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

The following list contains foods with less than 140 mg of 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 1-866-865-4878. Happy shopping!

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BAKING PRODUCTS

Breads

Pillsbury, 1/14 of mix
- Quickbread Mix – Banana, Cinnamon Swirl, Cranberry and Lemon Poppy Seed varieties

Brownies, Cookies & Bars

Betty Crocker
- Cookie Mix – Chocolate Chip, Oatmeal, Oatmeal Chocolate Chip, Peanut Butter or Sugar varieties, 3 tablespoons 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
- Supreme Brownie Mix – Chocolate Chunk, Dark Chocolate, Frosted, Original, Peanut Butter, Triple Chunk, Turtle, Ultimate Fudge, Walnut Chocolate Chunk or Walnut Chunk varieties, 1/20 of mix

Hy-Vee
- Deluxe Fudge Brownie Mix, 1/20 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

Cookie Dough

Hy-Vee, 1 cookie or 2-1/4-inch 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, Oatmeal Raisin, Peanut Butter, S’mores 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
Frosting, Pre-made

**Betty Crocker, 2 tablespoons**
- Deluxe Creamy Coconut Pecan
- Soft Whipped Frosting – Chocolate, Cream Cheese, Fluffy White, Milk Chocolate, Strawberry or Vanilla varieties
- Whipped Butter Cream

**Duncan Hines, 2 tablespoons**
- Creamy Home-Style – Caramel, Classic Chocolate, Classic Vanilla, Coconut Pecan, Cream Cheese or Milk Chocolate varieties

**Hy-Vee, 2 tablespoons**
- Creamy – Chocolate Fudge, Cream Cheese, Milk Chocolate, White

**Pillsbury, 2 tablespoons**
- Supreme Frosting – Coconut Pecan, Cream Cheese, Creamy Chocolate Fudge, Creamy White, Milk Chocolate, Vanilla or Vanilla Funfetti 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
- 100% Natural Pumpkin, 1/2 cup
- More Fruit Pie Filling – Apple or Cherry varieties, 1/3 cup

Musselman's, 1/3 cup
- Cream Pie Filling – Banana or Chocolate varieties

Wilderness, 1/3 cup
- Lemon Pie Filling
- More Fruit Pie Filling – Blueberry, Cinnamon & Spice Apple or Original Country Cherry varieties
- No-Sugar-Added Pie Filling – Apple or Cherry varieties
- Premium Pie Filling – Apricot, Raspberry or Strawberry 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 – Italian, Original Style or Whole-Wheat varieties

Crackers

Angonoa's, 3 pieces
- Deli-Style Breadsticks – Sesame, Sun-Dried Tomato & Basil, Whole-Grain or Whole-Wheat Sesame varieties

Blue Diamond, 16 grams
- Natural Nut Thins Snacks – Nut & Rice Almond or Nut & Rice Pecan varieties

Breton
- Garden Vegetable, 3 crackers
- Multigrain, 3 crackers
- 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 – Low-Sodium, Original or Whole-Wheat varieties, 5 crackers
- Simply Socials, 4 crackers
- Triscuits – Hint of Salt, 12 crackers
- Wheat Thins – Flatbread – Garlic & Parsley or Tuscan Herb, 2 crackers; Hint of Salt, 32 crackers; Low-Sodium, 16 crackers

Old London
- Melba Snacks – Bacon Flavor, Classic Onion, Rye, Sesame or Whole-Grain varieties, 5 pieces
- Melba Toast – Rye, Sesame or Whole-Grain varieties, 3 pieces

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

Ry Krisp, 2 crisps
- Natural
- Seasoned Cracker
- Sesame

Croutons

Hy-Vee, 6 croutons
- Baked Croutons – Butter Garlic, Caesar, Cheese & Garlic, Ranch or Seasoned varieties

Mrs. Cubbinsons, 2 tablespoons
- Asiago Cheese Ciabatta Croutons
- Basil Pesto Panini Croutons
- Tuscan Herb Focaccia Croutons

New York, 2 tablespoons
- Texas Toast Croutons – Caesar, Cheese & Garlic, Garlic & Butter, Original, Sea Salt & Pepper or Seasoned varieties

Old London
- Restaurant-Style Croutons – Garlic, Italian or Seasoned varieties, 6 pieces
- Toastettes – Caesar Style, Herb Seasoned, Parmesan Cheese & Garlic or Toasted Onion varieties, 7 pieces
**Hard Breads**

**Jacobsen’s Snack Toast**
- Cinnamon, 2 slices
- Cinnamon Raisin, 3 slices
- Traditional Zwieback, 2 slices

**JJ Flats, 2 pieces**
- Flatbreads – Everything, Garlic, Roasted or Sesame varieties

**Kavli, 2 pieces**
- 5-Grain Crispbread
- Whole-Grain Crispy Thin Crispbread
- Whole-Grain Hearty Thick Crispbread

**Ryvita, 1 slice**
- Plain Hardbread
- Tasty Dare Rye Crisp Bread
- Toasted Sesame Rye Crisp Bread

**Wasa, 1 slice**
- Crisp ‘N Light Crackerbread
- Hearty Rye Crackerbread
- Multigrain Hardbread
- Oats Hardbread
- Original Fiber Rye Crispbread
- Original Light Rye Crispbread, 3 slices
- Original Sourdough Rye Crispbread
- Sesame Crispbread

**Pasta**

**Barilla, 2 ounces**
- Jumbo Shells, 3 shells
- Lasagna, 2 shells
- Oven-Ready Lasagne, 2 shells
- Piccolini Mini – Farfalle, Fusili, Penne, Wheels or Ziti varieties
- Plus – Angel Hair Pasta, Elbows, Penne, Rotini, Spaghetti or Thin Spaghetti varieties
- Traditional Pasta – Campanelle, Cellentani, Elbows, Farfalle, Fiori, Rotini, Manicotti, Medium Shells, Mezze Penne, Mostaccioli, Orzo, Penne, Pipette or Rigatoni varieties
- Tri-Color – Fiori or Rotini varieties
- Veggie – Farfalle, Penne, Rotini
- Whole-Grain Pasta – Penne, Spaghetti or Thin Spaghetti varieties

**Creamette, 2 ounces**
- Traditional Pasta – Bow Ties, Elbow Macaroni, Lasagna, Medium Shells, Mostaccioli Rigati, Oven-Ready Lasagna, Rainbow Rotini, Rigatoni, Rings, Rotelle, Rotini, Spaghetti or Vermicelli varieties
Delallo Organic, 2 ounces
- Whole-Wheat Pasta – Farfalle, Fusilli, Orzo, Shells or Spaghetti varieties

Dreamfields
- Elbows, 1/2 cup
- Lasagna, 2 pieces
- Penne Rigate, 3/4 cup
- Rotini, 3/4 cup
- Spaghetti, 2 ounces of 1/2-inch circle

Fiber Wise, 2 ounces
- Penne
- Shells
- Spaghetti

Full Circle, 2 ounces
- Traditional Pasta – Angel Hair, Linguine, Penne Rigate, Rotini or Spaghetti varieties
- Whole-Wheat Pasta – Angel Hair, Linguine, Penne Rigate, Rotini or Spaghetti varieties

Hodgson Mill, 2 ounces
- Spinach Spaghetti
- Whole-Wheat Pasta – Bow Tie, Penne, Spaghetti or Spirals varieties
- Whole-Wheat Whole-Grain Pasta – Angel Hair, Elbow Macaroni, Fettuccine, Lasagna, Thin Spaghetti, Veggie Bows or Veggie Rotini varieties

Hy-Vee, 2 ounces
- Omega-3 Pasta – Angel Hair, Multigrain Pasta, Penne, Rotini or Spaghetti varieties
- Tri-Color Rotini
- Veggie Pasta – Twisted Elbows
- Whole-Wheat Pasta – Angel Hair, Penne, Rotini or Spaghetti varieties

Ronzoni, 2 ounces
- Garden Delight – Fettuccine, Penne, Rigate, Rotini, Spaghetti or Tricolor varieties
- Healthy Harvest 7-Grain Blend Pasta – Fusilli
- Healthy Harvest Whole-Wheat Pasta Blends – Lasagna, Linguine, Penne Rigate, Rotini, Spaghetti or Thin Spaghetti varieties
- Smart Taste Pasta – Penne Rigate, Rotini or Spaghetti 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 Hash Brown Potatoes
- Instant Mashed Potatoes

Idaho Spuds, 2/3 cup prepared
- Creamy Butter
- Roasted Garlic

Rice

Full Circle, 1/4 cup dry
- Long-Grain Basmati Brown Rice
- Long-Grain Basmati White Rice
- Long-Grain Brown Rice
- Long-Grain White Rice

Hy-Vee
- Instant White, 3/4 cup prepared
- Natural Whole-Grain Instant Brown, 1 cup prepared

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

Success, 1/4 cup dry
- Boil-in-Bag Basmati White
- Boil-in-Bag Jasmine White
- Boil-in-Bag White Rice
- Boil-in-Bag Whole-Grain Brown Rice

Uncle Ben’s, 1 cup prepared
- Boil-in-Bag Rice, four 2-cup bags
- Converted Long-Grain Rice
- Enriched Parboiled Converted Original Long-Grain
- Fast Cooking Whole-Grain Brown
- Instant Brown Rice

Rice Cakes

Full Circle
- Multigrain or Salt-Free varieties, 1 cake
Hy-Vee
- Whole-Grain Rice Cakes – Caramel Corn, Lightly Salted or White Cheddar varieties, 1 cake
- Caramel Corn Rice Crisps or Chocolate varieties, 8 crisps

Lundberg
- Apple Cinnamon, Brown Rice, Cinnamon Toast, Honey Nut, Tamari with Seaweed or Toasted Sesame varieties, 1 cake

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

Sandwich Breads

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

Natural Ovens, 1 slice
- Glorious Cinnamon Bread with Raisins
- Organic Plus 100% Whole-Wheat Bread
- Weight Sense Original Carb-Conscious Bread
- Whole-Grain Sunny Millet Bread

Pepperidge Farm, 1 slice
- 100% Whole-Wheat
- 15-Grain
- Brown Sugar Cinnamon Swirl Bread
- Cinnamon Swirl Bread
- Light Style – 7-Grain or Oatmeal varieties
- Raisin Cinnamon Swirl Bread
- Whole-Grain Oatmeal

