



simply healthy

**Best of
Hannaford Dietitian
Articles from
Fresh Magazine**



Best of Hannaford Dietitian Article from Fresh Magazine

For over a decade, Hannaford has proudly offered shoppers support from registered dietitians entirely free of charge. They offer nutrition classes, store tours and demonstrations you'll see (and taste!) as you shop.

Hannaford dietitians also offer support through fresh magazine, which brings their engaging, realistic advice to you through our bi-monthly publication, available in store and online. We have gathered some of the best advice that Hannaford Dietitians have given in fresh magazine over the years, right here for you.

- The Hannaford Healthy Living Team

Here's what our shoppers are saying about their experiences with Hannaford dietitians:

“ I spoke on the phone at great length with the dietitian, who was great at explaining what I could and could not eat. She was wonderful. ”

- Emily
New London Hannaford shopper

“ The registered dietitian was very helpful and informative in helping me make smarter choices. I will definitely come back to this store for her advice again. ”

- Tom
Brunswick Hannaford shopper

“ Thank you for presenting these free classes and store tours through Hannaford; which are a valuable and rather cherished tool in our lifestyle change. ”

- Kim
Keene Hannaford shopper

Interested in learning more?

Visit [Hannaford.com/dietitians](https://www.hannaford.com/dietitians) to connect with a dietitian near you - or on the phone from anywhere!



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eating right in 2011

how to keep that New Year's resolution to lose weight

By Patrice Joy, RD, LDN



VOWING TO SHED a few pounds tops the list of Americans' most popular New Year's resolutions. But

sticking to the plan is easier said than done. Here are some tips for healthy eating that can help you break bad habits and adopt good ones.

Fruit or juice?

It's always best to opt for whole fruits, since they have fiber that keeps us satisfied longer. Calorically, fruit wins too. A cup of grapes has about 100 calories,

but the same amount of 100 percent grape juice has more than 150.

Say yes to soup and salad

One of my favorite ways to get the recommended 2½ cups of veggies a day is to add a salad or soup to lunch and dinner. But beware of high-calorie salad add-ons, such as bacon

and fried noodles, and opt for broth-based soups instead of creamy ones.

Go grainy

Whole grains are essential in a healthy diet, but watch out for portion distortion. Just a half cup of cooked rice or pasta equals one serving. Combining fiber-rich whole grains with lean protein will yield even more staying power. Whole-grain cereal with fat-free milk will keep you satisfied longer than a white flour bagel with cream cheese.

Mind the fat

Did you know that the average bakery-chain blueberry muffin contains 15 grams of fat, while a fast-food tuna salad sandwich can have 30 grams? In general, dining out can be a minefield of fat and calories.

Visit hannaford.com for easy and quick Guiding Stars®-rated recipes you can prepare at home.

SHOP SMART

Attend our free in-store nutrition demos and classes, taught by registered dietitians, on a range of healthy-living topics. Go to hannaford.com for more classes.

JANUARY CLASSES:

Week of 1/2: Weight Loss Challenge Begins

Week of 1/16: Snacks for Healthy Weight Loss

FEBRUARY CLASSES:

Week of 2/6: Heart Health

Week of 2/27: Lowering Cholesterol

Protein power

Protein takes longer to digest than carbohydrates, so keep hunger pangs at bay with protein-rich foods. Excellent sources of protein are fish, chicken, dairy, eggs, beans, nuts, and seeds.

Eat less, more often

Can you snack between meals and still lose weight? Only if you make meals smaller. Three mini-meals and one to three snacks a day is ideal. When hunger strikes, try a piece of fruit, some low-fat yogurt, whole-grain crackers with low-fat cheese, or hummus and veggie sticks.

Not sure where to begin? Check out the Department of Agriculture's MyPyramid.gov website, where a feature called "myfoodapedia" lets you search for calorie counts for your favorite foods.

Patrice Joy, RD, LDN, is a Hannaford Nutrition Coordinator in the Leominster, Lunenburg, and Lowell, Mass., stores.



SHOP SMART

Take advantage of Hannaford's **free in-store nutrition demos** and **classes**, taught by registered dietitians on healthy living topics.

SEPTEMBER CLASSES:

Week of 9/12: Healthy Snacks for Adults and Kids

Week of 9/19: Lowering Cholesterol

Week of 9/26: Getting Your Omega On!

OCTOBER CLASSES:

Week of 10/10: Gluten-free Events

Week of 10/24: Healthy Halloween

Week of 10/31: Eat from the Rainbow

Check your store for details, or visit hannaford.com.



for your health: food allergies

learn to understand and successfully manage your food allergy

By Marianne Romano MPA, RD, CDN



PEOPLE OFTEN USE THE TERM “food allergy” loosely, to excuse an aversion to a particular food (as in, please hold the garlic — I’m allergic). But genuine food allergies are quite common, and potentially dangerous. More than 12 million Americans — 3 million of them children — are believed to have food allergies. And according to the Centers for Disease Control and Prevention, those numbers are rising.

ALLERGIC REACTIONS A food allergy is a response by the immune system to a normally harmless protein that your body mistakenly identifies as an invader. In its role of protecting your body, the immune system produces antibodies to fight the “invader.” This reaction can trigger immediate or delayed symptoms including itchy eyes, hives, eczema, mouth tightness, wheezing, and diarrhea. In some cases the allergic reaction is severe and can be life threatening.

Genes play a part in food allergies. If there are food allergies in your family, you have a higher chance of developing an allergy yourself. The most commonly allergenic foods are milk, soy, eggs, wheat, tree nuts, shellfish, and peanuts. But just as a child can outgrow an allergy, an adult can develop one — 2 to 3 percent of adults, for example, will develop an allergy to seafood. If you suspect a food allergy, see a physician with a specialty in allergies.

The most effective way to prevent a reaction is through avoidance, plain and simple.

EATING SAFELY As a registered dietitian, part of my job is to help people learn to live with their food allergies. Some symptoms can be serious, so it’s important to learn how to prevent a reaction. The most effective way is through avoidance, plain and simple.

Avoiding a certain food may seem straightforward, but it can be a challenge when that food is an ingredient in other products, when dining out, and when there are different terms for that food. Here are some tips.

- Check labels every time you make a purchase — food manufacturers may change ingredients without warning.
- Avoid buying at bulk bins or anywhere with loose goods — cross-contamination can be an issue.
- Get answers. If there are terms you don’t understand, call the manufacturer or ask a Hannaford Nutrition Coordinator for advice — visit hannaford.com to find one near you.

Our online resource, hannaford.com, can help you organize your shopping trips and even help you create a customized list of allergen-free products. Having a food allergy may be a hassle — but it doesn’t need to stop you from enjoying delicious, healthy foods.

Marianne Romano is a Nutrition Coordinator at the Hannaford store in Clifton Park, N.Y., and has a private practice in Albany.

savvy snacking

here's how to make eating between meals a good thing

by Andrea MacDonald, RD



MANY PEOPLE ASK ME about snacking. Should I snack? Is there a right time to snack? Not all the answers are black and white, but there are some important guidelines to follow if you don't want to snack-attack your healthy diet.

TO SNACK OR NOT TO SNACK

Snacking isn't necessarily a bad thing. Done right, it can help keep your energy level up between meals and add to your nutritional intake for the day. One common misstep is to snack out of habit. There's a difference between being hungry and feeling bored or stressed.

That said, don't get "hangry" — so ravenous that you're uncomfortable, cranky, even angry — and the next time you eat, you overdo it. It's better to snack than throw yourself into a hungry frenzy.

Try to stick to these guidelines: avoid late-night snacking, especially if you've recently had a meal, and snack between meals if you're truly hungry.

POWER UP

Think of your snacks as fuel — a way to keep your energy going and your sugar level steady. You don't need something overly sweet, salty, or fatty that's going to wreak havoc with how you feel.

