

Blood Pressure Education Month

About 70 million American adults have high blood pressure – that's one of every three adults, according to the Centers for Disease Control and Prevention. Of those, the CDC says only about half, or 52 percent, of people with high blood pressure have their condition under control. In 2013, more than 360,000 American deaths included high blood pressure as a primary or contributing cause, according to a report from the American Heart Association.

May is High Blood Pressure Education Month. Here are a few things to know:

- **First heart attack:** About seven of every 10 people having their first heart attack have high blood pressure.
- **First stroke:** About eight of every 10 people having their first stroke have high blood pressure.
- **Chronic (long-lasting) heart failure:** About seven of every 10 people with chronic heart failure have high blood pressure.
- **Kidney disease** is also a major risk factor for high blood pressure.



One of the best ways to lower blood pressure is through healthy eating through the DASH diet. DASH stands for Dietary Approaches to Stop Hypertension. The DASH diet is a lifelong approach to healthy eating that's designed to help treat or prevent high blood pressure (hypertension). The DASH diet encourages you to reduce the sodium in your diet and eat a variety of foods rich in nutrients that help lower blood pressure, such as potassium, calcium and magnesium. It emphasizes portion size, eating a variety of foods and getting the right amount of nutrients. The DASH diet is also in line with dietary recommendations to prevent osteoporosis, cancer, heart disease, stroke and diabetes. And while the DASH diet is not a weight-loss program, you may indeed lose unwanted pounds because it can help guide you toward healthier meals and snacks.

For the fifth year in a row, the expert panel from US News & World Report chose the DASH diet as the Best Diet, Healthiest Diet, and the Best Diet for Diabetes. US News & World Report said, "DASH was developed to fight high blood pressure, not as an all-purpose diet. But it certainly looked like an all-star to our panel of experts, who gave it high marks for its nutritional completeness, safety, ability to prevent or control diabetes, and role in supporting heart health. Though obscure, it beat out a field full of better-known diets."



The DASH diet emphasizes vegetables, fruit and low-fat dairy foods — and moderate amounts of whole grains, fish, lean meats and nuts. The standard DASH diet meets the recommendation from the Dietary Guidelines for Americans to keep daily sodium intake to less than 2,300 mg a day. The lower-sodium version of the diet matches the recommendation to reduce sodium to 1,500 mg a day if you're 51 and older, black or have hypertension, diabetes or chronic kidney disease. If you aren't sure what sodium level is right for you, talk to your doctor.

Here is a recipe that fits in the DASH diet:

Raspberry, Avocado and Mango Salad

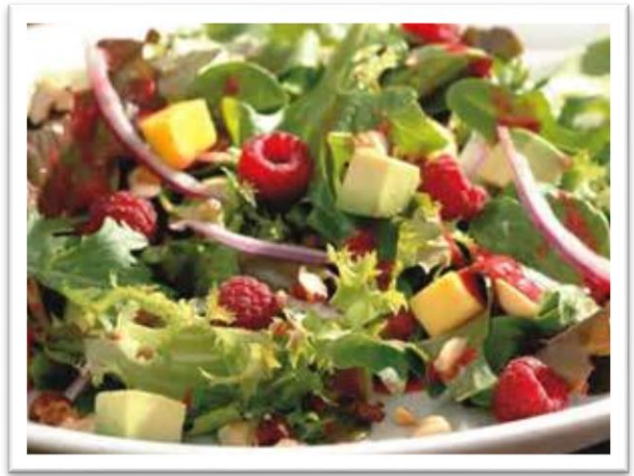
Serves 5 (about 2 cups each).

Pureed berries give the tangy wine vinegar dressing a creamy texture that gently clings to the lettuce and fruit.

