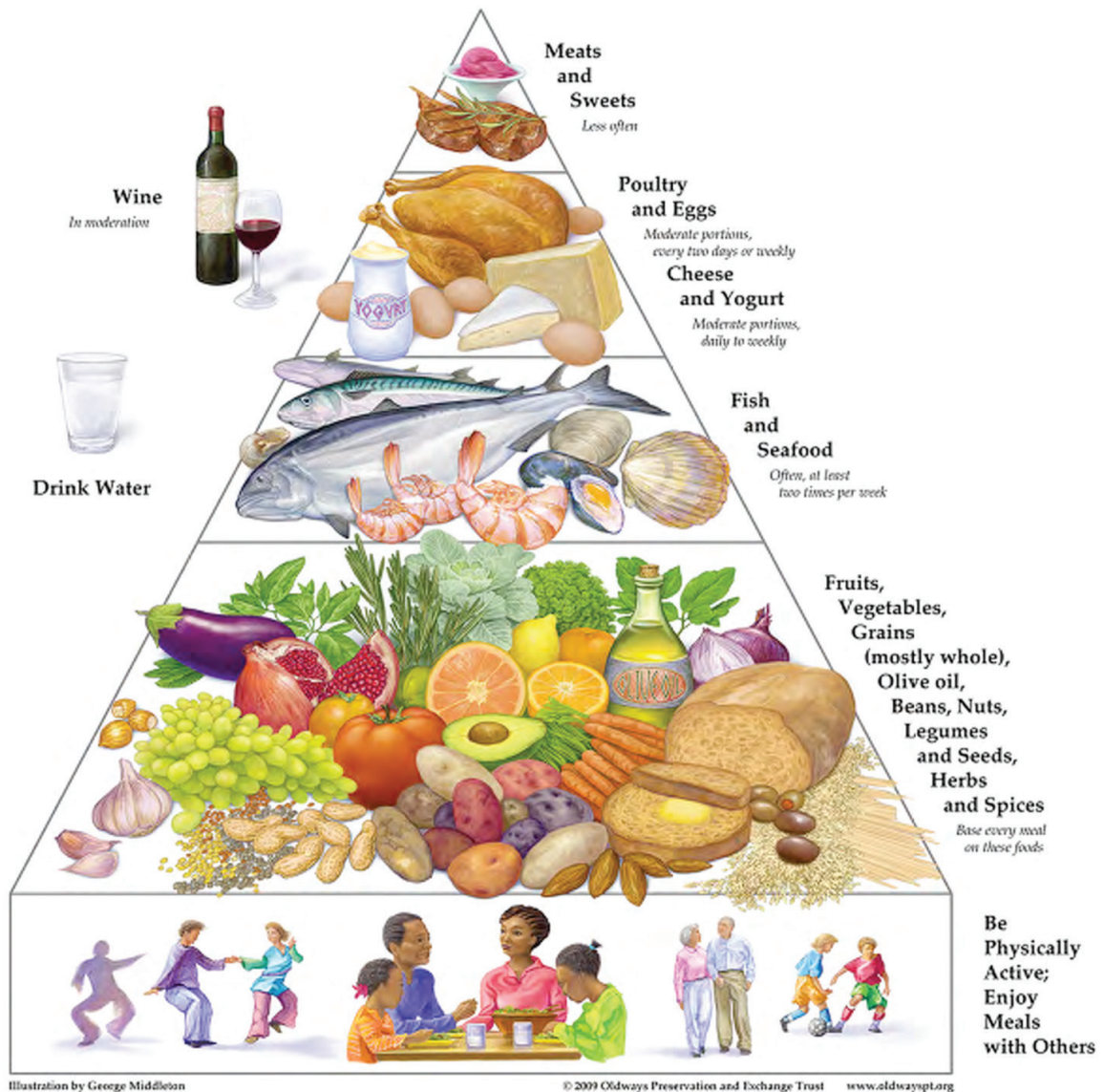




Healthy Living at Hannaford

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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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, www.mediterraneanmark.org



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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.



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Nutrition Tips for Women

Hannaford wants to help women of all ages grow strong and stay strong. Please use our guide to help you and the women you love get what they need to be as healthy as they can be.

Teens: At this age, the best thing you can do for you is to begin forming healthy habits - for now and the future.

