

Your Guide to Nutrition



Dietitian Approved - 
We did the work for you!

Use the guide to help meet your health and wellness needs.

Build Your Basket With Us!

1. Fill your cart with mostly:

- Fresh produce
- Lean meats & eggs
- Heart healthy fats from fish, nuts & seeds, avocados, olive & canola oil, etc.
- Items that have the Thumbs-Up

2. Remember:

- It's Okay to include a few indulgences & treats. just use the nutrition attributes to guide you.

Deborah M. Harris, MPH, RDN, CDE
DeCA Dietitian