Sara Lee, 1 slice
- 12-Grain
- 100% Whole-Wheat
- 100% Whole-Wheat with Honey
- Classic White
- Delightful – 100% Multigrain, 100% Whole-Wheat with Honey or Wheat varieties
- Honey Wheat
- Soft & Smooth
Taco Shells

Hy-Vee
- Hard Taco Shells, 1 shell
- Mexican-Style Taco Shells, 2 shells
- White Corn Tortilla, 1 shell

La Banderita
- White Corn Tortillas, 2 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, Harvest Berry Bars or Multi Grain varieties, Mixed Nut, Oatmeal Raisin, Peanut Butter Chip, Peanut Butter Chocolate Chip, Vanilla Chips

Full Circle, 1 bar
- Fruit & Cereal Bars – Apple, Blueberry or Strawberry Cobbler varieties

General Mills, 1 bar
- Fiber One Chewy Bars – Chocolate Mocha, Oats & Caramel, Oats & Chocolate, Oats & Peanut Butter, or Oats & Strawberry with Almonds varieties
- Milk ‘n Cereal Bars – Honey Nut Cheerios variety

Health Valley, 1 bar
- Cobbler Bars – Apple, Blueberry, Strawberry
- Toaster Tarts – Strawberry

Hy-Vee, 1 bar
- Chewy Granola Bars – Chocolate Chip, Low Fat Chocolate Chunk, Peanut Butter Chocolate Chip, S’mores or Sweet and Salty Peanut varieties
- Fruit & Grain Bars – Apple Cinnamon, Blueberry, Mixed Berry, Raspberry or Strawberry varieties
- Hy-Vee Light and Crispy Bars - Blueberry or Strawberry
- Hy-Vee Pretzel Bars – Peanut Chocolate Chunk, White Chocolate Chip
- Trail Mix Bars – Chewy Fruit & Nut
Kashi, 1 bar
- Chewy Granola Bars – Cherry Dark Chocolate, Honey Almond Flax, Peanut Butter
- Crunchy – Pumpkin Spice Flax
- Layered Granola Bars – Dark Chocolate Coconut, Peanutty Dark Chocolate
- TLC Fruit & Grain Bars – Cherry Vanilla

Kellogg’s, 1 bar
- Nutri-Grain Cereal Bars – Apple Cinnamon, Blackberry, Blueberry, Cherry, Mixed Berry, Raspberry, Strawberry or Strawberry Yogurt varieties
- Special K Bars – Blueberry, Chocolatey Chip Cookie, Chocolatey Drizzle, Chocolatey Pretzel, Honey Nut, Crisp, Raspberry Cheesecake, Strawberry, Vanilla Crisp

Larabar, 1 bar
- Apple Pie, Banana Bread, Blueberry Muffin, Carrot Cake, Cashew Cookie, Cherry Pie, Chocolate Chip Brownie, Chocolate Chip Cookie Dough, Chocolate Coconut Chew, Coconut Cream Pie, Ginger Snap, Key Lime Pie, Lemon Bar, Peanut Butter & Jelly, Peanut Butter Cookie, Pecan Pie, Tropical Fruit.

Nature’s Path, 1 bar
- Lotta Apricotta, Pumpkin-N- Spice, Sunny Hemp

Nature Valley, 1 bar
- Chewy Yogurt Granola Bars – Strawberry or Vanilla varieties

Quaker, 1 bar
- Chewy Granola Bars – Peanut Butter Chocolate Chip, S’mores
- Chewy Granola Bars, 25% Less Sugar – Chocolate Chip, Cookies & Cream or Peanut Butter Chocolate Chip varieties
- Chewy Granola Bars, 90 Calories – Dark Chocolate Cherry, Oatmeal Raisin, Peanut Butter varieties

Cereal

Bear Naked Granola, 1/4 cup
- Fit – Triple Berry, Vanilla Almond Crunch Varieties
- Banana Nut, Fruit & Nut, Heavenly Chocolate, Maple Pecan, Original

Bear River Valley, 1 cup
- Blue Pom Tumblewheats
- Frosted Tumblewheats

Breadshops Granola
- Raspberry & Cream, 1/2 cup
Cascadian Farm
- Organic Multi Grain Squares, 3/4 cup
- Organic Oat & Honey Granola, 2/3 cup

Erin Baker's Granola, 1/2 cup
- Double Chocolate Chunk
- Fruit & Nut
- Oatmeal Raisin
- Peanut Butter

Full Circle, 3/4 cup
- Golden Flax,
- Honey & Oats Medley
- Honey Multigrain Flakes
- Multi Grain Flakes
- Oat Bran Flakes
- Raisin Bran Flakes, 1-1/4 cup

General Mills
- Apple Cinnamon Cheerios, 3/4 cup
- Fiber One Cereal – Original Bran, 1/2 cup

Hy-Vee
- Apple Cinnamon Tasteeos, 3/4 cup
- Bite Sized Shredded Wheat – Frosted, Frosted Blueberry, Frosted Maple & Brown Sugar, Lightly Sweetened & Original varieties, serving size as referenced on nutrition facts label
- Wheat Flakes, 1 cup

Kashi
- Autumn Wheat, 29 biscuits
- Black Currants & Walnuts, 1 cup
- Cinnamon Harvest, 28 biscuits
- GoLean Crunch Protein & Fiber Cereal - Honey Almond Crunch or original varieties, 1 cup
- GoLean High Protein & High Fiber Cereal, Original, 1 cup
- Heart to Heart, Honey Toasted Oat, 3/4 cup
- Heart to Heart, Wild Blueberry Clusters, 1 cup
- Honey Sunshine, 3/4 cup
- Indigo Morning, 3/4 cup

Kellogg's
- All-Bran – Original, 1/2 cup
- Corn Pops, 1 cup
- Frosted Mini-Wheats, Bite Size – Blueberry Muffin, Maple & Brown Sugar, Original, Strawberry Delight, serving size referenced on nutrition facts label
- Frosted “Little Bites” Cinnamon Roll Flavored Mini-Wheats, serving size referenced on nutrition facts label
Malt-O- Meal
- Coco Roos, 3/4 cup
- Frosted Mini Spooners, 1 cup
- Golden Puffs, 3/4 cup

Mom’s Best Naturals
- Blue-Pom Wheat-fuls, 1 cup
- Honey-ful Wheat, 3/4 cup
- Sweetened Wheat-fuls, 1 cup
- Toasted Wheat-fuls, 1 cup

Nature’s Path
- Flax Plus Multibran, 3/4 cup
- Honey Corn Flakes, 3/4 cup
- Mesa Sunrise, 3/4 cup
- Smart Bran, 1/2 cup
- Sunrise Crunchy Maple, 2/3 cup

Post
- Cranberry Almond Crunch, 3/4 cup
- Grape-Nuts Flakes, 3/4 cup
- Just Bunches – Honey Roasted, 2/3 cup
- Honey Bunches of Oats Cereal with Real Strawberries, 3/4 cup
- Honey Bunches of Oats Fruit Blends with banana and blueberry, 3/4 cup
- Honey Bunches of Oats Fruit Blends with peaches and strawberries, 3/4 cup
- Honey Bunches of Oats with Almonds, 3/4 cup
- Shredded Wheat – Original, 1 cup
- Spoon Size Shredded Wheat Cereal – Lightly Frosted, Original, or Honey Nut, 1 cup

Quaker
- 100% Natural Granola – Honey, Oats & Honey or Oats & Raisins varieties, 1/2 cup
- Shredded Wheat, 3 biscuits

Uncle Sam Cereal
- Original, 3/4 cup

Frozen Breakfast Foods

Dole
- Blueberries, 1 cup
- Mango Chunks, 3/4 cup
- Mixed Berries, 1 cup
- Pineapple Chunks, 3/4 cup
- Raspberries, 1 cup
- Sliced Strawberries, 1 cup
- Tropical Island Blend, 3/4 cup
Hy-Vee
- Blueberries, 3/4 cup
- Cherry Berry Blend, 3/4 cup
- Red Raspberries, 2/3 cup
- Sliced Strawberries, 1/2 cup
- Whole Strawberries, 2/3 cup

Morningstar, 1/4 cup
- Scramblers

Hot Cereal

B&G Foods
- Cream of Rice, 1/4 cup dry
- Cream of Wheat, 3 tablespoons dry
- Cream of Wheat Whole Grain, 3 tablespoons dry

Bob's Red Mill
- 5 Grain Rolled Whole Grain Plus Flax Seed, 1/3 cup dry
- Gluten Free Rolled Oats, 1/2 cup dry
- Gluten Free Steel Cut Oats, 1/4 cup dry
- High Fiber Oat Bran, 1/3 cup dry
- Old Country Style Muesli, 1/4 cup dry
- Old Fashioned Rolled Oats, 1/2 cup dry
- Pride of the Mill Hot Cereal – 7 Grain or 10 Grain varieties, 1/4 cup dry
- Scottish Oatmeal, 1/4 cup dry
- Steel Cut Oats, 1/4 cup dry
- Whole Grain Creamy Buckwheat, 1/4 cup dry

Hodgson Mill
- All Natural Cracked Wheat, 1/4 cup dry
- All Natural Oat Bran, 1/4 cup dry
- Multi Grain with Milled Flaxseed & Soy, 1/3 cup dry
- Premium Steel Cut Oats, 1/4 cup dry

Hy-Vee
- Creamy Wheat, 3 tablespoons dry
- Instant Oatmeal, 1 packet
- Old Fashioned Oats, 1/2 cup dry
- Quick Oats, 1/2 cup 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, or Golden Brown Maple varieties
**Malt-O-Meal**
- Chocolate, *3 tablespoons dry*
- Maple & Brown Sugar, *1/4 cup dry*
- Original, *3 tablespoons dry*

**McCann**
- Steel Cut Irish Oatmeal, *1/4 cup dry*

**Nature’s Path Organic**
- Apple Cinnamon, *1 packet*
- Maple Nut, *1 packet*
- Original, *1 packet*

**Quaker**
- Oat Bran Hot Cereal, *1/2 cup dry*
- Old Fashioned Oats, *1/2 cup dry*
- Quick1-Minute Oatmeal, *1/2 cup dry*
- Quick 5-Minute Grits, *1/4 cup dry*
- Steel Cut Oats, *1/4 cup dry*

**Toaster Pastries**

**Kellogg’s, 1 bar**
- Go Tarts! Frosted Cinnamon Brown Sugar Snack Bars Pop-Tarts
- Go Tarts! Frosted Strawberry Snack Bars Pop-Tarts

