

Dietitian Newsletter



OAKDALE - JUNE 2016

IN THIS ISSUE

Hello Hy-Vee Shoppers!

We're excited to kick off summer with some fun events like our Meat & Cheese Tray & Wine Pairing Class, Father's Day Lil Chef class, Grill themed DISH classes, kids summer camps, and our Meet the Farmer & Dairy Delicious Events! This month our newsletter focuses on sports nutrition. As an active adult, proper hydration and nutrition play a vital role in not only your results, but your recovery as well. We're always here to help! Feel free to stop by our office anytime with questions. Our office is located next to the pharmacy.

As always, thank you for shopping at your Oakdale Hy-Vee. See you in the aisles!

- Jena & Mary

- Upcoming Events
- Hydration & Sports
- The Power of Protein
- Fueling your Workout with Carbohydrates
- Proper Nutrition & Workouts

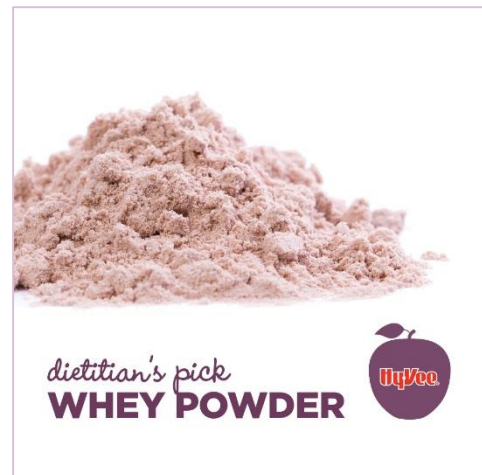
["Like"](#) our Twin Cities Hy-Vee Dietitian Page for more nutrition tips, recipes and information about our upcoming events.

Dietitian Pick of the Month

5 REASONS TO TRY WHEY PROTEIN

Whey Protein Powder:

1. Studies have found that including whey protein in meals and snacks may increase feelings of fullness and can reduce short-term food intake.
2. Whey protein is an inexpensive source of protein.
3. Whey protein is a protein naturally found in milk. Whey protein is considered a complete protein because it contains all 9 essential amino acids.
4. There are many different flavors from creamy milk shakes to fruity delights. There is a flavor for everyone!
5. May help supplement your diet to meet protein needs when they cannot be met from food. Protein is essential for building and repairing your body.



[Click Here to Register](#)

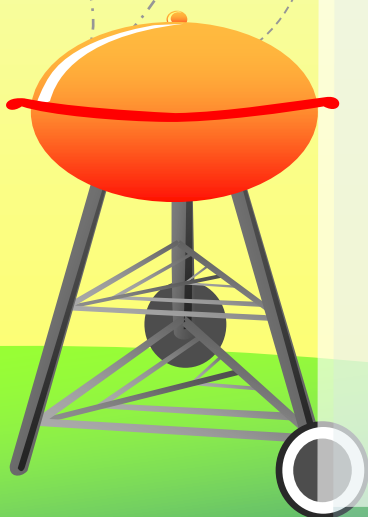
SUMMER DISH GRILL SPECIAL

**Dinner is Solved
@ Hy-Vee**

June 9th & 22nd @ 6:00 p.m.

Menu

- Citrus Grilled Salmon with Firecracker Corn
 - Jalapeno lime Chicken Kabobs
 - Aloha Pork Chops-add salad
 - Beef Shish Kabobs
- Buffalo Turkey Burgers w/ Blue Cheese & Broccoli Slaw
- Tilapia with Garlic Roasted Tomatoes and Corn



SUMMER DISH SPECIAL

Book a private party for July or August

Host will receive class for 1 / 2 the price!

Pick from NEW summer menus

HALF PRICE

To Book a Class: Fill out information below and email to 1462dietitianmailgroup@hy-vee.com or call 651-714-3160 with details.

