



Healthy Bites E-Newsletter

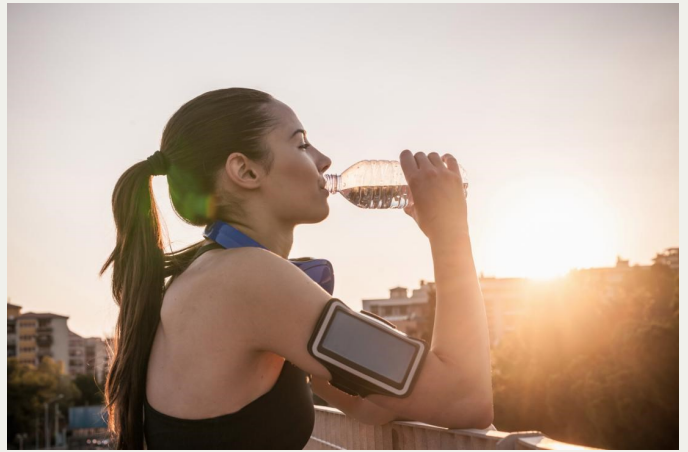
June 2016

**“Making lives easier,
healthier, happier”**

JENNIFER HOLDEN, RD, LD
HY-VEE REGISTERED DIETITIAN
(507) 452-5411
JHOLDEN@HY-VEE.COM

- Hydration and Sports
- Seasonal Recipes
- Salads in a Jar Class
- Kids in the Kitchen
- DISH - Dinner Is Solved at Hy-Vee
- Hy-Vee Healthy Kids
- Family Gardening & Cooking
- Wellness Wednesdays

Hydration and Sports

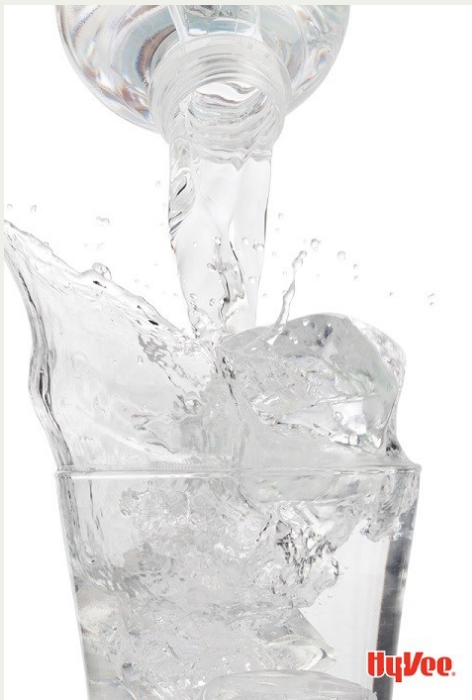


The warmer months are upon us, so staying hydrated is extra important! And with all the different varieties of sports drinks on the market and new ones coming all the time, how do you decide which one (if any) are right for you? While you don't want to dehydrate your body during physical exercise, you 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.

Cherry Limeade Infused Water

Serves 4 (8 oz. each)

All You Need:

6-8 mint leaves
10 pitted cherries, cut in half
1 Key lime, sliced thinly
Ice
1 liter water (still or sparkling)



Photo source: www.tasteofhome.com

All you do:

1. Muddle mint leaves in bottom of pitcher. Add pitted cherries, sliced lime, ice and water.
2. Let steep 30 minutes before serving.

*Other infusion combinations include:

- ◇ cucumber, lemon, and sliced gingerroot
- ◇ lime, orange, and rosemary
- ◇ raspberries, mint, and lime

Nutrition facts per serving: 20 calories, 0g fat, 0g saturated fat, 0mg cholesterol, 10mg sodium, 5g carbohydrate, 1g fiber, 3g sugar, 0g protein.

Adapted from: www.infusedwaterrecipes.com

Hibiscus-Pomegranate Iced Tea

Serves 8 (1 cup each)

All You Need:

1/4 cup loose hibiscus tea, or 12 herbal tea bags that contain hibiscus
4 cups boiling water
1 cup pomegranate juice or nectar
4 cups cold water
Lemon wedges, for garnish

All you do:

Steep loose tea (or tea bags) in boiling water for 3 to 5 minutes.

