FAREWAY
ECONOMICAL FOOD STORES

Copyright 2017 ®

¢ents able HEALTH™

ISSUE 25 | August-October 2017



The many benefits of BLUEBERRIES

Spice it up with dried herbs & spices

Plus fresh, affordable recipes in every issue

FREE





CentsAble Health

contents

4 **Spice It Up**
with Dried Herbs and Spices

6 **Seasonal Produce:**
Blueberries

11 **Tailgate**
with Six Ingredients (or Less!)







Serve our quick and healthy

BLACK BEAN DIP

with assorted vegetables and Frito Lay® Simply® Organic Tostitos for a dish that doubles as a last minute potluck contribution or an easy after school snack.

BLACK BEAN DIP

Makes 12 (¼ cup) servings • Total time: 20 minutes

Ingredients

½ cup olive oil
2 medium onions, chopped
4 garlic cloves, minced
2 jalapenos, deseeded and minced
2 (15.5 ounce) cans black beans, drained and rinsed
Salt, to taste
½ tsp. ground cumin
2 Tbsp. fresh lime juice
3 Tbsp. water
½ cup cilantro, chopped

Directions

Heat oil over medium heat. Saute onions, garlic and jalapenos until tender, stirring occasionally, about 10 minutes. Transfer to a blender or food processor. Add remaining ingredients to blender or food processor and blend until smooth, adding more water if necessary.

Nutrition information per serving: 117 calories; 4.7 g fat; 0.7 g saturated fat; 0 mg cholesterol; 282.2 mg sodium; 14.5 g carbohydrate; 5.5 g fiber; 4.7 g protein



SPICE IT UP!

When it comes to adding flavor (healthfully), few things do it better than dried herbs and spices.

They can cut down on sodium, fat and calories without compromising taste. They're also incredibly economical—the concentrated flavor allows you to substitute one part dried for three parts fresh.

A well-stocked spice rack can save just about any recipe. Although more advanced dishes may call for specific herbs or spices, here are some staples to keep on hand.

TO ADD HEAT	TO CUT DOWN ON SUGAR	FOR VISUAL APPEAL	FOR DEPTH
Black pepper Cayenne pepper	Cinnamon Nutmeg	Parsley Paprika	Oregano Cumin Garlic powder Onion powder Thyme Chili powder

Try Our Ranch Rub

on burgers, steaks, chicken, pork or fish. You can vary the ingredients and limit sodium based on your favorite flavors

Simply combine

2 tsp. paprika
2 tsp. dried thyme
1 tsp. garlic powder
1 tsp. onion powder
½ tsp. ground black pepper
½ tsp. cayenne pepper
1½ tsp. salt, optional



Sweet and Savory Popcorn

Makes about 5 (4 cup) servings • Total time: 15 minutes

Ingredients

¾ cup popcorn kernels, popped according to package directions
3 Tbsp. unsalted butter
1½ tsp. ground cinnamon
1½ tsp. paprika
1½ tsp. ground cumin
3 tsp. sugar
¾ tsp. salt, optional

Directions

In a small bowl, melt the butter in the microwave. Stir in cinnamon, paprika, cumin, sugar and salt. Pour over popcorn and stir to coat evenly.

Nutrition information per serving: 199 calories; 8.5 g fat; 4.6 g saturated fat; 18.3 mg cholesterol; 4.1 mg sodium; 28.5 g carbohydrate; 5.3 g fiber; 2.9 g sugar; 4.3 g protein



Herb Baked Chicken

Makes 4 servings • Total time: 30 minutes

Ingredients

1 pound boneless, skinless chicken breasts
¼ cup olive oil
Salt and pepper, to taste
½ tsp. cayenne pepper
1 tsp. garlic powder
2 tsp. dried rosemary
¼ cup fresh lemon juice

Directions

Preheat oven to 450°F. In a small bowl, mix together olive oil, salt, pepper, cayenne pepper, garlic powder, rosemary and lemon juice. Place chicken breasts on a baking sheet and cover evenly with oil mixture on both sides.
Bake for 15–20 minutes, or until chicken is cooked through and the internal temperature reaches 165°F.

