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## JANUAR'





#### Get hooked on the first Fair Trade tuna steaks in the world.

#### Cut down on carbs and more with cauliflower.



**36 CONCUSSION** Knowledge about brain injuries is on the rise.

**48 PUMP IT** Eat to the beat of a healthy heart.

#### **64 WHAT'S IN A NAME** It's brand name vs. generic drugs in a battle for bucks.



**8 WAKE UP LIKE TERENCE NEWMAN** Find out how a champion starts his day.

**18 KEEPING SCORE** WITH HARRISON BARNES Check in with one of our heroes.

**46 NEW YEAR, NEW YOU** Tactics for getting lean in '17.

**52 KIDS' RESOLUTIONS** Give your kids a healthy start.



#### **7 SMOOTH TALKER** Blend flavorful smoothies from a straightforward formula.

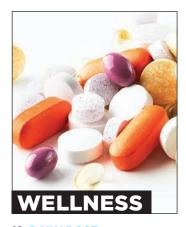
#### **10 FLIPPIN' BURGERS** Revamp your burger.

**15 CITRUS UNPEELED** Orange you glad you made time for breakfast?



**14 WALK THE PLANK** Elevate your ab workout.

#### **34 THE SPIN ON SPIN** Sweat your way to fitness with a spin class.



**12 DAILY DOSE** Pop the cap on vitamins your body craves.

**58 SPREAD: THE WORD** Debunking the myths of margarine.

62 ON EDGE

#### Solutions to stress brought on by our modern lifestyle.

#### Stress your body now or your psyche later.



**LOOK FOR THIS ICON FOR RECIPES YOU CAN MAKE IN 30 MINUTES OR LESS!** 

tyvee. BALANCE | Premier 2017



#### VOL. 1 ISSUE 1 JANUARY





#### RANDY EDEKER

CHAIRMAN, CEO AND PRESIDENT, HY-VEE, INC.

As a teenager in 1981,
Randy Edeker got his first
Hy-Vee job as a part-time
employee. Since becoming
CEO in 2012, he has led the
company in carrying on the
Hy-Vee tradition of providing
solutions and services to
help Hy-Vee customers lead
healthier lives.

I'm excited to introduce our premier issue of *Hy-Vee Balance* magazine. Because managing a healthy lifestyle is so important, Hy-Vee is committed to helping our customers live robust lives. Like you, I juggle family and work responsibilities, which sometimes makes it tough to maintain a healthy lifestyle. I know achieving maximum health and fitness is a multifaceted challenge. The key is finding the right balance built on facts from a trusted source of health and fitness information.

In the past, we've demonstrated our commitment by having more than 225 registered dietitians, growing more than 90 HealthMarkets into a major department, offering fitness programs for kids and sponsoring community health fairs and sports events. *Hy-Vee Balance* will expand our health initiatives.

Like *Hy-Vee Seasons*, which has become an award-winning source of recipe and cuisine content, *Hy-Vee Balance* will strive for excellence. Starting with the premier issue, this magazine will focus on helping readers get fit and stay healthy. Each edition will provide cutting edge information from trusted and reliable sources. In the pages ahead, you'll find solutions for better eating, getting in shape, disease prevention, tips from our pharmacists and more!

Resolve to make 2017 the year you achieve your goals with *Hy-Vee Balance* as your health and fitness partner.





We asked our editorial contributors: What is your favorite workout accessory?

#### CARDIOLOGY

Saket Girotra, MBBS, MS Assistant Professor, Division of Cardiovascular Medicine

University of Iowa Carver College of Medicine My favorite workout equipment is my treadm

Running is what I enjoy the most, and my goal is to run my first marathon before I turn 40.

#### CARDIOLOGY

Barry London, MD, PhD

Professor and Director, Division of Cardiovascular Medicine Director, Abboud Cardiovascular Research Center Potter Lambert Chair in Internal Medicine University of Iowa Carver College of Medicine My favorite workout accessory is a stair stepper

#### PHARMACY

 $Assistant\ Vice\ President,\ Pharmacy\ \breve{Fulfillment}$ 

great alternative workout I really enjoy.

My running shoes are pretty much a necessity but more so because my feet will bark at me later if I don't wear good shoes. I also enjoy popping in my earbuds and finding a good path to hit when I have free time.

#### **FITNESS** Daira Driftmier

and a headband to keep my hair out of my face. Having the right shoes can help reduce the chance of injury while exercising.



#### **NEUROSURGERY**

Uzma Samadani, MD, PhD Rockswold Kaplan Endowed Chair for Traumatic Brain Injury Research. Hennepin County Medical Center in Minneapolis Associate Professor at the University of Minnesota, Department of Neurosurgery

Because increased neck strength reduces the risk of concussion, my favorite piece of fitness gear is my neck-strengthening apparatus.

#### **HEALTHY LIFESTYLE MANAGEMENT**

Thomas L. Lenz, PharmD, FACLM Professor, Pharmacy Practice Program Director, Healthy Lifestyle Management Director, Center for Health Promotion and Well-Being

My favorite fitness accessory is my hat. When working out outdoors, it keeps me warm in the winter and protects me from the sun in the summer.



Hy-Vee Balance is a product of Hy-Vee, covering health and wellness issues and featuring Hy-Vee products, services and offers, and advertisements from suppliers

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(while quantities last).

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*Hy-Vee Balance* recipes are tested by the Hy-Vee Test Kitchen food technologists to guarantee that they are reliable, easy to follow and good tasting

Please recycle after use.





## 2017

# In with the OLD *AND* the NEW!



Head & Shoulders or Herbal Essences: select varieties 10.1 to 33.8 fl. oz. \$5.99 Gillette or Venus Razors: select varieties 1 to 12 ct. \$7.99 Mach 3 Refill: select varieties 5 ct. \$9.99 Crest Mouthwash, Toothpaste or Oral B Toothbrush: select varieties 1 to 1.5 liter, 5.1 to 6.2 oz. 2 or 4 ct. \$5.99

Herbal Essences or Aussie: select varieties 4.9 to 14 oz. \$2.99 Vicks NyQuil or DayQuil: select varieties .5 to 12 oz., 24 ct. or 100 gr. Olay Eyes or Regenerist: select varieties .4 to 2.5 oz. \$24.99 Olay Skin Trial Size: .5 oz. \$9.99

Find all your favorite **OLD** & **NEW** P&G items at



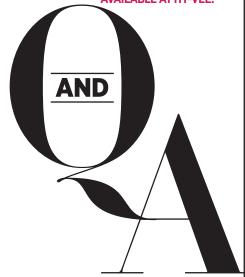


Julie McMillin, RD, LD

#### **MEET THE DIETITIAN:**

Julie is a certified dietitian and the Assistant Vice President of Retail Dietetics for Hy-Vee. Her favorite snacks include pistachios, gourmet cheese wedges and carrots with hummus.

> SHE ALSO LOVES DIETITIAN MONSTER ENERGY BITES, AVAILABLE AT HY-VEE!



### Q: How often should you snack?

A: Small frequent meals help reduce the total number of calories consumed over the entire day. When possible, eat every 3 to 4 hours. If you won't have time to sit down for a balanced meal, that is when healthy snacking can be a benefit.

### Q: What does a healthy snack look like?

A: Stick to MyPlate, a helpful resource for determining serving sizes (find out more at www.choosemyplate.gov), and choose foods from at least one of the food groups: whole grains, vegetables, protein, fruit or dairy. Always include a protein source because protein will help you feel full longer. If you're trying to lose weight, it is essential to meet your daily protein needs, focus on fiber and keep your snacks under 300 calories.

## Q: What is the best food group to focus on?

A: We all struggle with getting enough fruits and veggies. So when it comes to snacking, always incorporate a fruit, vegetable or both to help you reach your daily serving goals.

### Q: What are snack rules to live by?

A: Avoid snacking out of boredom. You want to avoid eating when you aren't really hungry, but you don't want to wait until you are too hungry to make smart choices. Use a hunger scale ranging from 1 to 5. If you wait until you are a 5, you will reach for convenience foods higher in fat and carbohydrates.

## Q: What are the biggest hurdles to healthy snacking?

planning and time. Being caught off guard can be the biggest struggle. So many times it is easiest to reach for a candy bar if you don't have a better option handy. It's important to plan ahead and have attractive but healthy snacks ready to go. Have better-for-you snacks easily accessible and make the not-so-great-for-you options harder to get to or not available at all.

## Q: How can customers train themselves to make healthier choices?

**A:** It comes down to a lifestyle change. Don't deprive yourself to avoid your cravings; just find a substitute. If you're craving ice cream, blend a frozen banana or make a smoothie with your favorite yogurt and fruit.

# Q: What are examples of healthy snacks you can prep ahead? Are there any great premade snack products you recommend?

A: I love KIND bars, but you can also toss together homemade trail mixes with prepopped popcorn, nuts, raisins and other dried fruit. I also gravitate to the Hy-Vee ShortCuts, which are precut fruits and veggies in the Produce Department. Eating an apple and peanut butter is also a quick and healthy option.

# THESKINALY to the Hy-Vee ShortCuts, which precut fruits and veggies in the Department. Eating an apple as butter is also a quick and health CONSNACKING



**MANGO-CARROT** 

FRUIT: fresh man YOGURT: Hy-Vee plain eek yogurt JUICE: carrot juice **SWEETENER:** Hy-Vee hone

# **SMOOTH**



Why blend in when you could be blending up? Bold fruity flavors, rich vibrant colors and nutrient-packed ingredients make these smoothies better than your average sips. Follow the formula below for six combos worth craving.

#### PEACH-**ORANGE-PINEAPPLE**

FRUIT: peaches

**YOGURT:** dairy-free

JUICE: Hy-Vee

**SWEETENER:** 

<u>ICE</u>

EXTRAS: 1/4 cup pineapple chunks, ⅓ tsp. Hy-Vee cayenne pepper

#### **SMOOTHIE FORMULA**

Total Time 10 minutes Serves 1

½ cup fresh or frozen fruit ¹/₃ cup plain Greek yogurt or dairy-free alternative ½ cup unsweetened juice 1 Tbsp. sweetener  $\frac{1}{2}$  cup small ice cubes or crushed ice

In a blender, combine fruit, yogurt, juice, sweetener and ice.

Cover and blend until nearly smooth. If desired, stir in one or more healthy extras.

#### **HEALTHY EXTRAS:**

1 tsp. chia or wheat germ 1 Tbsp. ground flax seed, old-fashioned oats, coconut or granola  $1\,scoop\,hemp\,or\,protein\,powder$ Spinach or kale

#### **GO GREEN**

FRUIT: equal parts chopped, peeled pear and chopped

**YOGURT:** dairy-free

JUICE: pineapple

**SWEETENER:** 

ICE

EXTRAS: 1 medium banana, ½ cup baby spinach leaves

#### **RASPBERRY-BEET**

FRUIT: raspberries

**YOGURT:** dairy-free

JUICE: beet juic

**SWEETENER:** Hy-Vee honey

 $\bigoplus$ 

**ICE** 

EXTRA: 1/4 tsp. Hy-Vee ground ginger

#### STRAWBERRY-BANANA

FRUIT: strawberries and banana

chunks

YOGURT: Hy-Vee plain

**BLUEBERRY-GINGER** FRUIT: blueberries YOGURT: dairy-free coconut milk yogurt

JUICE: lemon-ginger

**SWEETENER:** 

**ICE** 

JUICE: Hy-Vee cranberry juice **SWEETENER:** Hy-Vee honey

**ICE** 

EXTRA: 1/2 tsp. Hy-Vee

ground cinnamon







#### MORNING ROUTINE





#### **UP AND AT 'EM**

"I don't snooze. I hit the alarm and jump out of bed, go to the bathroom, brush my teeth, wash my face, put clothes on and leave. I can do all of that in, like, 5 minutes. I even try to lay my clothes out the night before so I can try to sleep as late as possible. That makes my morning simple for me."



- Cornerback for the Minnesota Vikings
- Originally drafted by the Dallas Cowboys in 2003, Terence is a 14-year veteran of the NFL

Pack in protein with low-calorie egg whites.



#### **OFF TO THE RACES**

CHARISMATIC AND DOWN-TO-EARTH, TERENCE WASTES LITTLE TIME WITH FORMALITIES. LIKEWISE, WHEN THE CLOCK STRIKES, HE SPENDS AS LITTLE AS 5 MINUTES GETTING READY BEFORE HEADING TO THE GRIDIRON.



A typical breakfast for Terence includes oatmeal with blueberries, blackberries or raspberries, plus egg whites and half a waffle.



Optimize time in bed by prepping clothes at night.
Then wake up and get straight to the grind.



The staples of a balanced breakfast are whole grains, lean proteins, low-fat dairy and fruit, according to the Mayo Clinic.
With the abundance of premade and on-the-go options available in the Hy-Vee HealthMarket, everyone can get a healthy start.

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Crafted by real people in real kitchens, with passions in every detail of every delicious recipe.





On the Go Goldfish: select varieties 8 to 14.5 oz. 2/\$6.00



Pepperidge Farm Harvest Blends or Whole-Grain Bread: 18 or 24 oz. 2/\$6.00



Campbell's Slow Kettle Soup: select varieties 15.3 or 15.5 oz. \$2.79



Prego Farmers' Market Pasta Sauce: select varieties 23.5 oz. \$2.99



V8 + Energy: select varieties 4 or 6 ct. \$3.99 (deposit where required)



V8 Vegetable Blends or V-Fusion: select varieties 46 fl. oz. 2/\$5.00

COUPON VALID 01/04/2017 - 01/31/2017 SLU 16380

## **SAVE** \$5.00

WHEN YOU SPEND \$20 ON THE PRODUCTS SHOWN HERE. LIMIT ONE COUPON PER COSTUMER Clip and redeem at checkout

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#### MEAL MAKEOVER

Total Time 20 minutes Serves 1

1 recipe Greek Yogurt Aioli, below 6 oz. 93%-lean ground turkey 2 Tbsp. chopped green onions 1 tsp. Cajun seasoning ½ tsp. hot pepper sauce 1/4 tsp. Hy-Vee black pepper 1 tsp. Hy-Vee Select olive oil

2 ultra thin slices Cheddar cheese 1 Hy-Vee Bakery whole-grain bun, split and toasted

Lettuce leaves

1 tomato slice

2 slices turkey bacon, crisp-cooked and drained

2 red onion slices

- 1. PREPARE Greek Yogurt Aioli; cover and refrigerate until ready to serve.
- **2. LIGHTLY** mix turkey, green onions, Cajun seasoning, hot pepper sauce and black pepper in a small bowl. Shape mixture into two patties.
- 3. **HEAT** oil in a nonstick grill pan over medium heat. Add patties and cook for 10 minutes or until browned and cooked through (160°F), turning once. Top with cheese.
- 4. SPREAD cut side of buns with Greek Yogurt Aioli. Top with lettuce, burgers, tomato, turkey bacon and red onion.

**GREEK YOGURT AIOLI:** In a small bowl, combine 2 Tbsp. Hy-Vee plain Greek yogurt, 1 minced garlic clove, 2 tsp. lemon juice and Hy-Vee salt, to taste.

