



Healthy Living at Hannaford

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:

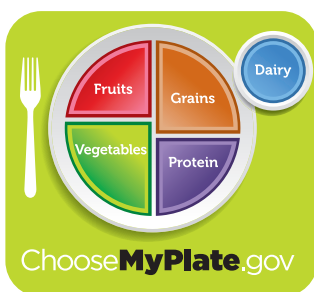
- Carrots
- Peppers
- Broccoli
- Brussels sprouts

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!



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.