



# simply healthy

from your Hannaford Dietitian

## Did you know?

Hannaford features registered dietitians in over 45 of our stores, offering FREE nutritional services like:

- Nutrition classes and store tours
- Healthy store tours for your school, work or community group
- Weekly nutrition demos on a variety of nutrition topics
- Help with special dietary needs
- Healthy eating tips and recipe ideas
- Reading food labels and understanding portion sizes
- Community presentations
- School visits, providing education on healthy eating



## Find us online

Go to [hannaford.com/dietitians](http://hannaford.com/dietitians) to find where our dietitians are located and see their monthly schedule of events. You can also email a private message to our staff registered dietitian, Kris Lindsey, about a variety of diet and nutrition topics, including:

- Eating tips for a healthy lifestyle
- Special dietary needs
- Understanding food labels
- Portion control



**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](http://hannaford.com/dietitian)



# 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.**



### 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).



# simply healthy

from your Hannaford Dietitian

**Looking for healthy ideas?** See what Hannaford online can do for you! Hannaford.com helps you eat healthy - check out our video tutorials to learn how to:

- Register on hannaford.com and sign up to receive the monthly Healthy Living newsletter
- Search for Guiding Stars® recipes
- View Nutrition Facts to calculate and compare products
- Create shopping lists
- Track your purchases over time
- Browse products by store and sort by nutrition elements that are important to you:
  - Guiding Stars®
  - Low sodium
  - Gluten-free and other important allergens

## Have a nutrition question?

Go to [hannaford.com/dietitians](http://hannaford.com/dietitians)

You can email a private message to our staff registered dietitian, Kris Lindsey, about a variety of diet and nutrition topics, including:

- Eating tips for a healthy lifestyle
- Special dietary needs
- Understanding food labels
- Portion control

Or go to [hannaford.com/dietitians](http://hannaford.com/dietitians) to see which Hannaford locations offer **FREE** dietitian services near you.

You can view a monthly schedule of events or download nutrition handouts on a variety of healthy topics such as Eating on a Budget, Weight Loss Tips, or Healthy Kid Snack Ideas.

And don't forget to check out the new [hannaford.com](http://hannaford.com) mobile site on your smartphone!



**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](http://hannaford.com/dietitian)



## Healthy Living at Hannaford

### Nutrition Tips for Women

Hannaford wants to help women of all ages grow strong and stay strong. Please use our guide to help you and the women you love get what they need to be as healthy as they can be.

**Teens:** At this age, the best thing you can do for you is to begin forming healthy habits - for now and the future.

- Calcium-rich foods will help form strong bones and prevent osteoporosis in the future. Remember, bones are done forming at age 18.
- Get your vitamin D. You can get what you need from sunlight, food and supplements. Having enough will help bones absorb the calcium.
- Create healthy eating habits. There's no better time than NOW to include whole grains, low-fat dairy, and plenty of fruit and veggies each day. Aim for three meals and two snacks daily to supply well-timed fuel for your body.
- Keep your energy up. Be sure to include food high in iron (such as fortified cereals). When possible, consume iron-rich foods with vitamin C (for example, cereal with orange juice) to maximize the iron absorption.

**Women 20 - 45:** At this age, there's a lot to think about. Make sure your health is at the top of the list.

- Keep your bones strong. Consume enough calcium and vitamin D.
- Consume iron-rich foods to help keep energy levels up.
- If pregnancy is a possibility, be sure to get 400 mg of folic acid equivalents each day (best to start before conception). Folic acid has been proven to help prevent birth defects.
- Maintain a healthy weight by avoiding excess calories and limiting saturated fat and sodium.



### *A women's well-balanced diet*

Strive to incorporate these foods into your daily diet:

- At least 3 one-ounce servings of whole grains, such as whole-grain bread, cereal, pasta, brown rice or oats
- 3 servings of low-fat dairy products, such as low-fat or fat-free milk, yogurt or cheese
- 5 to 6 ounces of protein, such as lean meat, chicken, turkey, fish, beans, lentils or peas
- 2 cups of fruit, such as apples, blueberries, melon, oranges, bananas and pears
- 2 1/2 cups of vegetables, such as leafy greens, pumpkin, bell peppers, onions, broccoli, mushrooms and carrots



### Interested in developing an eating plan that's just right for you?

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).



## Healthy Living at Hannaford

**Women 46 - 60:** Keep up with your healthy habits to feel your best.

- Keep bones and teeth strong. Consume enough calcium and vitamin D.
- Maintain a healthy weight by avoiding excess calories. Many women need around 200 fewer calories at this age compared to earlier years, so adjust portion sizes. Continue to limit saturated fat to prevent high cholesterol, and limit sodium while increasing potassium to help keep your blood pressure low.
- Many women do not absorb enough vitamin B12 after age 50. Ask your doctor if you need a supplement.
- Stay regular. Eat enough fiber from fruits, vegetables, beans, peas and whole-grain products like oats and whole-grain bread. Aim for 25 grams per day.



