



# Heart-Check Food Certification Program

Updated: 06/01/2022

## 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	Faribault Foods Inc. - FF	S&W Pinto Beans, Low Sodium	130 Grams	110	0	0	140	1
Beans/legumes	Faribault Foods Inc. - FF	S&W Garbanzos, Low Sodium	130 Grams	120	2	0	140	2
Beans/legumes	Faribault Foods Inc. - FF	S&W Kidney Beans, Low Sodium	130 Grams	110	0	0	140	1
Beans/legumes	Faribault Foods Inc. - FF	S&W Black Beans, Low Sodium	130 Grams	110	0	0	140	0
Beans/legumes	Faribault Foods Inc. - FF	S&W White Beans, Low Sodium	130 Grams	110	0	0	140	1
Beans/legumes	Faribault Foods Inc. - FF	S&W Chili Beans, Low Sodium	130 Grams	130	1.5	0	140	2
Beverages	SunOpta Grains and Food, Inc	WestSoy Organic Soymilk Plus Vanilla	8 Ounces	120	4.5	2.5	135	10
Beverages	SunOpta Grains and Food, Inc	WestSoy Organic Unsweetened Soymilk	8 Ounces	100	5	3	35	3
Beverages	SunOpta Grains and Food, Inc	WestSoy Organic Unsweetened Soymilk	8 Ounces	100	5	3	35	3
Beverages	SunOpta Grains and Food, Inc	WestSoy Organic Unsweetened Vanilla Soymilk	8 Ounces	100	5	3	35	3
Beverages	SunOpta Grains and Food, Inc	WestSoy Organic Original Soymilk	8 Ounces	130	4.5	2.5	140	11
Beverages	SunOpta Grains and Food, Inc	WestSoy Organic Soymilk Plus Plain	8 Ounces	110	4.5	2.5	130	7
Breads/Tortillas	Toufayan Bakeries, Inc. - Toufayan	Toufayan Wheat Wraps	52 Grams	160	3.5	0	130	1
Breads/Tortillas	Toufayan Bakeries, Inc. - Toufayan	Toufayan Whole Wheat Smart Pocket	35 Grams	100	1	0	50	0
Breads/Tortillas	Catallia Mexican Foods, LLC - CMF	Frescados Wrap Garlic Herb	68 Grams	160	4.5	1	190	1
Breads/Tortillas	Catallia Mexican Foods, LLC - CMF	Frescados Wrap Tomato Basil	68 Grams	170	4	1	210	1
Breads/Tortillas	Catallia Mexican Foods, LLC - CMF	Frescados Wrap Spinach	68 Grams	170	4	1	210	1
Breads/Tortillas	Catallia Mexican Foods, LLC - CMF	Frescados Wrap Garden Vegetable	68 Grams	170	4.5	1	200	1
Cereal	Quaker Oats Company, The - Quaker	Quaker Instant Oatmeal Original	28 Grams	100	2	0.5	75	0
Cereal	Quaker Oats Company, The - Quaker	Quaker Oats Quick-1 Minute	40 Grams	150	3	1	0	1
Cereal	Quaker Oats Company, The - Quaker	Quaker Oats Old-Fashioned	40 Grams	150	3	1	0	1
Cereal	Quaker Oats Company, The - Quaker	Quaker Oats Gluten Free Quick Oats	40 Grams	150	3	1	0	1
Cereal	Quaker Oats Company, The - Quaker	Quaker Instant Oatmeal Original	28 Grams	100	2	0.5	75	0
Cereal	Quaker Oats Company, The - Quaker	Quaker Oats Old-Fashioned	40 Grams	150	3	1	0	1

\*per serving



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Cereal	Quaker Oats Company, The - Quaker	Quaker Oats Quick-1 Minute	40 Grams	150	3	0.5	0	1
Cereal	Quaker Oats Company, The - Quaker	Quaker Steel Cut Quick 3-Minute Oats	45 Grams	170	3	1	0	1
Cereal	Quaker Oats Company, The - Quaker	Quaker Steel Cut Oats	40 Grams	150	3	1	0	1
Cereal	Quaker Oats Company, The - Quaker	Quaker Oats Quick-1 Minute	40 Grams	150	3	1	0	1
Cereal	Quaker Oats Company, The - Quaker	Quaker Oats Quick-1 Minute	40 Grams	150	3	1	0	1
Cereal	Quaker Oats Company, The - Quaker	Quaker Oats Old-Fashioned	40 Grams	150	3	1	0	1
Cereal	Quaker Oats Company, The - Quaker	Quaker Oats Old-Fashioned	40 Grams	150	3	1	0	1
Egg Substitute	Eggland's Best LLC - EB	Eggland's Best Cage Free Liquid Egg Whites	46 Grams	25	0	0	75	0
Egg Substitute	Eggland's Best LLC - EB	Eggland's Best 100% Liquid Egg Whites	46 Grams	25	0	0	75	0
Egg Substitute	Eggland's Best LLC - EB	Eggland's Best 100% Liquid Egg Whites	46 Grams	25	0	0	75	0
Egg Substitute	Eggland's Best LLC - EB	Eggland's Best 100% Liquid Egg Whites	46 Grams	25	0	0	75	0
Egg Substitute	Eggland's Best LLC - EB	Eggland's Best Cage Free Liquid Egg Whites	46 Grams	25	0	0	75	0
Egg Substitute	Eggland's Best LLC - EB	Eggland's Best 100% Liquid Egg Whites	46 Grams	25	0	0	75	0
Egg Substitute	Eggland's Best LLC - EB	Eggland's Best Cage Free Liquid Egg Whites	46 Grams	25	0	0	75	0
Egg Substitute	Eggland's Best LLC - EB	Eggland's Best Cage Free Liquid Egg Whites	46 Grams	25	0	0	75	0
Egg Substitute	Michael Foods, Inc. - Crystal Farms	Bob Evans 100% Liquid Egg Whites	46 Grams	25	0	0	75	0
Egg Substitute	Michael Foods, Inc. - Crystal Farms	Bob Evans Better 'n Eggs	46 Grams	25	0	0	85	0
Egg Substitute	Michael Foods, Inc. - Crystal Farms	Bob Evans Better 'n Eggs	46 Grams	25	0	0	85	0
Egg Substitute	Michael Foods, Inc. - Crystal Farms	Bob Evans 100% Liquid Egg Whites	46 Grams	25	0	0	75	0

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Fish & Game: Canned or Processed	StarKist Co. - StarKist	StarKist Reduced Sodium Chunk Light Tuna in Water	74 Grams	70	0.5	0	150	0
Fish & Game: Canned or Processed	StarKist Co. - StarKist	StarKist Chunk Light Tuna in Water	85 Grams	80	0.5	0	330	0
Fish & Game: Canned or Processed	StarKist Co. - StarKist	StarKist Chunk Light Tuna in Water	74 Grams	70	0.5	0	300	0
Fish & Game: Canned or Processed	North Coast Seafoods - NCS	North Coast Seafoods Culinary Reserve Lump Crab Meat	85 Grams	80	1	0	250	0
Fish & Game: Canned or Processed	North Coast Seafoods - NCS	North Coast Seafoods Culinary Reserve Jumbo Crab Meat	85 Grams	80	1	0	250	0
Fish & Game: Canned or Processed	North Coast Seafoods - NCS	North Coast Seafoods Culinary Reserve Jumbo Crab Meat	85 Grams	80	1	0	250	0
Fish & Game: Canned or Processed	North Coast Seafoods - NCS	North Coast Seafoods Culinary Reserve Colossal Crab Meat	85 Grams	80	1	0	250	0
Fish & Game: Canned or Processed	North Coast Seafoods - NCS	North Coast Seafoods Culinary Reserve Special Crab Meat	85 Grams	80	1	0	250	0
Fish & Game: Canned or Processed	North Coast Seafoods - NCS	North Coast Seafoods Culinary Premium Reserve Super Lump Crab Meat	85 Grams	80	1	0	250	0
Fish & Game: Canned or Processed	North Coast Seafoods - NCS	North Coast Seafoods Culinary Reserve Claw Crab Meat	85 Grams	80	1	0	250	0

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Fish & Game: Canned or Processed	North Coast Seafoods - NCS	North Coast Seafoods Culinary Reserve Claw Crab Meat	85 Grams	80	1	0	250	0
Fish & Game: Fresh, Frozen, or Cooked	Trapananda Seafarms LLC - TS	Mama Bear Atlantic Salmon Burgers	113 Grams	204	12	1.8	333	0
Fish & Game: Fresh, Frozen, or Cooked	Trapananda Seafarms LLC - TS	Mama Bear Atlantic Salmon Burger	113 Grams	204	12	0	333	0
Fish & Game: Fresh, Frozen, or Cooked	Trans-Ocean Products, Inc. - TransOcean	Crab Classic Imitation Crab, Easy Shred Flake	85 Grams	80	0	0	390	4
Fish & Game: Fresh, Frozen, or Cooked	Trans-Ocean Products, Inc. - TransOcean	TransOcean Crab Classic Flake Style	85 Grams	80	0	0	390	4
Fish & Game: Fresh, Frozen, or Cooked	Trans-Ocean Products, Inc. - TransOcean	TransOcean Crab Classic Flake Style	85 Grams	80	0	0	390	4
Fish & Game: Fresh, Frozen, or Cooked	Trans-Ocean Products, Inc. - TransOcean	Simply Surimi Seafood, Stick Style	88 Grams	70	0	0	450	4
Fish & Game: Fresh, Frozen, or Cooked	Trans-Ocean Products, Inc. - TransOcean	Simply Surimi Seafood, Flake Style	85 Grams	70	0	0	440	4
Fish & Game: Fresh, Frozen, or Cooked	Trans-Ocean Products, Inc. - TransOcean	Simply Surimi Seafood, Flake Style	85 Grams	70	0	0	440	4
Fish & Game: Fresh, Frozen, or Cooked	Trans-Ocean Products, Inc. - TransOcean	Simply Surimi Seafood Snackers	85 Grams	70	0	0	440	4

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Food Category	Product	Company	Serving Size	Calories*	Total Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
Fish & Game: Fresh, Frozen, or Cooked	Trans-Ocean Products, Inc. - TransOcean	TransOcean Crab Classic Flake Style	85 Grams	80	0	0	390	4
Fish & Game: Fresh, Frozen, or Cooked	Trans-Ocean Products, Inc. - TransOcean	TransOcean Crab Classic Flake Style	85 Grams	80	0	0	390	4
Fish & Game: Fresh, Frozen, or Cooked	Trans-Ocean Products, Inc. - TransOcean	TransOcean Crab Classic Flake Style	85 Grams	80	0	0	390	4
Fish & Game: Fresh, Frozen, or Cooked	Trans-Ocean Products, Inc. - TransOcean	TransOcean Crab Classic Leg Style	88 Grams	90	0	0	410	4
Fish & Game: Fresh, Frozen, or Cooked	Trans-Ocean Products, Inc. - TransOcean	TransOcean Crab Classic Leg Style	88 Grams	80	0	0	400	4
Fish & Game: Fresh, Frozen, or Cooked	Trans-Ocean Products, Inc. - TransOcean	TransOcean Crab Classic Leg Style	78 Grams	70	0	0	360	4
Fish & Game: Fresh, Frozen, or Cooked	Trans-Ocean Products, Inc. - TransOcean	TransOcean Seafood Snackers	85 Grams	80	0	0	390	4
Fish & Game: Fresh, Frozen, or Cooked	Trans-Ocean Products, Inc. - TransOcean	TransOcean Seafood Snackers	85 Grams	80	0	0	390	4
Fish & Game: Fresh, Frozen, or Cooked	Trans-Ocean Products, Inc. - TransOcean	TransOcean Crab Classic Chunk Style	85 Grams	80	0	0	380	3
Fish & Game: Fresh, Frozen, or Cooked	Trans-Ocean Products, Inc. - TransOcean	TransOcean Lobster Classic Chunk Style	85 Grams	80	0	0	390	3

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Food Category	Product	Company	Serving Size	Calories*	Total Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
Fish & Game: Fresh, Frozen, or Cooked	Trans-Ocean Products, Inc. - TransOcean	Simply Surimi Seafood Snackers	85 Grams	70	0	0	440	4
Fish & Game: Fresh, Frozen, or Cooked	Open Blue Sea Farms Inc - OB	Kirkland Cobia Skin-on Fillets	113 Grams	210	13	4	35	0
Fish & Game: Fresh, Frozen, or Cooked	Open Blue Sea Farms Inc - OB	Open Blue Cobia H&G (Headed & Guttled) Fresh	85 Grams	150	10	3	45	0
Fish & Game: Fresh, Frozen, or Cooked	Open Blue Sea Farms Inc - OB	Open Blue Cobia H&G (Headed & Guttled) Fresh	85 Grams	150	10	3	45	0
Fish & Game: Fresh, Frozen, or Cooked	Open Blue Sea Farms Inc - OB	Open Blue Cobia H&G (Headed & Guttled) Fresh	85 Grams	150	10	3	45	0
Fish & Game: Fresh, Frozen, or Cooked	Open Blue Sea Farms Inc - OB	Open Blue Cobia H&G (Headed & Guttled) Fresh	85 Grams	150	10	3	45	0
Fish & Game: Fresh, Frozen, or Cooked	Open Blue Sea Farms Inc - OB	Open Blue Cobia Skin on Fillets	113 Grams	210	13	4	35	0
Fish & Game: Fresh, Frozen, or Cooked	Open Blue Sea Farms Inc - OB	Open Blue Cobia Skin on Fillets	113 Grams	0	13	4	35	0
Fish & Game: Fresh, Frozen, or Cooked	Open Blue Sea Farms Inc - OB	Open Blue Cobia H&G (Headed & Guttled) Fresh	85 Grams	150	10	3	45	0
Fish & Game: Fresh, Frozen, or Cooked	Open Blue Sea Farms Inc - OB	Open Blue Cobia Regular Collars	113 Grams	170	9	3	60	0

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Fish & Game: Fresh, Frozen, or Cooked	Open Blue Sea Farms Inc - OB	Open Blue Cobia Skin on Fillets	113	Grams	0	13	4	35	0
Fish & Game: Fresh, Frozen, or Cooked	Open Blue Sea Farms Inc - OB	Open Blue Cobia Catering Cuts	113	Grams	206	13	3.84	34	0
Fish & Game: Fresh, Frozen, or Cooked	Open Blue Sea Farms Inc - OB	Open Blue Cobia Loin Fillet Portions	113	Grams	206	13	4	34	0
Fish & Game: Fresh, Frozen, or Cooked	Open Blue Sea Farms Inc - OB	Open Blue Cobia Fillet	113	Grams	206	13	3.84	34	0
Fish & Game: Fresh, Frozen, or Cooked	Open Blue Sea Farms Inc - OB	Open Blue Cobia Fish Tips	113	Grams	206	13	4	34	0
Fish & Game: Fresh, Frozen, or Cooked	Open Blue Sea Farms Inc - OB	Open Blue Cobia Loin Fillet Portions	113	Grams	206	13	3.84	34	0
Fish & Game: Fresh, Frozen, or Cooked	Open Blue Sea Farms Inc - OB	Open Blue Cobia Fillet	113	Grams	0	13	3.84	34	0
Fish & Game: Fresh, Frozen, or Cooked	Open Blue Sea Farms Inc - OB	Open Blue Cobia Boneless Skinless Fish Taco Cuts	113	Grams	206	13	0	34	0
Fish & Game: Fresh, Frozen, or Cooked	Atlantic Sapphire	Bluehouse Salmon	113	Grams	200	12	0	40	0
Fish & Game: Fresh, Frozen, or Cooked	Kvarøy Arctic - KF	Full Circle Farm Raised Salmon Fillets	170	Grams	360	17	5	60	0

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Fish & Game: Fresh, Frozen, or Cooked	Kvarøy Arctic - KF	Kvarøy Arctic Sustainably Raised Frozen Atlantic Salmon	100	Grams	220	10	3	35	0.4
Fish & Game: Fresh, Frozen, or Cooked	Kvarøy Arctic - KF	Kvarøy Arctic Sustainably Raised Atlantic Salmon	100	Grams	220	10	3	55	0.4
Fish & Game: Fresh, Frozen, or Cooked	Kvarøy Arctic - KF	Kvarøy Arctic Sustainably Raised Frozen Atlantic Salmon	100	Grams	220	10	3	35	0.4
Fish & Game: Fresh, Frozen, or Cooked	Pacifico Aquaculture - PA	Pacifico Frozen Striped Bass	170	Grams	253	11	2	105	0
Fish & Game: Fresh, Frozen, or Cooked	Pacifico Aquaculture - PA	Pacifico Ocean-Raised True Striped Bass	113	Grams	253	13	3	105	0
Fish & Game: Fresh, Frozen, or Cooked	BluGlacier, LLC	Ventisqueros Entertainer	113	Grams	220	15	2.5	45	0
Fish & Game: Fresh, Frozen, or Cooked	BluGlacier, LLC	Blumar Oceans 12	113	Grams	200	11	1.5	80	0
Fish & Game: Fresh, Frozen, or Cooked	BluGlacier, LLC	BlueRiver Laguna Blanca	113	Grams	0	14	2	95	0
Fish & Game: Fresh, Frozen, or Cooked	BluGlacier, LLC	Blumar One Night Stand	113	Grams	0	11	1.5	80	0
Fish & Game: Fresh, Frozen, or Cooked	BluGlacier, LLC	Blumar Entertainer	113	Grams	0	14	1.5	80	0

