesterol, 415mg sodium

EASY BREAKFAST BAKE