**CANNED & DRIED FRUITS**

**Applesauce — 1/2 cup or single-serving cup**

**Buddy Fruits Pouches**
- Apple
- Banana
- Cinnamon
- Mango
- Strawberry

**Grandma Hoerner’s Big Slice Applesauce**
- Apricot
- Cinnamon
- Strawberry
Hy-Vee
- Cinnamon Applesauce
- Light Applesauce Mixed Berry
- Light Applesauce Strawberry
- Natural Style Applesauce
- Regular Applesauce
- Unsweetened Applesauce

Mott's
- Applesauce Pouch – Strawberry and Natural
- Cinnamon Applesauce
- Healthy Harvest Blueberry Delight Applesauce
- Healthy Harvest Country Berry Applesauce
- Healthy Harvest Granny Smith Applesauce
- Healthy Harvest Peach Applesauce
- Healthy Harvest Summer Strawberry Applesauce
- No Sugar Added Natural
- Original Applesauce
- Pear Applesauce
- Strawberry Applesauce

Musselman's
- Chunky Applesauce
- Cinnamon Applesauce
- Cinnamon Light Applesauce
- Light Applesauce
- Natural Applesauce
- Original Applesauce
- Red Spiced Apple Rings

Nature's Child Squeezers
- Applesauce
- Berry
- Strawberry

Canned Fruit – 1/2 cup or single-serving cup

Del Monte
- Apricot Halves in Heavy Syrup
- Bartlett Pear Halves in Heavy Syrup
- Cherry Mixed Fruit in Cherry Flavored Light Syrup cup
- Cherry Mixed Fruit in Natural Cherry Flavored Light Fruit Syrup
- Chunky Fruit Naturals Mixed Fruit
- Chunky Lite Mixed Fruit
- Diced Peaches No Sugar Added Cups
- Diced Pears in Light Syrup Cups
- Freestone Sliced Peaches
- Fruit Chillers Tube Arctic Strawberry
- Fruit Chillers Tube Grape Berry Blizzard
- Fruit Chillers Tube Strawberry Snow Storm
- Fruit Cocktail
- Fruit Cocktail in Heavy Syrup
- Fruit Naturals Fruit Cocktails – No Sugar Added
- Lite Bartlett Pear Halves in Pear Juice
- Lite Fruit Cocktail
- Lite Mandarin Orange Segments in Orange Flavored Gel Fruit & Gel
- Lite Peaches in Strawberry Banana Flavored Gel Fruit & Gel
- Lite Sliced Peaches
- Lite Yellow Cling Sliced Peaches
- Mandarin Orange Segments in Light Fruit Syrup
- Mandarin Oranges Fruit Cup
- Mandarin Oranges – No Sugar Added, in Water
- Mixed Fruit Cherry Fruit
- Mixed Fruit Fruit Rageous Crazy Cherry Fruit cup
- Mixed Fruit in Cherry Flavored Gel Fruit & Gel
- Mixed Fruit in Extra Light Fruit Cup Syrup
- Mixed Fruit in Heavy Fruit Cup Syrup
- Mixed Fruit in Light Fruit Syrup
- Mixed Fruit in Peach Flavored Gel Fruit & Gel
- Mixed Fruit in Raspberry Flavored Gel Fruit & Gel
- Peach Chunks
- Peach Halves
- Peach Slices – No Sugar Added, in Water
- Pear Chunks
- Pear Halves – Regular and Lite
- Raspberry Flavored Sliced Peaches
- Sliced Peach Fruit Naturals
- Sliced Peaches Harvest Cinnamon
- Sliced Peaches Harvest Raspberry
- Sliced Peaches Harvest Spice
- Sliced Pears – Lite and Regular
- Sunfresh Red Grapefruit Sections in Light Syrup
- Tropical Fruit Salad
- Tropical Fruit Salad Juice
- Tropical Mixed Fruit in Passion Fruit Nectar
- Very Cherry Mixed Fruit
- Yellow Cling Diced Peaches in Light Fruit Syrup
- Yellow Cling Peach Halves in Heavy Syrup
- Yellow Cling Sliced Peaches

**Del Monte All Natural**
- Mandarin Oranges in Water – No Sugar Added
- Pineapple Chunks in Pineapple Juice
- Sliced Peaches in Light Syrup
- Tropical Fruit in Light Syrup
Dole

- Apple Cinnamon Fruit Cups
- Apple Pear Crisp Fruit Cups
- Apples & Cream Parfait cups
- Crushed Pineapple in Heavy Syrup
- Crushed Pineapple in Unsweetened Pineapple Juice
- Diced Apples in 100% Juice cups
- Diced Peaches in 100% Juice Cups
- Diced Pears Fruit Bowls
- Fruit Tropical Fruit Bowls
- Mandarin Oranges Fruit Bowls
- Mandarin Oranges in Orange Gel Bowls
- Mixed Cherry in 100% Fruit Juice
- Mixed Fruit in Black Cherry Gel Fruit Bowls
- Mixed Fruit in Cherry Gel Sugar Free Cup
- Mixed Fruit in Peach Gel Fruit Bowls
- Mixed Fruit Bowls in 100% Juice
- No Sugar Added Crushed Pineapple in 100% Pineapple Juice
- No Sugar Added Pineapple Chunks in 100% Pineapple Juice
- No Sugar Added Pineapple Slices in 100% Pineapple Juice
- No Sugar Added Pineapple Tidbits in 100% Pineapple Juice
- Peach Fruit Crisp Fruit Cups
- Peach Fruit Parfait Fruit Bowls
- Peaches & Cream Parfait Cups
- Peaches in Strawberry Gel Fruit in Gel Cup
- Pineapple Chunks in Heavy Syrup
- Pineapple Fruit Parfait Fruit Bowls
- Pineapple in Lime Gel Fruit in Gel Cup
- Pineapple in Strawberry Gel Sugar Free Cup
- Pineapple Slices in Unsweetened Pineapple Juice
- Pineapple Tidbits in 100% Juice Cups
- Pineapple Tidbits in Unsweetened Pineapple Juice
- Red Grapefruit Sunrise Cups
- Sugar Reduced Pears in Kiwiberry Gel Bowls
- Tropical Fruit in 100% Fruit Juice

Hy-Vee

- Apricot Halves, Regular or Light varieties
- Chunk Pineapple
- Chunky Mixed Fruit, Light
- Crushed Pineapple
- Diced Peaches
- Diced Peaches, Fruit Cups
- Diced Pears, Fruit Cups
- Fruit Cocktail
- Fruit Cocktail, Regular or Light varieties
- Jellied Cranberry Sauce
- Lite Chunk Mixed Fruit
- Lite Fruit Cocktail
- Lite Unpeeled Apricot Halves Sweetened with Splenda
- Mandarin Oranges
- Mandarin Oranges Fruit Cups
- Mandarin Oranges in Light Syrup
- Mandarin Oranges in Orange Gel
- Mixed Fruit
- Mixed Fruit in Cherry Gel Cups
- Mixed Fruit, Fruit Cups
- Peaches in Strawberry Gel
- Pear Halves, Regular or Light varieties
- Pineapple in Lime Gel
- Pineapple Tidbits, Fruit Cups
- Purple Plus
- Red Maraschino Cherries
- Sliced Pineapple
- Tropical Fruit Cups
- Unpeeled Apricot Halves
- Whole Berry Cranberry Sauce

**Midwest Country Fair**
- Crushed Pineapple in Natural Juice
- Fruit Cocktail in Heavy Syrup
- Maraschino Cherries in Natural Juice
- Pear Halves in Light Syrup
- Pineapple Chunks in Natural Juice – No Sugar Added
- Pineapple Slices in Natural Juice – No Sugar Added
- Pineapple Tidbits in Natural Juice
- Sliced Peaches in Light Syrup
- Sliced Peaches in Heavy Syrup

**Ocean Spray**
- Orange Crushed Can Fruit Cranberry
- Jellied Cranberry Sauce
- Whole Berry Cranberry Sauce

**Oregon**
- Blueberries in Light Syrup
- Blackberries in Light Syrup
- Boysenberries in Light Syrup
- Dark Sweet Cherries in Heavy Syrup
- Gooseberries in Light Syrup
- Red Raspberries in Heavy syrup
- Red Tart Cherries in Water
- Royal Anne Cherries in Heavy Syrup
- Thompson Grapes in Light Syrup
Pacific
- Mandarin Oranges in Light Syrup

Richelieu
- Pitted Dark Sweet Cherries in Heavy Syrup

Roland
- Mango Slices in Light Syrup
- Tropical Fruit Salad in Light Syrup with Passion Fruit Juice

Dried Fruit

**GoodSense, 1/4 cup (unless specified)**
- Apricots, 6 pieces
- Banana Chips, 1/2 cup
- Brotherhood Mix
- California Mix
- Canyon Mix
- Cherries, 1/3 cup
- Cranberries, 1/3 cup
- Cranberries and More
- Dried Plums, 6 pieces
- Milk chocolate raisins, 1/3 cup
- No Salt Sunflower Seeds
- Organic Apricots, 6 pieces
- Pineapple, 1/3 cup
- Roasted and Salted Sunflower Seeds
- Raw Sunflower Seeds
- Roasted and Salted Soynuts, Hot n Spicy, BBQ
- Tropical Trailmix, 1/3 cup
- Yogurt Soynuts, 1/3 cup

**Hy-Vee, 1/4 cup (unless specified)**
- Apricots, 5 pieces
- Banana Chips, 1/3 cup
- Blueberries
- Cherries
- Cranberries, 1/3 cup
- Mangos, 9 pieces
- Mixed Fruit
- Mixed Berries
- Pineapple, 8 pieces
- Pitted Prunes, 5 pieces
- Raisins
- Vanilla Yogurt Covered Cranberries, 7 pieces
- Vanilla Yogurt Covered Raisins, 18 pieces
Ocean Spray Craisins, 1/3 cup
- Blueberry flavor
- Cherry flavor
- Orange flavor
- Pomegranate flavor
- Sweetened dried cranberries

Sun Maid, 1/4 cup
- Apricots
- Cranberries
- Fruit Bits
- Golden Raisins
- Mediterranean Apricots
- Mixed Fruit
- Mixed Jumbo Raisins
- Peaches
- Raisins
- Tart Cherries
- Zante Currants

