

Heart-Check Food Certification Program

Updated: 10/21/2021

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 Soymilk Plus Vanilla	SunOpta Grains and Food, Inc	8 Ounces	120	4.5	2.5	135	10
Beverages	WestSoy Organic Unsweetened Soymilk	SunOpta Grains and Food, Inc	8 Ounces	100	5	3	35	3
Beverages	WestSoy Organic Unsweetened Soymilk	SunOpta Grains and Food, Inc	8 Ounces	100	5	3	35	3
Beverages	WestSoy Organic Unsweetened Vanilla Soymilk	SunOpta Grains and Food, Inc	8 Ounces	100	5	3	35	3
Beverages	WestSoy Organic Original Soymilk	SunOpta Grains and Food, Inc	8 Ounces	130	4.5	2.5	140	11
Beverages	WestSoy Organic Soymilk Plus Plain	SunOpta Grains and Food, Inc	8 Ounces	110	4.5	2.5	130	7
Breads/Tortillas	Frescados Wrap Garden Vegetable	Catallia Mexican Foods, LLC - CMF	68 Grams	170	4.5	1	200	1
Breads/Tortillas	Frescados Wrap Spinach	Catallia Mexican Foods, LLC - CMF	68 Grams	170	4	1	210	1
Breads/Tortillas	Frescados Wrap Garlic Herb	Catallia Mexican Foods, LLC - CMF	68 Grams	160	4.5	1	190	1
Breads/Tortillas	Frescados Wrap Tomato Basil	Catallia Mexican Foods, LLC - CMF	68 Grams	170	4	1	210	1
Breads/Tortillas	Toufayan Wheat Wraps	Toufayan Bakeries, Inc. - Toufayan	52 Grams	160	3.5	0	130	1
Breads/Tortillas	Toufayan Whole Wheat Smart Pocket	Toufayan Bakeries, Inc. - Toufayan	35 Grams	100	1	0	50	0
Cereal	Cheerios	General Mills Marketing, Inc. - Gen Mills	39 Grams	140	2.5	0.5	190	2
Cereal	Cheerios	General Mills Marketing, Inc. - Gen Mills	39 Grams	140	2.5	1	190	2
Cereal	Cheerios	General Mills Marketing, Inc. - Gen Mills	39 Grams	140	2.5	1	190	2
Cereal	Cheerios	General Mills Marketing, Inc. - Gen Mills	39 Grams	140	2.5	1	190	2
Cereal	Cheerios	General Mills Marketing, Inc. - Gen Mills	39 Grams	140	2.5	1	190	2

*per serving

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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 Steel Cut Quick 3-Minute Oats	Quaker Oats Company, The - Quaker	45	Grams	170	3	1	0	1
Cereal	Quaker Steel Cut Oats	Quaker Oats Company, The - Quaker	40	Grams	150	3	1	0	1
Cereal	Quaker Oats Quick-1 Minute	Quaker Oats Company, The - Quaker	40	Grams	150	3	1	0	1
Cereal	Quaker Oats Quick-1 Minute	Quaker Oats Company, The - Quaker	40	Grams	150	3	1	0	1
Cereal	Quaker Oats Quick-1 Minute	Quaker Oats Company, The - Quaker	40	Grams	150	3	1	0	1
Cereal	Quaker Oats Old-Fashioned	Quaker Oats Company, The - Quaker	40	Grams	150	3	1	0	1
Cereal	Quaker Oats Gluten Free Quick Oats	Quaker Oats Company, The - Quaker	40	Grams	150	3	1	0	1
Cereal	Quaker Instant Oatmeal Original	Quaker Oats Company, The - Quaker	28	Grams	100	2	0.5	75	0
Cereal	Quaker Oats Old-Fashioned	Quaker Oats Company, The - Quaker	40	Grams	0	3	1	0	1
Cereal	Quaker Oats Old-Fashioned	Quaker Oats Company, The - Quaker	40	Grams	150	3	1	0	1
Cereal	Quaker Oats Old-Fashioned	Quaker Oats Company, The - Quaker	40	Grams	150	3	1	0	1
Cereal	Quaker Instant Oatmeal Original	Quaker Oats Company, The - Quaker	28	Grams	100	2	0.5	75	0
Egg Substitute	North Coast Seafoods Culinary Reserve Special Crab Meat	North Coast Seafoods - NCS	85	Grams	80	1	0	250	0
Egg Substitute	North Coast Seafoods Culinary Premium Reserve Super Lump Crab Meat	North Coast Seafoods - NCS	85	Grams	80	1	0	250	0

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

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Fish & Game: Canned or Processed	Trapananda Fresh Atlantic Salmon Filet, Skin-On	Trapananda Seafarms LLC - TS	85 Grams	201	10.4	2.16	44	0
Fish & Game: Canned or Processed	Southring Mama Bear Salmon Burger	Trapananda Seafarms LLC - TS	100 Grams	129	4.5	0.8	0	0
Fish & Game: Canned or Processed	Fresh Farmed Atlantic Raw Salmon	North Coast Seafoods - NCS	113 Grams	235	15	0	65	0
Fish & Game: Canned or Processed	Fresh Wild King Raw Salmon	North Coast Seafoods - NCS	113 Grams	211	13	0	54	0
Fish & Game: Canned or Processed	Fresh Wild Sockeye Raw Salmon	North Coast Seafoods - NCS	113 Grams	153	6	0	127	0
Fish & Game: Canned or Processed	Open Blue Cobia Boneless Skinless Fish Taco Cuts	Open Blue Sea Farms Inc - OB	113 Grams	206	13	0	34	0
Fish & Game: Canned or Processed	Open Blue Cobia Fillet	Open Blue Sea Farms Inc - OB	100 Grams	0	13	3.84	34	0
Fish & Game: Canned or Processed	Open Blue Cobia Loin Fillet Portions	Open Blue Sea Farms Inc - OB	113 Grams	206	13	3.84	34	0
Fish & Game: Canned or Processed	Open Blue Cobia Fillet	Open Blue Sea Farms Inc - OB	113 Grams	206	13	3.84	34	0
Fish & Game: Canned or Processed	Open Blue Cobia Loin Fillet Portions	Open Blue Sea Farms Inc - OB	113 Grams	206	13	4	34	0

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Fish & Game: Fresh, Frozen, or Cooked	Open Blue Cobia 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 Skin on Fillets	Open Blue Sea Farms Inc - OB	113	Grams	0	13	4	35	0
Fish & Game: Fresh, Frozen, or Cooked	Open Blue Cobia Skin on Fillets	Open Blue Sea Farms Inc - OB	113	Grams	210	13	4	35	0
Fish & Game: Fresh, Frozen, or Cooked	Open Blue Cobia Skin on Fillets	Open Blue Sea Farms Inc - OB	113	Grams	0	13	4	35	0
Fish & Game: Fresh, Frozen, or Cooked	Ventisqueros Entertainer	BluGlacier, LLC	113	Grams	220	15	2.5	45	0
Fish & Game: Fresh, Frozen, or Cooked	Blumar Oceans 12	BluGlacier, LLC	113	Grams	200	11	1.5	80	0
Fish & Game: Fresh, Frozen, or Cooked	BlueRiver Laguna Blanca	BluGlacier, LLC	113	Grams	0	14	2	95	0
Fish & Game: Fresh, Frozen, or Cooked	Blumar One Night Stand	BluGlacier, LLC	113	Grams	0	11	1.5	80	0
Fish & Game: Fresh, Frozen, or Cooked	Blumar Entertainer	BluGlacier, LLC	113	Grams	0	14	1.5	80	0

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Fish & Game: Fresh, Frozen, or Cooked	Ventisqueros One Night Stand	BluGlacier, LLC	113	Grams	0	15	2.5	45	0
Fish & Game: Fresh, Frozen, or Cooked	PrimeWaters Atlantic Salmon	Cargill Meat Solutions- Seafood	112	Grams	230	15	2.5	55	0
Fish & Game: Fresh, Frozen, or Cooked	PrimeWaters Coho Salmon	Cargill Meat Solutions- Seafood	112	Grams	210	14	2.5	140	0
Fish & Game: Fresh, Frozen, or Cooked	Superior Fresh Atlantic Salmon	Superior Fresh LLC	110	Grams	0	9	2.5	35	0
Fish & Game: Fresh, Frozen, or Cooked	Superior Fresh Atlantic Salmon Fillets	Superior Fresh LLC	110	Grams	0	9	2.5	35	0
Fish & Game: Fresh, Frozen, or Cooked	Kvaroy Arctic Sustainably Raised Frozen Atlantic Salmon	Kvarøy Arctic - KF	100	Grams	220	10	3	35	0.4
Fish & Game: Fresh, Frozen, or Cooked	Heinen's Farm Raised Frozen Atlantic Salmon	Kvarøy Arctic - KF	113	Grams	240	15	3.5	55	0
Fish & Game: Fresh, Frozen, or Cooked	Kvaroy Arctic Sustainably Raised Frozen Atlantic Salmon	Kvarøy Arctic - KF	100	Grams	220	10	3	35	0.4
Fish & Game: Fresh, Frozen, or Cooked	Kvaroy Arctic Sustainably Raised Atlantic Salmon	Kvarøy Arctic - KF	100	Grams	220	10	3	55	0.4
Fish & Game: Fresh, Frozen, or Cooked	Pacifico Frozen Striped Bass	Pacifico Aquaculture - PA	170	Grams	253	11	2	105	0

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Fish & Game: Fresh, Frozen, or Cooked	Pacifico Ocean-Raised True Striped Bass	Pacifico Aquaculture - PA	113 Grams	253	13	3	105	0
Fish & Game: Fresh, Frozen, or Cooked	Bluehouse Salmon	Atlantic Sapphire	113 Grams	200	12	2.5	40	0
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	TransOcean Seafood Snackers	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 Snackers	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	78 Grams	70	0	0	360	4
Fish & Game: Fresh, Frozen, or Cooked	Simply Surimi Seafood, Stick Style	Trans-Ocean Products, Inc. - TransOcean	88 Grams	70	0	0	450	4
Fish & Game: Fresh, Frozen, or Cooked	Simply Surimi Seafood, Flake Style	Trans-Ocean Products, Inc. - TransOcean	85 Grams	70	0	0	440	4
Fish & Game: Fresh, Frozen, or Cooked	Simply Surimi Seafood, Flake Style	Trans-Ocean Products, Inc. - TransOcean	85 Grams	70	0	0	440	4

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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	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 Crab Classic Flake Style	Trans-Ocean Products, Inc. - TransOcean	85 Grams	80	0	0	390	4
Fish & Game: Fresh, Frozen, or Cooked	TransOcean Crab Classic Flake Style	Trans-Ocean Products, Inc. - TransOcean	85 Grams	80	0	0	390	4
Fish & Game: Fresh, Frozen, or Cooked	TransOcean Crab Classic Flake Style	Trans-Ocean Products, Inc. - TransOcean	85 Grams	80	0	0	390	4
Fish & Game: Fresh, Frozen, or Cooked	TransOcean Crab Classic Leg Style	Trans-Ocean Products, Inc. - TransOcean	88 Grams	90	0	0	410	4
Fish & Game: Fresh, Frozen, or Cooked	TransOcean Crab Classic Leg Style	Trans-Ocean Products, Inc. - TransOcean	88 Grams	80	0	0	400	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 Seafood Snackers	Trans-Ocean Products, Inc. - TransOcean	85 Grams	80	0	0	390	4