So keep it simple and avoid refined sugars and refined carbohydrates in your snacks. One smart option is to have a snack that contains

both fiber and protein. The combo effect boosts nutritional value and helps you feel full. Also, make a fruit or vegetable part of that duo. It's as simple as these examples:

- Celery + peanut butter
- Apple chunks + cheese
- Carrots or celery + hummus
- Berries + cheese or whole-grain crackers

Another key to healthy snacking is portion control. You should aim to have no more than what would be considered one serving from each of your chosen foods. If you aren't that hungry, there's no need to have a larger snack. Some fruit, raw vegetables, yogurt, or nuts are all fine on their own.

Andrea MacDonald is a Registered Dietitian at our Cony Street and Whitten Road stores in Augusta and Gorham, Maine.

servicing sizes

One serving of veggies is equal to:

- 1 cup or the size of your fist or a baseball.



One serving of cheese is equal to:

- 1 ounce or the size of one die.



One serving of ice cream or frozen yogurt is equal to:

- 1/2 cup or the size of a lightbulb.



One serving of fruit is equal to:

- 1 apple or 1 orange or the size of a computer mouse.



One serving of butter is equal to:

- 1 tablespoon or the size of one poker chip.



One serving of meat or poultry is equal to:

- 3 ounces or the size of a deck of cards.



SHOP SMART

Take advantage of Hannaford's free in-store nutrition demos, taught by Registered Dietitians on a range of healthy living topics.

MAY DEMOS:

- Week of 5/4:** Women's Wellness
- Week of 5/11:** Know Your Gut Instincts: Probiotics & Fiber Can Help
- Week of 5/18:** Money Saving Tips in Dairy
- Week of 5/25:** Tasty Good-for-You BBQ

JUNE DEMOS:

- Week of 6/1:** Summer Grilling
- Week of 6/8:** Men's Health
- Week of 6/15:** The Well-Rounded Salad
- Week of 6/22:** Saving Money in the Meat Department
- Week of 6/29:** Build a Better Picnic

NOTE: Classes and demos vary by location. Go to hannaford.com/dietitian for Healthy Living classes nearest you.

eat your breakfast!

to stay in top form, start your day off right

by Hannah Millon-Garvey, RD, LD



MOM WAS RIGHT: breakfast is good for you. It puts fuel in your tank, helps improve your concentration, and adds an important bonus by boosting your metabolism.

Eating breakfast can also act as insurance against overindulging the rest of the day. Studies have shown that people who eat breakfast in the morning end up consuming fewer calories throughout the entire day. They've satisfied that morning hunger level and they're less likely to overeat during other meals or snacks.

BLEND IT UP

If you're short on time in the morning, make a smoothie — toss your favorite fruits and vegetables into a blender, and maybe add a little protein powder to give it some staying power. A green smoothie can also be a way to get more vegetables into your diet.

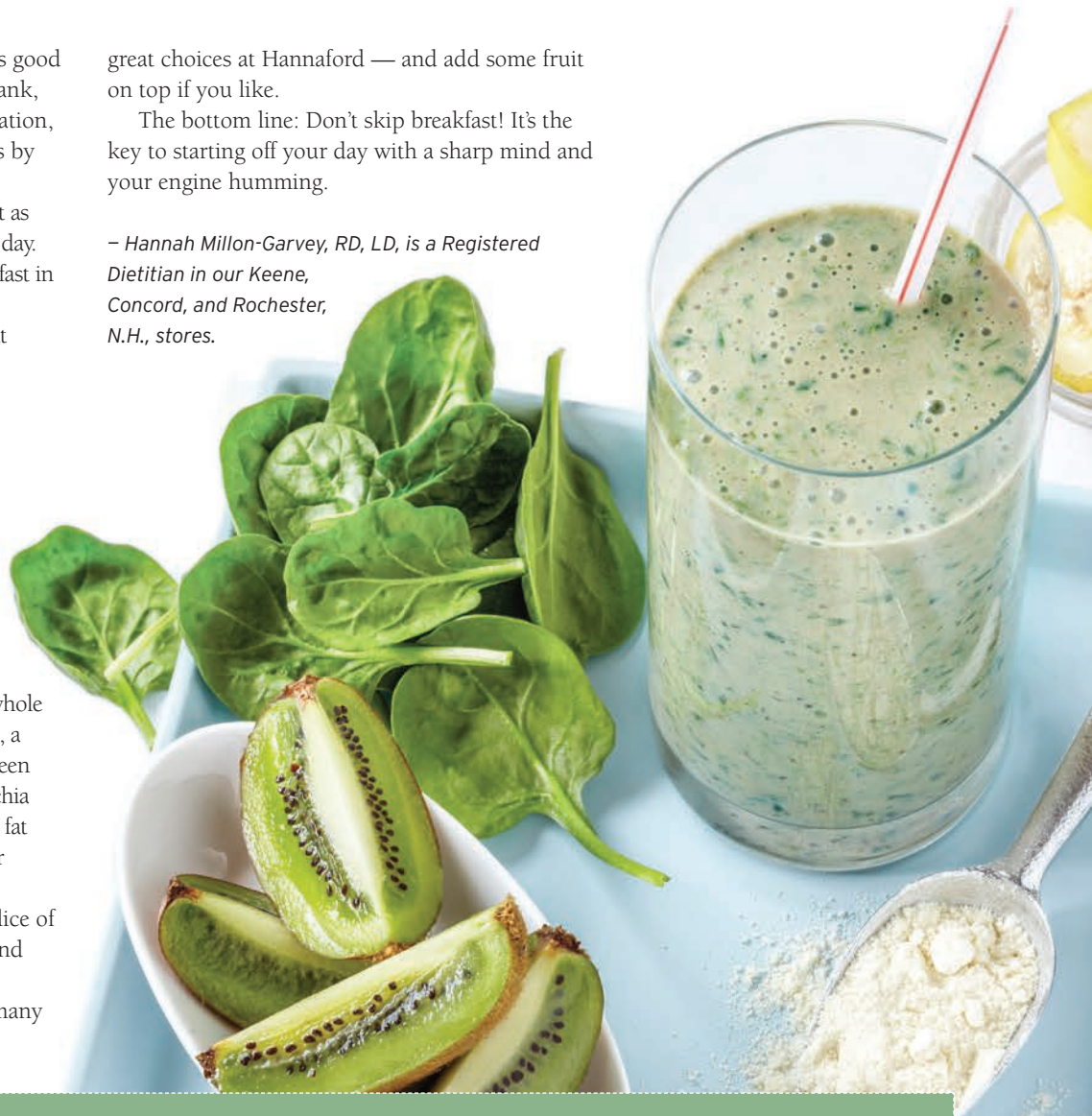
My favorite green smoothie is a blend of a handful of baby spinach, a handful of kale, a whole kiwi fruit — with the skin on — half a banana, a handful of strawberries, and a little water or green tea. Optional add-ins include a tablespoon of chia seeds or ground flaxseed as a fiber and healthy fat supplement, plus a scoop of protein powder or unflavored Greek yogurt for added protein.

Also in the quick and easy category is a slice of whole grain toast with some peanut butter and maybe half a banana to go with it. Or have a serving of whole grain cereal — you'll find many

great choices at Hannaford — and add some fruit on top if you like.

The bottom line: Don't skip breakfast! It's the key to starting off your day with a sharp mind and your engine humming.

