

Heart-Check Food Certification Program
Certified Products Listed by Food Category

| Food Category | Product | Company | Serving Size | | Calories | Saturated Fat (g) | Sodium (mg) | Positive Nutrients* (% Daily Value) | | | | | |
|---------------|--|---|--------------|--------|----------|-------------------|-------------|-------------------------------------|---------|--------|-----------|---------|---------|
| | | | | | | | | Calcium % | Fiber % | Iron % | Protein % | Vit A % | Vit C % |
| Beans, Canned | S&W Chili Beans, Low Sodium | Faribault Foods Inc. - FF | 130 | Grams | 130 | 0 | 140 | 4 | 28 | 10 | 8 | 0 | 0 |
| Beans, Canned | S&W Pinto Beans, Low Sodium | Faribault Foods Inc. - FF | 130 | Grams | 110 | 0 | 140 | 4 | 32 | 8 | 8 | 0 | 0 |
| Beans, Canned | S&W Garbanzos, Low Sodium | Faribault Foods Inc. - FF | 130 | Grams | 120 | 0 | 140 | 2 | 21 | 8 | 10 | 0 | 0 |
| Beans, Canned | S&W Kidney Beans, Low Sodium | Faribault Foods Inc. - FF | 130 | Grams | 110 | 0 | 140 | 4 | 28 | 10 | 11 | 0 | 0 |
| Beans, Canned | S&W Black Beans, Low Sodium | Faribault Foods Inc. - FF | 130 | Grams | 110 | 0 | 140 | 4 | 35 | 10 | 10 | 0 | 0 |
| Beans, Canned | S&W White Beans, Low Sodium | Faribault Foods Inc. - FF | 130 | Grams | 110 | 0 | 140 | 4 | 21 | 10 | 9 | 0 | 0 |
| Beverages | WestSoy Organic Unsweetened Soymilk | Hain Celestial Group, Inc., The - Westsoy | 8 | Ounces | 100 | 0.729 | 35 | 0 | 5 | 8 | 18 | 0 | 0 |
| Beverages | WestSoy Organic Soymilk Plus Vanilla | Hain Celestial Group, Inc., The - Westsoy | 8 | Ounces | 110 | 0.5 | 125 | 20 | 5 | 8 | 14 | 40 | 0 |
| Beverages | WestSoy Organic Unsweetened Vanilla Soymilk | Hain Celestial Group, Inc., The - Westsoy | 8 | Ounces | 100 | 0.754 | 30 | 0 | 6 | 8 | 18 | 0 | 0 |
| Beverages | WestSoy Organic Soymilk Plus Plain | Hain Celestial Group, Inc., The - Westsoy | 8 | Ounces | 110 | 0.5 | 130 | 20 | 4 | 8 | 14 | 40 | 0 |
| Beverages | WestSoy Organic Original Soymilk | Hain Celestial Group, Inc., The - Westsoy | 8 | Ounces | 140 | 0.5 | 125 | 2 | 4 | 8 | 14 | 0 | 0 |
| Beverages | WestSoy Organic Unsweetened Vanilla Soymilk | Hain Celestial Group, Inc., The - Westsoy | 8 | Ounces | 100 | 0.754 | 35 | 0 | 6 | 10 | 16 | 0 | 0 |
| Beverages | WestSoy Organic Unsweetened Soymilk | Hain Celestial Group, Inc., The - Westsoy | 8 | Ounces | 100 | 0.729 | 35 | 0 | 5 | 8 | 18 | 0 | 0 |
| Breads | Pepperidge Farm Whole Grain Thin Sliced 100% Whole Wheat | Campbell Soup Company - Pepperidge Farm, Inc. | 52 | Grams | 130 | 0.5 | 130 | 4 | 14 | 8 | | 0 | 0 |
| Breads | Toufayan Whole Wheat Pita | Toufayan Bakeries, Inc. - Toufayan | 56 | Grams | 150 | 0 | 225 | 4 | 13 | 6 | | 0 | 0 |
| Breads | Frescados Wrap Tomato Basil | Catallia Mexican Foods, LLC - CMF | 68 | Grams | 170 | 1 | 240 | 10 | 20 | 2 | | 2 | 2 |
| Breads | Pepperidge Farm Whole Grain 15 Grain Bread | Campbell Soup Company - Pepperidge Farm, Inc. | 43 | Grams | 130 | 0.5 | 130 | 4 | 11 | 6 | 12 | 0 | 0 |
| Breads | Pepperidge Farm Whole Grain Thin Sliced 15 Grain | Campbell Soup Company - Pepperidge Farm, Inc. | 52 | Grams | 140 | 0.5 | 140 | 4 | 14 | 8 | | 0 | 0 |
| Breads | Pepperidge Farm Whole Grain 100% Whole Wheat Bread | Campbell Soup Company - Pepperidge Farm, Inc. | 49 | Grams | 120 | 0.5 | 120 | 4 | 12 | 10 | 12 | 0 | 0 |
| Breads | Frescados Wrap Spinach | Catallia Mexican Foods, LLC - CMF | 68 | Grams | 170 | 1 | 240 | 10 | 16 | 2 | | 0 | 2 |
| Breads | Frescados Wrap Garlic Herb | Catallia Mexican Foods, LLC - CMF | 68 | Grams | 160 | 1 | 180 | 8 | 14 | 10 | 10 | 0 | 2 |
| Breads | Frescados Wrap Garden Vegetable | Catallia Mexican Foods, LLC - CMF | 68 | Grams | 170 | 1 | 220 | 10 | 16 | 0 | | 6 | 20 |
| Breads | Toufayan Wheat Wraps | Toufayan Bakeries, Inc. - Toufayan | 52 | Grams | 140 | 0.5 | 130 | 15 | 12 | 8 | | 0 | 0 |
| Breads | Pepperidge Farm Whole Grain Sprouted Grain Bread | Campbell Soup Company - Pepperidge Farm, Inc. | 45 | Grams | 120 | 0.5 | 180 | 4 | 11 | 6 | 10 | 0 | 0 |
| Breads | Pepperidge Farm Whole Grain German Dark Wheat Bread | Campbell Soup Company - Pepperidge Farm, Inc. | 49 | Grams | 120 | 0.5 | 160 | 4 | 12 | 10 | 12 | 0 | 0 |
| Breads | Pepperidge Farm Whole Grain Honey Wheat Bread | Campbell Soup Company - Pepperidge Farm, Inc. | 49 | Grams | 130 | 0.5 | 125 | 4 | 11 | 10 | 12 | 0 | 0 |
| Breads | Pepperidge Farm Whole Grain Oatmeal Bread | Campbell Soup Company - Pepperidge Farm, Inc. | 49 | Grams | 130 | 0.5 | 135 | 4 | 12 | 8 | 12 | 0 | 0 |
| Breads | Pepperidge Farm Whole Grain Thin Sliced Honey Wheat | Campbell Soup Company - Pepperidge Farm, Inc. | 52 | Grams | 140 | 0.5 | 135 | 4 | 11 | 8 | 12 | 0 | 0 |
| Cereal | Kashi Heart to Heart Organic Honey Toasted Oat Cereal | Kashi Company - Kashi | 32 | Grams | 120 | 0 | 85 | 0 | 15 | 4 | | 0 | 0 |
| Cereal | Quaker Oats Quick Minute | Quaker Oats Company, The - Quaker | 40 | Grams | 150 | 0.5 | 0 | 0 | 13 | 8 | | 0 | 0 |

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|----------------------------------|---|---|--------------|-------|----------|-------------------|-------------|-------------------------------------|---------|--------|-----------|---------|---------|
| | | | | | | | | Calcium % | Fiber % | Iron % | Protein % | Vit A % | Vit C % |
| Cereal | Cheerios | General Mills Marketing, Inc. - Gen Mills | 28 | Grams | 100 | 0.5 | 140 | 10 | 11 | 45 | | 10 | 10 |
| Cereal | Quaker Instant Oatmeal Original | Quaker Oats Company, The - Quaker | 28 | Grams | 100 | 0.5 | 75 | 10 | 9 | 40 | | 0 | 0 |
| Cereal | Quaker Oats Old-Fashioned | Quaker Oats Company, The - Quaker | 40 | Grams | 150 | 0.5 | 0 | 0 | 13 | 8 | | 0 | 0 |
| Cereal | Cheerios | General Mills Marketing, Inc. - Gen Mills | 28 | Grams | 100 | 0.5 | 140 | 10 | 11 | 45 | | 10 | 10 |
| Cereal | Quaker Oats Gluten Free Quick Oats | Quaker Oats Company, The - Quaker | 40 | Grams | 150 | 0.5 | 0 | 0 | 13 | 8 | | 0 | 0 |
| Cereal | Quaker Oats Old-Fashioned | Quaker Oats Company, The - Quaker | 40 | Grams | 150 | 0.5 | 0 | 0 | 13 | 8 | | 0 | 0 |
| Cereal | Quaker Oats Quick Minute | Quaker Oats Company, The - Quaker | 40 | Grams | 150 | 0.5 | 0 | 0 | 15 | 8 | | 0 | 0 |
| Cereal | Cheerios | General Mills Marketing, Inc. - Gen Mills | 28 | Grams | 100 | 0.5 | 140 | 10 | 11 | 45 | | 10 | 10 |
| Cereal | Kashi Heart to Heart Organic Warm Cinnamon Oat Cereal | Kashi Company - Kashi | 32 | Grams | 120 | 0 | 75 | 0 | 15 | 4 | | 0 | 0 |
| Cereal | Quaker Oats Quick Minute | Quaker Oats Company, The - Quaker | 40 | Grams | 150 | 0.5 | 0 | 0 | 15 | 8 | | 0 | 0 |
| Cereal | Quaker Oats Quick Minute | Quaker Oats Company, The - Quaker | 40 | Grams | 150 | 0.5 | 0 | 0 | 13 | 8 | | 0 | 0 |
| Cereal | Quaker Instant Oatmeal Original | Quaker Oats Company, The - Quaker | 28 | Grams | 100 | 0.5 | 75 | 10 | 11 | 40 | | 15 | 0 |
| Cereal | Quaker Steel Cut Quick 3-Minute Oats | Quaker Oats Company, The - Quaker | 45 | Grams | 170 | 0.5 | 0 | 0 | 15 | 8 | | 0 | 0 |
| Cereal | Cheerios | General Mills Marketing, Inc. - Gen Mills | 28 | Grams | 100 | 0.5 | 140 | 10 | 11 | 45 | | 10 | 10 |
| Cereal | Quaker Steel Cut Oats | Quaker Oats Company, The - Quaker | 40 | Grams | 150 | 0.5 | 0 | 0 | 13 | 8 | | 0 | 0 |
| Cereal | Cheerios | General Mills Marketing, Inc. - Gen Mills | 28 | Cups | 100 | 0.5 | 140 | 10 | 11 | 45 | | 10 | 10 |
| Cereal | Quaker Oats Old-Fashioned | Quaker Oats Company, The - Quaker | 40 | Grams | 150 | 0.5 | 0 | 0 | 13 | 8 | | 0 | 0 |
| Egg Substitute | Market Pantry 100% Egg Whites | Michael Foods, Inc. - Crystal Farms | 46 | Grams | 25 | 0 | 80 | 0 | 0 | 0 | 10 | 0 | 0 |
| Egg Substitute | Kroger Break-Free Real Egg Product | Michael Foods, Inc. - Crystal Farms | 46 | Grams | 25 | 0 | 90 | 0 | 0 | 4 | 10 | 8 | 0 |
| Egg Substitute | Market Pantry Egg Substitute | Michael Foods, Inc. - Crystal Farms | 46 | Grams | 25 | 0 | 90 | 0 | 0 | 4 | 10 | 8 | 0 |
| Egg Substitute | Eggland's Best 100% Liquid Egg Whites | Michael Foods, Inc. - Crystal Farms | 46 | Grams | 25 | 0 | 75 | 0 | 0 | 0 | 10 | 0 | 0 |
| Egg Substitute | Market Pantry 100% Egg Whites | Michael Foods, Inc. - Crystal Farms | 46 | Grams | 25 | 0 | 75 | 0 | 0 | 0 | 10 | 0 | 0 |
| Egg Substitute | Eggland's Best 100% Liquid Egg Whites | Michael Foods, Inc. - Crystal Farms | 46 | Grams | 25 | 0 | 75 | 0 | 0 | 0 | 10 | 0 | 0 |
| Egg Substitute | Kroger Break-Free Real Egg Product | Michael Foods, Inc. - Crystal Farms | 46 | Cups | 25 | 0 | 90 | 0 | 0 | 4 | 10 | 8 | 0 |
| Egg Substitute | Bob Evans 100% Liquid Egg Whites | Michael Foods, Inc. - Crystal Farms | 46 | Grams | 25 | 0 | 80 | 0 | 0 | 0 | 10 | 0 | 0 |
| Egg Substitute | Market Pantry Egg Substitute | Michael Foods, Inc. - Crystal Farms | 46 | Grams | 25 | 0 | 90 | 0 | 0 | 4 | 10 | 8 | 0 |
| Egg Substitute | Eggland's Best 100% Liquid Egg Whites | Michael Foods, Inc. - Crystal Farms | 46 | Grams | 25 | 0 | 75 | 0 | 0 | 0 | 10 | 0 | 0 |
| Egg Substitute | Crystal Farms Better 'n Eggs | Michael Foods, Inc. - Crystal Farms | 46 | Cups | 25 | 0 | 105 | 6 | 0 | 4 | 10 | 8 | 0 |
| Egg Substitute | Kroger Break-Free 100% Liquid Egg Whites | Michael Foods, Inc. - Crystal Farms | 46 | Cups | 25 | 0 | 75 | 0 | 0 | 0 | 10 | 0 | 0 |
| Egg Substitute | Kroger Break-Free 100% Liquid Egg Whites | Michael Foods, Inc. - Crystal Farms | 46 | Grams | 25 | 0 | 80 | 0 | 0 | 0 | 10 | 0 | 0 |
| Egg Substitute | Crystal Farms Better 'n Eggs | Michael Foods, Inc. - Crystal Farms | 46 | Grams | 25 | 0 | 105 | 6 | 0 | 4 | 10 | 8 | 0 |
| Egg Substitute | Bob Evans 100% Liquid Egg Whites | Michael Foods, Inc. - Crystal Farms | 46 | Cups | 25 | 0 | 80 | 0 | 0 | 0 | 10 | 0 | 0 |
| Fish & Game: Canned or Processed | StarKist Chunk Light Tuna in Water | StarKist Co. - StarKist | 56 | Grams | 60 | 0 | 250 | 0 | 0 | 4 | 23 | 0 | 0 |
| Fish & Game: Canned or Processed | StarKist Tuna Creations Premium Chunk Light Tuna Hickory Smoked | StarKist Co. - StarKist | 74 | Grams | 110 | 0.5 | 340 | 0 | 0 | 4 | 34 | 0 | 0 |
| Fish & Game: Canned or Processed | North Coast Seafoods Culinary Reserve Lump Crab Meat | North Coast Seafoods - NCS | 85 | Grams | 80 | 0 | 250 | 4 | 0 | 0 | 18 | 0 | 0 |
| Fish & Game: Canned or Processed | StarKist Chunk Light Tuna in Water, Canned | StarKist Co. - StarKist | 85 | Grams | 70 | 0 | 320 | 0 | 0 | 6 | 28 | 0 | 0 |
| Fish & Game: Canned or Processed | North Coast Seafoods Culinary Reserve Jumbo Crab Meat | North Coast Seafoods - NCS | 85 | Grams | 80 | 0 | 250 | 4 | 0 | 0 | 18 | 0 | 0 |

*per serving. Highlighted items have been added in the last 30 days

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|----------------------------------|--|----------------------------|--------------|-------|----------|-------------------|-------------|-------------------------------------|---------|--------|-----------|---------|---------|
| | | | | | | | | Calcium % | Fiber % | Iron % | Protein % | Vit A % | Vit C % |
| Fish & Game: Canned or Processed | StarKist Low Sodium Albacore White Tuna in Water | StarKist Co. - StarKist | 74 | Grams | 80 | 0.5 | 70 | 0 | 0 | 0 | 29 | 0 | 0 |
| Fish & Game: Canned or Processed | StarKist Chunk Light Tuna in Water | StarKist Co. - StarKist | 56 | Grams | 60 | 0 | 250 | 0 | 0 | 4 | 23 | 0 | 0 |
| Fish & Game: Canned or Processed | StarKist Solid White Albacore Tuna in Water | StarKist Co. - StarKist | 56 | Grams | 50 | 0 | 190 | 0 | 0 | 2 | 22 | | |
| Fish & Game: Canned or Processed | StarKist Selects Low Sodium Chunk Light Yellowfin Tuna in Water | StarKist Co. - StarKist | 56 | Grams | 60 | 0 | 140 | 0 | 0 | 2 | 25 | 0 | 0 |
| Fish & Game: Canned or Processed | StarKist Chunk Light Tuna in Water, Canned | StarKist Co. - StarKist | 85 | Grams | 70 | 0 | 320.1 | 0 | 0 | 6 | 28 | 0 | 0 |
| Fish & Game: Canned or Processed | Tongol Chunk Light Tuna in Water | StarKist Co. - StarKist | 56 | Grams | 60 | 0 | 260 | 0 | 0 | 4 | 23 | 0 | 0 |
| Fish & Game: Canned or Processed | StarKist Chunk White Albacore Tuna in Water | StarKist Co. - StarKist | 113 | Grams | 100 | 0 | 320 | 0 | 0 | 4 | 40 | 0 | 0 |
| Fish & Game: Canned or Processed | StarKist Reduced Sodium Chunk Light Tuna in Water | StarKist Co. - StarKist | 74 | Grams | 70 | 0 | 150 | 0 | 0 | 2 | 31 | 0 | 0 |
| Fish & Game: Canned or Processed | StarKist Chunk White Albacore Tuna in Water | StarKist Co. - StarKist | 56 | Grams | 60 | 0 | 260 | 0 | 0 | 2 | 23 | 0 | 0 |
| Fish & Game: Canned or Processed | StarKist Albacore White Tuna in Water | StarKist Co. - StarKist | 74 | Grams | 80 | 0.5 | 240 | 0 | 0 | 0 | 31 | 0 | 0 |
| Fish & Game: Canned or Processed | StarKist Solid White Albacore Tuna in Water | StarKist Co. - StarKist | 85 | Grams | 90 | 0.5 | 250 | 0 | 0 | 4 | 36 | | 0 |
| Fish & Game: Canned or Processed | StarKist Chunk Light Tuna in Water | StarKist Co. - StarKist | 85 | Grams | 80 | 0 | 330 | 0 | 0 | 4 | 35 | 0 | 0 |
| Fish & Game: Canned or Processed | North Coast Seafoods Culinary Reserve Premium Super Lump Crab Meat | North Coast Seafoods - NCS | 85 | Grams | 80 | 0 | 250 | 4 | 0 | 0 | 18 | 0 | 0 |
| Fish & Game: Canned or Processed | StarKist Chunk Light Tuna in Water | StarKist Co. - StarKist | 85 | Grams | 80 | 0 | 330 | 0 | 0 | 4 | 35 | 0 | 0 |
| Fish & Game: Canned or Processed | StarKist Chunk Light Tuna in Water, Canned | StarKist Co. - StarKist | 56 | Grams | 50 | 0 | 216.16 | 0 | 0 | 4 | 20 | 0 | 0 |
| Fish & Game: Canned or Processed | StarKist Albacore White Tuna in Water | StarKist Co. - StarKist | 56 | Grams | 60 | 0.5 | 180 | 0 | 0 | 0 | 23 | 0 | 0 |
| Fish & Game: Canned or Processed | North Coast Seafoods Culinary Reserve Special Crab Meat | North Coast Seafoods - NCS | 85 | Grams | 80 | 0 | 250 | 4 | 0 | 0 | 18 | 0 | 0 |
| Fish & Game: Canned or Processed | StarKist Chunk Light Tuna in Water | StarKist Co. - StarKist | 74 | Grams | 70 | 0 | 300 | 0 | 0 | 4 | 30 | 0 | 0 |
| Fish & Game: Canned or Processed | North Coast Seafoods Culinary Reserve Lump Crab Meat | North Coast Seafoods - NCS | 85 | Grams | 80 | 0 | 250 | 4 | 0 | 0 | 18 | 0 | 0 |
| Fish & Game: Canned or Processed | North Coast Seafoods Culinary Reserve Jumbo Crab Meat | North Coast Seafoods - NCS | 85 | Grams | 80 | 0 | 250 | 4 | 0 | 0 | 18 | 0 | 0 |
| Fish & Game: Canned or Processed | StarKist Solid White Albacore Tuna in Water | StarKist Co. - StarKist | 56 | Grams | 60 | 0 | 280 | 0 | 0 | 2 | 22 | 0 | 0 |
| Fish & Game: Canned or Processed | StarKist Tuna Creations Premium Chunk Light Tuna Lemon Pepper | StarKist Co. - StarKist | 74 | Grams | 80 | 0 | 340 | 0 | 2 | 4 | 32 | 0 | 0 |
| Fish & Game: Canned or Processed | North Coast Seafoods Culinary Reserve Colossal Crab Meat | North Coast Seafoods - NCS | 85 | Grams | 80 | 0 | 250 | 4 | 0 | 0 | 18 | 0 | 0 |
| Fish & Game: Canned or Processed | StarKist Alaskan Pink Salmon Reduced Sodium | StarKist Co. - StarKist | 56 | Grams | 80 | 0.5 | 150 | 12 | 0 | 0 | 22 | 0 | 0 |

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|----------------------------------|---|----------------------------|--------------|-------|----------|-------------------|-------------|-------------------------------------|---------|--------|-----------|---------|---------|
| | | | | | | | | Calcium % | Fiber % | Iron % | Protein % | Vit A % | Vit C % |
| Fish & Game: Canned or Processed | StarKist Tuna Creations Premium Chunk Light Tuna Lemon Pepper | StarKist Co. - StarKist | 56 | Grams | 60 | 0 | 250 | 0 | 0 | 2 | 23 | 0 | 0 |
| Fish & Game: Canned or Processed | North Coast Seafoods Culinary Reserve Claw Crab Meat | North Coast Seafoods - NCS | 85 | Grams | 80 | 0 | 250 | 4 | 0 | 0 | 18 | 0 | 0 |
| Fish & Game: Canned or Processed | StarKist Low Sodium Solid Albacore Tuna in Water | StarKist Co. - StarKist | 56 | Grams | 50 | 0 | 120 | 0 | 0 | 2 | 22 | 0 | 0 |
| Fish & Game: Canned or Processed | StarKist Tuna Creations Premium Chunk Light Tuna Sweet & Spicy | StarKist Co. - StarKist | 74 | Grams | 90 | 0 | 360 | 0 | 0 | 4 | 29 | 0 | 0 |
| Fish & Game: Canned or Processed | North Coast Seafoods Culinary Premium Reserve Super Lump Crab Meat | North Coast Seafoods - NCS | 85 | Grams | 80 | 0 | 250 | 4 | 0 | 0 | 18 | 0 | 0 |
| Fish & Game: Canned or Processed | StarKist Tuna Creations Premium Chunk Light Tuna Ranch | StarKist Co. - StarKist | 74 | Grams | 70 | 0 | 360 | 2 | 0 | 4 | 27 | 0 | 0 |
| Fish & Game: Canned or Processed | StarKist Selects Chunk Light Tuna in Water | StarKist Co. - StarKist | 56 | Grams | 50 | 0 | 230 | 0 | 0 | 2 | 22 | 0 | 0 |
| Fish & Game: Canned or Processed | StarKist Boneless Skinless Pink Salmon | StarKist Co. - StarKist | 56 | Grams | 50 | 0.5 | 200 | 0 | 0 | 0 | 16 | 0 | 0 |
| Fish & Game: Canned or Processed | StarKist Chunk White Albacore Tuna in Water | StarKist Co. - StarKist | 85 | Grams | 80 | 0 | 271.15 | 0 | 0 | 2 | 31 | 0 | 0 |
| Fish & Game: Canned or Processed | StarKist Selects Very Low Sodium Chunk White Albacore Tuna in Water | StarKist Co. - StarKist | 56 | Grams | 60 | 0 | 35 | 0 | 0 | 2 | 25 | 0 | 0 |
| Fish & Game: Canned or Processed | StarKist Solid White Albacore Tuna in Water | StarKist Co. - StarKist | 56 | Grams | 60 | 0 | 190 | 0 | 0 | 2 | 23 | | |
| Fish & Game: Canned or Processed | StarKist Tuna Creations Premium Chunk Light Tuna Sweet & Spicy | StarKist Co. - StarKist | 56 | Grams | 60 | 0 | 290 | 0 | 0 | 2 | 22 | 2 | 0 |
| Fish & Game: Canned or Processed | StarKist Reduced Sodium Chunk Light Tuna in Water | StarKist Co. - StarKist | 85 | Cups | 80 | 0 | 170 | 0 | 0 | 4 | 35 | 0 | 0 |
| Fish & Game: Canned or Processed | StarKist Albacore White Tuna in Water | StarKist Co. - StarKist | 56 | Grams | 60 | 0.5 | 180 | 0 | 0 | 0 | 23 | 0 | 0 |
| Fish & Game: Canned or Processed | StarKist Chunk White Albacore Tuna in Water | StarKist Co. - StarKist | 79 | Grams | 80 | 0 | 200 | 0 | 0 | 4 | 28 | 0 | 0 |
| Fish & Game: Canned or Processed | StarKist Chunk Light Tuna in Water, Canned | StarKist Co. - StarKist | 56 | Grams | 45 | 0 | 180 | 0 | 0 | 4 | 18 | 0 | 0 |
| Fish & Game: Canned or Processed | StarKist Chunk White Albacore Tuna in Water | StarKist Co. - StarKist | 79 | Grams | 80 | 0 | 200 | 0 | 0 | 4 | 28 | 0 | 0 |
| Fish & Game: Canned or Processed | StarKist Solid Light Tuna in Water | StarKist Co. - StarKist | 56 | Grams | 60 | 0 | 180 | 0 | 0 | 4 | 23 | 0 | 0 |
| Fish & Game: Canned or Processed | StarKist Boneless Skinless Pink Salmon, Pouch | StarKist Co. - StarKist | 74 | Grams | 70 | 0 | 150 | 0 | 0 | 0 | 27 | 0 | 0 |
| Fish & Game: Canned or Processed | StarKist Alaskan Pink Salmon | StarKist Co. - StarKist | 56 | Grams | 80 | 0.5 | 210 | 12 | 0 | 0 | 22 | 0 | 0 |
| Fish & Game: Canned or Processed | StarKist Low Sodium Albacore White Tuna in Water | StarKist Co. - StarKist | 85 | Grams | 90 | 0.5 | 140 | 0 | 0 | 0 | 35 | 0 | 0 |
| Fish & Game: Canned or Processed | StarKist Chunk Light Tuna in Water | StarKist Co. - StarKist | 56 | Grams | 60 | 0 | 260 | 0 | 0 | 4 | 23 | 0 | 0 |
| Fish & Game: Canned or Processed | StarKist Solid White Albacore Tuna in Water | StarKist Co. - StarKist | 85 | Grams | 90 | 0.5 | 250 | 0 | 0 | 4 | 36 | 0 | 0 |
| Fish & Game: Canned or Processed | StarKist Albacore White Tuna in Water | StarKist Co. - StarKist | 85 | Grams | 90 | 0.5 | 280 | 0 | 0 | 0 | 35 | 0 | 0 |

