



Heart-Check Food Certification Program

Updated: 01/05/2022

Certified Products Listed by Food Category

| Food Category | Product | Company | Serving Size | Calories* | Total Fat* (gm) | Saturated Fat* (gm) | Sodium* (mg) | Sugar* (g) |
|------------------|---|---|--------------|-----------|-----------------|---------------------|--------------|------------|
| Beans/legumes | S&W Black Beans, Low Sodium | Faribault Foods Inc. - FF | 130 Grams | 110 | 0 | 0 | 140 | 0 |
| Beans/legumes | S&W White Beans, Low Sodium | Faribault Foods Inc. - FF | 130 Grams | 110 | 0 | 0 | 140 | 1 |
| Beans/legumes | S&W Chili Beans, Low Sodium | Faribault Foods Inc. - FF | 130 Grams | 130 | 1.5 | 0 | 140 | 2 |
| Beans/legumes | S&W Pinto Beans, Low Sodium | Faribault Foods Inc. - FF | 130 Grams | 110 | 0 | 0 | 140 | 1 |
| Beans/legumes | S&W Garbanzos, Low Sodium | Faribault Foods Inc. - FF | 130 Grams | 120 | 2 | 0 | 140 | 2 |
| Beans/legumes | S&W Kidney Beans, Low Sodium | Faribault Foods Inc. - FF | 130 Grams | 110 | 0 | 0 | 140 | 1 |
| Beverages | WestSoy Organic Original Soymilk | SunOpta Grains and Food, Inc | 8 Ounces | 130 | 4.5 | 2.5 | 140 | 11 |
| Beverages | WestSoy Organic Soymilk Plus Plain | SunOpta Grains and Food, Inc | 8 Ounces | 110 | 4.5 | 2.5 | 130 | 7 |
| Beverages | WestSoy Organic Soymilk Plus Vanilla | SunOpta Grains and Food, Inc | 8 Ounces | 120 | 4.5 | 2.5 | 135 | 10 |
| Beverages | WestSoy Organic Unsweetened Soymilk | SunOpta Grains and Food, Inc | 8 Ounces | 100 | 5 | 3 | 35 | 3 |
| Beverages | WestSoy Organic Unsweetened Soymilk | SunOpta Grains and Food, Inc | 8 Ounces | 100 | 5 | 3 | 35 | 3 |
| Beverages | WestSoy Organic Unsweetened Vanilla Soymilk | SunOpta Grains and Food, Inc | 8 Ounces | 100 | 5 | 3 | 35 | 3 |
| Breads/Tortillas | Toufayan Wheat Wraps | Toufayan Bakeries, Inc. - Toufayan | 52 Grams | 160 | 3.5 | 0 | 130 | 1 |
| Breads/Tortillas | Toufayan Whole Wheat Smart Pocket | Toufayan Bakeries, Inc. - Toufayan | 35 Grams | 100 | 1 | 0 | 50 | 0 |
| Breads/Tortillas | Frescados Wrap Garlic Herb | Catallia Mexican Foods, LLC - CMF | 68 Grams | 160 | 4.5 | 1 | 190 | 1 |
| Breads/Tortillas | Frescados Wrap Garden Vegetable | Catallia Mexican Foods, LLC - CMF | 68 Grams | 170 | 4.5 | 1 | 200 | 1 |
| Breads/Tortillas | Frescados Wrap Spinach | Catallia Mexican Foods, LLC - CMF | 68 Grams | 170 | 4 | 1 | 210 | 1 |
| Breads/Tortillas | Frescados Wrap Tomato Basil | Catallia Mexican Foods, LLC - CMF | 68 Grams | 170 | 4 | 1 | 210 | 1 |
| Cereal | Cheerios | General Mills Marketing, Inc. - Gen Mills | 39 Grams | 140 | 2.5 | 0.5 | 190 | 2 |
| Cereal | Cheerios | General Mills Marketing, Inc. - Gen Mills | 39 Grams | 140 | 2.5 | 1 | 190 | 2 |
| Cereal | Cheerios | General Mills Marketing, Inc. - Gen Mills | 39 Grams | 140 | 2.5 | 1 | 190 | 2 |
| Cereal | Cheerios | General Mills Marketing, Inc. - Gen Mills | 39 Grams | 140 | 2.5 | 1 | 190 | 2 |
| Cereal | Cheerios | General Mills Marketing, Inc. - Gen Mills | 39 Grams | 140 | 2.5 | 1 | 190 | 2 |

*per serving



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|----------------|--------------------------------------|-------------------------------------|--------------|-----------|-----------------|---------------------|--------------|------------|
| Cereal | Quaker Oats Quick-1 Minute | Quaker Oats Company, The - Quaker | 40 Grams | 150 | 3 | 0.5 | 0 | 1 |
| Cereal | Quaker Steel Cut Quick 3-Minute Oats | Quaker Oats Company, The - Quaker | 45 Grams | 170 | 3 | 1 | 0 | 1 |
| Cereal | Quaker Steel Cut Oats | Quaker Oats Company, The - Quaker | 40 Grams | 150 | 3 | 1 | 0 | 1 |
| Cereal | Quaker Oats Quick-1 Minute | Quaker Oats Company, The - Quaker | 40 Grams | 150 | 3 | 1 | 0 | 1 |
| Cereal | Quaker Oats Quick-1 Minute | Quaker Oats Company, The - Quaker | 40 Grams | 150 | 3 | 1 | 0 | 1 |
| Cereal | Quaker Oats Quick-1 Minute | Quaker Oats Company, The - Quaker | 40 Grams | 150 | 3 | 1 | 0 | 1 |
| Cereal | Quaker Oats Old-Fashioned | Quaker Oats Company, The - Quaker | 40 Grams | 150 | 3 | 1 | 0 | 1 |
| Cereal | Quaker Oats Gluten Free Quick Oats | Quaker Oats Company, The - Quaker | 40 Grams | 150 | 3 | 1 | 0 | 1 |
| Cereal | Quaker Instant Oatmeal Original | Quaker Oats Company, The - Quaker | 28 Grams | 100 | 2 | 0.5 | 75 | 0 |
| Cereal | Quaker Oats Old-Fashioned | Quaker Oats Company, The - Quaker | 40 Grams | 150 | 3 | 1 | 0 | 1 |
| Cereal | Quaker Oats Old-Fashioned | Quaker Oats Company, The - Quaker | 40 Grams | 150 | 3 | 1 | 0 | 1 |
| Cereal | Quaker Oats Old-Fashioned | Quaker Oats Company, The - Quaker | 40 Grams | 150 | 3 | 1 | 0 | 1 |
| Cereal | Quaker Instant Oatmeal Original | Quaker Oats Company, The - Quaker | 28 Grams | 100 | 2 | 0.5 | 75 | 0 |
| Egg Substitute | Bob Evans 100% Liquid Egg Whites | Michael Foods, Inc. - Crystal Farms | 46 Grams | 25 | 0 | 0 | 75 | 0 |
| Egg Substitute | Bob Evans Better 'n Eggs | Michael Foods, Inc. - Crystal Farms | 46 Grams | 25 | 0 | 0 | 85 | 0 |
| Egg Substitute | Bob Evans Better 'n Eggs | Michael Foods, Inc. - Crystal Farms | 46 Grams | 25 | 0 | 0 | 85 | 0 |
| Egg Substitute | Bob Evans 100% Liquid Egg Whites | Michael Foods, Inc. - Crystal Farms | 46 Grams | 25 | 0 | 0 | 75 | 0 |

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|-------------------------------------|--|----------------------------|--------------|-----------|-----------------|---------------------|--------------|------------|
| Egg Substitute | Eggland's Best Cage Free Liquid Egg Whites | Eggland's Best LLC - EB | 46 Grams | 25 | 0 | 0 | 75 | 0 |
| Egg Substitute | Eggland's Best Cage Free Liquid Egg Whites | Eggland's Best LLC - EB | 46 Grams | 25 | 0 | 0 | 75 | 0 |
| Egg Substitute | Eggland's Best 100% Liquid Egg Whites | Eggland's Best LLC - EB | 46 Grams | 25 | 0 | 0 | 75 | 0 |
| Egg Substitute | Eggland's Best 100% Liquid Egg Whites | Eggland's Best LLC - EB | 46 Grams | 25 | 0 | 0 | 75 | 0 |
| Egg Substitute | Eggland's Best 100% Liquid Egg Whites | Eggland's Best LLC - EB | 46 Grams | 25 | 0 | 0 | 75 | 0 |
| Egg Substitute | Eggland's Best 100% Liquid Egg Whites | Eggland's Best LLC - EB | 46 Grams | 25 | 0 | 0 | 75 | 0 |
| Egg Substitute | Eggland's Best Cage Free Liquid Egg Whites | Eggland's Best LLC - EB | 46 Grams | 25 | 0 | 0 | 75 | 0 |
| Egg Substitute | Eggland's Best Cage Free Liquid Egg Whites | Eggland's Best LLC - EB | 46 Grams | 25 | 0 | 0 | 75 | 0 |
| Fish & Game: Canned or Processed | North Coast Seafoods Culinary Reserve Special Crab Meat | North Coast Seafoods - NCS | 85 Grams | 80 | 1 | 0 | 250 | 0 |
| Fish & Game: Canned or Processed | North Coast Seafoods Culinary Premium Reserve Super Lump Crab Meat | North Coast Seafoods - NCS | 85 Grams | 80 | 1 | 0 | 250 | 0 |
| Fish & Game: Canned or Processed | North Coast Seafoods Culinary Reserve Claw Crab Meat | North Coast Seafoods - NCS | 85 Grams | 80 | 1 | 0 | 250 | 0 |
| Fish & Game: Canned or Processed | North Coast Seafoods Culinary Reserve Claw Crab Meat | North Coast Seafoods - NCS | 85 Grams | 80 | 1 | 0 | 250 | 0 |
| Fish & Game: Canned or Processed | North Coast Seafoods Culinary Reserve Lump Crab Meat | North Coast Seafoods - NCS | 85 Grams | 80 | 1 | 0 | 250 | 0 |
| Fish & Game: Canned or Processed | North Coast Seafoods Culinary Reserve Jumbo Crab Meat | North Coast Seafoods - NCS | 85 Grams | 80 | 1 | 0 | 250 | 0 |
| Fish & Game: Canned or Processed | North Coast Seafoods Culinary Reserve Jumbo Crab Meat | North Coast Seafoods - NCS | 85 Grams | 80 | 1 | 0 | 250 | 0 |

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|--|--|---|--------------|-----------|-----------------|---------------------|--------------|------------|
| Fish & Game: Canned or Processed | North Coast Seafoods Culinary Reserve Colossal Crab Meat | North Coast Seafoods - NCS | 85 Grams | 80 | 1 | 0 | 250 | 0 |
| Fish & Game: Canned or Processed | StarKist Reduced Sodium Chunk Light Tuna in Water | StarKist Co. - StarKist | 74 Grams | 70 | 0.5 | 0 | 150 | 0 |
| Fish & Game: Canned or Processed | StarKist Chunk Light Tuna in Water | StarKist Co. - StarKist | 85 Grams | 80 | 0.5 | 0 | 330 | 0 |
| Fish & Game: Canned or Processed | StarKist Chunk Light Tuna in Water | StarKist Co. - StarKist | 74 Grams | 70 | 0.5 | 0 | 300 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | Crab Classic Imitation Crab, Easy Shred Flake | Trans-Ocean Products, Inc. - TransOcean | 85 Grams | 80 | 0 | 0 | 390 | 4 |
| Fish & Game: Fresh, Frozen, or Cooked | TransOcean Crab Classic Flake Style | Trans-Ocean Products, Inc. - TransOcean | 85 Grams | 80 | 0 | 0 | 390 | 4 |
| Fish & Game: Fresh, Frozen, or Cooked | TransOcean Crab Classic Flake Style | Trans-Ocean Products, Inc. - TransOcean | 85 Grams | 80 | 0 | 0 | 390 | 4 |
| Fish & Game: Fresh, Frozen, or Cooked | Simply Surimi Seafood, Stick Style | Trans-Ocean Products, Inc. - TransOcean | 88 Grams | 70 | 0 | 0 | 450 | 4 |
| Fish & Game: Fresh, Frozen, or Cooked | Simply Surimi Seafood, Flake Style | Trans-Ocean Products, Inc. - TransOcean | 85 Grams | 70 | 0 | 0 | 440 | 4 |
| Fish & Game: Fresh, Frozen, or Cooked | Simply Surimi Seafood, Flake Style | Trans-Ocean Products, Inc. - TransOcean | 85 Grams | 70 | 0 | 0 | 440 | 4 |

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|--|-------------------------------------|---|--------------|-----------|-----------------|---------------------|--------------|------------|
| Fish & Game: Fresh, Frozen, or Cooked | Simply Surimi Seafood Snackers | Trans-Ocean Products, Inc. - TransOcean | 85 Grams | 70 | 0 | 0 | 440 | 4 |
| Fish & Game: Fresh, Frozen, or Cooked | TransOcean Crab Classic Flake Style | Trans-Ocean Products, Inc. - TransOcean | 85 Grams | 80 | 0 | 0 | 390 | 4 |
| Fish & Game: Fresh, Frozen, or Cooked | TransOcean Crab Classic Flake Style | Trans-Ocean Products, Inc. - TransOcean | 85 Grams | 80 | 0 | 0 | 390 | 4 |
| Fish & Game: Fresh, Frozen, or Cooked | TransOcean Crab Classic Flake Style | Trans-Ocean Products, Inc. - TransOcean | 85 Grams | 80 | 0 | 0 | 390 | 4 |
| Fish & Game: Fresh, Frozen, or Cooked | TransOcean Crab Classic Leg Style | Trans-Ocean Products, Inc. - TransOcean | 88 Grams | 90 | 0 | 0 | 410 | 4 |
| Fish & Game: Fresh, Frozen, or Cooked | TransOcean Crab Classic Leg Style | Trans-Ocean Products, Inc. - TransOcean | 88 Grams | 80 | 0 | 0 | 400 | 4 |
| Fish & Game: Fresh, Frozen, or Cooked | TransOcean Crab Classic Leg Style | Trans-Ocean Products, Inc. - TransOcean | 78 Grams | 70 | 0 | 0 | 360 | 4 |
| Fish & Game: Fresh, Frozen, or Cooked | TransOcean Seafood Snackers | Trans-Ocean Products, Inc. - TransOcean | 85 Grams | 80 | 0 | 0 | 390 | 4 |
| Fish & Game: Fresh, Frozen, or Cooked | TransOcean Seafood Snackers | Trans-Ocean Products, Inc. - TransOcean | 85 Grams | 80 | 0 | 0 | 390 | 4 |
| Fish & Game: Fresh, Frozen, or Cooked | TransOcean Crab Classic Chunk Style | Trans-Ocean Products, Inc. - TransOcean | 85 Grams | 80 | 0 | 0 | 380 | 3 |

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|--|--|---|--------------|-----------|-----------------|---------------------|--------------|------------|
| Fish & Game: Fresh, Frozen, or Cooked | TransOcean Lobster Classic Chunk Style | Trans-Ocean Products, Inc. - TransOcean | 85 Grams | 80 | 0 | 0 | 390 | 3 |
| Fish & Game: Fresh, Frozen, or Cooked | Simply Surimi Seafood Snackers | Trans-Ocean Products, Inc. - TransOcean | 85 Grams | 70 | 0 | 0 | 440 | 4 |
| Fish & Game: Fresh, Frozen, or Cooked | Superior Fresh Atlantic Salmon | Superior Fresh LLC | 110 Grams | 0 | 9 | 2.5 | 35 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | Superior Fresh Atlantic Salmon Fillets | Superior Fresh LLC | 110 Grams | 0 | 9 | 2.5 | 35 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | Ventisqueros Entertainer | BluGlacier, LLC | 113 Grams | 220 | 15 | 2.5 | 45 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | Blumar Oceans 12 | BluGlacier, LLC | 113 Grams | 200 | 11 | 1.5 | 80 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | Blumar One Night Stand | BluGlacier, LLC | 113 Grams | 0 | 11 | 1.5 | 80 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | Blumar Entertainer | BluGlacier, LLC | 113 Grams | 0 | 14 | 1.5 | 80 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | Ventisqueros One Night Stand | BluGlacier, LLC | 113 Grams | 0 | 15 | 2.5 | 45 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | BlueRiver Laguna Blanca | BluGlacier, LLC | 113 Grams | 0 | 14 | 2 | 95 | 0 |

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|--|---|---------------------------------|--------------|-----------|-----------------|---------------------|--------------|------------|
| Fish & Game: Fresh, Frozen, or Cooked | PrimeWaters Atlantic Salmon | Cargill Meat Solutions- Seafood | 140 Grams | 290 | 19 | 3 | 70 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | PrimeWaters Coho Salmon | Cargill Meat Solutions- Seafood | 140 Grams | 270 | 17 | 3.5 | 180 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | Pacifico Frozen Striped Bass | Pacifico Aquaculture - PA | 170 Grams | 253 | 11 | 2 | 105 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | Pacifico Ocean-Raised True Striped Bass | Pacifico Aquaculture - PA | 113 Grams | 253 | 13 | 3 | 105 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | Fresh Wild King Raw Salmon | North Coast Seafoods - NCS | 113 Grams | 211 | 13 | 0 | 54 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | Fresh Wild Sockeye Raw Salmon | North Coast Seafoods - NCS | 113 Grams | 153 | 6 | 0 | 127 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | Naked Alaskan Salmon | North Coast Seafoods - NCS | 142 Grams | 161 | 4 | 0 | 70 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | Naked Sea Scallops | North Coast Seafoods - NCS | 113 Grams | 100 | 1 | 0 | 240 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | Naked Wild Atlantic Cod | North Coast Seafoods - NCS | 142 Grams | 110 | 1 | 0 | 75 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | Fresh Farmed Atlantic Raw Salmon | North Coast Seafoods - NCS | 113 Grams | 235 | 15 | 0 | 65 | 0 |

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|--|---|------------------------------|--------------|-------|-----------|-----------------|---------------------|--------------|------------|
| Fish & Game: Fresh, Frozen, or Cooked | Kvarøy Arctic Sustainably Raised Frozen Atlantic Salmon | Kvarøy Arctic - KF | 100 | Grams | 220 | 10 | 3 | 35 | 0.4 |
| Fish & Game: Fresh, Frozen, or Cooked | Heinen's Farm Raised Frozen Atlantic Salmon | Kvarøy Arctic - KF | 113 | Grams | 240 | 15 | 3.5 | 55 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | Kvarøy Arctic Sustainably Raised Frozen Atlantic Salmon | Kvarøy Arctic - KF | 100 | Grams | 220 | 10 | 3 | 35 | 0.4 |
| Fish & Game: Fresh, Frozen, or Cooked | Kvarøy Arctic Sustainably Raised Atlantic Salmon | Kvarøy Arctic - KF | 100 | Grams | 220 | 10 | 3 | 55 | 0.4 |
| Fish & Game: Fresh, Frozen, or Cooked | Open Blue Cobia Skin on Fillets | Open Blue Sea Farms Inc - OB | 113 | Grams | 210 | 13 | 4 | 35 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | Open Blue Cobia Skin on Fillets | Open Blue Sea Farms Inc - OB | 113 | Grams | 0 | 13 | 4 | 35 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | Open Blue Cobia Catering Cuts | Open Blue Sea Farms Inc - OB | 113 | Grams | 206 | 13 | 3.84 | 34 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | Open Blue Cobia Skin on Fillets | Open Blue Sea Farms Inc - OB | 113 | Grams | 0 | 13 | 4 | 35 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | Open Blue Cobia Boneless Skinless Fish Taco Cuts | Open Blue Sea Farms Inc - OB | 113 | Grams | 206 | 13 | 0 | 34 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | Open Blue Cobia Fillet | Open Blue Sea Farms Inc - OB | 100 | Grams | 0 | 13 | 3.84 | 34 | 0 |

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|--|--|--|--------------|-----------|-----------------|---------------------|--------------|------------|
| Fish & Game: Fresh, Frozen, or Cooked | Open Blue Cobia Loin Fillet Portions | Open Blue Sea Farms Inc - OB | 113 Grams | 206 | 13 | 3.84 | 34 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | Open Blue Cobia Loin Fillet Portions | Open Blue Sea Farms Inc - OB | 113 Grams | 206 | 13 | 4 | 34 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | Open Blue Cobia Fillet | Open Blue Sea Farms Inc - OB | 113 Grams | 206 | 13 | 3.84 | 34 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | Open Blue Cobia Fish Tips | Open Blue Sea Farms Inc - OB | 113 Grams | 206 | 13 | 4 | 34 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | Trapananda Fresh Atlantic Salmon Filet, Skin-On | Trapananda Seafarms LLC - TS | 85 Grams | 201 | 10.4 | 2.16 | 44 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | Southring Mama Bear Salmon Burger | Trapananda Seafarms LLC - TS | 100 Grams | 129 | 4.5 | 0.8 | 0 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | Bluehouse Salmon | Atlantic Sapphire | 113 Grams | 200 | 12 | 0 | 40 | 0 |
| Fruit: Dried | California Dates - Deglet Noor Variety | California Date Administrative Committee - Dates | 40 Grams | 110 | 0 | 0 | 0 | 25 |
| Fruit: Dried | California Dates - Medjool Variety | California Date Administrative Committee - Dates | 40 Grams | 110 | 0 | 0 | 0 | 25 |
| Fruit: Dried | Juicy Gems Dried Pomegranate Arils- Organic | Trinity Fruit Company, Inc. - TF | 14 Grams | 50 | 0.5 | 0 | 0 | 5 |
| Fruit: Dried | Sweetheart Dried Pomegranate Arils | Trinity Fruit Company, Inc. - TF | 7 Grams | 25 | 0 | 0 | 0 | 3 |
| Fruit: Dried | Bard Valley Natural Delights Deglet Noor Dates Organic | Bard Valley Date Growers Association | 30 Grams | 110 | 0 | 0 | 0 | 27 |