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Fish & Game: Fresh, Frozen, or Cooked	BluGlacier, LLC	Ventisqueros One Night Stand	113	Grams	0	15	2.5	45	0
Fish & Game: Fresh, Frozen, or Cooked	Superior Fresh LLC	Superior Fresh Atlantic Salmon	110	Grams	0	9	2.5	35	0
Fish & Game: Fresh, Frozen, or Cooked	Superior Fresh LLC	Superior Fresh Atlantic Salmon Fillets	110	Grams	0	9	2.5	35	0
Fish & Game: Fresh, Frozen, or Cooked	Riverence Provisions LLC	Riverence Steelhead Trout Fillet	113	Grams	130	2.5	0.5	25	0
Fish & Game: Fresh, Frozen, or Cooked	Riverence Provisions LLC	Riverence Rainbow Trout Fillet	113	Grams	130	3	0.5	35	0
Fish & Game: Fresh, Frozen, or Cooked	Cargill Meat Solutions- Seafood	PrimeWaters Atlantic Salmon	140	Grams	290	19	3	70	0
Fish & Game: Fresh, Frozen, or Cooked	Cargill Meat Solutions- Seafood	PrimeWaters Coho Salmon	140	Grams	270	17	3.5	180	0
Frozen: Other (waffles, pancakes, French toast, veg based pizcrst)	Nestle USA, Inc	Lean Cuisine Apple Cranberry Chicken	272	Grams	300	4	1.5	510	22
Frozen: Other (waffles, pancakes, French toast, veg based pizcrst)	Nestle USA, Inc	Lean Cuisine Garlic Sesame Noodles with Beef	226	Grams	240	4.5	2	510	9

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Frozen: Other (waffles, pancakes, French toast, veg based pizcrst)	Nestle USA, Inc	Lean Cuisine Butternut Squash Ravioli	280	Grams	300	7	2.5	570	10
Fruit: Dried	Bard Valley Date Growers Association	Bard Valley Natural Delights Pitted Deglet Noor Dates Organic	40	Grams	110	0	0	0	27
Fruit: Dried	Bard Valley Date Growers Association	Bard Valley Natural Delights Pitted Deglet Noor Dates Organic	40	Grams	110	0	0	0	27
Fruit: Dried	Bard Valley Date Growers Association	Bard Valley Natural Delights Pitted Deglet Noor Dates Organic	40	Grams	110	0	0	0	27
Fruit: Dried	Bard Valley Date Growers Association	Bard Valley Natural Delights Pitted Deglet Noor Dates Organic	40	Grams	110	0	0	0	27
Fruit: Dried	Bard Valley Date Growers Association	Bard Valley Natural Delights Pitted Deglet Noor Dates Organic	40	Grams	110	0	0	0	27
Fruit: Dried	Bard Valley Date Growers Association	Bard Valley Natural Delights Pitted Medjool Dates	46	Grams	140	0	0	0	30
Fruit: Dried	Bard Valley Date Growers Association	Bard Valley Natural Delights Organic Medjool Dates	46	Grams	140	0	0	0	30
Fruit: Dried	Bard Valley Date Growers Association	Bard Valley Natural Delights Organic Medjool Dates	46	Grams	140	0	0	0	30
Fruit: Dried	Bard Valley Date Growers Association	Bard Valley Natural Delights Organic Medjool Dates	46	Grams	140	0	0	0	30
Fruit: Dried	Bard Valley Date Growers Association	Bard Valley Natural Delights Medjool Dates	46	Grams	140	0	0	0	30
Fruit: Dried	Bard Valley Date Growers Association	Bard Valley Natural Delights Organic Pitted Medjool Dates	46	Grams	140	0	0	0	30
Fruit: Dried	Bard Valley Date Growers Association	Bard Valley Natural Delights Medjool Dates	46	Grams	140	0	0	0	30
Fruit: Dried	Bard Valley Date Growers Association	Bard Valley Natural Delights Medjool Dates	46	Grams	140	0	0	4	30

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Fruit: Dried	Bard Valley Date Growers Association	Bard Valley Natural Delights Medjool Dates	46	Grams	140	0	0	0	30
Fruit: Dried	Bard Valley Date Growers Association	Bard Valley Natural Delights Medjool Dates	46	Grams	140	0	0	0	30
Fruit: Dried	Trinity Fruit Company, Inc. - TF	Sweetheart Dried Pomegranate Arils	9	Grams	35	0	0	0	4
Fruit: Dried	Trinity Fruit Company, Inc. - TF	Sweetheart Dried Pomegranate Arils	28	Grams	110	1	0	0	14
Fruit: Dried	Trinity Fruit Company, Inc. - TF	Juicy Gems Dried Pomegranate Arils-Organic	14	Grams	50	0.5	0	0	5
Fruit: Dried	Trinity Fruit Company, Inc. - TF	Sweetheart Dried Pomegranate Arils	7	Grams	25	0	0	0	3
Fruit: Dried	Hadley Date Gardens - HI	Hadley Dates Pitted Deglet Noor Variety	40	Grams	120	0	0	0	29
Fruit: Dried	Hadley Date Gardens - HI	Hadley Dates Pitted Deglet Noor Variety	40	Grams	120	0	0	0	29
Fruit: Dried	Hadley Date Gardens - HI	Organic Hadley Dates Pitted Deglet Noor Variety	40	Grams	120	0	0	0	29
Fruit: Dried	California Date Administrative Committee - Dates	California Dates - Medjool Variety	40	Grams	110	0	0	0	25
Fruit: Dried	California Date Administrative Committee - Dates	California Dates - Deglet Noor Variety	40	Grams	110	0	0	0	25
Fruit: Fresh, Frozen, or Canned	Chilean Fresh Fruit Association - CF	Blueberries	148	Grams	80	0	0	0	15
Fruit: Fresh, Frozen, or Canned	Consalo Family Farms LLC - CF	Consalo Family Farms Blueberries	148	Grams	80	0	0	0	15
Fruit: Fresh, Frozen, or Canned	Consalo Family Farms LLC - CF	Consalo Family Farms Blueberries	148	Grams	80	0	0	0	15
Fruit: Fresh, Frozen, or Canned	National Watermelon Promotion Board - NWPB	Fresh Mini Seedless Watermelon	280	Grams	80	0	0	0	17
Fruit: Fresh, Frozen, or Canned	National Watermelon Promotion Board - NWPB	Fresh Seedless Watermelon	280	Grams	80	0	0	0	17

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Fruit: Fresh, Frozen, or Canned	National Watermelon Promotion Board - NWPB	Fresh Seeded Watermelon	280	Grams	80	0	0	0	17
Fruit: Fresh, Frozen, or Canned	Hass Avocado Board - HVB	Hass Avocado	50	Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	West Pak Avocado Inc. - WPA	California Gold Avocados	50	Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	West Pak Avocado Inc. - WPA	I Love Avocados	50	Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	West Pak Avocado Inc. - WPA	Viva Avocados	50	Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	West Pak Avocado Inc. - WPA	Party Pak Jumbo Avocados	50	Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	West Pak Avocado Inc. - WPA	Lil' 'Cados	50	Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	Calavo Growers, Inc. - CG	AVOMX HASS BAG	50	Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	Calavo Growers, Inc. - CG	AVOMX HASS BAG	50	Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	Calavo Growers, Inc. - CG	AVOMX HASS BAG	50	Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	Calavo Growers, Inc. - CG	AVOMX HASS BAG	50	Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	Calavo Growers, Inc. - CG	AVOMX HASS BAG	50	Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	Calavo Growers, Inc. - CG	AVOMX HASS BAG	50	Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	Calavo Growers, Inc. - CG	AVOMX HASS BAG	50	Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	Calavo Growers, Inc. - CG	AVOMX HASS BAG 99C	50	Grams	80	8	0	0	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)
Fruit: Fresh, Frozen, or Canned	Calavo Growers, Inc. - CG	AVOPR HASS VIRU BAGR	50 Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	Calavo Growers, Inc. - CG	AVOMX HASS BAG COSTCO	50 Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	Calavo Growers, Inc. - CG	AVOMX HASS BAGS	50 Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	Calavo Growers, Inc. - CG	AVOMXJ HASS BAG	50 Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	Calavo Growers, Inc. - CG	AVOMXJ HASS BAG	50 Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	Calavo Growers, Inc. - CG	AVOCA HASS BAG	50 Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	Calavo Growers, Inc. - CG	AVOCA HASS BAG	50 Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	Calavo Growers, Inc. - CG	AVOCA HASS BAG	50 Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	Calavo Growers, Inc. - CG	AVOCA HASS BAG	50 Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	Calavo Growers, Inc. - CG	AVOCA HASS BAG (EACH)	50 Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	Calavo Growers, Inc. - CG	AVOCA HASS BAG COSTCO	50 Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	Calavo Growers, Inc. - CG	AVOCA HASS BAG SF	50 Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	Calavo Growers, Inc. - CG	AVOCA HASS BAG SF	50 Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	Calavo Growers, Inc. - CG	AVOCA HASS BAGD	50 Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	Calavo Growers, Inc. - CG	AVOCA HASS BAGK	50 Grams	80	8	0	0	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)
Fruit: Fresh, Frozen, or Canned	Calavo Growers, Inc. - CG	AVOCA HASS BAGR	50 Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	Calavo Growers, Inc. - CG	AVOCA HASS WGCF BAGR	50 Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	Calavo Growers, Inc. - CG	AVOCA HASS WGCF BAGR	50 Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	Calavo Growers, Inc. - CG	AVOCA HASS WGCF BAGR	50 Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	Calavo Growers, Inc. - CG	AVOCA HASS WGCF BAGR	50 Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	Calavo Growers, Inc. - CG	AVOCA HASS WGCF BAGR	50 Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	Calavo Growers, Inc. - CG	AVODR HASS BAGS	50 Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	Calavo Growers, Inc. - CG	AVOMX HASS BAG	50 Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	Calavo Growers, Inc. - CG	AVOMX HASS BAG	50 Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	Calavo Growers, Inc. - CG	Hass Avocados	50 Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	Calavo Growers, Inc. - CG	AVOMX HASS BAGS	50 Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	Calavo Growers, Inc. - CG	AVOPR HASS VIRU BAG	50 Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	Calavo Growers, Inc. - CG	AVOMX HASS WGCF BAGR	50 Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	Calavo Growers, Inc. - CG	AVOMX HASS WGCF BAGR	50 Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	Calavo Growers, Inc. - CG	AVOMX HASS WGCF BAGR	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	Calavo Growers, Inc. - CG	AVOMX HASS WGCF BAGR	50 Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	Calavo Growers, Inc. - CG	AVOMXJ HASS BAGR	50 Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	Calavo Growers, Inc. - CG	AVOMX HASS WGCF BAGR	50 Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	Calavo Growers, Inc. - CG	AVOMXJ HASS BAGR	50 Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	Calavo Growers, Inc. - CG	AVOMXJ HASS BAG	50 Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	LGS Specialty Sales LTD - LGS	Organic Suavo Avocado	50 Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	LGS Specialty Sales LTD - LGS	Suavo Avocado	50 Grams	80	8	0.5	0	0
Fruit: Fresh, Frozen, or Canned	LGS Specialty Sales LTD - LGS	Organic Suavo Avocado	50 Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	LGS Specialty Sales LTD - LGS	Organic Suavo Avocado	50 Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	LGS Specialty Sales LTD - LGS	Suavo Avocado	50 Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	LGS Specialty Sales LTD - LGS	Suavo Avocado	50 Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	LGS Specialty Sales LTD - LGS	Suavo Avocado	50 Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	LGS Specialty Sales LTD - LGS	Suavo Avocado	50 Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	LGS Specialty Sales LTD - LGS	Darling Clementines	148 Grams	70	0	0	0	14
Fruit: Fresh, Frozen, or Canned	LGS Specialty Sales LTD - LGS	Darling Clementines	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	LGS Specialty Sales LTD - LGS	Darling Mandarins	148	Grams	70	0	0	0	14
Fruit: Fresh, Frozen, or Canned	LGS Specialty Sales LTD - LGS	Darling Mandarins	148	Grams	70	0	0	0	14
Fruit: Fresh, Frozen, or Canned	LGS Specialty Sales LTD - LGS	Darling Mandarins	148	Grams	70	0	0	0	14
Fruit: Fresh, Frozen, or Canned	LGS Specialty Sales LTD - LGS	Darling Oranges	154	Grams	70	0	0	0	14
Fruit: Fresh, Frozen, or Canned	LGS Specialty Sales LTD - LGS	Darling Oranges	154	Grams	70	0	0	0	14
Fruit: Fresh, Frozen, or Canned	LGS Specialty Sales LTD - LGS	Darling Oranges	154	Grams	70	0	0	0	14
Fruit: Fresh, Frozen, or Canned	LGS Specialty Sales LTD - LGS	Organic Darling Mandarins	148	Grams	70	0	0	0	14
Fruit: Fresh, Frozen, or Canned	LGS Specialty Sales LTD - LGS	Organic Darling Mandarins	148	Grams	70	0	0	0	14
Fruit: Fresh, Frozen, or Canned	LGS Specialty Sales LTD - LGS	Organic Darling Mandarins	148	Grams	70	0	0	0	14
Fruit: Fresh, Frozen, or Canned	North Bay Produce, Inc - NB	North Bay Organic Blackberries	140	Grams	60	0.5	0	0	7
Fruit: Fresh, Frozen, or Canned	North Bay Produce, Inc - NB	North Bay Organic Raspberries	140	Grams	70	1	0	0	6
Fruit: Fresh, Frozen, or Canned	North Bay Produce, Inc - NB	North Bay Produce Honeycrisp Apples	242	Grams	130	0	0	0	25
Fruit: Fresh, Frozen, or Canned	North Bay Produce, Inc - NB	North Bay Produce Blueberries	140	Grams	80	0	0	0	14
Fruit: Fresh, Frozen, or Canned	North Bay Produce, Inc - NB	North Bay Produce Blueberries	140	Grams	80	0	0	0	14
Fruit: Fresh, Frozen, or Canned	North Bay Produce, Inc - NB	North Bay Produce Blueberries	140	Grams	80	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	North Bay Produce, Inc - NB	North Bay Produce Blueberries	140	Grams	80	0	0	0	14
Fruit: Fresh, Frozen, or Canned	North Bay Produce, Inc - NB	North Bay Produce Blueberries	140	Grams	80	0	0	0	14
Fruit: Fresh, Frozen, or Canned	North Bay Produce, Inc - NB	North Bay Produce Blueberries	140	Grams	80	0	0	0	14
Fruit: Fresh, Frozen, or Canned	North Bay Produce, Inc - NB	North Bay Produce Blackberries	140	Grams	60	0.5	0	0	7
Fruit: Fresh, Frozen, or Canned	North Bay Produce, Inc - NB	North Bay Produce Raspberries	140	Grams	70	1	0	0	6
Fruit: Fresh, Frozen, or Canned	North Bay Produce, Inc - NB	North Bay Produce Raspberries	140	Grams	70	1	0	0	6
Fruit: Fresh, Frozen, or Canned	North Bay Produce, Inc - NB	North Bay Produce Blackberries	140	Grams	60	0.5	0	0	7
Fruit: Fresh, Frozen, or Canned	GreenFruit Avocados - GF	GreenFruit Avocados	30	Grams	50	4.5	0.5	0	0
Fruit: Fresh, Frozen, or Canned	GreenFruit Avocados - GF	GreenFruit Avocados	30	Grams	50	4.5	0.5	0	0
Fruit: Fresh, Frozen, or Canned	GreenFruit Avocados - GF	GreenFruit Avocados	30	Grams	50	4.5	0.5	11	0
Fruit: Fresh, Frozen, or Canned	Chilean Avocado Importers Association - CA	Hass Avocados	30	Grams	50	4.5	0.5	0	0
Fruit: Fresh, Frozen, or Canned	U.S. Highbush Blueberry Council - US	Blueberries	148	Grams	80	0	0	0	15
Fruit: Fresh, Frozen, or Canned	U.S. Highbush Blueberry Council - US	Frozen Blueberries	155	Grams	80	1	0	0	13
Fruit: Fresh, Frozen, or Canned	Oregon Berry Packing, Inc.	Oregon Berry Packing Blueberries	148	Grams	84	0.49	0	1	15
Fruit: Fresh, Frozen, or Canned	Oregon Berry Packing, Inc.	Oregon Berry Packing Blueberries	148	Grams	84	0.49	0	1	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	Peruvian Avocado Commission - PAC	Avocados from Peru	50	Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	Avocados from Mexico - AM	Mexican Hass Avocados	50	Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	Trinity Fruit Company, Inc. - TF	Juicy Gems Pomegranate Arils	125	Grams	100	1.5	0	0	17
Fruit: Fresh, Frozen, or Canned	Trinity Fruit Company, Inc. - TF	Juicy Gems Frozen Pomegranate Arils	140	Grams	120	2	0	0	19
Fruit: Fresh, Frozen, or Canned	Trinity Fruit Company, Inc. - TF	Juicy Gems Pomegranate Arils	113	Grams	80	1	0	0	14
Fruit: Fresh, Frozen, or Canned	Trinity Fruit Company, Inc. - TF	Juicy Gems Pomegranate Arils	100	Grams	80	1	0	0	14
Fruit: Fresh, Frozen, or Canned	Trinity Fruit Company, Inc. - TF	Juicy Gems Pomegranate Arils	100	Grams	80	1	0	0	14
Fruit: Fresh, Frozen, or Canned	Trinity Fruit Company, Inc. - TF	Juicy Gems Pomegranate Arils	62	Grams	50	0.5	0	0	8
Fruit: Fresh, Frozen, or Canned	Trinity Fruit Company, Inc. - TF	Organic Juicy Gems Pomegranate Arils	100	Grams	80	1	0	0	14
Fruit: Fresh, Frozen, or Canned	Trinity Fruit Company, Inc. - TF	Juicy Gems Frozen Pomegranate Arils	140	Grams	120	2	0	0	19
Fruit: Fresh, Frozen, or Canned	Trinity Fruit Company, Inc. - TF	Juicy Gems Pomegranate Arils	100	Grams	80	1	0	0	14
Fruit: Fresh, Frozen, or Canned	Trinity Fruit Company, Inc. - TF	Pomegranates- Whole	100	Grams	83	1.17	0.08	3	14
Fruit: Fresh, Frozen, or Canned	Coosaw AG, LLC (Coosaw Farms) - CF	Coosaw Farms Red Seedless Watermelon	280	Grams	80	0	0	0	17
Fruit: Fresh, Frozen, or Canned	Del Rey Avocado - DR	Hass Avocado	50	Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	Mission Produce, Inc. - MP	Mission Organic Minis VP Avocados	50	Grams	80	8	1	0	0