Sunsweet, 5 pieces (unless specified)
- Cherry Essence Prunes
- Chopped Dates, 1/4 cup
- Chocolate Plum Sweets, 14 pieces
- Mango, 4 pieces
- Orange Essence Prunes
- Pineapple, 6 pieces
- Pitted Dates, 5 - 6 pieces
- Pitted Prunes

Welch's, 1/4 cup
- Berry Medley
- Cherries
- Cranberries and Spiced Apples

Trail Mix

Energy Club, 1/4 cup
- Fancy Fruit & Nut
- Nuts N Chocolate Blend
- Sweet Kiwi Medley
- Tropical Isle Blend
Hy-Vee

- Berry, 1/3 cup
- Caramel Cashew Honey Crunch, 1/4 cup
- Dark Chocolate Cranberry, 1/4 cup
- Mountain, 1/4 cup
- Raisin & Nut, 1/4 cup
- Tropical Fruit, 1/3 cup

RU Nuts

- Cherry Delight, 3 tablespoons
- Cross Country Trail Mix, 3 tablespoons
- RU Berry Sweet, 3 tablespoons
- Wild About Peanuts, 3 tablespoons

CANNED & DRIED SOUP

Canned Soup

Amy’s, 1 cup
- Organic Low-Fat Butternut Squash
- Organic Medium Chili
- Organic Spicy Chili

Health Valley Organic, 1 cup
- Black Bean Soup
- Fat-Free Beef Flavored Broth, No-Salt-Added
- Lentil Soup, No-Salt-Added
- Low-Fat Chicken Broth
- Mild Vegetarian Chunky Chili, No-Salt-Added
- Minestrone, No-Salt-Added
- Mushroom Barley Soup, No-Salt-Added
- Potato & Leek Soup, No-Salt-Added
- Spicy Vegetarian Chunky Chili, No-Salt-Added
- Split Pea Soup, No-Salt-Added
- Tomato Soup, No-Salt-Added
- Vegetable Soup, No-Salt-Added

Dried Soup Mix

Bob’s Red Mill, 1/2 cup dry
- 13-Bean Soup Mix
- Vegi Soup Mix
CANNED MEATS & SEAFOOD

Poultry

**Hormel**, 2 ounces
- No-Salt Breast of Chicken Chunk

Sardines/ Clams

**Crown Prince**
- Brisling Sardines in Spring Water

**Snow’s**, 1 tablespoon
- Clam Juice

Tuna

**Chicken of the Sea**, 1/4 cup
- Chunk Light Tuna in Water, 50% Less Sodium

**Crown Prince**, 1/4 cup
- Solid White No-Salt-Added Albacore Tuna

**Natural Sea**, 1/4 cup
- No-Salt-Added Chunk Light Tuna

**StarKist**, 1/4 cup
- Very-Low-Sodium Chunk White Albacore Tuna
CANNED VEGETABLES

Beans

Eden, 1/2 cup raw
- Garbanzo Beans
- Organic Cajun Beans Small Red Beans & Rice
- Organic Caribbean Black Beans & Rice Beans
- Organic Fat-Free Black Beans
- Organic Fat-Free Kidney Beans
- Organic Fat-Free Pinto Beans
- Organic Kidney Beans & Rice Beans
- Organic Pinto Beans & Rice Beans

Beets

Aunt Nellie's, 2 beets
- Ruby Red Pickled Sliced
- Ruby Red Pickled Whole

Corn

Del Monte, 1/2 cup
- 50% Less Sodium Whole-Kernel Sweet Corn
- No-Salt-Added Cream-Style Sweet Corn
- No-Salt-Added Whole-Kernel Sweet Corn

Green Beans

Del Monte, 1/2 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
- Pitted Large Black Ripe Olives, 4 olives
- Pitted Medium Black Ripe Olives, 5 olives
- Sliced Ripe Black Olives, 2 tablespoons

Hy-Vee
- Chopped Black Ripe Olives, 1-\(\frac{1}{3}\) tablespoons
- Pitted Large Black Ripe Olives, 4 olives
- Pitted Medium Black Ripe Olives, 5 olives
- Sliced Ripe Black Olives, 2 tablespoons

Nature Value
- Pitted Medium Black Ripe Olives, 5 olives
- Sliced Black Olives, 2 tablespoons

Peas

Del Monte, 1/2 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 tablespoons
- Tomato Paste

Del Monte, 2 tablespoons
- Organic Tomato Paste

Hunt’s
- All-Natural Tomato Paste, 2 tablespoons
- No-Salt-Added Tomato Paste, 2 tablespoons
- No-Salt-Added Tomato Sauce, 1/4 cup

Hy-Vee, 2 tablespoons
- Tomato Paste

Muir Glen, 1/4 cup
- No-Salt-Added Tomato Sauce
**Tomatoes**

**Del Monte**
- No-Salt-Added Fresh Cut Diced, 1/2 cup
- Organic Crushed Tomatoes, 1/4 cup

**Eden**
- Crushed Tomatoes, No-Salt-Added, 1/4 cup
- Diced Tomatoes, No-Salt-Added, 1/2 cup

**Hunt’s**
- No-Salt-Added Stewed Tomatoes, 1/2 cup
- Organic Whole Tomatoes, 1/2 cup

**Muir Glen**
- Premium Diced Tomatoes, No-Salt-Added, 1/2 cup

**CONDIMENTS**

**Ketchup**

**Heinz**, 1 tablespoon
- No-Salt-Added Tomato Ketchup

**Westbrae Natural**, 1 tablespoon
- Vegetarian Unsweetened Ketchup

**Mayonnaise**

**Hellmann’s**, 1 tablespoon
- Canola Cholesterol-Free Mayonnaise
- Light Mayonnaise
- Real Mayonnaise

**Hy-Vee**, 1 tablespoon
- Light Salad Dressing
- Regular Salad Dressing
Kraft, 1 tablespoon
- Light Miracle Whip Dressing
- Mayo with Olive Oil
- Miracle Whip Dressing
- Nonfat Miracle Whip Dressing
- Real Mayo – Regular, Light or Free varieties

Mustard

French’s, 1 teaspoon
- Classic Yellow Mustard
- Honey Mustard
- Honey-Dijon Mustard
- Spicy Brown Mustard

Hellmann’s, 1 teaspoon
- Dijonnaise
- Honey Mustard

Hy-Vee, 1 teaspoon
- Dijon Mustard
- Honey Mustard
- Pure Prepared Mustard
- Spicy Brown Mustard

Plochman’s, 1 teaspoon
- Beer Mustard
- Mild Yellow Mustard
- Premium Mustard – Honey-Dijon, Premium Dijon or Spicy Pepper varieties

Oil

Alessi, 1 tablespoon
- Extra-Virgin Olive Oil

Asoyia, 1 tablespoon
- Ultra-Low-Linolenic Soybean Oil

Bertolli, 1 tablespoon
- Classico Olive Oil
- Extra-Light Olive Oil
- Extra-Virgin Olive Oil

Crisco, 1 tablespoon
- Pure Canola Oil
DaVinci, 1 tablespoon
- Extra-Virgin Olive Oil
- Premium Reserve 100% Italian Olive Oil

Enova, 1 tablespoon
- Cooking & Salad Oil

Filippo Berio, 1 tablespoon
- 100% Pure All-Natural Sautéing & Grilling Olive Oil
- 100% Pure Extra-Light-Tasting Olive Oil
- 100% Pure Olive Oil
- Extra-Virgin Olive Oil

Goya, 1 tablespoon
- Spanish Extra-Virgin Olive Oil

Hy-Vee, 1 tablespoon
- 100% Pure Canola Oil
- 100% Pure Vegetable Oil
- Hy-Vee Grand Extra-Virgin Olive Oil
- Hy-Vee Grand Olive Oil
- Pure Corn Oil

Italica, 1 tablespoon
- Premium Omega-3 All-Natural Olive Oil
- Spanish Extra-Virgin Olive Oil

Spectra, 1 tablespoon
- Almond Oil
- Avocado Oil
- Corn Oil
- Grapeseed Oil
- Organic Extra Virgin Medium Olive Oil
- Organic Canola Oil
- Organic Coconut Oil
- Organic Extra Virgin Olive Oil
- Organic Sunflower Oil
- Organic Virgin Coconut Oil
- Peanut Oil
- Sesame Oil

Wesson, 1 tablespoon
- 100% Pure Natural Vegetable Oil
- Pure Canola Oil
- Pure Corn Oil
- Vegetable Oil
Pasta Sauce

Amy's, 1/2 cup
- Organic Pasta Sauce

Enrico's, 1/2 cup
- Traditional Pasta Sauce

Walnut Acres, 1/2 cup
- Organic Tomato & Basil Pasta Sauce, Low-Sodium

Salad Dressing

Drew's, 1 tablespoon
- Garlic Italian Dressing
- Kalamata Olive and Caper Salad Dressing
- Roasted Garlic Dressing
- Rosemary Balsamic Salad Dressing
- Soy Ginger Dressing
- Thai Sesame Lime Dressing

Girard's, 2 tablespoons
- Raspberry Dressing

Hy-Vee, 2 tablespoons
- Raspberry Vinaigrette

Ken's, 2 tablespoons
- 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 tablespoons
- Fat-Free Poppyseed Salad Dressing
- Fat-Free Raspberry Vinaigrette

Newman's Own, 2 tablespoons
- Natural Salad Mists – Asian Sesame, Balsamic or Tuscan Italian varieties

Wish-Bone, 10 sprays
- Salad Spritzers – Asian Silk, Balsamic Breeze, Caesar Delight, French Flair, Honey Mustard Buzz, Italian, Ranch, Raspberry Bliss or Red Wine Mist varieties
Salsa

Enrico’s, 2 tablespoons
- Chunky Salsa, No-Salt-Added
- Mild Chunky Salsa

Green Mountain Gringo, 2 tablespoons
- Original Salsa – Hot, Medium or Mild varieties
- Roasted Garlic Salsa

Hy-Vee, 2 tablespoons
- HealthMarket Organic Original Salsa – Medium or Mild varieties
- HealthMarket Pineapple Salsa

Newman’s Own, 2 tablespoons
- All-Natural Chunky Salsa – Medium or Mild varieties
- Medium Peach Salsa
- Medium Pineapple Salsa

