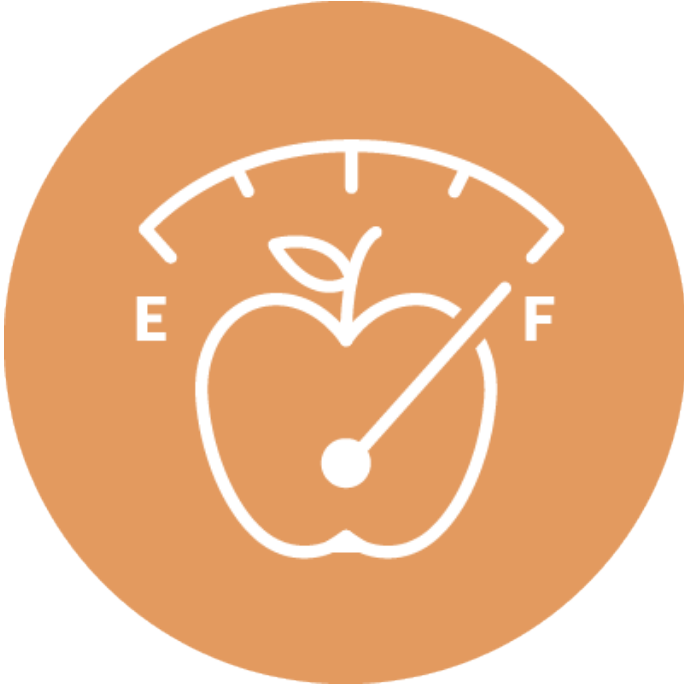


Fueling Up Right with Healthy Snacks



**The better the fuel, the better
the performance!**

MaineDOT's ChallengeME program will help you learn how to fuel up right by striking a better balance in what you eat, including healthier choices at your workplace.



ChallengeME
MaineDOT Healthy Workforce



Nutrition: How to Make Healthier Food Choices

Why is healthy eating important?

When combined with exercise, a healthy diet can help you lose weight, lower your cholesterol level and improve the way your body functions on a daily basis.

The U.S. Department of Agriculture's (USDA) Food Guide Pyramid divides food into 6 basic food groups: 1) grains, 2) fruits, 3) vegetables, 4) meats and beans, 5) dairy and 6) fats.

The USDA recommends an adult daily diet include the following:

- **3 ounces of whole grains, and 6 ounces of grains total**
- **2 cups of fruit**
- **2 1/2 cups of vegetables**
- **3 cups of fat-free or low-fat dairy**

Following are some ways to make healthier food choices and to get the recommended amounts of whole grains, fruits and vegetables, and dairy.

Instead of this:	Try this:
Croissants, biscuits, white breads and rolls	Low-fat whole grain breads and rolls (wheat, rye and pumpernickel)
Doughnuts, pastries and scones	English muffins and small whole grain bagels
Fried tortillas	Soft tortillas (corn or whole wheat)
Sugar cereals and regular granola	Oatmeal, low-fat granola and whole-grain cereal
Snack crackers	Crackers (animal, graham, rye, soda, saltine, oyster)
Potato or corn chips and buttered popcorn	Pretzels (unsalted) and popcorn (unbuttered)
White pasta	Whole-wheat pasta
White rice	Brown rice
Fried rice, or pasta and rice mixes that contain high-fat sauces	Rice or pasta (without egg yolk) with vegetable sauces
All-purpose white flour	100% whole-wheat flour



Grains

Whole-grain breads are low in fat. They're also high in fiber and complex carbohydrates, which helps you feel fuller longer and prevents overeating. Choose breads whose first ingredient says "whole" in front of the word grain. For example, choose whole wheat flour or whole white flour. Enriched or other types of flour have important fiber and nutrients removed. Choose whole grain breads for sandwiches or as additions to meals.

Avoid rich bakery foods such as donuts, sweet rolls and muffins. These foods derive more than 50% of their calories from fat. Snacks, such as angel food cake and gingersnap cookies, can satisfy your sweet tooth without adding fat to your diet.

Hot and cold cereals are usually low in fat. But instant cereals with cream may contain high-fat oils or butterfat. Granola cereals may also contain high-fat oils and extra sugars. Look for low-sugar options for both instant and granola cereals.

Avoid fried snacks such as potato chips and tortilla chips. Try the low-fat or baked versions instead, or limit the portion size.



