



Heart-Check Food Certification Program

Updated: 12/01/2022

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	S&W Pinto Beans, Low Sodium	Faribault Foods Inc. - FF	130 Grams	110	0	0	140	1
Beans/legumes	S&W Garbanzos, Low Sodium	Faribault Foods Inc. - FF	130 Grams	120	2	0	140	2
Beans/legumes	S&W Kidney Beans, Low Sodium	Faribault Foods Inc. - FF	130 Grams	110	0	0	140	1
Beans/legumes	S&W Black Beans, Low Sodium	Faribault Foods Inc. - FF	130 Grams	110	0	0	140	0
Beans/legumes	S&W White Beans, Low Sodium	Faribault Foods Inc. - FF	130 Grams	110	0	0	140	1
Beans/legumes	S&W Chili Beans, Low Sodium	Faribault Foods Inc. - FF	130 Grams	130	1.5	0	140	2
Beans/legumes	Bush's Best Organic Low Sodium Black Beans	Bush Brothers & Company	130 Grams	110	0	0	125	0
Beans/legumes	Bush's Best Reduced Sodium Black Beans	Bush Brothers & Company	130 Grams	110	0	0	210	0
Beans/legumes	Bush's Best Low Sodium Chili Pinto Beans	Bush Brothers & Company	130 Grams	130	1	0	130	1
Beans/legumes	Bush's Best Low Sodium Chili Red Beans	Bush Brothers & Company	130 Grams	130	1	0	125	2
Beans/legumes	Bush's Best Reduced Sodium Cannellini Beans	Bush Brothers & Company	130 Grams	110	0	0	120	0
Beans/legumes	Bush's Best Reduced Sodium Dark Red Kidney Beans	Bush Brothers & Company	130 Grams	120	0	0	135	0
Beans/legumes	Bush's Best Reduced Sodium Garbanzos	Bush Brothers & Company	130 Grams	120	2	0	240	3
Beans/legumes	Bush's Best Reduced Sodium Great Northern Beans	Bush Brothers & Company	130 Grams	100	0	0	210	0
Beans/legumes	Bush's Best Reduced Sodium Pinto Beans	Bush Brothers & Company	130 Grams	90	0	0	230	0
Beans/legumes	Bush's Best Organic Low Sodium Pinto Beans	Bush Brothers & Company	130 Grams	90	0	0	115	0
Beans/legumes	Bush's Best Organic Low Sodium Garbanzo Beans	Bush Brothers & Company	130 Grams	120	2	0	120	3
Beans/legumes	Bush's Best Organic Low Sodium Dark Red Kidney Beans	Bush Brothers & Company	130 Grams	120	0	0	110	0
Beverages	WestSoy Organic Original Soymilk	SunOpta Grains and Food, Inc	8 Ounces	130	4.5	0.5	140	11
Beverages	WestSoy Organic Soymilk Plus Plain	SunOpta Grains and Food, Inc	8 Ounces	110	4.5	0.5	130	7
Beverages	WestSoy Organic Soymilk Plus Vanilla	SunOpta Grains and Food, Inc	8 Ounces	120	4.5	0.5	135	10
Beverages	WestSoy Organic Unsweetened Soymilk	SunOpta Grains and Food, Inc	8 Ounces	100	5	1	35	3
Breads/Tortillas	Frescados Wrap Garlic Herb	Catallia Mexican Foods, LLC - CMF	68 Grams	160	4.5	1	190	1
Breads/Tortillas	Frescados Wrap Spinach	Catallia Mexican Foods, LLC - CMF	68 Grams	170	4	1	210	1

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Breads/Tortillas	Frescados Wrap Garden Vegetable	Catallia Mexican Foods, LLC - CMF	68 Grams	170	4.5	1	200	1
Breads/Tortillas	Frescados Wrap Tomato Basil	Catallia Mexican Foods, LLC - CMF	68 Grams	170	4	1	210	1
Breads/Tortillas	Toufayan Wheat Wraps	Toufayan Bakeries, Inc. - Toufayan	52 Grams	160	3.5	0.5	135	1
Breads/Tortillas	Toufayan Whole Wheat Smart Pocket	Toufayan Bakeries, Inc. - Toufayan	35 Grams	100	1	0	50	0
Cereal	Cheerios	General Mills Marketing, Inc. - Gen Mills	39 Grams	140	2.5	1	190	2
Cereal	Cheerios	General Mills Marketing, Inc. - Gen Mills	39 Grams	140	2.5	1	190	2
Cereal	Cheerios	General Mills Marketing, Inc. - Gen Mills	39 Grams	140	2.5	1	190	2
Cereal	Cheerios	General Mills Marketing, Inc. - Gen Mills	39 Grams	140	2.5	0.5	190	2
Cereal	Cheerios	General Mills Marketing, Inc. - Gen Mills	39 Grams	140	2.5	1	190	2
Cereal	Cheerios	General Mills Marketing, Inc. - Gen Mills	39 Grams	140	2.5	0.5	190	2
Cereal	Quaker Oats Quick-1 Minute	Quaker Oats Company, The - Quaker	40 Grams	150	3	1	0	1
Cereal	Quaker Instant Oatmeal Original	Quaker Oats Company, The - Quaker	28 Grams	100	2	0.5	75	0
Cereal	Quaker Instant Oatmeal Original	Quaker Oats Company, The - Quaker	28 Grams	100	2	0.5	75	0
Cereal	Quaker Steel Cut Quick 3-Minute Oats	Quaker Oats Company, The - Quaker	45 Grams	170	3	0.5	0	1
Cereal	Quaker Oats Gluten Free Quick Oats	Quaker Oats Company, The - Quaker	40 Grams	150	3	0.5	0	1
Cereal	Quaker Steel Cut Oats	Quaker Oats Company, The - Quaker	40 Grams	150	3	0.5	0	1
Cereal	Quaker Oats Old-Fashioned	Quaker Oats Company, The - Quaker	40 Grams	150	3	0.5	0	1

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

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

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Fish & Game: Fresh, Frozen, or Cooked	Blumar One Night Stand	BluGlacier, LLC	113	Grams	0	11	1.5	80	0
Fish & Game: Fresh, Frozen, or Cooked	Blumar Entertainer	BluGlacier, LLC	113	Grams	0	14	1.5	80	0
Fish & Game: Fresh, Frozen, or Cooked	Ventisqueros One Night Stand	BluGlacier, LLC	113	Grams	0	15	2.5	45	0
Fish & Game: Fresh, Frozen, or Cooked	Superior Fresh Atlantic Salmon	Superior Fresh LLC	110	Grams	0	9	0	35	0
Fish & Game: Fresh, Frozen, or Cooked	Superior Fresh Atlantic Salmon Fillets	Superior Fresh LLC	110	Grams	0	9	0	35	0
Fish & Game: Fresh, Frozen, or Cooked	Kirkland Cobia Skin-on Fillets	Open Blue Sea Farms Inc - OB	113	Grams	210	13	4	35	0
Fish & Game: Fresh, Frozen, or Cooked	Bluehouse Salmon	Atlantic Sapphire	113	Grams	200	12	0	40	0
Fish & Game: Fresh, Frozen, or Cooked	Open Blue Cobia H&G (Headed & Guttled) Fresh	Open Blue Sea Farms Inc - OB	85	Grams	150	10	3	45	0
Fish & Game: Fresh, Frozen, or Cooked	Open Blue Cobia H&G (Headed & Guttled) Fresh	Open Blue Sea Farms Inc - OB	85	Grams	150	10	3	45	0
Fish & Game: Fresh, Frozen, or Cooked	Open Blue Cobia H&G (Headed & Guttled) Fresh	Open Blue Sea Farms Inc - OB	85	Grams	150	10	3	45	0

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Fish & Game: Fresh, Frozen, or Cooked	Open Blue Cobia H&G (Headed & Guttled) Fresh	Open Blue Sea Farms Inc - OB	85 Grams	150	10	3	45	0
Fish & Game: Fresh, Frozen, or Cooked	BlueRiver Laguna Blanca	BluGlacier, LLC	113 Grams	0	14	2	95	0
Fish & Game: Fresh, Frozen, or Cooked	Simply Surimi Seafood, Stick Style	Trans-Ocean Products, Inc. - TransOcean	88 Grams	70	0	0	450	4
Fish & Game: Fresh, Frozen, or Cooked	Simply Surimi Seafood, Flake Style	Trans-Ocean Products, Inc. - TransOcean	85 Grams	70	0	0	440	4
Fish & Game: Fresh, Frozen, or Cooked	Simply Surimi Seafood, Flake Style	Trans-Ocean Products, Inc. - TransOcean	85 Grams	70	0	0	440	4
Fish & Game: Fresh, Frozen, or Cooked	Open Blue Cobia Medium Collars	Open Blue Sea Farms Inc - OB	113 Grams	170	9	3	60	0
Fish & Game: Fresh, Frozen, or Cooked	Open Blue Cobia Skin on Fillets	Open Blue Sea Farms Inc - OB	113 Grams	210	13	4	35	0
Fish & Game: Fresh, Frozen, or Cooked	Open Blue Cobia Skin on Fillets	Open Blue Sea Farms Inc - OB	113 Grams	0	13	4	35	0
Fish & Game: Fresh, Frozen, or Cooked	Open Blue Cobia H&G (Headed & Guttled) Fresh	Open Blue Sea Farms Inc - OB	85 Grams	150	10	3	45	0
Fish & Game: Fresh, Frozen, or Cooked	Riverence Steelhead Trout Fillet	Riverence Provisions LLC	113 Grams	130	2.5	0.5	25	0

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Fish & Game: Fresh, Frozen, or Cooked	Riverence Rainbow Trout Fillet	Riverence Provisions LLC	113	Grams	130	3	0.5	35	0
Fish & Game: Fresh, Frozen, or Cooked	Full Circle Farm Raised Salmon Fillets	Kvarøy Arctic - KF	170	Grams	360	17	5	60	0
Fish & Game: Fresh, Frozen, or Cooked	Open Blue Cobia Catering Cuts	Open Blue Sea Farms Inc - OB	113	Grams	206	13	3.84	34	0
Fish & Game: Fresh, Frozen, or Cooked	Open Blue Cobia Fillet	Open Blue Sea Farms Inc - OB	113	Grams	0	13	3.84	34	0
Fish & Game: Fresh, Frozen, or Cooked	Open Blue Cobia Skin on Fillets	Open Blue Sea Farms Inc - OB	113	Grams	0	13	4	35	0
Fish & Game: Fresh, Frozen, or Cooked	Ventisqueros Entertainer	BluGlacier, LLC	113	Grams	220	15	2.5	45	0
Fish & Game: Fresh, Frozen, or Cooked	Blumar Oceans 12	BluGlacier, LLC	113	Grams	200	11	1.5	80	0
Fish & Game: Fresh, Frozen, or Cooked	Mama Bear Atlantic Salmon Burger	Trapananda Seafarms LLC - TS	113	Grams	204	12	0	333	0
Fish & Game: Fresh, Frozen, or Cooked	Kvaroy Arctic Sustainably Raised Atlantic Salmon	Kvarøy Arctic - KF	100	Grams	220	10	3	55	0.4
Fish & Game: Fresh, Frozen, or Cooked	Open Blue Cobia Loin Fillet Portions	Open Blue Sea Farms Inc - OB	113	Grams	206	13	4	34	0

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Fish & Game: Fresh, Frozen, or Cooked	Open Blue Cobia Fillet	Open Blue Sea Farms Inc - OB	113	Grams	206	13	3.84	34	0
Fish & Game: Fresh, Frozen, or Cooked	Kvaroy Arctic Sustainably Raised Frozen Atlantic Salmon	Kvarøy Arctic - KF	100	Grams	220	10	3	35	0.4
Fish & Game: Fresh, Frozen, or Cooked	Open Blue Cobia Loin Fillet Portions	Open Blue Sea Farms Inc - OB	113	Grams	206	13	3.84	34	0
Fish & Game: Fresh, Frozen, or Cooked	PrimeWaters Atlantic Salmon	Cargill Meat Solutions- Seafood	140	Grams	290	19	3	70	0
Fish & Game: Fresh, Frozen, or Cooked	PrimeWaters Coho Salmon	Cargill Meat Solutions- Seafood	140	Grams	270	17	3.5	180	0
Fish & Game: Fresh, Frozen, or Cooked	Open Blue Cobia Fish Tips	Open Blue Sea Farms Inc - OB	113	Grams	206	13	4	34	0
Fish & Game: Fresh, Frozen, or Cooked	Kvaroy Arctic Sustainably Raised Frozen Atlantic Salmon	Kvarøy Arctic - KF	100	Grams	220	10	3	35	0.4
Fish & Game: Fresh, Frozen, or Cooked	Open Blue Premium Cobia Strips	Open Blue Sea Farms Inc - OB	113	Grams	206	13	0	34	0
Fish & Game: Fresh, Frozen, or Cooked	Mama Bear Atlantic Salmon Burgers	Trapananda Seafarms LLC - TS	113	Grams	204	12	1.8	333	0
Fish & Game: Fresh, Frozen, or Cooked	Mama Bear Atlantic Salmon Cubes	Trapananda Seafarms LLC - TS	113	Grams	129	16	2.9	69	0

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Fish & Game: Fresh, Frozen, or Cooked	Mama Bear Atlantic Salmon Portions	Trapananda Seafarms LLC - TS	170 Grams	194	24	4.4	104	0
Fish & Game: Fresh, Frozen, or Cooked	TransOcean Crab Classic Chunk Style	Trans-Ocean Products, Inc. - TransOcean	85 Grams	80	0	0	380	3
Fish & Game: Fresh, Frozen, or Cooked	TransOcean Lobster Classic Chunk Style	Trans-Ocean Products, Inc. - TransOcean	85 Grams	80	0	0	390	3
Fish & Game: Fresh, Frozen, or Cooked	TransOcean Seafood Snackers	Trans-Ocean Products, Inc. - TransOcean	85 Grams	80	0	0	390	4
Fish & Game: Fresh, Frozen, or Cooked	TransOcean Crab Classic Flake Style	Trans-Ocean Products, Inc. - TransOcean	85 Grams	80	0	0	390	4
Fish & Game: Fresh, Frozen, or Cooked	TransOcean Crab Classic Flake Style	Trans-Ocean Products, Inc. - TransOcean	85 Grams	80	0	0	390	4
Fish & Game: Fresh, Frozen, or Cooked	TransOcean Crab Classic Flake Style	Trans-Ocean Products, Inc. - TransOcean	85 Grams	80	0	0	390	4
Fish & Game: Fresh, Frozen, or Cooked	TransOcean Crab Classic Flake Style	Trans-Ocean Products, Inc. - TransOcean	85 Grams	80	0	0	390	4
Fish & Game: Fresh, Frozen, or Cooked	Crab Classic Imitation Crab, Easy Shred Flake	Trans-Ocean Products, Inc. - TransOcean	85 Grams	80	0	0	390	4
Fish & Game: Fresh, Frozen, or Cooked	TransOcean Crab Classic Leg Style	Trans-Ocean Products, Inc. - TransOcean	90 Grams	90	0	0	410	4

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Fish & Game: Fresh, Frozen, or Cooked	TransOcean Crab Classic Leg Style	Trans-Ocean Products, Inc. - TransOcean	78 Grams	70	0	0	360	4
Fruit: Dried	Bard Valley Natural Delights Pitted Deglet Noor Dates Organic	Bard Valley Date Growers Association	40 Grams	110	0	0	0	27
Fruit: Dried	Bard Valley Natural Delights Pitted Deglet Noor Dates Organic	Bard Valley Date Growers Association	40 Grams	110	0	0	0	27
Fruit: Dried	Bard Valley Natural Delights Pitted Deglet Noor Dates Organic	Bard Valley Date Growers Association	40 Grams	110	0	0	0	27
Fruit: Dried	Sweetheart Dried Pomegranate Arils	Trinity Fruit Company, Inc. - TF	9 Grams	35	0	0	0	4
Fruit: Dried	Bard Valley Natural Delights Pitted Deglet Noor Dates Organic	Bard Valley Date Growers Association	40 Grams	110	0	0	0	27
Fruit: Dried	Bard Valley Natural Delights Pitted Deglet Noor Dates Organic	Bard Valley Date Growers Association	40 Grams	110	0	0	0	27
Fruit: Dried	California Dates - Medjool Variety	California Date Administrative Committee - Dates	40 Grams	110	0	0	0	25
Fruit: Dried	Bard Valley Natural Delights Pitted Medjool Dates	Bard Valley Date Growers Association	46 Grams	140	0	0	0	30
Fruit: Dried	Bard Valley Natural Delights Organic Medjool Dates	Bard Valley Date Growers Association	46 Grams	140	0	0	0	30
Fruit: Dried	Bard Valley Natural Delights Organic Medjool Dates	Bard Valley Date Growers Association	46 Grams	140	0	0	0	30
Fruit: Dried	Bard Valley Natural Delights Organic Medjool Dates	Bard Valley Date Growers Association	46 Grams	140	0	0	0	30
Fruit: Dried	Bard Valley Natural Delights Medjool Dates	Bard Valley Date Growers Association	46 Grams	140	0	0	0	30
Fruit: Dried	Bard Valley Natural Delights Organic Pitted Medjool Dates	Bard Valley Date Growers Association	46 Grams	140	0	0	0	30
Fruit: Dried	Bard Valley Natural Delights Medjool Dates	Bard Valley Date Growers Association	46 Grams	140	0	0	0	30