Nutrition information per serving: 227 calories; 15.1 g fat; 1.9 g saturated fat; 60 mg cholesterol; 269.9 mg sodium; 1.9 g carbohydrate; 0.4 g fiber; 0.5 g sugar; 23.2 g protein



Roasted Vegetables

Makes 6 servings • Total time: 45 minutes

Ingredients

4 cups assorted vegetables, cut into bite-sized pieces (such as onion, bell pepper, mushrooms, zucchini, tomatoes, potatoes or carrots)
1 Tbsp. olive oil
1½ tsp. dried thyme
½ tsp. dried rosemary
½ tsp. garlic powder
Salt and pepper, to taste

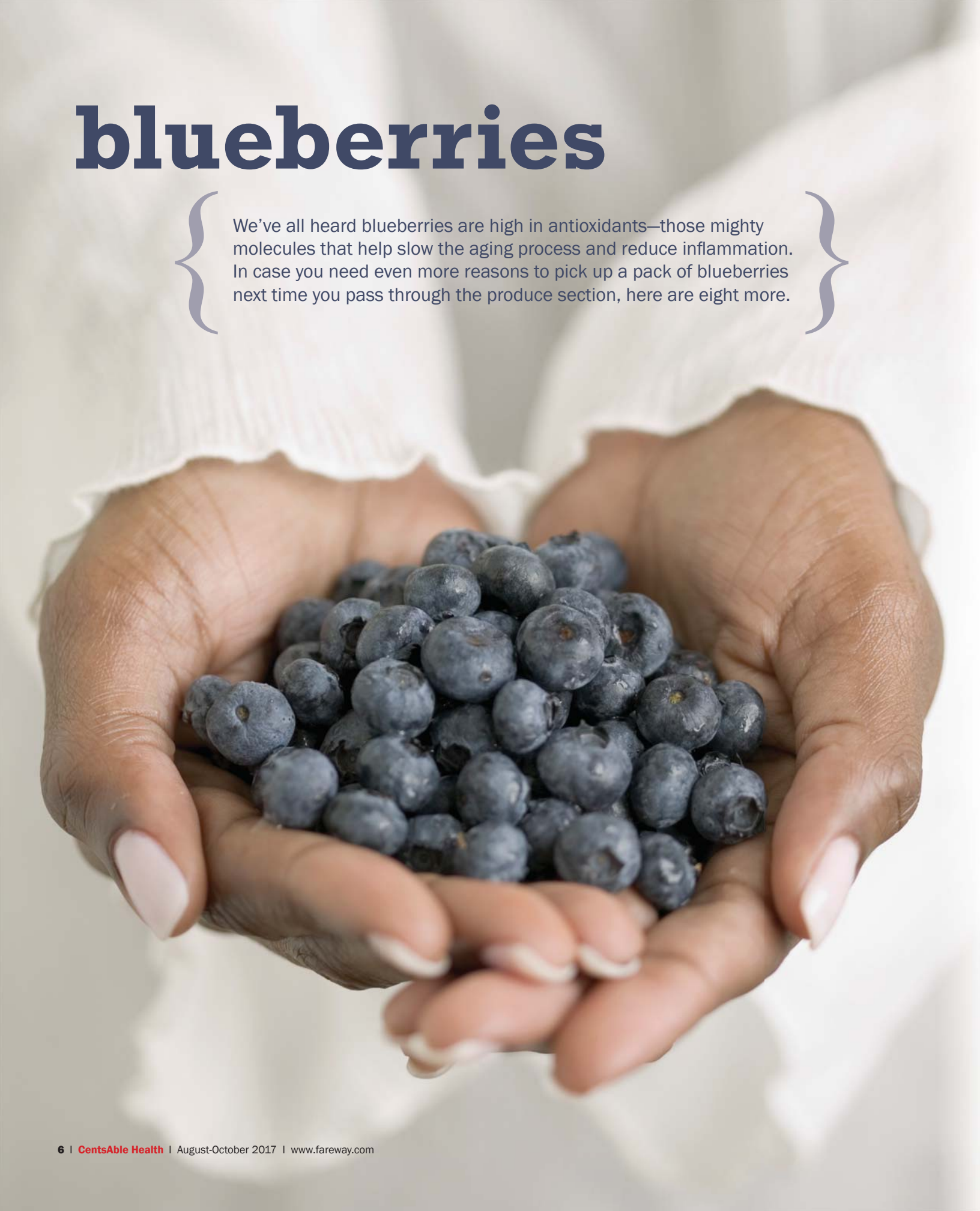
Directions

Preheat oven to 450°F. Spread vegetables in a single layer on a baking sheet. Drizzle with olive oil and sprinkle with remaining ingredients. Bake for 30 minutes, or until vegetables are crisp-tender.

Nutrition information per serving: 93 calories; 7.2 g fat; 1.1 g saturated fat; 0 mg cholesterol; 77.5 mg sodium; 7.1 g carbohydrate; 2.4 g fiber; 2 g sugar; 1.8 g protein

blueberries

We've all heard blueberries are high in antioxidants—those mighty molecules that help slow the aging process and reduce inflammation. In case you need even more reasons to pick up a pack of blueberries next time you pass through the produce section, here are eight more.



1. High in vitamin C, blueberries aid in wound healing and collagen production, an important part of skin, cartilage and blood vessels.

2. Blueberries are an excellent source of manganese, which is key for bone development and converting food to energy.

3. A handful of blueberries helps meet your daily fiber needs with about 3 grams per cup.

4. Blueberries may lower your risk of cardiovascular disease and urinary tract infections.

5. Research is showing blueberries are food for your brain—they may increase cognitive function, including memory.

6. One cup delivers around 100 calories, making blueberries a must for any weight loss or weight management plan.

7. Blueberries have a shelf life of 10–14 days in the refrigerator. Want them to last even longer? Pop them in the freezer.