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| | | | | | | | | Calcium % | Fiber % | Iron % | Protein % | Vit A % | Vit C % |
| Fish & Game: Canned or Processed | North Coast Seafoods Culinary Reserve Claw Crab Meat | North Coast Seafoods - NCS | 85 | Grams | 80 | 0 | 250 | 4 | 0 | 0 | 18 | 0 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | TransOcean Crab Classic Flake Style | Trans-Ocean Products, Inc. - TransOcean | 85 | Grams | 80 | 0 | 390 | 0 | 0 | 0 | 12 | 0 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | TransOcean Crab Classic Flake Style | Trans-Ocean Products, Inc. - TransOcean | 85 | Grams | 80 | 0 | 390 | 0 | 0 | 0 | 12 | 0 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | Classic Creations Imitation Crab Meat Flake Style | Trident Seafoods Corporation - Trident | 85 | Grams | 80 | 0 | 450 | 2 | 0 | 0 | 12 | 0 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | TransOcean Seafood Snackers | Trans-Ocean Products, Inc. - TransOcean | 85 | Grams | 80 | 0 | 391 | 0 | 0 | 0 | 12 | 0 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | Classic Creations Imitation Crab Meat Flake Style | Trident Seafoods Corporation - Trident | 85 | Grams | 80 | 0 | 450 | 2 | 0 | 0 | 12 | 0 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | Fresh Wild Sockeye Raw Salmon | North Coast Seafoods - NCS | 113 | Grams | 153 | 1 | 127 | 1 | 0 | 3 | 48 | 1 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | Classic Creations Imitation Crab Meat Leg Style | Trident Seafoods Corporation - Trident | 90 | Grams | 80 | 0 | 480 | 2 | 0 | 0 | 14 | 0 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | TransOcean Seafood Snackers | Trans-Ocean Products, Inc. - TransOcean | 85 | Grams | 80 | 0 | 390 | 0 | 0 | 0 | 12 | 0 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | TransOcean Crab Classic Leg Style | Trans-Ocean Products, Inc. - TransOcean | 88 | Grams | 80 | 0 | 400 | 0 | 0 | 0 | 12 | 0 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | Classic Creations Imitation Crab Meat, Leg Style | Trans-Ocean Products, Inc. - TransOcean | 90 | Grams | 90 | 0 | 450 | 2 | 0 | 0 | | 0 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | Simply Surimi Seafood, Stick Style | Trans-Ocean Products, Inc. - TransOcean | 88 | Grams | 70 | 0 | 450 | 0 | 0 | 0 | 17 | 0 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | TransOcean Seafood Snackers | Trans-Ocean Products, Inc. - TransOcean | 85 | Grams | 80 | 0 | 450 | 0 | 0 | 0 | 12 | 0 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | TransOcean Lobster Classic Chunk Style | Trans-Ocean Products, Inc. - TransOcean | 85 | Grams | 80 | 0 | 390 | 0 | 0 | 0 | 15 | 0 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | Classic Creations Imitation Crab Meat, Flake Style | Trans-Ocean Products, Inc. - TransOcean | 85 | Grams | 80 | 0 | 450 | 2 | 0 | 0 | 12 | 0 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | TransOcean Crab Classic Chunk Style | Trans-Ocean Products, Inc. - TransOcean | 85 | Grams | 80 | 0 | 380 | 0 | 0 | 0 | 14 | 0 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | Classic Creations Imitation Crab Meat Leg Style | Trident Seafoods Corporation - Trident | 90 | Grams | 80 | 0 | 480 | 2 | 0 | 0 | 14 | 0 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | TransOcean Crab Classic Flake Style | Trans-Ocean Products, Inc. - TransOcean | 85 | Grams | 80 | 0 | 391 | 0 | 0 | 0 | 12 | 0 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | TransOcean Seafood Snackers | Trans-Ocean Products, Inc. - TransOcean | 85 | Grams | 80 | 0 | 450 | 0 | 0 | 0 | 12 | 0 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | Classic Creations Imitation Crab Meat, Flake Style | Trans-Ocean Products, Inc. - TransOcean | 85 | Grams | 80 | 0 | 450 | 2 | 0 | 0 | 12 | 0 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | Fresh Farmed Atlantic Raw Salmon | North Coast Seafoods - NCS | 113 | Grams | 235 | 2 | 65 | 1 | 0 | 0 | 46 | 0 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | Classic Creations Imitation Crab Meat, Leg Style | Trans-Ocean Products, Inc. - TransOcean | 90 | Grams | 90 | 0 | 450 | 2 | 0 | 0 | 12 | 0 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | Simply Surimi Seafood Sticks | Trans-Ocean Products, Inc. - TransOcean | 104 | Grams | 80 | 0 | 440 | 0 | 0 | 0 | 20 | 0 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | TransOcean Crab Classic Flake Style | Trans-Ocean Products, Inc. - TransOcean | 85 | Grams | 80 | 0 | 390 | 0 | 0 | 0 | 12 | 0 | 0 |

*per serving. Highlighted items have been added in the last 30 days

Heart-Check Food Certification Program
Certified Products Listed by Food Category

| Food Category | Product | Company | Serving Size | | Calories | Saturated Fat (g) | Sodium (mg) | Positive Nutrients* (% Daily Value) | | | | | |
|---------------------------------------|--|--|--------------|--------|----------|-------------------|-------------|-------------------------------------|---------|--------|-----------|---------|---------|
| | | | | | | | | Calcium % | Fiber % | Iron % | Protein % | Vit A % | Vit C % |
| Fish & Game: Fresh, Frozen, or Cooked | Classic Creations Imitation Crab Meat Flake Style | Trident Seafoods Corporation - Trident | 85 | Grams | 80 | 0 | 450 | 2 | 0 | 0 | 12 | 0 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | TransOcean Crab Classic Flake Style | Trans-Ocean Products, Inc. - TransOcean | 85 | Grams | 80 | 0 | 390 | 0 | 0 | 0 | 12 | 0 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | Simply Surimi Seafood, Flake Style | Trans-Ocean Products, Inc. - TransOcean | 85 | Grams | 70 | 0 | 440 | 0 | 0 | 0 | 16 | 0 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | TransOcean Crab Classic Chunk Style | Trans-Ocean Products, Inc. - TransOcean | 85 | Grams | 80 | 0 | 380 | 0 | 0 | 0 | 14 | 0 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | Simply Surimi Seafood, Flake Style | Trans-Ocean Products, Inc. - TransOcean | 85 | Grams | 70 | 0 | 440 | 0 | 0 | 0 | 16 | 0 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | Classic Creations Imitation Crab Meat, Flake Style | Trans-Ocean Products, Inc. - TransOcean | 85 | Grams | 80 | 0 | 450 | 2 | 0 | 0 | 12 | 0 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | Fresh Wild King Raw Salmon | North Coast Seafoods - NCS | 113 | Grams | 211 | 2 | 54 | 5 | 0 | 5 | 23 | 10 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | TransOcean Crab Classic Leg Style | Trans-Ocean Products, Inc. - TransOcean | 78 | Grams | 80 | 0 | 360 | 0 | 0 | 0 | 12 | 0 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | Crab Classic Imitation Crab, Easy Shred Flake | Trans-Ocean Products, Inc. - TransOcean | 85 | Grams | 80 | 0 | 390 | 0 | 0 | 0 | 12 | 0 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | Simply Surimi Seafood Sticks | Trans-Ocean Products, Inc. - TransOcean | 104 | Grams | 80 | 0 | 440 | 0 | 0 | 0 | 20 | 0 | 0 |
| Fish & Game: Fresh, Frozen, or Cooked | TransOcean Crab Classic Leg Style | Trans-Ocean Products, Inc. - TransOcean | 90 | Grams | 90 | 0 | 410 | 0 | 0 | 0 | 12 | 0 | 0 |
| Fruit Juice | Minute Maid Orange Juice (from Concentrate with Vitamin C) | Coca-Cola Company, The - Minute Maid | 12 | Ounces | 170 | 0 | 25 | 2 | 0 | 0 | | 0 | 90 |
| Fruit Juice | Minute Maid Premium Original Orange Juice | Coca-Cola Company, The - Minute Maid | 8 | Ounces | 110 | 0 | 0 | 2 | 0 | 0 | | 0 | 120 |
| Fruit Juice | Minute Maid Frozen Concentrate Orange Juice Original (5+1) | Coca-Cola Company, The - Minute Maid | 8 | Ounces | 110 | 0 | 0 | 2 | 0 | 0 | | 0 | 160 |
| Fruit Juice | Minute Maid Orange Juice (from Concentrate with Vitamin C) | Coca-Cola Company, The - Minute Maid | 10 | Ounces | 140 | 0 | 20 | 2 | 0 | 0 | | 0 | 100 |
| Fruit Juice | Minute Maid Frozen Concentrate Orange Juice Original (5+1) | Coca-Cola Company, The - Minute Maid | 8 | Ounces | 110 | 0 | 0 | 2 | 0 | 0 | | 0 | 120 |
| Fruit Juice | Minute Maid Pure Squeezed No Pulp | Coca-Cola Company, The - Minute Maid | 8 | Ounces | 110 | 0 | 0 | 2 | 0 | 0 | 0 | 0 | 90 |
| Fruit: Dried | Hadley Dates Pitted Deglet Noor Variety | Hadley Date Gardens - HI | 40 | Grams | 120 | 0 | 0 | 2 | 14 | 2 | | 0 | 0 |
| Fruit: Dried | California Dates - Deglet Noor Variety | California Date Administrative Committee - Dates | 40 | Grams | 110 | 0 | 0 | 2 | 11 | 2 | | 0 | 0 |
| Fruit: Dried | California Dates - Medjool Variety | California Date Administrative Committee - Dates | 40 | Grams | 110 | 0 | 0 | 2 | 11 | 2 | | | |
| Fruit: Dried | Mexican Hass Avocados | Avocados from Mexico - AM | 50 | Grams | 80 | 1 | 0 | 0 | 11 | 2 | | 0 | 4 |
| Fruit: Dried | Organic Hadley Dates Pitted Deglet Noor Variety | Hadley Date Gardens - HI | 40 | Grams | 120 | 0 | 0 | 2 | 14 | 2 | | 0 | 0 |
| Fruit: Dried | Hadley Dates Pitted Deglet Noor Variety | Hadley Date Gardens - HI | 40 | Grams | 120 | 0 | 0 | 2 | 14 | 2 | | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | AVOMX HASS BAG | Calavo Growers, Inc. - CG | 50 | Grams | 80 | 1 | 0 | | 11 | | | | |
| Fruit: Fresh, Frozen, or Canned | GreenFruit Avocados | GreenFruit Avocados - GF | 30 | Grams | 50 | 0.5 | 0 | 0 | 8 | 2 | | 0 | 0 |

Heart-Check Food Certification Program
Certified Products Listed by Food Category

| Food Category | Product | Company | Serving Size | | Calories | Saturated Fat (g) | Sodium (mg) | Positive Nutrients* (% Daily Value) | | | | | |
|---------------------------------|--------------------------------|-------------------------------------|--------------|-------|----------|-------------------|-------------|-------------------------------------|---------|--------|-----------|---------|---------|
| | | | | | | | | Calcium % | Fiber % | Iron % | Protein % | Vit A % | Vit C % |
| Fruit: Fresh, Frozen, or Canned | Suavo Avocado | LGS Specialty Sales LTD - LGS | 50 | Grams | 80 | 0.5 | 0 | 0 | 11 | 2 | | 0 | 6 |
| Fruit: Fresh, Frozen, or Canned | GreenFruit Avocados | GreenFruit Avocados - GF | 30 | Grams | 50 | 0.5 | 0 | 0 | 0 | 2 | 0 | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | AVOCA HASS BAG | Calavo Growers, Inc. - CG | 50 | Grams | 80 | 1 | 0 | | 11 | | | | |
| Fruit: Fresh, Frozen, or Canned | California Avocado | California Avocado Commission - CAC | 50 | Grams | 80 | 1 | 0 | 0 | 11 | 2 | 2 | 0 | 4 |
| Fruit: Fresh, Frozen, or Canned | Pear, Bartlett, Red | Pear Bureau Northwest - USA Pears | 166 | Grams | 100 | 0 | 0 | 2 | 24 | 0 | 0 | 0 | 10 |
| Fruit: Fresh, Frozen, or Canned | Avocados from Peru | Peruvian Avocado Commission - PAC | 30 | Grams | 50 | 0.5 | 0 | 10 | 8 | 2 | 0 | 0 | 4 |
| Fruit: Fresh, Frozen, or Canned | AVOCA HASS BAG | Calavo Growers, Inc. - CG | 50 | Grams | 80 | 1 | 0 | | 11 | | | | |
| Fruit: Fresh, Frozen, or Canned | Hass Avocados | Calavo Growers, Inc. - CG | 50 | Grams | 80 | 1 | 0 | 0 | 11 | 2 | | 0 | 4 |
| Fruit: Fresh, Frozen, or Canned | Lil' 'Cados | West Pak Avocado Inc. - WPA | 50 | Grams | 80 | 1 | 0 | 10 | 11 | 2 | 2 | 0 | 4 |
| Fruit: Fresh, Frozen, or Canned | Emeralds in the Rough Avocados | Mission Produce, Inc. - MP | 50 | Grams | 80 | 1 | 0 | 0 | 11 | 2 | | 0 | 4 |
| Fruit: Fresh, Frozen, or Canned | AVOPR HASS VIRU BAG | Calavo Growers, Inc. - CG | 50 | Grams | 80 | 1 | 0 | 0 | 11 | 2 | | 0 | 4 |
| Fruit: Fresh, Frozen, or Canned | AVOMX HASS WGCF BAGR | Calavo Growers, Inc. - CG | 50 | Grams | 80 | 1 | 0 | | 11 | | | | |
| Fruit: Fresh, Frozen, or Canned | Mission Minis VP Avocados | Mission Produce, Inc. - MP | 50 | Grams | 80 | 1 | 0 | 0 | 11 | 2 | | 0 | 4 |
| Fruit: Fresh, Frozen, or Canned | AVOMX HASS BAG COSTCO | Calavo Growers, Inc. - CG | 50 | Grams | 80 | 1 | 0 | | 11 | | | | |
| Fruit: Fresh, Frozen, or Canned | AVOMX HASS BAG | Calavo Growers, Inc. - CG | 50 | Grams | 80 | 1 | 0 | | 11 | | | | |
| Fruit: Fresh, Frozen, or Canned | AVOMX HASS BAG | Calavo Growers, Inc. - CG | 50 | Grams | 80 | 1 | 0 | | 11 | | | | |
| Fruit: Fresh, Frozen, or Canned | Hass Avocado | Del Rey Avocado - DR | 50 | Grams | 80 | 1 | 0 | 0 | 11 | 2 | | 0 | 4 |
| Fruit: Fresh, Frozen, or Canned | AVOCA HASS BAG (EACH) | Calavo Growers, Inc. - CG | 50 | Grams | 80 | 1 | 0 | | 11 | | | | |
| Fruit: Fresh, Frozen, or Canned | AVOMX HASS BAG 99C | Calavo Growers, Inc. - CG | 50 | Grams | 80 | 1 | 0 | 0 | 11 | 2 | | 0 | 4 |
| Fruit: Fresh, Frozen, or Canned | AVOCA HASS WGCF BAGR | Calavo Growers, Inc. - CG | 50 | Grams | 80 | 1 | 0 | | 11 | | | | |
| Fruit: Fresh, Frozen, or Canned | AVOMX HASS WGCF BAGR | Calavo Growers, Inc. - CG | 50 | Grams | 80 | 1 | 0 | | 11 | | | | |
| Fruit: Fresh, Frozen, or Canned | AVOCA HASS BAG COSTCO | Calavo Growers, Inc. - CG | 50 | Grams | 80 | 1 | 0 | 10 | 11 | 2 | | | |
| Fruit: Fresh, Frozen, or Canned | Naked Sea Scallops | North Coast Seafoods - NCS | 113 | | 100 | 0 | 240 | 0.02 | 0 | 0.02 | 19 | | |
| Fruit: Fresh, Frozen, or Canned | AVOCA HASS WGCF BAGR | Calavo Growers, Inc. - CG | 50 | Grams | 80 | 1 | 0 | | 11 | | | | |

*per serving. Highlighted items have been added in the last 30 days

Heart-Check Food Certification Program
Certified Products Listed by Food Category

| Food Category | Product | Company | Serving Size | | Calories | Saturated Fat (g) | Sodium (mg) | Positive Nutrients* (% Daily Value) | | | | | | |
|---------------------------------|------------------------------------|-----------------------------------|--------------|---------|----------|-------------------|-------------|-------------------------------------|---------|--------|-----------|---------|---------|--|
| | | | | | | | | Calcium % | Fiber % | Iron % | Protein % | Vit A % | Vit C % | |
| Fruit: Fresh, Frozen, or Canned | Consalo Family Farms Blueberries | Consalo Family Farms LLC - CF | | | | | | | | | | | | |
| Fruit: Fresh, Frozen, or Canned | AVOMXJ HASS BAG | Calavo Growers, Inc. - CG | 50 | Grams | 80 | 1 | 0 | | 11 | | | | | |
| Fruit: Fresh, Frozen, or Canned | AVOMX HASS WGCF BAGR | Calavo Growers, Inc. - CG | 50 | Grams | 80 | 1 | 0 | 0 | 11 | 2 | | 0 | 4 | |
| Fruit: Fresh, Frozen, or Canned | Pear, Anjou, Green | Pear Bureau Northwest - USA Pears | 166 | Grams | 100 | 0 | 0 | 2 | 24 | 0 | | 0 | 10 | |
| Fruit: Fresh, Frozen, or Canned | AVOMX HASS BAGS | Calavo Growers, Inc. - CG | 50 | Grams | 80 | 1 | 0 | | 11 | | | | | |
| Fruit: Fresh, Frozen, or Canned | AVODR HASS BAGS | Calavo Growers, Inc. - CG | 50 | Grams | 80 | 1 | 0 | | 11 | | | | | |
| Fruit: Fresh, Frozen, or Canned | Emeralds in the Rough Avocados | Mission Produce, Inc. - MP | 50 | Grams | 80 | 1 | 0 | 0 | 11 | 2 | | 0 | 4 | |
| Fruit: Fresh, Frozen, or Canned | Viva Avocados | West Pak Avocado Inc. - WPA | 50 | Grams | 80 | 1 | 0 | 10 | 11 | 2 | 2 | 0 | 4 | |
| Fruit: Fresh, Frozen, or Canned | Mission Minis Avocados | Mission Produce, Inc. - MP | 50 | Grams | 80 | 1 | 0 | 0 | 11 | 2 | | 0 | 4 | |
| Fruit: Fresh, Frozen, or Canned | Pear, Anjou, Red | Pear Bureau Northwest - USA Pears | 166 | Grams | 100 | 0 | 0 | 2 | 24 | 0 | | 0 | 10 | |
| Fruit: Fresh, Frozen, or Canned | Thrive® Culinary Algae Oil | Corbion Biotech, Inc. - CB | 1 | blespoo | 120 | 0.5 | 0 | | | | | | | |
| Fruit: Fresh, Frozen, or Canned | Naked Alaskan Salmon | North Coast Seafoods - NCS | 142 | | 161 | 1 | 70 | 0.01 | 0 | 0.04 | 29 | | | |
| Fruit: Fresh, Frozen, or Canned | Darling Clementines | LGS Specialty Sales LTD - LGS | 148 | Grams | 70 | 0 | 0 | 4 | 12 | 0 | 2 | 0 | 120 | |
| Fruit: Fresh, Frozen, or Canned | Juicy Gems Dried Pomegranate Arils | Trinity Fruit Company, Inc. - TF | 28 | Grams | 110 | 0.5 | 0 | 2 | 14 | 4 | | 0 | 0 | |
| Fruit: Fresh, Frozen, or Canned | Pear, Seckel | Pear Bureau Northwest - USA Pears | 166 | Grams | 100 | 0 | 0 | 2 | 24 | 0 | 0 | 0 | 10 | |
| Fruit: Fresh, Frozen, or Canned | AVOMX HASS BAG | Calavo Growers, Inc. - CG | 50 | Grams | 80 | 1 | 0 | 0 | 11 | 2 | | 0 | 4 | |
| Fruit: Fresh, Frozen, or Canned | Pear, Starkrimson | Pear Bureau Northwest - USA Pears | 166 | Grams | 100 | 0 | 0 | 2 | 24 | 0 | 0 | 0 | 10 | |
| Fruit: Fresh, Frozen, or Canned | Organic Darling Mandarins | LGS Specialty Sales LTD - LGS | 148 | Grams | 70 | 0 | 0 | 4 | 11 | 2 | | 0 | 80 | |
| Fruit: Fresh, Frozen, or Canned | Pear, Bartlett, Green | Pear Bureau Northwest - USA Pears | 166 | Grams | 100 | 0 | 0 | 2 | 24 | 0 | | 0 | 10 | |
| Fruit: Fresh, Frozen, or Canned | AVOMX HASS BAG | Calavo Growers, Inc. - CG | 50 | Grams | 80 | 1 | 0 | | 11 | | | | | |
| Fruit: Fresh, Frozen, or Canned | Darling Clementines | LGS Specialty Sales LTD - LGS | 148 | Grams | 70 | 0 | 0 | 4 | 11 | 0 | | 0 | 80 | |
| Fruit: Fresh, Frozen, or Canned | Emeralds in the Rough Avocados | Mission Produce, Inc. - MP | 50 | Grams | 80 | 1 | 0 | 0 | 11 | 2 | | 0 | 4 | |
| Fruit: Fresh, Frozen, or Canned | AVOCA HASS WGCF BAGR | Calavo Growers, Inc. - CG | 50 | Grams | 80 | 1 | 0 | 0 | 11 | 2 | | 0 | 4 | |
| Fruit: Fresh, Frozen, or Canned | Juicy Gems Pomegranate Arils | Trinity Fruit Company, Inc. - TF | 100 | Grams | 80 | 0 | 0 | 2 | 14 | 0 | 0 | 0 | 0 | |

*per serving. Highlighted items have been added in the last 30 days

Heart-Check Food Certification Program
Certified Products Listed by Food Category

| Food Category | Product | Company | Serving Size | | Calories | Saturated Fat (g) | Sodium (mg) | Positive Nutrients* (% Daily Value) | | | | | |
|---------------------------------|--------------------------------------|--|--------------|---------|----------|-------------------|-------------|-------------------------------------|---------|--------|-----------|---------|---------|
| | | | | | | | | Calcium % | Fiber % | Iron % | Protein % | Vit A % | Vit C % |
| Fruit: Fresh, Frozen, or Canned | Naked Wild Atlantic Cod | North Coast Seafoods - NCS | 142 | | 110 | 0 | 75 | 0.02 | 0 | 0.03 | 25 | | |
| Fruit: Fresh, Frozen, or Canned | Thrive® Culinary Algae Oil | Corbion Biotech, Inc. - CB | 1 | blespod | 120 | 0.5 | 0 | | | | | | |
| Fruit: Fresh, Frozen, or Canned | Fresh Seeded Watermelon | National Watermelon Promotion Board - NWPB | 280 | Grams | 80 | 0 | 0 | 2 | 4 | 4 | 0 | 8 | 25 |
| Fruit: Fresh, Frozen, or Canned | Blueberries | U.S. Highbush Blueberry Council - US | 148 | Grams | 80 | 0 | 0 | | 16 | | | | |
| Fruit: Fresh, Frozen, or Canned | Mission Organic Minis VP Avocados | Mission Produce, Inc. - MP | 50 | Grams | 80 | 1 | 0 | 0 | 11 | 2 | | 0 | 4 |
| Fruit: Fresh, Frozen, or Canned | Fresh Mini Seedless Watermelon | National Watermelon Promotion Board - NWPB | 280 | Grams | 80 | 0 | 0 | 2 | 4 | 4 | 0 | 8 | 25 |
| Fruit: Fresh, Frozen, or Canned | GreenFruit Avocados | GreenFruit Avocados - GF | 30 | Grams | 50 | 0.5 | 0 | 0 | 8 | 2 | | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | Organic Darling Clementine | LGS Specialty Sales LTD - LGS | 148 | Grams | 70 | 0 | 0 | 4 | 11 | 2 | | 0 | 80 |
| Fruit: Fresh, Frozen, or Canned | Juicy Gems Pomegranate Arils | Trinity Fruit Company, Inc. - TF | 100 | Grams | 80 | 0 | 0 | 2 | 14 | 0 | | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | AVOMXJ HASS BAGR | Calavo Growers, Inc. - CG | 50 | Grams | 80 | 1 | 0 | | 11 | | | | |
| Fruit: Fresh, Frozen, or Canned | Darling Mandarins | LGS Specialty Sales LTD - LGS | 148 | Grams | 70 | 0 | 0 | 4 | 11 | 2 | | 0 | 80 |
| Fruit: Fresh, Frozen, or Canned | Juicy Gems Pomegranate Arils | Trinity Fruit Company, Inc. - TF | 125 | Grams | 100 | 0 | 0 | 2 | 20 | 2 | 3 | 0 | 20 |
| Fruit: Fresh, Frozen, or Canned | AVOMX HASS BAG | Calavo Growers, Inc. - CG | 50 | Grams | 80 | 1 | 0 | | 11 | | | | |
| Fruit: Fresh, Frozen, or Canned | Juicy Gems Frozen Pomegranate Arils | Trinity Fruit Company, Inc. - TF | 140 | Grams | 120 | 0 | 0 | 2 | 24 | 2 | | 0 | 25 |
| Fruit: Fresh, Frozen, or Canned | Frozen Blueberries | U.S. Highbush Blueberry Council - US | 155 | Grams | 80 | 0 | 0 | | 14 | | | | |
| Fruit: Fresh, Frozen, or Canned | Consalo Family Farms Blueberries | Consalo Family Farms LLC - CF | 148 | Grams | 80 | 0 | 0 | | 14 | | | | |
| Fruit: Fresh, Frozen, or Canned | Darling Mandarins | LGS Specialty Sales LTD - LGS | 148 | Grams | 70 | 0 | 0 | 4 | 11 | 2 | | 0 | 80 |
| Fruit: Fresh, Frozen, or Canned | Suavo Avocado | LGS Specialty Sales LTD - LGS | 50 | Grams | 80 | | | 0 | 11 | 2 | | 0 | 6 |
| Fruit: Fresh, Frozen, or Canned | Mission Produce Avocados | Mission Produce, Inc. - MP | 50 | Grams | 80 | 1 | 0 | 0 | 11 | 2 | | 0 | 4 |
| Fruit: Fresh, Frozen, or Canned | Organic Darling Clementine | LGS Specialty Sales LTD - LGS | 148 | Grams | 70 | 0 | 0 | 4 | 11 | 2 | | 0 | 80 |
| Fruit: Fresh, Frozen, or Canned | Fresh Seedless Watermelon | National Watermelon Promotion Board - NWPB | 280 | Grams | 80 | 0 | 0 | 2 | 4 | 4 | 0 | 8 | 25 |
| Fruit: Fresh, Frozen, or Canned | Organic Suavo Avocado | LGS Specialty Sales LTD - LGS | 50 | Grams | 80 | | | 0 | 11 | 2 | | 0 | 6 |
| Fruit: Fresh, Frozen, or Canned | Mission Organic Minis Avocados | Mission Produce, Inc. - MP | 50 | Grams | 80 | 1 | 0 | 0 | 11 | 2 | | 0 | 4 |
| Fruit: Fresh, Frozen, or Canned | Coosaw Farms Red Seedless Watermelon | Coosaw AG, LLC (Coosaw Farms) - CF | 280 | Grams | 80 | 0 | 0 | 2 | 4 | 4 | | 8 | 25 |

