



healthy heart



Meet our Hannaford Dietitians!

Hannaford offers FREE nutrition education online and in many stores. You can stop by and see them during their scheduled hours or even coordinate a time that works for you and your dietitian to chat about your nutrition questions.

Dietitian services include:

- Nutrition education for your school, work or community group
- Healthy eating tips, recipes and ideas for healthier family meals
- Advice for making the most of your pantry staples and shopping on a budget
- Help understanding food labels and portion sizes
- Help with special dietary needs



Find us online

We offer FREE online nutrition education including a class on Heart-Healthy Eating. You can join your Hannaford Dietitian to learn how to fill your cart to protect your heart and take a look at foods that can help improve your blood pressure, cholesterol and overall health.

Visit [hannafordnutrition.eventbrite.com](https://www.hannafordnutrition.eventbrite.com) to see all the great topics and to sign up for an upcoming class.

If you're not interested in a class, but have a nutrition question, you can email a private message to our staff registered dietitian at dietitian@hannaford.com.

Find us in-store

Visit [hannaford.com/dietitians](https://www.hannaford.com/dietitians) to find a dietitian near you and see their monthly schedule of events.



Hannaford Pharmacy

Hannaford Pharmacy is here to meet all your prescription needs with a full range of services to help you save time and stay safe and healthy.

Healthcare Professionals

Available to answer questions with expertise and care.

Immunizations

Flu, shingles, pneumonia and more with no appointment needed. Immunization availability and age requirements vary by state. COVID-19 vaccinations by appointment; walk-in availability subject to change.

Hassle-Free Transfers

Just drop off your current pill bottle, and we'll do the rest.

Refills Made Simple

Coordinate your prescriptions and enjoy the convenience of a single trip to the pharmacy. No more worries about forgetting to call for your refills or running out of your medications.

Hannaford Rx App

Take control of your health with hassle-free prescription management. Download from your favorite app marketplace.

Same-Day Delivery, Curbside Pickup and Mailing*

Three easy contact-free ways to receive your prescriptions.

*Select product and insurance plan restrictions may apply.

FREE reward chart to encourage children to take medication as prescribed. Prizes for completed charts.

Third-Party Insurance Plans

Most prescription insurance plans are accepted.

Whether it's expertise on prescription management or providing information on supplements and over-the-counter items, we're here to help! We carry many products you need to help manage your blood pressure and heart health. Your Hannaford Pharmacy is a convenient, affordable solution to maintain good health for your entire family.

What's Inside:

What is Heart Disease?	1
Guiding Stars® & Heart Health	2
Nutrition Facts 101	4
Finding the Fats We Need	5
10 Habits to Get You Started	6
Portion Control Guide	7
Foods to Limit	8
Foods to Enjoy	9
Heart-Healthy Shopping List	10
Heart-Healthy Choices by Category ...	11



What is Heart Disease?

Heart disease is the leading cause of death and illness among men and women in the United States. It occurs when cholesterol (fatty substance) in your bloodstream builds up and slows or restricts blood flow to the heart. Many factors can contribute to heart disease including:

- age
- gender
- family history
- smoking and alcohol use
- stress
- physical inactivity
- high blood cholesterol
- high blood pressure
- diabetes
- obesity and being overweight
- diet and nutrition

To decrease your risk of heart disease - or if you have already been diagnosed with heart disease - nutrition and lifestyle changes are often recommended by healthcare providers.

Know Your Numbers

LDL (Lousy) Cholesterol contributes to fatty plaque buildup that narrows arteries and raises your risk for heart attack and stroke. Decrease LDL by reducing saturated and *trans* fat and reducing excess cholesterol.

HDL (Healthy) Cholesterol helps reduce risk for heart attack by carrying LDL cholesterol away from the arteries and back to the liver, where it is broken down and removed from the body. Increase HDL by incorporating more fiber, whole grains and omega-3 fatty acids (omega-3s).

Triglycerides become elevated when we take in more calories than we use. The body converts these calories into triglycerides that can be stored as energy for later use. High levels of triglycerides can contribute to hardening of the artery walls and place you at risk for type 2 diabetes. Decrease your risk by adjusting portion sizes, increasing activity and avoiding added sugar.

