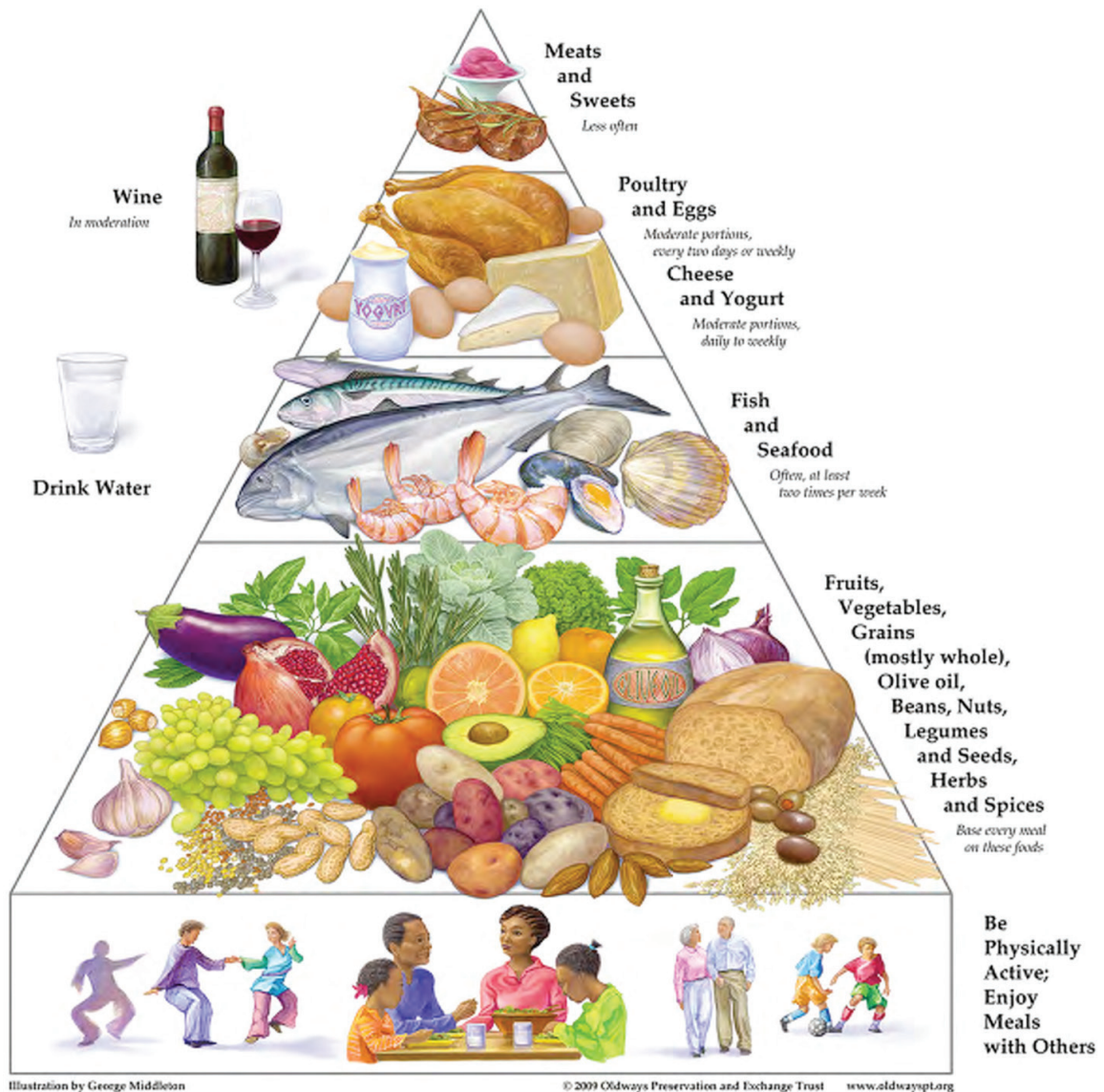




Healthy Living at Hannaford

Eating Your Way to Good Health: The Mediterranean Diet

The Mediterranean diet is a way of eating that is traditional in the countries surrounding the Mediterranean Sea, but luckily, you don't need to travel any farther than your local Hannaford to discover its delicious flavors and fresh foods. It's easy to bring the remarkable health benefits and affordable Mediterranean style of eating to your table every day. Embracing the Mediterranean diet is all about making some simple changes in the way you eat - today and for the rest of your life.



