



# Heart-Check Food Certification Program

Updated: 07/01/2021

## Certified Products Listed by Food Category

Food Category	Product	Company	Serving Size	Calories*	Total Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
Beans/legumes	S&W Black Beans, Low Sodium	Faribault Foods Inc. - FF	130 Grams	110	0	0	140	0
Beans/legumes	S&W White Beans, Low Sodium	Faribault Foods Inc. - FF	130 Grams	110	0	0	140	1
Beans/legumes	S&W Chili Beans, Low Sodium	Faribault Foods Inc. - FF	130 Grams	130	1.5	0	140	2
Beans/legumes	S&W Pinto Beans, Low Sodium	Faribault Foods Inc. - FF	130 Grams	110	0	0	140	1
Beans/legumes	S&W Garbanzos, Low Sodium	Faribault Foods Inc. - FF	130 Grams	120	2	0	140	2
Beans/legumes	S&W Kidney Beans, Low Sodium	Faribault Foods Inc. - FF	130 Grams	110	0	0	140	1
Beverages	WestSoy Organic 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
Beverages	WestSoy Organic Unsweetened Vanilla 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	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 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	40	Grams	150	3	0.5	0	1
Egg Substitute	Bob Evans 100% Liquid Egg Whites	Michael Foods, Inc. - Crystal Farms	46	Grams	25	0	0	75	0
Egg Substitute	Bob Evans Better 'n Eggs	Michael Foods, Inc. - Crystal Farms	46	Grams	25	0	0	85	0
Egg Substitute	Bob Evans 100% Liquid Egg Whites	Michael Foods, Inc. - Crystal Farms	46	Grams	25	0	0	75	0
Egg Substitute	Bob Evans Better 'n Eggs	Michael Foods, Inc. - Crystal Farms	46	Grams	25	0	0	85	0
Egg Substitute	Eggland's Best 100% Liquid Egg Whites	Eggland's Best LLC - EB	46	Grams	25	0	0	75	0
Egg Substitute	Eggland's Best Cage Free Liquid Egg Whites	Eggland's Best LLC - EB	46	Grams	25	0	0	75	0
Egg Substitute	Eggland's Best Cage Free Liquid Egg Whites	Eggland's Best LLC - EB	46	Grams	25	0	0	75	0
Egg Substitute	Eggland's Best 100% Liquid Egg Whites	Eggland's Best LLC - EB	46	Cups	25	0	0	75	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: Canned or Processed	North Coast Seafoods Culinary Reserve Lump Crab Meat	North Coast Seafoods - NCS	85 Grams	80	1	0	250	0
Fish & Game: Canned or Processed	North Coast Seafoods Culinary Reserve Jumbo Crab Meat	North Coast Seafoods - NCS	85 Grams	80	1	0	250	0
Fish & Game: Canned or Processed	North Coast Seafoods Culinary Reserve Jumbo Crab Meat	North Coast Seafoods - NCS	85 Grams	80	1	0	250	0
Fish & Game: Canned or Processed	North Coast Seafoods Culinary Reserve Colossal Crab Meat	North Coast Seafoods - NCS	85 Grams	80	1	0	250	0
Fish & Game: Canned or Processed	StarKist 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: 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 Processed	StarKist Low Sodium Albacore White Tuna in Water	StarKist Co. - StarKist	74 Grams	80	1.5	0.5	70	0

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Fish & Game: Canned or Processed	StarKist Reduced Sodium Chunk Light Tuna in Water	StarKist Co. - StarKist	74 Grams	70	0.5	0	150	0
Fish & Game: Canned or Processed	North Coast Seafoods Culinary Reserve Special Crab Meat	North Coast Seafoods - NCS	85 Grams	80	1	0	250	0
Fish & Game: Canned or Processed	North Coast Seafoods Culinary Premium Reserve Super Lump Crab Meat	North Coast Seafoods - NCS	85 Grams	80	1	0	250	0
Fish & Game: Canned or Processed	North Coast Seafoods Culinary Reserve Claw Crab Meat	North Coast Seafoods - NCS	85 Grams	80	1	0	250	0
Fish & Game: Canned or Processed	North Coast Seafoods Culinary Reserve Claw Crab Meat	North Coast Seafoods - NCS	85 Grams	80	1	0	250	0
Fish & Game: Canned or Processed	North Coast Seafoods Culinary Premium 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 Cooked	Fresh Wild Sockeye Raw Salmon	North Coast Seafoods - NCS	113 Grams	153	6	1	127	0
Fish & Game: Fresh, Frozen, or Cooked	Bluehouse Salmon	Atlantic Sapphire	113 Grams	200	12	2.5	40	0

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Fish & Game: Fresh, Frozen, or Cooked	King Kampachi Farmed Yellow Tail, deep trimmed 4oz portions	Kampachi Worldwide Holdings General Partner, LLC	4 Ounces	159	8	2	43	0
Fish & Game: Fresh, Frozen, or Cooked	Kvarøy Arctic Sustainably Raised Frozen Atlantic Salmon	Kvarøy Arctic - KF	100 Grams	220	10	3	35	0.4
Fish & Game: Fresh, Frozen, or Cooked	Kvarøy Arctic Sustainably Raised Frozen Atlantic Salmon	Kvarøy Arctic - KF	100 Grams	220	10	3	35	0.4
Fish & Game: Fresh, Frozen, or Cooked	Kvarøy Arctic Sustainably Raised Atlantic Salmon	Kvarøy Arctic - KF	100 Grams	220	10	3	55	0.4
Fish & Game: Fresh, Frozen, or Cooked	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 Cooked	Pacifico Frozen Striped Bass	Pacifico Aquaculture - PA	170 Grams	253	11	3.4	105	0
Fish & Game: Fresh, Frozen, or Cooked	Open Blue Cobia Fillet	Open Blue Sea Farms Inc - OB	113 Grams	206	13	3.84	34	0
Fish & Game: Fresh, Frozen, or Cooked	Open Blue Cobia Loin Fillet Portions	Open Blue Sea Farms Inc - OB	113 Grams	206	13	4	34	0
Fish & Game: Fresh, Frozen, or Cooked	Open Blue Cobia 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	Serving 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 Cooked	Open Blue Cobia Boneless Skinless Fish Taco Cuts	Open Blue Sea Farms Inc - OB	113	Grams	206	13	3.84	34	0
Fish & Game: Fresh, Frozen, or Cooked	TransOcean Crab Classic Flake Style	Trans-Ocean Products, Inc. - TransOcean	85	Grams	80	0	0	390	4
Fish & Game: Fresh, Frozen, or Cooked	TransOcean Crab Classic Leg Style	Trans-Ocean Products, Inc. - TransOcean	78	Grams	70	0	0	360	4
Fish & Game: Fresh, Frozen, or Cooked	TransOcean Crab Classic Leg Style	Trans-Ocean Products, Inc. - TransOcean	78	Grams	70	0	0	360	4
Fish & Game: Fresh, Frozen, or Cooked	Simply Surimi Seafood, Flake Style	Trans-Ocean Products, Inc. - TransOcean	85	Grams	70	0	0	440	4
Fish & Game: Fresh, Frozen, or Cooked	TransOcean Crab Classic Leg Style	Trans-Ocean Products, Inc. - TransOcean	90	Grams	90	0	0	410	4
Fish & Game: Fresh, Frozen, or Cooked	Simply Surimi Seafood Snackers	Trans-Ocean Products, Inc. - TransOcean	85	Grams	70	0	0	440	4

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Fish & Game: Fresh, Frozen, or Cooked	Simply Surimi Seafood, Stick Style	Trans-Ocean Products, Inc. - TransOcean	88 Grams	70	0	0	450	4
Fish & Game: Fresh, Frozen, or Cooked	Simply Surimi Seafood Snackers	Trans-Ocean Products, Inc. - TransOcean	85 Grams	70	0	0	440	4
Fish & Game: Fresh, Frozen, or Cooked	TransOcean Lobster Classic Chunk Style	Trans-Ocean Products, Inc. - TransOcean	85 Grams	80	0	0	390	3
Fish & Game: Fresh, Frozen, or Cooked	TransOcean Crab Classic Chunk Style	Trans-Ocean Products, Inc. - TransOcean	85 Grams	80	0	0	380	3
Fish & Game: Fresh, Frozen, or Cooked	TransOcean Crab Classic Flake Style	Trans-Ocean Products, Inc. - TransOcean	85 Grams	80	0	0	390	4
Fish & Game: Fresh, Frozen, or Cooked	TransOcean Seafood Snackers	Trans-Ocean Products, Inc. - TransOcean	85 Grams	80	0	0	390	4
Fish & Game: Fresh, Frozen, or Cooked	Crab Classic Imitation Crab, Easy Shred Flake	Trans-Ocean Products, Inc. - TransOcean	85 Grams	80	0	0	390	4
Fish & Game: Fresh, Frozen, or Cooked	TransOcean Crab Classic Flake Style	Trans-Ocean Products, Inc. - TransOcean	85 Grams	80	0	0	390	4
Fish & Game: Fresh, Frozen, or Cooked	TransOcean Seafood Snackers	Trans-Ocean Products, Inc. - TransOcean	85 Grams	80	0	0	390	4
Fish & Game: Fresh, Frozen, or Cooked	TransOcean Crab Classic Leg Style	Trans-Ocean Products, Inc. - TransOcean	88 Grams	80	0	0	400	4