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Fruit: Dried	Bard Valley Natural Delights Medjool Dates	Bard Valley Date Growers Association	46	Grams	140	0	0	4	30
Fruit: Dried	Bard Valley Natural Delights Medjool Dates	Bard Valley Date Growers Association	46	Grams	140	0	0	0	30
Fruit: Dried	Bard Valley Natural Delights Medjool Dates	Bard Valley Date Growers Association	46	Grams	140	0	0	0	30
Fruit: Dried	Sweetheart Dried Pomegranate Arils	Trinity Fruit Company, Inc. - TF	28	Grams	110	1	0	0	14
Fruit: Dried	Juicy Gems Dried Pomegranate Arils- Organic	Trinity Fruit Company, Inc. - TF	14	Grams	50	0.5	0	0	5
Fruit: Dried	Sweetheart Dried Pomegranate Arils	Trinity Fruit Company, Inc. - TF	7	Grams	25	0	0	0	3
Fruit: Dried	California Dates - Deglet Noor Variety	California Date Administrative Committee - Dates	40	Grams	110	0	0	0	25
Fruit: Fresh, Frozen, or Canned	Emeralds in the Rough Avocados	Mission Produce, Inc. - MP	50	Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	Hass Avocado	Del Rey Avocado - DR	50	Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	Consalo Family Farms Blueberries	Consalo Family Farms LLC - CF	148	Grams	80	0	0	0	15
Fruit: Fresh, Frozen, or Canned	Consalo Family Farms Blueberries	Consalo Family Farms LLC - CF	148	Grams	80	0	0	0	15
Fruit: Fresh, Frozen, or Canned	Hass Avocado	Hass Avocado Board - HVB	50	Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	Blueberries	Chilean Fresh Fruit Association - CF	148	Grams	80	0	0	0	15
Fruit: Fresh, Frozen, or Canned	Blueberries	U.S. Highbush Blueberry Council - US	148	Grams	80	0	0	0	15
Fruit: Fresh, Frozen, or Canned	Frozen Blueberries	U.S. Highbush Blueberry Council - US	155	Grams	80	1	0	0	13
Fruit: Fresh, Frozen, or Canned	Fresh Farms Green Seedless Grapes	MJ International Marketing LLC dba Fresh Farms	1	Cups	120	1.3	0	0	31

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Fruit: Fresh, Frozen, or Canned	Fresh Farms Red Seedless Grapes	MJ International Marketing LLC dba Fresh Farms	1	Cups	120	1.3	0	0	31
Fruit: Fresh, Frozen, or Canned	Fresh Farms Black Seedless Grapes	MJ International Marketing LLC dba Fresh Farms	1	Cups	120	1.3	0	0	31
Fruit: Fresh, Frozen, or Canned	Oregon Berry Packing Blueberries	Oregon Berry Packing, Inc.	148	Grams	84	0.49	0	1	15
Fruit: Fresh, Frozen, or Canned	AVOMX HASS BAG	Calavo Growers, Inc. - CG	50	Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	AVOMX HASS BAG	Calavo Growers, Inc. - CG	50	Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	AVOMX HASS BAG	Calavo Growers, Inc. - CG	50	Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	AVOMX HASS BAG	Calavo Growers, Inc. - CG	50	Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	AVOMX HASS BAG 99C	Calavo Growers, Inc. - CG	50	Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	AVOMX HASS BAG COSTCO	Calavo Growers, Inc. - CG	50	Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	AVOMX HASS BAGS	Calavo Growers, Inc. - CG	50	Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	AVOMX HASS BAGS	Calavo Growers, Inc. - CG	50	Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	AVOMX HASS WGCF BAGR	Calavo Growers, Inc. - CG	50	Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	AVOMX HASS BAG	Calavo Growers, Inc. - CG	50	Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	AVOCA HASS BAG	Calavo Growers, Inc. - CG	50	Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	AVOCA HASS BAG	Calavo Growers, Inc. - CG	50	Grams	80	8	1	0	0

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Fruit: Fresh, Frozen, or Canned	AVOCA HASS BAG	Calavo Growers, Inc. - CG	50 Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	AVOCA HASS BAG	Calavo Growers, Inc. - CG	50 Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	AVOCA HASS BAG (EACH)	Calavo Growers, Inc. - CG	50 Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	AVOCA HASS BAG COSTCO	Calavo Growers, Inc. - CG	50 Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	AVOCA HASS BAG SF	Calavo Growers, Inc. - CG	50 Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	AVOCA HASS BAG SF	Calavo Growers, Inc. - CG	50 Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	AVOCA HASS BAGD	Calavo Growers, Inc. - CG	50 Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	AVOCA HASS BAGK	Calavo Growers, Inc. - CG	50 Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	AVOCA HASS BAGR	Calavo Growers, Inc. - CG	50 Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	AVOCA HASS WGCF BAGR	Calavo Growers, Inc. - CG	50 Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	AVOCA HASS WGCF BAGR	Calavo Growers, Inc. - CG	50 Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	AVOCA HASS WGCF BAGR	Calavo Growers, Inc. - CG	50 Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	AVOCA HASS WGCF BAGR	Calavo Growers, Inc. - CG	50 Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	AVOCA HASS WGCF BAGR	Calavo Growers, Inc. - CG	50 Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	AVODR HASS BAGS	Calavo Growers, Inc. - CG	50 Grams	80	8	1	0	0

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Fruit: Fresh, Frozen, or Canned	AVOMX HASS BAG	Calavo Growers, Inc. - CG	50 Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	AVOMX HASS BAG	Calavo Growers, Inc. - CG	50 Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	AVOMX HASS BAG	Calavo Growers, Inc. - CG	50 Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	AVOMX HASS BAG	Calavo Growers, Inc. - CG	50 Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	AVOMX HASS WGCF BAGR	Calavo Growers, Inc. - CG	50 Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	AVOMX HASS WGCF BAGR	Calavo Growers, Inc. - CG	50 Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	AVOMX HASS WGCF BAGR	Calavo Growers, Inc. - CG	50 Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	AVOMX HASS WGCF BAGR	Calavo Growers, Inc. - CG	50 Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	AVOMXJ HASS BAG	Calavo Growers, Inc. - CG	50 Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	AVOMXJ HASS BAG	Calavo Growers, Inc. - CG	50 Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	AVOMXJ HASS BAG	Calavo Growers, Inc. - CG	50 Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	AVOMXJ HASS BAGR	Calavo Growers, Inc. - CG	50 Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	AVOMXJ HASS BAGR	Calavo Growers, Inc. - CG	50 Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	AVOPR HASS VIRU BAG	Calavo Growers, Inc. - CG	50 Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	AVOPR HASS VIRU BAGR	Calavo Growers, Inc. - CG	50 Grams	80	8	1	0	0

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Fruit: Fresh, Frozen, or Canned	Hass Avocados	Calavo Growers, Inc. - CG	50	Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	Black Grapes	California Table Grape Commission	126	Grams	90	0	0	15	20
Fruit: Fresh, Frozen, or Canned	Pear, Anjou, Green	Pear Bureau Northwest - USA Pears	166	Grams	100	0	0	0	15
Fruit: Fresh, Frozen, or Canned	Pear, Anjou, Red	Pear Bureau Northwest - USA Pears	166	Grams	100	0	0	0	15
Fruit: Fresh, Frozen, or Canned	Pear, Bartlett, Green	Pear Bureau Northwest - USA Pears	166	Grams	100	0	0	0	15
Fruit: Fresh, Frozen, or Canned	Pear, Starkrimson	Pear Bureau Northwest - USA Pears	166	Grams	100	0	0	0	15
Fruit: Fresh, Frozen, or Canned	Pear, Seckel	Pear Bureau Northwest - USA Pears	166	Grams	100	0	0	0	15
Fruit: Fresh, Frozen, or Canned	Pear, Forelle	Pear Bureau Northwest - USA Pears	166	Grams	100	0	0	0	15
Fruit: Fresh, Frozen, or Canned	Pear, Concorde	Pear Bureau Northwest - USA Pears	166	Grams	100	0	0	0	15
Fruit: Fresh, Frozen, or Canned	Pear, Comice	Pear Bureau Northwest - USA Pears	166	Grams	100	0	0	0	15
Fruit: Fresh, Frozen, or Canned	Pear, Bosc	Pear Bureau Northwest - USA Pears	166	Grams	100	0	0	0	15
Fruit: Fresh, Frozen, or Canned	Index Fresh Organic Avocados	Index Fresh Inc.	50	Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	Avoterra by Index Fresh Organic Avocados	Index Fresh Inc.	50	Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	Pears, Organic	Pear Bureau Northwest - USA Pears	166	Grams	100	0	0	0	0
Fruit: Fresh, Frozen, or Canned	Mexican Hass Avocados	Avocados from Mexico - AM	50	Grams	80	8	1	0	0

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Fruit: Fresh, Frozen, or Canned	Index Fresh California Grown Avocados	Index Fresh Inc.	50	Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	Avoterra by Index Fresh Avocados	Index Fresh Inc.	50	Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	Avocados from Peru	Peruvian Avocado Commission - PAC	50	Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	GreenFruit Avocados	GreenFruit Avocados - GF	30	Grams	50	4.5	0.5	0	0
Fruit: Fresh, Frozen, or Canned	GreenFruit Avocados	GreenFruit Avocados - GF	30	Grams	50	4.5	0.5	0	0
Fruit: Fresh, Frozen, or Canned	GreenFruit Avocados	GreenFruit Avocados - GF	30	Grams	50	4.5	0.5	11	0
Fruit: Fresh, Frozen, or Canned	Mission Organic Minis VP Avocados	Mission Produce, Inc. - MP	50	Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	Juicy Gems Pomegranate Arils	Trinity Fruit Company, Inc. - TF	125	Grams	100	1.5	0	0	17
Fruit: Fresh, Frozen, or Canned	Juicy Gems Frozen Pomegranate Arils	Trinity Fruit Company, Inc. - TF	140	Grams	120	2	0	0	19
Fruit: Fresh, Frozen, or Canned	Juicy Gems Pomegranate Arils	Trinity Fruit Company, Inc. - TF	113	Grams	80	1	0	0	14
Fruit: Fresh, Frozen, or Canned	Juicy Gems Pomegranate Arils	Trinity Fruit Company, Inc. - TF	100	Grams	80	1	0	0	14
Fruit: Fresh, Frozen, or Canned	Juicy Gems Pomegranate Arils	Trinity Fruit Company, Inc. - TF	100	Grams	80	1	0	0	14
Fruit: Fresh, Frozen, or Canned	Juicy Gems Pomegranate Arils	Trinity Fruit Company, Inc. - TF	62	Grams	50	0.5	0	0	8
Fruit: Fresh, Frozen, or Canned	Organic Juicy Gems Pomegranate Arils	Trinity Fruit Company, Inc. - TF	100	Grams	80	1	0	0	14
Fruit: Fresh, Frozen, or Canned	Juicy Gems Frozen Pomegranate Arils	Trinity Fruit Company, Inc. - TF	140	Grams	120	2	0	0	19

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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	Juicy Gems Pomegranate Arils	Trinity Fruit Company, Inc. - TF	100	Grams	80	1	0	0	14
Fruit: Fresh, Frozen, or Canned	Pomegranates- Whole	Trinity Fruit Company, Inc. - TF	100	Grams	83	1.17	0.08	3	14
Fruit: Fresh, Frozen, or Canned	Fresh Mini Seedless Watermelon	National Watermelon Promotion Board - NWPB	280	Grams	80	0	0	0	17
Fruit: Fresh, Frozen, or Canned	Fresh Seedless Watermelon	National Watermelon Promotion Board - NWPB	280	Grams	80	0	0	0	17
Fruit: Fresh, Frozen, or Canned	Fresh Seeded Watermelon	National Watermelon Promotion Board - NWPB	280	Grams	80	0	0	0	17
Fruit: Fresh, Frozen, or Canned	Coosaw Farms Red Seedless Watermelon	Coosaw AG, LLC (Coosaw Farms) - CF	280	Grams	80	0	0	0	17
Fruit: Fresh, Frozen, or Canned	Pear, Bartlett, Red	Pear Bureau Northwest - USA Pears	166	Grams	100	0	0	0	15
Fruit: Fresh, Frozen, or Canned	Oregon Berry Packing Blueberries	Oregon Berry Packing, Inc.	148	Grams	84	0.49	0	1	15
Fruit: Fresh, Frozen, or Canned	Green Grapes	California Table Grape Commission	126	Grams	90	0	0	15	20
Fruit: Fresh, Frozen, or Canned	Red Grapes	California Table Grape Commission	126	Grams	90	0	0	15	20
Fruit: Fresh, Frozen, or Canned	Arctic Fuji Apple Slices	Okanagan Specialty Fruits Inc.	142	Grams	74	0.2	0.1	2	15
Fruit: Fresh, Frozen, or Canned	Arctic Fuji Apple Slices	Okanagan Specialty Fruits Inc.	142	Grams	0	0	0	0	0
Fruit: Fresh, Frozen, or Canned	Arctic Fuji Apple Slices	Okanagan Specialty Fruits Inc.	142	Grams	74	0.2	0.1	2	15
Fruit: Fresh, Frozen, or Canned	Arctic Golden Delicious Apple Slices	Okanagan Specialty Fruits Inc.	142	Grams	74	0.2	0.1	2	15
Fruit: Fresh, Frozen, or Canned	Arctic Golden Delicious Apple Slices	Okanagan Specialty Fruits Inc.	142	Grams	74	0.2	0	2	15

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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	Arctic Granny Smith Apple Slices	Okanagan Specialty Fruits Inc.	142	Grams	74	0.2	0.1	2	15
Fruit: Fresh, Frozen, or Canned	Blueberries	ProArandanos	148	Grams	80	0	0	0	15
Fruit: Fresh, Frozen, or Canned	Frozen Blueberries	ProArandanos	155	Grams	80	1	0	0	13
Fruit: Fresh, Frozen, or Canned	Arctic Granny Smith Apple Slices	Okanagan Specialty Fruits Inc.	2	Ounces	30	0	0	0	6
Fruit: Fresh, Frozen, or Canned	Arctic Granny Smith Apple Slices	Okanagan Specialty Fruits Inc.	142	Grams	74	0.2	0.1	2	15
Fruit: Fresh, Frozen, or Canned	Arctic Golden Delicious Apple Slices	Okanagan Specialty Fruits Inc.	2	Ounces	30	0	0	0	6
Fruit: Fresh, Frozen, or Canned	Hass Avocados	Chilean Avocado Importers Association - CA	30	Grams	50	4.5	0.5	0	0
Fruit: Fresh, Frozen, or Canned	California Gold Avocados	West Pak Avocado Inc. - WPA	50	Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	Party Pak Jumbo Avocados	West Pak Avocado Inc. - WPA	50	Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	Viva Avocados	West Pak Avocado Inc. - WPA	50	Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	Lil' 'Cados	West Pak Avocado Inc. - WPA	50	Grams	80	8	1	0	0
Main dish/meals	Lean Cuisine Herb Roasted Chicken	Nestle USA, Inc	227	Grams	180	4.5	1	580	4
Main dish/meals	Lean Cuisine Butternut Squash Ravioli	Nestle USA, Inc	280	Grams	300	7	2.5	570	10
Main dish/meals	Lean Cuisine Apple Cranberry Chicken	Nestle USA, Inc	272	Grams	300	4	1.5	510	22
Main dish/meals	Lean Cuisine Garlic Sesame Noodles with Beef	Nestle USA, Inc	226	Grams	240	4.5	2	510	9
Margarines	I Can't Believe It's Not Butter Original	Upfield US Inc - UUI	14	Grams	0	6	3	90	0
Margarines	I Can't Believe It's Not Butter Original	Upfield US Inc - UUI	14	Grams	60	6	3	90	0
Margarines	I Can't Believe It's Not Butter Original	Upfield US Inc - UUI	14	Grams	60	6	3	90	0