Host Name: _____

Host Phone #: _____

Email: _____

Requested Dates/Times:

1st option: _____

2nd option: _____

estimated to attend: _____

Recipes: _____

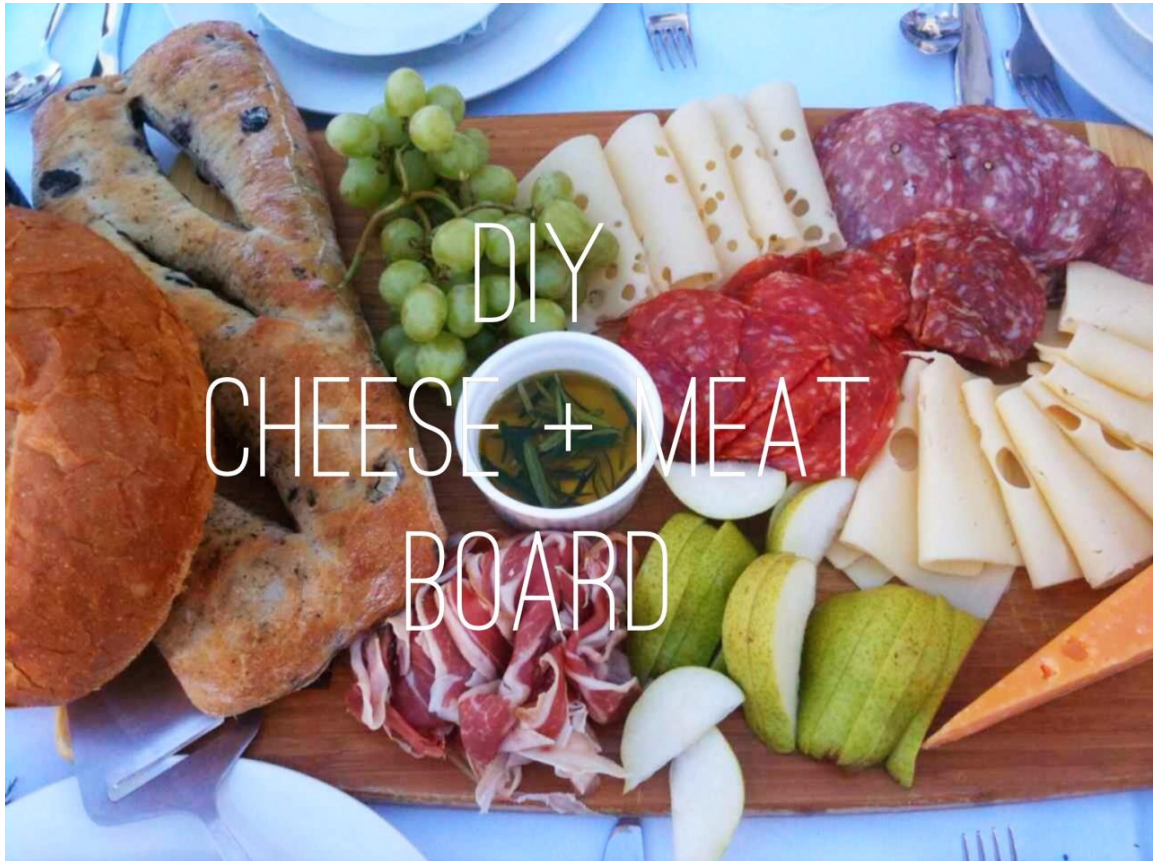
Email 1462dietitianmailgroup@hy-vee.com for list of recipes!

Once we have confirmed a date & time we will create your event online and send you a link where your group can begin signing up as well as an email invite to your party you can forward to your friends/family. We will create a separate link for you to purchase your ticket at half price.

Seven days prior to the party we will confirm with you that we have enough participants signed up to continue (minimum of 8). After that all you need to do is show up to the class and enjoy your meals!



MEAT & CHEESE TRAY MAKING & WINE PAIRING CLASS



June 23rd

6:00 p.m.

Featuring Oakdale Hy-Vee Experts:

Cheese Specialist

Charcuterie Expert

Registered Dietitian

Sampling is FREE!!!

This class is your chance to taste some of our best-selling charcuterie items, specialty cheeses and learn the health benefits of specialty bulk olive oils and artisan breads from our registered dietitians. Stick around after to build your own large meat & cheese board for \$25.

Space is limited – Pre-register on our event page to reserve your spot!

[Click here](#)

**Hy-Vee
Fit & Fun
Summer Camp**



**5 weeks/camp- 1 day a week
from 10:00 a.m. - 11:30 a.m.
\$10/session**

[Click here to
learn more](#)

**Hy-Vee
Junior Chefs
Summer Cooking
Camp**

**5-Week Cooking Camp
At Oakdale Hy-Vee**



[Click here to
learn more](#)

Please email 1462dietitianmailgroup@hy-vee.com for a printable version of our tri-fold brochure/registration forms for either camp.



THE PERFECT GIFT FOR DAD

LIL CHEFS

They say the way to a man's heart is through his stomach, so why not feed your dad this Father's Day with something that is good for his heart health as well? Not only do most dads love steak, but lean cut of meat along with a balanced diet may be good for heart health.