Seasoning

McCormick, 1/4 teaspoon
- Salt-Free All-Purpose Seasoning

Mrs. Dash, 1/4 teaspoon
- Seasoning Blends – Chicken, Extra-Spicy, Garlic & Herb, Lemon Pepper, Original, Southwest Chipotle, Steak or Table Blend varieties

Tony Chachere’s, 1/4 teaspoon
- Lite Seasoning
- Salt-Free Seasoning

Specialty Sauces

Heinz
- Horseradish Sauce, 1 teaspoon
- Tartar Sauce, 2 tablespoons

Mrs. Dash, 1 tablespoon
- Marinades – Garlic Lime, Lemon Herb Peppercorn, Mesquite Grille, Southwestern Chipotle, Spicy Teriyaki or Zesty Garlic Herb varieties
Vinegar

Heinz, 1 tablespoon
- Apple Cider Vinegar
- Distilled White Vinegar
- Gourmet Malt Vinegar
- Gourmet Salad Vinegar

Hy-Vee, 1 tablespoon
- Apple Cider Vinegar
- White Distilled Vinegar

Pompeian, 1 tablespoon
- Balsamic Vinegar
- Pomegranate-Infused Blush Balsamic Vinegar
- Pomegranate-Infused Red Wine Vinegar
- Red Wine Vinegar

DAIRY

Butter & Margarine

Fleischmann’s, 1 tablespoon
- Unsalted Margarine

Hy-Vee, 1 tablespoon
- Unsalted Butter

Land O’ Lakes, 1 tablespoon
- Unsalted Butter

Cream & Creamers

Anderson Erickson, 1 tablespoon
- Heavy Whipping Cream

Coffee-Mate, 1 tablespoon
- Coffee Creamers – Black Cherry Streusel, Chocolate Raspberry, Cinnamon Bun, French Vanilla, Hazelnut, Hazelnut Biscotti, Italian Sweet Cream, Original, Tiramisu, Vanilla Caramel or Original varieties
- Fat-Free Coffee Creamers – French Vanilla, Cinnamon Vanilla Crème, Hazelnut or Original varieties
Hy-Vee
- Coffee Creamers – Fat-Free French Vanilla, Fat-Free Hazelnut, French Vanilla, Hazelnut, 
  *Original or Fat-Free varieties, 1 tablespoon*
- Half & Half – Fat-Free or Original varieties, *2 tablespoons*
- Real Whipped Cream – Light or Original varieties, *2 tablespoons*
- Whipping Cream, *1 tablespoon*

International Delight, *1 tablespoon*
- 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 tablespoons*
- Half & Half
- Half & Half, Fat-Free

Swiss Valley
- Half & Half, *2 tablespoons*
- Whipping Cream, *1 tablespoon*

Cheese

Hy-Vee, *1 slice*
- HealthMarket Organic Cheese, Provolone
- Sliced Cheese – Colby, Mild Cheddar, Mozzarella, Muenster, Pepper Jack or Swiss varieties

Sargento, *1 slice*
- Sliced Cheeses – Colby-Jack or Provolone varieties

Cream Cheese

Hy-Vee, *1 ounce or 2 tablespoons*
- Garden Vegetable
- Neufchatel Cheese, *1/3 Less Fat Than Cream Cheese*
- Onion and Chive
- Original Cream Cheese
- Strawberry
- Whipped

Kraft, *1 ounce or 2 tablespoons*
- *1/3 Less Fat Spread*
- Philadelphia Cream Cheese Spread – Blueberry, Honey Nut, Pineapple, Raspberry, Regular 
  or Strawberry varieties
- Philadelphia Swirls
- Philadelphia Whipped
Dip

Hy-Vee, 2 tablespoons
- 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
- 100% Liquid Egg Whites, 3 tablespoons
- Original Egg Beaters, 1/4 cup

Eggland’s Best, 1 egg
- All-Natural Farm Fresh Grade A Large
- Cage Free Grade A Large
- Grade A Large

Hy-Vee, 1 egg
- Egg Substitute, 1/4 cup
- Grade A Extra-Large
- Grade A Jumbo
- Grade A Large
- Grade A Medium
- HealthMarket Organic Grade A Large

Sparboe Farms, 1 egg
- Cage-Free Brown Plus Omega-3 Grade A Large
- Omega Plus Grade A Large

Gelatin

Jell-O, 1 single-serving container or 1/2 cup
- Strawberry Gelatin Snacks
- Sugar-Free Strawberry Gelatin Snacks
- Sugar-Free Variety Pack Gelatin Snacks – Cherry/Black Cherry, Orange/Lemon-Lime, Low-Calorie Peach/Watermelon, Strawberry Kiwi/Tropical Berry or Variety Pack varieties
Milk & Milk Substitutes

8th Continent, 8 fluid ounces
- Fat-Free Vanilla Soymilk
- Light Chocolate Soymilk
- Light Plain Soymilk
- Light Vanilla Soymilk

Anderson Erickson, 8 fluid ounces
- 1% Low-Fat Milk
- 2% Reduced-Fat Milk
- Fat-Free Skim Milk
- Vitamin D Milk

Hy-Vee, 1 cup
- 1% Low-Fat Milk
- 2% Reduced-Fat Milk
- Fat-Free Skim Milk
- HealthMarket 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
- Vitamin D Milk

Silk, 1 cup
- Calcium-Enriched Soymilk – Chocolate, Plain or Vanilla varieties
- Lactose-Free Organic Soymilk – Cholesterol-Free Chocolate, Unsweetened or Vanilla varieties
- Soymilk – Chocolate, Lactose-Free Vanilla, Light Chocolate, Light Plain, Light Vanilla, Plain, Mocha, Vanilla or Very Vanilla varieties

Swiss Valley, 1 cup
- 1% Milk
- 1% Strawberry Milk
- 2% Milk
- Skim Milk Fat-Free
- Vitamin D Milk
**Pudding**

**Kozy Shack, 1 single-serving container**
- Chocolate
- Cinnamon Raisin Rice
- Key Lime
- No-Sugar-Added Rice
- No-Sugar-Added Tapioca
- Original Rice
- Tapioca Rice

**Ricotta Cheese**

**Frigo, 1/4 cup**
- Part-Skim Ricotta

**Sargento, 1/4 cup**
- Light Ricotta

**Sour Cream**

**Daisy, 2 tablespoons**
- Light
- No-Fat
- Regular

**Hy-Vee, 2 tablespoons**
- Light
- Regular

**Swiss Valley, 2 tablespoons**
- Fat-Free
- Light
- Regular

**Specialty Meats & Cheeses**

**BelGioioso, 1 slice**
- Sliced Mild Provolone

**Cappiello, 1-¼-inch cube**
- Mozzarella – Marinated or Traditional varieties

**Chavrie, 1 ounce**
- Goat’s Milk Cheese – Original or With Basil & Roasted Garlic varieties
Deli Fresh, 1 one-ounce slice
- Big Eye Swiss
- Reduced-Fat Halo Cheese
- Reduced-Fat Lorraine Swiss
- Shullsburg Baby Swiss

Jarlsberg, 1/3 cup
- All varieties

President, 1-inch cube
- Brie – *Excluding 4-½-ounce box
- Camembert

Yogurt

Dannon, 1 single-serving container or 1 cup
- Activia Grade A 2% Milk Fat Low-Fat Yogurt With Bifidus Regularis – Blueberry, Mixed Berry, Peach, Prune, Strawberry or Vanilla varieties
- Activia Strawberry Blueberry Low-Fat Yogurt with Bifidus Regularis
- DanActive Cultured Dairy Drink – Blueberry, Strawberry or Vanilla varieties
- DanActive Probiotic Cultured Immunity Dairy Drink – Banana, Strawberry 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 La Crème Yogurt
- Strawberry/Strawberry Banana/Peach Yogurt Creamy Fruit Blends
- Vanilla La Crème Yogurt

Hy-Vee, 1 single-serving container or 1 cup
- Banana Cream Nonfat Yogurt
- Black Cherry Low-Fat Yogurt
- Blueberry Low-Fat Yogurt
- Blueberry Nonfat Yogurt
- Cherry Nonfat Yogurt
- Cherry-Vanilla Low Fat Yogurt
- Fat-Free Plain Yogurt
- Key Lime Pie Fat-Free Yogurt
- Lemon Chiffon Nonfat Yogurt
- Lemon Low-Fat Yogurt
- Mixed Berry Low-Fat Yogurt
- Nonfat Vanilla Yogurt
• Peach Nonfat Yogurt
• Peach Yogurt
• Plain Low-Fat Yogurt (8 oz)
• Raspberry Low-Fat Yogurt
• Raspberry Nonfat Yogurt
• Strawberry Banana Low-Fat Yogurt
• Strawberry Banana Nonfat Yogurt
• Strawberry Low-Fat Yogurt
• Strawberry Nonfat 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 – Blueberry, Peach, Raspberry, Strawberry, Strawberry Banana or Vanilla varieties

Stonyfield Farm, 1 single-serving container or 1 cup
• Organic Fat-Free Yogurt – Blueberry, Chocolate Underground, French Vanilla, Peach, Plain, Raspberry or Strawberry varieties
• Organic Lowfat Yogurt – Banilla, Blueberry, Caramel, Chocolate Underground, French Vanilla, Just Peachy, Luscious Lemon, Plain, Raspberry, Strawberry or Vanilla varieties
• Organic O’Soy Soy Yogurts – Blueberry, Chocolate Underground, Peach, Raspberry, Strawberry or Vanilla varieties
• Organic Whole Milk Yogurt – French Vanilla, Plain, Strawberries & Cream, Whole Milk French Vanilla or Wild Blueberry varieties
• Organic YoBaby Apple Mixed Berry Yogurt Plus Fruit & Cereal with Iron
• Organic YoBaby Made with Whole Milk Yogurt – Banana and Vanilla, Blueberry and Apple or Peach and Pear varieties
• Organic YoKids Squeezers, Strawberry
• YoKids Organic Low-Fat Yogurt – Raspberry or Strawberry Vanilla 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
• Low-fat 1% Milkfat Vanilla Yogurt – With Mini M&M’s or with Oreo Cookies ‘n’ Cream varieties
• Low-fat Strawberry Yogurt with Nestle Crunch Candy Pieces
• Low-fat Yogurt with Peach Granola
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 Portable Yogurt – Berry Blue Blast & Strawberry Splash or Berry Burstin’ Melon Berry & Cotton Candy varieties
- Go-Gurt Smoothie – Paradise Punch, Strawberry Splash or Wild Berry 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 Raspberry
- Light Smoothie – Peach, Strawberry or Strawberry Banana varieties
- 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 & SEAFOOD

