



# Healthy Living at Hannaford

## Eating for Digestive Wellness

Interested in eating for digestive health? A properly functioning intestinal track is one of the body's first lines of defense against invaders and key to a healthy immune system.



### Fiber Up!

Wheat bran, corn bran, fruit skins, whole wheat, and nuts can help maintain a healthy digestive tract. How? Foods high in insoluble fiber increase stool weight, which helps decrease constipation. Fiber may also lower your risk for hemorrhoids and diverticular disease.



**Insoluble fiber** is not soluble in water. Because it absorbs water, it increases stool bulk, helping promote regularity.



**Soluble fiber** is soluble in water and forms a gel in the gut that can help lower cholesterol and maintain blood-glucose levels after eating. Most foods with fiber will provide some of both.

<b>FIBER</b>	Men: ≤50 yrs. aim for 38g	51 yrs. & older aim for 30g
<b>PER DAY:</b>	Women: ≤50 yrs. aim for 25g	51 yrs. & older aim for 21g

### How to get more fiber in your diet:

Increase the amount of fiber in your diet over the course of a few weeks – done too quickly and you may experience gas and bloating. Also, drink plenty of water to help form soft and bulky stools. When trying to increase the amount of fiber in your diet with whole grains, look for foods that offer 3 grams or more per serving and list a whole grain as the first ingredient.



### 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 lifestyle changes you want.

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## Healthy Living at Hannaford

### Do-It-Yourself Healthy Holiday Gifts

Gifts from a jar are easy to make, inexpensive, and fun to receive! All you need is a canning jar or even a recycled glass jar. Layer it with ingredients and decorate it with a bit of fabric, ribbon, and a gift/recipe tag, and voila! You can even combine a few jars for an awesome gift basket. Here are a few suggestions:

#### Minestrone Soup in a Jar

This recipe makes about 12 one-cup servings. Layer ingredients in a 1/2-quart (2 cup) glass jar in the order listed below:

- 1/4 cup red lentils
- 1/4 cup green split peas
- 1/4 cup barley
- 1/3 cup reduced-sodium beef bouillon powder
- 2 Tbsp. parsley flakes
- 3 Tbsp. onion flakes
- 1/3 tsp. thyme
- 1/3 tsp. pepper
- 1 tsp. basil
- 1/4 cup whole-wheat macaroni



### Minestrone Soup in a Jar

1. In a large saucepan, combine 8 to 10 cups of water, 1 (28 oz.) can of crushed tomatoes, and soup mix.
2. Add 2 chopped carrots and 2 cups chopped cabbage (optional).
3. Bring to a boil, reduce heat, cover and simmer for one hour or until peas are tender.

Makes about 12 one-cup servings.



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### Taco-Bean Chili Mix

1/2 cup dried kidney beans  
1/2 cup dried pinto beans  
1/2 cup dried black beans  
1 package (1 1/4 oz.) taco seasoning mix (low sodium if possible)  
1 Tbsp. dried minced onion  
1/2 tsp. chili powder  
1/4 tsp. ground cumin  
1 1/2 cups tortilla chips, slightly crushed

Layer kidney beans, pinto beans and black beans in a 1-quart jar with tight-fitting lid. Place taco seasoning mix, onion, chili powder and cumin in a small food storage bag. Close with twist tie and cut off top of bag. Place in jar, spreading out to cover beans. Add tortilla chips. Seal jar.



SIDE 1 ✂



SIDE 2 ✂



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### Probiotics: Loving Live Cultures

The healthy bacteria in our digestive tract are vital to proper development of the immune system. They protect against microorganisms that could cause disease, and they aid in the digestion and absorption of food and nutrients. Probiotics are live microbes that benefit our bodies when eaten in adequate amounts. They improve the balance and allow the healthy bacteria to thrive.

#### Other possible benefits of probiotics:

- May improve immunity (approximately 70 percent of your immune system is found in the intestine)
- May decrease allergic inflammation and skin infections
- May decrease antibiotic-associated diarrhea as well as acute diarrhea in children caused by infection
- May lessen the problems associated with IBS (irritable bowel syndrome) and inflammatory bowel disease
- May reduce intestinal bloating and help to digest lactose

#### Food containing probiotics:

- Dannon® yogurt
- Miso
- Kefir
- Soy sauce
- Tempeh
- Fresh sauerkraut (unpasteurized)
- Kashi U® cereal
- Cottage cheese
- Buttermilk
- Kimchi

To choose the best probiotic strain and dose for a specific health benefit, ask one of our registered dietitians.

Visit [hannaford.com/healthy](http://hannaford.com/healthy) to find a Registered Dietitian near you.



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### Wrap it up, stress-free

You can wrap up great holiday gifts the next time you shop for groceries with some simple (and healthy) gift basket ideas from Hannaford.

### Gift basket ideas-starters



#### Little taste of Italy

Use a colander for a basket and fill it with fun-shaped pasta, a jar of your favorite sauce, cheese shredder, wooden spoons, sauce ladle, fresh garlic bulbs, imported olive oil, Parmesan and Romano cheese. Prego!