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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 Chunk Style	Trans-Ocean Products, Inc. - TransOcean	85 Grams	80	0	0	380	3
Fish & Game: Fresh, Frozen, or Cooked	TransOcean Lobster Classic Chunk Style	Trans-Ocean Products, Inc. - TransOcean	85 Grams	80	0	0	390	3
Fish & Game: Fresh, Frozen, or Cooked	Hadley Dates Pitted Deglet Noor Variety	Hadley Date Gardens - HI	40 Grams	120	0	0	0	29
Fish & Game: Fresh, Frozen, or Cooked	Hadley Dates Pitted Deglet Noor Variety	Hadley Date Gardens - HI	40 Grams	120	0	0	0	29
Fish & Game: Fresh, Frozen, or Cooked	Organic Hadley Dates Pitted Deglet Noor Variety	Hadley Date Gardens - HI	40 Grams	120	0	0	0	29
Fish & Game: Fresh, Frozen, or Cooked	Bard Valley Natural Delights Organic Medjool Dates	Bard Valley Date Growers Association	46 Grams	140	0	0	0	30
Fish & Game: Fresh, Frozen, or Cooked	Bard Valley Natural Delights Organic Medjool Dates	Bard Valley Date Growers Association	46 Grams	140	0	0	0	30
Fish & Game: Fresh, Frozen, or Cooked	Bard Valley Natural Delights Organic Medjool Dates	Bard Valley Date Growers Association	46 Grams	140	0	0	0	30
Fish & Game: Fresh, Frozen, or Cooked	Bard Valley Natural Delights Medjool Dates	Bard Valley Date Growers Association	46 Grams	140	0	0	0	30

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Fish & Game: Fresh, Frozen, or Cooked	Bard Valley Natural Delights Organic Pitted Medjool Dates	Bard Valley Date Growers Association	46 Grams	140	0	0	0	30
Fish & Game: Fresh, Frozen, or Cooked	Bard Valley Natural Delights Medjool Dates	Bard Valley Date Growers Association	46 Grams	140	0	0	0	30
Fish & Game: Fresh, Frozen, or Cooked	Bard Valley Natural Delights Medjool Dates	Bard Valley Date Growers Association	46 Grams	140	0	0	4	30
Fish & Game: Fresh, Frozen, or Cooked	Bard Valley Natural Delights Medjool Dates	Bard Valley Date Growers Association	46 Grams	140	0	0	0	30
Fish & Game: Fresh, Frozen, or Cooked	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
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	0	14
Fruit: Dried	Juicy Gems Dried Pomegranate Arils- Organic	Trinity Fruit Company, Inc. - TF	14 Grams	50	0.5	0	0	5
Fruit: Dried	Sweetheart Dried Pomegranate Arils	Trinity Fruit Company, Inc. - TF	7 Grams	25	0	0	0	3
Fruit: Dried	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

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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 Pitted Medjool Dates	Bard Valley Date Growers Association	46	Grams	140	0	0	0	30
Fruit: Dried	Avocados from Peru	Peruvian Avocado Commission - PAC	50	Grams	80	8	1	0	0
Fruit: Dried	Pomegranates- Whole	Trinity Fruit Company, Inc. - TF	100	Grams	83	1.17	0.08	3	14
Fruit: Dried	Coosaw Farms Red Seedless Watermelon	Coosaw AG, LLC (Coosaw Farms) - CF	280	Grams	80	0	0	0	17
Fruit: Dried	Organic Juicy Gems Pomegranate Arils	Trinity Fruit Company, Inc. - TF	100	Grams	80	1	0	0	14
Fruit: Dried	Juicy Gems Frozen Pomegranate Arils	Trinity Fruit Company, Inc. - TF	140	Grams	120	2	0	0	19
Fruit: Dried	Juicy Gems Pomegranate Arils	Trinity Fruit Company, Inc. - TF	100	Grams	80	1	0	0	14
Fruit: Dried	Juicy Gems Pomegranate Arils	Trinity Fruit Company, Inc. - TF	125	Grams	100	1.5	0	0	17
Fruit: Dried	Juicy Gems Frozen Pomegranate Arils	Trinity Fruit Company, Inc. - TF	140	Grams	120	2	0	0	19
Fruit: Dried	Juicy Gems Pomegranate Arils	Trinity Fruit Company, Inc. - TF	113	Grams	80	1	0	0	14
Fruit: Dried	Juicy Gems Pomegranate Arils	Trinity Fruit Company, Inc. - TF	100	Grams	80	1	0	0	14
Fruit: Dried	Juicy Gems Pomegranate Arils	Trinity Fruit Company, Inc. - TF	100	Grams	80	1	0	0	14
Fruit: Dried	Juicy Gems Pomegranate Arils	Trinity Fruit Company, Inc. - TF	62	Grams	50	0.5	0	0	8
Fruit: Dried	Pear, Anjou, Green	Pear Bureau Northwest - USA Pears	166	Grams	100	0	0	0	15
Fruit: Dried	Pear, Anjou, Red	Pear Bureau Northwest - USA Pears	166	Grams	100	0	0	0	15
Fruit: Fresh, Frozen, or Canned	Pear, Bartlett, Green	Pear Bureau Northwest - USA Pears	166	Grams	100	0	0	0	15
Fruit: Fresh, Frozen, or Canned	Pear, Starkrimson	Pear Bureau Northwest - USA Pears	166	Grams	100	0	0	0	15
Fruit: Fresh, Frozen, or Canned	Pear, Seckel	Pear Bureau Northwest - USA Pears	166	Grams	100	0	0	0	15
Fruit: Fresh, Frozen, or Canned	Pear, Forelle	Pear Bureau Northwest - USA Pears	166	Grams	100	0	0	0	15

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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	Naked Alaskan Salmon	North Coast Seafoods - NCS	142	Grams	161	4	0	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	Hass Avocado	Hass Avocado Board - HVB	50	Grams	80	8	1	0	0
Fruit: Fresh, Frozen, or Canned	AVOCA HASS BAGR	Calavo Growers, Inc. - CG	50	Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	AVOCA HASS WGCF BAGR	Calavo Growers, Inc. - CG	50	Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	AVOCA HASS WGCF BAGR	Calavo Growers, Inc. - CG	50	Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	AVOCA HASS WGCF BAGR	Calavo Growers, Inc. - CG	50	Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	AVOCA HASS WGCF BAGR	Calavo Growers, Inc. - CG	50	Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	AVOCA HASS WGCF BAGR	Calavo Growers, Inc. - CG	50	Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	AVODR HASS BAGS	Calavo Growers, Inc. - CG	50	Grams	80	8	0	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	0	0	0
Fruit: Fresh, Frozen, or Canned	AVOMX HASS BAG	Calavo Growers, Inc. - CG	50	Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	Hass Avocados	Calavo Growers, Inc. - CG	50	Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	AVOMX HASS BAGS	Calavo Growers, Inc. - CG	50	Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	AVOPR HASS VIRU BAG	Calavo Growers, Inc. - CG	50	Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	AVOMX HASS WGCF BAGR	Calavo Growers, Inc. - CG	50	Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	AVOMX HASS WGCF BAGR	Calavo Growers, Inc. - CG	50	Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	AVOMX HASS WGCF BAGR	Calavo Growers, Inc. - CG	50	Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	AVOMX HASS WGCF BAGR	Calavo Growers, Inc. - CG	50	Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	AVOMXJ HASS BAGR	Calavo Growers, Inc. - CG	50	Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	AVOMX HASS WGCF BAGR	Calavo Growers, Inc. - CG	50	Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	AVOMXJ HASS BAGR	Calavo Growers, Inc. - CG	50	Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	AVOMXJ HASS BAG	Calavo Growers, Inc. - CG	50	Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	AVOCA HASS BAG	Calavo Growers, Inc. - CG	50	Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	AVOCA HASS BAG	Calavo Growers, Inc. - CG	50	Grams	80	8	0	0	0

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Fruit: Fresh, Frozen, or Canned	AVOCA HASS BAG	Calavo Growers, Inc. - CG	50	Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	AVOCA HASS BAG	Calavo Growers, Inc. - CG	50	Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	AVOCA HASS BAG (EACH)	Calavo Growers, Inc. - CG	50	Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	AVOCA HASS BAG COSTCO	Calavo Growers, Inc. - CG	50	Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	AVOCA HASS BAG SF	Calavo Growers, Inc. - CG	50	Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	AVOCA HASS BAG SF	Calavo Growers, Inc. - CG	50	Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	AVOCA HASS BAGD	Calavo Growers, Inc. - CG	50	Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	AVOCA HASS BAGK	Calavo Growers, Inc. - CG	50	Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	AVOMXJ HASS BAG	Calavo Growers, Inc. - CG	50	Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	AVOMXJ HASS BAG	Calavo Growers, Inc. - CG	50	Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	AVOMX HASS BAG	Calavo Growers, Inc. - CG	50	Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	AVOMX HASS BAG	Calavo Growers, Inc. - CG	50	Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	AVOMX HASS BAG	Calavo Growers, Inc. - CG	50	Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	AVOMX HASS BAG	Calavo Growers, Inc. - CG	50	Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	AVOMX HASS BAG	Calavo Growers, Inc. - CG	50	Grams	80	8	0	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	0	0	0
Fruit: Fresh, Frozen, or Canned	AVOMX HASS BAG	Calavo Growers, Inc. - CG	50	Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	AVOMX HASS BAG 99C	Calavo Growers, Inc. - CG	50	Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	AVOPR HASS VIRU BAGR	Calavo Growers, Inc. - CG	50	Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	AVOMX HASS BAG COSTCO	Calavo Growers, Inc. - CG	50	Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	AVOMX HASS BAGS	Calavo Growers, Inc. - CG	50	Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	Hass Avocados	Chilean Avocado Importers Association - CA	30	Grams	50	4.5	0.5	0	0
Fruit: Fresh, Frozen, or Canned	Blueberries	ProArandanos	148	Grams	80	0	0	0	15
Fruit: Fresh, Frozen, or Canned	Frozen Blueberries	ProArandanos	155	Grams	80	1	0	0	13
Fruit: Fresh, Frozen, or Canned	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	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	Blueberries	Chilean Fresh Fruit Association - CF	148	Grams	0	0	0	0	0
Fruit: Fresh, Frozen, or Canned	Mission Minis VP Avocados	Mission Produce, Inc. - MP	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	Mission Produce Organic 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	Mission Produce 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	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	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	0	0
Fruit: Fresh, Frozen, or Canned	GreenFruit Avocados	GreenFruit Avocados - GF	30	Grams	50	4.5	0	0	0
Fruit: Fresh, Frozen, or Canned	GreenFruit Avocados	GreenFruit Avocados - GF	30	Grams	50	4.5	0	0	0
Fruit: Fresh, Frozen, or Canned	Hass Avocado	Del Rey Avocado - DR	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	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	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 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
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	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	Organic Darling Mandarins	LGS Specialty Sales LTD - LGS	148	Grams	70	0	0	0	14
Fruit: Fresh, Frozen, or Canned	Organic Suavo Avocado	LGS Specialty Sales LTD - LGS	50	Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	Organic Suavo Avocado	LGS Specialty Sales LTD - LGS	50	Grams	80	8	0	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	Suavo Avocado	LGS Specialty Sales LTD - LGS	50	Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	Suavo Avocado	LGS Specialty Sales LTD - LGS	50	Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	Suavo Avocado	LGS Specialty Sales LTD - LGS	50	Grams	80	8	0	0	0
Fruit: Fresh, Frozen, or Canned	Suavo Avocado	LGS Specialty Sales LTD - LGS	50	Grams	80	8	0	0	0
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
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

