



Healthy Living at Hannaford

Eating for Digestive Wellness

Interested in eating for digestive health? A properly functioning intestinal track is one of the body's first lines of defense against invaders and key to a healthy immune system.



Fiber Up!

Wheat bran, corn bran, fruit skins, whole wheat, and nuts can help maintain a healthy digestive tract. How? Foods high in insoluble fiber increase stool weight, which helps decrease constipation. Fiber may also lower your risk for hemorrhoids and diverticular disease.



Insoluble fiber is not soluble in water. Because it absorbs water, it increases stool bulk, helping promote regularity.



Soluble fiber is soluble in water and forms a gel in the gut that can help lower cholesterol and maintain blood-glucose levels after eating. Most foods with fiber will provide some of both.

FIBER	Men: <50 yrs. aim for 38g	50 yrs. & older aim for 30g
PER DAY:	Women: <50 yrs. aim for 25g	50 yrs. & older aim for 21g

How to get more fiber in your diet:

Increase the amount of fiber in your diet over the course of a few weeks – done too quickly and you may experience gas and bloating. Also, drink plenty of water to help form soft and bulky stools. When trying to increase the amount of fiber in your diet with whole grains, look for foods that offer 3 grams or more per serving and list a whole grain as the first ingredient.



Interested in learning more?

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Loving Live Cultures!

It may surprise you, but not all bacteria are bad for you. Live microorganisms or “friendly bacteria” are found in the human gut and help to maintain our health. Many live cultures are also probiotics. Studies have associated specific strains of probiotics with beneficial digestive health functions, such as reducing lactose intolerance, preventing and treating diarrhea, reducing risk of cancer and stomach ulcers, and improving constipation among the elderly.

How to get probiotics in your diet:

Look for fermented foods like yogurt, soy yogurt, kefir, kim chee, tempeh and sauerkraut. If you are looking for foods that contain live cultures, look either for the live culture symbol or the message “contains live cultures” on the container.



Looking for a delicious way to better your digestive health? Start your day with this easy-to-make breakfast that has both fiber and live cultures!

Yogurt Parfait

1 cup (6 ounces) Dannon Greek Style 100% Fat Free Yogurt, plain
1/2 cup Kashi Good Friends Cereal
1/2 cup fresh or previously frozen blueberries
Drizzle of honey

Layer Dannon yogurt, Kashi cereal and blueberries.
Drizzle with honey. Yum!

Here are some tips when shopping for probiotics for a specific health benefit:

Here's what the label should tell you:

- **Strain.** What probiotic is inside?
- **CFU (Colony Forming Unit).** How many live microorganisms are in each serving? When does it expire? Packaging should ensure an effective level of live bacteria through the “best by” or expiration date.
- **Suggested serving size.** How much do I take?
- **Health benefits.** What can this product do for me?
- **Proper storage conditions.** Where do I keep it to ensure maximum survival of the probiotic?
- **Corporate contact information.** Who makes this product? Where to do I go for more information?

Source: www.isapp.net Probiotics: A Consumer Guide for Making Smart Choices.



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Nutrition for Eye Health

Curious as to how you can keep your eyes healthy as you age? Preliminary studies indicate that eating higher-than-average amounts of the following nutrients may prevent or slow the progression of cataracts and age-related macular degeneration (AMD)*:



Beta-Carotene

Essential to the proper functioning of the retina, beta-carotene is an antioxidant found in foods such as sweet potatoes, kale, carrots, butternut squash, red peppers, mangoes and cantaloupes.



Lutein and Zeaxanthin (a form of beta-carotene)

Lutein and zeaxanthin are believed to be important for eye health, providing possible protection against cataracts and AMD. They are found in foods such as dark leafy green vegetables (kale, spinach, romaine lettuce, collard greens, Swiss chard), eggs, broccoli, parsley, corn, sweet potatoes, squash, mangoes and papayas. It is important to note that our bodies do not produce lutein or zeaxanthin, so we must get them through our diet.



Vitamin C

An antioxidant that reduces the amount of free radicals in our bodies, vitamin C is found in foods such as red peppers, kale, broccoli, green peppers, strawberries, cantaloupe and grapefruit.



Vitamin E

Vitamin E is essential to complete eye health. Some studies have shown that it can reduce the risk of developing AMD by up to 25 percent when consumed in conjunction with vitamin C, zinc and beta-carotene. Vitamin E is found in foods such as almonds, sunflower seeds, peanuts, spinach and turnip greens. A supplement may be appropriate if you do not get enough of foods that are high in vitamin E. Talk to your doctor.



Zinc

Zinc is the most abundant mineral found in your eye, and it's very important for proper vision function. It can be found in foods such as Brazil nuts, beef, cod, turkey, oatmeal, eggs and walnuts.



Omega-3 Fatty Acids (DHA and EPA)

Studies have shown that people who consumed 2-4 fish servings per week decreased their risk for macular degeneration by 35 percent. Omega 3s can be found in coldwater fish, such as salmon, sardines, mackerel and herring; in walnuts and flaxseeds and flaxseed oil; and in certain foods that have added DHA and EPA, such as eggs, milk, margarines, and orange juices.