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Margarines	I Can't Believe It's Not Butter Original	Upfield US Inc - UUI	14 Grams	60	6	3	90	0
Margarines	I Can't Believe It's Not Butter Original	Upfield US Inc - UUI	14 Grams	60	6	3	90	0
Margarines	I Can't Believe It's Not Butter Original	Upfield US Inc - UUI	14 Grams	60	6	3	90	0
Meat & Poultry: Canned or Processed	Black Steer Brand Angus Roast Beef Top Round	Mrs. Ressler's Food Products - MR	56 Grams	70	1	0	360	0
Meat & Poultry: Canned or Processed	Black Steer Brand Golden Roasted Breast of Turkey	Mrs. Ressler's Food Products - MR	56 Grams	60	0.5	0	370	1
Meat & Poultry: Canned or Processed	H-E-B Select Ingredients Post Oak Smoked Turkey Breast	H-E-B, LP - HEB	56 Grams	70	1	0	340	1
Meat & Poultry: Canned or Processed	Member's Mark All Natural 98% Fat Free Premium Chunk Chicken Breast in Water 3.25 oz	Tony Downs Foods Company - TDFC	84 Grams	80	1.5	0	320	0
Meat & Poultry: Canned or Processed	Member's Mark All Natural 98% Fat Free Premium Chunk Chicken Breast in Water	Tony Downs Foods Company - TDFC	84 Grams	90	1.5	0	360	0
Meat & Poultry: Canned or Processed	Member's Mark All Natural 98% Fat Free Premium Chunk Chicken Breast in Water	Tony Downs Foods Company - TDFC	56 Grams	50	1	0	240	0
Meat & Poultry: Canned or Processed	H-E-B Honey Smoked Turkey Breast	H-E-B, LP - HEB	56 Grams	70	1.5	0	400	3
Meat & Poultry: Canned or Processed	H-E-B Mesquite Smoked Turkey Breast	H-E-B, LP - HEB	56 Grams	60	1	0	420	1
Meat & Poultry: Canned or Processed	H-E-B Oven Roasted Turkey Breast Rubbed with Seasonings	H-E-B, LP - HEB	56 Grams	50	1.5	0	400	0

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Meat & Poultry: Canned or Processed	H-E-B Peppercorn Turkey Breast Coated with Black Pepper	H-E-B, LP - HEB	56 Grams	60	1	0	390	1
Meat & Poultry: Canned or Processed	H-E-B Herb & Garlic Chicken	H-E-B, LP - HEB	56 Grams	60	1	0	420	1
Meat & Poultry: Canned or Processed	H-E-B Oven Roasted Oil Browned Chicken	H-E-B, LP - HEB	56 Grams	60	1.5	0	450	1
Meat & Poultry: Canned or Processed	H-E-B Roast Beef Seasoned with Salt, Pepper & Garlic Containing up to 10% Solution	H-E-B, LP - HEB	56 Grams	90	3	0	410	2
Meat & Poultry: Canned or Processed	H-E-B Rotisserie Flavored Chicken Breast Coated with Spices & Seasonings	H-E-B, LP - HEB	56 Grams	60	1	0	380	1
Meat & Poultry: Canned or Processed	H-E-B Sun Dried Tomato Smoked Turkey Breast Coated with Seasonings	H-E-B, LP - HEB	56 Grams	50	1	0	370	1
Meat & Poultry: Canned or Processed	Valley Fresh Chicken Breast	Hormel Foods Corporation - Valley Fresh	84 Grams	70	1.5	0	300	0
Meat & Poultry: Canned or Processed	Valley Fresh White & Dark Chicken	Hormel Foods Corporation - Valley Fresh	84 Grams	80	3	1	300	0
Meat & Poultry: Canned or Processed	H-E-B Cajun Style Seasoned Roast Beef Containing up to 10% Solution	H-E-B, LP - HEB	56 Grams	90	3	0	410	1
Meat & Poultry: Canned or Processed	H-E-B Fried* Turkey Breast *Cooked then Fried in Oil	H-E-B, LP - HEB	56 Grams	60	1	0.55	460	1

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Meat & Poultry: Canned or Processed	Bar-M Premium Reduced Sodium Roast Beef	Serv-Rite Meat Company, Inc.	56 Grams	70	1.5	0	350	0
Meat & Poultry: Canned or Processed	H-E-B Post Oak Smoked Roast Beef	H-E-B, LP - HEB	56 Grams	110	3	1	380	0
Meat & Poultry: Canned or Processed	H-E-B Mesquite Smoked Roast Beef	H-E-B, LP - HEB	56 Grams	90	3	1	280	0
Meat & Poultry: Canned or Processed	H-E-B Mesquite Smoked Ham	H-E-B, LP - HEB	56 Grams	70	2.5	1	450	2
Meat & Poultry: Canned or Processed	H-E-B Hickory Smoked Ham	H-E-B, LP - HEB	56 Grams	70	2.5	1	450	2
Meat & Poultry: Canned or Processed	H-E-B Black Pepper Ham	H-E-B, LP - HEB	56 Grams	70	2.5	1	450	2
Meat & Poultry: Canned or Processed	Lunch Mate Oven Roasted Turkey Breast	Carl Buddig & Company - Carl Buddig	56 Grams	50	1	0.5	460	1
Meat & Poultry: Canned or Processed	Lunch Mate Smoked Honey Uncured Ham	Carl Buddig & Company - Carl Buddig	56 Grams	70	1.5	1	390	3
Meat & Poultry: Canned or Processed	Boar's Head All American BBQ Seasoned Chicken Breast	Boar's Head Provisions Company, Inc. - Boar's Head	56 Grams	70	1	0	370	2
Meat & Poultry: Canned or Processed	Boar's Head Blazing Buffalo Style Chicken Breast	Boar's Head Provisions Company, Inc. - Boar's Head	56 Grams	60	1	0	460	0

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Meat & Poultry: Canned or Processed	Boar's Head EverRoast Oven Roasted Chicken Breast	Boar's Head Provisions Company, Inc. - Boar's Head	56 Grams	60	1	0	440	1
Meat & Poultry: Canned or Processed	Boar's Head Golden Classic 42% Lower Sodium Chicken Breast	Boar's Head Provisions Company, Inc. - Boar's Head	56 Grams	60	1.5	0	350	0
Meat & Poultry: Canned or Processed	Boar's Head Lemon Pepper Boneless Skinless Roasted Chicken Breast	Boar's Head Provisions Company, Inc. - Boar's Head	56 Grams	60	1	0	360	0
Meat & Poultry: Canned or Processed	Boar's Head Rotisserie Seasoned Oven Roasted Chicken Breast	Boar's Head Provisions Company, Inc. - Boar's Head	56 Grams	60	1	0	400	0
Meat & Poultry: Canned or Processed	Boar's Head Cracked Pepper Mill Smoked Turkey Breast	Boar's Head Provisions Company, Inc. - Boar's Head	56 Grams	60	1	0	460	1
Meat & Poultry: Canned or Processed	Boar's Head Golden Roasted Turkey Breast	Boar's Head Provisions Company, Inc. - Boar's Head	56 Grams	60	1	0	380	0
Meat & Poultry: Canned or Processed	Boar's Head Londonport Top Round Seasoned Roast Beef	Boar's Head Provisions Company, Inc. - Boar's Head	56 Grams	80	2.5	1	350	2
Meat & Poultry: Canned or Processed	Boar's Head Maple Glazed Honey Coat Turkey Breast	Boar's Head Provisions Company, Inc. - Boar's Head	56 Grams	70	0.5	0	480	2
Meat & Poultry: Canned or Processed	Boar's Head Mesquite Wood Smoked Roasted Turkey Breast	Boar's Head Provisions Company, Inc. - Boar's Head	56 Grams	60	1	0	440	0
Meat & Poultry: Canned or Processed	Boar's Head Honey Smoked Turkey Breast	Boar's Head Provisions Company, Inc. - Boar's Head	56 Grams	60	1	0	420	0

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Meat & Poultry: Canned or Processed	Boar's Head No Salt Added Oven Roasted Turkey Breast	Boar's Head Provisions Company, Inc. - Boar's Head	56 Grams	70	1	0	55	0
Meat & Poultry: Canned or Processed	Boar's Head Old Fashioned Canadian Style Uncured Bacon Pre-Sliced	Boar's Head Provisions Company, Inc. - Boar's Head	56 Grams	70	2	1	480	1
Meat & Poultry: Canned or Processed	Boar's Head Old Fashioned Canadian Style Uncured Bacon	Boar's Head Provisions Company, Inc. - Boar's Head	56 Grams	70	2	1	480	1
Meat & Poultry: Canned or Processed	Boar's Head Ovingold Roasted Turkey Breast	Boar's Head Provisions Company, Inc. - Boar's Head	56 Grams	60	1	0	360	0
Meat & Poultry: Canned or Processed	Boar's Head Pastrami Seasoned Turkey Breast	Boar's Head Provisions Company, Inc. - Boar's Head	56 Grams	60	1	0	460	0
Meat & Poultry: Canned or Processed	Boar's Head Our Premium Skinless 46% Lower Sodium Oven Roasted Turkey Breast	Boar's Head Provisions Company, Inc. - Boar's Head	56 Grams	60	1	0	360	0
Meat & Poultry: Canned or Processed	Boar's Head Oven Roasted Turkey Breast	Boar's Head Provisions Company, Inc. - Boar's Head	56 Grams	50	0.5	0	360	0
Meat & Poultry: Canned or Processed	Boar's Head Uncured Honey Ham	Boar's Head Provisions Company, Inc. - Boar's Head	56 Grams	60	1	0.5	420	1
Meat & Poultry: Fresh, Frozen, or Cooked	Walmart 96/4 All Natural Extra Lean Ground Beef	Cargill Meat Solutions - Beef	112 Grams	140	4.5	0	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Harris Teeter Rancher Tender Verified 96/4 Extra Lean Ground Beef	Cargill Meat Solutions - Beef	112 Grams	150	4.5	0	65	0

*per serving



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Meat & Poultry: Fresh, Frozen, or Cooked	Smithfield Fresh Pork Tenderloin	Smithfield Foods, Inc. - Fresh Pork	112 Grams	130	4	1.5	60	0
Meat & Poultry: Fresh, Frozen, or Cooked	Smithfield Fresh Pork Tenderloin	Smithfield Foods, Inc. - Fresh Pork	112 Grams	130	4	1.5	60	0
Meat & Poultry: Fresh, Frozen, or Cooked	Walmart 96/4 All Natural Extra Lean Ground Beef	Cargill Meat Solutions - Beef	112 Grams	140	4.5	2	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Halal Pride Farms Boneless & Skinless Chicken Breasts	Murray's Free Roaming Chicken, Inc. - Murray's	112 Grams	120	1.5	0	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Well Bred Farms Boneless & Skinless Chicken Breasts	Murray's Free Roaming Chicken, Inc. - Murray's	112 Grams	0	1.5	0	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	H-E-B Select Ingredients Post Oak Smoked Chicken Breast	H-E-B, LP - HEB	56 Grams	60	1	0	450	1
Meat & Poultry: Fresh, Frozen, or Cooked	Schnuck's Natural 99% Fat Free Boneless, Skinless Chicken Breast Fillets	Sanderson Farms, Inc. - SF	112 Grams	110	1	0	50	0
Meat & Poultry: Fresh, Frozen, or Cooked	Schnuck's Natural 99% Fat Free Thin Sliced Boneless Skinless Chicken Breast Fillet	Sanderson Farms, Inc. - SF	112 Grams	110	1	0	50	0
Meat & Poultry: Fresh, Frozen, or Cooked	Schnuck's Natural 99% Fat Free Clipped Chicken Breast Tenderloins	Sanderson Farms, Inc. - SF	112 Grams	110	1	0	55	0
Meat & Poultry: Fresh, Frozen, or Cooked	Boneless Pork Sirloin Roast (Solution Added)	National Pork Board - NPB	112 Grams	120	4	0	260	0

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Meat & Poultry: Fresh, Frozen, or Cooked	Pork Tenderloin	National Pork Board - NPB	112	Grams	130	4	0	55	0
Meat & Poultry: Fresh, Frozen, or Cooked	Natural Boneless Pork Sirloin Roast	National Pork Board - NPB	112	Grams	130	3	0	70	0
Meat & Poultry: Fresh, Frozen, or Cooked	Albertsons Signature Farms 96% Lean 4% Fat Ground Beef	AVA Companies	112	Grams	150	4	0	65	0
Meat & Poultry: Fresh, Frozen, or Cooked	Laura's Lean Beef 96% Lean 4% Fat - Kroger	National Beef Packing Company, LLC	112	Grams	130	4.5	1.5	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Aldi Extra Lean Ground Beef 96% Lean 4% Fat	National Beef Packing Company, LLC	112	Grams	140	4.5	2	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Giant Eagle 96% Lean 4% Fat Extra Lean Ground Beef	National Beef Packing Company, LLC	112	Grams	140	4.5	2	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Market 32 by Price Chopper Extra Lean Ground Beef	National Beef Packing Company, LLC	112	Grams	140	4.5	2	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Weis Ground Beef 96% Lean 4% Fat	National Beef Packing Company, LLC	112	Grams	140	4.5	2	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Extra Lean Ground Beef 96% Lean 4% Fat (National Beef Packing Company)	National Beef Packing Company, LLC	112	Grams	140	4.5	2	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Extra Lean Ground Beef 96% Lean 4% Fat (National Beef Packing Company)	National Beef Packing Company, LLC	112	Grams	140	4.5	2	75	0

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Meat & Poultry: Fresh, Frozen, or Cooked	Extra Lean Ground Beef 96% Lean 4% Fat (National Beef Packing Company)	National Beef Packing Company, LLC	112	Grams	140	4.5	2	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Moran's 100% Ground Beef 96 % Lean 4% Fat Patties	CLW Foods LLC	112	Grams	140	4.5	2	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Kirkland Organic Chicken Breasts, Boneless and Skinless	Shenandoah Valley Organic	112	Grams	110	1	0	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Kirkland Organic Chicken Tenderloins, Boneless and Skinless	Shenandoah Valley Organic	112	Grams	110	0.5	0	45	0
Meat & Poultry: Fresh, Frozen, or Cooked	Aldi Extra Lean Ground Beef 96% Lean 4% Fat	Cargill Meat Solutions - Beef	112	Grams	140	4.5	0	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Albertsons Signature Farms 96% Lean 4% Fat Ground Beef	Jobbers Meat Packing CO. INC	112	Grams	130	4	1.5	60	0
Meat & Poultry: Fresh, Frozen, or Cooked	Albertsons Signature Farms 96% Lean 4% Fat Ground Beef Patties	Jobbers Meat Packing CO. INC	112	Grams	0	4	1.5	50	0
Meat & Poultry: Fresh, Frozen, or Cooked	First Street Ground Beef (96% Lean)	Jobbers Meat Packing CO. INC	112	Grams	150	4.5	1.5	60	0
Meat & Poultry: Fresh, Frozen, or Cooked	WM 100% Ground Beef	Jobbers Meat Packing CO. INC	112	Grams	150	4.5	1.5	60	0
Meat & Poultry: Fresh, Frozen, or Cooked	Stater Bros. 100% Pure Ground Beef 96% Lean 4% Fat	CLW Foods LLC	112	Grams	140	4.5	2	75	0

