



simply healthy

from your Hannaford Dietitian

Proven Strategies for Weight-Loss Success

If you need to lose weight, or want to maintain a weight loss, try incorporating as many of these strategies as possible. They are proven strategies that have helped thousands maintain substantial weight loss.

1. Change the types of food you eat. Decrease intake of foods that are associated with weight gain, such as foods high in fat and sugar.
2. Count calories. It will help you assess your calorie intake and see where a majority of your calories are coming from.
3. Self-monitor. Weigh yourself regularly so you can take corrective actions sooner if weight gain occurs.
4. Don't be afraid to ask for help. Ask your Hannaford dietitian for weight-loss advice or find a local weight-loss program for support.
5. Eat breakfast. Seventy-eight percent (78%) of people who are able to lose weight and/ or maintain a healthy weight eat breakfast daily.
6. Prepare meals at home. Ask your Hannaford dietitian for quick, easy, and healthy meal ideas.
7. Limit TV. Those who watch 10 hours or less of TV each week tend to weigh less than those who watch more TV.
8. Engage in physical activity. Get moving and burn those calories.

Source: www.nwcr.ws



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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Weight Loss Made Easier: Make a Switch to Lose Unwanted Pounds

Think about what foods you can realistically replace and what activities you can add. Jot your ideas down in the spaces below.

Foods I will replace to save calories:

1.

2.

3.

Activities I will add to burn calories:

1.

2.

3.



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Weight Loss Made Simple:

Energy balance (calories consumed = calories burned) allows us to maintain our weight. If you want to lose 2 to 4 pounds a month, try a few simple changes:

1. Replace some of your daily food choices with 2 or 3 alternatives, lower in calories.
2. Add 30 to 60 minutes of activity most days of the week (housecleaning counts!).

By cutting out 100 to 300 calories each day and adding activity that burns 100 to 300 additional calories, you can lose up to one pound each week.

Here are some examples of simple food swaps and daily energy burners:

Simple Food Swaps:

- Replace one tablespoon olive oil (120 calories) with one tablespoon I Can't Believe It's Not Butter® Olive Oil Light Spread (only 45 calories).
- Substitute a half-cup of nightly ice cream (150 calories) for a piece of fruit (60 calories).
- Change from regular mayonnaise (90 calories per Tbsp.) to Hellmann's® Canola Cholesterol Free Mayonnaise (40 calories per Tbsp.).
- Swap regular cheese (110 calories per ounce) for Cabot® 50% Light Cheddar (70 calories).
- Replace regular granola (250 calories per 1/2 cup) with Kashi® GOLEAN® Crisp!™ (120 calories).

Energy Burners

(based on a 200 lb. person, 30-minute duration):

- Bowling or dancing burns 110 calories.
- Shopping for groceries burns 120 calories.
- Walking a 20-minute mile burns 160 calories.
- Housework or gardening burns 180 calories.
- Doubles tennis burns 220 calories.
- Weight training with 90 seconds' rest between sets burns 250 calories.



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Delicious ideas for your 3 favorite healthy foods

Dannon® Oikos® Greek Nonfat Yogurt

Smoothie: In a blender, mix 1/2 cup vanilla yogurt, 1 cup fresh pineapple, 1/2 cup ice, 2/3 cup orange juice, 1/3 cup cooked and cooled carrots, 1/2 Chiquita® banana, dash of McCormick® Ground Ginger. Serves 2.

Parfait: Layer yogurt, frozen blackberries, drizzle of honey and sprinkle with your favorite cereal (try Kashi® GOLEAN® Crunch!®).

Veggie dip: Add ranch seasoning mix packet (to taste) to plain yogurt (instead of sour cream) - great with carrots, peppers, cukes, and sugar snap peas!

Fruit dip: Mix together 1/2 cup yogurt and 1/4 cup Marshmallow Fluff® for a sweet topping on your favorite fruit, like berries, melon, or pineapple, for a wholesome dessert.

Kashi Whole Grain Cereal

Sunbutter crunch: Combine Kashi GOLEAN and Heart to Heart® cereals with sunflower butter (or peanut butter), and stir. Optional add-ins: dried apricots and walnuts. No recipe required - just pour and mix the amount desired. Store extra in the refrigerator.