8. They taste GREAT!



Blueberry Barbecue Sauce

Makes about 3 cups • Total time: 15 minutes

Ingredients

- 2 cups fresh or frozen blueberries
- ¾ cup ketchup
- ½ cup cider vinegar
- ½ cup packed light brown sugar
- 1 Tbsp. light molasses
- 1 tsp. chili powder
- 1 tsp. ground black pepper
- ½ cup water

Directions

Combine all ingredients in a medium saucepan. Bring the mixture to a boil over high heat, stirring constantly. Reduce heat to low and simmer, stirring occasionally, until sauce is slightly thickened. Cool to room temperature then refrigerate until ready to use.

Nutrition information per serving (2 tablespoons): 36 calories; 0.1 g fat; 0 g saturated fat; 0 mg cholesterol; 87.4 mg sodium; 8.9 g carbohydrate; 0.4 g fiber; 7.9 g sugar; 0.3 g protein



Enjoy on toast, oatmeal, pancakes or English muffins

Blueberry Chia Seed Jam

Makes about 1 cup • Total time: 30 minutes

Ingredients

3 cups fresh blueberries
3 Tbsp. pure maple syrup
2 Tbsp. chia seeds
½ tsp. vanilla extract

Directions

In a medium saucepan, bring blueberries and maple syrup to a low boil. Stir frequently and simmer for about 5 minutes, lightly mashing the blueberries. Add chia seeds and cook the mixture until it thickens to your desired consistency, stirring frequently. Remove the pan from heat and add vanilla. Serve warm or store in the refrigerator. *Note: Jam will thicken more once refrigerated.*

Nutrition information per serving (2 tablespoons): 69 calories; 1.3 g fat; 0.2 g saturated fat; 0 mg cholesterol; 1.7 mg sodium; 14.5 g carbohydrate; 2.7 g fiber; 5.4 g sugar; 1 g protein



Blueberry Zucchini Muffins

Makes 12 muffins • Total time: 45 minutes

Ingredients

1½ cups whole wheat flour
1 tsp. baking powder
¼ tsp. baking soda
½ tsp. salt
1½ tsp. cinnamon
2 eggs
½ cup Greek yogurt
2 tsp. vanilla extract
Zest of 1 lemon
1 cup granulated sugar
1½ cups zucchini, shredded
1½ cups blueberries

