



Healthy Living at Hannaford

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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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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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.



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Prepare your favorite holiday dishes without guilt

By making small changes to your traditional holiday meals, you can enjoy your favorite dishes but without the guilt. Try these simple recipe alternatives to bump up the nutritional value and help control calories, fat, and sodium.

When the recipe calls for:

Replace with:

1/2 cup butter or margarine	1/4 cup applesauce or 1/2 cup Promise® Buttery Spread
1 egg	2 egg whites or 1/4 cup liquid egg substitute
1 cup whole milk or evaporated milk	1 cup skim milk or evaporated skim milk
1 cup all-purpose flour	1 cup whole-wheat flour
1 cup chocolate chips	1 cup dried fruit, such as raisins, cranberries, or cherries
1 cup wine	1 cup broth or fruit juice
Frosting	Light dusting of powdered sugar or pureed fruit
2 oz. grated mild cheddar cheese	1 oz. Cabot® Sharp Light Cheddar Cheese
1/2 cup bread crumbs	1/2 cup toasted wheat germ or crushed whole-grain cereal, such as Kashi® Good Friends® Cereal
2 pie crusts (top & bottom)	1 pie crust on top
1/4 cup mayonnaise	1/4 cup Hellmann's® Canola Cholesterol Free or Light Mayonnaise
1 cup broth or stock	1 cup low-sodium broth or stock
1 cup sugar	1/2 cup sugar and 1/2 cup sugar substitute, such as stevia
1/2 teaspoon salt	No salt

Source: American Institute for Cancer Research

Concerned about food allergies? Whether you're gluten-free, nut-free, or dairy-free, don't let fear of contaminating foods be the reason you miss out on your favorite dishes. Speak with your local Hannaford dietitian to find safe, allergy-free recipe substitutions. To view a store schedule, go to hannaford.com/dietitians.



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Think Your Drink

When planning your menu, don't forget to consider your beverage. The type of beverage you select is important because some drinks don't help you meet your nutritional needs and some may even lead to weight gain.

Here are a few things to consider when choosing your beverage:

1. Check Serving Size. The label gives both the serving size and the number of servings in a container. Be sure to compare your portion to a serving size on the label. For example, a 20 oz. bottle of soda is 2.5 servings. If you drink the whole bottle, multiply the nutrition facts and calories by 2.5 times.
2. Note the Nutrients. Try to limit beverages loaded with Fat (particularly Saturated Fat and Trans Fat), Cholesterol, Sodium, and Sugar. If you choose to drink your nutrients, select beverages high in Fiber, Vitamins A and C, Calcium, and Iron.

Some beverages, like juice and milk, count toward your food group requirements while others, like soda and sugary drinks, just add to your calorie intake.

Juice Tip

Choose 100% fruit juice and limit them to no more than 6 to 8 oz. of juice a day. Great choices include Ocean Spray® Cranberry Juice or Tropicana® Premium Orange Juice.

Milk Tip

Milk is a great way to meet your 3 servings of dairy a day. Choose skim or low-fat milk. If you drink a latte or cappuccino, switch to skim or low-fat milk versions to lower fat, saturated fat and calorie intake. There is no other single food or beverage that promotes weight gain as much as sugary drinks do. Drink them in moderation, not regularly. Cutting back on sweet drinks and drinking more water is one of the easiest ways to lose weight. Drinking plenty of water gives a feeling of fullness that reduces the temptation to overeat. It's easy to mistake thirst cues for hunger cues. If you drink enough water throughout the day, you'll be less likely to confuse your cues and eat when what you really need is to drink some water.

How much fluid should you drink?

The Institute of Medicine recommends the following amounts for most individuals: Men: about 12 1/2 cups, Women: about 9 cups. You may need to drink more if you exercise, live in hot climates, or are pregnant or breast feeding.

Looking for a few new beverages to add to your drink repertoire?

Try these delicious and easy recipes.

Popalicious: Mix 1 cup Welch's® 100% Grape Juice with 2 cups seltzer water or club soda. Serve over ice.

