



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



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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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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!



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