

Updated: 07/01/2021

					Calories*	Total Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
Food Category	Product	Company		ving Size					Su
Beans/legumes	S&W Black Beans, Low Sodium	Faribault Foods Inc FF		Grams	110	0			0
Beans/legumes	S&W White Beans, Low Sodium	Faribault Foods Inc FF	130	Grams	110	0		-	
Beans/legumes	S&W Chili Beans, Low Sodium	Faribault Foods Inc FF		Grams	130	1.5	0	-	2
Beans/legumes	S&W Pinto Beans, Low Sodium	Faribault Foods Inc FF	130	Grams	110	0		140	1
Beans/legumes	S&W Garbanzos, Low Sodium	Faribault Foods Inc FF	130	Grams	120	2			2
Beans/legumes	S&W Kidney Beans, Low Sodium	Faribault Foods Inc FF	130	Grams	110	0		-	1
Beverages	WestSoy Organic Unsweetened Soymilk	SunOpta Grains and Food, Inc	8	Ounces	100	5	0.73	35	3
Beverages	WestSoy Organic Soymilk Plus Plain	SunOpta Grains and Food, Inc	8	Ounces	110	4.5	0.5	130	7
	WestSoy Organic Unsweetened Vanilla								
Beverages	Soymilk	SunOpta Grains and Food, Inc	8	Ounces	100	5	0.75	35	3
Beverages	WestSoy Organic Unsweetened Soymilk	SunOpta Grains and Food, Inc	8	Ounces	100	5	0.73	35	3
Beverages	WestSoy Organic Original Soymilk	SunOpta Grains and Food, Inc	8	Ounces	130	4.5	0.5	140	11
Beverages	WestSoy Organic Soymilk Plus Vanilla	SunOpta Grains and Food, Inc	8	Ounces	120	4.5	0.5	135	10
Breads/Tortillas	Frescados Wrap Garlic Herb	Catallia Mexican Foods, LLC - CMF	68	Grams	160	4.5	1	180	1
Breads/Tortillas	Frescados Wrap Tomato Basil	Catallia Mexican Foods, LLC - CMF	68	Grams	170	4	1	200	1
Breads/Tortillas	Frescados Wrap Garden Vegetable	Catallia Mexican Foods, LLC - CMF	68	Grams	160	3	1	190	1
Breads/Tortillas	Frescados Wrap Spinach	Catallia Mexican Foods, LLC - CMF	68	Grams	170	4	1	210	1
Breads/Tortillas	Toufayan Wheat Wraps	Toufayan Bakeries, Inc Toufayan	52	Grams	160	3.5	0.5	130	1
Breads/Tortillas	Toufayan Whole Wheat Smart Pocket	Toufayan Bakeries, Inc Toufayan	35	Grams	100	1	0	50	0
Cereal	Quaker Instant Oatmeal Original	Quaker Oats Company, The - Quaker	28	Grams	100	2	0.5	75	0
Cereal	Quaker Steel Cut Quick 3-Minute Oats	Quaker Oats Company, The - Quaker	45	Grams	170	3	0.5	0	1
Cereal	Quaker Steel Cut Oats	Quaker Oats Company, The - Quaker	40	Grams	150	3	0.5	0	1
Cereal	Quaker Oats Quick-1 Minute	Quaker Oats Company, The - Quaker	40	Grams	150	3	0.5	0	1
Cereal	Quaker Oats Quick-1 Minute	Quaker Oats Company, The - Quaker	40	Grams	150	3	0.5	0	1



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Cereal	Quaker Oats Quick-1 Minute	Quaker Oats Company, The - Quaker	40	Grams	150	3			1
Cereal	Quaker Oats Old-Fashioned	Quaker Oats Company, The - Quaker	40	Grams	150	3	0.5	0	1
Cereal	Quaker Oats Gluten Free Quick Oats	Quaker Oats Company, The - Quaker	40	Grams	150	3	0.5	0	1
Cereal	Quaker Instant Oatmeal Original	Quaker Oats Company, The - Quaker	28	Grams	100	2	0.5	75	0
Cereal	Quaker Oats Old-Fashioned	Quaker Oats Company, The - Quaker	40	Grams	0	3	0.5	0	1
Cereal	Quaker Oats Old-Fashioned	Quaker Oats Company, The - Quaker	40	Grams	150	3	0.5	0	1
Cereal	Quaker Oats Old-Fashioned	Quaker Oats Company, The - Quaker	40	Grams	150	3	0.5	0	1
Cereal	Quaker Oats Quick-1 Minute	Quaker Oats Company, The - Quaker		Grams	150	3			1
Egg Substitute	Bob Evans 100% Liquid Egg Whites	Michael Foods, Inc Crystal Farms	46	Grams	25	0			0
Egg Substitute	Bob Evans Better 'n Eggs	Michael Foods, Inc Crystal Farms	46	Grams	25	0			0
Egg Substitute	Bob Evans 100% Liquid Egg Whites	Michael Foods, Inc Crystal Farms	46	Grams	25	0			
Egg Substitute	Bob Evans Better 'n Eggs	Michael Foods, Inc Crystal Farms	46	Grams	25	0			0
Egg Substitute	Eggland's Best 100% Liquid Egg Whites	Eggland's Best LLC - EB		Grams	25	0			
Egg Substitute	Eggland's Best Cage Free Liquid Egg Whites	Eggland's Best LLC - EB		Grams	25	0			0
Egg Substitute	Eggland's Best Cage Free Liquid Egg Whites	Eggland's Best LLC - EB		Grams	25	0			0
Egg Substitute	Eggland's Best 100% Liquid Egg Whites	Eggland's Best LLC - EB		Cups	25	0			
Egg Substitute	Eggland's Best 100% Liquid Egg Whites	Eggland's Best LLC - EB	46	Cups	25	0	0	75	0
Fish & Game: Canned or Processed	North Coast Seafoods Culinary Reserve Lump Crab Meat	North Coast Seafoods - NCS	85	Grams	80	1	0	250	0



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Fish & Game:						•	<u></u>		
Canned or	North Coast Seafoods Culinary Reserve Lump								
Processed	Crab Meat	North Coast Seafoods - NCS	85	Grams	80	1	0	250	0
Fish & Game:									
Canned or	North Coast Seafoods Culinary Reserve								
Processed	Jumbo Crab Meat	North Coast Seafoods - NCS	85	Grams	80	1	0	250	0
Fish & Game:									
Canned or	North Coast Seafoods Culinary Reserve								
Processed	Jumbo Crab Meat	North Coast Seafoods - NCS	85	Grams	80	1	0	250	0
Fish & Game:									
Canned or	North Coast Seafoods Culinary Reserve								
Processed	Colossal Crab Meat	North Coast Seafoods - NCS	85	Grams	80	1	0	250	0
Fish & Game:									
Canned or									
Processed	StarKist Albacore White Tuna in Water	StarKist Co StarKist	74	Grams	80	1.5	0.5	240	0
Fish & Game:									
Canned or									
Processed	StarKist Chunk Light Tuna in Water	StarKist Co StarKist	74	Grams	70	0.5	0	300	0
Fish & Game:									
Canned or									
Processed	StarKist Chunk Light Tuna in Water	StarKist Co StarKist	85	Grams	80	0.5	0	330	0
Fish & Game:									
Canned or									
Processed	StarKist Chunk Light Tuna in Water	StarKist Co StarKist	85	Grams	80	0.5	0	330	0
Fish & Game:									7
Canned or									
Processed	StarKist Albacore White Tuna in Water	StarKist Co StarKist	85	Grams	90	1.5	0.5	280	0
Fish & Game:									
Canned or	StarKist Low Sodium Albacore White Tuna in								
Processed	Water	StarKist Co StarKist	74	Grams	80	1.5	0.5	70	0



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Food Category	Product	Company	Serving Size	Calories*	Fotal Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
Fish & Game:			J	+		0, 0	0,	-0,
Canned or	StarKist Reduced Sodium Chunk Light Tuna in							
Processed	Water	StarKist Co StarKist	74 Grams	70	0.5	0	150	0
Fish & Game:								
Canned or	North Coast Seafoods Culinary Reserve							
Processed	Special Crab Meat	North Coast Seafoods - NCS	85 Grams	80	1	0	250	0
Fish & Game:								
Canned or	North Coast Seafoods Culinary Premium							
Processed	Reserve Super Lump Crab Meat	North Coast Seafoods - NCS	85 Grams	80	1	0	250	0
Fish & Game:								
Canned or	North Coast Seafoods Culinary Reserve Claw							
Processed	Crab Meat	North Coast Seafoods - NCS	85 Grams	80	1	0	250	0
Fish & Game:								
Canned or	North Coast Seafoods Culinary Reserve Claw							
Processed	Crab Meat	North Coast Seafoods - NCS	85 Grams	80	1	0	250	0
Fish & Game:								
Canned or	North Coast Seafoods Culinary Premium							
Processed	Reserve Super Lump Crab Meat	North Coast Seafoods - NCS	85 Grams	80	1	0	250	0
Fish & Game:								
Fresh, Frozen, or								
Cooked	Fresh Farmed Atlantic Raw Salmon	North Coast Seafoods - NCS	113 Grams	235	15	2	65	0
Fish & Game:								
Fresh, Frozen, or						_		
Cooked	Fresh Wild King Raw Salmon	North Coast Seafoods - NCS	113 Grams	211	13	2	54	0
Fish & Game:								
Fresh, Frozen, or	For I Will Control Burn Change	North Constants NOC	140	450	_		407	
Cooked	Fresh Wild Sockeye Raw Salmon	North Coast Seafoods - NCS	113 Grams	153	6	1	127	0
Fish & Game:								
Fresh, Frozen, or	Diverse Colores	Attantia Canabina	440 0	000	40	٥.	40	
Cooked	Bluehouse Salmon	Atlantic Sapphire	113 Grams	200	12	2.5	40	0



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Fish & Game:							0, 0	0,	
Fresh, Frozen, or	King Kampachi Farmed Yellow Tail, deep	Kampachi Worldwide Holdings							
Cooked	trimmed 4oz portions	General Partner, LLC	4	Ounces	159	8	2	43	0
Fish & Game:	·	·							
Fresh, Frozen, or	Kvaroy Arctic Sustainably Raised Frozen								
Cooked	Atlantic Salmon	Kvarøy Arctic - KF	100	Grams	220	10	3	35	0.4
Fish & Game:									
Fresh, Frozen, or	Kvaroy Arctic Sustainably Raised Frozen								
Cooked	Atlantic Salmon	Kvarøy Arctic - KF	100	Grams	220	10	3	35	0.4
Fish & Game:									
Fresh, Frozen, or	Kvaroy Arctic Sustainably Raised Atlantic								
Cooked	Salmon	Kvarøy Arctic - KF	100	Grams	220	10	3	55	0.4
Fish & Game:									
Fresh, Frozen, or									
Cooked	Heinen's Farm Raised Frozen Atlantic Salmon	Kvarøy Arctic - KF	113	Grams	240	15	3.5	55	0
Fish & Game:									
Fresh, Frozen, or				_					
Cooked	Pacifico Ocean-Raised True Striped Bass	Pacifico Aquaculture - PA	113	Grams	253	13	3.4	105	0
Fish & Game:									
Fresh, Frozen, or	Design Francis Object Description	D. if a Americal DA	470	0	050	4.4	0.4	405	
Cooked Fish & Game:	Pacifico Frozen Striped Bass	Pacifico Aquaculture - PA	170	Grams	253	11	3.4	105	0
Fresh, Frozen, or Cooked	Onen Blue Cabia Fillet	Open Blue Sea Farms Inc - OB	440	Grams	206	40	2.04	2.4	
Fish & Game:	Open Blue Cobia Fillet	Open Blue Sea Farms Inc - OB	113	Grams	206	13	3.84	34	0
Fresh, Frozen, or									
Cooked	Open Blue Cobia Loin Fillet Portions	Open Blue Sea Farms Inc - OB	112	Grams	206	13	4	34	0
Fish & Game:	Open Dide Cobia Loin Fillet Foltions		113	Giailis	200	13	4	J 4	
Fresh, Frozen, or									
Cooked	Open Blue Cobia Loin Fillet Portions	Open Blue Sea Farms Inc - OB	113	Grams	206	13	3.84	34	0



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Food Category	Product	Company	Ser	ving Size	Calories*	Total Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
Fish & Game:						-			
Fresh, Frozen, or									
Cooked	Open Blue Cobia Fish Tips	Open Blue Sea Farms Inc - OB	113	Grams	206	13	4	34	0
Fish & Game:									
Fresh, Frozen, or									
Cooked	Open Blue Cobia Catering Cuts	Open Blue Sea Farms Inc - OB	113	Grams	206	13	3.84	34	0
Fish & Game:									
Fresh, Frozen, or									
Cooked	Open Blue Cobia Fillet	Open Blue Sea Farms Inc - OB	100	Grams	0	13	3.84	34	0
Fish & Game:									
Fresh, Frozen, or	Open Blue Cobia Boneless Skinless Fish Taco								
Cooked	Cuts	Open Blue Sea Farms Inc - OB	113	Grams	206	13	3.84	34	0
Fish & Game:									
Fresh, Frozen, or		Trans-Ocean Products, Inc							
Cooked	TransOcean Crab Classic Flake Style	TransOcean	85	Grams	80	0	0	390	4
Fish & Game:									
Fresh, Frozen, or		Trans-Ocean Products, Inc							
Cooked	TransOcean Crab Classic Leg Style	TransOcean	78	Grams	70	0	0	360	4
Fish & Game:									
Fresh, Frozen, or		Trans-Ocean Products, Inc							
Cooked	TransOcean Crab Classic Leg Style	TransOcean	78	Grams	70	0	0	360	4
Fish & Game:									
Fresh, Frozen, or		Trans-Ocean Products, Inc							
Cooked	Simply Surimi Seafood, Flake Style	TransOcean	85	Grams	70	0	0	440	4
Fish & Game:									
Fresh, Frozen, or		Trans-Ocean Products, Inc				_	_		
Cooked	TransOcean Crab Classic Leg Style	TransOcean	90	Grams	90	0	0	410	4
Fish & Game:									
Fresh, Frozen, or		Trans-Ocean Products, Inc				_			
Cooked	Simply Surimi Seafood Snackers	TransOcean	85	Grams	70	0	0	440	4



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Fish & Game:						U , O		<u> </u>
Fresh, Frozen, or		Trans-Ocean Products, Inc						
Cooked	Simply Surimi Seafood, Stick Style	TransOcean	88 Grams	70	0	0	450	4
Fish & Game:								
Fresh, Frozen, or		Trans-Ocean Products, Inc						
Cooked	Simply Surimi Seafood Snackers	TransOcean	85 Grams	70	0	0	440	4
Fish & Game:								
Fresh, Frozen, or		Trans-Ocean Products, Inc						
Cooked	TransOcean Lobster Classic Chunk Style	TransOcean	85 Grams	80	0	0	390	3
Fish & Game:								
Fresh, Frozen, or		Trans-Ocean Products, Inc						
Cooked	TransOcean Crab Classic Chunk Style	TransOcean	85 Grams	80	0	0	380	3
Fish & Game:								
Fresh, Frozen, or		Trans-Ocean Products, Inc						
Cooked	TransOcean Crab Classic Flake Style	TransOcean	85 Grams	80	0	0	390	4
Fish & Game:								
Fresh, Frozen, or		Trans-Ocean Products, Inc			_	_		
Cooked	TransOcean Seafood Snackers	TransOcean	85 Grams	80	0	0	390	4
Fish & Game:								
Fresh, Frozen, or		Trans-Ocean Products, Inc					000	
Cooked	Crab Classic Imitation Crab, Easy Shred Flake	TransOcean	85 Grams	80	0	0	390	4
Fish & Game:		Town Orange Deviled to the						
Fresh, Frozen, or	Town On the Object of Flater Other	Trans-Ocean Products, Inc	05		0	0	000	
Cooked	TransOcean Crab Classic Flake Style	TransOcean	85 Grams	80	0	0	390	4
Fish & Game:		Trans Ossan Dradusta Inc						
Fresh, Frozen, or	Trans Ossan Conford Charles	Trans-Ocean Products, Inc	05 0 0 0 0	00	^	_	200	
Cooked	TransOcean Seafood Snackers	TransOcean	85 Grams	80	0	U	390	4
Fish & Game:		Trans Ossan Brodusts, Inc.						
Fresh, Frozen, or	Trans Ocean Crab Classic Log Style	Trans-Ocean Products, Inc TransOcean	00 Croms	٥٥	^	_	400	
Cooked	TransOcean Crab Classic Leg Style	Hansocean	88 Grams	80	0	U	400	4