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Meat & Poultry: Fresh, Frozen, or Cooked	Kirkland Signature Boneless Skinless Chicken Breast 99% Fat Free	Pilgrim's Pride, Inc. - PPI	112	Grams	110	1	0	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Kirkland Signature Organic Boneless Skinless Chicken Tenderloins 99% Fat Free	Pilgrim's Pride, Inc. - PPI	112	Grams	110	0.5	0	45	0
Meat & Poultry: Fresh, Frozen, or Cooked	Kirkland Signature Organic Boneless Skinless Chicken Breast 99% Fat Free	Pilgrim's Pride, Inc. - PPI	112	Grams	110	1	0	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Kirkland Signature Boneless Skinless Chicken Tenderloins Fat Free	Pilgrim's Pride, Inc. - PPI	112	Grams	110	0.5	0	45	0
Meat & Poultry: Fresh, Frozen, or Cooked	Kirkland Signature Fresh Boneless & Skinless Chicken Breasts	Lincoln Premium Poultry - LP	112	Grams	110	1	0	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Kirkland Signature Fresh Boneless & Skinless Chicken Tenderloins	Lincoln Premium Poultry - LP	112	Grams	110	0.5	0	45	0
Meat & Poultry: Fresh, Frozen, or Cooked	Chairman's Reserve Premium Pork Tenderloin	Tyson Sales & Distribution, Inc. - Sara Lee	112	Grams	130	4	1.5	60	0
Meat & Poultry: Fresh, Frozen, or Cooked	Chairman's Reserve Prime Pork Tenderloin	Tyson Sales & Distribution, Inc. - Sara Lee	112	Grams	130	4	1.5	60	0
Meat & Poultry: Fresh, Frozen, or Cooked	Supreme Lean Fresh Pork Tenderloin	Tyson Sales & Distribution, Inc. - Sara Lee	112	Grams	130	4	1.5	60	0
Meat & Poultry: Fresh, Frozen, or Cooked	Tyson All Natural Two-Pack Boneless Fresh Pork Tenderloins	Tyson Sales & Distribution, Inc. - Sara Lee	112	Grams	130	4	1.5	60	0

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Meat & Poultry: Fresh, Frozen, or Cooked	Tyson All Natural Boneless Fresh Pork Sirloin Roast	Tyson Sales & Distribution, Inc. - Sara Lee	112	Grams	150	4.5	1.5	70	0
Meat & Poultry: Fresh, Frozen, or Cooked	WM 100% Ground Beef Patty	Jobbers Meat Packing CO. INC	112	Grams	150	4.5	1.5	60	0
Meat & Poultry: Fresh, Frozen, or Cooked	Murray's All Natural Boneless & Skinless Chicken Breasts	Murray's Free Roaming Chicken, Inc. - Murray's	112	Grams	120	1.5	0	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Signature Farms 96% Lean 4% Fat Ground Beef	Schenk Packing Co., Inc. - SP	112	Grams	150	4	1.5	50	0
Meat & Poultry: Fresh, Frozen, or Cooked	Kirkland Signature Swift Premium Pork Sirloin Tip Roast	JBS USA, LLC - Swift	112	Grams	100	2	0	270	0
Meat & Poultry: Fresh, Frozen, or Cooked	Swift Premium Pork Tenderloin (2 pieces)	JBS USA, LLC - Swift	112	Grams	130	4	0	60	0
Meat & Poultry: Fresh, Frozen, or Cooked	Swift Premium Pork Tenderloin (1 piece)	JBS USA, LLC - Swift	112	Grams	130	4	0	60	0
Meat & Poultry: Fresh, Frozen, or Cooked	96% Lean 4% Fat All Natural Extra Lean Ground Beef	Interstate Meat Dist., Inc.	112	Grams	150	4.5	0	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Albertsons Signature Farms 96% Lean 4% Fat Ground Beef	Interstate Meat Dist., Inc.	112	Grams	150	4.5	0	70	0
Meat & Poultry: Fresh, Frozen, or Cooked	Walmart 96/4 All Natural Extra Lean Ground Beef	Interstate Meat Dist., Inc.	112	Grams	140	4.5	0	70	0

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Meat & Poultry: Fresh, Frozen, or Cooked	96/4 All Natural Extra Lean Ground Beef (Tyson Fresh Meats)	Tyson Sales & Distribution, Inc. – Case Ready Beef	112	Grams	140	4.5	0	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	96/4 All Natural Extra Lean Ground Beef (Tyson Fresh Meats)	Tyson Sales & Distribution, Inc. – Case Ready Beef	112	Grams	140	4.5	0	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Albertsons Signature Farms 9% Lean 4% Fat Ground Beef	Tyson Sales & Distribution, Inc. – Case Ready Beef	112	Grams	140	4.5	0	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Aldi Extra Lean Ground Beef 96% Lean 4% Fat	Tyson Sales & Distribution, Inc. – Case Ready Beef	112	Grams	140	4.5	0	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Food Lion 96% Lean 4% Fat Ground Beef	Tyson Sales & Distribution, Inc. – Case Ready Beef	112	Grams	140	4.5	0	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Walmart 96% Lean 4% Fat All Natural Extra Lean Ground Beef	Tyson Sales & Distribution, Inc. – Case Ready Beef	112	Grams	140	4.5	0	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Laura's Lean Beef 96% Lean 4%Fat	Meyer Foods Group LLC dba Meyer Natural Foods	112	Grams	150	5	2	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Laura's Lean Beef 96% Lean 4%Fat	Meyer Foods Group LLC dba Meyer Natural Foods	112	Grams	130	4.5	1.5	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Farm to Table 96% Lean Ground Beef Sirloin (2lb)	Schuster Meat Corp.	112	Grams	150	4	2	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Smithfield Boneless Pork Sirloin Roast	Smithfield Foods, Inc. - Fresh Pork	112	Grams	150	6	0	60	0

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Meat & Poultry: Fresh, Frozen, or Cooked	Farmer's Table 96% Lean Ground Beef with Sirloin	Schuster Meat Corp.	113 Grams	150	4	2	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Kirkland Signature/Foster Farms Fresh 99% Fat Free Boneless & Skinless Breast Fillets	Foster Poultry Farms - Foster Farms	112 Grams	120	1.5	0.37	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Kirkland Organic Chicken Tenderloins, Boneless and Skinless Air-Chilled	Foster Poultry Farms - Foster Farms	112 Grams	110	1.5	0	90	0
Meat & Poultry: Fresh, Frozen, or Cooked	Kirkland Organic Chicken Breasts Boneless & Skinless, Air Chilled	Foster Poultry Farms - Foster Farms	112 Grams	110	1.5	0	85	0
Meat & Poultry: Fresh, Frozen, or Cooked	96% Lean 4% Fat All Natural Extra Lean Ground Beef	Interstate Meat Dist., Inc.	112 Grams	150	4.5	0	75	0
Milk and dairy alternatives	WestSoy Organic Unsweetened Vanilla Soymilk	SunOpta Grains and Food, Inc	8 Ounces	100	5	1	35	3
Milk and dairy alternatives	WestSoy Organic Unsweetened Soymilk	SunOpta Grains and Food, Inc	8 Ounces	100	5	1	35	3
Not Available	Riverside Farms Idaho Potatoes	Sun Glo of Idaho	148 Grams	110	0	0	0	1
Not Available	Riverside Farms Idaho Potatoes	Sun Glo of Idaho	148 Grams	110	0	0	0	1
Nuts or Seeds	Mariani Shelled Walnuts	Mariani Nut Company - MNC	30 Grams	200	20	2	0	1
Nuts or Seeds	Mariani Sliced Natural Almonds	Mariani Nut Company - MNC	30 Grams	170	15	1	0	1
Nuts or Seeds	Mariani Sliced Natural Almonds	Mariani Nut Company - MNC	30 Grams	170	15	1	0	1
Nuts or Seeds	Mariani Sliced Natural Almonds	Mariani Nut Company - MNC	30 Grams	170	15	1	0	1
Nuts or Seeds	Mariani Sliced Natural Almonds	Mariani Nut Company - MNC	30 Grams	170	15	1	0	1
Nuts or Seeds	Mariani Sliced Natural Almonds	Mariani Nut Company - MNC	30 Grams	170	15	1	0	1
Nuts or Seeds	Mariani Whole Blanched Almonds	Mariani Nut Company - MNC	30 Grams	180	16	1	0	1
Nuts or Seeds	Mariani Whole Natural Almonds	Mariani Nut Company - MNC	30 Grams	170	15	1	0	1
Nuts or Seeds	Hudson Shelled Pecan Halves	Hudson Pecan Company Inc - HP	30 Grams	213	21	2	0	1

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Nuts or Seeds	Hudson Shelled Pecan Pieces	Hudson Pecan Company Inc - HP	30 Grams	213	21	2	0	1
Nuts or Seeds	Whitley's Salted Virginia Peanuts	Whitley's Peanut Factory - WP	30 Grams	140	10	0	80	1
Nuts or Seeds	California Shelled Walnuts	California Walnut Commission	28 Grams	190	18	1.5	1	1
Nuts or Seeds	Empire Walnut Halves and Pieces	Empire Nut Company, LLC	28 Grams	190	18	13	0	1
Nuts or Seeds	Salted Pistachios	American Pistachio Growers - APG	28 Grams	160	13	1.5	120	2
Nuts or Seeds	Unsalted Pistachios	American Pistachio Growers - APG	28 Grams	160	13	1.5	0	2
Nuts or Seeds	Chase Pecan Halves	Chase Pecans - SSP	28.4 Grams	196	20	2	0	0
Nuts or Seeds	Octonuts Dry Roasted Unsalted Almonds	Pearl Crop, Inc	28 Grams	170	15	1	0	1
Nuts or Seeds	Octonuts Dry Roasted Unsalted Almonds	Pearl Crop, Inc	28 Grams	170	15	1	0	1
Nuts or Seeds	Empire Walnut Halves and Pieces	Empire Nut Company, LLC	28 Grams	190	18	1.5	0	1
Nuts or Seeds	Blue Diamond Almonds Lightly Salted	Blue Diamond Growers - BDG	17 Grams	100	9	0.5	25	1
Nuts or Seeds	Blue Diamond Almonds Whole Natural	Blue Diamond Growers - BDG	28 Grams	160	14	1	0	1
Nuts or Seeds	Rancho Pecana Natural Pecan Halves	Rancho Pecana LLC.	30 Grams	190	20	2	0	1
Nuts or Seeds	Diamond Foods Slivered Almonds	Diamond Foods LLC - DF	30 Grams	180	16	1	0	1
Nuts or Seeds	Blue Diamond Almonds Whole Natural	Blue Diamond Growers - BDG	18 Grams	100	9	0.5	0	1
Nuts or Seeds	Blue Diamond Almonds Lightly Salted	Blue Diamond Growers - BDG	28 Grams	170	16	1	40	1
Nuts or Seeds	Blue Diamond Almonds Lightly Salted	Blue Diamond Growers - BDG	28 Grams	170	16	1	40	1
Nuts or Seeds	Blue Diamond Almonds Lightly Salted	Blue Diamond Growers - BDG	28 Grams	170	16	1	40	1
Nuts or Seeds	Diamond Foods Sliced Almonds	Diamond Foods LLC - DF	30 Grams	170	15	1	0	1
Nuts or Seeds	Blue Diamond Almonds Whole Natural	Blue Diamond Growers - BDG	28 Grams	160	14	1	0	1
Nuts or Seeds	Blue Diamond Almonds Whole Natural	Blue Diamond Growers - BDG	28 Grams	160	14	1	0	1
Nuts or Seeds	Blue Diamond Almonds Lightly Salted	Blue Diamond Growers - BDG	28 Grams	170	16	1	40	1
Nuts or Seeds	Blue Diamond Oven Roasted Almonds Sea Salt	Blue Diamond Growers - BDG	28 Grams	170	15	1	135	1
Nuts or Seeds	Blue Diamond Almonds Whole Natural	Blue Diamond Growers - BDG	28 Grams	160	14	1	0	1
Nuts or Seeds	Blue Diamond Almonds Lightly Salted	Blue Diamond Growers - BDG	28 Grams	170	16	1	40	1
Nuts or Seeds	Blue Diamond Almonds Lightly Salted	Blue Diamond Growers - BDG	43 Grams	260	24	2	60	2
Nuts or Seeds	Diamond Foods Whole Almonds	Diamond Foods LLC - DF	30 Grams	170	15	1	0	1
Nuts or Seeds	Diamond Foods Chopped Walnuts (Rosemary Extract)	Diamond Foods LLC - DF	30 Grams	200	20	2	0	1

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Nuts or Seeds	Blue Diamond Almonds Whole Natural	Blue Diamond Growers - BDG	18 Grams	100	9	0.5	0	1
Nuts or Seeds	Blue Diamond Almonds Lightly Salted	Blue Diamond Growers - BDG	17 Grams	100	9	0.5	25	1
Nuts or Seeds	Diamond Foods Finely Diced Walnuts (Rosemary Extract)	Diamond Foods LLC - DF	30 Grams	200	20	2	0	1
Nuts or Seeds	Diamond Foods Chopped Pecans	Diamond Foods LLC - DF	30 Grams	210	22	2	0	1
Nuts or Seeds	Blue Diamond Almonds Whole Natural	Blue Diamond Growers - BDG	28 Grams	160	14	1	0	1
Nuts or Seeds	Diamond Foods Pecan Halves	Diamond Foods LLC - DF	30 Grams	210	22	2	0	1
Nuts or Seeds	Blue Diamond Almonds Whole Natural	Blue Diamond Growers - BDG	28 Grams	160	14	1	0	1
Nuts or Seeds	Octonuts Dry Roasted Almonds with Sea Salt	Pearl Crop, Inc	28 Grams	170	15	1	140	1
Nuts or Seeds	Octonuts Dry Roasted Almonds with Sea Salt	Pearl Crop, Inc	28 Grams	170	15	1	140	1
Nuts or Seeds	American Pecan	American Pecan Council - APC	28 Grams	200	20	2	0	1
Nuts or Seeds	Fisher Chopped Hazelnuts	John B. Sanfilippo and Son, Inc. - JBS	28 Grams	180	17	1	0	1
Nuts or Seeds	Fisher Chopped Macadamias	John B. Sanfilippo and Son, Inc. - JBS	28 Grams	200	21	3.5	0	1
Nuts or Seeds	Setton Farms Raw Shelled Pistachios No Salt	Setton Pistachio of Terra Bella Inc. - SP	30 Grams	170	14	1.5	0	2
Nuts or Seeds	Hampton Farms Unsalted Roasted Peanuts	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	30 Grams	170	15	2	0	1
Nuts or Seeds	Hampton Farms Jumbo Unsalted Roasted Peanuts	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	30 Grams	170	15	2	0	1
Nuts or Seeds	Hampton Farms Jumbo Unsalted Roasted Peanuts	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	30 Grams	170	15	2	0	1
Nuts or Seeds	Hampton Farms Jumbo Unsalted Roasted Peanuts	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	30 Grams	170	15	2	0	1
Nuts or Seeds	Hampton Farms Jumbo Unsalted Roasted Peanuts	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	30 Grams	170	15	2	0	1
Nuts or Seeds	Hampton Farms Unsalted Roasted Peanuts	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	30 Grams	170	15	2	0	1

