



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