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Food Category	Product	Company	Ser	ving Size	Calories*	Fotal Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
Fish & Game:		p 3					0, 0	0)	0,
Fresh, Frozen, or		Trans-Ocean Products, Inc							
Cooked	TransOcean Crab Classic Flake Style	TransOcean	85	Grams	80	0	0	390	4
Fish & Game:	,	-							
Fresh, Frozen, or		Trans-Ocean Products, Inc							
Cooked	TransOcean Crab Classic Chunk Style	TransOcean	85	Grams	80	0	0	380	3
Fish & Game:	·								
Fresh, Frozen, or		Trans-Ocean Products, Inc							
Cooked	TransOcean Crab Classic Flake Style	TransOcean	85	Grams	80	0	0	390	4
Fish & Game:									
Fresh, Frozen, or		Trans-Ocean Products, Inc							
Cooked	TransOcean Seafood Snackers	TransOcean	85	Grams	80	0	0	390	4
Fish & Game:									
Fresh, Frozen, or		Trans-Ocean Products, Inc							
Cooked	Simply Surimi Seafood, Flake Style	TransOcean	85	Grams	70	0	0	440	4
Fish & Game:									
Fresh, Frozen, or		Trans-Ocean Products, Inc							
Cooked	TransOcean Seafood Snackers	TransOcean	85	Grams	80	0	0	390	4
Fish & Game:									
Fresh, Frozen, or	Trapananda Fresh Atlantic Salmon Filet, Skin-			_					
Cooked	On	Trapananda Seafarms LLC - TS	85	Grams	201	10.4	2.16	44	0
Fish & Game:									
Fresh, Frozen, or			400						
Cooked	Southring Mama Bear Salmon Burger	Trapananda Seafarms LLC - TS		Grams	129	4.5			
Fruit: Dried	Hadley Dates Pitted Deglet Noor Variety	Hadley Date Gardens - HI		Grams	120	0	-		29
Fruit: Dried	Hadley Dates Pitted Deglet Noor Variety	Hadley Date Gardens - HI	40	Grams	120	0	0	0	29
L D	Organic Hadley Dates Pitted Deglet Noor					_			
Fruit: Dried	Variety	Hadley Date Gardens - HI	40	Grams	120	0	0	0	29
Fruit: Dried	Bard Valley Natural Delights Deglet Noor Dates Organic	Bard Valley Date Growers Association	30	Grams	110	0	0	0	27



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					Calories*	Fotal Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
Food Category	Product	Company	Sei	rving Size	ပိ	욘	တို့ ည	So	Su
Fruit: Dried	Bard Valley Natural Delights Deglet Noor Dates Organic	Bard Valley Date Growers Association	30	Grams	110	0	0	0	27
	Bard Valley Natural Delights Deglet Noor Dates								
Fruit: Dried	Organic	Bard Valley Date Growers Association	30	Grams	110	0	0	0	27
	Bard Valley Natural Delights Deglet Noor Dates	,							
Fruit: Dried	Organic	Bard Valley Date Growers Association	30	Grams	110	0	0	0	27
	Bard Valley Natural Delights Deglet Noor Dates	,							
Fruit: Dried	Organic	Bard Valley Date Growers Association	30	Grams	110	0	0	0	27
	Bard Valley Natural Delights Pitted Medjool	,							
Fruit: Dried	Dates	Bard Valley Date Growers Association	46	Grams	140	0	0	0	30
	Bard Valley Natural Delights Organic Medjool								
Fruit: Dried	Dates	Bard Valley Date Growers Association	46	Grams	140	0	0	0	30
	Bard Valley Natural Delights Organic Medjool								
Fruit: Dried	Dates	Bard Valley Date Growers Association	46	Grams	140	0	0	0	30
	Bard Valley Natural Delights Organic Medjool								
Fruit: Dried	Dates	Bard Valley Date Growers Association	46	Grams	140	0	0	0	30
Fruit: Dried	Bard Valley Natural Delights Medjool Dates	Bard Valley Date Growers Association	46	Grams	140	0	0	0	30
	Bard Valley Natural Delights Organic Pitted								
Fruit: Dried	Medjool Dates	Bard Valley Date Growers Association	46	Grams	140	0	0	0	30
Fruit: Dried	Bard Valley Natural Delights Medjool Dates	Bard Valley Date Growers Association	46	Grams	140	0	0	0	30
Fruit: Dried	Bard Valley Natural Delights Medjool Dates	Bard Valley Date Growers Association	46	Grams	140	0	0	4	30
	, , ,	,							
Fruit: Dried	Bard Valley Natural Delights Medjool Dates	Bard Valley Date Growers Association	46	Grams	140	0	0	0	30
Fruit: Dried	Bard Valley Natural Delights Medjool Dates	Bard Valley Date Growers Association	46	Grams	140	0	0	0	30
Fruit: Dried	California Dates - Deglet Noor Variety	California Date Administrative Committee - Dates	40	Grams	110	0	0	0	25



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room cuitagorg	1.10444	California Date Administrative	301	l sing size	1		S	S	S
Fruit: Dried	California Dates - Medjool Variety	Committee - Dates	40	Grams	110	0	0	0	25
Fruit: Dried	Sweetheart Dried Pomegranate Arils	Trinity Fruit Company, Inc TF		Grams	35	0			4
Fruit: Dried	Sweetheart Dried Pomegranate Arils	Trinity Fruit Company, Inc TF		Grams	110	1	0.5		14
Fruit: Dried	Juicy Gems Dried Pomegranate Arils- Organic	Trinity Fruit Company, Inc TF	14	Grams	50	0.5	0	0	5
Fruit: Dried	Sweetheart Dried Pomegranate Arils	Trinity Fruit Company, Inc TF	7	Grams	25	0	0	0	3
Fruit: Fresh, Frozen, or Canned	Pomegranates- Whole	Trinity Fruit Company, Inc TF	100	Grams	83	1.17	0.12	3	14
	Organic Juicy Gems Pomegranate Arils	Trinity Fruit Company, Inc TF	100	Grams	80	1	0	0	14
Fruit: Fresh, Frozen, or Canned	Juicy Gems Frozen Pomegranate Arils	Trinity Fruit Company, Inc TF	140	Grams	120	2	0	0	19
Fruit: Fresh, Frozen, or Canned	Juicy Gems Pomegranate Arils	Trinity Fruit Company, Inc TF	100	Grams	80	1	0	0	14
,	Naked Alaskan Salmon	North Coast Seafoods - NCS	142	Grams	161	4	1	70	0
*	Naked Sea Scallops	North Coast Seafoods - NCS	113	Grams	100	1	0	240	0
·	Naked Wild Atlantic Cod	North Coast Seafoods - NCS	142	Grams	110	1	0	75	0
·	Coosaw Farms Red Seedless Watermelon	Coosaw AG, LLC (Coosaw Farms) - CF	280	Grams	80	0	0	0	17
Fruit: Fresh, Frozen, or Canned	Hass Avocado	Del Rey Avocado - DR	50	Grams	80	8	1	0	0
,	Hass Avocado	Hass Avocado Board - HVB	50	Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	Pear, Anjou, Green	Pear Bureau Northwest - USA Pears	166	Grams	100	0	0	0	15
Fruit: Fresh, Frozen, or Canned	Pear, Anjou, Red	Pear Bureau Northwest - USA Pears	166	Grams	100	0	0	0	15



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Fruit: Fresh,									
	Pear, Bartlett, Green	Pear Bureau Northwest - USA Pears	166	Grams	100	0	0	0	15
Fruit: Fresh,				_		_	_		
Frozen, or Canned	Pear, Starkrimson	Pear Bureau Northwest - USA Pears	166	Grams	100	0	0	0	15
Fruit: Fresh,						_	_		
· · · · · · · · · · · · · · · · · · ·	Pear, Seckel	Pear Bureau Northwest - USA Pears	166	Grams	100	0	0	0	15
Fruit: Fresh,			400		400	_			
· · · · · · · · · · · · · · · · · · ·	Pear, Forelle	Pear Bureau Northwest - USA Pears	166	Grams	100	0	0	0	15
Fruit: Fresh,			400		400	_			
· · · · · · · · · · · · · · · · · · ·	Pear, Concorde	Pear Bureau Northwest - USA Pears	166	Grams	100	0	0	0	15
Fruit: Fresh,			400		400	•			4.5
	Pear, Comice	Pear Bureau Northwest - USA Pears	166	Grams	100	0	0	0	15
Fruit: Fresh,	D D	D D N I I O A D	400		400	•		_	4.5
,	Pear, Bosc	Pear Bureau Northwest - USA Pears	166	Grams	100	0	0	0	15
Fruit: Fresh,	Deer Devilet Deel	Dana Duna au Manthuus at I I CA Dana	400	0	400	^	_		4.5
Frozen, or Canned	Pear, Bartiett, Red	Pear Bureau Northwest - USA Pears	100	Grams	100	0	0	0	15
Fruit: Fresh,	Luiau Carra Damagrapata Arila	Trimity Fruit Company, Inc. TF	105	C =======	100	4 5	_	_	47
Frozen, or Canned Fruit: Fresh,	Juicy Gems Pomegranate Arils	Trinity Fruit Company, Inc TF	125	Grams	100	1.5	0	0	17
′	Luiov Como Frazon Domogranato Arila	Trinity Fruit Company Inc. TE	140	Grams	120	2	0	0	19
Frozen, or Canned Fruit: Fresh,	Juicy Gems Frozen Pomegranate Arils	Trinity Fruit Company, Inc TF	140	Giailis	120	2	U	U	19
Frozen, or Canned	Juicy Gems Pomegranate Arils	Trinity Fruit Company, Inc TF	112	Grams	80	1	0	0	14
Fruit: Fresh,	Juley Gerris Fornegranate Ariis	Thinky Fruit Company, Inc 11	113	Giailis	- 60		0	U	14
Frozen, or Canned	Juicy Gems Pomegranate Arils	Trinity Fruit Company, Inc TF	100	Grams	80	1	0	0	14
Fruit: Fresh,	Julicy Gerns Fornegranate Ariis	Timity Fruit Company, mc 1F	100	Oranio	00		0	- 0	14
Frozen, or Canned	Juicy Gems Pomegranate Arils	Trinity Fruit Company, Inc TF	100	Grams	80	1	0	0	14
Fruit: Fresh,	Cally Come i officigianate Ains	Timity Frant Company, mo 11	100	Cianis	- 00	- '	- 0		1-7
Frozen, or Canned	Juicy Gems Pomegranate Arils	Trinity Fruit Company, Inc TF	62	Grams	50	0.5	0	0	8
Fruit: Fresh,	Cally Come i officialities Afficia	Trinity Frant Company, mo 11	02	Cianis	30	0.0	- 0		
′	Avocados from Peru	Peruvian Avocado Commission - PAC	50	Grams	80	8	1	0	0



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Food Category	Product	Company	Sei	rving Size	Calories*	Total Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
Fruit: Fresh,									
	Oregon Berry Packing Blueberries	Oregon Berry Packing, Inc.	148	Grams	84	0.49	0	1	15
Fruit: Fresh,									
	Oregon Berry Packing Blueberries	Oregon Berry Packing, Inc.	148	Grams	84	0.49	0	1	15
Fruit: Fresh,									
	Mission Produce Organic Avocados	Mission Produce, Inc MP	50	Grams	80	8	1	0	0
Fruit: Fresh,									
	Mission Organic Minis VP Avocados	Mission Produce, Inc MP	50	Grams	80	8	1	0	0
Fruit: Fresh,									
	Mission Minis VP Avocados	Mission Produce, Inc MP	50	Grams	80	8	1	0	0
Fruit: Fresh,									
Frozen, or Canned	Emeralds in the Rough Avocados	Mission Produce, Inc MP	50	Grams	80	8	1	0	0
Fruit: Fresh,									
Frozen, or Canned	Emeralds in the Rough Avocados	Mission Produce, Inc MP	50	Grams	80	8	1	0	0
Fruit: Fresh,									
Frozen, or Canned	Consalo Family Farms Blueberries	Consalo Family Farms LLC - CF	148	Grams	80	0	0	0	15
Fruit: Fresh,									
Frozen, or Canned	Consalo Family Farms Blueberries	Consalo Family Farms LLC - CF	148	Grams	80	0	0	0	15
Fruit: Fresh,		National Watermelon Promotion							
Frozen, or Canned	Fresh Mini Seedless Watermelon	Board - NWPB	280	Grams	80	0	0	0	17
Fruit: Fresh,		National Watermelon Promotion							
Frozen, or Canned	Fresh Seedless Watermelon	Board - NWPB	280	Grams	80	0	0	0	17
Fruit: Fresh,		National Watermelon Promotion							
Frozen, or Canned	Fresh Seeded Watermelon	Board - NWPB	280	Grams	80	0	0	0	17
Fruit: Fresh,									
Frozen, or Canned	Frozen Blueberries	U.S. Highbush Blueberry Council - US	155	Grams	80	1	0	0	13
Fruit: Fresh,		-							
Frozen, or Canned	Blueberries	U.S. Highbush Blueberry Council - US	148	Grams	80	0	0	0	15
Fruit: Fresh,		Chilean Avocado Importers							
Frozen, or Canned	Hass Avocados	Association - CA	30	Grams	50	4.5	0.5	0	0



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Food Category	Product	Company	Ser	ving Size	Calories*	Total Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
Fruit: Fresh,									
-	North Bay Produce Blueberries	North Bay Produce, Inc - NB	140	Grams	80	0	0	1	14
Fruit: Fresh,									
,	GreenFruit Avocados	GreenFruit Avocados - GF	30	Grams	50	4.5	0.5	0	0
Fruit: Fresh,									
· · · · · · · · · · · · · · · · · · ·	GreenFruit Avocados	GreenFruit Avocados - GF	30	Grams	50	4.5	0.5	0	0
Fruit: Fresh,									
	GreenFruit Avocados	GreenFruit Avocados - GF	30	Grams	50	4.5	0.5	0	0
Fruit: Fresh,									
Frozen, or Canned	I Love Avocados	West Pak Avocado Inc WPA	50	Grams	80	8	1	0	0
Fruit: Fresh,									
Frozen, or Canned	AvoMonsters	West Pak Avocado Inc WPA	50	Grams	80	8	1	0	0
Fruit: Fresh,									
,	California Gold Avocados	West Pak Avocado Inc WPA	50	Grams	80	8	1	0	0
Fruit: Fresh,									
Frozen, or Canned	Lil' 'Cados	West Pak Avocado Inc WPA	50	Grams	80	8	1	0	0
Fruit: Fresh,									
, -	Viva Avocados	West Pak Avocado Inc WPA	50	Grams	80	8	1	0	0
Fruit: Fresh,									
	Party Pak Jumbo Avocados	West Pak Avocado Inc WPA	50	Grams	80	8	1	0	0
Fruit: Fresh,									
Frozen, or Canned	Hass Avocados	Calavo Growers, Inc CG	50	Grams	80	8	1	0	0
Fruit: Fresh,									
	AVOCA HASS BAGK	Calavo Growers, Inc CG	50	Grams	80	8	1	0	0
Fruit: Fresh,									
	AVOMX HASS BAG	Calavo Growers, Inc CG	50	Grams	80	8	1	0	0
Fruit: Fresh,									
	AVOMXJ HASS BAG	Calavo Growers, Inc CG	50	Grams	80	8	1	0	0
Fruit: Fresh,									
Frozen, or Canned	AVOMX HASS BAG	Calavo Growers, Inc CG	50	Grams	80	8	1	0	0