Per serving: 630 calories, 32 g fat, 10 g saturated fat, 0 g trans fat, 165 mg cholesterol, 1,550 mg sodium, 34 g carbohydrates, 5 g fiber, 9 g sugar, 54 g protein

#### **DOUBLE BACON CHEESEBURGER**

Check how our recipe stacks up against a comparable burger from a favorite national fast-food joint.



920 cal 62 g fat 40 g carbs

2 g trans fat 51 g protein

THE BACON DOUBLE **CHEESEBURGER** 

minutes or less

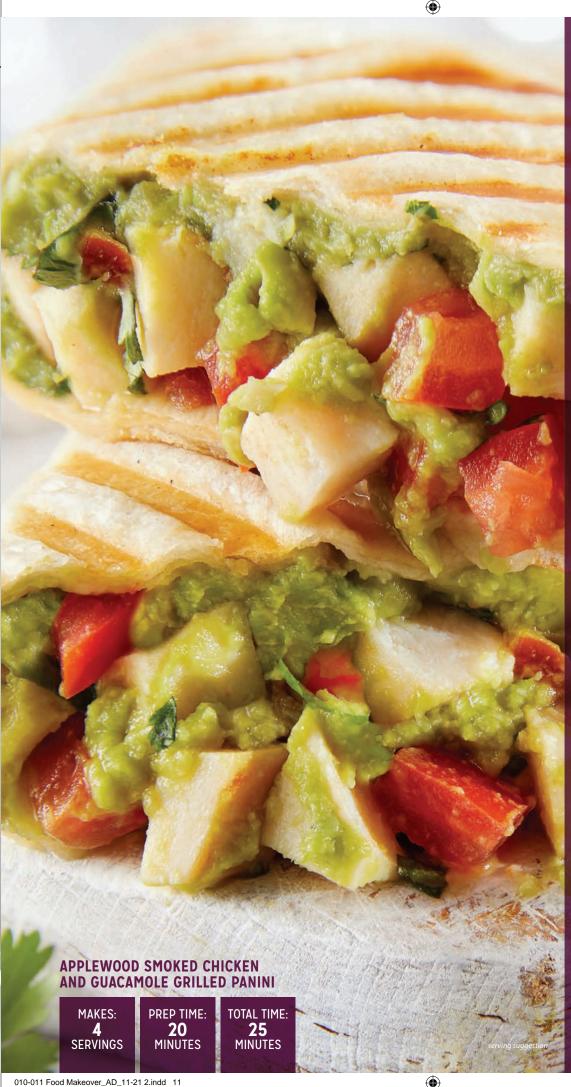
630 cal 32 g fat 54 g protein



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**DISCOVER** 

### A NUTRITIOUS **WAY TO START** THE NEW YEAR.

Combine our 98% fat-free DI LUSSO® Applewood Smoked Chicken with WHOLLY GUACAMOLE® Classic. Wrap them together in a tortilla and you'll have a deliciously nutritious panini with 15g of protein and under 250 calories! Grill it quickly to create a crispy panini that tastes great.

Discover this delicious recipe and more nutritious meals online.

Dilussodeli.com



OUR PARTNER FOR A **NUTRITIOUS START TO 2017** 



Di Lusso Premium Thin Sliced Applewood Smoked Chicken

©2016 Melting Pot Foods, LLC



THE BEST WAY TO **GET VITAMINS IS** THROUGH THE FOODS YOU EAT. UNLESS YOU'VE MASTERED THE EVER-ELUSIVE **BALANCED DIET, IT'S OKAY TO CALL IN** REINFORCEMENTS. SUPPLEMENTS ARE AN EASY WAY TO **ENSURE YOU GET THE NUTRIENTS YOU** NEED, EVEN WHEN YOU'RE ON THE GO. **FIND OUT WHAT** VITAMINS CAN DO.

#### VITAMIN C

A powerful antioxidant, vitamin C helps the immune system, which fights off disease and synthesizes collagen, a protein that helps heal wounds. While it won't prevent colds, some people think it may help decrease the duration of symptoms. Vitamin C is found in peppers, kale, broccoli, oranges and other fruits and veggies.

#### **ARE THEY SAFE?**

Vitamins have the potential to interact negatively with several types of medications. If misused they can cause unhealthy side effects. Before taking vitamins talk to your health care professional.

#### VITAMIN K

There are types and subtypes of vitamin K—each with health benefits. Research shows taking vitamin K aids in blood clotting. Other benefits may include reduction in inflammation and improved bone health. Sources for vitamin K include spinach, broccoli, iceberg lettuce and soybean and canola oils.

#### **BEST TIME TO TAKE VITAMINS?**

Most supplements should be taken with food for best absorption. The best time is early in the day at breakfast or lunch. Always read and follow package directions. Ask your medical professional for advice about when to take or combine vitamins.



#### VITAMIN E

This vitamin functions as an antioxidant, neutralizing unstable molecules that can damage cells. Some studies show that vitamin E may slow the progression of Alzheimer's disease. Vitamin E is found in nuts and vegetable oils.

#### **ARE THEY NEEDED?**

There is a debate about the need to take vitamins. Best advice: Do your research and talk to a registered dietitian, pharmacist and/or medical professional. Get started at these websites:

list-VitaminsMinerals/

https://health.gov/dietaryguidelines/ 2015/guidelines/

#### **B VITAMINS**

The vitamin B complex (the family of B1, B2, B3, B5, B6, B7, B9 and B12 vitamins) helps form red blood cells and helps the body make energy from food. Proteins—meat, eggs and dairy—as well as leafy greens, beans and peas have vitamin B.

#### VITAMIN A

Essential for healthy eyes and immune system function, vitamin A assists with bone health, white blood cell activity, reproduction and regulating cell growth and division. Vitamin A is found in yellow, orange and green fruits and vegetables.

#### VITAMIN D

The "sunshine vitamin" improves mood and may lower risks of cancer, diabetes and Alzheimer's disease. Paired with calcium, vitamin D helps older adults fight osteoporosis. Fatty fish such as salmon, tuna and mackerel and fish oils top the list for foods that naturally provide vitamin D.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. The information in this magazine is for informational purposes only and should not take the place of medical advice.

Sources: https://ods.od.nih.gov/factsheets/list-VitaminsMinerals/ https://health.gov/dietaryguidelines/2015/guidelines/

12 **IIUVOO**. BALANCE | Premier 2017



PHARMACY FAG



## HY-VEE PHARMACIST: ANGIE NELSON PharmD

Assistant Vice Presiden Pharmacy Fulfillment

Previously, she was the store director for a Hy-Vec Drugstore in Jefferson, Iowa, and a Hy-Vee Pharmacy supervisor.

#### QUESTION:

WHERE DO DRUG NAMES COME FROM AND WHY ARE SOME SO CONVOLUTED?

#### **ANSWER:**

"Every drug has two names. Generic drug names often reference their chemical makeup or how the medication works. There is actually an application process where the name must be approved by the World Health Organization before it can be used. The brand name is the proprietary name companies use, hoping it will be memorable to customers."

#### QUESTION:

WHEN ARE THE PHARMACY'S BUSIEST HOURS?

#### **ANSWER:**

"It varies from pharmacy to pharmacy, city to city, town to town. Many pharmacies see a morning rush and an afternoon or early evening rush. In a rural town where I worked, I would see that rush earlier than a lot of metro areas, which may have more of an after-work crowd."

## Q. When is the best time to get a prescription filled?

A. "It is less about the time of day as it is about when it is best to refill a prescription. Refill your prescription at least 3 to 4 days before you intend on picking it up. This allows your pharmacist to address any issues with insurance coverage or your physician to authorize your refill before you arrive. This way, they'll have it ready for you when you come and you can skip the wait."

What are the differences between Advil and Tylenol, and when should customers use one over the other?

"Tylenol's active ingredient is acetaminophen. Acetaminophen is a pain reliever for mild to moderate pain and can be used to help reduce fevers. It can be less irritating to the stomach than some other options. Advil, or ibuprofen, is an anti-inflammatory medication that is used for pain and swelling. It, too, can be used for fevers."

## Q What is the most unexpected service at a Hy-Vee Pharmacy?

\*\*Some of our pharmacies offer a service called FlavorRx\*. This allows our pharmacists to flavor some liquid medications to mask the 'medicine' taste. This comes in handy for moms of very picky children who refuse to take their less desirable tasting medications. Examples of popular flavors include cherry, bubblegum and we cannot forget chocolate."

## Q. Are there any other ways customers can get more from the pharmacy?

A "I would invite customers to use the pharmacy as a broader resource. Giving us symptoms for your common cold can help us find the best medication for you. We can also fill veterinary medications for pets!"

## FAQ: AT THE PHARMACY

HOW MUCH WATER SHOULD YOU DRINK WHEN TAKING A PILL?

It is best practice to drink a full 8-ounce glass of water when swallowing a pill or capsule. Some medications can be an irritant to the throat, so swallow plenty of water to avoid direct irritation.

Check with your
Hy-Vee pharmacist
before substituting
other beverages for
water. Some fluids may
not be compatible with
your medications.

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#### BODY BOOTCAMP



# PLANIK AND SCULPT THE PACK

It's never too early to start working toward a beach-ready body. Think warm thoughts and start chiseling your core



Start in push-up position with hands directly below shoulders (high plank) or with elbows bent and forearms on the floor (low plank). Squeeze ab muscles to engage the core and maintain a straight line from ankle to head. Hold this position as long as possible for a full-body workout that tones the abs, back and shoulders. Amp up the basic plank with the moves below.



with these power-plank moves.

#### ↑2 MOUNTAIN CLIMBER ARMS. LEGS. CORE +

Start in high plank. Pull one knee in and across the body to the opposite elbow (i.e., right knee to left elbow). Repeat with opposite knee. Next, bring starting knee to the outside of its same elbow (i.e., right knee to right elbow). Repeat with opposite knee. Continue pattern for 30 seconds.



## ↑3 SIDE PLANK OBLIQUES. ARMS. CORE +

Start in high plank. Rotate plank so torso is supported by a single arm, with hips open to one side. Raise hips to create a straight line from head to ankle. Raise opposite arm perpendicular to the floor. Hold for 30 seconds and switch sides.



## LEG LIFTS GLUTES. BACK. CORE +

Start in high or low plank. Maintaining an engaged core and straight spine, squeeze glutes to lift one leg a few inches off the floor. Pause at the top and lower leg back to the floor. Repeat for 30 seconds, alternating legs.



#### 个5

#### TRICEP EXTENSION SHOULDERS. TRICEPS. CORE +

Start in high plank with a dumbbell in reach. Holding weight to one side, pull upper arm up and back, parallel to torso. Extend elbow to perform a tricep extension and pulse at the top for 8 seconds. Return to high plank and repeat with opposite arm. Repeat 2 more times with each arm.

Take on a 30-day plank challenge! Download the schedule at www.hy-vee.com

14 III/00. BALANCE | Premier 2017

NUTRIENT **POWER** 

Peel your way to a boost in **HEART HEALTH** with citrus fruit full of **POTASSIUM.** Oranges are loaded with disease-fighting vitamins and nutrients, including VITAMIN C. Plus, high levels of **DIETARY FIBER** and healthy **SMART CARBS** make oranges the perfect snack for lowering cholesterol and managing blood sugar. They can even help reduce the signs of aging skin through BETA-CAROTENE, a powerful ANTIOXIDANT.

80 **CALORIES** 

130% VITAMIN C

**VITAMIN A** 

6% CALCIUM

**FIBER** 

7% POTASSIUM

**CARBS** 

represent daily values.



**DIETARY** 

ZEST

**FRESH PICKS** 

WASH RIND THOROUGHLY. ZEST OVER OATMEAL, MEATS AND BAKED GOODS.

For a helpful video, How to Make Citrus - Sectioning, Zesting, Drying and Storing, visit www.youtube.com/Hy-Vee

SLICE

PEEL AND SLICE. LAYER **MULTIPLE VARIETIES INTO** A CITRUS SALAD OR DIP IN CHOCOLATE.

JUICE

**BRING TO ROOM** TEMPERATURE. SQUEEZE FRESH JUICE INTO SAUCES OR COCKTAILS.

Source: United States Food and Drug Administration

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15



**CITRUS CREAM** 

WAFFLES

WITH POMEGRANATE SYRUP

Total Time 20 minutes Serves 2

1 cup raspberry-pomegranate juice ¼ cup Hy-Vee Select 100% pure maple syrup

1 tsp. Hy-Vee butter

2 frozen 7-grain or whole-grain waffles 1 (5.3-oz.) container Hy-Vee Greek plain nonfat yogurt

1 medium mandarin orange, peeled and cut crosswise into ¼-inch-thick slices ¼ cup fresh raspberries

2 Tbsp. pomegranate seeds

1. COMBINE raspberry-pomegranate juice and maple syrup in a small saucepan. Bring mixture to boiling; reduce heat. Gently boil mixture until reduced to ½ cup. Stir in butter. Cool slightly.

**2. HEAT** waffles according to package directions. Serve waffles topped with yogurt, orange slices, syrup and raspberries. Sprinkle pomegranate seeds on top.

Per serving: 320 calories, 5 g fat, 1.5 g saturated fat, 0 g trans fat, 10 mg cholesterol, 210 mg sodium, 63 g carbohydrates, 6 g fiber, 47 g sugar, 11 g protein

> Naturally sweet oranges make an excellent topper for whole-grain waffles and plain yogurt. A simple homemade fruit syrup is a flavorful and nutritious option for regular pancake syrup.





16 HyVee BALANCE | Premier 2017





KEEPING SCORE WITH HARRISON BARNES | RISE AND DINE | CONCUSSION
FAIR AND SQUARE | NEW YEAR, NEW YOU | THE SPIN ON SPIN
PUMP IT: DIET & FITNESS FOR HEART HEALTH | KIDS' NEW YEAR'S RESOLUTIONS
FOODS THAT CUT CARBS: CAULIFLOWER | SPREAD: THE WORD | ON EDGE: MODERN STRESS







## KEEPING

WITH

### HARRISON BARNES

WORDS Rob Gray and Wanda Ventling PHOTOS Dan McClanahar

## @ 2016—was it the best summer?

A "I'm definitely excited about everything. Obviously, very excited to be in Dallas. Very excited to be a gold medalist—and to be engaged to be married."

## @ How can you help Dallas?

"I feel very excited about it.
The coaching staff, they've been great just in terms of working with me. They were here [lowa] for two or three days with the camp, and then to Dallas and we continued to work. You look at last year, [players] were hurt, banged up and [the team] still gets 42 wins, they still finish second [in the Southwest division] and go to the playoffs. With some health this year...we can surprise some people."

## @ What was it like on Team USA?

A "Luckily we had a great group of guys that were all really cool off

the court. We had a lot of fun just talking trash on the court and talking trash off it. [It was good] hanging out and getting to know those guys on a different level from competing against them every single day."