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Fruit: Fresh, Frozen, or Canned	Mission Produce, Inc. - MP	Emeralds in the Rough Avocados	50	Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	ProArandanos	Blueberries	148	Grams	80	0	0	0	15
Fruit: Fresh, Frozen, or Canned	ProArandanos	Frozen Blueberries	155	Grams	80	1	0	0	13
Fruit: Fresh, Frozen, or Canned	California Table Grape Commission	Green Grapes	126	Grams	90	0	0	15	20
Fruit: Fresh, Frozen, or Canned	California Table Grape Commission	Red Grapes	126	Grams	90	0	0	15	20
Fruit: Fresh, Frozen, or Canned	California Table Grape Commission	Black Grapes	126	Grams	90	0	0	15	20
Fruit: Fresh, Frozen, or Canned	Okanagan Specialty Fruits Inc.	Arctic Golden Delicious Apple Slices	142	Grams	74	0.2	0.1	2	15
Fruit: Fresh, Frozen, or Canned	Okanagan Specialty Fruits Inc.	Arctic Granny Smith Apple Slices	142	Grams	74	0.2	0.1	2	15
Fruit: Fresh, Frozen, or Canned	Okanagan Specialty Fruits Inc.	Arctic Golden Delicious Apple Slices	2	Ounces	30	0	0	0	6
Fruit: Fresh, Frozen, or Canned	Okanagan Specialty Fruits Inc.	Arctic Granny Smith Apple Slices	2	Ounces	30	0	0	0	6
Fruit: Fresh, Frozen, or Canned	Okanagan Specialty Fruits Inc.	Arctic Golden Delicious Apple Slices	142	Grams	74	0.2	0.1	2	15
Fruit: Fresh, Frozen, or Canned	Okanagan Specialty Fruits Inc.	Arctic Granny Smith Apple Slices	142	Grams	74	0.2	0.1	2	15
Fruit: Fresh, Frozen, or Canned	MJ International Marketing LLC dba Fresh Farms	Fresh Farms Green Seedless Grapes	1	Cups	120	1.3	0	0	31
Fruit: Fresh, Frozen, or Canned	MJ International Marketing LLC dba Fresh Farms	Fresh Farms Red Seedless Grapes	1	Cups	120	1.3	0	0	31
Fruit: Fresh, Frozen, or Canned	MJ International Marketing LLC dba Fresh Farms	Fresh Farms Black Seedless Grapes	1	Cups	120	1.3	0	0	31

\*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	Pear Bureau Northwest - USA Pears	Pear, Anjou, Green	166 Grams	100	0	0	0	15
Fruit: Fresh, Frozen, or Canned	Pear Bureau Northwest - USA Pears	Pear, Anjou, Red	166 Grams	100	0	0	0	15
Fruit: Fresh, Frozen, or Canned	Pear Bureau Northwest - USA Pears	Pear, Bartlett, Green	166 Grams	100	0	0	0	15
Fruit: Fresh, Frozen, or Canned	Pear Bureau Northwest - USA Pears	Pear, Starkrimson	166 Grams	100	0	0	0	15
Fruit: Fresh, Frozen, or Canned	Pear Bureau Northwest - USA Pears	Pear, Seckel	166 Grams	100	0	0	0	15
Fruit: Fresh, Frozen, or Canned	Pear Bureau Northwest - USA Pears	Pear, Forelle	166 Grams	100	0	0	0	15
Fruit: Fresh, Frozen, or Canned	Pear Bureau Northwest - USA Pears	Pear, Concorde	166 Grams	100	0	0	0	15
Fruit: Fresh, Frozen, or Canned	Pear Bureau Northwest - USA Pears	Pear, Comice	166 Grams	100	0	0	0	15
Fruit: Fresh, Frozen, or Canned	Pear Bureau Northwest - USA Pears	Pear, Bosc	166 Grams	100	0	0	0	15
Fruit: Fresh, Frozen, or Canned	Pear Bureau Northwest - USA Pears	Pear, Bartlett, Red	166 Grams	100	0	0	0	15
Main dish/meals	Nestle USA, Inc	Lean Cuisine Herb Roasted Chicken	227 Grams	180	4.5	1	580	4
Margarines	Upfield US Inc - UUI	I Can't Believe It's Not Butter Original	14 Grams	0	6	3	90	0
Margarines	Upfield US Inc - UUI	I Can't Believe It's Not Butter Original	14 Grams	60	6	3	90	0
Margarines	Upfield US Inc - UUI	I Can't Believe It's Not Butter Original	14 Grams	60	6	3	90	0
Margarines	Upfield US Inc - UUI	I Can't Believe It's Not Butter Original	14 Grams	60	6	3	90	0
Margarines	Upfield US Inc - UUI	I Can't Believe It's Not Butter Original	14 Grams	60	6	3	90	0
Margarines	Upfield US Inc - UUI	I Can't Believe It's Not Butter Original	14 Grams	60	6	3	90	0
Meat & Poultry: Canned or Processed	Hormel Foods Corporation - Valley Fresh	Valley Fresh Chicken Breast	56 Grams	45	1	0	210	0

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Meat & Poultry: Canned or Processed	Serv-Rite Meat Company, Inc.	Bar-M Premium Reduced Sodium Roast Beef	56 Grams	70	1.5	0.5	350	0
Meat & Poultry: Canned or Processed	Boar's Head Provisions Company, Inc. - Boar's Head	Boar's Head Uncured Honey Ham	56 Grams	60	1	0	420	1
Meat & Poultry: Canned or Processed	Boar's Head Provisions Company, Inc. - Boar's Head	Boar's Head Mesquite Wood Smoked Roasted Turkey Breast	56 Grams	60	1	0	440	0
Meat & Poultry: Canned or Processed	Boar's Head Provisions Company, Inc. - Boar's Head	Boar's Head Old Fashioned Canadian Style Uncured Bacon Pre-Sliced	56 Grams	70	2	0	480	1
Meat & Poultry: Canned or Processed	Boar's Head Provisions Company, Inc. - Boar's Head	Boar's Head Pastrami Seasoned Turkey Breast	56 Grams	60	1	0	460	0
Meat & Poultry: Canned or Processed	Boar's Head Provisions Company, Inc. - Boar's Head	Boar's Head Maple Glazed Honey Coat Turkey Breast	56 Grams	70	0.5	0	480	2
Meat & Poultry: Canned or Processed	Boar's Head Provisions Company, Inc. - Boar's Head	Boar's Head Ovengold Roasted Turkey Breast	56 Grams	60	1	0	360	0
Meat & Poultry: Canned or Processed	Boar's Head Provisions Company, Inc. - Boar's Head	Boar's Head Our Premium Skinless 46% Lower Sodium Oven Roasted Turkey Breast	56 Grams	60	1	0	360	0
Meat & Poultry: Canned or Processed	Boar's Head Provisions Company, Inc. - Boar's Head	Boar's Head Golden Roasted Turkey Breast	56 Grams	60	1	0	380	0
Meat & Poultry: Canned or Processed	Boar's Head Provisions Company, Inc. - Boar's Head	Boar's Head Cracked Pepper Mill Smoked Turkey Breast	56 Grams	60	1	0	460	1

\*per serving



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Meat & Poultry: Canned or Processed	Boar's Head Provisions Company, Inc. - Boar's Head	Boar's Head Rotisserie Seasoned Oven Roasted Chicken Breast	56 Grams	60	1	0	400	0
Meat & Poultry: Canned or Processed	Boar's Head Provisions Company, Inc. - Boar's Head	Boar's Head Lemon Pepper Boneless Skinless Roasted Chicken Breast	56 Grams	60	1	0	360	0
Meat & Poultry: Canned or Processed	Boar's Head Provisions Company, Inc. - Boar's Head	Boar's Head Londonport Top Round Seasoned Roast Beef	56 Grams	80	2.5	0	350	2
Meat & Poultry: Canned or Processed	Boar's Head Provisions Company, Inc. - Boar's Head	Boar's Head All American BBQ Seasoned Chicken Breast	56 Grams	70	1	0	370	2
Meat & Poultry: Canned or Processed	Boar's Head Provisions Company, Inc. - Boar's Head	Boar's Head Oven Roasted Turkey Breast	56 Grams	50	0.5	0	360	0
Meat & Poultry: Canned or Processed	Boar's Head Provisions Company, Inc. - Boar's Head	Boar's Head No Salt Added Oven Roasted Turkey Breast	56 Grams	70	1	0	55	0
Meat & Poultry: Canned or Processed	Boar's Head Provisions Company, Inc. - Boar's Head	Boar's Head Blazing Buffalo Style Chicken Breast	56 Grams	60	1	0	460	0
Meat & Poultry: Canned or Processed	Boar's Head Provisions Company, Inc. - Boar's Head	Boar's Head EverRoast Oven Roasted Chicken Breast	56 Grams	60	1	0	440	1
Meat & Poultry: Canned or Processed	Boar's Head Provisions Company, Inc. - Boar's Head	Boar's Head Golden Classic 42% Lower Sodium Chicken Breast	56 Grams	60	1.5	0	350	0
Meat & Poultry: Canned or Processed	Boar's Head Provisions Company, Inc. - Boar's Head	Boar's Head Old Fashioned Canadian Style Uncured Bacon	56 Grams	70	2	0	480	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 Provisions Company, Inc. - Boar's Head	Boar's Head Honey Smoked Turkey Breast	56 Grams	60	1	0	420	0
Meat & Poultry: Canned or Processed	Carl Buddig & Company - Carl Buddig	Lunch Mate Oven Roasted Turkey Breast	56 Grams	50	1	0.5	460	1
Meat & Poultry: Canned or Processed	Carl Buddig & Company - Carl Buddig	Lunch Mate Smoked Honey Uncured Ham	56 Grams	70	1.5	1	390	3
Meat & Poultry: Canned or Processed	Mrs. Ressler's Food Products - MR	Black Steer Brand Angus Roast Beef Top Round	56 Grams	70	1	0	360	0
Meat & Poultry: Canned or Processed	Mrs. Ressler's Food Products - MR	Black Steer Brand Golden Roasted Breast of Turkey	56 Grams	60	0.5	0	370	1
Meat & Poultry: Canned or Processed	Tony Downs Foods Company - TDFC	Member's Mark All Natural 98% Fat Free Premium Chunk Chicken Breast in Water 3.25 oz	84 Grams	80	1.5	0	320	0
Meat & Poultry: Canned or Processed	Tony Downs Foods Company - TDFC	Member's Mark All Natural 98% Fat Free Premium Chunk Chicken Breast in Water	84 Grams	90	1.5	0	360	0
Meat & Poultry: Canned or Processed	Tony Downs Foods Company - TDFC	Member's Mark All Natural 98% Fat Free Premium Chunk Chicken Breast in Water	56 Grams	50	1	0	240	0
Meat & Poultry: Canned or Processed	Hormel Foods Corporation - Valley Fresh	Valley Fresh Chicken Breast	84 Grams	70	1.5	0	300	0
Meat & Poultry: Canned or Processed	Hormel Foods Corporation - Valley Fresh	Valley Fresh White & Dark Chicken	84 Grams	80	3	1	300	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: Canned or Processed	H-E-B, LP - HEB	H-E-B Cajun Style Seasoned Roast Beef Containing up to 10% Solution	56 Grams	90	3	0	410	1
Meat & Poultry: Canned or Processed	H-E-B, LP - HEB	H-E-B Fried* Turkey Breast *Cooked then Fried in Oil	56 Grams	60	1	0.55	460	1
Meat & Poultry: Canned or Processed	H-E-B, LP - HEB	H-E-B Oven Roasted Oil Browned Chicken	56 Grams	60	1.5	0	450	1
Meat & Poultry: Canned or Processed	H-E-B, LP - HEB	H-E-B Herb & Garlic Chicken	56 Grams	60	1	0	420	1
Meat & Poultry: Canned or Processed	H-E-B, LP - HEB	H-E-B Honey Smoked Turkey Breast	56 Grams	70	1.5	0	400	3
Meat & Poultry: Canned or Processed	H-E-B, LP - HEB	H-E-B Mesquite Smoked Turkey Breast	56 Grams	60	1	0	420	1
Meat & Poultry: Canned or Processed	H-E-B, LP - HEB	H-E-B Oven Roasted Turkey Breast Rubbed with Seasonings	56 Grams	50	1.5	0	400	0
Meat & Poultry: Canned or Processed	H-E-B, LP - HEB	H-E-B Peppercorn Turkey Breast Coated with Black Pepper	56 Grams	60	1	0	390	1
Meat & Poultry: Canned or Processed	H-E-B, LP - HEB	H-E-B Select Ingredients Post Oak Smoked Turkey Breast	56 Grams	70	1	0	340	1
Meat & Poultry: Canned or Processed	H-E-B, LP - HEB	H-E-B Roast Beef Seasoned with Salt, Pepper & Garlic Containing up to 10% Solution	56 Grams	90	3	0	410	2

\*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, LP - HEB	H-E-B Rotisserie Flavored Chicken Breast Coated with Spices & Seasonings	56 Grams	60	1	0	380	1
Meat & Poultry: Canned or Processed	H-E-B, LP - HEB	H-E-B Sun Dried Tomato Smoked Turkey Breast Coated with Seasonings	56 Grams	50	1	0	370	1
Meat & Poultry: Fresh, Frozen, or Cooked	Pilgrim's Pride, Inc. - PPI	Kirkland Signature Boneless Skinless Chicken Breast 99% Fat Free	112 Grams	110	1	0	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Pilgrim's Pride, Inc. - PPI	Kirkland Signature Organic Boneless Skinless Chicken Tenderloins 99% Fat Free	112 Grams	110	0.5	0	45	0
Meat & Poultry: Fresh, Frozen, or Cooked	Pilgrim's Pride, Inc. - PPI	Kirkland Signature Organic Boneless Skinless Chicken Breast 99% Fat Free	112 Grams	110	1	0	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Pilgrim's Pride, Inc. - PPI	Kirkland Signature Boneless Skinless Chicken Tenderloins Fat Free	112 Grams	110	0.5	0	45	0
Meat & Poultry: Fresh, Frozen, or Cooked	Meyer Foods Group LLC dba Meyer Natural Foods	Laura's Lean Beef 96% Lean 4%Fat	112 Grams	150	5	0	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Meyer Foods Group LLC dba Meyer Natural Foods	Laura's Lean Beef 96% Lean 4%Fat	112 Grams	130	4.5	0	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	National Cattlemen's Beef Association - NCBA	Extra Lean Ground Beef 96% Lean 4% Fat	112 Grams	140	4.5	1.79	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Smithfield Foods, Inc. - Fresh Pork	Smithfield Boneless Pork Sirloin Roast	112 Grams	140	4.5	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	Smithfield Foods, Inc. - Fresh Pork	Smithfield Fresh Pork Tenderloin	112	Grams	130	4	1.5	60	0
Meat & Poultry: Fresh, Frozen, or Cooked	Smithfield Foods, Inc. - Fresh Pork	Smithfield Fresh Pork Tenderloin	112	Grams	130	4	1.5	60	0
Meat & Poultry: Fresh, Frozen, or Cooked	Smithfield Foods, Inc. - Fresh Pork	Farmer John Boneless Pork Sirloin Roast	112	Grams	140	4.5	1.5	60	0
Meat & Poultry: Fresh, Frozen, or Cooked	Smithfield Foods, Inc. - Fresh Pork	Farmer John Fresh Pork Tenderloin	112	Grams	130	4	1.5	60	0
Meat & Poultry: Fresh, Frozen, or Cooked	Foster Poultry Farms - Foster Farms	Kirkland Organic Chicken Tenderloins, Boneless and Skinless Air-Chilled	112	Grams	110	1.5	0	90	0
Meat & Poultry: Fresh, Frozen, or Cooked	Foster Poultry Farms - Foster Farms	Kirkland Organic Chicken Breasts Boneless & Skinless, Air Chilled	112	Grams	110	1.5	0	85	0
Meat & Poultry: Fresh, Frozen, or Cooked	Foster Poultry Farms - Foster Farms	Kirkland Signature/Foster Farms Fresh 99% Fat Free Boneless & Skinless Breast Fillets	112	Grams	120	1.5	0	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Cargill Meat Solutions - Beef	Walmart 96/4 All Natural Extra Lean Ground Beef	112	Grams	140	4.5	2	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Cargill Meat Solutions - Beef	Walmart 96/4 All Natural Extra Lean Ground Beef	112	Grams	140	4.5	0	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Cargill Meat Solutions - Beef	Harris Teeter Rancher Tender Verified 96/4 Extra Lean Ground Beef	112	Grams	150	4.5	0	65	0