Beef

Amana, 3 ounces
- Bottom Round, Steak
- Brisket, Whole
- Chuck, Arm Pot Roast
- Chuck, Blade Roast
- Eye Round, Roast
- Ground Beef, 73% Lean
- Ground Beef, 83% Lean
- Ground Beef, 90% Lean
- Loin, Sirloin Steak
- Loin, Tenderloin Steak
- Rib Roast, Large End
- Rib Steak, Small End
- Round, Tip Roast
- Top Loin, Steak
- Top Round, Steak
Hy-Vee, 1 kabob
- Grill Ready Beef Kabobs, Unseasoned

Lamb

Amana, 3 ounces
- Leg, Whole
- Shank Rib Roast Loin Chop
- Shoulder, Arm Chop
- Shoulder, Blade Chop

Pork

Amana, 3 ounces
- Center Chop, Loin
- Ground Pork
- Loin, Country-Style Ribs
- Loin, Rib Chops
- Loin, Sirloin Roast
- Shoulder Blade Steak
- Spareribs
- Tenderloin, Roast
- Top Loin, Chop
- Top Loin, Roast

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
- Chicken Breast
- Chicken Drumstick
- Chicken Thigh
- Chicken Wing
- Turkey Breast
- Turkey Drumstick
- Turkey Thigh
- Turkey Wing
- Whole Chicken
- Whole Turkey
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
- Cutlets
- Loin Chop
- Rib Roast
- Shoulder, Arm Steak
- Shoulder, Blade Steak
FROZEN FOODS

Bread & Noodles

Hy-Vee
- Egg Noodles, 1/2 cup
- White Dinner Rolls, 1 roll
- Yolk-Free Noodles, 1/2 cup

Reames, 1/2 cup
- Egg Noodles
- Yolk-Free Noodles

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

Pappy’s, 1/8 pie
- Pie Crust Dough

Pepperidge Farm, 1/8 cake
- 3-Layer Cake – Chocolate Fudge, Coconut, Lemon, Peppermint or Vanilla Bean varieties

Pillsbury, 1/8 pie
- Pet-Ritz Pie Crusts – Deep-Dish or Regular varieties

Sara Lee
- Mini Cream Puffs, 6 pieces
- Mini Éclairs, 5 pieces
Ice Cream

**Ben & Jerry's, 1/2 cup**
- Cherry Garcia
- Chocolate Chip Cookie Dough
- Chocolate Fudge Brownie
- Chunky Monkey
- FroYo Frozen Yogurt – Cherry Garcia, Chocolate Fudge Brownie, Half-Baked or Strawberry Banana varieties
- Half-Baked
- New York Super Fudge Chunk
- Peanut Butter Cup
- Phish Food
- Pistachio Pistachio
- Strawberry Cheesecake
- Toffee Crunch Heath Bar
- Vanilla with Toffee Crunch

**Blue Bunny, 1/2 cup**
- Banana Split
- Birthday Party
- Bunny Tracks
- Butter Pecan
- Cherry Cheesecake
- Chocolate Chip Cookie Dough
- Cookies & Cream
- Double Strawberry
- Gelato – Chocolate, Espresso, Hazelnut, Italian Chocolate Chip or Pistachio varieties
- Hi-Lite Ice Cream – Chocolate, Cookies & Cream, Fudge Nut Sundae, Homemade Vanilla, Mint Chip or Vanilla varieties
- Homemade Chocolate
- Homemade Turtle Sundae
- Homemade Vanilla
- Light Ice Cream Personals – Bunny Tracks, Chocolate Raspberry Cheesecake, Double Strawberry, Peanut Butter Fudge or Super Fudge Brownie varieties
- Mint Chocolate
- Neapolitan
- No-Sugar-Added Fat-Free Ice Cream – Brownie Sundae, Caramel Toffee Crunch or Vanilla varieties
- Orange Dream
- Orange Sherbet
- Personals – Banana Split, Bunny Tracks, Peanut Butter Panic, Super Chunky Cookie Dough, Super Fudge Brownie or Turtle Sundae varieties
- Rocky Road
- Sherbet – Lime, Orange, Pineapple, Rainbow or Raspberry varieties
- Vanilla
Breyers, 1/2 cup
- All That Caramel, Vanilla with Caramel
- All-Natural Extra Creamy Vanilla
- All-Natural Light Mint Chocolate Chip
- All-Natural Vanilla & Chocolate Fudge Checks
- 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
- Double Churn Light Chocolate Silk
- Double Churn Light Cookies & Cream
- Dulce de Leche Flavor
- Fat-Free Vanilla
- French Vanilla
- 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
- Ice Cream with Health Milk Chocolate English Toffee Bar Pieces
- Lactose-Free Vanilla Mint Chocolate Chip
- Light Natural Vanilla
- Light Vanilla Bean
- Light Vanilla-Chocolate-Strawberry
- Mud Pie Brownie
- Natural Vanilla
- No-Sugar-Added Ice Cream – Chocolate Caramel Swirl, Coffee, Fudge Tracks, Light Fudge Tracks, Mint Chocolate Chip, Neapolitan, Reduced-Fat Vanilla, or Vanilla Bean varieties
- No-Sugar-Added Light – Chocolate, Strawberry or Vanilla varieties
- No-Sugar-Added Light-Sugar Smart Ice Cream – Butter Pecan, French Vanilla or Vanilla varieties
- Peach
- Peanut Butter Fudge
- Peanut Butter with Reese’s Peanut Butter Cup Pieces
- Rocky Road
- 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
- Strawberry
- Take Two! Vanilla & Chocolate Vanilla Fudge Twirl
- Vanilla Ice Cream with Oreo Cookie Pieces
- Vanilla-Chocolate-Strawberry

**Dove, 1/2 cup**
- Beyond Vanilla
- Chocolate Brownie Affair
- Give In to Mint
- Irresistibly Raspberry
- Pecan Caramel Perfection
- Unconditional Chocolate
- Vanilla with a Chocolate Soul

**Edy’s, 1/2 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, 1/2 cup**
- Bailey’s Irish Cream
- Banana Split
- Black Raspberry Chip
- Black Walnut
- Blueberry Cheesecake
- Butter Pecan
- Caramel Dulce de Leche
- Cherry Vanilla
- Chocolate
- Chocolate Chip
- Coffee
- Cookie Chip Dough
- Cookies & Cream
- Frozen Yogurt – Coffee, Dulce de Leche, Vanilla, Vanilla Honey & Granola or Wild Berry varieties
- Light Ice Cream – Caramel Cone, Chocolate Fudge Brownie, Cookie Dough, Dulce de Leche, Dutch Chocolate, Mint Chip or Vanilla Bean varieties
- Macadamia Brittle
- Mint Chip
- Peanut Butter
- Pineapple Coconut
- Pistachio
- Rocky Road
- Rum Raisin
- Sorbet – Lemon, Mango, Raspberry or Strawberry varieties
- Strawberry
- Swiss Almond Vanilla
- Triple Chocolate
- Vanilla
- Vanilla Bean
- Vanilla Chocolate Chip
- Vanilla Fudge Brownie

Hy-Vee, 1/2 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
- Orange Blossom Ice Cream & Sherbet
- Peanut Butter Fudge
- Peppermint
- Root Beer Float
- Sherbet – Orange, Lime, Pineapple, Rainbow or Raspberry varieties
- Star Tracks
- Strawberry
- Tin Roof Sundae
- Vanilla Flavored
Schoep’s, 1/2 cup
- Bear Claw
- Blue Moon
- Blueberry Cream Pie
- Butter Pecan
- Chocolate
- Chocolate Chip Cookie Dough
- Cookies N Cream
- Fudge Swirl
- Homemade Vanilla
- Mint Chocolate Chip
- Moose Tracks
- New York Cherry
- New York Vanilla
- Strawberry
- Vanilla

Starbucks, 1/2 cup
- Coffee Almond Fudge
- Classic Coffee
- Java Chip

Ice Cream Novelties

Blue Bunny, 1 treat
- 100-Calorie Ice Cream Bars – Butter Pecan, English Toffee, Orange & Raspberry or Vanilla Fudge & Fudge varieties
- Big Fudge Bars
- Bomb Pops
- Caramel Crunch Bar
- Classic Sundae Cones
- English Toffee Bars
- FrozFruit Bars – Chunky Strawberry, Chunky Tropical, Pomegranate Cherry or Raspberry Acai varieties
- Goin’ Bananas Bar
- Orange Dream Bars
- Slush Pops
- Star Bars
- Sweet Freedom Supremes Ice Cream Bars – Almond, Black Raspberry, Candy, Chocolate Lites, Fudge Lites, Krunch Lites, Peanut Butter Cup, Turtle or Vanilla Lites varieties
- The Champ Cones – Caramel, Chocolate Lovers or Vanilla varieties
- Vanilla Ice Cream Sandwiches
- 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 Dark Chocolate Variety Pack, 5 pieces
- 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

Edy's, 1 bar
- Assorted Fruit Bars
- Coconut Fruit Bars
- 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
- Grape Fruit Bars
- Lemonade Fruit Bars
- Lime Fruit Bars
- No-Sugar-Added Strawberry, Tangerine Raspberry Variety Pack Fruit Bars
- Tangerine Fruit Bars

Fudgsicle, 1 bar
- Fat-Free Fudge Bar
- No-Sugar-Added Fudge Bar
- Original Fudge Bar
- Triple Chocolate Fudge Bar

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

Klondike, 1 bar
- Klondike Bar – Chocolate, Heath Milk Chocolate English Toffee Bar, Krunch or The Original varieties

M&M's, 1 cone
- Ice Cream Cones

Nestle, 1 treat
- Drumsticks – Chocolate, Vanilla, Vanilla Caramel or Vanilla Fudge 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
- Sugar-Free LIFE SAVERS Pops
- Sugar-Free Low-Calorie Assorted Flavors Ice Pops
- Sugar-Free Tropical Ice Pops
- Super Heroes Firecracker Pops

**Schoep’s, 1 treat**
- Big Event Ice Cream Bars
- Big Event Ice Cream Sandwich
- Big Event Orange Split Bars
- Crispy Bars
- Frozen Yogurt – Chocolate Fudge, Pecan, Strawberry or Vanilla varieties
- Fudge Bars
- Sundae Cups
- Sundae Nut Cones

