



Healthy Living at Hannaford

Eating for the Athlete

Making healthy choices can be easy. Just follow these simple steps. Start with a balanced diet. Proper nourishment every day can help you perform at your best.

Some helpful tips:

- Eat regular meals and snacks to maximize training and competitive performance and to improve recovery.
- Plan ahead by bringing small, non-perishable snacks for sustained energy.
- Avoid foods that provide empty calories, such as soda, candy and other junk food.
- Eat a well-balanced diet with whole grains, fresh fruits and vegetables, lean meats and low-fat dairy to meet your vitamin and mineral needs.
- Drink plenty of fluids as dehydration will decrease performance level

Breakdown of needed nutrients for the athlete:

Carbohydrates: 55%-70% of daily calories

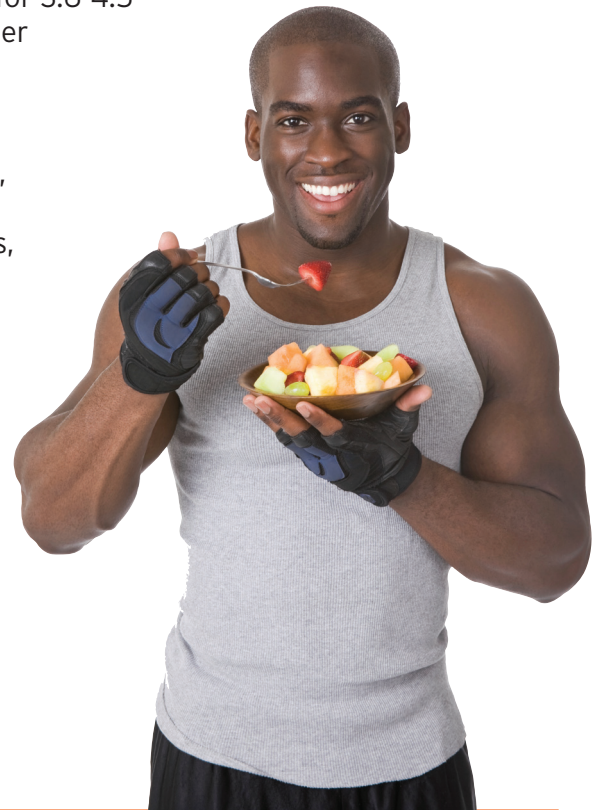
Protein: 10%-20% of daily calories

Fat: 20%-35% of daily calories

Carbohydrates: Complex carbohydrates are the most important fuel for athletes, as they replace muscle glycogen and energy for working bodies. Eating carbohydrates throughout the day will ensure you have the endurance for your workouts. For endurance sports, try to aim for 3.6-4.5 grams of carbohydrates per pound of body weight per day. For lighter recreational exercise, 2.3-2.7 grams of carbohydrates per pound of body weight per day is enough.

Protein: Essential for athletes, especially during the training period, because it helps to restore damaged muscle and sustain muscle growth. Protein also helps the body create red and white blood cells, which improve the flow of oxygen to the muscles. Protein helps the body make hormones and enzymes to regulate metabolism. Good sources of protein include fish, chicken breast, lean beef, eggs, legumes, nuts, soy and low-fat or nonfat dairy products, such as cheese, milk and yogurt.

Fat: An essential part of the diet because it helps to use vitamins and phytochemicals that may otherwise be lost. Fat, because of its high caloric content, should still be consumed in moderation. Not all fats are created equal. Be sure to choose healthy fats, such as polyunsaturated and monounsaturated fats, and keep saturated fats to a minimum. Avoid all trans fats. Good sources of healthy fats include nuts, avocados, flaxseed, canola and olive oil, and fatty fishes, such as salmon and tuna.



Interested in learning more?

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Nutrition Facts Label: An Overview

Learning how to read a Nutrition Facts label can help you in eating a healthy, balanced diet!

1. Serving Size

This is a great place to start because all the label information is based on one serving of the food. Check the total number of servings in the package. If the serving size is one cup and you eat two, you are getting twice the fat, calories and other nutrients listed.

