



Healthy Living at Hannaford

Top 10 Reasons

Why Consulting with our Registered Dietitians Can Benefit You.

1. You need to gain or lose weight.

Our registered dietitians can suggest additional calorie sources for healthy weight gain or a balanced eating plan for weight loss, while you continue to enjoy most of your favorite foods.

2. You have digestive problems.

While working with your physician, we can help fine-tune your diet to achieve digestive wellness, whether it's increasing your fiber intake or eliminating aggravating foods.

3. You want to eat smarter.

Can help you sort through misinformation, learn how to read food labels at Hannaford, discover that healthy cooking is easy and inexpensive, and learn how to create an eating plan while resisting those temptations.

4. You have food allergies.

Can help you understand which foods are safe to eat and help you find delicious alternatives to those that should be avoided, whether you are allergic or intolerant to peanuts, eggs, shellfish, lactose, gluten, or other any other foods.

5. You want to improve your performance in sports.

Fuel with helpful tips and suggested eating menu to reach maximum performance whether you're running a marathon, playing soccer, skiing, practicing yoga, or jogging.

6. You're pregnant or trying to get pregnant.

Our registered dietitian can help make sure you're getting vital nutrients like folate, especially during the first three months of pregnancy, lowering your newborn's risk for neural tube or spinal cord defects. Help with an eating plan that will benefit you and your baby.

7. You need nutritional guidance for breastfeeding your baby.

Can help make sure you're getting enough iron, vitamin D, and B vitamins for you and your little one.

8. You have diabetes, cardiovascular problems, or high blood pressure.

Can serve as an integral part of your health care team by helping you safely change your eating plan without compromising taste or nutrition.

9. You are caring for an aging parent.

Can help with food or drug interaction, proper hydration, special diets for hypertension and offer suggestions for enhancing flavor for those with changing taste buds or decreased sense of taste.

10. Your teenager has issues with food or eating healthfully.

Can assist with eating disorders or weight issues. They can also suggest quick meals on the go that may suit your teens busy lifestyle.

Stop by during our weekly in-store nutrition demos and speak with one of our registered dietitians! Our dietitians will be happy to quickly answer any questions you may have on a variety of topics or to set up an appointment for a lengthier consultation!



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.

You can also email a private message to our staff registered dietitian, for free nutrition advice at [hannaford.com/asknutritionist](https://www.hannaford.com/asknutritionist).



Healthy Living at Hannaford

Breakfast: A Great Start

More than any other meal, breakfast is an investment in your good health. Eating in the morning helps you stay focused and energized throughout the day. Here are some helpful hints to help you make the most of your morning meal:

- **Eat mindfully**

Sit to eat, even if it's only for five minutes, and try to focus only on what you are eating.

- **Add lean protein**

Protein is digested at a slower rate than carbohydrates, which can help you feel satisfied longer.

- **Fill up with fiber**

Choose whole-grain breads and cereals that provide at least four grams of fiber per serving. Insoluble fiber (from whole grains) is largely indigestible and takes up space in the stomach, helping you feel full. Soluble fiber, also found in grains and in fruit, can help lower cholesterol.

Add fruit

The USDA's ChooseMyPlate.gov Web site recommends filling half your plate with fruit and veggies. Make it easy by adding fruit to your cereal, berries to your yogurt, and veggies to your omelet. Front-load your day with nutrients - Studies show people who eat breakfast have a higher overall intake of vitamins, minerals, nutrients and fiber than those who skip their morning meal. Those components help protect against a variety of diseases, ranging from heart disease to osteoporosis.

Here are some healthy breakfast suggestions:

- Whole-grain cereal - Kashi® makes a variety of tasty whole-grain cereals that are affordable and delicious. Top with berries or sliced bananas and serve with skim milk.
- Hard-boiled eggs - Cook several at once to have on hand and serve with fruit for a low-calorie breakfast.
- Low-fat yogurt - Try Dannon® Oikos® (Greek) yogurt with berries and flaxseed for a delicious, filling meal.
- Hot cereal - Serve it with dried fruit or preserves.
- Whole-wheat toast with a trans-fat-free spread such as Promise® or I Can't Believe It's Not Butter® - Serve with 6 ounces of Tropicana® orange juice.
- Veggie omelet - Make it with mushrooms, spinach, bell peppers and reduced-fat Cabot® Cheddar.
- Banana - Add two tablespoons of nut butter for appetite-satisfying protein.



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Nut-Free Snacks for a Nut-Free School

Can't send your student to school with the standby PB & J sandwich? Here are some ways to cope when nut allergies are in play.

Things to Know

Under federal law, peanuts and tree nuts have to be clearly identified on a food label if they're used as an ingredient. Look for the word "peanuts" or a particular type of tree nut -- macadamia nuts, brazil nuts, cashews, almonds, walnuts, pecans, pistachios, chestnuts, beechnuts, hazelnuts, pine nuts (pignoli or piñon), ginkgo nuts or hickory nuts -- in the list of ingredients or following the word "Contains."