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|---------------|---|--------------------------------------|--------------|-------|-----------|-----------------|---------------------|--------------|------------|
| Fruit: Dried | Bard Valley Natural Delights Deglet Noor Dates Organic | Bard Valley Date Growers Association | 30 | Grams | 110 | 0 | 0 | 0 | 27 |
| Fruit: Dried | Bard Valley Natural Delights Deglet Noor Dates Organic | Bard Valley Date Growers Association | 30 | Grams | 110 | 0 | 0 | 0 | 27 |
| Fruit: Dried | Bard Valley Natural Delights Deglet Noor Dates Organic | Bard Valley Date Growers Association | 30 | Grams | 110 | 0 | 0 | 0 | 27 |
| Fruit: Dried | Bard Valley Natural Delights Deglet Noor Dates Organic | Bard Valley Date Growers Association | 30 | Grams | 110 | 0 | 0 | 0 | 27 |
| Fruit: Dried | Bard Valley Natural Delights Pitted Medjool Dates | Bard Valley Date Growers Association | 46 | Grams | 140 | 0 | 0 | 0 | 30 |
| Fruit: Dried | Bard Valley Natural Delights Organic Medjool Dates | Bard Valley Date Growers Association | 46 | Grams | 140 | 0 | 0 | 0 | 30 |
| Fruit: Dried | Bard Valley Natural Delights Organic Medjool Dates | Bard Valley Date Growers Association | 46 | Grams | 140 | 0 | 0 | 0 | 30 |
| Fruit: Dried | Bard Valley Natural Delights Organic Medjool Dates | Bard Valley Date Growers Association | 46 | Grams | 140 | 0 | 0 | 0 | 30 |
| Fruit: Dried | Bard Valley Natural Delights Medjool Dates | Bard Valley Date Growers Association | 46 | Grams | 140 | 0 | 0 | 0 | 30 |
| Fruit: Dried | Bard Valley Natural Delights Organic Pitted Medjool Dates | Bard Valley Date Growers Association | 46 | Grams | 140 | 0 | 0 | 0 | 30 |
| Fruit: Dried | Bard Valley Natural Delights Medjool Dates | Bard Valley Date Growers Association | 46 | Grams | 140 | 0 | 0 | 0 | 30 |
| Fruit: Dried | Bard Valley Natural Delights Medjool Dates | Bard Valley Date Growers Association | 46 | Grams | 140 | 0 | 0 | 4 | 30 |
| Fruit: Dried | Bard Valley Natural Delights Medjool Dates | Bard Valley Date Growers Association | 46 | Grams | 140 | 0 | 0 | 0 | 30 |
| Fruit: Dried | Bard Valley Natural Delights Medjool Dates | Bard Valley Date Growers Association | 46 | Grams | 140 | 0 | 0 | 0 | 30 |
| Fruit: Dried | Sweetheart Dried Pomegranate Arils | Trinity Fruit Company, Inc. - TF | 9 | Grams | 35 | 0 | 0 | 0 | 4 |
| Fruit: Dried | Sweetheart Dried Pomegranate Arils | Trinity Fruit Company, Inc. - TF | 28 | Grams | 110 | 1 | 0 | 0 | 14 |

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|---------------------------------|---|----------------------------------|--------------|-----------|-----------------|---------------------|--------------|------------|
| Fruit: Dried | Hadley Dates Pitted Deglet Noor Variety | Hadley Date Gardens - HI | 40 Grams | 120 | 0 | 0 | 0 | 29 |
| Fruit: Dried | Hadley Dates Pitted Deglet Noor Variety | Hadley Date Gardens - HI | 40 Grams | 120 | 0 | 0 | 0 | 29 |
| Fruit: Dried | Organic Hadley Dates Pitted Deglet Noor Variety | Hadley Date Gardens - HI | 40 Grams | 120 | 0 | 0 | 0 | 29 |
| Fruit: Fresh, Frozen, or Canned | Juicy Gems Pomegranate Arils | Trinity Fruit Company, Inc. - TF | 125 Grams | 100 | 1.5 | 0 | 0 | 17 |
| Fruit: Fresh, Frozen, or Canned | Juicy Gems Frozen Pomegranate Arils | Trinity Fruit Company, Inc. - TF | 140 Grams | 120 | 2 | 0 | 0 | 19 |
| Fruit: Fresh, Frozen, or Canned | Juicy Gems Pomegranate Arils | Trinity Fruit Company, Inc. - TF | 113 Grams | 80 | 1 | 0 | 0 | 14 |
| Fruit: Fresh, Frozen, or Canned | Juicy Gems Pomegranate Arils | Trinity Fruit Company, Inc. - TF | 100 Grams | 80 | 1 | 0 | 0 | 14 |
| Fruit: Fresh, Frozen, or Canned | Juicy Gems Pomegranate Arils | Trinity Fruit Company, Inc. - TF | 100 Grams | 80 | 1 | 0 | 0 | 14 |
| Fruit: Fresh, Frozen, or Canned | Juicy Gems Pomegranate Arils | Trinity Fruit Company, Inc. - TF | 62 Grams | 50 | 0.5 | 0 | 0 | 8 |
| Fruit: Fresh, Frozen, or Canned | Mexican Hass Avocados | Avocados from Mexico - AM | 50 Grams | 80 | 8 | 1 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | Oregon Berry Packing Blueberries | Oregon Berry Packing, Inc. | 148 Grams | 84 | 0.49 | 0 | 1 | 15 |
| Fruit: Fresh, Frozen, or Canned | Oregon Berry Packing Blueberries | Oregon Berry Packing, Inc. | 148 Grams | 84 | 0.49 | 0 | 1 | 15 |
| Fruit: Fresh, Frozen, or Canned | Pomegranates- Whole | Trinity Fruit Company, Inc. - TF | 100 Grams | 83 | 1.17 | 0.08 | 3 | 14 |
| Fruit: Fresh, Frozen, or Canned | Organic Juicy Gems Pomegranate Arils | Trinity Fruit Company, Inc. - TF | 100 Grams | 80 | 1 | 0 | 0 | 14 |
| Fruit: Fresh, Frozen, or Canned | Juicy Gems Frozen Pomegranate Arils | Trinity Fruit Company, Inc. - TF | 140 Grams | 120 | 2 | 0 | 0 | 19 |
| Fruit: Fresh, Frozen, or Canned | Juicy Gems Pomegranate Arils | Trinity Fruit Company, Inc. - TF | 100 Grams | 80 | 1 | 0 | 0 | 14 |

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|---------------------------------|-----------------------------------|-----------------------------------|--------------|--------|-----------|-----------------|---------------------|--------------|------------|
| Fruit: Fresh, Frozen, or Canned | California Gold Avocados | West Pak Avocado Inc. - WPA | 50 | Grams | 80 | 8 | 1 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | I Love Avocados | West Pak Avocado Inc. - WPA | 50 | Grams | 80 | 8 | 1 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | Viva Avocados | West Pak Avocado Inc. - WPA | 50 | Grams | 80 | 8 | 1 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | Party Pak Jumbo Avocados | West Pak Avocado Inc. - WPA | 50 | Grams | 80 | 8 | 0 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | Lil' 'Cados | West Pak Avocado Inc. - WPA | 50 | Grams | 80 | 8 | 1 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | Green Grapes | California Table Grape Commission | 126 | Grams | 90 | 0 | 0 | 15 | 20 |
| Fruit: Fresh, Frozen, or Canned | Red Grapes | California Table Grape Commission | 126 | Grams | 90 | 0 | 0 | 15 | 20 |
| Fruit: Fresh, Frozen, or Canned | Black Grapes | California Table Grape Commission | 126 | Grams | 90 | 0 | 0 | 15 | 20 |
| Fruit: Fresh, Frozen, or Canned | Avocados from Peru | Peruvian Avocado Commission - PAC | 50 | Grams | 80 | 8 | 1 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | Arctic Goldens Sweet Apple Slices | Okanagan Specialty Fruits Inc. | 142 | Grams | 74 | 0.2 | 0.1 | 2 | 15 |
| Fruit: Fresh, Frozen, or Canned | Arctic Grannys Tart Apple Slices | Okanagan Specialty Fruits Inc. | 142 | Grams | 74 | 0.2 | 0.1 | 2 | 15 |
| Fruit: Fresh, Frozen, or Canned | Arctic Goldens Sweet Apple Slices | Okanagan Specialty Fruits Inc. | 2 | Ounces | 30 | 0 | 0 | 0 | 6 |
| Fruit: Fresh, Frozen, or Canned | Arctic Grannys Tart Apple Slices | Okanagan Specialty Fruits Inc. | 2 | Ounces | 30 | 0 | 0 | 0 | 6 |
| Fruit: Fresh, Frozen, or Canned | Arctic Goldens Sweet Apple Slices | Okanagan Specialty Fruits Inc. | 142 | Grams | 74 | 0.2 | 0.1 | 2 | 15 |
| Fruit: Fresh, Frozen, or Canned | Arctic Grannys Tart Apple Slices | Okanagan Specialty Fruits Inc. | 142 | Grams | 74 | 0.2 | 0.1 | 2 | 15 |

*per serving



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| Food Category | Product | Company | Serving Size | | Calories* | Total Fat* (gm) | Saturated Fat* (gm) | Sodium* (mg) | Sugar* (g) |
|---------------------------------|--------------------------------------|--|--------------|-------|-----------|-----------------|---------------------|--------------|------------|
| Fruit: Fresh, Frozen, or Canned | Consalo Family Farms Blueberries | Consalo Family Farms LLC - CF | 148 | Grams | 80 | 0 | 0 | 0 | 15 |
| Fruit: Fresh, Frozen, or Canned | Consalo Family Farms Blueberries | Consalo Family Farms LLC - CF | 148 | Grams | 80 | 0 | 0 | 0 | 15 |
| Fruit: Fresh, Frozen, or Canned | Fresh Mini Seedless Watermelon | National Watermelon Promotion Board - NWPB | 280 | Grams | 80 | 0 | 0 | 0 | 17 |
| Fruit: Fresh, Frozen, or Canned | Fresh Seedless Watermelon | National Watermelon Promotion Board - NWPB | 280 | Grams | 80 | 0 | 0 | 0 | 17 |
| Fruit: Fresh, Frozen, or Canned | Fresh Seeded Watermelon | National Watermelon Promotion Board - NWPB | 280 | Grams | 80 | 0 | 0 | 0 | 17 |
| Fruit: Fresh, Frozen, or Canned | Blueberries | ProArandanos | 148 | Grams | 80 | 0 | 0 | 0 | 15 |
| Fruit: Fresh, Frozen, or Canned | Frozen Blueberries | ProArandanos | 155 | Grams | 80 | 1 | 0 | 0 | 13 |
| Fruit: Fresh, Frozen, or Canned | North Bay Produce Blueberries | North Bay Produce, Inc - NB | 140 | Grams | 80 | 0 | 0 | 1 | 14 |
| Fruit: Fresh, Frozen, or Canned | GreenFruit Avocados | GreenFruit Avocados - GF | 30 | Grams | 50 | 4.5 | 0 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | GreenFruit Avocados | GreenFruit Avocados - GF | 30 | Grams | 50 | 4.5 | 0 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | GreenFruit Avocados | GreenFruit Avocados - GF | 30 | Grams | 50 | 4.5 | 0 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | Coosaw Farms Red Seedless Watermelon | Coosaw AG, LLC (Coosaw Farms) - CF | 280 | Grams | 80 | 0 | 0 | 0 | 17 |
| Fruit: Fresh, Frozen, or Canned | Hass Avocado | Del Rey Avocado - DR | 50 | Grams | 80 | 8 | 1 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | Mission Produce Avocados | Mission Produce, Inc. - MP | 50 | Grams | 80 | 8 | 1 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | Mission Organic Minis VP Avocados | Mission Produce, Inc. - MP | 50 | Grams | 80 | 8 | 1 | 0 | 0 |

*per serving



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| Food Category | Product | Company | Serving Size | | Calories* | Total Fat* (gm) | Saturated Fat* (gm) | Sodium* (mg) | Sugar* (g) |
|---------------------------------|----------------------------------|--|--------------|-------|-----------|-----------------|---------------------|--------------|------------|
| Fruit: Fresh, Frozen, or Canned | Mission Minis VP Avocados | Mission Produce, Inc. - MP | 50 | Grams | 80 | 8 | 1 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | Mission Produce Organic Avocados | Mission Produce, Inc. - MP | 50 | Grams | 80 | 8 | 1 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | Emeralds in the Rough Avocados | Mission Produce, Inc. - MP | 50 | Grams | 80 | 8 | 1 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | Emeralds in the Rough Avocados | Mission Produce, Inc. - MP | 50 | Grams | 80 | 8 | 1 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | Hass Avocados | Chilean Avocado Importers Association - CA | 30 | Grams | 50 | 4.5 | 0.5 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | Pear, Anjou, Green | Pear Bureau Northwest - USA Pears | 166 | Grams | 100 | 0 | 0 | 0 | 15 |
| Fruit: Fresh, Frozen, or Canned | Pear, Anjou, Red | Pear Bureau Northwest - USA Pears | 166 | Grams | 100 | 0 | 0 | 0 | 15 |
| Fruit: Fresh, Frozen, or Canned | Pear, Bartlett, Green | Pear Bureau Northwest - USA Pears | 166 | Grams | 100 | 0 | 0 | 0 | 15 |
| Fruit: Fresh, Frozen, or Canned | Pear, Starkrimson | Pear Bureau Northwest - USA Pears | 166 | Grams | 100 | 0 | 0 | 0 | 15 |
| Fruit: Fresh, Frozen, or Canned | Pear, Seckel | Pear Bureau Northwest - USA Pears | 166 | Grams | 100 | 0 | 0 | 0 | 15 |
| Fruit: Fresh, Frozen, or Canned | Pear, Forelle | Pear Bureau Northwest - USA Pears | 166 | Grams | 100 | 0 | 0 | 0 | 15 |
| Fruit: Fresh, Frozen, or Canned | Pear, Concorde | Pear Bureau Northwest - USA Pears | 166 | Grams | 100 | 0 | 0 | 0 | 15 |
| Fruit: Fresh, Frozen, or Canned | Pear, Comice | Pear Bureau Northwest - USA Pears | 166 | Grams | 100 | 0 | 0 | 0 | 15 |
| Fruit: Fresh, Frozen, or Canned | Pear, Bosc | Pear Bureau Northwest - USA Pears | 166 | Grams | 100 | 0 | 0 | 0 | 15 |
| Fruit: Fresh, Frozen, or Canned | Pear, Bartlett, Red | Pear Bureau Northwest - USA Pears | 166 | Grams | 100 | 0 | 0 | 0 | 15 |

*per serving



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Certified Products Listed by Food Category

| Food Category | Product | Company | Serving Size | Calories* | Total Fat* (gm) | Saturated Fat* (gm) | Sodium* (mg) | Sugar* (g) |
|---------------------------------|-----------------------|---------------------------|--------------|-----------|-----------------|---------------------|--------------|------------|
| Fruit: Fresh, Frozen, or Canned | AVOMXJ HASS BAG | Calavo Growers, Inc. - CG | 50 Grams | 80 | 8 | 0 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | AVOMXJ HASS BAG | Calavo Growers, Inc. - CG | 50 Grams | 80 | 8 | 0 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | AVOCA HASS BAG | Calavo Growers, Inc. - CG | 50 Grams | 80 | 8 | 0 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | AVOCA HASS BAG | Calavo Growers, Inc. - CG | 50 Grams | 80 | 8 | 0 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | AVOCA HASS BAG | Calavo Growers, Inc. - CG | 50 Grams | 80 | 8 | 0 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | AVOCA HASS BAG | Calavo Growers, Inc. - CG | 50 Grams | 80 | 8 | 0 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | AVOCA HASS BAG (EACH) | Calavo Growers, Inc. - CG | 50 Grams | 80 | 8 | 0 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | AVOCA HASS BAG COSTCO | Calavo Growers, Inc. - CG | 50 Grams | 80 | 8 | 0 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | AVOCA HASS BAG SF | Calavo Growers, Inc. - CG | 50 Grams | 80 | 8 | 0 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | AVOCA HASS BAG SF | Calavo Growers, Inc. - CG | 50 Grams | 80 | 8 | 0 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | AVOCA HASS BAGD | Calavo Growers, Inc. - CG | 50 Grams | 80 | 8 | 0 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | AVOCA HASS BAGK | Calavo Growers, Inc. - CG | 50 Grams | 80 | 8 | 0 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | AVOCA HASS BAGR | Calavo Growers, Inc. - CG | 50 Grams | 80 | 8 | 0 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | AVOCA HASS WGCF BAGR | Calavo Growers, Inc. - CG | 50 Grams | 80 | 8 | 0 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | AVOCA HASS WGCF BAGR | Calavo Growers, Inc. - CG | 50 Grams | 80 | 8 | 0 | 0 | 0 |

*per serving



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| Food Category | Product | Company | Serving Size | Calories* | Total Fat* (gm) | Saturated Fat* (gm) | Sodium* (mg) | Sugar* (g) |
|---------------------------------|----------------------|---------------------------|--------------|-----------|-----------------|---------------------|--------------|------------|
| Fruit: Fresh, Frozen, or Canned | AVOCA HASS WGCF BAGR | Calavo Growers, Inc. - CG | 50 Grams | 80 | 8 | 0 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | AVOCA HASS WGCF BAGR | Calavo Growers, Inc. - CG | 50 Grams | 80 | 8 | 0 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | AVOCA HASS WGCF BAGR | Calavo Growers, Inc. - CG | 50 Grams | 80 | 8 | 0 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | AVODR HASS BAGS | Calavo Growers, Inc. - CG | 50 Grams | 80 | 8 | 0 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | AVOMX HASS BAG | Calavo Growers, Inc. - CG | 50 Grams | 80 | 8 | 0 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | AVOMX HASS BAG | Calavo Growers, Inc. - CG | 50 Grams | 80 | 8 | 0 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | Hass Avocados | Calavo Growers, Inc. - CG | 50 Grams | 80 | 8 | 0 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | AVOMX HASS BAGS | Calavo Growers, Inc. - CG | 50 Grams | 80 | 8 | 0 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | AVOPR HASS VIRU BAG | Calavo Growers, Inc. - CG | 50 Grams | 80 | 8 | 0 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | AVOMX HASS WGCF BAGR | Calavo Growers, Inc. - CG | 50 Grams | 80 | 8 | 0 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | AVOMX HASS WGCF BAGR | Calavo Growers, Inc. - CG | 50 Grams | 80 | 8 | 0 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | AVOMX HASS WGCF BAGR | Calavo Growers, Inc. - CG | 50 Grams | 80 | 8 | 0 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | AVOMX HASS WGCF BAGR | Calavo Growers, Inc. - CG | 50 Grams | 80 | 8 | 0 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | AVOMXJ HASS BAGR | Calavo Growers, Inc. - CG | 50 Grams | 80 | 8 | 0 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | AVOMX HASS WGCF BAGR | Calavo Growers, Inc. - CG | 50 Grams | 80 | 8 | 0 | 0 | 0 |

*per serving



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| Food Category | Product | Company | Serving Size | Calories* | Total Fat* (gm) | Saturated Fat* (gm) | Sodium* (mg) | Sugar* (g) |
|---------------------------------|-----------------------|-------------------------------|--------------|-----------|-----------------|---------------------|--------------|------------|
| Fruit: Fresh, Frozen, or Canned | AVOMXJ HASS BAGR | Calavo Growers, Inc. - CG | 50 Grams | 80 | 8 | 0 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | AVOMXJ HASS BAG | Calavo Growers, Inc. - CG | 50 Grams | 80 | 8 | 0 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | AVOMX HASS BAG | Calavo Growers, Inc. - CG | 50 Grams | 80 | 8 | 0 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | AVOMX HASS BAG | Calavo Growers, Inc. - CG | 50 Grams | 80 | 8 | 0 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | AVOMX HASS BAG | Calavo Growers, Inc. - CG | 50 Grams | 80 | 8 | 0 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | AVOMX HASS BAG | Calavo Growers, Inc. - CG | 50 Grams | 80 | 8 | 0 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | AVOMX HASS BAG | Calavo Growers, Inc. - CG | 50 Grams | 80 | 8 | 0 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | AVOMX HASS BAG | Calavo Growers, Inc. - CG | 50 Grams | 80 | 8 | 0 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | AVOMX HASS BAG | Calavo Growers, Inc. - CG | 50 Grams | 80 | 8 | 0 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | AVOMX HASS BAG 99C | Calavo Growers, Inc. - CG | 50 Grams | 80 | 8 | 0 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | AVOPR HASS VIRU BAGR | Calavo Growers, Inc. - CG | 50 Grams | 80 | 8 | 0 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | AVOMX HASS BAG COSTCO | Calavo Growers, Inc. - CG | 50 Grams | 80 | 8 | 0 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | AVOMX HASS BAGS | Calavo Growers, Inc. - CG | 50 Grams | 80 | 8 | 0 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | Darling Clementines | LGS Specialty Sales LTD - LGS | 148 Grams | 70 | 0 | 0 | 0 | 14 |
| Fruit: Fresh, Frozen, or Canned | Darling Mandarins | LGS Specialty Sales LTD - LGS | 148 Grams | 70 | 0 | 0 | 0 | 14 |