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Nuts or Seeds	Hampton Farms Unsalted Roasted Peanuts	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	30	Grams	170	15	2	0	1
Nuts or Seeds	Hampton Farms Unsalted Roasted Peanuts	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	30	Grams	170	15	2	0	1
Nuts or Seeds	Hampton Farms Unsalted Roasted Peanuts	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	30	Grams	170	15	2	0	1
Nuts or Seeds	Hampton Farms Unsalted Roasted Peanuts	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	30	Grams	170	15	2	0	1
Nuts or Seeds	Hampton Farms Unsalted Roasted Peanuts	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	30	Grams	170	15	2	0	1
Nuts or Seeds	Hampton Farms Unsalted Roasted Peanuts	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	30	Grams	170	15	2	0	1
Nuts or Seeds	Chase Pecan Organic Pecan Halves	Chase Pecans - SSP	28.4	Grams	196	20	2	0	0
Nuts or Seeds	Diamond Foods Pecan Halves	Diamond Foods LLC - DF	30	Grams	210	22	2	0	1
Nuts or Seeds	Walnuts Organic Halves & Pieces California Grown	Poindexter Nut Company - PNC	28	Grams	190	18	1.5	0	1
Nuts or Seeds	Blue Diamond Almonds Roasted Salted	Blue Diamond Growers - BDG	28	Grams	170	16	1	85	1
Nuts or Seeds	Primavera California Walnut Halves	Prima Noce Packing, Inc. - PNP	43	Grams	285	27	2.3	0	2
Nuts or Seeds	Primavera Walnuts	Prima Noce Packing, Inc. - PNP	28	Grams	190	18	1.5	0	1
Nuts or Seeds	Kirkland Signature Heart Healthy Mixed Nuts	Costco Wholesale Corporation - CW	30	Grams	200	17	1.5	0	1
Nuts or Seeds	Whitley's Salted Virginia Peanuts	Whitley's Peanut Factory - WP	30	Grams	140	10	0	80	1
Nuts or Seeds	Whitley's Salted Virginia Peanuts	Whitley's Peanut Factory - WP	30	Grams	140	10	0	80	1
Nuts or Seeds	Whitley's Salted Virginia Peanuts	Whitley's Peanut Factory - WP	30	Grams	140	10	0	80	1
Nuts or Seeds	Whitley's Salted Virginia Peanuts	Whitley's Peanut Factory - WP	30	Grams	140	10	0	80	1
Nuts or Seeds	Whitley's Salted Virginia Peanuts	Whitley's Peanut Factory - WP	30	Grams	140	10	0	80	1
Nuts or Seeds	Whitley's Salted Virginia Peanuts	Whitley's Peanut Factory - WP	30	Grams	140	10	0	80	1
Nuts or Seeds	Whitley's Salted Virginia Peanuts	Whitley's Peanut Factory - WP	30	Grams	140	10	2	80	1
Nuts or Seeds	Diamond Foods Whole Almonds	Diamond Foods LLC - DF	30	Grams	170	15	1	0	1
Nuts or Seeds	Blue Diamond Almonds Lightly Salted	Blue Diamond Growers - BDG	43	Grams	260	24	2	60	2

*per serving



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Nuts or Seeds	Diamond Foods Shelled Walnuts (Rosemary Extract)	Diamond Foods LLC - DF	30	Grams	200	20	2	0	1
Nuts or Seeds	Blue Diamond Almonds Lightly Salted	Blue Diamond Growers - BDG	28	Grams	170	16	1	40	1
Nuts or Seeds	Blue Diamond Almonds Whole Natural	Blue Diamond Growers - BDG	43	Grams	250	22	1.5	0	2
Nuts or Seeds	Diamond Foods Pecan Halves	Diamond Foods LLC - DF	30	Grams	210	22	2	0	1
Nuts or Seeds	Blue Diamond Almonds Lightly Salted	Blue Diamond Growers - BDG	28	Grams	170	16	1	85	1
Nuts or Seeds	Blue Diamond Almonds Whole Natural	Blue Diamond Growers - BDG	28	Grams	160	14	1	0	1
Nuts or Seeds	Blue Diamond Almonds Lightly Salted	Blue Diamond Growers - BDG	17	Grams	100	9	0.5	25	1
Nuts or Seeds	Diamond Foods Shelled Walnuts (Rosemary Extract)	Diamond Foods LLC - DF	30	Grams	200	20	2	0	1
Nuts or Seeds	Diamond Foods Shelled Walnuts (Rosemary Extract)	Diamond Foods LLC - DF	30	Grams	200	20	2	0	1
Nuts or Seeds	Diamond Foods California Organic Shelled Walnuts	Diamond Foods LLC - DF	30	Grams	200	20	2	0	1
Nuts or Seeds	Setton Farms Garlic Onion Inshell Pistachios	Setton Pistachio of Terra Bella Inc. - SP	30	Grams	170	14	4	135	2
Nuts or Seeds	Setton Farms Jalapeno Inshell Pistachios	Setton Pistachio of Terra Bella Inc. - SP	30	Grams	170	14	4	135	2
Nuts or Seeds	Setton Farms Premium California Dry Roasted Lightly Salted Pistachios	Setton Pistachio of Terra Bella Inc. - SP	30	Grams	170	14	4	65	2
Nuts or Seeds	Setton Farms Premium California Dry Roasted with Sea Salt Pistachios	Setton Pistachio of Terra Bella Inc. - SP	30	Grams	170	14	4	135	2
Nuts or Seeds	Setton Farms Premium California Dry Roasted with Sea Salt Pistachios	Setton Pistachio of Terra Bella Inc. - SP	30	Grams	170	14	4	135	2
Nuts or Seeds	Southern Grove Roasted & Salted Pistachios (In-Shell)	Setton Pistachio of Terra Bella Inc. - SP	43	Grams	120	9	3	80	2
Nuts or Seeds	Setton Farms Premium California Dry Roasted with Sea Salt Pistachios	Setton Pistachio of Terra Bella Inc. - SP	30	Grams	170	14	4	135	2
Nuts or Seeds	Setton Farms Premium California Dry Roasted with Sea Salt Pistachios	Setton Pistachio of Terra Bella Inc. - SP	30	Grams	170	14	4	135	2

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Nuts or Seeds	Setton Farms Premium California Dry Roasted with Sea Salt Pistachios	Setton Pistachio of Terra Bella Inc. - SP	14	Grams	80	6	2	65	1
Nuts or Seeds	Setton Farms Premium California Pistachios Roasted No Salt	Setton Pistachio of Terra Bella Inc. - SP	30	Grams	170	14	4	0	2
Nuts or Seeds	Setton Farms Premium California Pistachios Roasted No Salt	Setton Pistachio of Terra Bella Inc. - SP	30	Grams	170	14	4	0	2
Nuts or Seeds	Setton Farms Jalapeno Pistachio Kernels	Setton Pistachio of Terra Bella Inc. - SP	30	Grams	170	14	1.5	135	2
Nuts or Seeds	Setton Farms Garlic Onion Pistachio Kernels	Setton Pistachio of Terra Bella Inc. - SP	30	Grams	170	14	1.5	135	2
Nuts or Seeds	Setton Farms Raw Shelled Pistachios No Salt	Setton Pistachio of Terra Bella Inc. - SP	30	Grams	170	14	1.5	0	2
Nuts or Seeds	Rancho Pecana Natural Pecan Halves	Rancho Pecana LLC.	30	Grams	190	20	2	0	1
Nuts or Seeds	Rancho Pecana Natural Pecan Halves	Rancho Pecana LLC.	30	Grams	190	20	2	0	1
Nuts or Seeds	Rancho Pecana Natural Pecan Pieces	Rancho Pecana LLC.	30	Grams	190	20	2	0	1
Nuts or Seeds	Rancho Pecana Natural Pecan Pieces	Rancho Pecana LLC.	30	Grams	190	20	2	0	1
Nuts or Seeds	Rancho Pecana Natural Pecan Pieces	Rancho Pecana LLC.	30	Grams	190	20	2	0	1
Nuts or Seeds	Rancho Pecana Pecan Flour	Rancho Pecana LLC.	30	Grams	190	20	2	0	1
Nuts or Seeds	Almonds, Dry Roasted, salt added	Almond Board of California - ABC	28	Grams	170	15	1	65	1
Nuts or Seeds	Blue Diamond Oven Roasted Almonds Sea Salt	Blue Diamond Growers - BDG	28	Grams	170	15	1	135	1
Nuts or Seeds	Diamond Foods California Shelled Walnuts (Rosemary Extract)	Diamond Foods LLC - DF	30	Grams	200	20	2	0	1
Nuts or Seeds	Chase Pecan Halves	Chase Pecans - SSP	28.4	Grams	196	20	0	0	0
Nuts or Seeds	Chase Pecan Halves	Chase Pecans - SSP	28.4	Grams	200	20	6	0	1
Nuts or Seeds	Pecan (unsalted and unroasted)	National Pecan Shellers Association - NPSA	28	Grams	200	20	2	0	1
Nuts or Seeds	Oil Roasted Salted Almonds	Almond Board of California - ABC	28	Grams	172	15.6	1.19	96	1
Nuts or Seeds	Oregon Orchard Hazelnuts, Dry Roasted Whole	Hazelnut Growers of Oregon - HG	30	Grams	190	19	1.5	0	1

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Nuts or Seeds	Oregon Orchard Hazelnuts, Dry Roasted Whole	Hazelnut Growers of Oregon - HG	30	Grams	190	19	1.5	0	1
Nuts or Seeds	Diamond Foods Shelled Pecans	Diamond Foods LLC - DF	30	Grams	210	22	2	0	1
Nuts or Seeds	Blue Diamond Almonds Roasted Salted	Blue Diamond Growers - BDG	28	Grams	170	16	1	85	1
Nuts or Seeds	Diamond Foods Finely Diced Pecans	Diamond Foods LLC - DF	30	Grams	210	22	2	0	1
Nuts or Seeds	Blue Diamond Oven Roasted Almonds Sea Salt	Blue Diamond Growers - BDG	28	Grams	170	15	1	135	1
Nuts or Seeds	Blue Diamond Almonds Roasted Salted	Blue Diamond Growers - BDG	43	Grams	260	24	2	130	2
Nuts or Seeds	Oregon Orchard Hazelnuts, Roasted and Diced	Hazelnut Growers of Oregon - HG	30	Grams	190	19	0	0	1
Nuts or Seeds	Oregon Orchard Hazelnuts, Natural Whole	Hazelnut Growers of Oregon - HG	30	Grams	190	18	0	0	1
Nuts or Seeds	Octonuts Natural Raw Whole Almonds	Pearl Crop, Inc	28	Grams	160	14	1	0	1
Nuts or Seeds	Octonuts Natural Raw Whole Almonds	Pearl Crop, Inc	28	Grams	160	14	1	0	1
Nuts or Seeds	Almonds, Sliced	Almond Board of California - ABC	28	Grams	160	14	1	5	1
Nuts or Seeds	Blue Diamond Almonds Roasted Salted	Blue Diamond Growers - BDG	43	Grams	260	24	2	130	2
Nuts or Seeds	Diamond Foods Shelled Walnuts (Rosemary Extract)	Diamond Foods LLC - DF	30	Grams	200	20	2	0	1
Nuts or Seeds	Blue Diamond Oven Roasted Almonds Sea Salt	Blue Diamond Growers - BDG	17	Grams	100	9	0.5	80	1
Nuts or Seeds	Diamond Foods Chopped Pecans	Diamond Foods LLC - DF	30	Grams	210	22	2	0	1
Nuts or Seeds	Diamond Foods Pecan Halves	Diamond Foods LLC - DF	30	Grams	210	22	2	0	1
Nuts or Seeds	Diamond Foods Finely Diced Walnuts (Rosemary Extract)	Diamond Foods LLC - DF	30	Grams	200	20	2	0	1
Nuts or Seeds	Diamond Foods Slivered Almonds	Diamond Foods LLC - DF	30	Grams	180	16	1	5	1
Nuts or Seeds	Oregon Orchard Hazelnuts, Dry Roasted Whole	Hazelnut Growers of Oregon - HG	30	Grams	190	19	0	0	1
Nuts or Seeds	Oregon Orchard Hazelnuts, Natural Sliced	Hazelnut Growers of Oregon - HG	30	Grams	190	19	0	0	1
Nuts or Seeds	Fisher Chef's Naturals Toasted Sliced Almonds	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	170	15	0	0	1

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Nuts or Seeds	Fisher Chef's Naturals Toasted Finely Chopped Pecans	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	200	21	0	0	1
Nuts or Seeds	Fisher Chopped Walnuts	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	180	18	13	0	1
Nuts or Seeds	Fisher Chopped Walnuts	John B. Sanfilippo and Son, Inc. - JBS	56	Grams	370	37	26	0	1
Nuts or Seeds	Fisher Chopped Walnuts	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	180	18	0	0	1
Nuts or Seeds	Fisher Pecan Halves	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	190	20	0	0	1
Nuts or Seeds	Fisher Pecan Halves	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	190	20	0	0	1
Nuts or Seeds	Fisher Pecan Halves	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	190	20	0	0	1
Nuts or Seeds	Fisher Slivered Almonds	John B. Sanfilippo and Son, Inc. - JBS	56	Grams	330	29	0	10	3
Nuts or Seeds	Fisher Slivered Almonds	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	170	15	0	5	1
Nuts or Seeds	Fisher Walnut Chips	John B. Sanfilippo and Son, Inc. - JBS	56	Grams	370	37	0	0	1
Nuts or Seeds	Fisher Walnut Halves & Pieces	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	180	18	13	0	1
Nuts or Seeds	Fisher Walnut Halves & Pieces	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	180	18	13	0	1
Nuts or Seeds	Fisher Walnut Halves & Pieces	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	180	18	2.5	0	1
Nuts or Seeds	Fisher Walnut Halves & Pieces	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	180	18	13	0	1
Nuts or Seeds	Fisher Walnut Halves & Pieces	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	180	18	13	0	1

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Nuts or Seeds	Blue Diamond Almonds Lightly Salted	Blue Diamond Growers - BDG	28 Grams	170	16	1	40	1
Nuts or Seeds	Almonds, Blanched	Almond Board of California - ABC	28 Grams	160	15	1	5	1
Nuts or Seeds	Diamond Foods Finely Diced Walnuts (Rosemary Extract)	Diamond Foods LLC - DF	30 Grams	200	20	2	0	1
Nuts or Seeds	Diamond Foods Whole Almonds	Diamond Foods LLC - DF	30 Grams	170	15	1	0	1
Nuts or Seeds	Almonds, Dry Roasted, no salt added	Almond Board of California - ABC	28 Grams	170	15	1	1	1
Nuts or Seeds	Diamond Foods Sliced Almonds	Diamond Foods LLC - DF	30 Grams	170	15	1	0	1
Nuts or Seeds	Diamond Foods Chopped Pecans	Diamond Foods LLC - DF	30 Grams	210	22	2	0	1
Nuts or Seeds	Blue Diamond Almonds Roasted Salted	Blue Diamond Growers - BDG	28 Grams	170	16	1	85	1
Nuts or Seeds	Diamond Foods Chopped Pecans	Diamond Foods LLC - DF	30 Grams	210	22	2	0	1
Nuts or Seeds	Blue Diamond Oven Roasted Almonds Sea Salt	Blue Diamond Growers - BDG	28 Grams	170	15	1	135	1
Nuts or Seeds	Blue Diamond Almonds Lightly Salted	Blue Diamond Growers - BDG	28 Grams	170	16	1	40	1
Nuts or Seeds	Blue Diamond Almonds Whole Natural	Blue Diamond Growers - BDG	18 Grams	100	9	0.5	0	1
Nuts or Seeds	Almonds, Dry Roasted, no salt added (Snack Pack)	Almond Board of California - ABC	28 Grams	170	15	1	0	1
Nuts or Seeds	Diamond Foods Chopped Walnuts (Rosemary Extract)	Diamond Foods LLC - DF	30 Grams	200	19	2	0	0
Nuts or Seeds	Blue Diamond Almonds Roasted Salted	Blue Diamond Growers - BDG	28 Grams	170	16	1	85	1
Nuts or Seeds	Diamond Foods Finely Diced Pecans	Diamond Foods LLC - DF	30 Grams	210	22	2	0	1
Nuts or Seeds	Blue Diamond Almonds Whole Natural	Blue Diamond Growers - BDG	28 Grams	160	14	1	0	1
Nuts or Seeds	Blue Diamond Oven Roasted Almonds Sea Salt	Blue Diamond Growers - BDG	28 Grams	170	15	1	135	1
Nuts or Seeds	Diamond Foods Sliced Almonds	Diamond Foods LLC - DF	30 Grams	170	15	1	0	1
Nuts or Seeds	Diamond Foods Chopped Pecans	Diamond Foods LLC - DF	30 Grams	210	22	2	0	1
Nuts or Seeds	Blue Diamond Almonds Whole Natural	Blue Diamond Growers - BDG	28 Grams	160	14	1	0	1
Nuts or Seeds	Blue Diamond Almonds Whole Natural	Blue Diamond Growers - BDG	18 Grams	100	9	0.5	0	1
Nuts or Seeds	Blue Diamond Almonds Lightly Salted	Blue Diamond Growers - BDG	28 Grams	170	16	1	40	1
Nuts or Seeds	Diamond Foods Whole Almonds	Diamond Foods LLC - DF	30 Grams	170	15	1	0	1