\*per serving



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Meat & Poultry: Fresh, Frozen, or Cooked	Cargill Meat Solutions - Beef	Aldi Extra Lean Ground Beef 96% Lean 4% Fat	112	Grams	140	4.5	0	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Interstate Meat Dist., Inc.	Albertsons Signature Farms 96% Lean 4% Fat Ground Beef	112	Grams	150	4.5	2	70	0
Meat & Poultry: Fresh, Frozen, or Cooked	Interstate Meat Dist., Inc.	Walmart 96/4 All Natural Extra Lean Ground Beef	112	Grams	140	4.5	2	70	0
Meat & Poultry: Fresh, Frozen, or Cooked	Interstate Meat Dist., Inc.	96% Lean 4% Fat All Natural Extra Lean Ground Beef	112	Grams	150	4.5	2	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Interstate Meat Dist., Inc.	96% Lean 4% Fat All Natural Extra Lean Ground Beef	112	Grams	150	4.5	2	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	National Beef Packing Company, LLC	Aldi Extra Lean Ground Beef 96% Lean 4% Fat	112	Grams	140	4.5	2	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	National Beef Packing Company, LLC	Giant Eagle 96% Lean 4% Fat Extra Lean Ground Beef	112	Grams	0	4.5	2	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	National Beef Packing Company, LLC	Market 32 by Price Chopper Extra Lean Ground Beef	112	Grams	140	4.5	2	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	National Beef Packing Company, LLC	Weis Ground Beef 96% Lean 4% Fat	112	Grams	140	4.5	2	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	National Beef Packing Company, LLC	Extra Lean Ground Beef 96% Lean 4% Fat (National Beef Packing Company)	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	National Beef Packing Company, LLC	Extra Lean Ground Beef 96% Lean 4% Fat (National Beef Packing Company)	112	Grams	140	4.5	2	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	National Beef Packing Company, LLC	Extra Lean Ground Beef 96% Lean 4% Fat (National Beef Packing Company)	112	Grams	140	4.5	2	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	National Beef Packing Company, LLC	Laura's Lean Beef 96% Lean 4% Fat - Kroger	112	Grams	140	4.5	2	85	0
Meat & Poultry: Fresh, Frozen, or Cooked	Schenk Packing Co., Inc. - SP	96% Lean 4% Fat Ground Beef Heart Healthy	112	Grams	150	4	0	50	0
Meat & Poultry: Fresh, Frozen, or Cooked	Schenk Packing Co., Inc. - SP	Signature Farms 96% Lean 4% Fat Ground Beef	112	Grams	150	4	0	50	0
Meat & Poultry: Fresh, Frozen, or Cooked	Lincoln Premium Poultry - LP	Kirkland Signature Fresh Boneless & Skinless Chicken Breasts	112	Grams	110	1	0	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Lincoln Premium Poultry - LP	Kirkland Signature Fresh Boneless & Skinless Chicken Tenderloins	112	Grams	110	0.5	0	45	0
Meat & Poultry: Fresh, Frozen, or Cooked	JBS USA, LLC - Swift	Kirkland Signature Swift Premium Pork Sirloin Tip Roast	112	Grams	100	2	0.5	270	0
Meat & Poultry: Fresh, Frozen, or Cooked	JBS USA, LLC - Swift	Swift Premium Pork Tenderloin (1 piece)	112	Grams	130	4	1.5	60	0
Meat & Poultry: Fresh, Frozen, or Cooked	JBS USA, LLC - Swift	Swift Premium Pork Tenderloin (2 pieces)	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	National Pork Board - NPB	Boneless Pork Sirloin Roast (Solution Added)	112	Grams	120	4	0	260	0
Meat & Poultry: Fresh, Frozen, or Cooked	National Pork Board - NPB	Pork Tenderloin	112	Grams	130	4	0	55	0
Meat & Poultry: Fresh, Frozen, or Cooked	National Pork Board - NPB	Natural Boneless Pork Sirloin Roast	112	Grams	130	3	0	70	0
Meat & Poultry: Fresh, Frozen, or Cooked	Tyson Sales & Distribution, Inc. – Case Ready Beef	Albertsons Signature Farms 9% Lean 4% Fat Ground Beef	112	Grams	140	4.5	2	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Tyson Sales & Distribution, Inc. – Case Ready Beef	Aldi Extra Lean Ground Beef 96% Lean 4% Fat	112	Grams	140	4.5	2	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Tyson Sales & Distribution, Inc. – Case Ready Beef	Food Lion 96% Lean 4% Fat Ground Beef	112	Grams	140	4.5	2	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Tyson Sales & Distribution, Inc. – Case Ready Beef	96/4 All Natural Extra Lean Ground Beef (Tyson Fresh Meats)	112	Grams	140	4.5	2	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Tyson Sales & Distribution, Inc. – Case Ready Beef	96/4 All Natural Extra Lean Ground Beef (Tyson Fresh Meats)	112	Grams	140	4.5	2	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Tyson Sales & Distribution, Inc. – Case Ready Beef	Walmart 96% Lean 4% Fat All Natural Extra Lean Ground Beef	112	Grams	140	4.5	2	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	CLW Foods LLC	Moran's 100% Ground Beef 96 % Lean 4% Fat Patties	112	Grams	140	4.5	2	75	0

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Meat & Poultry: Fresh, Frozen, or Cooked	CLW Foods LLC	Stater Bros. 100% Pure Ground Beef 96% Lean 4% Fat	112	Grams	140	4.5	2	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Schuster Meat Corp.	Farm to Table 96% Lean Ground Beef Sirloin (2lb)	112	Grams	150	4	0	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Schuster Meat Corp.	Farmer's Table 96% Lean Ground Beef with Sirloin	113	Grams	150	4	0	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Jobbers Meat Packing CO. INC	Albertsons Signature Farms 96% Lean 4% Fat Ground Beef	112	Grams	130	4	1.5	60	0
Meat & Poultry: Fresh, Frozen, or Cooked	Jobbers Meat Packing CO. INC	Albertsons Signature Farms 96% Lean 4% Fat Ground Beef Patties	112	Grams	0	4	1.5	50	0
Meat & Poultry: Fresh, Frozen, or Cooked	Jobbers Meat Packing CO. INC	First Street Ground Beef (96% Lean)	112	Grams	150	4.5	1.5	60	0
Meat & Poultry: Fresh, Frozen, or Cooked	Jobbers Meat Packing CO. INC	WM 100% Ground Beef	112	Grams	150	4.5	1.5	60	0
Meat & Poultry: Fresh, Frozen, or Cooked	Jobbers Meat Packing CO. INC	WM 100% Ground Beef Patty	112	Grams	150	4.5	1.5	60	0
Meat & Poultry: Fresh, Frozen, or Cooked	Sanderson Farms, Inc. - SF	Schnuck's Natural 99% Fat Free Boneless, Skinless Chicken Breast Fillets	112	Grams	110	1	0	50	0
Meat & Poultry: Fresh, Frozen, or Cooked	Sanderson Farms, Inc. - SF	Schnuck's Natural 99% Fat Free Thin Sliced Boneless Skinless Chicken Breast Fillet	112	Grams	110	1	0	50	0

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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	Sanderson Farms, Inc. - SF	Schnuck's Natural 99% Fat Free Clipped Chicken Breast Tenderloins	112	Grams	110	1	0	55	0
Meat & Poultry: Fresh, Frozen, or Cooked	Shenandoah Valley Organic	Kirkland Organic Chicken Breasts, Boneless and Skinless	112	Grams	110	1	0	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Shenandoah Valley Organic	Kirkland Organic Chicken Tenderloins, Boneless and Skinless	112	Grams	110	0.5	0	45	0
Meat & Poultry: Fresh, Frozen, or Cooked	AVA Companies	Albertsons Signature Farms 96% Lean 4% Fat Ground Beef	112	Grams	150	4	0	65	0
Meat & Poultry: Fresh, Frozen, or Cooked	Tyson Sales & Distribution, Inc. - Sara Lee	Chairman's Reserve Premium Pork Tenderloin	112	Grams	130	4	1.5	60	0
Meat & Poultry: Fresh, Frozen, or Cooked	Tyson Sales & Distribution, Inc. - Sara Lee	Chairman's Reserve Prime Pork Tenderloin	112	Grams	130	4	1.5	60	0
Meat & Poultry: Fresh, Frozen, or Cooked	Tyson Sales & Distribution, Inc. - Sara Lee	Supreme Lean Fresh Pork Tenderloin	112	Grams	130	4	1.5	60	0
Meat & Poultry: Fresh, Frozen, or Cooked	Tyson Sales & Distribution, Inc. - Sara Lee	Tyson All Natural Two-Pack Boneless Fresh Pork Tenderloins	112	Grams	130	4	1.5	60	0
Meat & Poultry: Fresh, Frozen, or Cooked	Tyson Sales & Distribution, Inc. - Sara Lee	Tyson All Natural Boneless Fresh Pork Sirloin Roast	112	Grams	150	4.5	1.5	70	0
Meat & Poultry: Fresh, Frozen, or Cooked	H-E-B, LP - HEB	H-E-B Select Ingredients Post Oak Smoked Chicken Breast	56	Grams	60	1	0	450	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: Fresh, Frozen, or Cooked	Murray's Free Roaming Chicken, Inc. - Murray's	Halal Pride Farms Boneless & Skinless Chicken Breasts	112	Grams	120	1.5	0	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Murray's Free Roaming Chicken, Inc. - Murray's	Well Bred Farms Boneless & Skinless Chicken Breasts	112	Grams	0	1.5	0	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Murray's Free Roaming Chicken, Inc. - Murray's	Murray's All Natural Boneless & Skinless Chicken Breasts	112	Grams	120	1.5	0	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	JBS USA, LLC - Beef	100% Pure Extra Lean Ground Beef 96% Lean 4% Fat	112	Grams	140	4.5	0	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	JBS USA, LLC - Beef	Meijer Extra Lean Ground Beef 96% Lean 4% Fat	112	Grams	140	4.5	0	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	JBS USA, LLC - Beef	100% Pure Extra Lean Ground Beef 96% Lean 4% Fat Hy-Vee	112	Grams	140	4.5	0	75	0
Not Available	Sun Glo of Idaho	Riverside Farms Idaho Potatoes	148	Grams	110	0	0	0	1
Not Available	Sun Glo of Idaho	Riverside Farms Idaho Potatoes	148	Grams	110	0	0	0	1
Nuts or Seeds	EverMore LLC - EM	EverMore Pistachios Roasted & Salted	30	Grams	170	14	0	110	1
Nuts or Seeds	EverMore LLC - EM	EverMore Pistachios Roasted & Salted	30	Grams	170	14	0	110	2
Nuts or Seeds	Georgia Farm Bureau - GFB	Georgia Peanuts	28	Grams	160	14	0	100	1
Nuts or Seeds	ARO Pistachios, Inc. - ARO	ARO Gourmet Pistachios	28	Grams	160	13	1.5	120	2
Nuts or Seeds	ARO Pistachios, Inc. - ARO	ARO Gourmet Pistachios	28	Grams	160	13	1.5	120	2
Nuts or Seeds	ARO Pistachios, Inc. - ARO	ARO Gourmet Pistachios	28	Grams	160	13	1.5	120	2
Nuts or Seeds	Golden State Food, LLC - GSF	California Yu Foods Walnuts	28	Grams	190	18	1.5	1	1

