



Healthy Living at Hannaford

The Eight Traits of Emotional Hunger

Emotional and physical hunger can feel identical, unless you've learned to identify their distinguishing characteristics. The next time you feel insatiably hungry, look for these signals that your appetite may be based on emotions rather than true physical need. This awareness may head off an emotional overeating episode.

Emotional Hunger...

1. is sudden. One minute you're not thinking about food; the next minute you're starving. Your hunger goes from 0 to 60 within a short period of time.
2. is for a specific food. Your cravings are for one specific type of food, such as chocolate, pasta or a cheese burger. With emotional eating, you feel you need to eat that particular food. No substitute will do!
3. is "above the neck." An emotionally based craving begins in the mouth and mind. Your mouth wants to taste that pizza or chocolate doughnut. Your mind whirls with thoughts about your desired food.
4. is urgent. Emotional hunger urges you to eat NOW! There is a desire to instantly ease emotional pain with food.
5. is paired with an upsetting emotion. Your boss yelled at you. Your child is in trouble at school. Your spouse is in a bad mood. Emotional hunger occurs in conjunction with an upsetting situation.
6. involves automatic or absent-minded eating. Emotional eating can feel as if someone else's hand is scooping up the ice cream and putting it into your mouth (automatic eating). You may not notice that you've just eaten a whole bag of cookies until the bag is empty.
7. does not notice or stop eating in response to fullness. Emotional overeating stems from a desire to cover up painful feelings. The person stuffs herself to quiet her troubling emotions and will eat second and third helpings, even though her stomach may hurt from being stuffed.
8. feels guilty about eating. The paradox of emotional overeating is that the person eats to feel better and ends up berating oneself for eating cookies, cakes or cheeseburgers. One makes promises to oneself (I'll exercise, diet, skip meals, etc., tomorrow).

Physical Hunger...

1. is gradual. Your stomach rumbles. One hour later, it growls. Physical hunger gives you steadily progressive clues that it's time to eat.
2. is open to different foods. With physical hunger, you may have food preferences, but they are flexible. You are open to alternative choices.
3. is based in the stomach. Physical hunger is recognizable by stomach sensations. You feel gnawing, rumbling, emptiness, and even pain in your stomach with physical hunger.
4. is patient. Physical hunger would prefer that you eat soon, but it doesn't command you to eat right at that instant.
5. occurs out of physical need. Physical hunger occurs because it has been several hours since your last meal. You may experience light-headedness or low energy if overly hungry.
6. involves deliberate choices and awareness of the eating. With physical hunger, you are aware of the food on your fork, in your mouth, and in your stomach. You consciously choose whether to eat half your sandwich or the whole thing.
7. stops when full. Physical hunger stems from a desire to fuel and nourish the body. As soon as that intention is fulfilled, the person stops eating.
8. realizes eating is necessary. When the intent behind eating is based in physical hunger, there's no guilt or shame. The person realizes that eating, like breathing oxygen, is a necessary behavior.



Interested in learning more?

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Winning Lessons from Weight Losers

Exercise.

Get moving! Aim to burn an average of 400 calories per day in physical activity. That's the equivalent of about 60 to 75 minutes of brisk walking or 35 to 40 minutes of jogging.

Eat fewer calories.

The number of calories that is right for you is based on your weight, height, and activity level.

Spend less time "on-screen."

Time away can be spent moving. If you must spend a lot of time on your computer, consider standing.

Limit fast-food intake.

Fast food is cheap, filling, and satisfying—but it has more calories and harmful saturated and trans fats. For a healthy fast meal, use bagged salad with protein and extra vegetables or a Kashi frozen entrée.

Cut back on sugars and sweets.

Satisfy your sweet tooth with fresh fruits and yogurt. Grab a convenient fat-free or low-fat yogurt cup and a piece of fruit, OR, if you have two extra minutes, whip up a fruit smoothie in the blender.

Feel full with nutrient-rich vegetables and whole grains.

As an alternative, choose foods that have a gentler effect on blood sugar. These include whole grains, such as wheat berries, steel-cut oats, and whole-grain breads and pasta, as well as beans, nuts, fruits, and vegetables.

Keep track.

A food diary can make you more aware of exactly how much you are eating. Include everything, no matter how small or insignificant it seems.



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Reasons for Eating at Home

1. This is quality time for the whole family.
2. Family meals encourage communication skills, like how to listen patiently and express opinions respectfully.
3. It is an opportunity to teach kids how to cook healthy meals. Children are more likely to eat a variety of foods if they help make them.
4. Studies have shown that adolescents and teens who regularly sit down to family meals have better grades, less depression, and are less likely to drink alcohol, smoke or use marijuana than kids who eat with their families less than twice a week.
5. It is more economical to prepare and eat meals at home.
6. It gives parents better control over the quality and quantity of food.
7. Sensible portion sizes need to be taught at home so kids don't grow up thinking supersized is normal. Skip the instinct to have kids clean their plate. You control WHAT your kids eat – let the kids decide how much.



