



## 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



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## Fuel for School

Mix and match the snacks below.

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



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## Healthy Living at Hannaford

### Breakfast

The most important meal of the day (especially for kids)! Would you run your car with no gas? Don't let your kids go to school without the proper fuel! Here are some reasons why breakfast is so important for the growing mind.

- Studies show that children who eat breakfast regularly do better on cognitive tests than those who don't.
- Eating breakfast has been shown to help maintain a healthy weight. An ideal breakfast combines complex high-fiber carbohydrates with lean protein and healthy fat. Whole-grain cereals, breads and waffles give you the fiber you need to work toward your recommended daily amount of 17-31 grams. These slow-digesting carbohydrate choices keep you fuller longer, which helps you stay satisfied until your next meal. The right protein and fat help with this too.
- Breakfast sets the pace for a day of good eating all day long.

### Easy, quick breakfasts:

- Kashi Instant Oatmeal, half a banana
- Breakfast Banana Split (see recipe here)
- Smoothie-  
frozen strawberries  
Dannon Yogurt  
1/4 cup Tropicana Orange Juice,  
2 tablespoons flaxseed
- Whole-grain Kashi cereal, low-fat milk (cow, almond or soy) and berries
- Whole-wheat toast or Kashi 7-Grain Waffle topped with Promise Buttery Spread and berries, and 4-6 oz Tropicana Orange Juice

### Breakfast Banana Split

#### Ingredients:

- 1 banana
- 1/2 cup strawberries, sliced
- 1/4 cup blueberries
- 6 oz Dannon Lowfat Yogurt (any flavor)
- 2 tablespoons Bear Naked Granola

#### Directions:

- Peel banana; slice lengthwise. Place banana in serving dish and separate halves. Place half strawberries and blueberries on banana slices. Gently spoon yogurt over berries. Top with remaining berries; sprinkle with granola.



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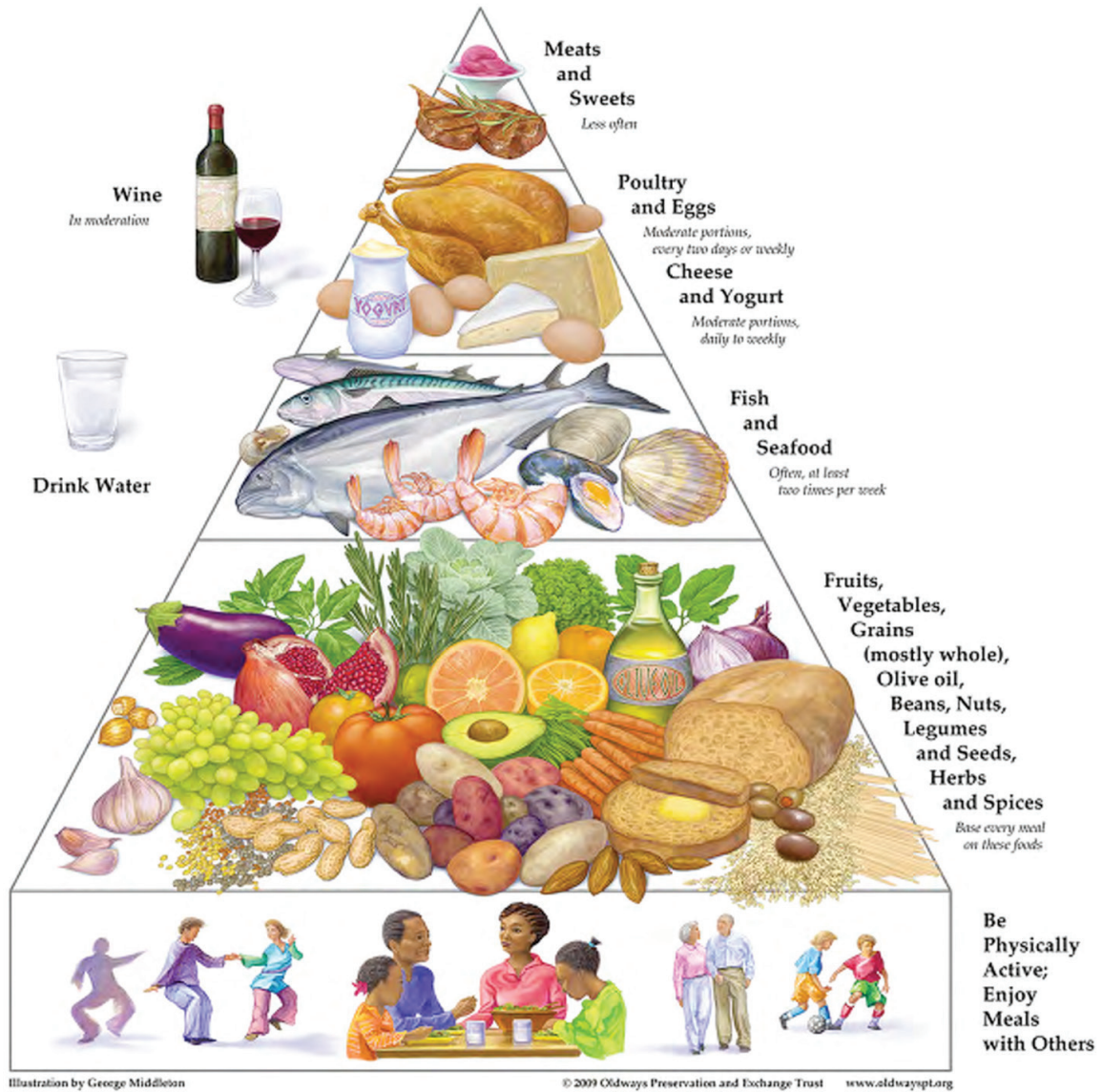
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## Healthy Living at Hannaford