Kids, join, your Oakdale Hy-Vee dietitian to make:

~ 3 of your own spice rubs~

Take home meat to go with them as a gift for Father's Day:

4 (8 oz.) Pork Chops

1 (8 oz.) New York Strip

What a neat way to say thanks to your dad this Father's Day!



Saturday

June 18th

**10:00 a.m. or 2:00
p.m.**

Location: DISH Room

\$35/family

Comes with:

1 (8 oz.) New York Strip
4 (8 oz.) Pork Chops

Pre-registration required

[Click here](#)

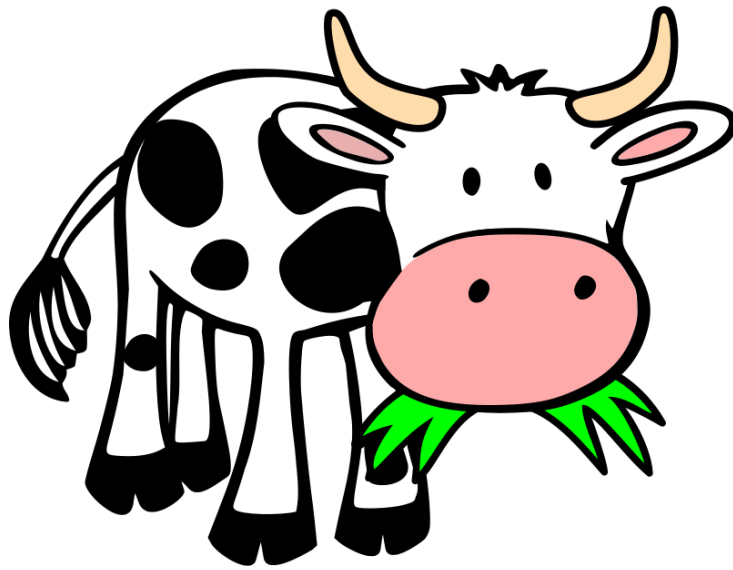
HY-VEE DIETITIANS

651-714-3160

Jena Pape & Mary
Brunner

1462dietitianmailgroup@hy-vee.com

Meet Your Farm



Friday, June 24th, 4:00 - 7:00 p.m.

Meet some of the farmers responsible for putting food on your table. Sample delicious products, ask questions, WIN PRIZES, and learn more about the farming practice! This event is FREE!!



THE POWER OF PROTEIN

When it comes to sports nutrition, there are several nutrients you need in your diet. One of those important nutrients is protein. One important function of protein is to build and repair all the tissues in our body, which our muscles need when it comes to sports and exercise. Protein is available in several different food groups as well as in supplements. Protein supplements are a great way to reach your protein needs if you are unable to reach the recommended amount through your diet.

Protein comes in two major forms - animal-based protein and plant-based protein. Animal proteins include chicken, fish, beef, pork, eggs, milk, yogurt and cheese. Plant proteins include legumes (ex: black beans, peanuts), nuts, seeds and soy. When it comes to protein supplements, there are several different types of proteins.

** **Whey** - Whey is a byproduct of the cheese-making process. It is a complete protein containing all nine essential amino acids, required by our body through our diet. There are three types of whey protein.

** **Whey Concentrate** - Contains the highest percentage of fat, cholesterol and lactose (milk sugar), and the lowest percentage of protein. Ranges between 25% to 80% pure protein. Rich in immune-boosting immunoglobulins.

** **Whey Isolate** - Lower than whey concentrate in fat, cholesterol and lactose, but higher in protein. 90% to 95% pure protein.

** **Whey Hydrolysate** - Lowest in fat, cholesterol and lactose, and highest in protein. 95% to 99% pure protein, promoting rapid absorption.

* **Casein** - Casein comes directly from milk. Like whey, casein is a complete protein. There are two types of casein protein; both are 100% pure.

** **Micellar Casein** - Five casein milk proteins enclosed in spherical structures called micelles. It's clumpy and slow to digest. Slower digestion results in constant distribution of amino acids into the blood.

** **Casein Hydrolysate** - Complex mixture of two to three amino acid chains. Absorption is rapid. No further digestion is required.

Plant-based protein supplements, in powder form, come from soy, pea, hemp or rice.

* **Soy protein** - Soy protein is the only complete plant protein. It is high in isoflavones, a class of phytochemicals, and is sold in either concentrated or isolate form. Soy isolate protein has higher protein content than soy concentrate. It has a slower digestion and absorption rate.

