



simply healthy

from your Hannaford Dietitian

Winning Lessons from Weight Losers

Exercise.

Get moving! Aim to burn an average of 400 calories per day in physical activity. That's the equivalent of about 60 to 75 minutes of brisk walking or 35 to 40 minutes of jogging.

Eat fewer calories.

The number of calories that is right for you is based on your weight, height, and activity level.

Spend less time "on-screen."

Time away can be spent moving. If you must spend a lot of time on your computer, consider standing.

Limit fast-food intake.

Fast food is cheap, filling, and satisfying—but it has more calories and harmful saturated and trans fats. For a healthy fast meal, use bagged salad with protein and extra vegetables or a Kashi frozen entrée.

Cut back on sugars and sweets.

Satisfy your sweet tooth with fresh fruits and yogurt. Grab a convenient fat-free or low-fat yogurt cup and a piece of fruit, OR, if you have two extra minutes, whip up a fruit smoothie in the blender.

Feel full with nutrient-rich vegetables and whole grains.

As an alternative, choose foods that have a gentler effect on blood sugar. These include whole grains, such as wheat berries, steel-cut oats, and whole-grain breads and pasta, as well as beans, nuts, fruits, and vegetables.

Keep track.

A food diary can make you more aware of exactly how much you are eating. Include everything, no matter how small or insignificant it seems.



Interested in learning more? 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. For free nutritional advice, you can also email a private message to our staff registered dietitian at hannaford.com/dietitian