Instead of this:	Try this:
Fried vegetables or vegetables served with cream, cheese or butter sauces	All vegetables raw, steamed, broiled, baked or tossed with a very small amount of olive oil and salt and pepper
Coconut	Fruit (fresh)
French fries, hash browns and potato chips	Baked white or sweet potatoes



Chose Fruits and Vegetables

Fruits and vegetables are naturally low in fat. They add flavor and variety to your diet. They also contain fiber, vitamins and minerals.

Margarine, butter, mayonnaise and sour cream add fat to vegetables and fruits. Try using nonfat or low-fat versions of these condiments. You can also use nonfat or low-fat yogurt or herbs as seasonings instead.



Instead of this:	Try this:
Regular or breaded fish sticks or cakes, fish canned in oil, seafood prepared with butter or served in high-fat sauce	Fish (fresh, frozen, canned in water), low-fat fish sticks or cakes and shellfish (such as shrimp)
Prime and marbled cuts	Select-grade lean beef (round, sirloin and loin)
Pork spare ribs and bacon	Lean pork (tenderloin and loin chop) and turkey bacon
Regular ground beef	Lean or extra-lean ground beef, ground chicken and turkey breast
Lunch meats such as pepperoni, salami, bologna and liverwurst	Lean lunch meats such as turkey, chicken and ham
Regular hot dogs or sausage	Fat-free hot dogs and turkey dogs
White pasta	Whole-wheat pasta
White rice	Brown rice
Fried rice, or pasta and rice mixes that contain high-fat sauces	Rice or pasta (without egg yolk) with vegetable sauces
All-purpose white flour	100% whole-wheat flour

Meat, Poultry and Fish

Beef, Pork, Veal and Lamb

Baking, broiling and roasting are the healthiest ways to prepare meat. Lean cuts can be pan broiled or stir-fried. Use either a nonstick pan or nonstick spray coating instead of butter or margarine.

Trim outside fat before cooking. Trim any inside, separable fat before eating. Select low-fat, lean cuts of meat. Lean beef and veal cuts have the word "loin" or "round" in their names. Lean pork cuts have the word "loin" or "leg" in their names.

Use herbs, spices, fresh vegetables and nonfat marinades to season meat. Avoid high-fat sauces and gravies.

Poultry

Baking, broiling and roasting are the healthiest ways to prepare poultry. Skinless poultry can be pan broiled or stir-fried. Use either a nonstick pan or nonstick spray coating instead of butter or margarine.

Remove skin and visible fat before cooking. Chicken breasts are a good choice because they are low in fat and high in protein. Use domestic goose and duck only once in a while because both are high in fat.



Fish

Poaching, steaming, baking and broiling are the healthiest ways to prepare fish. Fresh fish should have a clear color, a moist look, a clean smell and firm, springy flesh. If good-quality fresh fish isn't available, buy frozen fish.

Most seafood is high in healthy polyunsaturated fat. Omega-3 fatty acids are also found in some fatty fish, such as salmon and cold water trout. They may help lower the risk of heart disease in some people.

Cross-over Foods

Dry beans, peas and lentils offer protein and fiber without the cholesterol and fat of meats. Once in a while, try substituting beans for meat in a favorite recipe, such as lasagna or chili.

TVP, or textured vegetable protein, is widely available in many foods. Vegetarian "hot dogs," "hamburger" and "chicken nuggets" are low-fat, cholesterol-free alternatives to meat.



Instead of this:	Try this:
Whole or 2% milk	Non-fat or 1% milk
Evaporated milk	Evaporated non-fat milk
Regular buttermilk	Buttermilk made from non-fat (or 1%) milk
Yogurt made with whole milk	Nonfat or low-fat yogurt
Regular cheese (examples: American, blue, Brie, cheddar, Colby and Parmesan)	Low-fat cheese with fewer than 3 grams of fat per serving (example: natural cheese, processed cheese and nondairy cheese such as soy cheese)
Regular cottage cheese	Low-fat, nonfat, and dry-curd cottage cheese with less than 2% fat
Regular cream cheese	Low-fat cream cheese (no more than 3 grams of fat per ounce)
Regular ice cream	Sorbet, sherbet and nonfat or low-fat ice cream (no more than 3 grams of fat per 1/2 cup serving)

Dairy

Choose skim milk or low-fat buttermilk. Substitute evaporated skim milk for cream in recipes for soups, sauces and coffee.

Try low-fat cheeses. Skim ricotta can replace cream cheese on a bagel or in a vegetable dip. Use part-skim cheeses in recipes. Use 1% cottage cheese for salads and cooking. String cheese is a low-fat, high-calcium snack option.