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Heart-Check Food Certification Program
Certified Products Listed by Food Category

| Food Category | Product | Company | Serving Size | | Calories | Saturated Fat (g) | Sodium (mg) | Positive Nutrients* (% Daily Value) | | | | | |
|---------------------------------|--------------------------------------|-----------------------------------|--------------|---------|----------|-------------------|-------------|-------------------------------------|---------|--------|-----------|---------|---------|
| | | | | | | | | Calcium % | Fiber % | Iron % | Protein % | Vit A % | Vit C % |
| Fruit: Fresh, Frozen, or Canned | Pear, Comice | Pear Bureau Northwest - USA Pears | 166 | Grams | 100 | 0 | 0 | 2 | 24 | 0 | 0 | 0 | 10 |
| Fruit: Fresh, Frozen, or Canned | AVOMXJ HASS BAG | Calavo Growers, Inc. - CG | 50 | Grams | 80 | 1 | 0 | | 11 | | | | |
| Fruit: Fresh, Frozen, or Canned | Darling Oranges | LGS Specialty Sales LTD - LGS | 154 | Grams | 70 | 0 | 0 | 4 | 14 | 2 | | 2 | 90 |
| Fruit: Fresh, Frozen, or Canned | Organic Darling Clementine | LGS Specialty Sales LTD - LGS | 148 | Grams | 70 | 0 | 0 | 4 | 11 | 2 | | 0 | 80 |
| Fruit: Fresh, Frozen, or Canned | Pear, Concorde | Pear Bureau Northwest - USA Pears | 166 | Grams | 100 | 0 | 0 | 2 | 24 | 0 | 0 | 0 | 10 |
| Fruit: Fresh, Frozen, or Canned | AVOCA HASS BAGK | Calavo Growers, Inc. - CG | 50 | Grams | 80 | 1 | 0 | 0 | 11 | 2 | | 0 | 4 |
| Fruit: Fresh, Frozen, or Canned | AVOCA HASS WGCF BAGR | Calavo Growers, Inc. - CG | 50 | Grams | 80 | 1 | 0 | | 11 | | | | |
| Fruit: Fresh, Frozen, or Canned | Juicy Gems Pomegranate Arils | Trinity Fruit Company, Inc. - TF | 100 | Grams | 80 | 0 | 0 | 2 | 14 | 0 | | 0 | |
| Fruit: Fresh, Frozen, or Canned | Organic Juicy Gems Pomegranate Arils | Trinity Fruit Company, Inc. - TF | 100 | Grams | 80 | 0 | 0 | 2 | 14 | 0 | | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | Sweetheart Dried Pomegranate Arils | Trinity Fruit Company, Inc. - TF | 7 | Grams | 25 | 0 | 0 | 0 | 4 | 2 | | 0 | 0 |
| Fruit: Fresh, Frozen, or Canned | Organic Darling Mandarins | LGS Specialty Sales LTD - LGS | 148 | Grams | 70 | 0 | 0 | 4 | 11 | 2 | | 0 | 80 |
| Fruit: Fresh, Frozen, or Canned | Consalo Family Farms Blueberries | Consalo Family Farms LLC - CF | | | | | | | | | | | |
| Fruit: Fresh, Frozen, or Canned | AVOCA HASS BAGD | Calavo Growers, Inc. - CG | 50 | Grams | 80 | 1 | 0 | 0 | 11 | 2 | | 0 | 4 |
| Fruit: Fresh, Frozen, or Canned | AVOCA HASS WGCF BAGR | Calavo Growers, Inc. - CG | 50 | Grams | 80 | 1 | 0 | 0 | 11 | 2 | | 0 | 4 |
| Fruit: Fresh, Frozen, or Canned | Juicy Gems Frozen Pomegranate Arils | Trinity Fruit Company, Inc. - TF | 140 | Grams | 120 | 0 | 0 | 2 | 24 | 2 | | 0 | 25 |
| Fruit: Fresh, Frozen, or Canned | Suavo Avocado | LGS Specialty Sales LTD - LGS | 50 | Grams | 80 | | | 0 | 11 | 2 | | 0 | 6 |
| Fruit: Fresh, Frozen, or Canned | Mission Produce Avocados | Mission Produce, Inc. - MP | 50 | Grams | 80 | 1 | 0 | 0 | 11 | 2 | | 0 | 4 |
| Fruit: Fresh, Frozen, or Canned | AVOMX HASS BAGS | Calavo Growers, Inc. - CG | 50 | Grams | 80 | 1 | 0 | | 11 | | | | |
| Fruit: Fresh, Frozen, or Canned | Organic Darling Mandarins | LGS Specialty Sales LTD - LGS | 148 | Grams | 70 | 0 | 0 | 4 | 11 | 2 | | 0 | 80 |
| Fruit: Fresh, Frozen, or Canned | Thrive® Culinary Algae Oil | Corbion Biotech, Inc. - CB | 1 | blespoo | 120 | 0.5 | 0 | | | | | | |
| Fruit: Fresh, Frozen, or Canned | AVOMX HASS BAG | Calavo Growers, Inc. - CG | 50 | Grams | 80 | 1 | 0 | | 11 | | | | |
| Fruit: Fresh, Frozen, or Canned | AVOMXJ HASS BAGR | Calavo Growers, Inc. - CG | 50 | Grams | 80 | 1 | 0 | | 11 | | | | |
| Fruit: Fresh, Frozen, or Canned | AVOMX HASS BAG | Calavo Growers, Inc. - CG | 50 | Grams | 80 | 1 | 0 | | 11 | | | | |
| Fruit: Fresh, Frozen, or Canned | California Gold Avocados | West Pak Avocado Inc. - WPA | 50 | Grams | 80 | 1 | 0 | 10 | 11 | 2 | 2 | 0 | 4 |

*per serving. Highlighted items have been added in the liast 30 days

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| Food Category | Product | Company | Serving Size | | Calories | Saturated Fat (g) | Sodium (mg) | Positive Nutrients* (% Daily Value) | | | | | |
|---------------------------------|----------------------------------|--|--------------|-------|----------|-------------------|-------------|-------------------------------------|---------|--------|-----------|---------|---------|
| | | | | | | | | Calcium % | Fiber % | Iron % | Protein % | Vit A % | Vit C % |
| Fruit: Fresh, Frozen, or Canned | Organic Suavo Avocado | LGS Specialty Sales LTD - LGS | 50 | Grams | 80 | 1 | 0 | 0 | 11 | 2 | | 0 | 6 |
| Fruit: Fresh, Frozen, or Canned | Hass Avocados | Chilean Avocado Importers Association - CA | 30 | Grams | 50 | 0.5 | 0 | 0 | 8 | 2 | | 0 | 4 |
| Fruit: Fresh, Frozen, or Canned | AVOMX HASS WGCF BAGR | Calavo Growers, Inc. - CG | 50 | Grams | 80 | 1 | 0 | | 11 | | | | |
| Fruit: Fresh, Frozen, or Canned | Darling Oranges | LGS Specialty Sales LTD - LGS | 154 | Grams | 80 | 0 | 0 | 6 | 12 | 0 | 2 | 2 | 130 |
| Fruit: Fresh, Frozen, or Canned | Mission Produce Organic Avocados | Mission Produce, Inc. - MP | 50 | Grams | 80 | 1 | 0 | 0 | 11 | 2 | | 0 | 4 |
| Fruit: Fresh, Frozen, or Canned | AVOMX HASS BAG | Calavo Growers, Inc. - CG | 50 | Grams | 80 | 1 | 0 | | 11 | | | | |
| Fruit: Fresh, Frozen, or Canned | Hass Avocado | Hass Avocado Board - HVB | 50 | Grams | 80 | 1 | 0 | 0 | 11 | 2 | | 0 | 4 |
| Fruit: Fresh, Frozen, or Canned | AVOCA HASS BAGR | Calavo Growers, Inc. - CG | 50 | Grams | 80 | 1 | 0 | | 11 | | | | |
| Fruit: Fresh, Frozen, or Canned | AVOCA HASS BAG SF | Calavo Growers, Inc. - CG | 50 | Grams | 80 | 1 | 0 | 0 | 11 | 2 | | 0 | 4 |
| Fruit: Fresh, Frozen, or Canned | AVOCA HASS BAG | Calavo Growers, Inc. - CG | 50 | Grams | 80 | 1 | 0 | | 11 | | | | |
| Fruit: Fresh, Frozen, or Canned | AVOMX HASS WGCF BAGR | Calavo Growers, Inc. - CG | 50 | Grams | 80 | 1 | 0 | | 11 | | | | |
| Fruit: Fresh, Frozen, or Canned | AVOPR HASS VIRU BAGR | Calavo Growers, Inc. - CG | 50 | Grams | 80 | 1 | 0 | | 11 | | | | |
| Fruit: Fresh, Frozen, or Canned | Darling Oranges | LGS Specialty Sales LTD - LGS | 154 | Grams | 70 | 0 | 0 | 4 | 14 | 2 | | 2 | 90 |
| Fruit: Fresh, Frozen, or Canned | Emeralds in the Rough Avocados | Mission Produce, Inc. - MP | 50 | Grams | 80 | 1 | 0 | 0 | 11 | 2 | | 0 | 4 |
| Fruit: Fresh, Frozen, or Canned | Juicy Gems Pomegranate Arils | Trinity Fruit Company, Inc. - TF | 62 | Grams | 50 | 0 | 0 | 0 | 12 | 2 | | 0 | 10 |
| Fruit: Fresh, Frozen, or Canned | Suavo Avocado | LGS Specialty Sales LTD - LGS | 50 | Grams | 80 | 0.5 | 0 | 0 | 11 | 2 | | 0 | 6 |
| Fruit: Fresh, Frozen, or Canned | Pear, Bosc | Pear Bureau Northwest - USA Pears | 166 | Grams | 100 | 0 | 0 | 2 | 24 | 0 | | 0 | 10 |
| Fruit: Fresh, Frozen, or Canned | Pomegranates- Whole | Trinity Fruit Company, Inc. - TF | 100 | Grams | 83 | 0 | 3 | 2 | 14 | 1 | | 0 | 14 |
| Fruit: Fresh, Frozen, or Canned | AVOCA HASS BAG SF | Calavo Growers, Inc. - CG | 50 | Grams | 80 | 1 | 0 | | 11 | | | | |
| Fruit: Fresh, Frozen, or Canned | Darling Clementines | LGS Specialty Sales LTD - LGS | 148 | Grams | 70 | 0 | 0 | 4 | 11 | 2 | | 0 | 80 |
| Fruit: Fresh, Frozen, or Canned | Darling Clementines | LGS Specialty Sales LTD - LGS | 148 | Grams | 70 | 0 | 0 | 4 | 11 | 0 | | 0 | 80 |
| Fruit: Fresh, Frozen, or Canned | AVOMXJ HASS BAG | Calavo Growers, Inc. - CG | 50 | Grams | 80 | 1 | 0 | | 11 | | | | |
| Fruit: Fresh, Frozen, or Canned | Pear, Forelle | Pear Bureau Northwest - USA Pears | 166 | Grams | 100 | 0 | 0 | 2 | 24 | 0 | 0 | 0 | 10 |
| Fruit: Fresh, Frozen, or Canned | Darling Mandarins | LGS Specialty Sales LTD - LGS | 148 | Grams | 70 | 0 | 0 | 4 | 11 | 2 | | 0 | 80 |

*per serving. Highlighted items have been added in the last 30 days

Heart-Check Food Certification Program
Certified Products Listed by Food Category

| Food Category | Product | Company | Serving Size | | Calories | Saturated Fat (g) | Sodium (mg) | Positive Nutrients* (% Daily Value) | | | | | |
|-------------------------------------|--|--|--------------|-------|----------|-------------------|-------------|-------------------------------------|---------|--------|-----------|---------|---------|
| | | | | | | | | Calcium % | Fiber % | Iron % | Protein % | Vit A % | Vit C % |
| Fruit: Fresh, Frozen, or Canned | Mission Produce Organic Avocados | Mission Produce, Inc. - MP | 50 | Grams | 80 | 1 | 0 | 0 | 11 | 2 | | 0 | 4 |
| Fruit: Fresh, Frozen, or Canned | AVOCA HASS BAG | Calavo Growers, Inc. - CG | 50 | Grams | 80 | 1 | 0 | | 11 | | | | |
| Meat & Poultry: Canned or Processed | Boar's Head Golden Classic Oven Roasted 42% Lower Sodium Chicken Breast | Boar's Head Provisions Company, Inc. - Boar's Head | 56 | Grams | 60 | 0 | 350 | 0 | 0 | 2 | 24 | 0 | 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 | 0 | 180 | 0 | 0 | 2 | 20 | 0 | 2 |
| Meat & Poultry: Canned or Processed | Healthy Ones Deli Black Forest Brand Ham | Smithfield Foods, Inc. - Packaged Meats | 56 | Grams | 60 | 0.5 | 380 | 0 | 0 | 2 | 20 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Charter Reserve® Hand Crafted All Natural Turkey Off the Bone | Cargill Meat Solutions - Deli Mea | 56 | Grams | 60 | 0 | 290 | 0 | 0 | 4 | 26 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Kretschmar Mesquite Bourbon Turkey Breast | Smithfield Foods, Inc. - Packaged Meats | 56 | Grams | 60 | 0 | 370 | 0 | 0 | 4 | 24 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Boar's Head Golden Catering Style Oven Roasted Turkey Breast | Boar's Head Provisions Company, Inc. - Boar's Head | 56 | Grams | 60 | 0 | 380 | 0 | 0 | 2 | 26 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Healthy Ones Thin-Sliced Honey Smoked Turkey Breast | Smithfield Foods, Inc. - Packaged Meats | 56 | Grams | 70 | 0.5 | 400 | 0 | 0 | 4 | 18 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Healthy Ones Deli Medium Rare Roast Beef | Smithfield Foods, Inc. - Packaged Meats | 56 | Grams | 60 | 0.5 | 350 | 2 | 0 | 6 | 22 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Boar's Head Our Premium 46% Lower Sodium Oven Roasted Turkey Breast | Boar's Head Provisions Company, Inc. - Boar's Head | 56 | Grams | 60 | 0 | 360 | 0 | 0 | 2 | 24 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Charter Reserve® Smokehouse Select Mesquite Breast of Turkey | Cargill Meat Solutions - Deli Mea | 56 | Grams | 60 | 0.5 | 360 | 0 | 0 | 2 | 20 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Boar's Head EverRoast Oven Roasted Chicken Breast | Boar's Head Provisions Company, Inc. - Boar's Head | 56 | Grams | 60 | 0 | 440 | 0 | 0 | 2 | 24 | 0 | 2 |
| Meat & Poultry: Canned or Processed | Charter Reserve® Hickorywood Smoked Breast of Turkey | Cargill Meat Solutions - Deli Mea | 56 | Grams | 60 | 0 | 421.56 | 0 | 0 | 2 | 20 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Private Selections Golden Roasted Turkey Breast | Cargill Meat Solutions - Deli Mea | 56 | Grams | 60 | 0 | 380 | 0 | 0 | 4 | 28 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Boar's Head Ovingold Roasted Turkey Breast | Boar's Head Provisions Company, Inc. - Boar's Head | 56 | Grams | 60 | 0 | 360 | 0 | 0 | 2 | 26 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Prima Della Buffalo Style Chicken Breast | Jennie-O Turkey Store Sales, LLC - Jennie | 56 | Grams | 60 | 0 | 459 | 0 | 0 | 2 | 11 | 0 | 1 |
| Meat & Poultry: Canned or Processed | Krakus Reduced Sodium Polish Ham | Smithfield Foods, Inc. - Packaged Meats | 56 | Grams | 60 | 0.5 | 460 | 0 | 0 | 2 | 22 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Healthy Ones Sliced Roast Beef | Smithfield Foods, Inc. - Packaged Meats | 57 | Grams | 60 | 0.5 | 390 | 0 | 0 | 8 | 22 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Healthy Ones Deli Virginia Brand Ham | Smithfield Foods, Inc. - Packaged Meats | 56 | Grams | 60 | 0.5 | 330 | 0 | 0 | 2 | 20 | 0 | 0 |
| 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 | 0 | 440 | 0 | 0 | 2 | 24 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Prima Della Oven Roasted Turkey Breast | Jennie-O Turkey Store Sales, LLC - Jennie | 56 | Grams | 60 | 0 | 360 | 0 | 0 | 0 | 12 | 0 | 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 | 0 | 240 | | | | 20 | | |
| Meat & Poultry: Canned or Processed | Boar's Head Honey Smoked Turkey Breast | Boar's Head Provisions Company, Inc. - Boar's Head | 56 | Grams | 60 | 0 | 420 | 0 | 0 | 2 | 24 | 0 | 0 |

*per serving. Highlighted items have been added in the last 30 days

Heart-Check Food Certification Program
Certified Products Listed by Food Category

| Food Category | Product | Company | Serving Size | | Calories | Saturated Fat (g) | Sodium (mg) | Positive Nutrients* (% Daily Value) | | | | | |
|-------------------------------------|--|--|--------------|-------|----------|-------------------|-------------|-------------------------------------|---------|--------|-----------|---------|---------|
| | | | | | | | | Calcium % | Fiber % | Iron % | Protein % | Vit A % | Vit C % |
| Meat & Poultry: Canned or Processed | Kretschmar Master's Cut Sweet Molasses Uncured Ham | Smithfield Foods, Inc. - Packaged Meats | 56 | Grams | 70 | 0 | 470 | 0 | 0 | 2 | 20 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Prima Della Lower Sodium Turkey Breast | Cargill Meat Solutions - Deli Mea | 56 | Grams | 60 | 0 | 370 | 0 | 0 | 2 | 26 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Healthy Ones Sliced Smoked Turkey Breast | Smithfield Foods, Inc. - Packaged Meats | 57 | Grams | 60 | 0.5 | 340 | 0 | 0 | 2 | 22 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Healthy Ones Thin-Sliced Rotisserie Style Chicken Breast | Smithfield Foods, Inc. - Packaged Meats | 56 | Grams | 60 | 0 | 350 | 0 | 0 | 2 | 20 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Prima Della Hickory Smoked Turkey Breast | Cargill Meat Solutions - Deli Mea | 56 | Grams | 60 | 0 | 370 | 0 | 0 | 2 | 22 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Boar's Head Maple Glazed Honey Coat Cured Turkey Breast | Boar's Head Provisions Company, Inc. - Boar's Head | 56 | Grams | 70 | 0 | 480 | 0 | 0 | 2 | 28 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Boar's Head Blazing Buffalo Style Oven Roasted Chicken Breast | Boar's Head Provisions Company, Inc. - Boar's Head | 56 | Grams | 60 | 0 | 460 | 0 | 0 | 2 | 22 | 2 | 2 |
| 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 | 0 | 55 | 0 | 0 | 2 | 30 | 0 | 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 | 360 | 0 | 0 | 2 | 22 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Boar's Head Hickory Smoked Black Forest Turkey Breast | Boar's Head Provisions Company, Inc. - Boar's Head | 56 | Grams | 60 | 0 | 390 | 0 | 0 | 2 | 26 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Member's Mark All Natural 98% Fat Free Premium Chunk Turkey Breast in Water | Tony Downs Foods Company - TDFC | 53 | Grams | 50 | 0 | 330 | 0 | 0 | 2 | 22 | 0 | 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 | 0 | 360 | 0 | 0 | 2 | 24 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Lunch Mate Oven Roasted Turkey Breast | Carl Buddig & Company - Carl Buddig | 56 | Grams | 50 | 0.5 | 460 | 0 | 0 | 2 | 18 | 0 | 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 | 0 | 460 | 0 | 0 | 2 | 26 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Boar's Head Applewood Smoked Turkey Breast | Boar's Head Provisions Company, Inc. - Boar's Head | 56 | Grams | 60 | 0 | 423.36 | 0 | 0 | 2 | 24 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Charter Reserve® Honeysweet Baked Breast of Turkey | Cargill Meat Solutions - Deli Mea | 56 | Grams | 60 | 0 | 431.22 | 0 | 0 | 2 | 20 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Private Selections Maple Cured Turkey Breast | Cargill Meat Solutions - Deli Mea | 56 | Grams | 60 | 0 | 420 | 0 | 0 | 2 | 20 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Rose Premium Fully Cooked & Sliced Canadian Bacon - Water Added | Rose Packing Company, Inc. - RPC | 60 | Grams | 60 | 0.5 | 480 | 0 | 0 | 4 | 16 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Kretschmar Sweet Smoked Uncured Ham | Smithfield Foods, Inc. - Packaged Meats | 56 | Grams | 70 | 0.5 | 470 | 0 | 0 | 2 | 20 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Charter Reserve® Fresh Cracked Pepper Breast of Turkey | Cargill Meat Solutions - Deli Mea | 56 | Grams | 60 | 0 | 340 | 0 | 0 | 4 | 26 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Charter Reserve® Traditional Buffalo Style Breast of Chicken | Cargill Meat Solutions - Deli Mea | 56 | Grams | 60 | 0 | 480 | 0 | 0 | 2 | 22 | 6 | 0 |
| Meat & Poultry: Canned or Processed | Kretschmar Chipotle BBQ Chicken Breast | Smithfield Foods, Inc. - Packaged Meats | 56 | Grams | 60 | 0 | 370 | 0 | 0 | 4 | 24 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Healthy Ones Deli Cooked Ham | Smithfield Foods, Inc. - Packaged Meats | 56 | Grams | 60 | 0.5 | 340 | 0 | 0 | 2 | 20 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Charter Reserve® Goldenroast Special Recipe Breast of Turkey | Cargill Meat Solutions - Deli Mea | 56 | Grams | 60 | 0 | 220 | 0 | 0 | 2 | 20 | 2 | 0 |

*per serving. Highlighted items have been added in the last 30 days

Heart-Check Food Certification Program
Certified Products Listed by Food Category

| Food Category | Product | Company | Serving Size | | Calories | Saturated Fat (g) | Sodium (mg) | Positive Nutrients* (% Daily Value) | | | | | |
|-------------------------------------|--|--|--------------|-------|----------|-------------------|-------------|-------------------------------------|---------|--------|-----------|---------|---------|
| | | | | | | | | Calcium % | Fiber % | Iron % | Protein % | Vit A % | Vit C % |
| Meat & Poultry: Canned or Processed | Boar's Head Old Fashioned Canadian Style Bacon With Natural Juices, Pre-Sliced | Boar's Head Provisions Company, Inc. - Boar's Head | 56 | Grams | 70 | 1 | 480 | 0 | 0 | 0 | 22 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Boar's Head Bold Salsalito Roasted Turkey Breast | Boar's Head Provisions Company, Inc. - Boar's Head | 56 | Grams | 60 | 0 | 480 | 0 | 0 | 2 | 26 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Healthy Ones Deli Rotisserie Seasoned Chicken | Smithfield Foods, Inc. - Packaged Meats | 56 | Grams | 60 | 0 | 350 | 0 | 0 | 2 | 18 | 0 | 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 | 53 | Grams | 50 | 0 | 230 | 0 | 0 | 2 | 24 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Kretschmar Black Pepper & Jalapeno Uncured Ham | Smithfield Foods, Inc. - Packaged Meats | 56 | Grams | 70 | 0.5 | 470 | 0 | 0 | 2 | 12 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Charter Reserve® Applewood Slow Smoked Breast of Chicken | Cargill Meat Solutions - Deli Mea | 56 | Grams | 60 | 0 | 370 | 0 | 0 | 2 | 22 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Boar's Head Black Forest SmokeMaster Beechwood Smoked Ham | Boar's Head Provisions Company, Inc. - Boar's Head | 56 | Grams | 60 | 0 | 460 | 0 | 0 | 4 | 20 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Healthy Ones Deli Browned Chicken Breast | Smithfield Foods, Inc. - Packaged Meats | 56 | Grams | 50 | 0.5 | 340 | 0 | 0 | 2 | 22 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Charter Reserve Garden Herb Sun Dried Tomato Breast of Turkey | Cargill Meat Solutions - Deli Mea | 56 | Grams | 50 | 0 | 290 | 0 | 0 | 4 | 22 | 2 | 2 |
| Meat & Poultry: Canned or Processed | Kretschmar Master's Cut Hot Honey Ham | Smithfield Foods, Inc. - Packaged Meats | 56 | Grams | 80 | 1 | 420 | 0 | 0 | 2 | 20 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Boar's Head All American BBQ Seasoned Oven Roasted Chicken Breast | Boar's Head Provisions Company, Inc. - Boar's Head | 56 | Grams | 70 | 0 | 370 | 0 | 0 | 4 | 20 | 0 | 2 |
| Meat & Poultry: Canned or Processed | Healthy Ones Sliced Oven Roasted Turkey Breast | Smithfield Foods, Inc. - Packaged Meats | 57 | Grams | 60 | 0.5 | 330 | 0 | 0 | 2 | 22 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Healthy Ones Sliced Virginia Brand Ham | Smithfield Foods, Inc. - Packaged Meats | 57 | Grams | 60 | 0.5 | 390 | 0 | 0 | 2 | 22 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Private Selection Cracked Pepper Turkey Breast | Cargill Meat Solutions - Deli Mea | 56 | Grams | 60 | 0 | 450 | 0 | 0 | 2 | 22 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Lunch Mate Smoked Honey Uncured Ham | Carl Buddig & Company - Carl Buddig | 56 | Grams | 70 | 1 | 390 | 0 | 0 | 2 | 20 | 0 | 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 | 1.01 | 350 | 0 | 0 | 8 | 26 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Kretschmar Pastrami Seasoned Turkey Breast | Smithfield Foods, Inc. - Packaged Meats | 56 | Grams | 60 | 0 | 420 | 2 | 0 | 4 | 24 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Healthy Ones Deli Honey Ham | Smithfield Foods, Inc. - Packaged Meats | 56 | Grams | 70 | 0 | 360 | 0 | 0 | 2 | 22 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Healthy Ones Deli Medium Cooked Roast Beef | Smithfield Foods, Inc. - Packaged Meats | 56 | Grams | 60 | 0.5 | 350 | 2 | 0 | 6 | 22 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Castlewood Reserve® Golden Roasted Breast of Chicken | Cargill Meat Solutions - Deli Mea | 56 | Grams | 60 | 0 | 370 | 0 | 0 | 2 | 22 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Kretschmar Santa Fe Brand Turkey Breast | Smithfield Foods, Inc. - Packaged Meats | 56 | Grams | 60 | 0 | 340 | 0 | 0 | 4 | 24 | 2 | 2 |
| Meat & Poultry: Canned or Processed | Member's Mark All Natural 98% Fat Free Premium Chunk Chicken Breast in Water | Tony Downs Foods Company - TDFC | 53 | Cups | 45 | 0 | 230 | 0 | 0 | 2 | 24 | 0 | 2 |
| Meat & Poultry: Canned or Processed | Charter Reserve Homestyle Pan Roasted Turkey Breast | Cargill Meat Solutions - Deli Mea | 56 | Grams | 60 | 0 | 300 | 0 | 0 | 4 | 24 | 2 | 0 |
| Meat & Poultry: Canned or Processed | Kretschmar Master's Cut Applewood Smoked Turkey Breast | Smithfield Foods, Inc. - Packaged Meats | 56 | Grams | 70 | 0 | 380 | 0 | 0 | 4 | 28 | 0 | 0 |

