



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?

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.



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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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