



*Finally,*  
FLAVOR UP TO YOUR STANDARDS

.....

Our founder, Gottlieb Dietz, believed that customers deserved the highest quality food possible. Four generations later, quality is still at the center of everything we do at Dietz & Watson. Gottlieb's original recipe book continues to be the foundation of our company. We still handcraft our products and use many of the same cooking methods he perfected.

We have always been committed to providing products that are both good and good for you. We only use the highest quality hand-trimmed lean beef, ham, turkey and chicken breasts. We never use artificial colors, flavors, fillers, extenders, or MSG. Our steadfast commitment to quality is what drives us to perfect and preserve every little detail that makes us Dietz & Watson.

Dietz & Watson. Caring like only family can since 1939.



PREMIUM MEATS & ARTISAN CHEESES

For More Information Visit

DietzAndWatson.com |    

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PREMIUM MEATS & ARTISAN CHEESES

*Perfecting*  
THE CRAFT OF DELI  
• *Since 1939* •





# Healthier Lifestyle Line

## · NUTRITIONAL FACTS ·



Look for this seal on  
Healthier Lifestyle®  
varieties!



Certified Gluten Free by  
Celiac Sprue Association  
[www.csaceliacs.org](http://www.csaceliacs.org)

Item Name	Cals	Fat Cals	Total Fat (g)	Sodium (mg)	Total Carbs (g)	Sugars (g)	Protein (g)
U.S.D.A Choice Eye Round Peppered Roast Beef	70	20	2	290	0	0	13
Top Round London Broil Roast Beef	70	20	2	330	0	0	13
Top Round Roast Beef	60	10	1.5	290	0	0	12
Herb Choice Eye Round Roast Beef	70	20	2	290	0	0	13
Off the Bone Turkey Breast	60	5	0.5	390	1	1	12
Cajun Style Turkey Breast	50	5	0.5	440	1	1	10
Gourmet Lite Turkey Breast	50	10	1	240	1	1	10
Gourmet Lite No Salt Added Turkey Breast	70	0	0.5	50	2	2	14
Homestyle Black Pepper Turkey Breast	60	5	0.5	410	1	1	12
Black Forest Breast of Turkey	50	5	0.5	390	0	0	11
Maple & Honey Turkey Breast	60	0	0	390	2	2	11
Santa Fe Brand Turkey Breast	60	5	0.5	390	1	1	12
Bacon Lovers Turkey Breast	70	10	1	370	2	2	12
Oven Classic Turkey Breast	60	5	0.5	400	1	1	12
Southern Fried Chicken Breast	70	20	2	390	1	1	13
Lemon & Pepper Seasoned Chicken Breast	70	15	2	400	1	1	11
Honey Barbeque Chicken Breast	70	10	1.5	380	2	2	12
Buffalo Style Chicken Breast	60	10	1.5	420	1	0	11
Roasted Chicken Breast	70	20	2	390	1	1	11
Grilled Honey Chicken Breast	70	15	1.5	380	2	2	12
Sriracha Chicken Breast	70	10	1.5	390	3	2	11
Maple Honey Ham	60	10	1	460	3	3	10
Gourmet Lite Virginia Brand Ham	60	15	1.5	450	2	2	9
Off the Bone Ham	70	25	2.5	410	1	1	11
Black Forest Smoked Ham	80	30	3	480	1	1	11
Brown Sugar & Molasses Ham	70	10	1	460	4	4	10
Golden Recipe Honey Cured Tavern Ham	70	15	0.5	470	3	3	11
Rosemary Seasoned Ham with Natural Juices	70	30	3	470	0	0	11

Dietz & Watson Premium Meats are Healthier Lifestyle®, which means they are minimally processed and exceed USDA and FDA\* Standards for Healthy Food.\*\* All varieties are made with lean muscles and whole breasts.



\*FDA, Food and Drug Administration / USDA, United States Department of Agriculture

\*\*USDA & FDA Guidelines for Deli Meats (2oz Portions) Total Fat- 3g | Saturated Fat - 1g | Cholesterol - 60mg | Sodium 480mg

While many factors affect heart disease, a diet low in saturated fat, cholesterol and sodium may reduce the risk of this disease. Healthier Lifestyle delicatessen meets saturated fat and cholesterol criteria for healthy people over age two. For our entire catalog of Healthier Lifestyle offerings and nutritional information visit [DietzAndWatson.com](http://DietzAndWatson.com)