Directions

In a small bowl, stir together flour, baking powder, baking soda, salt and cinnamon. In a large bowl, beat together the eggs, yogurt and vanilla until smooth. Add the lemon zest and sugar and stir until smooth. Slowly stir in the flour mixture until just incorporated. Fold in the zucchini and blueberries. Scoop ¼ cup batter into muffin tins sprayed with nonstick spray or lined with muffin cups. Bake at 350°F for 25–30 minutes or until a toothpick comes out clean. Cool and store in an airtight container.

Nutrition information per muffin: 148 calories; 1.2 g fat; 0.4 g saturated fat; 27.8 mg cholesterol; 169.2 mg sodium; 31.4 g carbohydrate; 2.4 g fiber; 19.3 g sugar; 4.2 g protein



Blueberry Mug Cake

Makes 1 serving • Total time: 10 minutes

Ingredients

1 Tbsp. butter
¼ cup all-purpose flour
2 Tbsp. granulated sugar
1 egg
1 Tbsp. milk
¼ tsp. vanilla extract
¼ tsp. baking powder
2 Tbsp. blueberries

Directions

In a 12–14 ounce microwave-safe mug, melt butter. Stir in flour, sugar, egg, milk, vanilla and baking powder until well combined. Fold in blueberries.

Microwave for 90 seconds or until cake pulls away from the sides. Let cool 5 minutes before serving.

Nutrition information per serving: 385 calories; 16.1 g fat; 8.7 g saturated fat; 194.2 mg cholesterol; 255.8 mg sodium; 51.2 g carbohydrate; 1.3 g fiber; 26.1 g sugar; 9 g protein

Introducing Véa

snacks with real ingredients crafted into unique and interesting recipes inspired from around the world

Squashing 3 PM hunger or finding a light crunch to munch on has never been easier. Mini Crunch Bars, Seed Crackers and World Crisps come in flavors like Thai Coconut, Greek Hummus with Olive Oil and Tuscan Herbs with Roasted Garlic, so you can find the perfect pairing anytime.



Feeding a hungry crowd before or after school?

Quesadillas are satisfying enough to get your family through until dinner, yet easy enough to leave you with some free time on your hands. Here is a sweet treat to keep in your snack-time arsenal.



Peanut Butter, Banana and Strawberry Quesadilla

- 2 (8 inch) Fareway Whole Wheat flour tortillas
- 2 Tbsp. peanut butter
- 1 large banana, sliced
- 4–5 strawberries, sliced
- ⅛ tsp. cinnamon, optional

Heat a medium skillet over medium-high heat and spray pan with cooking spray. Spread 1 tablespoon of the peanut butter evenly over each tortilla. Arrange banana and strawberry slices over one tortilla, sprinkle with a pinch of cinnamon and top with the remaining tortilla, peanut butter side down. Press gently to help them stick together. When the skillet is hot, add the quesadilla, flipping once, until golden brown, about 2 minutes per side. Cut each quesadilla into halves or quarters.

Nutrition information per serving (½ of quesadilla): 187 calories; 11.8 g fat; 2.6 g saturated fat; 0 mg cholesterol; 355.9 mg sodium; 40.8 g carbohydrate; 4.1 g fiber; 11.2 g sugar; 8.3 g protein



TAILGATE

(or just take your dinner outside) with unbeatable entrees that use six ingredients or fewer.

Nothing says entertaining like pulled pork. We've lightened up traditional pulled pork by subbing in pork loin. Don't worry—we didn't sacrifice any flavor.

