Guiding Stars®
Nutritious choices made simple®

Guiding Stars Registered Dietitian Picks

Make nutritious, on-the-go lunch a snap.

Whether you're packing for a picnic or planning out your back-to-school routine, life is easier when you've got an interesting array of healthy and delicious packed lunch options. Help your customers find their lunch rhythm by recommending combinations of protein, whole grains and smart sides.

About Allison Stowell MS, RD, CDN

As a Registered Dietitian, Allison enables individuals to make positive, sustainable changes in their eating habits by stressing conscious eating, improving relationships with food and offering a non-diet approach for reaching and maintaining ideal body weight.

She joins the Guiding Stars team to help people in a number of sectors (grocery, hospitals, schools and universities) to understand how to use the Guiding Stars nutrition navigation program to make healthier food choices.

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Allison Stowell's RD Picks

Lean, low-sodium proteins:

Plainville Farms Roasted Turkey Breast
UPC: 74126801244

Thin n' Trim Italian Style Roast Beef
UPC: 5229405429

Wild Planet No Salt Added Canned Wild Albacore Tuna
UPC: 82969600054

Bumble Bee Canned Wild Alaska Red Salmon
UPC: 8660000067

Skinless Chicken Breast

Whole Grains:

Arnold Fill'ems 100% Whole Wheat Pre Sliced Sandwich Thins
UPC: 7341013538

Fiber One 12 Grain Thin Sandwich Rolls
UPC: 83584100780

Old Tyme Whole Grain Whole Wheat Hot Dog Rolls
UPC: 7101035570

Sara Lee Delightful Wheat Hamburger Bun
UPC: 7294561067

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Allison Stowell's RD Picks

Sensible sides:

Assorted Fresh Seasonal Fruit

Chobani Champions Tubes Jammin' Strawberry/Rockin' Blueberry Variety Pack Low-Fat Greek Yogurt
UPC: 81829001225

Kashi Trail Mix Chewy Granola Bars
UPC: 1862703000

Terra No Salt Added Sweet Potato Chips
UPC: 72822934566

Fresh Express 3-Color Deli Cole Slaw
UPC: 7127912300

Cross Market: Healthful Pasta Salad

Customer Tip: *Refer customers to this recipe for pesto or print copies of it to accompany a display with the following:*

Fresh Basil

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Garlic

Pine Nuts

Extra-Virgin Olive Oil

Whole Wheat Pasta

Ground Black Pepper

Parmesan Cheese

Cross Market: Refreshing Smoothie

Customer Tip: *Add frozen berries, protein rich Greek yogurt and heart healthy add-ons such as nut butter, ground flaxseed or hemp hearts to create a nourishing smoothie. Freeze the night before and use as an ice pack for a great cool down at lunchtime.*

Frozen Berries

Plain, Nonfat Greek Yogurt

Dannon Oikos Triple Zero Coconut Crème Nonfat Greek Yogurt
UPC: 3663200838

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Natural Peanut Butter

Sunbutter Natural Sunflower Seed Spread
UPC: 73753919120

Bob's Red Mill Whole Ground Flaxseed Meal
UPC: 3997800330

Manitoba Harvest Hemp Hearts Raw Shelled Hemp Seeds
UPC: 69765810101

Recommend customers check out Guidingstars.com for more ideas and fantastic recipes such as:

Roasted Red Pepper & Green Bean Salad
guidingstars.com/recipes/roasted-red-pepper-and-green-bean-salad

Curried Chicken Salad
guidingstars.com/recipes/curried-chicken-salad

Quinoa Pesto Salad
guidingstars.com/recipes/quinoa-pesto-salad

Chicken, Corn & Tomato Salad
guidingstars.com/recipes/chicken-corn-tomato-salad

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Ideas for Promoting Guiding Stars Picks

- **Create a display table** using the Guiding Stars Picks counter card and some of the Picks products in your store.
- **Call out Guiding Stars Picks on shelf** to let customers know they're dietitian-approved!
- **Offer a tasting** of one or two key picks to open a dialogue with your customers about how Guiding Stars can help them reach their personal nutrition goals.
- **Choose a "Pick of the Week"** to feature, creating a display with your favorite pick for the week and using the included counter card.
- Highlight **Guiding Stars Picks on your website**.

If you don't have one of the Guiding Stars picks on the shelf, substitute a product with the same star rating. Simply making the effort to **highlight any of your Guiding Stars products** will help customers become more familiar with how the program works.

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