Adapted from Oldways/Mediterranean Foods Alliance



Interested in developing an eating plan that's just right for you?

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.



Healthy Living at Hannaford

What's so good about the Mediterranean diet?

There are many reasons to adopt the Mediterranean diet. Scientific evidence indicates it can help you:

- Lose weight and keep it off
- Lower your risk of heart disease and high blood pressure
- Fight certain cancers and chronic diseases
- Reduce asthma
- Avoid diabetes
- Resist depression
- Nurture healthier babies
- Ward off Parkinson's disease

The Cornerstones of the Mediterranean Diet

- Look for ways to be more active. Good food alone isn't enough to live a healthy life.
- Cooking and enjoying the pleasures of dining with family and friends contribute to good health.
- Every day, eat mostly whole grains, fruits, vegetables, beans, herbs, spices, nuts and peanuts, and healthy fats such as those found in olive oil. These are the core foods you will eat most often.
- At least twice a week, eat fish and seafood, the best sources of heart- and brain-healthy omega 3s.
- Yogurt, cheese, poultry, and eggs are also central to the Mediterranean diet, in reasonable portion sizes.
- Red meat and sweets are occasional foods to be eaten less often.
- Wine and water are the typical beverages of the Mediterranean diet. If you drink wine enjoy moderate amounts: up to one glass a day for women, two for men. And drink water throughout the day.



Adapted from Oldways/Mediterranean Foods Alliance. For recipes and details on the latest scientific studies about the Mediterranean diet plus other helpful and healthful tips, visit: www.oldwayspt.org, www.mediterraneanmark.org



Interested in developing an eating plan that's just right for you?

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.



Healthy Living at Hannaford

8 Simple Steps That Will Lead You to Good Health

1. **Eat lots of vegetables**

There are so many choices, from a simple plate of sliced fresh tomatoes drizzled with olive oil and topped with crumbled feta cheese to salads, garlicky greens, soups and stews, and healthy pizzas. Vegetables are vitally important to the fresh tastes and delicious flavors of the Mediterranean diet.



2. **Change the way you think about meat**

If you eat meat, have smaller amounts. For example, add small strips of sirloin to a vegetable sauté or garnish a dish of pasta with diced prosciutto. As a main course, have small portions (3 ounces or less) of chicken or lean meat.

3. **Always eat breakfast**

Start your day with fiber-rich foods, such as fruit and whole grains, that can keep you feeling pleasantly full for hours. Layer granola, yogurt and fruit for a delicious parfait.



4. **Eat seafood twice a week**

Fish, such as tuna, herring, salmon and sardines, are rich in heart-healthy omega-3 fatty acids. Shellfish, including mussels, oysters and clams, have similar benefits for brain and heart health.

5. **Cook a vegetarian meal one night a week**

Build these meals around beans, whole grains and vegetables and heighten the flavor with fragrant herbs and spices.



6. **Use good fats**

Include sources of healthy (monounsaturated) fats in your daily meals, especially extra-virgin olive oil, nuts, peanuts, sunflower seeds, olives and avocados.

7. **Enjoy some dairy**

Eat Greek or plain yogurt and try small amounts of a variety of cheeses.

8. **Eat fresh fruit for dessert**

Instead of ice cream or cookies every day, save the sweets for a special treat. Choose from a wide range of fresh fruits - figs, oranges, pomegranates, grapes, apples, berries - the list goes on.



Adapted from Oldways/Mediterranean Foods Alliance



Interested in developing an eating plan that's just right for you?

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.



Healthy Snacks for Kids

Healthy snacks should be considered an important part of everyone's daily intake, especially kids'. This list provides snack ideas that can be part of a camp or school lunch.

Fresh fruit - lots of different colors!

Canned/cup fruit - in own juice or in water, such as

Dole pineapple chunks or mandarin orange slices found in the snack aisle

Unsweetened applesauce - Mott's or Hannaford unsweetened original

Raisins and other dried fruits (remember to brush teeth well!)