*per serving. Highlighted items have been added in the last 30 days

Heart-Check Food Certification Program
Certified Products Listed by Food Category

| Food Category | Product | Company | Serving Size | | Calories | Saturated Fat (g) | Sodium (mg) | Positive Nutrients* (% Daily Value) | | | | | |
|-------------------------------------|---|--|--------------|-------|----------|-------------------|-------------|-------------------------------------|---------|--------|-----------|---------|---------|
| | | | | | | | | Calcium % | Fiber % | Iron % | Protein % | Vit A % | Vit C % |
| 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 | 0 | 360 | 0 | 0 | 2 | 26 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Healthy Ones Deli Maple Ham | Smithfield Foods, Inc. - Packaged Meats | 56 | Grams | 70 | 0 | 390 | 0 | 0 | 2 | 20 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Daily Chef 98% Fat Free Premium Chunk Turkey Breast in Water | Tony Downs Foods Company - TDFC | 53 | Grams | 50 | 0 | 310 | 0 | 0 | 2 | 20 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Bob Evans Fully Cooked Sliced Smoked Canadian Bacon with Natural Juices | Rose Packing Company, Inc. - RPC | 57 | Grams | 60 | 0.5 | 460 | 0 | 0 | 4 | 15 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Prima Della Garlic & Herb Chicken Breast | Jennie-O Turkey Store Sales, LLC - Jennie | 56 | Grams | 50 | 0 | 459.57 | 2 | 0 | 2 | 12 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Healthy Ones Deli Buffalo Style Chicken | Smithfield Foods, Inc. - Packaged Meats | 56 | Grams | 60 | 0 | 380 | 0 | 0 | 2 | 18 | 0 | 2 |
| Meat & Poultry: Canned or Processed | Boar's Head Branded Deluxe 42% Lower Sodium Ham | Boar's Head Provisions Company, Inc. - Boar's Head | 56 | Grams | 60 | 0 | 480 | 0 | 0 | 2 | 20 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Charter Reserve® Golden Roasted Breast of Chicken | Cargill Meat Solutions - Deli Mea | 56 | Grams | 60 | 0 | 370 | 0 | 0 | 2 | 22 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Healthy Ones Deli Oven Roasted Turkey Breast | Smithfield Foods, Inc. - Packaged Meats | 56 | Grams | 60 | 0 | 310 | 0 | 0 | 4 | 24 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Private Selection GoldenRoast Breast of Turkey | Cargill Meat Solutions - Deli Mea | 56 | Grams | 60 | 0 | 320 | 0 | 0 | 4 | 28 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Kroger Sliced Canadian Bacon with Natural Juices | Rose Packing Company, Inc. - RPC | 57 | Grams | 60 | 0.5 | 460 | 0 | 0 | 4 | 15 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Kretschmar Sun Dried Tomato Turkey Breast | Smithfield Foods, Inc. - Packaged Meats | 56 | Grams | 60 | 0 | 390 | 0 | 0 | 4 | 24 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Kretschmar Cajun Style Turkey Breast | Smithfield Foods, Inc. - Packaged Meats | 56 | Grams | 60 | 0 | 410 | 2 | 0 | 4 | 24 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Boar's Head Simplicity All Natural Uncured Ham | Boar's Head Provisions Company, Inc. - Boar's Head | 56 | Grams | 70 | 0.5 | 390 | 0 | 0 | 2 | 23 | 0 | 2 |
| Meat & Poultry: Canned or Processed | Healthy Ones Deli Ham Off The Bone | Smithfield Foods, Inc. - Packaged Meats | 56 | Grams | 60 | 0.5 | 370 | 0 | 0 | 2 | 22 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Black Steer Brand Golden Roasted Breast of Turkey | Mrs. Ressler's Food Products - MR | 56 | Grams | 60 | 0 | 370 | 0 | 0 | 4 | 11 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Boar's Head Maple Glazed Oven Roasted Chicken Breast | Boar's Head Provisions Company, Inc. - Boar's Head | 56 | Grams | 60 | 0 | 340 | 0 | 0 | 0 | 24 | 0 | 4 |
| 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 | 0 | 460 | 0 | 0 | 2 | 26 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Boar's Head Black Forest SmokeMaster Beechwood Smoked Ham - Half Size | Boar's Head Provisions Company, Inc. - Boar's Head | 56 | Cups | 60 | 0 | 460 | 0 | 0 | 4 | 20 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Boar's Head Simplicity All Natural Applewood Smoked Uncured Ham | Boar's Head Provisions Company, Inc. - Boar's Head | 56 | Grams | 70 | 0.5 | 440 | 0 | 0 | 2 | 23 | 0 | 4 |
| Meat & Poultry: Canned or Processed | Private Selection Buffalo Style Oven Roasted Chicken Breast | Cargill Meat Solutions - Deli Mea | 56 | Grams | 60 | 0 | 480 | 0 | 0 | 2 | 22 | 6 | 0 |
| Meat & Poultry: Canned or Processed | Healthy Ones Deli Honey Smoked Turkey Breast | Smithfield Foods, Inc. - Packaged Meats | 56 | Grams | 60 | 0.5 | 310 | 0 | 0 | 4 | 22 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Boar's Head Branded Deluxe 42% Lower Sodium Ham - Half Size | Boar's Head Provisions Company, Inc. - Boar's Head | 56 | Grams | 60 | 0 | 480 | 0 | 0 | 2 | 20 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Charter Reserve® GranSabor Breast of Turkey | Cargill Meat Solutions - Deli Mea | 56 | Grams | 50 | 0 | 380 | 0 | 0 | 4 | 18 | 6 | 0 |

*per serving. Highlighted items have been added in the last 30 days

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Certified Products Listed by Food Category

| Food Category | Product | Company | Serving Size | | Calories | Saturated Fat (g) | Sodium (mg) | Positive Nutrients* (% Daily Value) | | | | | |
|--|--|--|--------------|-------|----------|-------------------|-------------|-------------------------------------|---------|--------|-----------|---------|---------|
| | | | | | | | | Calcium % | Fiber % | Iron % | Protein % | Vit A % | Vit C % |
| Meat & Poultry: Canned or Processed | Member's Mark Oven Roasted Turkey Breast | Butterball, LLC - Butterball | 56 | Grams | 70 | 0 | 270 | 0 | 0 | 2 | 26 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Kretschmar Master's Cut Sriracha Seasoned Turkey Breast | Smithfield Foods, Inc. - Packaged Meats | 56 | Grams | 60 | 0 | 320 | 0 | 0 | 4 | 24 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Boar's Head Bold Jerk Turkey Breast | Boar's Head Provisions Company, Inc. - Boar's Head | 56 | Grams | 60 | 0 | 450 | 0 | 0 | 2 | 24 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Healthy Ones Deli Mesquite Smoked Turkey Breast | Smithfield Foods, Inc. - Packaged Meats | 56 | Grams | 50 | 0.5 | 340 | 0 | 0 | 0 | 20 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Private Selection Golden Roasted Chicken Breast Lower Sodium | Cargill Meat Solutions - Deli Mea | 56 | Grams | 60 | 0 | 360 | 0 | 0 | 0 | 26 | 0 | 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 | 0 | 400 | 0 | 0 | 2 | 26 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Kretschmar Master's Cut Maple & Brown Sugar Ham | Smithfield Foods, Inc. - Packaged Meats | 56 | Grams | 80 | 1 | 450 | 0 | 0 | 2 | 20 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Healthy Ones Thin-Sliced Oven Roasted Turkey Breast | Smithfield Foods, Inc. - Packaged Meats | 56 | Grams | 60 | 0.5 | 400 | 0 | 0 | 4 | 18 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Healthy Ones Thin-Sliced Black Forest Ham | Smithfield Foods, Inc. - Packaged Meats | 56 | Grams | 60 | 1 | 420 | 0 | 0 | 2 | 18 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Boar's Head Jerk Oven Roasted Chicken Breast | Boar's Head Provisions Company, Inc. - Boar's Head | 56 | Grams | 60 | 0 | 460 | 2 | 0 | 4 | 22 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Healthy Ones Deli Smoked Turkey Breast | Smithfield Foods, Inc. - Packaged Meats | 56 | Grams | 60 | 0.5 | 310 | 0 | 0 | 4 | 22 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Boar's Head Old Fashioned Canadian Style Bacon With Natural Juices | Boar's Head Provisions Company, Inc. - Boar's Head | 56 | Grams | 70 | 1 | 480 | 0 | 0 | 0 | 22 | 0 | 0 |
| Meat & Poultry: Canned or Processed | Prima Della Oven Roasted Chicken Breast | Jennie-O Turkey Store Sales, LLC - Jennie | 56 | Grams | 60 | 0 | 400 | 0 | 0 | 0 | 24 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Kirkland Signature Fresh Boneless & Skinless Chicken Breasts | Lincoln Premium Poultry - LP | 112 | Grams | 110 | 0 | 75 | 0 | 0 | 2 | 24 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Swift Premium Pork Tenderloin | JBS USA, LLC - Swift | 112 | Grams | 120 | 1 | 70 | 0 | 0 | 10 | 48 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Kroger Moist & Tender Pork Tenderloin | JBS USA, LLC - Swift | 112 | Grams | 110 | 1.5 | 300 | 0 | 0 | 6 | 21 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Swift Premium Pork Tenderloin | JBS USA, LLC - Swift | 112 | Grams | 120 | 1 | 70 | 0 | 0 | 10 | 48 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | 100% Pure Ground Beef (96% Lean 4% Fat) | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 140 | 2 | 75 | 0 | 0 | 15 | | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | California Grown Ground Beef 96% Lean 4% Fat | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 150 | 1.53 | 80.54 | 0 | 0 | 15 | | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | All Natural Extra Lean Ground Beef 96% Lean 4% Fat (American Foods Group) | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 150 | 1.58 | 70 | 0 | 0 | 15 | 24 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | HEB 96% Extra Lean Ground Beef | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 140 | 2 | 60 | 0 | 0 | 10 | 24 | 0 | 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 | 0 | 50 | 0 | 0 | 2 | 52 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Smithfield Boneless Pork Sirloin Roast | Smithfield Foods, Inc. - Fresh Pork | 112 | Grams | 140 | 1 | 70 | 2 | 0 | 4 | 52 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Hy-Vee Angus Beef - Beef Loin Boneless Top of Iowa Steak | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 140 | 1.5 | 65 | 0 | 0 | 15 | | 0 | 0 |

*per serving. Highlighted items have been added in the last 30 days

Heart-Check Food Certification Program
Certified Products Listed by Food Category

| Food Category | Product | Company | Serving Size | | Calories | Saturated Fat (g) | Sodium (mg) | Positive Nutrients* (% Daily Value) | | | | | |
|--|--|--|--------------|-------|----------|-------------------|-------------|-------------------------------------|---------|--------|-----------|---------|---------|
| | | | | | | | | Calcium % | Fiber % | Iron % | Protein % | Vit A % | Vit C % |
| Meat & Poultry: Fresh, Frozen, or Cooked | Beef Filet Mignon | Great Plains Beef LLC - GPB | 170 | Grams | 140 | 2.55 | 80 | 0 | 0 | 15 | | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Extra Lean Ground Beef 96/4 (National Beef Packing Company, LLC) | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 140 | 1.85 | 75 | 0 | 0 | 15 | 48 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Our Certified All Natural Extra Lean Ground Beef 96% Lean 4% Fat | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 150 | 1.5 | 80.54 | 0 | 0 | 10 | 0 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Dynasty Selection Center Cut Ribeye | Great Plains Beef LLC - GPB | 113 | Grams | 130 | 0.5 | 50 | 0 | 0 | 8 | | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | 96/4 All Natural Extra Lean Ground Beef (Tyson Fresh Meats) | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 130 | 1.5 | 50 | 2 | 0 | 15 | | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Farmer's Table 96% Lean 4% Fat Ground Beef with Sirloin | National Cattlemen's Beef Association - Sublicensees | 113 | Grams | 150 | 0.57 | 75 | | | 15 | 48 | | |
| Meat & Poultry: Fresh, Frozen, or Cooked | Dynasty Selection Flat Iron | Great Plains Beef LLC - GPB | 113 | Grams | 120 | 0.5 | 65 | 0 | 0 | 10 | | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Stir Fry Beef | Great Plains Beef LLC - GPB | 113 | Grams | 130 | 1.5 | 50 | 0 | 0 | 10 | | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Supreme Lean Fresh Pork Tenderloin | Tyson Sales & Distribution, Inc. - Sara Lee | 112 | Grams | 130 | 1.5 | 60 | 0 | 0 | 6 | 46 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Kirkland Signature Fresh Boneless & Skinless Chicken Tenderloins | Lincoln Premium Poultry - LP | 112 | Grams | 110 | 0 | 45 | 0 | 0 | 2 | 26 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Beef Filet Mignon | Great Plains Beef LLC - GPB | 112 | Grams | 140 | 1.71 | 50 | 0 | 0 | 15 | | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | 100% Pure Ground Beef (96% Lean 4% Fat) Hy-Vee | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 140 | 2 | 75 | 0 | 0 | 15 | 24 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Beef for Stew | Great Plains Beef LLC - GPB | 113 | Grams | 130 | 1 | -5 | 0 | 0 | 8 | | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Redner's Market Top Sirloin Filet (Select Grade) | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 140 | 1.5 | 65 | 0 | 0 | 10 | | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Walmart 96/4 All Natural Extra Lean Ground Beef | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 140 | 1.07 | 75 | 0 | 0 | 15 | | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Laura's Lean Beef 96% Lean 4% Fat Ground Beef | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 140 | 2 | 85 | 0 | 0 | 15 | | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | HEB Top Sirloin Kabob | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 140 | 1.5 | 65 | 0 | 0 | 10 | 50 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Food Lion 96% Lean 4% Fat Ground Beef | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 130 | 1.5 | 50 | 2 | 0 | 15 | | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Certified Piedmontese Ground Beef 96% Lean 4% Fat | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 130 | 1.5 | 45 | 0 | 0 | 15 | 26 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Smithfield Fresh Pork Tenderloin | Smithfield Foods, Inc. - Fresh Pork | 112 | Grams | 120 | 1 | 60 | 0 | 0 | 6 | 46 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Farmer John California Natural Boneless Pork Tenderloins | Smithfield Foods, Inc. - Fresh Pork | 112 | Grams | 130 | 1.5 | 55 | 0 | 0 | 6 | 42 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | 96/4 All Natural Extra Lean Ground Beef (Tyson Fresh Meats) | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 130 | 1.5 | 50 | 2 | 0 | 15 | | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | FreshDirect Extra Lean Ground Beef | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 150 | 1.5 | 80.54 | 0 | 0 | 15 | 0 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Top Sirloin Kabob (Select Grade) | National Cattlemen's Beef Association - NCBA | 112 | Grams | 140 | 1.5 | 65 | 0 | 0 | 10 | 50 | 0 | 0 |

*per serving. Highlighted items have been added in the last 30 days

Heart-Check Food Certification Program
Certified Products Listed by Food Category

| Food Category | Product | Company | Serving Size | | Calories | Saturated Fat (g) | Sodium (mg) | Positive Nutrients* (% Daily Value) | | | | | |
|--|--|--|--------------|-------|----------|-------------------|-------------|-------------------------------------|---------|--------|-----------|---------|---------|
| | | | | | | | | Calcium % | Fiber % | Iron % | Protein % | Vit A % | Vit C % |
| Meat & Poultry: Fresh, Frozen, or Cooked | Randall Farms All Natural Boneless Skinless Chicken Breast with Rib Meat | Randall Foods, Inc. - Randall | 112 | Grams | 120 | 0 | 75 | 2 | 0 | 4 | 26 | 0 | 2 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Farmer John Boneless Pork Sirloin | Smithfield Foods, Inc. - Fresh Pork | 112 | Grams | 130 | 1 | 70 | 0 | 0 | 0 | 48 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Dynasty Filet Mignon | Great Plains Beef LLC - GPB | 112 | Grams | 120 | 1 | 50 | 0 | 0 | 15 | 25 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | 96/4 All Natural Extra Lean Ground Beef (Interstate Meat Dist., Inc.) | National Cattlemen's Beef Association - Sublicensees | 112 | Cups | 150 | 1.29 | 70 | 0 | 0 | 15 | 48 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | 96% Lean 4% Fat Fresh Ground Beef | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 140 | 2 | 75 | 0 | 0 | 15 | 24 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | HEB 96% Extra Lean Ground Beef | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 140 | 2 | 60 | 0 | 0 | 10 | | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Top Sirloin Strips (Select Grade) | National Cattlemen's Beef Association - NCBA | 112 | Grams | 140 | 1.5 | 65 | 0 | 0 | 10 | 50 | 0 | 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 | 0 | 75 | 0 | 0 | 4 | 26 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Dynasty Filet Mignon | Great Plains Beef LLC - GPB | 112 | Grams | 140 | 1 | 50 | 0 | 0 | 15 | 25 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Aldi Extra Lean Ground Beef 96% Lean 4% Fat | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 140 | 2 | 70 | 0 | 0 | 15 | 24 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Albertsons Signature Farms 96% Lean 4% Fat Ground Beef | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 150 | 1.5 | 50 | 0 | 0 | 14 | | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Schnuck's Natural 99% Fat Free Boneless, Skinless Chicken Breast Fillets | Sanderson Farms, Inc. - SF | 112 | Grams | 110 | 0 | 50 | 0 | 0 | 2 | 52 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | HEB Top Sirloin Strips | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 140 | 1.5 | 65 | 0 | 0 | 10 | 50 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Certified Piedmontese Dynasty Selection Sirloin Filet | National Cattlemen's Beef Association - Sublicensees | 113 | Grams | 120 | 0.5 | 45 | 0 | 0 | 15 | 27 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Beef Filet Mignon | Great Plains Beef LLC - GPB | 112 | Grams | 140 | 1.71 | 50 | 0 | 0 | 15 | | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | WM 100% Ground Beef | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 150 | 1.5 | 60 | 0 | 0 | 15 | 25 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Central Market Extra Lean Ground Beef 96% Lean 4% Fat | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 150 | 1.5 | 85 | 6 | 0 | 15 | | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | FreshLast Extra Lean Ground Beef | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 150 | 1.53 | 80.54 | 0 | 0 | 15 | 48 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Dynasty Bone-In Filet Mignon | Great Plains Beef LLC - GPB | 113 | Grams | 130 | 1.5 | 65 | 2 | 0 | 10 | 26 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Certified Piedmontese Beef Sirloin Filet | National Cattlemen's Beef Association - Sublicensees | 170 | Grams | 200 | 2 | 75 | 0 | 0 | 20 | 38 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | WM 100% Ground Beef | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 150 | 1.5 | 60 | 0 | 0 | 15 | 25 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | 100% Pure Ground Beef (96% Lean 4% Fat) | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 140 | 2 | 75 | 0 | 0 | 15 | | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Center Cut Ribeye | Great Plains Beef LLC - GPB | 113 | Grams | 140 | 1 | 50 | 0 | 0 | 10 | | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Albertsons Signature Farms 96% Lean 4% Fat Ground Beef | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 150 | 1.5 | 65 | | | 15 | | | |

*per serving. Highlighted items have been added in the last 30 days

Heart-Check Food Certification Program
Certified Products Listed by Food Category

| Food Category | Product | Company | Serving Size | | Calories | Saturated Fat (g) | Sodium (mg) | Positive Nutrients* (% Daily Value) | | | | | |
|--|---|--|--------------|-------|----------|-------------------|-------------|-------------------------------------|---------|--------|-----------|---------|---------|
| | | | | | | | | Calcium % | Fiber % | Iron % | Protein % | Vit A % | Vit C % |
| Meat & Poultry: Fresh, Frozen, or Cooked | 96/4 All Natural Extra Lean Ground Beef (Tyson Fresh Meats) | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 130 | 1.5 | 50 | 2 | 0 | 15 | | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Kretschmar Master's Cut Eye of Round Roast Beef | Smithfield Foods, Inc. - Packaged Meats | 56 | Grams | 70 | 0.5 | 190 | 0 | 0 | 4 | 26 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Dynasty Selection Center Cut Strip Steak | Great Plains Beef LLC - GPB | 113 | Grams | 120 | 0 | 45 | 0 | 0 | 8 | | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Dynasty Selection Eye of Round Roast | Great Plains Beef LLC - GPB | 113 | Grams | 110 | 0 | 45 | 0 | 0 | 8 | | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Market 32 by Price Chopper Extra Lean Ground Beef | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 140 | 2 | 75 | 0 | 0 | 15 | 44 | 0 | 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 | 45 | 0 | 0 | 2 | 52 | 0 | 2 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Albertsons Signature Farms 96% Lean 4% Fat Ground Beef | National Cattlemen's Beef Association - Sublicensees | 114 | Grams | 150 | 1.58 | 75 | | | 15 | | | |
| Meat & Poultry: Fresh, Frozen, or Cooked | 100% Pure Ground Beef Patty (96% Lean 4% Fat) | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 140 | 2 | 75 | 0 | 0 | 15 | | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Farmer John California Natural Boneless Pork Tenderloins | Smithfield Foods, Inc. - Fresh Pork | 112 | Grams | 130 | 1.5 | 54 | 0 | 0 | 6 | 42 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Walmart 96/4 All Natural Extra Lean Ground Beef | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 140 | 1.5 | 80.54 | 2 | 0 | 10 | | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Dynasty Selection Ribeye Cap Steak | Great Plains Beef LLC - GPB | 113 | Grams | 120 | 1 | 55 | 0 | 0 | 15 | | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | 96/4 All Natural Extra Lean Ground Beef (Tyson Fresh Meats) | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 130 | 1.5 | 50 | 2 | 0 | 15 | | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | 100% Pure Ground Beef (96% Lean 4% Fat) | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 140 | 2 | 75 | 0 | 0 | 15 | | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Harris Teeter Rancher Tender Verified 96/4 Extra Lean Ground Beef | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 150 | 1.5 | 80.54 | 0 | 0 | 15 | 0 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | 96/4 All Natural Extra Lean Ground Beef (Interstate Meat Dist., Inc.) | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 140 | 1.29 | 70 | 0 | 0 | 15 | 48 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | 96% Lean 4% Fat Fresh Ground Beef Patties | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 140 | 2 | 75 | 0 | 0 | 15 | 24 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Beef Tenderloin Roast | Great Plains Beef LLC - GPB | 112 | Grams | 150 | 1.71 | 50 | 0 | 0 | 15 | | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Smith's Butcher Shop 96/4 All Natural Ground Beef | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 150 | 1.5 | 80.54 | 0 | 0 | 15 | 0 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Meijer Extra Lean Ground Beef 96% Lean 4% Fat | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 140 | 1.07 | 75 | 0 | 0 | 15 | | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Top Sirloin Filet (Select Grade) | National Cattlemen's Beef Association - NCBA | 112 | Grams | 140 | 1.5 | 65 | 0 | 0 | 10 | 50 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Beef Brisket | Great Plains Beef LLC - GPB | 113 | Grams | 120 | 0.5 | 50 | 0 | 0 | 10 | | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | California Gourmet Burgers | American Custom Meats - ACM | 113 | Grams | 130 | 1.5 | 65 | 0 | 0 | 10 | 22 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Aldi Extra Lean Ground Beef 96% Lean 4% Fat | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 150 | 1.5 | 65 | 0 | 0 | 10 | 24 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Certified Piedmontese Beef Sirloin Filet | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 130 | 1.5 | 50 | 0 | 0 | 10 | 25 | 0 | 0 |