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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 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	Promise Buttery Portion Cup	Upfield US Inc - UUI	5	Grams	25	2.5	1.5	40	0
Fruit: Fresh, Frozen, or Canned	Promise Buttery	Upfield US Inc - UUI	14	Grams	60	6	3	85	0
Fruit: Fresh, Frozen, or Canned	I Can't Believe It's Not Butter Original	Upfield US Inc - UUI	14	Grams	60	6	3	90	0
Fruit: Fresh, Frozen, or Canned	Black Steer Brand Angus Roast Beef Top Round	Mrs. Ressler's Food Products - MR	56	Grams	70	1	0	360	0
Fruit: Fresh, Frozen, or Canned	Black Steer Brand Golden Roasted Breast of Turkey	Mrs. Ressler's Food Products - MR	56	Grams	60	0.5	0	370	1
Fruit: Fresh, Frozen, or Canned	Boar's Head Honey Smoked Turkey Breast	Boar's Head Provisions Company, Inc. - Boar's Head	56	Grams	70	0.5	0	480	2
Fruit: Fresh, Frozen, or Canned	Boar's Head Uncured Honey Ham	Boar's Head Provisions Company, Inc. - Boar's Head	56	Grams	60	1	0	420	1
Fruit: Fresh, Frozen, or Canned	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
Fruit: Fresh, Frozen, or Canned	Boar's Head Old Fashioned Canadian Style Uncured Bacon Pre-Sliced	Boar's Head Provisions Company, Inc. - Boar's Head	56	Grams	70	2	0	480	1
Fruit: Fresh, Frozen, or Canned	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
Fruit: Fresh, Frozen, or Canned	Boar's Head Golden Roasted Turkey Breast	Boar's Head Provisions Company, Inc. - Boar's Head	56	Grams	60	1	0	380	0
Fruit: Fresh, Frozen, or Canned	Boar's Head Oven Roasted Turkey Breast	Boar's Head Provisions Company, Inc. - Boar's Head	56	Grams	50	0.5	0	360	0

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Fruit: Fresh, Frozen, or Canned	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
Fruit: Fresh, Frozen, or Canned	Boar's Head Honey Smoked Turkey Breast	Boar's Head Provisions Company, Inc. - Boar's Head	56	Grams	60	1	0	420	0
Fruit: Fresh, Frozen, or Canned	Boar's Head EverRoast Oven Roasted Chicken Breast	Boar's Head Provisions Company, Inc. - Boar's Head	56	Grams	60	1	0	440	1
Fruit: Fresh, Frozen, or Canned	Boar's Head Old Fashioned Canadian Style Uncured Bacon	Boar's Head Provisions Company, Inc. - Boar's Head	56	Grams	70	2	0	480	1
Fruit: Fresh, Frozen, or Canned	H-E-B Cajun Style Seasoned Roast Beef Containing up to 10% Solution	H-E-B, LP - HEB	56	Grams	90	3	0	410	1
Fruit: Fresh, Frozen, or Canned	H-E-B Fajita Flavored Turkey Breast	H-E-B, LP - HEB	56	Grams	50	1	0	400	1
Fruit: Fresh, Frozen, or Canned	H-E-B Fried* Turkey Breast *Cooked then Fried in Oil	H-E-B, LP - HEB	56	Grams	60	1	0.55	460	1
Margarines	H-E-B Herb & Garlic Chicken	H-E-B, LP - HEB	56	Grams	60	1	0	420	1
Margarines	H-E-B Honey Smoked Turkey Breast	H-E-B, LP - HEB	56	Grams	70	1.5	0	400	3
Margarines	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
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	0	410	2
Meat & Poultry: Canned or Processed	H-E-B Rotisserie Flavored Chicken Breast Coated with Spices & Seasonings	H-E-B, LP - HEB	56	Grams	60	1	0	380	1

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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	0	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	Member's Mark All Natural 98% Fat Free Premium Chunk Chicken Breast in Water 3.25 oz	Tony Downs Foods Company - TDFC	84 Grams	80	1.5	0	320	0
Meat & Poultry: Canned or Processed	Member's Mark All Natural 98% Fat Free Premium Chunk Chicken Breast in Water	Tony Downs Foods Company - TDFC	84 Grams	90	1.5	0	360	0
Meat & Poultry: Canned or Processed	Member's Mark All Natural 98% Fat Free Premium Chunk Chicken Breast in Water	Tony Downs Foods Company - TDFC	56 Grams	50	1	0	240	0
Meat & Poultry: Canned or Processed	Valley Fresh Chicken Breast	Hormel Foods Corporation - Valley Fresh	56 Grams	45	1	0	210	0
Meat & Poultry: Canned or Processed	Valley Fresh Chicken Breast	Hormel Foods Corporation - Valley Fresh	56 Grams	45	1	0	210	0
Meat & Poultry: Canned or Processed	Valley Fresh White & Dark Chicken	Hormel Foods Corporation - Valley Fresh	56 Grams	60	2	0	190	0

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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	460	1
Meat & Poultry: Canned or Processed	Lunch Mate Smoked Honey Uncured Ham	Carl Buddig & Company - Carl Buddig	56 Grams	70	1.5	0	390	3
Meat & Poultry: Canned or Processed	Certified Piedmontese Ground Beef 96% Lean 4% Fat	Great Plains Beef LLC - GPB	113 Grams	130	3.5	1.5	45	0
Meat & Poultry: Canned or Processed	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: Canned or Processed	Laura's Lean Beef 96% Lean 4%Fat	Meyer Foods Group LLC dba Meyer Natural Foods	112 Grams	0	5	2	75	0
Meat & Poultry: Canned or Processed	Kirkland Organic Chicken Breasts Boneless & Skinless, Air Chilled	Foster Poultry Farms - Foster Farms	112 Grams	110	1.5	0	85	0
Meat & Poultry: Canned or Processed	Kirkland Signature/Foster Farms Fresh 99% Fat Free Boneless & Skinless Breast Fillets	Foster Poultry Farms - Foster Farms	112 Grams	120	1.5	0	75	0
Meat & Poultry: Canned or Processed	Kirkland Organic Chicken Tenderloins, Boneless and Skinless Air-Chilled	Foster Poultry Farms - Foster Farms	112 Grams	110	1.5	0	90	0

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Meat & Poultry: Canned or Processed	Chairman's Reserve Premium Pork Tenderloin	Tyson Sales & Distribution, Inc. - Sara Lee	112	Grams	130	4	0	60	0
Meat & Poultry: Canned or Processed	Chairman's Reserve Prime Pork Tenderloin	Tyson Sales & Distribution, Inc. - Sara Lee	112	Grams	130	4	0	60	0
Meat & Poultry: Canned or Processed	Supreme Lean Fresh Pork Tenderloin	Tyson Sales & Distribution, Inc. - Sara Lee	112	Grams	130	4	0	60	0
Meat & Poultry: Canned or Processed	Tyson All Natural Boneless Fresh Pork Sirloin Roast	Tyson Sales & Distribution, Inc. - Sara Lee	112	Grams	150	4.5	0	70	0
Meat & Poultry: Canned or Processed	Tyson All Natural Two-Pack Boneless Fresh Pork Tenderloins	Tyson Sales & Distribution, Inc. - Sara Lee	112	Grams	130	4	0	60	0
Meat & Poultry: Canned or Processed	Smithfield Fresh Pork Tenderloin	Smithfield Foods, Inc. - Fresh Pork	112	Grams	130	4	0.5	60	0
Meat & Poultry: Canned or Processed	Smithfield Boneless Pork Sirloin Roast	Smithfield Foods, Inc. - Fresh Pork	112	Grams	140	4.5	0	60	0
Meat & Poultry: Canned or Processed	Smithfield Fresh Pork Tenderloin	Smithfield Foods, Inc. - Fresh Pork	112	Grams	130	4	0	60	0
Meat & Poultry: Canned or Processed	Smithfield Fresh Pork Tenderloin	Smithfield Foods, Inc. - Fresh Pork	112	Grams	130	4	0	60	0
Meat & Poultry: Canned or Processed	Kirkland Signature Fresh Boneless & Skinless Chicken Breasts	Lincoln Premium Poultry - LP	112	Grams	110	1	0	75	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	Kirkland Signature Fresh Boneless & Skinless Chicken Tenderloins	Lincoln Premium Poultry - LP	112	Grams	110	0.5	0	45	0
Meat & Poultry: Canned or Processed	Schnuck's Natural 99% Fat Free Boneless, Skinless Chicken Breast Fillets	Sanderson Farms, Inc. - SF	112	Grams	110	1	0	50	0
Meat & Poultry: Canned or Processed	Schnuck's Natural 99% Fat Free Clipped Chicken Breast Tenderloins	Sanderson Farms, Inc. - SF	112	Grams	110	1	0	55	0
Meat & Poultry: Canned or Processed	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 Organic Chicken Breasts, Boneless and Skinless	Shenandoah Valley Organic	112	Grams	110	1	0	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Kirkland Organic Chicken Tenderloins, Boneless and Skinless	Shenandoah Valley Organic	112	Grams	110	0.5	0	45	0
Meat & Poultry: Fresh, Frozen, or Cooked	Halal Pride Farms Boneless & Skinless Chicken Breasts	Murray's Free Roaming Chicken, Inc. - Murray's	112	Grams	0	1.5	0	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Well Bred Farms Boneless & Skinless Chicken Breasts	Murray's Free Roaming Chicken, Inc. - Murray's	112	Grams	0	1.5	0	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	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

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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	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	Boneless Pork Sirloin Roast (Solution Added)	National Pork Board - NPB	112	Grams	120	4	0	260	0
Meat & Poultry: Fresh, Frozen, or Cooked	Pork Tenderloin	National Pork Board - NPB	112	Grams	130	4	0	55	0
Meat & Poultry: Fresh, Frozen, or Cooked	Natural Boneless Pork Sirloin Roast	National Pork Board - NPB	112	Grams	130	3	0	70	0
Meat & Poultry: Fresh, Frozen, or Cooked	Albertsons Signature Farms 9% Lean 4% Fat Ground Beef	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	Aldi Extra Lean Ground Beef 96% Lean 4% Fat	Tyson Sales & Distribution, Inc. – Case Ready Beef	112	Grams	140	4.5	2	75	0
Meat & Poultry: Fresh, Frozen, or Cooked	Food Lion 96% Lean 4% Fat Ground Beef	Tyson Sales & Distribution, Inc. – Case Ready Beef	112	Grams	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	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	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	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

