



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 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



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.



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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?

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- Special dietary needs
- Understanding food labels
- Portion control

Or go to 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 mobile site on your smartphone!



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