

Take Control Of Your Family's Health



Greek Yogurts
High in protein!

Walden Farms Dressings
Sugar-free, fat-free, no carb,
gluten-free. 15 tasty varieties.



High Protein Snack Bars – Satisfies hunger longer.



Kashi Go Lean Cereals
Naturally sweetened, high protein and fiber.



Large selection of gluten free foods and mixes.

Now is the time to make a fresh start and begin improving the health and well-being of yourself and your family.

You are what you eat.

Our goal is to help you look, feel and function your best by following these healthy eating guidelines:

- Reduce portion sizes
- Eat more fruits and vegetables
- Add more lean protein to your diet
- Increase fiber intake with whole grains, or flaxseed and chia seed
- Reduce sugar and fat intake
- Get physical! Increase movement and exercise
- Drink more water and less high calorie sweetened beverages

Personal Nutrition Counseling

Individual nutrition counseling when you need a special diet or your physician recommended you make diet changes.



Rachel Pinos,
RD, LN
Hy-Vee Dietitian

- Weight Loss • Heart Disease • Diabetes
- Gluten-free and other food intolerance's
- Other nutrition concerns

Our staff is here to help answer your questions and concerns about food products, nutrition & health

recipes • weekly menus • coupons • online shopping
www.hy-vee.com



Charity Schantz
Hy-Vee Health
Market Manager



HyVee
HealthMarket

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