



## “WHEY” GOOD FOR YOU!

What is whey? Whey is a high-quality, complete protein found naturally in milk and separated during the processing of cheese. Whey protein contains all the essential amino acids (“building blocks”) that your body needs to build and maintain muscle – greater than milk, soy or casein alone - and is easy to digest. The National Dairy Council touts whey as being an excellent protein choice for individuals of all ages. It provides a number of health benefits including:

- Weight loss and maintenance – can help control hunger.
- Sports nutrition – good for exercise recovery.
- Immune support
- Bone health

## FIVE “WHEYS” TO ENJOY WHEY PROTEIN

**GRAB IT AND GO.** Whey protein is found in powders, drink mixes, energy bars, yogurt and other foods. Look for the words “whey protein concentrate,” “hydrolyzed whey protein” or “whey protein isolate” in the ingredient listing.

**BREAKFAST PROTEIN BOOST.** Combine whey protein powder with oatmeal for a protein boost in the morning that will help keep hunger pangs away.

**SATISFY “PICKY EATERS.”** Using flavored whey protein powder can be a great way to help children with picky eating habits meet their daily protein needs. Simply blend flavored whey protein powder, in chocolate, vanilla and strawberry varieties, into pudding, smoothies, milk shakes or a glass of milk.

**POWER-PACKED SMOOTHIE.** Boost the nutrition of a grab-and-go snack by blending whey protein powder with low-fat milk or yogurt and fresh fruit for a quick and easy high-protein smoothie.

**ADD TO YOUR FAVORITE RECIPE.** Whey protein has a clean, neutral flavor, making it a wonderful addition to some of your favorite recipes including soups and casseroles, mashed potatoes, sauces and even mixes for muffins, pancakes and quick breads.

## DID YOU KNOW?

Individuals with lactose intolerance may still be able to enjoy dairy products.

The National Dairy Council recommends these six strategies to manage lactose intolerance and still receive health benefits from nutrient-rich dairy products.

1. **REDUCE IT** – Choose lactose-free dairy products, such as Dairy Ease and Lactaid fat-free and low-fat milk, Lactaid chocolate milk and Lactaid calcium-fortified fat-free and low-fat milk.
2. **SIP IT** – Introduce dairy slowly. Start by drinking ½ cup of milk.
3. **STIR IT** – Mix food with milk. Try oatmeal and cereals, soups, pudding, lattes or smoothies.
4. **SLICE IT** – Choose cheddar, Swiss or Parmesan, which are low in lactose.
5. **SHRED IT** – Top foods with shredded cheese.
6. **SPOON IT** – Try yogurt. Active cultures found in yogurt help the body digest lactose.

*For more information on how to manage lactose intolerance, talk to a Hy-Vee dietitian.*

# WHAT'S NEW & EXCITING



## NUUN

A sports drink that fits in your pocket! Nuun electrolyte tablets come in a convenient, pocket-size tube, and is a sports drink with electrolytes but without the sugar or calories. All you do is add one tablet to a 16-ounce water bottle. Each tube contains 12 electrolyte tablets, designed to maximize hydration and prevent cramping. Available in six refreshing flavors. [www.nuun.com](http://www.nuun.com)



## POPCHIPS

All-natural potato chip that is not fried or baked. It's popped with heat and pressure – to produce a tasty, crispy, delicious potato chip. Flavors include original, barbeque, cheddar, sour cream and onion, salt and black pepper, sea salt and vinegar, and Parmesan garlic. [www.popchips.com](http://www.popchips.com)



## VITATOPS

New VitaTop muffin flavor - banana nut! Only 100 calories, high fiber with 5 grams fiber and 5 grams protein. Get more nutrition with your calories for a grab-and-go breakfast or snack! [www.vitalicious.com](http://www.vitalicious.com)

## BLUEBERRY-WHEY SMOOTHIE

Serves: 2 | Source: Hy-Vee

### All You Need

- 1 cup Hy-Vee frozen blueberries
- 1 banana (frozen in chunks)
- ½ cup ice cubes
- 1 cup chilled almond milk or soy milk
- 2 tbsp whey protein powder

### All You Do

In a blender combine blueberries, banana, ice cubes, almond milk and (if desired) protein powder. Blend until smooth. Add more almond milk for a thinner smoothie. Serve cold.

Per Serving: 135 calories, 3g fat, 0g saturated fat, 0mg cholesterol, 15mg sodium, 25g carbohydrate, 6g fiber, 5g protein



## COOKING UP KITCHEN FUN FOR KIDS

Summer is here and school's out, meaning many moms and dads will be looking for ways to keep the kids occupied during the long summer days. Stir up some fun in the kitchen with these tasty food ideas!

### TREASURE MAPS

Place 1 slice of lunchmeat on 1 slice Swiss or provolone cheese. Roll up like a treasure map and wrap to secure with a blade of chives.

### NACHO SUNDAE

In a dish, top cinnamon pita chips with fresh sliced strawberries, a dollop of vanilla or strawberry yogurt and coconut shreds.

### MELON POPS

Slice watermelon, cantaloupe and honeydew into ½- to ¾-inch-thick slices. Cut out circle shapes with a biscuit cutter. Slide a Popsicle stick into bottom of each circle to make a lollipop.

### PEANUT BUTTER FONDUE FOR APPLES

Cut red and green apples into bite-size chunks. Insert a toothpick into each chunk. Combine ¼ cup peanut butter with 2 tablespoons honey; stir well. Dip apple chunks into peanut butter mixture like fondue.

*The information is not intended as medical advice. Please consult a medical professional for individual advice.*