## @ Describe winning in Rio.

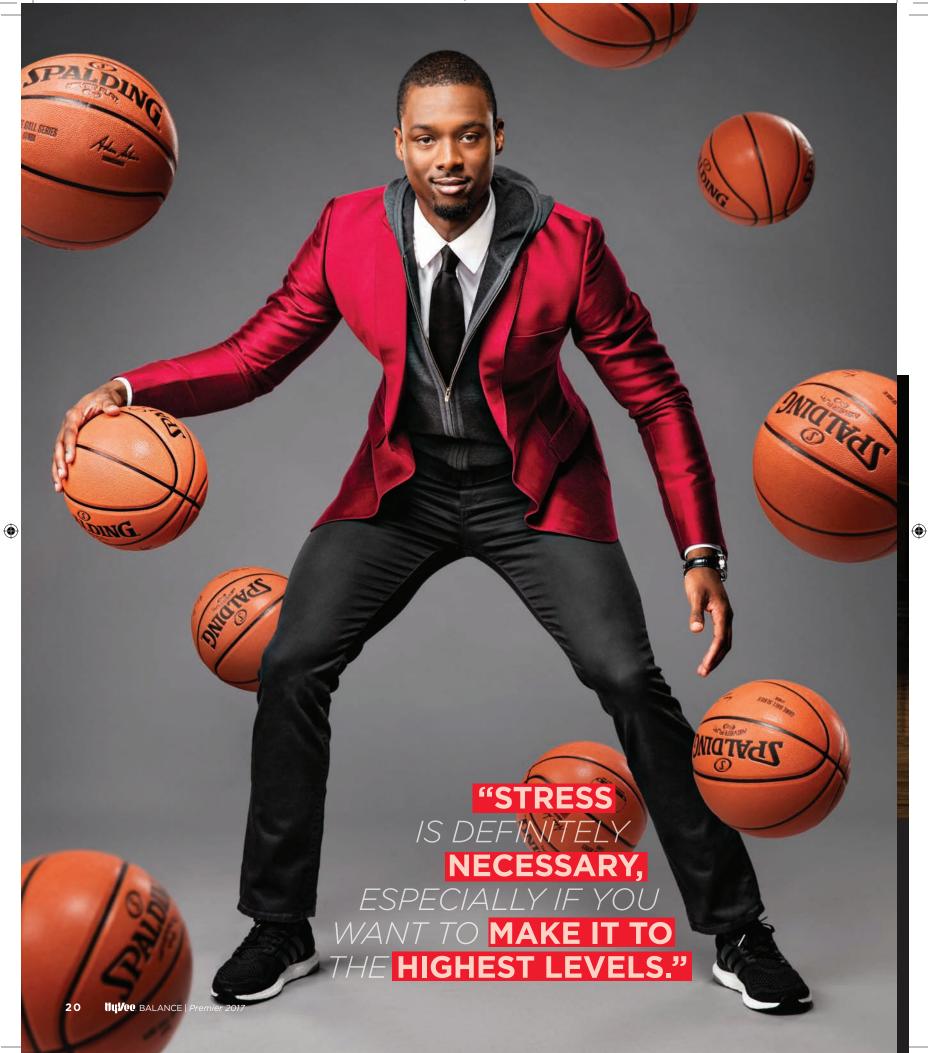
"I think you're in awe because you've seen this so many times. I'd always dreamed of being in that position, but when you actually get there and you have the gold medal around your neck and you see your family in the crowd, you see the U.S. flag go up, and Serbia and Spain, it was pretty crazy."

## @ How did your marriage proposal play out?

A "So I was sitting down and I had my phone [on my knee] and as I'm getting up, I knocked my phone off, and I'm like, 'Oh, geez. Let me have my phone.' I was already on one knee, had the ring in my sock...I looked like an old man, trying to get down there, and then when I came up I had the ring and she said, 'Yes.'"

e's dunked on LeBron James. He was an NBA champion with his first team, the Golden State Warriors. Then he earned a \$94-million deal with the Dallas Mavericks, grabbed an Olympic gold medal and proposed to the woman of his dreams. But here's the real kicker. He pulled the last three off in one summer. Boom! Harrison Barnes is a man on fire. But what makes this Ames, Iowa, native a true star is that others don't get burned by his flame. He's the real deal, a deep-down, honest-togoodness nice guy of excellence, grace and class. *Hy-Vee Balance* sat down with Harrison in September to discuss his busy life and learn how he stays in balance.







## @ How important has Ames been to your success?

A "Ames and the state of lowa is the foundation. There's not a career at [North] Carolina [University], a world championship, an Olympic gold medal without my foundation that I've had here—from my mom, my sister, to college coach, high school coaches, high school teammates, the years I put in at All lowa Attack. All these factors definitely contribute to why I am where I am. It's the people here."

# Q. You were able to strike a balance. What about your experience can help parents and kids?

First and foremost, I think it starts with your love of the game. My mom, I thought, did a great job of kind of letting me come to my own in terms of basketball. It wasn't like, 'You're going to go to the gym. You're going to do X-Y-Z,' you know? I was able to grow, enjoy and love it and then when I needed the direction, it was easier then to put in two to three hours."

## @ How do you stay so humble?

my faith in God and life. When you give yourself to something that's obviously bigger than yourself, it's easy to really see where you stand, regardless of how much people gas you up. Then, just going through ups and downs. If you've never been knocked down, you've never had a failure, it's kind of hard to really understand. If everything's always smooth, if you're just always achieving all your goals, you just think that life is easy. But when you've had some struggles and whatever, it really kind of puts everything into perspective."



#### 1 EARLY YEARS

Harrison Bryce Jordan Barnes was born May 30, 1992, in Ames, Iowa. He showed athletic skills from an early age. He played Amateur Athletic Union (AAU) ball for All Iowa Attack and Howard Pulley Panthers.

#### 2 LITTLE CYCLONES

Barnes, Ames High School alltime scorer, and teammate Doug McDermott led the school to two state championships. Barnes was named 2010's #1 high school player by Scout.com.

#### TAR HEELS

Barnes joined the North Carolina University team in 2010. That year he scored 84 points at the NCAA tournament, the most baskets of any UNC freshman in history. He also earned ACC Rookie of the Year.

#### WARRIORS

Barnes entered the 2012 NBA draft and was selected 7th overall by the Golden State Warriors. He averaged 12.8 points per game during the 2014-15 NBA championship season.

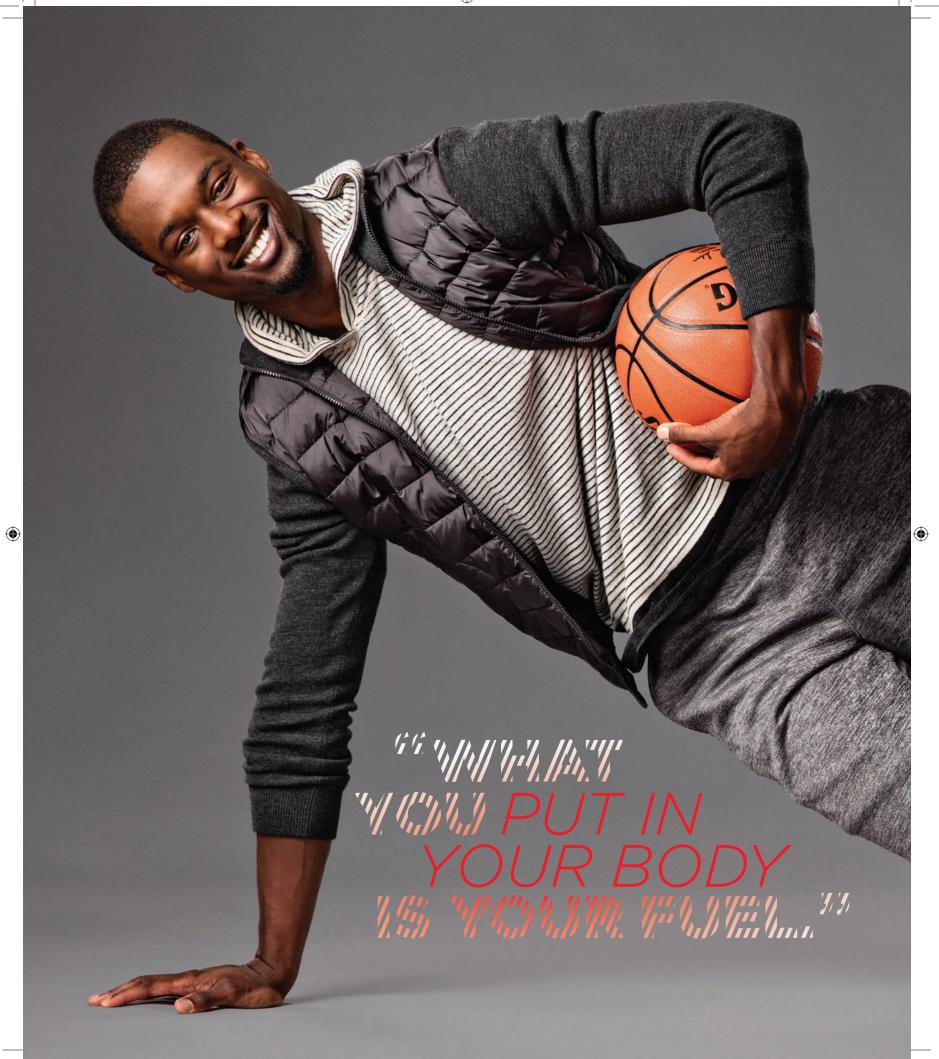
#### **TEAM USA**

One of the two youngest players, Barnes was selected for the 12-man roster of the 2016 Summer Olympics men's national basketball team. The team won the gold medal.

#### **MAVERICKS**

Mav's owner
Mark Cuban said
Barnes could
"replace" longtime
star forward
Dirk Nowitzki's
production. As of
November 18, 2016,
Barnes averaged
22.9 points and 5.5
rebounds per game.







# @. Have you used any unconventional training methods?

"There's been a lot of things, whether it's been the float tanks for recovery, and obviously I do ice baths, but [also] cryotherapy. Sometimes it's changing your diet. Adding in wheatgrass shots, which [I] really didn't take to at first—they had to grow on me a little bit. I'm just trying to add different things like that to try to get the most out of [my] body."

## @ Is there a key to preventing injuries?

"With technology nowadays, there's a lot more resources that teams and players can use to try to help their bodies kind of know when they're at their peak training volumes and that type of stuff. Injury prevention—that's one of the biggest things, so guys try to do as much as they can to prevent

## @ How has your diet/fitness regime changed over time?

"It's changed a ton. I still have my vices: a little candy here and there, a little dessert, but, man, just really understanding the importance of what you put in your body is your fuel. Whether it's water as opposed to juice. Whether it's chicken and vegetables as opposed to a chicken Parmesan with a ton of lasagna on the side or whatever. Little things like that, I think, really do make a difference. You can start to see it as you get older."

## @ How does training differ for you in the off-season?

"You're trying to build slowly to get into training camp. You don't want to be at a 10 and then just train at a 10 all summer long, because there's no growth in that. You want your body to be able to heal, recover, knowing that, 'look, the off-season was three months, you want to get better, but you also have 82-plus games, preseason, and if you go to the playoffs, looking at 100-plus, so you want to make sure you're fresh for that."

#### BARNES BY THE NUMBERS

#### **FIVE**

Barnes has run his own basketball camp for five years. Find more info at www.hbarnes40.com/camps

no. of Twitter followers

#### 540,000

FOLLOW HARRISON BARNES

hbarnes

## TWO

The number of instruments (cello and saxophone) Barnes has played. Music correlates to basketball, he says. In both pursuits, he has to practice diligently, apply his talents and repeat, repeat, repeat.

40.5%

The percentage the 6-foot 9-inch forward shot from the 3-point line during Golden State's 2014-2015 championship season.

## Eight

The number of games it took for Barnes and his teammates to win Olympic gold last summer in Rio. "It's special and unique," he said of the experience.

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com

THE COURT





# @ How do you view being a role model?

"For me, I made the decision a long time ago to just try to be as authentic as I can. I never wanted the pressure to try to be an ideal of somebody. You know what I'm saying? Like work to be yourself in front of kids. I try to just be myself and I think people, they can appreciate that. And all the people I kind of look up to and respect, they were just authentic. I don't think you necessarily have to walk around saying, 'I'm a role model. This is what you should do.' You live your life and if people choose to [say], 'Hey, man, that guy, I like the way he lives. I'm interested in how he does that.' That opens up the conversation."







#### 1. HARRISON BARNES PLANTS a

tree near Williams Stadium, where Des Moines' East High School plays. It's one of several he will plant and each will represent a diverse variety.

- **2. BARNES ENSURES** another sapling is properly planted. Giving back to Central lowa is important to him.
- **3. BARNES SHOPS AT HY-VEE** with his mother, Shirley. "I've learned a lot from her," Barnes says.
- **4. TAKING A STROLL** with Ames High School coach Vance Downs. "[He] taught me success doesn't happen in a vacuum. That was always his line."
- **5. SHIRLEY BARNES JOKES** with her son in the aisles at Hy-Vee. She says, "Just raised in the Midwest, I think that's our value system. He's the same man. He's just the same kid he was."





