



## Heart-Healthy Weight Loss

When you eat more nutrient-rich foods, you are more likely to improve your heart health too. By increasing the amount of delicious, fresh, nutrient-rich foods, you will be less likely to want refined sugars and unhealthy fats.

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### Breakfast

Studies show protein at breakfast helps with weight loss.

- Egg whites or one egg and whites for added protein
- Spinach for an easy way to add an extra serving or two of vegetables
- Kashi whole-grain cereal
- Whole-grain bread topped with a healthy spread such as Promise or I Can't Believe It's Not Butter
- Dannon fat-free or low-fat yogurt
- Chiquita baby banana and/or juice to make a smoothie
- Oatmeal for a creamy texture

### Lunch/Dinner

- Fresh Express salad with grilled protein, grilled vegetables
- Baked sweet potato with low-fat Cabot cheese or reduced-fat Cabot sour cream or low-fat Dannon yogurt
- Vegetable-based soup and salad

### Snack Ideas

- Fresh fruit
- Yogurt
- Vegetables
- Whole grains
- Nuts
- Motts® Applesauce
- Dole pineapple slices or mandarin orange slices packed in own juice



### Interested in developing an eating plan that is right for you?

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.

You can also email a private message to Kris Lindsey, our staff Registered Dietitian, for free nutrition advice at [hannaford.com/asknutritionist](http://hannaford.com/asknutritionist)