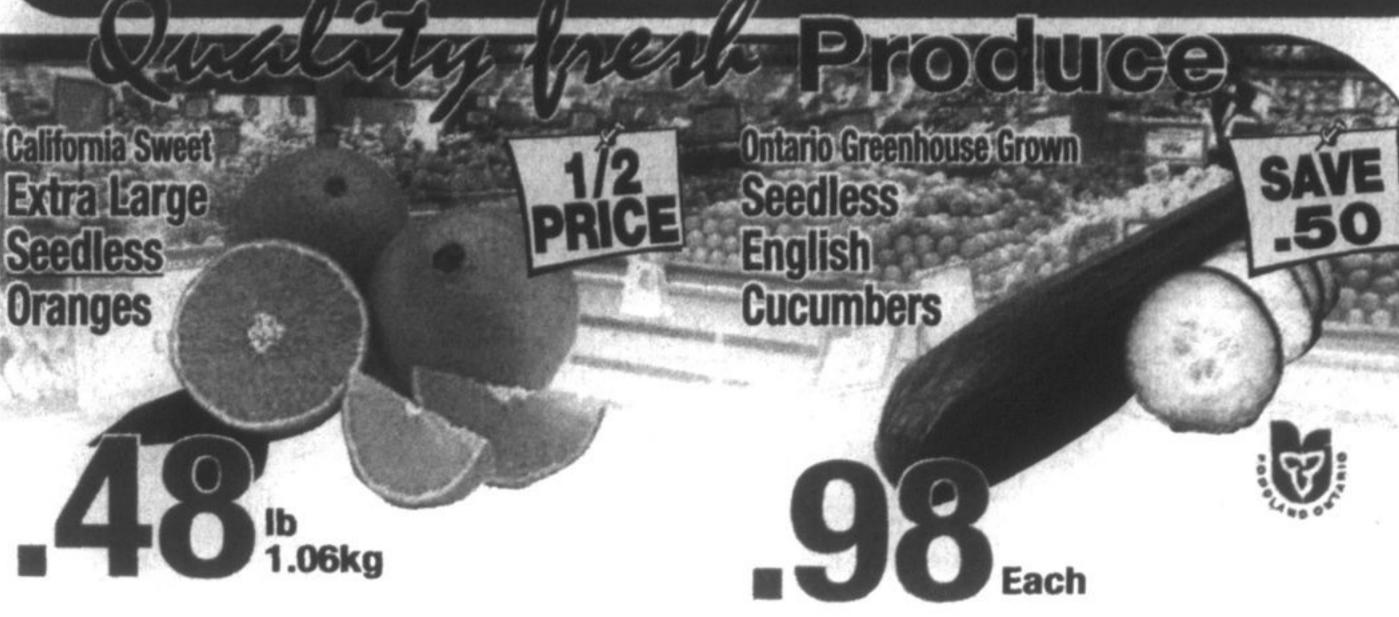


Peanuts are very high in protein (25g /100g serving). Peanuts are a very good source of niacin (B3), with a healthy 112 mg/100 gram serving. Peanuts also contain vitamin E (8mg/100g). Peanuts are high in the bioflavonoid 'resveratrol' and its believed to help prevent the formation of arterial plaques. Studies adding even small amounts of 'peanut products' to the diet have recorded a 14% reduction in the 'bad' LDL cholesterol.







Crisp 'N Tart
Granny Smith 50/LB

**Product of USA** 



SAVE

.50/LB







**Product of** 

South America

Plump 'N Sweet





Each

**Stalks** 









Steak Spice

**Roast Pork** 

/100g

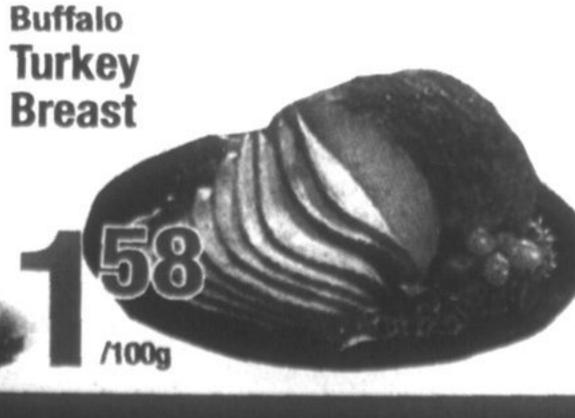
**Roast Beef or** 

Rutcher S Fresh, Ontario SAVE **Boneless** \$1.10/1 Veal Shoulder

lb 8.55kg

Fresh, Under 10 Size Colossal Sea **Scallops** 





Gizella's Cheeseca Mango Lychee Caramel Pe

SAVE

\$8.10/L