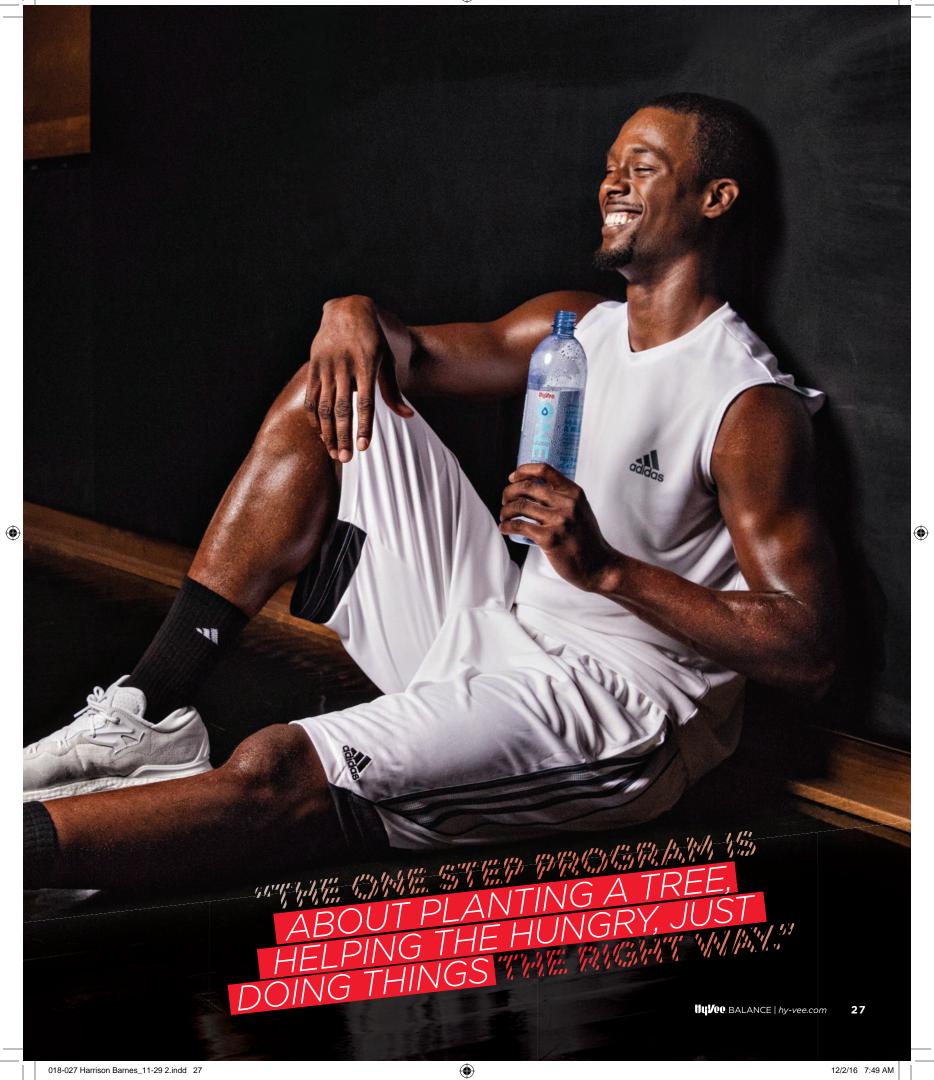


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# RISE DINE

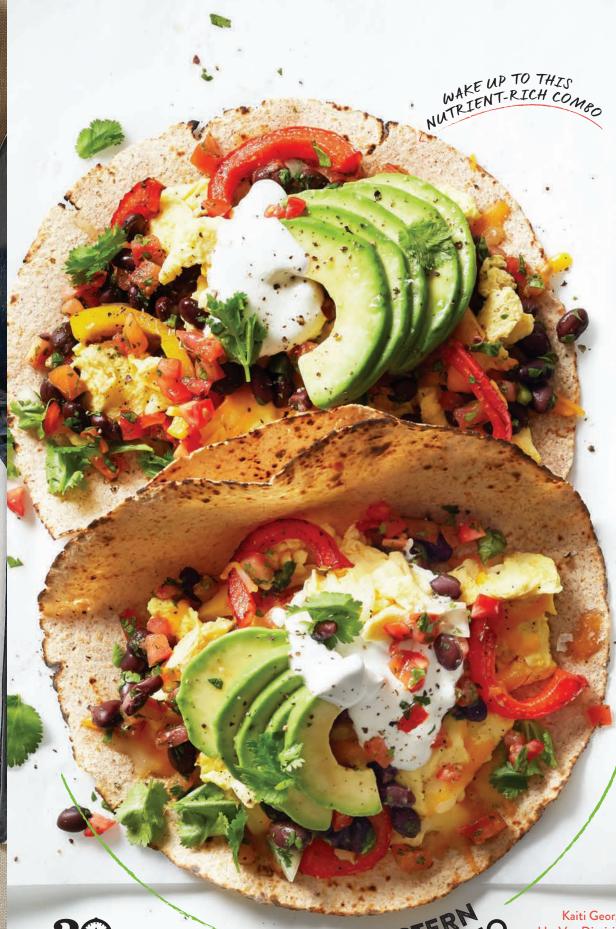
WORDS Lois White PHOTOS Cameron Sadeghpour

Start strong with a nutrient-packed breakfast. Along with boosting energy, a balanced breakfast can help you maintain a heathy weight. Eating breakfast wakes up your metabolism, which can help you burn more calories. We asked three Hy-Vee dietitians to share recipes and quick-fix options you can prep in a hurry, any day of the week. Load sweet potato toasts with toppers, stack a sandwich or roll up an egg burrito. The goal is a nice mix of protein, fiber, healthy fats and complex carbs. These breakfasts will give you enough fuel to get through a busy morning.

MAKE THE MOST OF THE A.M.

START YOUR DAY OFF BRIGHT WITH THESE RECIPES.





Total Time 20 minutes Serves 4

2 Hy-Vee large eggs

<sup>3</sup>/<sub>4</sub> cup low-calorie refrigerated egg product

¼ cup Hy-Vee pico de gallo

1/4 cup Hy-Vee black beans, rinsed

2 Tbsp. chopped fresh cilantro, plus additional for serving

Hy-Vee nonstick cooking spray 1 red and/or yellow bell pepper, seeded and sliced

4 low-carb whole-wheat tortillas 1/4 cup Hy-Vee finely shredded reduced-fat Mexican blend cheese 1 avocado, seeded, peeled and sliced

¼ cup Hy-Vee Greek nonfat plain yogurt Hy-Vee black pepper, to taste

**1. WHISK** together eggs and egg product in a small bowl; set aside.

**2. COMBINE** pico de gallo, beans and cilantro; set aside.

3. SPRAY a large nonstick skillet with cooking spray and heat over medium heat. Add bell pepper to skillet. Cook and stir until softened. Remove from skillet. Add egg mixture to skillet. Gently turn eggs to scramble; continue cooking until set.

**4. WARM** tortillas in microwave for about 20 seconds.

5. SPOON cooked bell pepper and egg mixture down center of each tortilla. Top each with equal amounts of bean mixture, cheese, avocado and yogurt. Sprinkle with black pepper and, if desired, additional cilantro.

**6. FOLD** in opposite sides of each tortilla and roll up.

Per serving: 290 calories, 16 g fat, 3.5 g saturated fat, 0 g trans fat, 190 mg cholesterol, 300 mg sodium, 23 g carbohydrates, 15 g fiber, 3 g sugar, 21 g protein

30
minutes
or less

BREAKFAST BURRITO

Kaiti George Hy-Vee Dietitian Kearney, NE

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#### TOP TEN ON-THE-GO GRABS

#### BANANA ROLL

Spread protein-rich nut butter on a flour tortilla, add a banana, sprinkle with chia seeds and roll.

#### 2 YOGURT DIP

Combine honey and proteinpacked Greek yogurt for dipping fruits and vegetables such as apples and celery.

#### 3 APPLE CRUNCH

Munch on apple slices dipped in peanut butter and granola or whole-grain breakfast cereal.

#### 4 OATMEAL

Fill a cup with fiber-rich oatmeal; top with berries and sprinkle with sliced almonds.

#### 5 SMOOTHIE

Blend frozen fruit, nonfat yogurt and almond milk or juice until desired consistency.

#### 6 EGG SCRAMBLE

Beat 2 protein-rich eggs, or 3 egg whites for a lower fat version, and 1 Tbsp. milk in a mug. Microwave on high for 1 to 2 minutes or until done.

#### 7 artisan toast

Toast a slice of artisan raisin walnut bread from the Hy-Vee Bakery and spread lightly with peanut butter.

#### 8 EGG TOAST

Top high-fiber whole-grain bread with spinach, tomato and hard-boiled egg slices.

#### 9 CEREAL BAR

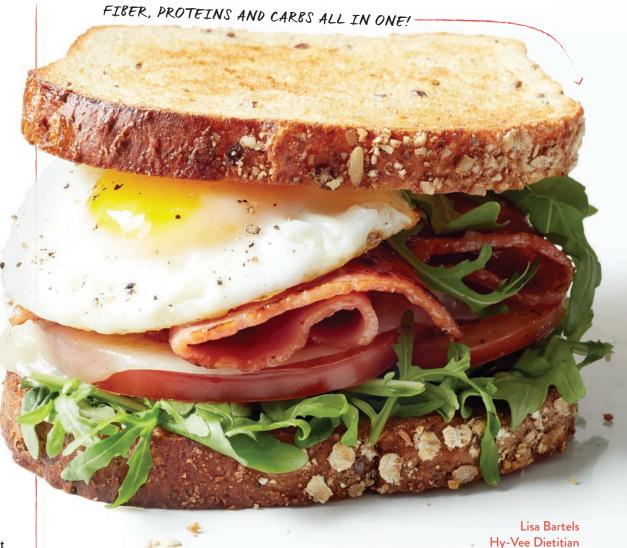
Simply unwrap and eat. Scan the nutrition label before you buy as some are as unhealthy as a candy bar.

#### 10 fruit & cheese

Apple slices, walnuts and cubed cheese make a fiber- and proteinpacked combo that's relatively low in calories.

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30



#### **TURKEY BACON EGG SANDWICH**

Total Time 20 minutes Serves 1

Hy-Vee nonstick cooking spray
1 slice Hy-Vee turkey bacon
1 Hy-Vee large egg
Hy-Vee salt and Hy-Vee black
pepper, to taste
2 slices Hy-Vee Bakery 10-grain
bread, toasted
1 cup arugula

- 2 medium tomato slices
  1 slice Hy-Vee reduced-fat
  provolone cheese
- 1. SPRAY a skillet with nonstick cooking spray and heat over medium-high heat. Add turkey bacon and cook until crisp. Remove and set aside.
- 2. BREAK egg into same skillet. Sprinkle with salt and pepper. Reduce heat to low; cook egg for 3 to 4 minutes or until white is completely set and yolk starts to thicken.

**3. TOP** one slice toasted bread with arugula, tomato slices, cheese, bacon and egg. Add remaining slice.

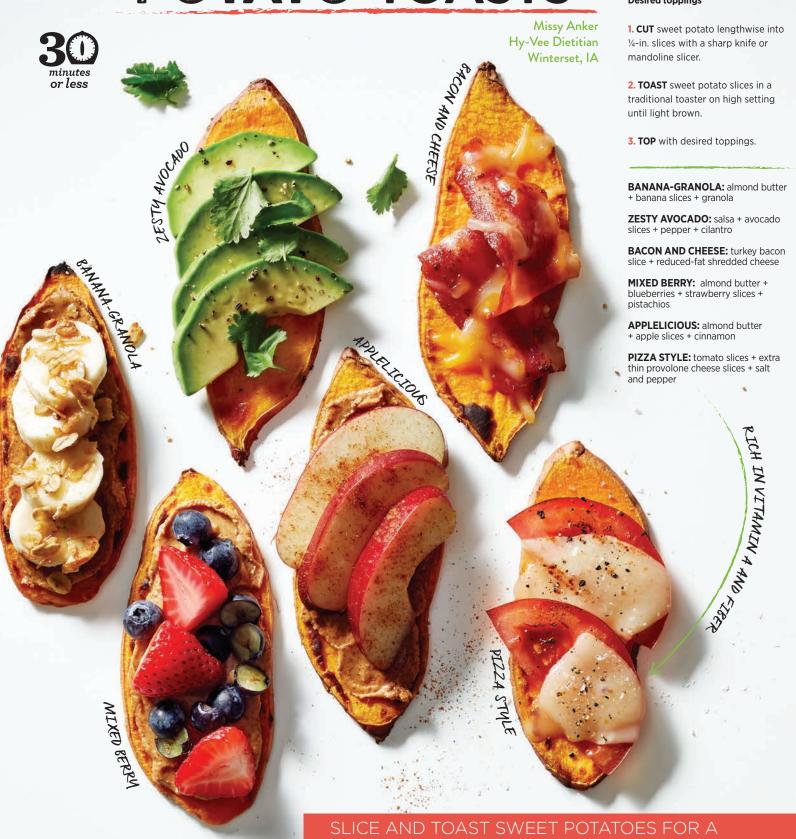
#1 Olathe, KS

Per serving: 310 calories, 12 g fat, 4.5 g saturated fat, 0 g trans fat, 205 mg cholesterol, 660 mg sodium, 30 g carbohydrates, 5 g fiber, 7 g sugar, 20 g protein





## LOADED SWEET POTATO TOASTS



**Total Time** 10 minutes Serves 2 (3 slices per serving)

1 small sweet potato, scrubbed **Desired toppings** 

SLICE AND TOAST SWEET POTATOES FOR A BREAKFAST BASE THAT'S GLUTEN FREE!











Our **NEW** Chewy Nut Butter Bars aren't just delicious, they help increase organic farmland. Learn more: **Kashi.com/transitional** 



Kashi Cereals: select varieties 12 to 16.3 oz. 2/\$6.00



FAIR TRADE CERTIFIED

Turn up the breakfast excitement with yummy new cereals from Kashi®. New GOLEAN® Chocolate Crunch and Dark Cocoa Karma cereals are as wholesome as they are delicious.



GOLEAN Plant Powered Shakes: select varieties 1.41 to 16 oz. 25% OFF



GF Gluten Free



Shake up your day with Plant Powered Shakes that deliver a synergistic blend of ingredients to help fuel your active lifestyle. Available in convenient single-serve sachets and multi-serve tubs.





Kashi Quinoa Bowls or Frozen Waffles: select varieties 9 to 10.1 oz. 2/\$6.00





Kashi® offers delicious gluten free and vegan options for busy mornings and quick lunches and dinners. Now you can get great, convenient nutrition in inspiring, tasty flavors.



Kashi Cookies and Crackers: select varieties 4.25 to 9 oz. 2/\$6.00



You can find the goodness of whole grains and positive nutrition in our snacks. Be sure to try our NEW Teff Thins™ crackers—tasty, thin, and gluten free.

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Kashi Chewy Nut Butter Bars: select varieties 7.95 oz. 25% OFF









New Kashi® Chewy Nut Butter Bars are made with creamy almond butter, chocolate chunks, and coconut oil. But that's not all—they're also Certified Transitional. That means they're made with ingredients from farms in the process of transitioning to organic—no easy task. In fact, less than 1% of farmland in the U.S. is certified organic. So let's do something about it. Every time you enjoy a product with the Certified Transitional seal, you're not only supporting farmers in transition, you're also helping to increase that 1%.





**(** 



Tropicana: select varieties 12 fl. oz. 3/\$4.00



Gatorade Organic: select varieties 16.9 fl. oz. 2/\$3.00



**(** 

Gatorade Protein Bar: select varieties 2.82 oz. 2/\$3.00



Quaker Breakfast Squares: select varieties 10.5 oz. \$2.79



Pure Leaf Tea or Tropicana Premium Drinks: select varieties 59 fl. oz. 2/\$5.00

## -THESPINON

# PUT YOURSELF IN THE HOT SEAT. THIS HIGH-INTENSITY WORKOUT PAIRS ENDURANCE AND INTERVALS WITH A LOW-IMPACT MACHINE.

While no one is reinventing the wheel, they're certainly putting it to work. Spin classes have taken the country by storm, and the benefits of indoor cycling are plentiful. Prepare to tone your hamstrings, glutes, quads, calves and core. Even your back, arms and shoulders will feel the burn. And, of course, you'll work up a sweat. All on a low-impact machine that's easy on the joints.

BREAK OUT OF THE BORING AND GET YOURSELF IN GEAR. A Tobia B.

34 HyVee BALANCE | Premier 2017



### SURROUND SOUND

Many spin classes include highly trained, motivational instructors who alternate between inspiring one-liners and loaded questions ("Are you really giving me all you've got?"). Energypacked playlists are also unleashed. Sync up with their music and be prepared for an adrenaline rush.



TURN THIS FAT-TORCHING WORKOUT INTO A FULL-BODY SCULPT WITH HAND WEIGHTS AND CORE WORK.



Choreographed rides and added weights work a variety of muscle groups, offering toning, strength training and cardio work. The result is a heart-healthy workout that will leave you full-body fit. Many instructors challenge riders emotionally as well by asking members to reflect on their personal goals, challenges and setbacks. Instructors aim to empower riders not only during class but throughout their daily lives.

### BANG! THE 45-SECOND PUSH IS ON. SUCK IT UP. PEDAL THROUGH EXHAUSTION.

MANY PEOPLE CITE GROUP CLASSES AS A SOURCE OF MOTIVATION AND ACCOUNTABILITY. READ: YOU WORK HARDER WHEN SOMEONE'S WATCHING.



FOR A SOLO RIDE BUILD A PLAYLIST THAT WILL KEEP

YOU FIRED UP. IF YOUR JAM SEEMS TO BE HALF-

STEPPING, SEARCH OUT

A REMIX OR BROWSE A

PLAYLIST BY THE SAME ARTIST.

