



RAISING BRAINY BABIES

Send your child to the head of the class! Of course your kids have good genes. They have smart parents - you! Sure you spent many moments reading with your children when they were young. But did you know eating the right foods may help your children do better in school?

Some foods contain nutrients which ensure proper growth. Other foods enhance brain development, Some foods help increase attention span and improve the ability to think and reason, good skills necessary for excelling in math and science.

So what are these foods?

BREAKFAST: Breakfast provides the fuel to wake up and energize the mind. Best breakfast choices include foods with a few grams of fiber and a serving of protein-rich eggs, milk or peanut butter.

Try these on-the-go breakfast meals:

Banana Dog: Whole wheat tortilla smeared with peanut butter and topped with a peeled banana. Roll up and eat.

Egg Sandwich: Toasted whole wheat English muffin stuffed with a fried or poached egg and a slice of cheese.

Cereal and Milk: Fill a baggie with a favorite whole-grain cereal or pour the cereal in a bowl with a glass of milk. Look for cereals with a NuVal score greater than 38.

WHAT ABOUT OTHER MEALS?

Focus on foods containing omega 3 fats – fish (especially salmon and tuna), walnuts, chia seed, flax seed and omega eggs. Incorporate these into snacks, lunch and dinner meals and watch your children's test scores soar.

WHAT'S HOT! GIRLS GO FISH FOR BETTER GRADES

Eating more omega-3 fats such as fish, walnuts, flax and chia seeds can lead to better grades. A recent study of 4,000 kids showed learning and reasoning ability was much higher in kids consuming more omega 3 fats. Girls tend to have twice the brainy benefit than boys. Researchers speculate girls may have a greater need for omega-3 fats, to help their body prepare for childbearing years.



PEPITA-APPLE BREAKFAST BARS

Serves 12.

ALL YOU NEED

- 1/2 cup Hy-Vee honey
- 1/4 cup coconut oil
- 1/4 cup organic creamy peanut butter
- 2 cups Hy-Vee rolled oats
- 1/4 cup ground flax
- 1/4 cup green pepitas or pumpkin seeds
- 1/4 cup finely chopped Hy-Vee dried apples
- 1/2 tsp. apple pie spice

ALL YOU DO

In a medium bowl mix honey, coconut oil and peanut butter until well-combined. In a separate bowl combine oats, ground flax, chia seed, pepitas, apples and apple pie spice. Add honey mixture to dry mixture and stir very well. Spread into an 8-by-8-inch baking pan. Refrigerate until firm, at least 2 hours. Cut into 12 bars and serve chilled. Keep bars chilled for best results.

Per Serving: 245 calories, 30g carbohydrate, 5g protein, 13g fat, 3g fiber, 0mg cholesterol, 45mg sodium

WHAT'S NEW & EXCITING



Hy-Vee HealthMarket™ Omega 3 Fruit Chews

Great-tasting and easy way to provide your child with optimal levels of omega-3 fats for good brain development, and learning and reasoning skill.



Popumz™ Bite-sized Organic Snack Crisps

Power your kids with Popumz,™ the anytime snack that is packed with good stuff like whole grains for long-lasting energy, protein to help build strong lean muscles, fiber for healthy digestion and Omega-3 DHA & EPA to support a healthy brain.



Cascade Farms™ Cereal

High in fiber, protein and plenty of vitamins. Enjoy with milk. Rushed for time? Pour some in a resealable snack bag and snack along the way to school or work.

HEALTH THEMES FOR SEPTEMBER

National Cholesterol Education Month
National Heart Lung and Blood Institute
Phone: 301-592-8573
www.nhlbi.nih.gov

Soy for Heart Health
The Soyfoods Council
Phone: (866) 431-9814-x244
www.soyfoodscouncil.com
Recipes: Hy-Vee.com

National Fruit & Vegetable Month
30 Ways in 30 Days
www.cdc.gov/Features/Fruits&Veggies

National Organic Harvest Month
National celebration to educate all ages about organic agriculture and products.
Find organic food facts and recipes at Hy-VeeHealth.Com.

National Honey Month
www.nhb.org

Mushroom Month
www.mushroomcouncil.org

Chicken Month
www.eatchicken.com

Rice Month
www.usarice.com

BEST CHOICES ON SALE IN SEPTEMBER

Land O' Lakes™ Omega 3 Large Eggs
Start your day with a brain-building breakfast. Omega eggs offer the same great taste and are naturally rich in omega 3 fats.

Hy-Vee HealthMarket™ Soy Milk
Soy milk is deliciously filled with protein, fiber and omega 3 fats. Serve at breakfast or as an after-school or after-work snack.

Full Circle™ All Natural Soy Crisps
A low-calorie, cheesy choice, that is also a good source of protein, fiber and soy, contains omega 3 fats.

Full Circle™ Organic Cereals
Breakfast wakes up the brain. Cereal is a simple way to start a brainy day.

Hy-Vee HealthMarket™ Fish Oil
1000 mg - Omega-3
Hy-Vee's Fish Oil 1000 mg - Omega-3 is an excellent source of omega-3 fats.

CHINESE HONEY COD

Serves 4.

ALL YOU NEED

- 6 tbsp. Hy-Vee honey
- 2 tbsp. light soy sauce
- 2 tbsp. rice wine vinegar
- 2 tsp. toasted sesame oil
- 3/4 tsp. ground ginger
- 4 (5- to 6-oz.) Pacific cod fillets (1-1/2 lbs.)
- Salt and pepper, to taste
- 2 tbsp. sesame seeds

ALL YOU DO

In an 11-by-7-inch baking dish combine honey, soy sauce, vinegar, oil and ginger; stir. Add fillets; turn to coat. Cover and refrigerate at least 30 minutes. Coat grill rack with nonstick cooking spray. Preheat grill to high (400°F to 450°F). Remove fillets from marinade and season with salt and pepper to taste; discard marinade. Grill fillets, covered, 4 minutes per side or until fish flakes easily with a fork. Sprinkle fillets with sesame seeds, and serve.

Nutrition facts per serving: 123 calories, 10 g carbs, 3 g protein, 8 g fat, 0 g fiber, 99 mg sodium.

CHINESE HONEY COD