2. Calories

This line tells you the number of total calories in one serving and the number of calories that come from fat. Products that are fat-free are not always calorie-free. If you are watching your weight, cutting back on both calories and fat is a smart choice!

General guide to calories:

- 40 calories is low
- 100 calories is moderate
- 400 calories or more is high

3. Percent Daily Value (%DV)

Refer to this section to see how the nutrients in one serving contribute to a total daily diet based on 2000 calories. You may need more or less calories—which also means you will need more or less than 100%DV for some nutrients. For a personalized plan, visit www.choosemyplate.gov or talk to one of Hannaford’s registered dietitians.

4. Nutrients to Limit

To decrease your risk for heart disease, some cancers and high blood pressure, aim for low %DVs for total fat, saturated fat, cholesterol and sodium.

5. Nutrients We Need

Aim for high %DVs for fiber, vitamins A and C, calcium and iron to keep you healthy and reduce your risk of health problems like osteoporosis and anemia. Eating fruits and vegetables at meals and snack time is a great way to get more nutrients!

Nutrition Facts		
Serving Size 1/2 cup (114g)		
Servings Per Container 4		
Amount Per Serving		
Calories 260 Calories from Fat 120		
		% Daily Value*
Total Fat 13g		20%
Saturated Fat 5g		25%
Trans Fat		
Cholesterol 30mg		10%
Sodium 660mg		28%
Total Carbohydrate 31g		11%
Dietary Fiber 0g		0%
Sugars 5g		
Protein 5g		
Vitamin A 4%	•	Vitamin C 2%
Calcium 15%	•	Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories:	2,000 2,500
Total Fat	Less than	65g 80g
Sat Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram:		
Fat	•	Carbohydrate 4 • Protein 4



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Carbohydrates (Love 'em, don't leave 'em)

Carbohydrates are found in grains, fruits, vegetables, beans and legumes, and dairy products. Carbohydrates are digested and become glucose. Glucose enters the blood and cells to give us energy to live full, active lives. The number of servings you need each day depends on your activity level, but most experts agree that you need at least 130 grams of carbohydrates each day. Choose from the nutrient-rich sources below.

Whole Grains

Full of fiber to produce a slower and more sustainable rise in blood glucose.

Some examples include:

- Oats - both soluble and insoluble fiber
- Quinoa - higher in protein
- Barley - high in soluble fiber
- Brown rice - more fiber and trace minerals
- Kashi products - contain whole grains, more fiber and more protein

Fruits

A source of phytochemicals, vitamins, minerals and soluble and insoluble fiber.

Some examples include:

- Apples - 4 oz or 1/2 cup unsweetened applesauce
- Bananas - half of a 9-inch banana, or try a Chiquita baby banana
- Dried fruit - still nutritious, but carbohydrate-rich
- Canned fruit - use unsweetened
- Frozen - as good as fresh and no spoilage

Dairy

Calcium, vitamins A & D, protein and 12 grams of carbohydrate. Perfect for after exercise.

Some examples include:

- 8 oz skim or 1% milk, 8 oz plain or lowfat yogurt
- 1/3 cup nonfat dry milk powder
- 1/2 cup lowfat ice cream

Non-Starchy Vegetables

Naturally low in carbohydrate - only 5 grams in 1/2 cup cooked or 1 cup raw. Packed with fiber and nutrients, they are a good calorie value!

Some examples include:

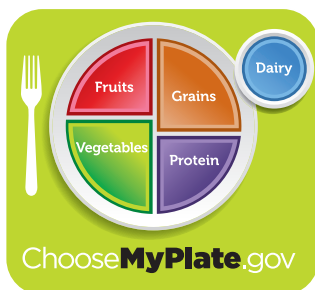
- Carrots
- Peppers
- Broccoli
- Brussels sprouts

Starchy Vegetables

The higher starch content increases the carbs in these veggies while also providing a great source of vitamins, minerals and fiber.