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Meat & Poultry: Fresh, Frozen, or Cooked	Albertsons Signature Farms 96% Lean 4% Fat Ground Beef Patties	Jobbers Meat Packing CO. INC	112	Grams	0	4	1.5	50	0
Meat & Poultry: Fresh, Frozen, or Cooked	First Street Ground Beef (96% Lean)	Jobbers Meat Packing CO. INC	112	Grams	150	4.5	1.5	60	0
Meat & Poultry: Fresh, Frozen, or Cooked	WM 100% Ground Beef	Jobbers Meat Packing CO. INC	112	Grams	150	4.5	1.5	60	0
Meat & Poultry: Fresh, Frozen, or Cooked	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 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	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	Kirkland Signature Heart Healthy Mixed Nuts	Costco Wholesale Corporation - CW	30	Grams	200	17	0	0	1
Meat & Poultry: Fresh, Frozen, or Cooked	Diamond Foods Chopped Walnuts (Rosemary Extract)	Diamond Foods LLC - DF	30	Grams	200	19	2	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Diamond Foods Chopped Hazelnuts	Diamond Foods LLC - DF	30	Grams	190	18	1.5	0	1
Meat & Poultry: Fresh, Frozen, or Cooked	Diamond Foods Chopped Pecans	Diamond Foods LLC - DF	30	Grams	210	22	2	0	1
Meat & Poultry: Fresh, Frozen, or Cooked	Diamond Foods Chopped Hazelnuts	Diamond Foods LLC - DF	30	Grams	190	18	1.5	0	1
Meat & Poultry: Fresh, Frozen, or Cooked	Diamond Foods Finely Diced Walnuts (Rosemary Extract)	Diamond Foods LLC - DF	30	Grams	200	20	2	0	1
Meat & Poultry: Fresh, Frozen, or Cooked	Diamond Foods Pecan Halves	Diamond Foods LLC - DF	30	Grams	210	22	2	0	1
Meat & Poultry: Fresh, Frozen, or Cooked	Diamond Foods Shelled Walnuts (Rosemary Extract)	Diamond Foods LLC - DF	30	Grams	200	20	2	0	1

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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	Diamond Foods Slivered Almonds	Diamond Foods LLC - DF	30 Grams	180	16	1	5	1
Meat & Poultry: Fresh, Frozen, or Cooked	Diamond Foods Finely Diced Walnuts (Rosemary Extract)	Diamond Foods LLC - DF	30 Grams	200	20	2	0	1
Meat & Poultry: Fresh, Frozen, or Cooked	Diamond Foods Whole Almonds	Diamond Foods LLC - DF	30 Grams	170	15	1	0	1
Meat & Poultry: Fresh, Frozen, or Cooked	Diamond Foods Whole Almonds	Diamond Foods LLC - DF	30 Grams	170	15	1	0	1
Meat & Poultry: Fresh, Frozen, or Cooked	Diamond Foods California Shelled Walnuts (Rosemary Extract)	Diamond Foods LLC - DF	30 Grams	200	20	2	0	1
Meat & Poultry: Fresh, Frozen, or Cooked	Diamond Foods Chopped Pecans	Diamond Foods LLC - DF	30 Grams	210	22	2	0	1
Meat & Poultry: Fresh, Frozen, or Cooked	Diamond Foods Chopped Pecans	Diamond Foods LLC - DF	30 Grams	210	22	2	0	1
Meat & Poultry: Fresh, Frozen, or Cooked	Diamond Foods Chopped Walnuts (Rosemary Extract)	Diamond Foods LLC - DF	30 Grams	200	20	2	0	1
Meat & Poultry: Fresh, Frozen, or Cooked	Diamond Foods Chopped Walnuts	Diamond Foods LLC - DF	30 Grams	200	20	2	0	1
Meat & Poultry: Fresh, Frozen, or Cooked	Diamond Foods Pecan Halves	Diamond Foods LLC - DF	30 Grams	4	22	2	0	0

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Food Category	Product	Company	Serving Size	Calories*	Total Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
Meat & Poultry: Fresh, Frozen, or Cooked	Diamond Foods Whole Almonds	Diamond Foods LLC - DF	30 Grams	170	15	1	0	1
Meat & Poultry: Fresh, Frozen, or Cooked	Diamond Foods Sliced Almonds	Diamond Foods LLC - DF	30 Grams	170	15	1	0	1
Meat & Poultry: Fresh, Frozen, or Cooked	Diamond Foods Finely Diced Pecans	Diamond Foods LLC - DF	30 Grams	210	22	2	0	1
Meat & Poultry: Fresh, Frozen, or Cooked	Diamond Foods Sliced Almonds	Diamond Foods LLC - DF	30 Grams	170	15	1	0	1
Meat & Poultry: Fresh, Frozen, or Cooked	EverMore Pistachios Roasted & Salted	EverMore LLC - EM	30 Grams	170	14	0	110	1
Meat & Poultry: Fresh, Frozen, or Cooked	EverMore Pistachios Roasted & Salted	EverMore LLC - EM	30 Grams	170	14	0	110	2
Meat & Poultry: Fresh, Frozen, or Cooked	Georgia Premium Pecan Pieces	Georgia Pecan Growers Assoc. - GP	28 Grams	200	20	2	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Georgia Premium Pecan Halves	Georgia Pecan Growers Assoc. - GP	28 Grams	200	20	2	0	0
Not Available	Salted, Oil Roasted Peanuts	National Peanut Board - NPB	28 Grams	160	14	0	100	1
Not Available	Diamond Foods Macadamia Halves & Pieces	Diamond Foods LLC - DF	30 Grams	220	23	3.5	0	1
Not Available	Diamond Foods Chopped Pecans	Diamond Foods LLC - DF	30 Grams	210	22	2	0	1
Not Available	Diamond Foods Black Walnuts	Diamond Foods LLC - DF	30 Grams	190	18	1	0	0
Not Available	Diamond Foods Shelled Walnuts (Rosemary Extract)	Diamond Foods LLC - DF	30 Grams	200	20	2	0	1

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Not Available	Diamond Foods California Organic Shelled Walnuts	Diamond Foods LLC - DF	30	Grams	200	20	2	0	1
Not Available	Diamond Foods Pine Nuts	Diamond Foods LLC - DF	30	Grams	200	21	1.5	0	1
Not Available	Diamond Foods Pecan Halves	Diamond Foods LLC - DF	30	Grams	210	22	2	0	1
Not Available	Gold Emblem Abound Organic Pistachios	Nichols Pistachio - NF	28	Grams	170	14	0	0	2
Not Available	Gold Emblem Abound Unsalted Pistachio & Almond Blend	Nichols Pistachio - NF	28	Grams	170	14	0	0	1
Not Available	Gold Emblem Abound Raw Natural Almonds	Nichols Pistachio - NF	28	Grams	170	14	3.5	0	1
Nuts or Seeds	Gold Emblem Organic Pistachio Kernels Light Sea Salt	Nichols Pistachio - NF	28	Grams	170	14	0	80	2
Nuts or Seeds	Gold Emblem Pistachio Kernels Light Sea Salt	Nichols Pistachio - NF	1	Ounces	170	14	4	80	2
Nuts or Seeds	Gold Emblem Pistachio Kernels Light Sea Salt	Nichols Pistachio - NF	28	Grams	170	14	4	80	2
Nuts or Seeds	Gold Emblem Lightly Salted Roasted Almonds	Nichols Pistachio - NF	28	Grams	170	14	0	40	1
Nuts or Seeds	Gold Emblem Lightly Salted Pistachios	Nichols Pistachio - NF	1	Ounces	170	14	0	80	2
Nuts or Seeds	Gold Emblem Lightly Salted Pistachios	Nichols Pistachio - NF	1	Ounces	170	14	0	80	2
Nuts or Seeds	Gold Emblem Lightly Salted Pistachios	Nichols Pistachio - NF	28	Grams	170	14	0	80	2
Nuts or Seeds	Gold Emblem Abound Unsalted Pistachios	Nichols Pistachio - NF	28	Grams	170	14	0	0	2
Nuts or Seeds	Gold Emblem Abound Raw Natural Almonds	Nichols Pistachio - NF	1	Ounces	170	14	3.5	0	1
Nuts or Seeds	Gold Emblem Abound Unsalted Pistachio Kernels	Nichols Pistachio - NF	28	Grams	170	14	0	0	2
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	Georgia Peanuts	Georgia Farm Bureau - GFB	28	Grams	160	14	0	100	1
Nuts or Seeds	Diamond Foods Slivered Almonds	Diamond Foods LLC - DF	30	Grams	180	16	1	0	1
Nuts or Seeds	Chase Pecan Halves	Chase Pecans - SSP	28.4	Grams	196	20	0	0	0
Nuts or Seeds	Chase Pecan Halves	Chase Pecans - SSP	28.4	Grams	196	20	0	0	0
Nuts or Seeds	Chase Pecan Pieces	Chase Pecans - SSP	28.4	Grams	200	20	6	0	1

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Nuts or Seeds	Chase Pecan Halves	Chase Pecans - SSP	28.4	Grams	200	20	6	0	1
Nuts or Seeds	Pecan (unsalted and unroasted)	National Pecan Shellers Association - NPSA	28	Grams	200	20	6	0	1
Nuts or Seeds	Hudson Shelled Pecan Halves	Hudson Pecan Company Inc - HP	30	Grams	213	21	0	0	1
Nuts or Seeds	Hudson Shelled Pecan Pieces	Hudson Pecan Company Inc - HP	30	Grams	213	21	0	0	1
Nuts or Seeds	Roasted Peanuts	Florida Peanut Federation - FP	28	Grams	160	14	0	100	1
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 California 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	Diamond Foods Shelled Walnuts (Rosemary Extract)	Diamond Foods LLC - DF	30	Grams	200	20	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	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

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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 Halves	Rancho Pecana LLC.	30 Grams	0	20	2	0	1
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	Salted Pistachios	American Pistachio Growers - APG	28 Grams	160	13	4	120	2
Nuts or Seeds	Unsalted Pistachios	American Pistachio Growers - APG	28 Grams	160	13	4	0	2
Nuts or Seeds	Almonds, Whole Natural	Almond Board of California - ABC	28 Grams	160	14	3.5	5	1
Nuts or Seeds	Almonds, Slivered	Almond Board of California - ABC	28 Grams	160	14	3.5	5	1
Nuts or Seeds	Almonds, Sliced	Almond Board of California - ABC	28 Grams	160	14	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, Blanched	Almond Board of California - ABC	28 Grams	160	15	1	5	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	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	Setton Farms Garlic Onion Inshell Pistachios	Setton Pistachio of Terra Bella Inc. - SP	30 Grams	170	14	4	135	2
Nuts or Seeds	Setton Farms Garlic Onion Pistachio Kernels	Setton Pistachio of Terra Bella Inc. - SP	30 Grams	170	14	4	135	2
Nuts or Seeds	Setton Farms Jalapeno Inshell Pistachios	Setton Pistachio of Terra Bella Inc. - SP	30 Grams	170	14	4	135	2
Nuts or Seeds	Setton Farms Jalapeno Pistachio Kernels	Setton Pistachio of Terra Bella Inc. - SP	30 Grams	170	14	4	135	2
Nuts or Seeds	Setton Farms Premium California Dry Roasted Lightly Salted Pistachios	Setton Pistachio of Terra Bella Inc. - SP	30 Grams	170	14	4	65	2
Nuts or Seeds	Setton Farms Premium California Dry Roasted with Sea Salt Pistachios	Setton Pistachio of Terra Bella Inc. - SP	30 Grams	170	14	4	135	2
Nuts or Seeds	Setton Farms Premium California Dry Roasted with Sea Salt Pistachios	Setton Pistachio of Terra Bella Inc. - SP	30 Grams	170	14	4	135	2
Nuts or Seeds	Southern Grove Roasted & Salted Pistachios (In-Shell)	Setton Pistachio of Terra Bella Inc. - SP	21 Grams	120	9	3	80	2

