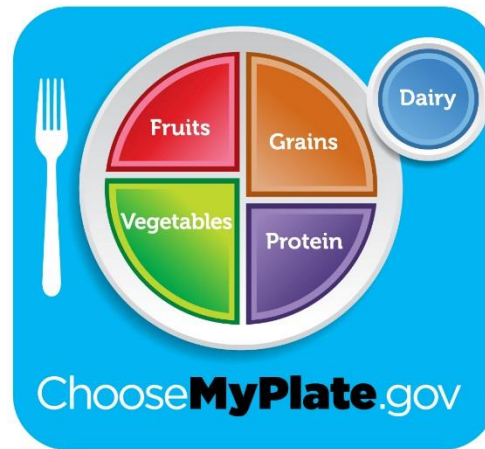




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DIVIDE YOUR CART. MAKE HEALTHIER FOOD CHOICES.



- Apply MyPlate principles to your cart.
- Imagine a line that divides your cart into sections for vegetables, fruits, whole grains, lean proteins, and low-fat dairy products.
- As you fill your cart, choose foods that fall into each category.

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CHOOSING MEAT AT COSTCO

- Processed meats, such as bacon, hot dogs, bologna and other cold cuts, contain more sodium and fat than fresh meats.
- Processed meats also contain preservatives, such as nitrites.
- So, eat less processed meat and look for fresh options when available.



MEAT FACTS

- Meat is a good source of high-quality protein.
- Red meats (beef, lamb, pork) contain iron, vitamin B12 and zinc.
- Lean cuts of meat are best. The leanest cuts of meat include: round, sirloin, tenderloin, and chuck.
- Trim visible fat from meat before cooking.

POULTRY & FISH AT COSTCO



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POULTRY CHOICES

- Ground poultry (turkey or chicken) is a perfect substitute for ground beef in your recipes.
- Purchase lean ground poultry made from the white meat breast portion.
- If not labeled lean, ground turkey can have fat and skin added, which increases the fat content.



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DIABETES-FRIENDLY PRODUCTS AT COSTCO: EVERYDAY PRODUCTS

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**A real-life Costco Pharmacist on:
 quitting smoking**



"I smoked for 15 years, successfully quitting for good nearly a decade ago. So, I know how hard quitting is. The first few months are the hardest and you need good strategies to get you through them."

and real relief of cravings.

As a Costco pharmacist, patients will sometimes come to me and ask for my advice on quitting and various medications they ask me. I feel that there are many ways, and I look at their unique situation. How long have they smoked? How many? And, are they ready to quit? I do help them understand there are therapies, both prescription and over-the-counter, that can help ease the cravings and improve a person's chances of quitting.

Quitting is hard. Don't be afraid to ask your pharmacist for help. You never know you might just be talking to a former smoker who can share some professional – and personal – advice.

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