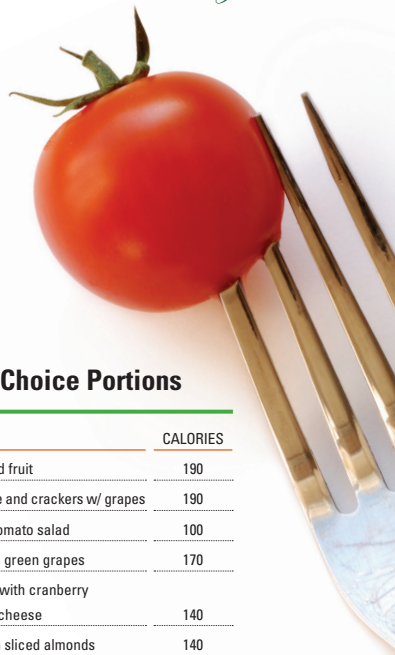


Smart Portions

A Smart Way to Eat Healthy



Introducing a healthier way to eat. Smart Portions are small, healthy helpings of special recipes each one 200 calories or less. They are the perfect solution for eating healthy on the go.

Combine 2 portions to create a meal or select a single portion to add to a soup. You can also enjoy a single portion as a healthy snack. Any way you do it, it's a smart way to eat healthy.

Healthy Choice Portions

ITEM	CALORIES
Brie cheese and fruit	190
Cheddar cheese and crackers w/ grapes	190
Chickpea and tomato salad	100
Tuna salad with green grapes	170
Smoked turkey with cranberry chutney & blue cheese	140
Asparagus with sliced almonds	140
Hummus and tomato with pita wedge	140
Jerk chicken with fresh fruit	200
Mozzerella, olives, roasted pepper and tomato	180
Apples, roquefort, and cranberries	200