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Nuts or Seeds	Setton Farms Premium California Dry Roasted with Sea Salt Pistachios	Setton Pistachio of Terra Bella Inc. - SP	30	Grams	170	13	4	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	4	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	0	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	4	135	2
Nuts or Seeds	Setton Farms Premium California Dry Roasted with Sea Salt Pistachios	Setton Pistachio of Terra Bella Inc. - SP	30	Grams	170	14	4	135	2
Nuts or Seeds	Setton Farms Premium California Dry Roasted with Sea Salt Pistachios	Setton Pistachio of Terra Bella Inc. - SP	17	Grams	170	13	4	115	2
Nuts or Seeds	Southern Grove Roasted & Salted Pistachios (In-Shell)	Setton Pistachio of Terra Bella Inc. - SP	30	Grams	170	14	4	135	2
Nuts or Seeds	Setton Farms Premium California Shelled Pistachios Dry Roasted with Sea Salt	Setton Pistachio of Terra Bella Inc. - SP	30	Grams	170	14	4	135	2
Nuts or Seeds	Setton Farms Premium California Shelled Pistachios Dry Roasted with Sea Salt	Setton Pistachio of Terra Bella Inc. - SP	30	Grams	170	14	4	135	2
Nuts or Seeds	Setton Farms Premium California Pistachios Roasted No Salt	Setton Pistachio of Terra Bella Inc. - SP	30	Grams	170	14	4	0	2
Nuts or Seeds	Setton Farms Premium California Pistachios Roasted No Salt	Setton Pistachio of Terra Bella Inc. - SP	30	Grams	170	14	4	0	2
Nuts or Seeds	Setton Farms Premium California Pistachios Roasted No Salt	Setton Pistachio of Terra Bella Inc. - SP	30	Grams	170	14	4	0	2
Nuts or Seeds	Setton Farms Premium California Pistachios Roasted No Salt	Setton Pistachio of Terra Bella Inc. - SP	30	Grams	170	14	4	0	2
Nuts or Seeds	Setton Farms Jalapeno Pistachio Kernels	Setton Pistachio of Terra Bella Inc. - SP	30	Grams	170	14	1.5	135	2
Nuts or Seeds	Setton Farms Garlic Onion Pistachio Kernels	Setton Pistachio of Terra Bella Inc. - SP	30	Grams	170	14	1.5	135	2

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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 Raw Shelled Pistachios No Salt	Setton Pistachio of Terra Bella Inc. - SP	30	Grams	170	14	1.5	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	Mariani Chopped Walnuts	Mariani Nut Company - MNC	30	Grams	200	20	14	0	1
Nuts or Seeds	Mariani Chopped Walnuts	Mariani Nut Company - MNC	30	Grams	200	20	14	0	1
Nuts or Seeds	Mariani Chopped Walnuts	Mariani Nut Company - MNC	30	Cups	200	20	14	0	1
Nuts or Seeds	Mariani Chopped Walnuts	Mariani Nut Company - MNC	30	Grams	200	20	14	0	1
Nuts or Seeds	Mariani Premium Blanched Slivered Almonds	Mariani Nut Company - MNC	30	Grams	180	16	4	0	1
Nuts or Seeds	Mariani Premium Blanched Slivered Almonds	Mariani Nut Company - MNC	30	Grams	180	16	4	0	1
Nuts or Seeds	Mariani Premium Blanched Slivered Almonds	Mariani Nut Company - MNC	30	Grams	170	16	4	0	1
Nuts or Seeds	Mariani Premium Blanched Slivered Almonds	Mariani Nut Company - MNC	30	Grams	180	16	4	0	1
Nuts or Seeds	Mariani Shelled Walnuts	Mariani Nut Company - MNC	30	Grams	200	20	14	0	1
Nuts or Seeds	Mariani Shelled Walnuts	Mariani Nut Company - MNC	30	Grams	200	20	0	0	1
Nuts or Seeds	Mariani Shelled Walnuts	Mariani Nut Company - MNC	30	Grams	200	20	14	0	1
Nuts or Seeds	Mariani Shelled Walnuts	Mariani Nut Company - MNC	30	Grams	200	20	14	0	1
Nuts or Seeds	Mariani Shelled Walnuts	Mariani Nut Company - MNC	30	Grams	200	20	14	0	1
Nuts or Seeds	Mariani Shelled Walnuts	Mariani Nut Company - MNC	30	Grams	200	20	14	0	1
Nuts or Seeds	Mariani Sliced Natural Almonds	Mariani Nut Company - MNC	30	Grams	170	15	3.5	0	1
Nuts or Seeds	Ahold Slivered Almonds	Mariani Nut Company - MNC	30	Grams	180	16	1	0	1
Nuts or Seeds	Ahold Sliced Almonds	Mariani Nut Company - MNC	30	Grams	170	15	1	0	1
Nuts or Seeds	Ahold Whole Almonds	Mariani Nut Company - MNC	30	Grams	170	15	1	0	1
Nuts or Seeds	Ahold Shelled Walnuts	Mariani Nut Company - MNC	30	Grams	200	20	2	0	1
Nuts or Seeds	Ahold Premium Walnuts	Mariani Nut Company - MNC	30	Grams	200	20	2	0	1
Nuts or Seeds	Ahold Chopped Walnuts	Mariani Nut Company - MNC	30	Grams	200	20	2	0	1
Nuts or Seeds	Mariani Sliced Natural Almonds	Mariani Nut Company - MNC	30	Grams	170	15	3.5	0	1
Nuts or Seeds	Mariani Sliced Natural Almonds	Mariani Nut Company - MNC	30	Grams	170	15	3.5	0	1
Nuts or Seeds	Mariani Sliced Natural Almonds	Mariani Nut Company - MNC	30	Grams	170	15	3.5	0	1

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Nuts or Seeds	Mariani Sliced Natural Almonds	Mariani Nut Company - MNC	30 Grams	170	15	3.5	0	1
Nuts or Seeds	Mariani Whole Blanched Almonds	Mariani Nut Company - MNC	30 Grams	180	16	4	0	1
Nuts or Seeds	Mariani Whole Natural Almonds	Mariani Nut Company - MNC	30 Grams	170	15	3.5	0	1
Nuts or Seeds	Mariani Whole Natural Almonds	Mariani Nut Company - MNC	30 Grams	170	15	3.5	0	1
Nuts or Seeds	Mariani Whole Natural Almonds	Mariani Nut Company - MNC	30 Grams	170	15	3.5	0	1
Nuts or Seeds	Mariani Whole Natural Almonds	Mariani Nut Company - MNC	30 Grams	170	15	3.5	0	1
Nuts or Seeds	Walnuts Organic Halves & Pieces California Grown	Poindexter Nut Company - PNC	30 Grams	200	20	1.8	1	1
Nuts or Seeds	California Grown Chopped Walnuts	Poindexter Nut Company - PNC	28 Grams	200	18	0	1	1
Nuts or Seeds	California Grown Chopped Walnuts	Poindexter Nut Company - PNC	28 Grams	200	18	0	1	1
Nuts or Seeds	Walnuts Organic Halves & Pieces California Grown	Poindexter Nut Company - PNC	28 Grams	190	18	0	0	1
Nuts or Seeds	California Grown Shelled Walnuts	Poindexter Nut Company - PNC	28 Grams	200	18	0	1	1
Nuts or Seeds	California Grown Shelled Walnuts	Poindexter Nut Company - PNC	28 Grams	190	18	13	0	1
Nuts or Seeds	Walnuts Organic Halves & Pieces California Grown	Poindexter Nut Company - PNC	28 Grams	200	18	0	1	1
Nuts or Seeds	Virginia Carolinas Grown Salted Peanuts	Virginia Carolinas Peanut Promotions VC	28 Grams	160	14	0	120	0
Nuts or Seeds	American Pecan	American Pecan Council - APC	28 Grams	200	20	6	0	1
Nuts or Seeds	Fisher Chef's Naturals Toasted Sliced Almonds	John B. Sanfilippo and Son, Inc. - JBS	28 Grams	170	15	0	0	1
Nuts or Seeds	Fisher Chef's Naturals Toasted Finely Chopped Pecans	John B. Sanfilippo and Son, Inc. - JBS	28 Grams	200	21	0	0	1
Nuts or Seeds	Fisher Chopped Walnuts	John B. Sanfilippo and Son, Inc. - JBS	28 Grams	180	18	0	0	1
Nuts or Seeds	Fisher Chopped Walnuts	John B. Sanfilippo and Son, Inc. - JBS	56 Grams	370	37	0	0	1
Nuts or Seeds	Fisher Chopped Walnuts	John B. Sanfilippo and Son, Inc. - JBS	28 Grams	180	18	0	0	1

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Nuts or Seeds	Fisher Pecan Halves	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	190	20	0	0	1
Nuts or Seeds	Fisher Pecan Halves	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	190	20	0	0	1
Nuts or Seeds	Fisher Pecan Halves	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	190	20	0	0	1
Nuts or Seeds	Fisher Slivered Almonds	John B. Sanfilippo and Son, Inc. - JBS	56	Grams	330	29	0	10	3
Nuts or Seeds	Fisher Slivered Almonds	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	170	15	0	5	1
Nuts or Seeds	Fisher Walnut Chips	John B. Sanfilippo and Son, Inc. - JBS	56	Grams	370	37	0	0	1
Nuts or Seeds	Fisher Walnut Halves & Pieces	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	180	18	0	0	1
Nuts or Seeds	Fisher Walnut Halves & Pieces	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	180	18	0	0	1
Nuts or Seeds	Fisher Walnut Halves & Pieces	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	180	18	0	0	1
Nuts or Seeds	Fisher Walnut Halves & Pieces	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	180	18	0	0	1
Nuts or Seeds	Fisher Walnut Halves & Pieces	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	180	18	0	0	1
Nuts or Seeds	Fisher Pecans Chopped	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	190	20	0	0	1
Nuts or Seeds	Fisher Pecans Chopped	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	190	20	0	0	1
Nuts or Seeds	Fisher Chopped Walnuts	John B. Sanfilippo and Son, Inc. - JBS	28	Cups	180	18	0	0	1
Nuts or Seeds	Fisher Chopped Walnuts	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	180	18	0	0	1