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Food Category	Product	Company	Ser	ving Size	Calories*	Total Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
Fruit: Fresh,									
· · · · · · · · · · · · · · · · · · ·	AVOMX HASS BAG	Calavo Growers, Inc CG	50	Grams	80	8	1	0	0
Fruit: Fresh,									
,	AVOMXJ HASS BAG	Calavo Growers, Inc CG	50	Grams	80	8	1	0	0
Fruit: Fresh,									
	AVODR HASS BAGS	Calavo Growers, Inc CG	50	Grams	80	8	1	0	0
Fruit: Fresh,									
· · · · · · · · · · · · · · · · · · ·	AVOCA HASS BAG (EACH)	Calavo Growers, Inc CG	50	Grams	80	8	1	0	0
Fruit: Fresh,									
	AVOCA HASS BAG	Calavo Growers, Inc CG	50	Grams	80	8	1	0	0
Fruit: Fresh,									
Frozen, or Canned	AVOCA HASS BAG	Calavo Growers, Inc CG	50	Grams	80	8	1	0	0
Fruit: Fresh,									
-	AVOCA HASS WGCF BAGR	Calavo Growers, Inc CG	50	Grams	80	8	1	0	0
Fruit: Fresh,									
Frozen, or Canned	AVOMX HASS BAG	Calavo Growers, Inc CG	50	Grams	80	8	1	0	0
Fruit: Fresh,									
Frozen, or Canned	AVOCA HASS BAG SF	Calavo Growers, Inc CG	50	Grams	80	8	1	0	0
Fruit: Fresh,									
Frozen, or Canned	AVOCA HASS BAGD	Calavo Growers, Inc CG	50	Grams	80	8	1	0	0
Fruit: Fresh,									
Frozen, or Canned	AVOCA HASS WGCF BAGR	Calavo Growers, Inc CG	50	Grams	80	8	1	0	0
Fruit: Fresh,									
Frozen, or Canned	AVOMX HASS BAG	Calavo Growers, Inc CG	50	Grams	80	8	1	0	0
Fruit: Fresh,									
Frozen, or Canned	AVOCA HASS WGCF BAGR	Calavo Growers, Inc CG	50	Grams	80	8	1	0	0
Fruit: Fresh,									
Frozen, or Canned	AVOCA HASS BAG	Calavo Growers, Inc CG	50	Grams	80	8	1	0	0
Fruit: Fresh,							_		
Frozen, or Canned	AVOPR HASS VIRU BAGR	Calavo Growers, Inc CG	50	Grams	80	8	1	0	0



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Food Category	Product	Company	Serving Size	Calories*	Fotal Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
Fruit: Fresh,		, , , , , , , , , , , , , , , , , , ,			_	0, 0	0,	-0,
1	AVOMX HASS BAG	Calavo Growers, Inc CG	50 Grams	80	8	1	0	0
Fruit: Fresh,		·						
Frozen, or Canned	AVOMX HASS BAG	Calavo Growers, Inc CG	50 Grams	80	8	1	0	0
Fruit: Fresh,								
Frozen, or Canned	AVOMXJ HASS BAGR	Calavo Growers, Inc CG	50 Grams	80	8	1	0	0
Fruit: Fresh,								
	AVOCA HASS BAG COSTCO	Calavo Growers, Inc CG	50 Grams	80	8	1	0	0
Fruit: Fresh,								
,	AVOPR HASS VIRU BAG	Calavo Growers, Inc CG	50 Grams	80	8	1	0	0
Fruit: Fresh,								
, and the second	AVOCA HASS BAG	Calavo Growers, Inc CG	50 Grams	80	8	1	0	0
Fruit: Fresh,								_
·	AVOMX HASS WGCF BAGR	Calavo Growers, Inc CG	50 Grams	80	8	1	0	0
Fruit: Fresh,						4		
·	AVOMXJ HASS BAGR	Calavo Growers, Inc CG	50 Grams	80	8	1	0	0
Fruit: Fresh,	ALVONAVI HACO MOCE DA CD	0-1 0 1 00	50 0	00	0	4	0	
Frozen, or Canned Fruit: Fresh,	AVOMX HASS WGCF BAGR	Calavo Growers, Inc CG	50 Grams	80	8	1	0	0
,	AVOCA HASS WGCF BAGR	Calavo Growers, Inc CG	50 Grams	80	8	1	0	م
Fruit: Fresh,	AVOCATIASS WGCF BAGK	Calavo Glowers, Ilic CG	30 Grains	80	O	ı	U	
· · · · · · · · · · · · · · · · · · ·	AVOMX HASS BAGS	Calavo Growers, Inc CG	50 Grams	80	8	1	0	0
Fruit: Fresh,	AVOIMATIAGO BAGO	Calavo Growers, me CC	30 0141113	- 00	0		U	\dashv
,	AVOMXJ HASS BAG	Calavo Growers, Inc CG	50 Grams	80	8	1	0	0
Fruit: Fresh,		25	33 3.4.110	- 55		•		\dashv
· ·	AVOCA HASS BAGR	Calavo Growers, Inc CG	50 Grams	80	8	1	0	0
Fruit: Fresh,	-	, , , ,						
	AVOMX HASS WGCF BAGR	Calavo Growers, Inc CG	50 Grams	80	8	1	0	0
Fruit: Fresh,		·						
Frozen, or Canned	AVOMX HASS BAG COSTCO	Calavo Growers, Inc CG	50 Grams	80	8	1	0	0



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Food Category	Product	Company	Serving Size	Calories*	Total Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
Fruit: Fresh,	AVONAY HASS BAS	Colour Crowser Inc. CC	50 Grams	80	0	4	0	
Fruit: Fresh,	AVOMX HASS BAG	Calavo Growers, Inc CG	50 Grams	00	8	1	U	0
,	AVOMX HASS WGCF BAGR	Calavo Growers, Inc CG	50 Grams	80	8	1	0	0
Fruit: Fresh,	AVOINA HASS WEEF BAGK	Calavo Growers, Inc CG	30 Giailis	00	0	1	U	
,	AVOMX HASS BAG 99C	Calavo Growers, Inc CG	50 Grams	80	8	1	0	0
Fruit: Fresh,								
Frozen, or Canned	AVOCA HASS BAG SF	Calavo Growers, Inc CG	50 Grams	80	8	1	0	0
Fruit: Fresh,								
	AVOCA HASS WGCF BAGR	Calavo Growers, Inc CG	50 Grams	80	8	1	0	0
Fruit: Fresh,								
,	AVOMX HASS BAGS	Calavo Growers, Inc CG	50 Grams	80	8	1	0	0
Fruit: Fresh,								
-	AVOMX HASS BAG	Calavo Growers, Inc CG	50 Grams	80	8	1	0	0
Fruit: Fresh,	AVOMX HASS WGCF BAGR	Calavo Growers, Inc CG	50 Grams	80	8	1	0	0
Fruit: Fresh,	AVOINA HASS WEEF BAGK	Calavo Growers, Inc CG	50 Grains	60	0	1	U	
,	Darling Clementines	LGS Specialty Sales LTD - LGS	148 Grams	70	0	0	0	14
Fruit: Fresh,								
Frozen, or Canned	Darling Mandarins	LGS Specialty Sales LTD - LGS	148 Grams	70	0	0	0	14
Fruit: Fresh,								
Frozen, or Canned	Darling Mandarins	LGS Specialty Sales LTD - LGS	148 Grams	70	0	0	0	14
Fruit: Fresh,								
Frozen, or Canned	Darling Clementines	LGS Specialty Sales LTD - LGS	148 Grams	70	0	0	0	14
Fruit: Fresh,			,,,		_	_	اے	
Frozen, or Canned	Organic Darling Mandarins	LGS Specialty Sales LTD - LGS	148 Grams	70	0	0	0	14
Fruit: Fresh,	Onnerie Deding Mandagine	LOCOCA - Sight Color LTD LOC	440	70	^	_		ارر
	Organic Darling Mandarins	LGS Specialty Sales LTD - LGS	148 Grams	70	0	0	0	14
Fruit: Fresh, Frozen, or Canned	Darling Oranges	LGS Specialty Sales LTD - LGS	154 Grams	70	0	0	0	14



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Food Category	Product	Company	Serving Size	Calories*	Total Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
Fruit: Fresh, Frozen, or Canned	Organic Suavo Avocado	LGS Specialty Sales LTD - LGS	50 Grams	80	8	1	0	0
Fruit: Fresh,	Organic Suavo Avocado	EGO Specialty Sales ETD - EGO	Joigianis	00		'	U	
Frozen, or Canned	Darling Mandarins	LGS Specialty Sales LTD - LGS	148 Grams	70	0	0	0	14
Fruit: Fresh,	Carming management	200 openiary cares 212 200	1 10 Grame	1.0				\dashv
Frozen, or Canned	Darling Clementines	LGS Specialty Sales LTD - LGS	148 Cups	70	0	0	0	14
Fruit: Fresh,								
Frozen, or Canned	Darling Oranges	LGS Specialty Sales LTD - LGS	154 Grams	70	0	0	0	14
Fruit: Fresh,								
Frozen, or Canned	Darling Oranges	LGS Specialty Sales LTD - LGS	154 Cups	70	0	0	0	14
Fruit: Fresh,					_			
Frozen, or Canned	Suavo Avocado	LGS Specialty Sales LTD - LGS	50 Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	Suavo Avocado	LGS Specialty Sales LTD - LGS	50 Grams	80	8	0.5	0	0
Fruit: Fresh,	- Cuavo Avocado	Loo opecially cales ETD - EGG	30 Grams	00		0.0	U	$\overline{}$
,	Organic Darling Mandarins	LGS Specialty Sales LTD - LGS	148 Grams	70	0	0	0	14
Fruit: Fresh,								
Frozen, or Canned	Suavo Avocado	LGS Specialty Sales LTD - LGS	50 Grams	80	8	1	0	0
Fruit: Fresh,								
	Organic Suavo Avocado	LGS Specialty Sales LTD - LGS	50 Grams	80	8	1	0	0
Fruit: Fresh,					_			
Frozen, or Canned	Suavo Avocado	LGS Specialty Sales LTD - LGS	50 Grams	80	8	0.5	0	0
Fruit: Fresh, Frozen, or Canned	Darling Clementines	LGS Specialty Sales LTD - LGS	148 Grams	70	0	0	0	14
Fruit: Fresh,	Danning Clementines	LGS Specially Sales LTD - LGS	140 Grains	70	0	U	U	14
Frozen, or Canned	Maglio Seedless Watermelon, ¼ slice	The Fresh Group LTD - FG	1 Cups	46	0	0	2	10
Fruit: Fresh,	<u> </u>							
,	North Bay Produce Blueberries	North Bay Produce, Inc - NB	140 Grams	80	0	0	0	14
Fruit: Fresh,	,							
Frozen, or Canned	North Bay Produce Blueberries	North Bay Produce, Inc - NB	140 Grams	80	0	0	0	14



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Food Category	Product	Company	Sei	rving Size	Calories*	Total Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
Fruit: Fresh,						-			
	North Bay Produce Blueberries	North Bay Produce, Inc - NB	140	Grams	80	0	0	0	14
Fruit: Fresh,									
	North Bay Produce Blueberries	North Bay Produce, Inc - NB	140	Grams	80	0	0	0	14
Fruit: Fresh,									
	North Bay Produce Blueberries	North Bay Produce, Inc - NB	140	Grams	80	0	0	1	14
Fruit: Fresh,									
	North Bay Produce Blackberries	North Bay Produce, Inc - NB	140	Grams	60	0.5	0	0	7
Fruit: Fresh,									
	North Bay Produce Raspberries	North Bay Produce, Inc - NB	140	Grams	70	1	0	0	6
Fruit: Fresh,									
Frozen, or Canned	North Bay Produce Raspberries	North Bay Produce, Inc - NB	140	Grams	70	1	0	0	6
Fruit: Fresh,									
Frozen, or Canned	North Bay Produce Blackberries	North Bay Produce, Inc - NB	140	Grams	60	0.5	0	0	7
Fruit: Fresh,									
Frozen, or Canned	North Bay Organic Blackberries	North Bay Produce, Inc - NB	140	Grams	60	0.5	0	0	7
Fruit: Fresh,									
Frozen, or Canned	North Bay Organic Raspberries	North Bay Produce, Inc - NB	140	Grams	70	1	0	0	6
Fruit: Fresh,									
Frozen, or Canned	North Bay Produce Honeycrisp Apples	North Bay Produce, Inc - NB	242	Grams	130	0	0	0	25
Fruit: Fresh,									
Frozen, or Canned	North Bay Produce Figs	North Bay Produce, Inc - NB	40	Grams	30	0	0	0	7
Fruit: Fresh,									
Frozen, or Canned	Blueberries	Chilean Fresh Fruit Association - CF	148	Grams	0	0	0	0	0
Fruit: Fresh,		California Avocado Commission -							
Frozen, or Canned	California Avocado	CAC	50	Grams	80	8	1	0	0
Margarines	l Can't Believe It's Not Butter Original	Upfield US Inc - UUI	14	Grams	60	6	2	90	0
Margarines	Promise Buttery Portion Cup	Upfield US Inc - UUI	5	Grams	25	2.5	0.5	40	0
Margarines	Promise Buttery	Upfield US Inc - UUI	14	Grams	60	6	2	85	0



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Food Category	Product	Company	Serving Size	Calories*	Total Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
Meat & Poultry:		, ,				0 , <u> </u>	0,	-0,
Canned or	Black Steer Brand Angus Roast Beef Top							
Processed	Round	Mrs. Ressler's Food Products - MR	56 Grams	70	1	0	360	0
Meat & Poultry:								
Canned or	Black Steer Brand Golden Roasted Breast of							
Processed	Turkey	Mrs. Ressler's Food Products - MR	56 Grams	60	0.5	0	370	1
Meat & Poultry:								
Canned or								
Processed	Bar-M Premium Reduced Sodium Roast Beef	Serv-Rite Meat Company, Inc.	56 Grams	70	1.5	0.5	350	0
Meat & Poultry:								
Canned or		Boar's Head Provisions Company,						
Processed	Boar's Head Honey Smoked Turkey Breast	Inc Boar's Head	56 Grams	70	0.5	0	480	2
Meat & Poultry:								
Canned or		Boar's Head Provisions Company,						
Processed	Boar's Head Uncured Honey Ham	Inc Boar's Head	56 Grams	60	1	0	420	1
Meat & Poultry:								
Canned or	Boar's Head Mesquite Wood Smoked Roasted							
Processed	Turkey Breast	Inc Boar's Head	56 Grams	60	1	0	440	0
Meat & Poultry:								
Canned or	Boar's Head Old Fashioned Canadian Style	Boar's Head Provisions Company,			_			
Processed	Uncured Bacon Pre-Sliced	Inc Boar's Head	56 Grams	70	2	1	480	1
Meat & Poultry:								
Canned or	Boar's Head Pastrami Seasoned Turkey	Boar's Head Provisions Company,	500		4	0	400	
Processed	Breast	Inc Boar's Head	56 Grams	60	1	0	460	0
Meat & Poultry:	Deade Head Marie Okea dillores October	Daniel Hand Daniel Communication						
Canned or	Boar's Head Maple Glazed Honey Coat Turkey		50,000	70	0.5	_	400	
Processed	Breast	Inc Boar's Head	56 Grams	70	0.5	0	480	2
Meat & Poultry:		Decade Head Dravisions Comment						
Canned or	Dearle Head Oversald Dearled Turkey Brosset	Boar's Head Provisions Company,	FG Crams		4	_	260	
Processed	Boar's Head Ovengold Roasted Turkey Breast	inc Boars Head	56 Grams	60	1	0	360	0