*per serving



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| Food Category | Product | Company | Serving Size | | Calories* | Total Fat* (gm) | Saturated Fat* (gm) | Sodium* (mg) | Sugar* (g) |
|---------------------------------|---------------------------|-------------------------------|--------------|-------|-----------|-----------------|---------------------|--------------|------------|
| Fruit: Fresh, Frozen, or Canned | Darling Mandarins | LGS Specialty Sales LTD - LGS | 148 | Grams | 70 | 0 | 0 | 0 | 14 |
| Fruit: Fresh, Frozen, or Canned | Darling Mandarins | LGS Specialty Sales LTD - LGS | 148 | Grams | 70 | 0 | 0 | 0 | 14 |
| Fruit: Fresh, Frozen, or Canned | Darling Oranges | LGS Specialty Sales LTD - LGS | 154 | Grams | 70 | 0 | 0 | 0 | 14 |
| Fruit: Fresh, Frozen, or Canned | Darling Oranges | LGS Specialty Sales LTD - LGS | 154 | Grams | 70 | 0 | 0 | 0 | 14 |
| Fruit: Fresh, Frozen, or Canned | Darling Oranges | LGS Specialty Sales LTD - LGS | 154 | Grams | 70 | 0 | 0 | 0 | 14 |
| Fruit: Fresh, Frozen, or Canned | Organic Darling Mandarins | LGS Specialty Sales LTD - LGS | 148 | Grams | 70 | 0 | 0 | 0 | 14 |
| Fruit: Fresh, Frozen, or Canned | Organic Darling Mandarins | LGS Specialty Sales LTD - LGS | 148 | Grams | 70 | 0 | 0 | 0 | 14 |
| Fruit: Fresh, Frozen, or Canned | Organic Darling Mandarins | LGS Specialty Sales LTD - LGS | 148 | Grams | 70 | 0 | 0 | 0 | 14 |
| Fruit: Fresh, Frozen, or Canned | Darling Clementines | LGS Specialty Sales LTD - LGS | 148 | Grams | 70 | 0 | 0 | 0 | 14 |
| Fruit: Fresh, Frozen, or Canned | Organic Suavo Avocado | LGS Specialty Sales LTD - LGS | 50 | Grams | 80 | 8 | 0 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | Organic Suavo Avocado | LGS Specialty Sales LTD - LGS | 50 | Grams | 80 | 8 | 0 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | Suavo Avocado | LGS Specialty Sales LTD - LGS | 50 | Grams | 80 | 8 | 0 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | Suavo Avocado | LGS Specialty Sales LTD - LGS | 50 | Grams | 80 | 8 | 0 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | Suavo Avocado | LGS Specialty Sales LTD - LGS | 50 | Grams | 80 | 8 | 0 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | Suavo Avocado | LGS Specialty Sales LTD - LGS | 50 | Grams | 80 | 8 | 0 | 0 | 0 |

*per serving



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| Food Category | Product | Company | Serving Size | | Calories* | Total Fat* (gm) | Saturated Fat* (gm) | Sodium* (mg) | Sugar* (g) |
|---------------------------------|-------------------------------------|-------------------------------|--------------|-------|-----------|-----------------|---------------------|--------------|------------|
| Fruit: Fresh, Frozen, or Canned | Organic Suavo Avocado | LGS Specialty Sales LTD - LGS | 50 | Grams | 80 | 8 | 1 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | Suavo Avocado | LGS Specialty Sales LTD - LGS | 50 | Grams | 80 | 8 | 0.5 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | Maglio Seedless Watermelon, ¼ slice | The Fresh Group LTD - FG | 1 | Cups | 46 | 0 | 0 | 2 | 10 |
| Fruit: Fresh, Frozen, or Canned | North Bay Produce Blueberries | North Bay Produce, Inc - NB | 140 | Grams | 80 | 0 | 0 | 0 | 14 |
| Fruit: Fresh, Frozen, or Canned | North Bay Produce Blueberries | North Bay Produce, Inc - NB | 140 | Grams | 80 | 0 | 0 | 0 | 14 |
| Fruit: Fresh, Frozen, or Canned | North Bay Produce Blueberries | North Bay Produce, Inc - NB | 140 | Grams | 80 | 0 | 0 | 0 | 14 |
| Fruit: Fresh, Frozen, or Canned | North Bay Produce Blueberries | North Bay Produce, Inc - NB | 140 | Grams | 80 | 0 | 0 | 0 | 14 |
| Fruit: Fresh, Frozen, or Canned | North Bay Produce Blueberries | North Bay Produce, Inc - NB | 140 | Grams | 80 | 0 | 0 | 1 | 14 |
| Fruit: Fresh, Frozen, or Canned | North Bay Produce Blackberries | North Bay Produce, Inc - NB | 140 | Grams | 60 | 0.5 | 0 | 0 | 7 |
| Fruit: Fresh, Frozen, or Canned | North Bay Produce Raspberries | North Bay Produce, Inc - NB | 140 | Grams | 70 | 1 | 0 | 0 | 6 |
| Fruit: Fresh, Frozen, or Canned | North Bay Produce Raspberries | North Bay Produce, Inc - NB | 140 | Grams | 70 | 1 | 0 | 0 | 6 |
| Fruit: Fresh, Frozen, or Canned | North Bay Produce Blackberries | North Bay Produce, Inc - NB | 140 | Grams | 60 | 0.5 | 0 | 0 | 7 |
| Fruit: Fresh, Frozen, or Canned | North Bay Organic Blackberries | North Bay Produce, Inc - NB | 140 | Grams | 60 | 0.5 | 0 | 0 | 7 |
| Fruit: Fresh, Frozen, or Canned | North Bay Organic Raspberries | North Bay Produce, Inc - NB | 140 | Grams | 70 | 1 | 0 | 0 | 6 |
| Fruit: Fresh, Frozen, or Canned | North Bay Produce Honeycrisp Apples | North Bay Produce, Inc - NB | 242 | Grams | 130 | 0 | 0 | 0 | 25 |

*per serving



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|-------------------------------------|---|--|--------------|-------|-----------|-----------------|---------------------|--------------|------------|
| Fruit: Fresh, Frozen, or Canned | North Bay Produce Figs | North Bay Produce, Inc - NB | 40 | Grams | 30 | 0 | 0 | 0 | 7 |
| Fruit: Fresh, Frozen, or Canned | Blueberries | Chilean Fresh Fruit Association - CF | 148 | Grams | 80 | 0 | 0 | 0 | 15 |
| Fruit: Fresh, Frozen, or Canned | Blueberries | U.S. Highbush Blueberry Council - US | 148 | Grams | 80 | 0 | 0 | 0 | 15 |
| Fruit: Fresh, Frozen, or Canned | Frozen Blueberries | U.S. Highbush Blueberry Council - US | 155 | Grams | 80 | 1 | 0 | 0 | 13 |
| Fruit: Fresh, Frozen, or Canned | Hass Avocado | Hass Avocado Board - HVB | 50 | Grams | 80 | 8 | 1 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Bar-M Premium Reduced Sodium Roast Beef | Serv-Rite Meat Company, Inc. | 56 | Grams | 70 | 1.5 | 0.5 | 350 | 0 |
| Meat & Poultry: Canned or Processed | Boar's Head Honey Smoked Turkey Breast | Boar's Head Provisions Company, Inc. - Boar's Head | 56 | Grams | 70 | 0.5 | 0 | 480 | 2 |
| Meat & Poultry: Canned or Processed | H-E-B Oven Roasted Oil Browned Chicken | H-E-B, LP - HEB | 56 | Grams | 60 | 1.5 | 0 | 450 | 1 |
| Meat & Poultry: Canned or Processed | H-E-B Herb & Garlic Chicken | H-E-B, LP - HEB | 56 | Grams | 60 | 1 | 0 | 420 | 1 |
| Meat & Poultry: Canned or Processed | H-E-B Honey Smoked Turkey Breast | H-E-B, LP - HEB | 56 | Grams | 70 | 1.5 | 0 | 400 | 3 |
| Meat & Poultry: Canned or Processed | H-E-B Mesquite Smoked Turkey Breast | H-E-B, LP - HEB | 56 | Grams | 60 | 1 | 0 | 420 | 1 |

*per serving



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| Food Category | Product | Company | Serving Size | Calories* | Total Fat* (gm) | Saturated Fat* (gm) | Sodium* (mg) | Sugar* (g) |
|--|--|-----------------|--------------|-----------|-----------------|---------------------|--------------|------------|
| Meat & Poultry: Canned or Processed | H-E-B Oven Roasted Turkey Breast Rubbed with Seasonings | H-E-B, LP - HEB | 56 Grams | 50 | 1.5 | 0 | 400 | 0 |
| Meat & Poultry: Canned or Processed | H-E-B Peppercorn Turkey Breast Coated with Black Pepper | H-E-B, LP - HEB | 56 Grams | 60 | 1 | 0 | 390 | 1 |
| Meat & Poultry: Canned or Processed | H-E-B Roast Beef Seasoned with Salt, Pepper & Garlic Containing up to 10% Solution | H-E-B, LP - HEB | 56 Grams | 90 | 3 | 0 | 410 | 2 |
| Meat & Poultry: Canned or Processed | H-E-B Rotisserie Flavored Chicken Breast Coated with Spices & Seasonings | H-E-B, LP - HEB | 56 Grams | 60 | 1 | 0 | 380 | 1 |
| Meat & Poultry: Canned or Processed | H-E-B Salsa Flavored Turkey Breast Coated with Spices & Seasonings | H-E-B, LP - HEB | 56 Grams | 50 | 1 | 0 | 420 | 1 |
| Meat & Poultry: Canned or Processed | H-E-B Sun Dried Tomato Smoked Turkey Breast Coated with Seasonings | H-E-B, LP - HEB | 56 Grams | 50 | 1 | 0 | 370 | 1 |
| Meat & Poultry: Canned or Processed | H-E-B Cajun Style Seasoned Roast Beef Containing up to 10% Solution | H-E-B, LP - HEB | 56 Grams | 90 | 3 | 0 | 410 | 1 |
| Meat & Poultry: Canned or Processed | H-E-B Fajita Flavored Turkey Breast | H-E-B, LP - HEB | 56 Grams | 50 | 1 | 0 | 400 | 1 |
| Meat & Poultry: Canned or Processed | H-E-B Fried* Turkey Breast *Cooked then Fried in Oil | H-E-B, LP - HEB | 56 Grams | 60 | 1 | 0.55 | 460 | 1 |
| Meat & Poultry: Canned or Processed | H-E-B Select Ingredients Post Oak Smoked Turkey Breast | H-E-B, LP - HEB | 56 Grams | 70 | 1 | 0 | 340 | 1 |

*per serving



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| Food Category | Product | Company | Serving Size | Calories* | Total Fat* (gm) | Saturated Fat* (gm) | Sodium* (mg) | Sugar* (g) |
|--|--|---|--------------|-----------|-----------------|---------------------|--------------|------------|
| Meat & Poultry: Canned or Processed | Member's Mark All Natural 98% Fat Free Premium Chunk Chicken Breast in Water | Tony Downs Foods Company - TDFC | 56 Grams | 50 | 1 | 0 | 240 | 0 |
| Meat & Poultry: Canned or Processed | Member's Mark All Natural 98% Fat Free Premium Chunk Chicken Breast in Water 3.25 oz | Tony Downs Foods Company - TDFC | 84 Grams | 80 | 1.5 | 0 | 320 | 0 |
| Meat & Poultry: Canned or Processed | Member's Mark All Natural 98% Fat Free Premium Chunk Chicken Breast in Water | Tony Downs Foods Company - TDFC | 84 Grams | 90 | 1.5 | 0 | 360 | 0 |
| Meat & Poultry: Canned or Processed | Prima Della Garlic & Herb Chicken Breast | Cargill Meat Solutions - Deli Mea | 56 Grams | 50 | 1 | 0 | 450 | 0 |
| Meat & Poultry: Canned or Processed | Prima Della Lower Sodium Turkey Breast | Cargill Meat Solutions - Deli Mea | 56 Grams | 60 | 1.5 | 0 | 370 | 0 |
| Meat & Poultry: Canned or Processed | Lunch Mate Oven Roasted Turkey Breast | Carl Buddig & Company - Carl Buddig | 56 Grams | 50 | 1 | 0 | 460 | 1 |
| Meat & Poultry: Canned or Processed | Lunch Mate Smoked Honey Uncured Ham | Carl Buddig & Company - Carl Buddig | 56 Grams | 70 | 1.5 | 0 | 390 | 3 |
| Meat & Poultry: Canned or Processed | Valley Fresh Chicken Breast | Hormel Foods Corporation - Valley Fresh | 56 Grams | 45 | 1 | 0 | 210 | 0 |
| Meat & Poultry: Canned or Processed | Valley Fresh Chicken Breast | Hormel Foods Corporation - Valley Fresh | 56 Grams | 45 | 1 | 0 | 210 | 0 |
| Meat & Poultry: Canned or Processed | Valley Fresh White & Dark Chicken | Hormel Foods Corporation - Valley Fresh | 56 Grams | 60 | 2 | 0 | 190 | 0 |

*per serving



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Certified Products Listed by Food Category

| Food Category | Product | Company | Serving Size | Calories* | Total Fat* (gm) | Saturated Fat* (gm) | Sodium* (mg) | Sugar* (g) |
|--|--|--|--------------|-----------|-----------------|---------------------|--------------|------------|
| Meat & Poultry: Canned or Processed | Black Steer Brand Angus Roast Beef Top Round | Mrs. Ressler's Food Products - MR | 56 Grams | 70 | 1 | 0 | 360 | 0 |
| Meat & Poultry: Canned or Processed | Black Steer Brand Golden Roasted Breast of Turkey | Mrs. Ressler's Food Products - MR | 56 Grams | 60 | 0.5 | 0 | 370 | 1 |
| Meat & Poultry: Canned or Processed | Boar's Head Uncured Honey Ham | Boar's Head Provisions Company, Inc. - Boar's Head | 56 Grams | 60 | 1 | 0 | 420 | 1 |
| Meat & Poultry: Canned or Processed | Boar's Head Mesquite Wood Smoked Roasted Turkey Breast | Boar's Head Provisions Company, Inc. - Boar's Head | 56 Grams | 60 | 1 | 0 | 440 | 0 |
| Meat & Poultry: Canned or Processed | Boar's Head Old Fashioned Canadian Style Uncured Bacon Pre-Sliced | Boar's Head Provisions Company, Inc. - Boar's Head | 56 Grams | 70 | 2 | 0 | 480 | 1 |
| Meat & Poultry: Canned or Processed | Boar's Head Our Premium Skinless 46% Lower Sodium Oven Roasted Turkey Breast | Boar's Head Provisions Company, Inc. - Boar's Head | 56 Grams | 60 | 1 | 0 | 360 | 0 |
| Meat & Poultry: Canned or Processed | Boar's Head Golden Roasted Turkey Breast | Boar's Head Provisions Company, Inc. - Boar's Head | 56 Grams | 60 | 1 | 0 | 380 | 0 |
| Meat & Poultry: Canned or Processed | Boar's Head Oven Roasted Turkey Breast | Boar's Head Provisions Company, Inc. - Boar's Head | 56 Grams | 50 | 0.5 | 0 | 360 | 0 |
| Meat & Poultry: Canned or Processed | Boar's Head No Salt Added Oven Roasted Turkey Breast | Boar's Head Provisions Company, Inc. - Boar's Head | 56 Grams | 70 | 1 | 0 | 55 | 0 |
| Meat & Poultry: Canned or Processed | Boar's Head EverRoast Oven Roasted Chicken Breast | Boar's Head Provisions Company, Inc. - Boar's Head | 56 Grams | 60 | 1 | 0 | 440 | 1 |

*per serving



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| Food Category | Product | Company | Serving Size | Calories* | Total Fat* (gm) | Saturated Fat* (gm) | Sodium* (mg) | Sugar* (g) |
|---|--|--|--------------|-----------|-----------------|---------------------|--------------|------------|
| Meat & Poultry: Canned or Processed | Boar's Head Honey Smoked Turkey Breast | Boar's Head Provisions Company, Inc. - Boar's Head | 56 Grams | 60 | 1 | 0 | 420 | 0 |
| Meat & Poultry: Canned or Processed | Boar's Head Old Fashioned Canadian Style Uncured Bacon | Boar's Head Provisions Company, Inc. - Boar's Head | 56 Grams | 70 | 2 | 0 | 480 | 1 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Halal Pride Farms Boneless & Skinless Chicken Breasts | Murray's Free Roaming Chicken, Inc. - Murray's | 112 Grams | 0 | 1.5 | 0 | 75 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Well Bred Farms Boneless & Skinless Chicken Breasts | Murray's Free Roaming Chicken, Inc. - Murray's | 112 Grams | 0 | 1.5 | 0 | 75 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Murray's All Natural Boneless & Skinless Chicken Breasts | Murray's Free Roaming Chicken, Inc. - Murray's | 112 Grams | 120 | 1.5 | 0 | 75 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Swift Premium Pork Tenderloin (1 piece) | JBS USA, LLC - Swift | 112 Grams | 130 | 4 | 1.5 | 60 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Kirkland Signature Swift Premium Pork Sirloin Tip Roast | JBS USA, LLC - Swift | 112 Grams | 100 | 2 | 0.5 | 270 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Swift Premium Pork Tenderloin (2 pieces) | JBS USA, LLC - Swift | 112 Grams | 130 | 4 | 1.5 | 60 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Boneless Pork Sirloin Roast (Solution Added) | National Pork Board - NPB | 112 Grams | 120 | 4 | 0 | 260 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Pork Tenderloin | National Pork Board - NPB | 112 Grams | 130 | 4 | 0 | 55 | 0 |

*per serving



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| Food Category | Product | Company | Serving Size | | Calories* | Total Fat* (gm) | Saturated Fat* (gm) | Sodium* (mg) | Sugar* (g) |
|---|--|---|--------------|-------|-----------|-----------------|---------------------|--------------|------------|
| Meat & Poultry: Fresh, Frozen, or Cooked | Natural Boneless Pork Sirloin Roast | National Pork Board - NPB | 112 | Grams | 130 | 3 | 0 | 70 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Schnuck's Natural 99% Fat Free Boneless, Skinless Chicken Breast Fillets | Sanderson Farms, Inc. - SF | 112 | Grams | 110 | 1 | 0 | 50 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Schnuck's Natural 99% Fat Free Clipped Chicken Breast Tenderloins | Sanderson Farms, Inc. - SF | 112 | Grams | 110 | 1 | 0 | 55 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Schnuck's Natural 99% Fat Free Thin Sliced Boneless Skinless Chicken Breast Fillet | Sanderson Farms, Inc. - SF | 112 | Grams | 110 | 1 | 0 | 50 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Kirkland Signature Fresh Boneless & Skinless Chicken Breasts | Lincoln Premium Poultry - LP | 112 | Grams | 110 | 1 | 0 | 75 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Kirkland Signature Fresh Boneless & Skinless Chicken Tenderloins | Lincoln Premium Poultry - LP | 112 | Grams | 110 | 0.5 | 0 | 45 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Laura's Lean Beef 96% Lean 4%Fat | Meyer Foods Group LLC dba Meyer Natural Foods | 112 | Grams | 150 | 5 | 0 | 75 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Laura's Lean Beef 96% Lean 4%Fat | Meyer Foods Group LLC dba Meyer Natural Foods | 112 | Grams | 0 | 5 | 0 | 75 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Aldi Extra Lean Ground Beef 96% Lean 4% Fat | Cargill Meat Solutions - Beef | 112 | Grams | 140 | 4.5 | 0 | 75 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Walmart 96/4 All Natural Extra Lean Ground Beef | Cargill Meat Solutions - Beef | 112 | Grams | 140 | 4.5 | 0 | 75 | 0 |