Fruit Juice & Herbal Tea: Mix 1 cup cold herbal tea with 1 cup juice. Try these combinations or come up with your own: Orange spice tea + Tropicana® Orange Juice or Peppermint tea + Mott's® Apple Juice



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Broccoli Quick Salad

Servings: 12 • Prep Time: 10 minutes

Ingredients:

- 2/3 cup Hellmann's® Canola Cholesterol Free Mayonnaise
- 1/2 cup Dannon® Plain Yogurt
- 2 tablespoons sunflower seeds
- 1/2 cup Cabot® Cheddar 50% Reduced Fat Shredded Cheese
- 1 large green apple, chopped
- 1 tablespoon McCormick® Dill Weed
- 1 teaspoon McCormick® Paprika
- 1 (16-ounce) bag pre-shredded broccoli & cauliflower (4 cups)

Directions:

1. Mix together all ingredients except the bag of shredded broccoli & cauliflower.
2. Pour mixture over the broccoli & cauliflower. Mix well. Refrigerate for several hours.



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Beef Barley Soup

Yields: 6 servings

Ingredients:

1 onion
1/2 pound extra lean ground beef
1 cup dry lentils
1/2 cup pearled barley
3 cups mixed frozen vegetables
1 can my essentials® Diced Tomatoes
6 teaspoons low-sodium beef bouillon granules
1 teaspoon McCormick® Garlic Powder
Black pepper, to taste

Directions:

1. Heat a large soup pot over medium-high. Break ground beef into small pieces and cook until brown, about 5 minutes. Drain off excess grease.
2. Add onion and sauté until tender, about 2 minutes.
3. Add the rest of the ingredients, bring to a boil, then reduce to a simmer. Cook on low until barley is tender, about 45 minutes.



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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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Banana Nut Winter Smoothie

Makes: 1 serving

Prep Time: 10 minutes

Ingredients:

- 1 Chiquita® Banana, frozen
- 1 cup Dannon® All Natural Vanilla Lowfat Yogurt
- 1/4 cup chopped walnuts
- 1/2 tsp. ground cinnamon
- 1 tsp. honey (optional)
- 1/8 tsp. ground nutmeg

Directions:

1. Cut the frozen banana into 3 or 4 chunks and peel. Place in blender with yogurt, walnuts, cinnamon and honey (optional).
2. Blend on high for 2 minutes or until smooth. Pour into glass and top with a dusting of ground nutmeg.

Grapes with Ginger Crème

Makes: 4 (1 1/2 cup) serving

Prep Time: 20 minutes

Ingredients:

- 6 cups seedless purple grapes
- 1 tablespoon grated fresh ginger
- 2 cups Dannon® Activia® Vanilla Yogurt
- 2 tablespoons brown sugar
- Ground cinnamon, to taste
- 8 fresh mint leaves

Directions:

1. In a large bowl, toss grapes with fresh ginger. Spoon equal amounts into 4 serving dishes.
2. For each dish, carefully spread 1/2 cup vanilla yogurt on top of grapes, sprinkle with 1/2 tablespoon brown sugar, and dust with ground cinnamon.
3. Allow grape mixture to chill for 20-30 minutes. Garnish with fresh mint leaves.



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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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No-Bake Brownies

Servings: 12 • Prep Time: 15 minutes (plus 1 hour freezer time)

Brownie Ingredients:

1 cup walnuts
1 cup dates
1/4 cup cocoa powder

Icing Ingredients:

2 ripe avocados
1/2 cup agave nectar
1/4 cup cocoa powder
2 tablespoons coconut oil
1 tablespoon McCormick® Vanilla Extract
Dash salt
Dash McCormick® Cinnamon

Directions:

1. Food-process the brownie ingredients until blended, dry and chunky. Press into a small pan.
2. Put all icing ingredients into a blender and blend on high till smooth.
3. Spread icing over brownies and pop them in the freezer to set for 1 hour. Cut in 12 squares and put them in snack-sized resealable bags.



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Fudgy No-Bake Snacks

Yields: 16 servings • Prep Time: 5 minutes

Ingredients:

1/2 cup almond butter or SunButter®
1/2 cup water
1/4 cup unsweetened cocoa powder
1/4 cup ground flaxseed
1 cup Kashi® GoLean Crunch!®, crushed
3 tablespoons honey
2 tablespoons almond meal or rice flour

Directions:

1. Combine almond butter with water. Stir until water blends in. Add remaining ingredients except the almond meal. Mix until a dough is formed. Roll out into a rope shape. Cut into 16 equal pieces. Press one side of each snack into almond meal.
2. Store in airtight container in the fridge.



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