

CENTRAL MARKET'S HEART HEALTHY SCAVENGER HUNT ANSWER SHEET

- 1a. Yellow signs at Central Market indicate the product is organic.
- 1b. Blue signs at Central Market indicate the product is locally grown in Texas.
- 1c. Purple signs at Central Market indicate the product is on sale. A purple flyer with a complete listing of weekly specials is available at the information desk.
- 2a. Red bell peppers, strawberries, raspberries, tomatoes, cherries etc.
- 2b. Orange or yellow bell peppers, carrots, oranges, lemons, tangerines, cantaloupe, peaches, etc.
- 2c. Potatoes, onions, bananas, parsnips, cauliflower, mushrooms, cabbage etc.
- 2d. Purple grapes, blueberries, plums, blackberries, purple cabbage, etc.
- 2e. Kale, lettuce, spinach, broccoli, bok choy, asparagus, green bell peppers, green grapes, kiwi, etc.
3. Pacific Rim Stir Fry, Asian Stir Fry, American Stir Fry, Fajita, Japanese Stir Fry, Mushroom Medley, Pot Roast, Grilling Medley, Veggie Kabobs, Tortilla Soup Mix, Cole Slaw, Spinach Salad
4. Basil, Thyme, Oregano, Chives, Sage, Mint, Dill
5. The freshly squeezed juice will stay fresh for two to three days after the “sell by” date listed on the label of the container. The ingredients are also listed on the label.
6. One-half cup (4 oz.) of fruit or vegetable juice is equivalent to 1 serving of fruits or vegetables.
7. Our Seafood department carries both wild and farmed salmon. Year round we have previously frozen wild King and Coho salmon as well as farmed Atlantic salmon. Fishing for wild salmon is seasonal and tightly regulated. During salmon fishing season (the warmer months), we have wild Coho, Sockeye and King salmon from the Copper, Yukon and Columbia rivers that has not been previously frozen.
8. Our Seafood department carries Key West Pink, Domestic Gulf and New Caledonia shrimp year round.

9. According to the USDA, all “lean” meats must meet all of the following criteria:
 - Less than 10 grams of total fat
 - 4.5 grams or less of saturated fat
 - less than 95 mg of cholesterol per serving and per 100 grams.

The following nineteen cuts of beef meet these criteria and can be found in the Market: Eye Round Roast, Top Round Steak, Mock Tender Steak, Bottom Round Roast, Top Sirloin Steak, Round Tip Roast, 95% Lean Ground Beef, Brisket (flat half), Shank Crosscuts, Chuck Shoulder Roast, Shoulder Steak, Top Loin (Strip) Steak, Flank Steak, Ribeye Steak, Rib Steak, Tri-Tip Roast, Tenderloin Steak, T-Bone Steak.

10. Dacosahexaenoic Acid (DHA) and Eicosapentaenoic Acid (EPA)
11. Gaiam Total Yoga, Cruch: Candelight Yoga, etc.
12. Steel-cut oats are oat groats (minimally processed oats that have only the outer hull removed) that have been cut into smaller pieces. They are often preferred by grain lovers for their chewier texture (compared to rolled oats) and their nutty flavor.
13. Westbrae Naturals has canned heirloom beans Cassoulets and Good Taste Certified Organic Legumes have dried heirloom beans. A few varieties include: Jackson Wonder, Calypso, European Soldier, Appaloosa, Christmas Lima and Cranberry beans.
14. Extra virgin olive oil is the result of the first pressing of the olives and is considered the finest and fruitiest of olive oils.
15. Dagoba, Lindt and Schaffenberger
16. Central Market Organics Canned Diced Tomatoes contain 15 milligrams of sodium per serving.
17. Central Market Organics – microwave popcorn, pre-popped popcorn, tortilla chips, stone ground crackers, cheese squares, rosemary crostini, original crostini, etc.

Central Market Naturals – refrigerated cookie dough, smooth or crunchy peanut butters, veggie chips, artisan pastas, etc.
18. Steel-Cut Oats, Whole Wheat Flour, Quinoa Flour, Quinoa, Amaranth, Wheat Berries, Brown Rice, Wild Rice, etc.

19. Cooking instructions can be found on the printed labels when you price your own product using the scales.
20. Brazil nuts, almonds, walnuts, pecans, hazelnuts, etc.
21. Organic Valley Omega-3 Eggs contain 225 mg of omega-3 fatty acids per egg.
22. Pomegranate, Pomegranate-Blueberry, Pomegranate-Cherry, Pomegranate-Tangerine, Pomegranate-Mango
23. 1.5 grams
24. Pepper Seared Salmon- Salmon, Olive Oil, Black Pepper, Salt
25. Grilled Mixed Vegetables – Carrots, Eggplant, Yellow Squash, Zucchini Squash, Onions, Vegetable Marinade (Balsamic Vinegar, Oil Blend-Canola and Extra Virgin Olive Oil, Basil, Oregano), Salt.