— *Hannah Millon-Garvey, RD, LD, is a Registered Dietitian in our Keene, Concord, and Rochester, N.H., stores.*



SHOP SMART

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JULY DEMOS:

Week of 7/6: Salad Swap Meal Ideas

Week of 7/13: Cool Summer Treats

Week of 7/20: Healthy Kids

Week of 7/27: Money Saving Tips in Produce

AUGUST DEMOS:

Week of 8/3: Summer Hydration

Week of 8/10: Going Organic on a Budget

Week of 8/17: Health Benefits of Antioxidants

Week of 8/24: Back to School
Week of 8/31: Weight Loss

NOTE: Classes and demos vary by location. Go to hannaford.com/dietitian for Healthy Living classes nearest you.

ask the healthy cook: the skinny on portion control

Q&A with Diana Carty, RD, LDN



After the holidays, many people want to slim down. And there's certainly no shortage of diets that claim

to help them do it. But is there a better way? Worth a try is portion control – a free, relatively easy-to-follow strategy that allows you to eat healthfully without counting calories. Here's what you need to know.

How do the sizes of the portions I eat affect my health and weight?

If you want to lose weight and maintain a healthy lifestyle, it's important to eat not only the right kinds of foods, but also

There are a few easy ways to “eyeball” your portion sizes: a cup is roughly the size of a baseball, and an ounce is about the size of a golf ball.

the right quantities. Portion sizes that are consistently too large will lead to weight gain because you're consuming calories you don't need and aren't burning.

How is portion control different from regular dieting?

Unlike a diet that you stick to only



meet the produce superstars: brussels sprouts

THEY MAY LOOK LIKE TINY CABBAGES, but there's nothing miniature about the nutrient content of Brussels sprouts. They provide vitamin C and nearly an entire day's worth of vitamin K, a boon to your bones. (Other nutrients, like lutein and carotenoids, which protect eye health are also part of the package.) Try them in our Power Health Salad (page 42). You can also enjoy them raw, thinly sliced, and tossed with olive oil and lemon juice.

for a limited time, portion control can be part of a healthy – and permanent – lifestyle change.

How do I know what the right portion size is?

The USDA's MyPlate is a great place to start. It suggests that at each meal your plate should be 50 percent fruits and vegetables, 25 percent lean proteins, and 25 percent whole grains, with a serving of dairy on the side. Everyone has different daily caloric needs, but a good goal for the average 2,000-calorie-a-day diet is to aim for 2 cups of fruit, 2.5 cups of vegetables, 3 cups of low-fat dairy, 5.5 ounces of protein, and 6 ounces of grains per day (at least half of which should be whole grains).

Can I practice portion control without weighing and measuring everything?

There are a few easy ways to “eyeball” your portion sizes: a cup is roughly the size of a baseball, and an ounce is about the size of a golf ball. One teaspoon is the size of the tip of your thumb, and 1 tablespoon is the size of 3 thumb tips. Three ounces of meat or poultry is roughly the size of a deck of

cards, and 3 ounces of fish is the size of a checkbook.

Are there any foods that I can eat without worrying about portion size?

Fruits and vegetables can be

eaten in larger quantities without wreaking havoc on your waistline.

Diana Carty, RD, LDN, is a Registered Dietitian in our Norwell, Easton, and Waltham, Mass., stores.

serving sizes

One serving of veggies is equal to:

- 1 cup or the size of your fist or a baseball.



One serving of fruit is equal to:

- 1 apple or 1 orange or the size of a computer mouse.



One serving of cheese is equal to:

- 1 ounce or the size of one die.



One serving of butter is equal to:

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One serving of ice cream or frozen yogurt is equal to:

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ask the healthy cook: eating right for bone health

**Q&A with Patricia Schardt,
MS, RD, CDN**



We asked
Registered
Dietitian
Patricia
Schardt for
advice on

eating for strong bones.

Why is basic bone health so important?

Bone health is fundamental to overall health and longevity. It's also key to keeping our skeletal structure intact and, of course, vital for warding off osteoporosis. There's also a "two-way street" when it comes to exercise – if your bones are strong, you can exercise more and longer into your life, and if you exercise, you keep your bones strong.

Bone health is fundamental to overall health and longevity.

At what point in life do we move from building our bones to protecting them?

By age 20 we've built up to 90 percent of our bone mass. And by age 30 we're done developing it. By about age 35 we start to lose bone mass, and real depletion can begin by age 50, unless we're very careful.

What are key nutrients for bone health?

The biggies are calcium and vitamin D, but there's also



got calcium?

Milk is a great source of calcium, a mineral essential for healthy bones and teeth. But not everyone likes milk, and kids can be especially reluctant to drink as much as they need. If you're looking for ideas to tempt non-milk-drinkers, Patricia Schardt, MS, RD, CDN, a Registered Dietitian in our Albany, N.Y., store, suggests you try offering different types and flavors of yogurt, low-fat cheeses, and smoothies. Also rich in calcium are many nondairy foods, such as fortified juices, cereals, and soy milk; tofu; almonds; salmon; and leafy greens, like kale – try them fixed in many different ways.

research on magnesium and potassium.

What should we eat to be sure to get enough calcium?

We should all try to fit three servings of dairy into our daily diets (see sidebar above).

What about taking calcium supplements?

As dietitians, we always say "food first." You should really try to get those three daily servings of dairy. If you think you're coming in shy of that, talk to your doctor about taking a daily supplement. Too much calcium can lead to health issues, including kidney problems.

Should people take supplements for vitamin D?

We need vitamin D to absorb calcium. You could be taking in lots of calcium, but without vitamin D, it may not benefit your bones. Doctors are recommending that people over age 50 get their vitamin D levels checked to see if a supplement is recommended.

Are there foods or beverages to avoid?

Excessive caffeine, high sodium,

and phosphorus (an ingredient in carbonated beverages) may interfere with calcium absorption.

Patricia Schardt, MS, RD, CDN, is a Registered Dietitian at our Albany, N.Y., store and at the store's Healthy Living Center.



crisp and tasty: here's how to keep powerhouse greens fresh

LEAFY GREENS, such as arugula, kale, and collard greens, are great sources of calcium, as well as many other important nutrients. To keep greens fresh, first wash them, spin or pat them dry, then wrap them gently in dry paper towels and refrigerate in a plastic bag. Or try something different: cut your greens into bite-size pieces, wash them, and shake or spin them dry, then spread them out on a clean towel and air dry for a few hours. Roll the towel up with the greens inside, secure the ends with rubber bands, and store the towel on the bottom shelf of your fridge. Unroll just the greens you need, then bundle them up again. The absorbent towel will keep the greens moist but not damp, so they stay fresh and crisp all week long. — Anastasia Yefremova

power up! simple ways to boost your energy

By Marianne Romano MPA, RD, CDN



AT LEAST HALF

the clients I see as a dietitian say they lack energy. One common

culprit? Imbalance. Many of us tend to make unhealthful food choices and pick the wrong times for meals and snacks, while also getting too little sleep and exercise. The good news is that, usually, a few small lifestyle adjustments are all it takes to feel filled with vim and vigor.

The power of iron and vitamin B

Vitamins and minerals help keep energy levels constant, and two in particular play central roles. Low iron levels can cause anemia, which leads to fatigue (and poor immune function). Consider these iron-rich foods: meats, green leafy vegetables, dried fruits, lentils, beans, blackstrap molasses, and fortified breads, pastas, grains, and cereals. B vitamins, important components of metabolic pathways that produce energy, are critical for energy production. Fortified breads, grains, and cereals are loaded with B vitamins, and animal products (eggs, cheese, meats, fish, and poultry) are rich in B12.

Drink up

With its healthfully hydrating effects, water is your best bet by far. Other good choices are decaffeinated teas, which are filled with beneficial antioxidants.

Catch more z's

Sleep recharges our batteries and restores our immune systems, but many of us are chronically sleep deprived. Studies indicate that adequate sleep may provide a renewed sense of energy during the day, while insufficient sleep may perceptibly increase hunger and affect the body's metabolism, making it more difficult to lose weight.

Food is fuel

Giving in to snack attacks is actually a good move, since going too long without eating can cause blood sugar levels to drop too low, which negatively affects your energy level. Try to eat healthfully, getting plenty of iron, B vitamins, and other nutrients.