You don't need to drop \$115 on leggings to fit the spin class dress code, but you do need to know the basics.

• If you have sweaty palms, drips down your forehead or your entire body is soaked, invest in a sweat-wicking towel made of microfiber or similar material. You can also purchase a sweat-wicking headband.

- Avoid short shorts that will ride up halfway through your uphill climb, and rock a top that won't trap heat to your body.
- Opt for shoes with support and structure rather than almostbarefoot runners.



DRINK ENOUGH
WATER TO STAY
HYDRATED
AND COMBAT
LIQUIDS LOST.
FACTORS THAT
AFFECT YOUR
SWEAT RATE:

- STUDIO TEMP
- LENGTH OF
- WORKOUT
   INTENSITY OF
  WORKOUT

SPLURGE ON THAT TRENDY WATER BOTTLE. THE MAYO CLINIC RECOMMENDS DRINKING WATER BEFORE, DURING AND AFTER EXERCISE.

**ՄՎՄՉՉ**. BALANCE | *hy-vee.com* 



Most people who suffer a minor head trauma, a common type of traumatic brain injury (TBI), recover, but for others life will never be the same. Concussions may result from a fall, blow to the head or by shaking the brain. Preventing injury is the best medicine, but this is not always possible for active people. Understanding concussion risks, symptoms and treatments is essential for prevention and for those who must find their way back from injury.

WORDS Steve Cooper







### THE BASICS

### WHAT TO EXPECT

Understand concussions—
take an online training course from the CDC at:
www.cdc.gov/concussion/
headsup/training/

"Imagine tossing a raw egg into the air," says Dr. Kevin Guskiewicz, a neurologist and a dean at the University of North Carolina. "The egg yoke represents the brain, the egg white represents the cerebrospinal fluid surrounding the brain and the egg shell represents the skull, or the cranial cavity," he says in a Centers for Disease Control and Prevention (CDC) video. Toss the egg up in the air. Going up, it accelerates. But on landing, the sudden stop jostles the yolk against the egg shell. "The egg yolk rebounds off the shell, much like the brain rebounds off the cranial cavity," he says. A safety helmet may prevent a skull fracture, but most cannot prevent the dangerous shaking that may lead to serious brain concussions.

#### **WHAT SHOULD I DO?**

- Don't hide that you might have a concussion; report it. Ignoring your symptoms and trying to tough it out often make the situation worse.
- Get checked out. Only a health care professional can tell if you have a concussion and when it's okay to return to school, work or play. The sooner you get it checked out, the sooner you will be able to continue with your normal activities.
- 3. Take care of your brain by resting it. Give your brain time to heal. A repeat concussion that occurs while your brain is still healing can cause long-term problems that may change your life forever.

#### **SIGNS OF SERIOUS DAMAGE**

- 1. One eye pupil larger than the other
- 2. Drowsiness or inability to wake up
- 3. A headache that does not go away
- 4. Slurred speech, weakness, numbness or decreased coordination
- 5. Repeated vomiting, convulsions or seizures
- 6. Increased confusion, restlessness or anxiety
- 7. A loss of consciousness

#### **IF SYMPTOMS RETURN**

- 1. Should symptoms come back or new symptoms emerge, it's a sign that you are pushing too hard.
- 2. Stop all activities and contact your care provider.
- 3. After more rest, no more signs of concussion and approval from a care provider, you may return to your routine activities.

### SIGNS OF TROUBLE

SYMPTOMS OF CONCUSSIONS VARY SLIGHTLY BETWEEN ADULTS AND CHILDREN.

### **ADULTS**

- Persistent headaches or neck pain
- Loss of memory or focus
- Slowness in thinking
- · Easily confused
- · Mood swings
- Changes in sleep patterns
- Dizziness or loss of balance
- Blurred vision or tired eyes
- Loss of taste or smell

### **CHILDREN**

- · Headaches
- Confusion
- Difficulty remembering
- Balance problems
- Sluggish, hazy, groggy
- Irritable or more emotional
- Nausea or vomiting
- Bothered by light or noise
- Double or blurry vision



### **FACTS OF THE MATTER**

- In 2010 about 2.5 million emergency room visits, hospitalizations or deaths were associated with traumatic brain injury (TBI) in the United States.
- Children and teens are more likely to get a concussion; recovery is slower than for adults.
- Athletes who get a concussion are at increased risk for experiencing more.
- From 2006 to 2010, men were three times as likely to die from TBIs as women.
- About 25 percent of parents in 2015 said they will not let their children participate in certain contact sports because of the possibility of concussion, according to a Harris Poll.
- Only about 25 percent of those polled were aware that helmets cannot prevent concussions.

Source: Except where noted www.cdc.gov/concussion/headsup/

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### Call Off the Game?

**Concussions and Youth Sports** 

### THE HIGH SCHOOL FOOTBALL DEBATE

Friday nights in the fall, Uzma Samadani is no different than the other mothers in the high school football stadium. She cheers for her son, Alexander, as he scrambles across the playing field.

But on Monday morning, her lab coat goes back on and she becomes Dr. Samadani, a Minnesota neurosurgeon who is currently directing the largest single-center study of brain injury in the U.S.

At a time when 25 percent of parents say they won't let their children play contact sports—with football driving this concern—the doctor puts forward a surprising counterpoint.

"I think children should play sports; it doesn't matter which sport. Children need to be active. If you look at things from a risk/ benefit perspective, I think that the risks of not playing sports are far greater than the risks of playing—diabetes, obesity, high blood pressure,

cardiovascular diseases. In fact, kids who aren't active are more likely to lead sedentary lives as adults. The risks are known and those risks are huge in the long run," she says.

The debate about high school football is fueled by questions about concussions to NFL players. Retired pro players sued the NFL in 2011 for concussions and their sometimes deadly side effects. That suit was settled last year, with nearly \$1 billion awarded to former players.

Spurred on by the NFL battle, many doctors want to end high school football. Others call for rule changes and improved safety equipment to make the game safer, see *opposite*.

Dr. Samadani says, "My son is asthmatic, so he won't be running cross country, where he has to run long distances. He needs a sport like football, where he can exert himself in short bursts and then return to the bench and use his inhaler, if necessary. Many other kids have similar needs."

### RETURNING IN 5 STEPS

Take it slow when getting back to the playing field after a concussion. Take at least 24 hours for each step.

Light aerobics only to increase heart rate. Five to 10 minutes on an exercise bike, walking or light jogging. No weights.

2

Moderate jogging, brief running, moderate stationary biking. Moderate weight lifting (reduce time and weight from your routine).

3

Add heavy noncontact physical activity, such as sprinting, high-intensity stationary biking, regular weight lifting routine.

4

Athlete may return to full contact in controlled practice.

5

Athlete may return to team for competition.

### Know Your Risks



### **FALLS**

The leading cause of concussions, falls are the source of about 40 percent of all traumatic brain injuries. Most at risk for a fall are children under four years and adults over 75 years.

38



### **CAR ACCIDENTS**

Car crashes account for about 14 percent of TBIs. Brain injuries suffered in auto accidents are the leading cause of death among children above the age of five years and young adults under 24.



#### AT HOME

There is always some risk at home. Banging your head on the edge of a door can cause a concussion, or you may be injured moving overhead storage or by slipping in the shower.



### **SPORTS**

Youth football has the highest incidence of concussions, but girls have higher concussion rates than boys do in similar sports, according to the American Academy of Pediatrics.

Source: Except where noted www.cdc.gov/concussion/headsup/

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**HEAD PROTECTION** 

A new helmet design absorbs energy when struck so a player's brain will not get damaged by bouncing against the skull, causing a concussion.

## SAFER GANES

The future of contact sports, football in particular, is on the line. There's a race among researchers to come up with technologies that will rescue some of our favorite amateur or professional games.

### **BLOOD TESTS**

Researchers are identifying new biomarkers in the blood that may help in assessing the degree of damage done immediately following a traumatic brain injury.

"I believe we are eventually going to have a consumeroriented diagnostic device like an app—for concussion that patients use at home." Dr. Uzma Samadani, neurosurgeon

\$20<sub>MILLION</sub>

Amount the NFL, Under Armour and GE are investing in technologies to recognize, treat and reduce the number of concussions in pro football.

The Army Research Laboratory has a material that is soft and pliable when slowly stretched, but strengthens with a hard and quick tug. Attached to the head and torso, this new material may keep the head from snapping back when the body takes a sudden blow.

**NECK** 

**STABILITY** 

### **CUSHIONED LANDINGS**

A layer of safety may be added to synthetic turf systems. Borrowing a material used to cushion cars during crashes, football stadiums may soon install plastic mats designed to absorb energy when players hit the playing field after a tackle. The softer landing may reduce the number of player injuries.

### UNIFORM PROTECTION

To improve the performance of protective gear, several companies are working on varying forms of shock-absorbing materials. The intent is to cushion a direct hit, whether it is coming from the ground or another player. Some materials add the ability to wick away heat and sweat during a tough game, which helps reduce the risk of padding slipping out of place.



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## SCIARE

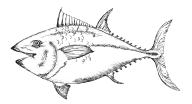
WORDS Carlos Acevedo PHOTOS Cameron Sadeghpour

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### Give your body a blast of nutrition with a lunch, dinner or snack of healthy tuna. This fast-swimming fish is an excellent source of lean protein that fuels endurance and builds muscle.



una is a truly amazing food.
Dietitians sing its praises for offering complementary benefits: lean protein and omega-3 fatty acids.
Together, these lower

cholesterol and inhibit inflammation, which are significant contributors to heart health. Plus, tuna is full of vitamins B and D, which are essential for the immune system and bone growth. To put it plainly, when you eat tuna, you're getting a lot of nutritional bang for your caloric buck.

If you work out, you'll definitely want to include tuna in your diet because it's ideal for muscle growth and recuperation, according to a study in the *European Journal of Applied Physiology*. When muscles are stressed from intense exertion, they need to recover with nutrition and rest. Studies have shown that a postworkout snack of quality protein and carbohydrates, such as tuna and vegetables, shortens this recovery time and improves gains made through exercise.

Tuna salad made with canned chunk fish is an excellent go-to fitness snack when you need a convenient protein boost. Mix the drained tuna with a bit of extra virgin olive oil or light mayonnaise and a handful of finely chopped veggies and fresh herbs. For additional carbohydrates, serve tuna salad on a piece of whole-wheat bread. A 3-ounce serving contains 16.5 grams of protein, nearly one-fifth of the daily protein a 150-pound person needs to make muscles bigger and stronger.

Though health experts rightfully laud tuna for its nutritional assets, they aren't the only ones raving about it. Chefs also swoon over the big fish for its culinary merits. Thanks to a firm texture and moderate flavor, fresh tuna can be prepared in creative ways and tastes delicious with almost anything. It's as versatile as chicken and even better for you.

Tuna also has characteristics that make it similar to beef. Tuna steaks can be grilled like beef steaks and develop wonderfully robust meaty flavors when cooked over fire. For an optimally juicy and tender fillet, leave the fish medium-rare. Tuna can also be broiled, seared in a skillet or baked. Each method has its own perks, see page 44.

### A VERY GOOD FISH

WHEN YOU BUY TUNA AT HY-VEE, YOU ARE BUYING FISH THAT DO A LOT OF GOOD: GOOD FOR YOU, GOOD FOR THE PEOPLE WHO CATCH THEM AND EVEN GOOD FOR THE ENVIRONMENT.
FOR MORE INFO, SEE PAGE 42.

RESPONSIBLE CHOICE

### HEALTH BENEFITS OF TUNA

### **HEART HEALTH**

Tuna is rich in potassium and omega-3 fats that reduce blood pressure, cardiovascular inflammation and bad cholesterol.

Source: American Heart Association



### STRONGER IMMUNE SYSTEM

Tuna is also a significant source of manganese, zinc, vitamin B3 and selenium. These antioxidants strengthen the immune system and combat serious diseases such as cancer.

Source: National Institutes of Health



### BONE STRENGTH

vitamin D, a critical building block for bones. This lowers your risk of fractures and diseases such as multiple sclerosis. It also helps maintain testosterone levels.

Source: National Institutes of Health



Tuna packs a protein punch, which is good for muscles. A 3-ounce serving of chunk light tuna in water has 16.5 grams of protein.

co: Food and Drug Administration

**HyVee**, BALANCE | hy-vee.com



A 3-OUNCE SERVING OF TUNA HAS UP TO 50 PERCENT OF YOUR DAILY PROTEIN.

Source: Food and Drug Administration

EATING TUNA FIGHTS POSTPARTUM DEPRESSION.

Source: University of Kansas study, 201

THE OMEGA-3
FATS IN TUNA ARE
HEART HEALTHY,
FIGHTING
INFLAMMATION
AND HEART
DISEASE.

Source: American Heart Association

MEATS, INCLUDING FISH, DO NOT RAISE BLOOD GLUCOSE LEVELS.

Source: American Diabetes Association

A 3-OUNCE SERVING OF TUNA HAS ALL THE VITAMIN B12 YOU NEED FOR A DAY.

Source: United States Agriculture Departmer



**ALL IN A DAY'S WORK:** Fishing boats are prepared for another day of work for fishers in Southeast Asia. They use wooden boats and handheld lines to hook and harvest wild tuna. The work is hard but rewarding, thanks to Fair Trade certification.

### **FAIR TRADE FOR TUNA**

**HY-VEE GUARANTEES** that all tuna steaks on ice at its seafood counters were caught in a way that did not harm the oceans or jeapordize tuna fish populations. Overfished species are avoided, and much of the tuna sold at Hy-Vee is caught with handheld fishing lines, which minimize the odds of accidentally harming other marine life. In this way, the long-term sustainability of tuna and other sea life is ensured.

While the tuna need to be protected, so do the people who fish for them. Many of the fishers are financially insecure and vulnerable. This is why Hy-Vee is also committed to sourcing only from Fair Trade tuna purveyors.

WHAT IS FAIR TRADE? Choosing products marked with the Fair Trade Certified™ seal is an easy way to shop your values. It indicates that rigorous social and environmental standards have been met and that the people who grow and catch the food are able to build strong communities.

In many marine communities where people depend on fishing for their livelihood, working conditions are poor, pay is low and labor abuse is the norm.

SUPPORTING FISHERS AROUND THE GLOBE IS CRITICAL TO SUSTAINING FISH SPECIES FOR FUTURE GENERATIONS.

DHOTO: Paul Hilton. © 2015 Fair Trade USA



#### **NATURAL BLUE YELLOWFIN**

**TUNA STEAKS,** now available at Hy-Vee, have been Fair Trade Certified™, which means the tuna fishers are able to work in safe conditions and earn additional funds to invest in much-needed projects like health care and clean water.

These tuna steaks, available at Hy-Vee, come from the world's first Fair Trade Certified™ fishery, according to John Rohrs, Seafood Purchasing Manager at Perishable Distributors of Iowa, a Hy-Vee distribution subsidiary.

"This is another great step toward

seafood sustainability throughout the industry," John says.