*per serving



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| Food Category | Product | Company | Serving Size | | Calories* | Total Fat* (gm) | Saturated Fat* (gm) | Sodium* (mg) | Sugar* (g) |
|---|---|---|--------------|-------|-----------|-----------------|---------------------|--------------|------------|
| Meat & Poultry: Fresh, Frozen, or Cooked | Harris Teeter Rancher Tender Verified 96/4 Extra Lean Ground Beef | Cargill Meat Solutions - Beef | 112 | Grams | 150 | 4.5 | 0 | 65 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Kirkland Organic Chicken Tenderloins, Boneless and Skinless Air-Chilled | Foster Poultry Farms - Foster Farms | 112 | Grams | 110 | 1.5 | 0 | 90 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Kirkland Organic Chicken Breasts Boneless & Skinless, Air Chilled | Foster Poultry Farms - Foster Farms | 112 | Grams | 110 | 1.5 | 0 | 85 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Kirkland Signature/Foster Farms Fresh 99% Fat Free Boneless & Skinless Breast Fillets | Foster Poultry Farms - Foster Farms | 112 | Grams | 120 | 1.5 | 0 | 75 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Chairman's Reserve Premium Pork Tenderloin | Tyson Sales & Distribution, Inc. - Sara Lee | 112 | Grams | 130 | 4 | 0 | 60 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Chairman's Reserve Prime Pork Tenderloin | Tyson Sales & Distribution, Inc. - Sara Lee | 112 | Grams | 130 | 4 | 0 | 60 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Supreme Lean Fresh Pork Tenderloin | Tyson Sales & Distribution, Inc. - Sara Lee | 112 | Grams | 130 | 4 | 0 | 60 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Tyson All Natural Boneless Fresh Pork Sirloin Roast | Tyson Sales & Distribution, Inc. - Sara Lee | 112 | Grams | 150 | 4.5 | 0 | 70 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Tyson All Natural Two-Pack Boneless Fresh Pork Tenderloins | Tyson Sales & Distribution, Inc. - Sara Lee | 112 | Grams | 130 | 4 | 0 | 60 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Albertsons Signature Farms 96% Lean 4% Fat Ground Beef | Interstate Meat Dist., Inc. | 112 | Grams | 150 | 4.5 | 2 | 70 | 0 |

*per serving



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| Food Category | Product | Company | Serving Size | | Calories* | Total Fat* (gm) | Saturated Fat* (gm) | Sodium* (mg) | Sugar* (g) |
|---|--|------------------------------------|--------------|-------|-----------|-----------------|---------------------|--------------|------------|
| Meat & Poultry: Fresh, Frozen, or Cooked | Walmart 96/4 All Natural Extra Lean Ground Beef | Interstate Meat Dist., Inc. | 112 | Grams | 140 | 4.5 | 2 | 70 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | 96% Lean 4% Fat All Natural Extra Lean Ground Beef | Interstate Meat Dist., Inc. | 112 | Grams | 150 | 4.5 | 2 | 75 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | 96% Lean 4% Fat All Natural Extra Lean Ground Beef | Interstate Meat Dist., Inc. | 112 | Grams | 150 | 4.5 | 2 | 75 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Laura's Lean Beef 96% Lean 4% Fat - Kroger | National Beef Packing Company, LLC | 112 | Grams | 140 | 4.5 | 2 | 85 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Aldi Extra Lean Ground Beef 96% Lean 4% Fat | National Beef Packing Company, LLC | 112 | Grams | 140 | 4.5 | 2 | 75 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Giant Eagle 96% Lean 4% Fat Extra Lean Ground Beef | National Beef Packing Company, LLC | 112 | Grams | 0 | 4.5 | 2 | 75 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Market 32 by Price Chopper Extra Lean Ground Beef | National Beef Packing Company, LLC | 112 | Grams | 140 | 4.5 | 2 | 75 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Weis Ground Beef 96% Lean 4% Fat | National Beef Packing Company, LLC | 112 | Grams | 140 | 4.5 | 2 | 75 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Extra Lean Ground Beef 96% Lean 4% Fat (National Beef Packing Company) | National Beef Packing Company, LLC | 112 | Grams | 140 | 4.5 | 2 | 75 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Extra Lean Ground Beef 96% Lean 4% Fat (National Beef Packing Company) | National Beef Packing Company, LLC | 112 | Grams | 140 | 4.5 | 2 | 75 | 0 |

*per serving



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| Food Category | Product | Company | Serving Size | | Calories* | Total Fat* (gm) | Saturated Fat* (gm) | Sodium* (mg) | Sugar* (g) |
|---|---|--|--------------|-------|-----------|-----------------|---------------------|--------------|------------|
| Meat & Poultry: Fresh, Frozen, or Cooked | Extra Lean Ground Beef 96% Lean 4% Fat (National Beef Packing Company) | National Beef Packing Company, LLC | 112 | Grams | 140 | 4.5 | 2 | 75 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Extra Lean Ground Beef 96% Lean 4% Fat | National Cattlemen's Beef Association - NCBA | 112 | Grams | 140 | 4.5 | 1.79 | 75 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Kirkland Organic Chicken Breasts, Boneless and Skinless | Shenandoah Valley Organic | 112 | Grams | 110 | 1 | 0 | 75 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Kirkland Organic Chicken Tenderloins, Boneless and Skinless | Shenandoah Valley Organic | 112 | Grams | 110 | 0.5 | 0 | 45 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Kirkland Signature Boneless Skinless Chicken Breast 99% Fat Free | Pilgrim's Pride, Inc. - PPI | 112 | Grams | 110 | 1 | 0 | 75 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Kirkland Signature Organic Boneless Skinless Chicken Tenderloins 99% Fat Free | Pilgrim's Pride, Inc. - PPI | 112 | Grams | 110 | 0.5 | 0 | 45 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Kirkland Signature Organic Boneless Skinless Chicken Breast 99% Fat Free | Pilgrim's Pride, Inc. - PPI | 112 | Grams | 110 | 1 | 0 | 75 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Kirkland Signature Boneless Skinless Chicken Tenderloins Fat Free | Pilgrim's Pride, Inc. - PPI | 112 | Grams | 110 | 0.5 | 0 | 45 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Albertsons Signature Farms 96% Lean 4% Fat Ground Beef | AVA Companies | 112 | Grams | 150 | 4 | 1.5 | 65 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Albertsons Signature Farms 9% Lean 4% Fat Ground Beef | Tyson Sales & Distribution, Inc. – Case Ready Beef | 112 | Grams | 140 | 4.5 | 2 | 75 | 0 |

*per serving



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| Food Category | Product | Company | Serving Size | | Calories* | Total Fat* (gm) | Saturated Fat* (gm) | Sodium* (mg) | Sugar* (g) |
|---|---|--|--------------|-------|-----------|-----------------|---------------------|--------------|------------|
| Meat & Poultry: Fresh, Frozen, or Cooked | Aldi Extra Lean Ground Beef 96% Lean 4% Fat | Tyson Sales & Distribution, Inc. – Case Ready Beef | 112 | Grams | 140 | 4.5 | 2 | 75 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Food Lion 96% Lean 4% Fat Ground Beef | Tyson Sales & Distribution, Inc. – Case Ready Beef | 112 | Grams | 140 | 4.5 | 2 | 75 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | 96/4 All Natural Extra Lean Ground Beef (Tyson Fresh Meats) | Tyson Sales & Distribution, Inc. – Case Ready Beef | 112 | Grams | 140 | 4.5 | 2 | 75 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | 96/4 All Natural Extra Lean Ground Beef (Tyson Fresh Meats) | Tyson Sales & Distribution, Inc. – Case Ready Beef | 112 | Grams | 140 | 4.5 | 2 | 75 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Walmart 96% Lean 4% Fat All Natural Extra Lean Ground Beef | Tyson Sales & Distribution, Inc. – Case Ready Beef | 112 | Grams | 140 | 4.5 | 2 | 75 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Moran's 100% Ground Beef 96 % Lean 4% Fat Patties | CLW Foods LLC | 112 | Grams | 140 | 4.5 | 2 | 75 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Stater Bros. 100% Pure Ground Beef 96% Lean 4% Fat | CLW Foods LLC | 112 | Grams | 140 | 4.5 | 2 | 75 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Smithfield Boneless Pork Sirloin Roast | Smithfield Foods, Inc. - Fresh Pork | 112 | Grams | 140 | 4.5 | 1.5 | 60 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Smithfield Fresh Pork Tenderloin | Smithfield Foods, Inc. - Fresh Pork | 112 | Grams | 130 | 4 | 1.5 | 60 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Smithfield Fresh Pork Tenderloin | Smithfield Foods, Inc. - Fresh Pork | 112 | Grams | 130 | 4 | 1.5 | 60 | 0 |

*per serving



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| Food Category | Product | Company | Serving Size | | Calories* | Total Fat* (gm) | Saturated Fat* (gm) | Sodium* (mg) | Sugar* (g) |
|---|--|-------------------------------|--------------|-------|-----------|-----------------|---------------------|--------------|------------|
| Meat & Poultry: Fresh, Frozen, or Cooked | Farm to Table 96% Lean Ground Beef Sirloin (2lb) | Schuster Meat Corp. | 112 | Grams | 150 | 4 | 0 | 75 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Farmer's Table 96% Lean Ground Beef with Sirloin | Schuster Meat Corp. | 113 | Grams | 150 | 4 | 0 | 75 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Albertsons Signature Farms 96% Lean 4% Fat Ground Beef | Jobbers Meat Packing CO. INC | 112 | Grams | 130 | 4 | 1.5 | 60 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Albertsons Signature Farms 96% Lean 4% Fat Ground Beef Patties | Jobbers Meat Packing CO. INC | 112 | Grams | 0 | 4 | 1.5 | 50 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | First Street Ground Beef (96% Lean) | Jobbers Meat Packing CO. INC | 112 | Grams | 150 | 4.5 | 1.5 | 60 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | WM 100% Ground Beef | Jobbers Meat Packing CO. INC | 112 | Grams | 150 | 4.5 | 1.5 | 60 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | WM 100% Ground Beef Patty | Jobbers Meat Packing CO. INC | 112 | Grams | 150 | 4.5 | 1.5 | 60 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | 96% Lean 4% Fat Ground Beef Heart Healthy | Schenk Packing Co., Inc. - SP | 112 | Grams | 150 | 4 | 0 | 50 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Signature Farms 96% Lean 4% Fat Ground Beef | Schenk Packing Co., Inc. - SP | 112 | Grams | 150 | 4 | 0 | 50 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | 100% Pure Extra Lean Ground Beef 96% Lean 4% Fat | JBS USA, LLC - Beef | 112 | Grams | 140 | 4.5 | 0 | 75 | 0 |

*per serving



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| Food Category | Product | Company | Serving Size | | Calories* | Total Fat* (gm) | Saturated Fat* (gm) | Sodium* (mg) | Sugar* (g) |
|---|--|--|--------------|-------|-----------|-----------------|---------------------|--------------|------------|
| Meat & Poultry: Fresh, Frozen, or Cooked | Meijer Extra Lean Ground Beef 96% Lean 4% Fat | JBS USA, LLC - Beef | 112 | Grams | 140 | 4.5 | 0 | 75 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | 100% Pure Extra Lean Ground Beef 96% Lean 4% Fat Hy-Vee | JBS USA, LLC - Beef | 112 | Grams | 140 | 4.5 | 0 | 75 | 0 |
| Not Available | Riverside Farms Idaho Potatoes | Sun Glo of Idaho | 148 | Grams | 110 | 0 | 0 | 0 | 1 |
| Not Available | Riverside Farms Idaho Potatoes | Sun Glo of Idaho | 148 | Grams | 110 | 0 | 0 | 0 | 1 |
| Nuts or Seeds | EverMore Pistachios Roasted & Salted | EverMore LLC - EM | 30 | Grams | 170 | 14 | 0 | 110 | 1 |
| Nuts or Seeds | EverMore Pistachios Roasted & Salted | EverMore LLC - EM | 30 | Grams | 170 | 14 | 0 | 110 | 2 |
| Nuts or Seeds | Hudson Shelled Pecan Halves | Hudson Pecan Company Inc - HP | 30 | Grams | 213 | 21 | 0 | 0 | 1 |
| Nuts or Seeds | Hudson Shelled Pecan Pieces | Hudson Pecan Company Inc - HP | 30 | Grams | 213 | 21 | 0 | 0 | 1 |
| Nuts or Seeds | Pecan (unsalted and unroasted) | National Pecan Shellers Association - NPSA | 28 | Grams | 200 | 20 | 6 | 0 | 1 |
| Nuts or Seeds | ARO Gourmet Pistachios | ARO Pistachios, Inc. - ARO | 28 | Grams | 160 | 13 | 1.5 | 120 | 2 |
| Nuts or Seeds | ARO Gourmet Pistachios | ARO Pistachios, Inc. - ARO | 28 | Grams | 160 | 13 | 1.5 | 120 | 2 |
| Nuts or Seeds | ARO Gourmet Pistachios | ARO Pistachios, Inc. - ARO | 28 | Grams | 160 | 13 | 1.5 | 120 | 2 |
| Nuts or Seeds | Primavera California Walnut Halves | Prima Noce Packing, Inc. - PNP | 43 | Grams | 285 | 27 | 3.8 | 0 | 2 |
| Nuts or Seeds | Primavera Walnuts | Prima Noce Packing, Inc. - PNP | 28 | Grams | 190 | 18 | 13 | 0 | 1 |
| Nuts or Seeds | Pecan Pieces | York Pecan Co - YP | 28 | Grams | 190 | 20 | 1.5 | 0 | 1 |
| Nuts or Seeds | Pecan Halves | York Pecan Co - YP | 28 | Grams | 190 | 20 | 1.5 | 0 | 1 |
| Nuts or Seeds | Unsalted Pistachios | American Pistachio Growers - APG | 28 | Grams | 160 | 13 | 4 | 0 | 2 |
| Nuts or Seeds | Salted Pistachios | American Pistachio Growers - APG | 28 | Grams | 160 | 13 | 4 | 120 | 2 |
| Nuts or Seeds | California Shelled Walnuts | California Walnut Board - CWB | 28 | Grams | 190 | 18 | 13 | 1 | 1 |
| Nuts or Seeds | Virginia Carolinas Grown Salted Peanuts | Virginia Carolinas Peanut Promotions - VC | 28 | Grams | 160 | 14 | 0 | 120 | 0 |
| Nuts or Seeds | American Pecan | American Pecan Council - APC | 28 | Grams | 200 | 20 | 6 | 0 | 1 |
| Nuts or Seeds | Woodlands Harvest Super Extra Large Virginia Peanuts, Salted | Virginia Diner, Inc. - VDI | 28 | Grams | 180 | 14 | 0 | 55 | 1 |

*per serving



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|---------------|--|---|--------------|-------|-----------|-----------------|---------------------|--------------|------------|
| | | | | | | | | | |
| Nuts or Seeds | Virginia Diner Gourmet Salted Virginia Peanuts | Virginia Diner, Inc. - VDI | 28 | Grams | 180 | 13 | 0 | 55 | 1 |
| Nuts or Seeds | Virginia Diner Gourmet Salted Virginia Peanuts | Virginia Diner, Inc. - VDI | 28 | Grams | 180 | 14 | 0 | 55 | 1 |
| Nuts or Seeds | Virginia Diner Gourmet Salted Virginia Peanuts | Virginia Diner, Inc. - VDI | 28 | Grams | 180 | 14 | 0 | 55 | 1 |
| Nuts or Seeds | Roasted Peanuts | Florida Peanut Federation - FP | 28 | Grams | 160 | 14 | 0 | 100 | 1 |
| Nuts or Seeds | Walnuts Organic Halves & Pieces California Grown | Poindexter Nut Company - PNC | 30 | Grams | 200 | 20 | 1.8 | 1 | 1 |
| Nuts or Seeds | California Grown Chopped Walnuts | Poindexter Nut Company - PNC | 28 | Grams | 200 | 18 | 0 | 1 | 1 |
| Nuts or Seeds | California Grown Chopped Walnuts | Poindexter Nut Company - PNC | 28 | Grams | 200 | 18 | 0 | 1 | 1 |
| Nuts or Seeds | Walnuts Organic Halves & Pieces California Grown | Poindexter Nut Company - PNC | 28 | Grams | 190 | 18 | 0 | 0 | 1 |
| Nuts or Seeds | California Grown Shelled Walnuts | Poindexter Nut Company - PNC | 28 | Grams | 200 | 18 | 0 | 1 | 1 |
| Nuts or Seeds | California Grown Shelled Walnuts | Poindexter Nut Company - PNC | 28 | Grams | 190 | 18 | 13 | 0 | 1 |
| Nuts or Seeds | Walnuts Organic Halves & Pieces California Grown | Poindexter Nut Company - PNC | 28 | Grams | 200 | 18 | 0 | 1 | 1 |
| Nuts or Seeds | Georgia Premium Pecan Halves | Georgia Pecan Growers Assoc. - GP | 28 | Grams | 200 | 20 | 2 | 0 | 0 |
| Nuts or Seeds | Georgia Premium Pecan Pieces | Georgia Pecan Growers Assoc. - GP | 28 | Grams | 200 | 20 | 2 | 0 | 0 |
| Nuts or Seeds | Setton Farms Garlic Onion Inshell Pistachios | Setton Pistachio of Terra Bella Inc. - SP | 30 | Grams | 170 | 14 | 4 | 135 | 2 |
| Nuts or Seeds | Setton Farms Garlic Onion Pistachio Kernels | Setton Pistachio of Terra Bella Inc. - SP | 30 | Grams | 170 | 14 | 4 | 135 | 2 |
| Nuts or Seeds | Setton Farms Jalapeno Inshell Pistachios | Setton Pistachio of Terra Bella Inc. - SP | 30 | Grams | 170 | 14 | 4 | 135 | 2 |
| Nuts or Seeds | Setton Farms Jalapeno Pistachio Kernels | Setton Pistachio of Terra Bella Inc. - SP | 30 | Grams | 170 | 14 | 4 | 135 | 2 |

*per serving



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|---------------|--|---|--------------|-------|-----------|-----------------|---------------------|--------------|------------|
| Nuts or Seeds | Setton Farms Premium California Dry Roasted Lightly Salted Pistachios | Setton Pistachio of Terra Bella Inc. - SP | 30 | Grams | 170 | 14 | 4 | 65 | 2 |
| Nuts or Seeds | Setton Farms Premium California Dry Roasted with Sea Salt Pistachios | Setton Pistachio of Terra Bella Inc. - SP | 30 | Grams | 170 | 14 | 4 | 135 | 2 |
| Nuts or Seeds | Setton Farms Premium California Dry Roasted with Sea Salt Pistachios | Setton Pistachio of Terra Bella Inc. - SP | 30 | Grams | 170 | 14 | 4 | 135 | 2 |
| Nuts or Seeds | Southern Grove Roasted & Salted Pistachios (In-Shell) | Setton Pistachio of Terra Bella Inc. - SP | 21 | Grams | 120 | 9 | 3 | 80 | 2 |
| Nuts or Seeds | Setton Farms Premium California Dry Roasted with Sea Salt Pistachios | Setton Pistachio of Terra Bella Inc. - SP | 30 | Grams | 170 | 13 | 4 | 115 | 2 |
| Nuts or Seeds | Setton Farms Premium California Dry Roasted with Sea Salt Pistachios | Setton Pistachio of Terra Bella Inc. - SP | 30 | Grams | 170 | 14 | 4 | 135 | 2 |
| Nuts or Seeds | Setton Farms Premium California Dry Roasted with Sea Salt Pistachios | Setton Pistachio of Terra Bella Inc. - SP | 14 | Grams | 80 | 6 | 0 | 65 | 0 |
| Nuts or Seeds | Setton Farms Premium California Dry Roasted with Sea Salt Pistachios | Setton Pistachio of Terra Bella Inc. - SP | 30 | Grams | 170 | 14 | 4 | 135 | 2 |
| Nuts or Seeds | Setton Farms Premium California Dry Roasted with Sea Salt Pistachios | Setton Pistachio of Terra Bella Inc. - SP | 30 | Grams | 170 | 14 | 4 | 135 | 2 |
| Nuts or Seeds | Setton Farms Premium California Dry Roasted with Sea Salt Pistachios | Setton Pistachio of Terra Bella Inc. - SP | 17 | Grams | 170 | 13 | 4 | 115 | 2 |
| Nuts or Seeds | Southern Grove Roasted & Salted Pistachios (In-Shell) | Setton Pistachio of Terra Bella Inc. - SP | 30 | Grams | 170 | 14 | 4 | 135 | 2 |
| Nuts or Seeds | Setton Farms Premium California Shelled Pistachios Dry Roasted with Sea Salt | Setton Pistachio of Terra Bella Inc. - SP | 30 | Grams | 170 | 14 | 4 | 135 | 2 |
| Nuts or Seeds | Setton Farms Premium California Shelled Pistachios Dry Roasted with Sea Salt | Setton Pistachio of Terra Bella Inc. - SP | 30 | Grams | 170 | 14 | 4 | 135 | 2 |
| Nuts or Seeds | Setton Farms Premium California Pistachios Roasted No Salt | Setton Pistachio of Terra Bella Inc. - SP | 30 | Grams | 170 | 14 | 4 | 0 | 2 |
| Nuts or Seeds | Setton Farms Premium California Pistachios Roasted No Salt | Setton Pistachio of Terra Bella Inc. - SP | 30 | Grams | 170 | 14 | 4 | 0 | 2 |