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Fish & Game: Fresh, Frozen, or Cooked	TransOcean Crab Classic Flake Style	Trans-Ocean Products, Inc. - TransOcean	85 Grams	80	0	0	390	4
Fish & Game: Fresh, Frozen, or Cooked	TransOcean Crab Classic Chunk Style	Trans-Ocean Products, Inc. - TransOcean	85 Grams	80	0	0	380	3
Fish & Game: Fresh, Frozen, or Cooked	TransOcean Crab Classic Flake Style	Trans-Ocean Products, Inc. - TransOcean	85 Grams	80	0	0	390	4
Fish & Game: Fresh, Frozen, or Cooked	TransOcean Seafood Snackers	Trans-Ocean Products, Inc. - TransOcean	85 Grams	80	0	0	390	4
Fish & Game: Fresh, Frozen, or Cooked	Simply Surimi Seafood, Flake Style	Trans-Ocean Products, Inc. - TransOcean	85 Grams	70	0	0	440	4
Fish & Game: Fresh, Frozen, or Cooked	TransOcean Seafood Snackers	Trans-Ocean Products, Inc. - TransOcean	85 Grams	80	0	0	390	4
Fish & Game: Fresh, Frozen, or Cooked	Trapananda Fresh Atlantic Salmon Filet, Skin-On	Trapananda Seafarms LLC - TS	85 Grams	201	10.4	2.16	44	0
Fish & Game: Fresh, Frozen, or Cooked	Southring Mama Bear Salmon Burger	Trapananda Seafarms LLC - TS	100 Grams	129	4.5	0.8	0	0
Fruit: Dried	Hadley Dates Pitted Deglet Noor Variety	Hadley Date Gardens - HI	40 Grams	120	0	0	0	29
Fruit: Dried	Hadley Dates Pitted Deglet Noor Variety	Hadley Date Gardens - HI	40 Grams	120	0	0	0	29
Fruit: Dried	Organic Hadley Dates Pitted Deglet Noor Variety	Hadley Date Gardens - HI	40 Grams	120	0	0	0	29
Fruit: Dried	Bard Valley Natural Delights Deglet Noor Dates Organic	Bard Valley Date Growers Association	30 Grams	110	0	0	0	27

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Fruit: Dried	Bard Valley Natural Delights Deglet Noor Dates Organic	Bard Valley Date Growers Association	30	Grams	110	0	0	0	27
Fruit: Dried	Bard Valley Natural Delights Deglet Noor Dates Organic	Bard Valley Date Growers Association	30	Grams	110	0	0	0	27
Fruit: Dried	Bard Valley Natural Delights Deglet Noor Dates Organic	Bard Valley Date Growers Association	30	Grams	110	0	0	0	27
Fruit: Dried	Bard Valley Natural Delights Deglet Noor Dates Organic	Bard Valley Date Growers Association	30	Grams	110	0	0	0	27
Fruit: Dried	Bard Valley Natural Delights Pitted Medjool Dates	Bard Valley Date Growers Association	46	Grams	140	0	0	0	30
Fruit: Dried	Bard Valley Natural Delights Organic Medjool Dates	Bard Valley Date Growers Association	46	Grams	140	0	0	0	30
Fruit: Dried	Bard Valley Natural Delights Organic Medjool Dates	Bard Valley Date Growers Association	46	Grams	140	0	0	0	30
Fruit: Dried	Bard Valley Natural Delights Organic Medjool Dates	Bard Valley Date Growers Association	46	Grams	140	0	0	0	30
Fruit: Dried	Bard Valley Natural Delights Medjool Dates	Bard Valley Date Growers Association	46	Grams	140	0	0	0	30
Fruit: Dried	Bard Valley Natural Delights Organic Pitted Medjool Dates	Bard Valley Date Growers Association	46	Grams	140	0	0	0	30
Fruit: Dried	Bard Valley Natural Delights Medjool Dates	Bard Valley Date Growers Association	46	Grams	140	0	0	0	30
Fruit: Dried	Bard Valley Natural Delights Medjool Dates	Bard Valley Date Growers Association	46	Grams	140	0	0	4	30
Fruit: Dried	Bard Valley Natural Delights Medjool Dates	Bard Valley Date Growers Association	46	Grams	140	0	0	0	30
Fruit: Dried	Bard Valley Natural Delights Medjool Dates	Bard Valley Date Growers Association	46	Grams	140	0	0	0	30
Fruit: Dried	California Dates - Deglet Noor Variety	California Date Administrative Committee - Dates	40	Grams	110	0	0	0	25

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Fruit: Dried	California Dates - Medjool Variety	California Date Administrative Committee - Dates	40	Grams	110	0	0	0	25
Fruit: Dried	Sweetheart Dried Pomegranate Arils	Trinity Fruit Company, Inc. - TF	9	Grams	35	0	0	0	4
Fruit: Dried	Sweetheart Dried Pomegranate Arils	Trinity Fruit Company, Inc. - TF	28	Grams	110	1	0.5	0	14
Fruit: Dried	Juicy Gems Dried Pomegranate Arils- Organic	Trinity Fruit Company, Inc. - TF	14	Grams	50	0.5	0	0	5
Fruit: Dried	Sweetheart Dried Pomegranate Arils	Trinity Fruit Company, Inc. - TF	7	Grams	25	0	0	0	3
Fruit: Fresh, Frozen, or Canned	Pomegranates- Whole	Trinity Fruit Company, Inc. - TF	100	Grams	83	1.17	0.12	3	14
Fruit: Fresh, Frozen, or Canned	Organic Juicy Gems Pomegranate Arils	Trinity Fruit Company, Inc. - TF	100	Grams	80	1	0	0	14
Fruit: Fresh, Frozen, or Canned	Juicy Gems Frozen Pomegranate Arils	Trinity Fruit Company, Inc. - TF	140	Grams	120	2	0	0	19
Fruit: Fresh, Frozen, or Canned	Juicy Gems Pomegranate Arils	Trinity Fruit Company, Inc. - TF	100	Grams	80	1	0	0	14
Fruit: Fresh, Frozen, or Canned	Naked Alaskan Salmon	North Coast Seafoods - NCS	142	Grams	161	4	1	70	0
Fruit: Fresh, Frozen, or Canned	Naked Sea Scallops	North Coast Seafoods - NCS	113	Grams	100	1	0	240	0
Fruit: Fresh, Frozen, or Canned	Naked Wild Atlantic Cod	North Coast Seafoods - NCS	142	Grams	110	1	0	75	0
Fruit: Fresh, Frozen, or Canned	Coosaw Farms Red Seedless Watermelon	Coosaw AG, LLC (Coosaw Farms) - CF	280	Grams	80	0	0	0	17
Fruit: Fresh, Frozen, or Canned	Hass Avocado	Del Rey Avocado - DR	50	Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	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, Frozen, or Canned	Pear, Bartlett, Green	Pear Bureau Northwest - USA Pears	166	Grams	100	0	0	0	15
Fruit: Fresh, Frozen, or Canned	Pear, Starkrimson	Pear Bureau Northwest - USA Pears	166	Grams	100	0	0	0	15
Fruit: Fresh, Frozen, or Canned	Pear, Seckel	Pear Bureau Northwest - USA Pears	166	Grams	100	0	0	0	15
Fruit: Fresh, Frozen, or Canned	Pear, Forelle	Pear Bureau Northwest - USA Pears	166	Grams	100	0	0	0	15
Fruit: Fresh, Frozen, or Canned	Pear, Concorde	Pear Bureau Northwest - USA Pears	166	Grams	100	0	0	0	15
Fruit: Fresh, Frozen, or Canned	Pear, Comice	Pear Bureau Northwest - USA Pears	166	Grams	100	0	0	0	15
Fruit: Fresh, Frozen, or Canned	Pear, Bosc	Pear Bureau Northwest - USA Pears	166	Grams	100	0	0	0	15
Fruit: Fresh, Frozen, or Canned	Pear, Bartlett, Red	Pear Bureau Northwest - USA Pears	166	Grams	100	0	0	0	15
Fruit: Fresh, Frozen, or Canned	Juicy Gems Pomegranate Arils	Trinity Fruit Company, Inc. - TF	125	Grams	100	1.5	0	0	17
Fruit: Fresh, Frozen, or Canned	Juicy Gems Frozen Pomegranate Arils	Trinity Fruit Company, Inc. - TF	140	Grams	120	2	0	0	19
Fruit: Fresh, Frozen, or Canned	Juicy Gems Pomegranate Arils	Trinity Fruit Company, Inc. - TF	113	Grams	80	1	0	0	14
Fruit: Fresh, Frozen, or Canned	Juicy Gems Pomegranate Arils	Trinity Fruit Company, Inc. - TF	100	Grams	80	1	0	0	14
Fruit: Fresh, Frozen, or Canned	Juicy Gems Pomegranate Arils	Trinity Fruit Company, Inc. - TF	100	Grams	80	1	0	0	14
Fruit: Fresh, Frozen, or Canned	Juicy Gems Pomegranate Arils	Trinity Fruit Company, Inc. - TF	62	Grams	50	0.5	0	0	8
Fruit: Fresh, Frozen, or Canned	Avocados from Peru	Peruvian Avocado Commission - PAC	50	Grams	80	8	1	0	0

