



Healthy Living at Hannaford

The Benefits of Greek Yogurt

Greek yogurt has stormed the 21st century--and with good reason! It's delicious and nutritious! On average, Greek yogurt has twice the protein of standard yogurt. Why? More liquid (whey) is strained out, which thickens the texture and increases protein count. A great choice for those seeking snacks that will satisfy!

Compare the numbers and see the difference!

	5.3 oz. Traditional Nonfat Vanilla	5.3 oz. Dannon Greek Nonfat Vanilla
Protein	6 g	12 g
Total Carbs	22 g	17 g
Sodium	97 mg	50 mg
Calories	115	110



At 50-120 mg/serving, Greek yogurt is considered a low-sodium food. Aim for less than 2,300 mg sodium per day. If you are over 50, African American, or have a chronic disease, aim for less than 1,500 mg per day.

The lower carbohydrate content of Greek yogurt is desirable to those managing their carbohydrate intake. This snack is a good calorie value--lots of nutrients per calorie!

Move Over Sour Cream!

Greek yogurt is great in burritos, tacos, dips, or on potatoes! Or add it to your recipes for smoothies, baked goods or salad dressings.

More Benefits

Greek yogurt contains live active cultures, making it a probiotic-rich food. Individuals with gastrointestinal distress, those taking antibiotics, or anyone wanting to keep his or her immune system at its best may benefit from a regular dose of a probiotic-rich food, such as Greek yogurt.



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Beyond the Peanut Butter and Jelly Sandwich

Looking to pack a healthy lunch for your camper this summer? Hannaford has what you need! Camp season is upon us. You want to send your kids off to camp with something both nutritious and delicious (after all, you do want them to eat it!) in their lunch box.

Here are some tips to help you give them the fuel they need!

- Include them in the shopping. If they help pick the food for their lunch, they are more likely to eat it. Worried they will make bad choices? Give them the task of finding foods that get 1, 2 or 3 Guiding Stars!
- Pack a lunch and two snacks to give them the energy they need to get through the day.
- Keep it cool by adding a frozen 4-ounce juice box to their insulated lunch bag. It will thaw by the time they need it but will help keep the food chilled and safe.
- Always include something you know they love (i.e., will eat).

Easy Lunch Ideas

- Scrambled egg sandwich with cheese on whole-wheat pita bread, English muffin or flatbread
- SoyNut Butter or SunButter with banana slices and honey on whole-wheat bread
- Bean cheese spirals
- Turkey wrap made with Hannaford Taste of Inspirations™ sliced turkey, Hellmann's olive oil mayo, and Cabot cheddar cheese slices on a whole-wheat wrap
- Leftover pizza

Serve any of the above with grapes, cherry tomatoes, carrot slices, or other fruit or veggie.

Great Snack Choices

- Mott's applesauce (cup)
- Fresh fruit (apples, oranges and bananas are easiest)
- Cabot cheese slices with Kashi TLC crackers
- Kashi TLC bars (soft-baked bars are best for peanut-free camps)
- Dole fruit cups and snacks
- Hard-boiled eggs
- Pretzels
- Trail mix (make your own with raisins, cranberries, Kashi Heart to Heart cereal, and [if allowed] almonds or peanuts)
- Carrot sticks and hummus

Best Beverage Choices

- Water (always a great choice - let your child choose his or her water bottle!)
- Low-fat milk (vacuum-packed works well)
- Mott's 100% juice boxes (4 oz.)



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Healthy Grilling

Planning to cook outside this summer? Follow these tips and you can grill without guilt.

Grill Smart, Grill Lean

By starting off with a lean cut of beef, pork or skinless chicken on the grill, you're off to a healthy start. Make it easy by choosing meat that earns 1, 2 or 3 stars!

Marinate, Marinate, Marinate

You've got to love the idea of infusing flavor into meat, fruit and vegetables by soaking them in a tasty marinade. Even the leanest of meat tastes delicious when marinated properly. Just keep these tips in mind for healthier marinating:

- When choosing bottled marinades or making your own, look for products or recipes that contain olive or canola oil (and that only use a little oil).
- Refrigerate foods that need longer than 30 minutes to marinate.
- Don't use the liquid the meat was marinating in to baste your food during grilling. This transfers raw meat juices to your cooked meat, possibly contaminating it. Before you marinate the meat, set aside some of your marinade for this purpose.
- Meat and poultry should marinate at least an hour or two; fish and vegetables need one hour.



Grill Fruit and Vegetables

Grilling fruit and vegetables is a delicious, easy way to get more servings of fruit and veggies into your food. Some good ones to try: tomato, onion, bell pepper, zucchini, eggplant, endive, pineapple, mango, apple, and pear.



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Reduce the Carcinogens

You may have heard that foods cooked on the grill can contain carcinogens. Here are some ways to have a worry-free BBQ!

Cut down on grilling time

Grill smaller portions of meat, poultry, and fish so they cook faster and spend less time on the grill. Another trick is to precook the meat, fish, and poultry in the oven or microwave, then finish cooking on the grill.

Flip it - flip it good

According to recent research using hamburger patties, flipping food frequently may help prevent the formation of HCAs (compounds that have been shown to cause cancer in laboratory animals). To turn meat without piercing it (piercing releases juices that drip onto the coals), use tongs or a spatula instead of a fork.