**Skinny Cow, 1 treat**
- Ice Cream Cones – Chocolate with Fudge, Chocolate with Mint or Vanilla with Caramel varieties
- Ice Cream Sandwiches – Chocolate Peanut Butter, Mint, No-Sugar-Added Vanilla, Vanilla or Vanilla/Chocolate Combo varieties
- Low-Fat Fudge Bars
- Skinny Dippers – Vanilla & Caramel or Vanilla & Mint varieties

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

**Starbucks, 1 bar**
- Low-Fat Frappucino Blended Mocha Coffee Bars

**Weight Watchers, 1 bar**
- Chocolate Cookie & Ice Cream Giant Bar
- Chocolate Mousse Bars
- Cookie & Cream Giant Bar
- English Toffee Crunch Bars
- Giant Chocolate Fudge Ice Cream Bars
- Giant Fudge Sundae Cones – Chocolate or Vanilla varieties
- Premium Ice Cream Cups
- Sherbet & Ice Cream Bars
- Vanilla Ice Cream Sandwich
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**
- Apple Juice Frozen Concentrate
- Fruit Punch Frozen Concentrate
- Grape Juice Cocktail Frozen Concentrate
- Lemonade Frozen Concentrate
- Limeade Frozen Concentrate
- Orange Juice Frozen Concentrate
- Orange Juice with Added Calcium Frozen Concentrate
- Pink Lemonade Frozen Concentrate

**Minute Maid, 8 fluid ounces prepared**
- 5 Alive Frozen Citrus Beverage
- Frozen Concentrate – Grapefruit, Lemonade, Limeade, Pink Lemonade or Raspberry Lemonade varieties
- Frozen Concentrated Orange Juice – Calcium Rich Orange, Country Style Orange, Pulp Free or Reduced Acid varieties
- Fruit Punch Frozen Concentrate

**Welch’s, 8 fluid ounces prepared**
- 100% Regular Grape Juice Concentrate
- 100% White Grape Juice Concentrate
- Cran Raspberry Frozen Concentrate Juice Cocktail
- Frozen Concentrated Orange Juice – Country Style Orange, Calcium-Rich
- Orange, Pulp-Free or Reduced-Acid varieties
- Orange Pineapple Apple Cocktail Frozen Concentrate

Meat & Poultry

**Farmland, 1 burger**
- All-Natural Pork Burgers

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

Lynden Farms, 3 ounces
- French Fries
- Hash Brown Potatoes
- Potatoes O’Brien
- Tater Rounds

Mr. Dell’s
- O’Brien Hash Browns, 1 cup
- Shredded 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
- Catfish
- Lemon Herb Tilapia
- Teriyaki Salmon
- Wild Salmon
Hy-Vee, 4 ounces
- Cod Fillets
- Flounder Fillets
- Halibut Steaks
- Keta Salmon
- Mahi Mahi
- Ocean Perch
- Orange Roughy
- Sockeye Salmon
- Sole
- Tilapia
- Yellowfin Tuna

Matlaw's, 4 ounces
- Cod
- Ocean Perch
- Orange Roughy
- Pollock
- Salmon

SeaFest, 4 ounces
- Tilapia Fillets

Vegetables

Cascadian Farm, 2/3 cup
- Edamame Blanched Shelled Soybeans
- Edamame Blanched Soybeans in Pods

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

Hy-Vee
- Baby Lima Beans, 1/2 cup
- Broccoli Cuts, 1 cup
- Broccoli Florets, 1 cup
- Brussels Sprouts, 6 sprouts
- Cauliflower Florets, 1 cup
- Chopped Broccoli, 1 cup
- Chopped Spinach, 1/3 cup
- Country Trio, 2/3 cup
- Cut Golden Corn, 2/3 cup
• Cut Green Beans, 2/3 cup
• Fiesta Blend, 2/3 cup
• French-Cut Green Beans, 1 cup
• Frozen California Mix, 2/3 cup
• Frozen Italian Blend, 2/3 cup
• Frozen Winter Mix, 1 cup
• 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 Petite Green Peas, 2/3 cup
• Grand Selections Premium Sugar Snap Peas, 2/3 cup
• Grand Selections Premium Super Sweet Corn, 2/3 cup
• Grand Selections Premium White Shoepeg Corn, 2/3 cup
• Grand Selections Premium Whole Green Beans, 3/4 cup
• Leaf Spinach, 1 cup
• Mixed Vegetables, 2/3 cup
• Oriental Vegetables, 1 cup
• Steam Quick Cut Golden Corn, 2/3 cup
• Steam Quick Cut Green Beans, 2/3 cup
• Steam Quick French-Cut Green Beans, 1 cup
• Steam Quick Mixed Vegetables, 2/3 cup
• Stew Veggies, 3/4 cup
• Stir-Fry Veggies, 1 cup

**Whipped Topping**

**Kraft**, 2 tablespoons
- Cool Whip – Extra-Creamy, Fat-Free, Light, Original, Strawberry or Sugar-Free varieties

**Hy-Vee**, 2 tablespoons
- Cool Whip – Extra-Creamy, Fat Free, Light or Original 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**
- Antioxidant Green Tea On-the-Go Mixes – Honey Lemon or Raspberry varieties
- Live Active On-the-Go Packets – Natural Mixed Berry or Natural Raspberry Peach varieties
- On-the-Go Packets & Drink Mixes – Fruit Punch, Natural Cherry Pomegranate, Peach Tea, Pink Lemonade, Raspberry Green Tea, Raspberry Ice, Raspberry Lemonade, Sunrise Classic Orange or White Grape, varieties

**Hi-C, 1 box**
- Boppin’ Strawberry
- Flashin’ Fruit Punch
- Grabin’ Grape
- Orange Lavaburst
- Pink Lemonade
- Smashin’ Wild Berry
- Strawberry Kiwi Kraze
- Torrential Tropical Punch
- Wild Cherry

**Hy-Vee, 1 pouch**
- 100% Juice Pouches – Apple, Blue Raspberry, Lemonade, Orange Pineapple, Strawberry Kiwi, White Grape, Wild Berry, Wild Cherry or Tropical Punch Fruit Punch varieties
- Splash! Powdered Drink Mix – Cherry, Grape, Lemonade, Orange, Raspberry, Strawberry or Tropical Fruit Punch varieties
- Thirst Splash! Drink Mix & To-Go Packets – Fruit Punch, Iced Tea, Lemonade, Pink Lemonade, Raspberry or Raspberry Tea varieties

**Kool-Aid, 1 pouch**
- Kool-Aid Jammers Drink Pouches – 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 – Berry or Tropical 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 – Lemonade, Raspberry Ice or Sunrise Classic Orange, 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% Apple Juice from Concentrate
- 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 Grape Juice from Concentrate
- Concord Grape Juice
- Cranberry Apple Juice Cocktail from Concentrate
- Cranberry Grape Juice Cocktail from Concentrate
- Cranberry Juice Cocktail from Concentrate
- Cranberry Raspberry Juice Cocktail
- Cranberry Strawberry Juice Cocktail
- Grapefruit Juice from Concentrate
- Just Juice – Apple, Berry, Cherry, Grape, Punch or Strawberry varieties
- Lemon Juice
- No-Concentrate Country Style Orange Juice
- No-Concentrate Orange Juice
- No-Concentrate Orange Juice with Calcium
- Not from Concentrate Ruby Red Grapefruit Juice
- Pineapple Juice from Concentrate
- Ruby Red Grapefruit Juice Cocktail from Concentrate
Knudsen, 8 fluid ounces
- Apple Juice
- Black Cherry Juice
- Cranberry Nectar
- Cranberry Raspberry Juice
- Just Juice – Blueberry, Concord, Cranberry, Pomegranate or Tart Cherry varieties
- Mango Peach Juice
- Papaya Nectar
- Pear Juice
- Pineapple Juice
- Prune Juice
- Simply Nutritious Juice – Lemon Ginger Echinacea, MegaGreen or Morning Blend varieties

Looza, 8 fluid ounces
- Apricot Nectar
- Banana Nectar
- Blackcurrant Nectar
- Mango Nectar
- Passion Fruit Nectar
- Peach Nectar
- Pear Nectar

Minute Maid, 8 fluid ounces
- All-Natural Lemonade
- Apple Juice To-Go

Ocean Spray, 8 fluid ounces or 1 cup
- 100% Juice Cranberry Blueberry Organic Juice
- 100% Pure Cranberry Juice, Unsweetened
- 100% Ruby Red Grapefruit Juice Blend
- 100% White Grapefruit Juice, Unsweetened
- Concentrate Cran-Raspberry Juice Blend with Two Other Juices
- Cranberry & Pacific Raspberry Premium 100% Juice
- Cranberry Concord Grape Premium 100% Juice
- Cranberry Spray Diet Juice
- Crannergy Energy Juice Drink – Cranberry Lift or Raspberry Cranberry Lift varieties
- Cran-Grape Juice Drink
- Cran-Raspberry Juice Drink From Concentrate
- Juice Cocktail – Calcium, Cranberry, Cran-Apple, Cranberry, Cran-Cherry, Cran-Grape, Cran-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
- Ruby Red Grapefruit
- Ruby Red Grapefruit & Tangerine
- Ruby Red Light Grapefruit
- White Cranberry Juice
**POM Wonderful, 8 fluid ounces**
- 100% Pomegranate
- Light POM Tea – Hibiscus Green, Orange Blossom Red or Wildberry White varieties
- POM Blueberry
- POM Cherry
- POM Mango
- POM Tangerine
- POM Tea – Blackberry, Lychee Green, Peach Passion White or Regular varieties

**Welch’s, 8 fluid ounces**
- 100% Grape Juice
- 100% Grape Juice with Calcium
- 100% White Grape Juice
- 100% White Grape Peach Juice
- 100% White Grape Pomegranate Juice
- Cocktail Fruit Juice – Mountain Berry or Orange Pineapple & Apple varieties
- Fruit Punch Juice Drink
- Red 100% Grape Juice
- Strawberry/ Kiwi Juice

**Vegetable Juice**

**Campbell’s, 8 fluid ounces**
- Low-Sodium Tomato Juice
- V-8 100% 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 tablespoons**
- Guacamole Dip – Mild or Spicy varieties