- Calcium-rich foods will help form strong bones and prevent osteoporosis in the future. Remember, bones are done forming at age 18.
- Get your vitamin D. You can get what you need from sunlight, food and supplements. Having enough will help bones absorb the calcium.
- Create healthy eating habits. There's no better time than NOW to include whole grains, low-fat dairy, and plenty of fruit and veggies each day. Aim for three meals and two snacks daily to supply well-timed fuel for your body.
- Keep your energy up. Be sure to include food high in iron (such as fortified cereals). When possible, consume iron-rich foods with vitamin C (for example, cereal with orange juice) to maximize the iron absorption.

Women 20 - 45: At this age, there's a lot to think about. Make sure your health is at the top of the list.

- Keep your bones strong. Consume enough calcium and vitamin D.
- Consume iron-rich foods to help keep energy levels up.
- If pregnancy is a possibility, be sure to get 400 mg of folic acid equivalents each day (best to start before conception). Folic acid has been proven to help prevent birth defects.
- Maintain a healthy weight by avoiding excess calories and limiting saturated fat and sodium.



A women's well-balanced diet

Strive to incorporate these foods into your daily diet:

- At least 3 one-ounce servings of whole grains, such as whole-grain bread, cereal, pasta, brown rice or oats
- 3 servings of low-fat dairy products, such as low-fat or fat-free milk, yogurt or cheese
- 5 to 6 ounces of protein, such as lean meat, chicken, turkey, fish, beans, lentils or peas
- 2 cups of fruit, such as apples, blueberries, melon, oranges, bananas and pears
- 2 1/2 cups of vegetables, such as leafy greens, pumpkin, bell peppers, onions, broccoli, mushrooms and carrots



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Women 46 - 60: Keep up with your healthy habits to feel your best.

- Keep bones and teeth strong. Consume enough calcium and vitamin D.
- Maintain a healthy weight by avoiding excess calories. Many women need around 200 fewer calories at this age compared to earlier years, so adjust portion sizes. Continue to limit saturated fat to prevent high cholesterol, and limit sodium while increasing potassium to help keep your blood pressure low.
- Many women do not absorb enough vitamin B12 after age 50. Ask your doctor if you need a supplement.
- Stay regular. Eat enough fiber from fruits, vegetables, beans, peas and whole-grain products like oats and whole-grain bread. Aim for 25 grams per day.



Women over 60: Enjoy life with a healthy attitude and a healthy body.

- Maintain strong bones and teeth: consume enough calcium and vitamin D and get a bone density test. Remember, weight-bearing activities (even walking!) can help maintain bone strength.
- Limit saturated fat and sodium while increasing potassium to avoid high blood pressure and other chronic diseases, such as diabetes and heart disease.
- Be sure to get adequate amounts of zinc in your diet (sources: meat, crab meat, clams, salmon, dried beans, peas, lentils). It has been proven to help with vision and wound healing.
- Many women do not absorb enough vitamin B12 after age 50. Ask your doctor if you need a supplement.
- Stay regular. Eat enough fiber from fruits, vegetables, beans, peas and whole-grain products like oats and whole-grain bread. Aim for 25 grams per day.
- Over time, many women lose the sensation of thirst. Stay hydrated by drinking plenty of fluids daily.



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What's the Big Deal with Vitamin D?

Why do we need Vitamin D?

- To maintain normal blood levels of calcium and phosphorus.
- Helps to aid in the absorption of calcium, helping to form and maintain strong bones.
- Recent research suggests vitamin D may provide protection from osteoporosis, hypertension (high blood pressure), cancer, and several autoimmune diseases.

How do we get it?

- The sun contributes significantly to the daily production of vitamin D, and as little as 10 minutes of adequate exposure is thought to be enough to prevent deficiencies.
- Few foods are naturally rich in vitamin D, so the best dietary sources of vitamin D are fortified dairy foods, cereals, vitamin supplements, oily fish, egg yolks, liver, and cod liver oil naturally contain vitamin D.

Why is it difficult to get enough?

