

## **Low-Sodium Products Listing**

The following list contains foods with less than 140 milligrams 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

- Quickbread Mix, *1/14 of mix*
  - Cinnamon Swirl
  - Cranberry
  - Lemon Poppy Seed
- Brownie Mix
  - Caramel Swirl, *1/12 of mix*
  - Cheesecake Swirl, *1/15 of mix*
  - Brownie Mixes, *1/18 of mix*
    - Dark Chocolate
    - Chocolate Fudge
    - Milk Chocolate
    - Mocha Fudge
  - Gluten Free Chocolate Fudge, *1/15 of mix*
  - Purely Simple Chocolate Chunk, *1/15 of mix*
  - Sugar Free Brownie Mix, *1/12 of mix*

## Brownies, Cookies & Bars

### Betty Crocker

- Cookie Mix, *3 tbsp of mix makes 2 cookies*
  - Chocolate Chip
  - Oatmeal
  - Oatmeal Chocolate Chip
  - Peanut Butter
  - Reese's
  - Sugar
- Dark Chocolate Brownie Mix, *1/20 of mix*
- Fudge Brownie Mix, *1/20 of mix*
- Health Bar Mix, *1/16 of mix*
- Low-Fat Fudge Brownie Mix, *1/20 of mix*
- Milk Chocolate Brownie Mix, *1/18 of mix*
- Supreme Brownie Mix, *1/20 of mix*
  - Chocolate Chunk
  - Cookie Brownie Bar
  - Dark Chocolate
  - Frosted
  - Original
  - Peanut Butter
  - Triple Chunk

- Turtle
- Ultimate Fudge
- Walnut Chocolate Chunk
- Walnut Chunk
- Supreme Lemon Bars, *1/16 of mix*

### **Duff Goldman**

- Blondies Brownie Mix, *1/16 of mix*
- Easter Egg Cookies Mix, *1/20 of mix*

### **Duncan Hines**

- Chewy Fudge Brownie Mix, *1/20 of mix*
- Salted Caramel Decadent Brownie Mix, *1/20 of mix*

### **Ghirardelli Chocolate**

- Premium Brownie Mix
  - Caramel Turtle, *1/18 of mix*
  - Chocolate Supreme, *1/16 of mix*
  - Dark Chocolate, *1/14 of mix*
  - Double Chocolate, *1/16 of mix*
  - Triple Fudge, *1/14 of mix*
- Cookie Mix, *2 tbsp of mix makes 1 cookie*
  - Chocolate Peanut Butter Chip
  - Dark Chocolate Chip
  - Double Chocolate Crackle

### **Hy-Vee**

- Chocolate Chip Cookie Mix, *2 tbsp of mix makes 2 cookies*
- Deluxe Mix Chewy Fudge Brownie Mix, *1/15 of mix*
- Deluxe Mix Chocolate Chunk with Walnuts Brownie Mix, *1/12 of mix*
- Deluxe Mix Triple Chunk Brownie Mix, *1/16 of mix*
- Peanut Butter Cookie Mix, *3 tbsp of mix makes 2 cookies*
- Sugar Cookie Mix, *3 tbsp of mix makes 2 cookies*

### **Krusteaz**

- Apple Crisp Mix, *1/8 of mix*
- Berry Cobbler Mix, *1/9 of mix*
- Butter Vanilla Sugar Cookie Mix, *2 tbsp of mix makes 1 cookie*
- Key Lime Bar Mix, *1/18 of mix*
- Meyer Lemon Bar Mix, *1/18 of mix*
- Raspberry Bar Mix, *1/16 of mix*
- Triple Chocolate Chunk, *2 tbsp of mix makes 1 cookie*

### **Pillsbury**

- Caramel Swirl Premium Brownie Mix, *1/12 of mix*

- Cheesecake Swirl Premium Brownie Mix, *1/15 of mix*
- Brownie Mix, *1/18 of mix*
  - Dark Chocolate
  - Chocolate Fudge
  - Milk Chocolate
  - Mocha Fudge
- Gluten Free Chocolate Fudge Brownie Mix, *1/15 of mix*
- Purely Simple Chocolate Chunk Brownie Mix, *1/15 of mix*
- Sugar Free Brownie Mix, *1/12 of mix*