**Dressing**

**Hy-Vee, 2 tablespoons**
- Seven-Layer Salad Base
Sandwich Items

**Hy-Vee, 1/2-cup serving**
- Blue Water Tuna Salad

Side Dishes

**Hy-Vee, 1/2-cup serving**
- Banana Peach Parfait
- Butterfinger Supreme Salad
- Cherry Supreme
- Chocolate Mousse
- Cranapple Relish
- Cranberry Fluff
- Crisp Apple Waldorf Salad
- Italian Pasta Salad
- Marinated Asparagus
- Market Fresh Fruit Mix
- Orange Pineapple Parfait
- Pistachio Supreme
- Strawberries-N-Crème
- Strawberry Peach Parfait
- Triple Apple with Candied Walnuts
PREPACKAGED MEATS

Beef

**Hy-Vee, 4 ounces**
- 100% Natural Angus Beef Bottom Round Roast
- 100% Natural Angus Beef Brisket Flat
- 100% Natural Angus Beef Chuck Roast
- 100% Natural Angus Beef Flank Steak
- 100% Natural Angus Beef Flat Iron Steak
- 100% Natural Angus Beef Loin Sirloin Petite Steak, 3 ounces
- 100% Natural Angus Beef Loin Strip Steak
- 100% Natural Angus Beef Loin T-Bone Steak
- 100% Natural Angus Beef Loin Top Sirloin Steak
- 100% Natural Angus Beef Ribeye Steak
- 100% Natural Angus Beef Stir Fry Meat
- 100% Natural Angus Beef Tenderized Round Steak
- 100% Natural Angus Beef Top Round Roast
- 100% Natural Fresh Ground Angus Chuck, 85%-Lean
- 100% Natural Fresh Ground Angus Round, 90%-Lean
- 100% Natural Fresh Ground Angus Sirloin, 90%-Lean
- Fresh Ground Beef – 96%-Lean, 93%-Lean, 90%-Lean, 85%-Lean or 80%-Lean varieties

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 Cutlets
- All-Natural Lean Boneless Skinless Turkey Breast Tenderloin
- All-Natural Split Turkey Breast
- All-Natural Turkey Drumsticks
- All-Natural Turkey Thighs
- Extra Lean Ground Breast of Turkey, 99% Fat-Free
- Extra Tender & Juicy Turkey Breast
- Lean Ground Turkey, 93/7
**Hy-Vee, 4 ounces**
- 100% Natural Drumsticks
- 100% Natural Fresh Young Chicken
- 100% Natural Leg Quarters
- 100% Natural Thighs
- 100% Natural Whole Cut-Up Chicken
- 100% Natural Wings
- All-Natural Fresh Young Turkey with Giblets

**Smart Chicken, 4 ounces**
- Boneless Skinless Breast
- Drumsticks
- Organic Boneless Skinless Breast
- Organic Drumsticks
- Thighs
- Whole Chicken

**Pork**

**Hy-Vee**
- 100% Natural Boneless Butterfly Pork Chops, 1 chop
- 100% Natural Boneless Pork Loin Chops, 1 chop
- 100% Natural Boneless Top Loin Pork Chops, Thin Cut, 4 ounces
- 100% Natural Fresh Bone in Center Pork 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
- Baked Tostitos Scoops, 15 chips
- Flour Tortilla Tostitos, 14 chips
- Multigrain Tostitos, 8 chips
- Pinch of Salt Fritos, 34 chips
- Pinch of Salt Lays, 15 chips
- Pinch of Salt Tostitos, 13 chips
- Tostitos Scoops, 13 chips

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

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

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

Plocky’s, 1 ounce
- Tortilla Chips – Aged White Cheddar Crunchy Whole-Grain, Black Beans & Rice, Red Beans & Rice, Sundried Tomato Basil, Sweet Smokey Chipotle Crunchy Whole-Grain or The Original varieties

Sterzing’s, 11 chips
- Potato Chips
**Cookies**

**Archway, 1 cookie**
- Chocolate Chip
- Coconut Macaroons
- Date Oatmeal
- Gingersnaps – Original or Reduced-Fat varieties, 5 cookies
- Molasses
- Peanut Butter
- Pecan Ice Box
- Rocky Road
- Sugar

**Famous Amos, 4 cookies**
- Chocolate Chip
- Chocolate Chip & Pecans

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

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

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

**Nabisco**
- 100-Calorie Snack Packs – Chips Ahoy, Lorna Doone Shortbread or Mini Teddy Grahams varieties, 1 package
- Chips Ahoy – Candy Blasts, Chewy White Fudge, Chunky, Chunky Peanut Butter or Chunky White Fudge varieties, 1 cookie
- Chips Ahoy – Chewy or Original varieties, 2 cookies
- Nilla Wafers – Original or Reduced Fat varieties, 8 cookies
- Nilla Wafers Minis, 20 cookies
Newman’s Own Organics, 2 cookies
- Newman-O’s
- Organic Crème-Filled Chocolate Cookies

Pepperidge Farm
- Crème-Filled Pirouette Rolled Wafers – Chocolate Fudge, Chocolate Hazelnut, French Vanilla or Mint Chocolate varieties, 2 wafers
- Distinctive Cookies – Geneva, Milano, Milano Black and White, Milano Milk Chocolate or Verona Strawberry varieties, 3 cookies
- 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

Dip

Guiltless Gourmet, 2 tablespoons
- Spicy Black Bean Dip,

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

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

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

Popcorn

Barrel O' Fun, 3/4 cup
- Caramel Corn

Bearitos, 1/2 bag
- Organic Microwave Popcorn – No-Oil or No-Salt/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 – 8 pretzels**

**Newman’s Own**
- Unsalted Pretzel Rounds

**Snyder’s of Hanover**
- Organic 8 Grain and Seeds
- Organic Whole Wheat and Oat

**Pudding**

**D’Gari, 1 ounce**
- Flan (Spanish-Style Custard)

**Jell-O, 1/4 package**
- Cook & Serve Pudding & Pie Filling – Butterscotch, Chocolate, Lemon or Vanilla varieties

**Hunt’s, 1 single-serving container**
- Snack Pack – Apple Pie A La Mode, Chocolate, Chocolate Caramel, Chocolate Fudge, Chocolate Vanilla, Ice Cream Sandwich, Lemon, Milk Chocolate, Sugar-Free Caramel, Sugar Free Chocolate, Sugar-free Vanilla, Tapioca or Vanilla varieties

**Hy-Vee**
- Pudding Cups – Chocolate, Chocolate Fudge, Strawberry Banana, Sugar-Free Chocolate, Sugar-Free Vanilla or Vanilla varieties, 1 single-serving container
- Cooked Pudding Mix – Chocolate or Vanilla varieties, 1/2 cup prepared

**Spreads – Jams & Jellies**

**Hy-Vee, 1 tablespoon**
- Apple – Jelly
- Apricot – Preserves
- Blackberry – Jelly
- Cherry – Jelly
- Cherry – Preserves
- Concord Grape – Jelly
- Concord Grape – Preserves
- Orange - Marmalade
- Peach – Preserves
- Plum – Jelly
- Red Raspberry – Jelly
- Red Raspberry – Preserves
- Strawberry – Jelly
- Strawberry – Preserves
**Musselman’s, 1 tablespoon**
- Apple Butter

**Smucker’s, 1 tablespoon**
- Apple – Jelly
- Apricot – Low Sugar Spread
- Apricot – Preserves
- Apricot – Simply Fruit
- Apricot Pineapple – Preserves
- Black Raspberry – Jam
- Blackberry – Seedless Jam
- Blackberry – Simply Fruit
- Concord Grape – Jelly
- Concord Grape – Low Sugar Spread
- Grape – Wide Spread Squeeze Cap Jelly
- Lakeside Raspberry Cranberry – Orchard’s Finest Preserves
- Michigan Red Tart Cherry – Orchard’s Finest Preserves
- Northwest Triple Berry – Orchard’s Finest Preserves
- Northwoods Blueberry – Orchard’s Finest Preserves
- Orange or Sugar Free Orange varieties – Marmalade
- Organic Concord Grape – Jelly
- Pacific Mountain Strawberry- Orchard’s Finest Preserves
- Red Raspberry – Low Sugar Spread
- Red Raspberry – Preserves
- Red Raspberry – Seedless Jam
- Red Raspberry – Simply Fruit
- Red Raspberry – Sugar Free Preserves
- Seedless Blackberry - Sugar Free Light Jam
- Seedless Strawberry - Simply Fruit
- Strawberry – Jam
- Strawberry – Low Sugar Spread
- Strawberry – Preserves
- Strawberry – Seedless Jam
- Strawberry – Simply Fruit
- Strawberry – Sugar Free Preserves
- Strawberry – Wide Spread Squeeze Cap Jelly
- Strawberry Blackberry – Preserves

**Welch’s, 1 tablespoon**
- Concord Grape – Jam or Jelly varieties
- Squeezable Concord Grape – Jelly varieties
- Squeezable Strawberry – Jam or Jelly varieties
- Strawberry – Preserves
Spreads – Nut Butters

**Full Circle, 2 tablespoons**
- Organic Peanut Butter Spread Creamy
- Organic Peanut Butter Spread Crunchy
- Sunflower Butter Creamy
- Sunflower Butter Crunchy

**Hy-Vee, 2 tablespoons**
- Reduced Sugar and Sodium Creamy

**Jif, 2 tablespoons**
- Chocolate Hazelnut
- Extra Crunchy
- Mocha Cappuccino
- Natural Jif Creamy
- Natural Jif Crunchy
- To-Go Chocolate Silk, 1-½ ounce cup
- To-Go Natural Creamy, 1-½ ounce cup

**Kettle, 1 ounce**
- Creamy Salted Almond Butter
- Creamy Unsalted Cashew Butter
- Crunch Lightly Salted Almond Butter

**Midwest Country Fair, 2 tablespoons**
- Creamy
- Crunchy

**Nutella, 2 tablespoons**
- Hazelnut Spread

**Planters Nut-rition, 2 tablespoons**
- Banana Granola Nut
- Berry Nut Mix
- Cinnamon Raisin Granola Mix

**PB-2 Powdered Peanut Butter, 2 tablespoons**
- Peanut Butter
- Peanut Butter with Chocolate

**Peter Pan, 2 tablespoons**
- Crunchy
- 100% Natural – Crunchy

**Skippy, 2 tablespoons**
- Natural Super Chunk
- Super Chunk
- Super Chunk, Roasted Honey Nut
Smucker's Natural, 2 tablespoons
- Creamy
- Crunchy