



Englewood Hy-Vee Health & Wellness Newsletter June 2016



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Please email ahartley@hy-vee.com to receive newsletter via email monthly!

Upcoming Events:

HealthMarket Sack Sale: Saturday and Sunday, June 4 and 5

Don't miss our monthly sack sale in the HealthMarket! Save 10% on your entire HealthMarket purchase. Stock up on your favorite organic, natural and allergy-friendly foods.

Wellness Wednesdays! Each Wednesday; all day

Earn Fuel Saver points by shopping in your Hy-Vee HealthMarket! For every \$10 you spend in the HealthMarket, earn 10¢ on your Fuel Saver + Perks card, up to 50¢.

Diabetes Shopping Tour: Wednesday, June 8; 5:30 p.m. to 6:30 p.m.

Are you feeling stuck on which foods to eat to manage your diabetes or pre-diabetes? Dietitian Adrienne will take you through the store to highlight the best foods to eat if you have diabetes. She can answer basic questions about meal planning. Please register at Customer Service or on our website. We will meet at the dietitian office (located near the pharmacy). Cost: Free.

When you attend a tour, you can receive a coupon to save 5% on your grocery purchase. Coupon is good the day of the tour only.

DISH (Dinner is Solved at Hy-Vee): Wednesday, June 22; 5:30 p.m. to 7 p.m.

Are you looking to save time in the kitchen? You will leave with five "dietitian-approved" meals ready to freeze until you need them. Dietitian Adrienne will have all the ingredients shopped for you; all you do is come to class and assemble your recipes. We will be making *Easy Cheesy Mexican Chicken, Italian Stir-Fry with Turkey Sausage, Asian Vegetable Beef Noodle Bowl, Aloha Pork Chops* and *Three-Cheese Manicotti*.



Registration at least 48 hours in advance is required; please sign up at Customer Service or on our website. We will meet in our **upstairs conference room** – **please gather by Starbucks first**. Cost: \$70, and you will receive **25¢** on your Fuel Saver + Perks card! You will pay the night of the class. Each recipe makes 4 to 6 servings.

Special Event–

Healthy Cooking Demo: Foods for Your Bones: Thursday, June 16; 1:00 p.m. to 2:00 p.m.

Dietitian Adrienne partners each month with our neighboring *Humana Guidance Center* to teach cooking demonstrations and nutrition lectures. They are free and open to the public. Please direct questions to the Humana Guidance Center, located at 215 NE Englewood Road, Kansas City, MO.

Dietitian's Corner is BACK!

Find Dietitian Lunch Boxes, Dietitian Snack Packs, Energy Bites,
healthy drinks and MORE!

Located by our new express checkout lanes.

Pick of the Month: Whey Protein Powder



dietitian's pick
WHEY POWDER



5 Reasons to Choose:

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

Almond Butter and Banana Protein Smoothie

Serves 1 (1 3/4 cups each).

All you need:

- 1 small frozen banana
- 1 cup Hy-Vee unsweetened almond milk
- 2 tbsp almond butter
- 2 tbsp unflavored protein powder
- 1 tbsp sweetener of your choice, optional
- 1/2 tsp ground cinnamon
- 4 to 6 ice cubes

All you do:

Combine banana, almond milk, almond butter, protein powder, sweetener, cinnamon and ice cubes in a blender and blend until smooth.

Nutrition Facts per serving: 402 calories, 22g fat, 2g saturated fat, 0mg cholesterol, 376mg sodium, 37g carbohydrates, 9g fiber, 14g sugars, 19g protein. Daily values: 15% vitamin C, 41% calcium, 56% iron.

Source: adapted from EatingWell, Inc.

Looking for something to do this summer?

Take the 5-Week **Hy-Vee KidsFit** Challenge!



Hy-Vee KidsFit is an online exercise program designed for kids and families. No gym or equipment needed! The website features fun workout videos, easy recipes and health lessons.

Sign up for the 5-Week Challenge to provide your family with a daily challenge and structure to take a step toward a healthy you!

"Like" KidsFit on Facebook – Hy-Vee KidsFit



hy-veekidsfit.com

Protein Powder 101

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

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

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

1. **Whey Concentrate** - Contains the highest percentage of fat, cholesterol and lactose (milk sugar), and the lowest percentage of protein. Ranges between 25% to 80% pure protein. Rich in immune-boosting immunoglobulins.
2. **Whey Isolate** - Lower than whey concentrate in fat, cholesterol and lactose, but higher in protein. 90% to 95% pure protein.
3. **Whey Hydrolysate** - Lowest in fat, cholesterol and lactose, and highest in protein. 95% to 99% pure protein, promoting rapid absorption.