\*per serving





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Nuts or Seeds	Blue Diamond Growers - BDG	Blue Diamond Lightly Salted Almonds with Probiotic	28	Grams	170	16	1	40	1
Nuts or Seeds	Blue Diamond Growers - BDG	Blue Diamond Almonds Whole Natural	28	Grams	160	14	1	0	1
Nuts or Seeds	Blue Diamond Growers - BDG	Blue Diamond Almonds Roasted Salted	28	Grams	170	16	1	85	1
Nuts or Seeds	Blue Diamond Growers - BDG	Blue Diamond Almonds Lightly Salted	28	Grams	170	16	1	40	1
Nuts or Seeds	Blue Diamond Growers - BDG	Blue Diamond Almonds Whole Natural	28	Grams	160	14	1	0	1
Nuts or Seeds	Blue Diamond Growers - BDG	Blue Diamond Almonds Whole Natural	18	Grams	100	9	0.5	0	1
Nuts or Seeds	Blue Diamond Growers - BDG	Blue Diamond Almonds Lightly Salted	28	Grams	170	16	1	40	1
Nuts or Seeds	Blue Diamond Growers - BDG	Blue Diamond Almonds Roasted Salted	28	Grams	170	16	1	85	1
Nuts or Seeds	Blue Diamond Growers - BDG	Blue Diamond Almonds Roasted Salted	28	Grams	170	16	1	85	1
Nuts or Seeds	Blue Diamond Growers - BDG	Blue Diamond Almonds Whole Natural	28	Grams	160	14	1	0	1
Nuts or Seeds	Blue Diamond Growers - BDG	Blue Diamond Oven Roasted Almonds Sea Salt	28	Grams	170	15	1	135	1
Nuts or Seeds	Blue Diamond Growers - BDG	Blue Diamond Almonds Whole Natural	18	Grams	100	9	0.5	0	1
Nuts or Seeds	Blue Diamond Growers - BDG	Blue Diamond Almonds Roasted Salted	28	Grams	170	16	1	85	1
Nuts or Seeds	Blue Diamond Growers - BDG	Blue Diamond Oven Roasted Almonds Sea Salt	28	Grams	170	15	1	135	1
Nuts or Seeds	Blue Diamond Growers - BDG	Blue Diamond Almonds Lightly Salted	28	Grams	170	16	1	40	1
Nuts or Seeds	Blue Diamond Growers - BDG	Blue Diamond Almonds Lightly Salted	28	Grams	170	16	1	40	1
Nuts or Seeds	Blue Diamond Growers - BDG	Blue Diamond Almonds Roasted Salted	43	Grams	260	24	2	130	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	Blue Diamond Growers - BDG	Blue Diamond Oven Roasted Almonds Sea Salt	17	Grams	100	9	0.5	80	1
Nuts or Seeds	Blue Diamond Growers - BDG	Blue Diamond Almonds Whole Natural	18	Grams	100	9	0.5	0	1
Nuts or Seeds	Blue Diamond Growers - BDG	Blue Diamond Almonds Whole Natural	18	Grams	100	9	0.5	0	1
Nuts or Seeds	Blue Diamond Growers - BDG	Blue Diamond Almonds Lightly Salted	17	Grams	100	9	0.5	25	1
Nuts or Seeds	Blue Diamond Growers - BDG	Blue Diamond Almonds Lightly Salted	28	Grams	170	16	1	40	1
Nuts or Seeds	Blue Diamond Growers - BDG	Blue Diamond Almonds Lightly Salted	28	Grams	170	16	1	40	1
Nuts or Seeds	Blue Diamond Growers - BDG	Blue Diamond Almonds Lightly Salted	28	Grams	170	16	1	40	1
Nuts or Seeds	Blue Diamond Growers - BDG	Blue Diamond Almonds Whole Natural	28	Grams	160	14	1	0	1
Nuts or Seeds	Blue Diamond Growers - BDG	Blue Diamond Almonds Whole Natural	28	Grams	160	14	1	0	1
Nuts or Seeds	Blue Diamond Growers - BDG	Blue Diamond Oven Roasted Almonds Sea Salt	28	Grams	170	15	1	135	1
Nuts or Seeds	Blue Diamond Growers - BDG	Blue Diamond Almonds Whole Natural	28	Grams	160	14	1	0	1
Nuts or Seeds	Blue Diamond Growers - BDG	Blue Diamond Almonds Whole Natural	28	Grams	160	14	1	0	1
Nuts or Seeds	Blue Diamond Growers - BDG	Blue Diamond Almonds Lightly Salted	28	Grams	170	16	1	40	1
Nuts or Seeds	Blue Diamond Growers - BDG	Blue Diamond Oven Roasted Almonds Sea Salt	28	Grams	170	15	1	135	1
Nuts or Seeds	Blue Diamond Growers - BDG	Blue Diamond Almonds Whole Natural	28	Grams	160	14	1	0	1
Nuts or Seeds	Blue Diamond Growers - BDG	Blue Diamond Almonds Lightly Salted	28	Grams	170	16	1	40	1
Nuts or Seeds	Blue Diamond Growers - BDG	Blue Diamond Almonds Lightly Salted	43	Grams	260	24	2	60	2
Nuts or Seeds	Blue Diamond Growers - BDG	Blue Diamond Almonds Roasted Salted	28	Grams	170	16	1	85	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 Growers - BDG	Blue Diamond Almonds Whole Natural	43	Grams	250	22	1.5	0	2
Nuts or Seeds	Blue Diamond Growers - BDG	Blue Diamond Almonds Lightly Salted	28	Grams	170	16	1	85	1
Nuts or Seeds	Blue Diamond Growers - BDG	Blue Diamond Almonds Lightly Salted	28	Grams	170	16	1	40	1
Nuts or Seeds	Blue Diamond Growers - BDG	Blue Diamond Almonds Whole Natural	43	Grams	250	22	1.5	0	2
Nuts or Seeds	Blue Diamond Growers - BDG	Blue Diamond Almonds Lightly Salted	43	Grams	260	24	2	60	2
Nuts or Seeds	Blue Diamond Growers - BDG	Blue Diamond Almonds Whole Natural	28	Grams	160	14	1	0	1
Nuts or Seeds	Blue Diamond Growers - BDG	Blue Diamond Almonds Lightly Salted	17	Grams	100	9	0.5	25	1
Nuts or Seeds	Blue Diamond Growers - BDG	Blue Diamond Almonds Lightly Salted	17	Grams	100	9	0.5	25	1
Nuts or Seeds	Blue Diamond Growers - BDG	Blue Diamond Almonds Whole Natural	28	Grams	160	14	1	0	1
Nuts or Seeds	Blue Diamond Growers - BDG	Blue Diamond Almonds Roasted Salted	28	Grams	170	16	1	85	1
Nuts or Seeds	Blue Diamond Growers - BDG	Blue Diamond Oven Roasted Almonds Sea Salt	28	Grams	170	15	1	135	1
Nuts or Seeds	Blue Diamond Growers - BDG	Blue Diamond Almonds Roasted Salted	43	Grams	260	24	2	130	2
Nuts or Seeds	Florida Peanut Federation - FP	Roasted Peanuts	28	Grams	160	14	0	100	1
Nuts or Seeds	Chase Pecans - SSP	Chase Pecan Halves	28.4	Grams	196	20	0	0	0
Nuts or Seeds	Chase Pecans - SSP	Chase Pecan Halves	28.4	Grams	200	20	6	0	1
Nuts or Seeds	Chase Pecans - SSP	Chase Pecan Organic Pecan Halves	28.4	Grams	196	20	2	0	0
Nuts or Seeds	Chase Pecans - SSP	Chase Pecan Halves	28.4	Grams	196	20	2	0	0
Nuts or Seeds	National Pecan Shellers Association - NPSA	Pecan (unsalted and unroasted)	28	Grams	200	20	2	0	1
Nuts or Seeds	Nichols Pistachio - NF	Gold Emblem Abound Organic Pistachios	28	Grams	170	14	0	0	2
Nuts or Seeds	Nichols Pistachio - NF	Gold Emblem Abound Unsalted Pistachio & Almond Blend	28	Grams	170	14	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	Nichols Pistachio - NF	Gold Emblem Abound Raw Natural Almonds	28	Grams	170	14	3.5	0	1
Nuts or Seeds	Nichols Pistachio - NF	Gold Emblem Organic Pistachio Kernels Light Sea Salt	28	Grams	170	14	0	80	2
Nuts or Seeds	Nichols Pistachio - NF	Gold Emblem Pistachio Kernels Light Sea Salt	1	Ounces	170	14	4	80	2
Nuts or Seeds	Nichols Pistachio - NF	Gold Emblem Pistachio Kernels Light Sea Salt	28	Grams	170	14	4	80	2
Nuts or Seeds	Nichols Pistachio - NF	Gold Emblem Lightly Salted Roasted Almonds	28	Grams	170	14	0	40	1
Nuts or Seeds	Nichols Pistachio - NF	Gold Emblem Lightly Salted Pistachios	1	Ounces	170	14	0	80	2
Nuts or Seeds	Nichols Pistachio - NF	Gold Emblem Lightly Salted Pistachios	1	Ounces	170	14	0	80	2
Nuts or Seeds	Nichols Pistachio - NF	Gold Emblem Lightly Salted Pistachios	28	Grams	170	14	0	80	2
Nuts or Seeds	Nichols Pistachio - NF	Gold Emblem Abound Unsalted Pistachios	28	Grams	170	14	0	0	2
Nuts or Seeds	Nichols Pistachio - NF	Gold Emblem Abound Raw Natural Almonds	1	Ounces	170	14	3.5	0	1
Nuts or Seeds	Nichols Pistachio - NF	Gold Emblem Abound Unsalted Pistachio Kernels	28	Grams	170	14	0	0	2
Nuts or Seeds	Poindexter Nut Company - PNC	California Grown Chopped Walnuts	28	Grams	190	18	13	0	1
Nuts or Seeds	Poindexter Nut Company - PNC	California Grown Chopped Walnuts	28	Grams	190	18	13	0	1
Nuts or Seeds	Poindexter Nut Company - PNC	Walnuts Organic Halves & Pieces California Grown	28	Grams	190	18	13	0	1
Nuts or Seeds	Poindexter Nut Company - PNC	California Grown Shelled Walnuts	28	Grams	190	18	13	1	1
Nuts or Seeds	Poindexter Nut Company - PNC	California Grown Shelled Walnuts	28	Grams	190	18	13	0	1
Nuts or Seeds	Poindexter Nut Company - PNC	Walnuts Organic Halves & Pieces California Grown	28	Grams	190	18	13	1	1

\*per serving



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Nuts or Seeds	Poindexter Nut Company - PNC	Walnuts Organic Halves & Pieces California Grown	28	Grams	190	18	1.5	0	1
Nuts or Seeds	Georgia Pecan Growers Assoc. - GP	Georgia Premium Pecan Pieces	28	Grams	200	20	2	0	0
Nuts or Seeds	Georgia Pecan Growers Assoc. - GP	Georgia Premium Pecan Halves	28	Grams	200	20	2	0	0
Nuts or Seeds	American Pecan Council - APC	American Pecan	28	Grams	200	20	2	0	1
Nuts or Seeds	Mariani Nut Company - MNC	Mariani Sliced Natural Almonds	30	Grams	170	15	3.5	0	1
Nuts or Seeds	Mariani Nut Company - MNC	Mariani Sliced Natural Almonds	30	Grams	170	15	3.5	0	1
Nuts or Seeds	Mariani Nut Company - MNC	Mariani Sliced Natural Almonds	30	Grams	170	15	3.5	0	1
Nuts or Seeds	Mariani Nut Company - MNC	Mariani Sliced Natural Almonds	30	Grams	170	15	3.5	0	1
Nuts or Seeds	Mariani Nut Company - MNC	Mariani Whole Blanched Almonds	30	Grams	180	16	4	0	1
Nuts or Seeds	Mariani Nut Company - MNC	Mariani Whole Natural Almonds	30	Grams	170	15	3.5	0	1
Nuts or Seeds	Mariani Nut Company - MNC	Mariani Whole Natural Almonds	30	Grams	170	15	3.5	0	1
Nuts or Seeds	Mariani Nut Company - MNC	Mariani Whole Natural Almonds	30	Grams	170	15	3.5	0	1
Nuts or Seeds	Mariani Nut Company - MNC	Mariani Whole Natural Almonds	30	Grams	170	15	3.5	0	1
Nuts or Seeds	Mariani Nut Company - MNC	Mariani Chopped Walnuts	30	Grams	200	20	14	0	1
Nuts or Seeds	Mariani Nut Company - MNC	Mariani Chopped Walnuts	30	Grams	200	20	14	0	1
Nuts or Seeds	Mariani Nut Company - MNC	Mariani Chopped Walnuts	30	Grams	200	20	14	0	1
Nuts or Seeds	Mariani Nut Company - MNC	Mariani Chopped Walnuts	30	Grams	200	20	14	0	1
Nuts or Seeds	Mariani Nut Company - MNC	Mariani Premium Blanched Slivered Almonds	30	Grams	180	16	4	0	1
Nuts or Seeds	Mariani Nut Company - MNC	Mariani Premium Blanched Slivered Almonds	30	Grams	180	16	4	0	1
Nuts or Seeds	Mariani Nut Company - MNC	Mariani Premium Blanched Slivered Almonds	30	Grams	170	16	4	0	1
Nuts or Seeds	Mariani Nut Company - MNC	Mariani Premium Blanched Slivered Almonds	30	Grams	180	16	4	0	1
Nuts or Seeds	Mariani Nut Company - MNC	Mariani Shelled Walnuts	30	Grams	200	20	14	0	1
Nuts or Seeds	Mariani Nut Company - MNC	Mariani Shelled Walnuts	30	Grams	200	20	0	0	1
Nuts or Seeds	Mariani Nut Company - MNC	Mariani Shelled Walnuts	30	Grams	200	20	14	0	1
Nuts or Seeds	Mariani Nut Company - MNC	Mariani Shelled Walnuts	30	Grams	200	20	14	0	1

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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 Nut Company - MNC	Mariani Shelled Walnuts	30 Grams	200	20	14	0	1
Nuts or Seeds	Mariani Nut Company - MNC	Mariani Shelled Walnuts	30 Grams	200	20	14	0	1
Nuts or Seeds	Mariani Nut Company - MNC	Mariani Sliced Natural Almonds	30 Grams	170	15	3.5	0	1
Nuts or Seeds	Mariani Nut Company - MNC	Ahold Slivered Almonds	30 Grams	180	16	1	0	1
Nuts or Seeds	Mariani Nut Company - MNC	Ahold Sliced Almonds	30 Grams	170	15	1	0	1
Nuts or Seeds	Mariani Nut Company - MNC	Ahold Whole Almonds	30 Grams	170	15	1	0	1
Nuts or Seeds	Mariani Nut Company - MNC	Ahold Shelled Walnuts	30 Grams	200	20	2	0	1
Nuts or Seeds	Mariani Nut Company - MNC	Ahold Premium Walnuts	30 Grams	200	20	2	0	1
Nuts or Seeds	Mariani Nut Company - MNC	Ahold Chopped Walnuts	30 Grams	200	20	2	0	1
Nuts or Seeds	Mariani Nut Company - MNC	Mariani Chopped Walnuts	30 Grams	200	20	2	0	1
Nuts or Seeds	Mariani Nut Company - MNC	Mariani Shelled Walnuts	30 Grams	200	20	2	0	1
Nuts or Seeds	Whitley's Peanut Factory - WP	Whitley's Salted Virginia Peanuts	30 Grams	140	10	2	80	1
Nuts or Seeds	Whitley's Peanut Factory - WP	Whitley's Salted Virginia Peanuts	30 Grams	140	10	2	80	1
Nuts or Seeds	Whitley's Peanut Factory - WP	Whitley's Salted Virginia Peanuts	30 Grams	140	10	2	80	1
Nuts or Seeds	Whitley's Peanut Factory - WP	Whitley's Salted Virginia Peanuts	30 Grams	140	10	2	80	1
Nuts or Seeds	Whitley's Peanut Factory - WP	Whitley's Salted Virginia Peanuts	30 Grams	140	10	2	80	1
Nuts or Seeds	Whitley's Peanut Factory - WP	Whitley's Salted Virginia Peanuts	30 Grams	140	10	2	80	1
Nuts or Seeds	Whitley's Peanut Factory - WP	Whitley's Salted Virginia Peanuts	30 Grams	140	10	2	80	1
Nuts or Seeds	Diamond Foods LLC - DF	Diamond Foods Shelled Pecans	30 Grams	210	22	2	0	1
Nuts or Seeds	Diamond Foods LLC - DF	Diamond Foods Finely Diced Pecans	30 Grams	210	22	2	0	1
Nuts or Seeds	Diamond Foods LLC - DF	Diamond Foods Pecan Halves	30 Grams	210	22	2	0	1
Nuts or Seeds	Diamond Foods LLC - DF	Diamond Foods Slivered Almonds	30 Grams	180	16	1	0	1
Nuts or Seeds	Diamond Foods LLC - DF	Diamond Foods Chopped Walnuts	30 Grams	200	20	2	0	1
Nuts or Seeds	Diamond Foods LLC - DF	Diamond Foods Shelled Walnuts (Rosemary Extract)	30 Grams	200	20	2	0	1
Nuts or Seeds	Diamond Foods LLC - DF	Diamond Foods Pecan Halves	30 Grams	4	22	2	0	0
Nuts or Seeds	Diamond Foods LLC - DF	Diamond Foods Finely Diced Walnuts (Rosemary Extract)	30 Grams	200	20	2	0	1
Nuts or Seeds	Diamond Foods LLC - DF	Diamond Foods California Shelled Walnuts (Rosemary Extract)	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 LLC - DF	Diamond Foods Chopped Pecans	30 Grams	210	22	2	0	1
Nuts or Seeds	Diamond Foods LLC - DF	Diamond Foods Chopped Walnuts (Rosemary Extract)	30 Grams	200	20	2	0	1
Nuts or Seeds	Diamond Foods LLC - DF	Diamond Foods Slivered Almonds	30 Grams	180	16	1	5	1
Nuts or Seeds	Diamond Foods LLC - DF	Diamond Foods Whole Almonds	30 Grams	170	15	1	0	1
Nuts or Seeds	Diamond Foods LLC - DF	Diamond Foods Finely Diced Pecans	30 Grams	210	22	2	0	1
Nuts or Seeds	Diamond Foods LLC - DF	Diamond Foods Chopped Walnuts (Rosemary Extract)	30 Grams	200	19	2	0	0
Nuts or Seeds	Diamond Foods LLC - DF	Diamond Foods Sliced Almonds	30 Grams	170	15	1	0	1
Nuts or Seeds	Diamond Foods LLC - DF	Diamond Foods Chopped Pecans	30 Grams	210	22	2	0	1
Nuts or Seeds	Diamond Foods LLC - DF	Diamond Foods Whole Almonds	30 Grams	170	15	1	0	1
Nuts or Seeds	Diamond Foods LLC - DF	Diamond Foods Chopped Walnuts (Rosemary Extract)	30 Grams	200	20	2	0	1
Nuts or Seeds	Diamond Foods LLC - DF	Diamond Foods Sliced Almonds	30 Grams	170	15	1	0	1
Nuts or Seeds	Diamond Foods LLC - DF	Diamond Foods Chopped Pecans	30 Grams	210	22	2	0	1
Nuts or Seeds	Diamond Foods LLC - DF	Diamond Foods Whole Almonds	30 Grams	170	15	1	0	1
Nuts or Seeds	Diamond Foods LLC - DF	Diamond Foods Chopped Pecans	30 Grams	210	22	2	0	1
Nuts or Seeds	Diamond Foods LLC - DF	Diamond Foods Finely Diced Walnuts (Rosemary Extract)	30 Grams	200	20	2	0	1
Nuts or Seeds	Diamond Foods LLC - DF	Diamond Foods Shelled Walnuts (Rosemary Extract)	30 Grams	200	20	2	0	1
Nuts or Seeds	Diamond Foods LLC - DF	Diamond Foods California Organic Shelled Walnuts	30 Grams	200	20	2	0	1
Nuts or Seeds	Diamond Foods LLC - DF	Diamond Foods Shelled Walnuts (Rosemary Extract)	30 Grams	200	20	2	0	1
Nuts or Seeds	Diamond Foods LLC - DF	Diamond Foods Chopped Pecans	30 Grams	210	22	2	0	1
Nuts or Seeds	Diamond Foods LLC - DF	Diamond Foods Finely Diced Walnuts (Rosemary Extract)	30 Grams	200	20	2	0	1
Nuts or Seeds	Diamond Foods LLC - DF	Diamond Foods Slivered Almonds	30 Grams	180	16	1	5	1
Nuts or Seeds	Diamond Foods LLC - DF	Diamond Foods Pecan Halves	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 LLC - DF	Diamond Foods Finely Diced Walnuts (Rosemary Extract)	30	Grams	200	20	2	0	1
Nuts or Seeds	Diamond Foods LLC - DF	Diamond Foods Shelled Walnuts	30	Ounces	0	20	2	0	1
Nuts or Seeds	Diamond Foods LLC - DF	Diamond Foods Pecan Halves	30	Grams	210	22	2	0	1
Nuts or Seeds	Diamond Foods LLC - DF	Diamond Foods Finely Diced Walnuts (Rosemary Extract)	30	Grams	200	20	2	0	1
Nuts or Seeds	Diamond Foods LLC - DF	Diamond Foods Chopped Pecans	30	Grams	210	22	2	0	1
Nuts or Seeds	Diamond Foods LLC - DF	Diamond Foods Whole Almonds	30	Grams	170	15	1	0	1
Nuts or Seeds	Diamond Foods LLC - DF	Diamond Foods Chopped Walnuts (Rosemary Extract)	30	Grams	200	20	2	0	1
Nuts or Seeds	Diamond Foods LLC - DF	Diamond Foods California Shelled Walnuts (Rosemary Extract)	30	Grams	200	20	2	0	1
Nuts or Seeds	Diamond Foods LLC - DF	Diamond Foods Sliced Almonds	30	Grams	170	15	1	0	1
Nuts or Seeds	Diamond Foods LLC - DF	Diamond Foods Shelled Walnuts (Rosemary Extract)	30	Grams	200	20	2	0	1
Nuts or Seeds	Diamond Foods LLC - DF	Diamond Foods Shelled Pecans	30	Grams	210	22	2	0	1
Nuts or Seeds	Diamond Foods LLC - DF	Diamond Foods Shelled Walnuts (Rosemary Extract)	30	Grams	200	20	2	0	1
Nuts or Seeds	Diamond Foods LLC - DF	Diamond Foods Shelled Walnuts (Rosemary Extract)	30	Grams	200	20	2	0	1
Nuts or Seeds	Diamond Foods LLC - DF	Diamond Foods Pecan Halves	30	Grams	210	22	2	0	1
Nuts or Seeds	Diamond Foods LLC - DF	Diamond Foods Finely Diced Pecans	30	Grams	210	22	2	0	1
Nuts or Seeds	Diamond Foods LLC - DF	Diamond Foods Chopped Walnuts (Rosemary Extract)	30	Grams	200	20	2	0	1
Nuts or Seeds	Diamond Foods LLC - DF	Diamond Foods Chopped Walnuts (Rosemary Extract)	30	Grams	200	20	2	0	1
Nuts or Seeds	York Pecan Co - YP	Pecan Halves	28	Grams	190	20	1.5	0	1
Nuts or Seeds	York Pecan Co - YP	Pecan Pieces	28	Grams	190	20	1.5	0	1
Nuts or Seeds	American Pistachio Growers - APG	Salted Pistachios	28	Grams	160	13	4	120	2
Nuts or Seeds	American Pistachio Growers - APG	Unsalted Pistachios	28	Grams	160	13	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	John B. Sanfilippo and Son, Inc. - JBS	Fisher Walnut Halves & Pieces	28 Grams	180	18	1.5	0	1
Nuts or Seeds	Almond Board of California - ABC	Almonds, Blanched	28 Grams	160	15	1	5	1
Nuts or Seeds	Almond Board of California - ABC	Almonds, Dry Roasted, no salt added	28 Grams	170	15	1	1	1
Nuts or Seeds	Almond Board of California - ABC	Almonds, Dry Roasted, no salt added (Snack Pack)	28 Grams	170	15	1	0	1
Nuts or Seeds	Almond Board of California - ABC	Almonds, Sliced	28 Grams	160	14	1	5	1
Nuts or Seeds	Almond Board of California - ABC	Almonds, Dry Roasted, salt added	28 Grams	170	15	1	65	1
Nuts or Seeds	Almond Board of California - ABC	Almonds, Whole Natural	28 Grams	160	14	3.5	5	1
Nuts or Seeds	Almond Board of California - ABC	Almonds, Slivered	28 Grams	160	14	3.5	5	1
Nuts or Seeds	Setton Pistachio of Terra Bella Inc. - SP	Setton Farms Dry Roasted Chili Limon Pistachios In Shell	30 Grams	0	14	1.5	135	2
Nuts or Seeds	Setton Pistachio of Terra Bella Inc. - SP	Setton Farms Garlic Onion Inshell Pistachios	30 Grams	170	14	4	135	2
Nuts or Seeds	Setton Pistachio of Terra Bella Inc. - SP	Setton Farms Jalapeno Inshell Pistachios	30 Grams	170	14	4	135	2
Nuts or Seeds	Setton Pistachio of Terra Bella Inc. - SP	Setton Farms Premium California Dry Roasted Lightly Salted Pistachios	30 Grams	170	14	4	65	2
Nuts or Seeds	Setton Pistachio of Terra Bella Inc. - SP	Setton Farms Premium California Dry Roasted with Sea Salt Pistachios	30 Grams	170	14	4	135	2
Nuts or Seeds	Setton Pistachio of Terra Bella Inc. - SP	Setton Farms Premium California Dry Roasted with Sea Salt Pistachios	30 Grams	170	14	4	135	2
Nuts or Seeds	Setton Pistachio of Terra Bella Inc. - SP	Southern Grove Roasted & Salted Pistachios (In-Shell)	43 Grams	120	9	3	80	2
Nuts or Seeds	Setton Pistachio of Terra Bella Inc. - SP	Setton Farms Premium California Dry Roasted with Sea Salt Pistachios	30 Grams	170	14	4	135	2
Nuts or Seeds	Setton Pistachio of Terra Bella Inc. - SP	Setton Farms Premium California Dry Roasted with Sea Salt Pistachios	30 Grams	170	14	4	135	2
Nuts or Seeds	Setton Pistachio of Terra Bella Inc. - SP	Setton Farms Premium California Dry Roasted with Sea Salt Pistachios	14 Grams	80	6	2	65	1