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Nuts or Seeds	Diamond Foods Chopped Walnuts (Rosemary Extract)	Diamond Foods LLC - DF	30	Grams	200	20	2	0	1
Nuts or Seeds	Blue Diamond Almonds Lightly Salted	Blue Diamond Growers - BDG	28	Grams	170	16	1	40	1
Nuts or Seeds	Diamond Foods Chopped Walnuts	Diamond Foods LLC - DF	30	Grams	200	20	2	0	1
Nuts or Seeds	Diamond Foods Shelled Walnuts (Rosemary Extract)	Diamond Foods LLC - DF	30	Grams	200	20	2	0	1
Nuts or Seeds	Blue Diamond Almonds Roasted Salted	Blue Diamond Growers - BDG	28	Grams	170	16	1	85	1
Nuts or Seeds	Diamond Foods Pecan Halves	Diamond Foods LLC - DF	30	Grams	4	22	2	0	0
Nuts or Seeds	Diamond Foods Finely Diced Walnuts (Rosemary Extract)	Diamond Foods LLC - DF	30	Grams	200	20	2	0	1
Nuts or Seeds	Blue Diamond Almonds Whole Natural	Blue Diamond Growers - BDG	28	Grams	160	14	1	0	1
Nuts or Seeds	Diamond Foods Chopped Walnuts (Rosemary Extract)	Diamond Foods LLC - DF	30	Grams	200	20	2	0	1
Nuts or Seeds	Diamond Foods Slivered Almonds	Diamond Foods LLC - DF	30	Grams	180	16	1	5	1
Nuts or Seeds	Diamond Foods California Shelled Walnuts (Rosemary Extract)	Diamond Foods LLC - DF	30	Grams	200	20	2	0	1
Nuts or Seeds	Diamond Foods Chopped Pecans	Diamond Foods LLC - DF	30	Grams	210	22	2	0	1
Nuts or Seeds	Blue Diamond Almonds Whole Natural	Blue Diamond Growers - BDG	43	Grams	250	22	1.5	0	2
Nuts or Seeds	Diamond Foods Chopped Walnuts (Rosemary Extract)	Diamond Foods LLC - DF	30	Grams	200	20	2	0	1
Nuts or Seeds	Diamond Foods Shelled Pecans	Diamond Foods LLC - DF	30	Grams	210	22	2	0	1
Nuts or Seeds	Diamond Foods Shelled Walnuts (Rosemary Extract)	Diamond Foods LLC - DF	30	Grams	200	20	2	0	1
Nuts or Seeds	Diamond Foods Chopped Walnuts (Rosemary Extract)	Diamond Foods LLC - DF	30	Grams	200	20	2	0	1
Nuts or Seeds	Blue Diamond Almonds Roasted Salted	Blue Diamond Growers - BDG	28	Grams	170	16	1	85	1
Nuts or Seeds	Diamond Foods Finely Diced Pecans	Diamond Foods LLC - DF	30	Grams	210	22	2	0	1
Nuts or Seeds	Almonds, Whole Natural	Almond Board of California - ABC	28	Grams	160	14	3.5	5	1
Nuts or Seeds	Almonds, Slivered	Almond Board of California - ABC	28	Grams	160	14	3.5	5	1
Nuts or Seeds	California Shelled Walnuts	Grower Direct Nut Co. Inc - GDN	28	Grams	190	18	13	0	1

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Nuts or Seeds	Georgia Premium Pecan Halves	Georgia Pecan Growers Assoc. - GP	28	Grams	200	20	2	0	0
Nuts or Seeds	Georgia Premium Pecan Pieces	Georgia Pecan Growers Assoc. - GP	28	Grams	200	20	2	0	0
Nuts or Seeds	Setton Farms Dry Roasted Chili Limon Pistachios In Shell	Setton Pistachio of Terra Bella Inc. - SP	30	Grams	0	14	1.5	135	2
Nuts or Seeds	California Grown Chopped Walnuts	Poindexter Nut Company - PNC	28	Grams	190	18	13	0	1
Nuts or Seeds	California Grown Chopped Walnuts	Poindexter Nut Company - PNC	28	Grams	190	18	13	0	1
Nuts or Seeds	Walnuts Organic Halves & Pieces California Grown	Poindexter Nut Company - PNC	28	Grams	190	18	13	0	1
Nuts or Seeds	California Grown Shelled Walnuts	Poindexter Nut Company - PNC	28	Grams	190	18	13	1	1
Nuts or Seeds	California Grown Shelled Walnuts	Poindexter Nut Company - PNC	28	Grams	190	18	13	0	1
Nuts or Seeds	Walnuts Organic Halves & Pieces California Grown	Poindexter Nut Company - PNC	28	Grams	190	18	13	1	1
Nuts or Seeds	Fisher Chopped Walnuts	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	180	18	13	0	1
Nuts or Seeds	Fisher Chopped Walnuts	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	180	18	13	0	1
Nuts or Seeds	Fisher Natural Sliced Almonds	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	160	14	0	0	1
Nuts or Seeds	Fisher Natural Sliced Almonds	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	160	14	0	0	1
Nuts or Seeds	Fisher Pecan Chips	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	190	20	0	0	1
Nuts or Seeds	Fisher Pecan Chips	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	190	20	0	0	1
Nuts or Seeds	Fisher Pecan Halves	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	190	20	0	0	1
Nuts or Seeds	Fisher Pecan Halves	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	190	20	0	0	1

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Nuts or Seeds	Fisher Whole Natural Almonds	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	160	14	0	0	1
Nuts or Seeds	Fisher Whole Natural Almonds	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	160	14	0	0	1
Nuts or Seeds	Fisher Pecan Chips	John B. Sanfilippo and Son, Inc. - JBS	56	Grams	390	40	0	0	2
Nuts or Seeds	Fisher Natural Sliced Almonds	John B. Sanfilippo and Son, Inc. - JBS	56	Grams	320	28	0	0	2
Nuts or Seeds	Fisher Pecan Halves	John B. Sanfilippo and Son, Inc. - JBS	56	Grams	390	40	0	0	2
Nuts or Seeds	Fisher Pecans Chopped	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	190	30	0	0	1
Nuts or Seeds	Fisher Walnut Halves & Pieces	John B. Sanfilippo and Son, Inc. - JBS	56	Grams	370	37	0	0	1
Nuts or Seeds	Fisher Pecans Chopped	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	190	20	0	0	1
Nuts or Seeds	Fisher Pecans Chopped	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	190	20	0	0	1
Nuts or Seeds	Fisher Pecans Chopped	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	190	20	0	0	1
Nuts or Seeds	Fisher Pecans Chopped	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	190	20	0	0	1
Nuts or Seeds	Fisher Pecans Chopped	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	190	20	0	0	1
Nuts or Seeds	Blue Diamond Lightly Salted Almonds with Probiotic	Blue Diamond Growers - BDG	28	Grams	170	16	1	40	1
Nuts or Seeds	Paradox Farms Pecan Halves	AGG Paradox, LLC DBA Paradox Farms	30	Grams	213	21	0	0	1
Nuts or Seeds	California Yu Foods Walnuts	Golden State Food, LLC - GSF	28	Grams	190	18	1.5	1	1

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Nuts or Seeds	Setton Farms Premium California Dry Roasted with Sea Salt Pistachios	Setton Pistachio of Terra Bella Inc. - SP	30	Grams	170	14	1.5	135	2
Nuts or Seeds	California Shelled Walnuts	Grower Direct Nut Co. Inc - GDN	28	Grams	190	18	13	1	1
Nuts or Seeds	California Shelled Walnuts	Grower Direct Nut Co. Inc - GDN	28	Grams	190	18	13	1	1
Nuts or Seeds	California Shelled Walnuts	Grower Direct Nut Co. Inc - GDN	28	Grams	190	18	13	0	1
Nuts or Seeds	California Shelled Walnuts	Grower Direct Nut Co. Inc - GDN	28	Grams	190	18	13	1	1
Nuts or Seeds	Diamond Foods Shelled Walnuts	Diamond Foods LLC - DF	30	Ounces	0	20	2	0	1
Nuts or Seeds	Setton Farms Premium California Dry Roasted with Sea Salt Pistachios	Setton Pistachio of Terra Bella Inc. - SP	30	Grams	170	14	4	135	2
Nuts or Seeds	Setton Farms Premium California Dry Roasted with Sea Salt Pistachios	Setton Pistachio of Terra Bella Inc. - SP	30	Grams	170	14	4	135	2
Nuts or Seeds	Setton Farms Premium California Dry Roasted with Sea Salt Pistachios	Setton Pistachio of Terra Bella Inc. - SP	35	Grams	100	8	2	80	1
Nuts or Seeds	Southern Grove Roasted & Salted Pistachios (In-Shell)	Setton Pistachio of Terra Bella Inc. - SP	30	Grams	170	14	4	135	2
Nuts or Seeds	Setton Farms Premium California Shelled Pistachios Dry Roasted with Sea Salt	Setton Pistachio of Terra Bella Inc. - SP	30	Grams	170	14	4	135	2
Nuts or Seeds	Setton Farms Premium California Shelled Pistachios Dry Roasted with Sea Salt	Setton Pistachio of Terra Bella Inc. - SP	30	Grams	170	14	4	135	2
Nuts or Seeds	Setton Farms Raw Shelled Pistachios No Salt	Setton Pistachio of Terra Bella Inc. - SP	30	Grams	170	14	4	0	2
Nuts or Seeds	Setton Farms Premium California Pistachios Roasted No Salt	Setton Pistachio of Terra Bella Inc. - SP	30	Grams	170	14	4	0	2
Nuts or Seeds	Fisher Walnut Halves & Pieces	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	180	18	1.5	0	1
Nuts or Seeds	Fisher Pecan Halves	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	190	20	1.5	0	1
Nuts or Seeds	ARO Gourmet Pistachios	ARO Pistachios, Inc. - ARO	28	Grams	160	13	4	120	2
Nuts or Seeds	ARO Gourmet Pistachios	ARO Pistachios, Inc. - ARO	28	Grams	160	13	4	120	2
Nuts or Seeds	Georgia Peanuts	Georgia Farm Bureau - GFB	28	Grams	160	14	2	100	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	Ahold Shelled Walnuts	Mariani Nut Company - MNC	30 Grams	200	20	14	0	1
Nuts or Seeds	Ahold Chopped Walnuts	Mariani Nut Company - MNC	30 Grams	200	20	14	0	1
Nuts or Seeds	Ahold Premium Walnuts	Mariani Nut Company - MNC	30 Grams	200	20	14	0	1
Nuts or Seeds	Ahold Sliced Almonds	Mariani Nut Company - MNC	30 Grams	170	15	3.5	0	1
Nuts or Seeds	Ahold Slivered Almonds	Mariani Nut Company - MNC	30 Grams	180	16	4	0	1
Nuts or Seeds	Ahold Whole Almonds	Mariani Nut Company - MNC	30 Grams	170	15	10	0	1
Nuts or Seeds	Mariani Shelled Walnuts	Mariani Nut Company - MNC	30 Grams	200	20	2	0	1
Nuts or Seeds	Mariani Shelled Walnuts	Mariani Nut Company - MNC	30 Grams	200	20	2	0	1
Nuts or Seeds	Mariani Shelled Walnuts	Mariani Nut Company - MNC	30 Grams	200	20	14	0	1
Nuts or Seeds	Mariani Shelled Walnuts	Mariani Nut Company - MNC	30 Grams	200	20	2	0	1
Nuts or Seeds	Mariani Shelled Walnuts	Mariani Nut Company - MNC	30 Grams	200	20	2	0	1
Nuts or Seeds	Mariani Whole Natural Almonds	Mariani Nut Company - MNC	30 Grams	170	15	1	0	1
Nuts or Seeds	Mariani Whole Natural Almonds	Mariani Nut Company - MNC	30 Grams	170	15	1	0	1
Nuts or Seeds	Mariani Whole Natural Almonds	Mariani Nut Company - MNC	30 Grams	170	15	1	0	1
Nuts or Seeds	Gold Emblem Abound Organic Pistachios	Nichols Pistachio - NF	28 Grams	170	14	1.5	0	2
Nuts or Seeds	Gold Emblem Abound Raw Natural Almonds	Nichols Pistachio - NF	28 Grams	170	14	1	0	1
Nuts or Seeds	Gold Emblem Abound Raw Natural Almonds	Nichols Pistachio - NF	1 Ounces	170	14	1	0	1
Nuts or Seeds	Gold Emblem Abound Unsalted Pistachio & Almond Blend	Nichols Pistachio - NF	28 Grams	170	14	1	0	1
Nuts or Seeds	Gold Emblem Abound Unsalted Pistachio Kernels	Nichols Pistachio - NF	28 Grams	170	14	1.5	0	2
Nuts or Seeds	Gold Emblem Abound Unsalted Pistachios	Nichols Pistachio - NF	28 Grams	170	14	1.5	0	2
Nuts or Seeds	Gold Emblem Lightly Salted Pistachios	Nichols Pistachio - NF	1 Ounces	170	14	1.5	80	2
Nuts or Seeds	Gold Emblem Lightly Salted Pistachios	Nichols Pistachio - NF	1 Ounces	170	14	1.5	80	2
Nuts or Seeds	Gold Emblem Lightly Salted Pistachios	Nichols Pistachio - NF	28 Grams	170	14	1.5	80	2
Nuts or Seeds	Gold Emblem Lightly Salted Roasted Almonds	Nichols Pistachio - NF	28 Grams	170	14	1	80	1
Nuts or Seeds	Gold Emblem Organic Pistachio Kernels Light Sea Salt	Nichols Pistachio - NF	28 Grams	170	14	1.5	80	2
Nuts or Seeds	Gold Emblem Pistachio Kernels Light Sea Salt	Nichols Pistachio - NF	1 Ounces	170	14	1.5	80	2
Nuts or Seeds	Gold Emblem Pistachio Kernels Light Sea Salt	Nichols Pistachio - NF	28 Grams	170	14	1.5	80	2

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Nuts or Seeds	Mariani Chopped Walnuts	Mariani Nut Company - MNC	30 Grams	200	20	2	0	1
Nuts or Seeds	Mariani Chopped Walnuts	Mariani Nut Company - MNC	30 Grams	200	20	2	0	1
Nuts or Seeds	Mariani Chopped Walnuts	Mariani Nut Company - MNC	30 Grams	200	20	2	0	1
Nuts or Seeds	Mariani Chopped Walnuts	Mariani Nut Company - MNC	30 Grams	200	20	14	0	1
Nuts or Seeds	Mariani Premium Blanched Slivered Almonds	Mariani Nut Company - MNC	30 Grams	180	16	1	0	1
Nuts or Seeds	Mariani Premium Blanched Slivered Almonds	Mariani Nut Company - MNC	30 Grams	180	16	1	0	1
Nuts or Seeds	Mariani Premium Blanched Slivered Almonds	Mariani Nut Company - MNC	30 Grams	170	16	1	0	1
Nuts or Seeds	Mariani Premium Blanched Slivered Almonds	Mariani Nut Company - MNC	30 Grams	180	16	1	0	1
Nuts or Seeds	Diamond Foods Finely Diced Walnuts (Rosemary Extract)	Diamond Foods LLC - DF	30 Grams	200	20	2	0	1
Nuts or Seeds	Planters Cocktail Peanuts	Hormel Foods Corporation - Planters	28 Grams	170	14	4.5	100	1
Nuts or Seeds	Planters Salted Peanuts	Hormel Foods Corporation - Planters	28 Grams	170	14	4.5	95	1
Nuts or Seeds	Planters Salted Peanuts	Hormel Foods Corporation - Planters	28 Grams	170	14	4.5	95	1
Nuts or Seeds	Planters Cocktail Peanuts	Hormel Foods Corporation - Planters	28 Grams	170	14	4.5	100	1
Nuts or Seeds	Planters Salted Peanuts	Hormel Foods Corporation - Planters	28 Grams	170	14	0	100	1
Nuts or Seeds	Planters Salted Peanuts	Hormel Foods Corporation - Planters	28 Grams	170	14	0	100	1
Nuts or Seeds	Planters Salted Peanuts	Hormel Foods Corporation - Planters	28 Grams	170	14	4.5	100	1
Nuts or Seeds	Planters Lightly Salted Dry Roasted Peanuts	Hormel Foods Corporation - Planters	28 Grams	170	14	4.5	75	1
Nuts or Seeds	Planters Lightly Salted Dry Roasted Peanuts	Hormel Foods Corporation - Planters	28 Grams	170	14	4.5	75	1
Nuts or Seeds	Planters Lightly Salted Dry Roasted Peanuts	Hormel Foods Corporation - Planters	28 Grams	170	14	4.5	75	1
Nuts or Seeds	Planters Unsalted Dry Roasted Peanuts	Hormel Foods Corporation - Planters	28 Grams	170	14	4.5	5	1
Nuts or Seeds	Planters Salted Peanuts	Hormel Foods Corporation - Planters	28 Grams	170	14	4.5	100	1
Nuts or Seeds	Planters Lightly Salted Cocktail Peanuts	Hormel Foods Corporation - Planters	28 Grams	170	14	4.5	50	1
Nuts or Seeds	Planters Salted Peanuts	Hormel Foods Corporation - Planters	28 Grams	170	14	4.5	95	1
Nuts or Seeds	Pecan Halves	York Pecan Co - YP	28 Grams	190	20	0	0	1
Nuts or Seeds	Pecan Pieces	York Pecan Co - YP	28 Grams	190	20	0	0	1
Nuts or Seeds	Planters Cocktail Peanuts	Hormel Foods Corporation - Planters	28 Grams	170	14	4.5	95	1
Nuts or Seeds	Planters Salted Peanuts	Hormel Foods Corporation - Planters	28 Grams	170	14	4.5	100	1
Nuts or Seeds	Planters Lightly Salted Cocktail Peanuts	Hormel Foods Corporation - Planters	28 Grams	170	14	4.5	50	1
Oils	Goya Extra Virgin Olive Oil	Goya	1 Tbsp	120	14	2	0	0

