



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 Air-popped popcorn
Candy Bar	Candy bar with no artificial ingredients or hydrogenated fats	Annie's® Fruit Tape LÄRABAR® 1 dark chocolate square	Fresh fruit Dried fruit
Cookies	Cookies with real butter or non-hydrogenated oil	Cascadian Farm® Oatmeal Raisin Granola Bar Graham crackers	Raw or roasted nuts & seeds
Soda	100% juice or low-fat milk	Skim milk or 100% juice mixed with seltzer water	Water Lipton® Unsweetened Tea
Ice Cream	Ice Cream made with all-natural ingredients	Frozen yogurt	Fresh-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 hannaford.com/dietitians.

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