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Eating Right for Healthy Eyes

- Eat at least nine servings per day of fruits and vegetables (especially leafy greens) to get the beta-carotene, vitamin C, lutein and some vitamin E.
- Eat at least two servings of fatty fish per week (or foods that have DHA and EPA added) to get your omega 3s (DHA and EPA).
- Add nuts and seeds, such as almonds, Brazil nuts, walnuts and sunflower seeds, to your diet to help you meet your daily requirements for vitamin E and zinc.
- Eat most of your grains as whole grains (as opposed to refined grains).
- Find a few enjoyable activities to keep you moving most days of the week. Aside from many other benefits, an active lifestyle is associated with a lower risk of AMD.



Age-Related Macular Degeneration (AMD):

Usually affects older adults and results in a loss of vision in the center of the visual field (the macula) because of damage to the retina. It occurs in “dry” and “wet” forms. Macular degeneration can make it difficult or impossible to read or recognize faces, although enough peripheral vision remains to allow other activities of daily life.

Cataracts:

An eye disease in which the lens becomes covered in an opaque film that affects sight, eventually causing total loss of sight.

Retinopathy:

A disease of the retina, especially one that is non-inflammatory and associated with damage to the blood vessels of the retina.

* According to the American Optometric Association Web site, consuming antioxidants cannot reverse the damage caused by AMD; however, they may prevent or slow the progression of AMD in certain patients. Additional studies and data are needed to further define the nutritional and antioxidant therapies and their relative dosages for the prevention of AMD.



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Healthy Snacking!

Eating small low-calorie meals or snacks is the best way to maintain your energy throughout the day. Whenever possible, snacks should include protein, carbohydrates and healthy fat--and be low in calories. Try some of the healthful suggestions below.

- 4 ounces of Mott's unsweetened apple sauce with 6 almonds
(1 fruit, 1 fat)
- 6 almonds with 2 tablespoons raisins
(1 fruit, 1 fat)
- 1 serving of Kashi TLC crackers with 2 ounces of Cabot 75% reduced-fat cheddar
(1 starch, 2 proteins)
- Small apple with 1 tablespoon Nature's Place natural peanut butter or other nut butter
(1 fruit, 1 protein)
- Kashi TLC trail mix bar
(1 starch, 1 protein, 1 fat)
- 1 single serving of Dannon Greek 0% fat yogurt, plain, mixed with 1 tablespoon Taste of Inspirations pumpkin butter
(1/2 milk, 2 proteins, 1 carbohydrate)
- 1 cup baby carrots with 1/3 cup hummus
(1 vegetable, 1 starch, 1 fat)
- 6 cashews and 2 tablespoons Ocean Spray Craisins dried cranberries
(1 fruit, 1 fat)
- 1/4 cup cottage cheese with 3/4 cup Dole frozen blueberries, thawed
(1 protein, 1 fruit)
- Hard-boiled egg (2 if it's whites only) on Nature's Place whole-wheat bread
(1 protein, 1 starch)
- 3 ounces tuna (with 1 tablespoon Hellmann's light mayo) with 5 Kashi Heart to Heart roasted garlic whole-grain crackers
(3 proteins, 1 fat, 1 starch)
- 1/2 cup Desert Pepper black bean dip and 1 ounce Baked Tostitos
(2 starches, 1 protein)
- 1 cup raw vegetables with 1/3 cup hummus
(1 vegetable, 1 fat, 1 starch)
- 1 cup lentil or other bean soup with 1 slice of cheese
(2 proteins, 1 starch)
- 1 single serving Dannon Greek 0% fat yogurt, plain, topped with 1/2 cup Kashi GOLEAN cereal and 2 tablespoons raisins
(1/2 milk, 2 proteins, 1/2 starch, 1 fruit)



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Five-Minute Coleslaw

Ingredients:

- 1 cup Hellmann's® Real Mayonnaise*
- 2 Tbsp. lemon juice
- 2 Tbsp. sugar
- 1/2 tsp. salt
- 1 package (1 lb.) shredded coleslaw mix or 6 cups shredded cabbage

Instructions:

1. In large bowl, combine mayonnaise, lemon juice, sugar and salt.
2. Add coleslaw mix (or shredded cabbage); toss well.
Serve chilled or at room temperature.



Asian Apple Slaw

Ingredients:

- 1/2 cup Hellmann's® Canola Cholesterol-Free Mayonnaise*
- 1 tsp. reduced sodium soy sauce
- 2 tsp. sugar
- 1 tsp. apple cider vinegar
- 1/2 Tbsp. grated fresh or 1/2 tsp. ground ginger
- 1 bag (16 oz.) coleslaw mix
- 2 green onions, chopped
- 1 Granny Smith apple, julienned (1/8 x 1/8 x 3-inch strips)

Instructions:

1. In large bowl, combine mayonnaise, soy sauce, sugar, vinegar and ginger.
2. Add remaining ingredients; toss well. Chill, if desired.

*Terrific with Hellmann's® Real Mayonnaise, Light Mayonnaise, Mayonnaise Dressing with Extra-Virgin Olive Oil, Hellmann's Canola Cholesterol-Free Mayonnaise, or Low-Fat Mayonnaise Dressing.

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