



PRODUCT NUTRITION INFORMATION GUIDE



Balanced eating starts with smart choices.

It's not always easy to fit balanced nutrition into your busy lifestyle or decipher all the nutrition messages around. That's why we created our **goodeating SENSIBLE LIVING™** program. It provides valuable information to guide you in making sensible mealtime decisions for yourself and your family.

Use this handy guide to find a selection of M&M Meat Shops products with **two or more of the following attributes**: Low Fat, No Trans Fat, No Preservatives, Lean, Low Sodium, Source of Fibre, Low Cholesterol, Low Saturated Fat and Good Source of Calcium **PLUS no more than 25% Daily Value* sodium per serving**. We know many of you are especially concerned with sodium content, that's why we've made this important limitation for sodium content in this brochure.

Plus, look in our flyers for even more information and attributes for all of our products. And, visit our website www.mmmeatshops.com to find the packaging nutrition information for each of our products.

Here's to good eating!

(* % Daily Value as recommended by Health Canada)

Access nutrition and allergen information for your favourite M&M Meat Shops products at www.mmmeatshops.com

Click on the Nutrition & Allergen spotlight on the home page or from the goodeating SENSIBLE LIVING section of our website. You can also find information on any of the product detail pages from Explore Our Products.

In-store, our friendly and knowledgeable Product Consultants are happy to answer your questions regarding nutrition and allergen information for all M&M Meat Shops products. At your request, staff will print a list of products that do not include particular allergens/sensitive ingredients, as per the manufacturer's research. Or, you can also receive a list of products that meet your particular nutritional criteria.

M&M Meat Shops is committed to being your trusted source for quick and delicious meal ideas every day.