Pulled Pork

Makes about 16 sandwiches • Total time: varies

Ingredients

1 (4 pound) boneless pork loin, sliced into 1 inch thick slices
1 tsp. seasoned salt
2 onions, sliced
1 cup ginger ale

Directions

Season pork with seasoned salt. Place one sliced onion on the bottom of a slow cooker, then add pork. Cover with another sliced onion. Add ginger ale, cover and cook on low for 8 hours (high for 4 hours), or until the internal temperature reaches 145°F. Remove pork, strain and save onions, and discard all liquid. Shred pork with two forks and return pork and onions to the slow cooker. Serve on buns or rolls with barbecue sauce, if desired.

Nutrition information per serving (does not include bun or barbecue sauce): 157 calories; 3.9 g fat; 1.4 g saturated fat; 74.8 mg cholesterol; 152.4 mg sodium; 3.1 g carbohydrate; 0.4 g fiber; 2.1 g sugar; 25.6 g protein

pork Be inspired



Grilling pizza is easier than you may think, especially if you use a premade pizza crust and leftover chicken. You can saute or grill chicken ahead of time for easy assembly or grill a few chicken breasts on site.

California-Style Barbecue Chicken Pizza

Makes 6 servings • Total time: 30 minutes

Ingredients

¾ pound boneless, skinless chicken breasts, cut into thin strips
¼ cup red onion, thinly sliced
1 (12 inch) prepared pizza crust
⅓ cup barbecue sauce
1½ cups shredded cheese

Directions

Cook chicken and onion in a large skillet sprayed with cooking spray over medium-high heat for 5 minutes, or until chicken is cooked thoroughly, stirring frequently. Spread barbecue sauce on pizza crust; top with chicken and cheese. Place pizza on grill over indirect heat for 10–15 minutes, or until cheese is melted and crust is crisp.

Nutrition information per serving: 389 calories; 14.1 g fat; 5.5 g saturated fat; 30 mg cholesterol; 624.1 g sodium; 33.6 g carbohydrate; 1.2 g fiber; 5.3 g sugar; 28.5 g protein



Flank steak is lean, there's no waste and each steak can be split among a group. For the most tender steak, always slice across the grain before serving.

Balsamic and Soy Flank Steak

Makes 6 servings • Total time: 30 minutes + marinating time

Ingredients

1 flank steak (about 1½ pounds)
¼ cup soy sauce
¼ cup balsamic vinegar
1 Tbsp. minced garlic
1 Tbsp. brown sugar

Directions

Combine all ingredients in a plastic bag and marinate in the refrigerator for at least 30 minutes, up to overnight. Remove steak from marinade and drain on a wire rack for 10 minutes, or until excess marinade has dripped off. Preheat grill to medium heat and grill 8–10 minutes per side, or until internal temperature reaches 145°F. Remove steak from grill and allow steak to rest for 5 minutes before slicing and serving.

Nutrition information per serving: 211 calories; 9.4 g fat; 3.9 g saturated fat; 77 mg cholesterol; 447.4 mg sodium; 4.5 g carbohydrate; 0 g fiber; 3.1 g sugar; 24.9 g protein



Serve these spicy shrimp on their own as half of a surf 'n turf dinner.

Cajun Grilled Shrimp

Makes 4 servings • Total time: 20 minutes

Ingredients

1 pound raw shrimp, peeled and deveined
3 Tbsp. canola oil
2 Tbsp. Cajun spice rub
1 lime

Directions

Preheat grill to high heat. If using wood or bamboo skewers, soak them in water for 20 minutes before grilling. Thread the shrimp on the skewers. Brush both sides of the shrimp with oil and sprinkle with Cajun spice rub. Grill shrimp for 3 minutes per side, or until shrimp is opaque and fully cooked. Remove from grill; squeeze lime juice over shrimp.

Nutrition information per serving: 173 calories; 11.6 g fat; 1 g saturated fat; 142.7 mg cholesterol; 1248 mg sodium; 1 g carbohydrate; 0 g fiber; 0 g sugar; 15.4 g protein



To reduce grill flare-ups, place the chicken in a disposable foil pan or position the pan directly underneath the chicken. Slice and serve, or make into tacos or sandwiches.

