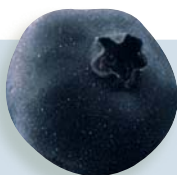


# introducing

## HEALTHY ELEMENTS<sup>®</sup>

know what's good for you



### fda definitions at a glance

gluten free\*

< 20 ppm of gluten

carb aware

≤ 15 grams of  
carbohydrates per serving

heart healthy\*

less than 480mg sodium per serving per  
item, meals & main dishes contain 600mg of  
sodium or less per serving, and is low in fat,  
saturated fat & cholesterol

good source  
of fiber\*

contain 10% or more daily value of fiber  
per serving, and must also meet the  
FDA definition of low fat

low sodium\*

contains 140 mg sodium or less per serving

*\*All food items as marked according to a manufacturer's Nutritional Facts panel  
based on current FDA definitions and labeling regulations.*