

healthy
for  **LIFE**™
liveitgood.ca

get the good stuff™

get the
**good
stuff**



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Want to make a better choice? Look for the logo to make healthier and more sustainably sourced choices.

Our philosophy is to create great tasting food, made from wholesome ingredients - vegetables and fruit, whole grains, lean proteins, and lower fat milk and milk alternatives. We are committed to enhancing the positive qualities of food, while reducing calorie content, less healthy fats, and unnecessary sodium from all of our recipes.

Look for the Get the Good Stuff™ logo in our participating locations for choices that fit many of the following criteria:



CALORIES

- 500 or less for an entrée
- 300 or less for a side, soup, or snack

TOTAL FAT

- no more than 15% calories from saturated fats
- no artificial trans fats

SODIUM

- 960mg or less for a sandwich
- 720mg or less for an entrée
- 480mg or less for a side, soup, or snack

LOADED WITH VEGGIES

- Contains at least one colourful serving

FIT YOUR DIETARY NEEDS

- Vegetarian
- Vegan
- Contains no gluten ingredients

MADE WITH WHOLE GRAINS

visit liveitgood.ca to learn more