#### Salad lovers

Fill a salad spinner with a bottle of your favorite dressing, a bag of spiced nuts, dried cranberries, gourmet croutons, a can of mandarin oranges and baby corn, and salad tongs. For those with a New Year goal of losing weight, add an exercise or yoga video.



#### Relaxing spa package

Fill a basket with a soothing bubble bath, a candle, loofah sponge, face mask, body scrub, body lotion, and eye pads. You can add fresh lemons, rosemary, tea and honey, too.



#### S'more warmth

Give the gift of a cozy night next to the fireplace. Fill a basket with fire logs, matches, newspaper, and fire starters. Don't forget the marshmallows, chocolate bar, and graham crackers; add a container of hot chocolate too. For a romantic flare include a bottle of wine.



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### Simple handmade gifts

1. Looking for a gift for the gourmet chef or a friend who loves to cook? Try making your own assortment of spice samplers. Create different packets of exotic and gourmet spices and custom blend spices for a meat rub, marinade mix, salad dressing kit, or dip. Be sure to label each packet and include the spices used for a recipe to complement. Try one of the following:

#### Spanish Rub

Combine 6 tablespoons smoked paprika; 3 tablespoons each regular paprika, dried cilantro and coarse salt; 1 tablespoon dried lemon peel and 1½ teaspoons ground pepper. Great with pork chops, beef tenderloin or shrimp!

#### Tuscan Spice Rub

1 tablespoon coarsely ground fennel seeds, 6 tablespoons dried basil, 3 tablespoons garlic salt, 3 tablespoons coarse sea salt, 2 tablespoons rosemary, and 2 tablespoons dried oregano. Try it on chicken, salmon or lamb chops.

#### Indian Spice Rub

Combine 6 tablespoons curry powder; 3 tablespoons coarse sea salt; 4 teaspoons crushed red pepper; 1 tablespoon each ground cumin, ground coriander and dried mint; 2 teaspoons turmeric and 2 teaspoons ground ginger. Try it on chicken breast, tofu, or sautéed potatoes.

Note: Each rub makes about 1 cup. Analysis per teaspoon of rub: about 4 calories, 211 mg sodium

2. Make your own natural spa body scrub, a gift that offers some quiet relaxation from the stress of the holidays.

#### Winter Rosemary Salt Scrub

¾ cup sea salt  
¾ cup almond oil  
1 teaspoon vitamin E oil  
6 sprigs of dried rosemary

#### Directions

Buy fresh rosemary sprigs from the produce section, tie branches together with twine, and hang them upside down until dried. Combine all listed ingredients in a large bowl. Mix until combined and then pour into desired container.



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### Cheddar-Cranberry Stuffed Apricots

Makes: about 24 appetizers

Prep Time: 15 minutes

#### Ingredients:

- 1 cup shredded Cabot® Cheddar Cheese
- 1/2 cup Ocean Spray® Craisins® dried cranberries
- 2 tablespoons Taste of Inspirations® Cranberry Apple Chutney
- 24 dried apricots
- 1/4 cup chopped pistachios

#### Directions:

1. In small bowl, mix cheese, cranberries, and chutney with fork until mixture holds together.
2. Pull open each apricot and fill with cheese mixture. Press some chopped pistachios on top. (Apricots can be stuffed up to 1 day ahead, adding pistachios just before serving.)

Adapted from cabotcheese.coop

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### Speared Cheddar with Apple-Mustard Dip

Makes: about 1 1/2 cups dipping sauce

Prep Time: 15 minutes

#### Ingredients:

- 1 cup apple butter or fig preserves
- 4 tablespoons whole-grain Dijon mustard
- 2 tablespoons chopped fresh thyme leaves
- 16 ounces Cabot® 50% Reduced Fat Sharp Cheddar Cheese, cut into cubes
- 6 apples, cut into chunks and tossed with lemon juice
- Wooden toothpicks

#### Directions:

1. In a small bowl, stir together apple butter (or fig preserves), mustard and thyme for dipping sauce.
2. Serve dipping sauce surrounded by toothpicks speared with cheddar and apple chunks.

Adapted from cabotcheese.coop



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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.

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### 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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### Frozen Yogurt-Berry Pie

Makes: 1 nine-inch pie

Prep Time: 35 Minutes

#### Crust Ingredients:

2 cups Kashi® Honey Sunshine® or Cinnamon Harvest® cereal, finely crushed

1/2 cup melted Promise® or I Can't Believe It's Not Butter!® spread

1/4 cup sugar

#### Filling Ingredients:

3 (6 oz.) containers of Dannon® Strawberry or Blueberry Yogurt

1 container of my essentials® lite whipped topping

1 cup fresh mixed berries, setting aside 1/2 cup for garnish

#### Directions:

1. Mix all crust ingredients together thoroughly and press into a 9" pie dish. Set aside.
2. Fold filling ingredients together except garnish and put into pie shell. Freeze overnight or for several hours until frozen. Take out of freezer 20 minutes prior to serving to allow to thaw slightly.
3. Garnish with berries, mint sprigs, and more whipped topping, if desired.



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