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Nuts or Seeds	Fisher Natural Sliced Almonds	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	160	14	0	0	1
Nuts or Seeds	Fisher Natural Sliced Almonds	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	160	14	0	0	1
Nuts or Seeds	Fisher Pecan Chips	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	190	20	0	0	1
Nuts or Seeds	Fisher Pecan Chips	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	190	20	0	0	1
Nuts or Seeds	Fisher Pecan Halves	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	190	20	0	0	1
Nuts or Seeds	Fisher Pecan Halves	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	190	20	0	0	1
Nuts or Seeds	Fisher Whole Natural Almonds	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	160	14	0	0	1
Nuts or Seeds	Fisher Whole Natural Almonds	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	160	14	0	0	1
Nuts or Seeds	Fisher Pecan Chips	John B. Sanfilippo and Son, Inc. - JBS	56	Grams	390	40	0	0	2
Nuts or Seeds	Fisher Natural Sliced Almonds	John B. Sanfilippo and Son, Inc. - JBS	56	Grams	320	28	0	0	2
Nuts or Seeds	Fisher Pecan Halves	John B. Sanfilippo and Son, Inc. - JBS	56	Grams	390	40	0	0	2
Nuts or Seeds	Fisher Pecans Chopped	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	190	20	0	0	1
Nuts or Seeds	Fisher Walnut Halves & Pieces	John B. Sanfilippo and Son, Inc. - JBS	56	Grams	370	37	0	0	1
Nuts or Seeds	Fisher Pecans Chopped	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	190	20	0	0	1
Nuts or Seeds	Fisher Pecans Chopped	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	190	20	0	0	1

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Food Category	Product	Company	Serving Size		Calories*	Total Fat* (gm)	Saturated Fat* (gm)	Sodium* (mg)	Sugar* (g)
Nuts or Seeds	Fisher Pecans Chopped	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	190	20	0	0	1
Nuts or Seeds	Fisher Walnut Halves & Pieces	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	180	18	1.5	0	1
Nuts or Seeds	Southern Grove Pecan Pieces	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
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
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	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 California Walnut Halves	Prima Noce Packing, Inc. - PNP	43	Grams	285	27	3.8	0	2
Nuts or Seeds	Primavera Walnuts	Prima Noce Packing, Inc. - PNP	28	Grams	190	18	13	0	1
Nuts or Seeds	California Shelled Walnuts	California Walnut Board - CWB	28	Grams	190	18	13	1	1
Nuts or Seeds	Walnuts	Golden State Food, LLC - GSF	28	Grams	190	18	13	1	1
Nuts or Seeds	Walnuts	Golden State Food, LLC - GSF	28	Grams	190	18	13	1	1
Nuts or Seeds	Birdsong Peanut Salted Peanuts	Birdsong Peanuts - BP	28	Grams	160	14	0	100	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 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 Roasted Salted	Blue Diamond Growers - BDG	43	Grams	260	24	2	130	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 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 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

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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	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 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	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	28 Grams	160	14	1	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 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	Blue Diamond Almonds Roasted Salted	Blue Diamond Growers - BDG	28 Grams	170	16	1	85	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 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 Whole Natural	Blue Diamond Growers - BDG	18 Grams	100	9	0.5	0	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 Whole Natural	Blue Diamond Growers - BDG	28 Grams	160	14	1	0	1
Nuts or Seeds	Blue Diamond Almonds Lightly Salted	Blue Diamond Growers - BDG	28 Grams	170	16	1	40	1
Nuts or Seeds	Blue Diamond Almonds Lightly Salted	Blue Diamond Growers - BDG	43 Grams	260	24	2	60	2
Nuts or Seeds	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	43 Grams	250	22	1.5	0	2

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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	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 Almonds Whole Natural	Blue Diamond Growers - BDG	43 Grams	250	22	1.5	0	2
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	Kirkland Signature Dry Roasted Hazelnuts	Costco Wholesale Corporation - CW	30 Grams	220	20	0	0	1
Nuts or Seeds	Hampton Farms Unsalted Roasted Peanuts	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	30 Grams	170	15	0	0	1
Nuts or Seeds	Hampton Farms Unsalted Roasted Peanuts	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	30 Grams	170	15	0	0	1
Nuts or Seeds	Hampton Farms Unsalted Roasted Peanuts	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	30 Grams	170	15	0	0	1
Nuts or Seeds	Hampton Farms Unsalted Roasted Peanuts	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	30 Grams	170	15	0	0	1
Nuts or Seeds	Hampton Farms Colossal Unsalted Roasted Peanuts	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	30 Grams	170	15	0	0	1
Nuts or Seeds	Hampton Farms Jumbo Unsalted Roasted Peanuts	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	30 Grams	170	15	0	0	1
Nuts or Seeds	Hampton Farms Jumbo Unsalted Roasted Peanuts	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	30 Grams	170	15	0	0	1
Nuts or Seeds	Hampton Farms Jumbo Unsalted Roasted Peanuts	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	30 Grams	170	15	0	0	1
Nuts or Seeds	Hampton Farms Jumbo Unsalted Roasted Peanuts	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	30 Grams	170	15	0	0	1

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Nuts or Seeds	Hampton Farms Jumbo Unsalted Roasted Peanuts	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	30	Grams	170	15	0	0	1
Nuts or Seeds	Hampton Farms Unsalted Roasted Peanuts	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	30	Grams	170	15	0	0	1
Nuts or Seeds	Hampton Farms Unsalted Roasted Peanuts	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	30	Grams	170	15	0	0	1
Nuts or Seeds	Hampton Farms Unsalted Roasted Peanuts	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	30	Grams	170	15	0	0	1
Nuts or Seeds	Hampton Farms Unsalted Roasted Peanuts	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	30	Grams	170	15	0	0	1
Nuts or Seeds	California Shelled Walnuts	Grower Direct Nut Co. Inc - GDN	28	Cups	190	18	13	1	1
Nuts or Seeds	California Shelled Walnuts	Grower Direct Nut Co. Inc - GDN	28	Grams	190	18	13	1	1
Nuts or Seeds	California Shelled Walnuts	Grower Direct Nut Co. Inc - GDN	28	Grams	190	18	13	1	1
Nuts or Seeds	California Shelled Walnuts	Grower Direct Nut Co. Inc - GDN	28	Grams	190	18	13	1	1
Nuts or Seeds	California Shelled Walnuts	Grower Direct Nut Co. Inc - GDN	28	Grams	190	18	13	1	1
Nuts or Seeds	I Can't Believe It's Not Butter Original	Upfield US Inc - UUI	14	Grams	60	6	3	90	0
Nuts or Seeds	I Can't Believe It's Not Butter Original	Upfield US Inc - UUI	14	Grams	60	6	3	90	0
Nuts or Seeds	I Can't Believe It's Not Butter Original	Upfield US Inc - UUI	14	Grams	0	6	3	90	0
Nuts or Seeds	I Can't Believe It's Not Butter Original	Upfield US Inc - UUI	14	Grams	60	6	3	90	0
Nuts or Seeds	I Can't Believe It's Not Butter Original	Upfield US Inc - UUI	14	Grams	60	6	3	90	0
Nuts or Seeds	Nutrioli Pure Soybean Oil	Ragasa International LLC	1	Tbsp	0	14	2	0	0
Nuts or Seeds	Extra Virgin Olive Oil	Tassos Group LLC, The - TG	14	Grams	120	14	1	0	0
Nuts or Seeds	Extra Virgin Olive Oil	Tassos Group LLC, The - TG	14	Grams	120	14	1	0	0
Nuts or Seeds	Extra Virgin Olive Oil	Tassos Group LLC, The - TG	14	Grams	120	14	1	0	0
Nuts or Seeds	Organic PDO Extra Virgin Olive Oil	Tassos Group LLC, The - TG	14	Grams	119	14	1	0	0
Nuts or Seeds	Organic PDO Extra Virgin Olive Oil	Tassos Group LLC, The - TG	1	Tbsp	120	14	1	0	0
Nuts or Seeds	Organic PDO Extra Virgin Olive Oil	Tassos Group LLC, The - TG	1	Tbsp	119	14	1	0	0
Nuts or Seeds	Perdue AgriBusiness High Oleic Soybean Oil	Perdue AgriBusiness	14	Grams	120	14	1.5	0	0
Nuts or Seeds	Seapoint Farms Organic Edamame Fettuccine	Seapoint Farms, LLC - SF	56	Grams	200	3	2	0	3
Nuts or Seeds	Seapoint Farms Organic Edamame Spaghetti	Seapoint Farms, LLC - SF	2	Ounces	200	3	1.8	0	3

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Nuts or Seeds	Seapoint Farms Organic Edamame Spaghetti	Seapoint Farms, LLC - SF	56 Grams	200	3	0	0	3
Nuts or Seeds	Black Jewell No Salt No Oil Microwave Popcorn	Black Jewell LLC	27 Grams	100	1.5	0	0	0
Nuts or Seeds	Bruce's Yams - Cut Sweet Potatoes in Syrup	McCall Farms, Inc. - BF	166 Grams	120	0	0	75	9
Nuts or Seeds	Bruce's Yams - Cut Sweet Potatoes in Syrup	McCall Farms, Inc. - BF	166 Grams	120	0	0	70	9
Nuts or Seeds	Bruce's Yams - Cut Sweet Potatoes in Syrup	McCall Farms, Inc. - BF	166 Grams	120	0	0	70	9
Nuts or Seeds	Spuddy Buddy Idaho Russet Potatoes	Bench Mark Potato Company	148 Grams	110	0	0	0	1
Nuts or Seeds	Pride of the Valley Russet Potatoes	Bench Mark Potato Company	114 Grams	110	0	0	0	0
Nuts or Seeds	Spuddy Buddy Idaho Russet Potatoes	Circle Valley	148 Grams	0	0	0	0	0
Nuts or Seeds	Spuddy Buddy Idaho Russet Potatoes	Circle Valley	148 Grams	110	0	0	0	1
Nuts or Seeds	Spuddy Buddy Idaho Russet Potatoes	Circle Valley	148 Grams	0	0	0	0	0
Nuts or Seeds	Spuddy Buddy Idaho Russet Potatoes	Driscoll Potatoes	148 Grams	110	0	0	0	1
Nuts or Seeds	Spuddy Buddy Idaho Russet Potatoes	Gold Emblem Produce	148 Grams	110	0	0	0	1
Nuts or Seeds	Spuddy Buddy Idaho Russet Potatoes	Idasel	148 Grams	110	0	0	0	1
Nuts or Seeds	Blue Seal Idaho Russet Potatoes	IPP - Nonpareil	148 Grams	0	0	0	0	0
Nuts or Seeds	Blue Seal Idaho Russet Potatoes	IPP - Nonpareil	148 Grams	110	0	0	0	1
Nuts or Seeds	Ace Russet Idaho Potatoes	Sun Glo of Idaho	148 Grams	110	0	0	0	0
Nuts or Seeds	Premium Treasure Idaho Russet Potatoes	Sun Glo of Idaho	148 Grams	0	0	0	0	0
Nuts or Seeds	Side Delights Idaho Russets	Sun Glo of Idaho	148 Grams	110	0	0	0	0
Nuts or Seeds	Side Delights Idaho Russets	Sun Glo of Idaho	148 Grams	110	0	0	0	1
Nuts or Seeds	Ace Russet Idaho Potatoes	Sun Glo of Idaho	148 Grams	0	0	0	0	0
Nuts or Seeds	Side Delights Idaho Russets	Sun Glo of Idaho	148 Grams	110	0	0	0	1
Nuts or Seeds	Sun Supreme Original Premium Russet Potato	Sun Glo of Idaho	148 Grams	110	0	0	0	0
Nuts or Seeds	Spuddy Buddy Idaho Russet Potatoes	Sun Glo of Idaho	148 Grams	110	0	0	0	1
Nuts or Seeds	Side Delights Idaho Russets	Sun Glo of Idaho	0 Not Available	0	0	0	0	0
Nuts or Seeds	Spuddy Buddy Idaho Russet Potatoes	Sun Valley	148 Grams	110	0	0	0	1
Nuts or Seeds	Blue Seal Idaho Russet Potatoes	Sun Valley	148 Grams	110	0	0	0	1
Nuts or Seeds	Sun Valley Russet Potatoes	Sun Valley	148 Grams	110	0	0	0	0
Nuts or Seeds	Primos Russet Potatoes	Sun Valley	148 Grams	110	0	0	0	0

