



## Healthy Living at Hannaford

### PMS

There's no way around it - ladies, you know what we're talking about! Premenstrual symptoms are a natural part of the menstrual cycle, affecting menstruating women of all ages.

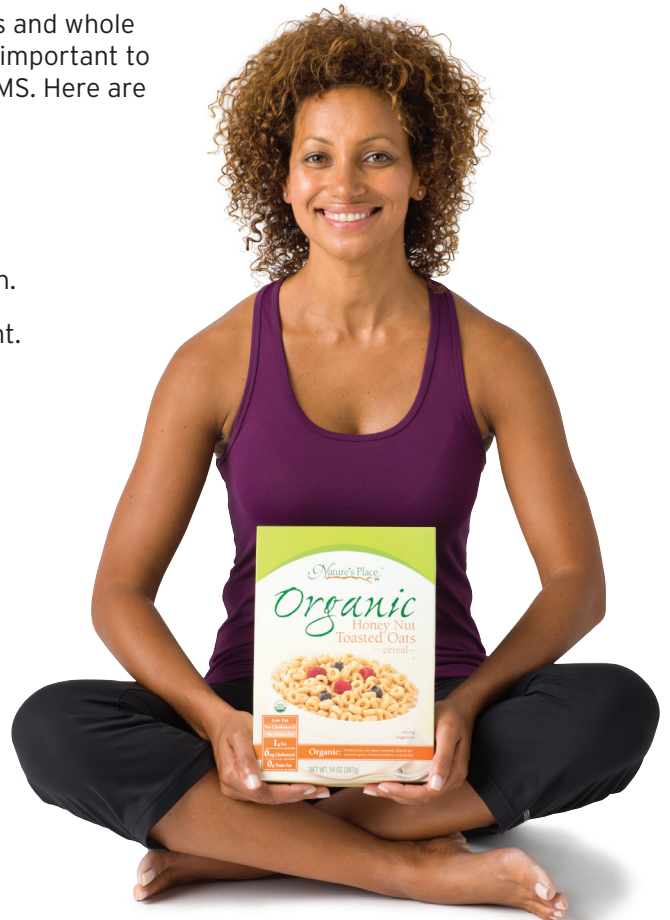
According to the U.S. Department of Health and Human Services Office on Women's Health, premenstrual syndrome, or PMS, often includes both physical and emotional symptoms, such as:

- Acne
- Swollen or tender breasts
- Feeling tired
- Trouble sleeping
- Upset stomach, bloating, constipation, or diarrhea
- Headache or backache
- Appetite changes or food cravings
- Joint or muscle pain
- Trouble with concentration or memory
- Tension, irritability, mood swings, or crying spells
- Anxiety or depression

### PMS Relief

Maintaining a healthy diet full of healthy foods, like fruit, veggies and whole grains, is important every day and - as you can see - even more important to help your body cope with the monthly challenge and stress of PMS. Here are some other ways to relieve PMS:

- Cut back on caffeine in the days leading up to your period to lessen mood swings and breast tenderness.
- Avoid salty foods to help minimize bloating and fluid retention.
- Get enough sleep. Try to get about 8 hours of sleep each night.
- Find healthy ways to cope with stress. Talk to your friends, or write in a journal. Some women also find yoga, massage, or relaxation therapy helpful.
- Exercise to help relieve depression and ward off fatigue.
- Avoid alcohol when you have PMS. Alcohol can magnify depression and interrupt the sleep cycle.
- Don't smoke.



### 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](http://hannaford.com/asknutritionist).



# Healthy Living at Hannaford

## Fight PMS with Food

Whether your symptoms are mild or severe, the nutritional suggestions below will help you fight PMS with food - making "that time of the month" more bearable for you (and possibly those around you).



<b>Nutrient:</b>	<b>Symptom Relief:</b>	<b>Foods for PMS Symptom Relief:</b>
Vitamin A	Reduces Bloating & Stress	Sweet Potatoes, Carrots, Cantaloupe, Eggs, Apricots, Mangos, Peas, Broccoli
Vitamin B	Reduces Cravings, Bloating, Tiredness & Depression	Whole Grains, Garbanzo Beans, Extra Lean Beef, White Potatoes with skin, Bananas, Chicken Breast, Unsalted Pistachios
Vitamin C	Decreases Cramping, Headaches, Bloating, Mood Swings & Irritability	Milk, Yogurt, Cheese, Broccoli, Kale, Spinach, White Beans, Cauliflower, Celery, Potatoes, Oranges, Lemons, Limes, Strawberries, Raspberries, Zucchini, Asparagus, Tomatoes, Sweet Bell Peppers, Canned Sardines, Salmon, Soy Beans, Fortified Orange Juice
Vitamin E	Reduces Headaches & Breast Tenderness	Fruit, Veggies, Salad Oil & Whole Grains
Magnesium	Reduces Breast Tenderness, Bloating & Mood Swings	Peanut Butter, Brown Rice, Whole Grains, Beans, Sunflower Seeds, Dark Green Veggies, Wild Salmon, Cashews & Wheat Germ
Omega-3 Fatty Acids	Reduces Cramping, Breast Tenderness & Mood Swings	Tuna, Salmon, Mackerel, Sardines, Flaxseed, Flaxseed Oil, Walnuts, Walnut Oil, Canola Oil



### 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](http://hannaford.com/asknutritionist).



## Healthy Living at Hannaford

### Acapulco Slaw

Prep Time: 15 minutes

Servings: 4

#### Ingredients:

1 cup Hellmann's® Light Mayonnaise  
2 tablespoons lime juice  
1/2 teaspoon salt  
1/4 teaspoon McCormick® Ground Black Pepper  
1 package (16 oz.) coleslaw mix  
1/2 pound jicama, julienned (1/8 x 1/8 x 3-inch strips)  
1 medium jalapeño pepper, seeded and finely chopped  
2 tablespoons finely chopped cilantro  
1 tablespoon McCormick® Ground Cumin Seed, toasted  
1/2 cup Cabot® 50% Reduced Fat Cheddar Shredded Cheese

#### Directions:

1. In large bowl, combine mayo with lime juice, sugar, salt and black pepper.
2. Add remaining ingredients except cheese; toss to coat. Chill, if desired. Sprinkle with cheese and serve immediately.

recipe adapted from Hellmanns.com/recipe

---

### Easy Baked Gingered Fruit

#### Ingredients:

1 large can my essentials® Chunky Fruit, drained  
10 ounces my essentials® Pineapple Chunks, drained  
8 ounces my essentials® Pear Halves, drained  
8 ounces my essentials® Peach Slices, drained  
1/8 cup I Can't Believe It's Not Butter!®  
1 tablespoon McCormick® Ground Cinnamon  
2 teaspoons McCormick® Ground Ginger

#### Directions:

1. Combine all fruit in a baking dish.
2. Melt I Can't Believe It's Not Butter! Add cinnamon and ginger, stirring till smooth.
3. Pour ginger mixture over fruit. Bake at 325 degrees for 30 minutes. Stir once or twice while baking.



#### 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](http://hannaford.com/asknutritionist).