



Healthy Living at Hannaford

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



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.



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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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