

## SHOPPING AT DOMINION / A&P

ITEM	SERVING	POINTS / CALORIES
Fat Free Popsicles	1	15 calories
Fat Free Fudgsicles	1	40 calories
Masters Choice Life Smart Flaxseed Bread	1 slice	1 point
Hollywood Whole Wheat Bread	2 slices	1.5 points
Hollywood Light White Bread	2 slices	2 points
Masters Choice Fat Free Cheese Slices	2 slices	1.5 points
Black Diamond Fat Free Mozzarella Cheese Slices	2 slices	1.5 points
Tre Stelle Light Feta Cheese	30 grams	2 points
Schneider Fat Free Cold Cuts	3 slices	varies
Boaca Burgers – Regular and Onion	1	1 point
McCains Low Fat Fries	100 grams	3 points
Jello No Fat Lime	½ cup	8 calories

ITEM	SERVING	POINTS / CALORIES
Jello No Fat Lemon	½ cup	7 calories
Jello No Fat Pudding – White Chocolate	½ cup	27 calories
Jello No Fat Pudding – Chocolate Fudge	½ cup	33 calories
Masters Choice Frozen Sole Fillets	1	2 points
Masters Choice Frozen Cod Fillets	1	2 points
Kerr's Light Butterscotch Candy	1	3 calories
Kerr's Light Toffees	1	5 calories
E.B. Smith Sugarless Jam	1 tbsp	2 points
Laughing Cow Light	2 pieces	1 point
Lean Grilling Beef Medallions (these are tied up like little roast beefs and are so lean you have to use cooking spray to grill them )	1 4oz	5 points