*per serving. Highlighted items have been added in the last 30 days

Heart-Check Food Certification Program
Certified Products Listed by Food Category

| Food Category | Product | Company | Serving Size | | Calories | Saturated Fat (g) | Sodium (mg) | Positive Nutrients* (% Daily Value) | | | | | |
|--|--|--|--------------|-------|----------|-------------------|-------------|-------------------------------------|---------|--------|-----------|---------|---------|
| | | | | | | | | Calcium % | Fiber % | Iron % | Protein % | Vit A % | Vit C % |
| Meat & Poultry: Fresh, Frozen, or Cooked | First Street Ground Beef (96% Lean) | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 150 | 1.5 | 60 | 0 | 0 | 10 | 25 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | 96/4 All Natural Extra Lean Ground Beef (Tyson Fresh Meats) | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 130 | 1.5 | 50 | 2 | 0 | 15 | | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Stater Bros. 100% Ground Beef Patties 96% Lean 4% Fat | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 140 | 0.7 | 75 | 0 | 0 | 15 | | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Walmart 96/4 All Natural Extra Lean Ground Beef | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 140 | 1.29 | 70 | 0 | 0 | 15 | | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Top Sirloin Steak (Select Grade) | National Cattlemen's Beef Association - NCBA | 112 | Grams | 140 | 1.5 | 65 | 0 | 0 | 10 | 50 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Albertsons Signature Farms 96% Lean 4% Fat Ground Beef | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | | 1.31 | 50 | 2 | | 15 | | | |
| Meat & Poultry: Fresh, Frozen, or Cooked | Kroger Moist & Tender Pork Tenderloin | JBS USA, LLC - Swift | 112 | Cups | 110 | 1.5 | 300 | 0 | 0 | 6 | 21 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Laura's Lean Beef 4% Fat Ground Sirloin | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 140 | 1.91 | 85 | 0 | 0 | 15 | | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | 96% Lean 4% Fat Ground Beef Heart Healthy | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 150 | 1.5 | 50 | 0 | 0 | 14 | | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Albertsons Signature Farms 96% Lean 4% Fat Ground Beef | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 130 | 1.5 | 50 | 0 | 0 | 15 | 48 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Tender Choice Pork Tenderloins | JBS USA, LLC - Swift | 112 | Grams | 120 | 1 | 250 | 0 | 0 | 6 | | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Walmart 96/4 All Natural Extra Lean Ground Beef | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 150 | 1.5 | 80.54 | 0 | 0 | 15 | | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | HEB Top Sirloin Filet | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 140 | 1.5 | 65 | 0 | 0 | 10 | 50 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Schnuck's Natural 99% Fat Free Clipped Chicken Breast Tenderloins | Sanderson Farms, Inc. - SF | 112 | Grams | 110 | 0 | 55 | 2 | 0 | 2 | 50 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Kretschmar Master's Cut Blackened Roast Beef | Smithfield Foods, Inc. - Packaged Meats | 56 | Grams | 60 | 0.5 | 330 | 0 | 0 | 4 | 20 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Laura's Lean Beef 96% Lean 4% Fat Ground Round | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 140 | 2 | 85 | 0 | 0 | 15 | | 0 | 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 | 0 | 75 | 0 | 0 | 2 | 48 | 0 | 2 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Sirloin Tip Steak (Select Grade) | National Cattlemen's Beef Association - NCBA | 112 | Grams | 120 | 1.5 | 65 | 0 | 0 | 10 | 47 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Beef Kabobs | Great Plains Beef LLC - GPB | 113 | Grams | 140 | 1.5 | 50 | 0 | 0 | 10 | | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Fresh Ground Beef 96% Lean - 4% Fat | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 140 | 1.29 | 70 | 0 | 0 | 15 | 24 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Giant Eagle 96% Lean 4% Fat Extra Lean Ground Beef | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 140 | 1.85 | 75 | 0 | 0 | 15 | 44 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Natural Boneless Pork Sirloin Roast | National Pork Board - NPB | 112 | Grams | 130 | 1 | 70 | 0 | 0 | 0 | 48 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Dynasty Brisket | Great Plains Beef LLC - GPB | 113 | Grams | 110 | 0 | 55 | 0 | 0 | 15 | | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Dynasty Filet Mignon | Great Plains Beef LLC - GPB | 112 | Grams | 140 | 1 | 50 | 0 | 0 | 15 | 25 | 0 | 0 |

*per serving. Highlighted items have been added in the last 30 days

Heart-Check Food Certification Program
Certified Products Listed by Food Category

| Food Category | Product | Company | Serving Size | | Calories | Saturated Fat (g) | Sodium (mg) | Positive Nutrients* (% Daily Value) | | | | | |
|--|--|--|--------------|-------|----------|-------------------|-------------|-------------------------------------|---------|--------|-----------|---------|---------|
| | | | | | | | | Calcium % | Fiber % | Iron % | Protein % | Vit A % | Vit C % |
| Meat & Poultry: Fresh, Frozen, or Cooked | Extra Lean Ground Beef 96/4 (National Beef Packing Company, LLC) | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 140 | 1.85 | 75 | 0 | 0 | 15 | 44 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Kirkland Signature Boneless Skinless Chicken Breast 99% Fat Free | Pilgrim's Pride, Inc. - PPI | 112 | Grams | 110 | 0 | 75 | 0 | 0 | 2 | 48 | 0 | 2 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Our Certified All Natural Extra Lean Ground Beef 96% Lean 4% Fat | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 150 | 1.5 | 80.54 | 0 | 0 | 15 | 0 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Meadowland Farms 96/4 Ground Beef | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 150 | 1.5 | 80.54 | 0 | 0 | 15 | 0 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Meadowland Farms 96/4 Ground Beef | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 150 | 1.5 | 80.54 | 0 | 0 | 15 | | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | HEB 96% Extra Lean Ground Beef | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 140 | 2 | 60 | 0 | 0 | 10 | | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Pork Tenderloin | National Pork Board - NPB | 112 | Grams | 130 | 1.5 | 55 | 0 | 0 | 8 | 42 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Weis Fresh Ground Beef 96% Lean 4% Fat | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 140 | 1.07 | 75 | 0 | 0 | 15 | 0 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Bottom Round Steak (Select Grade) | National Cattlemen's Beef Association - NCBA | 112 | Grams | 140 | 1.5 | 70 | 0 | 0 | 20 | 50 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Our Certified All Natural Extra Lean Ground Beef Patties | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 150 | 1.5 | 80.54 | 0 | 0 | 15 | | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Albertsons Signature Farms 96% Lean 4% Fat Ground Beef | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 150 | 1.29 | 70 | 0 | 0 | 15 | | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Hy-Vee Angus Beef - Bottom Round Roast | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 140 | 1.5 | 70 | | 0 | 20 | | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Our Certified All Natural Extra Lean Ground Beef 96% Lean 4% Fat | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 150 | 1.5 | 80.54 | 0 | 0 | 15 | 0 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Extra Lean Ground Beef 96% Lean 4% Fat | National Cattlemen's Beef Association - NCBA | 112 | Grams | 140 | 2 | 75 | 0 | 0 | 15 | 49 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Extra Lean Ground Beef 96% Lean 4% Fat (with Natural Flavors) | National Cattlemen's Beef Association - NCBA | 112 | Grams | 140 | 2 | 75 | 0 | 0 | 15 | 49 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Redner's Market Top Sirloin Filet (Select Grade) | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 140 | 1.5 | 65 | 0 | 0 | 10 | | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Kretschmar Master's Cut Maple Turkey Breast | Smithfield Foods, Inc. - Packaged Meats | 56 | Grams | 70 | 0 | 370 | 0 | 0 | 2 | 22 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Certified Piedmontese Beef Sirloin Roast | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 130 | 1.5 | 50 | 0 | 0 | 10 | 25 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Aldi Extra Lean Ground Beef 96% Lean 4% Fat | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 140 | 1.85 | 75 | 0 | 0 | 15 | 44 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Clean Eatz Cooked Chicken | Clean Eatz - CE | 100 | Grams | 139 | 0 | 39 | 4 | 0 | 0 | 64 | 29 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Coleman Organic 98% Fat Free Boneless & Skinless Organic Chicken Breasts | Perdue Foods, LLC - Coleman | 112 | Grams | 120 | 0 | 75 | 0 | 0 | 2 | 25 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Trader Joe's Butcher Shop Pork Tenderloin | JBS USA, LLC - Swift | 112 | Grams | 120 | 1 | 70 | 0 | 0 | 10 | 48 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Albertsons Signature Farms 96% Lean 4% Fat Ground Beef Patties | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 130 | 1.5 | 50 | 0 | 0 | 4 | 48 | 4 | 2 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Albertsons Signature Farms 96% Lean 4% Fat Ground Beef | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 150 | 1.5 | 60 | | | 15 | | | |

*per serving. Highlighted items have been added in the last 30 days

Heart-Check Food Certification Program
Certified Products Listed by Food Category

| Food Category | Product | Company | Serving Size | | Calories | Saturated Fat (g) | Sodium (mg) | Positive Nutrients* (% Daily Value) | | | | | |
|--|---|--|--------------|-------|----------|-------------------|-------------|-------------------------------------|---------|--------|-----------|---------|---------|
| | | | | | | | | Calcium % | Fiber % | Iron % | Protein % | Vit A % | Vit C % |
| Meat & Poultry: Fresh, Frozen, or Cooked | Moran's 100% Ground Beef 96 % Lean 4% Fat Patties | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 140 | 2 | 75 | 0 | 0 | 15 | 24 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | WM 100% Ground Beef Patty | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 150 | 1.5 | 60 | 0 | 0 | 15 | 25 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Kirkland Signature Swift Premium Pork Sirloin Tip Roast | JBS USA, LLC - Swift | 112 | Grams | 120 | 0.5 | 250 | 0 | 0 | 4 | 23 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Flat Iron Steak | Great Plains Beef LLC - GPB | 113 | Grams | 120 | 0.9 | 60 | 0 | 0 | 15 | | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Hy-Vee Angus Beef - Bottom Round Steak | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 140 | 1.5 | 70 | 0 | 0 | 20 | | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Top Sirloin Petite Roast (Select Grade) | National Cattlemen's Beef Association - NCBA | 112 | Grams | 140 | 1.5 | 65 | 0 | 0 | 10 | 50 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Walmart 96/4 All Natural Extra Lean Ground Beef | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 130 | 1.5 | 50 | 2 | 0 | 15 | | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Albertsons Signature Farms 96% Lean/4% Fat Ground Beef Patties | National Cattlemen's Beef Association - Sublicensees | 114 | Grams | 150 | 1.58 | 70 | | | 15 | | | |
| 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 | 0.37 | 75 | 0 | 0 | 4 | 52 | 0 | 2 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Kirkland Signature Boneless Skinless Chicken Tenderloins Fat Free | Pilgrim's Pride, Inc. - PPI | 112 | Grams | 110 | 0 | 45 | 0 | 0 | 2 | 52 | 0 | 2 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Boneless Pork Sirloin Roast (Solution Added) | National Pork Board - NPB | 112 | Grams | 120 | 1.5 | 260 | 0 | 0 | 4 | 42 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Extra Lean Ground Beef 96/4 (National Beef Packing Company, LLC) | National Cattlemen's Beef Association - Sublicensees | 112 | Cups | 140 | 1.85 | 75 | 0 | 0 | 15 | 44 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Raley's Extra Lean Ground Beef 96/4 | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 150 | 1.5 | 80.54 | 0 | 0 | 15 | 24 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Beef Sirloin Bavette | Great Plains Beef LLC - GPB | 113 | Grams | 140 | 1.9 | 55 | 0 | 0 | 15 | 25 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | HEB 96% Extra Lean Ground Beef | National Cattlemen's Beef Association - Sublicensees | 112 | Grams | 140 | 2 | 60 | 0 | 0 | 10 | 24 | 0 | 0 |
| Meat & Poultry: Fresh, Frozen, or Cooked | Laura's Lean Ground Turkey | Meyer Foods Group LLC dba Meyer Natural Foods - LLB | 112 | Grams | 120 | 0 | 55 | 0 | 0 | 8 | 56 | 0 | 0 |
| Mixed Dishes | Healthy Ones Thin-Sliced Variety Pack Honey Ham & Oven Roasted Turkey Breast | Smithfield Foods, Inc. - Packaged Meats | 54 | Grams | 60 | 0.5 | 360 | 2 | 0 | 2 | 18 | 0 | 0 |
| Mixed Dishes | StarKist Tuna Creations 4 Pouch Variety Pack | StarKist Co. - StarKist | 74 | Grams | 110 | 0.5 | 340 | 0 | 0 | 4 | 34 | 0 | 0 |
| Nuts or Seeds | Diamond Foods Sliced Almonds | Diamond Foods LLC - DF | 30 | Grams | 170 | 1 | 0 | 6 | 14 | 6 | | 0 | 0 |
| Nuts or Seeds | Diamond Foods Pecan Halves | Diamond Foods LLC - DF | 30 | Grams | 210 | 2 | 0 | 2 | 11 | 6 | | 0 | 0 |
| Nuts or Seeds | Mariani Shelled Walnuts | Mariani Nut Company - MNC | 30 | Grams | 200 | 2 | 0 | 2 | 7 | 4 | | 0 | 0 |
| Nuts or Seeds | Blue Diamond Almonds Roasted Salted | Blue Diamond Growers - BDG | 28 | Grams | 170 | 1 | 85 | 8 | 11 | 6 | | 0 | 0 |
| Nuts or Seeds | Blue Diamond Almonds Whole Natural | Blue Diamond Growers - BDG | 28 | Grams | 160 | 1 | 0 | 6 | 12 | 6 | 5 | 0 | 0 |
| Nuts or Seeds | Blue Diamond Almonds Lightly Salted | Blue Diamond Growers - BDG | 28 | Grams | 100 | 0.5 | 25 | 49 | 6 | 4 | 3 | 0 | 0 |
| Nuts or Seeds | Oregon Orchard Natural Hazelnut Kernels | Hazelnut Growers of Oregon - HG | 28.35 | Grams | 178 | 1.5 | 0 | 2 | 11 | 6 | 7 | 0 | 2 |
| Nuts or Seeds | Hampton Farms Unsalted Roasted Peanuts | Severn Peanut Company, Inc. DBA Hampton Farms - SHF | 28 | Cups | 170 | 2 | 0 | 0 | 10 | 4 | | 0 | 0 |
| Nuts or Seeds | Blue Diamond Almonds Whole Natural | Blue Diamond Growers - BDG | 18 | Grams | 100 | 0.5 | 0 | 4 | 9 | 4 | 3 | 0 | 0 |
| Nuts or Seeds | Mariani Shelled Walnuts | Mariani Nut Company - MNC | 30 | Grams | 200 | 2 | 0 | 2 | 7 | 4 | | 0 | 0 |
| Nuts or Seeds | Blue Diamond Almonds Whole Natural | Blue Diamond Growers - BDG | 18 | Grams | 100 | 0.5 | 0 | 4 | 8 | 4 | | 0 | 0 |
| Nuts or Seeds | Blue Diamond Almonds Roasted Salted | Blue Diamond Growers - BDG | 28 | Grams | 170 | 1 | 85 | 6 | 10 | 6 | 5 | | |

*per serving. Highlighted items have been added in the last 30 days

Heart-Check Food Certification Program
Certified Products Listed by Food Category

| Food Category | Product | Company | Serving Size | | Calories | Saturated Fat (g) | Sodium (mg) | Positive Nutrients* (% Daily Value) | | | | | |
|---------------|--|---|--------------|-------|----------|-------------------|-------------|-------------------------------------|---------|--------|-----------|---------|---------|
| | | | | | | | | Calcium % | Fiber % | Iron % | Protein % | Vit A % | Vit C % |
| Nuts or Seeds | Setton Farms Premium California Shelled Pistachios Dry Roasted with Sea Salt | Setton Pistachio of Terra Bella Inc. - SP | 30 | Grams | 170 | 1.5 | 120 | 4 | 12 | 6 | | 2 | 2 |
| Nuts or Seeds | Fisher Chopped Walnuts | John B. Sanfilippo and Son, Inc. - JBS | 28 | Grams | 180 | 3.5 | 0 | 2 | 8 | 4 | | 0 | 0 |
| Nuts or Seeds | ARO Gourmet Pistachios | ARO Pistachios, Inc. - ARO | 28 | Grams | 160 | 1.5 | 55.1 | 4 | 12 | 6 | | 2 | 2 |
| Nuts or Seeds | Fisher Pecan Halves | John B. Sanfilippo and Son, Inc. - JBS | 28 | Grams | 190 | 1.5 | 0 | 0 | 11 | 4 | | 0 | 0 |
| Nuts or Seeds | Mariani Shelled Walnuts | Mariani Nut Company - MNC | 30 | Grams | 200 | 2 | 0 | 2 | 7 | 4 | | 0 | 0 |
| Nuts or Seeds | Mariani Whole Natural Almonds | Mariani Nut Company - MNC | 30 | Grams | 170 | 1 | 0 | 6 | 14 | 6 | | 0 | 0 |
| Nuts or Seeds | Raw In-Shell Pistachios | American Pistachio Growers - APG | 28 | Grams | 160 | 1.5 | 0 | 2 | 11 | 6 | | 2 | 2 |
| Nuts or Seeds | Blue Diamond Almonds Roasted Salted | Blue Diamond Growers - BDG | 43 | Grams | 260 | 2 | 130 | 10 | 17 | 8 | 8 | 0 | 0 |
| Nuts or Seeds | Diamond Foods Pecan Halves | Diamond Foods LLC - DF | 30 | Grams | 210 | 2 | 0 | 2 | 11 | 6 | | 0 | 0 |
| Nuts or Seeds | Blue Diamond Oven Roasted Almonds Sea Salt | Blue Diamond Growers - BDG | 28 | Grams | 170 | 1 | 135 | 8 | 13 | 6 | | 0 | 0 |
| Nuts or Seeds | Diamond Foods California Organic Shelled Walnuts | Diamond Foods LLC - DF | 30 | Grams | 200 | 2 | 0 | | 7 | | | | |
| Nuts or Seeds | Setton Farms Premium California Pistachios Roasted No Salt | Setton Pistachio of Terra Bella Inc. - SP | 30 | Grams | 170 | 1.5 | 0 | 4 | 12 | 6 | | 2 | 2 |
| Nuts or Seeds | Blue Diamond Almonds Whole Natural | Blue Diamond Growers - BDG | 28 | Grams | 160 | 1 | 0 | 8 | 14 | 6 | | 0 | 0 |
| Nuts or Seeds | Setton Farms Premium California Dry Roasted with Sea Salt Pistachios | Setton Pistachio of Terra Bella Inc. - SP | 30 | Grams | 170 | 1.5 | 120 | 4 | 12 | 6 | | 2 | 2 |
| Nuts or Seeds | Blue Diamond Almonds Lightly Salted | Blue Diamond Growers - BDG | 17 | Grams | 100 | 0.5 | 25 | 4 | 7 | 4 | 3 | 0 | 0 |
| Nuts or Seeds | Gold Emblem Abound Unsalted Pistachios | Nichols Pistachio - NF | 28 | Grams | 170 | 1.5 | 0 | 3 | 12 | 6 | | 1 | 1 |
| Nuts or Seeds | Diamond Foods Finely Diced Walnuts (Rosemary Extract) | Diamond Foods LLC - DF | 30 | Grams | 200 | 2 | 0 | | 7 | | | | |
| Nuts or Seeds | Fisher Pecan Chips | John B. Sanfilippo and Son, Inc. - JBS | 28 | Grams | 190 | 1.5 | 0 | 2 | 11 | 4 | | 0 | 0 |
| Nuts or Seeds | Almonds, Whole Natural | Almond Board of California - ABC | 28 | Grams | 160 | 1 | 5 | 6 | 16 | 6 | 12 | 0 | 0 |
| Nuts or Seeds | Mariani Chopped Walnuts | Mariani Nut Company - MNC | 30 | Grams | 200 | 2 | 0 | 2 | 7 | 4 | | 0 | 0 |
| Nuts or Seeds | Almonds, Sliced | Almond Board of California - ABC | 28 | Grams | 160 | 1 | 5 | 6 | 16 | 6 | 12 | | |
| Nuts or Seeds | Diamond Foods Whole Almonds | Diamond Foods LLC - DF | 30 | Grams | 170 | 1 | 0 | | 14 | | | | |
| Nuts or Seeds | Mariani Chopped Walnuts | Mariani Nut Company - MNC | 30 | Grams | 200 | 2 | 0 | 2 | 7 | 4 | | 0 | 0 |
| Nuts or Seeds | Almonds, Dry Roasted, no salt added (Snack Pack) | Almond Board of California - ABC | 28 | Grams | 170 | 1 | 0 | 8 | 12 | 6 | 12 | 0 | 0 |
| Nuts or Seeds | Blue Diamond Almonds Lightly Salted | Blue Diamond Growers - BDG | 28 | Grams | 170 | 1 | 40 | 6 | 10 | 6 | 5 | | |
| Nuts or Seeds | Fisher Chopped Walnuts | John B. Sanfilippo and Son, Inc. - JBS | 28 | Cups | 180 | 1.5 | 0 | 2 | 8 | 4 | | 0 | 0 |
| Nuts or Seeds | Fisher Pecan Halves | John B. Sanfilippo and Son, Inc. - JBS | 28 | Cups | 190 | 1.5 | 0 | 0 | 11 | 4 | | 0 | 0 |
| Nuts or Seeds | Setton Farms Premium California Dry Roasted with Sea Salt Pistachios | Setton Pistachio of Terra Bella Inc. - SP | 30 | Grams | 170 | 1.5 | 120 | 4 | 12 | 6 | | 2 | 2 |
| Nuts or Seeds | Hubs Home Cooked Salted Virginia Peanuts | Hubbard Peanut Company, INC | 28 | Grams | 180 | 3 | 60 | 0 | 12 | 0 | 9 | 0 | 0 |
| Nuts or Seeds | Mariani Sliced Natural Almonds | Mariani Nut Company - MNC | 30 | Grams | 170 | 1 | 0 | 8 | 14 | 8 | | 0 | 0 |
| Nuts or Seeds | Blue Diamond Almonds Lightly Salted | Blue Diamond Growers - BDG | 43 | Grams | 260 | 2 | 60 | 10 | 17 | 8 | | 0 | 0 |
| Nuts or Seeds | Walnuts | Golden State Food, LLC - GSF | 28 | Grams | 190 | 1.5 | 1 | 2 | 8 | 4 | 9 | 0 | 0 |
| Nuts or Seeds | Dry Roasted In-shell Peanuts, Unsalted | Peanut Institute, The - PI | 28 | Grams | 170 | 2 | 0 | 0 | 10 | 4 | | 0 | 0 |
| Nuts or Seeds | Diamond Foods Chopped Walnuts (Rosemary Extract) | Diamond Foods LLC - DF | 30 | Grams | 200 | 2 | 0 | | 7 | | | | |
| Nuts or Seeds | Mariani Shelled Walnuts | Mariani Nut Company - MNC | 30 | Grams | 200 | 2 | 0 | 2 | 7 | 4 | | 0 | 0 |
| Nuts or Seeds | Golden Peanut and Tree Nuts Pecan Halves | Golden Peanut and Tree Nuts - HNC | 28 | Grams | 200 | 2 | 0 | 0 | 11 | 0 | | 0 | 0 |
| Nuts or Seeds | Fisher Pecan Chips | John B. Sanfilippo and Son, Inc. - JBS | 28 | Grams | 190 | 1.5 | 0 | 2 | 11 | 4 | | 0 | 0 |
| Nuts or Seeds | Blue Diamond Almonds Whole Natural | Blue Diamond Growers - BDG | 28 | Grams | 160 | 1 | 0 | 6 | 12 | 6 | 5 | 0 | 0 |
| Nuts or Seeds | Setton Farms Premium California Shelled Pistachios Dry Roasted with Sea Salt | Setton Pistachio of Terra Bella Inc. - SP | 30 | Grams | 170 | 1.5 | 120 | 4 | 12 | 6 | | 2 | 2 |

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| Food Category | Product | Company | Serving Size | | Calories | Saturated Fat (g) | Sodium (mg) | Positive Nutrients* (% Daily Value) | | | | | |
|---------------|---|---|--------------|--------|----------|-------------------|-------------|-------------------------------------|---------|--------|-----------|---------|---------|
| | | | | | | | | Calcium % | Fiber % | Iron % | Protein % | Vit A % | Vit C % |
| Nuts or Seeds | Virginia Diner Gourmet Salted Virginia Peanuts | Virginia Diner, Inc. - VDI | 28 | Grams | 180 | 2 | 55 | 2 | 18 | 0 | | 0 | 0 |
| Nuts or Seeds | Walnut Halves | Andersen & Sons Shelling, Inc - AS | 30 | Grams | 185 | 2 | 1 | 2 | 8 | 3 | 1 | 0 | 0 |
| Nuts or Seeds | Hampton Farms Jumbo Unsalted Roasted Peanuts | Severn Peanut Company, Inc. DBA Hampton Farms - SHF | 28 | Cups | 170 | 2 | 0 | 0 | 10 | 4 | | 0 | 0 |
| Nuts or Seeds | Blue Diamond Almonds Whole Natural | Blue Diamond Growers - BDG | 28 | Grams | 160 | 1 | 0 | 8 | 13 | 6 | | 0 | 0 |
| Nuts or Seeds | Diamond Foods Chopped Walnuts (Rosemary Extract) | Diamond Foods LLC - DF | 30 | Grams | 200 | 2 | 0 | 2 | 7 | 2 | | 0 | 0 |
| Nuts or Seeds | Mariani Chopped Walnuts | Mariani Nut Company - MNC | 30 | Cups | 200 | 2 | 0 | 2 | 7 | 4 | | 0 | 0 |
| Nuts or Seeds | Diamond Foods Shelled Walnuts (Rosemary Extract) | Diamond Foods LLC - DF | 30 | Grams | 200 | 2 | 0 | 2 | 7 | 2 | | 0 | 0 |
| Nuts or Seeds | Fisher Walnut Halves & Pieces | John B. Sanfilippo and Son, Inc. - JBS | 28 | Cups | 180 | 1.5 | 0 | 2 | 8 | 4 | | 0 | 0 |
| Nuts or Seeds | Diamond Foods Shelled Walnuts (Rosemary Extract) | Diamond Foods LLC - DF | 30 | Grams | 200 | 2 | 0 | 2 | 7 | 2 | | 0 | 0 |
| Nuts or Seeds | EverMore Pistachios Roasted & Salted | EverMore LLC - EM | 30 | Grams | 170 | 1.5 | 110 | 32 | 11 | 1 | 12 | 0 | 1 |
| Nuts or Seeds | Gold Emblem Abound Unsalted Pistachio Kernels | Nichols Pistachio - NF | 28 | Grams | 170 | 1.5 | 0 | 3 | 12 | 6 | | 1 | 1 |
| Nuts or Seeds | Gold Emblem Lightly Salted Pistachios | Nichols Pistachio - NF | 28 | Grams | 170 | 1.5 | 80 | 2 | 11 | 6 | | 0 | 0 |
| Nuts or Seeds | California Shelled Walnuts | Grower Direct Nut Co. Inc - GDN | 1 | Ounces | 190 | 1.5 | 0 | 2 | 7 | 4 | | 0 | 0 |
| Nuts or Seeds | Diamond Foods Shelled Pecans | Diamond Foods LLC - DF | 30 | Grams | 210 | 2 | 0 | 2 | 11 | 6 | | 0 | 0 |
| Nuts or Seeds | Gold Emblem Abound Raw Natural Almonds | Nichols Pistachio - NF | 28 | Grams | 170 | 1 | 0 | 8 | 13 | 6 | | 0 | 0 |
| Nuts or Seeds | Diamond Foods California Shelled Walnuts (Rosemary Extract) | Diamond Foods LLC - DF | 30 | Grams | 200 | 2 | 0 | | 7 | | | | |
| Nuts or Seeds | Virginia Diner Gourmet Salted Virginia Peanuts | Virginia Diner, Inc. - VDI | 28 | Grams | 170 | 1.5 | 30 | 2 | 20 | 2 | | 0 | 0 |
| Nuts or Seeds | Mississippi Peanut Growers Association Roasted Peanuts | Mississippi Peanut Growers Association - MPG | 28 | Grams | 160 | 1.5 | 75 | 0 | 10 | 0 | | 0 | 0 |
| Nuts or Seeds | Blue Diamond Almonds Roasted Salted | Blue Diamond Growers - BDG | 28 | Grams | 170 | 1 | 85 | 8 | 11 | 6 | | 0 | 0 |
| Nuts or Seeds | Mariani Premium Blanched Slivered Almonds | Mariani Nut Company - MNC | 30 | Grams | 170 | 1 | 0 | 6 | 14 | 6 | | 0 | 0 |
| Nuts or Seeds | Setton Farms Premium California Pistachios Roasted No Salt | Setton Pistachio of Terra Bella Inc. - SP | 30 | Grams | 170 | 1.5 | 0 | 4 | 12 | 6 | | 2 | 2 |
| Nuts or Seeds | Blue Diamond Oven Roasted Almonds Sea Salt | Blue Diamond Growers - BDG | 17 | Grams | 100 | 0.5 | 80 | 4 | 8 | 4 | | 0 | 0 |
| Nuts or Seeds | Fisher Chopped Walnuts | John B. Sanfilippo and Son, Inc. - JBS | 28 | Cups | 180 | 1.5 | 0 | 2 | 8 | 4 | | 0 | 0 |
| Nuts or Seeds | Virginia Diner Gourmet Salted Virginia Peanuts | Virginia Diner, Inc. - VDI | 28 | Grams | 170 | 1.5 | 30 | 2 | 20 | 2 | | 0 | 0 |
| Nuts or Seeds | Roasted, Unsalted Pistachio Kernels | American Pistachio Growers - APG | 28 | Grams | 160 | 1.5 | 0 | 2 | 11 | 6 | | 2 | 2 |
| Nuts or Seeds | California Grown Shelled Walnuts | Poindexter Nut Company - PNC | 30 | Grams | 200 | 1.8 | 1 | 0 | 7 | 5 | | 0 | 1 |
| Nuts or Seeds | Blue Diamond Almonds Lightly Salted | Blue Diamond Growers - BDG | 28 | Grams | 170 | 1 | 40 | 6 | 10 | 6 | 5 | | |
| Nuts or Seeds | Mariani Whole Blanched Almonds | Mariani Nut Company - MNC | 30 | Grams | 180 | 1 | 0 | 6 | 11 | 6 | | 0 | 0 |
| Nuts or Seeds | Southern Grove Roasted & Salted Pistachios (In-Shell) | Setton Pistachio of Terra Bella Inc. - SP | 21 | Grams | 170 | 1 | 80 | 4 | 12 | 6 | | 2 | 2 |
| Nuts or Seeds | Mariani Whole Blanched Almonds | Mariani Nut Company - MNC | 30 | Grams | 170 | 1 | 0 | 8 | 16 | 8 | 12 | 0 | 0 |
| Nuts or Seeds | Wonderful Almonds Natural Raw (Whole Natural) | Wonderful Pistachios & Almonds LLC - PFI | 42 | Grams | 240 | 1.5 | 0 | 10 | 20 | 8 | | 0 | 0 |
| Nuts or Seeds | Wonderful Almonds Natural Raw (Whole Natural) | Wonderful Pistachios & Almonds LLC - PFI | 30 | Grams | 240 | 1 | 0 | 10 | 20 | 8 | | 0 | 0 |
| Nuts or Seeds | Diamond Foods Shelled Walnuts (Rosemary Extract) | Diamond Foods LLC - DF | 30 | Grams | 200 | 2 | 0 | 2 | 7 | 6 | | 0 | 0 |

