



## HEALTHIER HEARTS, HAPPIER LIVES

September is National Cholesterol Education Month, a perfect time to attend a cholesterol screening and learn how you can prevent/treat high low-density lipoprotein (“LDL”) cholesterol. High blood cholesterol is a risk factor for both heart disease and stroke, two of the leading causes of death in the United States.

### CHOOSE LEAN!

While it is a common misconception that red meat must be avoided in order to maintain healthy cholesterol levels, lean beef can actually be incorporated into a heart-healthy diet. Here are some exciting facts:

- ✓ **Go BOLD.** The Beef in an Optimal Lean Diet (BOLD) demonstrated that eating four ounces of lean beef daily can lower LDL cholesterol, a risk factor for heart disease, just as effectively as the Dietary Approaches to Stop Hypertension (DASH) diet which encourages limited red meat consumption.
- ✓ **Support the Big 10.** Beef is high in 10 essential nutrients including protein, iron, vitamin B-6, vitamin B-12, zinc, phosphorous, niacin, riboflavin, selenium and choline.
- ✓ **Focus on Healthy Fats.** Over half the fatty acids found in beef are monounsaturated fats. Monounsaturated fat is a heart-healthy fat found in olive oil, peanut butter and avocados that aids in lowering cholesterol levels.

### AMERICAN HEART ASSOCIATION HEART-CHECK FOOD CERTIFICATION PROGRAM

The American Heart Association (AHA) certifies extra-lean cuts of fresh beef that meet specific nutritional criteria for serving as a heart-healthy choice.

The next time you are shopping at your neighborhood Hy-Vee, be sure to look for the AHA checkmark on the following beef cuts:

- ✓ Hy-Vee Angus Reserve Top of Iowa Sirloin
- ✓ Hy-Vee Angus Reserve Bottom Round Steak
- ✓ Hy-Vee Angus Reserve Bottom Round Roast

### Quick Tip

When shopping for lean cuts of meat, look for keywords such as “loin” or “round” in the name.

Examples include tenderloin, top sirloin, round steak and ground round.



# WHAT'S NEW & EXCITING



## CHOBANI GREEK YOGURT WITH STEEL-CUT OATS

Combine authentic Greek yogurt with steel-cut oats and real maple syrup and you have a delicious breakfast worth waking up early for. Each cup of Chobani's new yogurt contains 10 grams of protein and 8 grams of fiber to fuel your day.



## HY-VEE ANGUS RESERVE BEEF WITH THE AMERICAN HEART ASSOCIATION CERTIFICATION

These fresh, lean cuts of beef meet the American Heart Association's nutrition requirements for being heart-healthy.



## HY-VEE HEALTHMARKET POWDERED PEANUT BUTTER

As compared to traditional peanut butter, Hy-Vee's HealthMarket Powdered Peanut Butter is low-fat, low-sodium and free of saturated fat and cholesterol without compromising taste.

## Dietitian Pick of the Month MONTEREY™ MUSHROOMS SLICED BABY PORTABELLA MUSHROOMS

### 5 Reasons to Choose Sliced Baby Portabellas

1. Heartier mushroom flavor
2. Locally grown in the Midwest
3. Excellent source of riboflavin (for maintaining energy levels)
4. Good source of selenium (for protecting cells from damage) and copper (aiding in wound healing + healthy immune system)
5. Can convert the sun's rays into vitamin D; provides 100% of recommended vitamin D intake in 1/2 cup



### HELPFUL STORAGE AND HANDLING TIPS:

- Refrigerate in the original packaging immediately after purchasing.
- Don't store near pungent foods as baby portabellas may absorb their odors.
- Can be kept in the refrigerator for up to one week.
- Store in a brown paper bag once opened.
- Sautéed mushrooms, as opposed to fresh mushrooms, can be frozen.
- Wipe gently with a damp cloth before use. If preparing mushrooms in bulk, rinse quickly under cool water (don't soak!) and drain.

## Dietitian Recipe of the Month SEARED STEAK WITH MUSTARD-MUSHROOM SAUCE

Serves 4 (3-ounce steak and about 1/4 cup sauce each)



### ALL YOU NEED

- |   |                                      |
|---|--------------------------------------|
| 1 to 1 1/4 pounds Hy-Vee Angus Reserve Top of Iowa Sirloin, trimmed | 4 ounces mushrooms, sliced           |
| 1/4 teaspoon kosher salt  | 1/2 cup finely chopped onion         |
| 1/4 teaspoon freshly ground pepper                                  | 2 teaspoons Hy-Vee all-purpose flour |
| 2 tablespoons Hy-Vee Select extra-virgin olive oil, divided         | 3/4 cup reduced-sodium beef broth    |
|   | 1/4 cup dry white wine               |
|   | 1 tablespoon Hy-Vee Dijon mustard    |

### ALL YOU DO

1. Pat steaks dry; cut into 4 equal portions. Sprinkle with salt and pepper. Heat 1 tablespoon oil in a large skillet over medium-high heat until very hot, but not smoking. Cook the steaks until browned on the bottom, 2 to 4 minutes. Turn over, reduce heat to medium-low and cook 3 to 5 minutes for medium-rare. Set aside, covered with foil.
2. Increase heat to medium-high. Add the remaining 1 tablespoon oil to the pan. Add mushrooms and onion and cook, stirring frequently, until the mushrooms have released their liquid, about 5 minutes. Sprinkle with flour and stir to coat the vegetables, 30 seconds to 1 minute. Pour in broth and wine and cook, stirring and scraping up the brown bits, until thick enough to coat the back of a spoon, 2 to 4 minutes.
3. Remove from heat. Stir in mustard and any juices from the steak. Serve the steak with about 1/4 cup sauce each.

Nutrition facts per serving: 239 calories, 12g fat, 3g saturated fat, 62mg cholesterol, 250mg sodium, 4g carbohydrate, 1g fiber, 24g protein  
Source: Adapted from Eating Well, Inc.