



# simply healthy

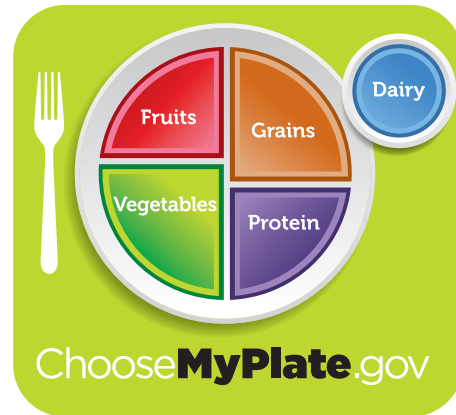
from your Hannaford Dietitian

## Let's Eat for the Health of It!

Making healthy choices can be easy. Just follow these simple steps. Start with a balanced plate. Check out the USDA's new guide to helping Americans eat right.

### The USDA's plate reminds us to:

1. Balance calories.
2. Enjoy your food, but eat less!
3. Avoid large portion sizes.
4. Make half your plate fruits and veggies!
5. Switch to fat-free or low-fat dairy products.
6. Make half your grains whole grains.
7. Cut back on foods high in saturated fats, trans-fats, and foods loaded with sugar and salt. Use these as treats.
8. Reduce your sodium by comparing nutrition labels on the foods you buy.



### Other simple ideas for healthy eating:

1. Start slowly and make changes over time. Changing everything all at once rarely works. Instead, take small steps, like adding a salad once a day or switching from butter to olive oil when cooking. As your small changes become habit, you can continue to add healthy choices to your diet.
2. Take time to chew your food slowly, savoring every bite. Taste your food and feel the textures of what is in your mouth.
3. Eat with others when possible. Meals with family and friends have numerous social and emotional benefits-especially for young kids. Eating alone in front of the computer or TV can often lead to mindless overeating.
4. Eat a healthy breakfast. It jump-starts your metabolism, helps to keep your energy up, and sets the pace for a healthy day.
5. Make sure you're getting real whole grains. Look for the words "whole grain" or "100% whole wheat" at the beginning of the ingredient list or look for the whole-grain stamp.
6. Plan out your meals each week. Pick a few healthy meals that you and your family like and build a meal schedule around them. By doing so, you can buy everything you need all at once rather than going to the store several times a week, saving you time, energy and money.



**Interested in learning more?** Our registered dietitians hold classes, have on-the-sales-floor nutrition demonstrations and do healthy store tours. They can give you the information you need to make the healthy life style changes you want. For free nutritional advice, you can also email a private message to our staff registered dietitian at [hannaford.com/dietitian](http://hannaford.com/dietitian)