* **Pea, Hemp and Rice Proteins** - Pea, hemp and rice are all incomplete proteins. They should not be used as sole protein sources. Generally, you will find a blend of these plant-based proteins together, which then makes it a complete protein. These proteins are higher in carbohydrate than soy or animal proteins. Hemp proteins are high in fiber. Brown rice protein has only a small amount of protein, but is recommended for those who have intestinal sensitivities or milk or soy allergies.

Ingesting protein in supplement form, especially animal-based protein, greatly enhances a person's ability to recover after physical activity. The amount of daily protein a person should ingest comes down to height, age, medical condition and the type-frequency-intensity of his or her training regimen. Protein intake is equally important for both endurance and strength athletes.

Protein Utilization Examples:

- * Choose whey concentrate as an economical pre- or post-workout meal, or anytime meal replacement.
- * Choose whey isolates if activity level is high. This protein is best utilized pre- or post-training.
- * Due to the expense of whey hydrolysates protein, it hardly ever exists on its own, but rather in a blend with other proteins. Hydrolysates are ideal for pre-, during and post-training.
- * Micellar casein is a good anytime protein for a beverage or to mix into a shake before bed.
- * Casein hydrolysates are for professional athletes. This protein is very expensive, but prized for purity and rapid absorption.

Please contact your in-store Hy-Vee registered dietitian for more information on how to use protein and which one is right for you.

Almond Butter and Banana Protein Smoothie

[*Click here for Recipe*](#)



Fuel your activity right with carbohydrates!

As the weather gets warmer, many of us head out to take part in local running or biking races, or just to have some active fun on our own or with our families. To fuel up for these activities, it is important to eat foods that will help us do our best, whether for competition or just for fun.

In recent years, there has been a lot of attention on the importance of protein for athletes and weekend warriors alike. Media and manufacturers have put the spotlight on high-protein diets, protein powders, sports bars with high levels of protein, as well as other foods with enhanced protein levels - granola with protein, protein pretzels and even potato chips with added protein! With all of this focus on protein, it can be easy to overlook a perhaps less-glamorous, but equally as important, nutrient - carbohydrate.

Carbohydrates are the main and preferred source of energy for our bodies and brains. When we eat carbohydrates, such as those from whole grains, fruits and dairy, fuel is stored in our bodies in the form of a substance called glycogen. During physical activity, glycogen is then broken down to provide fuel for working muscles.

Carbohydrates are a unique and essential source of fuel during exercise because they are used during many different phases and types of activity. They are used during shorter duration high-intensity exercises such as sprints, jumping and throwing, as well as during endurance activities such as long-distance races. Consuming adequate carbohydrates helps to optimize performance and delay fatigue, as well as to replenish glycogen stores after exercise.

As with choosing other types of food, quality is key for carbohydrates. If we want our bodies to perform at their best, we've got to choose the best fuels! For carbohydrates, this means focusing on whole grains, fruits, vegetables and low-fat dairy. These provide our bodies with fiber and essential vitamins and minerals. Simple carbohydrates, on the other hand, are high in sugar but contain little if any essential vitamins and minerals. Examples of simple carbohydrates, which should be chosen in moderation, if at all, include pop and other sugar-sweetened beverages, candy, cookies and pastries. Simple carbohydrates are not the best choice to fuel sports activities.

Whole grains (think whole-grain breads, whole-wheat pasta, brown rice and oatmeal), fruits, vegetables and low-fat dairy contain high-quality carbohydrates. Try this recipe for Creamy Blueberry-Pecan Overnight Oatmeal - the perfect fuel for your next adventure!

Creamy Blueberry-Pecan Overnight Oatmeal

[Click here for Recipe](#)



HYDRATION AND SPORTS

The warmer months are upon us, so staying hydrated is extra important! And with all the different varieties of sports drinks on the market and new ones coming all the time, how do you decide which one (if any) are right for you? While you don't want to dehydrate your body during physical exercise, you also don't want to drink unnecessary amounts of sugar or sodium. From a hydration standpoint, the goal during exercise is to maintain proper fluid balance.

How do you ensure that you are maintaining proper fluid balance? You may often hear once you feel thirsty you are already dehydrated. This is why it is important to drink fluids throughout the day and not wait until reaching that point. Hydration status of your body should not be monitored by thirst though. It is not a good enough indicator, so there are other ways to check hydration status. How can you check?