Hannaford can help:

Look for the Guiding Stars® for healthy food choices.

Find healthy recipes that earn Guiding Stars® by visiting hannaford.com

Stop by our Dietitian's demo tables to find and sample recipes that are inexpensive, easy to make, healthy and delicious!



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Tips for Easy Meals

- First, check everyone's schedules and determine how many meals per week you can eat together.
- Keep things simple. Family meals do not have to be fancy or elaborate. They should be healthy and balanced.
- Get the family involved in preparing meals and setting the table. Even small children can handle some kitchen chores. Learning basic kitchen skills will be helpful for when they go off on their own.
- Cook a big pot of something delicious (soup, a casserole) during the weekend for easy meal prep on busy nights.
- Try crock-pot dishes that can be put together the evening before and then cooked while you are at work. It is so wonderful to come home to the smells of a hot, delicious meal all ready to eat.
- Cook extras of some foods to be used later in the week. For example, if you are grilling or baking chicken, bake or grill extra and use in salads, wraps, casseroles, etc. Make extra brown rice or pasta that can be used in another dish later.
- If your food budget allows, buy prepackaged, prewashed, ready-to-eat vegetables to shorten prep time on busy nights.
- Use frozen vegetables to make a stir-fry with chicken or pork. Serve on top of quick brown rice or whole-wheat pasta.
- Keep low-fat yogurt on hand to use as a base for smoothies. Just add canned or frozen fruits, fruit juice and granola (or your favorite cereal) for a quick breakfast.
- Cook potatoes or vegetables in the microwave to save time.
- Try having breakfast for dinner once a week. Veggie and cheese omelets served with whole-grain toast or English muffins, and milk or yogurt is easy to do. Or try pancakes or waffles with fruit topping served with milk or yogurt. Waffle or pancake mix can be made ahead and refrigerated so it is ready to go when you get home.



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Fast & Lean Meal Ideas

By planning ahead, you can avoid eating poor nutrition meals loaded with fat and calories. Try including lean protein, complex carbohydrates, and healthy fats at every meal to keep you full longer and energized throughout the day. If you do not have much time to cook, skip the drive-thru, anyway, and try some of these quick, healthy meal ideas:

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No Time, No Problem Breakfast Ideas:

Breakfast is the most important meal of the day, it's one meal many of us skip because we are too rushed or busy. With these fast morning meals, you can prepare, grab and go without going hungry or ruining your diet.

- Apple and a handful of walnuts (30 seconds)
- Kashi® oatmeal with 1/2 cup skim milk and ¼ cup raisins (2 minutes, 45 seconds)
- 100% whole-grain toast with 2 Tbsp. of peanut butter and a banana (4 minutes, 30 seconds)
- Dannon® Greek yogurt mixed with ground flaxseed and fresh berries – or you can mix ingredients in a blender for a yummy smoothie (5 minutes, 15 seconds)
- 2 scrambled eggs with Cabot® 50% Reduced Fat Cheddar Cheese with whole-wheat English muffin and a 6 oz. glass of orange juice (8 minutes, 45 seconds)

Lean Lunches:

Try packing your lunch the night before to keep your mornings less hectic.

- Tuna salad made with Hellmann's® Canola Mayonnaise, served on 100% whole-wheat bread with lettuce and tomato
- Baked sweet potato topped with fat-free sour cream and chives
- Green salad with skinless chicken breast, drizzled with olive oil-based dressing and topped with sliced almonds
- Cut-up veggies, such as carrots, cucumbers, bell peppers, celery and grape tomatoes, with hummus spread for dipping
- Steamed veggies sprinkled with 2 Tbsp. shredded Cabot cheese (look for steam-in-bag versions in fresh produce and frozen sections of the store)
- 1 cup of broth-based soup or bean chili with 6 Kashi crackers – use the Hannaford Guiding Stars® to help find soups with lower sodium levels

Lite Dinners:

Remember to practice portion control to keep calories in a healthy range: 3 oz. of meat is the size of a deck of cards, 1/2 cup brown rice equals half a baseball, and 3 oz. fish is equivalent to a checkbook.

- Whole-grain pasta served with Ragú pasta sauce and lean ground beef
- Sushi with low-sodium soy sauce and side of brown rice
- Baked, grilled or poached fish with sautéed veggies
- Stir-fry using canola oil and sautéed fresh ginger, shrimp, broccoli, carrots, onion, and bell peppers
- Roasted chicken with side salad and corn
- Mexican ground-turkey taco on lettuce wraps with diced tomatoes and guacamole



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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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Healthy Snack Alternatives

Whether you're craving crunchy, sweet, salty, creamy, or tangy, there's a healthier substitute for all of your guilty pleasures. Satisfy your taste buds with these nutritious alternatives. Happy snacking!