**Women over 60:** Enjoy life with a healthy attitude and a healthy body.

- Maintain strong bones and teeth: consume enough calcium and vitamin D and get a bone density test. Remember, weight-bearing activities (even walking!) can help maintain bone strength.
- Limit saturated fat and sodium while increasing potassium to avoid high blood pressure and other chronic diseases, such as diabetes and heart disease.
- Be sure to get adequate amounts of zinc in your diet (sources: meat, crab meat, clams, salmon, dried beans, peas, lentils). It has been proven to help with vision and wound healing.
- Many women do not absorb enough vitamin B12 after age 50. Ask your doctor if you need a supplement.
- Stay regular. Eat enough fiber from fruits, vegetables, beans, peas and whole-grain products like oats and whole-grain bread. Aim for 25 grams per day.
- Over time, many women lose the sensation of thirst. Stay hydrated by drinking plenty of fluids daily.



### Interested in developing an eating plan that's just right for you?

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](mailto:hannaford.com/asknutritionist).



# simply healthy

from your Hannaford Dietitian

---

## Pumpkin Pie Yogurt

Recipe adapted from meatlessmonday.com

### Ingredients:

- 1 container (6 oz.) Dannon® vanilla yogurt
- 1/4 cup canned pumpkin or roasted pumpkin pulp
- 1/2 teaspoon sugar (optional)
- Pumpkin seeds (optional)
- Kashi® GOLEAN® cereal (optional)

### Directions:

1. Mix all ingredients in a small bowl. Garnish with sprinkled pumpkin seeds or cereal.

## Pumpkin Smoothie

### Ingredients:

- 1/2 cup pumpkin purée, fresh or canned
- 1/2 cup Dannon® yogurt, vanilla or plain
- 2 tablespoons agave nectar
- 1/2 teaspoon vanilla (omit if using vanilla yogurt)
- 1/4 teaspoon McCormick® ground cinnamon
- 1/8 teaspoon McCormick® ground ginger
- 1/8 teaspoon McCormick® ground cloves
- 5 ice cubes

### Directions:

1. Blend all ingredients together in a blender until smooth. Pour into a glass and enjoy!



**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](mailto:hannaford.com/dietitian)



## Healthy Living at Hannaford



### Quick & Easy Chicken Cacciatore

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 4

#### Ingredients:

1 lb. boneless, skinless chicken thighs

2 Tbsp. I Can't Believe It's Not Butter!® spread

2 medium green and/or red bell peppers, cut into 1-inch pieces

1 package (10 oz.) white mushrooms, quartered

1 medium onion, sliced

2 cups Ragu® Old World Style® Pasta Sauce

1/2 tsp. McCormick® Oregano Leaves or Thyme Leaves, crushed

#### Directions:

1. Season chicken, if desired, with salt and black pepper. Melt I Can't Believe It's Not Butter! in a 12-inch nonstick skillet over medium-high heat and brown chicken, turning once. Remove chicken and set aside.
2. Add green peppers, mushrooms and onion to same skillet and cook over medium-high heat, stirring occasionally, 5 minutes or until mushrooms are golden.
3. Stir in pasta sauce and oregano (or thyme) and bring to a boil. Reduce heat to low and return chicken to skillet. Cover and simmer 5 minutes or until chicken is thoroughly cooked.

Adapted from ragu.com



### 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](mailto:asknutritionist@hannaford.com).



## Healthy Living at Hannaford



### Tomato Basil Cheddar Lasagna

#### Ingredients:

- 1 tablespoon olive oil
- 1 medium onion, minced
- 1 clove garlic, minced
- 1 1/2 pounds ground beef
- 1 jar (32 oz) Ragu Old World Pasta sauce
- 1 package lasagna noodles
- 2 lb ricotta cheese
- 1/4 cup plus 2 tablespoons Parmesan cheese, grated & divided
- 2 large eggs, beaten
- Salt and ground black pepper to taste
- 10 oz Cabot Tomato Basil Cheddar, grated (about 2 1/2 cups), divided

