

# Fit Food from Alison's Pantry

The Alison's Pantry catalog offers a wide variety of delicious products for every lifestyle, including a health-conscious one! Here are some favorite options:



**Dole or Wyman's Frozen Berries (pg. 9):** You'll always find a generous selection of frozen berries from one of these two respected companies in our pages. Our beautiful, fresh-frozen berries make fantastic smoothies or a sweet addition to cottage cheese for dieters. They're also full of antioxidants. Eating a diet rich in blackberries, blueberries, raspberries, cranberries and strawberries may help reduce your risk of several types of cancer, and buying them in bulk through Alison's Pantry will help reduce your spending!

**Fresh Frozen Vegetables:** Our colorful Flav-R-Pac vegetables are a cut above what you will find in the local grocery store. They are premium restaurant-quality vegetables, and you can see and taste the difference in their color and crispness. In addition, Flav-R-Pac frozen vegetables save you the time of washing and cutting—they're ready to steam or stir-fry for a heart-healthy meal. See page 10 for over 15 vegetable varieties in large, economical bags.

**Heartland Whole Wheat Pasta:** Made from 100% whole grain durum wheat, our delicious Heartland Pasta offers 5 grams of fiber per serving! With Alison's Pantry, you can buy this healthy product by the case for a significant savings.

**#5014 Xagave:** Agave nectar is a wonderful, all-natural sweetener that is sweeter than sugar, so you use less, and it's low on the glycemic index. It can also be used in baking with great results.



**#5942 "A Better Oil Canola":** This expeller-pressed canola oil has the lowest saturated fats and the highest essential fatty acids (Omega 6 and Omega 3). (We also offer low-fat pan sprays for light sautéing without butter or oil, and flax seed by the pound.)

**#5513 Foster Farms Natural Chicken Breasts:** Endorsed by the American Heart Association, these juicy chicken breasts are 99% fat free. Season them with one of our many AP bulk spices (pgs. 20-21) to add flavor without fat and they're ready to bake or grill. You can also slow cook Foster Farms Natural Chicken Breasts for tender shredded chicken to add to fresh salads.

**Healthy Snacking:** With ACHIEVE freeze-dried fruits (pg. 27), and premium dried fruit and raw nut snacks from Alison's Pantry, nutritious snacking is easy and delicious. Try freeze dried pineapple or a handful of crisp almonds!

Health-conscious customers also love our bulk **wheat, oats, dry beans, brown rice, rolled 6-grain mix, and 9-grain mix**, and other ingredients for healthy home baking. Our catalog also occasionally features **sugar-free and gluten-free products** for customers with these sensitivities. Ask your Alison's Pantry Representative to keep you informed of new products for your fit lifestyle!

