



Look for the **GLUTEN FREE** tag on the shelf to guide you while you shop.

More than 2,000 qualifying products are available throughout the store.



Look for the **ORGANIC** tag on the shelf to guide you while you shop.

Items are USDA certified and free of GMOs, antibiotics, hormones and synthetic pesticides.



Look for the **CALCIUM SMART** tag on the shelf to guide you while you shop.

Items contain 10% or more of the Daily Value for Calcium (or 100 milligrams).



Look for the **WHOLE GRAIN** tag on the shelf to guide you while you shop.

Items contain whole grains as a primary ingredient source. 100% whole grains = better health



Look for the **HEART HEALTHY** tag on the shelf to guide you while you shop.

Items contain 3 g or less of total fat, 20 g or less cholesterol and 480 mg or less of sodium.



Look for the **FIBER SMART** tag on the shelf to guide you while you shop.

Items contain at least 2.5 grams of fiber per serving. Aim for 25-35 grams per day.



Look for the **LOW SATURATED FAT** tag on the shelf to guide you while you shop.

Items contain 1 gram or less of saturated fat and can help reduce the risk of heart disease.



Look for the **SUGAR SMART** tag on the shelf to guide you while you shop.

Items contain less than 2 teaspoons (10 grams) of sugar per serving.



Look for the **LOW SODIUM** tag on the shelf to guide you while you shop.

Items contain less than 140 milligrams of sodium per serving.



Look for the **GOOD SOURCE VITAMIN A** tag on the shelf to guide you while you shop.

Items contain 10% or more of the Daily Value for Vitamin A (or 5,000 IU).



Look for the **GOOD SOURCE VITAMIN C** tag on the shelf to guide you while you shop.

Items contain 10% or more of the Daily Value for Vitamin C (or 60 milligrams).