



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



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You can also email a private message to Kris Lindsey, our staff registered dietitian, for free nutrition advice at hannaford.com/asknutritionist.



Getting enough punch from your potassium?

Check out some of the many reasons why your body needs this important mineral:

- essential for body's growth and helps counterbalance sodium's harmful effects on blood pressure
- needed for normal skeletal and muscle development
- necessary for healthy nervous system and brain function
- maintains water and electrolyte balance

Great sources of potassium include:

- summer squash
- raisins
- tuna
- mushrooms
- beans
- broccoli
- orange juice
- yogurt
- bananas
- leafy greens
- bell peppers



Did you know there's more potassium in a glass of orange juice than in a banana?



8 oz. orange juice = 481 mg of potassium

small banana = 361 mg of potassium



Aim for 4,700 mg of potassium daily



1 cup
swiss chard
= 961 mg
potassium!

A great addition to
minestrone soup!



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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.



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Healthy Snacks for Kids

Healthy snacks should be considered an important part of everyone's daily intake, especially kids'. This list provides snack ideas that can be part of a camp or school lunch.

Fresh fruit - lots of different colors!

Canned/cup fruit - in own juice or in water, such as

Dole pineapple chunks or mandarin orange slices found in the snack aisle

Unsweetened applesauce - Mott's or Hannaford unsweetened original

Raisins and other dried fruits (remember to brush teeth well!)

Trail mix - try making your own with whole-grain cereal, dried fruit, nuts & seeds (if allowed)

Air-popped or Boston's Lite popcorn

Pretzels

SunChips snacks (now available in 100-calorie snack bags, or make your own snack bag!)

Baked chips

Whole-grain mini bagel with low-fat cream cheese

Pudding (made with 1% milk or nonfat milk)

Low-fat yogurt (try the Dannon line of kids' products!)

Low-fat string cheese

Rice cake and thin layer of peanut butter (if allowed) or hummus

Whole-grain Kashi TLC granola bar

Snack ideas found in Nature's Place:

Barbara's fig bars

Kashi TLC chewy granola bars

Kashi TLC granola bars

Fruitabü (rolled fruit)

Soy chips

Organic blue corn chips

Sweet potato chips



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Cabot® Cheese Butternut Squash Soup

Ingredients:

2 pounds butternut squash, peeled and cut into chunks
4 cups homemade chicken stock or prepared chicken broth
1 cup low-fat sour cream
4 ounces Cabot® 50% Reduced Fat Cheddar, grated (about 1 cup)
1 tablespoon butter
1/4 teaspoon ground red pepper (cayenne)
Salt and ground white pepper to taste
1 tablespoon sugar (optional)
Chopped fresh chives for garnish

Directions:

1. In large saucepan, combine squash and stock or broth; bring to boil over high heat. Reduce heat to medium, cover pan and simmer squash for 20 minutes or until very tender.
2. Uncover and let cool. Puree in blender or food processor, in batches if necessary.
3. Return puree to saucepan and place over medium-low heat. Stir in sour cream, cheese, butter and red pepper. Add salt and white pepper to taste. If squash lacks sweetness, add optional sugar.
4. Stir soup just until heated through (do not allow to boil). Serve sprinkled with chives.



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Chicken Chili

Ingredients:

1 1/2 pounds boneless, skinless chicken breasts, cut into bite-size pieces
1 tablespoon olive oil
1 to 2 teaspoons chili powder
1 jar (1 lb. 10 oz.) Ragú® Chunky Pasta Sauce*
1 cup frozen whole-kernel corn, thawed
1 can (16 oz.) black beans
1 tablespoon chopped fresh cilantro or parsley (optional)
Shredded cheese (optional)
Low-fat sour cream (optional)

Directions:

1. Season chicken, if desired, with salt and ground black pepper. In 12-inch nonstick skillet, heat olive oil over medium-high heat and brown chicken with chili powder, stirring occasionally.
2. Stir in pasta sauce, corn and beans. Cook 3 minutes or until chicken is thoroughly cooked and sauce is heated through. Garnish, if desired, with chopped cilantro.
3. Serve with hot rice, corn bread or pasta. If desired, sprinkle shredded cheese over chili and add a dollop of sour cream.

*Also terrific with Ragú® Old World Style® Pasta Sauce.



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