## Cookie Dough

### Hy-Vee

- Chocolate Chip Cookies, *1 cookie or 2-1/4-inch slice*
- Peanut Butter Cup Cookies, *1 cookie or 2-1/4-inch slice*
- Snickerdoodle Cookies, *1 cookie or 2-1/4-inch slice*
- Sugar Cookies, *1 cookie or 2-1/4-inch slice*

### Immaculate Baking Company

- Coconut Macaroon Cookies, *1 cookie*
- Gluten Free Peanut Butter Cookies, *1 cookie*

### Nestle Toll House

- Chocolate Chip Cookies, *1 cookie or 1-1/2-inch dough ball*
- Peanut Butter Chocolate Chip Cookies, *1 cookie or 1-1/2-inch dough ball*
- White Chip Lemon Cookies, *1 cookie or 1-1/2-inch dough ball*
- White Chocolate Chip Brownie Cookie, *1 cookie or 1-1/2-inch dough ball*

### Pillsbury

- Ready to Bake! Cookies, *1 cookie or 1-1/2-inch dough ball*
  - Chocolate Chip
  - Lemon
  - Mint Chocolate Chip
  - Oatmeal Chocolate Chip
  - Oatmeal Raisin
  - Peanut Butter
  - S'mores
  - Sugar
- Ready to Bake! Deluxe Classic Cookies, *1 cookie or 1-1/2-inch dough ball*
  - Chocolate Chip
  - Kissables
  - Oatmeal Raisin
  - White Chocolate Macadamia Nut
- Ready to Bake! Deluxe Triple Indulgent Chocolate Chip Cookies, *1 cookie or 1-1/2-inch dough ball*

- Ready to Bake! Hershey's Cookies, *1 cookie or 1-1/2-inch dough ball*
  - Chocolate Chip
  - Chocolate Chunk & Chip

## Pie Crust

### Betty Crocker

- Pie Crust Mix, *1/8 pie or 1/16 of mix*

### Hy-Vee

- Chocolate Cookie Pie Crust, *1/8 pie*
- Graham Cracker Crumbs, *2 tbsp of mix*
- Graham Cracker Pie Crust, *1/8 pie*

### Jiffy

- Pie Crust Mix, *1/16 of mix*

### Keebler

- Ready Crusts, *1/8 of pie*
  - Chocolate
  - Graham
  - Shortbread

### Nabisco

- Honey Maid, *1/8 pie*
- Oreo, *1/8 pie*
- Vanilla, *1/8 pie*

### That's Smart!

- Graham Cracker Pie Crust, *1/10 pie*

## Pie Filling

### Duncan Hines Wilderness

- Lite Cherry Pie Filling, *1/3 cup*
- Lemon Pie Filling, *1/3 cup*
- More Fruit Pie Filling, *1/3 cup*
  - Blueberry
  - Cinnamon & Spice Apple
  - Original Country Cherry
  - Peach
- No-Sugar-Added Pie Filling, *1/3 cup*
  - Apple
  - Cherry
- Premium Pie Filling, *1/3 cup*

- Apricot
- Raspberry
- Strawberry

### **Hy-Vee**

- 100% Natural Pumpkin, *1/2 cup*
- Blueberry Pie Filling, *1/3 cup*
- Peach Pie Filling, *1/3 cup*
- Strawberry Pie Filling, *1/3 cup*
- More Fruit Pie Filling, *1/3 cup*
  - Apple
  - Cherry

### **Lucky Leaf**

- Lemon, *1/3 cup*
- Red Raspberry, *1/3 cup*
- Strawberry Rhubarb, *1/3 cup*

### **Musselman's**

- Cream Pie Filling, *1/3 cup*
  - Banana
  - Chocolate

### **That's Smart!**

- Apple Pie Filling, *1/3 cup*

## **Prepared Frosting**

### **Betty Crocker**

- Rich & Creamy Frosting, *2 tbsp*
  - Cherry
  - Chocolate
  - Cream Cheese
  - Coconut Pecan
  - Hershey's Milk Chocolate
  - Lemon
  - Rainbow Chip
  - Vanilla
- Soft Whipped Frosting, *2 tbsp*
  - Buttercream
  - Chocolate
  - Cream Cheese
  - Fluffy White
  - Milk Chocolate
  - Strawberry