Red Pepper Alfredo

Chicken Marinara

Maple Ginger Salmon




Teriyaki Pork Tenderloin served with Rice & Vegetable Medley



Original Boneless Chicken Chunks

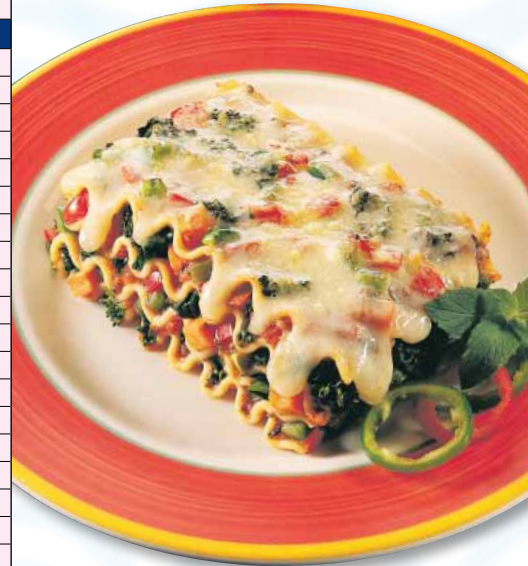
| Product Name | Serving Size | 2 or more attributes + 25% DV sodium or less per serving | No Preservatives | Lean | Low Fat | Low Saturated Fat | No Trans Fat | Low Cholesterol | Source of Fibre | Low Sodium | Good Source of Calcium | Calories (cal/serving) | Fat (g/serving) |
|-------------------------------------|--------------------------|--|------------------|------|---------|-------------------|--------------|-----------------|-----------------|------------|------------------------|------------------------|-----------------|
| BEEF & PORK | | | | | | | | | | | | | |
| Savoury Peppery Griller Steaks | 1 steak (170 g) | • | • | • | | | | | | | | 22.0 | 8 |
| Montreal Style Griller Steaks | 1 steak (170 g) | • | • | • | | | | | | | | 210 | 5 |
| Butcher's Grind™ Pure Beef Patties | 1 patty (142 g) | • | • | | | | | | | • | | 350 | 27 |
| Marinated Teriyaki Beef Kabob | 1 kabob (142 g) | • | • | | | • | • | | | | | 160 | 4 |
| Veggie Burgers | 1 burger (96 g) | • | • | | • | | • | • | • | | | 140 | 3 |
| Barbecue Pork Kabob | 1 kabob (128 g) | • | • | • | | • | • | | | | | 150 | 5 |
| Honey Garlic Pork Chops | 1 chop (170 g) | • | • | • | | | | | | | | 240 | 10 |
| Teriyaki Pork Tenderloin | 1/3 tenderloin (133 g) | • | • | • | | | | | | | | 170 | 6 |
| Apple Butter Pork Tenderloin | 1/3 tenderloin (133 g) | • | • | • | | • | • | | | | | 170 | 4.5 |
| Dry Garlic Pork | 6 pieces (50 g) | • | • | | | • | • | | | | | 130 | 6 |
| Pork Pot Roast | 1/4 pouch (125 g) | • | • | • | | | | | | | | 150 | 6 |
| CHICKEN & TURKEY | | | | | | | | | | | | | |
| Oven-Roasted Chicken Breasts | Per 1 breast (113 g) | • | • | • | • | • | • | | | | | 120 | 1.5 |
| Chicken Breasts Supreme | 1 average breast (180 g) | • | • | | | | | | | • | | 310 | 18 |
| Chicken Strips | 2 strips (100 g) | • | • | | | | | | • | | | 220 | 10 |
| Oriental Style Chicken Dumplings | 4 pieces (104 g) | • | | | | | | • | | | | 150 | 5 |
| Marinated Barbecue Chicken Kabob | 1 kabob (142 g) | • | • | | • | • | • | | | | | 130 | 2.5 |
| Chicken Breast Grills | 1 breast (100 g) | • | • | | | | | | | | | 180 | 9 |
| Seasoned, Stuffed Turkey Breast | 1/8 breast (125 g) | • | • | | • | • | • | | | | | 130 | 1 |
| Chicken Pineapple Mini-Skewers | 2 skewers (50 g) | • | • | | • | • | • | | | | | 70 | 1 |
| Turkey Meatballs | 6 meatballs (60 g) | • | • | | | | | | | | | 120 | 8 |
| Chicken Nuggets | 4 nuggets (100 g) | • | • | | | | | | • | | | 230 | 12 |
| Grilled Chicken Breast Slices | 12 slices (100 g) | • | • | | • | • | • | | | | | 110 | 1 |
| Buffalo Chicken Kabob | 1 kabob (128 g) | • | • | | • | • | • | | | | | 110 | 1.5 |
| Lemon and Herb Chicken Kabob | 1 kabob (128 g) | • | • | | • | • | • | | | | | 120 | 3 |
| Fire-Roasted Chicken Meatballs | about 4 meatballs (72 g) | • | • | | | | | | | | | 110 | 5 |
| Buffalo Boneless Chicken Chunks | about 3 pieces (90 g) | • | • | | | | | | | | | 160 | 6 |
| Buffalo Chicken Fillets | 2 fillets (100 g) | • | • | | | | | | • | | | 190 | 7 |
| Bistro Chicken™ Mozzarella Marinara | 1 portion (142 g) | • | • | | | | | | | | | 150 | 3.5 |
| Boneless Chicken Chunks | about 3 pieces (90 g) | • | • | | | | | | | | | 140 | 4.5 |

