



## 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.



### 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](http://hannaford.com/asknutritionist).