Weighing yourself before and after physical activity is a good indication of fluid loss. For a pre-physical activity measurement, weigh yourself nude in the morning after using the bathroom. To ensure proper hydration, you can compare your weight after any physical activity. Weight loss is highly likely due to dehydration, so drink enough fluid to replenish yourself. Another good indication of hydration is urine color. The lighter the color, the more hydrated you are.

So how do you know how much to drink before, during, and after physical activity? Always check hydration status prior to any physical activity due to a wide range of fluid needs for individuals. Recommendations for liquid intake prior to physical activity are:

Before:

- * 16 to 20 ounces of water or a sports beverage at least four hours before.
- * 8 to 12 ounces of water 10 to 15 minutes before you start.

During:

Choosing water or a sports beverage will depend on the length of physical activity.

- * Drink 3 to 8 ounces of water for every 15 to 20 minutes of exercise for physical activity less than 60 minutes.
- * If you plan on being active longer than one hour, drink 3 to 8 ounces of a sports drink* every 15 to 20 minutes.
- * Be sure to drink less than one quart/hour during physical activity.

After:

Check your body weight and monitor urine color to estimate hydration status. * Drink 20 to 24 ounces of water or a sports drink for every pound lost during physical activity. *Choose a sports drink with 5 to 8 percent carbohydrate that includes electrolytes. For help picking out the correct sports drink, contact your local Hy-Vee dietitian.

Hibiscus-Pomegranate Iced Tea

[Click here for Recipe](#)



Maximize Your Workouts with Proper Nutrition

There are more sports nutrition products available today than ever, but what is the best way to maximize the effects of your workout? Workout nutrition can be broken down into three segments: pre, during and post-workout. Nutritional recommendations also vary if you are training aerobically, with oxygen, or anaerobically, without oxygen. You can also think of aerobic workouts as low-intensity exercise that lasts longer than two minutes. Such workouts would include long-distance running or biking. On the other hand, anaerobic workouts are those exercises that are high-intensity and short duration. Exercises like sprints or weight lifting are anaerobic. All of these variables have different nutritional needs.

Pre-workout nutrition should consist of carbohydrates and protein. This is a time when you want to quickly fuel the body, so fats should be limited because they slow down digestion. For endurance training, you should consume a good amount of carbohydrates prior to the event. The optimal amount of carbohydrates in a meal is 1 gram per kilogram (1 kilogram = 2.2 pounds) of body weight for every hour the meal is away from the event, with four hours being the optimal time for a pre meal. For example, a meal four hours prior to a workout should consist of 4 grams per kilogram, three hours should have 3 grams per kilogram, and so on. If you are unable to have a meal prior, consume 30 grams of easily digested carbohydrates at least five minutes before, such as a banana or energy chews.

Aerobic athletes have been shown to benefit from nutrition during workouts. If your workout lasts more than one hour you should consume 30 - 60 grams of carbohydrate per hour, and for those events lasting over two and a half hours you should consume 80 – 90 grams of carbohydrate per hour. Sources of easily digestible carbohydrates would include bananas, energy gels, pretzels or plain bagels. One medium, 7-inch banana or energy gel will give you 25 – 30 grams of carbohydrates. Athletes should consume carbohydrates that come in different forms such as glucose, sucrose, maltodextrin, etc. Pure fructose should be avoided as it takes more time to be utilized for energy. Water absorption is enhanced when sports drinks include two to three different carbohydrate sources.

Post-workout nutrition is key for refueling and to kick-start muscle repair. For the first four hours post exercise or race, you should consume around 1 gram of carbohydrate per kilogram of body weight per hour. One of the most effective strategies is to consume small amounts of carbohydrate every 15 minutes. Anaerobic training has higher requirements for protein, as more muscle damage occurs during those workouts. All athletes should consume 4 ounces of meat or 20 grams to 25 grams of whey protein within 60 minutes of the workout.

Both types of athletes can benefit from consuming branched chain amino acids (BCAA) prior to exercise, and tart cherry juice post-workout. BCAAs have been shown to prevent muscle damage during exercise, limit immune suppression and kick-start muscle growth. A great, natural source of BCAAs would be chicken meat, which can supply the same amount of BCAA sold in supplement form in only four ounces of meat. BCAAs supplements should consume at least 2 grams of leucine. Tart cherry juice will help reduce oxidative stress and inflammation, allowing for quicker recovery. The recommendation is to consume 12 ounces post workout. Try this power protein snack to help boost your protein as part of your next post recovery snack.

Protein Power Snack

[Click here for Recipe](#)