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Fruit: Fresh, Frozen, or Canned	Oregon Berry Packing Blueberries	Oregon Berry Packing, Inc.	148	Grams	84	0.49	0	1	15
Fruit: Fresh, Frozen, or Canned	Oregon Berry Packing Blueberries	Oregon Berry Packing, Inc.	148	Grams	84	0.49	0	1	15
Fruit: Fresh, Frozen, or Canned	Mission Produce Organic Avocados	Mission Produce, Inc. - MP	50	Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	Mission Organic Minis VP Avocados	Mission Produce, Inc. - MP	50	Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	Mission Minis VP Avocados	Mission Produce, Inc. - MP	50	Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	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, Frozen, or Canned	Fresh Mini Seedless Watermelon	National Watermelon Promotion Board - NWPB	280	Grams	80	0	0	0	17
Fruit: Fresh, Frozen, or Canned	Fresh Seedless Watermelon	National Watermelon Promotion Board - NWPB	280	Grams	80	0	0	0	17
Fruit: Fresh, Frozen, or Canned	Fresh Seeded Watermelon	National Watermelon Promotion Board - NWPB	280	Grams	80	0	0	0	17
Fruit: Fresh, Frozen, or Canned	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, Frozen, or Canned	Hass Avocados	Chilean Avocado Importers Association - CA	30	Grams	50	4.5	0.5	0	0

\*per serving



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

\*per serving



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Food Category	Product	Company	Serving Size		Calories*	Total Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
Fruit: Fresh, Frozen, or Canned	AVOMX HASS BAG	Calavo Growers, Inc. - CG	50	Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	AVOMXJ HASS BAG	Calavo Growers, Inc. - CG	50	Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	AVODR HASS BAGS	Calavo Growers, Inc. - CG	50	Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	AVOCA HASS BAG (EACH)	Calavo Growers, Inc. - CG	50	Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	AVOCA HASS BAG	Calavo Growers, Inc. - CG	50	Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	AVOCA HASS BAG	Calavo Growers, Inc. - CG	50	Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	AVOCA HASS 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

\*per serving



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Food Category	Product	Company	Serving Size		Calories*	Total Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
Fruit: Fresh, Frozen, or Canned	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, Frozen, or Canned	AVOCA HASS BAG COSTCO	Calavo Growers, Inc. - CG	50	Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	AVOPR HASS VIRU BAG	Calavo Growers, Inc. - CG	50	Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	AVOCA HASS BAG	Calavo Growers, Inc. - CG	50	Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	AVOMX HASS WGCF BAGR	Calavo Growers, Inc. - CG	50	Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	AVOMXJ HASS BAGR	Calavo Growers, Inc. - CG	50	Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	AVOMX HASS WGCF BAGR	Calavo Growers, Inc. - CG	50	Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	AVOCA HASS WGCF BAGR	Calavo Growers, Inc. - CG	50	Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	AVOMX HASS BAGS	Calavo Growers, Inc. - CG	50	Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	AVOMXJ HASS BAG	Calavo Growers, Inc. - CG	50	Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	AVOCA HASS BAGR	Calavo Growers, Inc. - CG	50	Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	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, Frozen, or Canned	AVOMX HASS BAG	Calavo Growers, Inc. - CG	50	Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	AVOMX HASS WGCF BAGR	Calavo Growers, Inc. - CG	50	Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	AVOMX HASS 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, 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 BAGS	Calavo Growers, Inc. - CG	50	Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	AVOMX HASS BAG	Calavo Growers, Inc. - CG	50	Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	AVOMX HASS WGCF BAGR	Calavo Growers, Inc. - CG	50	Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	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, Frozen, or Canned	Organic Darling Mandarins	LGS Specialty Sales LTD - LGS	148	Grams	70	0	0	0	14
Fruit: Fresh, Frozen, or Canned	Organic Darling Mandarins	LGS Specialty Sales LTD - LGS	148	Grams	70	0	0	0	14
Fruit: Fresh, Frozen, or Canned	Darling 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, 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	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, Frozen, or Canned	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, Frozen, or Canned	Organic Suavo Avocado	LGS Specialty Sales LTD - LGS	50	Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	Suavo Avocado	LGS Specialty Sales LTD - LGS	50	Grams	80	8	0.5	0	0
Fruit: Fresh, Frozen, or Canned	Darling Clementines	LGS Specialty Sales LTD - LGS	148	Grams	70	0	0	0	14
Fruit: Fresh, Frozen, or Canned	Maglio Seedless Watermelon, ¼ slice	The Fresh Group LTD - FG	1	Cups	46	0	0	2	10
Fruit: Fresh, Frozen, or Canned	North Bay Produce Blueberries	North Bay Produce, Inc - NB	140	Grams	80	0	0	0	14
Fruit: Fresh, Frozen, or Canned	North Bay Produce Blueberries	North Bay Produce, Inc - NB	140	Grams	80	0	0	0	14

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Food Category	Product	Company	Serving Size		Calories*	Total Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
Fruit: Fresh, Frozen, or Canned	North Bay Produce Blueberries	North Bay Produce, Inc - NB	140	Grams	80	0	0	0	14
Fruit: Fresh, Frozen, or Canned	North Bay Produce Blueberries	North Bay Produce, Inc - NB	140	Grams	80	0	0	0	14
Fruit: Fresh, Frozen, or Canned	North Bay Produce Blueberries	North Bay Produce, Inc - NB	140	Grams	80	0	0	1	14
Fruit: Fresh, Frozen, or Canned	North Bay Produce Blackberries	North Bay Produce, Inc - NB	140	Grams	60	0.5	0	0	7
Fruit: Fresh, Frozen, or Canned	North Bay Produce Raspberries	North Bay Produce, Inc - NB	140	Grams	70	1	0	0	6
Fruit: Fresh, Frozen, or Canned	North Bay Produce Raspberries	North Bay Produce, Inc - NB	140	Grams	70	1	0	0	6
Fruit: Fresh, Frozen, or Canned	North Bay Produce Blackberries	North Bay Produce, Inc - NB	140	Grams	60	0.5	0	0	7
Fruit: Fresh, Frozen, or Canned	North Bay Organic Blackberries	North Bay Produce, Inc - NB	140	Grams	60	0.5	0	0	7
Fruit: Fresh, Frozen, or Canned	North Bay Organic Raspberries	North Bay Produce, Inc - NB	140	Grams	70	1	0	0	6
Fruit: Fresh, Frozen, or Canned	North Bay Produce Honeycrisp Apples	North Bay Produce, Inc - NB	242	Grams	130	0	0	0	25
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, Frozen, or Canned	California Avocado	California Avocado Commission - CAC	50	Grams	80	8	1	0	0
Margarines	I 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: Canned or Processed	Black Steer Brand Angus Roast Beef Top Round	Mrs. Ressler's Food Products - MR	56 Grams	70	1	0	360	0
Meat & Poultry: Canned or Processed	Black Steer Brand Golden Roasted Breast of Turkey	Mrs. Ressler's Food Products - MR	56 Grams	60	0.5	0	370	1
Meat & Poultry: Canned or Processed	Bar-M Premium Reduced Sodium Roast Beef	Serv-Rite Meat Company, Inc.	56 Grams	70	1.5	0.5	350	0
Meat & Poultry: Canned or Processed	Boar's Head Honey Smoked Turkey Breast	Boar's Head Provisions Company, Inc. - Boar's Head	56 Grams	70	0.5	0	480	2
Meat & Poultry: Canned or Processed	Boar's Head Uncured Honey Ham	Boar's Head Provisions Company, Inc. - Boar's Head	56 Grams	60	1	0	420	1
Meat & Poultry: Canned or Processed	Boar's Head Mesquite Wood Smoked Roasted Turkey Breast	Boar's Head Provisions Company, Inc. - Boar's Head	56 Grams	60	1	0	440	0
Meat & Poultry: Canned or Processed	Boar's Head Old Fashioned Canadian Style Uncured Bacon Pre-Sliced	Boar's Head Provisions Company, Inc. - Boar's Head	56 Grams	70	2	1	480	1
Meat & Poultry: Canned or Processed	Boar's Head Pastrami Seasoned Turkey Breast	Boar's Head Provisions Company, Inc. - Boar's Head	56 Grams	60	1	0	460	0
Meat & Poultry: Canned or Processed	Boar's Head Maple Glazed Honey Coat Turkey Breast	Boar's Head Provisions Company, Inc. - Boar's Head	56 Grams	70	0.5	0	480	2
Meat & Poultry: Canned or Processed	Boar's Head Ovengold Roasted Turkey Breast	Boar's Head Provisions Company, Inc. - Boar's Head	56 Grams	60	1	0	360	0