\*per serving



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Nuts or Seeds	Setton Pistachio of Terra Bella Inc. - SP	Setton Farms Premium California Pistachios Roasted No Salt	30	Grams	170	14	4	0	2
Nuts or Seeds	Setton Pistachio of Terra Bella Inc. - SP	Setton Farms Premium California Pistachios Roasted No Salt	30	Grams	170	14	4	0	2
Nuts or Seeds	Setton Pistachio of Terra Bella Inc. - SP	Setton Farms Jalapeno Pistachio Kernels	30	Grams	170	14	1.5	135	2
Nuts or Seeds	Setton Pistachio of Terra Bella Inc. - SP	Setton Farms Garlic Onion Pistachio Kernels	30	Grams	170	14	1.5	135	2
Nuts or Seeds	Setton Pistachio of Terra Bella Inc. - SP	Setton Farms Raw Shelled Pistachios No Salt	30	Grams	170	14	1.5	0	2
Nuts or Seeds	Setton Pistachio of Terra Bella Inc. - SP	Setton Farms Raw Shelled Pistachios No Salt	30	Grams	170	14	1.5	0	2
Nuts or Seeds	Setton Pistachio of Terra Bella Inc. - SP	Setton Farms Premium California Dry Roasted with Sea Salt Pistachios	30	Grams	170	14	1.5	135	2
Nuts or Seeds	Setton Pistachio of Terra Bella Inc. - SP	Setton Farms Premium California Dry Roasted with Sea Salt Pistachios	30	Grams	170	14	4	135	2
Nuts or Seeds	Setton Pistachio of Terra Bella Inc. - SP	Setton Farms Premium California Dry Roasted with Sea Salt Pistachios	30	Grams	170	14	4	135	2
Nuts or Seeds	Setton Pistachio of Terra Bella Inc. - SP	Setton Farms Premium California Dry Roasted with Sea Salt Pistachios	35	Grams	100	8	2	80	1
Nuts or Seeds	Setton Pistachio of Terra Bella Inc. - SP	Southern Grove Roasted & Salted Pistachios (In-Shell)	30	Grams	170	14	4	135	2
Nuts or Seeds	Setton Pistachio of Terra Bella Inc. - SP	Setton Farms Premium California Shelled Pistachios Dry Roasted with Sea Salt	30	Grams	170	14	4	135	2
Nuts or Seeds	Setton Pistachio of Terra Bella Inc. - SP	Setton Farms Premium California Shelled Pistachios Dry Roasted with Sea Salt	30	Grams	170	14	4	135	2
Nuts or Seeds	Setton Pistachio of Terra Bella Inc. - SP	Setton Farms Premium California Pistachios Roasted No Salt	30	Grams	170	14	4	0	2

