

LOW SODIUM FOODS (140 mg or less per serving)

Low-Sodium Foods (140 mg or less per serving)

The following list contains foods with fewer-than-140-mg sodium per serving. By no means should this list take the place of medical advice. Rather it was designed as an aid to help you monitor your sodium intake. The serving size for each item is that which is indicated after the company name unless otherwise indicated. Please read food labels to ensure that you are selecting the correct food products designated on this list. For further assistance, contact your local Hy-Vee store dietitian or call 866-865-4878. Happy Shopping!

BAKING PRODUCTS

✓ **Brownies, Cookies & Bars**

Betty Crocker

- Supreme Brownie Mix – Original, Dark Chocolate, Triple Chunk, Walnut Chocolate Chunk, Peanut Butter, Frosted, Chocolate Chunk, Ultimate Fudge, Turtle or Walnut Chunk Varieties, *1/20 of mix*
- Cookie Mix – Chocolate Chip, Oatmeal, Oatmeal Chocolate Chip, Peanut Butter or Sugar, *3 tbsp of mix makes 2 cookies*
- Fudge Brownie Mix, *1/20 of mix*
- Low- Fat Fudge Brownie Mix, *1/20 of mix*
- Sunkist Lemon Bars, *1/16 of mix*

Krusteaz

- Apple Crisp Mix, *1/8 of mix*
- Berry Cobbler Mix, *1/9 of mix*
- Key Lime Bar Mix, *1/16 of mix*
- Lemon Bar Mix, *1/16 of mix*
- Peach Cobbler Mix, *1/9 of mix*
- Pecan Bar Mix, *1/16 of mix*
- Raspberry Bar Mix, *1/16 of mix*

Hy-Vee

- Deluxe Fudge Brownie Mix, *1/20 of mix*

✓ **Frosting, Pre-made**

Betty Crocker, 2 tbsp

- Deluxe Creamy Coconut Pecan
- Whipped Butter Cream
- Soft Whipped Frosting – Chocolate, Cream Cheese, Fluffy White, Milk Chocolate, Strawberry or Vanilla Varieties

Duncan Hines, 2 tbsp

- Creamy Home-Style – Classic Vanilla, Milk Chocolate, Coconut Pecan, Cream Cheese, Classic Chocolate or Caramel Varieties

Hy-Vee, 2 tbsp

- Creamy – Chocolate Fudge, White, Milk Chocolate, Cream Cheese

Pillsbury, 2 tbsp

- Supreme Frosting – Coconut Pecan, Cream Cheese, Creamy Chocolate Fudge, Creamy White, Milk Chocolate, Vanilla or Vanilla Funfetti varieties

✓ **Breads**

Pillsbury, 1/14 of mix

- Quickbread Mix – Banana, Cinnamon Swirl, Cranberry and Lemon Poppy Seed varieties

✓ **Cookie Dough**

Hy-Vee, 1 cookie or 2-1/4 " slice

- Chocolate Chip Cookies
- Snickerdoodle Cookies
- Sugar Cookies

Pillsbury, 1 cookie or 1-1/2-inch dough ball

- Ready to Bake! Cookies – Chocolate Chip, Oatmeal Chocolate Chip, Peanut Butter, Oatmeal Raisin, Smores or Sugar Varieties
- Ready to Bake! Deluxe Classic Cookies –Chocolate Chip, Kissables or White Chocolate Macadamia varieties
- Ready to Bake! Deluxe Triple Indulgent Chocolate Chip Cookies
- Ready to Bake! Hershey's Cookies – Chocolate Chip or Chocolate Chunk & Chip varieties

✓ **Pie Crust**

Betty Crocker, 1/8 pie or 1/16 of mix

- Pie Crust Mix

Keebler, 1/8 of pie

- Ready Crusts – Chocolate, Graham and Shortbread varieties

Nabisco, 1/8 pie

- Honey Maid
- Oreo
- Vanilla

✓ **Pie Filling**

Hy-Vee

- More Fruit Pie Filling – Cherry or Apple varieties, *1/3 cup*
- 100% Natural Pumpkin, *1/2 cup*

Musselman's, *1/3 cup*

- Cream Pie Filling – Chocolate or Banana varieties

✓

Wilderness, *1/3 cup*

- More Fruit Pie Filling – Cinnamon & Spice Apple, Original Country Cherry, Peach or Blueberry varieties
- Premium Pie Filling – Strawberry, Raspberry or Apricot varieties
- Lemon Pie Filling
- No Sugar Added Pie Filling – Cherry or Apple varieties

BREADS, GRAINS & STARCHES

✓ **Bakery Items**

Hy-Vee, *1 slice*

- No Salt Added Bakery Fresh Bread – *Order Ahead

✓ **Breading**

Ian's, *1/4 cup*

- Panko Breadcrumbs – Original Style, Italian or Whole Wheat varieties

✓ **Crackers**

Angonoa's, *3 pieces*

- Deli-Style Breadsticks – Whole Wheat Sesame, Sun-Dried Tomato and Basil, Sesame and Whole Grain Varieties

Blue Diamond, *16 grams*

- Natural Nut Thins Snacks – Nut & Rice Almond or Nut & Rice Pecan Varieties

Breton

- Original Crackers, *3 crackers*
- Reduced Fat & Salt Crackers, *7 crackers*
- Sesame Crackers, *3 crackers*

Hy-Vee

- Graham Crackers – Chocolate, Cinnamon, Low Fat or Original varieties, *2 crackers*
- Saltine Crackers with Unsalted Tops, *5 crackers*

Nabisco

- Premium Low Sodium Saltine Crackers, *5 crackers*
- Premium Saltine Crackers with Unsalted Tops, *5 crackers*
- Ritz – Original, Low Sodium or Whole Wheat varieties, *5 crackers*
- Simply Socials, *4 crackers*
- Low Sodium Wheat Thins, *16 crackers*

Old London

- Melba Snacks – Onion, Classic, Bacon Flavor, Whole Grain, Rye or Sesame Varieties, *5 pieces*
- Melba Toast – Sesame, Rye or Whole Grain Varieties, *3 pieces*

Pepperidge Farm

- Golden Butter, *4 crackers*
- Classic Water Crackers, *4 crackers*
- Harvest Wheat, *3 crackers*
- Entertaining Quartet Distinctive Crackers, *4 crackers*

Ry Krisp, 2 crisps

- Natural
- Seasoned Cracker
- Sesame

✓ **Croutons**

Hy-Vee, 6 croutons

- Baked Croutons – Caesar, Cheese and Garlic, Ranch or Seasoned Varieties

Old London

- Toastettes – Caesar Style, Herb Seasoned, Parmesan Cheese and Garlic or Toasted Onion varieties, *7 pieces*
- Restaurant Style Croutons – Italian, Seasoned or Garlic varieties, *6 pieces*

✓ **Hard Breads**

Kavli, 2 pieces

- 5 Grain Crispbread
- Whole Grain Hearty Thick Crispbread
- Whole Grain Crispy Thin Crispbread

Ryvita, 1 slice

- Plain Hardbread
- Tasty Dare Rye Crisp Bread
- Toasted Sesame Rye Crisp Bread

Wasa, 1 slice

- Hearty Rye Crackerbread
- Crisp 'N Light Crackerbread
- Original Fiber Rye Crispbread
- Original Light Rye Crispbread, *3 slices*
- Multi Grain Hardbread
- Oats Hardbread
- Sesame Crispbread
- Original Sourdough Rye Crispbread

✓ **Pasta**

Barilla, 2 ounces

- Traditional Pasta – Fiori, Rotini, Medium Shells, Cellentani, Penne, Farfalle, Pipette, Campanelle, Rigatoni, Mostaccioli, Elbows, Orzo, Manicotti or Mezze Penne varieties
- Piccolini Mini – Ziti, Penne, Wheels, Farfalle or Fusilli varieties
- Tri-Color – Fiori or Rotini varieties
- Whole Grain Pasta – Thin Spaghetti, Spaghetti or Penne varieties
- Plus – Rotini, Elbows, Penne, Spaghetti, Angel Hair Pasta or Thin Spaghetti varieties

- Oven Ready Lasagne, *2 shells*
- Lasagna, *2 shells*
- Jumbo Shells, *3 shells*

Dreamfields

- Lasagna, *2 pieces*
- Rotini, *¾ cup*
- Penne Rigate, *¾ cup*
- Elbows, *½ cup*
- Spaghetti, *2 ounces of ½-inch circle*

Hodgson Mill, 2 ounces

- Whole Wheat Pasta - Spaghetti, Bow Tie Pasta, Spirals or Penne varieties
- Whole Wheat Whole Grain Pasta – Fettuccine, Angel Hair, Thin Spaghetti, Lasagna or Elbows varieties
- Spinach Spaghetti

Hy-Vee, 2 ounces

- Whole Wheat Pasta - Spaghetti, Angel Hair, Rotini or Penne varieties
- Omega-3 Pasta – Angel Hair, Multigrain Pasta, Spaghetti, Rotini or Penne varieties
- Traditional Pasta - Elbow Macaroni, Rigatoni, Large Shells, Rotini, Penne Rigate, Mostaccioli, Bow Tie Pasta, Medium Egg Noodles, Wide Egg Noodles, Extra Wide Egg Noodles, Spaghetti, Thin Spaghetti, Long Spaghetti, Linguine or Small Shells varieties
- Tri-Color Rotini

Ronzoni, 2 ounces

- Healthy Harvest 7 Grain Blend Pasta, Fusilli
- Healthy Harvest Whole Wheat Pasta Blends – Penne Rigate, Lasagna, Linguine, Rotini, Spaghetti or Thin Spaghetti varieties
- Smart Taste Pasta – Spaghetti, Rotini or Penne Rigate varieties

✓ **Potatoes**

Betty Crocker, 1/3 cup dry

- Instant Potato Buds

Hungry Jack, 1/3 cup dry

- Instant Mashed Potatoes

Hy-Vee, 1/3 cup dry

- Instant Hashbrown Potatoes
- Instant Mashed Potatoes

✓

✓ **Rice**

Hy-Vee

- Instant White, *¾ cup prepared*
- Natural Whole Grain Instant Brown, *1 cup prepared*

Minute Rice

- Instant White, *1 cup prepared*
- Instant Whole Grain Brown, *2/3 cup prepared*
- Instant Premium, *1 cup prepared*

Uncle Ben's, 1 cup prepared

- Converted Long Grain Rice
- Enriched Parboiled Converted Original Long Grain
- Fast Cooking Whole Grain Brown
- Four 2-Cup Bags of Boil-in-Bag Rice

✓ **Rice Cakes**

Hy-Vee

- Whole Grain Rice Cakes – Lightly Salted, White Cheddar or Caramel Corn varieties, *1 cake*
- Caramel Corn Rice Crisps, *8 crisps*

Quaker

- Rice Cakes – Lightly Salted, Buttered Popcorn, Chocolate Crunch, White Cheddar, Caramel Corn or Butter Toffee varieties, *1 cake*
- Multigrain Cakes – Cinnamon Toast or Maple Brown Sugar varieties, *1 cake*
- Mini Delights – Cinnamon Streusel, Chocolate Mint, Caramel Drizzle, Peanut Butter, Chocolate Drizzle or Buttered Popcorn varieties
- Quaker Rice Snacks – Kettle Corn or Apple Cinnamon varieties, *8 minis*

✓ **Sandwich Breads**

Food for Life, 1 slice

- Ezekiel 4:9 Sesame Bread
- Ezekiel 4:9 Certified Organic Sprouted Grain Bread
- Ezekiel 4:9 Cinnamon Raisin Sprouted 100% Whole Grain Bread
- Sprouted 7 Grains Bread
- Genesis 1:29 Sprouted Grain Seed Bread

Natural Ovens, 1 slice

- Glorious Cinnamon Bread with Raisins
- Weight Sense Original Carb Conscious Bread
- Whole Grain Sunny Millet Bread
- Organic Plus 100% Whole Wheat Bread

Pepperidge Farm, 1 slice

- Brown Sugar Cinnamon Swirl Bread
- Raisin Cinnamon Swirl Bread
- Cinnamon Swirl Bread

✓ **Taco Shells**

Hy-Vee, 2 shells

- Mexican Style Taco Shells

La Tiara, 1 shell

- Real Taco Shells
- White Corn Taco Shells

Taco Bell, 3 shells

- Original Taco Shells

BREAKFAST FOODS

✓ **Breakfast Bars**

Cascadian Farm, 1 bar

- Chewy Organic Granola Bars – Chocolate Chip, Fruit & Nut, Harvest Berry Bars or Multi Grain varieties