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Food Category	Product	Company	Ser	rving Size	Calories*	Total Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
Meat & Poultry:									
Canned or	Boar's Head Our Premium Skinless 46%	Boar's Head Provisions Company,							
Processed	Lower Sodium Oven Roasted Turkey Breast	Inc Boar's Head	56	Grams	60	1	0	360	0
Meat & Poultry:									
Canned or		Boar's Head Provisions Company,							
Processed	Boar's Head Golden Roasted Turkey Breast	Inc Boar's Head	56	Grams	60	1	0	380	0
Meat & Poultry:									
Canned or	Boar's Head Cracked Pepper Mill Smoked	Boar's Head Provisions Company,							
Processed	Turkey Breast	Inc Boar's Head	56	Grams	60	1	0	460	1
Meat & Poultry:									
Canned or	Boar's Head Rotisserie Seasoned Oven	Boar's Head Provisions Company,							
Processed	Roasted Chicken Breast	Inc Boar's Head	56	Grams	60	1	0	400	0
Meat & Poultry:									
Canned or	Boar's Head Lemon Pepper Boneless Skinless								
Processed	Roasted Chicken Breast	Inc Boar's Head	56	Grams	60	1	0	360	0
Meat & Poultry:									
Canned or	Boar's Head Londonport Top Round Seasoned								
Processed	Roast Beef	Inc Boar's Head	56	Grams	80	2.5	1	350	2
Meat & Poultry:									
Canned or	Boar's Head All American BBQ Seasoned	Boar's Head Provisions Company,							
Processed	Chicken Breast	Inc Boar's Head	56	Grams	70	1	0	370	2
Meat & Poultry:									
Canned or		Boar's Head Provisions Company,							
Processed	Boar's Head Oven Roasted Turkey Breast	Inc Boar's Head	56	Grams	50	0.5	0	360	0
Meat & Poultry:									
Canned or	Boar's Head No Salt Added Oven Roasted	Boar's Head Provisions Company,							
Processed	Turkey Breast	Inc Boar's Head	56	Grams	70	1	0	55	0
Meat & Poultry:									
Canned or	Boar's Head Blazing Buffalo Style Chicken	Boar's Head Provisions Company,							
Processed	Breast	Inc Boar's Head	56	Grams	60	1	0	460	0



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Food Category	Product	Company	Serving Size	Calories*	Total Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
Meat & Poultry:		'				0 , <u> </u>	0,	-0,
Canned or		Boar's Head Provisions Company,						
Processed	Boar's Head Honey Smoked Turkey Breast	Inc Boar's Head	56 Grams	60	1	0	420	0
Meat & Poultry:	· ·							
Canned or	Boar's Head EverRoast Oven Roasted	Boar's Head Provisions Company,						
Processed	Chicken Breast	Inc Boar's Head	56 Grams	60	1	0	440	1
Meat & Poultry:								
Canned or	Boar's Head Golden Classic 42% Lower	Boar's Head Provisions Company,						
Processed	Sodium Chicken Breast	Inc Boar's Head	56 Grams	60	1.5	0	350	0
Meat & Poultry:								
Canned or	Boar's Head Old Fashioned Canadian Style	Boar's Head Provisions Company,						
Processed	Uncured Bacon	Inc Boar's Head	56 Grams	70	2	1	480	1
Meat & Poultry:								
Canned or	H-E-B Cajun Style Seasoned Roast Beef							
Processed	Containing up to 10% Solution	H-E-B, LP - HEB	56 Grams	90	3	1	410	1
Meat & Poultry:								
Canned or						_		
Processed	H-E-B Fajita Flavored Turkey Breast	H-E-B, LP - HEB	56 Grams	50	1	0	400	1
Meat & Poultry:								
Canned or	H-E-B Fried* Turkey Breast *Cooked then					0.40	400	
Processed	Fried in Oil	H-E-B, LP - HEB	56 Grams	60	1	0.48	460	1
Meat & Poultry:								
Canned or	II E D II an an Caralta d Toulous Bas and	ILE DID LIED	50.0	70	4 -	0	400	
Processed	H-E-B Honey Smoked Turkey Breast	H-E-B, LP - HEB	56 Grams	70	1.5	0	400	3
Meat & Poultry:								
Canned or Processed	H E P Magguita Smaked Turkey Preset	L E D I D LED	56 Grams	60	4	_	420	4
	H-E-B Mesquite Smoked Turkey Breast	H-E-B, LP - HEB	SolGrams	00	ı	U	420	
Meat & Poultry: Canned or	H E B Oven Proceed Turkey Procest Dubbard							
	H-E-B Oven Roasted Turkey Breast Rubbed		56 Grams	50	1.5	^	400	0
Processed	with Seasonings	H-E-B, LP - HEB	SolGians	οU	1.0	U	400	U



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Food Category	Product	Company	Ser	ving Size	Calories*	Total Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
Meat & Poultry:						-			
Canned or	H-E-B Peppercorn Turkey Breast Coated with								
Processed	Black Pepper	H-E-B, LP - HEB	56	Grams	60	1	0	390	1
Meat & Poultry:									
Canned or	H-E-B Roast Beef Seasoned with Salt, Pepper								
Processed	& Garlic Containing up to 10% Solution	H-E-B, LP - HEB	56	Grams	90	3	1	410	2
Meat & Poultry:									
Canned or	H-E-B Rotisserie Flavored Chicken Breast								
Processed	Coated with Spices & Seasonings	H-E-B, LP - HEB	56	Grams	60	1	0	380	1
Meat & Poultry:									
Canned or	H-E-B Salsa Flavored Turkey Breast Coated								
Processed	with Spices & Seasonings	H-E-B, LP - HEB	56	Grams	50	1	0	420	1
Meat & Poultry:									
Canned or	H-E-B Select Ingredients Post Oak Smoked								
Processed	Roast Beef	H-E-B, LP - HEB	56	Grams	70	2	1	220	1
Meat & Poultry:									
Canned or	H-E-B Sun Dried Tomato Smoked Turkey								
Processed	Breast Coated with Seasonings	H-E-B, LP - HEB	56	Grams	50	1	0	370	1
Meat & Poultry:									
Canned or									
Processed	H-E-B Oven Roasted Oil Browned Chicken	H-E-B, LP - HEB	56	Grams	60	1.5	0	450	1
Meat & Poultry:									
Canned or									
Processed	H-E-B Herb & Garlic Chicken	H-E-B, LP - HEB	56	Grams	60	1	0	420	1
Meat & Poultry:									
Canned or	Member's Mark All Natural 98% Fat Free								
Processed	Premium Chunk Chicken Breast in Water	Tony Downs Foods Company - TDFC	56	Grams	50	1	0	240	0
Meat & Poultry:									
Canned or	Member's Mark All Natural 98% Fat Free								
Processed	Premium Chunk Chicken Breast in Water	Tony Downs Foods Company - TDFC	84	Grams	90	1.5	0	360	0



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Food Category	Product	Company	Ser	ving Size	Calories*	Total Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
Meat & Poultry:	Member's Mark All Natural 98% Fat Free					•	<u> </u>		
Canned or	Premium Chunk Chicken Breast in Water 3.25								
Processed	oz	Tony Downs Foods Company - TDFC	84	Grams	80	1.5	0	320	0
Meat & Poultry:									
Canned or	Member's Mark All Natural 98% Fat Free								
Processed	Premium Chunk Chicken Breast in Water	Tony Downs Foods Company - TDFC	84	Grams	90	1.5	0	360	0
Meat & Poultry:									
Canned or									
Processed	Prima Della Garlic & Herb Chicken Breast	Cargill Meat Solutions - Deli Mea	56	Grams	50	1	0	450	0
Meat & Poultry:									
Canned or									
Processed	Prima Della Lower Sodium Turkey Breast	Cargill Meat Solutions - Deli Mea	56	Grams	60	1.5	0	370	0
Meat & Poultry:									
Canned or									
Processed	Lunch Mate Oven Roasted Turkey Breast	Carl Buddig & Company - Carl Buddig	56	Grams	50	1	0.5	460	1
Meat & Poultry:									
Canned or	l								
Processed	Lunch Mate Smoked Honey Uncured Ham	Carl Buddig & Company - Carl Buddig	56	Grams	70	1.5	1	390	3
Meat & Poultry:									
Fresh, Frozen, or	O . M. S. L. E L. D L. T L. L	Out W. Cald Early In the English David	440		400		4.5	00	
Cooked	Smithfield Fresh Pork Tenderloin	Smithfield Foods, Inc Fresh Pork	112	Grams	130	4	1.5	60	0
Meat & Poultry:									
Fresh, Frozen, or Cooked	Smithfield Boneless Pork Sirloin Roast	Smithfield Foods Inc. Fresh Darle	110	Grams	140	<i>1</i> E	1 5	60	
Meat & Poultry:	Similined Doneless Pork Sinoin Roast	Smithfield Foods, Inc Fresh Pork	112	Gianis	140	4.5	1.5	60	0
Fresh, Frozen, or									
Cooked	Smithfield Fresh Pork Tenderloin	Smithfield Foods, Inc Fresh Pork	110	Grams	130	4	1.5	60	0
Meat & Poultry:	Official Figure 1 Color 1 Charles I Color	omaniciu roous, inc riesii roik	112	Giailis	130	4	1.0	00	U
Fresh, Frozen, or									
Cooked	Smithfield Fresh Pork Tenderloin	Smithfield Foods, Inc Fresh Pork	112	Grams	130	4	1.5	60	0



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Food Category	Product	Company	Ser	ving Size	Calories*	Total Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
Meat & Poultry:		. 9				•	<u></u>		
Fresh, Frozen, or									
Cooked	Swift Premium Pork Tenderloin (1 piece)	JBS USA, LLC - Swift	112	Grams	130	4	1.5	60	0
Meat & Poultry:									
Fresh, Frozen, or	Kirkland Signature Swift Premium Pork Sirloin								
Cooked	Tip Roast	JBS USA, LLC - Swift	112	Grams	100	2	0.5	270	0
Meat & Poultry:									
Fresh, Frozen, or									
Cooked	Swift Premium Pork Tenderloin (2 pieces)	JBS USA, LLC - Swift	112	Grams	130	4	1.5	60	0
Meat & Poultry:									
Fresh, Frozen, or	Kirkland Signature Fresh Boneless & Skinless			_					
Cooked	Chicken Breasts	Lincoln Premium Poultry - LP	112	Grams	110	1	0	75	0
Meat & Poultry:									
Fresh, Frozen, or	Kirkland Signature Fresh Boneless & Skinless						_		_
Cooked	Chicken Tenderloins	Lincoln Premium Poultry - LP	112	Grams	110	0.5	0	45	0
Meat & Poultry:									
Fresh, Frozen, or	Albertsons Signature Farms 96% Lean 4% Fat		440				_		
Cooked	Ground Beef	Interstate Meat Dist., Inc.	112	Grams	150	4.5	2	70	0
Meat & Poultry:									
Fresh, Frozen, or	Walmart 96/4 All Natural Extra Lean Ground		440			4.5		70	
Cooked	Beef	Interstate Meat Dist., Inc.	112	Grams	140	4.5	2	70	0
Meat & Poultry:	OCOV Loop 40/ Fet All Noting Fixture Loop								
Fresh, Frozen, or Cooked	96% Lean 4% Fat All Natural Extra Lean	Interestate Moet Diet Inc	440	Grams	150	<i>1</i> E	2	75	
Meat & Poultry:	Ground Beef	Interstate Meat Dist., Inc.	112	Grains	150	4.5	2	75	0
Fresh, Frozen, or	96% Lean 4% Fat All Natural Extra Lean								
Cooked	Ground Beef	Interstate Meat Dist., Inc.	112	Grams	150	4.5	2	75	0
Meat & Poultry:	Ground Beer	ווונכו זומנב ועובמו ביוזונ., ווונ.	112	Giailis	130	4.5		73	U
Fresh, Frozen, or		Meyer Foods Group LLC dba Meyer							
Cooked	Laura's Lean Beef 96% Lean 4%Fat	Natural Foods	112	Grams	0	5	2	75	0
COOKEU	Laura 3 Learr Deer 30 /0 Learr 4 /01 at	Ivaturar i 0003	112	Giailia	U	5		13	U



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Food Category	Product	Company	Ser	ving Size	Calories*	Fotal Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
Meat & Poultry:					<u> </u>	_	0, 0	0,	
Fresh, Frozen, or		Meyer Foods Group LLC dba Meyer							
Cooked	Laura's Lean Beef 96% Lean 4%Fat	Natural Foods	112	Grams	150	5	2	75	0
Meat & Poultry:								•	
Fresh, Frozen, or	Certified Piedmontese Ground Beef 96% Lean								
Cooked	4% Fat	Great Plains Beef LLC - GPB	113	Grams	130	3.5	1.5	45	0
Meat & Poultry:									
Fresh, Frozen, or	Kirkland Organic Chicken Breasts Boneless &								
Cooked	Skinless, Air Chilled	Foster Poultry Farms - Foster Farms	112	Grams	110	1.5	0	85	0
Meat & Poultry:									
Fresh, Frozen, or	Kirkland Signature/Foster Farms Fresh 99%								
Cooked	Fat Free Boneless & Skinless Breast Fillets	Foster Poultry Farms - Foster Farms	112	Grams	120	1.5	0.37	75	0
Meat & Poultry:									
Fresh, Frozen, or	Tyson All Natural Boneless Fresh Pork Sirloin	Tyson Sales & Distribution, Inc Sara							_
Cooked	Roast	Lee	112	Grams	150	4.5	1.5	70	0
Meat & Poultry:		_							
Fresh, Frozen, or	Tyson All Natural Two-Pack Boneless Fresh	Tyson Sales & Distribution, Inc Sara	440		400		4 -		
Cooked	Pork Tenderloins	Lee	112	Grams	130	4	1.5	60	0
Meat & Poultry:		Town Cales & Bistollarian Inc. Com							
Fresh, Frozen, or	Chairman's Reserve Premium Pork Tenderloin	Tyson Sales & Distribution, Inc Sara	440	Cuana	120	4	4 5	60	
Cooked Meat & Poultry:	Chairman's Reserve Premium Pork Tenderioin	Lee	112	Grams	130	4	1.5	60	0
Fresh, Frozen, or		Tyson Sales & Distribution, Inc Sara							
Cooked	Chairman's Reserve Prime Pork Tenderloin	Lee	112	Grams	130	4	1.5	60	0
Meat & Poultry:	Chairman's Neserve Filme Fork Tendenoin	Lee	112	Giailis	130	4	1.5	00	
Fresh, Frozen, or		Tyson Sales & Distribution, Inc Sara							
Cooked	Supreme Lean Fresh Pork Tenderloin	Lee	112	Grams	130	4	1.5	60	0
Meat & Poultry:	Capronic Lean Fredit For Forderion		112	Cianis	100		1.5	00	\dashv
Fresh, Frozen, or									
Cooked	Aldi Extra Lean Ground Beef 96% Lean 4% Fat	Cargill Meat Solutions - Beef	112	Grams	150	4.5	1.5	65	0