Trail mix: Add 1/2 cup Kashi cereal, 1 cup almonds, 1/2 cup dried cherries, and 1/2 cup pumpkin seeds. Makes ten 1/4-cup servings.

Parfait: Layer yogurt, frozen blackberries, drizzle of honey and sprinkle with your favorite Kashi® cereal (try Kashi® GOLEAN® Crunch!®).

Cabot® Cheese (No Fat Cottage Cheese or Light Cheddar)

Dilly dip: Mix together 1 cup cottage cheese and 4 ounces neufchatel reduced fat cream cheese, 1 teaspoon McCormick® Dill Weed, and 1 teaspoon McCormick® Minced Onions. Serve with your favorite veggies.

Trio bite: Stack fresh apple wedges and Cabot Light Cheddar slices and top with a dollop of honey mustard.

Go to cabotcheese.coop for more delicious Cabot cheese recipes such as pear boats and bean-cheese spirals.



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Low Energy? Snack Attack?

Smart snacking between meals helps maintain our weight by providing steady energy throughout the day. Try these recommended snacks with a satisfying mix of protein & carbohydrates.



- 1 ounce Cabot® Sharp Light Cheddar with 5 Kashi® TLC™ Crackers
- 5 pitted dates and 15 almonds
- Small apple with a tablespoon peanut butter or other nut butter (try sunflower butter!)
- 1/2 cup Cabot® No Fat Cottage Cheese with 3/4 cup blueberries
- Hard-boiled egg and 5 Kashi Heart to Heart® Whole Grain Crackers (try roasted garlic flavored!)
- 2 ounces tuna (1/4 cup) with a tablespoon Hellmann's® Canola Cholesterol Free Mayonnaise and a clementine

- 1 Kashi® Chewy Granola Trail Mix Bar and 4 ounces plain light soymilk
- 1 cup raw vegetables with 3 tablespoons hummus
- 1/2 cup bean soup topped with Cabot® 50% Light Shredded Cheese
- 5.3-ounce container Dannon® Oikos® Nonfat Greek Yogurt



For more nutrition information and healthy snack ideas, contact your Hannaford dietitian today! For store locations and a schedule of events, go to hannaford.com/dietitians



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Spinach Vegetable Dip

Ingredients:

- 1/2 English cucumber, coarsely grated
- 1/2 large zucchini, grated
- 1 (10 oz.) box Hannaford Chopped Spinach, thawed and drained
- 3/4 cup Dannon® All Natural or Oikos® Greek Nonfat Plain Yogurt
- 3/4 cup Hellmann's® Canola Cholesterol Free Mayonnaise
- 1/2 cup red bell pepper, chopped
- 1/2 cup Cabot® 50% Light Fat Shredded Cheese
- 2 green onions, thinly sliced
- 1 tablespoon McCormick® Minced Onions or Onion Powder
- 1/2 teaspoon McCormick® Garlic Powder
- 1/8 teaspoon McCormick® Crushed Red Pepper (optional)

Directions:

In a medium bowl, stir together all of the ingredients. Refrigerate for at least 30 minutes. Serve with your favorite Kashi® crackers and assorted raw vegetables.

Variation - Replace cucumber and zucchini with a 14 oz. can of artichoke hearts, drained and chopped. Spice up the recipe further by adding any of your favorite McCormick Perfect Pinch® salt-free seasoning blends.



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Strawberry-Orange-Banana Parfait Delight

Yields: 1 servings • Prep Time: 5 minutes

Ingredients:

1 (5.3 oz.) Dannon® Strawberry Oikos® Fruit on the Bottom Greek Nonfat Yogurt
1/3 cup ripe Chiquita® banana slices
1/4 cup Kashi® GOLEAN® Crisp!™ Toasted Berry Crumble Cereal
1 teaspoon McCormick® Gourmet Collection Orange Peel

Directions:

1. Mix the strawberries and yogurt to blend well. Spoon half of the yogurt into an 8 oz. bowl or parfait cup.
2. Sprinkle 1/2 teaspoon of the orange peel.
3. Arrange 1/2 of the banana slices over orange peel.
4. Crush cereal and sprinkle 2 tablespoons over the banana slices.
5. Repeat steps 1-4, ending with the cereal.



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