Strain the tea (or remove tea bags) and pour into a large pitcher. Stir in pomegranate juice (or nectar) and cold water. Refrigerate until chilled, about 2 hours. Serve over ice with lemon wedges, if desired.



Recipe & Photo source: www.eatingwell.com

Nutrition facts per serving: 19 calories; 0 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 5 g carbohydrates; 0 g added sugars; 0 g protein; 0 g fiber; 8 mg sodium; 25 mg potassium.



Wednesday, June 8 at 5 p.m.

Mason jars aren't just for canning anymore! Everyone is invited to come and learn about all the unique uses that mason jars have. You will go home with:

- Italian caprese spinach salad in a quart sized jar
- Asian chopped salad in a quart sized jar
- 1 pint jar of blueberry pie overnight oatmeal
- 1 pint jar of strawberry shortcake for a healthy dessert
- Additional recipes

Cost: \$15 per person

Register today [on our store calendar](#) or by contacting Jennifer Holden at jholden@hy-vee.com or 507-452-5411

Space is limited, advance registration required by June 6, 2016.

Kids in the Kitchen

Cooking Class

Wednesday, June 15

4:00 – 5:00 p.m.

at Winona Hy-Vee



Come cook and eat the rainbow you with your Winona Hy-Vee dietitian! This cooking class will be geared towards children ages 6-12 years old.

Register your child today [on our store calendar](#) or by contacting Jennifer Holden at jholden@hy-vee.com or 507-452-5411

Cost is \$5 per child.

Brought to you by your Winona Hy-Vee Dietitian, Jennifer Holden, RD, LD

HyVee. DISH™

DINNER IS SOLVED AT HY-VEE

PREP MEALS HERE.

ENJOY AT HOME LATER.



When: Wednesday, June 22 at 5 p.m.

Deadline to sign up is Wednesday, June 15

Here are the recipes we will be preparing this month:

- **Fiesta Quinoa & Black Bean Burritos**
- **Springtime Herbed Turkey Burgers**
- **Hidden Veggie Sloppy Joe Sliders**
- **Asian Beef & Vegetable Noodle Bowl**
- **Tilapia with Spinach Pecan Pesto**
- **Asian Ginger Peach Roasted Chicken Thighs**
- **Cashew Chicken Lettuce Wraps**

What is DISH?

DISH is a program where people gather at Hy-Vee to prepare a variety of fast and delicious meals for four to be kept in the freezer. The cost is only \$20 plus your share of the groceries. That's it!

\$20 deposit required at registration. Register today by visiting the Winona Hy-Vee Customer Service or by contacting Jennifer Holden by phone 507-452-5411.

Hy-Vee Healthy Kids Event



THURSDAY, JUNE 23, 2016

5:00 PM - 7:00 PM

WINONA HY-VEE PARKING LOT

Join us for a **FREE** fun kids event!

- ⇒ Daira, the Hy-Vee KidsFit coach, will lead kids and parents through a fun workout.
- ⇒ Bike safety will be led by a Winona County Police Officer.
- ⇒ Healthy snacks to keep you energized.
- ⇒ Fun games and prizes!

Register your family for this free event today: [REGISTER](#)

For more information, contact your Winona Hy-Vee dietitian, Jennifer Holden

Family Gardening and Cooking Class



Date: Tuesday, June 28

Time: 4:00 - 5:00.p.m.

Location: Hy-Vee One Step Garden Classroom

(West side of Hy-Vee parking lot)

Class Fee: \$5 per family

“I wish my child would eat more vegetables!” A common cry by parents everywhere! It isn't always easy to get children to eat the right foods. Let's face it, you can serve your children all the vegetables in the world, but if they don't like them, they aren't going to eat them.

The intent of the Hy-Vee One Step Garden program is to increase children's preferences for vegetables through the experience of helping to grow, prepare and taste featured vegetables.

The cost of this class is only \$5 per family.

Attendance is limited. Register today on [our store calendar](#) or by contacting Jennifer Holden at jholden@hy-vee.com or 507-452-5411.





Find us on:
facebook[®]

Winona Hy-Vee

FOR EXCLUSIVE DEALS & SAVINGS



1475 SERVICE DRIVE | WINONA | (507) 452-5411



**WELLNESS
WEDNESDAYS**

*Save **10% OFF** on all HealthMarket purchases every
Wednesday at your Winona Hy-Vee!*