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

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Food Category	Product	Company	Serving Size	Calories*	Total Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
Meat & Poultry: Canned or Processed	Boar's Head Honey Smoked Turkey Breast	Boar's Head Provisions Company, Inc. - Boar's Head	56 Grams	60	1	0	420	0
Meat & Poultry: Canned or Processed	Boar's Head EverRoast Oven Roasted Chicken Breast	Boar's Head Provisions Company, Inc. - Boar's Head	56 Grams	60	1	0	440	1
Meat & Poultry: Canned or Processed	Boar's Head Golden Classic 42% Lower Sodium Chicken Breast	Boar's Head Provisions Company, Inc. - Boar's Head	56 Grams	60	1.5	0	350	0
Meat & Poultry: Canned or Processed	Boar's Head Old Fashioned Canadian Style Uncured Bacon	Boar's Head Provisions Company, Inc. - Boar's Head	56 Grams	70	2	1	480	1
Meat & Poultry: Canned or Processed	H-E-B Cajun Style Seasoned Roast Beef 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 Processed	H-E-B Fried* Turkey Breast *Cooked then Fried in Oil	H-E-B, LP - HEB	56 Grams	60	1	0.48	460	1
Meat & Poultry: Canned or Processed	H-E-B Honey Smoked Turkey Breast	H-E-B, LP - HEB	56 Grams	70	1.5	0	400	3
Meat & Poultry: Canned or Processed	H-E-B Mesquite Smoked Turkey Breast	H-E-B, LP - HEB	56 Grams	60	1	0	420	1
Meat & Poultry: Canned or Processed	H-E-B Oven Roasted Turkey Breast Rubbed with Seasonings	H-E-B, LP - HEB	56 Grams	50	1.5	0	400	0

\*per serving



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

\*per serving



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Food Category	Product	Company	Serving Size		Calories*	Total Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
Meat & Poultry: Canned or Processed	Member's Mark All Natural 98% Fat Free Premium Chunk Chicken Breast in Water 3.25 oz	Tony Downs Foods Company - TDFC	84	Grams	80	1.5	0	320	0
Meat & Poultry: Canned or Processed	Member's Mark All Natural 98% Fat Free Premium Chunk Chicken Breast in Water	Tony Downs Foods Company - TDFC	84	Grams	90	1.5	0	360	0
Meat & Poultry: Canned or Processed	Prima Della Garlic & Herb Chicken Breast	Cargill Meat Solutions - Deli Mea	56	Grams	50	1	0	450	0
Meat & Poultry: Canned or Processed	Prima Della Lower Sodium Turkey Breast	Cargill Meat Solutions - Deli Mea	56	Grams	60	1.5	0	370	0
Meat & Poultry: Canned or Processed	Lunch Mate Oven Roasted Turkey Breast	Carl Buddig & Company - Carl Buddig	56	Grams	50	1	0.5	460	1
Meat & Poultry: Canned or Processed	Lunch Mate Smoked Honey Uncured Ham	Carl Buddig & Company - Carl Buddig	56	Grams	70	1.5	1	390	3
Meat & Poultry: Fresh, Frozen, or Cooked	Smithfield Fresh Pork Tenderloin	Smithfield Foods, Inc. - Fresh Pork	112	Grams	130	4	1.5	60	0
Meat & Poultry: Fresh, Frozen, or Cooked	Smithfield Boneless Pork Sirloin Roast	Smithfield Foods, Inc. - Fresh Pork	112	Grams	140	4.5	1.5	60	0
Meat & Poultry: Fresh, Frozen, or Cooked	Smithfield Fresh Pork Tenderloin	Smithfield Foods, Inc. - Fresh Pork	112	Grams	130	4	1.5	60	0
Meat & Poultry: Fresh, Frozen, or Cooked	Smithfield Fresh Pork Tenderloin	Smithfield Foods, Inc. - Fresh Pork	112	Grams	130	4	1.5	60	0

\*per serving



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Food Category	Product	Company	Serving Size		Calories*	Total Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
Meat & Poultry: Fresh, Frozen, or Cooked	Swift Premium Pork Tenderloin (1 piece)	JBS USA, LLC - Swift	112	Grams	130	4	1.5	60	0
Meat & Poultry: Fresh, Frozen, or Cooked	Kirkland Signature Swift Premium Pork Sirloin Tip Roast	JBS USA, LLC - Swift	112	Grams	100	2	0.5	270	0
Meat & Poultry: Fresh, Frozen, or Cooked	Swift Premium Pork Tenderloin (2 pieces)	JBS USA, LLC - Swift	112	Grams	130	4	1.5	60	0
Meat & Poultry: Fresh, Frozen, or Cooked	Kirkland Signature Fresh Boneless & Skinless Chicken Breasts	Lincoln Premium Poultry - LP	112	Grams	110	1	0	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Kirkland Signature Fresh Boneless & Skinless Chicken Tenderloins	Lincoln Premium Poultry - LP	112	Grams	110	0.5	0	45	0
Meat & Poultry: Fresh, Frozen, or Cooked	Albertsons Signature Farms 96% Lean 4% Fat Ground Beef	Interstate Meat Dist., Inc.	112	Grams	150	4.5	2	70	0
Meat & Poultry: Fresh, Frozen, or Cooked	Walmart 96/4 All Natural Extra Lean Ground Beef	Interstate Meat Dist., Inc.	112	Grams	140	4.5	2	70	0
Meat & Poultry: Fresh, Frozen, or Cooked	96% Lean 4% Fat All Natural Extra Lean Ground Beef	Interstate Meat Dist., Inc.	112	Grams	150	4.5	2	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	96% Lean 4% Fat All Natural Extra Lean Ground Beef	Interstate Meat Dist., Inc.	112	Grams	150	4.5	2	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Laura's Lean Beef 96% Lean 4% Fat	Meyer Foods Group LLC dba Meyer Natural Foods	112	Grams	0	5	2	75	0

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Meat & Poultry: Fresh, Frozen, or Cooked	Laura's Lean Beef 96% Lean 4% Fat	Meyer Foods Group LLC dba Meyer Natural Foods	112	Grams	150	5	2	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Certified Piedmontese Ground Beef 96% Lean 4% Fat	Great Plains Beef LLC - GPB	113	Grams	130	3.5	1.5	45	0
Meat & Poultry: Fresh, Frozen, or Cooked	Kirkland Organic Chicken Breasts Boneless & Skinless, Air Chilled	Foster Poultry Farms - Foster Farms	112	Grams	110	1.5	0	85	0
Meat & Poultry: Fresh, Frozen, or Cooked	Kirkland Signature/Foster Farms Fresh 99% Fat Free Boneless & Skinless Breast Fillets	Foster Poultry Farms - Foster Farms	112	Grams	120	1.5	0.37	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Tyson All Natural Boneless Fresh Pork Sirloin Roast	Tyson Sales & Distribution, Inc. - Sara Lee	112	Grams	150	4.5	1.5	70	0
Meat & Poultry: Fresh, Frozen, or Cooked	Tyson All Natural Two-Pack Boneless Fresh Pork Tenderloins	Tyson Sales & Distribution, Inc. - Sara Lee	112	Grams	130	4	1.5	60	0
Meat & Poultry: Fresh, Frozen, or Cooked	Chairman's Reserve Premium Pork Tenderloin	Tyson Sales & Distribution, Inc. - Sara Lee	112	Grams	130	4	1.5	60	0
Meat & Poultry: Fresh, Frozen, or Cooked	Chairman's Reserve Prime Pork Tenderloin	Tyson Sales & Distribution, Inc. - Sara Lee	112	Grams	130	4	1.5	60	0
Meat & Poultry: Fresh, Frozen, or Cooked	Supreme Lean Fresh Pork Tenderloin	Tyson Sales & Distribution, Inc. - Sara Lee	112	Grams	130	4	1.5	60	0
Meat & Poultry: Fresh, Frozen, or Cooked	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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Meat & Poultry: Fresh, Frozen, or Cooked	Walmart 96/4 All Natural Extra Lean Ground Beef	Cargill Meat Solutions - Beef	112	Grams	0	4.5	1.5	65	0
Meat & Poultry: Fresh, Frozen, or Cooked	Harris Teeter Rancher Tender Verified 96/4 Extra Lean Ground Beef	Cargill Meat Solutions - Beef	112	Grams	150	4.5	1.5	65	0
Meat & Poultry: Fresh, Frozen, or Cooked	Randall Farms All Natural Boneless Skinless Chicken Breast with Rib Meat	Randall Foods, Inc. - Randall	112	Grams	120	1.5	0	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Murray's All Natural Boneless & Skinless Chicken Breasts	Murray's Free Roaming Chicken, Inc. - Murray's	112	Grams	120	1.5	0	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Meijer Extra Lean Ground Beef 96% Lean 4% Fat	JBS USA, LLC - Beef	112	Grams	140	4.5	2	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	100% Pure Extra Lean Ground Beef 96% Lean 4% Fat	JBS USA, LLC - Beef	112	Grams	140	4.5	2	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	100% Pure Extra Lean Ground Beef 96% Lean 4% Fat Hy-Vee	JBS USA, LLC - Beef	112	Grams	140	4.5	2	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Extra Lean Ground Beef 96% Lean 4% Fat	National Cattlemen's Beef Association - NCBA	112	Grams	140	4.5	1.79	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Schnuck's Natural 99% Fat Free Boneless, Skinless Chicken Breast Fillets	Sanderson Farms, Inc. - SF	112	Grams	110	1	0	50	0
Meat & Poultry: Fresh, Frozen, or Cooked	Schnuck's Natural 99% Fat Free Clipped Chicken Breast Tenderloins	Sanderson Farms, Inc. - SF	112	Grams	110	1	0	55	0