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Food Category	Product	Company	Serving Size	Calories*	Total Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
Oils	Star First Harvest Extra Virgin Olive Oil	Borges USA	1 Tbsp	120	14	2	0	0
Oils	Star Original Olive Oil	Borges USA	1 Tbsp	120	14	2	0	0
Oils	Star Light Tasting Olive Oil	Borges USA	1 Tbsp	120	14	2	0	0
Oils	Star Robust Extra Virgin Olive Oil	Borges USA	1 Tbsp	120	14	2	0	0
Oils	Garcia de la Cruz Organic Extra Virgin Olive Oil	Aceites Garcia de la Cruz SL	1 Tbsp	120	14	0	0	0
Oils	Garcia de la Cruz Organic Extra Virgin Olive Oil	Aceites Garcia de la Cruz SL	1 Tbsp	120	14	0	0	0
Oils	Alessi Organic Extra Virgin Olive Oil	Vigo Importing Company	1 Tbsp	0	14	2	0	0
Oils	Garcia de la Cruz Organic Extra Virgin Olive Oil	Aceites Garcia de la Cruz SL	1 Tbsp	120	14	0	0	0
Oils	Pompeian Rich Taste Olive Oil	Pompeian, Inc.	1 Tbsp	120	14	1.5	0	0
Oils	Pompeian Smooth Extra Virgin Olive Oil	Pompeian, Inc.	1 Tbsp	120	14	1.5	0	0
Oils	Pompeian Robust Extra Virgin Olive Oil	Pompeian, Inc.	1 Tbsp	120	14	1.5	0	0
Oils	Pompeian Organic Robust Extra Virgin Olive Oil	Pompeian, Inc.	1 Tbsp	120	14	1.5	0	0
Oils	Pompeian Spanish Bold Extra Virgin Olive Oil	Pompeian, Inc.	1 Tbsp	120	14	1.5	0	0
Oils	Pompeian Organic Smooth Extra Virgin Olive Oil	Pompeian, Inc.	1 Tbsp	120	14	1.5	0	0
Oils	Olitalia Extra Virgin Olive Oil Cold Extraction	Olitalia	1 Tbsp	120	14	2.5	0	0
Oils	Origin 846 Organic Unfiltered Extra Virgin Olive Oil	CHO America	1 Tbsp	120	14	2.67	0	0
Oils	Mazola Corn Oil	ACH Food Companies, Inc.*	1 Tbsp	120	14	2	0	0
Oils	Perdue AgriBusiness High Oleic Soybean Oil	Perdue AgriBusiness	14 Grams	120	14	1.5	0	0
Oils	Pompeian Organic Robust Extra Virgin Olive Oil	Pompeian, Inc.	1 Tbsp	120	14	1.5	0	0
Oils	Pompeian Rich Taste Olive Oil	Pompeian, Inc.	1 Tbsp	120	14	1.5	0	0
Oils	Pompeian Rich Taste Olive Oil	Pompeian, Inc.	1 Tbsp	120	14	1.5	0	0
Oils	Pompeian Rich Taste Olive Oil	Pompeian, Inc.	1 Tbsp	120	14	1.5	0	0
Oils	Pompeian Robust Extra Virgin Olive Oil	Pompeian, Inc.	1 Tbsp	120	14	1.5	0	0

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Food Category	Product	Company	Serving Size	Calories*	Total Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
Oils	Pompeian Robust Extra Virgin Olive Oil	Pompeian, Inc.	1 Tbsp	120	14	1.5	0	0
Oils	Pompeian Robust Extra Virgin Olive Oil	Pompeian, Inc.	1 Tbsp	120	14	1.5	0	0
Oils	Pompeian Robust Extra Virgin Olive Oil	Pompeian, Inc.	1 Tbsp	120	14	1.5	0	0
Oils	Pompeian Light Taste Olive Oil	Pompeian, Inc.	1 Tbsp	120	14	1.5	0	0
Oils	Pompeian Mild Taste Olive Oil	Pompeian, Inc.	1 Tbsp	120	14	1.5	0	0
Oils	Pompeian Gourmet Selection Extra Virgin Olive Oil	Pompeian, Inc.	1 Tbsp	120	14	1.5	0	0
Oils	Star Extra Virgin Olive Oil	Borges USA	1 Tbsp	120	14	1	0	0
Oils	Terra Delyssa Organic Extra Virgin Olive Oil	CHO America	1 Tbsp	120	14	2.67	0	0
Oils	Star Organic Extra Virgin Olive Oil	Borges USA	1 Tbsp	120	14	2	0	0
Oils	Badia Extra Virgin Olive Oil	Badia	1 Tbsp	120	14	0	0	0
Oils	Alessi Extra Virgin Olive Oil	Vigo Importing Company	1 Tbsp	120	14	2	0	0
Oils	Garcia de la Cruz Organic Extra Virgin Olive Oil	Aceites Garcia de la Cruz SL	1 Tbsp	120	14	0	0	0
Oils	Garcia de la Cruz Organic Extra Virgin Olive Oil	Aceites Garcia de la Cruz SL	1 Tbsp	120	14	0	0	0
Oils	Star Original Olive Oil	Borges USA	1 Tbsp	120	14	2	0	0
Oils	Star Extra Virgin Olive Oil	Borges USA	1 Tbsp	120	14	2	0	0
Oils	Star Extra Virgin Olive Oil	Borges USA	1 Tbsp	120	14	2	0	0
Oils	Star Light Tasting Olive Oil	Borges USA	1 Tbsp	120	14	2	0	0
Oils	Star Original Olive Oil	Borges USA	1 Tbsp	120	14	2	0	0
Oils	Star Original Olive Oil	Borges USA	1 Tbsp	120	14	2	0	0
Oils	Star Original Olive Oil	Borges USA	1 Tbsp	120	14	2	0	0
Oils	Star Original Olive Oil	Borges USA	1 Tbsp	120	14	2	0	0
Oils	Wesson Vegetable Oil	Richardson Oilseed Products (US) Limited	1 Tbsp	120	14	2	0	0
Oils	Wesson Corn Oil	Richardson Oilseed Products (US) Limited	1 Tbsp	120	14	2	0	0
Oils	Wesson Canola Oil	Richardson Oilseed Products (US) Limited	1 Tbsp	120	14	1	0	0

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Food Category	Product	Company	Serving Size	Calories*	Total Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
Oils	Mazola Corn Oil	ACH Food Companies, Inc.*	1 Tbsp	120	14	2	0	0
Oils	Nutrioli Pure Soybean Oil	Ragasa International LLC	1 Tbsp	0	14	8	0	0
Oils	Terra Delyssa Extra Virgin Olive Oil	CHO America	1 Tbsp	120	14	2.67	0	0
Oils	Mazola Corn Oil	ACH Food Companies, Inc.*	1 Tbsp	120	14	2	0	0
Oils	Mazola Corn Oil	ACH Food Companies, Inc.*	1 Tbsp	120	14	2	0	0
Oils	Mazola Corn Oil	ACH Food Companies, Inc.*	1 Tbsp	120	14	2	0	0
Oils	Mazola Corn Oil	ACH Food Companies, Inc.*	1 Tbsp	120	14	2	0	0
Oils	Mazola Corn Oil	ACH Food Companies, Inc.*	1 Tbsp	120	14	2	0	0
Oils	Mazola Corn Oil	ACH Food Companies, Inc.*	1 Tbsp	120	14	2	0	0
Oils	Mazola Corn Oil	ACH Food Companies, Inc.*	1 Tbsp	120	14	2	0	0
Oils	Monini GranFruttato Extra Virgin Olive Oil	Monini	1 Tbsp	120	14	2	0	0
Oils	Monini Amabile Extra Virgin Olive Oil	Monini	1 Tbsp	120	14	2	0	0
Oils	Monini Originale Extra Virgin Olive Oil	Monini	1 Tbsp	120	14	2	0	0
Oils	Monini Extra Virgin Olive Oil	Monini	1 Tbsp	120	14	2	0	0
Oils	Wesson Canola Oil	Richardson Oilseed Products (US) Limited	1 Tbsp	120	14	1	0	0
Oils	Wesson Canola Oil	Richardson Oilseed Products (US) Limited	1 Tbsp	120	14	1	0	0
Oils	Wesson Canola Oil	Richardson Oilseed Products (US) Limited	1 Tbsp	120	14	1	0	0
Oils	Wesson Canola Oil	Richardson Oilseed Products (US) Limited	1 Tbsp	120	14	1	0	0
Oils	Wesson Corn Oil	Richardson Oilseed Products (US) Limited	1 Tbsp	120	14	2	0	0
Oils	Wesson Corn Oil	Richardson Oilseed Products (US) Limited	1 Tbsp	120	14	2	0	0
Oils	Extra Virgin Olive Oil	Tassos Group LLC, The - TG	14 Grams	120	14	1	0	0
Oils	Extra Virgin Olive Oil	Tassos Group LLC, The - TG	14 Grams	120	14	1	0	0
Oils	Extra Virgin Olive Oil	Tassos Group LLC, The - TG	14 Grams	120	14	1	0	0
Oils	Organic PDO Extra Virgin Olive Oil	Tassos Group LLC, The - TG	14 Grams	119	14	1	0	0

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Food Category	Product	Company	Serving Size	Calories*	Total Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
Oils	Organic PDO Extra Virgin Olive Oil	Tassos Group LLC, The - TG	1 Tbsp	120	14	1	0	0
Oils	Organic PDO Extra Virgin Olive Oil	Tassos Group LLC, The - TG	1 Tbsp	119	14	1	0	0
Oils	Pompeian Rich Taste Olive Oil	Pompeian, Inc.	1 Tbsp	120	14	2	0	0
Oils	Pompeian Gourmet Selection Extra Virgin Olive Oil	Pompeian, Inc.	1 Tbsp	120	14	2	0	0
Oils	Pompeian Gourmet Selection Extra Virgin Olive Oil	Pompeian, Inc.	1 Tbsp	120	14	2	0	0
Oils	Pompeian Light Taste Olive Oil	Pompeian, Inc.	1 Tbsp	120	14	1.5	0	0
Oils	Pompeian Light Taste Olive Oil	Pompeian, Inc.	1 Tbsp	120	14	1.5	0	0
Oils	Pompeian Light Taste Olive Oil	Pompeian, Inc.	1 Tbsp	120	14	1.5	0	0
Oils	Pompeian Light Taste Olive Oil	Pompeian, Inc.	1 Tbsp	120	14	1.5	0	0
Oils	Pompeian Mild Taste Olive Oil	Pompeian, Inc.	1 Tbsp	120	14	1.5	0	0
Oils	Pompeian Mild Taste Olive Oil	Pompeian, Inc.	1 Tbsp	120	14	1.5	0	0
Oils	Pompeian Mild Taste Olive Oil	Pompeian, Inc.	1 Tbsp	120	14	1.5	0	0
Oils	Pompeian Mild Taste Olive Oil	Pompeian, Inc.	1 Tbsp	120	14	1.5	0	0
Oils	Pompeian Organic Robust Extra Virgin Olive Oil	Pompeian, Inc.	1 Tbsp	120	14	1.5	0	0
Oils	Pompeian Smooth Extra Virgin Olive Oil	Pompeian, Inc.	1 Tbsp	120	14	1.5	0	0
Oils	Pompeian Smooth Extra Virgin Olive Oil	Pompeian, Inc.	1 Tbsp	120	14	1.5	0	0
Oils	Pompeian Smooth Extra Virgin Olive Oil	Pompeian, Inc.	1 Tbsp	120	14	1.5	0	0
Oils	Pompeian Smooth Extra Virgin Olive Oil	Pompeian, Inc.	1 Tbsp	120	14	1.5	0	0
Oils	Pompeian Spanish Bold Extra Virgin Olive Oil	Pompeian, Inc.	1 Tbsp	120	14	1.5	0	0
Oils	Pompeian Spanish Bold Extra Virgin Olive Oil	Pompeian, Inc.	1 Tbsp	120	14	1.5	0	0
Oils	Garcia de la Cruz Organic Extra Virgin Olive Oil	Aceites Garcia de la Cruz SL	1 Tbsp	120	14	0	0	0
Oils	Extra Virgin Olive Oil	North American Olive Oil Association - NAOOA	1 Tbsp	120	14	2	0	0
Oils	Wesson Corn Oil	Richardson Oilseed Products (US) Limited	1 Tbsp	120	14	2	0	0

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Oils	Wesson Vegetable Oil	Richardson Oilseed Products (US) Limited	1	Tbsp	120	14	2	0	0
Oils	Wesson Vegetable Oil	Richardson Oilseed Products (US) Limited	1	Tbsp	120	14	2	0	0
Oils	Wesson Vegetable Oil	Richardson Oilseed Products (US) Limited	1	Tbsp	120	14	2	0	0
Oils	Wesson Vegetable Oil	Richardson Oilseed Products (US) Limited	1	Tbsp	120	14	2	0	0
Oils	Wesson Vegetable Oil	Richardson Oilseed Products (US) Limited	1	Tbsp	120	14	2	0	0
Oils	Pompeian Gourmet Selection Extra Virgin Olive Oil	Pompeian, Inc.	1	Tbsp	120	14	2	0	0
Oils	Star Light Tasting Olive Oil	Borges USA	1	Tbsp	120	14	2	0	0
Oils	Star Extra Virgin Olive Oil	Borges USA	1	Tbsp	120	14	2	0	0
Oils	Star Extra Virgin Olive Oil	Borges USA	1	Tbsp	120	14	2	0	0
Oils	Star Original Olive Oil	Borges USA	1	Tbsp	120	14	2	0	0
Oils	Star Extra Virgin Olive Oil	Borges USA	1	Tbsp	120	14	2	0	0
Oils	Badia Extra Virgin Olive Oil	Badia	1	Tbsp	120	14	2	0	0
Oils	Badia Extra Virgin Olive Oil	Badia	1	Tbsp	120	14	2	0	0
Oils	Badia Extra Virgin Olive Oil	Badia	1	Tbsp	120	14	2	0	0
Oils	Badia Extra Virgin Olive Oil	Badia	1	Tbsp	120	14	2	0	0
Oils	Badia Extra Virgin Olive Oil	Badia	1	Tbsp	120	14	2	0	0
Pasta	Cauliflower Elbows	Caulipower LLC - CL	94	Grams	210	0.5	0	40	1
Pasta	Cauliflower Linguine	Caulipower LLC - CL	94	Grams	230	2.5	0	30	1
Pasta	Cauliflower Penne	Caulipower LLC - CL	94	Grams	210	0.5	0	40	1
Pasta	Cauliflower Pappardelle	Caulipower LLC - CL	94	Grams	230	2.5	0	30	1
Pasta	Seapoint Farms Organic Edamame Fettuccine	Seapoint Farms, LLC - SF	56	Grams	200	3	0.5	0	3
Pasta	Seapoint Farms Organic Edamame Spaghetti	Seapoint Farms, LLC - SF	2	Ounces	200	3	0.5	0	3
Pasta	Seapoint Farms Organic Edamame Spaghetti	Seapoint Farms, LLC - SF	56	Grams	200	3	0.5	0	3
Potatoes	Caulipower Sweet Potatoasts	Caulipower LLC - CL	85	Grams	80	0	0	30	6