*per serving



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| Food Category | Product | Company | Serving Size | | Calories* | Total Fat* (gm) | Saturated Fat* (gm) | Sodium* (mg) | Sugar* (g) |
|---------------|--|---|--------------|-------|-----------|-----------------|---------------------|--------------|------------|
| Nuts or Seeds | Setton Farms Premium California Pistachios Roasted No Salt | Setton Pistachio of Terra Bella Inc. - SP | 30 | Grams | 170 | 14 | 4 | 0 | 2 |
| Nuts or Seeds | Setton Farms Premium California Pistachios Roasted No Salt | Setton Pistachio of Terra Bella Inc. - SP | 30 | Grams | 170 | 14 | 4 | 0 | 2 |
| Nuts or Seeds | Setton Farms Jalapeno Pistachio Kernels | Setton Pistachio of Terra Bella Inc. - SP | 30 | Grams | 170 | 14 | 1.5 | 135 | 2 |
| Nuts or Seeds | Setton Farms Garlic Onion Pistachio Kernels | Setton Pistachio of Terra Bella Inc. - SP | 30 | Grams | 170 | 14 | 1.5 | 135 | 2 |
| Nuts or Seeds | Setton Farms Dry Roasted Chili Limon Pistachios In Shell | Setton Pistachio of Terra Bella Inc. - SP | 30 | Grams | 0 | 14 | 1.5 | 135 | 2 |
| Nuts or Seeds | Setton Farms Raw Shelled Pistachios No Salt | Setton Pistachio of Terra Bella Inc. - SP | 30 | Grams | 0 | 14 | 1.5 | 0 | 2 |
| Nuts or Seeds | Setton Farms Raw Shelled Pistachios No Salt | Setton Pistachio of Terra Bella Inc. - SP | 30 | Grams | 170 | 14 | 1.5 | 0 | 2 |
| Nuts or Seeds | Oregon Orchard Hazelnuts, Roasted and Diced | Hazelnut Growers of Oregon - HG | 28 | Grams | 183 | 17.7 | 2.4 | 0 | 1 |
| Nuts or Seeds | Oregon Orchard Hazelnuts, Natural Whole | Hazelnut Growers of Oregon - HG | 28 | Grams | 183 | 17.7 | 2.4 | 0 | 1 |
| Nuts or Seeds | Oregon Orchard Hazelnuts, Dry Roasted Whole | Hazelnut Growers of Oregon - HG | 28 | Grams | 178 | 17.2 | 2.2 | 0 | 1 |
| Nuts or Seeds | Oregon Orchard Hazelnuts, Natural Sliced | Hazelnut Growers of Oregon - HG | 28 | Grams | 183 | 17.7 | 2.4 | 0 | 1 |
| Nuts or Seeds | Hampton Farms Colossal Unsalted Roasted Peanuts | Severn Peanut Company, Inc. DBA Hampton Farms - SHF | 30 | Grams | 170 | 15 | 0 | 0 | 1 |
| Nuts or Seeds | Hampton Farms Jumbo Unsalted Roasted Peanuts | Severn Peanut Company, Inc. DBA Hampton Farms - SHF | 30 | Grams | 170 | 15 | 0 | 0 | 1 |
| Nuts or Seeds | Hampton Farms Jumbo Unsalted Roasted Peanuts | Severn Peanut Company, Inc. DBA Hampton Farms - SHF | 30 | Grams | 170 | 15 | 0 | 0 | 1 |
| Nuts or Seeds | Hampton Farms Jumbo Unsalted Roasted Peanuts | Severn Peanut Company, Inc. DBA Hampton Farms - SHF | 30 | Grams | 170 | 15 | 0 | 0 | 1 |
| Nuts or Seeds | Hampton Farms Jumbo Unsalted Roasted Peanuts | Severn Peanut Company, Inc. DBA Hampton Farms - SHF | 30 | Grams | 170 | 15 | 0 | 0 | 1 |

*per serving



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Certified Products Listed by Food Category

| Food Category | Product | Company | Serving Size | | Calories* | Total Fat* (gm) | Saturated Fat* (gm) | Sodium* (mg) | Sugar* (g) |
|---------------|--|---|--------------|-------|-----------|-----------------|---------------------|--------------|------------|
| Nuts or Seeds | Hampton Farms Jumbo Unsalted Roasted Peanuts | Severn Peanut Company, Inc. DBA Hampton Farms - SHF | 30 | Grams | 170 | 15 | 0 | 0 | 1 |
| Nuts or Seeds | Hampton Farms Unsalted Roasted Peanuts | Severn Peanut Company, Inc. DBA Hampton Farms - SHF | 30 | Grams | 170 | 15 | 0 | 0 | 1 |
| Nuts or Seeds | Hampton Farms Unsalted Roasted Peanuts | Severn Peanut Company, Inc. DBA Hampton Farms - SHF | 30 | Grams | 170 | 15 | 0 | 0 | 1 |
| Nuts or Seeds | Hampton Farms Unsalted Roasted Peanuts | Severn Peanut Company, Inc. DBA Hampton Farms - SHF | 30 | Grams | 170 | 15 | 0 | 0 | 1 |
| Nuts or Seeds | Hampton Farms Unsalted Roasted Peanuts | Severn Peanut Company, Inc. DBA Hampton Farms - SHF | 30 | Grams | 170 | 15 | 0 | 0 | 1 |
| Nuts or Seeds | Hampton Farms Unsalted Roasted Peanuts | Severn Peanut Company, Inc. DBA Hampton Farms - SHF | 30 | Grams | 170 | 15 | 0 | 0 | 1 |
| Nuts or Seeds | Hampton Farms Unsalted Roasted Peanuts | Severn Peanut Company, Inc. DBA Hampton Farms - SHF | 30 | Grams | 170 | 15 | 0 | 0 | 1 |
| Nuts or Seeds | Hampton Farms Unsalted Roasted Peanuts | Severn Peanut Company, Inc. DBA Hampton Farms - SHF | 30 | Grams | 170 | 15 | 0 | 0 | 1 |
| Nuts or Seeds | Hampton Farms Unsalted Roasted Peanuts | Severn Peanut Company, Inc. DBA Hampton Farms - SHF | 30 | Grams | 170 | 15 | 0 | 0 | 1 |
| Nuts or Seeds | Hampton Farms Unsalted Roasted Peanuts | Severn Peanut Company, Inc. DBA Hampton Farms - SHF | 30 | Grams | 170 | 15 | 0 | 0 | 1 |
| Nuts or Seeds | California Shelled Walnuts | Grower Direct Nut Co. Inc - GDN | 28 | Cups | 190 | 18 | 13 | 1 | 1 |
| Nuts or Seeds | California Shelled Walnuts | Grower Direct Nut Co. Inc - GDN | 28 | Grams | 190 | 18 | 13 | 1 | 1 |
| Nuts or Seeds | California Shelled Walnuts | Grower Direct Nut Co. Inc - GDN | 28 | Grams | 190 | 18 | 13 | 1 | 1 |
| Nuts or Seeds | California Shelled Walnuts | Grower Direct Nut Co. Inc - GDN | 28 | Grams | 190 | 18 | 13 | 1 | 1 |
| Nuts or Seeds | California Shelled Walnuts | Grower Direct Nut Co. Inc - GDN | 28 | Grams | 190 | 18 | 13 | 1 | 1 |
| Nuts or Seeds | Mariani Sliced Natural Almonds | Mariani Nut Company - MNC | 30 | Grams | 170 | 15 | 3.5 | 0 | 1 |
| Nuts or Seeds | Mariani Sliced Natural Almonds | Mariani Nut Company - MNC | 30 | Grams | 170 | 15 | 3.5 | 0 | 1 |
| Nuts or Seeds | Mariani Sliced Natural Almonds | Mariani Nut Company - MNC | 30 | Grams | 170 | 15 | 3.5 | 0 | 1 |
| Nuts or Seeds | Mariani Sliced Natural Almonds | Mariani Nut Company - MNC | 30 | Grams | 170 | 15 | 3.5 | 0 | 1 |
| Nuts or Seeds | Mariani Whole Blanched Almonds | Mariani Nut Company - MNC | 30 | Grams | 180 | 16 | 4 | 0 | 1 |
| Nuts or Seeds | Mariani Whole Natural Almonds | Mariani Nut Company - MNC | 30 | Grams | 170 | 15 | 3.5 | 0 | 1 |
| Nuts or Seeds | Mariani Whole Natural Almonds | Mariani Nut Company - MNC | 30 | Grams | 170 | 15 | 3.5 | 0 | 1 |

*per serving



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| Food Category | Product | Company | Serving Size | Calories* | Total Fat* (gm) | Saturated Fat* (gm) | Sodium* (mg) | Sugar* (g) |
|---------------|---|--------------------------------------|--------------|-----------|-----------------|---------------------|--------------|------------|
| Nuts or Seeds | Mariani Whole Natural Almonds | Mariani Nut Company - MNC | 30 Grams | 170 | 15 | 3.5 | 0 | 1 |
| Nuts or Seeds | Mariani Whole Natural Almonds | Mariani Nut Company - MNC | 30 Grams | 170 | 15 | 3.5 | 0 | 1 |
| Nuts or Seeds | Mariani Premium Blanched Slivered Almonds | Mariani Nut Company - MNC | 30 Grams | 180 | 16 | 4 | 0 | 1 |
| Nuts or Seeds | Mariani Shelled Walnuts | Mariani Nut Company - MNC | 30 Grams | 200 | 20 | 14 | 0 | 1 |
| Nuts or Seeds | Mariani Shelled Walnuts | Mariani Nut Company - MNC | 30 Grams | 200 | 20 | 0 | 0 | 1 |
| Nuts or Seeds | Mariani Shelled Walnuts | Mariani Nut Company - MNC | 30 Grams | 200 | 20 | 14 | 0 | 1 |
| Nuts or Seeds | Mariani Shelled Walnuts | Mariani Nut Company - MNC | 30 Grams | 200 | 20 | 14 | 0 | 1 |
| Nuts or Seeds | Mariani Shelled Walnuts | Mariani Nut Company - MNC | 30 Grams | 200 | 20 | 14 | 0 | 1 |
| Nuts or Seeds | Mariani Shelled Walnuts | Mariani Nut Company - MNC | 30 Grams | 200 | 20 | 14 | 0 | 1 |
| Nuts or Seeds | Mariani Sliced Natural Almonds | Mariani Nut Company - MNC | 30 Grams | 170 | 15 | 3.5 | 0 | 1 |
| Nuts or Seeds | Ahold Slivered Almonds | Mariani Nut Company - MNC | 30 Grams | 180 | 16 | 1 | 0 | 1 |
| Nuts or Seeds | Ahold Sliced Almonds | Mariani Nut Company - MNC | 30 Grams | 170 | 15 | 1 | 0 | 1 |
| Nuts or Seeds | Ahold Whole Almonds | Mariani Nut Company - MNC | 30 Grams | 170 | 15 | 1 | 0 | 1 |
| Nuts or Seeds | Ahold Shelled Walnuts | Mariani Nut Company - MNC | 30 Grams | 200 | 20 | 2 | 0 | 1 |
| Nuts or Seeds | Ahold Premium Walnuts | Mariani Nut Company - MNC | 30 Grams | 200 | 20 | 2 | 0 | 1 |
| Nuts or Seeds | Ahold Chopped Walnuts | Mariani Nut Company - MNC | 30 Grams | 200 | 20 | 2 | 0 | 1 |
| Nuts or Seeds | Mariani Chopped Walnuts | Mariani Nut Company - MNC | 30 Grams | 200 | 20 | 14 | 0 | 1 |
| Nuts or Seeds | Mariani Chopped Walnuts | Mariani Nut Company - MNC | 30 Grams | 200 | 20 | 14 | 0 | 1 |
| Nuts or Seeds | Mariani Chopped Walnuts | Mariani Nut Company - MNC | 30 Cups | 200 | 20 | 14 | 0 | 1 |
| Nuts or Seeds | Mariani Chopped Walnuts | Mariani Nut Company - MNC | 30 Grams | 200 | 20 | 14 | 0 | 1 |
| Nuts or Seeds | Mariani Premium Blanched Slivered Almonds | Mariani Nut Company - MNC | 30 Grams | 180 | 16 | 4 | 0 | 1 |
| Nuts or Seeds | Mariani Premium Blanched Slivered Almonds | Mariani Nut Company - MNC | 30 Grams | 180 | 16 | 4 | 0 | 1 |
| Nuts or Seeds | Mariani Premium Blanched Slivered Almonds | Mariani Nut Company - MNC | 30 Grams | 170 | 16 | 4 | 0 | 1 |
| Nuts or Seeds | Primal Pecans | Four Oaks Farm LLC DBA Primal Pecans | 28 Grams | 200 | 20 | 2 | 0 | 1 |
| Nuts or Seeds | Planters Cocktail Peanuts | Hormel Foods Corporation - Planters | 28 Grams | 170 | 14 | 2 | 100 | 1 |
| Nuts or Seeds | Planters Salted Peanuts | Hormel Foods Corporation - Planters | 28 Grams | 170 | 14 | 2 | 100 | 1 |
| Nuts or Seeds | Planters Cocktail Peanuts | Hormel Foods Corporation - Planters | 28 Grams | 170 | 14 | 2 | 95 | 1 |
| Nuts or Seeds | Planters Cocktail Peanuts | Hormel Foods Corporation - Planters | 28 Grams | 170 | 14 | 2 | 100 | 1 |
| Nuts or Seeds | Planters Lightly Salted Dry Roasted Peanuts | Hormel Foods Corporation - Planters | 28 Grams | 170 | 14 | 2 | 75 | 1 |

*per serving



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| Food Category | Product | Company | Serving Size | Calories* | Total Fat* (gm) | Saturated Fat* (gm) | Sodium* (mg) | Sugar* (g) |
|---------------|---|--|--------------|-----------|-----------------|---------------------|--------------|------------|
| Nuts or Seeds | Planters Salted Peanuts | Hormel Foods Corporation - Planters | 28 Grams | 170 | 14 | 2 | 95 | 1 |
| Nuts or Seeds | Planters Unsalted Dry Roasted Peanuts | Hormel Foods Corporation - Planters | 28 Grams | 170 | 14 | 2 | 5 | 1 |
| Nuts or Seeds | Planters Lightly Salted Cocktail Peanuts | Hormel Foods Corporation - Planters | 28 Grams | 170 | 14 | 2 | 50 | 1 |
| Nuts or Seeds | Planters Salted Peanuts | Hormel Foods Corporation - Planters | 28 Grams | 170 | 14 | 2 | 100 | 1 |
| Nuts or Seeds | Planters Lightly Salted Dry Roasted Peanuts | Hormel Foods Corporation - Planters | 28 Grams | 170 | 14 | 2 | 75 | 1 |
| Nuts or Seeds | Planters Salted Peanuts | Hormel Foods Corporation - Planters | 28 Grams | 170 | 14 | 2 | 100 | 1 |
| Nuts or Seeds | Planters Salted Peanuts | Hormel Foods Corporation - Planters | 28 Grams | 170 | 14 | 2 | 95 | 1 |
| Nuts or Seeds | Planters Salted Peanuts | Hormel Foods Corporation - Planters | 28 Grams | 170 | 14 | 2 | 95 | 1 |
| Nuts or Seeds | Planters Salted Peanuts | Hormel Foods Corporation - Planters | 28 Grams | 170 | 14 | 2 | 100 | 1 |
| Nuts or Seeds | Planters Lightly Salted Dry Roasted Peanuts | Hormel Foods Corporation - Planters | 28 Grams | 170 | 14 | 2 | 75 | 1 |
| Nuts or Seeds | Planters Salted Peanuts | Hormel Foods Corporation - Planters | 28 Grams | 170 | 14 | 2 | 95 | 1 |
| Nuts or Seeds | Planters Lightly Salted Cocktail Peanuts | Hormel Foods Corporation - Planters | 28 Grams | 170 | 14 | 2 | 50 | 1 |
| Nuts or Seeds | Empire Walnut Halves and Pieces | Empire Nut Company, LLC | 28 Grams | 190 | 18 | 1.5 | 0 | 1 |
| Nuts or Seeds | Rancho Pecana Natural Pecan Halves | Rancho Pecana LLC. | 30 Grams | 190 | 20 | 2 | 0 | 1 |
| Nuts or Seeds | Rancho Pecana Natural Pecan Halves | Rancho Pecana LLC. | 30 Grams | 190 | 20 | 2 | 0 | 1 |
| Nuts or Seeds | Rancho Pecana Natural Pecan Pieces | Rancho Pecana LLC. | 30 Grams | 190 | 20 | 2 | 0 | 1 |
| Nuts or Seeds | Rancho Pecana Natural Pecan Pieces | Rancho Pecana LLC. | 30 Grams | 0 | 20 | 2 | 0 | 1 |
| Nuts or Seeds | Rancho Pecana Natural Pecan Pieces | Rancho Pecana LLC. | 30 Grams | 190 | 20 | 2 | 0 | 1 |
| Nuts or Seeds | Rancho Pecana Natural Pecan Halves | Rancho Pecana LLC. | 30 Grams | 0 | 20 | 2 | 0 | 1 |
| Nuts or Seeds | Georgia Peanuts | Georgia Farm Bureau - GFB | 28 Grams | 160 | 14 | 0 | 100 | 1 |
| Nuts or Seeds | Kirkland Signature Dry Roasted Hazelnuts | Costco Wholesale Corporation - CW | 30 Grams | 220 | 20 | 0 | 0 | 1 |
| Nuts or Seeds | Kirkland Signature Heart Healthy Mixed Nuts | Costco Wholesale Corporation - CW | 30 Grams | 200 | 17 | 0 | 0 | 1 |
| Nuts or Seeds | Hubs Home Cooked Salted Virginia Peanuts | Hubbard Peanut Company, INC | 28 Grams | 180 | 14 | 2 | 60 | 1 |
| Nuts or Seeds | Hubs Home Cooked Salted Virginia Peanuts | Hubbard Peanut Company, INC | 28 Grams | 180 | 14 | 2 | 60 | 1 |
| Nuts or Seeds | Hubs Home Cooked Salted Virginia Peanuts | Hubbard Peanut Company, INC | 28 Grams | 180 | 14 | 2 | 60 | 1 |
| Nuts or Seeds | Hubs Home Cooked Salted Virginia Peanuts | Hubbard Peanut Company, INC | 28 Grams | 180 | 14 | 2 | 60 | 1 |
| Nuts or Seeds | Hubs Home Cooked Salted Virginia Peanuts | Hubbard Peanut Company, INC | 28 Grams | 180 | 14 | 2 | 60 | 1 |
| Nuts or Seeds | Fisher Walnut Halves & Pieces | John B. Sanfilippo and Son, Inc. - JBS | 28 Grams | 180 | 18 | 1.5 | 0 | 1 |

*per serving



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| Food Category | Product | Company | Serving Size | | Calories* | Total Fat* (gm) | Saturated Fat* (gm) | Sodium* (mg) | Sugar* (g) |
|---------------|--|--|--------------|-------|-----------|-----------------|---------------------|--------------|------------|
| Nuts or Seeds | Fisher Chef's Naturals Toasted Sliced Almonds | John B. Sanfilippo and Son, Inc. - JBS | 28 | Grams | 170 | 15 | 0 | 0 | 1 |
| Nuts or Seeds | Fisher Chef's Naturals Toasted Finely Chopped Pecans | John B. Sanfilippo and Son, Inc. - JBS | 28 | Grams | 200 | 21 | 0 | 0 | 1 |
| Nuts or Seeds | Fisher Chopped Walnuts | John B. Sanfilippo and Son, Inc. - JBS | 28 | Grams | 180 | 18 | 0 | 0 | 1 |
| Nuts or Seeds | Fisher Chopped Walnuts | John B. Sanfilippo and Son, Inc. - JBS | 56 | Grams | 370 | 37 | 0 | 0 | 1 |
| Nuts or Seeds | Fisher Chopped Walnuts | John B. Sanfilippo and Son, Inc. - JBS | 28 | Grams | 180 | 18 | 0 | 0 | 1 |
| Nuts or Seeds | Fisher Pecan Halves | John B. Sanfilippo and Son, Inc. - JBS | 28 | Grams | 190 | 20 | 0 | 0 | 1 |
| Nuts or Seeds | Fisher Pecan Halves | John B. Sanfilippo and Son, Inc. - JBS | 28 | Grams | 190 | 20 | 0 | 0 | 1 |
| Nuts or Seeds | Fisher Pecan Halves | John B. Sanfilippo and Son, Inc. - JBS | 28 | Grams | 190 | 20 | 0 | 0 | 1 |
| Nuts or Seeds | Fisher Slivered Almonds | John B. Sanfilippo and Son, Inc. - JBS | 56 | Grams | 330 | 29 | 0 | 10 | 3 |
| Nuts or Seeds | Fisher Slivered Almonds | John B. Sanfilippo and Son, Inc. - JBS | 28 | Grams | 170 | 15 | 0 | 5 | 1 |
| Nuts or Seeds | Fisher Walnut Chips | John B. Sanfilippo and Son, Inc. - JBS | 56 | Grams | 370 | 37 | 0 | 0 | 1 |
| Nuts or Seeds | Fisher Walnut Halves & Pieces | John B. Sanfilippo and Son, Inc. - JBS | 28 | Grams | 180 | 18 | 0 | 0 | 1 |
| Nuts or Seeds | Fisher Walnut Halves & Pieces | John B. Sanfilippo and Son, Inc. - JBS | 28 | Grams | 180 | 18 | 0 | 0 | 1 |
| Nuts or Seeds | Fisher Walnut Halves & Pieces | John B. Sanfilippo and Son, Inc. - JBS | 28 | Grams | 180 | 18 | 0 | 0 | 1 |
| Nuts or Seeds | Fisher Walnut Halves & Pieces | John B. Sanfilippo and Son, Inc. - JBS | 28 | Grams | 180 | 18 | 0 | 0 | 1 |

