12 WAYS your COMMISSARY helps you get healthy

1 PLAN AHEAD

- Check out the Sales Flyer, Thinking Outside the Box Recipe & Coupons
- Decide on a weekly menu
- Gather all the recipes you will need
- Make a grocery list

2 DIVIDE YOUR CART

Use a purse or jacket to visually divide your cart in half. Fill the half closest to you with fresh produce, everything else in the other

3 READ FOOD LABELS

Sneaky names for:

Sugar

barley malt
buttered syrup
cane-juice crystals
caramel
carob syrup
corn syrup
corn syrup solids
dextran
dextrose
diatase
diastatic malt
ethyl maltol
fructose
fruit juice concentrate
glucose
glucose solids
golden syrup
high-fructose corn syrup
honey
lactose
malt syrup
maltodextrin
maltose
mannitol
molasses
refiner's syrup
sorbitol
sorghum syrup
sucrose

Trans Fat

hydrogenated oil
partially hydrogenated oil

Sodium

disodium guanylate (GMP)
disodium inosinate (IMP)
fleur de sel
himalayan pink salt
kosher salt
monosodium glutamate (MSG)
rock salt
sea salt
sodium bicarbonate
sodium nitrate
sodium citrate
sodium chloride
sodium diacetate
sodium erythorbate
sodium glutamate
sodium lactate
sodium lauryl sulfate
sodium metabisulfite
sodium phosphate
trisodium phosphate

4 CHOOSE FROZEN, CANNED, DRIED & FRESH PRODUCE

Frozen, canned and dried can be just as nutritious as fresh and will last longer.

WATCH OUT FOR: Added sodium & heavy syrups

5 USE the NUTRITION GUIDE PROGRAM

Scan the aisles for this product tag

Here's what it means!

"Thumbs Up"
High nutrition quality food
High performance food

Low Sodium
Items that are low in sodium, ≤ 140mg per serving & RACC*.

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

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

Low Fat
Items that contain ≤ 3g total fat per serving; for Meals/Main Dishes: ≤ 3g total fat per 100g.

Good Source of Fiber
Items with at least ≥ 10% Daily Value for Fiber per serving & are low in fat.

Organic
Items that have been certified as "USDA Organic."

RACC: The regular amount commonly consumed for food types. This amount is determined by the FDA. The serving size listed on the package may not equal the RACC.

www.commissaries.com

6 ENJOY COMMISSARY BRANDS

FREEDOM'S CHOICE — A full line of high-quality food items equal to or better than national brands.

FULL CIRCLE market — IN SEASON YEAR ROUND — Healthy, wholesome GMO-free and organic options provide better choices through all natural ingredients.

7 PLANT-BASED OPTIONS

NOW AVAILABLE AT YOUR COMMISSARY

8 MEAT POWER BOXES

Healthy Alternatives
- 4 lbs. 93% Ground Beef
- 2 lbs. USDA Choice Top Sirloin
- 4 lbs. Boneless Pork Chops
- 2 lbs. Beef Kabob
- 2 lbs. London Broil
- 2 lbs. Stir Fry Beef

Economy
- 3 lbs. Boneless Pork Chops
- 2 lbs. Boneless Pork Tenderloin
- 3 lbs. Bottom Round Roast or Steaks
- 4 lbs. 85% Ground Beef
- 3 lbs. Beef Cube Steaks

Fall Favorites
- 4 lbs. Chuck Roast
- 4 lbs. London Broil
- 4 lbs. Beef Stew Meat
- 3 lbs. 80% Ground Chili Meat

Tailgate
- 10 lbs. 75% Fresh Beef Patties
- 5 lbs. New York Choice Strip Steaks
- 7 lbs. Pork Baby Back Ribs (~2 slabs)

Recipes for each power box found on commissaries.com

Available only at participating commissaries.

9 COMMISSARY MEAL KITS

Delicious Meals, Ready Whenever You are!

3 Options:

- **Fresh Meal Kit** — *A complete meal*
- **One-Pan Dish** — *Comes together in a single pan*
- **Premium Pairings** — *Pre-seasoned meats*

10 DIETITIAN-APPROVED RECIPE POSTERS

Recipe posters are displayed alongside the products needed for the recipe. Pull out your phone, take a photo of the poster, fill your cart with the ingredients and you are ready for a nutritious home cooked meal

11 RESOURCES on COMMISSARIES.COM

A Wealth of Information is available under the "Healthy Living" tab.

EXPLORE!

12 VISIT "YOUR COMMISSARY" on Pinterest

Don't Miss:

- nutritious recipes
- produce features
- deals of the week
- new products
- commissary event news
- special product pricing
- YES! (Your Everyday Savings) products