

Your Guide to Nutrition

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



**WE DID THE
WORK FOR YOU!**

BUILD
your Basket
WITH US!



Fill your cart with mostly:



Fresh produce



Lean meat & eggs



Items that have the Thumbs Up



Remember:



It's okay to include a few indulgences & treats.





"Thumbs Up"

High nutrition quality food

High performance food



www.commissaries.com