Plain nonfat yogurt can replace sour cream in many recipes. (To maintain texture, stir 1 tablespoon of cornstarch into each cup of yogurt that you use in cooking.) Try mixing frozen, nonfat or low-fat yogurt with fruit for dessert.

Sherbet is an alternative to ice cream. Soft-serve and regular ice creams are also lower in fat than premium styles.



Instead of this:	Try this:
Cookies	Fig bars, gingersnaps and molasses cookies
Shortening, butter or margarine	Olive, soybean and canola oils, coconut oil
Regular mayonnaise	Nonfat or light mayonnaise
Regular salad dressing	Nonfat or light salad dressing
Fat (including butter) to grease pan	Nonstick cooking spray



Fats, Oils and Sweets

Eating too many high-fat foods not only adds excess calories (which can lead to obesity and weight gain), but can increase your risk factor for several diseases. Heart disease, diabetes, certain types of cancer and osteoarthritis have all been linked to diets too high in fat. If you consume too much saturated and trans fats, you are more likely to develop high cholesterol and coronary artery disease.

Sugar-sweetened drinks, such as fruit juice, fruit drinks, regular soft drinks, sports drinks, energy drinks, sweetened or flavored milk and sweetened iced tea, add lots of sugar and calories to your diet. But staying hydrated is important for good health. Substitute water, zero-calorie flavored water, nonfat or reduced-fat milk, unsweetened tea or diet soda for sweetened drinks. Talk with your family doctor or a dietitian if you have questions about your diet or healthy eating for your family.





Plain yogurt is the best way to go!

Dress it up with some almonds and fresh fruit! Here is a sample of a better choice fruit yogurt.

- **All natural milk from grass-fed cows**
- **no aspartame**
- **no sucralose**
- **no gelatin**
- **no artificial colorings**
- **no preservatives**
- **no high-fructose corn syrup**
- **non-GMO verified**
- **high in protein**
- **not a lot of sugar***
- **real fruit, not flavoring**

Plain Yogurt, Carbs and Sugar:

What is all the talk about carbs and sugar?

Sugar is a type of carbohydrate. All dairy foods and milk products, including yogurt, contain a natural sugar called lactose. The amount of lactose varies according to brand and types of yogurt. The lowest carb and sugar counts are found in plain, unsweetened varieties of yogurt.

A cup of low-fat, plain yogurt has 17 grams of carbs, all from natural sugars. The same serving of low-fat plain Greek yogurt has 10 grams of carbs, 9 grams of which are sugar. A one cup serving of whole milk yogurt contains 11 grams of carbs. A cup of plain, whole-milk Greek yogurt has 10 grams of carbs. In these whole milk yogurts, all of the carbs come from sugar.

< Carbs and sugar in flavored yogurt

Flavored yogurts are much higher in carbs and sugar. A cup of strawberry-flavored Greek yogurt has 29 grams of carbs. If you subtract the fiber content of 2 grams, you'll arrive at what low-carb diets call "net" carbs. It's still high at 27 grams, which is also the amount of sugar in that serving. Vanilla-flavored yogurt, which you would expect to have less sugar, may actually have more. A cup of vanilla low-fat yogurt supplies 34 grams of carbs, all of them from sugar. Even honey-flavored yogurt is higher up the carb and sugar chain, with 1 cup of a popular brand containing 34 grams of carbs—again, all from sugar. Choosing yogurt with artificial sweeteners does drop the sugar count, but the overall carbs remain high. A fruit variety of low-fat yogurt, artificially sweetened, has 46 grams of carbs with 7 grams from sugar.

1 Start Here

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	

2 Check Calories

Amount Per Serving	
Calories 250	Calories from Fat 110

3 Limit these Nutrients

% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470gm	20%
Total Carbohydrates 31g	10%

4 Get Enough of these Nutrients

Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

5 Footnote

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

6 Quick Guide to % DV

5% or less is Low

20% or more is High

Reading a Food Label:

The information in the main or top section (see #1-4 and #6 on the sample nutrition label), can vary with each food product; it contains product-specific information (serving size, calories, and nutrient information). The bottom part (see #5 on the sample label) contains a footnote with Daily Values (DVs) for 2,000 and 2,500 calorie diets. This footnote provides recommended dietary information for important nutrients, including fats, sodium and fiber. The footnote is found only on larger packages and does not change from product to product.

In the Nutrition Facts label, we have colored certain sections to help you focus on those areas that will be explained in detail. You will not see these colors on the food labels on products you purchase.