Full Circle, 1 bar

- Chewy Trail Mix bars, Cranberry Crunch
- Fruit & Cereal Bars – Strawberry, Blueberry or Apple Cobbler varieties

General Mills, 1 bar

- Milk 'n Cereal Bars – Cinnamon Toast Crunch, Cocoa Puffs, Honey Nut Cheerios and Variety Pack varieties
- Fiber One Chewy Bars – Oats & Peanut Butter, Oats & Caramel, Oats & Chocolate, Oats & Apple Streusel or Oats & Strawberry with Almonds varieties

Hy-Vee, 1 bar

- Chewy Granola Bars – Chocolate Chip, Low Fat Smores, Chocolate Cherry Almond, Low Fat Chocolate Chunk, Peanut Butter Chocolate Chip, Rainbow Chip or Sweet and Salty Peanut varieties
- Trail Mix Bars – Chewy Fruit & Nut or Chewy Apple Cinnamon varieties
- Fruit & Grain Bars – Raspberry, Mixed Berry, Strawberry, Apple Cinnamon or Blueberry varieties

Kashi, 1 bar

- Chewy Granola Bars – Honey Almond Flax or Trail Mix varieties
- TLC Chewy Granola Bars, Peanut Butter

Kellogg's, 1 bar

- Nutri-Grain Cereal Bars – Apple, Cinnamon, Blueberry, Cherry, Mixed Berry, Raspberry or Strawberry varieties

Larabar, 1 bar

- Jocolat Bars – Mint Chocolate, Chocolate Coffee, Chocolate, Chocolate Orange, Pecan Pie or Coconut Cream Pie varieties
- Cinnamon Roll
- Cashew Cookie
- Lemon Bar
- Banana Cookie
- Apple Pie

Nature Valley, 1 bar

- Chewy Trail Mix Bars – Fruit & Nut or Mixed Berry varieties
- Chewy Yogurt Granola Bars – Strawberry or Vanilla varieties
- Healthy Heart Chewy Granola Bars – Honey Nut or Oatmeal Raisin varieties

Quaker, 1 bar

- Chewy Granola Bars – Peanut Butter Chocolate Chip, Oatmeal Raisin, S'mores, Chocolate Chip or Butterfinger varieties
- Chewy Granola Bars, 25% Less – Chocolate Chip, Cookies & Cream or Peanut Butter Chocolate Chip varieties
- Chewy Granola Bars, 90 Calories – Dark Chocolate Cherry, Honey Nut, Oatmeal Raisin or Baked Apple varieties

✓ **Cereal**

Cascadian Farm

- Organic Multi Grain Squares, $\frac{3}{4}$ cup
- Organic Oat & Honey Granola, $\frac{2}{3}$ cup

Full Circle

- Oat Bran Flakes, $\frac{3}{4}$ cup
- Multi Grain Flakes, $\frac{3}{4}$ cup
- Raisin Bran Flakes, $1 \frac{1}{4}$ cup
- Honey & Oats Medley, $\frac{3}{4}$ cup
- Golden Flax, $\frac{3}{4}$ cup
- Wheat Puffs, 1 cup

General Mills

- Apple Cinnamon Cheerios, $\frac{3}{4}$ cup
- Fiber One Cereal – Original Bran, $\frac{1}{2}$ cup
- Maple Brown Sugar Whole Grain Oatmeal Crisp, 1 cup

Hy-Vee

- Apple Cinnamon Tostitos, $\frac{3}{4}$ cup
- Wheat Flakes, $\frac{3}{4}$ cup
- Bite Sized Shredded Wheat – Maple & Brown Sugar, Lightly Sweetened, Strawberry Cream, Frosted or Original varieties, 1 cup
- Deluxe Low Fat Extra Fruit Granola, $\frac{2}{3}$ cup
- Health Market Organic Tostitos, 1 cup
- HealthMarket Organic Crispy Rice, 1 cup
- Chocolate Dippers, 1 cup
- HealthMarket Raisin Bran, 1 cup

Kashi

- GoLean High Protein & High Fiber Cereal, Original, 1 cup
- GoLean Crunch Protein & Fiber Cereal - Honey Almond Crunch or original varieties, 1 cup
- Good Friends High Fiber Cereal - Original or Cinna-Raisin Crunch Varieties, 1 cup
- Heart to Heart, Honey Toasted Oat, $\frac{3}{4}$ cup
- Heart to Heart, Wild Blueberry Clusters, 1 cup
- Vive Probiotic Digestive Wellness Cereal, Toasted Graham & Vanilla, $1 \frac{1}{4}$ cup
- Cinnamon Harvest, 1 cup
- Autumn Wheat, 1 cup
- 7 Whole Grain Puffs - Honey or Original varieties, 1 cup
- Honey Sunshine, $\frac{3}{4}$ cup
- U, Black Currants & Walnuts, 1 cup
- Granola – Summer Berry or Mountain Medley varieties, $\frac{1}{2}$ cup

Kellogg's

- Corn Pops, 1 cup
- Frosted Mini-Wheats, Bite Size – Original, Organic, Maple & Brown Sugar, Strawberry Delight or Vanilla Crème varieties, 24 biscuits
- Low Fat Crunchy Blends Granola Without Raisins, $\frac{1}{2}$ cup
- All-Bran – Original or Extra Fiber varieties, $\frac{1}{2}$ cup
- Smart Start Strong Heart Cereals – Strawberry Oat Bites, 30 biscuits
- Smart Start Strong Heart - Toasted Oat or Maple Brown Sugar varieties, $1 \frac{1}{4}$ cup
- Smart Start Strong Heart, Cinnamon Raisin, 1 cup
- Special K – Fruit & Yogurt or Protein Plus varieties, $\frac{3}{4}$ cup

Malt-O- Meal

- Frosted Mini Spooners, *1 cup*
- Strawberry Cream Mini Spooners, *1 cup*
- Golden Puffs, *¾ cup*

Post

- Selects Great Grains Raisin, Dates, & Pecans Cereal Selects, *¾ cup*
- Shredded Wheat – Original or Wheat'n Bran varieties, *1-¼ cups*
- Spoon Size Shredded Wheat Cereal – Frosted, Original, Wheat 'N Bran or Honey Nut, *1 cup*
- Spoon Size Shredded Wheat Cereal with Real Strawberries, *1 cup*
- Cranberry Almond Crunch, *¾ cup*
- Just Bunches - Honey Roasted or Caramel varieties, *2/3 cup*
- Grape-Nuts Flakes, *½ cup*
- Trail Mix Crunch Cereal, Cranberry Vanilla, *½ cup*
- Honey Bunches of Oats Cereal with Real Peaches, *¾ cup*
- Honey Bunches of Oats Cereal with Real Strawberries, *¾ cup*
- Honeycomb
- Grape-Nuts Flakes, *¾ cup*

Quaker

- 100% Natural Granola – Honey, Oats & Raisins or Oats & Honey varieties, *½ cup*
- Crunchy Corn Bran, *¾ cup*
- Shredded Wheat, *3 biscuits*

Sunbelt

- Granola Cereal – Cinnamon & Raisins, Bananas & Almonds, Raisins or Dates & Almonds varieties, *½ cup*

✓ **Hot Cereal**

Bob's Red Mill

- Scottish Oatmeal, *¼ cup dry*
- 5 Grain Rolled Whole Grain Plus Flax Seed, *1/3 cup dry*
- Pride of the Mill Hot Cereal – 7 Grain or 10 Grain varieties, *¼ cup dry*
- Whole Grain Creamy Buckwheat, *¼ cup dry*
- Old Fashioned Rolled Oats, *½ cup dry*
- High Fiber Oat Bran, *1/3 cup dry*
- Old Country Style Muesli, *¼ cup dry*

Hodgson Mill

- All Natural Oat Bran, *¼ cup dry*
- All Natural Cracked Wheat, *¼ cup dry*
- All Natural Bulgur Wheat with Soy, *¼ cup dry*
- Multi Grain with Milled Flaxseed & Soy, *1/3 cup dry*

Hy-Vee

- Quick Oats, *½ cup dry*
- HealthMarket Organic Old Fashioned Oats, *½ cup dry*
- Old Fashioned Oats, *½ cup dry*
- HealthMarket Organic Instant Oatmeal - Maple & Brown Sugar or Original varieties, *1 packet*
- Creamy Wheat, *3 tbs dry*

Kashi, 1 packet

- GoLean Creamy All Natural Instant Hot Cereal, Truly Vanilla
- GoLean Hearty All Natural Instant Hot Cereal, Hearty Honey Cinnamon
- Heart to Heart Instant Hot Cereal – Apple Cinnamon, Raisin Spice or Golden Brown Maple varieties

Malt-O-Meal

- Original, 3 *tbsp dry*
- Maple & Brown Sugar, $\frac{1}{4}$ *cup dry*
- Chocolate, 3 *tbsp dry*

McCann

- Steel Cut Irish Oatmeal, $\frac{1}{4}$ *cup dry*

Nabisco

- Hot Cream of Wheat Cereal, $\frac{1}{4}$ *cup dry*
- Cream of Wheat Cereal, $\frac{1}{4}$ *cup dry*

Quaker

- Quick-1 Minute Oatmeal, $\frac{1}{2}$ *cup dry*
- Old Fashioned Oats, $\frac{1}{2}$ *cup dry*
- Oat Bran Hot Cereal, $\frac{1}{2}$ *cup dry*
- Quick Grits, $\frac{1}{4}$ *cup dry*
- Simple Harvest All Natural Instant Multigrain Hot Cereal – Vanilla, Almond & Honey, Apples with Cinnamon or Maple Brown Sugar with Pecans varieties, 1 *packet*
- Take Heart Instant Oatmeal – Blueberry or Golden Maple varieties, 1 *packet*
- Unprocessed Bran, $\frac{1}{3}$ *cup dry*

✓ Toaster Pastries**Kellogg's, 1 bar**

- Go Tarts! Frosted Strawberry Snack Bars Pop-Tarts
- Go Tarts! Frosted Cinnamon Brown Sugar Snack Bars Pop-Tarts

CANNED & DRIED FRUITS

✓ Applesauce**Hy-Vee, $\frac{1}{2}$ cup or 1 single-serving cup**

- Regular Applesauce
- Light Applesauce – Strawberry or Mixed Berry varieties
- Natural Style Applesauce
- Cinnamon Applesauce

Mott's, $\frac{1}{2}$ cup or 1 single-serving cup

- Original
- Cinnamon
- No Sugar Added Natural Applesauce
- Cups – Pirate's Punch, Strawberry, Mummy Berry, Pear or Mango Peach varieties

Musselman's, *½ cup or 1 single-serving cup*

- Original
- Cinnamon
- Cinnamon Light
- Light

✓ **Canned Fruit**

Del Monte, *½ cup or 1 single-serving cup*

- All Natural Mandarin Oranges in Light Syrup
- All Natural Pineapple Chunks in Pineapple Juice
- All Natural Sliced Peaches in Light Syrup
- All Natural Tropical Fruit in Light Syrup
- Bartlett Pear Halves in Heavy Syrup
- Elberta Freestone Sliced Peaches
- Freestone Lite Sliced Peaches
- Light Syrup Citrus Salad
- Lite Bartlett Pear Halves in Pear Juice
- Lite Sliced Peaches
- Lite Yellow Cling Sliced Peaches
- Mandarin Oranges Fruit Cup
- Mandarin Oranges Whole Segments in Light Syrup
- No Sugar Added Sweetened Peach Chunks with Splenda
- No Sugar Added Sweetened Peaches Sliced with Splenda
- Peach Chunks
- Peach Halves
- Peach Segments in Light Syrup
- Pineapple Tidbits Fruit Cup
- Raspberry Flavored Sliced Peaches
- Sliced Peach Fruit Naturals
- Sliced Peaches Harvest Spice
- Sunfresh Red Grapefruit Sections
- Sunfresh Red Grapefruit Sections in Light Syrup
- Tropical Fruit Salad
- Tropical Fruit Salad Juice
- Tropical Mixed Fruit in Passion Fruit Nectar
- Unpeeled Lite Apricot Halves
- Yellow Cling Peach Halves in Heavy Syrup
- Yellow Cling Sliced Peaches
- Cherry Mixed Fruit in Natural Cherry Flavored Light Fruit Syrup
- Chunky Fruit Naturals Mixed Fruit
- Chunky Lite Mixed Fruit
- Chunky Mixed Fruit in Syrup
- Fruit Naturals Fruit Cocktails
- Fruit Cocktail in Heavy Syrup
- Fruit Cocktail
- Lite Fruit Cocktail
- Lite Mandarin Orange Segments in Orange Flavored Gel Fruit & Gel
- Lite Peaches in Strawberry Banana Flavored Gel Fruit & Gel
- Mandarin Orange Segments in Light Fruit Syrup
- Mixed Fruit Cherry Fruit Pleasures
- Mixed Fruit in Light Fruit Syrup

