



simply healthy

from your Hannaford Dietitian

Create a Healthy Cart with These Shopping Tips!

Produce Department

Aim for color – the more color, the greater the variety of nutrients and important antioxidants you are getting. Keep the rainbow in mind – and maybe try something new, such as an exotic fruit!

When it comes to greens, the darker, the better since they're more packed with nutrients. If your family is used to iceberg lettuce or another "light" variety, try mixing in some fresh baby spinach or other dark leaf.

Fruits and vegetables make great snacks, especially when paired with your favorite low-fat cheese or healthful dip. If baby carrots and celery are not cutting it for you anymore, try sugar snap peas and grape tomatoes for a change! Switch up your fruit servings, too – if you are used to buying only apples or bananas, try pears or clementines for a change.

Deli Department

Choose our Taste of Inspirations® Turkey for an all-natural, nitrate-free turkey breast. Avoid high-fat, high-salt deli meats, such as bologna, pimento loaf, and salami.

Avoid creamy or very oily salads. Remember that these salads can be high in fat and calories, no matter how healthy the ingredients seem!

Use the Hannaford Guiding Stars to guide you toward more heart-healthy options. Looking for a reduced-fat pre-sliced cheese? Head over to the dairy aisle for Cabot™ Light Cheddar Cheese Slices.

Seafood Department

Take advantage of all of your 3-star options. After the produce department, you will find a variety of selections earning Guiding Stars® ratings in your seafood department! Fatty fish are highest in essential omega fatty acids – these fish include salmon, trout and tuna.

When cooking, use olive oil spray to panfry or broil your fish – avoid frying in oil or breading.

Looking for a cream-based dip or marinade? Try using plain nonfat Dannon® Greek yogurt – this creamy yogurt would be the perfect base for a creamy dill sauce!

Meat Department

For red meat: "The redder, the better" – bright-red meat indicates that there is less of the fat that can't be trimmed. Any fat that is on the perimeter of the meat should be trimmed before cooking to avoid extra fat from "cooking" into the meat. Aim for the following with red meat: USDA Select or Choice grades, such as round, sirloin, and flank steak; tenderloin; roast (rib, chuck, rump); steak (T-bone, porterhouse, cubed); ground round.

For poultry: Aim for the following with pork: lean pork, such as fresh ham; tenderloin; center lamb chop. All skin should be removed from chicken and turkey before cooking (and definitely before eating!).



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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Size it Up! Getting your portion in proportion

Learning correct portion sizes is the key to building a perfectly balanced plate. Having a mental image of these objects helps determine normal serving sizes. Estimating portion sizes will get you started toward a healthier path to consuming the correct serving size of your favorite foods.



Dairy

1 serving of ice cream = 1/2 cup or a tennis ball



1 serving of cheese = 1 ounce or one die



Protein

1 serving of meat, poultry or seafood = 3 ounces or a deck of cards



2 Tbsp nut butter = a golf ball



Veggies

1 serving of veggies = 1 cup or the size of your fist or a baseball



Fruit

1 serving of fruit = an apple, orange or a computer mouse



Grains

1/2 a medium whole wheat bagel = a hockey puck



1 portion of whole grain pasta is 1/2 cup = 1/2 a baseball



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Chicken, Rice and Black Bean Salad Bowl

Ingredients:

- 1 bag Fresh Express® American salad mix
- 2 cups roasted or grilled chicken, chopped
- 1/2 red bell pepper, chopped bite-sized
- 1 cup grape tomatoes
- 1 cup cooked black beans, rinsed and drained, warm or room temp.
- 2 cups cooked brown or white rice, warm or room temp.
- Wish-Bone® Light Buffalo Ranch salad dressing
- 1 cup Cabot™ Seriously Sharp Cheddar or Monterey Jack shredded cheese

Directions:

1. Empty salad mix into large bowl. Add chicken, peppers and tomatoes. Toss with dressing.
2. Divide the beans and rice into individual serving bowls.
3. Top with salad mix and garnish with shredded cheese.

Rainbow Sesame Slaw with Kale

Ingredients:

- 1 bag Fresh Express® Cole Slaw Kit
- 1 cup dark-green curly kale
- 1 teaspoon sesame oil
- 1 teaspoon rice wine vinegar

Directions:

1. Wash the kale leaves, cut out the center ribs, then stack the leaves a few at a time, roll them tightly into a long bundle, and thinly slice across the bundle to make uniformly thin ribbons.
2. In a small bowl, mix the oil and vinegar with the dressing packet.
3. In a large salad bowl, toss the kale with the coleslaw and top with the dressing. Toss well to coat.
4. Let slaw sit at least 10 minutes to fully marinate. Serve.

