



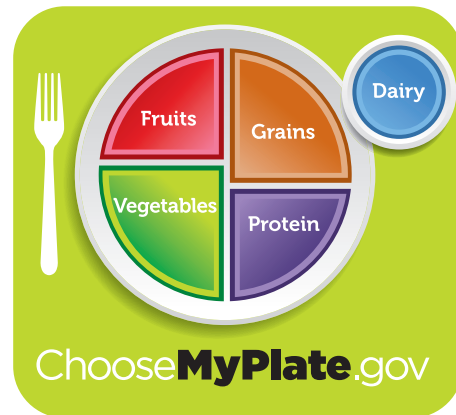
## Healthy Living at Hannaford

### Let's Eat for the Health of It!

Making healthy choices can be easy. Just follow these simple steps. Start with a balanced plate. Check out the USDA's new guide to helping Americans eat right.

#### The USDA's plate reminds us to:

1. Balance calories.
2. Enjoy your food, but eat less!
3. Avoid large portion sizes.
4. Make half your plate fruits and veggies!
5. Switch to fat-free or low-fat dairy products.
6. Make half your grains whole grains.
7. Cut back on foods high in saturated fats, trans-fats, and foods loaded with sugar and salt. Use these as treats.
8. Reduce your sodium by comparing nutrition labels on the foods you buy.



#### Other simple ideas for healthy eating:

1. Start slowly and make changes over time. Changing everything all at once rarely works. Instead, take small steps, like adding a salad once a day or switching from butter to olive oil when cooking. As your small changes become habit, you can continue to add healthy choices to your diet.
2. Take time to chew your food slowly, savoring every bite. Taste your food and feel the textures of what is in your mouth.
3. Eat with others when possible. Meals with family and friends have numerous social and emotional benefits-especially for young kids. Eating alone in front of the computer or TV can often lead to mindless overeating.
4. Eat a healthy breakfast. It jump-starts your metabolism, helps to keep your energy up, and sets the pace for a healthy day.
5. Make sure you're getting real whole grains. Look for the words "whole grain" or "100% whole wheat" at the beginning of the ingredient list or look for the whole-grain stamp.
6. Plan out your meals each week. Pick a few healthy meals that you and your family like and build a meal schedule around them. By doing so, you can buy everything you need all at once rather than going to the store several times a week, saving you time, energy and money.



#### 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

## Fuel for School

Mix and match the snacks below.