High Blood Pressure makes the heart work harder to pump blood, leading to stiffening of the arteries and preventing proper blood flow. Help decrease your risk by reducing added sodium and increasing the right vitamins and minerals such as potassium.

Guiding Stars® & Heart Health

Guiding Stars at Hannaford is an in-store resource that can help you quickly find the nutritious foods that you need to meet your heart-healthy goals. Foods and beverages with one, two or three Guiding Stars have more fiber, whole grains, omega-3s, vitamins and minerals and have less saturated and *trans* fat, cholesterol, added sodium, added sugars and artificial colors. As you shop for heart-healthy foods, look for those with one, two or three stars as the foundation of your diet.

One, two or three Guiding Stars mean that item has:

Nutritional Value

<p>MORE</p> <ul style="list-style-type: none"> Vitamins Minerals Fiber Whole Grains Omega-3s 	<p>LESS</p> <ul style="list-style-type: none"> Saturated Fat <i>Trans</i> Fat Added Sodium Added Sugars Artificial Colors
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guiding stars®

Be inspired to make simple, healthy choices.



One star, good nutritional value.



Two stars, better nutritional value.



Three stars, best nutritional value.

No stars?

If the shelf tag has no stars, it simply means one of two things:

The food doesn't meet the nutritional criteria for Guiding Stars.

OR

The food is not rated.

Spices, supplements, baby formula and alcoholic beverages are not rated by Guiding Stars.

For more information on Guiding Stars visit hannaford.com/guidingstars.



Nutrition Facts 101

Guiding Stars® has done most of the work for you by narrowing your choices to those foods that are the most heart-healthy. However, it's important that you read the label to be sure the product meets the specific nutritional needs that your doctor recommends.

Start here

Know what makes a portion and how many calories that one portion contains.

Daily Value (based on a 2,000 calorie diet)

Indicates the percent of the recommended daily value that the food provides in one serving. 5% or less is low and 20% or more is high.

Understand these nutrients

Use Guiding Stars to help you identify foods lower in sodium, saturated and *trans* fats, and higher in healthy fats such as omega-3s.

Get the best source of these

Find foods with more fiber, vitamins and minerals while limiting added sugars.

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories 230	
% Daily Value*	
Total Fat 5g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Rules of Thumb

- Saturated Fat - Aim for foods with a saturated fat % DV of 7% or less.
- *Trans* Fat - Keep as low as possible. 0 g *trans* fat is best!
- Cholesterol - Keep as low as possible. Foods with low saturated and *trans* fat naturally contain less cholesterol.
- Sodium - A food is considered low in sodium when it has 140 mg or less per serving.
- Fiber - Strive to eat foods with 2 to 3 g of fiber per serving. Aim for 25 to 38 g of fiber per day.

Finding the Fats We Need

Omega-3 Fatty Acids

Omega-3s are fatty acids found in foods. Your body needs omega-3s but can't make them. For that reason, they are called essential fatty acids, meaning you must get them in your diet. Omega-3s are used by the body in many ways, such as to help control blood clotting and during pregnancy for the baby's brain and eye development and function. Omega-3s may also help reduce inflammatory responses in the body.

Foods with Omega-3 Fatty Acids

Nuts & Seeds

- Flaxseed oil
- Ground flaxseeds
- Walnuts

Some Green Vegetables:

- Brussels sprouts
- Kale
- Spinach

Fish:

- Tuna
- Sardines
- Salmon
- Herring
- Mackerel



More Heart-Healthy Fats

Monounsaturated Fatty Acids:

- Olive oil
- Avocado
- Canola oil
- Nuts and seeds
- Peanut oil

Polyunsaturated Fatty Acids:

- Safflower oil
- Soybean oil
- Sunflower oil
- Vegetable oil spreads
- Corn oil



10 Habits to Get You Started

1

Include one or two servings of vegetables and fruits at every meal or snack.

2

Try meatless dishes made with beans (kidney, garbanzo, black) or lentils.

3

When choosing whole grains, look for the word "whole" as one of the first two ingredients listed.

4

Drain and rinse canned fish, beans and vegetables.

5

Buy plain yogurt and add your own fruit.

6

Season foods with fresh or dried herbs and spices instead of using salt.

7

Substitute up to a half whole wheat flour for regular flour in muffins, quickbreads, cookies and pancakes.