Trail mix - try making your own with whole-grain cereal, dried fruit, nuts & seeds (if allowed)

Air-popped or Boston's Lite popcorn

Pretzels

SunChips snacks (now available in 100-calorie snack bags, or make your own snack bag!)

Baked chips

Whole-grain mini bagel with low-fat cream cheese

Pudding (made with 1% milk or nonfat milk)

Low-fat yogurt (try the Dannon line of kids' products!)

Low-fat string cheese

Rice cake and thin layer of peanut butter (if allowed) or hummus

Whole-grain Kashi TLC granola bar

Snack ideas found in Nature's Place:

Barbara's fig bars

Kashi TLC chewy granola bars

Kashi TLC granola bars

Fruitabü (rolled fruit)

Soy chips

Organic blue corn chips

Sweet potato chips



Interested in developing an eating plan that's just right for you?

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 Kris Lindsey, our staff registered dietitian, for free nutrition advice at hannaford.com/asknutritionist.



Healthy Living at Hannaford

Healthy Snack Alternatives

Whether you're craving crunchy, sweet, salty, creamy, or tangy, there's a healthier substitute for all of your guilty pleasures. Satisfy your taste buds with these nutritious alternatives. Happy snacking!



When you want:	Look for:	better choice:	best choice:
Chips	Chips cooked in Guiding Stars® oils, such as sunflower oil, & no MSG	Pretzels Low-fat or baked chips Mini rice or popcorn cakes	Raw vegetable sticks or organic popcorn
Candy Bar	Candy bar with real flavors & organic chocolate	Fruit leather Nut butter 1 dark chocolate square	Fresh fruit or dried fruit
Cookies	Cookies with real butter or non-hydrogenated oil	Granola bar Graham crackers Kashi® cookie	Raw or roasted nuts & seeds
Soda	100% juice or low-fat milk	Skim milk or 100% juice mixed with seltzer water	Water
Ice Cream	Ice Cream made with all-natural ingredients	Frozen yogurt	Fresh-fruit smoothie



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.



Healthy Living at Hannaford

What's the Big Deal with Vitamin D?

Why do we need Vitamin D?

- To maintain normal blood levels of calcium and phosphorus.
- Helps to aid in the absorption of calcium, helping to form and maintain strong bones.
- Recent research suggests vitamin D may provide protection from osteoporosis, hypertension (high blood pressure), cancer, and several autoimmune diseases.

How do we get it?

- The sun contributes significantly to the daily production of vitamin D, and as little as 10 minutes of adequate exposure is thought to be enough to prevent deficiencies.
- Few foods are naturally rich in vitamin D, so the best dietary sources of vitamin D are fortified dairy foods, cereals, vitamin supplements, oily fish, egg yolks, liver, and cod liver oil naturally contain vitamin D.

Why is it difficult to get enough?

- SPF 8 and SPF 15 reduce Vitamin D production by 95% and 99% respectively. New recommendations are to allow your skin to be exposed to the sun's rays for 15 minutes a day before applying sunscreen. Darker complexions may need even longer exposure to synthesize Vitamin D.
- The sun's UVB rays that trigger our body's natural production of vitamin D are weak during the fall and winter months in the northern U.S. and Europe.
- Obesity: If you are carrying too much weight, the vitamin D is stored in fat, unable to circulate through the bloodstream.
- Age: As we age, we lose the ability to produce Vitamin D, with 75% lost by age 70.



Getting enough Vitamin D?

recommended dosages are

infants 0-12 months:

400 IU per day

children & most adults:

600 IU per day

over age 70:

800 IU

For bone health and chronic disease prevention, many people are likely to need more vitamin D than the government guidelines recommend.

The upper limit for Vitamin D intake is currently set at 4000 IU per day with intakes greater than this not appearing to pose harm.



Interested in developing an eating plan that's just right for you?

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.



Healthy Living at Hannaford

Tuna Pockets

Ingredients:

3 ounces drained my essentials® Tuna (packed in water)
1/2 cup halved red grapes
1 tablespoon slivered almonds
1 tablespoon chopped fresh mint
1 tablespoon lemon juice
2 teaspoons olive oil
1/8 teaspoon McCormick® Ground Black Pepper
1 whole-grain pita, halved

Directions:

Combine first 7 ingredients in a small bowl. Toss gently. Serve in pita halves.

