

# Make the healthy choice the easy choice.

Nutrition Pathways™ highlight the most nutritious foods on your journey to well-being. Whether managing a health condition, following a food lifestyle, or just wanting to make healthier choices. We've done the work and labeled products that will help you find the better-for-you and lifestyle items that you are looking for.

Find Nutrition Pathways™ throughout the store and grocery shop online: [shopthefastlane.com](http://shopthefastlane.com)

Brought to you by our Living Well Team at

**FAMILY  
FARE.**

To learn more about Nutrition Pathways™, visit [shop.familyfare.com/nutrition-pathways](http://shop.familyfare.com/nutrition-pathways).



Scan for Nutrition Pathways™ details

MAKING  
HEALTHY CHOICES,  
EASY CHOICES.

**FAMILY  
FARE.**



**HEALTHY CHOICES  
START HERE**

## Nutrition Pathways™

 <b>HEART HEALTHY</b>	 <b>5 OR LESS INGREDIENTS</b>	 <b>GLUTEN FREE</b>	 <b>LOW SODIUM</b>
 <b>SUSTAINABLE</b>	 <b>VEGAN PLANT BASED</b>	 <b>ORGANIC</b>	 <b>HYPOALLERGENIC</b>
 <b>NON DAIRY</b>	 <b>FREE FROM</b>	 <b>LACTOSE FREE</b>	 <b>FRAGRANCE FREE</b>
 <b>GOOD SOURCE PROTEIN</b>	 <b>NO ADDED SUGAR</b>	 <b>K PAREVE</b>	 <b>MEAT FIRST</b>
 <b>NOTHING ARTIFICIAL</b>	 <b>PARABEN FREE</b>	 <b>WHOLE GRAIN</b>	 <b>HIGH FIBER</b>
	 <b>NUT FREE</b>		 <b>NON GMO</b>



This product is considered a 'heart healthy' food by the American Heart Association (AHA) and contains less than 10 grams of added sugar per serving.



This product has five or fewer ingredients.



This product is gluten-free.



This product has 140 mg or less sodium per serving.



This product has one of the following claims and/or certifications: B Corp, Biobased, BPA Free, Carbon Footprint, Dolphin Safe, Environmentally Friendly, Ethical, Fair Trade, Forest Stewardship Council, FSC, Marine Stewardship Council, Rainforest Alliance Cert, Sustainable Farming, Sustainable Fishing, Sustainable Forest Initiative, Sustainable Packaging, Sustainable Seafood, Wild Caught.



This product does not contain animal by-products or any animal ingredients.



This product is considered organic.



Includes all products making a claim of being hypoallergenic.



This product does not contain dairy or milk ingredients.



This product is free from the 8 major allergens (milk, eggs, shellfish, fish, peanuts, tree nuts, wheat, soy), antibiotics, high fructose corn syrup, hormones, partially hydrogenated oil ingredients, pesticides, and nitrates.



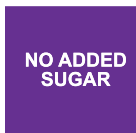
This product does not contain any lactose.



These products that do not contain fragrance ingredients based on a derived analysis of the ingredient statement or make a fragrance free claim.



This product contains at least 5 grams of protein.



This product does not contain any added sugar.



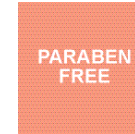
Products for which the first ingredient in the ingredients statement is identified to be a meat-containing ingredient.



This product is Kosher.



This product does not contain artificial color, artificial flavor, artificial sweetener, or artificial preservatives.



This product does not contain paraben ingredients based on a derived analysis of the ingredient statement or make a paraben free claim.



The first ingredient in this product is a whole grain.



This product has at least 5 grams of fiber per serving.



This product is free of tree nuts and peanuts.



This product does not contain any genetically modified (GMO) ingredients.