| Product Name | Serving Size | 2 or more attributes + 25% DV sodium or less per serving | | | | | | | | | | | Calories (cal/serving) | Fat (g/serving) | |
|---|---------------------------------------|---|------------------|------|---------|-------------------|--------------|-----------------|-----------------|------------|------------------------|--|------------------------|-----------------|-----|
| | |  | No Preservatives | Lean | Low Fat | Low Saturated Fat | No Trans Fat | Low Cholesterol | Source of Fibre | Low Sodium | Good Source of Calcium | | | | |
| FISH & SEAFOOD | | | | | | | | | | | | | | | |
| "Jail Island" [™] Salmon | 1 portion (142 g) | • | • | | | | | | | | | | | 310 | 22 |
| Extra Large Shrimp Fan | 3 shrimp and 2 tsp sauce (60 g) | • | | | | | | | | | | | | 45 | 0 |
| Applewood Smoke and Maple Salmon | 1 fillet (142 g) | • | | | | | | | | | | | | 140 | 2 |
| Herb & Lime Shrimp | about 5 shrimp (125 g edible portion) | • | | • | | | | | | | | | | 110 | 1 |
| Sweet Chili and Citrus Salmon | 1 fillet (142 g) | • | | | | | | | | | | | | 140 | 2 |
| Mini Shrimp Fan | 3 shrimp and 1 tbsp sauce (57g) | • | | | | | | | | | | | | 50 | 0 |
| Cooked Shrimp Platter with Sauce | 5 shrimp and 1 tbsp sauce (50 g) | • | | | | | | | | | | | | 35 | 0 |
| Torpedo Shrimp | 4 pieces (64 g) | • | | | | | | | | | | | | 150 | 6 |
| Breaded Shrimp | 4 shrimp (55 g) | • | | | | | | | | | | | | 120 | 6 |
| Medium Cooked Shrimp (30-38 shrimp) | 10 shrimp (100 g) | • | • | • | | | | | | | | | | 80 | 1 |
| Herb & Garlic Salmon | 1 fillet (142 g) | • | | | | | | | | | | | | 130 | 3.5 |
| Sole Fillets | 1 average fillet (100 g) | • | • | • | | | | | | | | | | 90 | 1 |
| Haddock Fillets | 1 average fillet (70 g) | • | • | • | | | | | | | | | | 60 | 0.5 |
| Breaded Haddock Fillets | 1 average fillet (118 g) | • | • | | | | | | | | | | | 210 | 8 |
| Battered Haddock Fillets | 1 average fillet (118 g) | • | | | | | | | | | | | | 230 | 13 |
| Salmon in Dill Sauce | 1 fillet (142 g) | • | | | | | | | | | | | | 130 | 4 |
| Extra Large Cooked Shrimp (19-23 shrimp) | 6 shrimp (100 g) | • | • | • | | | | | | | | | | 80 | 1 |
| Cod Nuggets | about 4 nuggets (120 g) | • | • | | | | | | | | | | | 210 | 8 |
| Shrimp Skewers | 1 skewer (91 g) | • | • | • | | | | | | | | | | 60 | 0.5 |
| Potato Crusted Cod | 1 average fillet (155 g) | • | | | | | | | | | | | | 190 | 8 |
| PASTA, PIZZA & PREPARED MEALS | | | | | | | | | | | | | | | |
| Perogies | 4 perogies (120 g) | • | | | | | | | | | | | | 220 | 3 |
| Chicken Tikka Masala | 1 entrée (285 g) | • | • | | | | | | | | | | | 260 | 5 |
| Yellow Chicken Curry | 1 entrée (285 g) | • | • | | | | | | | | | | | 290 | 7 |
| Spanish Chicken and Rice | 1 entrée (285 g) | • | | | | | | | | | | | | 240 | 3.5 |
| Chicken Marinara | 1 entrée (285 g) | • | | | | | | | | | | | | 290 | 8 |
| Chicken Teriyaki | 1 entrée (285 g) | • | | | | | | | | | | | | 290 | 1.5 |
| Mango Shrimp | 1 entrée (285 g) | • | | | | | | | | | | | | 230 | 1 |
| Maple Ginger Salmon | 1 entrée (285 g) | • | | | | | | | | | | | | 230 | 1 |
