



## Healthy Living at Hannaford

### 8 Simple Steps That Will Lead You to Good Health

1. **Eat lots of vegetables**

There are so many choices, from a simple plate of sliced fresh tomatoes drizzled with olive oil and topped with crumbled feta cheese to salads, garlicky greens, soups and stews, and healthy pizzas. Vegetables are vitally important to the fresh tastes and delicious flavors of the Mediterranean diet.



2. **Change the way you think about meat**

If you eat meat, have smaller amounts. For example, add small strips of sirloin to a vegetable sauté or garnish a dish of pasta with diced prosciutto. As a main course, have small portions (3 ounces or less) of chicken or lean meat.

3. **Always eat breakfast**

Start your day with fiber-rich foods, such as fruit and whole grains, that can keep you feeling pleasantly full for hours. Layer granola, yogurt and fruit for a delicious parfait.



4. **Eat seafood twice a week**

Fish, such as tuna, herring, salmon and sardines, are rich in heart-healthy omega-3 fatty acids. Shellfish, including mussels, oysters and clams, have similar benefits for brain and heart health.

5. **Cook a vegetarian meal one night a week**

Build these meals around beans, whole grains and vegetables and heighten the flavor with fragrant herbs and spices.



6. **Use good fats**

Include sources of healthy (monounsaturated) fats in your daily meals, especially extra-virgin olive oil, nuts, peanuts, sunflower seeds, olives and avocados.

7. **Enjoy some dairy**

Eat Greek or plain yogurt and try small amounts of a variety of cheeses.

8. **Eat fresh fruit for dessert**

Instead of ice cream or cookies every day, save the sweets for a special treat. Choose from a wide range of fresh fruits - figs, oranges, pomegranates, grapes, apples, berries - the list goes on.



Adapted from Oldways/Mediterranean Foods Alliance



#### Interested in developing an eating plan that's just right for you?

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).