



Beat the Winter Doldrums!

Have you experienced this? It's 2 p.m., and you're feeling run-down and sluggish. Did you know your diet could be to blame?

Smart food choices can go a long way in helping you fight fatigue and feel energized throughout the whole day. Try these tips:

- Instead of 3 large meals a day, aim for 6 small meals to sustain your blood sugar levels.
- Incorporate complex carbs, such as whole grains and protein, with every snack or meal. Not only will these boost your energy, but they will stick with you longer.
- Stay hydrated to help your body function properly and smoothly.



Here are great ideas for bringing good health to winter:

1. Read up on what fruits and vegetables are in season locally and learn how to use them.
2. Explore the frozen foods section for foods that aren't in season, such as produce or fish.
3. Find a personally satisfying way of staying active, such as going to the gym, swimming at an indoor pool, snowshoeing, cross-country skiing or sledding with your kids.
4. Create your own comfort food recipes with healthy substitutions. For broccoli cheese soup, use low-fat cheese, such as Cabot® 50% Reduced Fat Cheddar, and trans-fat-free butter spreads, such as Promise®. Experiment to create something with great flavor and less salt and fat.
5. Keep a good supply of cut-up, fresh, crisp root veggies like celery, carrots, and radishes in your refrigerator to use for snacking. Dip in peanut or other nut butter or hummus.
6. Switch from sweetened beverages to herbal or green teas, which have many health benefits coupled with offering warm satisfaction.
7. Make friends with apples. Winter fruits, apples are packed with antioxidants, available in lots of varieties, and truly keep the doctor away. Bake them, sauce them, slice them, or just chomp into one.
8. Winter weight gain can be avoided! A few minutes of fun outdoor activity and good nutrition bring awesome rewards!

courtesy of www.suite101.com



Highly processed, sugary foods give you a quick "sugar rush" but ultimately make you crash, leaving you much more tired - and feeling weighed down.



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.