

15 July 2025

## **Yellow Mustard**

Yellow mustard is brimming with protein, fibre, vitamin C, omega-3 fatty acids, and many of the B complex vitamins. It is particularly rich in several minerals including potassium, phosphorous, calcium, and magnesium, which are essential for good health.

| Items                  | Size | Retail Price |
|------------------------|------|--------------|
| Kraft Mustard          | 8oz  | \$8.82       |
| Remia Mustard          | 11oz | \$7.11       |
| Swiss Mustard          | 12oz | \$6.16       |
| Shoppers Value Mustard | 14oz | \$8.93       |
| Country Barn Mustard   | 14oz | \$7.10       |
| Swiss Mustard          | 16oz | \$7.83       |
| Swiss Mustard          | 20oz | \$7.99       |