Skewer it

A fun way to cut down on grilling time is to thread small pieces of meat or fish on a skewer. Scallops and shrimp are naturals for skewers. Try alternating pieces of meat, chicken or seafood with bell pepper and onion pieces, zucchini slices, cherry tomatoes, and/or small mushrooms.

Want a great presentation? Use branches of rosemary as skewers. They infuse a hint of rosemary into the food as it cooks - not to mention the beautiful presentation they make.



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Teriyaki Portabella Mushroom Burger with Garlic Mayonnaise

Burgers:

- 2 portabella mushrooms (about 3 1/2 inches wide), cleaned and stems removed
- 2 tablespoons bottled teriyaki sauce
- 2 slices reduced-fat Cabot cheddar cheese (1-2 ounces)
- 2 multigrain or whole-wheat hamburger buns
- 2 leaves lettuce
- 4 tomato slices

Garlic Mayonnaise:

- 1 tablespoon light Hellmann's mayonnaise
- 1/2 teaspoon minced garlic
- 1/4-1/2 teaspoon lemon juice
- A few drops Worcestershire sauce (optional)
- Ground pepper and seasoning salt to taste

Directions:

1. Fire up the coals or the gas grill. Spread teriyaki sauce over the mushrooms and let marinate while the coals heat.
2. Grill the mushrooms about 6 inches from the heat until tender (about 4-5 minutes a side). Put cheese on top and grill briefly to melt.
3. Assemble burgers by placing lettuce and tomato on each bottom bun. Top with the cheese-topped mushroom. Spread each top bun lightly with half the garlic mayonnaise and place on top of the mushroom (the lettuce keeps the bottom bun from getting soggy).



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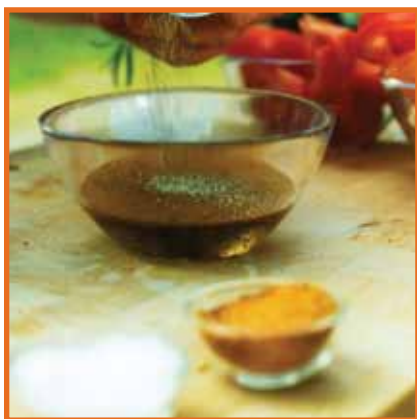
Grilled Eggplant and Pepper Goat Cheese Sandwiches

Ingredients:

- 1 red bell pepper
- 1 eggplant, cut lengthwise into 1/4-inch slices
- 3 tablespoons bottled low-fat Italian or balsamic vinaigrette
- 8 slices whole-grain bread (or use a French baguette sliced lengthwise)
- 2 ounces soft goat cheese
- 1/4 cup tapenade

Directions:

1. Preheat the grill. Cut the top off the bell pepper; discard the rind and seeds. Cut pepper into quarters. Brush vinaigrette on eggplant slices and bell pepper pieces.
2. Place the eggplant slices and bell pepper pieces on a grill coated with canola cooking spray. Grill about 6 inches from heat until tender and slightly browned (8-10 minutes), turning after 4-5 minutes.
3. Spread 4 bottom slices of bread with goat cheese, then tapenade. Top the tapenade with slices of eggplant and a piece of red pepper. Top with remaining slices of bread.
4. Cut each sandwich into 2 or 4 triangles (if using whole-grain bread) and serve.



Orange-Honey Marinade

Ingredients:

- 3/4 cup Tropicana orange juice
- 3/4 cup low-sodium soy sauce
- 1/4 cup red wine vinegar or dry sherry
- 1 green onion, chopped
- 1 tablespoon Dijon mustard
- 3 tablespoons honey
- 1 tablespoon ground 4 garlic cloves, minced
- 1 tablespoon orange zest (optional)

Directions:

1. Mix all ingredients in a large bowl.
2. Place meat in zip-lock bag and pour marinade over meat; close bag.
3. Marinate in refrigerator for at least 30 minutes, turning bag occasionally.
4. Remove meat from bag and grill. Discard marinade.



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Cajun Burgers

Serve these spicy ground sirloin or turkey burgers on whole-grain buns dressed with lettuce, tomato, and red onion and the barbecue sauce of your choice.

Ingredients:

- 1 pound ground sirloin (extra-lean ground beef); or substitute ground turkey with about 6% fat
- 3 tablespoons dry Italian breadcrumbs
- 3-4 tablespoons egg substitute
- 3 green onions, chopped
- 1 tablespoon Cajun seasoning
- 1 tablespoon prepared mustard
- 4 slices (4 ounces) reduced-fat Cabot cheddar cheese slices
- 4 whole-grain buns
- 1/4 cup barbecue sauce of your choice
- 4 lettuce leaves
- 4 large tomato slices
- About 12 rings of red onion

Directions:

1. Preheat grill to high. In an 8-cup measure, blend the ground meat, breadcrumbs, egg substitute, green onions, Cajun seasoning, and mustard by mixing with your hands. Form into 4 patties, by hand or with a patty press.
2. Lightly coat the grill grate with canola cooking spray. Cook the patties 5 minutes per side or until well done. Place a slice of the cheese on each burger and allow it to melt.
3. Serve the burgers on whole-grain buns dressed with barbecue sauce, lettuce, tomato, and onion.



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