



GIMME 5!

Eat 5 servings of fruits & veggies a day for 5 days.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
1					
2					
3					
4					
5					

Your favorite fruit or veggie of the day!

Track your progress with this chart. Make it fun and draw a picture of what veggie you ate or check the box for each serving.

Visit hannaford.com/kids for more kid-friendly veggie recipes.

Choose a reward to celebrate meeting this challenge! Have your family put together a list of fun, nonfood rewards that don't cost much - e.g., playing outdoors, a family game night, going to a playground, buying a new book, or extra reading time before bed. Post the list where the whole family can see it.



What counts as **1 SERVING** of vegetables?

One serving size of vegetables = (ages 2-8) 1-1 1/2 cups • (ages 9-18) 2-3 cups



Broccoli	1 cup chopped or florets or 3 spears, 5" long; raw or cooked
Greens (collards, mustard greens, turnip greens, kale)	1 cup cooked 2 cups raw
Raw leafy greens (spinach, romaine, watercress, dark green leafy lettuce, endive, escarole)	2 cups raw
Carrots	1 cup strips, slices or chopped; raw or cooked
Pumpkin	1 cup mashed
Tomatoes	1 large raw whole (3" diameter) or 1 cup chopped or sliced; raw, canned or cooked
Sweet potato	1 large baked (2 1/4" or more diameter) or 1 cup cooked, sliced or mashed
Winter squash	1 cup cooked, cubed
Corn	1 cup
Cabbage	1 cup chopped or shredded; raw or cooked
Cucumbers	1 cup raw, sliced or chopped
Summer squash or zucchini	1 cup cooked, sliced or diced

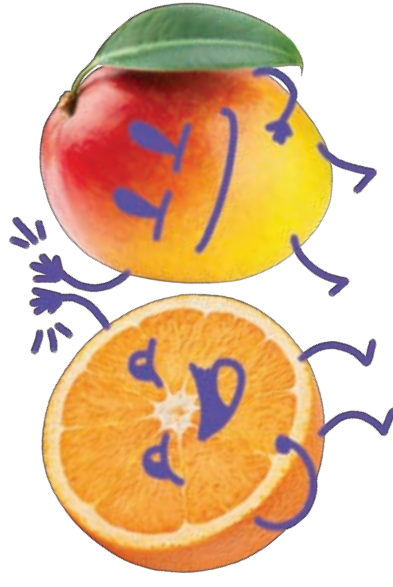
Visit hannaford.com/kids for more kid-friendly veggie recipes



Mix and Match Snacks

A healthy snack should be about 200 calories. Healthy snacks provide essential nutrients, help maintain blood sugar and energy levels, and help prevent overeating at meal time.

Use the chart below to create a well-balanced, delicious snack.



Whole Grains: Choose 0 to 1

Mini pitas
Plain or lightly salted popcorn
Pretzels
Whole grain toast
Plain or flavored rice cakes
Low sugar cereal
Graham crackers or whole grain crackers
Homemade whole grain muffin or slice of quick bread
Whole grain waffle or English muffin

Fruits and Vegetables: Choose 1 to 2

Fresh fruit
Fresh vegetables
Fruit cups packed in juice
Hannaford Unsweetened Applesauce
Smoothie (fruit and vegetable based)
Frozen fruit bars
Dried fruit (1/4 cup)
Steamed edamame

Protein and Healthy Fats: Choose 1 to 2

Yogurt
Cheese sticks or cheese rounds
Low-fat/Fat-free milk
Hummus
Nature's Promise® Natural Peanut Butter
Nut mixes (1 oz.)
Hard boiled egg
Cottage cheese
Avocado wedge
Guacamole

Interested in learning more?

Our registered dietitians hold classes, have on-the-sales-floor nutrition demonstrations, and do healthy store tours. They can give you the information you need to make the healthy lifestyle changes you want. For free nutritional advice, you can also email a private message to our staff registered dietitian at dietitian@hannaford.com. Thank you to our sponsors for partnering with Hannaford to offer free dietitian services. For additional sponsorship information, visit hannaford.com/dietitians.

Voilà ... a healthy snack!



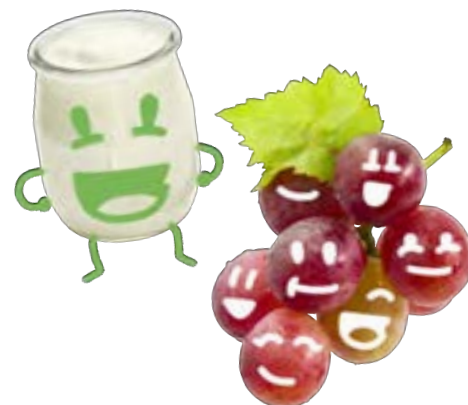
simply healthy

from your Hannaford Dietitian

Healthy Snack Alternatives

Whether you're craving crunchy, sweet, salty, creamy or tangy, there's a healthier substitute for all of your guilty pleasures. Satisfy your taste buds with these nutritious alternatives.

Happy snacking!



When you want:	Look for:	Better choice:	Best choice:
Chips	Chips that earn Guiding Stars®	Pretzels Low-fat or baked chips Mini rice or popcorn cakes	Raw vegetable sticks or popcorn
Candy bar	Candy bar with dark chocolate	Nature's Promise® Nutty Cranberry, Almond & Macadamia Energy Bar 1 dark chocolate square	Homemade trail mix (dried fruit, nuts and dark chocolate chips)
Cookies	Cookies with real butter or non-hydrogenated oil	Granola bar Graham crackers	Whole grain waffle topped with nut butter
Soda	100% juice or low-fat milk	Skim milk or 100% juice mixed with seltzer water	Water or Hannaford Seltzer
Ice cream	Ice cream made with all-natural ingredients	Frozen yogurt	Fresh fruit or fruit smoothie

Interested in learning more?

Our registered dietitians hold classes, have on-the-sales-floor nutrition demonstrations, and do healthy store tours. They can give you the information you need to make the healthy lifestyle changes you want. For free nutritional advice, you can also email a private message to our staff registered dietitian at dietitian@hannaford.com.

Thank you to our sponsors for partnering with Hannaford to offer free dietitian services. For additional sponsorship information, visit hannaford.com/dietitians.