Active: 25 minutes **Total:** 25 minutes

All you need:

- 1 1/2 cups fresh raspberries, divided
- 1/4 cup Hy-Vee Select extra-virgin olive oil
- 1/4 cup Hy-Vee Select red-wine vinegar
- 1 small clove garlic, coarsely chopped
- 1/4 tsp kosher salt
- 1/8 tsp freshly ground pepper
- 8 cups mixed salad greens
- 1 ripe mango, diced
- 1 small ripe avocado, diced
- 1/2 cup thinly sliced red onion
- 1/4 cup toasted chopped hazelnuts or sliced almonds, optional



All you do:

1. Puree 1/2 cup raspberries, oil, vinegar, garlic, salt and pepper in a blender until combined.
2. Combine greens, mango, avocado and onion in a large bowl. Pour the dressing on top and gently toss to coat. Divide the salad among 5 salad plates. Top each with the remaining raspberries and sprinkle with nuts, if using.

Nutrition Facts per serving: 215 calories, 16g fat, 2g saturated fat, 0mg cholesterol, 122mg sodium, 18g carbohydrate, 7g fiber, 3g protein.

Source: adapted from Eating Well, Inc.

Information not intended to be medical advice. Please contact a licensed healthcare provider for individual advice.

Treat Mom to Angelic Desserts

It's Mother's Day and it is time to give back to moms for all the wonderful things they do for us. Just like moms want us to be healthy, your Hy-Vee dietitians suggest making a healthier treat for mom this Mother's Day. One way to treat her is with an angelic dessert using angel food cake.

Angel food cake may not sound like an easy cake to bake but that is where your Hy-Vee Bakery steps in. With angel food cakes made fresh daily, all you need to do is stop by your favorite Hy-Vee location and pick one up. Not sure what to do with the cake once you purchase it? Here are a few ways to make your angel food cake angelic for mom.

1. Grill, Toast or Broil

The weather is getting nicer and it is a great time to fire up the grill. You can quickly toast angel food or pound cake slices, brushing each side with a little melted butter to avoid sticking. Alternatively, warm and crisp your cake slices in a toaster or broiler. Cut the cake slices into cubes, skewer with fruit and drizzle a little chocolate syrup for this simple and delicious dessert.

2. Make Shortcake

With classic strawberry shortcake as your guide, experiment with different cake, cream and berry combinations. For a healthier version, use Greek yogurt instead of whipped cream. Choose one berry or a combination of several; any fresh, seasonal selection will be a treat.

3. Make Individual Parfaits

Continuing the theme of adding fruit, along with something creamy, cut your angel food into cubes and layer everything in individual glasses to make parfaits. The possibilities are just about endless with different fruit, Greek yogurts or similar whipped toppings to make a fun dessert that can be made differently for each family member. Remember to make mom's parfait with all her favorites.

The best gifts a mom can receive are those made by her children. Use these simple recipes below to get the kids involved to sweeten mom up for Mother's Day in a light and healthier way.

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Grilled Angel Food Cake Kabobs

Source: www.bettycrocker.com

All You Need:

- 1 cup (1-inch cubes) angel food cake
- 1 cup whole strawberries
- 1 cup peach slices
- 1 tablespoon sugar
- 1/4 teaspoon ground cinnamon
- 1 (6 oz) container Yoplait® Light white chocolate strawberry yogurt

All You Do:

1. Heat gas or charcoal grill. Arrange cake cubes, strawberries and peach slices alternately on eight 6-inch skewers. In small bowl, mix sugar and cinnamon; sprinkle over kabobs.
2. Place kabobs on grill over medium heat. Cover grill; cook kabobs about 2 minutes, turning once, until golden brown. Serve kabobs with yogurt.



Easy Angel Food Parfait

Serves 1.

All You Need:

- 1/2 cup (1-inch cubes) angel food cake, divided
- 1 (5.3 or 6 oz.) container vanilla Greek yogurt, divided
- 1/2 cup mixed berries, divided

All You Do:

1. In a small cup or bowl, start with a layer of angel food cake.
2. Next add a layer of Greek yogurt and then a layer of mixed berries.
3. Repeat these layers until all ingredients have been used, saving a small amount of Greek yogurt to top it off.

Pack Protein into Your Breakfast

It can be difficult to make time for a healthy breakfast in the morning. Research published in the American Journal of Clinical Nutrition suggests eating a protein-rich breakfast, such as eggs and beef, helps with satiety and could reduce hunger and food cravings later in the day. Try made-in-a-mug egg breakfasts; you and your kids will find it easy to make a quick breakfast packed with protein.

