

Your Guide to Nutrition



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

Build Your Basket With Us!

Dietitian Approved -



We did the work for you!



"Thumbs Up"

High nutrition quality food
High performance food

Low Sodium

Items that are low in sodium,
 $\leq 140\text{mg}$ per serving & RACC*.

No Sugar Added

"No Added Sugars" & "Without Added Sugars" are allowed if no sugar or sugar containing ingredient is added during processing.

Whole Grain

Items that are made with whole grain & contain at least 8g of whole grain.

Low Fat

Items that contain $\leq 3\text{g}$ total fat per serving; for Meals/Main Dishes: $\leq 3\text{g}$ total fat per 100g.

Good Source of Fiber

Items with at least $\geq 10\%$ Daily Value for Fiber per serving & are low in fat.



Items that have been certified as "USDA Organic."



www.commissaries.com

