



DELICIOUS
**True Value
Low Sodium
Vegetables**

**Low Sodium
Canned Vegetables**
16 OZ. CANS FOR
2.69
CUT GREEN BEANS

**Some Plain Facts About
Sodium & Low Sodium Foods!**

HOW CAN I REDUCE THE AMOUNT OF SALT I EAT EACH DAY? ONE WAY IS TO USE LESS SALT AT THE TABLE. ANOTHER IS TO SELECT PRODUCTS THAT HAVE LESS OR NO SALT ADDED DURING PROCESSING. LOOK FOR THE NEW TV LOW SODIUM VEGETABLES WHICH ARE PACKED IN WATER WITH NO SALT ADDED. ALTHOUGH THEY DO CONTAIN SMALL AMOUNTS OF NATURALLY OCCURRING SODIUM, EACH WILL CONTAIN 35MG OF SODIUM OR LESS PER SERVING.

MANY WHO HAVE TRIED THEM SAY THEY HAVE A VERY GOOD APPEARANCE AND TEXTURE AND THE TRUE TASTE OF THE VEGETABLE IS MORE EVIDENT.

HOW WILL TV LOW SODIUM VEGETABLES COMPARE NUTRITIONALLY? EACH CAN WILL CONTAIN A NUTRITIONAL LABEL WITH FULL DETAILS. THE FOLLOWING CHART SHOWS THE CALORIE AND SODIUM COMPARISONS.

SODIUM

(per 1/2 cup serving)

VEGETABLES	TV LOW SODIUM	REGULAR
Whole Kernel Corn	under 10mg	320mg
Sweet Peas	under 10mg	340mg
Cut Green Beans	under 10mg	380mg
French Style Green Beans	under 10mg	380mg
Sliced Carrots	under 35mg	390mg
Sliced Beets	under 35mg	390mg
Mixed Vegetables	under 30mg	390mg
Whole Peeled Tomatoes	under 25mg	220mg

WHAT'S THE DIFFERENCE BETWEEN SALT AND SODIUM? THE TWO TERMS ARE OFTEN USED INTERCHANGEABLY SINCE THE CHEMICAL NAME FOR SALT IS SODIUM CHLORIDE (ABOUT 40% SODIUM & 60% CHLORIDE). BOTH SODIUM AND CHLORIDE ARE ESSENTIAL TO GOOD HEALTH BUT ARE REQUIRED IN VERY SMALL QUANTITIES.

**Low Sodium
Canned Vegetables**
• FRENCH GREEN BEANS
• SLICED BEETS
• SLICED CARROTS
• SWEET PEAS
16 OZ. CANS FOR
2.79

**Low Sodium
Canned Vegetables**
• WHOLE KERNEL CORN
• MIXED VEGETABLES
16 OZ. CANS FOR
2.89

YELLOW CLING HALVES OR SLICED
**Good Value
Peaches**
29 OZ. CANS
59

GOOD VALUE
**Mandarin
Oranges**
11 OZ. CANS FOR
\$1

25% OFF LABEL
**Cheer
Detergent**
\$1.89
Ivory Liquid
\$1.39
49 OZ. BOX

**Good Value
Salad Oil**
24 OZ. BOTTLE
.99

**Good Value
Tissue**
WHITE OR ASSTD.
4 ROLL PKG.
.79

**Whole
Tomatoes**
16 OZ. CANS FOR
2.89

**Good Value
Pinto Beans**
1 LB. BAGS FOR
2.50

NICE N' SOFT 200 CT. BOX
Facial Tissue .69
ZEE FAMILY PACK RAINBOW
Napkins \$1.69
360 CT. PKG.

