



Detoxify Your Body!

There's no better way to jump-start your body after a long winter than cleansing it internally by removing chemicals and toxins. Many people attest to the multiple benefits of a detox diet, but some of these diets are downright risky, depriving you of vital nutrients and lowering your immune system. Your body is perfectly capable of ridding itself of toxins through the liver, kidneys, lungs and skin through a diet of real, whole foods.

Try the following:

Aim for a diet with fresh, organic vegetables & fruits, whole grains, lean proteins, nuts, plenty of water, and minimally processed foods.

Eliminate taxing foods such as:

- alcohol
- caffeine
- refined foods
- high-fructose corn syrup
- artificial coloring
- artificial sweeteners
- MSG
- trans-fat or any unrecognizable ingredients



Did you know that lemon and other citrus fruits are natural cleansers? Refresh with a slice added to your water glass.

Sample 1-Day Detox Diet Plan

Breakfast: Bowl of Kashi® Good Friends® cereal with sliced strawberries & organic milk and a glass of Tropicana® Pure Premium orange juice

Snack: Dannon® All Natural yogurt with fresh blueberries & ground flaxseed

Lunch: Green salad topped with cucumbers, bell peppers, grape tomatoes & avocado and drizzled with olive oil & lemon juice with a cup of lentil & vegetable soup

Snack: Carrot sticks with hummus

Dinner: Baked or grilled wild salmon fillet with a side of black bean salad and brown rice



Interested in developing an eating plan that's just 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.