- Vanilla

### **Duncan Hines**

- Creamy Home-Style, *2 tbsp*
  - Caramel
  - Classic Chocolate
  - Classic Vanilla
  - Coconut Pecan
  - Cream Cheese
  - Milk Chocolate
  - Whipped Fluffy White

### **Hy-Vee**

- Creamy, *2 tbsp*
  - Buttercream
  - Chocolate Fudge
  - Cream Cheese
  - Milk Chocolate
  - White

### **Pillsbury**

- Fluffy Frosting, *2 tbsp*
  - Chocolate
  - Vanilla Marshmallow
- Funfetti Frosting, *2 tbsp*
  - Aqua Blue Vanilla
  - Bold Purple Vanilla
  - Hot Pink Vanilla
  - Vibrant Green Vanilla
  - Vanilla
- Sugar Free Frosting, *2 tbsp*
  - Chocolate Fudge
  - Vanilla varieties
- Supreme Frosting, *2 tbsp*
  - Buttercream
  - Caramel
  - Caramel Apple
  - Chocolate
  - Chocolate Hazelnut
  - Coconut Pecan
  - Cream Cheese
  - Creamy Chocolate Fudge
  - Creamy Classic White
  - Dark Chocolate
  - Milk Chocolate

- Strawberry
- Vanilla

**That's Smart!**

- Creamy Frosting, *2 tbsp*
  - Chocolate
  - Vanilla

# BREADS, GRAINS & STARCHES

## Bakery Items

### Hy-Vee

- No-Salt-Added Bakery-Fresh Bread, *1 slice* \*Order Ahead

## Breading

### Hy-Vee

- Panko Breadcrumbs, *1/2 cup*

### Ian's

- Panko Breadcrumbs, *1/4 cup*
  - Italian
  - Original Style
  - Whole Wheat

### Old London

- Plain Panko Breadcrumbs, *1/4 cup*

### Southern Homestyle

- Corn Flake Crumbs, *2 tbsp*

## Crackers

### Angonoa's

- Deli-Style Breadsticks, *3 pieces*
  - Garlic
  - Onion
  - Plain
  - Sesame
  - Whole Grain
  - Whole Wheat Sesame

### Blue Diamond

- Artisan Nut Thins, *13 crackers*
  - Asiago Cheese
  - Chia Seed
  - Flaxseed
  - Multi-Seed
  - Sesame Seed
- Nut Thins
  - Almond Hint of Salt, *19 crackers*

- Almond Nut & Rice, *19 crackers*
- Honey Cinnamon, *17 crackers*
- Honey Mustard, *17 crackers*
- Pecan Nut & Rice, *16 crackers*

### **Breton**

- Garden Vegetable, *4 crackers*
- Multigrain, *4 crackers*
- Reduced-Fat & Salt Crackers, *4 crackers*
- Sesame Crackers, *3 crackers*

### **Crunchmasters**

- Original Multi-Seed Crackers, *15 crackers*
- Multi-Grain Crackers, *15 crackers*
  - Roasted Vegetable
  - Sea Salt
  - White Cheddar

### **Hy-Vee**

- Graham Crackers, *2 crackers*
  - Chocolate
  - Cinnamon
  - Low-Fat
  - Original
- Premium Woven Wheats– Rosemary & Olive Oil, *6 crackers*
- Saltine Crackers with Unsalted Tops, *5 crackers*
- Seeded Multi-Grain Crackers, *9 crackers*
- Select, *9 pita chips*
  - Garden Veggie Wheat Pita Chips
  - Sea Salt
- Snack Crackers, *5 crackers*
  - Original
  - Vegetable
  - Wheat

### **JJ Flats**

- 7 Grain, *3.5 pieces*
- Everything, *3.5 pieces*
- Sesame, *3.5 pieces*

### **Keebler**

- Club Crackers
  - Minis Multi Grain, *17 crackers*
  - Multi Grain, *4 crackers*
  - Original, *4 crackers*

- Light and Buttery
  - Original *5 crackers*
  - Reduced Fat, *6 crackers*
  - Wheat, *5 crackers*
- Pita, *6 pitas*
  - Cinnamon Sugar
  - Italian Cheese & Herb
  - Mediterranean Herb
  - Sea Salt
- Toasted, *5 crackers*
  - Harvest Wheat
  - Toasted Sesame
- Town House Flatbreads, *8 crackers*
  - Italian Herb
  - Roasted Garlic
  - Sea Salt & Olive Oil
  - Tuscan Cheese
- Town House Rosemary & Olive Oil, *3 crackers*