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

1. **Micellar Casein** - Five casein milk proteins enclosed in spherical structures called micelles. It's clumpy and slow to digest. Slower digestion results in constant distribution of amino acids into the blood.
2. **Casein Hydrolysate** - Complex mixture of two to three amino acid chains. Absorption is rapid. No further digestion is required.

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

- **Soy protein** - Soy protein is the only complete plant protein. It is high in isoflavones, a class of phytochemicals, and is sold in either concentrated or isolate form. Soy isolate protein has higher protein content than soy concentrate. It has a slower digestion and absorption rate.
- **Pea, Hemp and Rice Proteins** - Pea, hemp and rice are all incomplete proteins. They should not be used as sole protein sources. Generally, you will find a blend of these plant-based proteins together, which then makes it a complete protein. These proteins are higher in carbohydrate than soy or animal proteins. Hemp proteins are high in fiber. Brown rice protein has only a small amount of protein, but is recommended for those who have intestinal sensitivities or milk or soy allergies.

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

Visit our gas station for better-for-you choices on-the-go!



In partnership with the Clay County Public Health Center and University of Extension, your Englewood Hy-Vee gas station has increased our selection of healthier choices through a program called "Stock Healthy, Shop Healthy."

Kids Sports Nutrition



Baseball, softball, soccer, volleyball, tennis, fun-runs and more are keeping your family busy and moving this summer. Proper nutrition for your child is important to keep him or her active! As a parent and/or coach it is your job to help keep these youngsters hydrated, healthy, growing and strong. Sports nutrition for children is important, especially during those all-day tournaments and long training periods. Children's nutrition needs are different than adults' needs, based on their rapid growth, increasing muscle mass and hormone changes.

A good rule of thumb is: Since your child is growing, he or she should not be losing weight. Try to help them maintain or gain weight if they are involved in a training program. Try to avoid fast food and junk food in attempts to help them gain weight; instead turn to high-calorie items such as nut butters, cottage cheese, full-fat Greek yogurt, avocados, hummus, protein powders and milk to add to your child's meals for a boost in calories. Adding a snack between meals such as a homemade trail mix can also help children meet their calorie needs. Try a healthy dip with crackers, veggies and fruit, Greek yogurt cream cheese on a bagel, or check out hy-vee.com for an avocado smoothie recipe!

Always, always, always keep your child hydrated. Children should be drinking fluid before, during and after activities. What type of fluid is best? Water is the desired hydration source if activity is less than an hour. Sports drinks are an acceptable source of fluid if activity totals more than 60 minutes. Alternating between water and sports drinks is helpful for multiple game days or all-day tournaments. If your child prefers something flavored, try watering down sports drinks; the amount of sugar in these drinks is not necessary for hydration. A great recovery drink for kids and adults is 8 ounces of chocolate milk. Always discourage energy drinks; they are much too high in caffeine for a child's diet.

It is recommended by Physical Activity Guidelines for Americans that children ages 6-17 get at least 60 minutes of exercise per day. Don't hold your kids back; encourage them to play a game of knockout after dinner, make your own obstacle course in the yard or turn to www.hy-veekidsfit.com for a family friendly competition. Let your children know that health and fitness is a family affair and participate in exercise activities as a team!

If you are searching for a great summer activity to get your kids motivated to be active, be sure to get involved with Hy-Vee's Pinky Swear Kids Triathlon on Sunday, July 31, in Kansas City. This non-traditional triathlon is fun and fitness-friendly for youth of all skill levels. The focus of the Hy-Vee Pinky Swear Triathlon is participation and raising money for children with cancer. Our goal is to help kids in the community learn they are never too young to make a difference in another person's life. Register now to participate in Hy-Vee Pinky Swear Kids Triathlon at www.pinkyswear.org/hy-vee.

Cucumber Bites

Serves 1 (6 cucumber bites).

All you need:

- 6 cucumber slices
- 2 tbsp plain hummus
- 2 tbsp Hy-Vee shredded Cheddar cheese
- Squeeze of sriracha hot sauce

All you do:

1. Top each cucumber slice with a little hummus, then sprinkle with cheese. Top each slice with a few dots of sriracha.

Nutrition Facts per serving: 120 calories, 8g fat, 3g saturated fat, 14mg cholesterol, 211mg sodium, 7g carbohydrates, 2g fiber, 1g sugars, 6g protein.

Source: adapted from EatingWell, Inc.

