



# Grand Ave Wellness Club

## June 2017

MAKING LIVES EASIER, HEALTHIER, HAPPIER.

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## Probiotics

Fifty percent of Americans are estimated to suffer from mild digestive discomfort. Chances are if you are one of them, you have heard about probiotics. Probiotics have been shown to help a number of health conditions, especially in relation to digestive health. Activia yogurt has more than 20 years of research supporting its ability to reduce mild digestive discomfort which includes gas, bloating, rumbling and minor discomfort. Activia's ability to improve digestion makes it the Hy-Vee dietitian Pick of the Month for June.

According to the World Health Foundation, probiotics are living microorganisms that when consumed in sufficient numbers can provide health benefits that go beyond basic nutrition. The word "probiotic" translates to "for life" when taken from its Greek roots.

Basically, probiotics are good-for-you, friendly bacteria.

Probiotics support the balance of bacteria that is vital for immune and digestive health. The human digestive system is naturally inhabited by billions of bacteria that are collectively called the microbiome. Most of the bacteria resides in the lining of the human gut, which contains about three pounds of bacteria.

Adding probiotics to your daily diet twice a day for two weeks is a great way to improve the balance shown to improve minor digestive discomfort. Activia comes in a variety of flavors and varieties to fit additional diet needs. The Activia Greek light yogurt is a great choice; it contains filling protein with very little added sugar.

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# Dietitian Pick of the Month: Activia

Probiotic-rich foods are filling the shelves of Hy-Vee, including natural foods and product supplements! The most common natural probiotic-containing foods are those that have been fermented, including:

- Yogurt, such as Activia
- Kefir (a drinkable yogurt)
- Kombucha (a fermented tea)
- Sauerkraut or Kimchi (fermented cabbage and other vegetables)
- Miso or Tempeh (fermented soybean products)

Choosing probiotic foods versus supplements can help the healthy bacteria surpass your acidic stomach to reach your intestines. And with

foods like Activia yogurt, you are also providing your body with multiple essential nutrients such as calcium, B vitamins and potassium.

With so many yogurts on the market, Activia proves to be a top choice for gut health with its carefully chosen strains of probiotics. Two studies have shown that eating two servings of Activia a day along with a balanced diet for two weeks decreased incidents of abdominal discomfort and rumbling. To help get more servings of Activia in your day, try this yogurt dessert shot recipe below!



## Chocolate Cherry Yogurt Dessert Shot

### All you need:

2 Hy-Vee mini fudge graham crackers, crushed and divided  
 1 (4 oz) container Dannon Activia black cherry yogurt, divided  
 1 (4 oz) container Dannon Activia vanilla yogurt, divided  
 ¼ cup coarsely chopped, pitted cherries, divided



### All you do:

1. Layer ingredients in order, in dessert shot glasses: ¼ cup crushed chocolate graham crackers, 1 oz Activia black cherry yogurt, 1 oz Activia vanilla yogurt, 1/8 cup chopped cherries.
2. Repeat layers. Top with 1/3 of chocolate graham cracker crumbs. Serve immediately. Repeat process to make a second yogurt dessert shot. Refrigerate if not consuming immediately.

# Grand Avenue June Events



## → Kids Cook!

**Date:** Saturday, June 3  
at 10:00 a.m.

**Location:** Market Grille

**Cost:** \$10 per child

Join dietitian Lorraine for a fun-filled class making treats and crafts for dad! Kids can take home what they make as a gift for dad or complete the class with dad. Suggested age range is 6 to 12 years. Contact Lorraine at [llorenz@hy-vee.com](mailto:llorenz@hy-vee.com) or 515-223-8151 to register.

## → Taste Experiences

**Dates:**

Friday, June 2 at 3:00 p.m.

Friday, June 16 at 3:00 p.m.

**Location:** in the aisles

**Cost:** FREE

Join dietitian Lorraine to discover new products, great recipes and learn about nutrition tips that will help you be the healthiest version of you! Healthy eating should taste great!

## → Grilling Simple Fix

**Date:**

Tuesday, June 27

at 6:00 p.m.

**Location:** Market Grille

**Cost:** \$110 (cost of groceries)

+ \$10 registration fee

In less than 2 hours, take home 8 freezer meals for your family! We do all the shopping, chopping and cleaning up for you. All you do is assemble your recipe and take home your freezer meals to use at your convenience.

**Menu:**

1. Baked Penne Pasta
2. Brown Sugar Glazed Pork Tenderloin
3. Cheddar Breakfast Bake
4. Ginger Peach Chicken
5. Makeover Beef Stroganoff
6. Maple-Mustard Glazed Chicken
7. Orange Chicken
8. Roasted Lemon-Garlic Chicken with Vegetables

**Additional Options:** Organic and free-range meat for an additional \$60. Can't make it to the class? Have your meals prepared and pick them up the next day for an additional \$30.

### REGISTER ONLINE!

Visit <https://www.hy-vee.com/stores/calendar/calendar.aspx?s=180&m=5&y=2017> to register for any of our events online or contact Lorraine!

LORRAINE LORENZ, MS RD LD  
515-223-8151 or [llorenz@hy-vee.com](mailto:llorenz@hy-vee.com)



# Fuel Saver Sale!



Earn 15 cents Fuel Saver when you sign up and pay for any **Simple Fix** with the dietitian this month! Only available at your Grand Avenue Hy-Vee. Cost: Varies. Contact Lorraine for more information.

Grand Ave  
Wellness Club

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Courtesy of your Grand Avenue Hy-Vee Dietitian:

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