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Meat & Poultry: Fresh, Frozen, or Cooked	Schnuck's Natural 99% Fat Free Thin Sliced Boneless Skinless Chicken Breast Fillet	Sanderson Farms, Inc. - SF	112	Grams	110	1	0	50	0
Meat & Poultry: Fresh, Frozen, or Cooked	Kirkland Signature Boneless Skinless Chicken Breast 99% Fat Free	Pilgrim's Pride, Inc. - PPI	112	Grams	110	1	0	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Kirkland Signature Organic Boneless Skinless Chicken Tenderloins 99% Fat Free	Pilgrim's Pride, Inc. - PPI	112	Grams	110	0.5	0	45	0
Meat & Poultry: Fresh, Frozen, or Cooked	Kirkland Signature Organic Boneless Skinless Chicken Breast 99% Fat Free	Pilgrim's Pride, Inc. - PPI	112	Grams	110	1	0	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Kirkland Signature Boneless Skinless Chicken Tenderloins Fat Free	Pilgrim's Pride, Inc. - PPI	112	Grams	110	0.5	0	45	0
Meat & Poultry: Fresh, Frozen, or Cooked	Boneless Pork Sirloin Roast (Solution Added)	National Pork Board - NPB	112	Grams	120	4	1.5	260	0
Meat & Poultry: Fresh, Frozen, or Cooked	Pork Tenderloin	National Pork Board - NPB	112	Grams	130	4	1.5	55	0
Meat & Poultry: Fresh, Frozen, or Cooked	Natural Boneless Pork Sirloin Roast	National Pork Board - NPB	112	Grams	130	3	1	70	0
Meat & Poultry: Fresh, Frozen, or Cooked	Albertsons Signature Farms 9% Lean 4% Fat Ground Beef	Tyson Sales & Distribution, Inc. – Case Ready Beef	112	Grams	140	4.5	2	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Aldi Extra Lean Ground Beef 96% Lean 4% Fat	Tyson Sales & Distribution, Inc. – Case Ready Beef	112	Grams	140	4.5	2	75	0

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

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Meat & Poultry: Fresh, Frozen, or Cooked	First Street Ground Beef (96% Lean)	Jobbers Meat Packing CO. INC	112	Grams	150	4.5	1.5	60	0
Meat & Poultry: Fresh, Frozen, or Cooked	WM 100% Ground Beef	Jobbers Meat Packing CO. INC	112	Grams	150	4.5	1.5	60	0
Meat & Poultry: Fresh, Frozen, or Cooked	WM 100% Ground Beef Patty	Jobbers Meat Packing CO. INC	112	Grams	150	4.5	1.5	60	0
Meat & Poultry: Fresh, Frozen, or Cooked	Albertsons Signature Farms 96% Lean 4% Fat Ground Beef	AVA Companies	112	Grams	150	4	1.5	65	0
Meat & Poultry: Fresh, Frozen, or Cooked	Kirkland Organic Chicken Breasts, Boneless and Skinless	Shenandoah Valley Organic	112	Grams	110	1	0	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Kirkland Organic Chicken Tenderloins, Boneless and Skinless	Shenandoah Valley Organic	112	Grams	110	0.5	0	45	0
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	30	Grams	200	19	2	0	0
Not Available	Diamond Foods Chopped Pecans	Diamond Foods LLC - DF	30	Grams	210	22	2	0	1
Not Available	Diamond Foods Chopped Hazelnuts	Diamond Foods LLC - DF	30	Grams	190	18	1.5	0	1
Nuts or Seeds	Diamond Foods Sliced Almonds	Diamond Foods LLC - DF	30	Grams	170	15	1	0	1
Nuts or Seeds	Diamond Foods Chopped Pecans	Diamond Foods LLC - DF	30	Grams	210	22	2	0	1
Nuts or Seeds	Diamond Foods Sliced Almonds	Diamond Foods LLC - DF	30	Grams	170	15	1	0	1
Nuts or Seeds	Diamond Foods Chopped Hazelnuts	Diamond Foods LLC - DF	30	Grams	190	18	1.5	0	1
Nuts or Seeds	Diamond Foods Finely Diced Walnuts (Rosemary Extract)	Diamond Foods LLC - DF	30	Grams	200	20	2	0	1
Nuts or Seeds	Diamond Foods Black Walnuts	Diamond Foods LLC - DF	30	Grams	190	18	1	0	0

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Food Category	Product	Company	Serving Size		Calories*	Total Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
Nuts or Seeds	Diamond Foods Shelled Walnuts (Rosemary Extract)	Diamond Foods LLC - DF	30	Grams	200	20	2	0	1
Nuts or Seeds	Diamond Foods California Organic Shelled Walnuts	Diamond Foods LLC - DF	30	Grams	200	20	2	0	1
Nuts or Seeds	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	2	0	0
Nuts or Seeds	Pecan Halves	York Pecan Co - YP	28	Grams	190	20	1.5	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	1.5	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	0	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	2	0	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 LLC - DF	30	Grams	200	20	2	0	1
Nuts or Seeds	Diamond Foods California Shelled Walnuts (Rosemary Extract)	Diamond Foods LLC - DF	30	Grams	200	20	2	0	1
Nuts or Seeds	Diamond Foods Chopped Pecans	Diamond Foods LLC - DF	30	Grams	210	22	2	0	1
Nuts or Seeds	Diamond Foods Whole Almonds	Diamond Foods LLC - DF	30	Grams	170	15	1	0	1
Nuts or Seeds	Diamond Foods Pecan Halves	Diamond Foods LLC - DF	30	Grams	4	22	2	0	0
Nuts or Seeds	Diamond Foods Whole Almonds	Diamond Foods LLC - DF	30	Grams	170	15	1	0	1
Nuts or Seeds	Diamond Foods Slivered Almonds	Diamond Foods LLC - DF	30	Grams	180	16	1	5	1
Nuts or Seeds	Diamond Foods Chopped Walnuts (Rosemary Extract)	Diamond Foods LLC - DF	30	Grams	200	20	2	0	1
Nuts or Seeds	Diamond Foods Chopped Walnuts	Diamond Foods LLC - DF	30	Grams	200	20	2	0	1
Nuts or Seeds	Diamond Foods Whole Almonds	Diamond Foods LLC - DF	30	Grams	170	15	1	0	1

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Nuts or Seeds	Diamond Foods Whole Almonds	Diamond Foods LLC - DF	30 Ounces	0	15	1	0	1
Nuts or Seeds	Diamond Foods Sliced Almonds	Diamond Foods LLC - DF	30 Ounces	0	15	1	0	1
Nuts or Seeds	Diamond Foods Shelled Walnuts	Diamond Foods LLC - DF	30 Ounces	0	0	0	0	0
Nuts or Seeds	Diamond Foods Shelled Walnuts	Diamond Foods LLC - DF	30 Ounces	0	20	2	0	1
Nuts or Seeds	Diamond Foods Shelled Walnuts (Rosemary Extract)	Diamond Foods LLC - DF	30 Ounces	0	20	2	0	1
Nuts or Seeds	Diamond Foods Pecan Halves	Diamond Foods LLC - DF	30 Ounces	0	22	2	0	1
Nuts or Seeds	Diamond Foods Finely Diced Walnuts (Rosemary Extract)	Diamond Foods LLC - DF	30 Ounces	0	20	2	0	1
Nuts or Seeds	Diamond Foods Chopped Walnuts (Rosemary Extract)	Diamond Foods LLC - DF	30 Ounces	0	0	0	0	0
Nuts or Seeds	Diamond Foods Chopped Walnuts (Rosemary Extract)	Diamond Foods LLC - DF	30 Ounces	0	20	2	0	1
Nuts or Seeds	Diamond Foods Chopped Pecans	Diamond Foods LLC - DF	30 Ounces	0	22	2	0	1
Nuts or Seeds	Diamond Foods Finely Diced Pecans	Diamond Foods LLC - DF	30 Grams	210	22	2	0	1
Nuts or Seeds	Diamond Foods Shelled Walnuts (Rosemary Extract)	Diamond Foods LLC - DF	30 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
Nuts or Seeds	Diamond Foods California Shelled Walnuts (Rosemary Extract)	Diamond Foods LLC - DF	30 Grams	200	20	2	0	1
Nuts or Seeds	Diamond Foods Shelled Walnuts (Rosemary Extract)	Diamond Foods LLC - DF	30 Grams	200	20	2	0	1
Nuts or Seeds	Diamond Foods Shelled Pecans	Diamond Foods LLC - DF	30 Grams	210	22	2	0	1
Nuts or Seeds	Hubs Home Cooked Salted Virginia Peanuts	Hubbard Peanut Company, INC	28 Grams	180	14	2	60	1
Nuts or Seeds	Hubs Home Cooked Salted Virginia Peanuts	Hubbard Peanut Company, INC	28 Grams	180	14	2	60	1
Nuts or Seeds	Hubs Home Cooked Salted Virginia Peanuts	Hubbard Peanut Company, INC	28 Grams	180	14	2	60	1
Nuts or Seeds	Hubs Home Cooked Salted Virginia Peanuts	Hubbard Peanut Company, INC	28 Grams	180	14	2	60	1
Nuts or Seeds	Hubs Home Cooked Salted Virginia Peanuts	Hubbard Peanut Company, INC	28 Grams	180	14	2	60	1
Nuts or Seeds	Gold Emblem Abound Raw Natural Almonds	Nichols Pistachio - NF	1 Ounces	170	14	1	0	1

