



SUPERMARKET INTERCOM MESSAGES

Use the following nutrition advice to guide your in-store intercom messaging. These messages are designed to educate consumers about good fats, their positive effect on health and where they can be found in the supermarket.

1. Did you know that good fats are heart healthy? Oils, avocados, olives, and nuts and seeds may reduce your risk of heart disease and diabetes! Talk to your store dietitian about incorporating good fats into your daily diet for improved health.
2. In an average 2,000 calorie diet, one should consume 22-25 grams of good fats daily. Look for monounsaturated and polyunsaturated fats on the nutrition label when you are making food selections. Remember, omegas are another name for monounsaturated and polyunsaturated fats!
3. Did you know canola oil contains less than 7% saturated fat? Try popcorn for a healthier snack and look for nutrition labels with canola oil. Oils can be found in aisle X.
4. Did you know, depending on your oil choice, one serving of oil is equal to about one tablespoon and can provide up to 14 grams of good fats? Browse our sauces and dressings aisle and choose an oil-based option!
5. Good fats can be found in many bakery items, believe it or not! Talk to our bakery department to find out which food products use healthier oils like canola oil as an ingredient.
6. Lighten up your fried foods with healthier oil! Sauté or stir fry your favorite foods, such as chicken, potatoes, or vegetables with canola oil or olive oil. Find a great selection of oils near... in aisle X.
7. Good fats, found in oils, avocados, olives and nuts, can have positive effects on heart health, cholesterol and blood sugar control. Lower your risk of developing heart disease and diabetes by consuming good fats at most meals. Be sure to visit with our in-store dietitian for a shopping list of good fats within our supermarket!
8. The best place to find good fats at the fish counter is in cold water fish like salmon and tuna. Each serving of fatty fish can contain up to 2 grams of good fats, and frozen or canned fish are great sources too! Visit our fish counter today!
9. Nuts, including almonds, pistachios and walnuts, are a healthy snack choice. But even though they contain good fats, be careful not to consume too many. A general rule of thumb is to eat about one medium handful of nuts to ensure you're not eating too many calories. Find nuts and seeds in the baking aisle!
10. Many prepared food items, including chips, cookies and crackers may contain good fats! Check out the nutrition and ingredients labels to identify these products. Look for healthy ingredients such as canola oil and seek out products with low levels of saturated fat and zero trans fats.