Now that eggs have been approved and even recommended for regular consumption by healthy adults, you can feel good about this high-quality protein choice. The American Heart Association Guidelines allow for an egg a day for healthy adults. Eggs contain only 75 calories and 7 grams of high biological protein. They also contain important nutrients like iron, vitamins and carotenoids to keep you healthy and help fight disease. Eggs do contain cholesterol, but this does not seem to influence blood cholesterol like saturated fat and trans fat, which trigger cholesterol production in the body. However, there are stricter limits for those with medical conditions such as diabetes and heart disease.

Mankato Hy-Vee HealthLetter: April Graff, MS, RD, LD & Holly Ellison, RD, LD

High quality protein for breakfast is the key and has been shown to increase the feeling of fullness and may help curb cravings between meals. Along with eggs, lean beef is a complete high-quality protein that contains all the essential amino acids your body needs for good health.

Try the *Beef and Egg Breakfast Mug* recipe that uses two high-quality protein sources, lean beef and eggs, to get yourself off to a good start for the day. Make the sausage blend ahead of time or use prepared sausage. Kids can complete steps two and three themselves.

Beef and Egg Breakfast Mug

Serves: 8 (1 breakfast mug each)

Recipe courtesy of the Beef Council

All You Need:

1 recipe Basic Country Beef Breakfast Sausage (recipe follows)

1 cup chopped fresh vegetables such as tomato, baby spinach, bell pepper, zucchini or green onion

8 large eggs

8 tbsp water, divided

½ cup shredded reduced-fat cheese such as cheddar, Monterey Jack or American, divided

Salt and pepper, to taste (optional)

Toppings (optional): dairy sour cream, salsa, sriracha, ketchup

All You Do:

1. Prepare Basic Country Beef Sausage. Let cool 10 minutes, stirring occasionally. Evenly divide beef and vegetables into 8 food-safe quart-size plastic bags. Close securely and refrigerate up to 4 days.
2. For each serving, spray one 6-to 12-ounce microwave-safe mug or bowl with non-stick cooking spray. Add 1 egg and 1 tbsp water; whisk with fork. Stir in 1 bag refrigerated beef-vegetable mixture.
3. Microwave, uncovered, on HIGH 30 seconds. Remove from oven; stir. Continue to microwave on HIGH 30-60 seconds or until egg is just set. Stir. Top each with 1/8 the cheese. Let stand 30 seconds, or until cheese is melted. Season with salt and pepper, if desired. Serve with toppings.

Nutrition facts per serving: 178 calories, 9 g fat (4 g sat; 4 g mono), 225 mg cholesterol, 2 g carbohydrate, 4 g fiber, 21 g protein, 297 mg sodium.



Basic Country Beef Breakfast Sausage

Recipe courtesy of the Beef Council

All You Need:

1 lb. ground beef (93% lean or leaner)

2 tsp. chopped fresh sage or ½ tsp rubbed sage

1 tsp. garlic powder

1 tsp. onion powder

½ tsp. salt

¼ to ½ tsp. crushed red pepper

All You Do:

1. Combine all ingredients in a large bowl, mixing lightly but thoroughly.
2. Heat large nonstick skillet over medium heat until hot.
3. Add beef mixture; cook 8-10 minutes, breaking into ½ inch crumbles and stirring occasionally.



Build a Better Jar Salad

We all would like to be eating better, but how do we translate that to our brown bag lunch? Why not try a salad in a jar? Jar salads are quick and easy to make, and can be made ahead of time and stored in the refrigerator. You only need to remember a few simple steps and the rest is up to you and your imagination.



When building your jar salad, start with your favorite dressing on the bottom of a jar or container. This keeps your delicate greens from getting too soggy. Your next layer may include a protein like chicken or nuts, or more hardy vegetables or fruit such as celery, apples or pears. The third layer may include cheese, dried cherries or seeds.

The fourth layer will include fruit such as berries, mandarin oranges or grapes. The final layer is salad greens. Leafy greens provide vitamins A, C and K. Vitamins A and C may play a role in skin health and immune function; vitamin K may be beneficial to bone health. Leafy greens like spinach, kale and Swiss chard may contain eye-healthy antioxidants. Baby kale is tender with a pleasant taste and gives any salad a nutritious boost with extra vitamins, minerals, fiber and antioxidants.