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Nuts or Seeds	Setton Pistachio of Terra Bella Inc. - SP	Setton Farms Premium California Pistachios Roasted No Salt	30	Grams	170	14	4	0	2
Nuts or Seeds	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	Hampton Farms Colossal Unsalted Roasted Peanuts	30	Grams	170	15	0	0	1
Nuts or Seeds	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	Hampton Farms Jumbo Unsalted Roasted Peanuts	30	Grams	170	15	0	0	1
Nuts or Seeds	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	Hampton Farms Jumbo Unsalted Roasted Peanuts	30	Grams	170	15	0	0	1
Nuts or Seeds	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	Hampton Farms Jumbo Unsalted Roasted Peanuts	30	Grams	170	15	0	0	1
Nuts or Seeds	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	Hampton Farms Jumbo Unsalted Roasted Peanuts	30	Grams	170	15	0	0	1
Nuts or Seeds	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	Hampton Farms Jumbo Unsalted Roasted Peanuts	30	Grams	170	15	0	0	1
Nuts or Seeds	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	Hampton Farms Unsalted Roasted Peanuts	30	Grams	170	15	0	0	1
Nuts or Seeds	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	Hampton Farms Unsalted Roasted Peanuts	30	Grams	170	15	0	0	1
Nuts or Seeds	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	Hampton Farms Unsalted Roasted Peanuts	30	Grams	170	15	0	0	1
Nuts or Seeds	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	Hampton Farms Unsalted Roasted Peanuts	30	Grams	170	15	0	0	1
Nuts or Seeds	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	Hampton Farms Unsalted Roasted Peanuts	30	Grams	170	15	0	0	1
Nuts or Seeds	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	Hampton Farms Unsalted Roasted Peanuts	30	Grams	170	15	0	0	1
Nuts or Seeds	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	Hampton Farms Unsalted Roasted Peanuts	30	Grams	170	15	0	0	1
Nuts or Seeds	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	Hampton Farms Unsalted Roasted Peanuts	30	Grams	170	15	0	0	1
Nuts or Seeds	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	Hampton Farms Unsalted Roasted Peanuts	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	Grower Direct Nut Co. Inc - GDN	California Shelled Walnuts	28 Grams	190	18	13	0	1
Nuts or Seeds	Grower Direct Nut Co. Inc - GDN	California Shelled Walnuts	28 Grams	190	18	13	1	1
Nuts or Seeds	Grower Direct Nut Co. Inc - GDN	California Shelled Walnuts	28 Grams	190	18	13	1	1
Nuts or Seeds	Grower Direct Nut Co. Inc - GDN	California Shelled Walnuts	28 Grams	190	18	13	0	1
Nuts or Seeds	Grower Direct Nut Co. Inc - GDN	California Shelled Walnuts	28 Grams	190	18	13	1	1
Nuts or Seeds	California Walnut Board - CWB	California Shelled Walnuts	28 Grams	190	18	13	1	1
Nuts or Seeds	Prima Noce Packing, Inc. - PNP	Primavera California Walnut Halves	43 Grams	285	27	3.8	0	2
Nuts or Seeds	Prima Noce Packing, Inc. - PNP	Primavera Walnuts	28 Grams	190	18	13	0	1
Nuts or Seeds	Costco Wholesale Corporation - CW	Kirkland Signature Dry Roasted Hazelnuts	30 Grams	220	20	0	0	1
Nuts or Seeds	Costco Wholesale Corporation - CW	Kirkland Signature Heart Healthy Mixed Nuts	30 Grams	200	17	0	0	1
Nuts or Seeds	Hormel Foods Corporation - Planters	Planters Salted Peanuts	28 Grams	170	14	2	95	1
Nuts or Seeds	Hormel Foods Corporation - Planters	Planters Unsalted Dry Roasted Peanuts	28 Grams	170	14	2	5	1
Nuts or Seeds	Hormel Foods Corporation - Planters	Planters Lightly Salted Cocktail Peanuts	28 Grams	170	14	2	50	1
Nuts or Seeds	Hormel Foods Corporation - Planters	Planters Salted Peanuts	28 Grams	170	14	2	100	1
Nuts or Seeds	Hormel Foods Corporation - Planters	Planters Lightly Salted Dry Roasted Peanuts	28 Grams	170	14	2	75	1
Nuts or Seeds	Hormel Foods Corporation - Planters	Planters Cocktail Peanuts	28 Grams	170	14	2	100	1
Nuts or Seeds	Hormel Foods Corporation - Planters	Planters Lightly Salted Dry Roasted Peanuts	28 Grams	170	14	2	75	1
Nuts or Seeds	Hormel Foods Corporation - Planters	Planters Salted Peanuts	28 Grams	170	14	2	95	1
Nuts or Seeds	Hormel Foods Corporation - Planters	Planters Salted Peanuts	28 Grams	170	14	2	95	1
Nuts or Seeds	Hormel Foods Corporation - Planters	Planters Lightly Salted Cocktail Peanuts	28 Grams	170	14	2	50	1
Nuts or Seeds	Hormel Foods Corporation - Planters	Planters Salted Peanuts	28 Grams	170	14	2	100	1
Nuts or Seeds	Hormel Foods Corporation - Planters	Planters Salted Peanuts	28 Grams	170	14	2	95	1
Nuts or Seeds	Hormel Foods Corporation - Planters	Planters Cocktail Peanuts	28 Grams	170	14	2	100	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	Hormel Foods Corporation - Planters	Planters Salted Peanuts	28 Grams	170	14	2	100	1
Nuts or Seeds	Hormel Foods Corporation - Planters	Planters Cocktail Peanuts	28 Grams	170	14	2	95	1
Nuts or Seeds	Hormel Foods Corporation - Planters	Planters Salted Peanuts	28 Grams	170	14	2	100	1
Nuts or Seeds	Hormel Foods Corporation - Planters	Planters Lightly Salted Dry Roasted Peanuts	28 Grams	170	14	2	75	1
Nuts or Seeds	AGG Paradox, LLC DBA Paradox Farms	Paradox Farms Pecan Halves	30 Grams	213	21	2	0	1
Nuts or Seeds	Empire Nut Company, LLC	Empire Walnut Halves and Pieces	28 Grams	190	18	1.5	0	1
Nuts or Seeds	Four Oaks Farm LLC DBA Primal Pecans	Primal Pecans	28 Grams	200	20	2	0	1
Nuts or Seeds	Pearl Crop, Inc	Octonuts Dry Roasted Unsalted Almonds	28 Grams	170	15	1	0	1
Nuts or Seeds	Pearl Crop, Inc	Octonuts Dry Roasted Unsalted Almonds	28 Grams	170	15	1	0	1
Nuts or Seeds	Pearl Crop, Inc	Octonuts Natural Raw Whole Almonds	28 Grams	160	14	1	0	1
Nuts or Seeds	Pearl Crop, Inc	Octonuts Natural Raw Whole Almonds	28 Grams	160	14	1	0	1
Nuts or Seeds	Pearl Crop, Inc	Octonuts Dry Roasted Almonds with Sea Salt	28 Grams	170	15	1	140	1
Nuts or Seeds	Pearl Crop, Inc	Octonuts Dry Roasted Almonds with Sea Salt	28 Grams	170	15	1	140	1
Nuts or Seeds	Hudson Pecan Company Inc - HP	Hudson Shelled Pecan Halves	30 Grams	213	21	0	0	1
Nuts or Seeds	Hudson Pecan Company Inc - HP	Hudson Shelled Pecan Pieces	30 Grams	213	21	0	0	1
Nuts or Seeds	Rancho Pecana LLC.	Rancho Pecana Natural Pecan Halves	30 Grams	190	20	2	0	1
Nuts or Seeds	Rancho Pecana LLC.	Rancho Pecana Natural Pecan Halves	30 Grams	190	20	2	0	1
Nuts or Seeds	Rancho Pecana LLC.	Rancho Pecana Natural Pecan Halves	30 Grams	190	20	2	0	1
Nuts or Seeds	Rancho Pecana LLC.	Rancho Pecana Natural Pecan Pieces	30 Grams	190	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	Rancho Pecana LLC.	Rancho Pecana Natural Pecan Pieces	30	Grams	190	20	2	0	1
Nuts or Seeds	Rancho Pecana LLC.	Rancho Pecana Natural Pecan Pieces	30	Grams	190	20	2	0	1
Nuts or Seeds	A Sample Heart Check Company	Frozen Pretzels	4	Ounces	0	0	0	0	0
Nuts or Seeds	Hazelnut Growers of Oregon - HG	Oregon Orchard Hazelnuts, Dry Roasted Whole	30	Grams	190	19	0	0	1
Nuts or Seeds	Hazelnut Growers of Oregon - HG	Oregon Orchard Hazelnuts, Natural Sliced	30	Grams	190	19	0	0	1
Nuts or Seeds	Hazelnut Growers of Oregon - HG	Oregon Orchard Hazelnuts, Roasted and Diced	30	Grams	190	19	0	0	1
Nuts or Seeds	Hazelnut Growers of Oregon - HG	Oregon Orchard Hazelnuts, Natural Whole	30	Grams	190	18	0	0	1
Nuts or Seeds	John B. Sanfilippo and Son, Inc. - JBS	Fisher Chopped Hazelnuts	28	Grams	180	17	1	0	1
Nuts or Seeds	John B. Sanfilippo and Son, Inc. - JBS	Fisher Chopped Macadamias	28	Grams	200	21	3.5	0	1
Nuts or Seeds	John B. Sanfilippo and Son, Inc. - JBS	Fisher Pecans Chopped	28	Grams	190	20	0	0	1
Nuts or Seeds	John B. Sanfilippo and Son, Inc. - JBS	Fisher Pecans Chopped	28	Grams	190	20	0	0	1
Nuts or Seeds	John B. Sanfilippo and Son, Inc. - JBS	Fisher Chopped Walnuts	28	Cups	180	18	0	0	1
Nuts or Seeds	John B. Sanfilippo and Son, Inc. - JBS	Fisher Chopped Walnuts	28	Grams	180	18	0	0	1
Nuts or Seeds	John B. Sanfilippo and Son, Inc. - JBS	Fisher Natural Sliced Almonds	28	Grams	160	14	0	0	1
Nuts or Seeds	John B. Sanfilippo and Son, Inc. - JBS	Fisher Natural Sliced Almonds	28	Grams	160	14	0	0	1
Nuts or Seeds	John B. Sanfilippo and Son, Inc. - JBS	Fisher Pecan Chips	28	Grams	190	20	0	0	1
Nuts or Seeds	John B. Sanfilippo and Son, Inc. - JBS	Fisher Pecan Chips	28	Grams	190	20	0	0	1
Nuts or Seeds	John B. Sanfilippo and Son, Inc. - JBS	Fisher Pecan Halves	28	Grams	190	20	0	0	1
Nuts or Seeds	John B. Sanfilippo and Son, Inc. - JBS	Fisher Pecan Halves	28	Grams	190	20	0	0	1
Nuts or Seeds	John B. Sanfilippo and Son, Inc. - JBS	Fisher Whole Natural Almonds	28	Grams	160	14	0	0	1
Nuts or Seeds	John B. Sanfilippo and Son, Inc. - JBS	Fisher Whole Natural Almonds	28	Grams	160	14	0	0	1
Nuts or Seeds	John B. Sanfilippo and Son, Inc. - JBS	Fisher Pecan Chips	56	Grams	390	40	0	0	2
Nuts or Seeds	John B. Sanfilippo and Son, Inc. - JBS	Fisher Natural Sliced Almonds	56	Grams	320	28	0	0	2
Nuts or Seeds	John B. Sanfilippo and Son, Inc. - JBS	Fisher Pecan Halves	56	Grams	390	40	0	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	John B. Sanfilippo and Son, Inc. - JBS	Fisher Pecans Chopped	28 Grams	190	20	0	0	1
Nuts or Seeds	John B. Sanfilippo and Son, Inc. - JBS	Fisher Walnut Halves & Pieces	56 Grams	370	37	0	0	1
Nuts or Seeds	John B. Sanfilippo and Son, Inc. - JBS	Fisher Pecans Chopped	28 Grams	190	20	0	0	1
Nuts or Seeds	John B. Sanfilippo and Son, Inc. - JBS	Fisher Pecans Chopped	28 Grams	190	20	0	0	1
Nuts or Seeds	John B. Sanfilippo and Son, Inc. - JBS	Fisher Pecans Chopped	28 Grams	190	20	0	0	1
Nuts or Seeds	John B. Sanfilippo and Son, Inc. - JBS	Fisher Walnut Halves & Pieces	28 Grams	180	18	1.5	0	1
Nuts or Seeds	John B. Sanfilippo and Son, Inc. - JBS	Fisher Pecan Halves	28 Grams	190	20	1.5	0	1
Nuts or Seeds	John B. Sanfilippo and Son, Inc. - JBS	Fisher Chef's Naturals Toasted Sliced Almonds	28 Grams	170	15	0	0	1
Nuts or Seeds	John B. Sanfilippo and Son, Inc. - JBS	Fisher Chef's Naturals Toasted Finely Chopped Pecans	28 Grams	200	21	0	0	1
Nuts or Seeds	John B. Sanfilippo and Son, Inc. - JBS	Fisher Chopped Walnuts	28 Grams	180	18	0	0	1
Nuts or Seeds	John B. Sanfilippo and Son, Inc. - JBS	Fisher Chopped Walnuts	56 Grams	370	37	0	0	1
Nuts or Seeds	John B. Sanfilippo and Son, Inc. - JBS	Fisher Chopped Walnuts	28 Grams	180	18	0	0	1
Nuts or Seeds	John B. Sanfilippo and Son, Inc. - JBS	Fisher Pecan Halves	28 Grams	190	20	0	0	1
Nuts or Seeds	John B. Sanfilippo and Son, Inc. - JBS	Fisher Pecan Halves	28 Grams	190	20	0	0	1
Nuts or Seeds	John B. Sanfilippo and Son, Inc. - JBS	Fisher Pecan Halves	28 Grams	190	20	0	0	1
Nuts or Seeds	John B. Sanfilippo and Son, Inc. - JBS	Fisher Slivered Almonds	56 Grams	330	29	0	10	3
Nuts or Seeds	John B. Sanfilippo and Son, Inc. - JBS	Fisher Slivered Almonds	28 Grams	170	15	0	5	1
Nuts or Seeds	John B. Sanfilippo and Son, Inc. - JBS	Fisher Walnut Chips	56 Grams	370	37	0	0	1
Nuts or Seeds	John B. Sanfilippo and Son, Inc. - JBS	Fisher Walnut Halves & Pieces	28 Grams	180	18	0	0	1
Nuts or Seeds	John B. Sanfilippo and Son, Inc. - JBS	Fisher Walnut Halves & Pieces	28 Grams	180	18	0	0	1
Nuts or Seeds	John B. Sanfilippo and Son, Inc. - JBS	Fisher Walnut Halves & Pieces	28 Grams	180	18	0	0	1
Nuts or Seeds	John B. Sanfilippo and Son, Inc. - JBS	Fisher Walnut Halves & Pieces	28 Grams	180	18	0	0	1
Nuts or Seeds	John B. Sanfilippo and Son, Inc. - JBS	Fisher Walnut Halves & Pieces	28 Grams	180	18	0	0	1
Oils	Perdue AgriBusiness	Perdue AgriBusiness High Oleic Soybean Oil	14 Grams	120	14	1.5	0	0
Oils	Tassos Group LLC, The - TG	Extra Virgin Olive Oil	14 Grams	120	14	1	0	0
Oils	Tassos Group LLC, The - TG	Extra Virgin Olive Oil	14 Grams	120	14	1	0	0
Oils	Tassos Group LLC, The - TG	Extra Virgin Olive Oil	14 Grams	120	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	Tassos Group LLC, The - TG	Organic PDO Extra Virgin Olive Oil	14 Grams	119	14	1	0	0
Oils	Tassos Group LLC, The - TG	Organic PDO Extra Virgin Olive Oil	1 Tbsp	120	14	1	0	0
Oils	Tassos Group LLC, The - TG	Organic PDO Extra Virgin Olive Oil	1 Tbsp	119	14	1	0	0
Oils	North American Olive Oil Association - NAOOA	Extra Virgin Olive Oil	1 Tbsp	120	14	1	0	0
Oils	Aceites Garcia de la Cruz SL	Garcia de la Cruz Organic Extra Virgin Olive Oil	1 Tbsp	120	14	0	0	0
Oils	Aceites Garcia de la Cruz SL	Garcia de la Cruz Organic Extra Virgin Olive Oil	1 Tbsp	120	14	0	0	0
Oils	Aceites Garcia de la Cruz SL	Garcia de la Cruz Organic Extra Virgin Olive Oil	1 Tbsp	120	14	0	0	0
Oils	Aceites Garcia de la Cruz SL	Garcia de la Cruz Organic Extra Virgin Olive Oil	1 Tbsp	120	14	0	0	0
Oils	Aceites Garcia de la Cruz SL	Garcia de la Cruz Organic Extra Virgin Olive Oil	1 Tbsp	120	14	0	0	0
Oils	Aceites Garcia de la Cruz SL	Garcia de la Cruz Organic Extra Virgin Olive Oil	1 Tbsp	120	14	0	0	0
Oils	Badia	Badia Extra Virgin Olive Oil	1 Tbsp	120	14	0	0	0
Oils	Badia	Badia Organic Olive Oil Extra Virgin	1 Tbsp	120	14	0	0	0
Oils	Badia	Badia Extra Virgin Olive Oil	1 Tbsp	120	14	2	0	0
Oils	Badia	Badia Extra Virgin Olive Oil	1 Tbsp	120	14	2	0	0
Oils	Badia	Badia Extra Virgin Olive Oil	1 Tbsp	120	14	2	0	0
Oils	Badia	Badia Extra Virgin Olive Oil	1 Tbsp	120	14	2	0	0
Oils	Badia	Badia Extra Virgin Olive Oil	1 Tbsp	120	14	2	0	0
Oils	Borges USA	Star Light Tasting Olive Oil	1 Tbsp	120	14	2	0	0
Oils	Borges USA	Star Extra Virgin Olive Oil	1 Tbsp	120	14	2	0	0
Oils	Borges USA	Star Extra Virgin Olive Oil	1 Tbsp	120	14	2	0	0
Oils	Borges USA	Star Original Olive Oil	1 Tbsp	120	14	2	0	0
Oils	Borges USA	Star Extra Virgin Olive Oil	1 Tbsp	120	14	2	0	0
Oils	Borges USA	Star Organic Extra Virgin Olive Oil	1 Tbsp	120	14	2	0	0

\*per serving





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

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Food Category	Product	Company	Serving Size	Calories*	Total Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
Oils	Pompeian, Inc.	Pompeian Rich Taste Olive Oil	1 Tbsp	120	14	1.5	0	0
Oils	Pompeian, Inc.	Pompeian Robust Extra Virgin Olive Oil	1 Tbsp	120	14	1.5	0	0
Oils	Pompeian, Inc.	Pompeian Robust Extra Virgin Olive Oil	1 Tbsp	120	14	1.5	0	0
Oils	Pompeian, Inc.	Pompeian Robust Extra Virgin Olive Oil	1 Tbsp	120	14	1.5	0	0
Oils	Pompeian, Inc.	Pompeian Robust Extra Virgin Olive Oil	1 Tbsp	120	14	1.5	0	0
Oils	Pompeian, Inc.	Pompeian Light Taste Olive Oil	1 Tbsp	120	14	1.5	0	0
Oils	Pompeian, Inc.	Pompeian Mild Taste Olive Oil	1 Tbsp	120	14	1.5	0	0
Oils	Pompeian, Inc.	Pompeian Gourmet Selection Extra Virgin Olive Oil	1 Tbsp	120	14	1.5	0	0
Oils	Pompeian, Inc.	Pompeian Light Taste Olive Oil	1 Tbsp	120	14	1.5	0	0
Oils	Pompeian, Inc.	Pompeian Light Taste Olive Oil	1 Tbsp	120	14	1.5	0	0
Oils	Pompeian, Inc.	Pompeian Light Taste Olive Oil	1 Tbsp	120	14	1.5	0	0
Oils	Pompeian, Inc.	Pompeian Light Taste Olive Oil	1 Tbsp	120	14	1.5	0	0
Oils	Pompeian, Inc.	Pompeian Mild Taste Olive Oil	1 Tbsp	120	14	1.5	0	0
Oils	Pompeian, Inc.	Pompeian Mild Taste Olive Oil	1 Tbsp	120	14	1.5	0	0
Oils	Pompeian, Inc.	Pompeian Mild Taste Olive Oil	1 Tbsp	120	14	1.5	0	0
Oils	Pompeian, Inc.	Pompeian Mild Taste Olive Oil	1 Tbsp	120	14	1.5	0	0
Oils	Pompeian, Inc.	Pompeian Organic Robust Extra Virgin Olive Oil	1 Tbsp	120	14	1.5	0	0
Oils	Pompeian, Inc.	Pompeian Smooth Extra Virgin Olive Oil	1 Tbsp	120	14	1.5	0	0
Oils	Pompeian, Inc.	Pompeian Smooth Extra Virgin Olive Oil	1 Tbsp	120	14	1.5	0	0
Oils	Pompeian, Inc.	Pompeian Smooth Extra Virgin Olive Oil	1 Tbsp	120	14	1.5	0	0

\*per serving



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Oils	Pompeian, Inc.	Pompeian Smooth Extra Virgin Olive Oil	1 Tbsp	120	14	1.5	0	0
Oils	Pompeian, Inc.	Pompeian Spanish Bold Extra Virgin Olive Oil	1 Tbsp	120	14	1.5	0	0
Oils	Pompeian, Inc.	Pompeian Spanish Bold Extra Virgin Olive Oil	1 Tbsp	120	14	1.5	0	0
Oils	Pompeian, Inc.	Pompeian Gourmet Selection Extra Virgin Olive Oil	1 Tbsp	120	14	2	0	0
Oils	Pompeian, Inc.	Pompeian Rich Taste Olive Oil	1 Tbsp	120	14	1.5	0	0
Oils	Pompeian, Inc.	Pompeian Smooth Extra Virgin Olive Oil	1 Tbsp	120	14	1.5	0	0
Oils	Pompeian, Inc.	Pompeian Robust Extra Virgin Olive Oil	1 Tbsp	120	14	1.5	0	0
Oils	Pompeian, Inc.	Pompeian Organic Robust Extra Virgin Olive Oil	1 Tbsp	120	14	1.5	0	0
Oils	Pompeian, Inc.	Pompeian Spanish Bold Extra Virgin Olive Oil	1 Tbsp	120	14	1.5	0	0
Oils	Pompeian, Inc.	Pompeian Organic Smooth Extra Virgin Olive Oil	1 Tbsp	120	14	1.5	0	0
Oils	Vigo Importing Company	Alessi Organic Extra Virgin Olive Oil	1 Tbsp	0	14	2	0	0
Oils	Vigo Importing Company	Alessi Extra Virgin Olive Oil	1 Tbsp	120	14	2	0	0
Oils	Ragasa International LLC	Nutrioli Pure Soybean Oil	1 Tbsp	0	14	2	0	0
Oils	Monini	Monini Amabile Extra Virgin Olive Oil	1 Tbsp	120	14	2	0	0
Oils	Monini	Monini Originale Extra Virgin Olive Oil	1 Tbsp	120	14	2	0	0
Oils	Monini	Monini Extra Virgin Olive Oil	1 Tbsp	120	14	2	0	0
Oils	Monini	Monini GranFruttato Extra Virgin Olive Oil	1 Tbsp	120	14	2	0	0
Pasta	Seapoint Farms, LLC - SF	Seapoint Farms Organic Edamame Fettuccine	56 Grams	200	3	2	0	3

\*per serving



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Pasta	Seapoint Farms, LLC - SF	Seapoint Farms Organic Edamame Spaghetti	2 Ounces	200	3	1.8	0	3
Pasta	Seapoint Farms, LLC - SF	Seapoint Farms Organic Edamame Spaghetti	56 Grams	200	3	0	0	3
Pasta	Caulipower LLC - CL	Cauliflower Elbows	94 Grams	210	0.5	0	40	1
Pasta	Caulipower LLC - CL	Cauliflower Linguine	94 Grams	230	2.5	1.3	30	1
Pasta	Caulipower LLC - CL	Cauliflower Pappardelle	94 Grams	230	2.5	1.3	30	1
Pasta	Caulipower LLC - CL	Cauliflower Penne	94 Grams	210	0.5	0	40	1
Popcorn	Black Jewell LLC	Black Jewell No Salt No Oil Microwave Popcorn	27 Grams	100	1.5	0	0	0
Potatoes	United States Sweet Potato Council, Inc., The - US Sweet Potato	Fresh Sweet Potatoes (US grown, orange flesh varieties)	133 Grams	105	0	0	40	13
Potatoes	Caulipower LLC - CL	Caulipower Sweet Potatoasts	85 Grams	80	0	0	30	6
Potatoes	Idaho Potato Commission - IPC	Idaho Potato - Fingerlings	148 Grams	110	0	0	0	1
Potatoes	Idaho Potato Commission - IPC	Idaho Potato - Russets	148 Grams	110	0	0	0	1
Potatoes	Idaho Potato Commission - IPC	Idaho Potato - Reds	148 Grams	110	0	0	0	1
Potatoes	Idaho Potato Commission - IPC	Idaho Potato - Yellows	148 Grams	110	0	0	0	1
Potatoes	Doreva Produce Company Inc. - DPC	Healthy Heart Organic Yams, Medium (Reds/Beauregards)	200 Grams	180	0	0	72	13
Potatoes	Doreva Produce Company Inc. - DPC	Healthy Heart Yams (Reds/Beauregards)	200 Grams	180	0	0	72	13
Potatoes	Quail H Farms, LLC - QHF	Organic Select Quality Yams/Sweet Potatoes	200 Grams	180	0	0	72	13
Potatoes	Quail H Farms, LLC - QHF	Quality Yams/Sweet Potatoes (Micro Baking)	200 Grams	180	0	0	72	13
Potatoes	Quail H Farms, LLC - QHF	Quality Yams/Sweet Potatoes (Micro Baking)	200 Grams	180	0	0	72	13
Potatoes	Quail H Farms, LLC - QHF	Quality Yams/Sweet Potatoes (Micro Baking)	200 Grams	180	0	0	72	13