| Red Pepper Alfredo | 1 entrée (285 g) | • | | | | | | | | | | | | 220 | 4.5 |
| Chicken Quesadillas | 1 quesadilla (125 g) | • | | | | | | | | | | | | 280 | 12 |
| Vegetable Lasagna (227 g/8 oz) | 1 container (227 g) | • | | | | | | | | | | | | 220 | 5 |
| Four Corners [™] Grilled Vegetable Pizza | 1 pizza (200 g) | • | • | | | | | | | | | | | 440 | 12 |
| Vegetable Egg Rolls | 2 egg rolls (113 g) | • | | | | | | | | | | | | 190 | 3.5 |
| Triple Cheese Ravioli | 1/3 of package (227 g) | • | | | | | | | | | | | | 340 | 12 |
| Italian Sausage and Penne Bowl | 1 bowl (300 g) | • | | | | | | | | | | | | 270 | 7 |
| Cheese & Pepperoni Pizza | about 1/5 pizza (105 g) | • | | | | | | | | | | | | 250 | 7 |
| Rising Crust Hawaiian Style Pizza | 1/6 pizza (150 g) | • | | | | | | | | | | | | 330 | 10 |
| Vegetable Lo Mein | 1/2 container (200 g) | • | | | | | | | | | | | | 290 | 8 |
| Lemon Chicken | 1/2 container (200 g) | • | • | | | | | | | | | | | 200 | 6 |
| Vegetarian Black Bean Chili | 1/2 pouch (284 g) | • | | | | | | | | | | | | 190 | 2 |
| Vegetable Toasty [™] | 1 portion (70 g) | • | | | | | | | | | | | | 170 | 6 |
| HORS D'OEUVRES & BREADS | | | | | | | | | | | | | | | |
| Breaded Calamari Rings | 9 rings (51 g) | • | | | | | | | | | | | | 140 | 7 |
| Rosemary Pull-Apart Bread | 2 sections (64 g) | • | | | | | | | | | | | | 170 | 2 |
| Garlic Bread | one 2" slice (55 g) | • | | | | | | | | | | | | 170 | 6 |
| Petite Baguettes | 2 1/2" slice (50 g) | • | | | | | | | | | | | | 130 | 0 |
| Mini Vegetable Spring Rolls | 2 rolls (48 g) | • | • | | | | | | | | | | | 80 | 2.5 |
| Battered Zucchini Sticks | about 7 pieces (100 g) | • | • | | | | | | | | | | | 170 | 9 |
| Vegetable Samosas | 1 piece with sauce (40 g) | • | | | | | | | | | | | | 150 | 6 |
| VEGETABLES & POTATOES | | | | | | | | | | | | | | | |
| Cheddar Cheese Stuffed Potatoes | 1 piece (155 g) | • | | | | | | | | | | | | 180 | 6 |
| Gourmet Stuffed Potatoes | 1 piece (155 g) | • | | | | | | | | | | | | 180 | 5 |
| Cheese and Broccoli Stuffed Potatoes | 1 piece (155 g) | • | | | | | | | | | | | | 170 | 5 |
| Calabrian Potato Blend | about 1 cup (110 g) | • | • | | | | | | | | | | | 80 | 0 |
| Garlic & Parmesan Potato Wedges | about 12 pieces (85 g) | • | • | | | | | | | | | | | 100 | 1.5 |
| Grilled Mini Potatoes | about 3/4 cup (110 g) | • | • | | | | | | | | | | | 80 | 0 |
| Steak & Onion Potato Wedges | about 12 pieces (85 g) | • | • | | | | | | | | | | | 100 | 1.5 |
| Whipped Mashed Potatoes | 1/4 pouch (142 g) | • | | | | | | | | | | | | 150 | 6 |
| Garlic "Smashed" Potatoes | 1/4 pouch (142 g) | • | | | | | | | | | | | | 160 | 7 |
| Bean & Carrot Medley | 2/3 cup (85 g) | • | • | | | | | | | | | | | 30 | 0 |
| California Style Mixed Vegetables | about 3/4 cup (85 g) | • | • | | | | | | | | | | | 25 | 0 |
| Diced Onions | 1/2 cup (85 g) | • | • | | | | | | | | | | | 30 | 0 |
| Pasta & Vegetable Salad | about 1 1/2 cups (160 g) | • | • | | | | | | | | | | | 90 | 0 |
| Vegetable Supreme | 2/3 cups (85 g) | • | • | | | | | | | | | | | 40 | 0 |
