



# living **active**



# 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 Eating for an Active Lifestyle. You can join your Hannaford Dietitian to learn how to enjoy an active lifestyle that's safe for novice exercisers and workout pros alike. Dip your toe into sports nutrition with tips on pre- and post-workout snacks, proper hydration, foods to fuel your activity and more.

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](mailto: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.



## What's Inside:

Why Live Active? .....	1
Getting to Know Guiding Stars® .....	2
Activity Guidelines .....	3
Components of Athlete Nutrition .....	4
Carbohydrates .....	5
Protein .....	6
Fat .....	7
Pre-Workout Nutrition .....	8
Recovery Nutrition .....	9
Hydration .....	10
10 Habits to Get You Started .....	11





# Why Live Active?

## Weight Management

Engaging in physical activity helps the body utilize energy (calories). The more intense and longer the duration of activity, the more energy is burned. Choosing foods lower in added sugar will also help naturally reduce excess calories, aiding in weight management.

## Improved Cholesterol

Studies suggest that increasing activity helps increase beneficial HDL cholesterol (healthy cholesterol), thereby assisting in lowering overall cholesterol. Choosing foods higher in omega-3 fatty acids (omega-3s) and lower in saturated and *trans* fats will also help.

## Improved Blood Pressure

Exercise of any kind will work the most important muscle: your heart. A strong heart is better able to help pump blood throughout your body. The stronger the heart, the less work it has to do to pump your blood. Choosing foods lower in added salt will also help improve blood pressure.

## Decreased Stress

Regular activity can be a form of stress relief. Exercise reduces levels of the body's stress hormones, increases "feel good" hormones, improves blood flow to the brain and can help connect you to a community of like-minded and positive people. All of these factors, plus a diet that provides all of your daily vitamins and minerals, keep the body happy!



# Getting to Know Guiding Stars®

Guiding Stars at Hannaford is an in-store and online resource that can help you quickly find the nutritious foods that you need to meet nutrition goals for an active lifestyle. 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 foods, look for those with one, two or three stars as the foundation of your diet.

One, two or three Guiding Stars means foods and beverages have\*:

## MORE

Vitamins  
Minerals  
Fiber  
Whole Grains  
Omega-3s

## LESS

Saturated Fat  
*Trans* Fat  
Added Sodium  
Added Sugars  
Artificial Colors



More Guiding Stars means more nutritional value.

**GUIDING STARS®**  
NUTRITIOUS CHOICES MADE SIMPLE



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 exempt from the program.**

Spices, supplements, baby formula and alcoholic beverages are exempt from being rated by Guiding Stars.

\*For more information on Guiding Stars visit [hannaford.com/guidingstars](http://hannaford.com/guidingstars).

# Getting Started: Activity Guidelines

According to the American College of Sports Medicine's (ACSM) most recent guidelines:

- Adults should get at least 150 minutes of moderate intensity exercise per week.
- On two or more days a week, adults should perform muscle-strengthening activities that work on all major muscle groups.
- Exercise recommendations can be met through 30-60 minutes of moderate intensity exercise (five days per week) or 20-60 minutes of high intensity exercise (three days per week).
- One continuous session and multiple shorter sessions (of at least 10 minutes) are both acceptable to accumulate the desired amount of daily exercise.
- Gradual progression of exercise time, frequency and intensity is recommended for the best adherence and least injury risk.
- People unable to meet these minimums can still benefit from some activity.\*

The American Heart Association defines moderate intensity and high intensity activity as follows.

## **Moderate Intensity**

Walking briskly (3 miles per hour or faster, but not race walking), water aerobics, bicycling slower than 10 miles per hour, tennis (doubles), ballroom dancing, general gardening.

## **High Intensity**

Race walking, jogging or running, swimming laps, tennis (singles), aerobic dancing, bicycling 10 miles per hour or faster, jumping rope, heavy gardening (continuous digging or hoeing), hiking uphill or with a heavy backpack.

\*Always check with your doctor before starting any physical activity regimen.

# Components of Athlete Nutrition

An important component to maintaining an active lifestyle, regardless of your goals, is to fuel the body with enough of the right foods to:

- Provide energy to fuel activity
- Assure adequate intake to promote recovery
- Maintain lean muscle mass
- Maintain a strong immune system
- Achieve ideal body composition

If your workouts are less than an hour, you can rely on your balanced meals and snacks to give you energy. Exercising longer may require more energy from food.

Macronutrients (carbohydrates, protein and fat) all play a role in promoting energy for activity as well as recovery. The type, intensity and duration of activity will play a role in how much and how often you incorporate each macronutrient, but they will all come into play to support your goals.





# Macronutrients

## Carbohydrates + Protein + Fat

Carbohydrates are the primary source of fuel for the body, especially during high intensity or longer duration activity, for people new to activity and for those being active multiple times per week.

