



Guiding Stars Guide to Easy DASH Meals

Reach for the Stars and avoid processed foods!
You can make a healthful, simple meal in 15 minutes.

Remember the look of a healthy plate:

Half the plate should be filled with heart-healthy fruits, vegetables, and whole grains. Only 3 ounces (no larger than a deck of cards) of lean meat or meat substitute.

Save time by cooking in larger quantities to have leftovers for other meals. With Fresh Express prepared salads, you can have a delicious meal ready in no time.

Remember the saying:

Eat breakfast like a king, lunch like a prince, and dinner like a pauper. Eating in this style can help you maintain a healthy weight by preventing overeating at dinner and snacking at night.



Breakfast

- Kashi cereal and low-fat milk or Dannon yogurt
- Oats made with low-fat milk or yogurt with Chiquita baby bananas, apples, nuts, or nut butters
- Leftover Kashi pilaf with milk and fruit
- Whole grain bread, bagel, or English muffin with low-fat yogurt or milk and fruit
- Whole-grain rollup with fresh fruit and low-fat Cabot cheese

Lunch/Dinner

- Frozen stir-fry vegetables with chicken, tofu, beans, or fish over leftover whole-grain rice, pasta, or pilaf, milk
- Bean and vegetable soup, low-fat yogurt, whole grain bread
- Fresh Express salad with beans, protein, and fruit, milk or Dannon yogurt, and baked white or sweet potato
- Lean protein or meat substitute, whole-grain rice, Kashi whole-grain pilaf, pasta, or baked white or sweet potato, steamed vegetables, and salad



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