



Healthy Living at Hannaford

Surviving Holiday Parties without the Weight Gain

The holidays are a time for family, friends, fun, festivities, and of course, FOOD! With the many temptations of cookies, pies, and indulgent rich foods this season, try these tips to help manage your weight at your next holiday gathering:

1. Eat a snack before the party to curb your appetite and insure you won't show up hungry. An apple, a Dannon® yogurt cup, or a small salad is a great light choice.
2. Bring a low-fat holiday dish to the party. You will be happy knowing there is at least one dish you can enjoy without breaking your diet.
3. Head to the fruit, vegetables, lean meat, and whole-grain crackers. Use small plates to help control portions sizes.
4. Mingle more than you munch. Focus on family and friends, not food.
5. Stand away from the food table. Hovering near the food often leads to more eating.
6. Keep in mind that calories from drinks add up too. Try lighter versions of seasonal favorites, such as eggnog. Even hot beverages, such as flavored coffee or tea or spiced cider, can add a festive touch to the event.
7. Keep your hands occupied with a low-calorie drink in one and a plate of low-fat goodies in the other to keep you from snitching from the food table.
8. Chew gum after you finish eating. With fresh minty breath, you may be less likely to go back for seconds or thirds.
9. Delay dessert. If you wait 20 to 30 minutes after eating healthy foods, your craving for sweets may be less than when you first arrived.
10. If you are throwing the gathering, pick a time of day that does not revolve around a meal.
11. Go ahead and say yes. If you can't stop thinking about Cathy's famous pecan pie, then enjoy a small slice after a well-balanced meal and refrain from seconds. One slice will not destroy your diet, but eating half the pie will ultimately lead to feelings of guilt and frustration, not to mention weight gain.



Interested in learning more?

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Managing Your Weight through the Holidays

You can still enjoy your traditional holiday meals without the guilt by making small changes to your recipes. To help control calories, fat, and sodium at your next holiday feast, try these simple tips:

- Use fresh or frozen turkey that has not been injected with loads of fat and sodium.
- Baste turkey with vegetable or low-sodium chicken broth instead of butter.
- For ham, choose a 98% fat-free ham and rinse before cooking to remove surface salt.
- Practice portion control by limiting the amount of turkey or ham on your plate to 3-5 ounces. A 3-ounce portion is the size of a deck of cards.



Gravy:

- Chill gravy, skim off the fat, and reheat before serving.
- To thicken, instead of flour, use cornstarch or try mashed potatoes with natural starches.

Stuffing:

- Use whole-grain or whole-wheat bread instead of white bread to bump up fiber content.
- Use less bread and replace with more chopped vegetables, such as onions, celery, carrots, spinach, or bell peppers.
- If recipe calls for chicken or vegetable stock, use low-fat or low-sodium versions.

Side Dishes:

- Substitute reduced-fat or nonfat sour cream, cream cheese, or creamed soups in place of regular, high-fat versions.
- Replace high-calorie casserole dishes with plain green salads, brown rice, or steamed vegetables.

Dessert:

- Experiment with low-fat recipes of pies and cakes. Try using evaporated skim milk instead of whole milk or substitute two egg whites for a regular egg.
- Use half of the amount of sugar the recipe calls for or try a sugar substitute, such as Splenda, in place of granulated sugar.
- Use less fat by substituting applesauce or pureed prunes in place of oils or butter.
- Serve a bowl of fresh-cut fruit topped with Dannon® vanilla yogurt mixed with cinnamon for an extra tasty and healthful dessert!



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Spread the Love for a Healthy Heart

One key to a heart-healthy diet is replacing bad fats with good fats—and completely avoiding trans-fats. The “good” fats—monounsaturated and polyunsaturated fats—lower disease risk and can be found in oils that earn three Guiding Stars, such as olive and canola oils, nuts (almonds, pistachios, walnuts), avocados, flaxseed (and flaxseed oil), and fatty fish, such as salmon and tuna.

“Bad” fats—saturated and trans-fats—increase the risk for heart and other diseases:

Saturated fat

Limit saturated fat, which can be found in animal products, including meat and full-fat dairy products (especially cheese), to less than 7% of your daily calorie intake.

ground beef, whole milk, regular cheese, croissant, regular ice cream, fried chicken, butter and lard

Trans fatty acids

Avoid trans-fat, which may be found in fried foods, margarine and highly processed foods, like crackers and baked desserts.

potato and corn chips, cookies, crackers, pies, fried potatoes

Cholesterol

butter, egg yolks, meat, liver and poultry

.....