Beer Can Chicken

Makes 10 servings • Total time: varies

Ingredients

1 (5 pound) whole chicken
2 Tbsp. olive oil
1 tsp. salt
1 Tbsp. black pepper
1 Tbsp. dried thyme leaves
1 opened, half-full can of beer or cola

Directions

Pat chicken dry with paper towel. Rub with olive oil and season with salt, pepper and thyme. Set the beer can on a flat surface and slide the chicken over the top so the can fits inside the cavity. Carefully balance the bird on its two legs over the can to form a solid base. Grill over indirect medium heat for 1½–2 hours, or until the internal temperature of the chicken reaches 165°F. Wearing heavy mitts, carefully remove the chicken and can from the grill, being careful to not spill the beer (it will be hot). Let the chicken rest for approximately 10 minutes before lifting it away from the can and discarding the beer. Cut chicken into pieces and serve.

Nutrition information per serving: 144 calories; 5.8 g fat; 1.2 g saturated fat; 69 mg cholesterol; 308.7 mg sodium; 0.7 g carbohydrate; 0 g fiber; 0 g sugar; 21.2 g protein



Got a few more minutes for a few more ingredients? Serve these mini meatballs with our three ingredient apricot dipping sauce—it's a game changer.

Mini Meatballs with Apricot Dipping Sauce

Makes 36 meatballs • Total time: 35 minutes

Ingredients

1 pound 93% lean ground beef
¼ cup seasoned dry bread crumbs
1 egg, beaten
2 Tbsp. water
Salt and pepper, to taste

Apricot Sauce

¾ cup apricot preserves
¾ cup barbecue sauce
2 Tbsp. Dijon-style mustard

Directions

Preheat oven to 400°F. Combine ground beef, bread crumbs, egg, water, salt and pepper in large bowl, mixing lightly. Shape into 36 meatballs. Place on rack in broiler pan that has been sprayed with cooking spray. Bake for 15–17 minutes. Meanwhile, heat preserves, barbecue sauce and mustard in medium saucepan over medium heat. Bring to a boil; reduce heat; simmer, uncovered, 3–5 minutes, stirring occasionally or until sauce thickens slightly. Add cooked meatballs and continue to cook 2–3 minutes or until meatballs are heated through, stirring occasionally. Serve or keep warm in slow cooker.

Nutrition information per meatball with sauce: 36 calories; 1.1 g fat; 0.5 g saturated fat; 12.5 mg cholesterol; 113.4 mg sodium; 4.5 g carbohydrate; 0.8 g fiber; 1.6 g sugar; 2.9 g protein



Looking to save on sodium? Stir up your own fajita seasoning with chili powder, cumin, paprika, cayenne pepper and garlic powder.

Chicken Fajita Packets

Makes 4 servings • Total time: 25 minutes

Ingredients

4 large sheets heavy-duty foil
1 pound boneless, skinless chicken breasts, cut into strips
2 bell peppers, any color, sliced
1 large onion, sliced
2 Tbsp. fajita or taco seasoning
8 whole wheat flour tortillas

Directions

Spray foil sheets with cooking spray; top with chicken, peppers, onion and seasoning. Fold in half to make packets. Grill 15 minutes, or until the chicken internal temperature reads 165°F. Serve on tortillas.

Nutrition information per serving: 360 calories; 5.8 g fat; 0.8 g saturated fat; 57.8 mg cholesterol; 831.5 mg sodium; 50.4 g carbohydrate; 6.4 g fiber; 6 g sugar; 28.4 g protein



Skewer up some kabobs for a no-mess meal on a stick—no utensils required!

Kick-off Kabobs

Makes 24 mini kabobs or 12 full size kabobs
Total time: varies

Ingredients

- 2 pounds boneless pork chops, cut into 1-inch cubes
- 1 cup Italian dressing
- 2 Tbsp. red pepper flakes, crushed
- 1 Tbsp. fennel seed
- 2 bell peppers, any color, cut into 1-inch pieces
- 1 large onion, cut into 1-inch pieces

Directions

Place pork in resealable plastic bag; add dressing, red pepper flakes and fennel seed. Seal bag; refrigerate for at least 1 hour, up to overnight to marinate pork. When ready to cook, thread pork, peppers and onion on skewers. Discard marinade. Grill over medium-high heat, for about 5 minutes per side, or until the internal pork temperature reaches 145°F.