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Nuts or Seeds	Gold Emblem Organic Pistachio Kernels Light Sea Salt	Nichols Pistachio - NF	28	Grams	170	14	1.5	80	2
Nuts or Seeds	Gold Emblem Abound Unsalted Pistachio & Almond Blend	Nichols Pistachio - NF	28	Grams	170	14	1	0	1
Nuts or Seeds	Gold Emblem Abound Unsalted Pistachios	Nichols Pistachio - NF	28	Grams	170	14	1.5	0	2
Nuts or Seeds	Gold Emblem Lightly Salted Pistachios	Nichols Pistachio - NF	28	Grams	170	14	1.5	80	2
Nuts or Seeds	Gold Emblem Abound Organic Pistachios	Nichols Pistachio - NF	28	Grams	170	14	1.5	0	2
Nuts or Seeds	Gold Emblem Pistachio Kernels Light Sea Salt	Nichols Pistachio - NF	28	Grams	170	14	1.5	80	2
Nuts or Seeds	Gold Emblem Abound Raw Natural Almonds	Nichols Pistachio - NF	28	Grams	170	14	1	0	1
Nuts or Seeds	Gold Emblem Abound Unsalted Pistachio 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	80	2
Nuts or Seeds	Gold Emblem Lightly Salted Pistachios	Nichols Pistachio - NF	1	Ounces	170	14	1.5	80	2
Nuts or Seeds	Gold Emblem 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	1.5	1	1
Nuts or Seeds	California Grown Chopped Walnuts	Poindexter Nut Company - PNC	28	Grams	200	18	1.5	1	1
Nuts or Seeds	Walnuts Organic Halves & Pieces California Grown	Poindexter Nut Company - PNC	28	Grams	190	18	1.5	0	1
Nuts or Seeds	California Grown Shelled Walnuts	Poindexter Nut Company - PNC	28	Grams	200	18	1.5	1	1
Nuts or Seeds	California Grown Shelled Walnuts	Poindexter Nut Company - PNC	28	Grams	190	18	1.5	0	1
Nuts or Seeds	Walnuts Organic Halves & Pieces California Grown	Poindexter Nut Company - PNC	28	Grams	200	18	1.5	1	1
Nuts or Seeds	Whitley's Salted Virginia Peanuts	Whitley's Peanut Factory - WP	30	Cups	140	10	2	80	1
Nuts or Seeds	Whitley's Salted Virginia Peanuts	Whitley's Peanut Factory - WP	30	Cups	140	10	2	80	1
Nuts or Seeds	Whitley's Salted Virginia Peanuts	Whitley's Peanut Factory - WP	30	Grams	140	10	2	80	1
Nuts or Seeds	Whitley's Salted Virginia Peanuts	Whitley's Peanut Factory - WP	30	Cups	140	10	2	80	1
Nuts or Seeds	Whitley's Salted Virginia Peanuts	Whitley's Peanut Factory - WP	30	Grams	140	10	2	80	1
Nuts or Seeds	Whitley's Unsalted Virginia Peanuts	Whitley's Peanut Factory - WP	30	Grams	140	10	2	0	1

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Nuts or Seeds	Whitley's Unsalted Virginia Peanuts	Whitley's Peanut Factory - WP	30 Grams	140	10	2	0	1
Nuts or Seeds	Whitley's Unsalted Virginia Peanuts	Whitley's Peanut Factory - WP	30 Grams	140	10	2	0	1
Nuts or Seeds	Whitley's Salted Virginia Peanuts	Whitley's Peanut Factory - WP	30 Cups	140	10	2	80	1
Nuts or Seeds	Whitley's Salted Virginia Peanuts	Whitley's Peanut Factory - WP	30 Cups	140	10	2	80	1
Nuts or Seeds	Whitley's Unsalted Virginia Peanuts	Whitley's Peanut Factory - WP	30 Grams	140	10	2	0	1
Nuts or Seeds	American Pecan	American Pecan Council - APC	28 Grams	200	20	2	0	1
Nuts or Seeds	Almonds, Sliced	Almond Board of California - ABC	28 Grams	160	14	1	5	1
Nuts or Seeds	Almonds, Blanched	Almond Board of California - ABC	28 Grams	160	15	1	5	1
Nuts or Seeds	Almonds, Dry Roasted, salt added	Almond Board of California - ABC	28 Grams	170	15	1	65	1
Nuts or Seeds	Almonds, Dry Roasted, no salt added	Almond Board of California - ABC	28 Grams	170	15	1	1	1
Nuts or Seeds	Almonds, Dry Roasted, no salt added (Snack Pack)	Almond Board of California - ABC	28 Grams	170	15	1	0	1
Nuts or Seeds	Almonds, Whole Natural	Almond Board of California - ABC	28 Grams	160	14	1	5	1
Nuts or Seeds	Almonds, Slivered	Almond Board of California - ABC	28 Grams	160	14	1	5	1
Nuts or Seeds	Setton Farms Raw Shelled Pistachios No Salt	Setton Pistachio of Terra Bella Inc. - SP	30 Grams	170	14	1.5	0	2
Nuts or Seeds	Setton Farms Raw Shelled Pistachios No Salt	Setton Pistachio of Terra Bella Inc. - SP	30 Grams	0	14	1.5	0	2
Nuts or Seeds	Setton Farms Garlic Onion Pistachio Kernels	Setton Pistachio of Terra Bella Inc. - SP	30 Grams	170	14	1.5	135	2
Nuts or Seeds	Setton Farms Garlic Onion Inshell Pistachios	Setton Pistachio of Terra Bella Inc. - SP	30 Grams	170	14	1.5	135	2
Nuts or Seeds	Setton Farms Jalapeno Inshell Pistachios	Setton Pistachio of Terra Bella Inc. - SP	30 Grams	170	14	1.5	135	2
Nuts or Seeds	Setton Farms Jalapeno Pistachio Kernels	Setton Pistachio of Terra Bella Inc. - SP	30 Grams	170	14	1.5	135	2
Nuts or Seeds	Setton Farms Premium California Dry Roasted Lightly Salted Pistachios	Setton Pistachio of Terra Bella Inc. - SP	30 Grams	170	14	1.5	65	2
Nuts or Seeds	Setton Farms Premium California Dry Roasted with Sea Salt Pistachios	Setton Pistachio of Terra Bella Inc. - SP	30 Grams	170	14	1.5	135	2

\*per serving



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Food Category	Product	Company	Serving Size		Calories*	Total Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
Nuts or Seeds	Setton Farms Premium California Dry Roasted with Sea Salt Pistachios	Setton Pistachio of Terra Bella Inc. - 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
Nuts or Seeds	Setton Farms Premium California Dry Roasted with Sea Salt Pistachios	Setton Pistachio of Terra Bella Inc. - SP	30	Grams	170	13	1.5	115	2
Nuts or Seeds	Setton Farms Premium California Dry Roasted with Sea Salt Pistachios	Setton Pistachio of Terra Bella Inc. - SP	30	Grams	170	14	1.5	135	2
Nuts or Seeds	Setton Farms Premium California Dry Roasted with Sea Salt Pistachios	Setton Pistachio of Terra Bella Inc. - SP	14	Grams	80	6	1	65	0
Nuts or Seeds	Setton Farms Premium California Dry Roasted with Sea Salt Pistachios	Setton Pistachio of Terra Bella Inc. - SP	30	Grams	170	14	1.5	135	2
Nuts or Seeds	Setton Farms Premium California Dry Roasted with Sea Salt Pistachios	Setton Pistachio of Terra Bella Inc. - SP	30	Grams	170	14	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

