





## DIETARY CONSIDERATIONS

	CHOLESTEROL FREE	DAIRY FREE	EGG FREE	FAT FREE	GLUTEN FREE	LOW IN CARBOHYDRATES	LOW IN CHOLESTEROL	LOW IN SATURATED FATS	NO ADDED SUGAR	NO ARTIFICIAL FLAVOURS OR COLORS	NO MSG	PRESERVATIVE FREE	SOURCE OF OMEGA 3 POLYUNSATURATES	TRANS FAT FREE	VEGAN
<b>DRESSINGS</b>						Per 1 Tbsp (15 mL)									
<b>POURABLES</b>															
<b>VINAIGRETTES</b>															
Asian Sesame Vinaigrette	✓	✓	✓					✓		✓	✓	✓		✓	✓
Balsamic Vinaigrette	✓	✓	✓		✓	2 g and under		✓		✓	✓	✓		✓	✓
Fieldberry Poppy Seed Vinaigrette	✓	✓	✓		✓	2 g and under		✓		✓	✓	✓		✓	
Honey Dijon Vinaigrette	✓	✓	✓		✓	2 g and under		✓		✓	✓	✓	✓	✓	
Mediterranean Greek Vinaigrette	✓		✓		✓	1 g and under		✓	✓	✓	✓	✓		✓	
Parmesan Caesar Vinaigrette	✓		✓		✓	1 g and under		✓	✓	✓	✓	✓	✓	✓	
Pear & Blue Cheese Vinaigrette	✓		✓		✓	3 g and under		✓		✓	✓	✓		✓	
Ravin' Raspberry Vinaigrette	✓	✓	✓		✓	3 g and under				✓	✓	✓		✓	
Sherry Herb Vinaigrette	✓	✓	✓		✓	2 g and under				✓	✓	✓		✓	
Spring Herb Italian Vinaigrette	✓	✓	✓		✓	1 g and under		✓	✓	✓	✓	✓		✓	
Sweet Onion Vinaigrette	✓	✓	✓		✓					✓	✓	✓		✓	✓
Tangerine & Lime Vinaigrette	✓	✓	✓		✓	1 g and under		✓		✓	✓	✓		✓	✓
<b>FAT FREE VINAIGRETTES</b>															
Pomegranate Blueberry Açaí Fat Free Vinaigrette	✓	✓	✓	✓	✓	2 g and under				✓	✓	✓		✓	✓
Tuscan Italian Fat Free Vinaigrette	✓	✓	✓	✓	✓	No Carbs				✓	✓	✓		✓	✓
<b>YOGURT DRESSINGS</b>															
Yogourt - Cucumber & Dill Dressing					✓	1 g and under		✓	✓	✓	✓			✓	
Yogourt - Peppercorn Ranch Dressing					✓	1 g and under		✓	✓	✓	✓			✓	
Yogourt - Roasted Garlic Dressing					✓	1 g and under		✓	✓	✓	✓			✓	
<b>CREAMY POURABLE DRESSINGS</b>															
Creamy Asiago Pourable Dressing	✓				✓	No Carbs		✓	✓	✓	✓			✓	
Creamy Caesar Pourable Dressing					✓	No Carbs	✓	✓	✓	✓	✓	✓		✓	
Creamy Italian Pourable Dressing	✓				✓	1 g and under		✓	✓	✓	✓	✓		✓	



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<b>SAUCES</b>						Per 2 Tbsp (30 mL)									
Creole Dijon Sauce					☑			☑		☑	☑	☑		☑	
Lemon Pepper Garlic Sauce					☑	2 g and under		☑			☑	☑		☑	
Mushroom Peppercorn Sauce	☑					2 g and under				☑	☑	☑		☑	
Roasted Garlic & Honey Sauce	☑									☑	☑	☑		☑	
Sesame Ginger Teriyaki Sauce	☑									☑	☑	☑		☑	
Tangy Thai Sauce	☑				☑					☑	☑	☑		☑	
<b>DIPS</b>						Per 30 g									
<b>SAVORY DIPS</b>															
<b>SAVORY DIPS</b>															
Caesar Dip					☑	1 g and under		☑		☑	☑			☑	
Dill Dip					☑	1 g and under		☑		☑	☑			☑	
French Onion Dip					☑	2 g and under		☑		☑	☑			☑	
Ranch Dip					☑	2 g and under		☑		☑	☑			☑	
Southwest Ranch Dip					☑	2 g and under		☑		☑	☑			☑	
Spinach Dip					☑	2 g and under		☑		☑	☑			☑	
<b>½ FAT DIPS</b>															
Dill ½ Fat Dip					☑	2 g and under		☑		☑	☑			☑	
French Onion ½ Fat Dip					☑	2 g and under		☑		☑	☑			☑	
Ranch ½ Fat Dip					☑			☑		☑	☑			☑	
Spinach ½ Fat Dip					☑	2 g and under		☑		☑	☑			☑	
<b>SWEET DIPS</b>															
Caramel Dip					☑		☑	☑			☑			☑	
Cheese Cake Dip					☑		☑			☑	☑			☑	
Chocolate Dip					☑		☑	☑		☑	☑			☑	