



# simply healthy

from your Hannaford Dietitian

## Low Energy? Snack Attack?

Smart snacking between meals helps maintain a healthy weight by providing steady energy throughout the day. Try these recommended snacks with a satisfying mix of protein & carbohydrates for long-lasting energy!



- 1 ounce Cabot® Sharp Light Cheddar with 10 Whole Grain Snack Crackers
- Small apple with a tablespoon of nut butter or sunflower-seed butter
- 1/2 cup Cabot® No Fat Cottage Cheese with 3/4 cup blueberries
- Hard-boiled egg with 10 Whole Grain Snack Crackers
- 1 cup bell pepper strips with 2 tablespoons Cedar's® Hommus

- 1 mini banana with a tablespoon of nut butter or sunflower-seed butter
- 2 ounces Chunk Light Tuna mixed with a tablespoon of Hellmann's® Mayonnaise with Olive Oil and celery sticks for dipping/scooping
- 1 container Greek yogurt with 1 tablespoon Cascadian Farm® Granola
- 1 cup carrot and celery sticks with 1/4 cup Greek yogurt ranch dip or Cedar's® Tzatziki
- Trail mix with popcorn, nuts, dried fruit and dark chocolate chips



## 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 [hananaford.com/dietitians](mailto:hananaford.com/dietitians).

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