



## Healthy Living at Hannaford

Losing Weight to Protect Your Heart

### 4 simple steps to a healthier heart

1

#### Fill up on fruits and vegetables.

They are naturally high in fiber which fills you up and may help lower cholesterol.



2

#### Limit refined sugars.

These greatly increase the calorie density of foods and make you want to eat more calories to feel full.



3

#### Make it whole grains.

Cooked whole grains, which include oatmeal, brown rice, barley and corn, are very filling. Look for foods that have at least 3 grams of fiber per serving.

Choosing cereals and other Kashi® products are good choices because they use whole grains (naturally high in fiber) instead of refined carbohydrates.



4

#### Choose lean proteins.

Consume fewer animal products that are high in saturated fat. Chicken breast, lean ground turkey, or legumes, such as black beans, pinto beans, split peas or white beans are great lean proteins. For heart healthy fats, fish is always a great idea, too. Some great choices are coldwater fatty fish, such as salmon, tuna, trout, mackerel or herring.



#### 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).