Try these heart-healthy tips to keep foods flavorful while limiting “bad” fats:

- Replace butter with heart-healthy buttery spreads, such as I Can’t Believe It’s Not Butter!® or Promise®. Not only can you cook with these healthy spreads but they are trans-fat free!
- For baking purposes where butter is necessary, substitute half of the amount stated in the recipe with I Can’t Believe It’s Not Butter! and half with applesauce, such as Mott’s®, to keep saturated fat low.
- Olive oil, high in monounsaturated fat, makes a great substitute for butter, but use it sparingly to keep calories low. One tablespoon of olive oil has 120 calories--a spray can or a measuring spoon will help with portion control. If cooking at high temperatures, like a stir-fry, choose canola oil, another heart-healthy oil.
- Switch to low-fat cheese: Award-winning Cabot® 50% Reduced Fat Cheddar Cheese is our favorite!
- Use mayonnaise that contains heart-healthy oils, like Hellmann’s® Cholesterol Free Canola Mayonnaise, which has no trans-fat or saturated fat and contains omega-6 fatty acids.

Polyunsaturated fatty acids

canola oil, mayonnaise, walnuts, and flaxseed; certain fish like salmon, trout, and herring

Monounsaturated fatty acids

canola oil, and mayonnaise made with canola oil, olive oil and nuts



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Managing Your Blood Sugar

If you have diabetes, counting your carbohydrates or “carbs” can help you keep your blood sugar in a healthy range. This is a good idea because the more carbs you eat, the higher your blood sugar will be. By working with a registered dietitian or a certified diabetes educator, you can learn how many carbs your body needs at each meal. If you take insulin, you can learn to match your insulin dose to the amount of carbs eaten at each meal. In general, a good place to start is at 45-60 grams of carbohydrates at each meal and 15-30 grams at each snack.

Foods that contain high amounts of carbohydrates are:

- starchy foods like bread, cereal, rice and crackers
- fruit and juice
- milk and yogurt
- starchy vegetables and legumes like potatoes, corn, peas and beans
- sweets and snack foods like regular soda, juice drinks, cake, cookies, candy and chips
- table sugar, honey, molasses and syrup



Basic Carbohydrate Counting

Some people use carb counting to balance food and keep carbohydrate intake in check. Always review the Nutrition Facts Panel to find the carbohydrate serving and determine what amount of the food item provides 15 grams of carbohydrates or 1 choice or unit.

Here is a sample menu with carbohydrates evenly distributed throughout the day:

Breakfast = 3 carb choices

3 egg whites, 3 oz. Cabot® 50% Reduced Fat Cheddar Cheese Slices, a Thomas® Bagel Thins™ bagel, 4 oz. Tropicana® Orange Juice

Snack = 2 carb choices

6 oz. Dannon® Lite & Fit® Yogurt with 1 cup of fresh berries

Lunch = 1 carb choice

Green salad with tomatoes, cucumbers, and bell peppers; drizzled with olive oil & balsamic vinegar; and topped with 1/2 cup tuna mixed with 2 Tbsp. Hellmann's® Canola Cholesterol Free Mayonnaise

Snack = 2 carb choices

20 baby carrots dipped in 2 tablespoons hummus

Dinner = 3 carb choices

4 oz. skinless chicken breast, 2/3 cup baked sweet potato, and 1/2 cup steamed green beans



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Cranberry-Orange Dip

Makes: 2/3 cup

Prep Time: 10 Minutes

Ingredients:

1/2 cup Hellmann's® Canola Cholesterol Free Mayonnaise

1/4 cup Ocean Spray® Craisins® Dried Cranberries, chopped

1/2 tsp. grated orange peel

Directions:

Combine all ingredients in medium bowl. Chill, if desired. Serve with cut-up fresh vegetables or Kashi® crackers. Or, try spreading on a turkey sandwich.

