



Healthy Living at Hannaford

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)



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.