



simply healthy

from your Hannaford Dietitian

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



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