LENGTH OF WORKOUT/RUN	DAILY CARBOHYDRATE REQUIREMENTS PER POUND OF BODY WEIGHT
< 30 MINUTES	1.4 TO 2.3 GRAMS PER POUND
1 HOUR	2.3 TO 3.2 GRAMS PER POUND
1 TO 3 HOURS	2.7 TO 4.5 GRAMS PER POUND
> 4 HOURS	> 4.6 TO 5.4 GRAMS PER POUND

\*Example: 150 pound person may require 345 grams of carbohydrates on a day that they are doing an hour of consistent activity (150 pounds x 2.3 grams).

Carbohydrates from nutritious sources such as fruits, starchy vegetables and whole grains will provide a fuel source while also delivering vitamins and minerals. Fruit and vegetable sources of carbohydrates also provide beneficial antioxidants, which help protect against free radicals (unstable oxygen molecules that damage cells and contribute to disease) that occur naturally as part of the exercise process. A rainbow of colors helps assure broad benefits.

### Yellow/Orange

These contain vitamin C as well as antioxidants. Carotenoids are found in carrots, sweet potatoes, mangos and apricots. Benefits include healthy vision and immune system and decreased cancer risk.

### White/Tan/Brown

These may promote heart health by maintaining healthy cholesterol levels. Allicin is found in the onion and garlic family. Indoles are found in mushrooms.

### Green

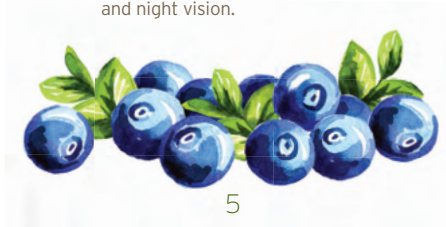
The color of life for plants, green is a source of antioxidants and helps promote healthy vision, bones and teeth. Lutein, found in spinach, broccoli, kale and Brussels sprouts, may protect against cancer.

### Blue/Purple

The most powerful antioxidant group helps relieve the body from oxidative stress. Anthocyanins are found in blueberries. Associated with memory, urinary tract health and night vision.

### Red

Lycopene, found in tomatoes, is associated with decreased risk of lung and prostate cancers. Anthocyanin is found in cranberries and is associated with urinary tract health. New research is being done in the area of improving memory.



# Macronutrients

## Carbohydrates + **Protein** + Fat

Amino acids are the building blocks of the proteins that are found in our bodies. The human body can produce 10 of its 20 amino acids but the other 10, called essential amino acids, can only be obtained by eating the right foods. Amino acids are instrumental in forming cells and repairing tissue, and have a role in metabolism, carrying oxygen throughout the body as well as assisting muscle activity. Because muscles are built from protein, we need to consume - and synthesize - enough protein to maintain healthy, hard-working muscles.



### High-Protein Foods

All meat and other animal products are sources of complete protein. Look for the Guiding Stars® when choosing lean meats that are low in saturated fat and cholesterol!

- beef, lamb, pork
- fish, shellfish
- poultry, eggs
- milk and milk products



### Plant-Based Protein Sources for Herbivores

Plant protein sources can be combined with other plant or animal products to form a complete protein, such as rice and beans, milk and whole wheat cereal or corn and beans, but don't need to be consumed at the same meal.

- nuts
- soy foods (tofu, tempeh, miso and soy milk)
- sprouted seeds (eat a variety)
- grains (especially amaranth and quinoa - highest in protein)
- beans and legumes



## How Much Extra Protein Do I Need?

Average individuals need .36 grams of protein per pound of body weight every day. If you perform long workouts, high intensity workouts, resistance or strength training, a daily intake of .5 to .9 grams per pound of body weight may be beneficial.

# Macronutrients

## Carbohydrates + Protein + **Fat**

Healthy fats are essential for an active lifestyle and should make up to 20-35% of your daily energy intake. Omega-3 fatty acids found in monounsaturated and polyunsaturated fats provide essential nutrients while also helping to transport fat soluble vitamins throughout the body. These fat soluble vitamins (A, D, E and K) help to promote red blood cell production (for transport of oxygen to the muscles), promote strong bones and function as antioxidants.

## 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



Source: American Heart Association

# Pre-Workout Nutrition

Eating a snack 30 to 60 minutes before exercise can enhance performance by topping off glycogen stores and/or delaying distracting hunger pangs. Choose a snack that's easily absorbed to avoid abdominal distress during exercise.

When to eat a pre-workout snack:

1. You've slept all night and want to exercise before breakfast.
2. Your last meal was 4 to 5 hours ago.
3. You're going for a long run and your last meal was over 3 hours ago.

A good pre-workout snack offers easily digested carbohydrates and moderate protein, while being low in fiber and fat (since both take longer to digest, which can cause gastric distress).

Be cautious about sugar alcohols, a type of reduced calorie sweetener found in many sports foods and drinks. For some, they may cause symptoms such as gas and bloating. For example, look for words ending in "ol," such as sorbitol, mannitol, xylitol, lactitol, erythritol, isomalt.

Explore your tolerance for different foods and nutrition schedules. While some folks have "iron stomachs" and can digest foods easily before and during exercise, others can experience bothersome symptoms.

