



## Healthy Living at Hannaford

### 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.

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### 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



### 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.

You can also email a private message to our staff registered dietitian, for free nutrition advice at [hannaford.com/asknutritionist](http://hannaford.com/asknutritionist).