- Mixed Fruit in Cherry Flavored Gel Fruit & Gel
- Mixed Fruit FruitRageous Crazy Cherry Fruit Cup
- Mixed Fruit in Extra Light Fruit Cup Syrup
- Mixed Fruit in Heavy Fruit Cup Syrup
- Mixed Fruit in Peach Flavored Gel Fruit & Gel Mixed Fruit in Raspberry Flavored Gel Fruit & Gel
- No Sugar Added Sweetened Fruit Cocktail with Splenda
- Pineapple Tidbits in 100% Pineapple Fruit Juice from Concentrate
- Strawberry Banana Flavored Yellow Cling Peaches in Lightly Flavored Fruit Syrup
- Tropical Fruit in Lightly Sweetened Fruit Juices from Concentrate Fruit
- Very Cherry Mixed Fruit
- Yellow Cling Diced Peaches in Light Fruit Syrup

Dole, *½ cup or 1 single-serving cup*

- Crushed Pineapple in Unsweetened Pineapple Juice
- Diced Fruit Bowls (high in antioxidant Vitamin C)
- Sweetened Pineapple Chunks in Heavy Syrup
- No Sugar Added Crushed Pineapple in 100% Pineapple Juice
- No Sugar Added Pineapple Chunks in 100% Pineapple Juice
- No Sugar Added Pineapple Chunks in Unsweetened Pineapple Juice
- No Sugar Added Pineapple Slices in 100% Pineapple Juice
- No Sugar Added Pineapple Tidbits in 100% Pineapple Juice
- Peaches in Strawberry Gel Fruit in Gel
- Pineapple in Lime Gel Fruit in Gel
- Pineapple Slices in Unsweetened Pineapple Juice
- Pineapple Tidbits in Unsweetened Pineapple Juice
- Pineapple Tidbits Fruit Bowl
- Apple Caramel Fruit Parfait Fruit Bowls
- Mixed Cherry in Light Fruit Syrup with Other Natural Flavors
- Diced Pears Fruit Bowls
- Mandarin Oranges Fruit Bowls
- Mandarin Oranges in Orange Gel Bowls
- Mixed Fruit in Black Cherry Gel Fruit Bowls
- Mixed Fruit in Peach Gel Fruit Bowls
- Mixed Fruit Bowls
- Pineapple Fruit Parfait Fruit Bowls
- Peach Fruit Parfait Fruit Bowls
- Sugar Reduced Pears in Kiwiberry Gel Bowls
- Fruit Tropical Fruit Bowls

Hy-Vee, *½ cup or 1 single-serving cup*

- Fruit Cocktail
- Jellied Cranberry Sauce
- Lite Chunk Mixed Fruit
- Lite Fruit Cocktail
- Lite Unpeeled Apricot Halves Sweetened with Splenda
- Mandarin Orange Fruit Cups
- Mandarin Oranges
- Mandarin Oranges in Light Syrup
- Mandarin Oranges in Orange Gel
- Mixed Fruit
- Mixed Fruit, Fruit Cups
- Peaches in Strawberry Gel

- Pineapple in Lime Gel
- Purple Plus
- Red Maraschino Cherries
- Tropical Fruit Cups
- Unpeeled Apricot Halves
- Whole Berry Cranberry Sauce
- Pineapple Tidbits, Fruit Cups
- Diced Peaches
- Diced Peaches, Fruit Cups
- Diced Pears, Fruit Cups
- Crushed Pineapple
- Sliced Pineapple
- Chunk Pineapple
- Apricot Halves, Regular or Light varieties
- Chunky Mixed Fruit, Light
- Fruit Cocktail, Regular or Light varieties
- Pear Halves, Regular or Light varieties

Ocean Spray, *½ cup or 1 single-serving cup*

- Orange Crushed Cran Fruit Cranberry
- Jellied Cranberry Sauce
- Whole Berry Cranberry Sauce

✓ **Dried Fruit**

Hy-Vee

- Mixed Fruit, *¼ cup*
- Cherries, *¼ cup*
- Cranberries, *1/3 cup*
- Apricots, *7 pieces*
- Pineapple, *7 pieces*
- Blueberries, *¼ cup*
- Banana Chips, *1/3 cup*
- Mixed Berries, *¼ cup*
- Raisins, *¼ cup*

Ocean Spray

- Craisins – Cherry Flavor, Orange Flavor or Sweetened Dried Cranberries varieties, *1/3 cup*

Sun-Maid, *¼ cup*

- Tropical Trio
- Tart Cherries
- California Peaches
- Raisins
- Cooked Golden Raisins
- Zante Currants

Welch's, *¼ cup*

- Berry Medley
- Cherries
- Cranberries & Spiced Apples

✓ **Fruit Snacks**

Betty Crocker

- Fruit by the Foot Fruit Snacks – Berry Berry Twist, Rainbow Punch, Razzle Blue Blitz-Strawberry, Berry Tie-Dye or Variety Pack varieties, *1 roll*
- Fruit Gushers – Flavor Shock Variety Pack, Rockin' Blue Raspberry, Strawberry Splash, Tropical Flavors or Variety Pack varieties, *1 pack*
- Fruit Roll-Ups – Electric Blue Raspberry, Fruity Island Flavor Wave Cooler, Strawberry, Strawberry Kiwi Kick or Variety Pack varieties, *1 roll*
- Fruit Snacks – Mixed Fruit with Calcium, Scooby Doo or Shark Bites varieties, *1 pack*

Hy-Vee, 1 pack

- Fruit Flavored Snacks – Curious George, Maya & Miguel or Build-A-Bear Workshop varieties
- Fruit Snacks – Sharks, Peanuts, Veggie Tales, Dinosaurs or Variety Pack varieties

✓ **Trail Mix**

Hy-Vee

- Chocolate & Nut, *¼ cup*
- Tropical Fruit, *1/3 cup*
- Raisin & Nut, *¼ cup*
- Alpine, *¼ cup*
- Berry, *1/3 cup*

Planters, 3 tbsp

- Nut & Chocolate
- Nuts, Seeds & Raisins varieties
- Sweet & Nutty
- Cherry, Nut & Chocolate
- Fruit & Nut
- Golden Nut Crunch

CANNED MEATS

✓ **Poultry**

Hormel, 2 ounces

- No Salt Breast of Chicken Chunk

✓ **Sardines/ Clams**

Crown Prince

- Brisling Sardines in Spring Water

Snow's, 1 tbsp

- Clam Juice

✓ **Tuna**

Chicken of the Sea, ¼ cup

- Chunk Light Tuna in Water, 50% Less Sodium

Crown Prince, ¼ cup

- Solid White No Salt Added Albacore Tuna

Natural Sea, ¼ cup

- No Salt Added Chunk Light Tuna

StarKist, ¼ cup

- Very Low Sodium Chunk White Albacore Tuna

CANNED & DRIED SOUP

✓ Dried Soup Mix

Bob's Red Mill, *½ cup dry*

- Vegi Soup Mix
- 13 Bean Soup Mix

✓ Canned Soup

Amy's, *1 cup*

- Organic Medium Chili
- Organic Spicy Chili
- Organic Low Fat Butternut Squash

Health Valley Organic, *1 cup*

- Low Fat Chicken Broth
- Fat Free Beef Flavored Broth, No Salt Added
- Black Bean Soup
- Potato & Leek Soup, No Salt Added
- Split Pea Soup, No Salt Added
- Vegetable Soup, No Salt Added
- Minestrone, No Salt Added
- Mushroom Barley Soup, No Salt Added
- Spicy Vegetarian Chunky Chili, No Salt Added
- Mild Vegetarian Chunky Chili, No Salt Added
- Tomato Soup, No Salt Added
- Lentil Soup, No Salt Added

CANNED VEGETABLES

✓ Beans

Eden, *½ cup raw*

- Garbanzo Beans
- Organic Cajun Beans Small Red Beans and Rice
- Organic Caribbean Black Beans and Rice Beans
- Organic Fat Free Black Beans
- Organic Fat Free Kidney Beans
- Organic Fat Free Pinto Beans
- Organic Kidney Beans and Rice Beans
- Organic Pinto Beans and Rice Beans

✓ Beets

Aunt Nellie's, *2 beets*

- Ruby Red Pickled Whole

- Ruby Red Pickled Sliced

✓ **Corn**

Del Monte, *½ cup*

- No Salt Added Whole Kernel
- 50% Less Sodium Whole Kernel Sweet Corn
- No Salt Added Cream Style Sweet Corn

✓ **Green Beans**

Del Monte, *½ cup*

- Blue Lake Fresh Cut No Salt Added – Cut or French Style varieties
- Fresh Cut No Salt Added

✓ **Mushrooms**

Ace of Diamonds, *4 ounces*

- No Salt Added Mushrooms, Stems & Pieces

✓ **Olives**

Early California

- Sliced Ripe Black Olives, *2 tbsp*
- Pitted Medium Black Ripe Olives, *5 olives*
- Pitted Large Black Ripe Olives, *4 olives*

Hy-Vee

- Sliced Ripe Black Olives, *2 tbsp*
- Pitted Medium Black Ripe Olives, *5 olives*
- Chopped Black Ripe Olives, *1-1/3 tbsp*
- Pitted Large Black Ripe Olives, *4 olives*

Nature Value

- Sliced Black Olives, *2 tbsp*
- Pitted Medium Black Ripe Olives, *5 olives*

✓ **Peas**

Del Monte, *½ cup*

- No Salt Added Fresh Cut Sweet Peas

✓ **Potatoes**

Princella, *2/3 cup*

- Cut Sweet Potatoes, Cut Yams in Light Syrup

✓ **Tomato Sauce/ Paste/ Puree**

Contadina, *2 tbsp*

- Tomato Paste

Del Monte, *2 tbsp*

- Organic Tomato Paste

Hunt's

- All Natural Tomato Paste, *2 tbsp*
- No Salt Added Tomato Sauce, *¼ cup*
- No Salt Added Tomato Paste, *2 tbsp*

Hy-Vee, 2 *tbsp*

- Tomato Paste

Muir Glen, $\frac{1}{4}$ *cup*

- No Salt Added Tomato Sauce

✓ **Tomatoes**

Del Monte

- No Salt Added Fresh Cut Diced, $\frac{1}{2}$ *cup*
- Organic Crushed Tomatoes, $\frac{1}{4}$ *cup*

Eden

- Crushed Tomatoes, No Salt Added, $\frac{1}{4}$ *cup*
- Diced Tomatoes, No Salt Added, $\frac{1}{2}$ *cup*

Hunt's

- Organic Whole Tomatoes, $\frac{1}{2}$ *cup*
- No Salt Added Stewed Tomatoes, $\frac{1}{2}$ *cup*

Muir Glen

- Premium Diced Tomatoes, No Salt Added, $\frac{1}{2}$ *cup*

CONDIMENTS

✓ **Ketchup**

Heinz, 1 *tbsp*

- No Salt Added Tomato Ketchup

Westbrae Natural, 1 *tbsp*

- Vegetarian Unsweetened Ketchup

✓ **Mayonnaise**

Hellmann's, 1 *tbsp*

- Real Mayonnaise
- Light Mayonnaise
- Canola Cholesterol Free Mayonnaise

Hy-Vee, 1 *tbsp*

- Regular Salad Dressing
- Light Salad Dressing

Kraft, 1 *tbsp*

- Miracle Whip Dressing
- Light Miracle Whip Dressing
- Nonfat Miracle Whip Dressing
- Real Mayo – Regular, Light or Free varieties
- Mayo with Olive Oil

✓ **Mustard**

French's, 1 *tsp*

- Spicy Brown Mustard
- Honey Mustard
- Honey Dijon Mustard
- Classic Yellow Mustard

Hellmann's, 1 tsp

- Dijonnaise
- Honey Mustard

Hy-Vee, 1 tsp

- Pure Prepared Mustard
- Dijon Mustard
- Honey Mustard
- Spicy Brown Mustard

Plochman's, 1 tsp

- Mild Yellow Mustard
- Beer Mustard
- Premium Mustard – Premium Dijon, Honey Dijon or Spicy Pepper varieties

