

# 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.

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