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Food Category	Product	Company	Ser	ving Size	Calories*	Fotal Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
Meat & Poultry:		y		9		_	6	0,	<u></u>
Fresh, Frozen, or	Walmart 96/4 All Natural Extra Lean Ground								
Cooked	Beef	Cargill Meat Solutions - Beef	112	Grams	0	4.5	1.5	65	0
Meat & Poultry:		Ü							
Fresh, Frozen, or	Harris Teeter Rancher Tender Verified 96/4								
Cooked	Extra Lean Ground Beef	Cargill Meat Solutions - Beef	112	Grams	150	4.5	1.5	65	0
Meat & Poultry:									
Fresh, Frozen, or	Randall Farms All Natural Boneless Skinless								
Cooked	Chicken Breast with Rib Meat	Randall Foods, Inc Randall	112	Grams	120	1.5	0	75	0
Meat & Poultry:									
Fresh, Frozen, or	Murray's All Natural Boneless & Skinless	Murray's Free Roaming Chicken, Inc							
Cooked	Chicken Breasts	Murray's	112	Grams	120	1.5	0	75	0
Meat & Poultry:									
Fresh, Frozen, or	Meijer Extra Lean Ground Beef 96% Lean 4%						_		
Cooked	Fat	JBS USA, LLC - Beef	112	Grams	140	4.5	2	75	0
Meat & Poultry:	1000/ 5 5 / 1 0 15 / 600/ 1								
Fresh, Frozen, or	100% Pure Extra Lean Ground Beef 96% Lean		440		440	4.5	0	7.	
Cooked	4% Fat	JBS USA, LLC - Beef	112	Grams	140	4.5	2	75	0
Meat & Poultry:	100% Pure Extra Lean Ground Beef 96% Lean								
Fresh, Frozen, or Cooked	4% Fat Hy-Vee	JBS USA, LLC - Beef	110	Grams	140	4.5	2	75	0
Meat & Poultry:	4 % Fat hy-vee	JBS USA, LLC - Beel	112	Gianis	140	4.5		75	
Fresh, Frozen, or		National Cattlemen's Beef							
Cooked	Extra Lean Ground Beef 96% Lean 4% Fat	Association - NCBA	112	Grams	140	4.5	1.79	75	0
Meat & Poultry:	Extra Ecan Ground Beer 90 /0 Eean 4 /0 1 at	ASSOCIATION - NODA	112	Grains	140	7.0	1.79	, 3	\dashv
Fresh, Frozen, or	Schnuck's Natural 99% Fat Free Boneless,								
Cooked	Skinless Chicken Breast Fillets	Sanderson Farms, Inc SF	112	Grams	110	1	0	50	0
Meat & Poultry:		Canacion i anno, moi		J. 41110		•			\dashv
Fresh, Frozen, or	Schnuck's Natural 99% Fat Free Clipped								
Cooked	Chicken Breast Tenderloins	Sanderson Farms, Inc SF	112	Grams	110	1	0	55	0



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Food Category	Product	Company	Ser	ving Size	Calories*	Total Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
Meat & Poultry:									
Fresh, Frozen, or	Schnuck's Natural 99% Fat Free Thin Sliced								
Cooked	Boneless Skinless Chicken Breast Fillet	Sanderson Farms, Inc SF	112	Grams	110	1	0	50	0
Meat & Poultry:									
Fresh, Frozen, or	Kirkland Signature Boneless Skinless Chicken								
Cooked	Breast 99% Fat Free	Pilgrim's Pride, Inc PPI	112	Grams	110	1	0	75	0
Meat & Poultry:									
Fresh, Frozen, or	Kirkland Signature Organic Boneless Skinless								
Cooked	Chicken Tenderloins 99% Fat Free	Pilgrim's Pride, Inc PPI	112	Grams	110	0.5	0	45	0
Meat & Poultry:									
Fresh, Frozen, or	Kirkland Signature Organic Boneless Skinless								
Cooked	Chicken Breast 99% Fat Free	Pilgrim's Pride, Inc PPI	112	Grams	110	1	0	75	0
Meat & Poultry:									
Fresh, Frozen, or	Kirkland Signature Boneless Skinless Chicken								
Cooked	Tenderloins Fat Free	Pilgrim's Pride, Inc PPI	112	Grams	110	0.5	0	45	0
Meat & Poultry:									
Fresh, Frozen, or									
Cooked	Boneless Pork Sirloin Roast (Solution Added)	National Pork Board - NPB	112	Grams	120	4	1.5	260	0
Meat & Poultry:									
Fresh, Frozen, or		l							ا _ا
Cooked	Pork Tenderloin	National Pork Board - NPB	112	Grams	130	4	1.5	55	0
Meat & Poultry:									
Fresh, Frozen, or		N (440		400	_		7.0	
Cooked	Natural Boneless Pork Sirloin Roast	National Pork Board - NPB	112	Grams	130	3	1	70	0
Meat & Poultry:	All arts are 0's art are 5	T O. I O Di / ii . ii I							
Fresh, Frozen, or	Albertsons Signature Farms 9% Lean 4% Fat	Tyson Sales & Distribution, Inc. –	440			4 -		7.	
Cooked	Ground Beef	Case Ready Beef	112	Grams	140	4.5	2	75	0
Meat & Poultry:		Town Oak a R Diskillation I							
Fresh, Frozen, or	ALL Establish Control B = 1000/ L = 10/ E +	Tyson Sales & Distribution, Inc. –	440			4 -		7.	
Cooked	Aldi Extra Lean Ground Beef 96% Lean 4% Fat	Case Ready Beet	112	Grams	140	4.5	2	75	0



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Food Category	Product	Company	Ser	ving Size	Calories*	Total Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
Meat & Poultry:									
Fresh, Frozen, or		Tyson Sales & Distribution, Inc. –							
Cooked	Food Lion 96% Lean 4% Fat Ground Beef	Case Ready Beef	112	Grams	130	4	1.5	50	0
Meat & Poultry:									
Fresh, Frozen, or	96/4 All Natural Extra Lean Ground Beef	Tyson Sales & Distribution, Inc. –							
Cooked	(Tyson Fresh Meats)	Case Ready Beef	112	Grams	140	4.5	2	75	0
Meat & Poultry:									
Fresh, Frozen, or	96/4 All Natural Extra Lean Ground Beef	Tyson Sales & Distribution, Inc. –							
Cooked	(Tyson Fresh Meats)	Case Ready Beef	4	Ounces	140	4.5	2	75	0
Meat & Poultry:									
Fresh, Frozen, or	Walmart 96% Lean 4% Fat All Natural Extra	Tyson Sales & Distribution, Inc. –							
Cooked	Lean Ground Beef	Case Ready Beef	112	Grams	140	4.5	2	75	0
Meat & Poultry:									
Fresh, Frozen, or	Moran's 100% Ground Beef 96 % Lean 4% Fat								
Cooked	Patties	CLW Foods LLC	112	Grams	140	4.5	2	75	0
Meat & Poultry:									
Fresh, Frozen, or	Stater Bros. 100% Pure Ground Beef 96%								
Cooked	Lean 4% Fat	CLW Foods LLC	112	Grams	140	4.5	2	75	0
Meat & Poultry:									
Fresh, Frozen, or	Farm to Table 96% Lean Ground Beef Sirloin								
Cooked	(2lb)	Schuster Meat Corp.	112	Grams	150	4	2	75	0
Meat & Poultry:									
Fresh, Frozen, or	Farmer's Table 96% Lean Ground Beef with								
Cooked	Sirloin	Schuster Meat Corp.	113	Grams	150	4	2	75	0
Meat & Poultry:									
Fresh, Frozen, or	Albertsons Signature Farms 96% Lean 4% Fat								
Cooked	Ground Beef	Jobbers Meat Packing CO. INC	112	Grams	130	4	1.5	60	0
Meat & Poultry:									
Fresh, Frozen, or	Albertsons Signature Farms 96% Lean 4% Fat								
Cooked	Ground Beef Patties	Jobbers Meat Packing CO. INC	112	Grams	0	4	1.5	50	0



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Food Category	Product	Company	Sor	ving Size	Calories*	Fotal Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
Meat & Poultry:	rioduct	Company	361	Villy Size	J	Ĕ	Š	Š	S
Fresh, Frozen, or									
Cooked	First Street Ground Beef (96% Lean)	Jobbers Meat Packing CO. INC	112	Grams	150	4.5	1.5	60	0
Meat & Poultry:	I not offeet Ground Beer (00% Esan)	Coppers Weat Facking CC. 1140	112	Oranio	100	7.0	1.0	- 00	\dashv
Fresh, Frozen, or									
Cooked	WM 100% Ground Beef	Jobbers Meat Packing CO. INC	112	Grams	150	4.5	1.5	60	0
Meat & Poultry:		ÿ							
Fresh, Frozen, or									ı
Cooked	WM 100% Ground Beef Patty	Jobbers Meat Packing CO. INC	112	Grams	150	4.5	1.5	60	0
Meat & Poultry:									
Fresh, Frozen, or	Albertsons Signature Farms 96% Lean 4% Fat								
Cooked	Ground Beef	AVA Companies	112	Grams	150	4	1.5	65	0
Meat & Poultry:									
Fresh, Frozen, or	Kirkland Organic Chicken Breasts, Boneless								
Cooked	and Skinless	Shenandoah Valley Organic	112	Grams	110	1	0	75	0
Meat & Poultry:									1
Fresh, Frozen, or	Kirkland Organic Chicken Tenderloins,			_			_		_
Cooked	Boneless and Skinless	Shenandoah Valley Organic		Grams	110				0
Not Available	Kirkland Signature Heart Healthy Mixed Nuts	Costco Wholesale Corporation - CW	30	Grams	200	17	1.5	0	1
Not Available	Diamond Foods Chopped Walnuts (Rosemary Extract)	Diamond Foods LLC - DF	20	Grams	200	19	2	0	_
Not Available	Diamond Foods Chopped Pecans	Diamond Foods LLC - DF		Grams	210	22	2	0	0 1
Not Available	Diamond Foods Chopped Hazelnuts	Diamond Foods LLC - DF		Grams	190	18		0	-
Nuts or Seeds	Diamond Foods Sliced Almonds	Diamond Foods LLC - DF		Grams	170	15		0	
Nuts or Seeds	Diamond Foods Chopped Pecans	Diamond Foods LLC - DF		Grams	210	22		0	
Nuts or Seeds	Diamond Foods Sliced Almonds	Diamond Foods LLC - DF		Grams	170	15		0	
Nuts or Seeds	Diamond Foods Chopped Hazelnuts	Diamond Foods LLC - DF		Grams	190	18		0	
	Diamond Foods Finely Diced Walnuts		- 50	2.4					
Nuts or Seeds	(Rosemary Extract)	Diamond Foods LLC - DF	30	Grams	200	20	2	0	1
Nuts or Seeds	Diamond Foods Black Walnuts	Diamond Foods LLC - DF		Grams	190	18	1	0	0



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Food Category	Product	Company	Ser	rving Size	Calories*	Fotal Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
. con category	Diamond Foods Shelled Walnuts (Rosemary				+ -	L	S	S	S
Nuts or Seeds	Extract)	Diamond Foods LLC - DF	30	Grams	200	20	2	0	1
	Diamond Foods California Organic Shelled								
Nuts or Seeds	Walnuts	Diamond Foods LLC - DF	30	Grams	200	20	2	0	1
Nuts or Seeds	Georgia Premium Pecan Pieces	Georgia Pecan Growers Assoc GP	28	Grams	200	20	2	0	0
Nuts or Seeds	Georgia Premium Pecan Halves	Georgia Pecan Growers Assoc GP	28	Grams	200	20			0
Nuts or Seeds	Pecan Halves	York Pecan Co - YP	28	Grams	190	20		0	1
Nuts or Seeds	Pecan Pieces	York Pecan Co - YP	28	Grams	190	20	1.5	0	1
Nuts or Seeds	Unsalted Pistachios	American Pistachio Growers - APG	28	Grams	160	13	1.5	0	2
Nuts or Seeds	Salted Pistachios	American Pistachio Growers - APG	28	Grams	160	13		120	2
Nuts or Seeds	Diamond Foods Finely Diced Pecans	Diamond Foods LLC - DF	30	Grams	210	22	2	0	1
Nuts or Seeds	Diamond Foods Chopped Pecans	Diamond Foods LLC - DF	30	Grams	210	22	2		1
Nuts or Seeds	Diamond Foods Pine Nuts	Diamond Foods LLC - DF	30	Grams	200	21	1.5	0	1
Nuts or Seeds	Diamond Foods Pecan Halves	Diamond Foods LLC - DF	30	Grams	210	22			1
Nuts or Seeds	Diamond Foods Macadamia Halves & Pieces	Diamond Foods LLC - DF	30	Grams	220	23	3.5	0	1
Nuts or Seeds	Diamond Foods Finely Diced Walnuts (Rosemary Extract) Diamond Foods California Shelled Walnuts	Diamond Foods LLC - DF	30	Grams	200	20	2	0	1
Nuts or Seeds	(Rosemary Extract)	Diamond Foods LLC - DF		Grams	200	20		0	
Nuts or Seeds	Diamond Foods Chopped Pecans	Diamond Foods LLC - DF		Grams	210	22			
Nuts or Seeds	Diamond Foods Whole Almonds	Diamond Foods LLC - DF		Grams	170	15			
Nuts or Seeds	Diamond Foods Pecan Halves	Diamond Foods LLC - DF		Grams	4	22			
Nuts or Seeds	Diamond Foods Whole Almonds	Diamond Foods LLC - DF		Grams	170	15		0	1
Nuts or Seeds	Diamond Foods Slivered Almonds	Diamond Foods LLC - DF	30	Grams	180	16	1	5	1
	Diamond Foods Chopped Walnuts (Rosemary								
Nuts or Seeds	Extract)	Diamond Foods LLC - DF		Grams	200			0	1
Nuts or Seeds	Diamond Foods Chopped Walnuts	Diamond Foods LLC - DF		Grams	200	20			
Nuts or Seeds	Diamond Foods Whole Almonds	Diamond Foods LLC - DF	30	Grams	170	15	1	0	1