Nutrition information per mini kabob: 82 calories; 4.1 g fat; 1 g saturated fat; 25 mg cholesterol; 181.3 mg sodium; 2.2 g carbohydrate; 0.5 g fiber; 1.3 g sugar; 8.7 g protein



You can never have too many burger recipes up your sleeve. These Pork and Apple Cheddar Burgers combine sweet and savory to shake up any burger rut.

Pork and Apple Cheddar Burgers

Makes 6 servings • Total time: 20 minutes

Ingredients

- 1 pound ground pork
- ¾ cup apple, shredded, any variety
- ¼ cup green onion, chopped
- ½ tsp. dried thyme leaves
- Salt and pepper, to taste
- 6 slices cheddar cheese

Directions

Combine apple, green onion, thyme, salt and pepper in a medium bowl. Add the ground pork; gently mix until combined. Form into 6 patties. Grill over medium-high heat, covered, for 5 minutes. Turn and grill, covered, an additional 4–6 minutes or until the internal temperature reaches 160°F. Top each burger with a slice of cheddar cheese and serve on buns.

Nutrition information per serving: 303 calories; 21.3 g fat; 10.5 g saturated fat; 83 mg cholesterol; 244 mg sodium; 5.7 g carbohydrate; 1 g fiber; 4.2 g sugar; 21.8 g protein



Get your napkins handy for this one. Slow-cooked beef and coleslaw is a winning combination—and well worth the mess!

BBQ Beef Sliders

Makes 16 sliders • Total time: varies

Ingredients

- 1 (3 pound) beef chuck roast
- Salt and pepper, to taste
- 1 large onion, chopped
- 1 cup prepared barbecue sauce
- 1 cup prepared coleslaw
- 16 slider rolls

Directions

Season roast with salt and pepper. Add onion, roast and ½ cup water to slow cooker. Cook on low for 10 hours (high for 6 hours), or until roast shreds easily with a fork. Remove roast from slow cooker and shred with two forks; discard liquid from slow cooker. Return shredded beef back to the slow cooker and add barbecue sauce. Warm through and serve on rolls with coleslaw.

Nutrition information per slider: 281 calories; 8.8 g fat; 2.4 g saturated fat; 62 mg cholesterol; 382.7 mg sodium; 23.3 g carbohydrate; 1 g fiber; 7.8 g sugar; 25.6 g protein



Organic apple cider vinegar contains the Mother, which houses apple cider vinegar's healthy enzymes and bacteria (just shake it up first). Try adding Nature's Intent® Organic Apple Cider Vinegar to salads, vegetables or our Carolina Pulled Pork.

Carolina Pulled Pork

Makes 12 servings Total time: approximately 3 hours

Ingredients

- 1 (4 pound) pork shoulder roast
- 2 onions, sliced
- 2 Tbsp. brown sugar
- 1 Tbsp. paprika
- 2 tsp. salt
- 1½ tsp. crushed red pepper
- 1½ tsp. sugar
- ½ tsp. dry mustard
- ½ tsp. garlic powder
- ¾ cup Nature's Intent® Organic Apple Cider Vinegar
- 4 tsp. Worcestershire sauce
- ½ cup water

Directions

Preheat oven to 325°F. Layer sliced onions on the bottom of a Dutch oven and place pork roast on top. Mix brown sugar, paprika, salt, crushed red pepper, sugar, dry mustard and garlic powder. Season roast with spice mixture and add remaining ingredients. Cover Dutch oven with a lid and roast for 1½ hours. Remove the lid and cook for an additional 1 to 1½ hours, or until roast is fork tender. Remove roast from Dutch oven and shred with two forks.

Nutrition information per serving: 367 calories; 20.6 g fat; 7.3 g saturated fat; 136 mg cholesterol; 520.9 mg sodium; 4.6 g carbohydrate; 0.6 g fiber; 3 g sugar; 38.6 g protein

Creamy meets crunchy!