Look for warnings like "may include traces of peanuts" or "manufactured on a shared line with tree nuts." Package notices to the effect of "made in a nut-free facility" indicate safe snacks. Be aware that manufacturing formulations sometimes change. Even if you've bought a safe snack before, take a look at the label each time you buy it to make sure the ingredients or cross-contamination warnings haven't changed.

Foods to Pack

What kinds of foods are good (and nutritious) to bring to a nut-free classroom? Your school may provide a list, or a good source for current information will be the parent of the classmate with the nut allergy. Other great ideas are listed below. Remember to always check labels on packaged foods.

- Fresh fruit. Bananas are popular year-round, apples and pears are great in the fall, and clementines are easy to peel and available through the winter, just to name a few.
- Cabot® Cheddar Chesse is a nut-free, lactose-free, kid-friendly cheese that can be sent cubed or sliced. Cabot also makes a great-tasting reduced-fat cheese that most kids love.
- Vegetables. Baby carrots, cherry tomatoes, broccoli, and cauliflower are among the vegetables kids will eat raw. Small containers of ranch salad dressing or hummus make a tasty dip.
- Raisins, Craisins®, or other dried fruit.
- Low-fat Danimals® or Dan-o-nino® Yogurt are particularly good for preschool children.
- Air-popped popcorn.
- Mott's® Applesauce.
- Dole® Fruit Bowls packed in natural juices.
- Potato or tortilla chips. For the healthiest choices, be sure to pick those that earn a Guiding Stars® rating.
- Luncheon meat and whole-wheat sandwich bread. Taste of Inspirations™ deli meats earn a star, making them a healthy choice for your child.
- Juice, water, milk, and most other beverages (but not almond milk).

Interested in having a nut-free shopping list?

Create one online at hannaford.com. You can choose to create a list without allergens, such as milk, wheat or nuts, or simply create a list of foods that earn Guiding Stars ratings. Hannaford makes it easy to find the foods you need.



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Healthy Living at Hannaford

Steps to a Healthy Diet

Want to be sure you are eating a healthful diet?
Let the new 2011 USDA plate be your guide!

The new recommendations is to make half your plate fruits and veggies

It can be easy if you take these steps:

1. Eat more fruit during the day. Start by adding fruit to your breakfast, and have fruit for snacks and dessert.
2. Eat a large salad for lunch or dinner or both! Make a large low-fat salad the centerpiece of your day at least once a day. Use a salad dressing that is lower in calories and contains no trans-fats.
3. Find a way to prepare veggies that works for you and your family. Not a big salad fan? Try roasting root veggies or sautéing your veggies. Still not working? Try steaming with a sprinkle of Parmesan cheese. Vegetables are delicious when you find the right way to cook them.

Include heart-healthy protein options:

All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group. Beans and peas are also part of the Vegetable Group.

1. Select a variety of protein foods to improve nutrient intake and health benefits, including at least 8 ounces of cooked seafood per week. Vegetarian options in the Protein Foods Group include beans and peas, processed soy products, and nuts and seeds. Meat and poultry choices should be lean or low fat.
2. When choosing meats, let the stars guide you. Picking protein that gets 1, 2 or 3 stars is your best bet for finding the better choices. Look for Guiding Stars® shelf tags when you shop Hannaford. Make a quarter of your diet grains (and half of that whole grains!): Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products.

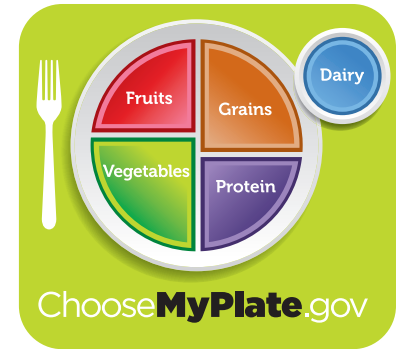
Adding Grains

The USDA's new plate recommends making half your grains whole grains. They contain more fiber and naturally have B vitamins, iron, and other essential minerals.

Grains are divided into two subgroups:

- **Whole grains** contain the entire grain kernel - the bran, germ, and endosperm. Examples include whole-wheat flour, bulgur (cracked wheat), oatmeal, whole cornmeal, and brown rice.
- **Refined grains** have been milled, a process that removes the bran and germ. This is done to give grains a finer texture and increase their shelf life, but it also removes dietary fiber, iron, and many B vitamins. Some examples of refined grain products are white flour, white bread, and white rice.

And don't forget dairy products. Switch to 2%, 1% or skim milk; low-fat cheese; low-fat or nonfat yogurt and other dairy products. Recommended amount? Three cups per day for most is good.



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