The energizer

When it comes to energy, exercise is the best medicine. The benefits of exercise are well documented: it releases healthy hormones, protects your heart, reduces stress, and

maintains the balance between calories taken in and the ones you burn.

In addition, regular exercise can increase bone density, reduce stress levels, lower blood pressure, and improve your mood. Build exercise into your daily routine — your trip to Hannaford could include a walk around the perimeter of the store before you do your shopping. This will bump up your pedometer readings every time you visit, keeping you healthy while shopping!

Marianne Romano MPA, RD, CDN, is a registered dietitian and nutrition coordinator at our Clifton Park, N.Y., store.



FUEL FOR THOUGHT

To increase energy, aim for the trifecta of high-fiber carbohydrates, lean protein, and healthy (monounsaturated) fats each time you eat. This combination helps keep blood sugars stable so your energy doesn't spike and plummet. Here's a sample menu I like to suggest.

- **Breakfast:** Nonfat Greek yogurt with bananas, low-fat granola, and orange juice
- **Lunch:** Turkey sandwich on whole wheat, homemade vegetable soup, pear wedges, and nonfat milk (almond, soy, or dairy)
- **Dinner:** Grilled salmon over baby greens, brown rice with mushrooms, fresh berries with nonfat pudding, and hot green tea or nonfat milk
- **Snack:** Vegetables or whole-grain crackers with hummus or peanut butter

Ask the Healthy Cook: Cutting Cholesterol

Q&A with Kris Lindsey, MPH, RD, LD



The American Heart Association reports that more than 35 million Americans

have high cholesterol, a major health risk. That's why the National Cholesterol Education Program suggests that all adults over 20 have their cholesterol profiled once every five years. But take heart: what you

Unsaturated liquid vegetable oils, like olive and canola, provide cholesterol-lowering benefits.

choose to eat (and not eat) can play a major role in controlling your cholesterol levels.

What's the difference between good and bad cholesterol?

These terms actually refer to the lipoproteins that transport cholesterol in our blood to our cells. When too much low-density lipoprotein (LDL) circulates in the blood, it can build up on the inner walls of arteries and lead to the formation of dangerous plaque – hence the term bad cholesterol. Conversely, high-density lipoprotein (HDL) is thought to transport excess blood cholesterol to our liver for our body to excrete – earning the term good cholesterol.



Which types of fat are unhealthy?

Too much saturated fat will raise LDL cholesterol. Minimize these fats by purchasing lean versions of meat, poultry, and dairy products. Trim or remove excess visible fat and skin from meat and poultry before broiling, roasting, or baking, and discard rendered fat. Replace high-cholesterol egg yolks with whites. Trans fat not only raises LDL cholesterol but also decreases HDL cholesterol, so cut back to 0 to 2 grams daily.

Are some fats healthy?

Yes! Unsaturated liquid vegetable oils, like olive and canola, provide cholesterol-lowering benefits. Also, omega-3-rich fatty fish like salmon can decrease triglycerides and slow the growth rate of plaque in your arteries.

Can other foods help lower my cholesterol?

Some studies have shown that 2 grams daily intake of plant stanols/sterols may reduce LDL cholesterol if eaten as part of a heart-healthy diet. Small amounts are naturally found in many plant foods, or reach for fortified foods like Promise Activ Light Spread.

Olive Oil Cooking Spray

Cooking sprays are wising up to the heart-healthy benefits of olive oil. Now you can find tasty olive oil and olive oil blend options that add almost no calories or fat and zero cholesterol. For low-fat cooking, use olive oil cooking spray directly on pans – try it instead of butter for comfort foods like grilled cheese. And when you'd usually use bottled olive oil, spray instead. Try it over cooked pasta to add a Mediterranean touch, and take a break from basting those roast chickens – just mist to achieve a crisp, golden skin.

Food Fight: Olive Oil vs. Butter

WHAT'S BETTER THAN BUTTER? When it comes to heart health — where saturated fat and cholesterol matter — olive oil, with its unsaturated fat, is tops. Bonus: antioxidant-rich polyphenols found in olive oil may also help prevent cardiovascular disease.

BUTTER, UNSALTED



Serving size: 1 Tbsp.

Calories: 100

Calories from fat: 100

Total fat: 11 g

Saturated fat: 7 g

Cholesterol: 30 mg

Sodium: 2 mg

OLIVE OIL



Serving size: 1 Tbsp.

Calories: 119

Calories from fat: 119

Total fat: 14 g

Saturated fat: 2 g

Cholesterol: 0 mg

Sodium: 0 mg

ask the healthy cook: eating for brain health

by Mary Lavanway, RD, LD



Everyone knows that healthy eating can help your body, but did you know that

it can help your mind too? With good nutrition you can influence and improve cognition, focus, and concentration.

How does food relate to brain health?

The foods we eat have an impact on the brain just as they have an impact on all the organs in our body. Food choices can impact overall health, including mind health. According to the

Blueberries and blackberries... may help protect the brain from the damage caused by free radicals.

Alzheimer's Association, current research suggests that "a brain-healthy diet is one that reduces the risk of heart disease and diabetes, encourages good blood flow in the brain, and is low in saturated and trans fat and cholesterol."

Do any particular foods help improve memory?

Colorful fruits and veggies are rich in inflammation-fighting antioxidants and can boost brain



sweet perfection

Whether you're concocting irresistible treats for Valentine's Day or delighting your family with fresh, hot doughnuts on a frosty morning, getting great results is easy with our Home 360™ Candy/Fry Thermometer. With a temperature range that goes up to 400°F, it can handle just about any stovetop task. This gadget includes a protective sheath and easy-lift pan clip.

health. Blueberries and blackberries – sometimes referred to as "brain berries" for their potent antioxidant properties – may help protect the brain from the damage caused by free radicals and therefore decrease the effects of age-related memory conditions. The Alzheimer's Association also recommends dark-skinned fruits and vegetables like spinach, kale, and red peppers. It's also important to get enough omega-3 fats, found abundantly in seafood like salmon, sardines, halibut, mackerel, tuna, and trout.

Are supplements a good idea?

There are various supplements on the market that promise to improve memory, including lipoic acid, choline, B vitamins, and ginkgo biloba. But most studies have found no real evidence that these supplements work. While we wait for supplements to be proven beneficial, be sure to consider any personal health issues that may be negatively affected by consumption of high doses of these nutrients. And, of course, talk to a dietitian or your doctor before taking any supplement.

a produce superstar: berries

BERRIES – blueberries, raspberries, strawberries – don't just make for great cobblers. They're also among the most potent cancer-fighting foods, proven effective at reducing risk for tumors, colon cancer, and a precancerous condition known as Barrett's esophagus. Berries are also rich in vitamins A, C, and E and folic acid, as well as selenium, calcium, and polyphenols. Frozen berries are just as beneficial as fresh, and may be more readily available during the winter months. Experts suggest eating berries at least a few times a week, and it's easy to do: they're great in morning smoothies, on top of yogurt or oatmeal, in salads, or alone for a snack or a healthful dessert.



ask the healthy cook: natural sugars

Q&A with Dona Forke, MS, RD, LD



I hear a lot of questions about sugar alternatives. Most people want to know if natural sugars are

healthier. The short answer is yes – but in moderation. Sugar is still sugar, no matter what its form.

What is natural sugar?

The FDA doesn't define the term "natural," so there are different interpretations. Natural sugar may refer to sugars that are minimally processed, like raw sugar and honey. Or it could mean sugars, like agave nectar and stevia, derived from plants. Aspartame starts out as an amino acid and sucralose starts out

Most people want to know if natural sugars are healthier. The short answer is yes — but in moderation.

as a molecule of sugar. But they are called artificial sweeteners because both are chemically altered to end up sweeter than sugar and with fewer calories.

Is there a natural sugar that's better for me than the others?