8

Limit foods that contain "Hydrogenated" and "Partially Hydrogenated" in the ingredients list.

9

Monitor portion sizes (see our easy-to-use guide included in this booklet).

10

Shop with the included grocery list to help you stay on track. Aim to fill your cart with foods that earn Guiding Stars®!

Portion Control Guide

Fruits and Vegetables

What is a serving of fruit or vegetable?

- 1 cup salad greens (about the size of a baseball) 
- 1/2 cup fresh fruit (about the size of a tennis ball) 
- 1 medium banana (about the size of an eyeglass case) 
- 1/4 cup raisins (about the size of a golf ball) 
- 1 cup green beans, broccoli or other cut-up or cooked vegetable (about the size of a light bulb) 
- 1 baked potato (about the size of a computer mouse) 

Meats and Protein

What is a serving of meat or protein?

- 1 small skinless, boneless chicken breast (about the size of a computer mouse) 
- 3 oz. grilled fish (about the size of a checkbook) 
- 2 Tbsp. peanut butter (about the size of a golf ball) 
- 3 oz. tofu (about the size of a deck of cards) 
- 3 oz. hamburger made with lean or extra-lean ground beef or ground turkey (about the size of a deck of cards) 

Grains

What is a serving of grain?

- 1 pancake (about the size of a DVD) 
- 1 piece of corn bread (about the size of a bar of soap) 
- 1/2 cup cooked rice, pasta or cereal (about the size of a tennis ball) 
- 1 cup of cereal flakes (about the size of a baseball) 

Dairy and Cheese

What is a serving of dairy or cheese?

- 1 oz. low-fat or fat-free cheese (about the size of 4 stacked dice or 2 cheese slices) 
- 1/2 cup of low-fat ice cream or low-fat or fat-free frozen yogurt (about the size of a tennis ball) 
- 1 cup low-fat or fat-free milk 
- 1 cup low-fat or fat-free yogurt 

Foods to Limit

SATURATED FAT	<ul style="list-style-type: none"> • beef and pork • regular dairy products (whole milk, cheese, cream, sour cream, ice cream, butter)
TRANS FAT	<ul style="list-style-type: none"> • partially hydrogenated or hydrogenated fats and oils listed under the ingredients on packaged foods • doughnuts • commercial cakes, cookies and pies • French fries • commercial fried chicken • stick margarine and some shortening
CHOLESTEROL	<ul style="list-style-type: none"> • red meat • organ meats • cheese, butter, cream • egg yolk • poultry with skin • shrimp • milk (especially whole and 2%)
ADDED SODIUM	<ul style="list-style-type: none"> • table salt • seasonings with salt • chips, pretzels, crackers • processed meats • cheese • pickles & olives • condiments (ketchup, mustard, soy sauce, pickle relish, salad dressing, others) • commercial sauces, soups & prepared meals • canned vegetables
ADDED SUGARS	<ul style="list-style-type: none"> • sugar - white & brown • high fructose corn syrup • honey & molasses • sucrose, dextrose, fructose, glucose, corn sweetener, invert sugar, maltose, maple syrup, malt syrup, evaporated cane juice • cakes, cookies & baked goods • frozen desserts

Foods to Enjoy

WHOLE GRAINS	<ul style="list-style-type: none"> • whole grain breakfast cereal • 100% whole wheat or whole grain bread • brown rice • whole wheat pasta • corn tortillas • whole wheat tortillas • woven wheat crackers • “starred” cereals, breads, pasta and grain products
FIBER	<ul style="list-style-type: none"> • oats • oatmeal • whole wheat • wheat bran • fruits • vegetables • beans & peas (kidney beans, garbanzo beans, black beans, lentils & split peas) • hummus



A Heart-Healthy Shopping List

From Your Hannaford Dietitians

Use the foods listed below to fill your cart with heart-healthy, minimally processed, whole foods. Aim to fill 80% or more of your cart with Guiding Stars® items!

Vegetables

Choose fresh and in-season whenever possible. Frozen and low-sodium canned veggies are also good choices.

- Artichokes
- Bell peppers
- Broccoli
- Carrots
- Eggplant
- Green beans
- Leafy greens
- Mushrooms
- Onions
- Peas
- Squash
- Tomatoes
- Zucchini

Fruits

Choose fresh and in-season whenever possible. When choosing canned, opt for those in their own juice vs. heavy syrup.