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|---------------|---|---|--------------|-------|----------|-------------------|-------------|-------------------------------------|---------|--------|-----------|---------|---------|
| | | | | | | | | Calcium % | Fiber % | Iron % | Protein % | Vit A % | Vit C % |
| Nuts or Seeds | Fisher Pecans Chopped | John B. Sanfilippo and Son, Inc. - JBS | 28 | Cups | 190 | 1.5 | 0 | 2 | 11 | 4 | | 0 | 0 |
| Nuts or Seeds | Diamond Foods Pecan Halves | Diamond Foods LLC - DF | 30 | Grams | 4 | 2 | 0 | | 11 | | | | |
| Nuts or Seeds | Oil Roasted Peanuts, Salt Added | Peanut Institute, The - PI | 28 | Grams | 160 | 2 | 100 | 0 | 10 | 0 | | 0 | 0 |
| Nuts or Seeds | Virginia Diner Unsalted Virginia Peanuts | Virginia Diner, Inc. - VDI | 28 | Grams | 170 | 1.5 | 0 | 2 | 20 | 2 | | 0 | 0 |
| Nuts or Seeds | Mariani Shelled Walnuts | Mariani Nut Company - MNC | 30 | Grams | 200 | 2 | 0 | 2 | 7 | 4 | | 0 | 0 |
| Nuts or Seeds | Hubs Home Cooked Salted Virginia Peanuts | Hubbard Peanut Company, INC | 28 | Grams | 180 | 3 | 60 | 0 | 12 | 0 | 9 | 0 | 0 |
| Nuts or Seeds | Hampton Farms Unsalted Roasted Peanuts | Severn Peanut Company, Inc. DBA Hampton Farms - SHF | 28 | Cups | 170 | 2 | 0 | 0 | 10 | 4 | | 0 | 0 |
| Nuts or Seeds | Fisher Natural Sliced Almonds | John B. Sanfilippo and Son, Inc. - JBS | 28 | Grams | 160 | 1 | 0 | 8 | 14 | 6 | | 0 | 0 |
| Nuts or Seeds | Diamond Foods Pecan Halves | Diamond Foods LLC - DF | 30 | Grams | 210 | 2 | 0 | | 11 | | | | |
| Nuts or Seeds | Diamond Foods Shelled Walnuts (Rosemary Extract) | Diamond Foods LLC - DF | 30 | Grams | 200 | 2 | 0 | | 7 | | | | |
| Nuts or Seeds | Salted, Oil Roasted Peanuts | National Peanut Board - NPB | 28 | Grams | 160 | 2 | 100 | 0 | 10 | 4 | | 0 | 0 |
| Nuts or Seeds | Mariani Whole Natural Almonds | Mariani Nut Company - MNC | 30 | Grams | 170 | 1 | 0 | 6 | 14 | 6 | | | |
| Nuts or Seeds | Diamond Foods Finely Diced Walnuts (Rosemary Extract) | Diamond Foods LLC - DF | 30 | Grams | 200 | 2 | 0 | 2 | 7 | 6 | | 0 | 0 |
| Nuts or Seeds | Roasted Peanuts | Florida Peanut Producers Association - FPPA | 28 | Grams | 160 | 2 | 100 | 0 | 10 | 0 | | 0 | 0 |
| Nuts or Seeds | Diamond Foods Shelled Pecans | Diamond Foods LLC - DF | 30 | Grams | 210 | 2 | 0 | 2 | 11 | 6 | | 0 | 0 |
| Nuts or Seeds | Pecan Pieces (unsalted and unroasted) | National Pecan Shellers Association - NPSA | 28 | Grams | 200 | 2 | 0 | 2 | 11 | 6 | 6 | | 1 |
| Nuts or Seeds | Mariani Sliced Natural Almonds | Mariani Nut Company - MNC | 30 | Grams | 170 | 1 | 0 | 6 | 14 | 6 | | 0 | 0 |
| Nuts or Seeds | Hampton Farms Unsalted Roasted Peanuts | Severn Peanut Company, Inc. DBA Hampton Farms - SHF | 28 | Grams | 170 | 2 | 0 | 0 | 10 | 4 | | 0 | 0 |
| Nuts or Seeds | Hampton Farms Unsalted Roasted Peanuts | Severn Peanut Company, Inc. DBA Hampton Farms - SHF | 28 | Cups | 170 | 2 | 0 | 0 | 10 | 4 | | 0 | 0 |
| Nuts or Seeds | Blue Diamond Almonds Lightly Salted | Blue Diamond Growers - BDG | 28 | Grams | 170 | 1 | 40 | 6 | 10 | 6 | 5 | | |
| Nuts or Seeds | Fisher Walnut Chips | John B. Sanfilippo and Son, Inc. - JBS | 56 | Grams | 370 | 3.5 | 0 | 6 | 15 | 10 | | 0 | 2 |
| Nuts or Seeds | Hampton Farms Jumbo Unsalted Roasted Peanuts | Severn Peanut Company, Inc. DBA Hampton Farms - SHF | 28 | Grams | 170 | 2 | 0 | 0 | 10 | 4 | | 0 | 0 |
| Nuts or Seeds | Mariani Chopped Walnuts | Mariani Nut Company - MNC | 30 | Cups | 200 | 2 | 0 | 2 | 8 | 4 | | 0 | 0 |
| Nuts or Seeds | Setton Farms Premium California Raw with No Salt Pistachios | Setton Pistachio of Terra Bella Inc. - SP | 30 | Grams | 170 | 1.5 | 0 | 4 | 12 | 6 | | 2 | 2 |
| Nuts or Seeds | Georgia Peanuts | Georgia Farm Bureau - GFB | 28 | Grams | 160 | 2 | 100 | 0 | 10 | 0 | | 0 | 0 |
| Nuts or Seeds | Walnuts Halves & Pieces California Grown | Poindexter Nut Company - PNC | 30 | Grams | 200 | 1.8 | 1 | 0 | 7 | 5 | | 0 | 1 |
| Nuts or Seeds | Roasted, Unsalted Pistachios, Inshell | American Pistachio Growers - APG | 28 | Grams | 160 | 1.5 | 0 | 2 | 11 | 6 | | 2 | 2 |
| Nuts or Seeds | Almonds, Dry Roasted, no salt added | Almond Board of California - ABC | 28 | Grams | 170 | 1 | 1 | 8 | 12 | 6 | 12 | 0 | 0 |
| Nuts or Seeds | Diamond Foods Finely Diced Walnuts (Rosemary Extract) | Diamond Foods LLC - DF | 30 | Grams | 200 | 2 | 0 | | 7 | | | | |
| Nuts or Seeds | Blue Diamond Almonds Roasted Salted | Blue Diamond Growers - BDG | 28 | Grams | 170 | 1 | 85 | 8 | 11 | 6 | | 0 | 0 |
| Nuts or Seeds | Fisher Walnut Halves & Pieces | John B. Sanfilippo and Son, Inc. - JBS | 28 | Grams | 180 | 1.5 | 0 | 2 | 8 | 4 | | 0 | 0 |
| Nuts or Seeds | Hubs Home Cooked Salted Virginia Peanuts | Hubbard Peanut Company, INC | 28 | Grams | 180 | 2 | 120 | 0 | 12 | 0 | 9 | 0 | 0 |
| Nuts or Seeds | Diamond Foods Finely Diced Pecans | Diamond Foods LLC - DF | 30 | Grams | 210 | 2 | 0 | 2 | 11 | 6 | | 0 | 0 |
| Nuts or Seeds | Hampton Farms Unsalted Roasted Peanuts | Severn Peanut Company, Inc. DBA Hampton Farms - SHF | 28 | Cups | 170 | 2 | 0 | 0 | 10 | 4 | | 0 | 0 |
| Nuts or Seeds | Fisher Slivered Almonds | John B. Sanfilippo and Son, Inc. - JBS | 28 | Grams | 170 | 1 | 5 | 6 | 11 | 6 | | 0 | 0 |
| Nuts or Seeds | San Saba Pecan Pieces | San Saba Pecan, LP - SSP | 28.35 | Grams | 200 | 2 | 0 | 2 | 12 | 4 | 6 | 0 | 0 |
| Nuts or Seeds | ARO Gourmet Pistachios | ARO Pistachios, Inc. - ARO | 28 | Grams | 160 | 1.5 | 55.1 | 4 | 12 | 6 | | 2 | 2 |
| Nuts or Seeds | Organic Walnut Halves & Pieces | Andersen & Sons Shelling, Inc - AS | 30 | Grams | 185 | 2 | 1 | 2 | 8 | 3 | 1 | 0 | 0 |

*per serving. Highlighted items have been added in the last 30 days

Heart-Check Food Certification Program
Certified Products Listed by Food Category

| Food Category | Product | Company | Serving Size | | Calories | Saturated Fat (g) | Sodium (mg) | Positive Nutrients* (% Daily Value) | | | | | |
|---------------|--|---|--------------|-------|----------|-------------------|-------------|-------------------------------------|---------|--------|-----------|---------|---------|
| | | | | | | | | Calcium % | Fiber % | Iron % | Protein % | Vit A % | Vit C % |
| Nuts or Seeds | Diamond Foods Shelled Walnuts (Rosemary Extract) | Diamond Foods LLC - DF | 30 | Grams | 200 | 2 | 0 | 2 | 7 | 2 | | 0 | 0 |
| Nuts or Seeds | Fisher Pecan Halves | John B. Sanfilippo and Son, Inc. - JBS | 28 | Cups | 190 | 1.5 | 0 | 0 | 11 | 4 | | 0 | 0 |
| Nuts or Seeds | Gold Emblem Lightly Salted Roasted Almonds | Nichols Pistachio - NF | 28 | Grams | 170 | 1 | 40 | 6 | 11 | 6 | | 0 | 0 |
| Nuts or Seeds | Hazelnuts, Natural and Sliced | Hazelnut Growers of Oregon - HG | 28.35 | Grams | 183 | 1.5 | 0 | 2 | 9 | 6 | 10 | 0 | 0 |
| Nuts or Seeds | Gold Emblem Abound Unsalted Pistachio & Almond Blend | Nichols Pistachio - NF | 28 | Grams | 170 | 1 | 0 | 6 | 13 | 6 | | 1 | 0 |
| Nuts or Seeds | Fisher Pecan Halves | John B. Sanfilippo and Son, Inc. - JBS | 28 | Grams | 190 | 1.5 | 0 | 0 | 11 | 4 | | 0 | 0 |
| Nuts or Seeds | Mariani Whole Natural Almonds | Mariani Nut Company - MNC | 30 | Grams | 170 | 1 | 0 | 6 | 14 | 6 | | 0 | 0 |
| Nuts or Seeds | Blue Diamond Almonds Lightly Salted | Blue Diamond Growers - BDG | 28 | Grams | 170 | 1 | 40 | 8 | 12 | 6 | | 0 | 0 |
| Nuts or Seeds | Blue Diamond Almonds Lightly Salted | Blue Diamond Growers - BDG | 17 | Grams | 100 | 0.5 | 25 | 4 | 7 | 4 | 3 | 0 | 0 |
| Nuts or Seeds | Diamond Foods Finely Diced Walnuts (Rosemary Extract) | Diamond Foods LLC - DF | 30 | Grams | 200 | 2 | 0 | 2 | 7 | 6 | | 0 | 0 |
| Nuts or Seeds | San Saba Pecan Halves | San Saba Pecan, LP - SSP | 28.35 | Grams | 200 | 2 | 0 | 2 | 12 | 4 | 6 | 0 | 0 |
| Nuts or Seeds | Setton Farms Premium California Dry Roasted with Sea Salt Pistachios | Setton Pistachio of Terra Bella Inc. - SP | 30 | Grams | 170 | 1.5 | 120 | 4 | 12 | 6 | | 2 | 2 |
| Nuts or Seeds | Diamond Foods Chopped Pecans | Diamond Foods LLC - DF | 30 | Grams | 210 | 2 | 0 | 2 | 11 | 6 | | 0 | 0 |
| Nuts or Seeds | Mariani Roasted and Sea Salted California Almonds | Mariani Nut Company - MNC | 28 | Grams | 160 | 1 | 140 | 6 | 11 | 6 | | 0 | 0 |
| Nuts or Seeds | Fisher Pecans Chopped | John B. Sanfilippo and Son, Inc. - JBS | 28 | Grams | 190 | 1.5 | 0 | 2 | 11 | 4 | | 0 | 0 |
| Nuts or Seeds | Diamond Foods Chopped Pecans | Diamond Foods LLC - DF | 30 | Grams | 210 | 2 | 0 | | 11 | | | | |
| Nuts or Seeds | Diamond Foods Whole Almonds | Diamond Foods LLC - DF | 30 | Grams | 170 | 1 | 0 | 6 | 14 | 6 | | 0 | 0 |
| Nuts or Seeds | California Grown Shelled Walnuts | Poindexter Nut Company - PNC | 28 | Grams | 190 | 1.5 | 0 | 2 | 7 | 6 | | 0 | 0 |
| Nuts or Seeds | Fisher Natural Sliced Almonds | John B. Sanfilippo and Son, Inc. - JBS | 28 | Grams | 160 | 1 | 0 | 8 | 14 | 6 | | 0 | 0 |
| Nuts or Seeds | Diamond Foods Chopped Walnuts (Rosemary Extract) | Diamond Foods LLC - DF | 30 | Grams | 200 | 2 | 0 | 2 | 7 | 6 | | 0 | 0 |
| Nuts or Seeds | Fisher Walnut Halves & Pieces | John B. Sanfilippo and Son, Inc. - JBS | 28 | Cups | 180 | 1.5 | 0 | 2 | 8 | 4 | | 0 | 0 |
| Nuts or Seeds | Walnut Pieces | Andersen & Sons Shelling, Inc - AS | 30 | Grams | 185 | 2 | 1 | 2 | 8 | 3 | 1 | 0 | 0 |
| Nuts or Seeds | Hampton Farms Jumbo Unsalted Roasted Peanuts | Severn Peanut Company, Inc. DBA Hampton Farms - SHF | 28 | Cups | 170 | 2 | 0 | 0 | 10 | 4 | | 0 | 0 |
| Nuts or Seeds | Setton Farms Premium California Dry Roasted with Sea Salt Pistachios | Setton Pistachio of Terra Bella Inc. - SP | 30 | Grams | 170 | 1.5 | 120 | 4 | 12 | 6 | | 2 | 2 |
| Nuts or Seeds | Walnuts Organic Halves & Pieces California Grown | Poindexter Nut Company - PNC | 30 | Grams | 200 | 1.8 | 1 | 0 | 7 | 5 | | 0 | 1 |
| Nuts or Seeds | Almonds, Dry Roasted, salt added | Almond Board of California - ABC | 28 | Grams | 170 | 1 | 140 | 6 | 12 | 6 | 12 | 0 | 0 |
| Nuts or Seeds | Fisher Whole Natural Almonds | John B. Sanfilippo and Son, Inc. - JBS | 28 | Grams | 160 | 1 | 0 | 8 | 14 | 6 | | 0 | 0 |
| Nuts or Seeds | Blue Diamond Almonds Lightly Salted | Blue Diamond Growers - BDG | 43 | Grams | 260 | 2 | 60 | 10 | 17 | 8 | | 0 | 0 |
| Nuts or Seeds | Blue Diamond Almonds Whole Natural | Blue Diamond Growers - BDG | 43 | Grams | 250 | 1.5 | 0 | 10 | 20 | 10 | | 0 | 0 |
| Nuts or Seeds | Mariani Shelled Walnuts | Mariani Nut Company - MNC | 30 | Grams | 200 | 2 | 0 | 2 | 7 | 4 | | | |
| Nuts or Seeds | Blue Diamond Almonds Lightly Salted | Blue Diamond Growers - BDG | 28 | Grams | 170 | 1 | 40 | 8 | 12 | 6 | | 0 | 0 |
| Nuts or Seeds | Wonderful Almonds Natural Raw (Whole Natural) | Wonderful Pistachios & Almonds LLC - PFI | 42 | Cups | 240 | 1.5 | 0 | 10 | 20 | 8 | | 0 | 0 |
| Nuts or Seeds | Blue Diamond Almonds Roasted Salted | Blue Diamond Growers - BDG | 28 | Grams | 170 | 1 | 85 | 8 | 11 | 6 | | 0 | 0 |
| Nuts or Seeds | Fisher Walnut Halves & Pieces | John B. Sanfilippo and Son, Inc. - JBS | 28 | Cups | 180 | 1.5 | 0 | 2 | 8 | 4 | | 0 | 0 |
| Nuts or Seeds | Mariani Whole Natural Almonds | Mariani Nut Company - MNC | 30 | Grams | 170 | 1 | 0 | 6 | 14 | 6 | | 0 | 0 |
| Nuts or Seeds | Hubs Home Cooked Salted Virginia Peanuts | Hubbard Peanut Company, INC | 28 | Grams | 180 | 3 | 60 | 0 | 12 | 0 | 9 | 0 | 0 |
| Nuts or Seeds | Blue Diamond Almonds Lightly Salted | Blue Diamond Growers - BDG | 28 | Grams | 170 | 1 | 40 | 8 | 12 | 6 | | 0 | 0 |
| Nuts or Seeds | Blue Diamond Oven Roasted Almonds Sea Salt | Blue Diamond Growers - BDG | 28 | Grams | 170 | 1 | 135 | 6 | 11 | 6 | 5 | 0 | 0 |

*per serving. Highlighted items have been added in the last 30 days

Heart-Check Food Certification Program
Certified Products Listed by Food Category

| Food Category | Product | Company | Serving Size | | Calories | Saturated Fat (g) | Sodium (mg) | Positive Nutrients* (% Daily Value) | | | | | |
|---------------|---|---|--------------|-------|----------|-------------------|-------------|-------------------------------------|---------|--------|-----------|---------|---------|
| | | | | | | | | Calcium % | Fiber % | Iron % | Protein % | Vit A % | Vit C % |
| Nuts or Seeds | California Walnuts | California Walnut Board - CWB | 28 | Grams | 190 | 1.5 | 1 | 2 | 7 | 6 | | 0 | 0 |
| Nuts or Seeds | Diamond Foods Chopped Walnuts (Rosemary Extract) | Diamond Foods LLC - DF | 30 | Grams | 200 | 2 | 0 | | 7 | | | | |
| Nuts or Seeds | Roasted, Salted Pistachios, Inshell | American Pistachio Growers - APG | 28 | Grams | 160 | 1.5 | 120 | 2 | 11 | 6 | 11 | 2 | 2 |
| Nuts or Seeds | Virginia Diner Gourmet Salted Virginia Peanuts | Virginia Diner, Inc. - VDI | 28 | Grams | 170 | 1.5 | 30 | 2 | 20 | 2 | | 0 | 0 |
| Nuts or Seeds | Roasted Hazelnut Kernels | Hazelnut Growers of Oregon - HG | 28.35 | Grams | 183 | 1.5 | 0 | 2 | 11 | 6 | 10 | 0 | 2 |
| Nuts or Seeds | Mariani Premium Blanched Slivered Almonds | Mariani Nut Company - MNC | 30 | Grams | 180 | 1 | 0 | 6 | 11 | 6 | | 0 | 0 |
| Nuts or Seeds | Mariani Sliced Natural Almonds | Mariani Nut Company - MNC | 30 | Grams | 170 | 1 | 0 | 6 | 14 | 6 | | 0 | 0 |
| Nuts or Seeds | Mariani Chopped Walnuts | Mariani Nut Company - MNC | 30 | Grams | 200 | 2 | 0 | 2 | 7 | 4 | | 0 | 0 |
| Nuts or Seeds | Pecan Halves (unsalted and unroasted) | National Pecan Shellers Association - NPSA | 28 | Grams | 200 | 2 | 0 | 0 | 11 | 6 | 4 | 0 | |
| Nuts or Seeds | Fisher Chef's Naturals Toasted Sliced Almonds | John B. Sanfilippo and Son, Inc. - JBS | 28 | Grams | 170 | 1 | 0 | 6 | 11 | 6 | | 0 | 0 |
| Nuts or Seeds | Virginia Diner Unsalted Virginia Peanuts | Virginia Diner, Inc. - VDI | 28 | Grams | 180 | 2.5 | 0 | 0 | 18 | 0 | | 0 | 0 |
| Nuts or Seeds | Mariani Whole Natural Almonds | Mariani Nut Company - MNC | 30 | Grams | 170 | 1 | 0 | 6 | 14 | 6 | | 0 | 0 |
| Nuts or Seeds | Setton Farms Premium California Dry Roasted with Sea Salt Pistachios | Setton Pistachio of Terra Bella Inc. - SP | 30 | Grams | 170 | 1.5 | 120 | 4 | 12 | 6 | | 2 | 2 |
| Nuts or Seeds | Fisher Chopped Walnuts | John B. Sanfilippo and Son, Inc. - JBS | 28 | Cups | 180 | 1.5 | 0 | 2 | 8 | 4 | | 0 | 0 |
| Nuts or Seeds | Wonderful Almonds Natural Raw (Whole Natural) | Wonderful Pistachios & Almonds LLC - PFI | 30 | Grams | 240 | 1 | 0 | 10 | 20 | 8 | | 0 | 0 |
| Nuts or Seeds | Golden Peanut and Tree Nuts Pecan Halves | Golden Peanut and Tree Nuts - HNC | 28 | Grams | 200 | 2 | 0 | 0 | 11 | 0 | | 0 | 0 |
| Nuts or Seeds | Blue Diamond Almonds Roasted Salted | Blue Diamond Growers - BDG | 43 | Grams | 260 | 2 | 130 | 10 | 17 | 8 | | 0 | 0 |
| Nuts or Seeds | Fisher Walnut Halves & Pieces | John B. Sanfilippo and Son, Inc. - JBS | 28 | Grams | 180 | 1.5 | 0 | 2 | 8 | 4 | | 0 | 0 |
| Nuts or Seeds | California Shelled Walnuts | Grower Direct Nut Co. Inc - GDN | 28 | Grams | 190 | 1.5 | 1 | 2 | 7 | 4 | | 0 | 0 |
| Nuts or Seeds | Blue Diamond Almonds Whole Natural | Blue Diamond Growers - BDG | 43 | Grams | 250 | 1.5 | 0 | 10 | 20 | 10 | | 0 | 0 |
| Nuts or Seeds | Setton Farms Premium California Dry Roasted with Sea Salt Pistachios - 100 Calorie Pack | Setton Pistachio of Terra Bella Inc. - SP | 17 | Grams | 170 | 1 | 65 | 4 | 12 | 6 | | 2 | 2 |
| Nuts or Seeds | Dry Roasted Peanuts, Salt Added | Peanut Institute, The - PI | 28 | Grams | 170 | 2 | 75 | 2 | 10 | 8 | | 0 | 0 |
| Nuts or Seeds | Golden Peanut and Tree Nuts Pecan Pieces | Golden Peanut and Tree Nuts - HNC | 28 | Grams | 200 | 2 | 0 | 0 | 11 | 0 | | 0 | 0 |
| Nuts or Seeds | Diamond Foods Shelled Walnuts (Rosemary Extract) | Diamond Foods LLC - DF | 30 | Grams | 200 | 2 | 0 | | 7 | | | | |
| Nuts or Seeds | Fisher Chopped Walnuts | John B. Sanfilippo and Son, Inc. - JBS | 28 | Grams | 180 | 1.5 | 0 | 2 | 8 | 4 | | 0 | 0 |
| Nuts or Seeds | Hampton Farms Colossal Unsalted Roasted Peanuts | Severn Peanut Company, Inc. DBA Hampton Farms - SHF | 28 | Grams | 170 | 2.5 | 0 | 0 | 10 | 0 | | 0 | 0 |
| Nuts or Seeds | Mariani Sliced Natural Almonds | Mariani Nut Company - MNC | 30 | Grams | 170 | 1 | 0 | 6 | 14 | 6 | | 0 | 0 |
| Nuts or Seeds | Diamond Foods California Shelled Walnuts (Rosemary Extract) | Diamond Foods LLC - DF | 30 | Grams | 200 | 2 | 0 | | 7 | | | | |
| Nuts or Seeds | Diamond Foods Chopped Pecans | Diamond Foods LLC - DF | 30 | Grams | 210 | 2 | 0 | | 11 | | | | |
| Nuts or Seeds | Diamond Foods Whole Almonds | Diamond Foods LLC - DF | 30 | Grams | 170 | 1 | 0 | | 14 | | | | |
| Nuts or Seeds | Diamond Foods Shelled Walnuts (Rosemary Extract) | Diamond Foods LLC - DF | 30 | Grams | 200 | 2 | 0 | 2 | 7 | 2 | | 0 | 0 |
| Nuts or Seeds | California Grown Chopped Walnuts | Poindexter Nut Company - PNC | 30 | Grams | 200 | 1.8 | 0 | 0 | 7 | 5 | | 0 | 1 |
| Nuts or Seeds | Primavera California Walnut Halves | Prima Noce Packing, Inc. - PNP | 43 | Grams | 285 | 2.3 | 0 | 3 | 11 | 6 | 12 | 0 | 0 |
| Nuts or Seeds | Mariani Premium Blanched Slivered Almonds | Mariani Nut Company - MNC | 30 | Grams | 180 | 1 | 0 | 6 | 11 | 6 | | 0 | 0 |
| Nuts or Seeds | Birdsong Peanut Salted Peanuts | Birdsong Peanuts - BP | 28 | Grams | 160 | 2 | 100 | 2 | 10 | 2 | | 0 | 0 |
| Nuts or Seeds | American Pecan | American Pecan Council - APC | 28 | Grams | 200 | 2 | 0 | 2 | 12 | 4 | 5 | 0 | 0 |
| Nuts or Seeds | Fisher Whole Natural Almonds | John B. Sanfilippo and Son, Inc. - JBS | 28 | Cups | 160 | 1 | 0 | 8 | 14 | 6 | | 0 | 0 |