\*per serving



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Food Category	Product	Company	Serving Size		Calories*	Total Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
Nuts or Seeds	Setton Farms Jalapeno Pistachio Kernels	Setton Pistachio of Terra Bella Inc. - SP	30	Grams	170	14	1.5	135	2
Nuts or Seeds	Setton Farms Garlic Onion Pistachio Kernels	Setton Pistachio of Terra Bella Inc. - SP	30	Grams	170	14	1.5	135	2
Nuts or Seeds	Setton Farms Dry Roasted Chili Limon Pistachios In Shell	Setton Pistachio of Terra Bella Inc. - SP	30	Grams	0	14	1.5	135	2
Nuts or Seeds	Hampton Farms Unsalted Roasted Peanuts	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	30	Grams	170	15	2	0	1
Nuts or Seeds	Hampton Farms Unsalted Roasted Peanuts	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	30	Grams	170	15	2	0	1
Nuts or Seeds	Hampton Farms Jumbo Unsalted Roasted Peanuts	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	30	Grams	170	15	2	0	1
Nuts or Seeds	Hampton Farms Jumbo Unsalted Roasted Peanuts	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	30	Grams	170	15	2	0	1
Nuts or Seeds	Hampton Farms Jumbo Unsalted Roasted Peanuts	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	30	Grams	170	15	2	0	1
Nuts or Seeds	Hampton Farms Unsalted Roasted Peanuts	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	30	Grams	170	15	2	0	1
Nuts or Seeds	Hampton Farms Jumbo Unsalted Roasted Peanuts	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	30	Grams	170	15	2	0	1
Nuts or Seeds	Hampton Farms Unsalted Roasted Peanuts	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	30	Grams	170	15	2	0	1
Nuts or Seeds	Hampton Farms Colossal Unsalted Roasted Peanuts	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	30	Grams	170	15	2.5	0	1
Nuts or Seeds	Hampton Farms Jumbo Unsalted Roasted Peanuts	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	30	Grams	170	15	2	0	1
Nuts or Seeds	Hampton Farms Unsalted Roasted Peanuts	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	30	Grams	170	15	2	0	1
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	Serving Size		Calories*	Total Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
Nuts or Seeds	Hampton Farms Unsalted Roasted Peanuts	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	30	Grams	170	15	2	0	1
Nuts or Seeds	Hampton Farms Unsalted Roasted Peanuts	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	30	Grams	170	15	2	0	1
Nuts or Seeds	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	1.5	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	28	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	1.5	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	0	1
Nuts or Seeds	Primavera California Walnut Halves	Prima Noce Packing, Inc. - PNP	43	Grams	285	27	2.3	0	2
Nuts or Seeds	Mississippi Peanut Growers Association Roasted Peanuts	Mississippi Peanut Growers 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	0	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.	30	Grams	190	20	2	0	1
Nuts or Seeds	Rancho Pecana Natural Pecan Halves	Rancho Pecana LLC.	30	Grams	190	20	2	0	1
Nuts or Seeds	Rancho Pecana Natural Pecan Pieces	Rancho Pecana LLC.	30	Grams	190	20	2	0	1
Nuts or Seeds	Rancho Pecana Natural Pecan Pieces	Rancho Pecana LLC.	30	Grams	0	20	2	0	1
Nuts or Seeds	Rancho Pecana Natural Pecan Pieces	Rancho Pecana LLC.	30	Grams	190	20	2	0	1
Nuts or Seeds	Salted, Oil Roasted Peanuts	National Peanut Board - NPB	28	Grams	160	14	2	100	1
Nuts or Seeds	Hudson Shelled Pecan Halves	Hudson Pecan Company Inc - HP	30	Grams	213	21	2	0	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	Serving Size	Calories*	Total Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
Nuts or Seeds	Georgia Peanuts	Georgia Farm Bureau - GFB	28 Grams	160	14	2	100	1
Nuts or Seeds	Virginia Diner Unsalted Virginia Peanuts	Virginia Diner, Inc. - VDI	28 Grams	180	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 Unsalted Virginia Peanuts	Virginia Diner, Inc. - VDI	28 Grams	180	14	2.5	0	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	Virginia Diner, Inc. - VDI	28 Grams	180	13	2	55	1
Nuts or Seeds	Roasted Peanuts	Florida Peanut Federation - FP	28 Grams	160	14	2	100	1
Nuts or Seeds	Chase Pecan Halves	Chase Pecans - SSP	28.4 Grams	196	20	2	0	0
Nuts or Seeds	Chase Pecan Pieces	Chase Pecans - SSP	28.4 Grams	200	20	2	0	1
Nuts or Seeds	Chase Pecan Halves	Chase Pecans - SSP	28.4 Grams	200	20	2	0	1
Nuts or Seeds	Chase Pecan Halves	Chase Pecans - SSP	28.4 Grams	196	20	2	0	0
Nuts or Seeds	Dry Roasted Peanuts, Salt Added	Peanut Institute, The - PI	28 Grams	170	14	2	75	1
Nuts or Seeds	Oil Roasted Peanuts, Unsalted	Peanut Institute, The - PI	28 Grams	170	13	1.5	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

\*per serving



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Food Category	Product	Company	Serving Size		Calories*	Total Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
Nuts or Seeds	Planters Salted Peanuts	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	28	Grams	170	14	2	95	1
Nuts or Seeds	Golden Peanut and Tree Nuts Pecan Halves	Golden Peanut and Tree Nuts - HNC	28	Grams	200	20	2	0	1
Nuts or Seeds	Southern Grove Pecan Pieces	Golden Peanut and Tree Nuts - HNC	28	Grams	200	20	2	0	1
Nuts or Seeds	Southern Grove Pecan Halves	Golden Peanut and Tree Nuts - HNC	28	Grams	200	20	2	0	1
Nuts or Seeds	Golden Peanut and Tree Nuts Pecan Halves	Golden Peanut and Tree Nuts - HNC	28	Grams	200	20	2	0	1

\*per serving



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Nuts or Seeds	Golden Peanut and Tree Nuts Pecan Pieces	Golden Peanut and Tree Nuts - HNC	28 Grams	200	20	2	0	1
Nuts or Seeds	Walnuts	Golden State Food, LLC - GSF	28 Grams	190	18	1.5	1	1
Nuts or Seeds	Walnuts	Golden State Food, LLC - GSF	28 Grams	190	18	1.5	1	1
Nuts or Seeds	Birdsong Peanut Salted Peanuts	Birdsong Peanuts - BP	28 Grams	160	14	2	100	1
Nuts or Seeds	Blue Diamond Almonds Roasted Salted	Blue Diamond Growers - BDG	28 Grams	170	16	1	85	1
Nuts or Seeds	Blue Diamond Oven Roasted Almonds Sea Salt	Blue Diamond Growers - BDG	28 Grams	170	15	1	135	1
Nuts or Seeds	Blue Diamond Almonds Whole Natural	Blue Diamond Growers - BDG	43 Grams	250	22	1.5	0	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 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 Oven Roasted Almonds Sea Salt	Blue Diamond Growers - BDG	28 Grams	170	15	1	135	1
Nuts or Seeds	Blue Diamond Almonds Roasted Salted	Blue Diamond Growers - BDG	43 Grams	260	24	2	130	2
Nuts or Seeds	Blue Diamond 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	17 Grams	100	9	0.5	25	1
Nuts or Seeds	Blue Diamond Almonds Whole Natural	Blue Diamond Growers - BDG	43 Grams	250	22	1.5	0	2
Nuts or Seeds	Blue Diamond Almonds Lightly Salted	Blue Diamond Growers - BDG	28 Grams	170	16	1	40	1
Nuts or Seeds	Blue Diamond Almonds Lightly Salted	Blue Diamond Growers - BDG	43 Grams	260	24	2	60	2
Nuts or Seeds	Blue Diamond Almonds Roasted Salted	Blue Diamond Growers - BDG	43 Grams	260	24	2	130	2
Nuts or Seeds	Blue Diamond Oven Roasted Almonds Sea Salt	Blue Diamond Growers - BDG	17 Grams	100	9	0.5	80	1
Nuts or Seeds	Blue Diamond Extra Toasted Almonds	Blue Diamond Growers - BDG	28 Grams	170	14	1	0	1
Nuts or Seeds	Blue Diamond Almonds Whole Natural	Blue Diamond Growers - BDG	18 Grams	100	9	0.5	0	1
Nuts or Seeds	Blue Diamond Almonds Lightly Salted	Blue Diamond Growers - BDG	28 Grams	170	16	1	40	1

\*per serving





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Nuts or Seeds	Blue Diamond Almonds Lightly Salted	Blue Diamond Growers - BDG	28 Grams	170	16	1	40	1
Nuts or Seeds	Blue Diamond Almonds Whole Natural	Blue Diamond Growers - BDG	18 Grams	100	9	0.5	0	1
Nuts or Seeds	Blue Diamond Almonds Lightly Salted	Blue Diamond Growers - BDG	28 Grams	170	16	1	40	1
Nuts or Seeds	Blue Diamond Oven Roasted Almonds Sea Salt	Blue Diamond Growers - BDG	28 Grams	170	15	1	135	1
Nuts or Seeds	Blue Diamond Almonds Lightly Salted	Blue Diamond Growers - BDG	28 Grams	170	16	1	40	1
Nuts or Seeds	Blue Diamond Almonds Roasted Salted	Blue Diamond Growers - BDG	28 Grams	170	16	1	85	1
Nuts or Seeds	Blue Diamond Oven Roasted Almonds Sea Salt	Blue Diamond Growers - BDG	28 Grams	170	15	1	135	1
Nuts or Seeds	Blue Diamond Almonds 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	0.5	0	1
Nuts or Seeds	Blue Diamond Almonds Lightly Salted	Blue Diamond Growers - BDG	28 Grams	170	16	1	40	1
Nuts or Seeds	Blue Diamond Oven Roasted Almonds Sea Salt	Blue Diamond Growers - BDG	28 Grams	170	15	1	135	1
Nuts or Seeds	Blue Diamond Almonds Whole Natural	Blue Diamond Growers - BDG	28 Grams	160	14	1	0	1
Nuts or Seeds	Blue Diamond Almonds Lightly Salted	Blue Diamond Growers - BDG	28 Grams	170	16	1	40	1
Nuts or Seeds	Blue Diamond Almonds Lightly Salted	Blue Diamond Growers - BDG	28 Grams	170	16	1	40	1
Nuts or Seeds	EverMore Pistachios Roasted & Salted	EverMore LLC - EM	30 Grams	170	14	1.5	110	1
Nuts or Seeds	EverMore Pistachios Roasted & Salted	EverMore LLC - EM	30 Grams	170	14	1.5	110	2

