

DIETITIAN'S choice

To better assist our guests in making more nutritious choices, our Registered Dietitians hand select **“better for you”** options throughout our store.

LOOK FOR THE



After reviewing recommendations from the Academy of Nutrition and Dietetics, American Heart Association, FDA, USDA, World Health Organization, Mayo Clinic and Harvard School of Public Health, we developed our own guidelines for **“better for you”** options found in our stores.

Note: These recommendations are for the general population. If you have any concerns for special diets, please feel free to reach out to our Registered Dietitians.

Our Dietitian's Choice items focus on:

- ✓ Whole grains
- ✓ Little to no added sugar
- ✓ Lower in saturated fat
- ✓ Lower sodium
- ✓ Lean protein
- ✓ Healthy fats

Due to the complexity of various products on the market, we use general guidelines along with our discretion to help our guests shop for more nutritious options.

Scan here to get connected with our Registered Dietitian Team.



They are available to answer your nutrition questions, share recipes, and provide resources.

 **registered
dietitian team**

  **MarketPlace**