✓ **Oil**

Alessi, 1 tbsp

- Extra Virgin Olive Oil

Asoyia, 1 tbsp

- Ultra Low-Linolenic Soybean Oil

Bertolli, 1 tbsp

- Extra Virgin Olive Oil
- Extra Light Olive Oil
- Classico Olive Oil

Crisco, 1 tbsp

- Pure Canola Oil

DaVinci, 1 tbsp

- Extra Virgin Olive Oil
- Premium Reserve 100% Italian Olive Oil

Enova, 1 tbsp

- Cooking & Salad Oil

Filippo Berio, 1 tbs

- 100% Pure Olive Oil
- 100% Pure All Natural Sautéing & Grilling Olive Oil
- 100% Pure Extra Light Tasting Olive Oil
- Extra Virgin Olive Oil

Goya, 1 tbsp

- Spanish Extra Virgin Olive Oil

Hy-Vee, 1 tbsp

- 100% Pure Canola Oil

- Pure Corn Oil
- Hy-Vee Grand Olive Oil
- Hy-Vee Grand Extra Virgin Olive Oil
- 100% Pure Vegetable Oil

Italica, 1 tbsp

- Premium Omega-3 All Natural Olive Oil
- Spanish Extra Virgin Olive Oil

Spectra, 1 tbsp

- Organic Virgin Coconut Oil
- Organic Coconut Oil
- Peanut Oil
- Avocado Oil
- Almond Oil
- Sesame Oil
- Organic Sunflower Oil
- Grapeseed Oil
- Corn Oil
- Organic Canola Oil
- Organic Extra Virgin Olive Oil
- Organic Extra Virgin Medium Olive Oil

Wesson, 1 tbsp

- Pure Canola Oil
- Pure Corn Oil
- 100% Pure Natural Vegetable Oil
- Vegetable Oil

✓ **Pasta Sauce**

Amy's, ½ cup

- Organic Pasta Sauce

Enrico's, ½ cup

- Traditional Pasta Sauce

Walnut Acres, ½ cup

- Organic Tomato & Basil Pasta Sauce, Low Sodium

✓ **Salad Dressing**

Drew's, 1 tbsp

- Rosemary Balsamic Salad Dressing
- Kalamata Olive and Caper Salad Dressing
- Soy Ginger Dressing
- Thai Sesame Lime Dressing
- Garlic Italian Dressing
- Roasted Garlic Dressing

Girard's, 2 tbsp

- Raspberry Dressing

Hy-Vee, 2 tbsp

- Raspberry Vinaigrette

Ken's, 2 tbsp

- Lite Raspberry Walnut Vinaigrette Steak House Dressing
- Lite Sweet Vidalia Onion Steak House Dressing
- Sweet Vidalia Onion Steak House Dressing

Maple Grove Farms of Vermont, 2 tbsp

- Fat Free Poppyseed Salad Dressing
- Fat Free Raspberry Vinaigrette

Newman's Own, 2 tbsp

- Natural Salad Mists – Balsamic, Asian Sesame or Tuscan Italian varieties

Wish-Bone, 10 sprays

- Salad Spritzers – Caesar Delight, Asian Silk, Honey Mustard Buzz, Ranch, Balsamic Breeze, Raspberry Bliss, Italian, Red Wine Mist or French Flair varieties

✓ **Salsa**

Enrico's, 2 tbsp

- Chunky Salsa, No Salt Added
- Mild Chunky Salsa

Green Mountain Gringo, 2 tbsp

- Original Salsa – Hot, Medium or Mild varieties
- Roasted Garlic Salsa

Hy-Vee, 2 tbsp

- HealthMarket Organic Original Salsa – Mild or Medium varieties
- HealthMarket Pineapple Salsa

Newman's Own, 2 tbsp

- All Natural Chunky Salsa – Mild or Medium varieties
- Medium Peach Salsa
- Medium Pineapple Salsa

✓ **Seasoning**

McCormick, ¼ tsp

- Salt Free All-Purpose Seasoning

Mrs. Dash, ¼ tsp

- Seasoning Blends – Chicken, Extra Spicy, Southwest Chipotle, Garlic & Herb, Original, Steak, Table Blend or Lemon Pepper varieties

Tony Chachere's, ¼ tsp

- Lite Seasoning
- Salt Free Seasoning

✓ **Specialty Sauces**

Heinz

- Horseradish Sauce, 1 tsp
- Tartar Sauce, 2 tbsp

Mrs. Dash, 1 tbsp

- Marinades – Lemon Herb Peppercorn, Spicy Teriyaki, Mesquite Grille, Southwestern Chipotle, Zesty Garlic Herb or Garlic Lime varieties

✓ **Vinegar**

Heinz, 1 tbsp

- Gourmet Salad Vinegar
- Gourmet Malt Vinegar
- Apple Cider Vinegar
- Distilled White Vinegar

Hy-Vee, 1 tbsp

- White Distilled Vinegar
- Apple Cider Vinegar

Pompeian, 1 tbsp

- Pomegranate Infused Blush Balsamic Vinegar
- Pomegranate Infused Red Wine Vinegar
- Balsamic Vinegar
- Red Wine Vinegar

DAIRY

✓ **Butter & Margarine**

Fleischmann's, 1 tbsp

- Unsalted Margarine

Hy-Vee, 1 tbsp

- Unsalted Butter

Land O' Lakes, 1 tbsp

- Unsalted Butter

✓ **Cream & Creamers**

Anderson Erickson, 1 tbsp

- Heavy Whipping Cream

Coffee-Mate, 1 tbsp

- Fat Free Coffee Creamers – Original, French Vanilla, Cinnamon Vanilla Crème or Hazelnut varieties
- Coffee Creamers – Black Cherry Streusel, Chocolate Raspberry, Cinnamon Bun, Vanilla Caramel, Tiramisu, Hazelnut, Hazelnut Biscotti, Original, Italian Sweet Cream or French Vanilla varieties

Hy-Vee

- Coffee Creamers - Fat Free French Vanilla, Fat Free Hazelnut, French Vanilla, Hazelnut, Original or Fat Free varieties, 1 tbsp
- Real Whipped Cream – Original or Light varieties, 2 Tbsp
- Half & Half – Original or Fat Free varieties, 2 tbsp
- Whipping Cream, 1 tbsp

International Delight, 1 tbsp

- Coffee Creamers – Amaretto, Cinnamon Hazelnut, Fat-Free French Vanilla, French Vanilla, Hazelnut, Southern Butter Pecan, Sugar-Free French Vanilla, Sugar-Free Hazelnut or Vanilla Toffee Caramel varieties

Land O' Lakes, 2 *tbsp*

- Half & Half
- Half & Half, Fat Free

Swiss Valley

- Half & Half, 2 *tbsp*
- Whipping Cream, 1 *tbsp*

✓ **Cheese**

Hy-Vee, 1 *slice*

- HealthMarket Organic Cheese, Provolone
- Sliced Cheese – Swiss, Colby, Pepper Jack, Mild Cheddar, Muenster or Mozzarella varieties

Sargento, 1 *slice*

- Sliced Cheeses – Colby-Jack or Provolone varieties

✓ **Cream Cheese**

Hy-Vee, 1 *ounce* or 2 *tbsp*

- Neufchatel Cheese, 1/3 Less Fat Than Cream Cheese
- Original Cream Cheese
- Whipped
- Strawberry
- Onion and Chive
- Garden Vegetable

Kraft, 1 *ounce* or 2 *tbsp*

- Philadelphia Whipped
- Philadelphia Cream Cheese Spread – Pineapple, Strawberry, Blueberry, Raspberry, Regular or Honey Nut varieties
- Philadelphia Swirls
- 1/3 Less Fat Spread

✓ **Dip**

Hy-Vee, 2 *tbsp*

- Sour Cream Dip, Vegetable Party

✓ **Eggs**

Anderson Erickson, 1 *egg*

- Grade A Extra Large
- Grade A Jumbo
- Grade A Large
- Grade A Medium

Egg Beaters

- Original Egg Beaters, ¼ *cup*
- 100% Liquid Egg Whites, 3 *tbsp*

Eggland's Best, 1 *egg*

- Grade A Large

- Cage Free Grade A Large
- All Natural Farm Fresh Grade A Large

Hy-Vee, 1 egg

- Egg Substitute, $\frac{1}{4}$ cup
- HealthMarket Organic Grade A Large
- Grade A Extra Large
- Grade A Jumbo
- Grade A Large
- Grade A Medium

Sparboe Farms, 1 egg

- Omega Plus Grade A Large
- Cage Free Brown Plus Omega 3 Grade A Large

✓ **Gelatin**

Jell-O, 1 single-serving container or $\frac{1}{2}$ cup

- Sugar-Free Variety Pack Gelatin Snacks – Cherry/Black Cherry, Orange/ Lemon Lime, Low Calorie Peach/Watermelon, Strawberry Kiwi/Tropical Berry or Variety Pack varieties
- Sugar-Free Strawberry Gelatin Snacks
- Strawberry Gelatin Snacks

✓ **Milk & Milk Substitutes**

8th Continent, 8 fluid ounces

- Light Chocolate Soymilk
- Light Plain Soymilk
- Light Vanilla Soymilk
- Fat Free Vanilla Soymilk

Anderson Erickson, 8 fluid ounces

- 2% Reduced Fat Milk
- 1% Low Fat Milk
- Fat Free Skim Milk
- Vitamin D Milk

Hy-Vee, 1 cup

- 2% Reduced Fat Milk
- 1% Low Fat Milk
- Fat Free Skim Milk
- Vitamin D Milk
- Health Market Organic 1% Low Fat Milk
- HealthMarket Organic 2% Reduced Fat Milk
- HealthMarket Organic Chocolate Soy Milk
- HealthMarket Organic Original Soy Milk
- HealthMarket Organic Skim Milk
- HealthMarket Organic Vanilla Soy Milk
- HealthMarket Organic Whole Milk

Silk, 1 cup

- Calcium Enriched Soymilk – Plain, Vanilla or Chocolate Varieties
- Lactose Free Organic Soymilk – Cholesterol Free Unsweetened, Chocolate or Vanilla varieties

- Soymilk – Plain, Light Plain, Chocolate, Lactose Free Vanilla, Light Chocolate, Light Vanilla, Mocha, Vanilla or Very Vanilla varieties

Swiss Valley, 1 cup

- 2% Milk
- 1% Milk
- Skim Milk Fat Free
- Vitamin D Milk
- 1% Strawberry Milk

✓ **Pudding**

Kozy Shack, 1 single-serving container

- Cinnamon Raisin Rice
- No Sugar Added Rice
- No Sugar Added Tapioca
- Original Rice
- Tapioca Rice
- Chocolate
- Key Lime

✓ **Ricotta Cheese**

Frigo, ¼ cup

- Part Skim Ricotta

Sargento, ¼ cup

- Light Ricotta

✓ **Sour Cream**

Daisy, 2 tbsp

- Regular
- No Fat
- Light

Hy-Vee, 2 tbsp

- Regular
- Light

Swiss Valley, 2 tbsp

- Regular
- Light
- Fat Free

✓ **Specialty Meats & Cheeses**

BelGioioso, 1 slice

- Sliced Mild Provolone

Cappiello, 1-¼-inch cube

- Mozzarella – Traditional or Marinated varieties

Chavrie, 1 ounce

- Goat's Milk Cheese – Original or With Basil & Roasted Garlic varieties

Deli Fresh, 1 one-ounce slice

- Reduced Fat Lorraine Swiss
- Reduced Fat Halo Cheese
- Big Eye Swiss
- Shullsburg Baby Swiss

Jarlsberg, 1/3 cup

- All Varieties

President, 1-inch cube

- Camberet
- Brie - *Excluding 4.5-ounce box

✓ **Yogurt**

Dannon, 1 single-serving container or 1 cup

- Activia Strawberry Blueberry Low Fat Yogurt with Bifidus Regularis
- Activia Grade A 2% Milk Fat Low Fat Yogurt With Bifidus Regularis – Blueberry, Mixed Berry, Peach, Prune, Strawberry or Vanilla varieties
- DanActive Cultured Dairy Drink – Blueberry, Strawberry or Vanilla varieties
- DanActive Probiotic Cultured Immunity Dairy Drink – Strawberry, Banana or Vanilla varieties
- Fruit On the Bottom Yogurt – Blueberry, Peach, Strawberry or Strawberry Banana varieties
- Frusion Blend Smoothie – Banana, Peach, Piña Colada, Strawberry, Strawberry Kiwi or Wild Berry varieties
- Light & Fit – Strawberry/Peach, Strawberry/Strawberry Banana or Vanilla varieties
- Light & Fit Smoothie – Mixed Berry, Peach Passion, Raspberry, Strawberry, Strawberry Banana or Strawberry Kiwi varieties
- Natural Flavors Yogurt – Coffee or Vanilla varieties
- Natural Plain Yogurt with Acidophilus
- Plain Nonfat Yogurt
- Strawberry/ Strawberry Banana/ Peach Yogurt Creamy Fruit Blends
- Strawberry La Crème Yogurt
- Vanilla La Crème Yogurt