Each natural sugar has different benefits. For example, stevia is 300 times sweeter than sugar and provides no calories, since the body does not metabolize it.



dinner in a pinch

When it comes to delicious – and impressive – meals in a hurry, it's hard to beat a simple boiled or steamed lobster. Lobsters are plentiful in early fall, so it's a great time to enjoy this Close to Home® treat – and if you don't have time to cook your crustacean, we'll be happy to do it for you while you shop. You can feel good about buying lobsters at Hannaford because all our seafood is sustainably caught.



If a sugar is natural, can I have as much as I want of it?

All sweeteners should be considered sources of discretionary calories. What's discretionary? A woman with an energy requirement of 1,800 calories per day should have no more than 100 discretionary calories, or 6.25 teaspoons of sugar.

What do diabetics need to know about natural sweeteners?

Many natural sugars have a low glycemic index and don't cause spikes in blood sugar. However, as with any sugar, too much glucose can create a burden on the pancreas. Be sure to consult a physician when beginning any new diet or fitness plan.

Can you get any nutrition from natural sugars?

Agave nectar has calcium, potassium, and magnesium, but in amounts so small they are nutritionally insignificant. Recent studies have shown that stevia leaves may contain antioxidant polyphenols, while some nutrition experts believe honey may aid in digestion.

food fight: turkey bacon vs. pork bacon

LOWER IN FAT, calories, and sodium, the bird brings home the healthier bacon.

TURKEY BACON

2 slices

Calories: 50
Total fat: 3 g
Saturated fat: 1 g
Cholesterol: 20 mg
Sodium: 270 mg
Carbohydrates: 0 g
Fiber: 0 g
Protein: 4 g



PORK BACON

2 slices

Calories: 109
Total fat: 9 g
Saturated fat: 3 g
Cholesterol: 16 mg
Sodium: 303 mg
Carbohydrates: 0 g
Fiber: 0 g
Protein: 6 g

delicious and nutritious?

getting the skinny on functional foods

By Brigitte Harton, RD, CD



“ENHANCED” OR “FUNCTIONAL” FOODS, like vitamin-fortified beverages, have

become popular in recent years. As consumers grow more interested in nutrition and health, these products are appealing — and profitable — for manufacturers. But are they worth the often-higher cost? Do they do what they promise?

What is a functional food?

There’s no official definition of functional foods under cur-

rent U.S. regulations, but the International Food Information Council defines the category as “foods or food components that may provide benefits beyond basic nutrition.” For instance, dairy products are considered functional foods because the calcium they contain may help strengthen bones.

But with more and more foods touting added “healthy” ingredients — probiotics-enhanced yogurt, for example, or plant-sterol-enriched margarine — some consumers are questioning whether the claims are worth the cost.

In general, I advise my clients to be wary of claims on food packages, because it can be hard to distinguish foods that boast “nutritious supplements” — a claim that doesn’t require FDA approval — from other food products. Don’t believe

every claim you read. For example, before buying green tea with ginseng, do some research to verify the package’s claims. Does the tea contain the amount of ginseng necessary to provide the promised benefits? Before buying iron-enriched pasta, ask your doctor whether you even need extra iron.

Weighing the benefits

Adding certain functional foods to your meals can be a positive change, if the foods replace “less functional” foods. But simply adding calories, no matter how vitamin enriched, can be detrimental to your overall health. Remember that more isn’t better: consuming too much of certain vitamins and minerals (such as vitamin A or iron) can have negative effects, so avoid using multiple supplements or products that provide the same nutrient. In other cases, extra nutrients have no effect at all: high doses of vitamin C, for example, have little benefit — the body simply sheds the excess, so the product may not be worth the extra cost.

Functional foods aren’t substitutes for a balanced diet, but they can be *part* of a healthful diet. Just eat plenty of the original (and still the

best) functional foods: fruits, vegetables, whole grains, nuts, legumes, seafood, and lean meat and poultry. These provide an abundance of nutrients you can’t get any other way.

Brigitte Harton, RD, CD, is a Nutrition Coordinator at the South Burlington, Vt., store.

WINTER WELLNESS

Take advantage of Hannaford’s free in-store nutrition demos, taught by registered dietitians on a range of healthy living topics.

JANUARY CLASSES:

- Week of 1/1** Join us for Weight Loss Challenges!
- Week of 1/8** Meal Planning for Weight Loss
- Week of 1/15** Healthy Snacks to Keep You on Track
- Week of 1/22** Making Weight Loss Easy
- Week of 1/29** Think Your Drink

FEBRUARY CLASSES:

- Week of 2/5** Love Your Heart with Healthy Spreads
- Week of 2/12** Weight Loss for a Healthy Heart
- Week of 2/19** The Fat Truth – Understanding Omegas
- Week of 2/26** Lowering Cholesterol

Check your store for details, or visit hannaford.com



ask the healthy cook: the lowdown on salt

Q&A with Allison Stowell,
MS, RD, CDN



Do you know how much salt you consume in a day? While most of us focus on counting carbs, calories,

and fat, the average American's salt intake far exceeds recommendations. Maybe you have a salt shaker habit that needs breaking, or you're unaware where salt is sneaking in. Either way, taking note of how much salt you consume should be a top priority.

What's the difference between salt and sodium?

Sodium is a mineral that comes in many forms, including sodium chloride, or salt. Sodium may be

Limit or avoid salt in cooking by choosing salt-free spice blends and making use of fresh herbs.

listed on a food label under several other names – so it's helpful to look for "sodium" in the nutrition label.

How does salt impact my health?

Excessive sodium intake has been linked to elevated blood pressure and greater risk of heart disease. The salt found in some of our favorite foods – bread, pizza, pasta, canned foods, lunch meats, cereal, and prepared entrées – can lead to an intake



shopping close to home

At Hannaford we make it easy to shop for products that are locally made and locally grown – just look for Close to Home® signs and shelf tags throughout the store. Every Close to Home product comes from a supplier in your state, so you know your purchase is supporting your local economy. What's more, Close to Home products save on fuel, reduce pollution, and help keep dollars right in your community.

that is significantly above the current recommendation. Limit or avoid salt in cooking by choosing salt-free spice blends and making use of fresh herbs. Also, aim for foods that are labeled "reduced sodium," "low sodium," or "unsalted."

Are there any benefits from salt?

Most of us don't need more sodium in our diet. But adequate sodium is needed to maintain fluid balance and for optimal nerve and muscle function. Our daily sodium need ranges from 180mg to 500mg; the maximum recommended for adults is 1,500mg to 2,300mg. If you're subjected to very high temperatures or sweat excessively, you may lose salt, which is why sodium is included in sports drinks.

Is sea salt better for me than table salt?

Have you seen all the new, colorful sea salts? They may be more interesting and enhance many dishes, but choosing them will not reduce your daily sodium intake. The simple truth is that these salts are different from table salt only in color, flavor, and texture.

food fight: macaroni and cheese vs. whole wheat pasta with marinara

THE CHEESE makes macaroni deliciously savory. It also makes the carb-heavy favorite higher in calories, fat, and sodium than a simple whole wheat pasta served with ½ cup of red sauce.

MACARONI AND CHEESE, 1 CUP



Calories: 360
Total fat: 16g
Saturated fat: 9g
Cholesterol: 50mg
Sodium: 890mg
Carbohydrates: 42g
Fiber: 3g
Protein: 14g

WHOLE WHEAT PASTA WITH MARINARA SAUCE, 1 CUP



Calories: 221
Total fat: 2g
Saturated fat: 0g
Cholesterol: 0mg
Sodium: 384mg
Carbohydrates: 46g
Fiber: 5g
Protein: 9g

wheat in the hot seat

Thinking of going wheat free? Here's what you need to know.

