

Hydrate with Infused Water

The best way to get and stay hydrated is, of course, by drinking water. In our bodies, water helps to digest food, transport nutrients and oxygen to all cells of the body and it helps cushion our joints and organs as well as carry waste products out of our body. Staying hydrated is also important for great heart health, because it is easier for your heart to pump your blood through your body. Water also assists with constipation.



Cherry Limeade

Adapted from:

www.infusedwaterrecipes.com

All you need:

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

All you do:

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

Pineapple Thyme Infused Water

All you need:

- 2 slices of pineapple
- 4 sprigs of fresh thyme, torn

All you do:

1. Infuse in the refrigerator for 24 hours.
2. Enjoy

A healthy and tasty way to stay hydrated is to try infused water.

Though very healthy, sometimes your traditional, plain water just gets boring! Infused water includes adding different fruits, vegetables and/or herbs and spices to your water. Not only do you get the benefits of getting hydrated, but you also gain flavor without all the excess sugars and chemicals that are in alternative beverages such as pop, sweetened teas or flavored coffees. Another benefit you get, besides how pretty the water looks, is the antioxidants and vitamins that are released into the water from the fruits, vegetables or herbs/spices.

There are several combinations to keep you busy. Some fruits may work better than others; for example, berries tend to break down faster. Some ingredients, like mint, may need to be “muddled” to allow for flavors to escape. To muddle, simply mash your ingredients at the bottom of your glass. If you prefer stronger flavors, prepare your water a day ahead and let it sit overnight in the refrigerator. Try some of these favorite pairings: cherries with lime and mint, strawberries with peaches or kiwis, cucumber with lemon and ginger root, lime with orange and rosemary, raspberries with mint and lime. For even more fun, place cut produce in ice cube trays and fill remaining space with water and freeze. Refreshing!

RD Pick of the Month: Alaska Sockeye Salmon

Alaska sockeye salmon has superior texture, unmatched flavor and naturally brilliant red color from the icy cold Alaskan waters and a diet rich in krill.

5 REASONS TO EAT Alaska Sockeye Salmon

1. Its omega-3 fats (DHA and EPA) are the most beneficial fats for the heart, brain, eyes and triglycerides
2. Alaska Sockeye salmon has some of the highest amounts of omega-3 fats, compared to other fish.
3. It is an excellent source of protein.
4. It is considered a very good source of Vitamin B12 and B6, niacin, selenium and thiamin.
5. Provides essential nutrients that may help control high cholesterol and high blood pressure.

Smoky Maple-Mustard Salmon

Makes 4 servings | source: adapted from Eating Well, Inc.

All you need:

- 3 T. whole grain or Dijon mustard
- 1 T. pure maple syrup
- ¼ tsp smoked paprika or ground chipotle pepper
- ¼ tsp fresh ground pepper
- 4 (4-ounce) skinless center-cut wild-caught Alaskan sockeye salmon

All you do:

1. Preheat oven to 450 degrees F. Line a baking sheet with foil and coat with cooking spray.
2. Combine mustard, maple syrup, paprika (or chipotle), pepper in a small bowl. Place salmon fillets on the prepared baking sheet. Spread the mustard mixture evenly on the salmon. Roast until just cooked through, 8 to 12 minutes.



What's Happening at Hy-Vee?

Kids' Summer Lovin' Camp - Thursdays, June 5th-July 10th, 1-3 p.m. \$8 per session

Themes include:

- "Grocery Store Scavenger Hunt"
- "Love Your Fruits & Vegetables"
- "All for the Red, White, & Blue!"
- "Let's Go Camping"
- "Pack a Perfect Picnic"
- "I Scream, You Scream, We All Scream for Ice Cream"

Class is reserved for the first 10 paid registrations - come to one or all of them! Children must be registered 24 hours in advance. For ages 5-10 years old.

Back by Popular Demand! **Cooking the Mediterranean Way** – Tuesday, June 10th, 6-8 p.m. \$34.

The Mediterranean lifestyle has long been held as the gold standard in heart-healthy living. In this class, we will discuss the simple changes that we can make to our diet to incorporate the Mediterranean philosophy and create some mouthwatering dishes. Sign-up at Customer Service at least 24 hours in advance to join in the fun!

New to Hy-Vee



Protein 2 O We've all heard how important protein is for maintaining our weight and muscle strength, especially when consumed after a workout or first thing in the morning. Protein water is a great way to work it in without a huge meal!

Chef Kim's Gourmet Salmon Burgers If you are wanting to add salmon to your diet, but not sure how to prepare it, try Chef Kim's Gourmet Salmon burgers made fresh in the Hy-Vee Seafood department daily. Fantastic on the grill or baked, they are quick, easy and delicious!



Say "Yes" to Cheese for National Dairy Month!

June is National Dairy Month, which means it's time to spread awareness about the health benefits of dairy! Milk and yogurt are commonly touted for their health benefits, but did you know that cheese is also an important player in the dairy group?

With more than 300 American varieties to choose from, and the nutrient package it provides -- including calcium for strong bones and high-quality protein for healthy muscles -- cheese fits into almost any eating plan such as the Dietary Approaches to Stop Hypertension (DASH) diet, and diabetic, gluten-free and low-lactose diets.

Cheese can actually help families increase their intake of fruits and vegetables. Produce pairs very well with cheese in recipes such as *Rainbow Fruit and Cheese Kabobs*. Cheese can be enjoyed as part of any meal, and because of its protein content (8 grams per serving), it's a satisfying snack that can curb hunger.

Additionally, cheese can put you on track to meet the recommendation for three daily servings of dairy, as outlined in the 2010 Dietary Guidelines for Americans.

What's a serving of cheese? A serving is 1.5 ounces of natural cheese or two ounces of processed cheese. A visual reminder of a serving of cheese is four cubes - the size of playing dice.

Don't forget to stop by the dairy aisle and pick up a slice, block or wedge of your favorite cheese to serve with your fruits and vegetables.

Shannon Frink, MS, RD, LMNT

sfrink@hy-vee.com

Hy-Vee Dietitian



Rainbow Fruit and Cheese Kabobs

Source: dairymakesense.com

Serves 6

All you need:

- 6 (8-inch or longer) skewers
- 6 ounces Monterey cheese, cut into 18 cubes
- ½ cup strawberry halves
- ½ cup ¾-inch-cubed cantaloupe
- ½ cup ¾-inch-cubed pineapple
- 1 kiwifruit, peeled and cut into 6 pieces
- ¼ cup blueberries
- 6 purple grapes

All you do:

1. To make a rainbow for each "kabob," thread onto a skewer a piece of cheese, a strawberry half, a cantaloupe cube, a pineapple cube, another piece of cheese, a piece of kiwi, 2 blueberries, a grape and another piece of cheese. Repeat pattern with remaining skewers.