



EAT RIGHT
FOR LIFE

Eat Right For Life (ERFL)

This is our custom “dietitian’s pick” healthy attribute which combines aspects of the Food & Drug Administration’s (FDA’s) Healthy claim, American Heart Association’s (AHA’s) heart healthy criteria and some additional wellness inclusions and restrictions. You can be confident products with this symbol were selected for meeting a high wellness standard!

ERFL Items meet the following nutrient requirements:

Fats: Total <6.5g, Saturated <1g, Trans <0.5g

Cholesterol: <20mg

Sodium: <200mg

No Partially Hydrogenated Oils

AHA inclusion criteria for nuts, fish (with Omega-3 Fatty Acids) and oils

All fresh fruits and vegetables allowed

All whole grains and plain/unseasoned dried beans allowed

No High Fructose Corn Syrup

No caffeine or added stimulants

Contains 1 or more nutrients of concern at >10% DV (Dietary fiber, Vitamin D, Calcium, or Potassium)

Meats can have below 20% DV cholesterol and do not require nutrients of concern listed above

Restrictions on Added Sugars (by category):

Ready-to-Eat cereals - 8g or less

Snacks - 5g or less

Yogurt - 3g or less

Grain-based products - 8g or less + >10% DV dietary fiber

Canned/frozen fruits - No “heavy syrup” and no added sugar



Follow us online for recipes, videos, and articles on a variety of healthy living topics.



SCAN
HERE!



FIND
**26 NEW
SYMBOLS**
ON TAGS ACROSS
THE ENTIRE STORE



Look inside
for more details!



ALL NATURAL

"All Natural" on-pack claims or free from artificial sweeteners, preservatives, colors, flavors and partially hydrogenated oils



HIGH FIBER

Must contain at least 20% of Daily Value for fiber*



NO ADDED SUGAR

"No Sugar Added" on-pack claim or must contain 0g of added sugars per serving on the nutrition facts panel



CARB SMART

"Low in Carbohydrates" on-pack claim or having carbohydrates <5% of the total calories per serving



HIGH PROTEIN

"High Protein" or "High in Protein" on-pack claims or contain at least 10g of protein per serving*



VEGAN

"Vegan" on-pack claim or certification, and must not contain meat, dairy, poultry, fish, seafood, or ingredients produced by animals or an animal by-product



DAIRY FREE

On-pack statement that product does not contain dairy



KOSHER

"Kosher" certification indicated with on-pack statement, symbol or logo



ORGANIC

"Organic" certification symbol or on-pack claim



CRUELTY FREE

"Cruelty Free" on-pack claim, logo, or certification (does not reflect any other "humane" or animal testing claims)



LIMITED INGREDIENTS

Contain 1-5 items listed on the ingredient statement or have an on-pack statement "contains few or limited ingredients"



WHOLE GRAIN

"Contains Whole Grains" on-pack claim, whole grain certification symbol, or contains ingredients known to be whole grain



DYE FREE

"Artificial Color Free" on-pack claims or do not contain ingredients known to be colors from artificial sources



HYPOALLERGENIC

"Hypoallergenic" on-pack claim



SUSTAINABLE

"Sustainable" or "Uses Sustainable Practices" on-pack statement, logo, or certification



GLUTEN FREE

"Gluten Free" on-pack claim or certification



LOW SODIUM

"Low Sodium" on-pack claim or must contain < 140mg of sodium per serving



PROBIOTIC

"Probiotic" on-pack claim



GRAIN FREE

"Grain Free" on-pack claim or symbol, or may contain an ingredient statement which shows no ingredients known to be sources of grains



LOW SATURATED FAT

"Low in Saturated Fat" on-pack statement or must contain < 1g of saturated fat and < 15% of total calories from saturated fat per serving*



NON GMO

"Non GMO" certification indicated with on-pack statement, symbol or logo



HEART HEALTHY

Follows the requirements of the American Heart Association (AHA). **SCAN FOR DETAILS!**



KETO DIET

"Ketogenic" on-pack claim or certification, or have a "low carbohydrate" or "carbohydrate free" claim



PEANUT FREE

On-pack statement that product "does not contain peanuts"



PLANT BASED

"Plant-based" on-pack claim, logo, or certification or derived from ingredients list (includes high-nutrient plant-based items with no meat/poultry/seafood/etc.)

* Products cannot exceed FDA thresholds requiring a disclosure statement for total fat, saturated fat, cholesterol or sodium.