### Eating Your Way to Good Health: The Mediterranean Diet

The Mediterranean diet is a way of eating that is traditional in the countries surrounding the Mediterranean Sea, but luckily, you don't need to travel any farther than your local Hannaford to discover its delicious flavors and fresh foods. It's easy to bring the remarkable health benefits and affordable Mediterranean style of eating to your table every day. Embracing the Mediterranean diet is all about making some simple changes in the way you eat - today and for the rest of your life.



Adapted from Oldways/Mediterranean Foods Alliance



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## Healthy Living at Hannaford

### What's so good about the Mediterranean diet?

There are many reasons to adopt the Mediterranean diet. Scientific evidence indicates it can help you:

- Lose weight and keep it off
- Lower your risk of heart disease and high blood pressure
- Fight certain cancers and chronic diseases
- Reduce asthma
- Avoid diabetes
- Resist depression
- Nurture healthier babies
- Ward off Parkinson's disease

### The Cornerstones of the Mediterranean Diet

- Look for ways to be more active. Good food alone isn't enough to live a healthy life.
- Cooking and enjoying the pleasures of dining with family and friends contribute to good health.
- Every day, eat mostly whole grains, fruits, vegetables, beans, herbs, spices, nuts and peanuts, and healthy fats such as those found in olive oil. These are the core foods you will eat most often.
- At least twice a week, eat fish and seafood, the best sources of heart- and brain-healthy omega 3s.
- Yogurt, cheese, poultry, and eggs are also central to the Mediterranean diet, in reasonable portion sizes.
- Red meat and sweets are occasional foods to be eaten less often.
- Wine and water are the typical beverages of the Mediterranean diet. If you drink wine enjoy moderate amounts: up to one glass a day for women, two for men. And drink water throughout the day.