*per serving



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| Food Category | Product | Company | Serving Size | | Calories* | Total Fat* (gm) | Saturated Fat* (gm) | Sodium* (mg) | Sugar* (g) |
|---------------|-------------------------------|--|--------------|-------|-----------|-----------------|---------------------|--------------|------------|
| Nuts or Seeds | Fisher Walnut Halves & Pieces | John B. Sanfilippo and Son, Inc. - JBS | 28 | Grams | 180 | 18 | 0 | 0 | 1 |
| Nuts or Seeds | Fisher Pecans Chopped | John B. Sanfilippo and Son, Inc. - JBS | 28 | Grams | 190 | 20 | 0 | 0 | 1 |
| Nuts or Seeds | Fisher Pecans Chopped | John B. Sanfilippo and Son, Inc. - JBS | 28 | Grams | 190 | 20 | 0 | 0 | 1 |
| Nuts or Seeds | Fisher Chopped Walnuts | John B. Sanfilippo and Son, Inc. - JBS | 28 | Cups | 180 | 18 | 0 | 0 | 1 |
| Nuts or Seeds | Fisher Chopped Walnuts | John B. Sanfilippo and Son, Inc. - JBS | 28 | Grams | 180 | 18 | 0 | 0 | 1 |
| Nuts or Seeds | Fisher Natural Sliced Almonds | John B. Sanfilippo and Son, Inc. - JBS | 28 | Grams | 160 | 14 | 0 | 0 | 1 |
| Nuts or Seeds | Fisher Natural Sliced Almonds | John B. Sanfilippo and Son, Inc. - JBS | 28 | Grams | 160 | 14 | 0 | 0 | 1 |
| Nuts or Seeds | Fisher Pecan Chips | John B. Sanfilippo and Son, Inc. - JBS | 28 | Grams | 190 | 20 | 0 | 0 | 1 |
| Nuts or Seeds | Fisher Pecan Chips | John B. Sanfilippo and Son, Inc. - JBS | 28 | Grams | 190 | 20 | 0 | 0 | 1 |
| Nuts or Seeds | Fisher Pecan Halves | John B. Sanfilippo and Son, Inc. - JBS | 28 | Grams | 190 | 20 | 0 | 0 | 1 |
| Nuts or Seeds | Fisher Pecan Halves | John B. Sanfilippo and Son, Inc. - JBS | 28 | Grams | 190 | 20 | 0 | 0 | 1 |
| Nuts or Seeds | Fisher Whole Natural Almonds | John B. Sanfilippo and Son, Inc. - JBS | 28 | Grams | 160 | 14 | 0 | 0 | 1 |
| Nuts or Seeds | Fisher Whole Natural Almonds | John B. Sanfilippo and Son, Inc. - JBS | 28 | Grams | 160 | 14 | 0 | 0 | 1 |
| Nuts or Seeds | Fisher Pecan Chips | John B. Sanfilippo and Son, Inc. - JBS | 56 | Grams | 390 | 40 | 0 | 0 | 2 |
| Nuts or Seeds | Fisher Natural Sliced Almonds | John B. Sanfilippo and Son, Inc. - JBS | 56 | Grams | 320 | 28 | 0 | 0 | 2 |

*per serving



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|---------------|--|--|--------------|--------|-----------|-----------------|---------------------|--------------|------------|
| Nuts or Seeds | Fisher Pecan Halves | John B. Sanfilippo and Son, Inc. - JBS | 56 | Grams | 390 | 40 | 0 | 0 | 2 |
| Nuts or Seeds | Fisher Pecans Chopped | John B. Sanfilippo and Son, Inc. - JBS | 28 | Grams | 190 | 20 | 0 | 0 | 1 |
| Nuts or Seeds | Fisher Walnut Halves & Pieces | John B. Sanfilippo and Son, Inc. - JBS | 56 | Grams | 370 | 37 | 0 | 0 | 1 |
| Nuts or Seeds | Fisher Pecans Chopped | John B. Sanfilippo and Son, Inc. - JBS | 28 | Grams | 190 | 20 | 0 | 0 | 1 |
| Nuts or Seeds | Fisher Pecans Chopped | John B. Sanfilippo and Son, Inc. - JBS | 28 | Grams | 190 | 20 | 0 | 0 | 1 |
| Nuts or Seeds | Fisher Pecans Chopped | John B. Sanfilippo and Son, Inc. - JBS | 28 | Grams | 190 | 20 | 0 | 0 | 1 |
| Nuts or Seeds | Gold Emblem Abound Organic Pistachios | Nichols Pistachio - NF | 28 | Grams | 170 | 14 | 0 | 0 | 2 |
| Nuts or Seeds | Gold Emblem Abound Unsalted Pistachio & Almond Blend | Nichols Pistachio - NF | 28 | Grams | 170 | 14 | 0 | 0 | 1 |
| Nuts or Seeds | Gold Emblem Abound Raw Natural Almonds | Nichols Pistachio - NF | 28 | Grams | 170 | 14 | 3.5 | 0 | 1 |
| Nuts or Seeds | Gold Emblem Organic Pistachio Kernels Light Sea Salt | Nichols Pistachio - NF | 28 | Grams | 170 | 14 | 0 | 80 | 2 |
| Nuts or Seeds | Gold Emblem Pistachio Kernels Light Sea Salt | Nichols Pistachio - NF | 1 | Ounces | 170 | 14 | 4 | 80 | 2 |
| Nuts or Seeds | Gold Emblem Pistachio Kernels Light Sea Salt | Nichols Pistachio - NF | 28 | Grams | 170 | 14 | 4 | 80 | 2 |
| Nuts or Seeds | Gold Emblem Lightly Salted Roasted Almonds | Nichols Pistachio - NF | 28 | Grams | 170 | 14 | 0 | 40 | 1 |
| Nuts or Seeds | Gold Emblem Lightly Salted Pistachios | Nichols Pistachio - NF | 1 | Ounces | 170 | 14 | 0 | 80 | 2 |
| Nuts or Seeds | Gold Emblem Lightly Salted Pistachios | Nichols Pistachio - NF | 1 | Ounces | 170 | 14 | 0 | 80 | 2 |
| Nuts or Seeds | Gold Emblem Lightly Salted Pistachios | Nichols Pistachio - NF | 28 | Grams | 170 | 14 | 0 | 80 | 2 |
| Nuts or Seeds | Gold Emblem Abound Unsalted Pistachios | Nichols Pistachio - NF | 28 | Grams | 170 | 14 | 0 | 0 | 2 |
| Nuts or Seeds | Gold Emblem Abound Raw Natural Almonds | Nichols Pistachio - NF | 1 | Ounces | 170 | 14 | 3.5 | 0 | 1 |
| Nuts or Seeds | Gold Emblem Abound Unsalted Pistachio Kernels | Nichols Pistachio - NF | 28 | Grams | 170 | 14 | 0 | 0 | 2 |
| Nuts or Seeds | Whitley's Salted Virginia Peanuts | Whitley's Peanut Factory - WP | 30 | Grams | 140 | 10 | 2 | 80 | 1 |
| Nuts or Seeds | Whitley's Salted Virginia Peanuts | Whitley's Peanut Factory - WP | 30 | Grams | 140 | 10 | 2 | 80 | 1 |

*per serving



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|---------------|--|-------------------------------|--------------|-----------|-----------------|---------------------|--------------|------------|
| Nuts or Seeds | Whitley's Salted Virginia Peanuts | Whitley's Peanut Factory - WP | 30 Grams | 140 | 10 | 2 | 80 | 1 |
| Nuts or Seeds | Whitley's Salted Virginia Peanuts | Whitley's Peanut Factory - WP | 30 Grams | 140 | 10 | 2 | 80 | 1 |
| Nuts or Seeds | Whitley's Salted Virginia Peanuts | Whitley's Peanut Factory - WP | 30 Grams | 140 | 10 | 2 | 80 | 1 |
| Nuts or Seeds | Whitley's Salted Virginia Peanuts | Whitley's Peanut Factory - WP | 30 Grams | 140 | 10 | 2 | 80 | 1 |
| Nuts or Seeds | Whitley's Salted Virginia Peanuts | Whitley's Peanut Factory - WP | 30 Grams | 140 | 10 | 2 | 80 | 1 |
| Nuts or Seeds | Walnuts | Golden State Food, LLC - GSF | 28 Grams | 190 | 18 | 13 | 1 | 1 |
| Nuts or Seeds | Walnuts | Golden State Food, LLC - GSF | 28 Grams | 190 | 18 | 13 | 1 | 1 |
| Nuts or Seeds | Birdsong Peanut Salted Peanuts | Birdsong Peanuts - BP | 28 Grams | 160 | 14 | 0 | 100 | 1 |
| Nuts or Seeds | Blue Diamond Almonds Roasted Salted | Blue Diamond Growers - BDG | 28 Grams | 170 | 16 | 1 | 85 | 1 |
| Nuts or Seeds | Blue Diamond Almonds Whole Natural | Blue Diamond Growers - BDG | 43 Grams | 250 | 22 | 1.5 | 0 | 2 |
| Nuts or Seeds | Blue Diamond Oven Roasted Almonds Sea Salt | Blue Diamond Growers - BDG | 28 Grams | 170 | 15 | 1 | 135 | 1 |
| Nuts or Seeds | Blue Diamond Almonds Whole Natural | Blue Diamond Growers - BDG | 28 Grams | 160 | 14 | 1 | 0 | 1 |
| Nuts or Seeds | Blue Diamond Almonds Roasted Salted | Blue Diamond Growers - BDG | 28 Grams | 170 | 16 | 1 | 85 | 1 |
| Nuts or Seeds | Blue Diamond Oven Roasted Almonds Sea Salt | Blue Diamond Growers - BDG | 28 Grams | 170 | 15 | 1 | 135 | 1 |
| Nuts or Seeds | Blue Diamond Almonds Roasted Salted | Blue Diamond Growers - BDG | 43 Grams | 260 | 24 | 2 | 130 | 2 |
| Nuts or Seeds | Blue Diamond Oven Roasted Almonds Sea Salt | Blue Diamond Growers - BDG | 17 Grams | 100 | 9 | 0.5 | 80 | 1 |
| Nuts or Seeds | Blue Diamond Almonds Roasted Salted | Blue Diamond Growers - BDG | 43 Grams | 260 | 24 | 2 | 130 | 2 |
| Nuts or Seeds | Blue Diamond Almonds Lightly Salted | Blue Diamond Growers - BDG | 28 Grams | 170 | 16 | 1 | 40 | 1 |
| Nuts or Seeds | Blue Diamond Almonds Whole Natural | Blue Diamond Growers - BDG | 18 Grams | 100 | 9 | 0.5 | 0 | 1 |
| Nuts or Seeds | Blue Diamond Extra Toasted Almonds | Blue Diamond Growers - BDG | 28 Grams | 170 | 14 | 1 | 0 | 1 |
| Nuts or Seeds | Blue Diamond Almonds Whole Natural | Blue Diamond Growers - BDG | 28 Grams | 160 | 14 | 1 | 0 | 1 |
| Nuts or Seeds | Blue Diamond Almonds Lightly Salted | Blue Diamond Growers - BDG | 28 Grams | 170 | 16 | 1 | 40 | 1 |
| Nuts or Seeds | Blue Diamond Almonds Whole Natural | Blue Diamond Growers - BDG | 28 Grams | 160 | 14 | 1 | 0 | 1 |
| Nuts or Seeds | Blue Diamond Oven Roasted Almonds Sea Salt | Blue Diamond Growers - BDG | 28 Grams | 170 | 15 | 1 | 135 | 1 |
| Nuts or Seeds | Blue Diamond Almonds Whole Natural | Blue Diamond Growers - BDG | 28 Grams | 160 | 14 | 1 | 0 | 1 |
| Nuts or Seeds | Blue Diamond Almonds Lightly Salted | Blue Diamond Growers - BDG | 28 Grams | 170 | 16 | 1 | 40 | 1 |

*per serving



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| Food Category | Product | Company | Serving Size | Calories* | Total Fat* (gm) | Saturated Fat* (gm) | Sodium* (mg) | Sugar* (g) |
|---------------|--|----------------------------|--------------|-----------|-----------------|---------------------|--------------|------------|
| Nuts or Seeds | Blue Diamond Almonds Whole Natural | Blue Diamond Growers - BDG | 28 Grams | 160 | 14 | 1 | 0 | 1 |
| Nuts or Seeds | Blue Diamond Almonds Whole Natural | Blue Diamond Growers - BDG | 18 Grams | 100 | 9 | 0.5 | 0 | 1 |
| Nuts or Seeds | Blue Diamond Oven Roasted Almonds Sea Salt | Blue Diamond Growers - BDG | 28 Grams | 170 | 15 | 1 | 135 | 1 |
| Nuts or Seeds | Blue Diamond Almonds Whole Natural | Blue Diamond Growers - BDG | 28 Grams | 160 | 14 | 1 | 0 | 1 |
| Nuts or Seeds | Blue Diamond Almonds Lightly Salted | Blue Diamond Growers - BDG | 28 Grams | 170 | 16 | 1 | 40 | 1 |
| Nuts or Seeds | Blue Diamond Almonds Lightly Salted | Blue Diamond Growers - BDG | 28 Grams | 170 | 16 | 1 | 40 | 1 |
| Nuts or Seeds | Blue Diamond Almonds Roasted Salted | Blue Diamond Growers - BDG | 28 Grams | 170 | 16 | 1 | 85 | 1 |
| Nuts or Seeds | Blue Diamond Almonds Roasted Salted | Blue Diamond Growers - BDG | 28 Grams | 170 | 16 | 1 | 85 | 1 |
| Nuts or Seeds | Blue Diamond Almonds Whole Natural | Blue Diamond Growers - BDG | 18 Grams | 100 | 9 | 0.5 | 0 | 1 |
| Nuts or Seeds | Blue Diamond Oven Roasted Almonds Sea Salt | Blue Diamond Growers - BDG | 28 Grams | 170 | 15 | 1 | 135 | 1 |
| Nuts or Seeds | Blue Diamond Almonds Lightly Salted | Blue Diamond Growers - BDG | 28 Grams | 170 | 16 | 1 | 40 | 1 |
| Nuts or Seeds | Blue Diamond Almonds Lightly Salted | Blue Diamond Growers - BDG | 28 Grams | 170 | 16 | 1 | 40 | 1 |
| Nuts or Seeds | Blue Diamond Almonds Lightly Salted | Blue Diamond Growers - BDG | 43 Grams | 260 | 24 | 2 | 60 | 2 |
| Nuts or Seeds | Blue Diamond Almonds Lightly Salted | Blue Diamond Growers - BDG | 28 Grams | 170 | 16 | 1 | 40 | 1 |
| Nuts or Seeds | Blue Diamond Almonds Whole Natural | Blue Diamond Growers - BDG | 43 Grams | 250 | 22 | 1.5 | 0 | 2 |
| Nuts or Seeds | Blue Diamond Extra Toasted Almonds | Blue Diamond Growers - BDG | 28 Grams | 170 | 15 | 1 | 0 | 1 |
| Nuts or Seeds | Blue Diamond Almonds Whole Natural | Blue Diamond Growers - BDG | 28 Grams | 160 | 14 | 1 | 0 | 1 |
| Nuts or Seeds | Blue Diamond Almonds Lightly Salted | Blue Diamond Growers - BDG | 17 Grams | 100 | 9 | 0.5 | 25 | 1 |
| Nuts or Seeds | Blue Diamond Almonds Lightly Salted | Blue Diamond Growers - BDG | 17 Grams | 100 | 9 | 0.5 | 25 | 1 |
| Nuts or Seeds | Blue Diamond Almonds Whole Natural | Blue Diamond Growers - BDG | 28 Grams | 160 | 14 | 1 | 0 | 1 |
| Nuts or Seeds | Blue Diamond Almonds Lightly Salted | Blue Diamond Growers - BDG | 28 Grams | 170 | 16 | 1 | 85 | 1 |
| Nuts or Seeds | Blue Diamond Almonds Lightly Salted | Blue Diamond Growers - BDG | 43 Grams | 260 | 24 | 2 | 60 | 2 |
| Nuts or Seeds | Blue Diamond Almonds Roasted Salted | Blue Diamond Growers - BDG | 28 Grams | 170 | 16 | 1 | 85 | 1 |
| Nuts or Seeds | Blue Diamond Almonds Whole Natural | Blue Diamond Growers - BDG | 28 Grams | 160 | 14 | 1 | 0 | 1 |
| Nuts or Seeds | Blue Diamond Almonds Whole Natural | Blue Diamond Growers - BDG | 18 Grams | 100 | 9 | 0.5 | 0 | 1 |
| Nuts or Seeds | Blue Diamond Almonds Roasted Salted | Blue Diamond Growers - BDG | 28 Grams | 170 | 16 | 1 | 85 | 1 |
| Nuts or Seeds | Blue Diamond Almonds Lightly Salted | Blue Diamond Growers - BDG | 28 Grams | 170 | 16 | 1 | 40 | 1 |
| Nuts or Seeds | Blue Diamond Almonds Lightly Salted | Blue Diamond Growers - BDG | 17 Grams | 100 | 9 | 0.5 | 25 | 1 |

*per serving



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| Food Category | Product | Company | Serving Size | Calories* | Total Fat* (gm) | Saturated Fat* (gm) | Sodium* (mg) | Sugar* (g) |
|---------------|---|----------------------------------|--------------|-----------|-----------------|---------------------|--------------|------------|
| Nuts or Seeds | Chase Pecan Halves | Chase Pecans - SSP | 28.4 Grams | 196 | 20 | 0 | 0 | 0 |
| Nuts or Seeds | Chase Pecan Halves | Chase Pecans - SSP | 28.4 Grams | 200 | 20 | 6 | 0 | 1 |
| Nuts or Seeds | Chase Pecan Halves | Chase Pecans - SSP | 28.4 Grams | 196 | 20 | 2 | 0 | 0 |
| Nuts or Seeds | Almonds, Whole Natural | Almond Board of California - ABC | 28 Grams | 160 | 14 | 3.5 | 5 | 1 |
| Nuts or Seeds | Almonds, Slivered | Almond Board of California - ABC | 28 Grams | 160 | 14 | 3.5 | 5 | 1 |
| Nuts or Seeds | Almonds, Sliced | Almond Board of California - ABC | 28 Grams | 160 | 14 | 1 | 5 | 1 |
| Nuts or Seeds | Almonds, Dry Roasted, salt added | Almond Board of California - ABC | 28 Grams | 170 | 15 | 1 | 65 | 1 |
| Nuts or Seeds | Almonds, Blanched | Almond Board of California - ABC | 28 Grams | 160 | 15 | 1 | 5 | 1 |
| Nuts or Seeds | Almonds, Dry Roasted, no salt added | Almond Board of California - ABC | 28 Grams | 170 | 15 | 1 | 1 | 1 |
| Nuts or Seeds | Diamond Foods California Shelled Walnuts (Rosemary Extract) | Diamond Foods LLC - DF | 30 Grams | 200 | 20 | 2 | 0 | 1 |
| Nuts or Seeds | Diamond Foods Shelled Pecans | Diamond Foods LLC - DF | 30 Grams | 210 | 22 | 2 | 0 | 1 |
| Nuts or Seeds | Diamond Foods Shelled Walnuts (Rosemary Extract) | Diamond Foods LLC - DF | 30 Grams | 200 | 20 | 2 | 0 | 1 |
| Nuts or Seeds | Diamond Foods Chopped Walnuts (Rosemary Extract) | Diamond Foods LLC - DF | 30 Grams | 200 | 20 | 2 | 0 | 1 |
| Nuts or Seeds | Diamond Foods Finely Diced Pecans | Diamond Foods LLC - DF | 30 Grams | 210 | 22 | 2 | 0 | 1 |
| Nuts or Seeds | Diamond Foods Shelled Walnuts (Rosemary Extract) | Diamond Foods LLC - DF | 30 Ounces | 0 | 20 | 2 | 0 | 1 |
| Nuts or Seeds | Diamond Foods Pecan Halves | Diamond Foods LLC - DF | 30 Ounces | 0 | 22 | 2 | 0 | 1 |
| Nuts or Seeds | Diamond Foods Finely Diced Walnuts (Rosemary Extract) | Diamond Foods LLC - DF | 30 Ounces | 0 | 20 | 2 | 0 | 1 |
| Nuts or Seeds | Diamond Foods Chopped Walnuts (Rosemary Extract) | Diamond Foods LLC - DF | 30 Ounces | 0 | 0 | 0 | 0 | 0 |
| Nuts or Seeds | Diamond Foods Chopped Walnuts (Rosemary Extract) | Diamond Foods LLC - DF | 30 Ounces | 0 | 20 | 2 | 0 | 1 |
| Nuts or Seeds | Diamond Foods Chopped Pecans | Diamond Foods LLC - DF | 30 Ounces | 0 | 22 | 2 | 0 | 1 |
| Nuts or Seeds | Diamond Foods Chopped Pecans | Diamond Foods LLC - DF | 30 Grams | 210 | 22 | 2 | 0 | 1 |
| Nuts or Seeds | Diamond Foods Finely Diced Walnuts (Rosemary Extract) | Diamond Foods LLC - DF | 30 Grams | 200 | 20 | 2 | 0 | 1 |