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Potatoes	Pride of the Valley Russet Potatoes	Bench Mark Potato Company	148 Grams	110	0	0	0	1
Potatoes	Spuddy Buddy Idaho Russet Potatoes	Circle Valley	148 Grams	110	0	0	0	0
Potatoes	Spuddy Buddy Idaho Russet Potatoes	Circle Valley	148 Grams	110	0	0	0	1
Potatoes	Spuddy Buddy Idaho Russet Potatoes	Circle Valley	148 Grams	110	0	0	0	1
Potatoes	Spuddy Buddy Idaho Russet Potatoes	Driscoll Potatoes	148 Grams	110	0	0	0	1
Potatoes	Spuddy Buddy Idaho Russet Potatoes	Gold Emblem Produce	148 Grams	110	0	0	0	1
Potatoes	Spuddy Buddy Idaho Russet Potatoes	Idasel	148 Grams	110	0	0	0	1
Potatoes	Blue Seal Idaho Russet Potatoes	IPP - Nonpareil	148 Grams	110	0	0	0	0
Potatoes	Blue Seal Idaho Russet Potatoes	IPP - Nonpareil	148 Grams	110	0	0	0	1
Potatoes	Ace Russet Idaho Potatoes	Sun Glo of Idaho	148 Grams	110	0	0	0	1
Potatoes	Fresh Sweet Potatoes (US grown, orange flesh varieties)	United States Sweet Potato Council, Inc., The - US Sweet Potato	133 Grams	105	0	0	40	13
Potatoes	Organic Select Quality Yams/Sweet Potatoes	Quail H Farms, LLC - QHF	200 Grams	180	0	0	72	13
Potatoes	Quality Yams/Sweet Potatoes (Micro Baking)	Quail H Farms, LLC - QHF	200 Grams	180	0	0	72	13
Potatoes	Quality Yams/Sweet Potatoes (Micro Baking)	Quail H Farms, LLC - QHF	200 Grams	180	0	0	72	13
Potatoes	Quality Yams/Sweet Potatoes (Micro Baking)	Quail H Farms, LLC - QHF	200 Grams	180	0	0	72	13
Potatoes	Quality Yams/Sweet Potatoes (Micro Baking)	Quail H Farms, LLC - QHF	200 Grams	180	0	0	72	13
Potatoes	Organic Select Quality Yams/Sweet Potatoes	Quail H Farms, LLC - QHF	200 Grams	180	0	0	72	13
Potatoes	Organic Select Quality Yams/Sweet Potatoes	Quail H Farms, LLC - QHF	200 Grams	180	0	0	72	13
Potatoes	Bruce's Yams - Cut Sweet Potatoes in Syrup	McCall Farms, Inc. - BF	166 Grams	120	0	0	70	9
Potatoes	Bruce's Yams - Cut Sweet Potatoes in Syrup	McCall Farms, Inc. - BF	166 Grams	120	0	0	70	9
Potatoes	Bruce's Yams - Cut Sweet Potatoes in Syrup	McCall Farms, Inc. - BF	166 Grams	120	0	0	75	9
Potatoes	Alexia Sweet Potato Fries	Lamb Weston, Inc. - Alexia	84 Grams	140	5	0	140	6
Potatoes	Spuddy Buddy Idaho Russet Potatoes	Bench Mark Potato Company	148 Grams	110	0	0	0	1
Potatoes	Premium Treasure Idaho Russet Potatoes	Sun Glo of Idaho	148 Grams	110	0	0	0	1
Potatoes	Side Delights Idaho Russets	Sun Glo of Idaho	148 Grams	110	0	0	0	1
Potatoes	Side Delights Idaho Russets	Sun Glo of Idaho	148 Grams	110	0	0	0	1
Potatoes	Ace Russet Idaho Potatoes	Sun Glo of Idaho	148 Grams	110	0	0	0	1
Potatoes	Side Delights Idaho Russets	Sun Glo of Idaho	148 Grams	110	0	0	0	1
Potatoes	Sun Supreme Original Premium Russet Potato	Sun Glo of Idaho	148 Grams	110	0	0	0	1

*per serving



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Food Category	Product	Company	Serving Size	Calories*	Total Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
Potatoes	Spuddy Buddy Idaho Russet Potatoes	Wada	148 Grams	110	0	0	0	1
Potatoes	Spuddy Buddy Idaho Russet Potatoes	Wada	148 Grams	110	0	0	0	1
Potatoes	Mother Earth Fresh Premium Idaho/Russet Potatoes	Wilcox Fresh	148 Grams	110	0	0	0	1
Potatoes	Mother Earth Fresh Premium Idaho/Russet Potatoes	Wilcox Fresh	148 Grams	110	0	0	0	1
Potatoes	Mother Earth Fresh Premium Red Potatoes	Wilcox Fresh	148 Grams	110	0	0	0	1
Potatoes	Mother Earth Fresh Premium Idaho/Russet Potatoes	Wilcox Fresh	148 Grams	110	0	0	0	1
Potatoes	Premium Treasure Idaho Russet Potatoes	Wilcox Fresh	148 Grams	110	0	0	0	1
Potatoes	Spuddy Buddy Idaho Russet Potatoes	Mart	148 Grams	110	0	0	0	1
Potatoes	Simply Perfect Idaho Potatoes (Russet)	RPE, Inc.	148 Grams	110	0	0	0	1
Potatoes	Old Oak Farms Idaho Russet Potatoes - Biggins	RPE, Inc.	148 Grams	110	0	0	0	1
Potatoes	Old Oak Farms Idaho Russet Potatoes - Best Value	RPE, Inc.	148 Grams	110	0	0	0	1
Potatoes	Old Oak Farms Idaho Russet Potatoes - Best Value	RPE, Inc.	148 Grams	110	0	0	0	1
Potatoes	Southwind Farms Gourmet Select Fingerling Potatoes	Southwind Farms	148 Grams	110	0	0	0	1
Potatoes	Southwind Farms Fingerlings Potato Medley	Southwind Farms	148 Grams	110	0	0	0	1
Potatoes	Southwind Farms Fingerlings Yellow Potatoes	Southwind Farms	148 Grams	110	0	0	0	1
Potatoes	Southwind Farms Fingerling All Purpose Potatoes	Southwind Farms	148 Grams	110	0	0	0	1
Potatoes	Healthy Heart Organic Yams, Medium (Reds/Beauregards)	Doreva Produce Company Inc. - DPC	200 Grams	180	0	0	72	13
Potatoes	Healthy Heart Yams (Reds/Beauregards)	Doreva Produce Company Inc. - DPC	200 Grams	180	0	0	72	13
Potatoes	Spuddy Buddy Idaho Russet Potatoes	Sun Glo of Idaho	148 Grams	110	0	0	0	1
Potatoes	Side Delights Idaho Russets	Sun Glo of Idaho	148 Grams	110	0	0	0	1

*per serving



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Food Category	Product	Company	Serving Size	Calories*	Total Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
Potatoes	Spuddy Buddy Idaho Russet Potatoes	Sun Valley	148 Grams	110	0	0	0	1
Potatoes	Blue Seal Idaho Russet Potatoes	Sun Valley	148 Grams	110	0	0	0	1
Potatoes	Sun Valley Russet Potatoes	Sun Valley	148 Grams	110	0	0	0	1
Potatoes	Primos Russet Potatoes	Sun Valley	148 Grams	110	0	0	0	1
Potatoes	Blue Seal Idaho Russet Potatoes	Sun Valley	148 Grams	110	0	0	0	1
Potatoes	Spuddy Buddy Idaho Russet Potatoes	Wada	148 Grams	110	0	0	0	1
Potatoes	Spuddy Buddy Idaho Russet Potatoes	Wada	148 Grams	110	0	0	0	1
Potatoes	Mother Earth Fresh Premium Red Potatoes	Wilcox Fresh	148 Grams	110	0	0	0	1
Potatoes	Spuddy Buddy Idaho Russet Potatoes	Wilcox Fresh	148 Grams	110	0	0	0	1
Potatoes	Mother Earth Fresh Premium Idaho/Russet Potatoes	Wilcox Fresh	148 Grams	110	0	0	0	1
Potatoes	Mother Earth Fresh Premium Idaho/Russet Potatoes	Wilcox Fresh	148 Grams	110	0	0	0	1
Potatoes	Mother Earth Fresh Premium Idaho/Russet Potatoes	Wilcox Fresh	148 Grams	110	0	0	0	1
Potatoes	Mother Earth Fresh Premium Red Potatoes	Wilcox Fresh	148 Grams	110	0	0	0	1
Potatoes	Mother Earth Fresh Premium Idaho/Russet Potatoes	Wilcox Fresh	148 Grams	110	0	0	0	1
Potatoes	Spuddy Buddy Idaho Russet Potatoes	Wilcox Fresh	148 Grams	110	0	0	0	1
Potatoes	Mother Earth Fresh Premium Idaho/Russet Potatoes	Wilcox Fresh	148 Grams	110	0	0	0	1
Potatoes	Mother Earth Fresh Premium Red Potatoes	Wilcox Fresh	148 Grams	110	0	0	0	1
Potatoes	Blue Seal Idaho Russet Potatoes	Rigby	148 Grams	110	0	0	0	1
Potatoes	Spuddy Buddy Idaho Russet Potatoes	Rigby	148 Grams	110	0	0	0	1
Potatoes	Simply Perfect Idaho Potatoes (Russet)	RPE, Inc.	148 Grams	110	0	0	0	1
Potatoes	Old Oak Farms Idaho Russet Potatoes - Best Value	RPE, Inc.	148 Grams	110	0	0	0	1
Potatoes	Old Oak Farms Idaho Russet Potatoes - Biggins	RPE, Inc.	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	Old Oak Farms Idaho Russet Potatoes - Biggins - RPE	RPE, Inc.	148	Grams	110	0	0	0	1
Potatoes	Old Oak Farms Idaho Russet Potatoes - Chef Select	RPE, Inc.	148	Grams	110	0	0	0	1
Potatoes	Old Oak Farms Idaho Russet Potatoes - Best Value	RPE, Inc.	148	Grams	110	0	0	0	1
Potatoes	Southwind Farms Fingerling All Purpose Potatoes	Southwind Farms	148	Grams	110	0	0	0	1
Potatoes	Alexia Sweet Potato Fries	Lamb Weston, Inc. - Alexia	84	Grams	140	5	0	140	6
Potatoes	Alexia Sweet Potato Fries	Lamb Weston, Inc. - Alexia	84	Grams	140	5	0	140	6
Potatoes	Alexia Sweet Potato Fries	Lamb Weston, Inc. - Alexia	84	Grams	140	5	0	140	6
Potatoes	Alexia Sweet Potato Fries	Lamb Weston, Inc. - Alexia	84	Grams	140	5	0.5	140	6
Potatoes	Alexia Sweet Potato Fries	Lamb Weston, Inc. - Alexia	84	Grams	140	5	0	140	6
Potatoes	Idaho Potato - Fingerlings	Idaho Potato Commission - IPC	148	Grams	110	0	0	0	1
Potatoes	Idaho Potato - Yellows	Idaho Potato Commission - IPC	148	Grams	110	0	0	0	1
Potatoes	Idaho Potato - Russets	Idaho Potato Commission - IPC	148	Grams	110	0	0	0	1
Potatoes	Idaho Potato - Reds	Idaho Potato Commission - IPC	148	Grams	110	0	0	0	1
Potatoes	Sweet Potato Tray	Country Sweet Produce, Inc.	130	Grams	0	0	0	70	5
Potatoes	Single Sweet Potato	Country Sweet Produce, Inc.	130	Grams	110	0	0	70	5
Potatoes	Organic Single Sweet Potato	Country Sweet Produce, Inc.	130	Grams	110	0	0	70	5
Potatoes	Organic Baby Sweet Potato Bag	Country Sweet Produce, Inc.	130	Grams	110	0	0	70	5
Potatoes	Baby Sweet Potato Bag	Country Sweet Produce, Inc.	130	Grams	110	0	0	70	5
Potatoes	Sweet Potato Bag	Country Sweet Produce, Inc.	130	Grams	110	0	0	70	5
Potatoes	Sweet Potato Bag	Country Sweet Produce, Inc.	130	Grams	110	0	0	70	5
Potatoes	Organic Sweet Potato Bag	Country Sweet Produce, Inc.	130	Grams	110	0	0	70	5
Potatoes	Organic Sweet Potato Bag	Country Sweet Produce, Inc.	130	Grams	110	0	0	70	5
Potatoes	Organic Petite Purple Sweet Potatoes	Country Sweet Produce, Inc.	130	Grams	110	0	0	70	5
Potatoes	Organic Petite White Sweet Potatoes	Country Sweet Produce, Inc.	130	Grams	110	0	0	70	5
Potatoes	Organic Sweet Potato Steam Bag	Country Sweet Produce, Inc.	130	Grams	110	0	0	70	5
Potatoes	Organic Sweet Potato Tray	Country Sweet Produce, Inc.	130	Grams	110	0	0	70	5

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Potatoes	Petite Orange Sweet Potato Steam Bag	Country Sweet Produce, Inc.	130 Grams	110	0	0	70	5
Potatoes	Petite Sweet Potatoes Steam Bag	Country Sweet Produce, Inc.	130 Grams	110	0	0	70	5
Snacks	Black Jewell No Salt No Oil Microwave Popcorn	Black Jewell LLC	27 Grams	100	1.5	0	0	0
Soup	Health Valley Organic No Salt Added Lentil Soup	Hain Celestial Group, Inc., The - Health Valley	240 Grams	150	1.5	0	20	5
Soup	Health Valley Organic Low Sodium Chicken and Rice Soup	Hain Celestial Group, Inc., The - Health Valley	240 Grams	100	1	0	55	1
Soup	Health Valley Organic Low Sodium Chicken Noodle Soup	Hain Celestial Group, Inc., The - Health Valley	240 Grams	80	1	0	65	1
Soup	Health Valley Organic No Salt Added Minestrone Soup	Hain Celestial Group, Inc., The - Health Valley	240 Grams	100	2	0	45	5
Soup	Health Valley Organic No Salt Added Tomato Soup	Hain Celestial Group, Inc., The - Health Valley	240 Grams	110	2	1	25	15
Soup	Health Valley Organic No Salt Added Vegetable Soup	Hain Celestial Group, Inc., The - Health Valley	240 Grams	90	2	0	45	4
Vegetable Juice	Bolthouse Farms 100% Carrot Juice	Wm. Bolthouse Farms, Inc. -WB	8 Ounces	70	0	0	150	13
Vegetable Juice	Bolthouse Farms 100% Carrot Juice	Wm. Bolthouse Farms, Inc. -WB	15 Ounces	130	0.5	0	290	26
Vegetable Juice	Bolthouse Farms 100% Carrot Juice	Wm. Bolthouse Farms, Inc. -WB	8 Ounces	70	0	0	150	13
Vegetable Juice	Bolthouse Farms 100% Carrot Juice	Wm. Bolthouse Farms, Inc. -WB	11 Ounces	90	0	0	210	18
Vegetable Juice	Bolthouse Farms Organics 100% Carrot Juice	Wm. Bolthouse Farms, Inc. -WB	8 Ounces	70	0	0	150	13
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	27	0	0	7	4
Vegetables: Fresh, Frozen, or Canned	Tasti-Lee Premium Vine-Ripened Tomatoes	Flavorful Brands - FB	149 Grams	27	0	0	7	4

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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	Tasti-Lee Organic Premium Vine-Ripened Tomatoes	Flavorful Brands - FB	149	Grams	27	0	0	7	4
Vegetables: Fresh, Frozen, or Canned	Tassos Fire Roasted Florinas Peppers	Tassos Group LLC, The - TG	75	Grams	20	0	0	160	2
Vegetables: Fresh, Frozen, or Canned	Tassos Fire Roasted Florinas Peppers	Tassos Group LLC, The - TG	75	Grams	20	0	0	160	2
Vegetables: Fresh, Frozen, or Canned	Red N Tasty Premium Vine-Ripened Tomatoes	Tomato Thyme Corp. - TT	100	Grams	20	0	0	10	3
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

*per serving