



simply healthy

from your Hannaford Dietitian



Eating Organic on a Budget

Hannaford Supermarket carries hundreds of certified organic products, ranging from fresh meat, produce and bakery items to frozen foods. Look for organic signs and shelf tags throughout our stores to locate your favorite organic items.

Common Organic FAQs:

Are organic foods more nutritious?

To date, there is no evidence showing that organically grown foods are significantly more nutritious than foods grown in conventional ways. Organic foods are typically grown with "natural" pesticides and insecticides to prevent crop damage. Organic foods can be nutritious choices in a healthful eating plan, but they may not necessarily provide you with a nutritional advantage.

Why is the price of organic foods higher?

Prices for organic foods have dropped from past years, but organic items are still generally more expensive than conventionally grown foods due to the higher production costs (more labor, transportation, processing, certifying, and retailing), more crop losses, and smaller yields.

Try these tips to make an organic diet more affordable:

1. Select seasonal produce to maximize quality and value.
For example, if you want strawberries in winter, buy frozen.
2. Create your meal plans around the most affordable organic produce, meat and grain products.
3. Look for Hannaford's own line of organic & natural fresh and packaged products under the Nature's Place brand.
4. Prioritize your produce. Certain produce items tend to have higher levels of pesticide residue, while others tend to have lower levels. Save your money and buy conventional on these produce items that are known to have the least amount of pesticide residue:

Onions
Sweet Corn
Pineapples
Avocados
Cabbage

Sweet Peas
Asparagus Mangoes
Eggplant
Kiwis
Cantaloupe (domestic)

Sweet Potatoes
Grapefruit
Watermelon
Mushrooms



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



simply healthy

from your Hannaford Dietitian

Prepare your favorite holiday dishes without guilt

By making small changes to your traditional holiday meals, you can enjoy your favorite dishes, 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.



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



simply healthy

from your Hannaford Dietitian

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? 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



simply healthy

from your Hannaford Dietitian

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



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!



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



simply healthy

from your Hannaford Dietitian

Allergy-Free Party Planning

Holidays are a time for entertaining with good friends and good food. But for those with food allergies and sensitivities, holiday parties may be a source of uncertainty and stress.

Whether you're attending a holiday party with a food allergy or you are hosting a gathering for guests with food allergies, there are a few simple tips to help alleviate some of the worries that go along with holiday parties.

What You Can Do as a Host:

1. Inquire about food allergies or intolerances. When planning a party, the first thing you can do when sending out invitations is ask questions about what your guests can or cannot eat.
2. Review the menu & be specific - including brands and sources of foods you're planning on serving - with the allergic guest. Save package labels if there is a possibility that they could include unsafe ingredients.
3. Say "yes" if your guest offers to bring allergen-free dishes and desserts, and ask them to bring enough for all to share.
4. Be prepared and have appropriate safe, delicious and allergen-free treats on hand that everyone can enjoy together. You will want everyone to feel included.
5. Keep the focus off food. For parties, create a special theme that is meaningful and fun for all. The same goes for activities - instead of cookie decorating, consider crafty activities or games.
6. Be sensitive. Don't bring unnecessary and unwanted attention to your guest's food allergies or intolerances.

Most important tip of all: Remember the real reason for the holidays. Take advantage of this opportunity to spend time with family and friends, and focus on people rather than food.

What you can do as a Guest:

1. Communicate & educate in a positive manner and well in advance. As a guest, it is your responsibility to let your host know if there is anything you can't eat - and how serious the situation is. Don't let a fear of inconveniencing the host stop you from disclosing a list of restrictions. The host wants everyone to feel included, regardless of what can be eaten (or not). Hosts are more apt to be insulted by a guest who doesn't eat what is served than by a guest who shares food restrictions as soon as the dinner invitation is accepted.
2. Go first. If the party is buffet-style, be the first in line to avoid any potential cross-contamination such as mixed-up spoons. If this is too awkward, you can also ask if the host can set food aside for you before serving.
3. Contribute to the meal. Offer to bring an addition to the menu that you can enjoy and share with everyone else. That way, there will definitely be something safe for you to eat.
4. Keep it simple. When loading your plate, stick to simple, whole foods - like plain fruits, vegetables and meats that haven't been processed, coated or mixed. Avoid sauces, dips, marinated items, casseroles and desserts unless you know for sure what's in them.
5. Don't take over - it's not your party. Don't try to replace your host's famous German Chocolate Cake that has been a holiday tradition for generations.
6. Follow up after the party with a thank you. A hand-delivered note would be great, or even a little gift.



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.



simply healthy

from your Hannaford Dietitian

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 these gift/recipe tags, 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.



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



simply healthy

from your Hannaford Dietitian

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 add the gift/recipe tag below. Place in jar, spreading out to cover beans. Add tortilla chips. Seal jar.