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Food Category	Product	Company	Ser	ving Size	Calories*	Total Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
Nuts or Seeds	Diamond Foods Whole Almonds	Diamond Foods LLC - DF		Ounces	0	<u>⊢</u> 15		<u>S</u>	<u></u>
Nuts or Seeds	Diamond Foods Sliced Almonds	Diamond Foods LLC - DF		Ounces	0	15		0	-
Nuts or Seeds	Diamond Foods Shelled Walnuts	Diamond Foods LLC - DF		Ounces	0	0		_	0
Nuts or Seeds	Diamond Foods Shelled Walnuts	Diamond Foods LLC - DF		Ounces	0	20	2	•	$\frac{3}{1}$
	Diamond Foods Shelled Walnuts (Rosemary			0 0			_		
Nuts or Seeds	Extract)	Diamond Foods LLC - DF	30	Ounces	0	20	2	0	1
Nuts or Seeds	Diamond Foods Pecan Halves	Diamond Foods LLC - DF		Ounces	0	22	2	0	1
	Diamond Foods Finely Diced Walnuts								
Nuts or Seeds	(Rosemary Extract)	Diamond Foods LLC - DF	30	Ounces	0	20	2	0	1
	Diamond Foods Chopped Walnuts (Rosemary								
Nuts or Seeds	Extract)	Diamond Foods LLC - DF	30	Ounces	0	0	0	0	0
	Diamond Foods Chopped Walnuts (Rosemary								
Nuts or Seeds	Extract)	Diamond Foods LLC - DF	30	Ounces	0	20	2	0	1
Nuts or Seeds	Diamond Foods Chopped Pecans	Diamond Foods LLC - DF	30	Ounces	0	22	2		1
Nuts or Seeds	Diamond Foods Finely Diced Pecans	Diamond Foods LLC - DF	30	Grams	210	22	2	0	1
	Diamond Foods Shelled Walnuts (Rosemary								
Nuts or Seeds	Extract)	Diamond Foods LLC - DF	30	Grams	200	20	2	0	1
Nuts or Seeds	Diamond Foods Slivered Almonds	Diamond Foods LLC - DF	30	Grams	180	16	1	0	1
Nuts or Seeds	Diamond Foods Pecan Halves	Diamond Foods LLC - DF	30	Grams	210	22	2	0	1
	Diamond Foods California Shelled Walnuts								
Nuts or Seeds	(Rosemary Extract)	Diamond Foods LLC - DF	30	Grams	200	20	2	0	1
	Diamond Foods Shelled Walnuts (Rosemary								
Nuts or Seeds	Extract)	Diamond Foods LLC - DF		Grams	200	20	2	0	1
Nuts or Seeds	Diamond Foods Shelled Pecans	Diamond Foods LLC - DF		Grams	210	22	2		1
Nuts or Seeds	Hubs Home Cooked Salted Virginia Peanuts	Hubbard Peanut Company, INC		Grams	180	14			1
Nuts or Seeds	Hubs Home Cooked Salted Virginia Peanuts	Hubbard Peanut Company, INC		Grams	180	14	2		1
Nuts or Seeds	Hubs Home Cooked Salted Virginia Peanuts	Hubbard Peanut Company, INC		Grams	180	14	2		1
Nuts or Seeds	Hubs Home Cooked Salted Virginia Peanuts	Hubbard Peanut Company, INC		Grams	180	14	2		1
Nuts or Seeds	Hubs Home Cooked Salted Virginia Peanuts	Hubbard Peanut Company, INC		Grams	180	14	2		1
Nuts or Seeds	Gold Emblem Abound Raw Natural Almonds	Nichols Pistachio - NF	1	Ounces	170	14	1	0	1



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Food Category	Product	Company	Sor	udna Sizo	Calories*	Fotal Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
rood Category	Gold Emblem Organic Pistachio Kernels Light	Company	Sei	ving Size	ŭ	<u> </u>	S S	Š	<u>\S</u>
Nuts or Seeds	Sea Salt	Nichols Pistachio - NF	28	Grams	170	14	1.5	80	2
14dt3 of Occus	Gold Emblem Abound Unsalted Pistachio &	THORIOS FISICINO - IVI	20	Oranis	170	- 17	1.0	00	
Nuts or Seeds	Almond Blend	Nichols Pistachio - NF	28	Grams	170	14	1	0	. 1
Nuts or Seeds	Gold Emblem Abound Unsalted Pistachios	Nichols Pistachio - NF		Grams	170	14	1.5	-	2
Nuts or Seeds	Gold Emblem Lightly Salted Pistachios	Nichols Pistachio - NF		Grams	170	14			2
Nuts or Seeds	Gold Emblem Abound Organic Pistachios	Nichols Pistachio - NF		Grams	170	14			2
Nuts or Seeds	Gold Emblem Pistachio Kernels Light Sea Salt			Grams	170	14			2
Nuts or Seeds	Gold Emblem Abound Raw Natural Almonds	Nichols Pistachio - NF	28	Grams	170	14	1	0	1
	Gold Emblem Abound Unsalted Pistachio								
Nuts or Seeds	Kernels	Nichols Pistachio - NF	28	Grams	170	14	1.5	0	2
Nuts or Seeds	Gold Emblem Lightly Salted Roasted Almonds	Nichols Pistachio - NF	28	Grams	170	14	1	40	1
Nuts or Seeds	Gold Emblem Abound Raw Natural Almonds	Nichols Pistachio - NF	28	Grams	170	14	1	0	1
Nuts or Seeds	Gold Emblem Lightly Salted Pistachios	Nichols Pistachio - NF	1	Ounces	170	14	1.5		2
Nuts or Seeds	Gold Emblem Lightly Salted Pistachios	Nichols Pistachio - NF	1	Ounces	170	14	1.5	80	2
Nuts or Seeds	Gold Emblem Pistachio Kernels Light Sea Salt	Nichols Pistachio - NF	1	Ounces	170	14	1.5	80	2
Nuts or Seeds	California Grown Chopped Walnuts	Poindexter Nut Company - PNC	28	Grams	200	18		1	1
Nuts or Seeds	California Grown Chopped Walnuts	Poindexter Nut Company - PNC	28	Grams	200	18	1.5	1	1
	Walnuts Organic Halves & Pieces California								
Nuts or Seeds	Grown	Poindexter Nut Company - PNC		Grams	190	18			1
Nuts or Seeds	California Grown Shelled Walnuts	Poindexter Nut Company - PNC		Grams	200	18			1
Nuts or Seeds	California Grown Shelled Walnuts	Poindexter Nut Company - PNC	28	Grams	190	18	1.5	0	1
	Walnuts Organic Halves & Pieces California								
Nuts or Seeds	Grown	Poindexter Nut Company - PNC		Grams	200	18			1
Nuts or Seeds	Whitley's Salted Virginia Peanuts	Whitley's Peanut Factory - WP		Cups	140	10			1
Nuts or Seeds	Whitley's Salted Virginia Peanuts	Whitley's Peanut Factory - WP		Cups	140	10			1
Nuts or Seeds	Whitley's Salted Virginia Peanuts	Whitley's Peanut Factory - WP		Grams	140	10		80	1
Nuts or Seeds	Whitley's Salted Virginia Peanuts	Whitley's Peanut Factory - WP		Cups	140	10		80	1
Nuts or Seeds	Whitley's Salted Virginia Peanuts	Whitley's Peanut Factory - WP		Grams	140	10		80	1
Nuts or Seeds	Whitley's Unsalted Virginia Peanuts	Whitley's Peanut Factory - WP	30	Grams	140	10	2	0	1



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Food Category	Product	Company	Sou	rving Size	Calories*	Total Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
Nuts or Seeds	Whitley's Unsalted Virginia Peanuts	Whitley's Peanut Factory - WP		Grams	140	<u>–</u> 10		ر <u>ب</u>	<u> </u>
Nuts or Seeds	Whitley's Unsalted Virginia Peanuts	Whitley's Peanut Factory - WP		Grams	140	10		-	
Nuts or Seeds	Whitley's Salted Virginia Peanuts	Whitley's Peanut Factory - WP		Cups	140	10			
Nuts or Seeds	Whitley's Salted Virginia Peanuts	Whitley's Peanut Factory - WP		Cups	140	10		80	
Nuts or Seeds	Whitley's Unsalted Virginia Peanuts	Whitley's Peanut Factory - WP		Grams	140	10			
Nuts or Seeds	American Pecan	American Pecan Council - APC		Grams	200	20			
Nuts or Seeds	Almonds, Sliced	Almond Board of California - ABC		Grams	160	14		5	
Nuts or Seeds	Almonds, Blanched	Almond Board of California - ABC		Grams	160	15		5	
Nuts or Seeds	Almonds, Dry Roasted, salt added	Almond Board of California - ABC		Grams	170	15		65	
Nuts or Seeds	Almonds, Dry Roasted, no salt added	Almond Board of California - ABC		Grams	170	15		1	
Tuto or occus	Almonds, Dry Roasted, no salt added (Snack	/ Interior Board of Galilottila / IBO	20	Oranio	170	10		- '	
Nuts or Seeds	Pack)	Almond Board of California - ABC	28	Grams	170	15	1	0	1
Nuts or Seeds	Almonds, Whole Natural	Almond Board of California - ABC		Grams	160	14		5	1
Nuts or Seeds	Almonds, Slivered	Almond Board of California - ABC	_	Grams	160	14		5	1
		Setton Pistachio of Terra Bella Inc							
Nuts or Seeds	Setton Farms Raw Shelled Pistachios No Salt	SP	30	Grams	170	14	1.5	0	2
		Setton Pistachio of Terra Bella Inc							
Nuts or Seeds	Setton Farms Raw Shelled Pistachios No Salt	SP	30	Grams	0	14	1.5	0	2
		Setton Pistachio of Terra Bella Inc							
Nuts or Seeds	Setton Farms Garlic Onion Pistachio Kernels	SP	30	Grams	170	14	1.5	135	2
		Setton Pistachio of Terra Bella Inc							-
Nuts or Seeds	Setton Farms Garlic Onion Inshell Pistachios	SP	30	Grams	170	14	1.5	135	2
		Setton Pistachio of Terra Bella Inc							
Nuts or Seeds	Setton Farms Jalapeno Inshell Pistachios	SP	30	Grams	170	14	1.5	135	2
	·	Setton Pistachio of Terra Bella Inc							
Nuts or Seeds	Setton Farms Jalapeno Pistachio Kernels	SP	30	Grams	170	14	1.5	135	2
	Setton Farms Premium California Dry Roasted	Setton Pistachio of Terra Bella Inc							
Nuts or Seeds	Lightly Salted Pistachios	SP	30	Grams	170	14	1.5	65	2
	Setton Farms Premium California Dry Roasted	Setton Pistachio of Terra Bella Inc							
Nuts or Seeds	with Sea Salt Pistachios	SP	30	Grams	170	14	1.5	135	2



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Food Category	Product	Company	Serving Size	Calories*	Total Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
Took category	Setton Farms Premium California Dry Roasted	Setton Pistachio of Terra Bella Inc	Serving Size	٥	<u> </u>	Š	Š	S
Nuts or Seeds	with Sea Salt Pistachios	SP	30 Grams	170	14	1.5	135	2
Nuts or Seeds	Southern Grove Roasted & Salted Pistachios (In-Shell)	Setton Pistachio of Terra Bella Inc SP	21 Grams	120	9	1.5	80	2
	Setton Farms Premium California Dry Roasted	Setton Pistachio of Terra Bella Inc						
Nuts or Seeds	with Sea Salt Pistachios	SP	30 Grams	170	13	1.5	115	2
Nuts or Seeds	Setton Farms Premium California Dry Roasted with Sea Salt Pistachios	SP	30 Grams	170	14	1.5	135	2
Nuts or Seeds	Setton Farms Premium California Dry Roasted with Sea Salt Pistachios	SP	14 Grams	80	6	1	65	0
Nuts or Seeds	Setton Farms Premium California Dry Roasted with Sea Salt Pistachios	SP	30 Grams	170	14	1.5	135	2
Nuts or Seeds	Setton Farms Premium California Dry Roasted with Sea Salt Pistachios	SP	30 Grams	170	14	1.5	135	2
Nuts or Seeds	Setton Farms Premium California Dry Roasted with Sea Salt Pistachios	Setton Pistachio of Terra Bella Inc SP	17 Grams	170	13	1	115	2
Nuts or Seeds	Southern Grove Roasted & Salted Pistachios (In-Shell)	Setton Pistachio of Terra Bella Inc SP	30 Grams	170	14	1.5	135	2
Nuts or Seeds	Setton Farms Premium California Shelled Pistachios Dry Roasted with Sea Salt	Setton Pistachio of Terra Bella Inc SP	30 Grams	170	14	1.5	135	2
Nuts or Seeds	Setton Farms Premium California Shelled Pistachios Dry Roasted with Sea Salt	Setton Pistachio of Terra Bella Inc SP	30 Grams	170	14	1.5	135	2
Nuts or Seeds	Setton Farms Premium California Pistachios Roasted No Salt	Setton Pistachio of Terra Bella Inc SP	30 Grams	170	14	1.5	0	2
Nuts or Seeds	Setton Farms Premium California Pistachios Roasted No Salt	Setton Pistachio of Terra Bella Inc SP	30 Grams	170	14	1.5	0	2
Nuts or Seeds	Setton Farms Premium California Pistachios Roasted No Salt	Setton Pistachio of Terra Bella Inc SP	30 Grams	170	14	1.5	0	2
Nuts or Seeds	Setton Farms Premium California Pistachios Roasted No Salt	Setton Pistachio of Terra Bella Inc SP	30 Grams	170	14	1.5	0	2



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Food Category	Product	Company	Sou	ving Size	Calories*	Fotal Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
Took category	rioddet	Setton Pistachio of Terra Bella Inc	361	Villy Size	0	<u> </u>	S	S	S
Nuts or Seeds	Setton Farms Jalapeno Pistachio Kernels	SP	30	Grams	170	14	1.5	135	2
	·	Setton Pistachio of Terra Bella Inc							
Nuts or Seeds	Setton Farms Garlic Onion Pistachio Kernels	SP	30	Grams	170	14	1.5	135	2
	Setton Farms Dry Roasted Chili Limon	Setton Pistachio of Terra Bella Inc							
Nuts or Seeds	Pistachios In Shell	SP	30	Grams	0	14	1.5	135	2
Nuts or Seeds	Hampton Farms Unsalted Roasted Peanuts	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	30	Grams	170	15	2	0	1
		Severn Peanut Company, Inc. DBA							
Nuts or Seeds	Hampton Farms Unsalted Roasted Peanuts	Hampton Farms - SHF	30	Grams	170	15	2	0	1
	Hampton Farms Jumbo Unsalted Roasted	Severn Peanut Company, Inc. DBA							
Nuts or Seeds	Peanuts	Hampton Farms - SHF	30	Grams	170	15	2	0	1
	Hampton Farms Jumbo Unsalted Roasted	Severn Peanut Company, Inc. DBA							
Nuts or Seeds	Peanuts	Hampton Farms - SHF	30	Grams	170	15	2	0	1
	Hampton Farms Jumbo Unsalted Roasted	Severn Peanut Company, Inc. DBA		_			_	_	
Nuts or Seeds	Peanuts	Hampton Farms - SHF	30	Grams	170	15	2	0	1
Nuts or Seeds	Hampton Farms Unsalted Roasted Peanuts	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	30	Grams	170	15	2	0	1
	Hampton Farms Jumbo Unsalted Roasted	Severn Peanut Company, Inc. DBA							
Nuts or Seeds	Peanuts	Hampton Farms - SHF	30	Grams	170	15	2	0	1
		Severn Peanut Company, Inc. DBA							
Nuts or Seeds	Hampton Farms Unsalted Roasted Peanuts	Hampton Farms - SHF	30	Grams	170	15	2	0	1
	Hampton Farms Colossal Unsalted Roasted	Severn Peanut Company, Inc. DBA							
Nuts or Seeds	Peanuts	Hampton Farms - SHF	30	Grams	170	15	2.5	0	1
	Hampton Farms Jumbo Unsalted Roasted	Severn Peanut Company, Inc. DBA							
Nuts or Seeds	Peanuts	Hampton Farms - SHF	30	Grams	170	15	2	0	1
		Severn Peanut Company, Inc. DBA							
Nuts or Seeds	Hampton Farms Unsalted Roasted Peanuts	Hampton Farms - SHF	30	Grams	170	15	2	0	1
Nuts or Seeds	Hampton Farms Unsalted Roasted Peanuts	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	30	Grams	170	15	2	0	1