Enjoy all five guilt-free flavors of traditional-style yogurt with crunchy mix-ins for under 200 calories each



Key Lime Crunch

Key lime flavored lowfat yogurt with graham crackers & white chocolate chips



Very Berry Crisp

Blackberry flavored lowfat yogurt with cinnamon crunch, pie crust pieces & oat clusters



Salted Caramel Pretzel

Caramel flavored lowfat yogurt with pretzel pieces, caramel crunch & roasted almonds



Coconut Chocolate Almond

Coconut flavored lowfat yogurt with chocolate chunks, caramel crunch & roasted almonds

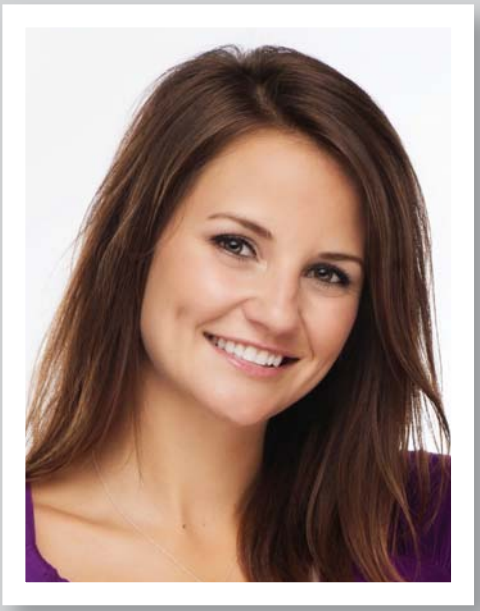


Cherry Chocolate Almond

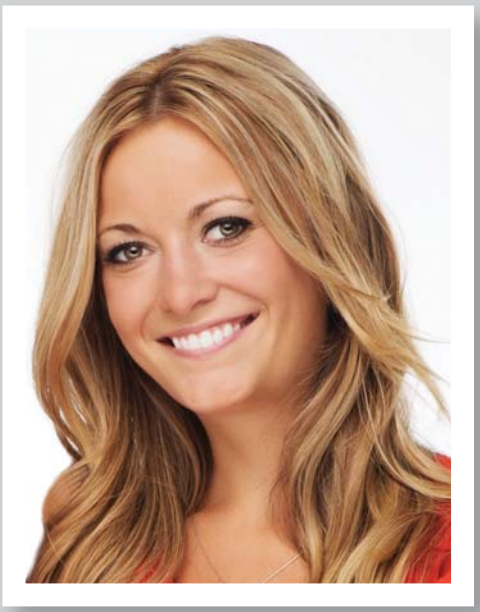
Black cherry flavored lowfat yogurt with chocolate chunks & roasted almonds

Ask WHITNEY & CAITLYN

Fareway Corporate Dietitians



Whitney, RD, LD



Caitlyn, RD, LD

Want to contact Whitney or Caitlyn?

Send your nutrition questions to:
Fareway Stores, Inc.
C/O Registered Dietitians
2300 Industrial Park Road
Boone, IA 50036

Email: centsablehealth@farewaystores.com
Website: www.fareway.com
Facebook: www.facebook.com/farewaystores
Pinterest: www.pinterest.com/farewaystores
Twitter: www.twitter.com/fareway_stores
YouTube: www.youtube.com/centsablehealth
Instagram: www.instagram.com/fareway_stores

Any health or nutritional information provided by Fareway Stores, Inc. is solely for general informational purposes as a public service to promote consumer health. No specific health or nutritional information is intended to be specific to your medical condition. Nothing contained, expressly or implied, in the information provided is intended, or shall be construed, as medical or other professional advice. Medical questions or concerns about your care or treatment should be directed to the appropriate health care professionals. While Fareway Stores, Inc. attempts to provide accurate information, it doesn't make representations or warranties of any kind, expressly or implied, about the completeness, accuracy, reliability, suitability or availability with respect to the information, products, services or related graphics contained herein. Therefore, any reliance you place on such information is strictly at your own risk.