| Crispy Fries | 37 pieces (85 g) | • | • | | | | | | | | | | | 160 | 7 |
| Crinkle Cut Ovenfries | 22 pieces (85 g) | • | • | | | | | | | | | | | 140 | 5 |
| Shoestring Fries | 56 pieces (85 g) | • | • | | | | | | | | | | | 230 | 10 |
| Grilled Vegetables | 1/3 cup (85g) | • | • | | | | | | | | | | | 40 | 0 |
| Onion Petals | about 8 pieces (75 g) | • | • | | | | | | | | | | | 170 | 9 |
| Peaches & Cream Corn | 1/2 cup (85 g) | • | • | | | | | | | | | | | 80 | 0 |
| Sweet Potato Fries | 10 pieces (85 g) | • | • | | | | | | | | | | | 140 | 6 |
| Straight Cut Ovenfries | 19 pieces (85 g) | • | • | | | | | | | | | | | 140 | 5 |
| Homestyle Potato Wedges | about 13 pieces (85 g) | • | • | | | | | | | | | | | 120 | 3 |
| Pub Fries [®] | about 14 pieces (85 g) | • | • | | | | | | | | | | | 110 | 2.5 |
| Potato Patties | 1 patty (65 g) | • | • | | | | | | | | | | | 130 | 6 |
| Rice & Vegetable Medley | 2/3 cup (140 g) | • | • | | | | | | | | | | | 120 | 0 |
| Tater Nuggets [™] | about 9 pieces (85 g) | • | • | | | | | | | | | | | 170 | 9 |
| Crispy Twisters | 1 1/4 cups (85 g) | • | • | | | | | | | | | | | 140 | 6 |
| Mashed Potatoes | 1/8 package (78 g) | • | • | | | | | | | | | | | 90 | 1 |
| FRUIT & FROZEN YOGURT | | | | | | | | | | | | | | | |
| Mixed Fruit | 2/3 cup (140 g) | • | • | | | | | | | | | | | 70 | 0 |
| Berry Mix | 1/2 cup (140 g) | • | • | | | | | | | | | | | 70 | 0.5 |
| Raspberries | 2/3 cup (140 g) | • | • | | | | | | | | | | | 90 | 1 |
| Mango Berry Blend | 2/3 cup (140 g) | • | • | | | | | | | | | | | 90 | 0.5 |
| Gourmet Pineapple Skewers | 2 skewers (130 g) | • | • | | | | | | | | | | | 90 | 0 |
| Sliced Strawberries | 3/4 cup (140 g) | • | • | | | | | | | | | | | 50 | 0 |
| Strawberry Fruit Juice Bars | 1 bar (89 mL) | • | • | | | | | | | | | | | 90 | 0 |
| Raspberry Fruit Juice Bars | 1 bar (89 mL) | • | • | | | | | | | | | | | 110 | 0 |
| Wild Blueberries | 1 cup (140 g) | • | • | | | | | | | | | | | 80 | 0 |
| Strawberry Frozen Yogurt | 1/2 cup (125 mL) | • | • | | | | | | | | | | | 130 | 3 |
| Natural Vanilla Frozen Yogurt | 1/2 cup (125 mL) | • | • | | | | | | | | | | | 130 | 2.5 |
| Mango Fandango [™] Sorbet | 1/2 cup (125 mL) | • | • | | | | | | | | | | | 90 | 0 |
| Hip Hop Hazelnut Chocolate [™] Gelato | 1/2 cup (125 mL) | • | • | | | | | | | | | | | 200 | 5 |
| Limbo Lemon [™] Sorbet | 1/2 cup (125 mL) | • | • | | | | | | | | | | | 90 | 0 |
| Ida Red Apple Slices | 1 cup (140 g) | • | • | | | | | | | | | | | 70 | 0 |
| Freestone Peach Slices | 1 cup (140 g) | • | • | | | | | | | | | | | 60 | 0 |
| Dark Sweet Cherries | 1 cup (140 g) | • | • | | | | | | | | | | | 90 | 0 |
| Strawberry and Banana Smoothie Mix | 1/4 package (113 g) | • | • | | | | | | | | | | | 80 | 0.3 |
| Tropical Fruit Smoothie Mix | 1/4 package (113 g) | • | • | | | | | | | | | | | 70 | 0.3 |



"Jail Island"[™] Salmon served with Calabrian Potato Blend

Vegetable Lasagna



Sweet Chili and Citrus Salmon Fillet served with Vegetables Supreme and Homestyle Potato Wedges



Ida Red Apple Slices



Dark Sweet Cherries



Freestone Peach Slices