#### Directions:

1. Preheat oven to 350 degrees. In large skillet over medium heat, heat oil; add onion and garlic and sauté until golden. Add ground beef and cook, breaking up with wooden spoon, until no longer pink. Tilt pan and spoon off excess fat.
2. Stir in marinara sauce and simmer until slightly thickened, about 5 minutes.
3. Meanwhile, cook lasagna noodles according to package directions. Drain and set aside.
4. In large bowl, combine ricotta, 2 cups of cheddar and 1/4 cup of Parmesan. Mix in eggs and season with salt and pepper.
5. Spread thin layer of meat sauce over bottom of a 9x13-inch baking dish. Add layer of noodles. Spread half of ricotta mixture on top of noodles, followed by one-third of remaining meat sauce.
6. Repeat layers and top with final layer of noodles. Spread remaining sauce over noodles and sprinkle with remaining cheddar and Parmesan.
7. Cover dish with foil and bake for 35 minutes. Remove foil and bake for 5 minutes longer or until cheese is melted and bubbling.



#### 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).





# simply healthy

from your Hannaford Dietitian

---

## Pumpkin Pie Yogurt

Recipe adapted from meatlessmonday.com

### Ingredients:

- 1 container (6 oz.) Dannon® vanilla yogurt
- 1/4 cup canned pumpkin or roasted pumpkin pulp
- 1/2 sugar (optional)
- Pumpkin seeds (optional)
- Kashi® GOLEAN® cereal (optional)

### Directions:

1. Mix all ingredients in a small bowl. Garnish with sprinkled pumpkin seeds or cereal.

## Pumpkin Smoothie

### Ingredients:

- 1/2 cup pumpkin purée, fresh or canned
- 1/2 cup Dannon® yogurt, vanilla or plain
- 2 tablespoons agave nectar
- 1/2 teaspoon vanilla (omit if using vanilla yogurt)
- 1/4 teaspoon McCormick® ground cinnamon
- 1/8 teaspoon McCormick® ground ginger
- 1/8 teaspoon McCormick® ground cloves
- 5 ice cubes

### Directions:

1. Blend all ingredients together in a blender until smooth. Pour into a glass and enjoy!



**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](mailto:hannaford.com/dietitian)



# simply healthy

from your Hannaford Dietitian

---

## Nutty Apple Delight

Yields: 2 servings (1-1/4 cups each)

### Ingredients:

- 1 apple, diced
- 1 cup Dannon® yogurt
- 1 tablespoon Hannaford pecan pieces
- 1 tablespoon Hannaford chopped walnuts
- 1 tablespoon maple syrup
- 1/2 teaspoon McCormick® ground cinnamon
- 1/4 cup Kashi® GOLEAN Crunch!® cereal

### Directions:

1. Sprinkle diced apples with cinnamon. Heat in microwave 1 minute or until desired softness. Remove from microwave and allow to cool 1-2 minutes.
2. Mix yogurt and apples together. Top with pecan pieces and chopped walnuts.
3. Drizzle with maple syrup and top with cereal.



**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](mailto:hannaford.com/dietitian)



# simply healthy

from your Hannaford Dietitian

---

## Apple-Mustard Dip

Recipe Courtesy of Cabot

Yields: 2/3 cup



### Ingredients:

1/2 cup apple butter spread or fig preserves

2 tablespoons whole-grain Dijon mustard

1 teaspoon McCormick's dried thyme

8 ounces Cabot Extra Sharp Cheddar or 50% Reduced Fat Cheddar cut into cubes

3 fresh apples, cut into chunks and tossed with lemon juice

Wooden toothpicks

### Directions:

1. In small bowl, stir together apple butter, mustard and thyme.

2. Serve surrounded with cheddar and apples, with toothpicks for spearing.



**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](mailto:hannaford.com/dietitian).



# simply healthy

from your Hannaford Dietitian

---

## Boo-nanas

Yields: 2 banana pops

### Ingredients:

- 1 Dole® banana, halved
- 1 cup orange juice
- 1/2 cup shredded coconut
- 2 tablespoons raisins or chocolate chips
- 2 wooden popsicle sticks

### Directions:

1. Insert half of popsicle stick into banana half to create a handle.
2. Dip banana half into orange juice; then roll banana in shredded coconut until coated to resemble a white ghost.
3. Add raisins or chocolate chips for eyes and mouth. Serve at room temperature or frozen.

## Halloween Ghoulish Glop

Yields: 10 balls

### Ingredients:

- 1/4 cup Kashi® Heart to Heart® cereal (crushed or not)
- 1/4 cup Kashi® GOLEAN Crunch!® cereal (crushed or not)
- 1/2 cup SunButter® Natural Sunflower Seed Spread
- 1/4 cup Sun-Maid® apricots, cut into pieces
- 1/4 cup Hannaford seedless raisins
- 1 tablespoon honey

### Directions:

1. Mix all ingredients together and roll into small balls. Serve.



**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](mailto:hannaford.com/dietitian)