Hy-Vee, 1 single-serving container or 1 cup

- Banana Cream Non Fat Yogurt
- Black Cherry Low Fat Yogurt
- Blueberry Low Fat Yogurt
- Blueberry Non Fat Yogurt
- Cherry Non Fat Yogurt
- Cherry-Vanilla Low Fat Yogurt
- Fat Free Plain Yogurt
- Key Lime Pie Fat Free Yogurt
- Lemon Chiffon Non Fat Yogurt
- Lemon Low Fat Yogurt
- Mixed Berry Low Fat Yogurt
- Non Fat Vanilla Yogurt
- Peach Non Fat Yogurt
- Peach Yogurt
- Plain Low Fat Yogurt (8 oz)
- Raspberry Low Fat Yogurt
- Raspberry Non Fat Yogurt
- Strawberry Banana Low Fat Yogurt

- Strawberry Banana Non Fat Yogurt
- Strawberry Low Fat Yogurt
- Strawberry Non Fat Yogurt
- Whipped Low Fat Cherry Yogurt
- Whipped Low Fat Key Lime Pie Yogurt
- Whipped Low Fat Orange Cream Yogurt
- Whipped Low Fat Peaches N Cream Yogurt
- Whipped Low Fat Raspberry Yogurt
- Whipped Low Fat Strawberry Yogurt
- Yogurt To Go Strawberry
- Yogurt To Go Strawberry & Blueberry
- Yogurt To Go Strawberry/Banana & Cherry

Silk Live!, *1 single-serving container*

- Soy Yogurt – Strawberry Banana, Blueberry, Peach, Strawberry, Raspberry or Vanilla varieties

Stonyfield Farm, *1 single-serving container or 1 cup*

- Organic O'Soy Soy Yogurts – Chocolate Underground, Vanilla, Peach, Strawberry, Raspberry or Blueberry varieties
- Organic Fat Free Yogurt – Plain, Raspberry, Blueberry, Chocolate Underground, French Vanilla, Peach or Strawberry varieties
- Organic Lowfat Yogurt – Caramel, Just Peachy, French Vanilla, Plain, Banilla, Chocolate Underground, Raspberry, Vanilla, Blueberry, Strawberry or Luscious Lemon varieties
- Organic YoBaby Apple Mixed Berry Yogurt Plus Fruit & Cereal with Iron
- Organic YoKids Squeezers, Strawberry
- Organic YoBaby Made with Whole Milk Yogurt – Banana and Vanilla, Blueberry and Apple or Peach and Pear varieties
- Organic Whole Milk Yogurt – Plain, French Vanilla, Strawberries & Cream, Whole Milk French Vanilla or Wild Blueberry varieties
- YoKids Organic Low Fat Yogurt – Strawberry Vanilla or Raspberry varieties

Weight Watchers,

1 single-serving container

- Nonfat 1 Value Points Per Serving Yogurt – Blueberry, Key Lime Pie, Peach, Strawberry or Vanilla varieties

YoCrunch, *1 single-serving container*

- Lowfat Yogurt with Peach Granola
- Lowfat 1% Milkfat Vanilla Yogurt – With Mini M&M's or with Oreo Cookies 'n Cream varieties
- Lowfat Strawberry Yogurt with Nestle Crunch Candy Pieces

Yoplait,

1 single-serving container or 1 cup

- 99% Fat Free Light Yogurt – Apricot Mango, Blackberry, Blackberry Harvest, Blueberry, Cherry, French Vanilla, Peach, Strawberry, Strawberry & Banana, Strawberry Cheesecake or Very Vanilla varieties
- Go-Gurt Smoothie – Paradise Punch, Strawberry Splash or Wild Berry varieties
- Go-Gurt Portable Yogurt – Berry Blue Blast & Strawberry Splash or Berry Burstin' Melon Berry & Cotton Candy varieties
- Kids 25% Less Sugar Low Fat Yogurt – Peach and Strawberry Banana or Strawberry Vanilla and Strawberry varieties

- Light Fat Free Fridge Pack Yogurt – Strawberry/Blueberry Patch or Strawberry/Harvest Peach varieties
- Light Smoothie – Peach, Strawberry or Strawberry Banana varieties
- Light Raspberry
- Original Low Fat Fridge Pack Yogurt – Strawberry, Strawberry/Harvest Peach or Strawberry/Mixed Berry varieties
- Original Yogurt – Banana Crème, Blueberry, Cherry Orchard, Mixed Berry, Orange Crème, Peach Harvest, Piña Colada, Pineapple, Raspberry, Strawberry, Strawberry Banana or White Chocolate Raspberry varieties
- Thick & Creamy Light Yogurt – Key Lime Pie, Mixed Berry, Peaches & Cream or Strawberry varieties
- Thick & Creamy Yogurt – Strawberry, Strawberry Banana or Vanilla varieties
- Trix Yogurt – Cotton Candy & Strawberry Kiwi, Strawberry Banana Bash & Rainbow Raspberry, Triple Cherry & Rainbow Punch or Watermelon Burst & Strawberry Punch varieties
- Yogurt Whips – Chocolate Mousse, Chocolate Raspberry, Key Lime Pie, Lemon Meringue, Peaches “N Cream or Strawberry Mist varieties

FRESH MEATS

✓ Beef

Amana, 3 ounces

- Ground Beef, 90% Lean
- Ground Beef, 83% Lean
- Ground Beef, 73% Lean
- Brisket, Whole
- Chuck, Arm Pot Roast
- Chuck, Blade Roast
- Rib Roast, Large End
- Rib Steak, Small End
- Top Loin, Steak
- Loin, Tenderloin Steak
- Loin, Sirloin Steak
- Eye Round, Roast
- Bottom Round, Steak
- Round, Tip Roast
- Top Round, Steak

Hy-Vee, 1 kabob

- Grill Ready Beef Kabobs, Unseasoned

✓ Lamb

Amana, 3 ounces

- Shoulder, Arm Chop
- Shoulder, Blade Chop
- Shank Rib Roast Loin Chop
- Leg, Whole

✓ Pork

Amana, 3 ounces

- Ground Pork
- Shoulder Blade Steak

- Loin, Country Style Ribs
- Loin, Rib Chops
- Center Chop, Loin
- Top Loin, Chop
- Top Loin, Roast
- Tenderloin, Roast
- Loin, Sirloin Roast
- Spareribs

Hormel, 4 ounces

- Natural Choice Top Loin, Chop, Boneless
- Natural Choice Top Loin, Roast, Boneless
- Natural Choice Loin, Tenderloin Roast
- Natural Choice Loin, Back Ribs

✓ **Poultry**

Amana, 3 ounces

- Whole Chicken
- Chicken Breast
- Chicken Wing
- Chicken Drumstick
- Chicken Thigh
- Whole Turkey
- Turkey Breast
- Turkey Wing
- Turkey Drumstick
- Turkey Thigh

Hy-Vee, 1 kabob

- Grill Ready Chicken Kabobs, Unseasoned

✓ **Seafood**

Hy-Vee, 3 ounces

- Bass
- Catfish
- Clams
- Cod
- Imitation Crabmeat
- Crawfish
- Flounder
- Grouper
- Halibut
- Mahi Mahi
- Marlin
- Monkfish
- Orange Roughy
- Salmon
- Smelt
- Snapper
- Squid
- Swordfish
- Tilapia

- Trout
- Tuna
- Whitefish
- Whiting

✓ **Veal**

Amana, 3 ounces

- Shoulder, Arm Steak
- Shoulder, Blade Steak
- Rib Roast
- Loin Chop
- Cutlets

FROZEN FOODS

✓ **Bread & Noodles**

Hy-Vee

- White Dinner Rolls, *1 roll*
- Egg Noodles, *½ cup*
- Yolk Free Noodles, *½ cup*

Reames, ½ cup

- Yolk Free Noodles
- Egg Noodles

✓ **Breakfast**

Morningstar, ¼ cup

- Scramblers

✓ **Dessert**

Athens, 2 pieces

- Baklava Pastry

Duncan Hines, 1/12 tray

- Oven Ready Homestyle Brownies – Chocolate Chip or Chocolate Fudge varieties

Hy-Vee, 1/8 pie

- Pie Crusts, Deep Dish or Regular

Marie Callender's 1/8 pie

- Pie Crust, Deep Dish

Mrs. Smith's, 1 pie

- Singles – New York Style Cheesecake, Fudge Brownie or Cherry Crisp varieties

Pappy's, 1/8 pie

- Pie Crust Dough

Pepperidge Farm, 1/8 cake

- 3-Layer Cake – Chocolate Fudge, Coconut, Vanilla Bean, Peppermint or Lemon varieties

Pillsbury, 1/8 pie

- Pet-Ritz Pie Crusts – Regular or Deep Dish varieties

Sara Lee

- Mini Cream Puffs, 6 pieces
- Mini Éclairs, 5 pieces

✓ **Breakfast**

Dole

- Blueberries, 1 cup
- Mixed Berries, 1 cup
- Sliced Strawberries, 1 cup
- Raspberries, 1 cup
- Pineapple Chunks, ¾ cup
- Tropical Island Blend, ¾ cup
- Mango Chunks, ¾ cup

Hy-Vee

- Blueberries, ¾ cup
- Cherry Berry Blend, 3/4 cup
- Red Raspberries, 2/3 cup
- Sliced Strawberries, ½ cup
- Whole Strawberries, 2/3 cup

✓ **Ice Cream Novelties**

Blue Bunny, 1 treat

- Big Fudge Bars
- Orange Dream Bars
- Slush Pops
- Vanilla Ice Cream Sandwiches
- English Toffee Bars
- Caramel Crunch Bar
- Goin' Bananas Bar
- Star Bars
- Classic Sundae Cones
- Bomb Pops
- FrozFruit Bars – Pomegranate Cherry, Raspberry Acai, Chunky Strawberry, Chunky Tropical
- The Champ Cones – Caramel, Chocolate Lovers or Vanilla varieties
- Sweet Freedom Supremes Ice Cream Bars – Peanut Butter Cup, Turtle, Fudge Lites, Black Raspberry, Almond, Candy, Chocolate Lites, Vanilla Lites or Krunch Lites varieties
- 100 Calorie Ice Cream Bars – Butter Pecan, English Toffee, Orange & Raspberry or Vanilla Fudge & Fudge varieties
- Yogurt Smoothie Bars

Dove

- Ice Cream Bars – Dark Chocolate with Vanilla Ice Cream, Milk Chocolate with Vanilla Ice Cream, Milk Chocolate with Vanilla Ice Cream and Almonds or Triple Chocolate varieties, 1 bar
- Miniatures Flavor Collection with Vanilla Ice Cream, Double Chocolate & Cherry Royale Miniatures Milk Chocolate with Vanilla Ice Cream, 5 pieces
- Original Dove Chocolate French Vanilla Miniatures Ice Cream, 5 pieces
- Miniatures Flavor Collection Dark Chocolate Variety Pack, 5 pieces

Edy's, 1 bar

- Edy's Dibs Bite Sized Ice Cream Snacks – Chocolate with Chocolate Coating, Cookies 'N Cream, Mint with Chocolate Coating, Vanilla with Chocolate Coating, Vanilla with Crunch Coating or Vanilla with Drumstick Coating varieties, *26 pieces*
- Assorted Fruit Bars
- Coconut Fruit Bars
- Grape Fruit Bars
- Tangerine Fruit Bars
- Lemonade Fruit Bars
- Lime Fruit Bars
- No Sugar Added Strawberry, Tangerine Raspberry Variety Pack Fruit Bars

Fudgsicle, 1 bar

- Fat Free Fudge Bar
- No Sugar Added Fudge Bar
- Original Fudge Bar
- Triple Chocolate Fudge Bar

Hy-Vee

- Galaxy Bars, *1 bar*
- Fudge Bars, *2 bars*
- Fudge Lite Bars, *2 bars*
- Assorted Pops, *1 bar*
- Ice Cream Sandwiches, *1 bar*
- Orange Galaxy Bars, *1 bar*
- Variety Sundae Cones, *1 bar*

Klondike, 1 bar

- Klondike Bar – The Original, Chocolate, Heath Milk Chocolate English Toffee Bar or Krunch varieties