Taco-Bean Chili Mix

1 jar taco-bean chili mix
4 cups water
1 can (14+ oz.) diced tomatoes
with green chiles, undrained
1 can (8 oz.) tomato sauce
1 pound lean ground beef
or ground turkey, browned,
rinsed and drained
Shredded low-fat cheese,
chopped lettuce, sliced black
olives (optional)

SIDE 1 ✂

1. Remove chips and seasoning packet from jar; set aside.
2. Place beans in large bowl; cover with water. Soak 6 to 8 hours overnight. Drain beans; discard water.
3. Place soaked beans, water, tomatoes with juice, tomato sauce, ground meat and contents of seasoning packet in large pot. Bring to a boil over high heat. Cover; reduce heat and simmer 1 1/2 to 2 hours or until beans are tender.
4. Crush tortilla chips. Stir into chili and cook 5 to 10 minutes to thicken. Serve with cheese, lettuce and olives, if desired. Makes 6 to 8 servings.

SIDE 2 ✂



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



simply healthy

from your Hannaford Dietitian

Wrap it up, stress-free with a holiday gift basket

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



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.



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



simply healthy

from your Hannaford Dietitian

Simple Handmade Gifts

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 1 1/2 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

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

Winter Rosemary Salt Scrub

3/4 cup sea salt
3/4 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.



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



simply healthy

from your Hannaford Dietitian

Try our Healthy Holiday Recipes

Orange & Port Glazed Turkey Meatballs

Yields: 16 servings • Prep Time: 5 minutes

Ingredients:

- 4 Tbsp. I Can't Believe It's Not Butter!® Spread, divided
- 1/2 cup finely chopped onion
- 1 rib celery, finely chopped (about 1/4 cup)
- 1 lb. lean ground turkey
- 1 egg
- 1/4 cup plain dry bread crumbs
- 1/4 cup dried cranberries, chopped
- 1/8 tsp. McCormick's® dried thyme leaves, crushed
- 1/2 tsp. salt
- 1/8 tsp. McCormick's® ground black pepper
- 1/2 cup orange marmalade
- 2 Tbsp. port wine or grape juice
- 1 tsp. apple cider vinegar
- 1/4 tsp. McCormick's® ground cinnamon



Directions:

1. Melt 2 tablespoons I Can't Believe It's Not Butter!® Spread in 12-inch nonstick skillet over medium-high heat and cook onion and celery, stirring frequently, 5 minutes or until vegetables are tender. Remove from heat and cool slightly.
2. Combine ground turkey, egg, bread crumbs, cranberries, onion mixture, thyme, salt and pepper in medium bowl; shape into 44 (1-inch) meatballs.
3. Melt 1 tablespoon Spread in same skillet and brown 1/2 of the meatballs over medium heat, turning frequently, 7 minutes or until golden brown and almost cooked. Remove meatballs and set aside; repeat with remaining Spread and meatballs.
4. Return meatballs to skillet, then stir in marmalade blended with port, vinegar and cinnamon. Cook over medium heat, stirring gently, 5 minutes or until sauce is thickened and meatballs are cooked.

Recipe courtesy of Unilever.



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



simply healthy

from your Hannaford Dietitian

Try our Healthy Holiday Recipes



Pear & Parmesan Stuffed Mushrooms

Ingredients:

- 1 package (16 oz.) white mushrooms
- 1/4 cup I Can't Believe It's Not Butter!® Spread
- 1 large pear, peeled, cored and finely chopped
- 1 large shallot, finely chopped
- 1/4 cup shredded Cabot® cheddar cheese
- 1 Tbsp. finely chopped fresh parsley (optional)
- 1/8 tsp. McCormick's® ground black pepper

Directions:

1. Preheat oven to 400°. Remove and finely chop mushroom stems (about 1-1/4 cups); reserve mushroom caps.
2. Melt I Can't Believe It's Not Butter!® Spread in 12-inch nonstick skillet over medium-high heat and cook chopped stems, pear and shallot, stirring occasionally, 5 minutes or until tender. Stir in cheese, parsley, and pepper.
3. Evenly stuff reserved mushroom caps with pear mixture, then arrange on baking sheet. Bake 15 minutes or until mushrooms are tender. Garnish, if desired, with cheddar cheese shavings.

Recipe courtesy of Unilever



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



simply healthy

from your Hannaford Dietitian

Try our Healthy Holiday Recipes

Holiday Orange Nog

Ingredients:

2 1/2 cups Tropicana Pure Premium® orange juice
or Dole® 100% orange juice
2 cups Hood® Light Eggnog
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.

Recipe courtesy 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.

Recipe courtesy of www.oceanspray.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. For free nutritional advice, you can also email a private message to our staff registered dietitian at hannaford.com/dietitian



simply healthy

from your Hannaford Dietitian

Try our Healthy Holiday Recipes

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.

Recipe courtesy www.welchs.com

Almond Hot Chocolate

Ingredients:

- 2 cups Original Almond Breeze®
- 6 oz. bittersweet or semi-sweet chocolate, chopped
- 1 tsp. unsweetened cocoa, plus more for garnish
- 1 tsp. vanilla extract

Directions:

1. Place the chocolate and cocoa in a mixing bowl. Heat Original Almond Breeze® in a saucepan.
2. Pour over chocolate and cocoa and whisk well to melt and make frothy. Stir in vanilla. If available, use a hand blender or hand mixer to make it even more frothy on top.
3. Pour into mugs and serve immediately. Dust with cocoa to garnish and serve with Chocolate-Covered Almonds.

Recipe courtesy of www.almondbreeze.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. For free nutritional advice, you can also email a private message to our staff registered dietitian at hannaford.com/dietitian