Adapted from Oldways/Mediterranean Foods Alliance. For recipes and details on the latest scientific studies about the Mediterranean diet plus other helpful and healthful tips, visit: [www.oldwayspt.org](http://www.oldwayspt.org), [www.mediterraneanmark.org](http://www.mediterraneanmark.org)



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## Healthy Living at Hannaford

### Minty Yogurt Dip

#### Ingredients:

1 1/2 cups Dannon® Light & Fit® Vanilla, Strawberry or Cherry Vanilla Yogurt  
1/4 cup finely chopped fresh mint or McCormick® Gourmet Collection™ Mint Flakes  
1 teaspoon orange zest

#### Directions:

1. Mix yogurt, mint, and orange zest together in a small bowl.
2. Refrigerate for 1 hour for flavors to blend.
3. Serve as a dip with fresh fruit slices (apples, bananas, pineapples, kiwi).

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### Creamy Artichoke Bruschetta

Yield: 20 appetizers

#### Ingredients:

1 jar (6 oz.) marinated artichoke hearts, drained and chopped  
1/4 cup Hellmann's® Light Mayonnaise  
1/4 cup sun-dried tomatoes packed in oil, drained and finely chopped  
1 cup shredded Cabot® Cheddar Cheese  
1 loaf Italian or French bread (about 15-inches long), cut into 1/2-inch slices and toasted

#### Directions:

1. Combine all ingredients except bread in small bowl.
2. Evenly spread artichoke mixture on toasted bread. Broil 1 minute or until golden. Serve immediately.



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## White Bean Dip

### Ingredients:

- 1/4 cup I Can't Believe It's Not Butter!® Mediterranean Blend spread
- 1 Medium yellow onion, finely chopped
- 1/2 tsp. Dried rosemary leaves, crushed
- 1 Clove Garlic, finely chopped
- 1 can (19 oz.) Cannellini or white kidney beans, rinsed and drained
- 1 Tbsp. Lemon juice
- 1 Tbsp. Fresh Parsley finely chopped or 1 tsp. dried parsley flakes, crushed
- Salt and ground black pepper to taste

### Directions:

1. Melt I Can't Believe It's Not Butter!® Mediterranean Blend spread in 10-inch nonstick skillet over medium heat. Add onion and rosemary, stirring occasionally, 5 minutes or until onion is tender.
  2. Add garlic and cook, stirring occasionally, 1 minute; cool slightly.
  3. Process onion mixture, beans, and lemon juice in food processor or blender until smooth.
  4. Stir in parsley and season to taste with salt and pepper.
  5. Serve chilled, if desired, with pita chips, cut-up vegetables, and/or toasted bread slices.
- TIP: Also terrific as a sandwich spread with grilled vegetables!



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## 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.



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## 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.



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## 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.



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### Spicy Olive Relish Dip

#### Ingredients:

2 roasted red peppers (from a jar), drained and finely chopped  
1/2 jalapeno chile, finely chopped (optional)  
2 garlic cloves, finely chopped  
1/2 cup Hellmann's® with Olive Oil Reduced Fat Mayonnaise  
2 tablespoons sherry vinegar  
3/4 cup prepared olive tapenade  
1/4 cup chopped fresh parsley or 1 tablespoon McCormick® Parsley Flakes

#### Directions:

Mix all ingredients in a bowl. Spread on bread, crackers, or your favorite sandwich.

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### Cucumber, Feta Cheese and Dill Dressing

Serves: 12 (2 tablespoons each)

#### Ingredients:

1 cup sliced cucumber  
6 ounces Dannon® Plain Yogurt  
2 tablespoons extra-virgin olive oil  
1/4 cup crumbled feta cheese or shredded Cabot® Cheddar Cheese  
Pinch of McCormick® Ground Cumin  
2 tablespoons fresh dill leaves or 1 teaspoon McCormick® Dill  
Salt and pepper to taste

#### Directions:

In blender, puree all ingredients together, add to greens, and toss. Serve.

recipe courtesy of American Institute for Cancer Research



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