**Heinz
Ketchup**
32 OZ. BOTTLE
\$1.29

DEL DIXIE
Sweet Relish 12 OZ. JAR **\$1.03**

GOOD VALUE
Sweet Relish 12 OZ. JAR **.85**

BLACKBURN
Waffle Syrup 32 OZ. BTL **\$1.15**

GOOD VALUE LIGHT
Brown Sugar 2 LB. BOX **\$1.33**

AMERICAN BEAUTY WIDE, EX. WIDE, OR FINE
Noodles 8 OZ. PKG. **.57**

STA RUF FABRIC
Softener 1 GAL. BTL **\$1.73**

GOOD VALUE POLISH
Dill Spears 24 OZ. JAR **\$1.19**

HEINZ POLISH
Dill Spears 24 OZ. JAR **\$1.49**

RAINBOW CHUNK
Sardines 6.5 OZ. CAN **.55**

GOOD VALUE SUPER
Toddler Diapers 40 CT. BOX **\$5.99**

McCORMICK TACO
Seasoning 1 1/2 OZ. PKG. **.45**

GOOD VALUE PLAIN OR
Iodized Salt 26 OZ. CNT. **.26**

ARGO CORN
Starch 1 LB. BOX **.63**

**COME ON IN AND SAVE
DURING OUR STORE WIDE ... STORE**

**EAT-AT-HOME
DOUBLE DOLLAR REFUND**
See special displays of these products for mail-in refund forms and details.

CONTADINA
**Tomato
Paste**
3 **\$1**
6 OZ. CANS

**Good Value
Spaghetti** LONG OR THIN 24 OZ. PKG. **\$1.09**

CARNATION
Instant Milk 8 QT. BOX **\$3.49**

CARNATION
Coffeemate 16 OZ. JAR **\$1.89**

EVAPORATED
CARNATION MILK 13 OZ. CAN **.49**

CARNATION ASSORTED FLAVORS
Breakfast Bars 6 BAR BOX **\$1.89**

ASSORTED FLAVORS
Hot Cocoa Mix 12 ENV. BOX **\$1.39**

CONTADINA
**Tomato
Sauce**
5 **\$1**
8 OZ. CANS

**Grape
Jelly** 18 OZ. JAR **.79**

BRIGHTENS CLOTHES
**Clorox
Bleach**
1/2 GALLON PLASTIC BOTTLE
.59

Pine-O-Pine
15 OZ. BOTTLE
\$1.19

FIESTA BLUE OR BROWN
Bar Soap BATH SIZE **2/.99**

RONZONI
Spaghetti 1 LB. BOX **.69**

PREGO REGULAR OR MEAT
Spaghetti Sauce 32 OZ. JAR **\$1.49**

PREGO WITH MUSHROOMS
Spaghetti Sauce 32 OZ. JAR **\$1.49**

SMUCKER STRAWBERRY
Preserves 18 OZ. JAR **\$1.69**

CHINESE NEW YEAR
4681-YEAR OF THE BOAR, KIKKOMAN
Soy Sauce 10 OZ. BTL **.79**

MANAGER'S SALE!

BUMBLE BEE LIGHT
**Chunk
Tuna**
6 1/2 OZ. CAN
.79

BUMBLE BEE
**Instant
Rice** 28 OZ.
\$1.89

IN OIL OR WATER

HEFTY
Trash Bags
Large
Hefty **\$2.99**
30 CT. PKG.

HAFTY TALL
Kitchen Bags 45 CT. PKG. **\$2.89**

HEFTY
Foam Plates 50 CT. PKG. **\$2.19**

FASHION
Hefty Plates 40 CT. PKG. **\$1.99**

**HAPPY
CHINESE
NEW YEAR!**
東
4681-Year of the Boar
LA CHOY

LA CHOY
**Chow Mein
Noodles** 5 1/2 OZ. CAN **.69**

**La Choy
Soy Sauce** 10 OZ. BTL **.79**

TWIN DRAGON
Almond Cookies 11 OZ. BOX **\$1.59**

LA CHOY SWEET N SOUR
Chicken Or Pork 15 OZ. CAN **\$1.29**

LA CHOY ASSORTED
**Bipak
Dinners**
\$2.19
42 OZ. CAN

**Fried
Rice** 11 OZ. **.91**