*per serving. Highlighted items have been added in the last 30 days

Heart-Check Food Certification Program
Certified Products Listed by Food Category

| Food Category | Product | Company | Serving Size | | Calories | Saturated Fat (g) | Sodium (mg) | Positive Nutrients* (% Daily Value) | | | | | |
|---------------|--|---|--------------|-------|----------|-------------------|-------------|-------------------------------------|---------|--------|-----------|---------|---------|
| | | | | | | | | Calcium % | Fiber % | Iron % | Protein % | Vit A % | Vit C % |
| Nuts or Seeds | Walnuts Organic Halves & Pieces California Grown | Poindexter Nut Company - PNC | 30 | Grams | 200 | 1.8 | 1 | 0 | 7 | 5 | | 0 | 1 |
| Nuts or Seeds | Blue Diamond Almonds Lightly Salted | Blue Diamond Growers - BDG | 28 | Grams | 170 | 1 | 40 | 8 | 12 | 6 | | 0 | 0 |
| Nuts or Seeds | Fisher Natural Sliced Almonds | John B. Sanfilippo and Son, Inc. - JBS | 28 | Cups | 160 | 1 | 0 | 8 | 14 | 6 | | 0 | 0 |
| Nuts or Seeds | Virginia Carolinas Grown Salted Peanuts | Virginia Carolinas Peanut Promotions | 28 | Grams | 160 | 2 | 120 | 2 | 10 | 2 | | 0 | 0 |
| Nuts or Seeds | Setton Farms Premium California Shelled Pistachios Dry Roasted with Sea Salt | Setton Pistachio of Terra Bella Inc. - SP | 30 | Cups | 170 | 1.5 | 120 | 4 | 12 | 6 | | 2 | 2 |
| Nuts or Seeds | Raw Kernel Pistachios | American Pistachio Growers - APG | 28 | Grams | 160 | 1.5 | 0 | 2 | 11 | 6 | | 2 | 2 |
| Nuts or Seeds | Fisher Chopped Walnuts | John B. Sanfilippo and Son, Inc. - JBS | 28 | Grams | 180 | 1.5 | 0 | 2 | 8 | 4 | | 0 | 0 |
| Nuts or Seeds | Setton Farms Premium California Dry Roasted with Sea Salt Pistachios | Setton Pistachio of Terra Bella Inc. - SP | 30 | Grams | 170 | 1.5 | 120 | 4 | 12 | 6 | | 2 | 2 |
| Nuts or Seeds | Walnut Halves & Pieces | Andersen & Sons Shelling, Inc - AS | 30 | Grams | 185 | 2 | 0 | 2 | 8 | 3 | 1 | 0 | 0 |
| Nuts or Seeds | California Shelled Walnuts | Grower Direct Nut Co. Inc - GDN | 28 | Grams | 190 | 1.5 | 1 | 2 | 8 | 4 | | 0 | 0 |
| Nuts or Seeds | Mariani Premium Blanched Slivered Almonds | Mariani Nut Company - MNC | 30 | Grams | 180 | 1 | 0 | 6 | 11 | 6 | | 0 | 0 |
| Nuts or Seeds | Diamond Foods Slivered Almonds | Diamond Foods LLC - DF | 30 | Grams | 180 | 1 | 0 | | 11 | | | | |
| Nuts or Seeds | Fisher Chopped Walnuts | John B. Sanfilippo and Son, Inc. - JBS | 28 | Grams | 180 | 1.5 | 0 | 2 | 8 | 4 | | 0 | 0 |
| Nuts or Seeds | Fisher Slivered Almonds | John B. Sanfilippo and Son, Inc. - JBS | 28 | Grams | 170 | 2 | 10 | 6 | 11 | 6 | | 0 | 0 |
| Nuts or Seeds | Hampton Farms Jumbo Unsalted Roasted Peanuts | Severn Peanut Company, Inc. DBA Hampton Farms - SHF | 28 | Cups | 170 | 2 | 0 | 0 | 10 | 4 | | 0 | 0 |
| Nuts or Seeds | Gold Emblem Abound Raw Natural Almonds | Nichols Pistachio - NF | 28 | Grams | 170 | 1 | 0 | 8 | 13 | 6 | | 0 | 0 |
| Nuts or Seeds | Almonds, Blanched | Almond Board of California - ABC | 28 | Grams | 160 | 1 | 5 | 5 | 12 | 5 | 12 | 0 | |
| Nuts or Seeds | Diamond Foods Shelled Walnuts | Diamond Foods LLC - DF | 30 | Grams | 200 | 2 | 0 | | 7 | | | | |
| Nuts or Seeds | Diamond Foods Pecan Halves | Diamond Foods LLC - DF | 30 | Grams | 210 | 2 | 0 | | 11 | | | | |
| Nuts or Seeds | Mariani Whole Blanched Almonds | Mariani Nut Company - MNC | 30 | Cups | 180 | 1 | 0 | 6 | 11 | 6 | | 0 | 0 |
| Nuts or Seeds | Virginia Diner Unsalted Virginia Peanuts | Virginia Diner, Inc. - VDI | 28 | Cups | 170 | 1.5 | 0 | 2 | 20 | 2 | | 0 | 0 |
| Nuts or Seeds | Diamond Foods Whole Almonds | Diamond Foods LLC - DF | 30 | Grams | 170 | 1 | 0 | 6 | 14 | 6 | | 0 | 0 |
| Nuts or Seeds | Mariani Roasted and Sea Salted California Almonds | Mariani Nut Company - MNC | 28 | Grams | 160 | 1 | 140 | 6 | 11 | 6 | | 0 | 0 |
| Nuts or Seeds | Fisher Pecans Chopped | John B. Sanfilippo and Son, Inc. - JBS | 28 | Grams | 190 | 1.5 | 0 | 2 | 11 | 4 | | 0 | 0 |
| Nuts or Seeds | EverMore Pistachios Roasted & Salted | EverMore LLC - EM | 30 | Grams | 170 | 1.5 | 110 | 32 | 11 | 1 | 12 | 0 | 1 |
| Nuts or Seeds | Mariani Sliced Natural Almonds | Mariani Nut Company - MNC | 30 | Cups | 170 | 1 | 0 | 6 | 14 | 6 | | | |
| Nuts or Seeds | Fisher Pecans Chopped | John B. Sanfilippo and Son, Inc. - JBS | 28 | Cups | 190 | 1.5 | 0 | 2 | 11 | 4 | | 0 | 0 |
| Nuts or Seeds | Diamond Foods Chopped Walnuts (Rosemary Extract) | Diamond Foods LLC - DF | 30 | Grams | 200 | 2 | 0 | | 7 | | | | |
| Nuts or Seeds | Almonds, Slivered | Almond Board of California - ABC | 28 | Grams | 160 | 1 | 5 | 6 | 16 | 6 | 12 | | |
| Nuts or Seeds | Hampton Farms Jumbo Unsalted Roasted Peanuts | Severn Peanut Company, Inc. DBA Hampton Farms - SHF | 28 | Cups | 170 | 2 | 0 | 0 | 10 | 4 | | 0 | 0 |
| Nuts or Seeds | Mariani Sliced Natural Almonds | Mariani Nut Company - MNC | 30 | Grams | 170 | 1 | 0 | 8 | 16 | 8 | | 0 | 0 |
| Nuts or Seeds | California Shelled Walnuts | Grower Direct Nut Co. Inc - GDN | 28 | Grams | 190 | 1.5 | 1 | 2 | 8 | 4 | | 0 | 0 |
| Nuts or Seeds | Hampton Farms Unsalted Roasted Peanuts | Severn Peanut Company, Inc. DBA Hampton Farms - SHF | 28 | Cups | 170 | 2 | 0 | 0 | 10 | 4 | | 0 | 0 |
| Nuts or Seeds | Virginia Diner Gourmet Salted Virginia Peanuts | Virginia Diner, Inc. - VDI | 28 | Grams | 180 | 2 | 55 | 2 | 18 | 0 | | 0 | 0 |
| Nuts or Seeds | Blue Diamond Almonds Roasted Salted | Blue Diamond Growers - BDG | 28 | Grams | 170 | 1 | 85 | 8 | 11 | 6 | 5 | 0 | 0 |
| Nuts or Seeds | Walnuts Organic Halves & Pieces California Grown | Poindexter Nut Company - PNC | 30 | Grams | 200 | 1.8 | 1 | 0 | 7 | 5 | | 0 | 1 |
| Nuts or Seeds | Hampton Farms Unsalted Roasted Peanuts | Severn Peanut Company, Inc. DBA Hampton Farms - SHF | 28 | Cups | 170 | 2 | 0 | 0 | 10 | 4 | | 0 | 0 |
| Nuts or Seeds | Diamond Foods Slivered Almonds | Diamond Foods LLC - DF | 30 | Grams | 180 | 1 | 5 | 6 | 11 | 6 | | 0 | 0 |

*per serving. Highlighted items have been added in the last 30 days

Heart-Check Food Certification Program
Certified Products Listed by Food Category

| Food Category | Product | Company | Serving Size | | Calories | Saturated Fat (g) | Sodium (mg) | Positive Nutrients* (% Daily Value) | | | | | | |
|---------------|---|---|--------------|-------|----------|-------------------|-------------|-------------------------------------|---------|--------|-----------|---------|---------|--|
| | | | | | | | | Calcium % | Fiber % | Iron % | Protein % | Vit A % | Vit C % | |
| Nuts or Seeds | Diamond Foods Sliced Almonds | Diamond Foods LLC - DF | 30 | Grams | 170 | 1 | 0 | | 14 | | | | | |
| Nuts or Seeds | California Shelled Walnuts | Grower Direct Nut Co. Inc - GDN | 28 | Grams | 190 | 1.5 | 1 | 2 | 8 | 4 | | 0 | 0 | |
| Nuts or Seeds | Blue Diamond Almonds Whole Natural | Blue Diamond Growers - BDG | 28 | Grams | 160 | 1 | 0 | 8 | 14 | 6 | | 0 | 0 | |
| Nuts or Seeds | Diamond Foods Shelled Walnuts | Diamond Foods LLC - DF | 30 | Grams | 200 | 2 | 0 | | 7 | | | | | |
| Nuts or Seeds | Blue Diamond Oven Roasted Almonds Sea Salt | Blue Diamond Growers - BDG | 28 | Grams | 170 | 1 | 135 | 8 | 13 | 6 | | 0 | 0 | |
| Nuts or Seeds | Setton Farms Premium California Dry Roasted Lightly Salted Pistachios | Setton Pistachio of Terra Bella Inc. - SP | 30 | Grams | 170 | 1.5 | 65 | 4 | 11 | 6 | | 2 | 2 | |
| Nuts or Seeds | Blue Diamond Almonds Lightly Salted | Blue Diamond Growers - BDG | 28 | Grams | 170 | 1 | 40 | 8 | 12 | 6 | | 0 | 0 | |
| Nuts or Seeds | Hampton Farms Unsalted Roasted Peanuts | Severn Peanut Company, Inc. DBA Hampton Farms - SHF | 28 | Cups | 170 | 2 | 0 | 0 | 10 | 4 | | 0 | 0 | |
| Nuts or Seeds | Mariani Chopped Walnuts | Mariani Nut Company - MNC | 30 | Grams | 200 | 2 | 0 | 2 | 7 | 4 | | | | |
| Nuts or Seeds | Wonderful Almonds Natural Raw (Whole Natural) | Wonderful Pistachios & Almonds LLC - PFI | 30 | Grams | 240 | 1 | 0 | 10 | 20 | 8 | | 0 | 0 | |
| Nuts or Seeds | Hubs Home Cooked Salted Virginia Peanuts | Hubbard Peanut Company, INC | 28 | Grams | 180 | 3 | 60 | 0 | 12 | 0 | 9 | 0 | 0 | |
| Nuts or Seeds | Roasted, Salted Pistachio Kernels | American Pistachio Growers - APG | 28 | Grams | 160 | 1.5 | 120 | 2 | 11 | 6 | 11 | 2 | 2 | |
| Nuts or Seeds | Virginia Diner Gourmet Salted Virginia Peanuts | Virginia Diner, Inc. - VDI | 28 | Grams | 170 | 1.5 | 30 | 2 | 20 | 2 | | 0 | 0 | |
| Nuts or Seeds | Mariani Whole Natural Almonds | Mariani Nut Company - MNC | 28 | Grams | 160 | 1 | 0 | 6 | 13 | 6 | | 0 | 0 | |
| Nuts or Seeds | Diamond Foods Shelled Pecans | Diamond Foods LLC - DF | 30 | Grams | 210 | 2 | 0 | | 11 | | | | | |
| Nuts or Seeds | Blue Diamond Oven Roasted Almonds Sea Salt | Blue Diamond Growers - BDG | 28 | Grams | 170 | 1 | 135 | 8 | 13 | 6 | | 0 | 0 | |
| Nuts or Seeds | Diamond Foods Sliced Almonds | Diamond Foods LLC - DF | 30 | Grams | 170 | 1 | 0 | 6 | 14 | 6 | | 0 | 0 | |
| Nuts or Seeds | Southern Grove Roasted & Salted Pistachios (In-Shell) | Setton Pistachio of Terra Bella Inc. - SP | 30 | Grams | 170 | 1.5 | 120 | 4 | 12 | 6 | | 2 | 2 | |
| Nuts or Seeds | Blue Diamond Almonds Lightly Salted | Blue Diamond Growers - BDG | 28 | Grams | 170 | 1 | 40 | 6 | 10 | 6 | 5 | | | |
| Nuts or Seeds | Setton Farms Premium California Dry Roasted with Sea Salt Pistachios | Setton Pistachio of Terra Bella Inc. - SP | 30 | Grams | 170 | 1.5 | 120 | 4 | 12 | 6 | | 2 | 2 | |
| Nuts or Seeds | Blue Diamond Almonds Whole Natural | Blue Diamond Growers - BDG | 28 | Grams | 160 | 1 | 0 | 8 | 13 | 6 | | 0 | 0 | |
| Nuts or Seeds | Walnuts | Golden State Food, LLC - GSF | 28 | Grams | 190 | 1.5 | 1 | 2 | 8 | 4 | 9 | 0 | 0 | |
| Nuts or Seeds | Virginia Diner Gourmet Salted Virginia Peanuts - Holiday | Virginia Diner, Inc. - VDI | 28 | Grams | 170 | 1.5 | 30 | | 20 | | | | | |
| Nuts or Seeds | Mariani Shelled Walnuts | Mariani Nut Company - MNC | 30 | Grams | 200 | 2 | 0 | 2 | 7 | 4 | | 0 | 0 | |
| Nuts or Seeds | Setton Farms Premium California Dry Roasted with Sea Salt Pistachios | Setton Pistachio of Terra Bella Inc. - SP | 30 | Grams | 170 | 1.5 | 120 | 4 | 12 | 6 | | 2 | 2 | |
| Nuts or Seeds | Diamond Foods Finely Diced Pecans | Diamond Foods LLC - DF | 30 | Grams | 210 | 2 | 0 | | 11 | | | | | |
| Nuts or Seeds | Diamond Foods Chopped Walnuts (Rosemary Extract) | Diamond Foods LLC - DF | 30 | Grams | 200 | 2 | 0 | 2 | 7 | 2 | | 0 | 0 | |
| Nuts or Seeds | Blue Diamond Almonds Whole Natural | Blue Diamond Growers - BDG | 28 | Grams | 160 | 1 | 0 | 8 | 14 | 6 | | 0 | 0 | |
| Nuts or Seeds | Mariani Premium Blanched Slivered Almonds | Mariani Nut Company - MNC | 30 | Grams | 180 | 1 | 0 | 6 | 12 | 6 | | 0 | 0 | |
| Nuts or Seeds | Mariani Sliced Natural Almonds | Mariani Nut Company - MNC | 30 | Grams | 170 | 1 | 0 | 6 | 14 | 6 | | 0 | 0 | |
| Nuts or Seeds | Oregon Orchard Hazelnuts, Roasted and Diced | Hazelnut Growers of Oregon - HG | 28.35 | Grams | 183 | 1.5 | 0 | 2 | 9 | 6 | 10 | 0 | 0 | |
| Nuts or Seeds | Blue Diamond Oven Roasted Almonds Sea Salt | Blue Diamond Growers - BDG | 28 | Grams | 170 | 1 | 135 | 8 | 13 | 6 | | 0 | 0 | |
| Nuts or Seeds | California Grown Chopped Walnuts | Poindexter Nut Company - PNC | 30 | Grams | 200 | 1.8 | 1 | 0 | 7 | 5 | | 0 | 1 | |
| Nuts or Seeds | Blue Diamond Almonds Whole Natural | Blue Diamond Growers - BDG | 18 | Grams | 100 | 0.5 | 0 | 4 | 8 | 4 | | 0 | 0 | |
| Nuts or Seeds | Diamond Foods Chopped Pecans | Diamond Foods LLC - DF | 30 | Grams | 210 | 2 | 0 | 2 | 11 | 2 | | 0 | 0 | |
| Nuts or Seeds | ARO Gourmet Pistachios | ARO Pistachios, Inc. - ARO | 28 | Grams | 160 | 1.5 | 55.1 | 4 | 12 | 6 | | 2 | 2 | |

*per serving. Highlighted items have been added in the last 30 days

Heart-Check Food Certification Program
Certified Products Listed by Food Category

| Food Category | Product | Company | Serving Size | | Calories | Saturated Fat (g) | Sodium (mg) | Positive Nutrients* (% Daily Value) | | | | | |
|---------------|--|---|--------------|------------|----------|-------------------|-------------|-------------------------------------|---------|--------|-----------|---------|---------|
| | | | | | | | | Calcium % | Fiber % | Iron % | Protein % | Vit A % | Vit C % |
| Nuts or Seeds | Gold Emblem Abound Organic Pistachios | Nichols Pistachio - NF | 28 | Grams | 170 | 1.5 | 0 | 2 | 11 | 6 | 0 | 0 | 0 |
| Nuts or Seeds | Walnuts Chopped Pieces California Grown | Poindexter Nut Company - PNC | 30 | Grams | 200 | 1.8 | 1 | 0 | 7 | 5 | | 0 | 1 |
| Nuts or Seeds | Blue Diamond Almonds Lightly Salted | Blue Diamond Growers - BDG | 28 | Grams | 170 | 1 | 40 | 6 | 10 | 6 | 5 | | |
| Nuts or Seeds | Setton Farms Premium California Pistachios Dry Roasted No Salt | Setton Pistachio of Terra Bella Inc. - SP | 30 | Grams | 170 | 1.5 | 0 | 4 | 12 | 6 | | 2 | 2 |
| Nuts or Seeds | Blue Diamond Almonds Whole Natural | Blue Diamond Growers - BDG | 28 | Grams | 160 | 1 | 0 | 6 | 12 | 6 | 5 | | |
| Nuts or Seeds | Primavera Walnuts | Prima Noce Packing, Inc. - PNP | 28 | Grams | 190 | 1.5 | 0 | 2 | 7 | 4 | 9 | 0 | 0 |
| Nuts or Seeds | Mariani Whole Natural Almonds | Mariani Nut Company - MNC | 28 | Grams | 160 | 1 | 0 | 6 | 13 | 8 | | 0 | 0 |
| Oils | Extra Virgin Olive Oil | North American Olive Oil Association - NAOOA | 1 | blespod | 120 | 2 | 0 | 0 | 0 | 0 | | 0 | 0 |
| Oils | Olitalia Extra Virgin Olive Oil Best with Pizza | North American Olive Oil Association - Sublicensees | 1 | blespod | 120 | 2 | 0 | | | | | | |
| Oils | Garcia de la Cruz Organic Extra Virgin Olive Oil | North American Olive Oil Association - Sublicensees | | | | | | | | | | | |
| Oils | Garcia de la Cruz Organic Extra Virgin Olive Oil | North American Olive Oil Association - Sublicensees | | | | | | | | | | | |
| Oils | Olitalia Extra Virgin Olive Oil Best with Fish | North American Olive Oil Association - Sublicensees | 1 | blespod | 120 | 2.5 | 0 | | | | | | |
| Oils | Peza Extra Virgin Olive Oil | Tassos Group LLC, The - TG | 14 | Grams | 120 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Oils | Garcia de la Cruz Organic Extra Virgin Olive Oil | North American Olive Oil Association - Sublicensees | | | | | | | | | | | |
| Oils | Garcia de la Cruz Organic Extra Virgin Olive Oil | North American Olive Oil Association - Sublicensees | | | | | | | | | | | |
| Oils | Alessi Extra Virgin Olive Oil | North American Olive Oil Association - Sublicensees | 1 | blespod | 120 | | | | | | | | |
| Oils | Extra Virgin Olive Oil | Tassos Group LLC, The - TG | 14 | Grams | 120 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Oils | Promise Buttery | Upfield US Inc - UUI | 14 | Grams | 60 | 2 | 85 | 0 | 0 | 0 | 0 | 15 | 0 |
| Oils | Olitalia Extra Virgin Olive Oil Best with Meat | North American Olive Oil Association - Sublicensees | 15 | Milliliter | 120 | 2.5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Oils | Alessi Organic Extra Virgin Olive Oil | North American Olive Oil Association - Sublicensees | 1 | blespod | 120 | | | | | | | | |
| Oils | Organic Extra Virgin Olive Oil | North American Olive Oil Association - NAOOA | 1 | blespod | 120 | 2 | 0 | 0 | 0 | 0 | | 0 | 0 |
| Oils | Organic Extra Virgin Olive Oil | Tassos Group LLC, The - TG | 1 | blespod | 119 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Oils | Olitalia Extra Virgin Olive Oil Best with Vegetables | North American Olive Oil Association - Sublicensees | 1 | blespod | 120 | 2.5 | 0 | | | | | | |
| Oils | Extra Virgin Olive Oil | Tassos Group LLC, The - TG | 14 | Grams | 120 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Oils | Garcia de la Cruz Organic Extra Virgin Olive Oil | North American Olive Oil Association - Sublicensees | | | | | | | | | | | |
| Oils | Organic Extra Virgin Olive Oil | Tassos Group LLC, The - TG | 1 | blespod | 120 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Oils | Borges USA - Organic Extra Virgin Olive Oil | North American Olive Oil Association - Sublicensees | | | | | | | | | | | |
| Oils | Borges USA - Extra Virgin Olive Oil Pure | North American Olive Oil Association - Sublicensees | | | | | | | | | | | |
| Oils | Garcia de la Cruz Organic Extra Virgin Olive Oil | North American Olive Oil Association - Sublicensees | | | | | | | | | | | |
| Oils | Borges USA - Extra Virgin Monovarietal Olive Oil | North American Olive Oil Association - Sublicensees | | | | | | | | | | | |