< Sample Label for Macaroni and Cheese

Pay attention to the serving size, especially how many servings there are in the food package. Then ask yourself, "How many servings am I consuming?" Are you eating 1/2 serving, 1 serving, or more? In the sample label, one serving of macaroni and cheese equals one cup. If you ate the whole package, you would eat two cups. That doubles the calories and other nutrient numbers, including the % of Daily Values as shown in the sample label.

The **SUPERTRACKER** app includes:

Food-A-Pedia > Look up nutrition info for over 8,000 foods and compare foods side-by-side.

Food Tracker > Track the foods you eat and compare to your nutrition targets.

Physical Activity Tracker > Enter your activities and track progress as you move.

My Weight Manager > Get weight management guidance. Enter your weight and track progress over time.

My Top 5 Goals > Choose up to 5 personal goals. Sign up for tips and support from your virtual coach.

Group Challenges > Group leaders can create a healthy eating and/or physical activity challenges.

Try this App!



My foods. My fitness. My health.

- Get your personalized nutrition and physical activity plan.
- Track your foods and physical activities to see how they stack up.
- Get tips and support to help you make healthier choices and plan ahead.

Find out what and how much to eat. Personalize your experience by creating your profile, and get a plan tailored for you. Or, use the general plan.

supertracker.usda.gov

Great Snack Choices



Pita bread, broken up, is a great alternative to crackers for dipping in Hummus.



Pre-pack your snacks and grab a couple of packs in the morning.



Natural products and lower sugar and carbohydrates



100% real fruit in an ice bar! Different ways to get fruit and protein in!



A great way to get a quick energy boost!



Healthier choice crackers



Great for a grab-and-go breakfast

Hannaford Guiding Stars Program:

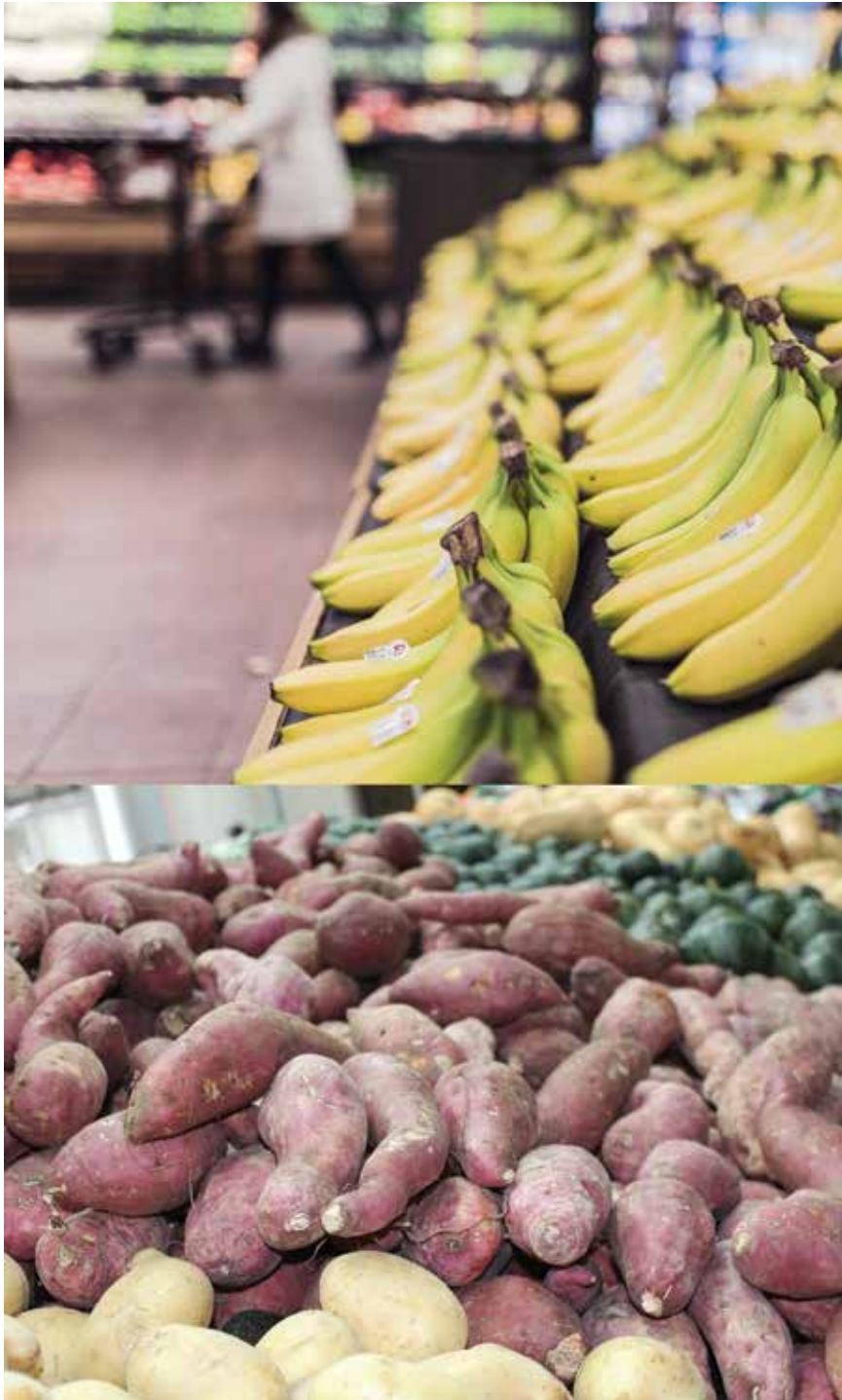
What it is and how it works

All items in Hannaford's stores have been reviewed for Guiding Stars except bottled water, alcoholic beverages, coffee, tea & spices. Many items don't qualify for any Guiding Stars – that doesn't mean they're bad for you. It just means that they have less nutritional value than other foods. Items that earn Guiding Stars have:

MORE	LESS
Vitamins	Saturated Fat
Minerals	Trans Fat
Fiber	Cholesterol
Whole Grains	Added Sodium
	Added Sugars






















Guiding Stars Nutritional Value





Quick Combos

Try these combinations with a glass of skim milk or orange juice for those grab-and-go mornings:

	+		+		Whole-wheat toast with peanut butter and half of a grapefruit
	+		+		Plain low-fat yogurt topped with fresh raspberries or blueberries and crunchy whole-grain cereal or granola
	+		+		Multi-grain frozen waffle topped with fresh banana slices and a hard-boiled egg on the side
	+		+		Bran muffin with almond butter and apple slices or grapes
	+		+		Instant oatmeal topped with a sprinkle of brown sugar and walnut halves plus a half cup of strawberries
	+		+		Whole-wheat English muffin with low-fat cottage cheese and one-quarter of a cantaloupe
	+		+		Sliced turkey breast and one slice of low-fat cheese on a whole-wheat tortilla and fresh pineapple slices

Enjoy these naturally gluten-free foods	Avoid these gluten-containing foods
All fresh fruit & vegetables	Wheat – all forms
Most dairy products (check labels for any fillers)	Barley
Meats, poultry & fish	Rye
Beans & lentils of every type	Bulgur
All nuts & seeds	Semolina
Starches such as corn, rice, potato, parsnip, turnip, yucca and all other tubers	Durum
Gluten-free grains, flours, cereals & starches	Spelt
	Triticale
Brown rice/brown rice flour	Graham Flour
White rice or sweet rice flour	Couscous
Indian ricegrass	Beer, Ale, Lager
Rice bran	Malt
Garbanzo bean flour	Check these foods carefully as they may contain gluten
Fava bean flour	
Nut flours (almond, hazelnut, pecan)	
Amaranth	Meats injected with broths
Quinoa	Some marinades
Millet	Self-basting meats
Corn	Commercially prepared drinks
Arrowroot	Some nondairy creamers
Potato flour	Processed deli meats
Sorghum	Thickening agents
Soybeans/flour	Imitation seafood
Buckwheat	Seasonings
Tapioca	The scoop on oats Oats need special attention. Since some oats may be processed in the same facilities as wheat, contamination can occur even with the best cleaning protocol. Look for oats with the gluten-free claim.
Flax	
Polenta	
Teff	

What is Gluten-Free?

Celiac disease is a sensitivity to gluten, a protein found in grains, wheat, rye and barley. This disease can trigger an autoimmune response in which the small intestine villi are damaged, preventing nutrients from being absorbed. When gluten is removed from the diet, the small intestines will start to heal and overall health will improve. Check with your doctor before starting a gluten-free diet.

Shopping for gluten-free foods

Did you know you can create a gluten-free food list for your next shopping trip? It's easy to browse gluten free (and other allergen related) products online. You can refine your search by allergens (gluten-free, egg-free, nut-free, etc.) to help you find products that are specific to your allergy or intolerance. Visit hannaford.com for more information on their gluten-free tool.

Go to hannaford.com under Healthy Eating > click Nutrition Education > select Gluten free/allergies

Get fortified

Most gluten-free foods are not fortified. Make sure you're getting your daily needs of calcium, vitamin D, iron, folate and vitamin B12, and remember to check labels to make sure no gluten fillers are used.

MaineDOT ChallengeME Program



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