### **ACCORDING TO FAIR TRADE USA,**

Hy-Vee is the only retailer currently putting forth an effort of this magnitude. Why is Fair Trade so important to Hy-Vee? Nate Stewart, Senior Vice President of Hy-Vee's southern region, says, "We feel we have an obligation to be a leader in seafood. Our customers put their trust in us and we have to earn it by delivering the best product we can find, source it responsibly and sell it at a fair price." See www.seafoodies .hy-vee.com

Eat up to 12 ounces (2 average meals) a week of a variety of fish and shellfish that are low in mercury. Albacore ("white") tuna usually contains more mercury than canned light tuna, so eat the full amount of canned light tuna and limit yourself to 6 ounces of albacore tuna per week, according to the U.S. Food and Drug Administration.

The federal government's evidence-based nutritional guidance to promote healthy eating recommends that "women who are pregnant or breastfeeding consume at least 8 and up to 12 ounces of a variety of seafood per week, from choices lower in methyl mercury." For more information, visit www.fda.gov

# HY-VEE IS COMMITTED TO TO DELIVERING ONLY FRESH SEAFOOD HARVESTED WITH CARE.







The Responsible Choice label on seafod packaging is a guarantee that seafood at Hy-Vee stores is sourced in an environmentally responsible manner.

Responsible Choice is the company's response to overfishing and other threats to the long-term supply of seafood. For the last year, the majority of Hy-Vee's fresh and private-label frozen seafood products have earned Responsible Choice tags. The Country of Origin is clearly labeled

on all Hy-Vee seafood. If a species is endangered, it is not sold.

Since the program began in 2014, a new fish is now offered, king salmon from New Zealand. On the flip side, Hy-Vee stopped selling Chilean sea bass and other at-risk fish.

Imported yellowfin tuna steak is sold at Hy-Vee as fresh or frozen at the seafood counter. This tuna is now sourced only from handline fisheries and Fair Trade Certified™ fisheries in order to ensure 100 percent responsible handling.

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43



RESPONSIBLE

CHOICE



### HOW TO COOK TUNA

**HOW TO TELL DONENESS:** In general, fish requires about 10 minutes per inch of thickness to be fully cooked. To test doneness, stick a fork in the meat and twist. When it flakes, the fish is done. But since tuna is so lean, it can be dry and tough when fully cooked. The trick is to leave the center pink, much like a beef steak. Start testing the tuna after a few minutes and take a peek inside as you flake. Stop cooking when it reaches your preferred level of pink. Many connoisseurs say tuna is best when the center is still raw.



**BAKE:** When you want to crust a tuna steak with nuts or crumbs such as pistachios, pecans or bread crumbs, baking at 450°F is the way to go. The indirect heat won't burn your coating. Place the tuna on a well-greased baking sheet and cook for about 15 minutes or to desired doneness.



**PAN-SEAR:** Season the steaks on both sides with your preferred spices—salt, pepper and cayenne are a good start. Then place in a hot skillet with olive oil. Sear quickly to create a brown crust on both sides. Remove from the heat and drizzle with additional olive oil and fresh lemon juice.



**BROIL:** To broil tuna, brush with oil and season as desired, then place on a baking sheet about 8 inches from the heating elements in your oven. Cook for a few minutes per side, removing the pan to turn the tuna.



**GRILL:** Live coals add a delicious charbroiled sear and smoky scent to tuna. Using olive oil, herbs and spices, lightly coat and season the fish, then grill on well-greased grates directly over the coals for several minutes per side with the lid on. Place the fillets in a grilling basket to make turning a snap.



### **KABOBS**

Tuna kabobs taste great for a reason—more surface area is available for browning and spices



### **SAMMIES**

Keep these healthful by using low-fat mayonnaise or extra virgin olive oil to moisten the meat.



### **TACOS**

chili powder, then grill.
Flaked, it's a flavorful and
lean taco filler.



#### SUSHI

Skip rolls with spicy tuna which are often loaded with high-calorie mayo. Go for lean tuna sashimi.

44 **IIUVOO**, BALANCE | Premier 2017



### WITH GRILLED **VEGGIES**

Total Time 30 minutes Serves 4

- 8 Tbsp. Hy-Vee Select olive oil, divided
- 6 Tbsp. lemon juice
- 2 Tbsp. Hy-Vee seasoned salt
- 1 Tbsp. garlic paste
- 4 (1-in.-thick) tuna steaks (about 2 lbs.), thawed if frozen
- 4 cups Hy-Vee ShortCuts precut vegetables, such as onions, mushrooms, asparagus, bell pepper and/or snow peas (about 2 packages)
- 2 lemons, halved
- 1. COMBINE 5 Tbsp. oil, lemon juice, seasoned salt and garlic paste in a medium bowl for marinade. Reserve one-third of the marinade in a small bowl; set aside. Place remaining marinade in a large resealable bag placed in a shallow dish. Add tuna. Seal bag and turn to coat. Marinate in the refrigerator for 15 minutes, turning once.
- 2. TOSS together precut vegetables, lemon halves and remaining 3 Tbsp. oil in a medium bowl.
- 3. HEAT a large grill pan over mediumhigh heat. Remove tuna steaks from bag; discard marinade. Cook tuna in grill pan for 5 minutes. Turn steaks. Add vegetable mixture to grill pan; cook with tuna for 5 to 7 minutes more or until desired doneness.
- 4. DRIZZLE cooked tuna steaks with reserved marinade. Serve steaks with vegetables and lemon halves.

Per serving: 440 calories, 17 g fat, 2 g saturated fat, 0 g trans fat, 120 mg cholesterol, 820 mg sodium, 8 g carbohydrates, 2 g fiber, 4 g sugar, 54 g protein













NEARLY HALF OF
AMERICANS LOOK
TO IMPROVE THEIR
LIVES THROUGH NEW
YEAR'S RESOLUTIONS,
A UNIVERSITY OF
SCRANTON, PA, STUDY
FOUND. BUT OF THOSE,
75 PERCENT ULTIMATELY
FAIL TO ACHIEVE THEIR
LIFE-IMPROVEMENT
GOALS. AVOID THESE
COMMON PITFALLS TO
INCREASE YOUR
CHANCES AT SUCCESS.

#### **AVOID THE PITFALLS**

### **UNREALISTIC GOALS**

Keep your physical limitations in mind while planning your resolutions and be honest about what you can accomplish.

### **BUSY SCHEDULE**

If something is important to you, you'll make time for it. Resolutions aren't meant to be temporary, so incorporate them into your life.

#### BE SPECIFIC

Goals with no defined endpoints are more likely to fail because they are subjective. Plan out your goals with clearly established milestones to track progress along the way.

### O TOO MANY

Prioritize your resolutions based on importance. Focusing on one or two will increase the likelihood of success.

### **TIPS FOR SUCCESS**

### $\frac{ACCOUNTABILITY}{PARTNER}$

A partner with similar goals can provide support and motivation. This may lead you to double your cardio performance, according to a study by the Society of Behavioral Medicine.

### <u>REWARD</u> YOUR SUCCESS

Find healthy ways to reward your dedication along the way, like a pampering massage. These reminders will help you recognize your accomplishments and boost self-confidence.

### $\frac{DON'T\ WAIT\ FOR}{THE\ FUTURE}$

The best time to change your life is now, so don't wait till the next big event to start the process. You are the only one holding yourself back. One of the best things you can do is sign up for the Hy-Vee Begin program, right.

### GET RESULTS WITH HELP FROM HY-VEE

JOIN

Getting healthy and staying healthy is the goal of the Hy-Vee Begin\* Healthy Lifestyle and Weight Management Program. Dietitians from Hy-Vee educate and coach participants about eating nutritious meals and including physical activity in their daily lives.

Hy-Vee dietitian Amber Groeling says, "We help clients develop healthy, balanced eating plans that will help them enjoy eating for the rest of their lives."

Hy-Vee dietitians teach Begin participants:

- How to control hunger
- What healthy portions look like
- How to prepare healthy foods
- · Why activity is essential

In an early meeting, attendees take a shopping tour at Hy-Vee with a dietitian who offers helpful shopping tips tailored to each participant's individual needs.

There are three Begin options: Individual Program: For a one-on-one experience, participants meet with the dietitian for weekly sessions over 10 weeks at Hy-Vee. The first session lasts about an hour, and others are 15 to 30 minutes long.

**Group Program:** For those who prefer a group, there are seven group classes (plus three individual sessions). Each session lasts one hour. Groups usually meet at Hy-Vee.

Begin Basics: For those on tighter schedules, sessions in this 10-week course are shorter and focus on education. There are no screenings and measurements.

TO SIGN UP FOR ANY OF THE THREE OPTIONS, SEE THE DIETITIAN AT YOUR LOCAL HY-VEE STORE.

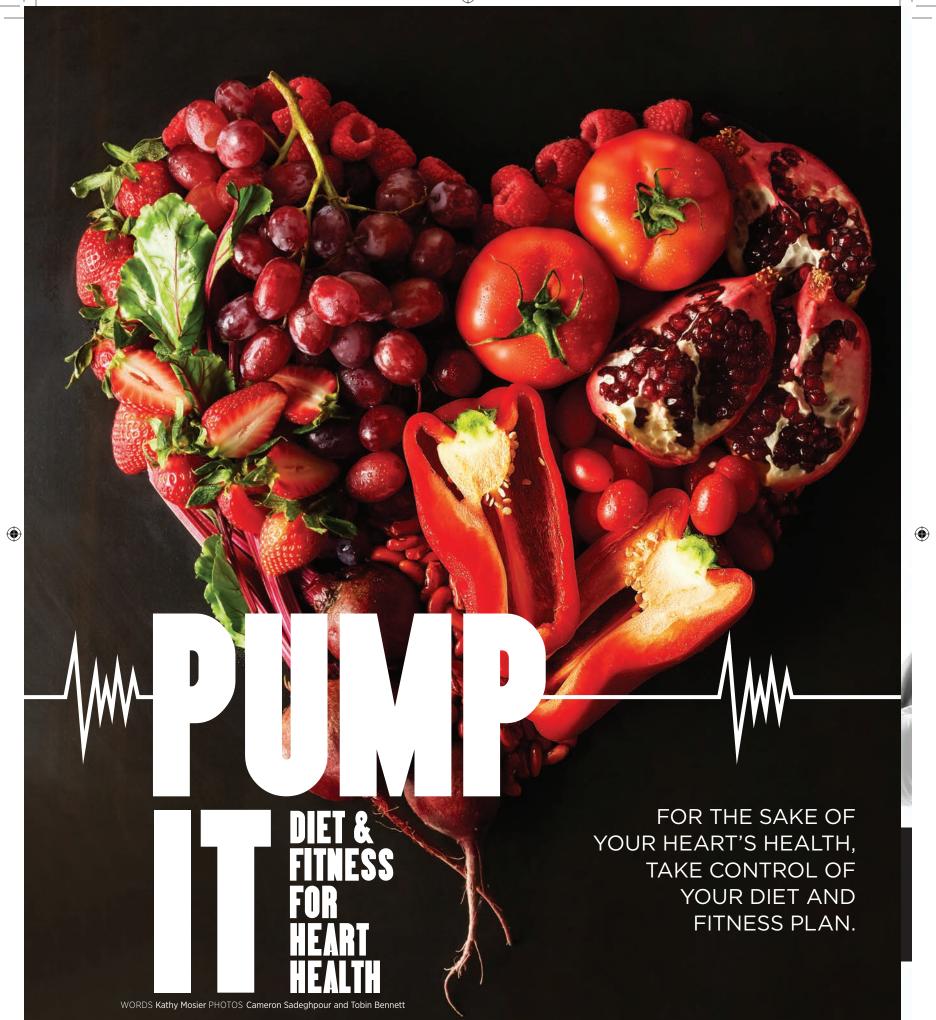
### WEIGHING the benefits



IN 2016 NEARLY 3,000 PEOPLE COMPLETED THE HY-VEE BEGIN® PROGRAM. THE AVERAGE PARTICIPANT EXPERIENCED MAINTAINABLE WEIGHT LOSS AND DECREASED ONE OR MORE COMMON HEALTH RISKS, SUCH AS HIGH CHOLESTEROL OR BLOOD PRESSURE.

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### LIFE

### AT THE HEART OF IT

You may feel you're at the top of your game, but for thousands of Americans each year, their lives end in a heartbeat.

For years, research has shown that factors both in and out of your control play a part in heart disease. Dr. Saket Girotra, cardiologist at the University of Iowa, says it's essential to target

multiple factors because in many cases they are linked together. People who exercise regularly also make better food choices.

Recent research has found that a Mediterranean diet high in nuts and olive oil can reduce the risk of heart disease. Another study in the American Heart Association's journal Circulation focused on the

effect of a high-sugar diet on cardiovascular health. This worldwide study attributed 184,000 deaths a year to sugary beverages.

Dr. Girotra sees hope, if you act wisely. He says, "We can't change our genes. But we can change whether we choose to pick up a cigarette and smoke it or pick up that next donut and eat it."

Heart disease

is the number

women and is

one killer of

### **RISKY** Business

THESE FACTORS
CAN INCREASE
YOUR RISK:

#### AGE

At age 45 for men and 55 for women, the chance of developing heart disease increases.

#### SEX

Women's risk increases due to menopause, use of birth control pills and preeclampsia.

### **FAMILY HISTORY**

A family history of heart disease increases your risk as you age.

### **DIET/EXERCISE**

Reduce risk with regular exercise and a diet that is low in cholesterol, salt and saturated fats.

#### **STRESS**

Tension can damage your arteries, putting you at greater risk. Stay calm to live long.

### **SMOKING**

Nicotine constricts blood vessels. If you smoke, your chances of having a heart attack double.

47 PERCENT OF ADULTS HAVE HIGH BLOOD PRESSURE, HIGH CHOLESTEROL OR THEY SMOKE. ALL THESE LEAD TO HEART TROUBLE.



ACCORDING TO THE AMERICAN HEART ASSOCIATION, ABOUT 750,000 PEOPLE IN THE U.S. SUFFER HEART ATTACKS EACH YEAR. OF THESE, 550,000 ARE A FIRST HEART ATTACK AND 200,000 HAPPEN IN PEOPLE WHO HAVE ALREADY HAD A HEART ATTACK.

Sources: American Heart Association, The Centers for Disease Control and Prevention, The National Heart, Lung and Blood Institute and www.health.com

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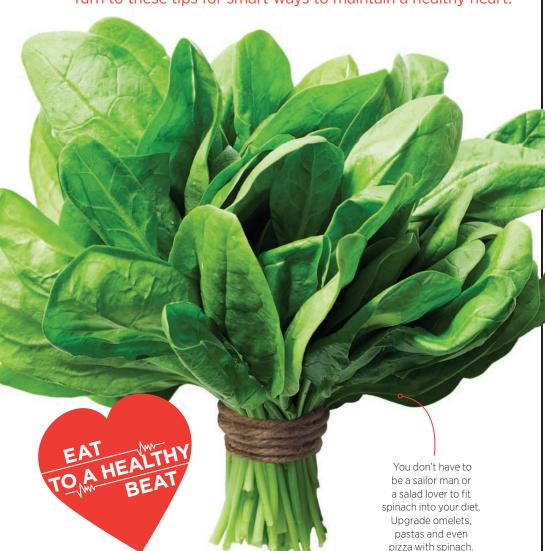


### DEATHS IN THE UNITED STATES IS CAUSED BY HEART DISEASE, ACCORDING TO THE AMERICAN HEART ASSOCIATION.

### **†††††**†

### Take a pulse on your heart health.

Turn to these tips for smart ways to maintain a healthy heart.