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Nuts or Seeds	Blue Seal Idaho Russet Potatoes	Sun Valley	148 Grams	0	0	0	0	0
Nuts or Seeds	Spuddy Buddy Idaho Russet Potatoes	Wada	148 Grams	110	0	0	0	1
Nuts or Seeds	Spuddy Buddy Idaho Russet Potatoes	Wada	148 Grams	110	0	0	0	1
Nuts or Seeds	Spuddy Buddy Idaho Russet Potatoes	Wada	148 Grams	110	0	0	0	1
Nuts or Seeds	Spuddy Buddy Idaho Russet Potatoes	Wada	148 Grams	110	0	0	0	1
Nuts or Seeds	Mother Earth Fresh Premium Idaho/Russet Potatoes	Wilcox Fresh	148 Grams	110	0	0	0	1
Nuts or Seeds	Mother Earth Fresh Premium Idaho/Russet Potatoes	Wilcox Fresh	148 Grams	110	0	0	0	1
Nuts or Seeds	Mother Earth Fresh Premium Red Potatoes	Wilcox Fresh	148 Grams	110	0	0	0	1
Nuts or Seeds	Mother Earth Fresh Premium Idaho/Russet Potatoes	Wilcox Fresh	148 Grams	110	0	0	0	1
Nuts or Seeds	Premium Treasure Idaho Russet Potatoes	Wilcox Fresh	148 Grams	0	0	0	0	0
Nuts or Seeds	Mother Earth Fresh Premium Red Potatoes	Wilcox Fresh	148 Grams	110	0	0	0	1
Nuts or Seeds	Spuddy Buddy Idaho Russet Potatoes	Wilcox Fresh	148 Grams	0	0	0	0	0
Nuts or Seeds	Mother Earth Fresh Premium Idaho/Russet Potatoes	Wilcox Fresh	148 Grams	110	0	0	0	1
Nuts or Seeds	Mother Earth Fresh Premium Idaho/Russet Potatoes	Wilcox Fresh	148 Grams	110	0	0	0	1
Nuts or Seeds	Mother Earth Fresh Premium Red Potatoes	Wilcox Fresh	148 Grams	110	0	0	0	1
Nuts or Seeds	Mother Earth Fresh Premium Idaho/Russet Potatoes	Wilcox Fresh	148 Grams	110	0	0	0	1
Nuts or Seeds	Spuddy Buddy Idaho Russet Potatoes	Wilcox Fresh	148 Grams	110	0	0	0	1
Nuts or Seeds	Mother Earth Fresh Premium Idaho/Russet Potatoes	Wilcox Fresh	148 Grams	110	0	0	0	1
Nuts or Seeds	Mother Earth Fresh Premium Red Potatoes	Wilcox Fresh	148 Grams	110	0	0	0	1
Nuts or Seeds	Spuddy Buddy Idaho Russet Potatoes	Larsen	148 Grams	110	0	0	0	1
Nuts or Seeds	Blue Seal Idaho Russet Potatoes	Larsen	148 Grams	110	0	0	0	1
Nuts or Seeds	Spuddy Buddy Idaho Russet Potatoes	Larsen	0 Not Available	0	0	0	0	0

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Nuts or Seeds	Spuddy Buddy Idaho Russet Potatoes	Larsen	148 Grams	0	0	0	0	0
Nuts or Seeds	Spuddy Buddy Idaho Russet Potatoes	Mart	148 Grams	110	0	0	0	1
Oils	Simply Perfect Red Idaho Potatoes	Potandon Produce	148 Grams	110	0	0	0	1
Oils	Simply Perfect Idaho Russet Potatoes	Potandon Produce	148 Grams	110	0	0	0	1
Oils	Simply Perfect Yellow Idaho Potatoes	Potandon Produce	148 Grams	110	0	0	0	1
Oils	Simply Perfect Idaho Russet Potatoes	Potandon Produce	148 Grams	110	0	0	0	1
Oils	Simply Perfect Petite Red Idaho Potatoes	Potandon Produce	148 Grams	110	0	0	0	1
Oils	Blue Seal Idaho Russet Potatoes	Rigby	148 Grams	110	0	0	0	1
Oils	Spuddy Buddy Idaho Russet Potatoes	Rigby	148 Grams	110	0	0	0	1
Oils	Simply Perfect Idaho Potatoes (Russet)	RPE, Inc.	148 Grams	110	0	0	0	1
Oils	Old Oak Farms Idaho Russet Potatoes - Best Value	RPE, Inc.	148 Grams	110	0	0	0	1
Oils	Old Oak Farms Idaho Russet Potatoes - Biggins	RPE, Inc.	148 Grams	110	0	0	0	1
Oils	Old Oak Farms Idaho Russet Potatoes - Biggins - RPE	RPE, Inc.	148 Grams	110	0	0	0	1
Oils	Old Oak Farms Idaho Russet Potatoes - Chef Select	RPE, Inc.	148 Grams	110	0	0	0	1
Oils	Old Oak Farms Idaho Russet Potatoes - Best Value	RPE, Inc.	148 Grams	110	0	0	0	1
Oils	Simply Perfect Idaho Potatoes (Russet)	RPE, Inc.	148 Grams	110	0	0	0	1
Oils	Old Oak Farms Idaho Russet Potatoes - Biggins	RPE, Inc.	148 Grams	110	0	0	0	1
Oils	Old Oak Farms Idaho Russet Potatoes - Best Value	RPE, Inc.	148 Grams	110	0	0	0	1
Oils	Old Oak Farms Idaho Russet Potatoes - Best Value	RPE, Inc.	148 Grams	110	0	0	0	1
Oils	Southwind Farms Gourmet Select Fingerling Potatoes	Southwind Farms	148 Grams	110	0	0	0	1
Oils	Southwind Farms Fingerlings Potato Medley	Southwind Farms	148 Grams	110	0	0	0	1

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Oils	Southwind Farms Fingerlings Yellow Potatoes	Southwind Farms	148 Grams	110	0	0	0	1
Oils	Southwind Farms Fingerling All Purpose Potatoes	Southwind Farms	148 Grams	110	0	0	0	1
Oils	Southwind Farms Fingerling All Purpose Potatoes	Southwind Farms	148 Grams	110	0	0	0	1
Oils	Organic Select Quality Yams/Sweet Potatoes	Quail H Farms, LLC - QHF	200 Grams	180	0	0	72	13
Oils	Organic Select Quality Yams/Sweet Potatoes	Quail H Farms, LLC - QHF	180 Grams	162	0	0	72	12
Oils	Organic Select Quality Yams/Sweet Potatoes	Quail H Farms, LLC - QHF	180 Grams	162	0	0	72	12
Oils	Quality Yams/Sweet Potatoes (Micro Baking)	Quail H Farms, LLC - QHF	200 Grams	180	0	0	72	13
Oils	Quality Yams/Sweet Potatoes (Micro Baking)	Quail H Farms, LLC - QHF	200 Grams	180	0	0	72	13
Oils	Quality Yams/Sweet Potatoes (Micro Baking)	Quail H Farms, LLC - QHF	200 Grams	180	0	0	72	13
Oils	Quality Yams/Sweet Potatoes (Micro Baking)	Quail H Farms, LLC - QHF	200 Grams	180	0	0	72	13
Oils	Idaho Potato - Fingerlings	Idaho Potato Commission - IPC	148 Grams	110	0	0	0	1
Oils	Idaho Potato - Russets	Idaho Potato Commission - IPC	148 Grams	110	0	0	0	1
Oils	Idaho Potato - Reds	Idaho Potato Commission - IPC	148 Grams	110	0	0	0	1
Oils	Idaho Potato - Yellows	Idaho Potato Commission - IPC	148 Grams	110	0	0	0	1
Oils	Alexia Sweet Potato Fries	Lamb Weston, Inc. - Alexia	84 Grams	140	5	1.5	140	6
Oils	Alexia Sweet Potato Fries	Lamb Weston, Inc. - Alexia	84 Grams	140	5	1.5	140	6
Oils	Alexia Sweet Potato Fries	Lamb Weston, Inc. - Alexia	84 Grams	140	5	1.5	140	6
Oils	Alexia Sweet Potato Fries	Lamb Weston, Inc. - Alexia	84 Grams	140	5	1.5	140	6
Oils	Alexia Sweet Potato Fries	Lamb Weston, Inc. - Alexia	84 Grams	140	5	1.5	140	6
Oils	Alexia Sweet Potato Fries	Lamb Weston, Inc. - Alexia	84 Grams	140	5	1.5	140	6
Oils	Healthy Heart Organic Yams, Medium (Reds/Beauregards)	Doreva Produce Company Inc. - DPC	200 Grams	180	0	0	72	13
Oils	Healthy Heart Yams (Reds/Beauregards)	Doreva Produce Company Inc. - DPC	200 Grams	180	0	0	72	13
Oils	Health Valley Organic No Salt Added Vegetable Soup	Hain Celestial Group, Inc., The - Westsoy	240 Grams	90	2	0	45	4
Oils	Health Valley Organic Low Sodium Chicken and Rice Soup	Hain Celestial Group, Inc., The - Westsoy	240 Grams	100	1.5	0	85	1

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Oils	Health Valley Organic Low Sodium Chicken Noodle Soup	Hain Celestial Group, Inc., The - Westsoy	240	Grams	80	2	0	130	1
Oils	Health Valley Organic No Salt Added Lentil Soup	Hain Celestial Group, Inc., The - Westsoy	240	Grams	150	1.5	0	20	5
Oils	Health Valley Organic No Salt Added Minestrone Soup	Hain Celestial Group, Inc., The - Westsoy	240	Grams	100	2	0	45	5
Oils	Health Valley Organic No Salt Added Tomato Soup	Hain Celestial Group, Inc., The - Westsoy	240	Grams	110	2	0	25	15
Oils	Kitchen Basics Bone Broth Chicken	McCormick & Company, Inc. - Kitchen Basics	233	Grams	50	0	0	380	1
Oils	Kitchen Basics Bone Broth Chicken	McCormick & Company, Inc. - Kitchen Basics	226	Grams	50	0	0	380	1
Oils	Kitchen Basics Original Beef Bone Broth	McCormick & Company, Inc. - Kitchen Basics	233	Grams	50	1	0	350	0
Oils	Kitchen Basics Turmeric Ginger Chicken Bone Broth with Lemongrass	McCormick & Company, Inc. - Kitchen Basics	233	Grams	60	1.5	0	370	0
Oils	North Bay Produce Brussels Sprouts	North Bay Produce, Inc - NB	88	Grams	38	0	0	22	2
Oils	Red N Tasty – Punnet 3-5 Count	Tomato Thyme Corp. - TT	100	Grams	20	0	0	10	3
Oils	Red N Tasty – Punnet 2 Count	Tomato Thyme Corp. - TT	100	Grams	20	0	0	10	3
Oils	Red N Tasty	Tomato Thyme Corp. - TT	100	Grams	20	0	0	10	3
Oils	Tasti-Lee Organic Premium Vine-Ripened Tomatoes	Flavorful Brands - FB	149	Grams	27	0	0	7	4
Oils	Tasti-Lee Premium Vine-Ripened Tomatoes	Flavorful Brands - FB	149	Grams	27	0	0	7	4
Oils	Tasti-Lee Organic Premium Vine-Ripened Tomatoes	Flavorful Brands - FB	149	Grams	27	0	0	7	4
Oils	Tasti-Lee Premium Vine-Ripened Tomatoes	Flavorful Brands - FB	149	Grams	27	0	0	7	4
Oils	Tasti-Lee Premium Vine-Ripened Tomatoes	Flavorful Brands - FB	149	Grams	27	0	0	7	4
Oils	Tasti-Lee Organic Premium Vine-Ripened Tomatoes	Flavorful Brands - FB	149	Grams	27	0	0	7	4
Oils	Tassos Fire Roasted Florinas Peppers	Tassos Group LLC, The - TG	75	Grams	20	0	0	160	2