M&M's, 1 cone

- Ice Cream Cones

Nestle, 1 treat

- Drumsticks – Vanilla, Chocolate, Vanilla Fudge or Vanilla Caramel varieties
- Push-Ups

Popsicle, 1 treat

- Dora the Explorer Pops
- Fudgsicle Creamsicle Healthy Bunch Bars
- Orange Cherry Grape Variety Ice Pops
- Rainbow Assorted Flavors Ice Pops
- Super Heroes Firecracker Pops
- Sugar Free Low Calorie Assorted Flavors Ice Pops
- Sugar Free Tropical Ice Pops
- Sugar Free LIFE SAVERS Pops

Schoep's, 1 treat

- Big Event Ice Cream Sandwich
- Big Event Orange Split Bars
- Fudge Bars
- Sundae Cups

- Big Event Ice Cream Bars
- Crispy Bars
- Sundae Nut Cones
- Frozen Yogurt – Chocolate Fudge, Pecan, Strawberry or Vanilla varieties

Skinny Cow, 1 treat

- Skinny Dippers – Vanilla & Caramel or Vanilla & Mint varieties
- Low Fat Fudge Bars
- Ice Cream Cones – Vanilla with Caramel, Chocolate with Fudge or Chocolate with Mint varieties
- Ice Cream Sandwiches – Mint, Chocolate Peanut Butter, Vanilla, Vanilla/Chocolate Combo, or No Sugar Added Vanilla

Snickers

- Ice Cream Bars, 1 bar
- Ice Cream Cone, 1 cone
- Mini Ice Cream Bars, 4 bars

Starbucks, 1 bar

- Low Fat Frappuccino Blended Mocha Coffee Bars

Weight Watchers, 1 bar

- Chocolate Cookie and Ice Cream Giant Bar
- Chocolate Mousse Bars
- Cookie & Cream Giant Bar
- English Toffee Crunch Bars
- Giant Fudge Sundae Cones – Chocolate or Vanilla varieties
- Vanilla Ice Cream Sandwich
- Sherbet & Ice Cream Bars
- Premium Ice Cream Cups
- Giant Chocolate Fudge Ice Cream Bars

✓ **Ice Cream**

Ben & Jerry's, ½ cup

- Half Baked
- Cherry Garcia
- Chocolate Chip Cookie Dough
- Chocolate Fudge Brownie
- Chunky Monkey
- New York Super Fudge Chunk
- Peanut Butter Cup
- Phish Food
- Pistachio Pistachio
- Strawberry Cheesecake
- Toffee Crunch Heath Bar
- Vanilla with Toffee Crunch
- FroYo Frozen Yogurt – Strawberry Banana, Cherry Garcia, Chocolate Fudge Brownie or Half Baked varieties

Blue Bunny, ½ cup

- Gelato – Chocolate, Hazelnut, Pistachio, Italian Chocolate Chip or Espresso varieties
- Light Ice Cream Personals – Bunny Tracks, Chocolate Raspberry Cheesecake, Double Strawberry, Peanut Butter Fudge or Super Fudge Brownie varieties

- Personals – Banana Split, Bunny Tracks, Peanut Butter Panic, Super Chunky Cookie Dough, Super Fudge Brownie or Turtle Sundae varieties
- Orange Sherbet
- Cookies & Cream
- Homemade Turtle Sundae
- Bunny Tracks
- Vanilla
- Homemade Vanilla
- Homemade Chocolate
- Double Strawberry
- Chocolate Chip Cookie Dough
- Butter Pecan
- Neapolitan
- Cherry Cheesecake
- Mint Chocolate
- Rocky Road
- Orange Dream
- Birthday Party
- Banana Split
- No Sugar Added Fat Free Ice Cream – Vanilla, Brownie Sundae or Caramel Toffee Crunch varieties
- Hi-Lite Ice Cream – Chocolate, Cookies & Cream, Fudge Nut Sundae, Homemade Vanilla, Vanilla or Mint Chip varieties
- Sherbet – Lime, Orange, Pineapple, Rainbow or Raspberry varieties

Breyers, ½ cup

- All Natural Extra Creamy Vanilla
- All Natural Vanilla & Chocolate Fudge Checks
- All That Caramel, Vanilla with Caramel
- Butter Almond
- Butter Pecan
- Caramel Praline Almond
- Carb Smart Rocky Road
- Carb Smart Vanilla
- Cherry Vanilla
- Chocolate
- Chocolate Caramel Nut
- Chocolate Chip
- Chocolate Chip Cookie Dough
- Coffee
- Cookies & Cream
- Dulce de Leche Flavor
- French Vanilla
- Ice Cream with Health Milk Chocolate English Toffee Bar Pieces
- Lactose Free Vanilla Mint Chocolate Chip
- Mud Pie Brownie
- Natural Vanilla
- Peach
- Peanut Butter Fudge
- Peanut Butter with Reese's Peanut Butter Cup Pieces
- Rocky Road

- Strawberry
- Take Two! Vanilla & Chocolate Vanilla Fudge Twirl
- Vanilla Ice Cream with Oreo Cookie Pieces
- Vanilla-Chocolate-Strawberry
- All Natural Light Mint Chocolate Chip
- Double Churn Light Chocolate Silk
- Double Churn Light Cookies and Cream
- Fat Free Vanilla
- Light Natural Vanilla
- No Sugar Added Light Sugar Smart French Vanilla
- No Sugar Added Light Sugar Smart Vanilla
- Light Vanilla-Chocolate-Strawberry
- No Sugar Added Light Vanilla-Chocolate-Strawberry
- No Sugar Added Light Sugar Smart Butter Pecan
- Light Vanilla Bean
- Grand Amazing Flavors Light Mint Chocolate Chip
- Grand Light Peanut Butter Cups
- Grand Light Vanilla
- Grand No Sugar Added Reduced Fat Butter Pecan
- Grand No Sugar Added Reduced Fat Triple Chocolate
- No Sugar Added Ice Cream – Chocolate Caramel Swirl, Coffee, Fudge Tracks or Light Fudge Tracks varieties
- Slow Churned Light Ice Cream – Butter Pecan, Caramel Delight, Chocolate Fudge Chunk, Coffee, Cookie Dough, Cookies 'n Cream, Double Fudge Brownie, French Silk, French Vanilla, Mocha Almond Fudge, Peanut Butter Cup, Rocky Road, Strawberry or Vanilla Bean varieties
- No Sugar Added Ice cream – Mint Chocolate Chip, Neapolitan, Reduced Fat Vanilla or Vanilla Bean varieties

Dove, ½ cup

- Beyond Vanilla
- Chocolate Brownie Affair
- Give in to Mint
- Irresistibly Raspberry
- Pecan Caramel Perfection
- Unconditional Chocolate
- Vanilla with a Chocolate Soul

Edy's, ½ cup

- Grand Butter Pecan
- Grand Cherry Chocolate Chip
- Grand Cherry Vanilla
- Grand Chocolate
- Grand Cookie Dough
- Grand Cookies & Cream
- Grand Double Fudge Brownie
- Grand Double Vanilla
- Grand Espresso Chip
- Grand French Vanilla
- Grand Fudge Swirl
- Grand Mint Chip
- Grand Peanut Butter Cup
- Grand Real Strawberry

- Grand Rocky Road
- Grand Spumoni
- Grand Toffee Bar Crunch Grand Vanilla
- Grand Vanilla Bean
- Grand Vanilla Chocolate Strawberry
- Yogurt Blends – Black Cherry Vanilla Swirl, Caramel Praline Crunch, Chocolate Fudge Brownie, Chocolate Vanilla Swirls, Strawberry or Vanilla varieties

Häagen-Dazs, ½ cup

- Black Raspberry Chip
- Banana Split
- Bailey's Irish Cream
- Black Walnut
- Blueberry Cheesecake
- Butter Pecan
- Cherry Vanilla
- Chocolate
- Chocolate Chip
- Coffee
- Cookie Chip Dough
- Cookies & Cream
- Caramel Dulce de Leche
- Peanut Butter
- Macadamia Brittle
- Mint Chip
- Pineapple Coconut
- Pistachio
- Rocky Road
- Rum Raisin
- Strawberry
- Swiss Almond Vanilla
- Triple Chocolate
- Vanilla
- Vanilla Bean
- Vanilla Chocolate Chip
- Vanilla Fudge Brownie
- Light Ice Cream – Caramel Cone, Chocolate Fudge Brownie, Cookie Dough, Dulce de Leche, Dutch Chocolate, Mint Chip or Vanilla Bean varieties
- Sorbet – Lemon, Mango, Raspberry or Strawberry varieties
- Frozen Yogurt – Vanilla, Coffee, Wild Berry, Dulce de Leche or Vanilla Honey & Granola varieties

Hy-Vee, ½ cup

- Beyond Vanilla
- Chocolate Brownie Affair
- Light Ice Cream – Cherry Nut, Chocolate Chip, Dutch Chocolate, Neapolitan or Vanilla varieties
- Butter Crunch
- Cherry Nut
- Chocolate Chip
- Chocolate
- Chocolate Marshmallow
- Chocolate/Vanilla Flavored
- Cookies & Cream

- Fudge Marble
- Mint Chip
- Neapolitan
- New York Vanilla
- Peanut Butter Fudge
- Peppermint
- Root Bear Float
- Star Tracks
- Strawberry
- Tin Roof Sundae
- Vanilla Flavored
- Orange Blossom Ice Cream & Sherbet
- Sherbet – Orange, Lime, Pineapple, Rainbow or Raspberry varieties

Schoep's, ½ cup

- Fudge Swirl
- Vanilla
- Chocolate
- Butter Pecan
- Cookies N Cream
- Chocolate Chip Cookie Dough
- Mint Chocolate Chip
- Strawberry
- New York Vanilla
- Moose Tracks
- Homemade Vanilla
- Blue Moon
- Bear Claw
- Blueberry Cream Pie
- New York Cherry

Starbucks, ½ cup

- Coffee Almond Fudge
- Classic Coffee
- Java Chip

✓ **Juice**

Bacardi, 8 fluid ounces prepared

- Frozen Concentrate Fruit Mixes – Daiquiri Peach, Daiquiri Strawberry, Fuzzy Navel, Margarita Tropical, Mojito, Piña Colada or Rum Runner varieties

Hy-Vee, 8 fluid ounces prepared

- Orange Juice Frozen Concentrate
- Orange Juice With Added Calcium Frozen Concentrate
- Apple Juice Frozen Concentrate
- Pink Lemonade Frozen Concentrate
- Grape Juice Cocktail Frozen Concentrate
- Lemonade Frozen Concentrate
- Limeade Frozen Concentrate
- Fruit Punch Frozen Concentrate

Minute Maid, 8 fluid ounces prepared

- 5 Alive Frozen Citrus Beverage
- Fruit Punch Frozen Concentrate
- Frozen Concentrated Orange Juice – Country Style Orange, Calcium Rich Orange, Pulp Free or Reduced Acid varieties
- Frozen Concentrate – Lemonade, Limeade, Pink Lemonade or Raspberry Lemonade varieties

Welch's, 8 fluid ounces prepared

- Cran Raspberry Frozen Concentrate Juice Cocktail
- Orange Pineapple Apple Cocktail Frozen Concentrate
- 100% Regular Grape Juice Concentrate
- 100% White Grape Juice Concentrate

✓ **Meat & Poultry**

Farmland, 1 burger

- All Natural Pork Burgers

Huiskens, 1 burger

- Beef Burgers

Hy-Vee, 1 burger

- Ground Beef Quarter Pounders – All Varieties

Jennie-O, 1 burger

- Lean Turkey Burgers

Sweet Betsy From Pike, 1 burger

- Pork Burgers

Tyson, 4 ounces or 1/5 of chicken

- Premium Rock Cornish Game Hen

✓ **Potatoes**

Hy-Vee

- Curly Cut French Fried Potatoes, 1 cup
- Southern Style Hash Brown Potatoes, 2/3 cup
- Potatoes O'Brien, 1/2 cup
- Country Style Hash Brown Potatoes, 1 cup

Lynden Farms, 3 ounces

- French Fries
- Hash brown Potatoes
- Potatoes O'Brien
- Tater Rounds

Mr. Dell's

- Shredded Hashbrowns, 1 cup
- O'Brien Hash Browns, 1 cup
- Southern Style Hash Browns, 3/4 cup

