



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).