*per serving



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| Food Category | Product | Company | Serving Size | | Calories* | Total Fat* (gm) | Saturated Fat* (gm) | Sodium* (mg) | Sugar* (g) |
|---------------|---|------------------------|--------------|--------|-----------|-----------------|---------------------|--------------|------------|
| | | | | | | | | | |
| Nuts or Seeds | Diamond Foods Finely Diced Walnuts (Rosemary Extract) | Diamond Foods LLC - DF | 30 | Grams | 200 | 20 | 2 | 0 | 1 |
| Nuts or Seeds | Diamond Foods Shelled Walnuts (Rosemary Extract) | Diamond Foods LLC - DF | 30 | Grams | 200 | 20 | 2 | 0 | 1 |
| Nuts or Seeds | Diamond Foods California Organic Shelled Walnuts | Diamond Foods LLC - DF | 30 | Grams | 200 | 20 | 2 | 0 | 1 |
| Nuts or Seeds | Diamond Foods Whole Almonds | Diamond Foods LLC - DF | 30 | Grams | 170 | 15 | 1 | 0 | 1 |
| Nuts or Seeds | Diamond Foods California Shelled Walnuts (Rosemary Extract) | Diamond Foods LLC - DF | 30 | Grams | 200 | 20 | 2 | 0 | 1 |
| Nuts or Seeds | Diamond Foods Chopped Pecans | Diamond Foods LLC - DF | 30 | Grams | 210 | 22 | 2 | 0 | 1 |
| Nuts or Seeds | Diamond Foods Pecan Halves | Diamond Foods LLC - DF | 30 | Grams | 210 | 22 | 2 | 0 | 1 |
| Nuts or Seeds | Diamond Foods Shelled Walnuts (Rosemary Extract) | Diamond Foods LLC - DF | 30 | Grams | 200 | 20 | 2 | 0 | 1 |
| Nuts or Seeds | Diamond Foods Whole Almonds | Diamond Foods LLC - DF | 30 | Grams | 170 | 15 | 1 | 0 | 1 |
| Nuts or Seeds | Diamond Foods Sliced Almonds | Diamond Foods LLC - DF | 30 | Grams | 170 | 15 | 1 | 0 | 1 |
| Nuts or Seeds | Diamond Foods Chopped Pecans | Diamond Foods LLC - DF | 30 | Grams | 210 | 22 | 2 | 0 | 1 |
| Nuts or Seeds | Diamond Foods Chopped Walnuts | Diamond Foods LLC - DF | 30 | Grams | 200 | 20 | 2 | 0 | 1 |
| Nuts or Seeds | Diamond Foods Pecan Halves | Diamond Foods LLC - DF | 30 | Grams | 4 | 22 | 2 | 0 | 0 |
| Nuts or Seeds | Diamond Foods Whole Almonds | Diamond Foods LLC - DF | 30 | Grams | 170 | 15 | 1 | 0 | 1 |
| Nuts or Seeds | Diamond Foods Slivered Almonds | Diamond Foods LLC - DF | 30 | Grams | 180 | 16 | 1 | 5 | 1 |
| Nuts or Seeds | Diamond Foods Chopped Pecans | Diamond Foods LLC - DF | 30 | Grams | 210 | 22 | 2 | 0 | 1 |
| Nuts or Seeds | Diamond Foods Chopped Walnuts (Rosemary Extract) | Diamond Foods LLC - DF | 30 | Grams | 200 | 19 | 2 | 0 | 0 |
| Nuts or Seeds | Diamond Foods Finely Diced Pecans | Diamond Foods LLC - DF | 30 | Grams | 210 | 22 | 2 | 0 | 1 |
| Nuts or Seeds | Diamond Foods Sliced Almonds | Diamond Foods LLC - DF | 30 | Grams | 170 | 15 | 1 | 0 | 1 |
| Nuts or Seeds | Diamond Foods Whole Almonds | Diamond Foods LLC - DF | 30 | Ounces | 0 | 15 | 1 | 0 | 1 |
| Nuts or Seeds | Diamond Foods Sliced Almonds | Diamond Foods LLC - DF | 30 | Ounces | 0 | 15 | 1 | 0 | 1 |
| Nuts or Seeds | Diamond Foods Shelled Walnuts | Diamond Foods LLC - DF | 30 | Ounces | 0 | 0 | 0 | 0 | 0 |
| Nuts or Seeds | Diamond Foods Shelled Walnuts | Diamond Foods LLC - DF | 30 | Ounces | 0 | 20 | 2 | 0 | 1 |
| Nuts or Seeds | Diamond Foods Pecan Halves | Diamond Foods LLC - DF | 30 | Grams | 210 | 22 | 2 | 0 | 1 |

*per serving



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| Food Category | Product | Company | Serving Size | Calories* | Total Fat* (gm) | Saturated Fat* (gm) | Sodium* (mg) | Sugar* (g) |
|---------------|--|--|--------------|-----------|-----------------|---------------------|--------------|------------|
| Nuts or Seeds | Diamond Foods Slivered Almonds | Diamond Foods LLC - DF | 30 Grams | 180 | 16 | 1 | 0 | 1 |
| Oils | Nutrioli Pure Soybean Oil | Ragasa International LLC | 1 Tbsp | 0 | 14 | 2 | 0 | 0 |
| Oils | Perdue AgriBusiness High Oleic Soybean Oil | Perdue AgriBusiness | 14 Grams | 120 | 14 | 1.5 | 0 | 0 |
| Oils | Extra Virgin Olive Oil | North American Olive Oil Association - NAOOA | 1 Tbsp | 120 | 14 | 1 | 0 | 0 |
| Oils | Garcia de la Cruz Organic Extra Virgin Olive Oil | Aceites Garcia de la Cruz SL | 1 Tbsp | 120 | 14 | 0 | 0 | 0 |
| Oils | Garcia de la Cruz Organic Extra Virgin Olive Oil | Aceites Garcia de la Cruz SL | 1 Tbsp | 120 | 14 | 0 | 0 | 0 |
| Oils | Garcia de la Cruz Organic Extra Virgin Olive Oil | Aceites Garcia de la Cruz SL | 1 Tbsp | 120 | 14 | 0 | 0 | 0 |
| Oils | Garcia de la Cruz Organic Extra Virgin Olive Oil | Aceites Garcia de la Cruz SL | 1 Tbsp | 120 | 14 | 0 | 0 | 0 |
| Oils | Garcia de la Cruz Organic Extra Virgin Olive Oil | Aceites Garcia de la Cruz SL | 1 Tbsp | 120 | 14 | 0 | 0 | 0 |
| Oils | Garcia de la Cruz Organic Extra Virgin Olive Oil | Aceites Garcia de la Cruz SL | 1 Tbsp | 120 | 14 | 0 | 0 | 0 |
| Oils | Badia Extra Virgin Olive Oil | Badia | 1 Tbsp | 120 | 14 | 0 | 0 | 0 |
| Oils | Badia Organic Olive Oil Extra Virgin | Badia | 1 Tbsp | 120 | 14 | 0 | 0 | 0 |
| Oils | Badia Extra Virgin Olive Oil | Badia | 1 Tbsp | 120 | 14 | 2 | 0 | 0 |
| Oils | Badia Extra Virgin Olive Oil | Badia | 1 Tbsp | 120 | 14 | 2 | 0 | 0 |
| Oils | Badia Extra Virgin Olive Oil | Badia | 1 Tbsp | 120 | 14 | 2 | 0 | 0 |
| Oils | Badia Extra Virgin Olive Oil | Badia | 1 Tbsp | 120 | 14 | 2 | 0 | 0 |
| Oils | Star Original Olive Oil | Borges USA | 1 Tbsp | 120 | 14 | 2 | 0 | 0 |
| Oils | Star Extra Virgin Olive Oil | Borges USA | 1 Tbsp | 120 | 14 | 2 | 0 | 0 |
| Oils | Star Extra Virgin Olive Oil | Borges USA | 1 Tbsp | 120 | 14 | 2 | 0 | 0 |
| Oils | Star Light Tasting Olive Oil | Borges USA | 1 Tbsp | 120 | 14 | 2 | 0 | 0 |
| Oils | Star Original Olive Oil | Borges USA | 1 Tbsp | 120 | 14 | 2 | 0 | 0 |
| Oils | Star Original Olive Oil | Borges USA | 1 Tbsp | 120 | 14 | 2 | 0 | 0 |

*per serving



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|---------------|--|----------------|--------------|-----------|-----------------|---------------------|--------------|------------|
| Oils | Star Original Olive Oil | Borges USA | 1 Tbsp | 120 | 14 | 2 | 0 | 0 |
| Oils | Star Original Olive Oil | Borges USA | 1 Tbsp | 120 | 14 | 2 | 0 | 0 |
| Oils | Star Light Tasting Olive Oil | Borges USA | 1 Tbsp | 120 | 14 | 2 | 0 | 0 |
| Oils | Star Extra Virgin Olive Oil | Borges USA | 1 Tbsp | 120 | 14 | 2 | 0 | 0 |
| Oils | Star Extra Virgin Olive Oil | Borges USA | 1 Tbsp | 120 | 14 | 2 | 0 | 0 |
| Oils | Star Original Olive Oil | Borges USA | 1 Tbsp | 120 | 14 | 2 | 0 | 0 |
| Oils | Star Extra Virgin Olive Oil | Borges USA | 1 Tbsp | 120 | 14 | 2 | 0 | 0 |
| Oils | Star First Harvest Extra Virgin Olive Oil | Borges USA | 1 Tbsp | 120 | 14 | 2 | 0 | 0 |
| Oils | Star Original Olive Oil | Borges USA | 1 Tbsp | 120 | 14 | 2 | 0 | 0 |
| Oils | Star Light Tasting Olive Oil | Borges USA | 1 Tbsp | 120 | 14 | 2 | 0 | 0 |
| Oils | Star Robust Extra Virgin Olive Oil | Borges USA | 1 Tbsp | 120 | 14 | 2 | 0 | 0 |
| Oils | Star Organic Extra Virgin Olive Oil | Borges USA | 1 Tbsp | 120 | 14 | 2 | 0 | 0 |
| Oils | Star Extra Virgin Olive Oil | Borges USA | 1 Tbsp | 120 | 14 | 1 | 0 | 0 |
| Oils | Terra Delyssa Organic Extra Virgin Olive Oil | CHO America | 1 Tbsp | 120 | 14 | 2.67 | 0 | 0 |
| Oils | Origin 846 Organic Unfiltered Extra Virgin Olive Oil | CHO America | 1 Tbsp | 120 | 14 | 2.67 | 0 | 0 |
| Oils | Terra Delyssa Extra Virgin Olive Oil | CHO America | 1 Tbsp | 120 | 14 | 2.67 | 0 | 0 |
| Oils | Olitalia Extra Virgin Olive Oil Cold Extraction | Olitalia | 1 Tbsp | 120 | 14 | 2.5 | 0 | 0 |
| Oils | Pompeian Rich Taste Olive Oil | Pompeian, Inc. | 1 Tbsp | 120 | 14 | 1.5 | 0 | 0 |
| Oils | Pompeian Smooth Extra Virgin Olive Oil | Pompeian, Inc. | 1 Tbsp | 120 | 14 | 1.5 | 0 | 0 |
| Oils | Pompeian Robust Extra Virgin Olive Oil | Pompeian, Inc. | 1 Tbsp | 120 | 14 | 1.5 | 0 | 0 |
| Oils | Pompeian Organic Robust Extra Virgin Olive Oil | Pompeian, Inc. | 1 Tbsp | 120 | 14 | 1.5 | 0 | 0 |
| Oils | Pompeian Spanish Bold Extra Virgin Olive Oil | Pompeian, Inc. | 1 Tbsp | 120 | 14 | 1.5 | 0 | 0 |
| Oils | Pompeian Organic Smooth Extra Virgin Olive Oil | Pompeian, Inc. | 1 Tbsp | 120 | 14 | 1.5 | 0 | 0 |
| Oils | Pompeian Light Taste Olive Oil | Pompeian, Inc. | 1 Tbsp | 120 | 14 | 1.5 | 0 | 0 |
| Oils | Pompeian Mild Taste Olive Oil | Pompeian, Inc. | 1 Tbsp | 120 | 14 | 1.5 | 0 | 0 |
| Oils | Pompeian Gourmet Selection Extra Virgin Olive Oil | Pompeian, Inc. | 1 Tbsp | 120 | 14 | 1.5 | 0 | 0 |

*per serving



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|---------------|--|----------------------------|--------------|-----------|-----------------|---------------------|--------------|------------|
| Oils | Pompeian Rich Taste Olive Oil | Pompeian, Inc. | 1 Tbsp | 120 | 14 | 2 | 0 | 0 |
| Oils | Pompeian Light Taste Olive Oil | Pompeian, Inc. | 1 Tbsp | 120 | 14 | 1.5 | 0 | 0 |
| Oils | Pompeian Light Taste Olive Oil | Pompeian, Inc. | 1 Tbsp | 120 | 14 | 1.5 | 0 | 0 |
| Oils | Pompeian Light Taste Olive Oil | Pompeian, Inc. | 1 Tbsp | 120 | 14 | 1.5 | 0 | 0 |
| Oils | Pompeian Light Taste Olive Oil | Pompeian, Inc. | 1 Tbsp | 120 | 14 | 1.5 | 0 | 0 |
| Oils | Pompeian Mild Taste Olive Oil | Pompeian, Inc. | 1 Tbsp | 120 | 14 | 1.5 | 0 | 0 |
| Oils | Pompeian Mild Taste Olive Oil | Pompeian, Inc. | 1 Tbsp | 120 | 14 | 1.5 | 0 | 0 |
| Oils | Pompeian Mild Taste Olive Oil | Pompeian, Inc. | 1 Tbsp | 120 | 14 | 1.5 | 0 | 0 |
| Oils | Pompeian Mild Taste Olive Oil | Pompeian, Inc. | 1 Tbsp | 120 | 14 | 1.5 | 0 | 0 |
| Oils | Pompeian Organic Robust Extra Virgin Olive Oil | Pompeian, Inc. | 1 Tbsp | 120 | 14 | 1.5 | 0 | 0 |
| Oils | Pompeian Organic Robust Extra Virgin Olive Oil | Pompeian, Inc. | 1 Tbsp | 120 | 14 | 1.5 | 0 | 0 |
| Oils | Pompeian Rich Taste Olive Oil | Pompeian, Inc. | 1 Tbsp | 120 | 14 | 1.5 | 0 | 0 |
| Oils | Pompeian Rich Taste Olive Oil | Pompeian, Inc. | 1 Tbsp | 120 | 14 | 1.5 | 0 | 0 |
| Oils | Pompeian Rich Taste Olive Oil | Pompeian, Inc. | 1 Tbsp | 120 | 14 | 1.5 | 0 | 0 |
| Oils | Pompeian Robust Extra Virgin Olive Oil | Pompeian, Inc. | 1 Tbsp | 120 | 14 | 1.5 | 0 | 0 |
| Oils | Pompeian Robust Extra Virgin Olive Oil | Pompeian, Inc. | 1 Tbsp | 120 | 14 | 1.5 | 0 | 0 |
| Oils | Pompeian Robust Extra Virgin Olive Oil | Pompeian, Inc. | 1 Tbsp | 120 | 14 | 1.5 | 0 | 0 |
| Oils | Pompeian Robust Extra Virgin Olive Oil | Pompeian, Inc. | 1 Tbsp | 120 | 14 | 1.5 | 0 | 0 |
| Oils | Pompeian Smooth Extra Virgin Olive Oil | Pompeian, Inc. | 1 Tbsp | 120 | 14 | 1.5 | 0 | 0 |
| Oils | Pompeian Smooth Extra Virgin Olive Oil | Pompeian, Inc. | 1 Tbsp | 120 | 14 | 1.5 | 0 | 0 |
| Oils | Pompeian Smooth Extra Virgin Olive Oil | Pompeian, Inc. | 1 Tbsp | 120 | 14 | 1.5 | 0 | 0 |
| Oils | Pompeian Spanish Bold Extra Virgin Olive Oil | Pompeian, Inc. | 1 Tbsp | 120 | 14 | 1.5 | 0 | 0 |
| Oils | Pompeian Spanish Bold Extra Virgin Olive Oil | Pompeian, Inc. | 1 Tbsp | 120 | 14 | 1.5 | 0 | 0 |
| Oils | Alessi Extra Virgin Olive Oil | Vigo Importing Company | 1 Tbsp | 120 | 14 | 2 | 0 | 0 |
| Oils | Alessi Organic Extra Virgin Olive Oil | Vigo Importing Company | 1 Tbsp | 0 | 14 | 2 | 0 | 0 |
| Oils | Extra Virgin Olive Oil | Tassos Group LLC, The - TG | 14 Grams | 120 | 14 | 1 | 0 | 0 |
| Oils | Organic PDO Extra Virgin Olive Oil | Tassos Group LLC, The - TG | 14 Grams | 119 | 14 | 1 | 0 | 0 |

*per serving



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| Food Category | Product | Company | Serving Size | Calories* | Total Fat* (gm) | Saturated Fat* (gm) | Sodium* (mg) | Sugar* (g) |
|---------------|---|---|--------------|-----------|-----------------|---------------------|--------------|------------|
| Oils | Organic PDO Extra Virgin Olive Oil | Tassos Group LLC, The - TG | 1 Tbsp | 120 | 14 | 1 | 0 | 0 |
| Oils | Organic PDO Extra Virgin Olive Oil | Tassos Group LLC, The - TG | 1 Tbsp | 119 | 14 | 1 | 0 | 0 |
| Oils | Extra Virgin Olive Oil | Tassos Group LLC, The - TG | 14 Grams | 120 | 14 | 1 | 0 | 0 |
| Oils | Extra Virgin Olive Oil | Tassos Group LLC, The - TG | 14 Grams | 120 | 14 | 1 | 0 | 0 |
| Pasta | Cauliflower Linguine | Caulipower LLC - CL | 94 Grams | 230 | 2.5 | 1.3 | 30 | 1 |
| Pasta | Cauliflower Pappardelle | Caulipower LLC - CL | 94 Grams | 230 | 2.5 | 1.3 | 30 | 1 |
| Pasta | Seapoint Farms Organic Edamame Fettuccine | Seapoint Farms, LLC - SF | 56 Grams | 200 | 3 | 2 | 0 | 3 |
| Pasta | Seapoint Farms Organic Edamame Spaghetti | Seapoint Farms, LLC - SF | 2 Ounces | 200 | 3 | 1.8 | 0 | 3 |
| Pasta | Seapoint Farms Organic Edamame Spaghetti | Seapoint Farms, LLC - SF | 56 Grams | 200 | 3 | 0 | 0 | 3 |
| Popcorn | Black Jewell No Salt No Oil Microwave Popcorn | Black Jewell LLC | 27 Grams | 100 | 1.5 | 0 | 0 | 0 |
| Potatoes | George Foods Petite Sweet Potatoes | Jackson Farming Company | 130 Grams | 110 | 0 | 0 | 70 | 5 |
| Potatoes | Organic Petite White Sweet Potatoes | Country Sweet Produce, Inc. | 130 Grams | 110 | 0 | 0 | 70 | 5 |
| Potatoes | Organic Petite Purple Sweet Potatoes | Country Sweet Produce, Inc. | 130 Grams | 110 | 0 | 0 | 70 | 5 |
| Potatoes | Sweet Potato Bag | Country Sweet Produce, Inc. | 130 Grams | 110 | 0 | 0 | 70 | 5 |
| Potatoes | Sweet Potato Bag | Country Sweet Produce, Inc. | 130 Grams | 110 | 0 | 0 | 70 | 5 |
| Potatoes | Organic Sweet Potato Bag | Country Sweet Produce, Inc. | 130 Grams | 110 | 0 | 0 | 70 | 5 |
| Potatoes | Organic Sweet Potato Bag | Country Sweet Produce, Inc. | 130 Grams | 110 | 0 | 0 | 70 | 5 |
| Potatoes | Single Sweet Potato | Country Sweet Produce, Inc. | 130 Grams | 110 | 0 | 0 | 70 | 5 |
| Potatoes | Sweet Potato Tray | Country Sweet Produce, Inc. | 130 Grams | 110 | 0 | 0 | 70 | 5 |
| Potatoes | Organic Single Sweet Potato | Country Sweet Produce, Inc. | 130 Grams | 110 | 0 | 0 | 70 | 5 |
| Potatoes | Organic Sweet Potato Tray | Country Sweet Produce, Inc. | 130 Grams | 110 | 0 | 0 | 70 | 5 |
| Potatoes | Organic Sweet Potato Steam Bag | Country Sweet Produce, Inc. | 130 Grams | 110 | 0 | 0 | 70 | 5 |
| Potatoes | Baby Sweet Potato Bag | Country Sweet Produce, Inc. | 130 Grams | 110 | 0 | 0 | 70 | 5 |
| Potatoes | Organic Baby Sweet Potato Bag | Country Sweet Produce, Inc. | 130 Grams | 110 | 0 | 0 | 70 | 5 |
| Potatoes | Petite Sweet Potatoes Steam Bag | Country Sweet Produce, Inc. | 130 Grams | 110 | 0 | 0 | 70 | 5 |
| Potatoes | Petite Orange Sweet Potato Steam Bag | Country Sweet Produce, Inc. | 130 Grams | 110 | 0 | 0 | 70 | 5 |
| Potatoes | Fresh Sweet Potatoes (US grown, orange flesh varieties) | United States Sweet Potato Council, Inc., The - US Sweet Potato | 133 Grams | 105 | 0 | 0 | 40 | 13 |
| Potatoes | Caulipower Sweet Potatoasts | Caulipower LLC - CL | 85 Grams | 80 | 0 | 0 | 30 | 6 |