To save additional time, try using a bag salad for your top layer.

Your work week just got a little easier. No last-minute decisions about what to make for lunch, no vending machine lunch fare and no trip to the nearest drive-through restaurant. Your jar salad is quick, easy and affordable.

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Southwest Chicken Taco Salad with Baby Kale

Serves 4.

All you need:

- 1 (12 oz) bag Hy-Vee Greener Supreme Blend salad
- 2 oz Hy-Vee HealthMarket Organic baby kale
- 1/2 cup Hy-Vee shredded sharp cheddar cheese
- 2 Roma tomatoes, chopped
- 2/3 cup chopped jicama
- 1 (15 oz) can Hy-Vee no-salt-added black beans, drained and rinsed
- 2 cups shredded rotisserie chicken breast
- 1/2 cup salsa ranch dressing, such as Bolthouse Farms salsa ranch yogurt dressing
- Crushed taco or tortilla chips, optional



All you do:

1. Combine salad and kale, cheese, tomatoes, jicama, black beans, chicken and dressing in a large bowl. Toss gently to combine.
2. Serve immediately or refrigerate until ready to serve. Garnish with crushed taco or tortilla chips, if desired.

Nutrient-boosting tip: Hy-Vee Organic Baby Kale is tender with a pleasant taste and gives any salad a nutritious boost with extra vitamins, minerals, fiber and antioxidants.

Nutrition Facts per serving: 380 calories, 13g fat, 4.5g saturated fat, 0g trans fat, 60mg cholesterol, 530mg sodium, 37g carbohydrate, 12g fiber, 7g sugar, 31g protein.

Source: adapted from www.hy-vee.com.



dietician's pick: MAY 2015

HY-VEE SALAD BLENDS

5 REASONS TO EAT HY-VEE SALAD BLENDS:

1. Skin health and immune function from vitamins A and C.
2. Healthy bones from vitamin K found in dark leafy greens.
3. Vision health from eye-healthy antioxidants.
4. Ready-to-use convenience. Simply toss bagged salad blends with included dressing packet for an easy, nutritious side.
5. Build quick, healthy meals by adding chopped veggies and fruits + lean protein, cheese or nuts.



BERRY SALAD WITH BABY KALE AND CINNAMON VINAIGRETTE

Serves 6

ALL YOU NEED:

- 8 oz Hy-Vee Greener Supreme Blend salad, about 3/4 bag
- 3 oz Hy-Vee HealthMarket organic baby kale, about 1/2 container
- 2 cups quartered fresh strawberries
- 1/2 cup fresh blueberries
- 1/2 cup chopped red onion
- 1/2 cup raspberry vinegar

- 1 tbsp Hy-Vee Select olive oil
- 3 tbsp Hy-Vee sugar
- 1/4 tsp Hy-Vee salt
- 1/4 tsp Hy-Vee ground cinnamon
- 1/4 tsp hot pepper sauce
- 12 oz cooked chicken breast, thinly sliced, divided
- Hy-Vee pecans, optional

ALL YOU DO:

1. In large bowl, combine salad blend, baby kale, strawberries, blueberries and onion. Set aside.
2. To make cinnamon vinaigrette, combine vinegar, olive oil, sugar, salt, cinnamon and hot pepper sauce in a jar with a tight-fitting lid. Shake well.
3. Drizzle cinnamon vinaigrette over salad and toss gently.
4. To serve, divide salad among 6 plates and top each with 2 ounces thinly sliced chicken breast and pecans, if desired.

Nutrition Facts per serving: Calories 170, 4.5 g fat, 1 g saturated fat, 0 trans fat, 45 mg cholesterol, 140 mg sodium, 14 g carbohydrate, 2 g fiber, 10 g sugar, 18 g protein. Daily values: Vitamin A 80%, Vitamin C 90%, Calcium 4%, Iron 8%. Source: adapted from Hy-Vee Seasons Healthy Living Recipes Cookbook.