Seek out these heart-healthy foods, filled with a variety of vitamins and minerals that are known to regulate heart rate, lower cholesterol and blood sugar and decrease plaque buildup, among many other lifesaving benefits.

•BLUEBERRIES

- •LEGUMES
- •SWEET POTATOES
- •FLAX SEED
- •OATS
- AVOCADOS
- •DARK CHOCOLATE
- •SALMON

ADD FISH TO YOUR DIET TWO TIMES A WEEK. IT'S EVEN BETTER FOR YOUR HEART THAN AN APPLE A DAY!

It has high levels of

folate, potassium

and magnesium for a

healthy heart.

AMERICAN HEART ASSOCIATION'S

### SEVEN

- 1. Get Active. Aim for at least 2½ hours of moderate physical activity each week. Better yet, get at least 75 minutes of vigorous exercise throughout the week or a combination of both.
- 2. Control Cholesterol. Cholesterol is a waxy substance in the bloodstream and in the cells of our body. High levels of bad cholesterol (LDL) can clog your arteries, increasing your risk of heart attack and stroke. Regular physical activity, limiting saturated fat by reducing the intake of red meats and choosing low-fat dairy, and including healthier fats such as certain vegetable oils can help lower LDL cholesterol levels.
- 3. Eat Better. Follow a dietary pattern that includes fruits, vegetables, whole grains and other healthy choices. Look for foods stamped with the American Heart Association's Heart-Check.
- **4. Manage Blood Pressure.** About 33 percent of American adults have high blood pressure, yet about 14 percent of adults 60 years and older don't even know they have it. Keep your blood pressure in a healthy range by eating a heart-healthy diet, maintaining a healthy weight and limiting salt and alcohol.
- 5. Lose Weight. Excessive weight and obesity are risk factors for cardiovascular disease. For overweight or obese adults with other cardiovascular risk factors, weight loss of 3 to 5 percent of body weight can produce clinically meaningful results.
- 6. Reduce Blood Sugar. Heart disease death rates among adults with diabetes are 2 to 4 times higher than adults without diabetes. Prevent or delay the onset of diabetes by eating right, controlling your weight, exercising and taking medication prescribed by your doctor.
- **7. Stop Smoking.** Quit smoking and you'll lower your risk of developing heart disease and stroke within only a few years.

Information taken from the American Heart Association, "Life's Simple 7" at www.heart.org

50 **IIUVOO**. BALANCE | Premier 2017









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Planters NUTrition or Sustaining Energy Nuts: select varieties 7.5 to 10.25 oz. \$5.99





Cracker Barrel Macaroni & Cheese: select varieties 11.9 or 14 oz. \$2.99



Classico Riserva Pasta Sauce: select varieties 24 oz. \$4.99



Kraft Macaroni & Cheese Made with Organic Pasta: select varieties 5.5 or 6 oz. 4/\$5.00



**(** 

Breakstone's Cottage Doubles: select varieties 3.9 oz. \$0.88



Jell-O Pudding, Gelatin, Mousse or Temptations: select varieties 4 ct. 2/\$4.00



Gevalia or McCafé Coffee: select varieties 10 or 12 oz., 6 or 12 ct. K-Cup \$6.49



Oscar Mayer Meats: select varieties 8 oz. 2/\$5.00



### Healthy kids are happy kids.

SIGN YOURS UP TODAY FOR ONE (OR BOTH!) OF THE KID-FOCUSED PROGRAMS AVAILABLE THROUGH HY-VEE. VISIT YOUR LOCAL STORE FOR HANDS-ON LEARNING WITH A HY-VEE DIETITIAN OR GO ONLINE TO START TRAINING AT HOME.

Create a space outdoors with fun activities to keep them entertained.

Be clear about how much time your children can spend with electronics by establishing time limits.

Lend a helping hand and encourage them to give back to others in the community.

**6** Coordinate hangouts for them and their friends.

### FIVE:

**WALK WITH** THEM OUTDOORS SO THEY CAN **EXPERIENCE** THE NATURAL BEAUTY ALL AROUND US.

7. Sign them up for sports to make new friends and learn teamwork.



ADOPT A FURRY FRIEND TO KEEP THEM ON THE GO, WHILE TEACHING THEM OWNERSHIP AND RESPONSIBILITY.

EMPTY CALORIES FROM ADDED SUGARS AND SOLID FATS MAKE UP 40 PERCENT OF THE TOTAL CALORIES CONSUMED BY 2- TO 18-YEAR-OLDS.

## LEARN

THROUGH THE HY-VEE **BEGIN 4 KIDS PROGRAM,** KIDS CAN LEARN MORE ABOUT FOOD AND FITNESS.

This four-week interactive program is designed especially for children and teens, ages 3 to 18. Classes are grouped by age, and participants are taught how to take control of their weight and wellness. To find out more, ask the dietitian at your local Hy-Vee.

> KIDS LEARN ABOUT **EATING FOR GOOD** HEALTH. EACH **SESSION IS LED** BY A HY-VEE **REGISTERED** DIETITIAN.



JUST PUSH PLAY. hy-veekidsfit.com

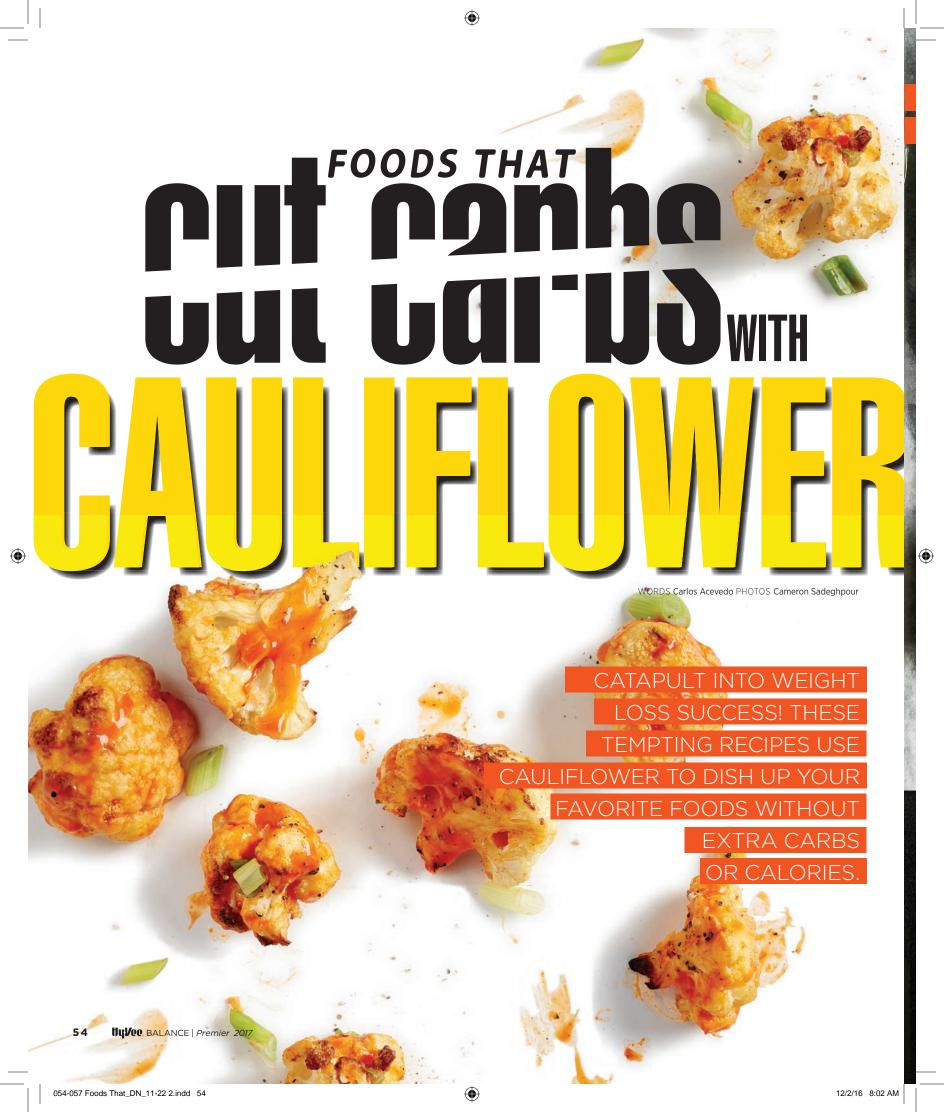
A free online program, Hy-Vee KidsFit is designed to help kids and their families adopt a lifestyle that prioritizes nutrition and exercise. The program offers free tips and fun workout videos to help families find success right in their own living rooms. Start the year strong by signing up, and let Hy-Vee help your children learn to have fun while getting fit!

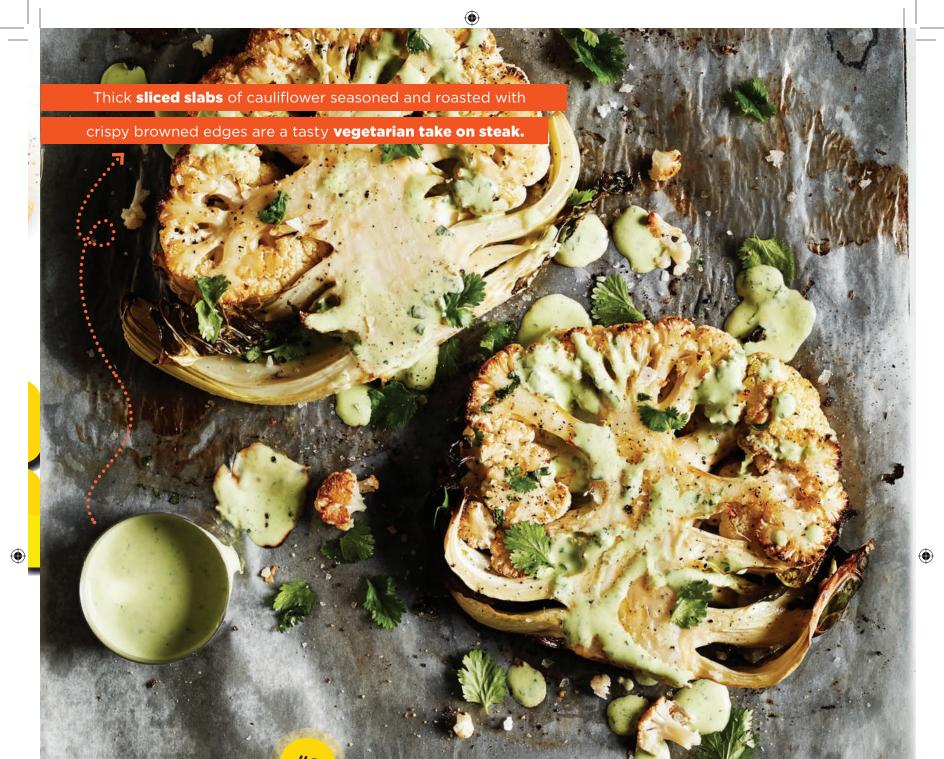
LOGIN @ www.hy-veekidsfit.com

Sources: Journal of the American Dietetic Association, above; National Association for Sport and Physical Education, opposite.



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### **CAULIFLOWER STEAKS**

Total Time 45 minutes Serves 4

1 recipe Cilantro Yogurt Sauce, right
Olive oil nonstick cooking spray
1 large head or 2 medium heads of cauliflower, cut into ¾-in. steaks\*

Hy-Vee Select olive oil, as needed
Hy-Vee kosher salt and Hy-Vee ground black pepper,
to taste

**1. PREPARE** Cilantro Yogurt Sauce. Cover and refrigerate at least 20 minutes.

- **2. PREHEAT** oven to 375°F. Spray a baking sheet with olive oil nonstick cooking spray; set aside.
- **3. COAT** cauliflower with olive oil. Arrange steaks on prepared baking sheet. Bake for 30 minutes or until fork tender and golden brown, turning once. Season to taste.
- **4. SERVE** steaks with Cilantro Yogurt Sauce.

CILANTRO YOGURT SAUCE: Combine ¾ cup Hy-Vee Greek nonfat plain yogurt, ½ cup chopped cilantro, 3 Tbsp. lemon juice, 1 tsp. finely chopped garlic and pinch of Hy-Vee red pepper flakes in a blender. Cover and blend until smooth. Season to taste with Hy-Vee salt. \*Note: Allow 1 large head or 2 medium heads for 4 (¾-in.) cauliflower steaks. Reserve remaining cauliflower for another use.

Per serving: 110 calories, 1 g fat, 0 g saturated fat, 0 g trans fat, 5 mg cholesterol, 110 mg sodium, 18 g carbohydrates, 6 g fiber, 8 g sugar, 11 g protein

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### GAULIFLOWER GRUST PIZZA

**Total Time** 32 to 35 minutes **Serves** 4

1 medium head cauliflower, cored and cut into florets (about 6 cups)

2 Hy-Vee large eggs, lightly beaten

3/4 cup Hy-Vee shredded pizza cheese blend, divided

1/4 cup Hy-Vee shredded Parmesan cheese

¼ cup Hy-Vee Italian seasoned bread crumbs

1/4 tsp. Hy-Vee salt

3/4 cup organic pizza sauce

1/3 cup desired chopped or sliced fresh vegetables, such as cherry tomatoes, red onions, sweet peppers and/or zucchini

**Snipped fresh basil** 

- **1. PREHEAT** oven to 425°F. Line a baking sheet with parchment paper; set aside.
- 2. PLACE cauliflower in a food processor. Cover and pulse four to six times or until finely ground. Transfer to a microwave-safe bowl; cover with vented plastic wrap. Microwave on high for 5 minutes or until cauliflower is softened, stirring once; cool. Transfer cauliflower to a clean dish towel and squeeze, removing as much water as possible.
- 3. STIR together cooked and drained cauliflower, eggs, ¼ cup pizza cheese blend, Parmesan cheese, bread crumbs and salt in a medium bowl. Pat cauliflower mixture into a 9×13-in. rectangle on prepared baking sheet. Bake for 12 to 15 minutes or until crisp and starting to brown.
- 4. SPOON pizza sauce over baked crust, spreading evenly. Top with remaining ½ cup cheese and vegetables. Bake about 5 minutes more or until cheese melts. Sprinkle pizza with snipped fresh basil and cut into squares. Serve immediately.

Per serving: 230 calories, 10 g fat, 5 g saturated fat, 0 g trans fat, 115 mg cholesterol, 730 mg sodium, 19 g carbohydrates, 5 g fiber, 6 g sugar 15 g protein

56 Hu/00 BALANCE | Premier 2017



finely ground cauliflower to cut carbs and boost fiber.



### **BUFFALO CAULIFLOWER "WINGS"**

**Total Time** 30 minutes **Serves** 8

Hy-Vee nonstick cooking spray 1 cup Hy-Vee all-purpose flour

½ cup Hy-Vee low-fat plain yogurt

11/4 cups water

1 tsp. Hy-Vee seasoned salt

1 medium head cauliflower, cut into florets and rinsed (about 4 cups)

½ cup Frank's RedHot Wings Sauce Hy-Vee ranch dressing, optional

**1. PREHEAT** oven to 425°F. Place a cooling rack on a baking sheet and grease with nonstick cooking spray.

2. COMBINE flour, yogurt, water and seasoned salt in a large resealable plastic bag. Add cauliflower florets. Seal bag and turn to coat. Place florets in a single layer on rack on baking sheet. **3. BAKE** for 25 minutes or until golden brown.

