Frozen CMO "Treats"

If you're curious if an item is "Choose most often" check out the "Healthy Food Checker" found here.

Food Item/ serving size	Fat	Sat Fat per	Trans Fat	Sodium	Protein	Sugar	Choose Most Often	Choose Sometimes
Motts Fruitsation Freezes (all kinds) 53ML	0g	0g	0g	10mg	0.1mg	7g (natural)	X	
Welch's Premium Juice Ice Bars	0g	0g	0g	0mg	0.1mg	8g (natural)	**X**	
Chapmans Fruit Juice Twister	0g	0g	0g	0mg	0mg	9g (natural)	**X**	

CMO and CS Barbeque Food Items:

Hot Dogs/Sausages

Food Item/ serving size	Fat Per 75g	Sat Fat per 75g	Trans Fat per 75g	Sodium per 75g	Protein per 75g	Choose Most Often	Choose Sometimes
Eating Right Jumbo Wieners – 75g	3 g	1.5 g	0 g	300 mg	11 g	**X**	
Eating Right Smoked	4 g	1.5 g	0 g	280 mg	15 g	**X**	

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Sausages – 75g							
Compliments Balance Smoked Sausages – 75g	7 g	2.5 g	0 g	460 mg	13 g		**X (Fat over 2 g and Sodium over 110 mg)**
PC Blue Menu Cheddar Smokies – 100g	7.5 g	2.6 g	0 g	397.5 mg	11.25 g		**X (Fat over 2.5 g and Sodium over 47.5 mg)**

Hamburger Patties

Food Item/ serving size	Fat per 75 g	Sat Fat per 75 g	Trans Fat per 75 g	Sodium per 75 g	Protein per 75 g	Choose Most Often	Choose Sometimes
Western Family Chicken Breast Burgers – 142 g	6.8 g	1.8 g	0 g	147.9 mg	14.8 g	X	

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Food Item/ serving size	Fat per 75 g	Sat Fat per 75 g	Trans Fat per 75 g	Sodium per 75 g	Protein per 75 g	Choose Most Often	Choose Sometimes
Western Family Turkey Cranberry Lean Sliders – 57 g	4 g	0.3 g	0 g	138 mg	17 g	X	
Blue Menu Angus Burger – 128 g	7 g	2.6 g	0.3 g	195 mg	11.7 g		X (Protein under 2.3 g)
Blue Menu Chicken Sliders – 90 g	6.7 g	2 g	0 g	200 mg	13.5 g		X (Protein low by 0.5 g)
Blue Menu Herb and Spice Chicken Burgers – 142 g	5.2 g	1 g	0 g	285 mg	11.6 g		X (Sodium over 85 mg and Protein low 2.4 g)
Blue Menu Lean Beef Burgers – 142 g	7.4 g	2.6 g	0.3 g	221 mg	11 g		X (Sodium over 21 mg and Protein under 3 g)

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Food Item/ serving size	Fat per 75 g	Sat Fat per 75 g	Trans Fat per 75 g	Sodium per 75 g	Protein per 75 g	Choose Most Often	Choose Sometimes
Blue Menu Portion Wise – 100 g	5.3 g	2.6 g	0 g	180 mg	12 g		X (Protein low by 2 g)
Blue Menu Sirloin Lean Beef Burgers – 128 g	4.7 g	2 g	0.2 g	193 mg	13.5 g		X (Protein low by 0.5 g)
Blue Menu Turkey Burgers – 142 g	5.2 g	1 g	0 g	285 mg	11.6 g		X (Sodium over 85 mg and Protein low 2.4 g)
Compliments Lean Beef Burger - 113g	6 g	3 g	0.3 g	292 mg	12.6 g		X (Sodium over 92 mg and Protein low by 1.4 g)

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Food Item/ serving size	Fat per 75 g	Sat Fat per 75 g	Trans Fat per 75 g	Sodium per 75 g	Protein per 75 g	Choose Most Often	Choose Sometimes
Compliments Lean Sirloin Beef Burgers – 113 g	6.6 g	2.7 g	0.3 g	225.7 mg	12.6 g		X (Sodium over 25.7 mg and Protein low by 1.4 g)
Eating Right Extra Lean Steakhouse Beef Burgers – 113 g	3.3 g	1.3 g	0.1 g	219 mg	14 g		X (Sodium 19 mg over
Western Family Lean Angus Beef Burger – 142 g	7.4 g	3 g	0.3 g	285 mg	16 g		X (Sodium 85 mg over)
Western Family Lean Turkey Cheddar Burgers – 113 g	7.3 g	2 g	0.1 g	252 mg	13 g		X (Sodium over 52 mg and Protein under 1 g)

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