By Marianne Romano, MPA, RD, CDN



WHEAT HAS long been a staple of the American diet. Particularly when it's consumed as

a whole grain, wheat can be an important source of fiber, vitamins, and other nutrients. But people with conditions such as a wheat allergy aren't able to eat wheat, and those with celiac disease (an autoimmune disorder) and gluten intolerance must avoid gluten, a protein found in wheat, rye, and barley.

Symptoms of these three conditions vary greatly: a wheat allergy can present as a rash or even anaphylactic shock. It can cause gastrointestinal problems, such as abdominal pain, bloating, gas, constipation, or diarrhea, which are also commonly seen with celiac disease and gluten intolerance. Celiac disease may also cause

dermatological problems, depression, headaches, and even infertility, as well as malnutrition. If you think you may have one of these three conditions, it is important to see a doctor for the appropriate tests.

Lately, though, there have been a lot of arguments in favor of giving up wheat. Even people who *haven't* experienced these symptoms or been diagnosed with these conditions have begun to experiment with a wheat- or gluten-free diet.

Several diet plans have been appearing recently, making the claim that giving up the grain can help dieters shed pounds and fight inflammation and other adverse health effects, and you'll find proponents making that case in books and on the Internet.

As a nutritionist and registered dietitian, I'm dubious about whether an entirely

wheat-free diet is necessary for those who don't have a medical problem with wheat or gluten. Then again, as someone who is gluten intolerant, I know that it's possible to eat well without eating wheat. If you feel that you'd benefit from a wheat- or gluten-free diet, there are ways to try it without sacrificing your health.

Most important is replacing the fiber and nutrients you lose by cutting out wheat, because fiber helps you feel fuller longer, helps with digestive health, and aids in the prevention of obesity, diabetes, and heart disease. Look for gluten-free whole grains, like rice and oats (gluten-free variety), ground flax seeds and chia seeds — even popcorn can add some fiber to your diet. Cereals, breads, and pastas made with corn, buckwheat, arrowroot, millet, quinoa, potato, sorghum, amaranth, or

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Take advantage of Hannaford's free in-store nutrition demos, taught by registered dietitians on a range of healthy living topics.

SEPTEMBER:

Week of 9/1: Root Veggies

Week of 9/8: Digest Well with Fiber & Probiotics

Week of 9/15: Lunchbox Ideas

Week of 9/22: Crockpot Ideas

Week of 9/29: Sandwich Makeover

OCTOBER:

Week of 10/6: Women's Health

Week of 10/13: Gluten-Free Demos

Week of 10/20: Healthy Halloween Treats

Week of 10/27: Fuel Your Kids Right

Check your local store for in-store demo and class availability.

brown and black rices are another option. Because wheat and gluten are found in so many foods, it can be tricky to do without. But I don't discourage people from going wheat free if they feel they should — I just encourage them to eat a healthy diet if they do decide to eliminate it.

Marianne Romano, MPA, RD, CDN, is a Registered Dietitian in our Clifton Park and Colonie, N.Y., stores.

Ask the Healthy Cook: Salad Days



Nothing strips a big salad of its virtue like high-calorie extras, starting with a dressing loaded with

fat. Marilyn Mills created a salad planner to help you make a bowl that's both healthy and interesting – visit hannaford.com.

Q: Should I completely avoid all full-fat dressing?

A: Don't forget that the oils used in some full-fat dressings can be healthy. Olive oil, for one, has fats that, when combined with a balanced diet, can help lower bad-cholesterol levels. Portion size is where most of us need work.

Vinaigrette will always be your best bet. Vinegar has zero calories, while the oils used are typically healthy.

Two tablespoons is enough. Never pour directly from the bottle. Instead, measure out a single serving, or try dipping your fork into the dressing as you go.

Q: What's the difference between light and fat free?

A: Light dressings have 50 percent less fat than regular versions. And fat free is rarely calorie free. Be sure to read the ingredient and nutrition labels carefully. Some fat-free versions have more sugar, sodium, and calories than their light or even full-fat counterparts.



Get a grip

In the kitchen and out on the grill, you can easily handle chicken pieces – and so many other cooking challenges – with Our Home 360 Silicone Tongs, available at your local Hannaford. The silicone tips hold securely, release food easily, are heat resistant, and won't scratch nonstick cookware. With stainless steel handles and a smooth locking mechanism, these colorful tongs are easy to clean and dishwasher safe.

Q: If I'm at a salad bar without nutrition information, what's a good rule of thumb if I want a healthy dressing?

A: Vinaigrette will always be your best bet. Vinegar has zero calories, while the oils used are typically healthy. And avoid honey mustard. People see *mustard* and think *low calorie*, but most are high in sodium, sugar, and fat.

Q: What are some of your store-bought favorites?

A: Hannaford has some fantastic dressings, all found in Produce. My favorites include the Nature's Place™ Fat-Free Balsamic, Taste of Inspirations® Pomegranate and Blood Orange Vinaigrette, and Inspirations Blueberry Vinaigrette.

Q: Any other tips for making sure my salad is healthy?

A: Greens like romaine, baby spinach, and spring greens offer more mineral content and flavor than iceberg lettuce. And always remember portion control: one serving of salad is two cups.

Marilyn Mills, MS, RD, LD, CDE, is a Hannaford Nutrition Coordinator in the Manchester, N.H., store.

Food Fight: Fried chicken vs. Oven-baked "fried" chicken

A SIMPLE TWEAK to a traditionally fat-packed favorite provides flavor without frying. "Frying" in the oven rather than on the stovetop can give you that crispy coating and tender chicken everybody loves, with a lot less fat.

FRIED CHICKEN



Serving size: 1 breast
Calories: 200
Total fat: 11 g
Calories from fat: 112
Cholesterol: 65 mg
Sodium: 450 mg
Carbohydrates: 3 g
Protein: 22 g

OVEN-BAKED "FRIED" CHICKEN



Serving size: 1 breast
Calories: 161
Total fat: 3 g
Calories from fat: 27
Cholesterol: 0 mg
Sodium: 354 mg
Carbohydrates: 4 g
Protein: 27 g

ask the healthy cook helping kids eat right

Q&A with Anne LaPierre,
MS, LD, RD



I hear it all the time: My child won't eat this, refuses to eat that. Some kids bring home a practically full

lunch bag every day and then ask for cookies as an after-school snack. Luckily, there are a few easy steps you can take to help your kids eat healthier this school year.

Kids are more likely to eat foods they had a hand in bringing to the table.

What nutrients are kids most lacking?

Kids often don't get enough calcium, which is essential for helping bones grow and stay strong. According to the Institute of Medicine, the recommended dietary allowance of calcium for kids ages 1-3 is 700 mg/day; 4-8 need 1,000 mg/day; and 9-18 need 1,300 mg/day. To put this in perspective, a cup (8 oz.) of milk or yogurt has about 300 mg.

What are some quick tips for getting kids to eat more nutritiously?

Kids are more likely to eat foods they had a hand in

meet the produce superstars: apples

APPLES ARE A GREAT SOURCE of both soluble and insoluble fiber, which can help keep blood cholesterol levels in check and maintain healthy digestion, respectively. Getting the most fiber from apples means eating the apple's skin. A peeled apple has about half the total fiber of an unpeeled one. It's important to wash apples well, regardless of whether you've purchased organic or conventionally grown apples. With more than 2,500 varieties of the fruit grown in the U.S., it should be easy to find one you like. Local favorites here in the Northeast include Cortland and Empire. Of course, this time of year, apples are also great in cooked and baked dishes, making them one of fall's most versatile fruits (try them in Apple Cinnamon Scones, page 44).

bringing to the table. Take them to the store with you and let them pick out the fresh fruit or veggies they'll be eating for the week. Let kids help prepare and cook their meals. Have them pack their own lunchboxes with your supervision. Finally, be a good role model. If you want your kids to grow up with healthy eating habits, eat well yourself.

What does the ideal lunchbox look like?