Some examples include:

- Corn
- Potatoes
- Peas



Choosemyplate.org recommends filling half of your plate with fruit and vegetables and a quarter of your plate with whole grains. Sound like a low carb diet to you? No way!



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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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Turkey and Mandarin Orange Wraps

Ingredients:

- 4 (10-inch) whole wheat flour tortillas
- 4 oz (half of large block) Hannaford Neufchatel cream cheese, softened
- 1 cup Dole Mandarin Oranges (packed in juice), drained and chopped
- 1/4 cup chopped scallions
- 1/2 lb Hannaford Inspirations Smoked Turkey Breast (one star), sliced thin
- 20 medium spinach leaves, washed, dried, stems removed

Directions:

1. Combine cream cheese and oranges until mixed. Spread 1/4 of mixture on each tortilla. Sprinkle each with scallions.
2. Divide turkey into 4 portions and mound in center of tortilla, leaving 1 inch open around edges. Top with spinach.
3. Fold envelope style by folding up bottom and top edges 2 inches, then folding each side inward.



The Roast Beef Sandwich

Ingredients:

- 8 slices 100% Whole Wheat Bread
- 2 tablespoon Hellmann's Mayonnaise Dressing with Extra Virgin Olive Oil
- 4 slices Cabot 50% Reduced Fat Cheddar Cheese
- 1/2 lb Hannaford Inspirations Roast Beef (one star)
- One large tomato, sliced into 4 thin slices
- Romaine lettuce

Directions:

Create 4 traditional sandwiches out of the delicious ingredients above.



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Tomato Basil Cheddar Lasagna

Ingredients:

- 1 tablespoon olive oil
- 1 medium onion, minced
- 1 clove garlic, minced
- 1 1/2 pounds ground beef
- 1 jar (32 oz) Ragu Old World Pasta sauce
- 1 package lasagna noodles
- 2 lb ricotta cheese
- 1/4 cup plus 2 tablespoons Parmesan cheese, grated & divided
- 2 large eggs, beaten
- Salt and ground black pepper to taste
- 10 oz Cabot Tomato Basil Cheddar, grated (about 2 1/2 cups), divided

Directions:

1. Preheat oven to 350 degrees. In large skillet over medium heat, heat oil; add onion and garlic and sauté until golden. Add ground beef and cook, breaking up with wooden spoon, until no longer pink. Tilt pan and spoon off excess fat.
2. Stir in marinara sauce and simmer until slightly thickened, about 5 minutes.
3. Meanwhile, cook lasagna noodles according to package directions. Drain and set aside.
4. In large bowl, combine ricotta, 2 cups of cheddar and 1/4 cup of Parmesan. Mix in eggs and season with salt and pepper.
5. Spread thin layer of meat sauce over bottom of a 9x13-inch baking dish. Add layer of noodles. Spread half of ricotta mixture on top of noodles, followed by one-third of remaining meat sauce.
6. Repeat layers and top with final layer of noodles. Spread remaining sauce over noodles and sprinkle with remaining cheddar and Parmesan.
7. Cover dish with foil and bake for 35 minutes. Remove foil and bake for 5 minutes longer or until cheese is melted and bubbling.



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Baked Pasta Primavera Casserole

Melted mozzarella cheese tops this casserole loaded with vegetables. It's a veggie meal the whole family will enjoy!

Ingredients:

- 1 jar (23.9 oz) Ragu® Old World Style® Pasta Sauce
- 2 cups shredded mozzarella cheese (about 8 oz), divided
- 1/2 cup grated Parmesan cheese
- 1 bag (16 oz) frozen Italian-style vegetables, thawed
- 1 cup cherry tomatoes
- 1/2 lb ziti or penne pasta, cooked and drained

Directions:

1. Preheat oven to 350 degrees.
2. Combine Ragu® Old World Style® Pasta Sauce, 1 cup mozzarella cheese and Parmesan cheese in large bowl. Stir in vegetables and hot ziti.
3. Spoon pasta mixture into 2-1/2-quart casserole; sprinkle with remaining 1 cup mozzarella cheese. Bake uncovered 30 minutes or until heated through.



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