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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
Oils	Extra Virgin Olive Oil	North American Olive Oil Association - 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
Popcorn	Black Jewell No Salt No Oil Microwave Popcorn	Black Jewell LLC	27 Grams	100	1.5	0	0	0
Potatoes	George Foods Petite Sweet Potatoes	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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Potatoes	Healthy Heart Yams (Reds/Beauregards)	Doreva Produce Company Inc. - DPC	200	Grams	180	0	0	72	13
Potatoes	Organic Select Quality Yams/Sweet Potatoes	Quail H Farms, LLC - QHF	200	Grams	180	0	0	72	13
Potatoes	Organic Select Quality Yams/Sweet Potatoes	Quail H Farms, LLC - QHF	180	Grams	162	0	0	72	12
Potatoes	Organic Select Quality Yams/Sweet Potatoes	Quail H Farms, LLC - QHF	180	Grams	162	0	0	72	12
Potatoes	Quality Yams/Sweet Potatoes (Micro Baking)	Quail H Farms, LLC - QHF	200	Grams	180	0	0	72	13
Potatoes	Quality Yams/Sweet Potatoes (Micro Baking)	Quail H Farms, LLC - QHF	200	Grams	180	0	0	72	13
Potatoes	Quality Yams/Sweet Potatoes (Micro Baking)	Quail H Farms, LLC - QHF	200	Grams	180	0	0	72	13
Potatoes	Quality Yams/Sweet Potatoes (Micro Baking)	Quail H Farms, LLC - QHF	200	Grams	180	0	0	72	13
Potatoes	Alexia Sweet Potato Fries	Lamb Weston, Inc. - Alexia	84	Grams	140	5	0	140	6
Potatoes	Alexia Sweet Potato Fries	Lamb Weston, Inc. - Alexia	84	Grams	140	5	0	140	6
Potatoes	Alexia Sweet Potato Fries	Lamb Weston, Inc. - Alexia	84	Grams	140	5	0	140	6
Potatoes	Alexia Sweet Potato Fries	Lamb Weston, Inc. - Alexia	84	Grams	140	5	0.5	140	6
Potatoes	Alexia Sweet Potato Fries	Lamb Weston, Inc. - Alexia	84	Grams	140	5	0	140	6
Potatoes	Alexia Sweet Potato Fries	Lamb Weston, Inc. - Alexia	84	Grams	140	5	0	140	6
Potatoes	Fresh Sweet Potatoes (US grown, orange flesh varieties)	United States Sweet Potato Council, Inc., The - US Sweet Potato	133	Grams	105	0	0	40	13
Potatoes	Caulipower Sweet Potatoasts	Caulipower LLC - CL	85	Grams	80	0	0	30	6
Potatoes	Bruce's Yams - Cut Sweet Potatoes in Syrup	McCall Farms, Inc. - BF	166	Grams	120	0	0	70	9
Potatoes	Bruce's Yams - Cut Sweet Potatoes in Syrup	McCall Farms, Inc. - BF	166	Grams	120	0	0	70	9
Potatoes	Bruce's Yams - Cut Sweet Potatoes in Syrup	McCall Farms, Inc. - BF	166	Grams	120	0	0	75	9
Potatoes	Bruce's Yams - Cut Sweet Potatoes in Syrup	McCall Farms, Inc. - BF	166	Grams	120	0	0	70	9
Soup	Health Valley Organic No Salt Added Vegetable Soup	Hain Celestial Group, Inc., The - Westsoy	240	Grams	90	2	0	45	4
Soup	Health Valley Organic Low Sodium Chicken and Rice Soup	Hain Celestial Group, Inc., The - Westsoy	240	Grams	100	1.5	0	85	1
Soup	Health Valley Organic Low Sodium Chicken Noodle Soup	Hain Celestial Group, Inc., The - Westsoy	240	Grams	80	2	0	130	1
Soup	Health Valley Organic No Salt Added Lentil Soup	Hain Celestial Group, Inc., The - Westsoy	240	Grams	150	1.5	0	20	5

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Soup	Health Valley Organic No Salt Added Minestrone Soup	Hain Celestial Group, Inc., The - Westsoy	240	Grams	100	2	0	45	5
Soup	Health Valley Organic No Salt Added Tomato Soup	Hain Celestial Group, Inc., The - Westsoy	240	Grams	110	2	0.95	25	15
Vegetable Juice	Bolthouse Farms Organics 100% Carrot Juice	Wm. Bolthouse Farms, Inc. -WB	8	Ounces	70	0	0	150	13
Vegetable Juice	Bolthouse Farms 100% Carrot Juice	Wm. Bolthouse Farms, Inc. -WB	8	Ounces	70	0	0	150	13
Vegetable Juice	Bolthouse Farms Organics 100% Carrot Juice	Wm. Bolthouse Farms, Inc. -WB	8	Ounces	70	0	0	150	13
Vegetable Juice	Bolthouse Farms 100% Carrot Juice	Wm. Bolthouse Farms, Inc. -WB	15	Ounces	130	0.5	0	290	26
Vegetable Juice	Bolthouse Farms 100% Carrot Juice	Wm. Bolthouse Farms, Inc. -WB	8	Ounces	70	0	0	150	13
Vegetable Juice	Bolthouse Farms 100% Carrot Juice	Wm. Bolthouse Farms, Inc. -WB	11	Ounces	90	0	0	210	18
Vegetables: Fresh, Frozen, or Canned	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, 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 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
Soup	Health Valley Organic No Salt Added Vegetable Soup	Hain Celestial Group, Inc., The - Westsoy	240	Grams	90	2	0	45	4

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Soup	Health Valley Organic Low Sodium Chicken and Rice Soup	Hain Celestial Group, Inc., The - Westsoy	240	Grams	100	1.5	0	85	1
Soup	Health Valley Organic Low Sodium Chicken Noodle Soup	Hain Celestial Group, Inc., The - Westsoy	240	Grams	80	2	0	130	1
Soup	Health Valley Organic No Salt Added Lentil Soup	Hain Celestial Group, Inc., The - Westsoy	240	Grams	150	1.5	0	20	5
Soup	Health Valley Organic No Salt Added Minestrone Soup	Hain Celestial Group, Inc., The - Westsoy	240	Grams	100	2	0	45	5
Soup	Health Valley Organic No Salt Added Tomato Soup	Hain Celestial Group, Inc., The - Westsoy	240	Grams	110	2	0.95	25	15
Soup	Kitchen Basics Turmeric Ginger Chicken Bone Broth with Lemongrass	McCormick & Company, Inc. - Kitchen Basics	233	Grams	60	1.5	1	370	0
Soup	Kitchen Basics Bone Broth Chicken	McCormick & Company, Inc. - Kitchen Basics	233	Grams	50	0	0	380	1
Soup	Kitchen Basics Bone Broth Chicken	McCormick & Company, Inc. - Kitchen Basics	226	Grams	50	0	0	380	1
Soup	Kitchen Basics Original Beef Bone Broth	McCormick & Company, Inc. - Kitchen Basics	233	Grams	50	1	0.5	350	0
Vegetable Juice	Bolthouse Farms 100% Carrot Juice	Wm. Bolthouse Farms, Inc. -WB	8	Ounces	70	0	0	150	13
Vegetable Juice	Bolthouse Farms Organics 100% Carrot Juice	Wm. Bolthouse Farms, Inc. -WB	8	Ounces	70	0	0	150	13
Vegetable Juice	Bolthouse Farms 100% Carrot Juice	Wm. Bolthouse Farms, Inc. -WB	8	Ounces	70	0	0	150	13
Vegetable Juice	Bolthouse Farms 100% Carrot Juice	Wm. Bolthouse Farms, Inc. -WB	15	Ounces	130	0.5	0	290	26
Vegetable Juice	Bolthouse Farms Organics 100% Carrot Juice	Wm. Bolthouse Farms, Inc. -WB	8	Ounces	70	0	0	150	13
Vegetable Juice	Bolthouse Farms 100% Carrot Juice	Wm. Bolthouse Farms, Inc. -WB	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

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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

\*per serving