**4. COMBINE** florets with Wings Sauce in a medium bowl until well coated. If desired, serve with ranch dressing.

Per serving: 90 calories, 0.5 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 680 mg sodium, 18 g carbohydrates, 2 g fiber, 3 g sugar, 4 g protein









**DEBUNKING** 

WHEN IT COMES TO BUTTER SUBSTITUTES, MANY PRODUCTS GET A BAD RAP. WE CHECKED THE FACTS ON THESE PLANT-BASED OILS AND ARE READY TO START SPREADING THE LOVE (AND FLAVOR!).

GOOD FAT

Monounsaturated and polyunsaturated fats are part of a well-balanced diet. They provide energy and essential fatty acids, omega-3 ALA and omega-6 LA. and even support healthy levels of cholesterol. According to the 2015-2020 Dietary Guidelines for Americans, when these fats replace saturated fat, they can help reduce the risk of

Not all spreads are created equal: some offer a vegan alternative to butter. While butter is made from milk or cream, certain spreads use only a blend of oils. Check the ingredients on your spread to see if your product applies.

Voilà: vegan!

Plant-based spreads are made with farm-grown oils including soybean, canola and olive oils. water and salt. Many of these products contain zero partially hydrogenated oils and no trans fat per serving.

SIMPLY DONE

In partnership with





**A DELICIOUSLY CREAMY AND EASY-TO-SPREAD TEXTURE AND BUTTERY** TASTE MAKE SPREADS A REFRIGERATOR STAPLE, FROM **TOAST TO** TREATS, YOU'LL EMPTY **YOUR TUB** IN NO TIME AT ALL.

USBTHBSB PRODUCTS FOR:



- 1. BAKING
- 2. TOPPING
- **3. SPREADING**
- 4. SAUTÉING
- 5. FROSTING
- 6. ROASTING
- **AND MORE!**

For a variety of spreads, shop the aisles of your local Hy-Vee or ask vour Hv-Vee dietitian for the best options for vour diet!

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heart disease.









### **BE YOUR BEST**

STAY ACTIVE | LIVE HEALTHY









Use as directed

© 2017 Bayer

One A Day Multivitamins or VitaCraves Gummies: select varieties 65 to 100 ct. \$9.98 Alka-Seltzer Plus: select varieties 20 ct. \$5.99 Miralax 14-Day Dose: 8.3 oz. \$9.49 SAVE

Alka-Seltzer Tablets or Chewables: select varieties 32 or 36 ct. \$4.99 Aleve: Caplets or Tablets 100 ct. \$8.99 Bayer Aspirin: select varieties 100 or 120 ct. \$5.99

On the products that can help as you achieve your 2017 goals.





### PROVEN LOSE WEIGHT & KEEP IT OFF





SlimFast Snacks: select varieties 4.05 or 4.93 oz. \$3.99 SlimFast Advanced 20g Protein: select varieties 4 pack \$5.99 SlimFast 10g Protein: select varieties 4 pack \$4.99 SlimFast Powder: select varieties 12.83 or 13.96 oz. \$5.99

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† Results not typical. Individual results vary. Hazely was remunerated and used The SlimFast® Plan for 26 weeks. Read label prior to use.



EAS AdvantEDGE or Whey Powders: select varieties 1.7 or 2 lb. \$19.99

EAS AdvantEDGE Protein Shakes: select varieties 4 pack 2/\$11.00

016 Abbott Laboratories \*AdvantEDGE contains 15g of pure milk protein to nourish muscles
978/October 2016 LITHO IN USA manage hunger and has vitamins C. E. and selenjum for immune s









Take a break and turn off the phone. Social media, work and the instant availability of the Internet all combine to create constant stimulation. This causes too much cortisol, "the stress hormone," to be secreted.

## ON EDGE

**MODERN STRESS** 

Anyone with a smartphone can relate to the panic felt when a phone's battery is running out. Just like our electronic devices, our bodies need time to recharge. Exhaustion, overstimulation and the inability to recover all contribute to higher levels of stress. According to Thomas Lenz, PharmD, Program Director of Healthy Lifestyle Management at Creighton University, the stress component is one of the primary factors affecting our health and leading to many of the most common health issues. He says, "It's a product of our evolution, a product of modernity—we are doing a lot of great things but it isn't good for our health in a lot of ways. Much of our technolog is causing stress as it alleviates other stressors."

SOLUTION:

### TURN OUT THE LIGHTS

Devices such as our phones, computers and televisions give off light referred to as blue wavelength light (also found in fluorescent lights). When we look at our devices late into the evening, this blue wavelength light does not allow us to properly shut down and give our bodies the rest we need.

- Blue wavelength light does not allow melatonin to be secreted at normal levels, so we have a difficult time falling asleep or getting into sleep cycles.
- Inconsistent sleep cycles result in lower quality sleep, fatigue and the secretion of more stress hormones.

"What we are seeing are people who are tired all the time with chronic fatigue, and that causes stress. We always think of stress as being emotional or angry, but the real issue is the bigger. long-lasting stressors that are typically socially and economically

> -Thomas L. Lenz, PharmD, FACLM

related."

### SOLUTION: AVOID **MIDNIGHT** SNACKS

Reduce cravings by getting more sleep. Fatigue and lack of rest cause stress hormones, which then lead to high blood pressure and an inability to control glucose levels. This physiological response is the reason individuals crave snacks at night, especially sweet and salty foods.

Cut out refined sugars. When you eat refined sugars it actually causes a stress response: a secretion of cortisol. This turns into a feedback loop in which you are stressed so you eat, and the refined sugars in the foods you eat cause more stress.

WHILE A LOWER PERCENTAGE OF PEOPLE LOSE THEIR APPETITE WHEN STRESSED, THIS IS STILL A DANGEROUS RESPONSE THAT CAN LEAD TO FURTHER FATIGUE AND OTHER HEALTH ISSUES.

### SOLUTION: WORK IT OUT BY WORKING OUT

Studies at the University of Toronto have shown regular exercise can boost the effects of melatonin, a natural sleep hormone produced by a small gland in the brain. Melatonin works like an internal clock, controlling sleep cycles and quality of sleep. It plays a major role in making you feel well rested. Exercise can also reduce levels of cortisol and adrenaline, the body's stress hormones.

Sources: Harvard Mental Health Letter.

Program Director, Healthy Lifestyle Management

"Simply go

to bed."

-Thomas L. Lenz, PharmD

University of California, Berkeley



### WHY LEAVE ALL SUMMER?



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Body Armor: select varieties 16 fl. oz. 4/\$5.00

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Vita Coco: select varieties .5 liter 5/\$10.00





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HY-VEE PHARMACY

WHAT'S A GENERIC?

When a new drug goes on the market,

the only company allowed to sell it is

the one that developed it. Seven to

12 years later, patent protection lifts

make and sell the drug as a generic.

and any pharmaceutical company can

YOUR QUESTIONS ANSWERED

### BRAND NAME VS. GENERIC

WHY PAY MORE FOR MEDICINE THAN YOU HAVE TO? LEARN WHY GENERICS ARE LOGICAL ALTERNATIVES FOR PRESCRIPTION AND OVER-THE-COUNTER DRUGS.

### 10 THINGS TO KNOW

### **COST EFFECTIVENESS**

On average, the cost of a generic drug is 80 to 85 percent lower than the brand-name alternative.

### COST DOESN'T DETERMINE QUALITY

Drug manufacturers spend about \$2.6 billion to develop, test and market a new drug. Generic companies don't have these costs, allowing them to sell the same drug for much less.

### **HOLDING STEADY**

Since 2010, brand-name drug costs have risen by 25 percent to an average of \$44 per prescription. Generic drugs, however, continue to average about \$8.

### SAME FUNCTION

Per the FDA, generic drugs must have the same active ingredients, strength, dosage and form of administration (pill, spray, liquid, etc.) as their brand-name counterpart.

### **DIFFERENT LOOK**

Due to trademark laws, a generic cannot look exactly like the brand-name version. Different inactive ingredients, such as dyes, fillers and preservatives, account for differences in color and shape.

### LOW MARGIN OF DIFFERENCE

The average variation in the rate and extent of absorption between generics and brandname drugs is 3.5 percent, no more than what might occur between batches of the same brand-name drug.

### NAME GAME

Many generic and brand-name drugs are manufactured in the same plant. Some brand-name companies even make generic versions of their own drug and sell it under a generic name.

### TRUST THE EXPERTS

A study conducted in 2013 revealed that pharmacists and doctors choose generics 90 percent of the time.

### **HEALTH INSURANCE**

Some health insurance providers require the use of a generic drug if available.

### A FEW EXCEPTIONS

Narrow therapeutic index (NTI) drugs, such as medications for seizures, heart conditions and COPD, require exact blood concentrations for maximum effectiveness, and a slight variance can be toxic. Consult your doctor before switching to a generic.

Sources: United States Food and Drug Administration, Tufts University Center for the Study of Drug Development, QuintilesIMS Health and www.medicaldaily.com

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The Hy-Vee Pharmacy offers hundreds of generic prescriptions at \$4 for a 30-day supply and \$10 for a 90-day supply. Check out *hy-vee.com* for a complete listing, or consult your local pharmacist for questions regarding generic drugs.

OF PRESCRIPTIONS

FILLED IN THE U.S.

**ARE FOR GENERIC** 

DRUGS.



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Bar S Deli Shaved Meats: select varieties 8 or 9 oz. 2/\$4.00



Buddig Premium Deli Meats: select varieties 16 oz. \$3.99





Frigo Cheese: select varieties 8 to 12 oz. \$2.99



Weight Watchers String Cheese: select varieties 9 or 10 oz. \$3.99



Sargento Natural Cheese Sticks: select varieties 9 to 12 oz. \$3.99



Purnell's "Old Folks" Patties or Sausage Biscuits: select varieties 30 to 38 oz. \$6.99





Morey's Marinated Fish: select varieties 10 oz. \$5.99



505 Southwestern Hatch Chili Salsa or Queso: 12 to 16 oz. \$3.49



Cascadian Farm Vegetables or Potatoes: select varieties 10 or 16 oz. 2/\$5.00



Jennie-O Fresh Ground Turkey: select varieties 16 oz. \$3.99



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al fresco Chicken Sausage: select varieties 12 oz. \$4.69



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belVita: select varieties 8.8 oz. 2/\$5.00



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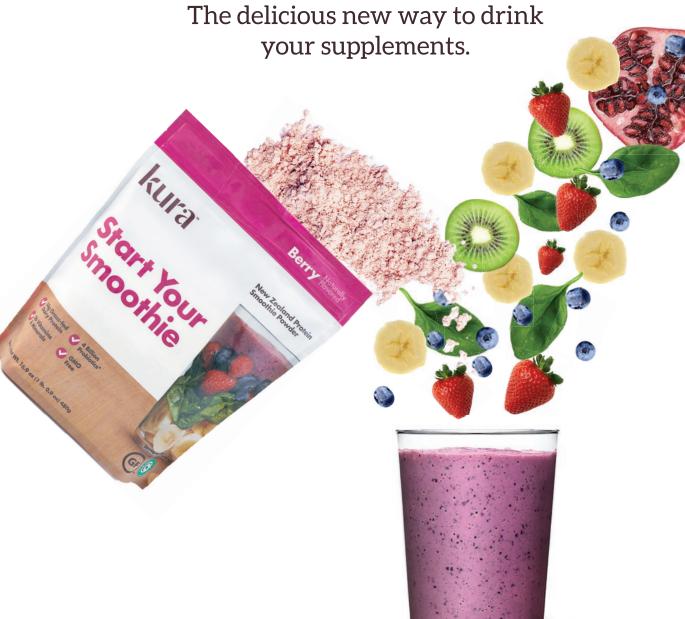


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### recipe index

### JANUARY 2017

#### SMOOTH TALKER

Raspberry-Beet p. 07 Mango-Carrot p. 07 Strawberry-Banana p. 07 Blueberry-Ginger p. 07 Peach-Orange-Pineapple p. 07 Go Green p. 07

#### **MEAL MAKEOVER**

Bacon-Double Turkey Cheeseburger p. 10

#### **NUTRIENT POWER**

Citrus Cream Waffles p. 16

#### RISE & DINE

Southwestern Breakfast Burrito p. 29 Turkey Bacon Egg Sandwich p. 30 Loaded Sweet Potato Toasts p. 31

### **FAIR AND SQUARE**

Tuna Steaks with Grilled Veggies p. 45

#### **CUT CARBS WITH CAULIFLOWER**

Cauliflower Steaks *p. 55* Cauliflower Crust Pizza *p. 56* Buffalo Cauliflower "Wings" *p. 57* 

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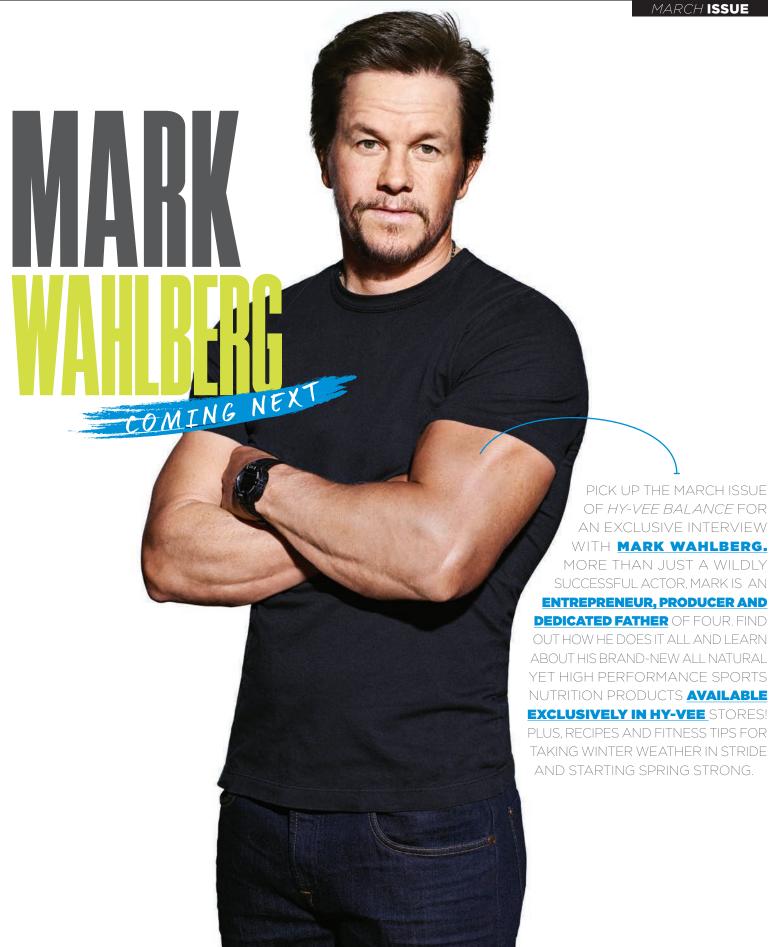
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