Try to base children's meals on the USDA's easy-to-read "MyPlate" diagram (choosemyplate.gov). Half your child's brown bag should be made up of fruits and vegetables, 1/4 of whole grains, and 1/4 of lean protein. Try to include different colors and food groups. Small portions are less overwhelming to kids, who often enjoy noshing on a "buffet" of healthy goodies in their lunchboxes. As long as they're getting a variety of colors and food groups, anything goes!

A mother of three, Anne LaPierre is a Registered Dietitian in our Falmouth and Scarborough, Maine, stores.



what's for lunch?

It's easy to pack healthy lunches for both kids and grownups when you think in terms of nutrient-dense foods, like whole grain breads, lean protein, veggies, and fruit – either pieces of whole fruit or single-serve containers of precut fruits. Unlike chips, candy bars, and other lunchbox treats that come with lots of empty calories, nutritious foods deliver an energy boost that helps you stay focused and productive all afternoon.

new year, new you

By Dee Lonergan, MS, RD, CDN



EVERY YEAR, losing weight is one of the most popular resolutions. The goal seems simple, but people too often get discouraged. Instead of focusing on weight loss, you're better off making specific — and sustainable — changes to your diet and lifestyle. If you make that effort, you'll be healthier overall.

So what *should* you resolve? First, get a checkup to see if there are any health issues, such as high blood pressure or abnormal glucose levels. Next, take a good look at your diet, perhaps by keeping a journal of everything you eat for a week to identify any weak spots. Then pick a goal. Check out these suggestions, and start slowly. Make small changes over time, and as one becomes a habit, add another.

Resolution No. 1: Eat a healthy breakfast, every day.

Studies have shown that people who eat a nutritious breakfast that includes lean proteins and whole grains tend to weigh *less* than those who don't. Try a simple veggie omelet with a slice of whole wheat toast or oatmeal with fruit. In a hurry? Make a smoothie-to-go with low-fat yogurt and frozen fruit.

Resolution No. 2: Cook with whole grains.

Fiber-rich whole grains help you feel fuller longer, and they may help fight obesity, diabetes, and cardiovascular disease. Substitute whole wheat flour for half the white flour in your favorite recipes.

Resolution No. 3: Up your fruit and vegetable intake.

Fiber in whole fruits and vegetables keeps



you full, and may help protect you from obesity and other conditions. Add fresh or frozen veggies to a morning scramble, snack on berries or apples, and supplement one meal a day with a green salad.

Resolution No. 4: Eat less meat.

Studies have linked high meat consumption to certain health problems, so try to swap a few meaty meals a week for vegetarian like making bean chili instead of beef.

Resolution No. 5: Plan ahead.

Plan a weekly menu and grocery list, and then get your shopping done in one trip. That way, you won't be forced to make less healthy, last-minute choices like fast food or carryout. Need a few easy, healthy recipes? Check online — hannaford.com is a recipe gold mine.

Dee Lonergan, MS, RD, CDN, is a Registered Dietitian in our Glenville, N.Y., store.

ASK THE PHARMACIST

Q: *Is it too late to get a flu shot?*

A: It's not too late! Flu season doesn't peak until January, February, or March. If you haven't had the shot yet this season, you should get vaccinated now! No appointment needed; just walk into your local Hannaford pharmacy.
— *Maira O'Toole, pharmacy business and project manager for the Hannaford immunization program*

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Take advantage of Hannaford's free in-store nutrition demos, taught by Registered Dietitians on a range of healthy living topics.

JANUARY DEMOS:

Week of 1/5: Fill Your Plate for Weight Loss: Eat Less with More Food

Week of 1/12: Snack to Help You Stay on Track for Weight Loss

Week of 1/19: Eating Healthy on a Budget

Week of 1/26: Think Your Drink

FEBRUARY DEMOS:

Week of 2/2: Cholesterol Friendly Foods

Week of 2/9: Love Your Heart with Healthy Sweets

Week of 2/16: Cans Get You Cooking

Week of 2/23: Butter vs. Margarine: Learn about Healthy Buttery Spreads

NOTE: *Classes and demos vary by location. Go to hannaford.com/dietitian for Healthy Living classes nearest you.*

the whole story on whole grains

find out how versatile, delicious – and easy – grains can be
by Heidi Kerman, RD, LD



MOST PEOPLE KNOW that whole grains are healthier than processed grains. But how exactly are they better nutritionally? And how can you fit more of them into your meal plan and lifestyle?

THE REAL DEAL

Every grain starts out as a whole grain, with an outer fibrous bran, an endosperm, and the inner germ. The germ is the part that contains a lot of B vitamins, along with some protein, minerals, and healthy fats. When grain is refined, or processed, all that's left is the starchy endosperm, and many of the nutrients are lost.

It's important to know that “wheat” is not the same as “whole wheat.” All the original grain — the bran, the endosperm, and the germ — have to be there for a product to qualify as a whole grain. So even if a label says “100 percent wheat” or “multigrain” it could be refined. To be certain, look for the Whole Grain Stamp from the Whole Grain Council.

Whole grains are fiber-rich and produce a slower and more sustainable rise in blood glucose than processed grains. They also have antioxidants, B vitamins, vitamin E, magnesium, and iron. So if you're managing your blood sugar or weight maintenance — or both — whole grains are really your ally.

Whole grains are a big category, with some surprises — like popcorn! A lot of people don't realize that popcorn is a whole grain. Also included are old-fashioned oats, steel-cut oats, brown rice, and barley. And then there's gluten-free quinoa, actually a fiber- and protein-rich seed that can be prepared like a grain, so it's usually included with whole grains.

WHOLE GRAINS MADE EASY

Versatile grains can be as tasty as you make them. Try preparing them with a flavorful vegetable, chicken, or beef broth, enhanced with herbs and spices.

At Hannaford we have terrific recipes and cooking tips for incorporating whole grains into your meals — just ask your in-store Registered Dietitian or visit hannaford.com.

Heidi Kerman, RD, LD, is a Registered Dietitian in our Londonderry, Bedford, Portsmouth, and Exeter, N.H., stores.



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Take advantage of Hannaford's free in-store nutrition demos, taught by Registered Dietitians on a range of healthy living topics.

MARCH DEMOS:

- 3/2** Lose the Sodium but Not the Flavor
- 3/9** Money Saving Tips in the Freezer Section
- 3/16** Powerfoods: Foods that Fight for Your Health
- 3/23** Put the “Fast” in Breakfast: Quick, Easy Morning Meals
- 3/30** Belly Blasting Foods

APRIL DEMOS:

- 4/6** Lunch in a Crunch
- 4/13** Power Your Workouts
- 4/20** Going Green
- 4/27** Money Saving Ideas in the Center Store

NOTE: Classes and demos vary by location. Go to hannaford.com/dietitian for Healthy Living classes nearest you.



ask the healthy cook: navigating nutritional labels

Q&A with Hillary Pride, RD, LD



Hillary Pride makes it her job to help you and your family eat healthier, whether she's offering demos

and classes at our stores, leading sessions at schools, or guiding a Weight Watchers group. We asked her for no-nonsense answers to some important questions about choosing healthier ingredients.

If I want to make healthier choices, what's the first thing I should be doing?

Know what you're buying – and eating. Start by looking for the Guiding Stars® symbol when you shop. This nutrition

On the front of the product, you may see terms like “natural” or “reduced” this or that, but they really don't tell the whole story.

navigation system was developed with a scientific advisory panel. One star means good nutritional value, two stars is better, and three stars represents the best nutritional value. Nearly everything in our stores – except water, alcoholic beverages, coffee, tea, and



spices – has been rated. Another important step you can take is to read the back-of-the-product label. On the front of the product, you may see terms like “natural” or “reduced” this or that, but they really don't tell the whole story. On the nutrition label, you'll find the facts.