- Apples
- Avocado
- Banana
- Berries
- Cherries
- Dates
- Figs
- Grapes
- Lemons
- Melon
- Oranges
- Peaches
- Pears
- Plums
- Pomegranates

Herbs & Spices

Add flavor without adding salt!

- Basil
- Cilantro
- Cinnamon
- Cumin
- Nutmeg
- Parsley
- Rosemary
- Thyme
- Oregano
- Pepper

Healthy Fats/Oils

- Extra virgin olive oil
- Avocado oil
- Canola oil
- Grape seed oil

Dairy/Eggs

Choose low-fat or fat-free dairy sources.

- Cheese, low-fat
- Milk, low-fat or skim
- Plain yogurt
- Egg whites (limited yolks)

Beans/Legumes

An inexpensive way to add fiber and protein to a meal. When using canned, look for low sodium or simply drain and rinse before using to reduce sodium.

- Black beans
- Cannellini beans
- Chickpeas (garbanzo)
- Great northern
- Navy beans
- Green lentils
- Red lentils
- Yellow lentils

Nuts & Seeds

For healthy fats, fiber and protein!

- Almonds
- Brazil nuts
- Cashews
- Chia seeds
- Flaxseeds
- Macadamia
- Peanuts
- Pine nuts
- Pistachios
- Pumpkin seeds
- Sunflower seeds
- Walnuts

Grains

Look for the word "whole" as one of the first two ingredients.

- Amaranth
- Barley
- Bulgur
- Couscous
- Oatmeal
- Macadamia
- Quinoa
- Rice (brown, wild)
- Sorghum
- Teff
- Pasta (whole wheat)

Lean Proteins

- Beef (top round, eye of round, top sirloin)
- Bison
- Chicken breast
- Cod
- Pork tenderloin
- Salmon
- Sardines
- Tilapia
- Tuna
- Turkey breast

Heart-Healthy Choices by Category

	Choose:	Limit:
FRUITS & VEGETABLES	<ul style="list-style-type: none"> • fresh or frozen fruits & vegetables • canned fruit in water or juice • low-sodium canned vegetables 	<ul style="list-style-type: none"> • fruit in heavy syrups • any vegetable or fruit that has been fried or breaded • sauces made from butter or cheese
GRAINS	<ul style="list-style-type: none"> • 100% whole grain breads, cereals & crackers • whole grain flour • brown rice • whole grain pasta • oatmeal, oat bran, quinoa, barley, buckwheat 	<ul style="list-style-type: none"> • cakes • pies • chips • muffins • doughnuts
PROTEINS	<ul style="list-style-type: none"> • skim milk • low-fat or fat-free dairy • egg whites • cold water fish • lean cuts of beef & poultry • beans and lentils • nuts 	<ul style="list-style-type: none"> • whole milk • egg yolks • fatty meats • processed meats • fried or breaded meats, poultry or fish • shrimp • organ meats (liver)
FATS	<ul style="list-style-type: none"> • olive oil • canola oil • cholesterol-lowering spread 	<ul style="list-style-type: none"> • butter • bacon • gravy • cream sauce • nondairy creamers • palm kernel oils • partially hydrogenated oils



Look for the Guiding Stars® to help you find the foods with more nutrition!

Our Commitment

Hannaford genuinely cares about your well-being. We are committed to making it easier for our customers to find and choose foods and products that promote a healthy lifestyle.

We Offer

Healthy Living classes and store tours led by our team of registered dietitians.

Guiding Stars® - our unique at-a-glance navigation system that helps you find foods with more nutrition, quickly and easily.

A wide range of foods, supplements, vitamins and beauty care items that help you nurture and care for your body.

Hannaford Pharmacy, which helps you stay healthy *and* save money. Because Hannaford has both dietitians and pharmacists, we can help you understand and find what you need to maximize your health.

Online convenience - see what **hannaford.com** can do for you:

- Search for products and recipes with Guiding Stars
- Create shopping lists
- Place a Hannaford To Go order (at many stores)
- View nutrition facts to calculate and compare products
- Browse products by store and sort by nutrition elements that are important to you



hannaford.com/dietitians

The information in this booklet is not medical advice, and you should consult a healthcare professional for individual recommendations.