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Food Category	Product	Company	Ser	ving Size	Calories*	Total Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
		Severn Peanut Company, Inc. DBA		9			8	05	- 07
Nuts or Seeds	Hampton Farms Unsalted Roasted Peanuts	Hampton Farms - SHF	30	Grams	170	15	2	0	1
		Severn Peanut Company, Inc. DBA							
Nuts or Seeds	Hampton Farms Unsalted Roasted Peanuts	Hampton Farms - SHF	30	Grams	170	15	2	0	1
Nuts or Seeds	California Shelled Walnuts	Grower Direct Nut Co. Inc - GDN	28	Grams	190	18	1.5	1	1
Nuts or Seeds	California Shelled Walnuts	Grower Direct Nut Co. Inc - GDN	28	Grams	190	18		1	1
Nuts or Seeds	California Shelled Walnuts	Grower Direct Nut Co. Inc - GDN	28	Grams	190	18	1.5	1	1
Nuts or Seeds	California Shelled Walnuts	Grower Direct Nut Co. Inc - GDN		Grams	190	18	1.5	1	1
Nuts or Seeds	California Shelled Walnuts	Grower Direct Nut Co. Inc - GDN	28	Cups	190	18	1.5	1	1
Nuts or Seeds	California Shelled Walnuts	California Walnut Board - CWB	28	Grams	190	18		1	1
Nuts or Seeds	ARO Gourmet Pistachios	ARO Pistachios, Inc ARO	28	Grams	160	13	1.5	120	2
Nuts or Seeds	ARO Gourmet Pistachios	ARO Pistachios, Inc ARO	28	Grams	160	13	1.5	120	2
Nuts or Seeds	ARO Gourmet Pistachios	ARO Pistachios, Inc ARO	28	Grams	160	13	1.5	120	2
Nuts or Seeds	Primavera Walnuts	Prima Noce Packing, Inc PNP	28	Grams	190	18	1.5		1
Nuts or Seeds	Primavera California Walnut Halves	Prima Noce Packing, Inc PNP	43	Grams	285	27	2.3	0	2
	Mississippi Peanut Growers Association	Mississippi Peanut Growers							
Nuts or Seeds	Roasted Peanuts	Association - MPG	21	Grams	120	10.5	1.5	75	1
Nuts or Seeds	Southern Grove Chopped Pecans	Texas Star Nut and Food Co TS	28	Grams	200	20	2	-	1
Nuts or Seeds	Southern Grove Shelled Walnuts	Texas Star Nut and Food Co TS	28	Grams	190	18	1.5	0	1
Nuts or Seeds	Southern Grove Chopped Walnuts	Texas Star Nut and Food Co TS	28	Grams	190	18	1.5	0	1
Nuts or Seeds	Southern Grove Pecan Halves	Texas Star Nut and Food Co TS	28	Grams	200	20	2	0	1
Nuts or Seeds	Rancho Pecana Natural Pecan Halves	Rancho Pecana LLC.	30	Grams	0	20	2	0	1
Nuts or Seeds	Rancho Pecana Natural Pecan Halves	Rancho Pecana LLC.		Grams	190	20			1
Nuts or Seeds	Rancho Pecana Natural Pecan Halves	Rancho Pecana LLC.		Grams	190	20			1
Nuts or Seeds	Rancho Pecana Natural Pecan Pieces	Rancho Pecana LLC.		Grams	190	20			1
Nuts or Seeds	Rancho Pecana Natural Pecan Pieces	Rancho Pecana LLC.		Grams	0	20	2		1
Nuts or Seeds	Rancho Pecana Natural Pecan Pieces	Rancho Pecana LLC.	30	Grams	190	20	2		1
Nuts or Seeds	Salted, Oil Roasted Peanuts	National Peanut Board - NPB	28	Grams	160	14	2		1
Nuts or Seeds	Hudson Shelled Pecan Halves	Hudson Pecan Company Inc - HP	30	Grams	213	21	2		1
Nuts or Seeds	Hudson Shelled Pecan Pieces	Hudson Pecan Company Inc - HP	30	Grams	213	21	2	0	1



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Food Category	Product	Company	Ser	ving Size	Calories*	Total Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
Nuts or Seeds	Georgia Peanuts	Georgia Farm Bureau - GFB		Grams	160	14		100	1
Nuts or Seeds	Virginia Diner Unsalted Virginia Peanuts	Virginia Diner, Inc VDI		Grams	180	14			1
Nuts or Seeds	Virginia Diner Gourmet Salted Virginia Peanuts	Virginia Diner, Inc VDI		Grams	180	14			1
Nuts or Seeds	Virginia Diner Unsalted Virginia Peanuts	Virginia Diner, Inc VDI		Grams	180	14	2.5		1
Nuts or Seeds	Virginia Diner Unsalted Virginia Peanuts	Virginia Diner, Inc VDI	28	Grams	170	14	2.5	0	1
Nuts or Seeds	Virginia Diner Gourmet Salted Virginia Peanuts	Virginia Diner, Inc VDI	28	Grams	180	14	2	55	1
Nuts or Seeds	Virginia Diner Gourmet Salted Virginia Peanuts			Grams	180	13			1
Nuts or Seeds	Roasted Peanuts	Florida Peanut Federation - FP		Grams	160	14			1
Nuts or Seeds	Chase Pecan Halves	Chase Pecans - SSP		Grams	196	20			0
Nuts or Seeds	Chase Pecan Pieces	Chase Pecans - SSP	28.4	Grams	200	20			1
Nuts or Seeds	Chase Pecan Halves	Chase Pecans - SSP	28.4	Grams	200	20			1
Nuts or Seeds	Chase Pecan Halves	Chase Pecans - SSP	28.4	Grams	196	20			0
Nuts or Seeds	Dry Roasted Peanuts, Salt Added	Peanut Institute, The - PI		Grams	170	14			1
Nuts or Seeds	Oil Roasted Peanuts, Unsalted	Peanut Institute, The - PI	28	Grams	170	13		0	1
Nuts or Seeds	Dry Roasted In-shell Peanuts, Unsalted	Peanut Institute, The - PI	28	Grams	170	13	2	0	1
Nuts or Seeds	Oil Roasted Peanuts, Salt Added	Peanut Institute, The - PI	28	Grams	160	14	2	100	1
Nuts or Seeds	Pecan (unsalted and unroasted)	National Pecan Shellers Association - NPSA	28	Grams	200	20	2	0	1
Nuts or Seeds	Planters Salted Peanuts	Kraft Foods Group Brands LLC - KFT	28	Grams	170	14	2	100	1
Nuts or Seeds	Planters Lightly Salted Cocktail Peanuts	Kraft Foods Group Brands LLC - KFT	28	Grams	170	14	2	50	1
Nuts or Seeds	Planters Lightly Salted Dry Roasted Peanuts	Kraft Foods Group Brands LLC - KFT	28	Grams	170	14	2	75	1
Nuts or Seeds	Planters Salted Peanuts	Kraft Foods Group Brands LLC - KFT	28	Grams	170	14	2	100	1



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Food Category	Product	Company	Ser	ving Size	Calories*	Total Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
Nuts or Seeds	Planters Salted Peanuts	Kraft Foods Group Brands LLC - KFT	28	Grams	170	14	2	95	1
Nuts or Seeds	Planters Salted Peanuts	Kraft Foods Group Brands LLC - KFT	28	Grams	170	14	2	95	1
Nuts or Seeds	Planters Lightly Salted Cocktail Peanuts	Kraft Foods Group Brands LLC - KFT	28	Grams	170	14	2	50	1
Nuts or Seeds	Planters Cocktail Peanuts	Kraft Foods Group Brands LLC - KFT	28	Grams	170	14	2	100	1
Nuts or Seeds	Planters Lightly Salted Dry Roasted Peanuts	Kraft Foods Group Brands LLC - KFT	28	Grams	170	14	2	75	1
Nuts or Seeds	Planters Salted Peanuts	Kraft Foods Group Brands LLC - KFT	28	Grams	170	14	2	95	1
Nuts or Seeds	Planters Unsalted Dry Roasted Peanuts	Kraft Foods Group Brands LLC - KFT	28	Grams	170	14	2	5	1
Nuts or Seeds	Planters Salted Peanuts	Kraft Foods Group Brands LLC - KFT	28	Grams	170	14	2	95	1
Nuts or Seeds	Planters Salted Peanuts	Kraft Foods Group Brands LLC - KFT	28	Grams	170	14	2	100	1
Nuts or Seeds	Planters Lightly Salted Dry Roasted Peanuts	Kraft Foods Group Brands LLC - KFT	28	Grams	170	14	2	75	1
Nuts or Seeds	Planters Cocktail Peanuts	Kraft Foods Group Brands LLC - KFT	28	Grams	170	14	2	100	1
Nuts or Seeds	Planters Salted Peanuts	Kraft Foods Group Brands LLC - KFT	28	Grams	170	14	2	100	1
Nuts or Seeds	Planters Cocktail Peanuts	Kraft Foods Group Brands LLC - KFT		Grams	170	14		95	1
Nuts or Seeds	Golden Peanut and Tree Nuts Pecan Halves	Golden Peanut and Tree Nuts - HNC		Grams	200	20			•
Nuts or Seeds	Southern Grove Pecan Pieces	Golden Peanut and Tree Nuts - HNC		Grams	200	20			
Nuts or Seeds Nuts or Seeds	Southern Grove Pecan Halves Golden Peanut and Tree Nuts Pecan Halves	Golden Peanut and Tree Nuts - HNC Golden Peanut and Tree Nuts - HNC		Grams Grams	200	20 20			



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Food Category	Product	Company	Sor	vina Sizo	Calories*	Total Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
Nuts or Seeds	Golden Peanut and Tree Nuts Pecan Pieces	Compαny Golden Peanut and Tree Nuts - HNC		ving Size Grams	200	20	<u>s</u> 2	<u>بخ</u>	<u>\S</u>
Nuts or Seeds	Walnuts	Golden State Food, LLC - GSF		Grams	190	18	1.5	1	
Nuts or Seeds	Walnuts	Golden State Food, LLC - GSF		Grams	190	18	1.5	1	
Nuts or Seeds	Birdsong Peanut Salted Peanuts	Birdsong Peanuts - BP		Grams	160	14	2	100	-
Nuts or Seeds	Blue Diamond Almonds Roasted Salted	Blue Diamond Growers - BDG		Grams	170	16	1	85	
ivuts or occus	Blue Diamond Oven Roasted Almonds Sea	Bide Diamond Growers - BBG	20	Oranis	170	10	'	00	
Nuts or Seeds	Salt	Blue Diamond Growers - BDG	28	Grams	170	15	1	135	1
Nuts or Seeds	Blue Diamond Almonds Whole Natural	Blue Diamond Growers - BDG		Grams	250	22	1.5	0	2
Nuts or Seeds	Blue Diamond Almonds Roasted Salted	Blue Diamond Growers - BDG	_	Grams	170	16	1.0	85	$\frac{1}{1}$
Nuts or Seeds	Blue Diamond Almonds Lightly Salted	Blue Diamond Growers - BDG		Grams	100	9	0.5	25	1
Nuts or Seeds	Blue Diamond Almonds Whole Natural	Blue Diamond Growers - BDG		Grams	160	14	1	0	1
	Blue Diamond Oven Roasted Almonds Sea								
Nuts or Seeds	Salt	Blue Diamond Growers - BDG	28	Grams	170	15	1	135	1
Nuts or Seeds	Blue Diamond Almonds Roasted Salted	Blue Diamond Growers - BDG	43	Grams	260	24	2	130	2
Nuts or Seeds	Blue Diamond Almonds Whole Natural	Blue Diamond Growers - BDG	28	Grams	160	14	1	0	1
Nuts or Seeds	Blue Diamond Almonds Lightly Salted	Blue Diamond Growers - BDG	17	Grams	100	9	0.5	25	1
Nuts or Seeds	Blue Diamond Almonds Whole Natural	Blue Diamond Growers - BDG	28	Grams	160	14	1	0	1
Nuts or Seeds	Blue Diamond Almonds Lightly Salted	Blue Diamond Growers - BDG	28	Grams	170	16	1	85	1
Nuts or Seeds	Blue Diamond Extra Toasted Almonds	Blue Diamond Growers - BDG	28	Grams	170	15	1	0	1
Nuts or Seeds	Blue Diamond Almonds Whole Natural	Blue Diamond Growers - BDG	28	Grams	160	14	1	0	1
Nuts or Seeds	Blue Diamond Almonds Lightly Salted	Blue Diamond Growers - BDG		Grams	100	9	0.5	25	1
Nuts or Seeds	Blue Diamond Almonds Whole Natural	Blue Diamond Growers - BDG		Grams	250	22	1.5	0	2
Nuts or Seeds	Blue Diamond Almonds Lightly Salted	Blue Diamond Growers - BDG		Grams	170	16	1	40	1
Nuts or Seeds	Blue Diamond Almonds Lightly Salted	Blue Diamond Growers - BDG		Grams	260	24	2	60	2
Nuts or Seeds	Blue Diamond Almonds Roasted Salted	Blue Diamond Growers - BDG	43	Grams	260	24	2	130	2
	Blue Diamond Oven Roasted Almonds Sea								
Nuts or Seeds	Salt	Blue Diamond Growers - BDG		Grams	100	9	0.5	80	1
Nuts or Seeds	Blue Diamond Extra Toasted Almonds	Blue Diamond Growers - BDG		Grams	170	14	1	0	1
Nuts or Seeds	Blue Diamond Almonds Whole Natural	Blue Diamond Growers - BDG		Grams	100	9	0.5	0	1
Nuts or Seeds	Blue Diamond Almonds Lightly Salted	Blue Diamond Growers - BDG	28	Grams	170	16	1	40	1



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Food Category	Product	Company	Serving Size	Calories*	Total Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
Nuts or Seeds	Blue Diamond Almonds Lightly Salted	Blue Diamond Growers - BDG	28 Grams	170	16		40	1
Nuts or Seeds	Blue Diamond Almonds Whole Natural	Blue Diamond Growers - BDG	18 Grams	100	9			1
Nuts or Seeds	Blue Diamond Almonds Lightly Salted	Blue Diamond Growers - BDG	28 Grams	170	16		40	1
	Blue Diamond Oven Roasted Almonds Sea							
Nuts or Seeds	Salt	Blue Diamond Growers - BDG	28 Grams	170	15	1	135	1
Nuts or Seeds	Blue Diamond Almonds Lightly Salted	Blue Diamond Growers - BDG	28 Grams	170	16		40	1
Nuts or Seeds	Blue Diamond Almonds Roasted Salted	Blue Diamond Growers - BDG	28 Grams	170	16	1	85	1
	Blue Diamond Oven Roasted Almonds Sea							
Nuts or Seeds	Salt	Blue Diamond Growers - BDG	28 Grams	170	15	1	135	1
Nuts or Seeds	Blue Diamond Almonds Lightly Salted	Blue Diamond Growers - BDG	28 Grams	170	16	1	40	1
Nuts or Seeds	Blue Diamond Almonds Roasted Salted	Blue Diamond Growers - BDG	28 Grams	170	16	1	85	1
Nuts or Seeds	Blue Diamond Almonds Whole Natural	Blue Diamond Growers - BDG	18 Grams	100	9	0.5	0	1
Nuts or Seeds	Blue Diamond Almonds Lightly Salted	Blue Diamond Growers - BDG	43 Grams	260	24	2	60	2
Nuts or Seeds	Blue Diamond Almonds Roasted Salted	Blue Diamond Growers - BDG	28 Grams	170	16	1	85	1
Nuts or Seeds	Blue Diamond Almonds Whole Natural	Blue Diamond Growers - BDG	28 Grams	160	14	1	0	1
Nuts or Seeds	Blue Diamond Almonds Whole Natural	Blue Diamond Growers - BDG	28 Grams	160	14	1	0	1
Nuts or Seeds	Blue Diamond Almonds Roasted Salted	Blue Diamond Growers - BDG	28 Grams	170	16	1	85	1
Nuts or Seeds	Blue Diamond Almonds Whole Natural	Blue Diamond Growers - BDG	28 Grams	160	14	1	0	1
Nuts or Seeds	Blue Diamond Almonds Whole Natural	Blue Diamond Growers - BDG	28 Grams	160	14	1	0	1
Nuts or Seeds	Blue Diamond Almonds Lightly Salted	Blue Diamond Growers - BDG	28 Grams	170	16	1	40	1
Nuts or Seeds	Blue Diamond Almonds Whole Natural	Blue Diamond Growers - BDG	28 Grams	160	14	1	0	1
Nuts or Seeds	Blue Diamond Almonds Whole Natural	Blue Diamond Growers - BDG	18 Grams	100	9			1
Nuts or Seeds	Blue Diamond Almonds Lightly Salted	Blue Diamond Growers - BDG	28 Grams	170	16	1	40	1
	Blue Diamond Oven Roasted Almonds Sea							
Nuts or Seeds	Salt	Blue Diamond Growers - BDG	28 Grams	170	15		135	1
Nuts or Seeds	Blue Diamond Almonds Whole Natural	Blue Diamond Growers - BDG	28 Grams	160	14		0	1
Nuts or Seeds	Blue Diamond Almonds Lightly Salted	Blue Diamond Growers - BDG	28 Grams	170	16		40	1
Nuts or Seeds	Blue Diamond Almonds Lightly Salted	Blue Diamond Growers - BDG	28 Grams	170	16		40	1
Nuts or Seeds	EverMore Pistachios Roasted & Salted	EverMore LLC - EM	30 Grams	170	14	1.5		1
Nuts or Seeds	EverMore Pistachios Roasted & Salted	EverMore LLC - EM	30 Grams	170	14	1.5	110	2