When you want:	Look for:	better choice:	best choice:
Chips	Chips cooked in Guiding Stars® oils, such as sunflower oil, & no MSG	Pretzels Low-fat or baked chips Mini rice or popcorn cakes	Raw vegetable sticks or organic popcorn
Candy Bar	Candy bar with real flavors & organic chocolate	Fruit leather Nut butter 1 dark chocolate square	Fresh fruit or dried fruit
Cookies	Cookies with real butter or non-hydrogenated oil	Granola bar Graham crackers Kashi® cookie	Raw or roasted nuts & seeds
Soda	100% juice or low-fat milk	Skim milk or 100% juice mixed with seltzer water	Water
Ice Cream	Ice Cream made with all-natural ingredients	Frozen yogurt	Fresh-fruit smoothie



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Skinny Snacking Success

Whether you need a snack to hold you over between meals or a quick pick-me-up, there are plenty of healthy snack choices that are sure to satisfy your cravings for sweet, salty or crunchy. Try to choose foods packed with protein, fiber or healthy fat (polyunsaturated fat or monounsaturated fat) as they help you feel full while practicing portion control. Satisfy your hunger without sabotaging your diet with these simple snack ideas that weigh in at 200 calories or less.

Salty & Savory Snacks

- 7 Kashi® TLC™ Honey Sesame Snack Crackers (56 calories) with 1/2 cup Cabot® Cottage Cheese (100 calories)
- 1 cup bell pepper strips (30 calories) with 2 tablespoons fat-free ranch dressing (48 calories)
- Chunk light tuna pouch (100 calories) with 1 tablespoon Hellmann's® Light Mayonnaise (45 calories) and 1 cup diced celery (19 calories)
- Hannaford 94% Fat-Free Buttered Microwave Popcorn Mini Bag (120 calories)
- Mini pizza with toasted Pepperidge Farm® 100% Whole-Wheat Mini Bagel (100 calories), 4 tablespoons Ragú® Pizza Sauce (30 calories), 1 Cabot 75% Reduced Fat Cheddar Cheese slice (60 calories); heat in microwave for 30 seconds or until cheese melts



Sweet & Crunchy Snacks

- Dole® Mixed Fruit cup in 100% Juice (70 calories) and 1/3 cup Bear Naked Peak Granola (130 calories)
- 1/4 cup Craisins® (85 calories) and 14 whole natural almonds (95 calories)
- Kashi TLC Trail Mix Chewy Granola Bar (140 calories) and Mott's® Natural Applesauce (50 calories)
- 1 sliced apple (80 calories) with 1 tablespoon peanut butter (94 calories)
- Dannon® Light & Fit® 4 oz. cup (60 calories) with 1 cup halved fresh strawberries (49 calories) and 1 kiwi (45 calories)
- 3/4 cup Kashi Heart to Heart® Warm Cinnamon Oat Cereal (110 calories) with 1/2 cup skim milk (40 calories) and half a banana (45 calories)
- Kashi TLC Oatmeal Dark Chocolate cookie (130 calories) and 1/2 cup Silk® Chocolate Soymilk (70 calories)



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Ragú (no frying) Chicken Parmesan

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 4

Ingredients:

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

1 egg, beaten

3/4 cup Italian seasoned dry bread crumbs

1 jar (1 lb. 10 oz.) Ragú® Old World Style® Pasta Sauce

1 cup shredded Cabot® 50% Reduced Fat Cheddar Cheese

Directions:

1. Preheat oven to 400°. Dip chicken in egg, then crumbs.
2. Arrange chicken in 13 x 9-inch baking dish. Bake 20 minutes.
3. Pour pasta sauce over chicken; top with cheese. Bake an additional 10 minutes or until chicken is thoroughly cooked. Serve, if desired, with hot cooked pasta.



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Broccoli-Rice Stir-Fry

Servings: 4

Ingredients:

4 cups cooked brown rice
2 tsp. canola oil
3 cups fresh broccoli
1 red pepper, chopped
2 minced garlic cloves
1/2 cup sliced green onion
1/2 cup egg substitute or whites
2 Tbsp. light soy sauce
1/2 tsp. chili powder
1/2 tsp. garlic powder

Directions:

1. Prepare brown rice according to package directions.
2. Heat a large nonstick skillet over medium-high heat. Add oil and broccoli and pepper sauté until crisp, about 3 minutes.
3. Add garlic and green onions and sauté until nutty brown, about 2 minutes.
4. Add the egg whites to the center of the pan and scramble until done.
5. Add the seasoning. Serve over hot brown rice.



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