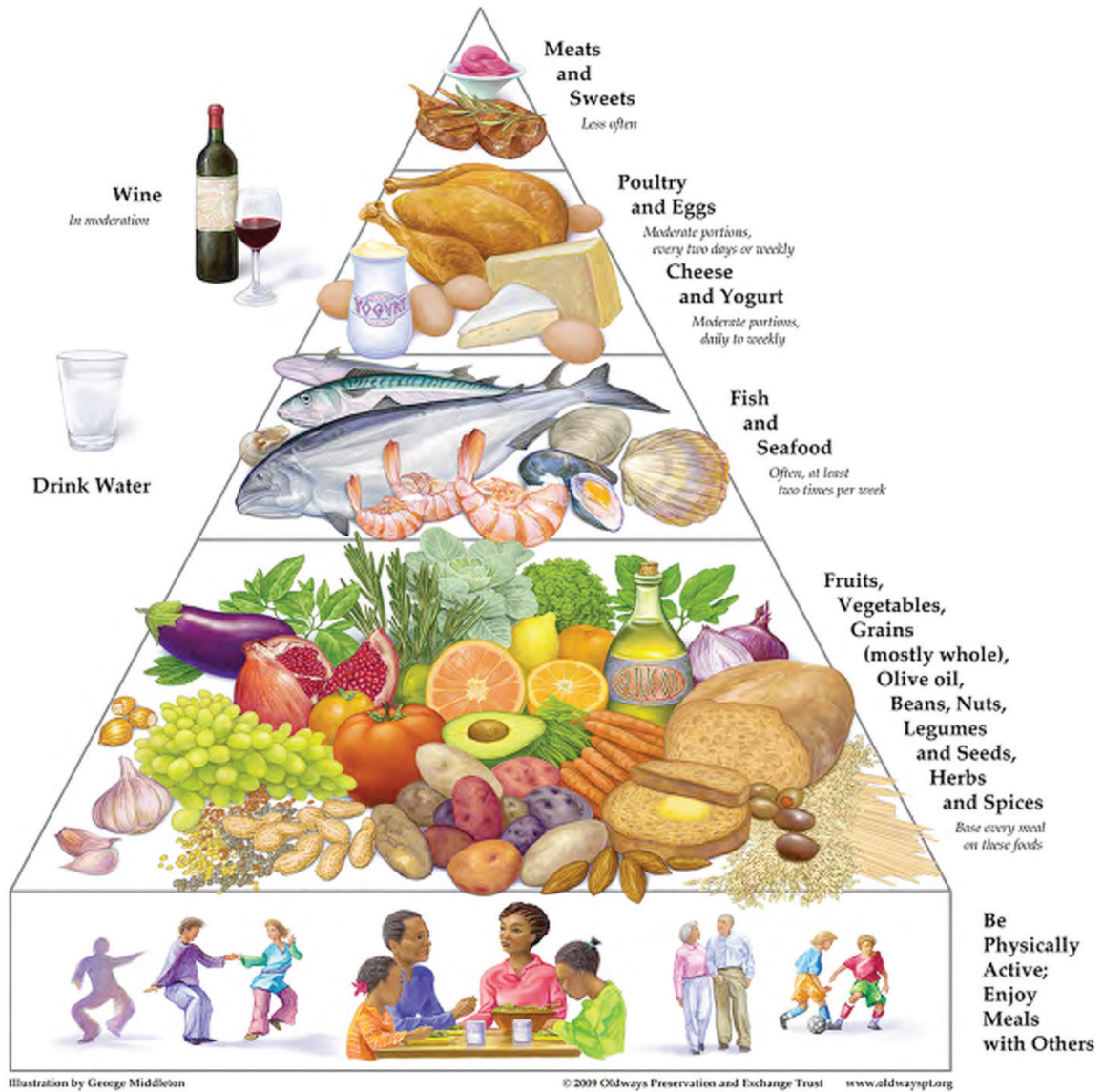




## Healthy Living at Hannaford

### 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



#### 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).



## 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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