



## Healthy Living at Hannaford

### Food Package Claims

### What They Mean

<b>Fat Free</b>	Less than 0.5 grams of fat per serving
<b>Light or Lite</b>	One-third fewer calories, or half the fat, of the reference food. If the food derives 50% or more of the calories from fat, the reduction must be 50%.
<b>Low Sodium</b>	140 mg or less per serving
<b>Low Calorie</b>	40 calories or less per serving
<b>Low Cholesterol</b>	20 mg or less cholesterol and 2 grams or less saturated fat per serving
<b>Low Fat</b>	3 grams or less of fat per serving
<b>No Trans-Fat/Trans-Fat Free</b>	Less than 0.5 grams per serving
<b>Reduced, Less, Fewer</b> (such as Reduced Fat or Reduced Sodium)	Nutritionally altered to contain at least 25% less of the nutrient, or of the calories, than the reference food. Reduced claims cannot be made if it is already labeled as low.
<b>All Natural/ 100% Natural</b>	The natural food claim on a processed food has no standard definition and really has no meaning at all, for which an item labeled natural may not contain any artificial flavors, colors, or chemical preservatives. Note that, in the processed food arena, a "natural" product can be virtually anything – genetically modified, full of pesticides, made with corn syrup, additives, preservatives and artificial ingredients.
<b>Cholesterol Free</b>	Less than 2 mg cholesterol per serving, and 2 grams or less saturated fat per serving
<b>Gluten Free</b>	Currently, there is no FDA regulation that defines the term "gluten free". However, the FDA has not objected to the use of the term "gluten free" in the labeling of foods, provided that, when such a claim is made, it is truthful and not misleading. Yet, some foods with the gluten-free label will still contain gluten.
<b>Certified Gluten Free</b>	Look for the Gluten Free Certification Organization (GFCO) GF symbol to ensure product is gluten free. As a Global program, the GFCO uses the highest standards for gluten-free ingredients and a safe processing environment based on a continual review of the current scientific and testing methodologies.



### Interested in learning more?

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## Healthy Living at Hannaford

### Energy Bars: How Do I Choose?

In nutritional terms, “energy” is a synonym for calories, so generally all foods provide you with energy. Energy and fitness bars can be great snacks - they’re convenient and small enough to carry anywhere. The purpose of energy bars is to help offset fatigue and improve concentration at vital times. They’ve become so popular that sales have increased 50 percent in the last few years. With so many on the market, choosing the right one can be confusing, and many bars marketed as “fitness” or “energy” bars have a less than desirable nutritional profile, with high levels of inexpensive simple sugars and syrups (like glucose syrup, high-fructose corn syrup).



**To become knowledgeable about reputable bars on the market, it’s important to consider a few key elements when choosing an energy bar:**

- Carefully read nutrition labels and choose one with natural ingredients without artificial sweeteners, high-fructose corn syrup or artificial flavors or colors.
- Choose a bar with carbs from healthy ingredients such as fruits or fruit purées, natural grain syrups, nuts and whole grains to provide long-term energy.
- Watch calories and fat - up to 300 calories and 10 grams of fat is reasonable for a meal replacement, but cut that in half for a snack. Kashi® TLC Chewy bars are a perfect snack with just 140 calories and 5 grams of fat.
- Aim for energy snacks with zero trans fat and no partially hydrogenated oils.
- Choose a bar that has at least 3 grams of fiber and no more than 20 grams of sugar.
- Look for vitamins and minerals that you wouldn’t get from foods (like calcium and iron).

Although these convenient snacks are a great way to avoid junk food, there’s no substitute for real, balanced meals. Many of these bars are fortified with the same vitamins and minerals found in fruits and vegetables. However, they don’t contain phytochemicals, bioflavonoids, natural fiber and balanced vitamins and minerals, so their health benefits aren’t the same. Aim for a diet where most of your nutrients are from fresh fruits, vegetables, whole grains and lean protein.



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## Healthy Living at Hannaford



### Country Italian Chicken & Potatoes

Preparation time: 20 min

Cook time: 50 min

Serves: 6

#### Ingredients:

2 tablespoons olive oil

1 pound boneless, skinless chicken breasts, cut into 1-inch cubes

2 cloves garlic, finely chopped

2 medium potatoes, cut into 1-inch cubes

1 medium green or red bell pepper, cut into large pieces

1 (26 oz.) jar Ragú® Old World Style® Pasta Sauce

1 teaspoon McCormick dried basil

#### Directions:

1. Heat olive oil in 12-inch skillet over medium-high heat and cook chicken with garlic until chicken is thoroughly cooked. Remove chicken and set aside.
2. Add potatoes and bell pepper in same skillet. Cook over medium heat, stirring occasionally, 5 minutes. Stir in remaining ingredients. Bring to a boil over high heat. Reduce heat to low and simmer covered, stirring occasionally, 35 minutes or until potatoes are tender. Return chicken to skillet and heat through.



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## Healthy Living at Hannaford

### Ragu® Gazpacho

Preparation time: 25 minutes

Servings: 6

#### Ingredients:

1 medium cucumber, peeled, seeded, and finely chopped  
1 small onion, finely chopped  
2 medium red and/or green bell peppers, finely chopped  
1 cup water  
1/4 cup red wine vinegar  
2 tablespoons olive oil  
1 1/2 cups Ragu® Old World Style® Traditional Pasta Sauce  
1 tablespoon fresh cilantro, chopped  
2 teaspoons McCormick® Poultry Seasoning  
1/2 teaspoon hot pepper sauce, or more to taste

#### Directions:

1. Combine all ingredients in large nonaluminum bowl. Season, if desired, with salt and ground black pepper.
2. Process 1 cup of mixture in blender until smooth; pour back into soup and stir.
3. Cover and refrigerate at least 1 hour.

recipe courtesy of Ragu.com



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## Healthy Living at Hannaford

### **Peanut Butter Oatmeal Stuffer**

Oatmeal baked with eggs, peanut butter, and soy milk packs enough protein to keep you satisfied all morning.