Source: Recipes adapted from www.freshexpress.com



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Strawberry-Banana Waffles

Ingredients:

- 2 medium Chiquita® Bananas
- 3/4 cup sliced strawberries
- 1/4 cup strawberry 100% fruit spread
- 2 tablespoons Promise® Buttery Spread
- 2 teaspoons fresh lemon or orange juice (to thin out fruit spread)
- 4 frozen Kashi® waffles

Directions:

1. Thinly slice bananas.
2. In a mixing bowl, combine strawberry fruit spread, Promise, and lemon or orange juice. Then combine with bananas and sliced strawberries. Set aside.
3. Prepare waffles according to package directions. Spoon strawberry-banana mixture over waffles. Serve and enjoy!

Source: Adapted from the Dole® 5 A Day Kids Cookbook

Monkey Toast

Ingredients:

- 1 slice whole-wheat bread (or half a sandwich thin or English muffin), toasted
- 1/4 cup Cabot™ No Fat Cottage Cheese
- 1/2 small Chiquita® Banana, sliced
- McCormick® Ground Cinnamon
- 1 teaspoon honey

Directions:

1. Preheat broiler.
2. Spread toast with cottage cheese and top with banana slices.
3. Sprinkle with cinnamon, drizzle with honey, and place under broiler until heated through, about 3 minutes.



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Vanilla-Banana Fruit Smoothies

Ingredients:

Chiquita® Banana, small
1 cup of frozen fruit
1 (6 oz.) container lowfat Dannon® All Natural Vanilla Yogurt
1 teaspoon McCormick® Pure Vanilla Extract
3/4 cups fat-free milk

Directions:

Blend all ingredients in blender on high speed for about 1 minute or until the mixture is smooth. Serve immediately.

Fresh Fruit Kebabs with Lemon-Lime Dip

Ingredients:

4 ounces lowfat Dannon® All Natural Lemon Yogurt
1 teaspoon fresh lime juice
1 teaspoon lime zest
4 to 6 pineapple chunks
4 to 6 strawberries
1 kiwi, peeled and diced
1/2 Chiquita® Banana, cut into 1/2-inch chunks
4 to 6 red grapes
4 wooden skewers
Kashi® GOLEAN Crunch!® or Kashi® GOLEAN® Crisp! Cereal

Directions:

1. In small bowl, whisk together the yogurt, lime, and lime zest. Cover and refrigerate until needed.
2. Thread 1 of each fruit onto skewer. Repeat until the fruit is gone.
3. Roll the skewers in yogurt mixture and then roll in granola.



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Spinach Dip

Ingredients:

1 pkg. Fresh Express® Spinach, chopped
1/4 teaspoon McCormick® Oregano Leaves
1 cup low-fat Dannon® All Natural Plain Yogurt
1/2 cup fresh parsley, chopped
1/2 cup green onion, chopped
Juice of 1 lemon

Directions:

Mix all ingredients in blender. When blended well, serve with colorful veggies, Kashi® crackers or toasted sourdough rounds.

Yogurt Dip in a Flash

Ingredients:

1 cup low-fat Dannon® All Natural Plain Yogurt
1 tablespoon fresh parsley, chopped
1/8 teaspoon McCormick® Onion Powder
1/8 teaspoon McCormick® Garlic Powder

Directions:

Mix all ingredients together in medium bowl. Refrigerate 1 to 2 hours. Serve with colorful veggies and Kashi® crackers.

Source: Recipes adapted from the AICR (American Institute for Cancer Research)



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Chicken and Spinach Wraps

Ingredients:

- 4 (10-inch) whole-wheat flour tortillas
- 4 tablespoons Hellmann's® Canola Cholesterol Free Mayonnaise or Hellmann's® Mayonnaise Dressing with Olive Oil
- McCormick® Perfect Pinch® Mediterranean Herb Seasoning
- 2 cups leftover baked chicken or Perdue® Short Cuts® Carved Chicken Breast Strips
- 4 cups Fresh Express® Spinach & Arugula
- 1 cup shredded carrots
- 4 slices Cabot™ 50% Light Sharp Cheddar

Directions:

1. Combine mayonnaise with spice blend to taste, spreading 1/4 on each tortilla.
2. Divide chicken into 4 portions and mound in center of each tortilla, leaving an inch-margin around the edges. Top with greens, shredded carrots and a cheese slice.
3. Fold tortillas envelope style by folding the bottom edge up and the top down 2 inches, then folding each side inward.

Yogurt Salad Dressing

Ingredients:

- 2 ounces nonfat Dannon® All Natural Plain Yogurt
- 1 tablespoon Hellmann's® Light Mayonnaise
- 1 1/2 teaspoons McCormick® Freeze-Dried Chives
- 1 1/2 teaspoons McCormick® Dill Weed
- 1 1/2 teaspoons fresh lemon juice

Directions:

Mix all ingredients in bowl and refrigerate.



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