*per serving. Highlighted items have been added in the liast 30 dyas

Heart-Check Food Certification Program
Certified Products Listed by Food Category

| Food Category | Product | Company | Serving Size | | Calories | Saturated Fat (g) | Sodium (mg) | Positive Nutrients* (% Daily Value) | | | | | | |
|---------------|--|---|--------------|---------|----------|-------------------|-------------|-------------------------------------|---------|--------|-----------|---------|---------|----|
| | | | | | | | | Calcium % | Fiber % | Iron % | Protein % | Vit A % | Vit C % | |
| Oils | Olitalia Extra Virgin Olive Oil Best with Pasta | North American Olive Oil Association - Sublicensees | 1 | blespoo | 120 | 2.5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Oils | Organic PDO Extra Virgin Olive Oil | Tassos Group LLC, The - TG | 14 | Grams | 119 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Pasta | Seapoint Farms Organic Edamame Spaghetti | Seapoint Farms, LLC - SF | 56 | Grams | 200 | 0.5 | 0 | 10 | 49 | 45 | 47 | 0 | 0 | 0 |
| Pasta | Seapoint Farms Organic Edamame Fettuccine | Seapoint Farms, LLC - SF | 56 | Grams | 200 | 0.5 | 0 | 8 | 44 | 45 | 34 | 0 | 0 | 0 |
| Pasta | Seapoint Farms Organic Edamame Spaghetti | Seapoint Farms, LLC - SF | 2 | Ounces | 200 | 0.5 | 0 | 8 | 44 | 45 | 34 | 0 | 0 | 0 |
| Popcorn | Tandem Natural Foods Toasted Honey Almond Tandem Bar | Tandem Natural Foods, Inc. - TN | 59 | Grams | 230 | 0.5 | 180 | 6 | 40 | 10 | 10 | 0 | 0 | 0 |
| Potatoes | Southwind Farms Fingerlings Yellow Potatoes | Idaho Potato Commission - Sublicensees | 148 | Grams | 110 | 0 | 0 | 2 | 8 | 6 | | 0 | 45 | |
| Potatoes | Healthy Heart Yams (Reds/Beauregards) | Doreva Produce Company Inc. - DPC | 200 | Grams | 180 | 0 | 72 | 8 | 26 | 8 | | 769 | 65 | |
| Potatoes | Organic Select Quality Yams/Sweet Potatoes | Quail H Farms, LLC - QHF | 200 | Grams | 180 | 0 | 72 | 8 | 26 | 8 | | 769 | 65 | |
| Potatoes | Alexia Sweet Potato Fries | Lamb Weston, Inc. - Alexia | 84 | Cups | 140 | 0 | 140 | 0 | 12 | 2 | 0 | 60 | 6 | |
| Potatoes | Bruce's Yams - Cut Sweet Potatoes in Syrup | McCall Farms, Inc. - BF | 166 | Grams | 170 | 0 | 65 | 4 | 12 | 4 | | 320 | 4 | |
| Potatoes | Primos Russet Potatoes | Idaho Potato Commission - Sublicensees | 148 | Grams | 110 | | | | 8 | | | | | 45 |
| Potatoes | Mother Earth Fresh Premium Idaho/Russet Potatoes | Idaho Potato Commission - Sublicensees | 148 | Grams | 110 | 0 | 0 | 2 | 8 | 6 | | 0 | 45 | |
| Potatoes | Spuddy Buddy Idaho Russet Potatoes | Idaho Potato Commission - Sublicensees | | | | | | | | | | | | |
| Potatoes | Side Delights Idaho Russets | Idaho Potato Commission - Sublicensees | 148 | Grams | 110 | | | | 8 | | | | | 45 |
| Potatoes | Blue Seal Idaho Russet Potatoes | Idaho Potato Commission - Sublicensees | | | | | | | | | | | | |
| Potatoes | Spuddy Buddy Idaho Russet Potatoes | Idaho Potato Commission - Sublicensees | | | | | | | | | | | | |
| Potatoes | Blue Seal Idaho Russet Potatoes | Idaho Potato Commission - Sublicensees | | | | | | | | | | | | |
| Potatoes | Mother Earth Fresh Premium Idaho/Russet Potatoes | Idaho Potato Commission - Sublicensees | 148 | Grams | 110 | 0 | 0 | 2 | 8 | 6 | | 0 | 45 | |
| Potatoes | Spuddy Buddy Idaho Russet Potatoes | Idaho Potato Commission - Sublicensees | | | | | | | | | | | | |
| Potatoes | Southwind Farms Fingerling All Purpose Potatoes | Idaho Potato Commission - Sublicensees | 148 | Grams | 110 | | | 2 | 0 | 6 | 8 | 0 | 45 | |
| Potatoes | Old Oak Farms Idaho Russet Potatoes - Best Value | Idaho Potato Commission - Sublicensees | 148 | Grams | 110 | 0 | 0 | 2 | 8 | 6 | 5 | 0 | 45 | |
| Potatoes | Blue Seal Idaho Russet Potatoes | Idaho Potato Commission - Sublicensees | | | | | | | | | | | | |
| Potatoes | Spuddy Buddy Idaho Russet Potatoes | Idaho Potato Commission - Sublicensees | 148 | Grams | 110 | | | 0 | 0 | 6 | 0 | 0 | 30 | |
| Potatoes | Idaho Potato - Reds | Idaho Potato Commission - IPC | 148 | Grams | 110 | 0 | 0 | 2 | 8 | 6 | | 0 | 30 | |
| Potatoes | Old Oak Farms Idaho Russet Potatoes - Best Value | Idaho Potato Commission - Sublicensees | 148 | Grams | 110 | 0 | 0 | 2 | 8 | 6 | 5 | 0 | 45 | |
| Potatoes | Simply Perfect Petite Red Idaho Potatoes | Idaho Potato Commission - Sublicensees | 148 | Grams | 110 | 0 | 0 | 2 | 8 | 6 | | 0 | 45 | |
| Potatoes | Spuddy Buddy Idaho Russet Potatoes | Idaho Potato Commission - Sublicensees | 148 | Grams | 110 | 0 | 0 | 2 | 7 | 6 | 0 | 0 | 30 | |

*per serving. Highlighted items have been added in the liast 30 dya

Heart-Check Food Certification Program
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| Food Category | Product | Company | Serving Size | | Calories | Saturated Fat (g) | Sodium (mg) | Positive Nutrients* (% Daily Value) | | | | | |
|---------------|---|--|--------------|-------|----------|-------------------|-------------|-------------------------------------|---------|--------|-----------|---------|---------|
| | | | | | | | | Calcium % | Fiber % | Iron % | Protein % | Vit A % | Vit C % |
| Potatoes | Spuddy Buddy Idaho Russet Potatoes | Idaho Potato Commission - Sublicensees | 0 | Grams | 110 | | | 2 | 7 | 6 | 0 | 0 | 30 |
| Potatoes | Premium Treasure Idaho Russet Potatoes | Idaho Potato Commission - Sublicensees | | | | | | | | | | | |
| Potatoes | Spuddy Buddy Idaho Russet Potatoes | Idaho Potato Commission - Sublicensees | | | | | | | | | | | |
| Potatoes | Blue Seal Idaho Russet Potatoes | Idaho Potato Commission - Sublicensees | | | | | | | | | | | |
| Potatoes | Spuddy Buddy Idaho Russet Potatoes | Idaho Potato Commission - Sublicensees | 0 | Grams | 110 | | | 2 | 7 | 6 | 0 | 0 | 30 |
| Potatoes | Mother Earth Fresh Premium Red Potatoes | Idaho Potato Commission - Sublicensees | 148 | Grams | 110 | 0 | 0 | 2 | 8 | 6 | | 0 | 45 |
| Potatoes | Mother Earth Fresh Premium Red Potatoes | Idaho Potato Commission - Sublicensees | 148 | Grams | 110 | 0 | 0 | 2 | 8 | 6 | | 0 | 45 |
| Potatoes | Spuddy Buddy Idaho Russet Potatoes | Idaho Potato Commission - Sublicensees | 148 | Grams | 110 | | | 2 | 7 | 6 | 0 | 0 | 30 |
| Potatoes | Idaho Potato - Russets | Idaho Potato Commission - IPC | 148 | Grams | 110 | 0 | 0 | 2 | 7 | 6 | | 0 | 30 |
| Potatoes | Spuddy Buddy Idaho Russet Potatoes | Idaho Potato Commission - Sublicensees | | | | | | | | | | | |
| Potatoes | Side Delights Idaho Russets | Idaho Potato Commission - Sublicensees | | | | | | | | | | | |
| Potatoes | Mother Earth Fresh Premium Idaho/Russet Potatoes | Idaho Potato Commission - Sublicensees | 148 | Grams | 110 | 0 | 0 | 2 | 8 | 6 | | 0 | 45 |
| Potatoes | Spuddy Buddy Idaho Russet Potatoes | Idaho Potato Commission - Sublicensees | 148 | Grams | 110 | | | 2 | 7 | 6 | 0 | 0 | 30 |
| Potatoes | Sun Supreme Original Premium Russet Potato | Idaho Potato Commission - Sublicensees | 148 | Grams | 110 | | | | 8 | | | | 45 |
| Potatoes | Quality Yams/Sweet Potatoes (Micro Baking) | Quail H Farms, LLC - QHF | 200 | Grams | 180 | 0 | 72 | 8 | 26 | 8 | | 769 | 65 |
| Potatoes | Old Oak Farms Idaho Russet Potatoes - Best Value | Idaho Potato Commission - Sublicensees | 148 | Grams | 110 | 0 | 0 | 2 | 8 | 6 | 5 | 0 | 45 |
| Potatoes | Alexia Sweet Potato Fries | Lamb Weston, Inc. - Alexia | 84 | Cups | 140 | 0.5 | 140 | 0 | 12 | 2 | | 60 | 6 |
| Potatoes | Ace Russet Idaho Potatoes | Idaho Potato Commission - Sublicensees | | | | | | | | | | | |
| Potatoes | Old Oak Farms Idaho Russet Potatoes - Biggins - RPE | Idaho Potato Commission - Sublicensees | 148 | Grams | 110 | 0 | 0 | 2 | 8 | 6 | 5 | 0 | 45 |
| Potatoes | Healthy Heart Organic Yams, Medium (Reds/Beauregards) | Doreva Produce Company Inc. - DPC | 200 | Grams | 180 | 0 | 72 | 8 | 26 | 8 | | 769 | 65 |
| Potatoes | Pride of the Valley Russet Potatoes | Idaho Potato Commission - Sublicensees | 114 | Grams | 110 | 0 | 0 | | | | | | 45 |
| Potatoes | Blue Seal Idaho Russet Potatoes | Idaho Potato Commission - Sublicensees | | | | | | | | | | | |
| Potatoes | Bruce's Yams - Cut Sweet Potatoes in Syrup | McCall Farms, Inc. - BF | 166 | Grams | 150 | 0 | 65 | 4 | 12 | 4 | | 320 | 4 |
| Potatoes | Bruce's Yams - Cut Sweet Potatoes in Syrup | McCall Farms, Inc. - BF | 166 | Grams | 170 | 0 | 65 | 4 | 12 | 4 | | 320 | 4 |
| Potatoes | Southwind Farms Gourmet Select Fingerling Potatoes | Idaho Potato Commission - Sublicensees | 148 | Grams | 110 | 0 | 0 | 2 | 7 | 6 | | | 30 |
| Potatoes | Organic Select Quality Yams/Sweet Potatoes | Quail H Farms, LLC - QHF | 180 | Grams | 162 | 0 | 65 | 7 | 24 | 7 | | 692 | 59 |
| Potatoes | Side Delights Idaho Russets | Idaho Potato Commission - Sublicensees | 148 | Grams | 110 | 0 | 0 | 2 | 7 | 6 | | | 30 |

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| Food Category | Product | Company | Serving Size | | Calories | Saturated Fat (g) | Sodium (mg) | Positive Nutrients* (% Daily Value) | | | | | |
|---------------|---|--|--------------|-------|----------|-------------------|-------------|-------------------------------------|---------|--------|-----------|---------|---------|
| | | | | | | | | Calcium % | Fiber % | Iron % | Protein % | Vit A % | Vit C % |
| Potatoes | Quality Yams/Sweet Potatoes (Orange Skin) | Quail H Farms, LLC - QHF | 200 | Grams | 180 | 0 | 72 | 8 | 26 | 8 | | 769 | 65 |
| Potatoes | Premium Treasure Idaho Russet Potatoes | Idaho Potato Commission - Sublicensees | | | | | | | | | | | |
| Potatoes | Southwind Farms Fingerlings Potato Medley | Idaho Potato Commission - Sublicensees | 148 | Grams | 110 | 0 | 0 | 2 | 8 | 6 | | 0 | 45 |
| Potatoes | Old Oak Farms Idaho Russet Potatoes - Chef Select | Idaho Potato Commission - Sublicensees | 148 | Grams | 110 | 0 | 0 | 2 | 8 | 6 | 5 | 0 | 45 |
| Potatoes | Alexia Sweet Potato Fries | Lamb Weston, Inc. - Alexia | 84 | Cups | 140 | 0 | 140 | 0 | 12 | 2 | | 60 | 6 |
| Potatoes | Mother Earth Fresh Premium Idaho/Russet Potatoes | Idaho Potato Commission - Sublicensees | 148 | Grams | 110 | 0 | 0 | 2 | 8 | 6 | -2 | 0 | 45 |
| Potatoes | Spuddy Buddy Idaho Russet Potatoes | Idaho Potato Commission - Sublicensees | | | | | | | | | | | |
| Potatoes | Alexia Sweet Potato Fries | Lamb Weston, Inc. - Alexia | 84 | Cups | 140 | 0 | 140 | 0 | 12 | 2 | 0 | 60 | 6 |
| Potatoes | Southwind Farms Fingerling All Purpose Potatoes | Idaho Potato Commission - Sublicensees | 148 | Grams | 110 | 0 | 0 | 2 | 0 | 6 | 8 | 0 | 0 |
| Potatoes | Mother Earth Fresh Premium Idaho/Russet Potatoes | Idaho Potato Commission - Sublicensees | 148 | Grams | 110 | 0 | 0 | 2 | 8 | 6 | | 0 | 45 |
| Potatoes | Mother Earth Fresh Premium Idaho/Russet Potatoes | Idaho Potato Commission - Sublicensees | 148 | Grams | 110 | 0 | 0 | 2 | 8 | 6 | | 0 | 45 |
| Potatoes | Simply Perfect Idaho Potatoes (Russet) | Idaho Potato Commission - Sublicensees | 148 | Grams | 110 | 0 | 0 | 2 | 8 | 6 | | 0 | 45 |
| Potatoes | Simply Perfect Yellow Idaho Potatoes | Idaho Potato Commission - Sublicensees | 148 | Grams | 110 | 0 | 0 | 2 | 8 | 6 | | 0 | 45 |
| Potatoes | Simply Perfect Red Idaho Potatoes | Idaho Potato Commission - Sublicensees | 148 | Grams | 110 | 0 | 0 | 2 | 8 | 6 | | 0 | 45 |
| Potatoes | Idaho Potato - Yellows | Idaho Potato Commission - IPC | 148 | Grams | 110 | 0 | 0 | 2 | 7 | 6 | | 0 | 30 |
| Potatoes | Ace Russet Idaho Potatoes | Idaho Potato Commission - Sublicensees | 148 | Grams | 110 | | | | 8 | | | | 45 |
| Potatoes | Spuddy Buddy Idaho Russet Potatoes | Idaho Potato Commission - Sublicensees | | | | | | | | | | | |
| Potatoes | Idaho Potato - Fingerlings | Idaho Potato Commission - IPC | 148 | Grams | 110 | 0 | 0 | 2 | 8 | 6 | | 0 | 30 |
| Potatoes | Old Oak Farms Idaho Russet Potatoes - Biggins | Idaho Potato Commission - Sublicensees | 148 | Grams | 110 | 0 | 0 | 2 | 8 | 6 | 5 | 0 | 45 |
| Potatoes | Spuddy Buddy Idaho Russet Potatoes | Idaho Potato Commission - Sublicensees | | | | | | | | | | | |
| Potatoes | Simply Perfect Idaho Potatoes (Russet) | Idaho Potato Commission - Sublicensees | 148 | Grams | 110 | 0 | 0 | 2 | 8 | 6 | | 0 | 45 |
| Potatoes | Mother Earth Fresh Premium Idaho/Russet Potatoes | Idaho Potato Commission - Sublicensees | 148 | Grams | 110 | 0 | 0 | 2 | 8 | 6 | | 0 | 45 |
| Potatoes | Old Oak Farms Idaho Russet Potatoes - Biggins | Idaho Potato Commission - Sublicensees | 148 | Grams | 110 | 0 | 0 | 2 | 8 | 6 | 5 | 0 | 45 |
| Potatoes | Blue Seal Idaho Russet Potatoes | Idaho Potato Commission - Sublicensees | 148 | Grams | 110 | | | 2 | 7 | 6 | 0 | 0 | 30 |
| Potatoes | Simply Perfect Idaho Russet Potatoes | Idaho Potato Commission - Sublicensees | 148 | Grams | 110 | 0 | 0 | 2 | 8 | 6 | | 0 | 45 |
| Potatoes | George Foods Sweet Potato Petitelings | Wayne E. Bailey Produce - WB | 100 | Grams | 90 | 0 | 36 | 3 | 16 | 3 | | 283 | 3 |
| Potatoes | Alexia Sweet Potato Fries | Lamb Weston, Inc. - Alexia | 84 | Cups | 140 | 0 | 140 | 0 | 12 | 2 | 0 | 60 | 6 |
| Potatoes | Organic Select Quality Yams/Sweet Potatoes | Quail H Farms, LLC - QHF | 180 | Grams | 162 | 0 | 65 | 7 | 24 | 7 | | 692 | 59 |

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Certified Products Listed by Food Category

| Food Category | Product | Company | Serving Size | | Calories | Saturated Fat (g) | Sodium (mg) | Positive Nutrients* (% Daily Value) | | | | | |
|---------------|---|--|--------------|-------|----------|-------------------|-------------|-------------------------------------|---------|--------|-----------|---------|---------|
| | | | | | | | | Calcium % | Fiber % | Iron % | Protein % | Vit A % | Vit C % |
| Potatoes | Quality Yams/Sweet Potatoes | Quail H Farms, LLC - QHF | 200 | Grams | 180 | 0 | 72 | 8 | 26 | 8 | | 769 | 65 |
| Potatoes | Bruce's Yams - Cut Sweet Potatoes in Syrup | McCall Farms, Inc. - BF | 166 | Grams | 170 | 0 | 65 | 4 | 12 | 4 | | 320 | 4 |
| Potatoes | George Foods Petite Sweet Potatoes | Wayne E. Bailey Produce - WB | 130 | Grams | 110 | 0 | 70 | 4 | 16 | 4 | | 370 | 6 |
| Potatoes | Quality Yams/Sweet Potatoes | Quail H Farms, LLC - QHF | 200 | Grams | 180 | 0 | 72 | 8 | 26 | 8 | | 769 | 65 |
| Potatoes | Spuddy Buddy Idaho Russet Potatoes | Idaho Potato Commission - Sublicensees | | | | | | | | | | | |
| Potatoes | Sun Valley Russet Potatoes | Idaho Potato Commission - Sublicensees | 148 | Grams | 110 | | | | 8 | | | | 45 |
| Potatoes | Spuddy Buddy Idaho Russet Potatoes | Idaho Potato Commission - Sublicensees | 148 | Grams | 110 | 0 | 0 | 2 | 7 | 6 | 0 | 0 | 30 |
| Potatoes | Spuddy Buddy Idaho Russet Potatoes | Idaho Potato Commission - Sublicensees | | | | | | | | | | | |
| Potatoes | Old Oak Farms Idaho Russet Potatoes - Best Value | Idaho Potato Commission - Sublicensees | 148 | Grams | 110 | 0 | 0 | 2 | 8 | 6 | 5 | 0 | 45 |
| Potatoes | Mother Earth Fresh Premium Red Potatoes | Idaho Potato Commission - Sublicensees | 148 | Grams | 110 | 0 | 0 | 2 | 8 | 6 | | 0 | 45 |
| Potatoes | Simply Perfect Idaho Russet Potatoes | Idaho Potato Commission - Sublicensees | 148 | Grams | 110 | 0 | 0 | 2 | 8 | 6 | | 0 | 45 |
| Potatoes | Fresh Sweet Potatoes (US grown, orange flesh varieties) | United States Sweet Potato Council, Inc., The - US Sweet Potato | 133 | Grams | 114 | 0 | 73 | 4 | 16 | 5 | | 377 | 5 |
| Potatoes | Spuddy Buddy Idaho Russet Potatoes | Idaho Potato Commission - Sublicensees | | | | | | | | | | | |
| Potatoes | Alexia Sweet Potato Fries | Lamb Weston, Inc. - Alexia | 84 | Grams | 140 | 0 | 140 | 0 | 12 | 2 | | 60 | 6 |
| Potatoes | Mother Earth Fresh Premium Red Potatoes | Idaho Potato Commission - Sublicensees | 148 | Grams | 110 | 0 | 0 | 2 | 8 | 6 | -2 | 0 | 45 |
| Potatoes | Spuddy Buddy Idaho Russet Potatoes | Idaho Potato Commission - Sublicensees | | | | | | | | | | | |
| Potatoes | Spuddy Buddy Idaho Russet Potatoes | Idaho Potato Commission - Sublicensees | | | | | | | | | | | |
| Potatoes | Mother Earth Fresh Premium Idaho/Russet Potatoes | Idaho Potato Commission - Sublicensees | 148 | Grams | 110 | 0 | 0 | 2 | 8 | 6 | | 0 | 45 |
| Potatoes | Side Delights Idaho Russets | Idaho Potato Commission - Sublicensees | 148 | Grams | 110 | 0 | 0 | 2 | 7 | 6 | | | 30 |
| Soup | Health Valley Organic No Salt Added Chicken Noodle Soup | Hain Celestial Group, Inc., The - Health Valley | 240 | Grams | 80 | 0 | 130 | 2 | 4 | 2 | 10 | 20 | 0 |
| Soup | Health Valley Organic Cream of Chicken Soup | Hain Celestial Group, Inc., The - Health Valley | 240 | Grams | 120 | 1 | 450 | 10 | 1 | 2 | 12 | 0 | 0 |
| Soup | Health Valley Organic No Salt Added Chicken and Rice Soup | Hain Celestial Group, Inc., The - Health Valley | 240 | Grams | 100 | 0 | 85 | 2 | 3 | 2 | | 20 | 0 |
| Soup | Health Valley Organic No Salt Added Tomato Soup | Hain Celestial Group, Inc., The - Health Valley | 240 | Grams | 100 | 1 | 25 | 4 | 10 | 4 | | 0 | 0 |
| Soup | Kitchen Basics Original Beef Bone Broth | McCormick & Company, Inc. - Kitchen Basics | 233 | Grams | 50 | 0.5 | 350 | 0 | 0 | 0 | 20 | 0 | 0 |
| Soup | Kitchen Basics Bone Broth Chicken | McCormick & Company, Inc. - Kitchen Basics | 233 | Grams | 50 | 0 | 380 | 0 | 0 | 0 | 20 | 0 | 0 |
| Soup | Health Valley Organic No Salt Added Vegetable Soup | Hain Celestial Group, Inc., The - Health Valley | 240 | Grams | 90 | 0 | 45 | 2 | 8 | 4 | | 30 | 0 |

*per serving. Highlighted items have been added in the last 30 days

Heart-Check Food Certification Program
Certified Products Listed by Food Category

| Food Category | Product | Company | Serving Size | | Calories | Saturated Fat (g) | Sodium (mg) | Positive Nutrients* (% Daily Value) | | | | | |
|--------------------------------------|---|---|--------------|--------|----------|-------------------|-------------|-------------------------------------|---------|--------|-----------|---------|---------|
| | | | | | | | | Calcium % | Fiber % | Iron % | Protein % | Vit A % | Vit C % |
| Soup | Health Valley Organic No Salt Added Split Pea Soup | Hain Celestial Group, Inc., The - Health Valley | 240 | Grams | 160 | 1 | 85 | 2 | 27 | 8 | | 30 | 0 |
| Soup | Health Valley Organic No Salt Added Lentil Soup | Hain Celestial Group, Inc., The - Health Valley | 240 | Grams | 150 | 0 | 20 | 2 | 31 | 15 | 14 | 20 | 0 |
| Soup | Health Valley Organic No Salt Added Minestrone Soup | Hain Celestial Group, Inc., The - Health Valley | 240 | Grams | 100 | 0 | 45 | 4 | 12 | 6 | 6 | 40 | 0 |
| Soup | Kitchen Basics Turmeric Ginger Chicken Bone Broth with Lemongrass | McCormick & Company, Inc. - Kitchen Basics | 233 | Grams | 60 | 1 | 370 | 0 | 0 | 0 | 20 | 0 | 0 |
| Soup | Kitchen Basics Bone Broth Chicken | McCormick & Company, Inc. - Kitchen Basics | 226 | Grams | 50 | 0 | 380 | 0 | 0 | 0 | 20 | 0 | 0 |
| Vegetable Juice | Bolthouse Farms Organics 100% Carrot Juice | Campbell Soup Company - Bolthouse | 8 | Ounces | 70 | 0 | 150 | 4 | 4 | 2 | | 180 | 2 |
| Vegetable Juice | Bolthouse Farms Organics 100% Carrot Juice | Campbell Soup Company - Bolthouse | 8 | Ounces | 70 | 0 | 150 | 4 | 4 | 2 | | 180 | 2 |
| Vegetable Juice | Bolthouse Farms 100% Carrot Juice | Campbell Soup Company - Bolthouse | 8 | Ounces | 70 | 0 | 150 | 4 | 4 | 2 | | 180 | 2 |
| Vegetable Juice | Campbell's V8 V.Fusion Strawberry Banana | Campbell Soup Company - V8 V.Fusion | 8 | Ounces | 110 | 0 | 70 | 2 | 0 | 2 | | 50 | 100 |
| Vegetable Juice | Bolthouse Farms 100% Carrot Juice | Campbell Soup Company - Bolthouse | 11 | Ounces | 90 | 0 | 210 | 4 | 4 | 2 | | 240 | 4 |
| Vegetable Juice | Bolthouse Farms 100% Carrot Juice | Campbell Soup Company - Bolthouse | 8 | Ounces | 70 | 0 | 150 | 4 | 4 | 2 | | 180 | 2 |
| Vegetable Juice | Bolthouse Farms 100% Carrot Juice | Campbell Soup Company - Bolthouse | 15.2 | Ounces | 130 | 0 | 150 | 6 | 4 | 4 | | 340 | 4 |
| Vegetables: Fresh or Frozen | George Foods Sweet Potatoes | Wayne E. Bailey Produce - WB | 130 | Grams | 100 | 0 | 70 | 4 | 16 | 4 | | 120 | 30 |
| Vegetables: Fresh or Frozen | George Foods Sweet Potatoes | Wayne E. Bailey Produce - WB | 130 | Grams | 100 | 0 | 70 | 4 | 16 | 4 | | 120 | 30 |
| Vegetables: Fresh or Frozen | George Foods Sweet Potatoes | Wayne E. Bailey Produce - WB | 130 | Grams | 100 | 0 | 70 | 4 | 16 | 4 | | 120 | 30 |
| Vegetables: Fresh, Frozen, or Canned | Red N Tasty – Punnet 2 Count | Tomato Thyme Corp. - TT | 0 | Cups | 20 | 0 | 10 | 0 | 0 | 0 | 2 | 0 | 0 |
| Vegetables: Fresh, Frozen, or Canned | Red N Tasty | Tomato Thyme Corp. - TT | 100 | Grams | 20 | 0 | 10 | 0 | 0 | 0 | 2 | 0 | 0 |
| Vegetables: Fresh, Frozen, or Canned | Red N Tasty – Punnet 3-5 Count | Tomato Thyme Corp. - TT | 0 | Cups | 20 | 0 | 10 | 0 | 0 | 0 | 2 | 0 | 0 |

Certified foods must be a good source (at least 10% DV per standardized serving size) of one (or more) of six beneficial nutrients: vitamin A, vitamin C, iron, calcium, protein, dietary fiber.