- SPF 8 and SPF 15 reduce Vitamin D production by 95% and 99% respectively. New recommendations are to allow your skin to be exposed to the sun's rays for 15 minutes a day before applying sunscreen. Darker complexions may need even longer exposure to synthesize Vitamin D.
- The sun's UVB rays that trigger our body's natural production of vitamin D are weak during the fall and winter months in the northern U.S. and Europe.
- Obesity: If you are carrying too much weight, the vitamin D is stored in fat, unable to circulate through the bloodstream.
- Age: As we age, we lose the ability to produce Vitamin D, with 75% lost by age 70.



Getting enough Vitamin D?

recommended dosages are

infants 0-12 months:

400 IU per day

children & most adults:

600 IU per day

over age 70:

800 IU

For bone health and chronic disease prevention, many people are likely to need more vitamin D than the government guidelines recommend.

The upper limit for Vitamin D intake is currently set at 4000 IU per day with intakes greater than this not appearing to pose harm.



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Marinated Grilled Fruit

1. Clean grill thoroughly and heat to 400°F.
2. Slice desired fruit(s) in half, leaving skin on, and remove seeds and cores.
3. In a large plastic bag or bowl, make a marinade with the juice of one lemon, 1-2 tablespoons of honey (depending on how sweet your fruit is), and a 1/2 teaspoon of nutmeg.
4. Coat grill with cooking spray, and then place fruit directly on the grill or use skewers to make fruit kabobs. Resist moving. Flip softer fruits (peaches, plums, bananas) after 2 minutes and cook 2-3 minutes longer.

Harder fruits can tolerate 3-4 minutes per side without falling apart. Need a topping? Try nonfat Dannon yogurt drizzled on top!



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Stuffed Grilled Peaches

1. Wash 4 large peaches, cut them in half, remove the pit, and place on aluminum foil.
2. Spoon 2 tablespoons of blueberries into each peach half. Sprinkle 2 teaspoons of brown sugar on each and squeeze lemon juice over the top. Fold up foil and seal tightly.
3. Place on medium-hot grill and cook for about 15 minutes, turning once.
4. Delicious with a dollop of Dannon Greek Honey Yogurt. Serve right out of the foil.



Freezing fresh fruit in yogurt pops provides a nutritious cooldown for kids and adults!

- Make fruit smoothie pops using low-fat or nonfat plain Dannon yogurt and your favorite fresh or frozen fruits, like berries and bananas! Blend yogurt and fruit together, fill pop containers and freeze.
- Make yogurt pops with fresh fruit. Simply fill pop containers with plain Dannon yogurt blended with a little orange juice, add berries or other fruit, chopped if necessary, use pop stick to push fruit down into the yogurt, and then freeze.



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Blueberry Tart with Walnut Crust

Filling:

8 ounces reduced-fat cream cheese (Neufchâtel), softened
1/4 cup reduced-fat sour cream
1/4 cup plus 2 tablespoons pure maple syrup
2 cups fresh blueberries

Crust:

1/2 cup walnuts, lightly toasted
1 cup whole-wheat graham cracker crumb
1 large egg white
1 tablespoon butter, melted

1 tablespoon expeller-pressed peanut or canola oil
Pinch of salt
Special Equipment: 9-inch removable-bottom tart pan

To prepare crust:

Preheat oven to 325°F.

Coarsely chop walnuts in a food processor. Add graham cracker crumbs and process until the mixture looks like fine crumbs.

Whisk egg white in a medium bowl until frothy. Add the crumb mixture, butter, oil and salt; toss to combine. Press mixture into bottom and 1/2 inch up the sides of a 9-inch removable-bottom tart pan. Set pan on a baking sheet. Bake until dry and slightly darker around edges, about 8 minutes. Cool on a wire rack.

To prepare filling:

Beat cream cheese, sour cream and 1/4 cup maple syrup in a medium bowl with an electric mixer on low speed until smooth. When crust is cool, spread filling evenly into it, being careful not to break up the delicate crust. Arrange blueberries on the filling, pressing lightly so they set in. Drizzle remaining 2 tablespoons maple syrup over berries. Chill for at least 1 hour to firm.

Ingredient Note: To avoid trans fats, look for brands of graham crackers without partially hydrogenated vegetable oil. Pulse graham crackers in a food processor or place in a large plastic sandwich bag and crush with a rolling pin. (You'll need about 14 whole-wheat graham cracker squares to make 1 cup of crumbs.) Make ahead tip: Refrigerate for up to a day.



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