But doesn't a label that says reduced sodium, sugar, or fat really mean that?

The product could still contain relatively high levels of that particular component. You really don't know until you read the labeling. And be aware of trade-offs when you're shopping. A product may be sugar-free, but how much artificial sweetener do you want in your diet?

So what do terms like “low calorie” and “low sodium” actually mean?

These terms have standard definitions and the differences can be significant, like 18 mg per serving difference in cholesterol between “low cholesterol” and “cholesterol free.” Here's a quick guide: a low cholesterol label means the product has 20 mg or less cholesterol and 2 grams or less saturated fat per serving; cholesterol free means less than 2 mg cholesterol per serving, and 2 grams or less

fresh fruit made easy

There's nothing like the flavor of ripe, juicy fruit, freshly prepared. Now you can enjoy the taste – and health benefits – with our freshly cut fruit, available in Produce. A colorful, conveniently pre-packaged fruit mix makes an easy dessert or refreshing take-along snack for outdoor activities for the whole family, from small soccer players to grown-up hikers and runners.

saturated fat per serving. To merit a low-calorie label a food can have no more than 40 calories per serving; fat free means less than 0.5 grams of fat per serving, and to be labeled light or lite there must be one-third fewer calories, or half the fat, of the food in

question. If you're watching salt, look for low sodium labels, which indicate 140 mg or less per serving.

Hillary Pride, RD, LD, is a Registered Dietitian in our Brunswick and Lewiston, Maine, stores.



meet the produce superstars: radishes

PART OF THE HEALTHY CRUCIFEROUS VEGGIE FAMILY, peppery radishes are often enjoyed in salads and star as garnishes and colorful additions to veggie platters. They're high in fiber while low in sodium. For a quick lunch, pop thin radish slices between a halved baguette spread with creamy goat cheese. For ideas on incorporating radishes into your dishes, check out our Sugar Snap Pea Salad with Mint Dressing (online) and Spring Spinach and Crab Cake Salad, page 50. — *Devan Norman*

liquid gold

water is essential for good health, but how much do we really need?

by Susanne A. D'Angelo, MS, RD, LD, CDE



WATER is essential for health. Water is necessary for the smooth running of all our body's major systems; we rely on it to help regulate blood pressure, temperature, breathing, energy levels, and metabolism. Water also helps balance nutrients and fluid levels in our bodies.

But how much do we need? The Institute of Medicine (IOM) suggests that we get about 11 cups a day for women and about 15 cups a day for men — but that's from both liquid and food sources! Since the IOM calculates that food contributes about 20 percent of our water intake, that means women should aim for about 9 cups and men should try to drink about 12.5 cups of water per day. Of course, if you're in a hot and sweaty climate, or exercise vigorously, drink more. (Rule of thumb: if you exercise hard for an hour, add an extra quart of water to your daily total.) Just remember that when you feel thirsty, you're already dehydrated, so try to avoid that feeling of being parched. Even mild dehydration can result in headaches, muscle cramps, and lack of focus, among other ailments.

Water for weight loss

Many clients ask me if drinking tons of water can really help them lose weight. The short answer is yes. Your stomach's capacity is approximately three cups. If one cup of your storage tank is filled with water, you may eat less. What's more, your body runs more efficiently when it's well hydrated. What I see

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Take advantage of Hannaford's free in-store nutrition demos, taught by registered dietitians on a range of healthy living topics.

March classes:

Week of 3/3: Spice Up Your Life

Week of 3/10: Eating Healthy on a Budget

Week of 3/17: Eating to Prevent Cancer

Week of 3/24: Healthy Breakfast Solutions

Week of 3/31: Weight Loss (Designing your plate)

April classes:

Week of 4/7: Power Your Workouts

Week of 4/14: Reading Labels for Allergens & Food Intolerances

Week of 4/21: Money Saving Tips in the Freezer Section

Week of 4/28: Lunch in a Crunch!

Note: Classes vary by location. Go to hannaford.com/dietitian for Healthy Living classes nearest you.

happening often, however, is that people may confuse thirst for hunger, and eat when they're actually thirsty.

Meanwhile, try to cut back on sodas, coffee, and caffeinated tea. I encourage people to limit sodas, especially those with caffeine, to one per day, while my golden rule for coffee is no more than two cups per day.

Water, water everywhere

Try not to save all your water drinking for right before bed; by lunchtime, you should have consumed at least half your daily water requirement. You don't like the taste? While water-enhancing products like MiO and Crystal Light are very popular and fairly harmless in moderation, most contain artificial sweeteners and should be limited. That said, if

they're the only way you can drink water, by all means enjoy them. Just watch out for added calories; any drink that provides calories and extra sugars should be regarded as a treat.

Luckily, it's pretty easy to incorporate water into your diet through food. Fresh fruits and vegetables are great at adding water to our diets. An apple contains 84 percent water, an orange 86 percent, and an avocado 81 percent, while a tomato contains about 93 percent and broccoli 91 percent. Set a goal to have at least three pieces of fresh fruit each day, and add a salad or some raw veggies to one of your meals.

Susanne A. D'Angelo, MS, RD, LD, CDE, is a Registered Dietitian in our Scarborough, Maine, store.



ask the healthy cook: cooking nutrient-rich vegetables

by Patrice Joy, RD, LDN



To make sure your vegetables arrive on the plate with the maximum nutrients intact, pay attention to

the cooking method. Studies have revealed that how you cook veggies impacts the amount of vitamins, antioxidants, and other nutrients retained. As cooking temperatures rise, nutrient levels decrease. That's because many vitamins and plant enzymes are

I encourage eating a colorful variety of produce and a combination of both raw and cooked.

sensitive to heat and air exposure. Here's how to get the most from your daily greens.

How do I cook the healthiest vegetables?

All vegetables – so long as they're not smothered in butter and oil – are good for you, and I don't want to discourage eating vegetables just because they're not cooked a certain way. That said, there are ways to make sure you're getting the most bang for your nutritional buck. When it comes to preparing veggies, cooking methods that decrease time, temperature, and amount of liquid are best. Microwaving



grate idea

The artful design of our Home 360® Box Grater is as functional as it is sleek. The grater's comfortable grip-ball handle and secure, slip-resistant base make it easy to prep everything from the softest mozzarella to the hardest Parmesan. Slim enough to keep it handy in a kitchen drawer, this versatile tool has both coarse and fine grating surfaces. The stainless steel construction is durable and dishwasher safe.

and steaming are much better than boiling. Stir-frying and sautéing are also great ways to prepare vegetables. When stir-frying and sautéing, I usually suggest cutting back on fat by using less oil or replacing oil entirely with a small amount of low-sodium broth.

And how about eating produce raw?

Consuming certain fruits or vegetables raw can provide different nutritional benefits than if they are cooked. There are many benefits to consuming raw fruits and vegetables. Raw broccoli contains myrosinase, which can prevent growth of cancer cells, while raw tomatoes contain more vitamin C than cooked ones. At the same time, other nutrients are easier to absorb when cooked. One example is lycopene, an antioxidant found in cooked tomatoes that may help prevent certain cancers. And steaming broccoli preserves glucosinolate levels, also thought to have cancer-fighting properties. That's why I encourage eating a colorful variety of produce and a combination of both raw and cooked.

food fight: chicken enchiladas vs. chicken fajitas

MEXICAN FOOD is packed with fresh veggies, healthy fiber, and protein...and, in the case of the cheese-laden enchilada, calories and fat.

CHICKEN ENCHILADAS (2)



Calories: 480
Total fat: 28g
Saturated fat: 10g
Sodium: 880mg
Carbohydrates: 36g
Fiber: 6g
Protein: 18g

CHICKEN FAJITAS (2)



Calories: 360
Total fat: 18g
Saturated fat: 3g
Sodium: 1,460mg
Carbohydrates: 46g
Fiber: 6g
Protein: 16g