Egg Casserole

Prep Time: 30 appetizers

Total Time: 1 3/4 hours

Servings: 6

Ingredients:

4 large eggs
4 large egg whites
1 cup nonfat milk
2 tablespoons Dijon mustard
2 teaspoons McCormick® dried Rosemary Leaves
1/4 teaspoon McCormick® Black Peppercorns, freshly ground
5 cups chopped spinach, wilted
4 cups Nature's Place® Whole-Grain Bread, cut into 1-inch cubes (about 4-6 slices)
1 cup diced ham or cooked turkey sausage
1/2 cup chopped jarred roasted red peppers
3/4 cup shredded Cabot® 50% Reduced Fat Cheddar Cheese

Directions:

1. Preheat oven to 375°F. Coat a 7 by 11-inch glass baking dish or a 2-quart casserole dish with cooking spray.
2. Whisk eggs, egg whites and milk in a medium bowl. Add mustard, rosemary and pepper; whisk to combine. Toss spinach, bread, ham and roasted red peppers in a large bowl. Add the egg mixture and toss well to coat. Transfer to the prepared baking dish and push down to compact. Cover with foil.
3. Bake until the custard has set, 40 to 45 minutes. Uncover, sprinkle with cheese and continue baking until the pudding is puffed and golden on top, 15 to 20 minutes more. Transfer to a wire rack and cool for 15 to 20 minutes before serving.



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.



Healthy Living at Hannaford

Minty Yogurt Dip

Ingredients:

1 1/2 cups Dannon® Light & Fit® Vanilla, Strawberry or Cherry Vanilla Yogurt
1/4 cup finely chopped fresh mint or McCormick® Gourmet Collection™ Mint Flakes
1 teaspoon orange zest

Directions:

1. Mix yogurt, mint, and orange zest together in a small bowl.
2. Refrigerate for 1 hour for flavors to blend.
3. Serve as a dip with fresh fruit slices (apples, bananas, pineapples, kiwi).

Creamy Artichoke Bruschetta

Yield: 20 appetizers

Ingredients:

1 jar (6 oz.) marinated artichoke hearts, drained and chopped
1/4 cup Hellmann's® Light Mayonnaise
1/4 cup sun-dried tomatoes packed in oil, drained and finely chopped
1 cup shredded Cabot® Cheddar Cheese
1 loaf Italian or French bread (about 15-inches long), cut into 1/2-inch slices and toasted

Directions:

1. Combine all ingredients except bread in small bowl.
2. Evenly spread artichoke mixture on toasted bread. Broil 1 minute or until golden. Serve immediately.



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.



Healthy Living at Hannaford

Spicy Olive Relish Dip

Ingredients:

2 roasted red peppers (from a jar), drained and finely chopped
1/2 jalapeno chile, finely chopped (optional)
2 garlic cloves, finely chopped
1/2 cup Hellmann's® with Olive Oil Reduced Fat Mayonnaise
2 tablespoons sherry vinegar
3/4 cup prepared olive tapenade
1/4 cup chopped fresh parsley or 1 tablespoon McCormick® Parsley Flakes

Directions:

Mix all ingredients in a bowl. Spread on bread, crackers, or your favorite sandwich.

Cucumber, Feta Cheese and Dill Dressing

Serves: 12 (2 tablespoons each)

Ingredients:

1 cup sliced cucumber
6 ounces Dannon® Plain Yogurt
2 tablespoons extra-virgin olive oil
1/4 cup crumbled feta cheese or shredded Cabot® Cheddar Cheese
Pinch of McCormick® Ground Cumin
2 tablespoons fresh dill leaves or 1 teaspoon McCormick® Dill
Salt and pepper to taste

Directions:

In blender, puree all ingredients together, add to greens, and toss. Serve.

recipe courtesy of American Institute for Cancer Research



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](mailto:asknutritionist@hannaford.com).