1 GRAIN	1 FRUIT	1 PROTEIN/MEAT	1 DAIRY
Kashi TLC <sup>®</sup> Cereal Bar	Apple Slices (fresh or prepackaged)	1 slice Cabot <sup>®</sup> Cheddar Cheese	8 oz. 1%-2% Low-Fat Milk
3 cups Wise <sup>®</sup> Lite Cheddar Popcorn	15 Grapes	1 oz. Beef Jerky	Dannon Danimals <sup>®</sup> Smoothie
Deli Flats <sup>®</sup> Bread Cinnamon Raisin	Chiquita <sup>™</sup> Mini Banana	2 Tbsp. Peanut Butter	8 oz. Chocolate Low-Fat Milk
12 Mini Pretzel Rings	Motts for Tot <sup>®</sup> (40% less sugar) Juice Box	2 Tbsp. SunButter <sup>®</sup> Spread	8 oz. Silk <sup>®</sup> Soymilk (plain or flavored)
3/4 cup Kashi <sup>®</sup> Berry Blossoms <sup>™</sup> or Honey Sunshine <sup>®</sup> Cereal	3 large or 6 small Strawberries	2 slices Deli Thin 'n Trim <sup>®</sup> Roast Beef	10 Kashi <sup>®</sup> Crackers with 1-2 Tbsp. Hummus
Mini Pita Pocket	100% Fruit Juice Frozen Fruit Bar	1/4 cup Shredded Cheese	15 Cape Cod <sup>®</sup> Reduced Fat Potato Chips
Kashi TLC <sup>®</sup> Country Cheddar Crackers	Dole Mandarin Oranges Fruit Cup	6 slices Turkey Pepperoni	Wholly Guacamole <sup>®</sup> w/6 Kashi <sup>®</sup> TLC Honey Sesame Crackers
1/2 English Muffin	8 oz. V-8 V-Fusion <sup>®</sup> Juice	1 oz. String Cheese	1 Dannon Danimals <sup>®</sup> Crush Cup <sup>™</sup>
1 pkg. Kashi <sup>®</sup> Heart to Heart Oatmeal <sup>™</sup>	2 Tbsp. Raisins	1 oz. Cooked Meatball	8 Food Should Taste Good <sup>®</sup> Chips
1/2 cup cooked Multigrain Spaghetti	1/2 cup Motts <sup>®</sup> (no sugar added) Applesauce	2 slices Taste of Inspirations <sup>™</sup> Turkey	1 slice Cheese Pizza or English Muffin Pizza
2 Graham Crackers	FruitaBū <sup>®</sup> Smooshed <sup>®</sup> Fruit Roll (1 sheet)	1 Natural Hot Dog/VeggieDog	4 MorningStar Farms <sup>™</sup> Chik'n Nuggets
Clif Kid <sup>™</sup> ZBar	Dole <sup>®</sup> Pineapple Tidbits w/100% Juice Cup	2 Tbsp. Parmesan Cheese	6 Homemade Peanut Butter Crackers
5 Kashi <sup>®</sup> Heart to Heart <sup>™</sup> Crackers	1/2 cup Blueberries	40 Peanuts	Kashi TLC <sup>®</sup> Trail Mix Chewy Granola Bar
5 Mini Rice Cakes	1 cup Cubed Melon		



### 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



### Sunsational Summer Salad

- 1 bag Taste of Inspirations Baby Spinach
- 4 large strawberries, sliced
- 4 ounces drained Dole Mandarin Oranges in 100% fruit juice
- 1/2 cup raw or roasted slivered almonds
- 6 tablespoons Taste of Inspirations Mandarin Orange Vinaigrette Dressing
- 4 ounces Cabot Shredded 50% Reduced Fat Cheddar Cheese
- Optional: chopped chicken, shrimp or your favorite Taste of Inspirations Deli Meat

#### Directions:

On large serving platter or bowl, place baby spinach. Top with strawberries, and oranges. Sprinkle with almonds. If desired, add one of the optional ingredients. Top with shredded cheese. Drizzle with dressing.



### Blueberry Salad

- 1 package Fresh Express Sweet Butter Blend
- 2 ounces Cabot Shredded 50% Reduced Fat Cheddar Cheese
- 1/2 cup walnuts
- 1 apple, cut into bite-sized pieces
- Wishbone Raspberry Vinaigrette Dressing
- 1/2 cup croutons
- 1/2 cup fresh local blueberries

#### Directions:

Place greens into a large salad bowl. Add cheese, walnuts and apple pieces. Drizzle with dressing and toss. Top with croutons and blueberries.



### Grilled Salmon with Cucumber and Celery Salad

- 1/4 cup Dannon Greek Yogurt, Plain
- 1 tablespoon white wine vinegar
- Salt and pepper (1/4 teaspoon each)
- 2 cucumbers, thinly sliced (diagonally)
- 2 ribs celery, thinly sliced (diagonally)
- 1/4 cup fresh flat-leaf parsley
- 4 small salmon steaks

#### Directions:

In large bowl, whisk together first three ingredients. Add cucumbers, celery and parsley. Toss to combine. Grill salmon. Serve with salad.



### 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



### Creamy Avocado Salad Dressing

1 cup Hellmann's  
1 ripe avocado, mashed  
1 tablespoon lime juice  
1 tablespoon milk (optional)  
1 clove garlic, chopped  
Salt and fresh ground black pepper

#### Directions:

In small bowl, combine all ingredients. Season to taste with salt and pepper. Serve over salad greens or, if desired, as a dipping sauce.