*per serving



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| Food Category | Product | Company | Serving Size | Calories* | Total Fat* (gm) | Saturated Fat* (gm) | Sodium* (mg) | Sugar* (g) |
|---------------|--|---------------------------|--------------|-----------|-----------------|---------------------|--------------|------------|
| Potatoes | Bruce's Yams - Cut Sweet Potatoes in Syrup | McCall Farms, Inc. - BF | 166 Grams | 120 | 0 | 0 | 75 | 9 |
| Potatoes | Bruce's Yams - Cut Sweet Potatoes in Syrup | McCall Farms, Inc. - BF | 166 Grams | 120 | 0 | 0 | 70 | 9 |
| Potatoes | Bruce's Yams - Cut Sweet Potatoes in Syrup | McCall Farms, Inc. - BF | 166 Grams | 120 | 0 | 0 | 70 | 9 |
| Potatoes | Pride of the Valley Russet Potatoes | Bench Mark Potato Company | 114 Grams | 110 | 0 | 0 | 0 | 0 |
| Potatoes | Spuddy Buddy Idaho Russet Potatoes | Bench Mark Potato Company | 148 Grams | 110 | 0 | 0 | 0 | 1 |
| Potatoes | Spuddy Buddy Idaho Russet Potatoes | Circle Valley | 148 Grams | 110 | 0 | 0 | 0 | 0 |
| Potatoes | Spuddy Buddy Idaho Russet Potatoes | Circle Valley | 148 Grams | 110 | 0 | 0 | 0 | 1 |
| Potatoes | Spuddy Buddy Idaho Russet Potatoes | Circle Valley | 148 Grams | 110 | 0 | 0 | 0 | 1 |
| Potatoes | Spuddy Buddy Idaho Russet Potatoes | Driscoll Potatoes | 148 Grams | 110 | 0 | 0 | 0 | 1 |
| Potatoes | Spuddy Buddy Idaho Russet Potatoes | Gold Emblem Produce | 148 Grams | 110 | 0 | 0 | 0 | 1 |
| Potatoes | Spuddy Buddy Idaho Russet Potatoes | Idasel | 148 Grams | 110 | 0 | 0 | 0 | 1 |
| Potatoes | Blue Seal Idaho Russet Potatoes | IPP - Nonpareil | 148 Grams | 110 | 0 | 0 | 0 | 0 |
| Potatoes | Blue Seal Idaho Russet Potatoes | IPP - Nonpareil | 148 Grams | 110 | 0 | 0 | 0 | 1 |
| Potatoes | Ace Russet Idaho Potatoes | Sun Glo of Idaho | 148 Grams | 110 | 0 | 0 | 0 | 1 |
| Potatoes | Side Delights Idaho Russets | Sun Glo of Idaho | 148 Grams | 110 | 0 | 0 | 0 | 1 |
| Potatoes | Ace Russet Idaho Potatoes | Sun Glo of Idaho | 148 Grams | 110 | 0 | 0 | 0 | 1 |
| Potatoes | Side Delights Idaho Russets | Sun Glo of Idaho | 148 Grams | 110 | 0 | 0 | 0 | 1 |
| Potatoes | Sun Supreme Original Premium Russet Potato | Sun Glo of Idaho | 148 Grams | 110 | 0 | 0 | 0 | 1 |
| Potatoes | Spuddy Buddy Idaho Russet Potatoes | Sun Glo of Idaho | 148 Grams | 110 | 0 | 0 | 0 | 1 |
| Potatoes | Side Delights Idaho Russets | Sun Glo of Idaho | 148 Grams | 110 | 0 | 0 | 0 | 1 |
| Potatoes | Spuddy Buddy Idaho Russet Potatoes | Sun Valley | 148 Grams | 110 | 0 | 0 | 0 | 1 |
| Potatoes | Blue Seal Idaho Russet Potatoes | Sun Valley | 148 Grams | 110 | 0 | 0 | 0 | 1 |
| Potatoes | Sun Valley Russet Potatoes | Sun Valley | 148 Grams | 110 | 0 | 0 | 0 | 1 |
| Potatoes | Primos Russet Potatoes | Sun Valley | 148 Grams | 110 | 0 | 0 | 0 | 1 |
| Potatoes | Blue Seal Idaho Russet Potatoes | Sun Valley | 148 Grams | 110 | 0 | 0 | 0 | 1 |
| Potatoes | Spuddy Buddy Idaho Russet Potatoes | Wada | 148 Grams | 110 | 0 | 0 | 0 | 1 |
| Potatoes | Spuddy Buddy Idaho Russet Potatoes | Wada | 148 Grams | 110 | 0 | 0 | 0 | 1 |
| Potatoes | Spuddy Buddy Idaho Russet Potatoes | Wada | 148 Grams | 110 | 0 | 0 | 0 | 1 |
| Potatoes | Spuddy Buddy Idaho Russet Potatoes | Wada | 148 Grams | 110 | 0 | 0 | 0 | 1 |

*per serving



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|---------------|--|--------------|--------------|-------|-----------|-----------------|---------------------|--------------|------------|
| Potatoes | Mother Earth Fresh Premium Idaho/Russet Potatoes | Wilcox Fresh | 148 | Grams | 110 | 0 | 0 | 0 | 1 |
| Potatoes | Mother Earth Fresh Premium Idaho/Russet Potatoes | Wilcox Fresh | 148 | Grams | 110 | 0 | 0 | 0 | 1 |
| Potatoes | Mother Earth Fresh Premium Red Potatoes | Wilcox Fresh | 148 | Grams | 110 | 0 | 0 | 0 | 1 |
| Potatoes | Mother Earth Fresh Premium Idaho/Russet Potatoes | Wilcox Fresh | 148 | Grams | 110 | 0 | 0 | 0 | 1 |
| Potatoes | Premium Treasure Idaho Russet Potatoes | Wilcox Fresh | 148 | Grams | 110 | 0 | 0 | 0 | 1 |
| Potatoes | Mother Earth Fresh Premium Red Potatoes | Wilcox Fresh | 148 | Grams | 110 | 0 | 0 | 0 | 1 |
| Potatoes | Spuddy Buddy Idaho Russet Potatoes | Wilcox Fresh | 148 | Grams | 110 | 0 | 0 | 0 | 1 |
| Potatoes | Mother Earth Fresh Premium Idaho/Russet Potatoes | Wilcox Fresh | 148 | Grams | 110 | 0 | 0 | 0 | 1 |
| Potatoes | Mother Earth Fresh Premium Idaho/Russet Potatoes | Wilcox Fresh | 148 | Grams | 110 | 0 | 0 | 0 | 1 |
| Potatoes | Mother Earth Fresh Premium Idaho/Russet Potatoes | Wilcox Fresh | 148 | Grams | 110 | 0 | 0 | 0 | 1 |
| Potatoes | Mother Earth Fresh Premium Red Potatoes | Wilcox Fresh | 148 | Grams | 110 | 0 | 0 | 0 | 1 |
| Potatoes | Mother Earth Fresh Premium Idaho/Russet Potatoes | Wilcox Fresh | 148 | Grams | 110 | 0 | 0 | 0 | 1 |
| Potatoes | Spuddy Buddy Idaho Russet Potatoes | Wilcox Fresh | 148 | Grams | 110 | 0 | 0 | 0 | 1 |
| Potatoes | Mother Earth Fresh Premium Idaho/Russet Potatoes | Wilcox Fresh | 148 | Grams | 110 | 0 | 0 | 0 | 1 |
| Potatoes | Mother Earth Fresh Premium Red Potatoes | Wilcox Fresh | 148 | Grams | 110 | 0 | 0 | 0 | 1 |
| Potatoes | Spuddy Buddy Idaho Russet Potatoes | Mart | 148 | Grams | 110 | 0 | 0 | 0 | 1 |
| Potatoes | Blue Seal Idaho Russet Potatoes | Rigby | 148 | Grams | 110 | 0 | 0 | 0 | 1 |
| Potatoes | Spuddy Buddy Idaho Russet Potatoes | Rigby | 148 | Grams | 110 | 0 | 0 | 0 | 1 |
| Potatoes | Simply Perfect Idaho Potatoes (Russet) | RPE, Inc. | 148 | Grams | 110 | 0 | 0 | 0 | 1 |
| Potatoes | Old Oak Farms Idaho Russet Potatoes - Best Value | RPE, Inc. | 148 | Grams | 110 | 0 | 0 | 0 | 1 |

*per serving



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|---------------|---|-----------------------------------|--------------|-------|-----------|-----------------|---------------------|--------------|------------|
| Potatoes | Old Oak Farms Idaho Russet Potatoes - Biggins | RPE, Inc. | 148 | Grams | 110 | 0 | 0 | 0 | 1 |
| Potatoes | Old Oak Farms Idaho Russet Potatoes - Biggins - RPE | RPE, Inc. | 148 | Grams | 110 | 0 | 0 | 0 | 1 |
| Potatoes | Old Oak Farms Idaho Russet Potatoes - Chef Select | RPE, Inc. | 148 | Grams | 110 | 0 | 0 | 0 | 1 |
| Potatoes | Old Oak Farms Idaho Russet Potatoes - Best Value | RPE, Inc. | 148 | Grams | 110 | 0 | 0 | 0 | 1 |
| Potatoes | Simply Perfect Idaho Potatoes (Russet) | RPE, Inc. | 148 | Grams | 110 | 0 | 0 | 0 | 1 |
| Potatoes | Old Oak Farms Idaho Russet Potatoes - Biggins | RPE, Inc. | 148 | Grams | 110 | 0 | 0 | 0 | 1 |
| Potatoes | Old Oak Farms Idaho Russet Potatoes - Best Value | RPE, Inc. | 148 | Grams | 110 | 0 | 0 | 0 | 1 |
| Potatoes | Old Oak Farms Idaho Russet Potatoes - Best Value | RPE, Inc. | 148 | Grams | 110 | 0 | 0 | 0 | 1 |
| Potatoes | Southwind Farms Gourmet Select Fingerling Potatoes | Southwind Farms | 148 | Grams | 110 | 0 | 0 | 0 | 1 |
| Potatoes | Southwind Farms Fingerlings Potato Medley | Southwind Farms | 148 | Grams | 110 | 0 | 0 | 0 | 1 |
| Potatoes | Southwind Farms Fingerlings Yellow Potatoes | Southwind Farms | 148 | Grams | 110 | 0 | 0 | 0 | 1 |
| Potatoes | Southwind Farms Fingerling All Purpose Potatoes | Southwind Farms | 148 | Grams | 110 | 0 | 0 | 0 | 1 |
| Potatoes | Southwind Farms Fingerling All Purpose Potatoes | Southwind Farms | 148 | Grams | 110 | 0 | 0 | 0 | 1 |
| Potatoes | Healthy Heart Organic Yams, Medium (Reds/Beauregards) | Doreva Produce Company Inc. - DPC | 200 | Grams | 180 | 0 | 0 | 72 | 13 |
| Potatoes | Healthy Heart Yams (Reds/Beauregards) | Doreva Produce Company Inc. - DPC | 200 | Grams | 180 | 0 | 0 | 72 | 13 |
| Potatoes | Organic Select Quality Yams/Sweet Potatoes | Quail H Farms, LLC - QHF | 200 | Grams | 180 | 0 | 0 | 72 | 13 |
| Potatoes | Organic Select Quality Yams/Sweet Potatoes | Quail H Farms, LLC - QHF | 180 | Grams | 162 | 0 | 0 | 72 | 12 |
| Potatoes | Organic Select Quality Yams/Sweet Potatoes | Quail H Farms, LLC - QHF | 180 | Grams | 162 | 0 | 0 | 72 | 12 |

*per serving



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| Food Category | Product | Company | Serving Size | Calories* | Total Fat* (gm) | Saturated Fat* (gm) | Sodium* (mg) | Sugar* (g) |
|---------------|--|---|--------------|-----------|-----------------|---------------------|--------------|------------|
| Potatoes | Quality Yams/Sweet Potatoes (Micro Baking) | Quail H Farms, LLC - QHF | 200 Grams | 180 | 0 | 0 | 72 | 13 |
| Potatoes | Quality Yams/Sweet Potatoes (Micro Baking) | Quail H Farms, LLC - QHF | 200 Grams | 180 | 0 | 0 | 72 | 13 |
| Potatoes | Quality Yams/Sweet Potatoes (Micro Baking) | Quail H Farms, LLC - QHF | 200 Grams | 180 | 0 | 0 | 72 | 13 |
| Potatoes | Quality Yams/Sweet Potatoes (Micro Baking) | Quail H Farms, LLC - QHF | 200 Grams | 180 | 0 | 0 | 72 | 13 |
| Potatoes | Alexia Sweet Potato Fries | Lamb Weston, Inc. - Alexia | 84 Grams | 140 | 5 | 1.5 | 140 | 6 |
| Potatoes | Alexia Sweet Potato Fries | Lamb Weston, Inc. - Alexia | 84 Grams | 140 | 5 | 1.5 | 140 | 6 |
| Potatoes | Alexia Sweet Potato Fries | Lamb Weston, Inc. - Alexia | 84 Grams | 140 | 5 | 1.5 | 140 | 6 |
| Potatoes | Alexia Sweet Potato Fries | Lamb Weston, Inc. - Alexia | 84 Grams | 140 | 5 | 1.5 | 140 | 6 |
| Potatoes | Alexia Sweet Potato Fries | Lamb Weston, Inc. - Alexia | 84 Grams | 140 | 5 | 1.5 | 140 | 6 |
| Potatoes | Alexia Sweet Potato Fries | Lamb Weston, Inc. - Alexia | 84 Grams | 140 | 5 | 1.5 | 140 | 6 |
| Potatoes | Premium Treasure Idaho Russet Potatoes | Sun Glo of Idaho | 148 Grams | 110 | 0 | 0 | 0 | 1 |
| Potatoes | Side Delights Idaho Russets | Sun Glo of Idaho | 148 Grams | 110 | 0 | 0 | 0 | 1 |
| Potatoes | Idaho Potato - Fingerlings | Idaho Potato Commission - IPC | 148 Grams | 110 | 0 | 0 | 0 | 1 |
| Potatoes | Idaho Potato - Russets | Idaho Potato Commission - IPC | 148 Grams | 110 | 0 | 0 | 0 | 1 |
| Potatoes | Idaho Potato - Reds | Idaho Potato Commission - IPC | 148 Grams | 110 | 0 | 0 | 0 | 1 |
| Potatoes | Idaho Potato - Yellows | Idaho Potato Commission - IPC | 148 Grams | 110 | 0 | 0 | 0 | 1 |
| Soup | Health Valley Organic No Salt Added Vegetable Soup | Hain Celestial Group, Inc., The - Health Valley | 240 Grams | 90 | 2 | 0 | 45 | 4 |
| Soup | Health Valley Organic Low Sodium Chicken and Rice Soup | Hain Celestial Group, Inc., The - Health Valley | 240 Grams | 100 | 1.5 | 0 | 85 | 1 |
| Soup | Health Valley Organic Low Sodium Chicken Noodle Soup | Hain Celestial Group, Inc., The - Health Valley | 240 Grams | 80 | 2 | 0 | 130 | 1 |
| Soup | Health Valley Organic No Salt Added Lentil Soup | Hain Celestial Group, Inc., The - Health Valley | 240 Grams | 150 | 1.5 | 0 | 20 | 5 |
| Soup | Health Valley Organic No Salt Added Minestrone Soup | Hain Celestial Group, Inc., The - Health Valley | 240 Grams | 100 | 2 | 0 | 45 | 5 |
| Soup | Health Valley Organic No Salt Added Tomato Soup | Hain Celestial Group, Inc., The - Health Valley | 240 Grams | 110 | 2 | 0 | 25 | 15 |
| Soup | Kitchen Basics Bone Broth Chicken | McCormick & Company, Inc. - Kitchen Basics | 233 Grams | 50 | 0 | 0 | 380 | 1 |

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|--------------------------------------|---|--|--------------|--------|-----------|-----------------|---------------------|--------------|------------|
| Soup | Kitchen Basics Bone Broth Chicken | McCormick & Company, Inc. - Kitchen Basics | 226 | Grams | 50 | 0 | 0 | 380 | 1 |
| Soup | Kitchen Basics Original Beef Bone Broth | McCormick & Company, Inc. - Kitchen Basics | 233 | Grams | 50 | 1 | 0 | 350 | 0 |
| Soup | Kitchen Basics Turmeric Ginger Chicken Bone Broth with Lemongrass | McCormick & Company, Inc. - Kitchen Basics | 233 | Grams | 60 | 1.5 | 0 | 370 | 0 |
| Vegetable Juice | Bolthouse Farms Organics 100% Carrot Juice | Wm. Bolthouse Farms, Inc. -WB | 8 | Ounces | 70 | 0 | 0 | 150 | 13 |
| Vegetable Juice | Bolthouse Farms 100% Carrot Juice | Wm. Bolthouse Farms, Inc. -WB | 8 | Ounces | 70 | 0 | 0 | 150 | 13 |
| Vegetable Juice | Bolthouse Farms 100% Carrot Juice | Wm. Bolthouse Farms, Inc. -WB | 15 | Ounces | 130 | 0.5 | 0 | 290 | 26 |
| Vegetable Juice | Bolthouse Farms 100% Carrot Juice | Wm. Bolthouse Farms, Inc. -WB | 8 | Ounces | 70 | 0 | 0 | 150 | 13 |
| Vegetable Juice | Bolthouse Farms 100% Carrot Juice | Wm. Bolthouse Farms, Inc. -WB | 11 | Ounces | 90 | 0 | 0 | 210 | 18 |
| Vegetables: Fresh, Frozen, or Canned | Simple Truth Organic Scarlet Ray Slicing Tomatoes | Flavorful Brands - FB | 84 | Grams | 15 | 0 | 0 | 0 | 2 |
| Vegetables: Fresh, Frozen, or Canned | Tasti-Lee Organic Premium Vine-Ripened Tomatoes | Flavorful Brands - FB | 149 | Grams | 27 | 0 | 0 | 7 | 4 |
| Vegetables: Fresh, Frozen, or Canned | Tasti-Lee Premium Vine-Ripened Tomatoes | Flavorful Brands - FB | 149 | Grams | 27 | 0 | 0 | 7 | 4 |
| Vegetables: Fresh, Frozen, or Canned | Tasti-Lee Organic Premium Vine-Ripened Tomatoes | Flavorful Brands - FB | 149 | Grams | 27 | 0 | 0 | 7 | 4 |
| Vegetables: Fresh, Frozen, or Canned | Tasti-Lee Premium Vine-Ripened Tomatoes | Flavorful Brands - FB | 149 | Grams | 27 | 0 | 0 | 7 | 4 |
| Vegetables: Fresh, Frozen, or Canned | Tasti-Lee Premium Vine-Ripened Tomatoes | Flavorful Brands - FB | 149 | Grams | 27 | 0 | 0 | 7 | 4 |
| Vegetables: Fresh, Frozen, or Canned | Tasti-Lee Organic Premium Vine-Ripened Tomatoes | Flavorful Brands - FB | 149 | Grams | 27 | 0 | 0 | 7 | 4 |
| Vegetables: Fresh, Frozen, or Canned | Red N Tasty – Punnet 2 Count | Tomato Thyme Corp. - TT | 100 | Grams | 20 | 0 | 0 | 10 | 3 |
| Vegetables: Fresh, Frozen, or Canned | Red N Tasty – Punnet 3-5 Count | Tomato Thyme Corp. - TT | 100 | Grams | 20 | 0 | 0 | 10 | 3 |

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|--------------------------------------|--------------------------------------|-----------------------------|--------------|-------|-----------|-----------------|---------------------|--------------|------------|
| Vegetables: Fresh, Frozen, or Canned | Red N Tasty | Tomato Thyme Corp. - TT | 100 | Grams | 20 | 0 | 0 | 10 | 3 |
| Vegetables: Fresh, Frozen, or Canned | North Bay Produce Brussels Sprouts | North Bay Produce, Inc - NB | 88 | Grams | 38 | 0 | 0 | 22 | 2 |
| Vegetables: Fresh, Frozen, or Canned | Tassos Fire Roasted Florinas Peppers | Tassos Group LLC, The - TG | 75 | Grams | 20 | 0 | 0 | 160 | 2 |
| Vegetables: Fresh, Frozen, or Canned | Tassos Fire Roasted Florinas Peppers | Tassos Group LLC, The - TG | 75 | Grams | 20 | 0 | 0 | 160 | 2 |

*per serving