Ore-Ida

- Hash Browns, Southern Style, 2/3 cup
- Potatoes O'Brien, 3/4 cup

✓ **Seafood**

Bird River, 4 ounces

- Farm Raised Shrimp

Fish Market, 4 ounces

- Lemon Herb Tilapia
- Teriyaki Salmon
- Wild Salmon
- Catfish

Hy-Vee, 4 ounces

- Tilapia
- Cod Fillets
- Flounder Fillets
- Yellowfin Tuna
- Halibut Steaks
- Ocean Perch
- Orange Roughy
- Mahi Mahi
- Sole
- Keta Salmon
- Sockeye Salmon

Matlaw's, 4 ounces

- Orange Roughy
- Pollock
- Cod
- Salmon
- Ocean Perch

SeaFest, 4 ounces

- Tilapia Fillets

✓ **Vegetables**

Cascadian Farm, 2/3 cup

- Edamame Blanched Shelled Soybeans
- Edamame Blanched Soybeans in Pods

Green Giant

- Broccoli Spears, 1-1/3 cups frozen
- Broccoli Florets, Select, 1-1/3 cups frozen
- Chopped Broccoli, 1/2 cup
- Corn Niblets, No Sauce Simply Steam, 1/2 cup
- Select Le Sueur Baby Sweet Peas, 2/3 cup prepared
- Simply Steam No Sauce Sweet Peas, 1/2 cup
- Immunity Boost Personal Steamed Mixed Vegetables, 2/3 cup prepared

Hy-Vee

- Grand Selections Frozen Caribbean Blend Vegetables, 1 cup
- Grand Selections Frozen Normandy Blend Vegetables, 1 cup
- Grand Selections Frozen Petite Whole Carrots, 2/3 cup

- Grand Selections Frozen Riviera Blend Vegetables, *1 cup*
- Grand Selections Premium White Shoepeg Corn, *2/3 cup*
- Grand Selections Premium Whole Green Beans, *¾ cup*
- Grand Selections Premium Petite Green Peas, *2/3 cup*
- Grand Selections Premium Sugar Snap Peas, *2/3 cup*
- Grand Selections Premium Super Sweet Corn, *2/3 cup*
- Baby Lima Beans, *½ cup*
- Broccoli Cuts, *1 cup*
- Broccoli Florets, *1 cup*
- Brussels Sprouts, *6 sprouts*
- Frozen California Mix, *2/3 cup*
- Cauliflower Florets, *1 cup*
- Chopped Broccoli, *1 cup*
- Chopped Spinach, *1/3 cup*
- Frozen Italian Blend, *2/3 cup*
- Leaf Spinach, *1 cup*
- Mixed Vegetables, *2/3 cup*
- Oriental Vegetables, *1 cup*
- Frozen Winter Mix, *1 cup*
- Cut Golden Corn, *2/3 cup*
- Country Trio, *2/3 cup*
- French Cut Green Beans, *1 cup*
- Fiesta Blend, *2/3 cup*
- Cut Green Beans, *2/3 cup*
- Stew Veggies, *¾ cup*
- Stir Fry Veggies, *1 cup*
- Steam Quick Cut Golden Corn, *2/3 cup*
- Steam Quick Cut Green Beans, *2/3 cup*
- Steam Quick Mixed Vegetables, *2/3 cup*
- Steam Quick French Cut Green Beans, *1 cup*

✓ **Whipped Topping**

Kraft, *2 tbsp*

- Cool Whip – Free, Extra Creamy, Original, Light, Strawberry or Sugar Free varieties

Hy-Vee, *2 tbsp*

- Cool Whip – Fat Free, Extra Creamy, Original or Light varieties

JUICE

✓ **Boxed Juices/ Powdered Juice**

Capri Sun, *1 pouch*

- Protective Antioxidants Juice Blend Drink – Coastal Cooler, Fruit Punch, Grape, Mountain Cooler, Orange, Pacific Cooler, Red Berry, Splash Cooler, Strawberry, Strawberry Kiwi, Surfer Cooler, Tropical Punch or Wild Cherry varieties
- Protective Antioxidants Lemonade
- Roarin' Waters Flavored Water Beverage – Strawberry Kiwi, Tropical Fruit or Wild Cherry varieties
- Sports Pouches All Natural Drinks – Berry Ice, Lightspeed Lemon Lime or Thunder Punch varieties

Crystal Light, 1 packet

- Live Active On the Go Packets – Natural Mixed Berry or Natural Raspberry Peach varieties
- Antioxidant Green Tea On the Go Mixes – Raspberry or Honey Lemon varieties
- On the Go Packets & Drink Mixes – Peach Tea, Raspberry Ice, Pink Lemonade, Raspberry Lemonade, White Grape, Natural Cherry Pomegranate, Sunrise Classic Orange, Raspberry Green Tea or Fruit Punch varieties

Hi-C, 1 box

- Flashin' Fruit Punch
- Orange Lavaburst
- Strawberry Kiwi Kraze
- Wild Cherry
- Torrential Tropical Punch
- Smashin' Wild Berry
- Grabbin' Grape
- Pink Lemonade
- Boppin' Strawberry

Hy-Vee, 1 pouch

- Thirst Splash! Drink Mix & To Go Packets – Lemonade, Pink Lemonade, Raspberry Tea, Raspberry, Fruit Punch or Iced Tea varieties
- Splash! Powdered Drink Mix – Cherry, Lemonade, Tropical Fruit Punch, Orange, Grape, Strawberry, Raspberry
- 100% Juice Pouches – Apple, White Grape, Wild Berry, Orange Pineapple, Strawberry Kiwi, Wild Cherry, Tropical Punch Fruit Punch, Blue Raspberry or Lemonade varieties

Kool-Aid, 1 pouch

- Kool-Aid Jammers Drink Pouches - Tropical Punch, Blue Raspberry, Grape or Tropical Punch varieties

Minute Maid, 1 box

- 100% Juice – Apple, Fruit Punch, Grape, Mixed Berry or Orange varieties
- All Natural Minute Maid Coolers – Berry Punch, Fruit Punch, Pink Lemonade or Tropical Punch varieties
- Fruit Falls Water Beverage – Tropical or Berry varieties

✓ Fruit Juice**Campbell's, 8 fluid ounces**

- V8 Splash Juice Blend – Berry, Diet Berry, Tropical or Strawberry Kiwi varieties
- V8 VFusion Vegetable & Fruit 100% Juice – Peach Mango, Strawberry Banana or Tropical Orange varieties

Crystal Light, 8 fluid ounces

- Sweetened With Splenda – Sunrise Classic Orange, Lemonade or Raspberry Ice varieties
- Sugar Free Drink – Classic Orange, Lemon Tea, Lemonade, Pink Lemonade or Raspberry Ice varieties

Dole, 8 fluid ounces

- 100% Pineapple Juice Not From Concentrate
- 100% Pure Pineapple Juice, Unsweetened, Not From Concentrate

Hy-Vee, 8 fluid ounces

- 100% Cranberry Juice Blend
- 100% Cranberry/Apple Juice Blend
- 100% Cranberry/Raspberry Juice Blend
- 100% Unsweetened Prune Juice from Concentrate
- 100% Unsweetened Prune Juice From Concentrate
- 100% White Gape Juice from Concentrate
- Concord Grape Juice
- Cranberry Apple Juice Cocktail from Concentrate
- Cranberry Grape Juice Cocktail from Concentrate
- Cranberry Juice Cocktail from Concentrate
- Cranberry Juice Cocktail from Concentrate
- Cranberry Raspberry Juice Cocktail
- Cranberry Strawberry Juice Cocktail
- Grapefruit Juice from Concentrate
- Just Juice - Apple
- Just Juice - Berry
- Just Juice - Cherry
- Just Juice - Grape
- Just Juice - Punch
- Just Juice - Strawberry
- Lemon Juice
- Not from Concentrate Ruby Red Grapefruit Juice
- Pineapple Juice from Concentrate
- Ruby Red Grapefruit Juice Cocktail from Concentrate
- 100% Apple Juice from Concentrate
- No Concentrate Country Style Orange Juice
- No Concentrate Orange Juice
- No Concentrate Orange Juice With Calcium

Knudsen, 8 fluid ounces

- Just Juice – Tart Cherry, Blueberry, Pomegranate, Cranberry or Concord varieties
- Black Cherry Juice
- Cranberry Nectar
- Apple Juice
- Papaya Nectar
- Pear Juice
- Cranberry Raspberry Juice
- Mango Peach Juice
- Prune Juice
- Pineapple Juice
- Simply Nutritious Juice – MegaGreen, Lemon Ginger Echinacea or Morning Blend varieties

Looza, 8 fluid ounces

- Apricot Nectar
- Pear Nectar
- Mango Nectar
- Banana Nectar
- Blackcurrant Nectar
- Passion Fruit Nectar
- Peach Nectar

Minute Maid, 8 fluid ounces

- Apple Juice to Go
- All Natural Lemonade

Ocean Spray, *8 fluid ounces or 1 cup*

- Cranberry Spray Diet Juice
- Cranberry Concord Grape Premium 100% Juice
- Cranberry & Pacific Raspberry Premium 100% Juice
- 100% Ruby Red Grapefruit Juice Blend
- 100% White Grapefruit Juice, Unsweetened
- Ruby Red Grapefruit
- Ruby Red Grapefruit & Tangerine
- Ruby Red Light Grapefruit
- 100% Juice Cranberry Blueberry Organic Juice
- 100% Pure Cranberry Juice, Unsweetened
- Cran-Raspberry Juice Drink From Concentrate
- Concentrate Cran-Raspberry Juice Blend with Two Other Juices
- Juice Cocktail – Calcium, Cranberry, Cran-Apple, Cranberry, Cran-Cherry, Cran-Grape, Gran-Raspberry, Light Cran-Apple, Light Cranberry, Light Cran-Grape, Light Cran-Raspberry, Light Cranberry Sweetened with Splenda, Light White Cranberry, Light Style Cranberry, Light Style Cran-Raspberry, White Cranberry Peach or White Cranberry Strawberry varieties
- Premium 100% Cranberry Juice Blend
- White Cranberry Juice
- Cran-Grape Juice Drink
- Cranergy Energy Juice Drink – Cranberry Lift or Raspberry Cranberry Lift

POM Wonderful, *8 fluid ounces*

- 100% Pomegranate
- POM Blueberry
- POM Cherry
- POM Mango
- POM Tangerine
- POM Tea – Regular, Lychee Green, Peach Passion White or Blackberry varieties
- Light POM Tea – Wildberry White, Orange Blossom Red or Hibiscus Green varieties

Welch's, *8 fluid ounces*

- Cocktail Fruit Juice –Mountain Berry or Orange Pineapple & Apple varieties
- Fruit Punch Juice Drink
- Strawberry/ Kiwi Juice
- 100% Grape Juice
- 100% White Grape Pomegranate Juice
- 100% White Grape Juice
- Red 100% Grape Juice
- 100% Grape Juice with Calcium
- 100% White Grape Peach Juice

✓ **Vegetable Juice**

Campbell's, *8 fluid ounces*

- Low Sodium Tomato Juice
- V8 100% Vegetable Juice, Low Sodium

Knudsen, *8 fluid ounces*

- Organic Very Veggie Juice, Low Sodium

- Very Veggie Juice, Low Sodium

KITCHEN FRESH ITEMS

✓ Dips

Hy-Vee, 2-tbsp serving

- Guacamole Dip – Mild or Spicy varieties

✓ Dressing

Hy-Vee, 2-tbsp serving

- Seven Layer Salad Base

✓ Sandwich Items

Hy-Vee, ½-cup serving

- Blue Water Tuna Salad

✓ Side Dishes

Hy-Vee, ½-cup serving

- Crisp Apple Waldorf Salad
- Marinated Asparagus
- Market Fresh Fruit Mix
- Triple Apple with Candied Walnuts
- Italian Pasta Salad
- Butterfinger Supreme Salad
- Pistachio Supreme
- Cranberry Fluff
- Cranapple Relish
- Strawberry Peach Parfait
- Strawberries-N-Crème
- Chocolate Mousse
- Cherry Supreme
- Banana Peach Parfait
- Orange Pineapple Parfait

PREPACKAGED MEATS

✓ Beef

Hy-Vee, 4 ounces

- Fresh Ground Beef – 96%-Lean, 93%-Lean, 90%-Lean, 85%-Lean or 80%-Lean varieties
- 100% Natural Fresh Ground Angus Sirloin, 90%-Lean
- 100% Natural Fresh Ground Angus Round, 90%-Lean
- 100% Natural Fresh Ground Angus Chuck, 85%-Lean
- 100% Natural Angus Beef Top Sirloin Steak
- 100% Natural Angus Beef Rib Eye Steaks
- 100% Natural Angus Beef Bottom Round Roast
- 100% Natural Angus Beef Tenderized Round Steak

