











Use this map as a guide to Your Health Your Way offers in the café. For more information go to YourHealthYourWayOnline.com

Look for the  icon wherever *Your Health Your Way* items are sold.



Icon Guide

-  Nutrition Information
-  Fruit (fresh, fruit salad, dried)
-  Vegetarian Proteins
-  Waters (unsweetened)
-  Low-fat/fat-free dairy
-  Nuts and seeds
-  100% Fruit Juices
-  Lean Proteins
-  Vegetables (fresh, roasted, steamed)
-  Whole Grains