Recipe Courtesy of Hellmann's

Citrus Salad with Pomegranate-Yogurt Sauce

Makes: 8 servings (about 2 Tbsp. sauce per serving)

Prep Time: 15 Minutes

Ingredients:

1 1/2 cups Dannon® Light 'n Fit® Cherry Vanilla or Strawberry Nonfat Yogurt

2 Tbsp. Tropicana® Orange Juice

Zest of 1 orange

1/2 cup pomegranate seeds

3 grapefruits

3 navel oranges

Directions:

1. In a bowl combine yogurt, orange juice, orange zest and pomegranate seeds. Gently stir to blend.
2. Remove all peel and pith from the grapefruits and oranges. Slice each into 5-6 slices. Arrange fruit slices on a platter in a single layer. Pour sauce over fruit and serve.

Recipe Adapted from Dannon



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Kashi® Friendly Fiber Muffins

Makes: 12 muffins

Bake Time: up to 25 minutes

Ingredients:

1 cup whole-wheat flour
2 tsp. baking powder (aluminum free)
1 tsp. cinnamon
1/2 tsp. salt
1 3/4 cups Kashi® Good Friends® Cereal
1 cup organic skim milk or rice or soy milk
2 egg whites
1/4 cup honey
1/2 cup Mott's® Organics Unsweetened Apple Sauce
1 medium organic ripe banana, mashed
Nonstick cooking spray

Directions:

1. Preheat oven to 400°.
2. In a small bowl, stir together flour, baking powder, cinnamon and salt. Set aside.
3. In a large mixing bowl, combine cereal and milk and let stand for 2-3 minutes. Add the egg whites and beat well. Stir in honey, applesauce and banana. Add flour mixture and mix only until dry ingredients are moistened (over-mixing will produce rubbery muffins).
4. Coat muffin tin cups with nonstick cooking spray and fill with batter. Bake for 20-25 minutes, or until lightly browned.

Recipe Courtesy of Kashi



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Mediterranean Chicken with Dried Fruit & Olives

Makes: 4 servings

Prep Time: 10 Minutes

Cook Time: 25 Minutes

Ingredients:

4 boneless, skinless chicken breast halves (about 1 1/4 lbs.)

1 1/2 tsp. ground cumin

1/2 tsp. salt

1/4 tsp. ground black pepper

1/4 cup I Can't Believe It's Not Butter!® Spread

4 cloves garlic, finely chopped

1 1/2 cups mixed dried fruit or Ocean Spray® Craisins® Dried Cranberries

2 cups chicken broth

1/2 cup pimiento-stuffed olives, sliced

Directions:

1. Season chicken with cumin, salt and pepper. Melt I Can't Believe It's Not Butter!® in 12-inch skillet over medium-high heat and brown chicken. Add garlic and cook 30 seconds. Stir in dried fruit, broth and olives. Bring just to a boil. Reduce heat and simmer, stirring occasionally, 10 minutes or until chicken is thoroughly cooked. Remove chicken to serving platter and keep warm.
2. Bring sauce to a boil over high heat and continue boiling, stirring occasionally, 6 minutes or until sauce is slightly thickened. Spoon fruit sauce over chicken to serve.



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Holiday Toasting Cup

Ingredients:

1 can (6 oz.) frozen limeade juice concentrate, thawed
3 cups cold water
2 bottles Welch's® Sparkling White Grape Juice Cocktail, chilled
Orange slices, kiwi fruit slices or purple grapes

Directions:

1. In a punch bowl, combine limeade and water. Gently stir in Sparkling White Grape Juice Cocktail. Garnish with fruit.
2. Serve immediately in ice-filled glasses. Makes about twenty 1/2-cup servings.

Courtesy of www.welchs.com

Holiday Orange Nog

Ingredients:

2 1/2 cups Tropicana Pure Premium® orange juice
or Dole® 100% orange juice
2 cups refrigerated lite dairy eggnog or nog made with soymilk
Lightly sweetened whipped cream (optional)
Ground nutmeg, as desired

Directions:

1. Whisk together juice and eggnog in pitcher until well blended.
2. Pour into glasses. Top with whipped cream, if desired. Sprinkle with nutmeg. Serve immediately. Makes about nine 1/2-cup servings.

Courtesy of www.dolejuice.com

Cranberry Lime Sparkler

Ingredients:

8 ounces Ocean Spray® Cranberry Juice Cocktail with Lime, chilled
2 ounces sparkling water
Lime wedge

Directions:

Fill a tall glass with ice. Add cranberry juice drink and top with sparkling water. Garnish with a lime wedge. Makes one serving.

Courtesy of www.oceanspray.com



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