✓ **Lamb**

Hy-Vee, 4 ounces

- Natural Fresh Ground Lamb
- Natural Fresh Lamb Loin Chops

✓ **Poultry**

Honeysuckle White, 4 ounces

- All Natural Lean Boneless Skinless Turkey Breast Tenderloin
- All Natural Lean Boneless Skinless Turkey Breast Cutlets
- All Natural Turkey Thighs
- All Natural Turkey Drumsticks
- All Natural Split Turkey Breast
- Extra Tender & Juicy Turkey Breast
- Extra Lean Ground Breast of Turkey, 99% Fat Free
- Lean Ground Turkey, 93/7

Hy-Vee, 4 ounces

- 100% Natural Fresh Young Chicken
- 100% Natural Drumsticks
- 100% Natural Wings
- 100% Natural Whole Cut Up Chicken
- 100% Natural Leg Quarters
- 100% Natural Thighs
- All Natural Fresh Young Turkey With Giblets

Smart Chicken, 4 ounces

- Organic Drumsticks
- Organic Boneless Skinless Breast
- Thighs
- Drumsticks
- Boneless Skinless Breast
- Whole Chicken

✓ **Pork**

Hy-Vee

- 100% Natural Fresh Bone in Center Pork Chops, 1 chop
- 100% Natural Boneless Top Loin Pork Chops, Thin Cut, 4 ounces
- 100% Natural Boneless Butterfly Pork Chops, 1 chop
- 100% Natural Boneless Pork Loin Chops, 1 chop

✓ **Veal**

Hy-Vee, 4 ounces

- Natural Veal Loin Chops

SNACKS

✓ **Chips**

Corazonas, 1 ounce

- All Natural Potato Chips – Slightly Salted or Mediterranean Garden varieties

Frito-Lay

- Pinch of Salt Fritos, *34 chips*
- Multigrain Tostitos, *8 chips*
- Flour Tortilla Tostitos, *14 chips*
- Tostitos Scoops, *13 chips*
- Pinch of Salt Tostitos, *13 chips*
- Pinch of Salt Lays, *15 chips*
- Baked Tostitos Scoops, *15 chips*

Garden of Eatin'

- Black Bean All Natural Tortilla Chips, *13 chips*
- No Salt Added Blue All Natural Tortilla Chips, *15 chips*
- Nacho Cheese All Natural Tortilla Chips, *9 chips*
- All Natural Cantina Chips, Chili & Lime, *10 chips*

Hy-Vee

- White Round Tostados, *14 chips*
- Yellow Round Tostados, *14 chips*
- Bite Sized Tostados, *14 chips*
- HealthMarket Organic Tortilla Chips – Blue, Yellow or White Corn varieties, *1 ounce*
- No Salt Potato Chips, *16 chips*

Old Dutch

- White Corn Tostados, *11 chips*
- Fiesta Tortilla Chips, *11 chips*
- Multigrain Bite Size Tortilla Chips, *14 chips*

Plocky's, 1 ounce

- Tortilla Chips – Sundried Tomato Basil, Red Beans & Rice, Black Beans & Rice, Aged White Cheddar Crunchy Whole Grain, The Original 3 Grain or Sweet Smokey Chipotle Crunchy Whole Grain varieties

Sterzing's, 11 chips

- Potato Chips

✓ Cookies

Archway, 1 cookie

- Coconut Macaroons
- Pecan Ice Box
- Rocky Road
- Date Oatmeal
- Molasses
- Peanut Butter
- Sugar
- Chocolate Chip
- Gingersnaps – Original or Reduced Fat, *5 cookies*

Famous Amos, 4 cookies

- Chocolate Chip
- Chocolate Chip & Pecans

Full Circle

- Organic Animal Cookies – Original or Chocolate varieties, *10 cookies*
- Chocolate Chip Cookies, *2 cookies*

Hy-Vee

- Dunksters – Crème, Fudge or Double varieties, *2 cookies*
- Sandwich Cremes, *2 cookies*
- Vanilla Wafers, *9 wafers*
- Chiperrific Cookies – Chunky, Chewy or Original varieties, *2 cookies*
- Fudge-Striped Short Bread Cookies, *2 cookies*
- Sugar Wafers: Chocolate, Vanilla or Strawberry varieties, *4 cookies*
- Soft & Chewy Cookies – Chocolate Chip, Iced Oatmeal, Oatmeal Raisin, Molasses, Peanut Butter or Sugar varieties, *1 cookie*

Keebler

- Animal Cookies, *9 cookies*
- Iced Animal Cookies, *6 cookies*
- Frosted Animal Cookies, *8 cookies*
- Crème Filled Vienna Fingers, *2 cookies*
- Fudge Stripes Fudge Shoppe, *3 cookies*

Nabisco

- 100 Calorie Snack Packs – Chips Ahoy, Mini Teddy Grahams or Lorna Doone Shortbread varieties, *1 package*
- Chips Ahoy – Original or Chewy varieties, *2 cookies*
- Chips Ahoy – Chewy White Fudge, Chunky, Chunky Peanut Butter, Chunky White Fudge or Candy Blasts varieties, *1 cookie*
- Nilla Wafers – Original or Reduced Fat varieties, *8 cookies*
- Nilla Wafers Minis, *20 cookies*

Newman's Own Organics

- Organic Crème Filled Chocolate Cookies, *2 cookies*
- Newman-O's, *2 cookies*

Pepperidge Farm

- Soft Baked Cookies – Chocolate Chunk Dark Chocolate Brownie, Chocolate Chunk White Chocolate Macadamia, Molasses, Santa Cruz Oatmeal Raisin, Sausalito Chocolate Chunk, Snickerdoodle or Sugar varieties, *1 cookie*
- Distinctive Cookies – Geneva, Milano, Milano Milk Chocolate, Milano Black and White or Verona Strawberry varieties, *3 cookies*
- Crème Filled Pirouette Rolled Wafers – Mint Chocolate, Chocolate Hazelnut, French Vanilla or Chocolate Fudge varieties, *2 wafers*

✓ **Dip**

Guiltless Gourmet

- Spicy Black Bean Dip, *2 tbsp*

Wild Garden

- Creamy Hummus Garbanzo Bean Dip – Red Hot Chili Pepper, Black Olive, Sun-Dried Tomato, Traditional, Roasted Garlic, Sweet 2 Pepper, Jalapeno or Fire Roasted Red Pepper varieties, *2 tbsp*

✓ **Granola**

Quaker, 1 package

- Granola Bites – Chocolate or Peanut Butter varieties

✓ **Jell-O**

Hunt's, 1 single-serving container

- Juicy Gels Snack Pack – Strawberry or Strawberry/Orange varieties
- Sugar Free Cherry Snack Pack Gel Snacks

Kool-Aid, 1 single-serving container

- Gel Snacks – Cherry Tropical Punch, Ice Blue Raspberry, Oh Yeah Orange or Soarin' Strawberry varieties

✓ **Nuts**

Hy-Vee

- Butter Toffee Peanuts, 16 nuts
- Party Peanuts, Lightly Salted, 39 nuts
- Mixed Nuts, Lightly Salted, 26 nuts
- Dry Roasted Peanuts, Unsalted, 40 nuts
- Whole Cashew & Almonds, 25 nuts
- English Walnuts, 1 ounce
- Pecans, 1 ounce
- Raw Spanish Peanuts, 1 ounce
- Natural Almonds, 1 ounce

Planters

- Cocktail Peanuts, Lightly Salted, 35 nuts
- Unsalted Dry Roasted Peanuts, 39 nuts
- Deluxe Mixed Nuts, Lightly Salted, 20 nuts
- Heart Healthy NUTrition Mix, 27 nuts
- Energy NUTrition Mix, 1/4 cup
- e Almonds NUTrition Mix, 25 nuts
- Smoked Almonds NUTrition Mix, cr25 nuts
- South Beach Blend NUTrition Mix, 21 nuts
- Whole Cashews, Lightly Salted, 23 nuts
- Walnuts, 1/3 cup
- Black Walnuts, 2 ounces
- Sliced Almonds, 1/3 cup
- Slivered Almonds, 1/3 cup
- Pecan Chips, 2 ounces

✓ **Popcorn**

Barrel O' Fun, 3/4 cup

- Caramel Corn

Bearitos, 1/2 bag

- Organic Microwave Popcorn – No Salt No Oil or No Oil varieties

ConAgra, 2/3 cup

- Crunch 'n Munch – Caramel or Chocolate 'n Caramel varieties

Hy-Vee, 3-1/2 cups popped

- No Salt, Butter Microwavable Popcorn

Newman's Own Organics, 1/3 bag

- Pop's Corn – No Butter/No Salt 94% Fat Free

✓ **Pretzels**

Newman's Own, 8 pretzels

- Unsalted Pretzel Rounds

Snyder's of Hanover

- Honey Mustard & Onion, 13 nibblers
- Sourdough Pretzels Nibblers, 16 nibblers
- Low Fat Old Tyme The Pounder Mini Salted, 3 pieces
- Peanut Butter Pretzel Sandwich, 9 sandwiches

✓ **Pudding**

Hunt's, 1 single-serving container

- Snack Pack – Chocolate, Light Chocolate, Chocolate Mud Pie, Lemon Meringue, No Sugar Added Chocolate, No Sugar Added Vanilla, Pudding for Chocolate Lovers, Chocolate Caramel, Swirl S'mores, Tapioca or Vanilla varieties
- Triples Snack Pack – Chocolate Daredevil, Chocolate Vanilla or Ice Cream Sandwich varieties

Hy-Vee

- Pudding Cups – Vanilla, Chocolate, Chocolate Fudge or Strawberry Banana varieties, 1 single-serving container
- Cooked Pudding Mix – Chocolate or Vanilla varieties, ½ cup prepared

Jell-O, ¼ package

- Cook & Serve Pudding & Pie Filling – Chocolate, Butterscotch or Vanilla varieties
- Flan (Spanish Style Custard)

SPREADS

✓ **Jams & Jellies**

Hy-Vee, 1 tbsp

- Red Raspberry Jelly
- Blackberry Jelly
- Strawberry Jelly
- Concord Grape Jelly
- Apple Jelly
- Plum Jelly
- Cherry Jelly
- Orange Marmalade
- Red Raspberry Preserves
- Apricot Preserves
- Strawberry Preserves
- Peach Preserves
- Concord Grape Preserves
- Cherry Preserves

Smucker's, 1 tbsp

- Apple Jelly

- Jam – Concord Grape, Grape, Mango or Strawberry varieties
- Jelly – Concord Grape, Grape, Organic Concord Grape or Strawberry varieties
- Light Sugar Free Preserves – Apricot, Red Raspberry or Strawberry varieties
- Low Sugar Spread – Apricot, Concord Grape, Orange Marmalade, Red Raspberry or Strawberry varieties
- Marmalade – Orange or Light Sugar Free Orange varieties
- Preserves – Apricot, Apricot Pineapple, Blueberry, Boysenberry Cherry, Organic Strawberry, Peach, Red Raspberry or Strawberry varieties
- Reduced Sugar Fruit Spread, Strawberry
- Seedless Jam – Blackberry, Red Raspberry or Strawberry varieties
- Simply Fruit – Apricot, Blackberry, Cherry, Peach, Red Raspberry, Seedless Strawberry or Strawberry varieties
- Sugar Free Light Jam – Concord Grape or Seedless Blackberry varieties
- Wide Spread Squeeze Cap – Jelly or Strawberry

Welch's, 1 tbsp

- Concord Grape – Jam or Jelly varieties
- Squeezable Concord Grape – Jam or Jelly varieties
- Squeezable Strawberry
- Strawberry Preserves

✓ **Peanut Butter**

East Wind, 2 tbsp

- Cashew Butter, Raw - No Salt
- Peanut Butter, Smooth – No Salt
- Peanut Butter – Crunchy with Salt

Hy-Vee, 2 tbsp

- Creamy
- Crunchy

Jif, 2 tbsp

- Crunchy
- Extra Crunchy
- Simply Jif Creamy

Kettle, 1 ounce

- Creamy Unsalted Cashew Butter
- Crunch Lightly Salted Almond Butter
- Creamy Lightly Salted Almond Butter

Nutella, 2 tbsp

- Hazelnut Spread

Parker's Farm, 2 tbsp

- All Natural Peanut Butter – Crunchy or Creamy varieties

Peter Pan, 2 tbsp

- Crunchy

Skippy, 2 tbsp

- Super Chunk

- Super Chunk, Roasted Honey Nut
- Creamy, Roasted Honey Nut

Smucker's, 2 *tbsp*

- Natural Creamy
- Natural, Creamy Honey