PRE-WORKOUT SNACKS		
SLICED FRUIT WITH LOW-FAT COTTAGE CHEESE	GRANOLA BARS	GRAHAM CRACKERS
YOGURT WITH BERRIES	TOAST WITH PEANUT BUTTER AND JELLY	BANANA AND NUT BUTTER
FRUIT PUREE POUCHES	MINI BAGEL WITH HUMMUS	LOW-FAT FIG BARS
PRETZELS WITH HUMMUS OR LOW-FAT COTTAGE CHEESE	PEANUT BUTTER CRACKERS	INSTANT OATMEAL

# Recovery Nutrition

The longer and more intense your activity, the more important recovery nutrition becomes.

**After longer and harder activity:** To restore muscle glycogen and stimulate the repair and building of muscle tissue, have a recovery snack within 30 minutes.

**After low intensity and shorter duration activity:** If you plan to eat your next meal within an hour after, you likely will not need an added recovery snack.

## Components of Recovery Nutrition

**Carbohydrates:** Help to reload your glycogen stores.

**Proteins:** Provide the amino acid building blocks to repair and grow muscles.

**Fluids:** Replenish body hydration lost during activity. Electrolytes replace vital vitamins and minerals lost through sweat. As a general guideline, if you finish a run with white salt streaks on your face or clothing, you've lost sodium. Sports drinks replenish electrolytes quickly, but a balanced recovery snack such as pretzels and milk will also meet this need.

RECOVERY SNACKS		
LOW-FAT CHOCOLATE MILK	FRUIT AND YOGURT SMOOTHIE	FRUIT JUICE AND CRACKERS WITH NUT BUTTER OR HUMMUS
TURKEY AND/OR CHEESE SANDWICH	PEANUT BUTTER AND JELLY SANDWICH	BANANA AND NUT BUTTER
SPORTS RECOVERY DRINK (WITH PROTEIN)	MINI BAGEL WITH EGG	GRAHAM CRACKERS WITH MILK
PRETZELS WITH LOW-FAT COTTAGE CHEESE	TRAIL MIX WITH SALTED NUTS, PRETZELS, CEREAL AND DRIED FRUIT	LOW-FAT COTTAGE CHEESE OR YOGURT WITH FRUIT/BERRIES





# Hydration

## Why Do We Need to Hydrate?

Water plays an important role in the body, because it:

- Helps the function of organs that keep us active
- Regulates our body temperature throughout activities
- Prevents dehydration, especially during activity and in hot weather

## How Much Daily Water Do I Need?

Divide your weight in pounds by 2. Example: If you weigh 150 pounds, divide it by two to get 75. This would mean you need approximately 75 ounces per day to stay properly hydrated.

## Added Hydration for Activity

High intensity, long duration activity and warmer temperatures will often require added hydration. How much?

TIMING	2 HOURS PRIOR TO ACTIVITY	10-20 MINUTES PRIOR TO ACTIVITY	EVERY 15-20 MINUTES DURING ACTIVITY
VOLUME	16 OZ.	8 OZ.	4-8 OZ.

## Hydration Tips

Drink before you feel thirsty! When you feel thirsty, your body has already become partially dehydrated.

Purchase a reusable water bottle that you can carry with you throughout the day.

Check your hydration level by checking the color of your urine. If it is the color of light lemonade, you are properly hydrated. If it looks more like the color of apple juice, your body needs more water.

## Creative Ways to Stay Hydrated

Add fresh fruit to your water for extra flavor. Some great options are lemon, lime, oranges and berries. Fresh fruit contains water, so eat some throughout the day. Pop fruit in the freezer to have a nice cold snack on hand to cool you down on a hot summer day!



# 10 Habits to Get You Started

1

Focus on carbs and protein about 2 hours before exercising. Include complex carbohydrates, some protein and low-fat options to allow time for digestion, avoiding potential cramps.

2

Skip the fiber pre-workout; fiber can slow digestion and cause stomach upset if eaten too close to an intense session.

3

As part of a balanced diet, limit foods high in saturated fat, but do include healthy fats such as half an avocado to help give your body enough energy to sustain a longer aerobic activity.

4

**Fuel up!** Exercising on an empty stomach sounds like a great way to lose more weight, but it can actually backfire and place you at risk for fatigue and potential injury.

5

**No Time?** Even 30 minutes pre-workout is OK to grab a quick-digesting snack of 50-100 calories such as a granola bar, fruit & nut bar, fruit or a few crackers.

6

**Stay Hydrated.** Try to take a few sips of water equal to 1/4 cup every 20 minutes. If exercising longer than an hour, use an electrolyte supplement, sports drink or coconut water.

7

Recover with chocolate milk! It has the perfect ratio of 4 grams of carbohydrate to 1 gram of protein that research has shown to be readily absorbed into the muscles. Drink within a half hour of completing exercise.

8

Be sure to eat a carb- and protein-focused meal or snack within 1 hour of your workout.

9

No time for a meal? Focus on the protein. Protein bars, shakes with whey protein or low-fat Greek yogurt make great recovery mini-meals on-the-go.

10

Have fun! Choosing foods you like and activities you enjoy will help you feel more positive, increasing success in achieving your fitness goals!

# 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 nutrition guidance program 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](http://hannaford.com/dietitians)**

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