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Food Category	Product	Company	Ser	ving Size	Calories*	Total Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
Oils	Nutrioli Pure Soybean Oil	Ragasa International LLC	1	Tbsp	0	14	2	0	0
Oils	I Can't Believe It's Not Butter Original	Upfield US Inc - UUI	14	Grams	60	6	2	90	0
Oils	I Can't Believe It's Not Butter Original	Upfield US Inc - UUI	14	Grams	60	6	2	90	0
Oils	I Can't Believe It's Not Butter Original	Upfield US Inc - UUI	14	Grams	0	6	2	90	0
Oils	I Can't Believe It's Not Butter Original	Upfield US Inc - UUI	14	Grams	60	6	2	90	0
Oils	I Can't Believe It's Not Butter Original	Upfield US Inc - UUI	14	Grams	60	6	2	90	0
Oils	Perdue AgriBusiness High Oleic Soybean Oil	Perdue AgriBusiness	14	Grams	120	14	1.5	0	0
Oils	Extra Virgin Olive Oil	Tassos Group LLC, The - TG	14	Grams	120	14	2	0	0
Oils	Extra Virgin Olive Oil	Tassos Group LLC, The - TG	14	Grams	120	14	2	0	0
Oils	Extra Virgin Olive Oil	Tassos Group LLC, The - TG	14	Grams	120	14	2	0	0
Oils	Organic PDO Extra Virgin Olive Oil	Tassos Group LLC, The - TG	14	Grams	119	14	2	0	0
Oils	Organic PDO Extra Virgin Olive Oil	Tassos Group LLC, The - TG	1	Tbsp	120	14	2	0	0
Oils	Organic PDO Extra Virgin Olive Oil	Tassos Group LLC, The - TG	1	Tbsp	119	14	2	0	0
		North American Olive Oil Association -							
Oils	Extra Virgin Olive Oil	NAOOA	1	Tbsp	120	14	2	0	0
Pasta	Cauliflower Linguine	Caulipower LLC - CL	94	Grams	230	2.5	0	30	1
Pasta	Cauliflower Pappardelle	Caulipower LLC - CL	94	Grams	230	2.5	0	30	1
Pasta	Seapoint Farms Organic Edamame Spaghetti	Seapoint Farms, LLC - SF	56	Grams	200	3	0.5	0	3
Pasta	Seapoint Farms Organic Edamame Fettuccine	Seapoint Farms, LLC - SF	56	Grams	200	3	0.5	0	3
Pasta	Seapoint Farms Organic Edamame Spaghetti	Seapoint Farms, LLC - SF	2	Ounces	200	3	0.5	0	3
	Black Jewell No Salt No Oil Microwave								
Popcorn	Popcorn	Black Jewell LLC	27	Grams	100	1.5	0	0	0
Potatoes	George Foods Petite Sweet Potatoes	Wayne E. Bailey Produce - WB	130	Grams	110	0	0	70	5
Potatoes	George Foods Sweet Potato Petitelings	Wayne E. Bailey Produce - WB	100	Grams	90	0	0	36	5
Potatoes	Idaho Potato - Russets	Idaho Potato Commission - IPC	148	Grams	110	0	0	0	1
Potatoes	Idaho Potato - Reds	Idaho Potato Commission - IPC	148	Grams	110	0	0	0	1
Potatoes	Idaho Potato - Yellows	Idaho Potato Commission - IPC	148	Grams	110	0	0	0	1
Potatoes	Idaho Potato - Fingerlings	Idaho Potato Commission - IPC	148	Grams	110	0	0	0	1
Potatoes	Healthy Heart Organic Yams, Medium (Reds/Beauregards)	Doreva Produce Company Inc DPC	200	Grams	180	0	0	72	13



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Food Category	Product	Company	Ser	ving Size	Calories*	Total Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
Potatoes	Healthy Heart Yams (Reds/Beauregards)	Doreva Produce Company Inc DPC	200	Grams	180	0	0	72	13
Potatoes	Organic Select Quality Yams/Sweet Potatoes	Quail H Farms, LLC - QHF		Grams	180	0			13
Potatoes	Organic Select Quality Yams/Sweet Potatoes	Quail H Farms, LLC - QHF		Grams	162	0			12
Potatoes	Organic Select Quality Yams/Sweet Potatoes	Quail H Farms, LLC - QHF		Grams	162	0			12
Potatoes	Quality Yams/Sweet Potatoes (Micro Baking)	Quail H Farms, LLC - QHF		Grams	180	0	_		13
Potatoes	Quality Yams/Sweet Potatoes (Micro Baking)	Quail H Farms, LLC - QHF		Grams	180	0			13
Potatoes	Quality Yams/Sweet Potatoes (Micro Baking)	Quail H Farms, LLC - QHF		Grams	180	0			13
Potatoes	Quality Yams/Sweet Potatoes (Micro Baking)	Quail H Farms, LLC - QHF		Grams	180	0			13
Potatoes	Alexia Sweet Potato Fries	Lamb Weston, Inc Alexia		Grams	140	5			6
Potatoes	Alexia Sweet Potato Fries	Lamb Weston, Inc Alexia		Grams	140	5			6
Potatoes	Alexia Sweet Potato Fries	Lamb Weston, Inc Alexia			140	5			6
Potatoes	Alexia Sweet Potato Fries	Lamb Weston, Inc Alexia		Grams	140	5		_	6
Potatoes	Alexia Sweet Potato Fries	Lamb Weston, Inc Alexia		Grams	140	5			6
Potatoes	Alexia Sweet Potato Fries	Lamb Weston, Inc Alexia		Grams	140	5	0	_	
1 Glatocc	Fresh Sweet Potatoes (US grown, orange flesh	,		Granio	1			1.0	-
Potatoes	varieties)	Inc., The - US Sweet Potato	133	Grams	105	0	0	40	13
Potatoes	Caulipower Sweet Potatoasts	Caulipower LLC - CL		Grams	80	0			6
Potatoes	Bruce's Yams - Cut Sweet Potatoes in Syrup	McCall Farms, Inc BF		Grams	120	0			_
Potatoes	Bruce's Yams - Cut Sweet Potatoes in Syrup	McCall Farms, Inc BF		Grams	120	0			
Potatoes	Bruce's Yams - Cut Sweet Potatoes in Syrup	McCall Farms, Inc BF		Grams	120	0			
Potatoes	Bruce's Yams - Cut Sweet Potatoes in Syrup	McCall Farms, Inc BF		Grams	120	0			
	Health Valley Organic No Salt Added	Hain Celestial Group, Inc., The -							
Soup	Vegetable Soup	Westsoy	240	Grams	90	2	0	45	4
	Health Valley Organic Low Sodium Chicken	Hain Celestial Group, Inc., The -							
Soup	and Rice Soup	Westsoy	240	Grams	100	1.5	0	85	1
'	Health Valley Organic Low Sodium Chicken	Hain Celestial Group, Inc., The -			1 1				
Soup	Noodle Soup	Westsoy	240	Grams	80	2	0	130	1
'	Health Valley Organic No Salt Added Lentil	Hain Celestial Group, Inc., The -							
Soup	Soup	Westsoy	240	Grams	150	1.5	0	20	5



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Food Category	Product	Company	Ser	ving Size	Calories*	Total Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
	Health Valley Organic No Salt Added	Hain Celestial Group, Inc., The -		<u>-</u>			0 , C	0)	- 0,
Soup	Minestrone Soup	Westsoy	240	Grams	100	2	0	45	5
'	Health Valley Organic No Salt Added Tomato	Hain Celestial Group, Inc., The -							
Soup	Soup	Westsoy	240	Grams	110	2	0.95	25	15
Vegetable Juice	Bolthouse Farms Organics 100% Carrot Juice	Wm. Bolthouse Farms, IncWB	8	Ounces	70	0		150	13
Vegetable Juice	Bolthouse Farms 100% Carrot Juice	Wm. Bolthouse Farms, IncWB	8	Ounces	70	0	0	150	13
Vegetable Juice	Bolthouse Farms Organics 100% Carrot Juice	Wm. Bolthouse Farms, IncWB	8	Ounces	70	0	0	150	13
Vegetable Juice	Bolthouse Farms 100% Carrot Juice	Wm. Bolthouse Farms, IncWB	15	Ounces	130	0.5	0	290	26
Vegetable Juice	Bolthouse Farms 100% Carrot Juice	Wm. Bolthouse Farms, IncWB	8	Ounces	70	0	0	150	13
Vegetable Juice	Bolthouse Farms 100% Carrot Juice	Wm. Bolthouse Farms, IncWB	11	Ounces	90	0	0	210	18
Vegetables: Fresh,									
Frozen, or Canned	George Foods Sweet Potatoes	Wayne E. Bailey Produce - WB	130	Grams	100	0	0	70	7
Vegetables: Fresh,									
Frozen, or Canned	George Foods Sweet Potatoes	Wayne E. Bailey Produce - WB	130	Grams	100	0	0	70	7
Vegetables: Fresh,									
Frozen, or Canned	George Foods Sweet Potatoes	Wayne E. Bailey Produce - WB	130	Grams	100	0	0	70	7
Vegetables: Fresh,									
Frozen, or Canned	Tassos Fire Roasted Florinas Peppers	Tassos Group LLC, The - TG	75	Grams	20	0	0	160	2
Vegetables: Fresh,									
Frozen, or Canned	Tassos Fire Roasted Florinas Peppers	Tassos Group LLC, The - TG	75	Grams	20	0	0	160	2
Vegetables: Fresh,									
Frozen, or Canned	North Bay Produce Brussels Sprouts	North Bay Produce, Inc - NB	88	Grams	38	0	0	22	2
Vegetables: Fresh,									
	Red N Tasty	Tomato Thyme Corp TT	100	Grams	20	0	0	10	3
Vegetables: Fresh,									
	Red N Tasty – Punnet 2 Count	Tomato Thyme Corp TT	100	Grams	20	0	0	10	3
Vegetables: Fresh,									
Frozen, or Canned	Red N Tasty – Punnet 3-5 Count	Tomato Thyme Corp TT	100	Grams	20	0	0	10	3
Coup	Health Valley Organic No Salt Added	Hain Celestial Group, Inc., The -	240	Crama	00	2	_	4.5	,
Soup	Vegetable Soup	Westsoy	240	Grams	90	2	0	45	4



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Food Category	Product	Company	Serving Size	Calories*	Fotal Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
	Health Valley Organic Low Sodium Chicken	Hain Celestial Group, Inc., The -		1		0, 0	0,	
Soup	and Rice Soup	Westsoy	240 Grams	100	1.5	0	85	1
·	Health Valley Organic Low Sodium Chicken	Hain Celestial Group, Inc., The -						
Soup	Noodle Soup	Westsoy	240 Grams	80	2	0	130	1
	Health Valley Organic No Salt Added Lentil	Hain Celestial Group, Inc., The -						
Soup	Soup	Westsoy	240 Grams	150	1.5	0	20	5
	Health Valley Organic No Salt Added	Hain Celestial Group, Inc., The -						
Soup	Minestrone Soup	Westsoy	240 Grams	100	2	0	45	5
	Health Valley Organic No Salt Added Tomato	Hain Celestial Group, Inc., The -						
Soup	Soup	Westsoy	240 Grams	110	2	0.95	25	15
	Kitchen Basics Turmeric Ginger Chicken Bone							
Soup	Broth with Lemongrass	Kitchen Basics	233 Grams	60	1.5	1	370	0
		McCormick & Company, Inc						
Soup	Kitchen Basics Bone Broth Chicken	Kitchen Basics	233 Grams	50	0	0	380	1
		McCormick & Company, Inc						
Soup	Kitchen Basics Bone Broth Chicken	Kitchen Basics	226 Grams	50	0	0	380	1
		McCormick & Company, Inc						
Soup	Kitchen Basics Original Beef Bone Broth	Kitchen Basics	233 Grams	50	1		350	
Vegetable Juice	Bolthouse Farms 100% Carrot Juice	Wm. Bolthouse Farms, IncWB	8 Ounces	70	0			13
Vegetable Juice	Bolthouse Farms Organics 100% Carrot Juice	Wm. Bolthouse Farms, IncWB	8 Ounces	70	0			13
Vegetable Juice	Bolthouse Farms 100% Carrot Juice	Wm. Bolthouse Farms, IncWB	8 Ounces	70	0	•		13
Vegetable Juice	Bolthouse Farms 100% Carrot Juice	Wm. Bolthouse Farms, IncWB	15 Ounces	130	0.5	0		26
Vegetable Juice	Bolthouse Farms Organics 100% Carrot Juice	Wm. Bolthouse Farms, IncWB	8 Ounces	70	0			13
Vegetable Juice	Bolthouse Farms 100% Carrot Juice	Wm. Bolthouse Farms, IncWB	11 Ounces	90	0	0	210	18
Vegetables: Fresh,								_]
	George Foods Sweet Potatoes	Wayne E. Bailey Produce - WB	130 Grams	100	0	0	70	7
Vegetables: Fresh,								
	George Foods Sweet Potatoes	Wayne E. Bailey Produce - WB	130 Grams	100	0	0	70	7
Vegetables: Fresh, Frozen, or Canned	George Foods Sweet Potatoes	Wayne E. Bailey Produce - WB	130 Grams	100	0	0	70	7



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Food Category	Product	Company	Ser	ving Size	Calories*	Total Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
Vegetables: Fresh,						-			
Frozen, or Canned	Tassos Fire Roasted Florinas Peppers	Tassos Group LLC, The - TG	75	Grams	20	0	0	160	2
Vegetables: Fresh,									
Frozen, or Canned	Tassos Fire Roasted Florinas Peppers	Tassos Group LLC, The - TG	75	Grams	20	0	0	160	2
Vegetables: Fresh,									
Frozen, or Canned	Red N Tasty	Tomato Thyme Corp TT	100	Grams	20	0	0	10	3
Vegetables: Fresh,									
Frozen, or Canned	Red N Tasty – Punnet 3-5 Count	Tomato Thyme Corp TT	100	Grams	20	0	0	10	3
Vegetables: Fresh,									
Frozen, or Canned	Red N Tasty – Punnet 2 Count	Tomato Thyme Corp TT	100	Grams	20	0	0	10	3
Vegetables: Fresh,									
Frozen, or Canned	North Bay Produce Brussels Sprouts	North Bay Produce, Inc - NB	88	Grams	38	0	0	22	2