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 6

#### **Ingredients:**

3 cups Kashi® Heart to Heart® Apple Cinnamon Oatmeal

2 teaspoons McCormick® Ground Cinnamon

2 eggs

2 cups vanilla soy milk

1/2 cup water

4 tablespoons peanut butter

2 tablespoons honey

#### **Directions:**

1. Preheat oven to 300 degrees F. Coat 8 x 8-inch baking dish with cooking spray. In a large bowl, combine oatmeal and cinnamon.
2. In a medium bowl, beat eggs and add soy milk, water, and peanut butter. Add to the oats, pour mixture into baking dish, and bake for 10-15 minutes. Drizzle with honey.



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## Healthy Living at Hannaford

### Tomato-Chickpea Dip

Preparation time: 5 minutes

Makes 3 cups of dip

#### Ingredients:

2 cans (15.5 oz. ea.) reduced sodium chickpeas or garbanzos, rinsed and drained

1/2 cup Hellmann's® Light Mayonnaise

1/2 cup Ragu® Light Tomato Basil Pasta Sauce

1 tablespoon lemon juice

1 clove garlic

1/2 teaspoon McCormick® Gourmet Collection Ground Cayenne Red Pepper or Chipotle Chile Pepper (optional)

2 cups baby carrots

2 cups celery sticks

#### Directions:

1. Process chickpeas, mayonnaise, pasta sauce, lemon juice, garlic and chile pepper in food processor until very smooth.
2. Serve with carrots, celery, and Kashi® TLC™ Pita Crisps

recipe adapted from Ragu.com



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## Healthy Living at Hannaford

### Black Bean and Cabot® Chipotle Cheddar Burritos

Serves: 4

#### Ingredients:

2 tablespoons olive oil  
1 teaspoon McCormick® Ground Cumin  
3/4 cup mild tomato salsa  
2 cans (15.5 oz. ea.) black beans, rinsed and drained  
Salt to taste  
4 burrito-size (10-inch) flour tortillas  
6 ounces Cabot® Chipotle Cheddar, grated (about 1 1/2 cups)  
1/2 cup Cabot® Regular Sour Cream  
1 avocado, pitted, peeled and diced

#### Directions:

1. In large skillet, heat oil over medium heat. Add cumin and stir until lightly toasted and fragrant, about 10 seconds.
2. Carefully stir in salsa (it will splatter); then stir in beans. Cook mixture, mashing beans constantly with back of wooden spoon, until it forms thick and creamy mass, about 8 minutes. Remove from heat and season with additional salt, if needed.
3. Spoon one-fourth of bean mixture down center of one tortilla and top with one-fourth of cheese; fold in ends and roll up. Repeat with remaining tortillas.
4. Set burritos on plate and microwave on high power until cheese is melted, about 2 minutes. Serve topped with sour cream and avocado.

recipe courtesy of cabotcheese.coop



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## Healthy Living at Hannaford

### Guacamole Dip

Serves: 8 (1/4 cup each)

#### Ingredients:

1 cup Dannon® All Natural Plain Yogurt  
2 large ripe avocados, peeled and mashed  
1/3 cup fresh cilantro, snipped  
1 tablespoon fresh lime juice  
1/4 teaspoon sea salt  
1/4 teaspoon McCormick® Black Pepper  
1 small tomato, diced

#### Directions:

In a bowl, combine all ingredients except tomato. Top with diced tomato and serve.

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### Creamy Guacamole

Serves: 2

#### Ingredients:

1 avocado  
1/4 cup Dannon® All Natural Plain Yogurt  
2 tablespoons tomato salsa  
2 green onions, chopped  
2 tablespoons fresh cilantro, chopped (optional)  
1 chile serrano, chopped (optional)  
1/8 teaspoon salt, or to taste

#### Directions:

1. Cut the avocado in half and remove the pit. Spoon out the avocado flesh and place it in a small bowl.
2. Mash the avocado, and when smooth, add the yogurt, salsa, green onion, cilantro and chile. Mix well, but do not mash the vegetables. Taste and add salt, if desired. Serve with Kashi® TLC™ Pita Crisps.

recipes courtesy of dannon.com



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## Healthy Living at Hannaford

### On-the-Go-Bars

Makes 24 squares

#### Ingredients:

- 1/3 cup Shedd's Spread Country Crock® Spread\*
- 1 bag (10 oz.) my essential marshmallows
- 1/2 teaspoon McCormick ground cinnamon
- 6 cups Kashi® Heart to Heart® cereal
- 1 bag (7 oz.) dried mixed fruit bits

#### Directions:

1. Line 13 X 9-inch baking pan with aluminum foil, then spray with no-stick cooking spray; set aside.
2. Melt Shedd's Spread Country Crock® Spread, marshmallows and cinnamon over medium heat in 4-quart saucepan, stirring occasionally, until marshmallows are completely melted, about 4 minutes. Quickly stir in cereal and fruit. Evenly spread cereal mixture into prepared pan with spatula sprayed with no-stick cooking spray; cool 30 minutes. To serve, cut into 24 bars.

\*By using Shedd's Spread Country Crock® Spread instead of butter in this recipe, you reduce the amount of saturated fat by 1.5g and save 10 calories per serving.

Recipe courtesy of countrycrock.com



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