### Delicious Creamy Salad Dressing

3/4 cup Dannon Greek Yogurt, Plain  
1/4 cup Hellmann's Olive Oil Mayonnaise  
1/2 teaspoon dry mustard  
1/4 teaspoon salt  
1/2 teaspoon horseradish  
1/2 teaspoon paprika  
Minced garlic, to taste  
1/2 teaspoon dill weed  
2 teaspoons onion, finely chopped  
2 tablespoons fresh lemon juice

#### Directions:

Mix all ingredients thoroughly. Chill before serving over tossed green salad.



### 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



### Refreshing Summer Salad

2 tablespoons lime juice  
1/4 cup sugar  
1/2 cup Tropicana Orange Juice  
1 large banana  
1 cup sliced strawberries  
1 cup Dole Mandarin Oranges in 100% fruit juice, drained  
1 cup blueberries  
6-ounce container Dannon Greek Yogurt, Vanilla

#### Directions:

Mix together all ingredients except yogurt. Serve with a dollop of yogurt on top.



### Hulu Hulu Salad

1 container (6 oz.) Cabot Cottage Cheese  
1 cup Dole Pineapple Chunks  
1 container frozen whipped topping  
1/3 package Jell-O Gelatin Dessert, Sugar-Free Orange  
Maraschino cherries (optional)  
Shredded coconut (optional)

#### Directions:

Fold all ingredients together until well blended. Garnish with maraschino cherries and shredded coconut, if desired.



### 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](mailto:asknutritionist@hannaford.com).



## Healthy Living at Hannaford



### **Black Bean and Corn Salsa**

1/4 cup Hellmann's Light Mayonnaise  
2 tablespoons lime juice  
1/2 teaspoon ground cumin  
1 can (19 oz.) black beans, rinsed and drained  
1 can (11 oz.) whole kernel corn, drained  
1 cup quartered grape or cherry tomatoes  
1/2 cup chopped red onion  
2 tablespoons chopped fresh cilantro  
1 teaspoon chopped jalapeño pepper (optional)

#### **Directions:**

Combine all ingredients in a bowl. Serve as a side dish or as a dip for tortilla chips.



### **Asian Apple Slaw**

1/2 cup Hellmann's Canola Cholesterol Free Mayonnaise  
1 teaspoon reduced-sodium soy sauce  
2 teaspoons sugar  
1 teaspoon apple cider vinegar  
1/2 tablespoon grated fresh ginger (or 1/2 teaspoon 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)

#### **Directions:**

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



### **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](mailto:hannaford.com/asknutritionist).



## Healthy Living at Hannaford



### Greek Potato Salad

2 pounds baby "new" potatoes (with red skin)  
1 cup Dannon All Natural Plain Yogurt (or Greek Plain)  
1 teaspoon Dijon mustard  
1/4 cup fresh lemon juice  
2 tablespoons chopped fresh oregano (or 1 tablespoon dried oregano)  
2 garlic cloves, minced  
1/8 teaspoon salt  
1/8 teaspoon freshly ground black pepper  
1/2 small red onion, sliced as thin as possible  
1/4 cup black olives, pitted and sliced in half  
1/4 cup capers, drained  
1 tablespoon chopped fresh Italian parsley

### Directions:

1. In a 3-quart saucepan, cover potatoes with cold, salted water. Bring to a boil, then lower heat to a simmer and cook, covered, until tender, about 20 to 30 minutes. Test for doneness by inserting the tip of a sharp paring knife into a potato. It should fall off the knife easily. Remove from water with a slotted spoon and slice into quarters.
2. While potatoes are cooking, make the dressing. Combine yogurt, mustard, lemon juice, oregano, garlic, salt and pepper.
3. While potatoes are still warm, add them to the dressing and toss. Add sliced onion, olives and capers. Toss well to combine.
4. Top with a sprinkling of chopped parsley and serve.



### 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).