Healthy Living at Hannaford

Quick & Easy Trail Mix

Serves: 6 (1 serving = about 3/4 cup)

Ingredients:

1 cup Kashi® Heart to Heart® Honey Toasted Oat Cereal

1 cup Kashi® Honey Puffs Cereal

1/4 cup walnuts

1/4 cup almonds

1/4 cup raisins or dried cranberries

1/4 cup dried prunes, mangos, apricots, or coconut

1/4 cup dark chocolate chips or M&M's

1/4 cup pumpkin or sunflower seeds

1 cup pretzels

Directions:

Mix all ingredients together for a great-tasting, healthy snack.



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](mailto:asknutritionist@hannaford.com).



Healthy Living at Hannaford



Marinated Grilled Fruit

1. Clean grill thoroughly and heat to 400°F.
2. Slice desired fruit(s) in half, leaving skin on, and remove seeds and cores.
3. In a large plastic bag or bowl, make a marinade with the juice of one lemon, 1-2 tablespoons of honey (depending on how sweet your fruit is), and a 1/2 teaspoon of nutmeg.
4. Coat grill with cooking spray, and then place fruit directly on the grill or use skewers to make fruit kabobs. Resist moving. Flip softer fruits (peaches, plums, bananas) after 2 minutes and cook 2-3 minutes longer.

Harder fruits can tolerate 3-4 minutes per side without falling apart. Need a topping? Try nonfat Dannon yogurt drizzled on top!



Interested in developing an eating plan that's just right for you?

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.



Healthy Living at Hannaford



Blueberry Tart with Walnut Crust

Filling:

8 ounces reduced-fat cream cheese (Neufchâtel), softened
1/4 cup reduced-fat sour cream
1/4 cup plus 2 tablespoons pure maple syrup
2 cups fresh blueberries

Crust:

1/2 cup walnuts, lightly toasted
1 cup whole-wheat graham cracker crumb
1 large egg white
1 tablespoon butter, melted

1 tablespoon expeller-pressed peanut or canola oil
Pinch of salt
Special Equipment: 9-inch removable-bottom tart pan

To prepare crust:

Preheat oven to 325°F.

Coarsely chop walnuts in a food processor. Add graham cracker crumbs and process until the mixture looks like fine crumbs.

Whisk egg white in a medium bowl until frothy. Add the crumb mixture, butter, oil and salt; toss to combine. Press mixture into bottom and 1/2 inch up the sides of a 9-inch removable-bottom tart pan. Set pan on a baking sheet. Bake until dry and slightly darker around edges, about 8 minutes. Cool on a wire rack.

To prepare filling:

Beat cream cheese, sour cream and 1/4 cup maple syrup in a medium bowl with an electric mixer on low speed until smooth. When crust is cool, spread filling evenly into it, being careful not to break up the delicate crust. Arrange blueberries on the filling, pressing lightly so they set in. Drizzle remaining 2 tablespoons maple syrup over berries. Chill for at least 1 hour to firm.

Ingredient Note: To avoid trans fats, look for brands of graham crackers without partially hydrogenated vegetable oil. Pulse graham crackers in a food processor or place in a large plastic sandwich bag and crush with a rolling pin. (You'll need about 14 whole-wheat graham cracker squares to make 1 cup of crumbs.) Make ahead tip: Refrigerate for up to a day.



Interested in developing an eating plan that's just right for you?

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.



Healthy Living at Hannaford



Stuffed Grilled Peaches

1. Wash 4 large peaches, cut them in half, remove the pit, and place on aluminum foil.
2. Spoon 2 tablespoons of blueberries into each peach half. Sprinkle 2 teaspoons of brown sugar on each and squeeze lemon juice over the top. Fold up foil and seal tightly.
3. Place on medium-hot grill and cook for about 15 minutes, turning once.
4. Delicious with a dollop of Dannon Greek Honey Yogurt. Serve right out of the foil.



Freezing fresh fruit in yogurt pops provides a nutritious cooldown for kids and adults!

- Make fruit smoothie pops using low-fat or nonfat plain Dannon yogurt and your favorite fresh or frozen fruits, like berries and bananas! Blend yogurt and fruit together, fill pop containers and freeze.
- Make yogurt pops with fresh fruit. Simply fill pop containers with plain Dannon yogurt blended with a little orange juice, add berries or other fruit, chopped if necessary, use pop stick to push fruit down into the yogurt, and then freeze.



Interested in developing an eating plan that's just right for you?

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.