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Oils	Tassos Fire Roasted Florinas Peppers	Tassos Group LLC, The - TG	75 Grams	20	0	0	160	2
Potatoes	Egglan's Best Cage Free Liquid Egg Whites	Egglan's Best LLC - EB	46 Grams	25	0	0	75	0
Potatoes	Egglan's Best 100% Liquid Egg Whites	Egglan's Best LLC - EB	46 Grams	25	0	0	75	0
Potatoes	Egglan's Best 100% Liquid Egg Whites	Egglan's Best LLC - EB	46 Grams	25	0	0	75	0
Potatoes	Egglan's Best Cage Free Liquid Egg Whites	Egglan's Best LLC - EB	46 Grams	25	0	0	75	0
Potatoes	Egglan's Best 100% Liquid Egg Whites	Egglan's Best LLC - EB	46 Grams	25	0	0	75	0
Potatoes	Egglan's Best 100% Liquid Egg Whites	Egglan's Best LLC - EB	46 Grams	25	0	0	75	0
Potatoes	Rising Tide Pink Salmon Fillets	The Fishin Co - TF	112 Grams	130	1.38	0	170	0
Potatoes	Rising Tide Tilapia Fillet	The Fishin Co - TF	99 Grams	80	1	0	150	0
Potatoes	Mexican Hass Avocados	Avocados from Mexico - AM	50 Grams	80	8	1	0	0
Potatoes	California Gold Avocados	West Pak Avocado Inc. - WPA	50 Grams	80	8	1	0	0
Potatoes	I Love Avocados	West Pak Avocado Inc. - WPA	50 Grams	80	8	1	0	0
Potatoes	Viva Avocados	West Pak Avocado Inc. - WPA	50 Grams	80	8	1	0	0
Potatoes	Party Pak Jumbo Avocados	West Pak Avocado Inc. - WPA	50 Grams	80	8	0	0	0
Potatoes	Lil' 'Cados	West Pak Avocado Inc. - WPA	50 Grams	80	8	1	0	0
Potatoes	Bar-M Premium Reduced Sodium Roast Beef	Serv-Rite Meat Company, Inc.	56 Grams	70	1.5	0.5	350	0
Potatoes	Swift Premium Pork Tenderloin (1 piece)	JBS USA, LLC - Swift	112 Grams	130	4	1.5	60	0
Potatoes	Kirkland Signature Swift Premium Pork Sirloin Tip Roast	JBS USA, LLC - Swift	112 Grams	100	2	0.5	270	0
Potatoes	Swift Premium Pork Tenderloin (2 pieces)	JBS USA, LLC - Swift	112 Grams	130	4	1.5	60	0
Potatoes	96% Lean 4% Fat Ground Beef Heart Healthy	Schenk Packing Co., Inc. - SP	112 Grams	150	4	0	50	0
Potatoes	Signature Farms 96% Lean 4% Fat Ground Beef	Schenk Packing Co., Inc. - SP	112 Grams	150	4	0	50	0
Potatoes	Extra Lean Ground Beef 96% Lean 4% Fat	National Cattlemen's Beef Association - NCBA	112 Grams	140	4.5	1.79	75	0
Potatoes	Whitley's Salted Virginia Peanuts	Whitley's Peanut Factory - WP	30 Grams	140	10	2	80	1
Potatoes	Whitley's Salted Virginia Peanuts	Whitley's Peanut Factory - WP	30 Grams	140	10	2	80	1
Potatoes	Whitley's Salted Virginia Peanuts	Whitley's Peanut Factory - WP	30 Grams	140	10	2	80	1
Potatoes	Whitley's Salted Virginia Peanuts	Whitley's Peanut Factory - WP	30 Grams	140	10	2	80	1
Potatoes	Whitley's Salted Virginia Peanuts	Whitley's Peanut Factory - WP	30 Grams	140	10	2	80	1

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Potatoes	Whitley's Salted Virginia Peanuts	Whitley's Peanut Factory - WP	30 Grams	140	10	2	80	1
Potatoes	Whitley's Salted Virginia Peanuts	Whitley's Peanut Factory - WP	30 Grams	140	10	2	80	1
Potatoes	Oregon Orchard Hazelnuts, Roasted and Diced	Hazelnut Growers of Oregon - HG	28 Grams	183	17.7	2.4	0	1
Soup	Oregon Orchard Hazelnuts, Natural Whole	Hazelnut Growers of Oregon - HG	28 Grams	183	17.7	2.4	0	1
Soup	Oregon Orchard Hazelnuts, Dry Roasted Whole	Hazelnut Growers of Oregon - HG	28 Grams	178	17.2	2.2	0	1
Soup	Oregon Orchard Hazelnuts, Natural Sliced	Hazelnut Growers of Oregon - HG	28 Grams	183	17.7	2.4	0	1
Soup	Planters Salted Peanuts	Hormel Foods Corporation - Planters	28 Grams	170	14	2	95	1
Soup	Planters Unsalted Dry Roasted Peanuts	Hormel Foods Corporation - Planters	28 Grams	170	14	2	5	1
Soup	Planters Lightly Salted Dry Roasted Peanuts	Hormel Foods Corporation - Planters	28 Grams	170	14	2	75	1
Soup	Planters Salted Peanuts	Hormel Foods Corporation - Planters	28 Grams	170	14	2	100	1
Soup	Planters Lightly Salted Dry Roasted Peanuts	Hormel Foods Corporation - Planters	28 Grams	170	14	2	75	1
Soup	Planters Salted Peanuts	Hormel Foods Corporation - Planters	28 Grams	170	14	2	95	1
Soup	Planters Lightly Salted Cocktail Peanuts	Hormel Foods Corporation - Planters	28 Grams	170	14	2	50	1
Vegetable Juice	Planters Salted Peanuts	Hormel Foods Corporation - Planters	28 Grams	170	14	2	95	1
Vegetable Juice	Planters Cocktail Peanuts	Hormel Foods Corporation - Planters	28 Grams	170	14	2	100	1
Vegetable Juice	Planters Lightly Salted Cocktail Peanuts	Hormel Foods Corporation - Planters	28 Grams	170	14	2	50	1
Vegetable Juice	Planters Lightly Salted Dry Roasted Peanuts	Hormel Foods Corporation - Planters	28 Grams	170	14	2	75	1
Vegetable Juice	Planters Salted Peanuts	Hormel Foods Corporation - Planters	28 Grams	170	14	2	100	1
Vegetables: Fresh, Frozen, or Canned	Planters Salted Peanuts	Hormel Foods Corporation - Planters	28 Grams	170	14	2	95	1
Vegetables: Fresh, Frozen, or Canned	Planters Salted Peanuts	Hormel Foods Corporation - Planters	28 Grams	170	14	2	100	1
Vegetables: Fresh, Frozen, or Canned	Planters Cocktail Peanuts	Hormel Foods Corporation - Planters	28 Grams	170	14	2	100	1
Vegetables: Fresh, Frozen, or Canned	Planters Salted Peanuts	Hormel Foods Corporation - Planters	28 Grams	170	14	2	100	1
Vegetables: Fresh, Frozen, or Canned	Planters Cocktail Peanuts	Hormel Foods Corporation - Planters	28 Grams	170	14	2	95	1

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Vegetables: Fresh, Frozen, or Canned	Extra Virgin Olive Oil	North American Olive Oil Association - NAOOA	1 Tbsp	120	14	1	0	0
Vegetables: Fresh, Frozen, or Canned	Cauliflower Linguine	Caulipower LLC - CL	94 Grams	230	2.5	1.3	30	1
Vegetables: Fresh, Frozen, or Canned	Cauliflower Pappardelle	Caulipower LLC - CL	94 Grams	230	2.5	1.3	30	1
Vegetables: Fresh, Frozen, or Canned	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
Vegetables: Fresh, Frozen, or Canned	Caulipower Sweet Potatoasts	Caulipower LLC - CL	85 Grams	80	0	0	30	6
Vegetables: Fresh, Frozen, or Canned	Bolthouse Farms Organics 100% Carrot Juice	Wm. Bolthouse Farms, Inc. -WB	8 Ounces	70	0	0	150	13
Vegetables: Fresh, Frozen, or Canned	Bolthouse Farms 100% Carrot Juice	Wm. Bolthouse Farms, Inc. -WB	8 Ounces	70	0	0	150	13
Vegetables: Fresh, Frozen, or Canned	Bolthouse Farms 100% Carrot Juice	Wm. Bolthouse Farms, Inc. -WB	15 Ounces	130	0.5	0	290	26
Vegetables: Fresh, Frozen, or Canned	Bolthouse Farms 100% Carrot Juice	Wm. Bolthouse Farms, Inc. -WB	8 Ounces	70	0	0	150	13
Vegetables: Fresh, Frozen, or Canned	Bolthouse Farms 100% Carrot Juice	Wm. Bolthouse Farms, Inc. -WB	11 Ounces	90	0	0	210	18

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Heart-Check Food Certification Program

Certified Products Listed by Food Category

Updated: 10/21/2021

The image shows a vertical table structure. It consists of two columns. The left column is significantly taller than the right column. Both columns are defined by vertical lines on their left and right sides, and horizontal lines that create rows. The right column contains approximately 25 rows, while the left column is much taller and appears to be a placeholder for a longer list of items.

**per serving*

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The image shows a vertical table structure. It consists of two columns. The left column is significantly taller than the right column. Both columns are defined by vertical lines on their left and right sides, and horizontal lines that create rows. The right column contains approximately 25 rows, while the left column is much taller, suggesting it would contain many more rows if filled. The table is currently empty.

**per serving*

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The image shows a vertical table structure. It consists of two columns. The left column is significantly taller than the right column. Both columns are defined by vertical lines on their left and right sides. The right column contains 20 horizontal lines, creating 20 rows. The left column contains a single vertical line extending the full height of the table, with no horizontal lines inside it.

**per serving*

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The image shows a vertical table structure. On the left, there is a single long vertical line. To its right, there is a grid consisting of 20 horizontal rows. Each row is bounded by a vertical line on the right and a horizontal line at the top, creating a series of empty rectangular cells for data entry.

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**per serving*

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