\*per serving



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Food Category	Product	Company	Serving Size		Calories*	Total Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
Potatoes	Quail H Farms, LLC - QHF	Quality Yams/Sweet Potatoes (Micro Baking)	200	Grams	180	0	0	72	13
Potatoes	Quail H Farms, LLC - QHF	Organic Select Quality Yams/Sweet Potatoes	200	Grams	180	0	0	72	13
Potatoes	Quail H Farms, LLC - QHF	Organic Select Quality Yams/Sweet Potatoes	200	Grams	180	0	0	72	13
Potatoes	Bench Mark Potato Company	Pride of the Valley Russet Potatoes	114	Grams	110	0	0	0	0
Potatoes	Bench Mark Potato Company	Spuddy Buddy Idaho Russet Potatoes	148	Grams	110	0	0	0	1
Potatoes	Circle Valley	Spuddy Buddy Idaho Russet Potatoes	148	Grams	110	0	0	0	0
Potatoes	Circle Valley	Spuddy Buddy Idaho Russet Potatoes	148	Grams	110	0	0	0	1
Potatoes	Circle Valley	Spuddy Buddy Idaho Russet Potatoes	148	Grams	110	0	0	0	1
Potatoes	Driscoll Potatoes	Spuddy Buddy Idaho Russet Potatoes	148	Grams	110	0	0	0	1
Potatoes	Gold Emblem Produce	Spuddy Buddy Idaho Russet Potatoes	148	Grams	110	0	0	0	1
Potatoes	Idasel	Spuddy Buddy Idaho Russet Potatoes	148	Grams	110	0	0	0	1
Potatoes	IPP - Nonpareil	Blue Seal Idaho Russet Potatoes	148	Grams	110	0	0	0	0
Potatoes	IPP - Nonpareil	Blue Seal Idaho Russet Potatoes	148	Grams	110	0	0	0	1
Potatoes	Sun Glo of Idaho	Ace Russet Idaho Potatoes	148	Grams	110	0	0	0	1
Potatoes	Sun Glo of Idaho	Premium Treasure Idaho Russet Potatoes	148	Grams	110	0	0	0	1
Potatoes	Sun Glo of Idaho	Side Delights Idaho Russets	148	Grams	110	0	0	0	1
Potatoes	Sun Glo of Idaho	Side Delights Idaho Russets	148	Grams	110	0	0	0	1
Potatoes	Sun Glo of Idaho	Ace Russet Idaho Potatoes	148	Grams	110	0	0	0	1
Potatoes	Sun Glo of Idaho	Side Delights Idaho Russets	148	Grams	110	0	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)
Potatoes	Sun Glo of Idaho	Sun Supreme Original Premium Russet Potato	148	Grams	110	0	0	0	1
Potatoes	Sun Glo of Idaho	Spuddy Buddy Idaho Russet Potatoes	148	Grams	110	0	0	0	1
Potatoes	Sun Glo of Idaho	Side Delights Idaho Russets	148	Grams	110	0	0	0	1
Potatoes	Sun Valley	Spuddy Buddy Idaho Russet Potatoes	148	Grams	110	0	0	0	1
Potatoes	Sun Valley	Blue Seal Idaho Russet Potatoes	148	Grams	110	0	0	0	1
Potatoes	Sun Valley	Sun Valley Russet Potatoes	148	Grams	110	0	0	0	1
Potatoes	Sun Valley	Primos Russet Potatoes	148	Grams	110	0	0	0	1
Potatoes	Sun Valley	Blue Seal Idaho Russet Potatoes	148	Grams	110	0	0	0	1
Potatoes	Wada	Spuddy Buddy Idaho Russet Potatoes	148	Grams	110	0	0	0	1
Potatoes	Wada	Spuddy Buddy Idaho Russet Potatoes	148	Grams	110	0	0	0	1
Potatoes	Wada	Spuddy Buddy Idaho Russet Potatoes	148	Grams	110	0	0	0	1
Potatoes	Wada	Spuddy Buddy Idaho Russet Potatoes	148	Grams	110	0	0	0	1
Potatoes	Wilcox Fresh	Mother Earth Fresh Premium Idaho/Russet Potatoes	148	Grams	110	0	0	0	1
Potatoes	Wilcox Fresh	Mother Earth Fresh Premium Idaho/Russet Potatoes	148	Grams	110	0	0	0	1
Potatoes	Wilcox Fresh	Mother Earth Fresh Premium Red Potatoes	148	Grams	110	0	0	0	1
Potatoes	Wilcox Fresh	Mother Earth Fresh Premium Idaho/Russet Potatoes	148	Grams	110	0	0	0	1
Potatoes	Wilcox Fresh	Premium Treasure Idaho Russet Potatoes	148	Grams	110	0	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)
Potatoes	Wilcox Fresh	Mother Earth Fresh Premium Red Potatoes	148	Grams	110	0	0	0	1
Potatoes	Wilcox Fresh	Spuddy Buddy Idaho Russet Potatoes	148	Grams	110	0	0	0	1
Potatoes	Wilcox Fresh	Mother Earth Fresh Premium Idaho/Russet Potatoes	148	Grams	110	0	0	0	1
Potatoes	Wilcox Fresh	Mother Earth Fresh Premium Idaho/Russet Potatoes	148	Grams	110	0	0	0	1
Potatoes	Wilcox Fresh	Mother Earth Fresh Premium Idaho/Russet Potatoes	148	Grams	110	0	0	0	1
Potatoes	Wilcox Fresh	Mother Earth Fresh Premium Red Potatoes	148	Grams	110	0	0	0	1
Potatoes	Wilcox Fresh	Mother Earth Fresh Premium Idaho/Russet Potatoes	148	Grams	110	0	0	0	1
Potatoes	Wilcox Fresh	Spuddy Buddy Idaho Russet Potatoes	148	Grams	110	0	0	0	1
Potatoes	Wilcox Fresh	Mother Earth Fresh Premium Idaho/Russet Potatoes	148	Grams	110	0	0	0	1
Potatoes	Wilcox Fresh	Mother Earth Fresh Premium Red Potatoes	148	Grams	110	0	0	0	1
Potatoes	Mart	Spuddy Buddy Idaho Russet Potatoes	148	Grams	110	0	0	0	1
Potatoes	Rigby	Blue Seal Idaho Russet Potatoes	148	Grams	110	0	0	0	1
Potatoes	Rigby	Spuddy Buddy Idaho Russet Potatoes	148	Grams	110	0	0	0	1
Potatoes	RPE, Inc.	Simply Perfect Idaho Potatoes (Russet)	148	Grams	110	0	0	0	1
Potatoes	RPE, Inc.	Old Oak Farms Idaho Russet Potatoes - Best Value	148	Grams	110	0	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)
Potatoes	RPE, Inc.	Old Oak Farms Idaho Russet Potatoes - Biggins	148	Grams	110	0	0	0	1
Potatoes	RPE, Inc.	Old Oak Farms Idaho Russet Potatoes - Biggins - RPE	148	Grams	110	0	0	0	1
Potatoes	RPE, Inc.	Old Oak Farms Idaho Russet Potatoes - Chef Select	148	Grams	110	0	0	0	1
Potatoes	RPE, Inc.	Old Oak Farms Idaho Russet Potatoes - Best Value	148	Grams	110	0	0	0	1
Potatoes	RPE, Inc.	Simply Perfect Idaho Potatoes (Russet)	148	Grams	110	0	0	0	1
Potatoes	RPE, Inc.	Old Oak Farms Idaho Russet Potatoes - Biggins	148	Grams	110	0	0	0	1
Potatoes	RPE, Inc.	Old Oak Farms Idaho Russet Potatoes - Best Value	148	Grams	110	0	0	0	1
Potatoes	RPE, Inc.	Old Oak Farms Idaho Russet Potatoes - Best Value	148	Grams	110	0	0	0	1
Potatoes	Southwind Farms	Southwind Farms Gourmet Select Fingerling Potatoes	148	Grams	110	0	0	0	1
Potatoes	Southwind Farms	Southwind Farms Fingerlings Potato Medley	148	Grams	110	0	0	0	1
Potatoes	Southwind Farms	Southwind Farms Fingerlings Yellow Potatoes	148	Grams	110	0	0	0	1
Potatoes	Southwind Farms	Southwind Farms Fingerling All Purpose Potatoes	148	Grams	110	0	0	0	1
Potatoes	Southwind Farms	Southwind Farms Fingerling All Purpose Potatoes	148	Grams	110	0	0	0	1
Potatoes	Jackson Farming Company	George Foods Petite Sweet Potatoes	130	Grams	110	0	0	70	5
Potatoes	Country Sweet Produce, Inc.	Sweet Potato Bag	130	Grams	110	0	0	70	5
Potatoes	Country Sweet Produce, Inc.	Organic Sweet Potato Bag	130	Grams	110	0	0	70	5

\*per serving





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Food Category	Product	Company	Serving Size		Calories*	Total Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
Potatoes	Country Sweet Produce, Inc.	Organic Petite White Sweet Potatoes	130	Grams	110	0	0	70	5
Potatoes	Country Sweet Produce, Inc.	Organic Petite Purple Sweet Potatoes	130	Grams	110	0	0	70	5
Potatoes	Country Sweet Produce, Inc.	Sweet Potato Bag	130	Grams	110	0	0	70	5
Potatoes	Country Sweet Produce, Inc.	Organic Sweet Potato Bag	130	Grams	110	0	0	70	5
Potatoes	Country Sweet Produce, Inc.	Single Sweet Potato	130	Grams	110	0	0	70	5
Potatoes	Country Sweet Produce, Inc.	Sweet Potato Tray	130	Grams	110	0	0	70	5
Potatoes	Country Sweet Produce, Inc.	Organic Single Sweet Potato	130	Grams	110	0	0	70	5
Potatoes	Country Sweet Produce, Inc.	Organic Sweet Potato Tray	130	Grams	110	0	0	70	5
Potatoes	Country Sweet Produce, Inc.	Organic Sweet Potato Steam Bag	130	Grams	110	0	0	70	5
Potatoes	Country Sweet Produce, Inc.	Baby Sweet Potato Bag	130	Grams	110	0	0	70	5
Potatoes	Country Sweet Produce, Inc.	Organic Baby Sweet Potato Bag	130	Grams	110	0	0	70	5
Potatoes	Country Sweet Produce, Inc.	Petite Sweet Potatoes Steam Bag	130	Grams	110	0	0	70	5
Potatoes	Country Sweet Produce, Inc.	Petite Orange Sweet Potato Steam Bag	130	Grams	110	0	0	70	5
Potatoes	Lamb Weston, Inc. - Alexia	Alexia Sweet Potato Fries	84	Grams	140	5	0	140	6
Potatoes	Lamb Weston, Inc. - Alexia	Alexia Sweet Potato Fries	84	Grams	140	5	0	140	6
Potatoes	Lamb Weston, Inc. - Alexia	Alexia Sweet Potato Fries	84	Grams	140	5	0	140	6
Potatoes	Lamb Weston, Inc. - Alexia	Alexia Sweet Potato Fries	84	Grams	140	5	0.5	140	6
Potatoes	Lamb Weston, Inc. - Alexia	Alexia Sweet Potato Fries	84	Grams	140	5	0	140	6
Potatoes	Lamb Weston, Inc. - Alexia	Alexia Sweet Potato Fries	84	Grams	140	5	0	140	6
Potatoes	McCall Farms, Inc. - BF	Bruce's Yams - Cut Sweet Potatoes in Syrup	166	Grams	120	0	0	70	9
Potatoes	McCall Farms, Inc. - BF	Bruce's Yams - Cut Sweet Potatoes in Syrup	166	Grams	120	0	0	70	9
Potatoes	McCall Farms, Inc. - BF	Bruce's Yams - Cut Sweet Potatoes in Syrup	166	Grams	120	0	0	75	9
Soup	Hain Celestial Group, Inc., The - Health Valley	Health Valley Organic No Salt Added Minestrone Soup	240	Grams	100	2	0	45	5

\*per serving



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Food Category	Product	Company	Serving Size		Calories*	Total Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
Soup	Hain Celestial Group, Inc., The - Health Valley	Health Valley Organic No Salt Added Tomato Soup	240	Grams	110	2	1	25	15
Soup	Hain Celestial Group, Inc., The - Health Valley	Health Valley Organic No Salt Added Vegetable Soup	240	Grams	90	2	0	45	4
Soup	Hain Celestial Group, Inc., The - Health Valley	Health Valley Organic No Salt Added Lentil Soup	240	Grams	150	1.5	0	20	5
Soup	Hain Celestial Group, Inc., The - Health Valley	Health Valley Organic Low Sodium Chicken and Rice Soup	240	Grams	100	1	0	55	1
Soup	Hain Celestial Group, Inc., The - Health Valley	Health Valley Organic Low Sodium Chicken Noodle Soup	240	Grams	80	1	0	65	1
Soup	McCormick & Company, Inc. - Kitchen Basics	Kitchen Basics Bone Broth Chicken	233	Grams	50	0	0	380	1
Soup	McCormick & Company, Inc. - Kitchen Basics	Kitchen Basics Bone Broth Chicken	226	Grams	50	0	0	380	1
Soup	McCormick & Company, Inc. - Kitchen Basics	Kitchen Basics Original Beef Bone Broth	233	Grams	50	1	0	350	0
Soup	McCormick & Company, Inc. - Kitchen Basics	Kitchen Basics Turmeric Ginger Chicken Bone Broth with Lemongrass	233	Grams	60	1.5	0	370	0
Vegetable Juice	Wm. Bolthouse Farms, Inc. -WB	Bolthouse Farms Organics 100% Carrot Juice	8	Ounces	70	0	0	150	13
Vegetable Juice	Wm. Bolthouse Farms, Inc. -WB	Bolthouse Farms 100% Carrot Juice	8	Ounces	70	0	0	150	13
Vegetable Juice	Wm. Bolthouse Farms, Inc. -WB	Bolthouse Farms 100% Carrot Juice	15	Ounces	130	0.5	0	290	26
Vegetable Juice	Wm. Bolthouse Farms, Inc. -WB	Bolthouse Farms 100% Carrot Juice	8	Ounces	70	0	0	150	13
Vegetable Juice	Wm. Bolthouse Farms, Inc. -WB	Bolthouse Farms 100% Carrot Juice	11	Ounces	90	0	0	210	18
Vegetables: Fresh, Frozen, or Canned	Tomato Thyme Corp. - TT	Red N Tasty Premium Vine-Ripened Tomatoes	100	Grams	20	0	0	10	3
Vegetables: Fresh, Frozen, or Canned	Tomato Thyme Corp. - TT	Red N Tasty Premium Vine-Ripened Tomatoes – Punnet 2 Count	100	Grams	20	0	0	10	3
Vegetables: Fresh, Frozen, or Canned	Tomato Thyme Corp. - TT	Red N Tasty Premium Vine-Ripened Tomatoes - Punnet 3-5 Count	100	Grams	20	0	0	10	3
Vegetables: Fresh, Frozen, or Canned	Flavorful Brands - FB	Simple Truth Organic Scarlet Ray Slicing Tomatoes	85	Grams	15	0	0	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)
Vegetables: Fresh, Frozen, or Canned	Flavorful Brands - FB	Tasti-Lee Organic Premium Vine-Ripened Tomatoes	149	Grams	27	0	0	7	4
Vegetables: Fresh, Frozen, or Canned	Flavorful Brands - FB	Tasti-Lee Premium Vine-Ripened Tomatoes	149	Grams	27	0	0	7	4
Vegetables: Fresh, Frozen, or Canned	Flavorful Brands - FB	Tasti-Lee Premium Vine-Ripened Tomatoes	149	Grams	27	0	0	7	4
Vegetables: Fresh, Frozen, or Canned	Flavorful Brands - FB	Tasti-Lee Organic Premium Vine-Ripened Tomatoes	149	Grams	27	0	0	7	4
Vegetables: Fresh, Frozen, or Canned	North Bay Produce, Inc - NB	North Bay Produce Brussels Sprouts	88	Grams	38	0	0	22	2
Vegetables: Fresh, Frozen, or Canned	Tassos Group LLC, The - TG	Tassos Fire Roasted Florinas Peppers	75	Grams	20	0	0	160	2
Vegetables: Fresh, Frozen, or Canned	Tassos Group LLC, The - TG	Tassos Fire Roasted Florinas Peppers	75	Grams	20	0	0	160	2
Vegetables: Fresh, Frozen, or Canned	Red N Tasty Premium Vine-Ripened Tomatoes – Punnet 2 Count	Tomato Thyme Corp. - TT	100	Grams	20	0	0	10	3
Vegetables: Fresh, Frozen, or Canned	Red N Tasty Premium Vine-Ripened Tomatoes - Punnet 3-5 Count	Tomato Thyme Corp. - TT	100	Grams	20	0	0	10	3
Vegetables: Fresh, Frozen, or Canned	Simple Truth Organic Scarlet Ray Slicing Tomatoes	Flavorful Brands - FB	85	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	0	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

\*per serving