### **Nabisco**

- Premium Low-Sodium Saltine Crackers, *5 crackers*
- Premium Saltine Crackers with Unsalted Tops, *5 crackers*
- Ritz, *5 crackers*
  - Bacon Flavor
  - Hint of Salt
  - Low-Sodium
  - Original
  - Whole Wheat
- Sociables, *5 crackers*
- Triscuits, *6 crackers*
  - Balsamic Vinegar & Basil
  - Fire Roasted Tomato & Olive Oil
  - Garden Herb
  - Hint of Salt
  - Roasted Red Pepper & Red Bean
  - Rosemary & Olive Oil
  - Sea Salt & Black Pepper
  - Sweet Potato & Roasted Onion
- Good Thins
  - Poppy & Sesame Seed, *19 crackers*
  - Sea Salt & Pepper, *13 crackers*
  - Veggie Blend, *25 crackers*
- Flatbread Wheat Thins
  - Garlic & Parsley or Tuscan Herb, *2 crackers*
  - Hint of Salt, *16 crackers*

- Sweet Onion, *14 crackers*

### **Old London**

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

### **Pepperidge Farm**

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

### **Ry Krisp**

- Natural, *2 crisps*
- Seasoned Cracker, *2 crisps*
- Sesame, *2 crisps*

### **That's Smart!**

- Snack Crackers, *5 crackers*

## **Croutons**

### **Hy-Vee**

- Baked Croutons, *2 tbsp*
  - Caesar
  - Cheese & Garlic
  - Garlic Butter
  - Ranch Seasoned

### **Mrs. Cubbinsons**

- Asiago Cheese Ciabatta Croutons, *2 tbsp*
- Basil Peso Panini Croutons, *2 tbsp*
- Caesar Salad Croutons, *2 tbsp*
- Classic Croutons, *2 tbsp*

- Fat Free Seasoned Croutons, *2 tbsp*
- Tuscan Herb Focaccia Croutons, *2 tbsp*

### **New York**

- Texas Toast Croutons, *2 tbsp*
  - Caesar
  - Cheese & Garlic
  - Garlic & Butter
  - Original
  - Sea Salt & Pepper
  - Seasoned

## **Hard Breads**

### **Angonoa's Breadsticks**

- Sesame, *3 pieces*

### **Bollethe Dutch Crispbakes, 2 slices**

### **Devonsheer Melba Rounds**

- Garlic, *5 pieces*
- Classic, *5 pieces*
- Sesame, *5 pieces*

### **Jacobsen's Snack Toast**

- Cinnamon, *2 slices*
- Cinnamon Raisin, *3 slices*
- Traditional Zwieback, *2 slices*
- Raspberry, *1 slice*

### **JJ Flats**

- Flatbreads, *6 pieces*
  - Everything
  - Garlic
  - Roasted
  - Sesame

### **Kavli**

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

### **New York Style Bagel Crisps**

- Plain, *6 crisps*
- Cinnamon Raisin, *6 crisps*

### **Nonni's Thinaddictives**

- Cranberry Almond, *1 package (21g)*
- Pistachio Almond, *1 package (21g)*
- Cinnamon Raisin Almond, *1 package (21g)*

### **Old London Melba Toasts, 3 pieces**

#### **Ryvita**

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

#### **Wasa**

- Crisp 'N Light Crackerbread, *3 slices*
- Hearty Rye Crackerbread, *1 slice*
- Multigrain Hardbread, *1 slice*
- Oats Hardbread, *1 slice*
- Original Fiber Rye Crispbread, *1 slice*
- Original Light Rye Crispbread, *2 slices*
- Original Sourdough Rye Crispbread, *1 slice*
- Sesame Crispbread, *1 slice*

## **Pasta**

### **Barilla**

- Jumbo Shells, *3 shells*
- Lasagna, *2 noodles*
- Manicotti, *3 shells*
- Oven-Ready Lasagne, *2 noodles*
- Piccolini Mini, *2 oz*
  - Farfalle
  - Fusilli
  - Penne
  - Wheels Ziti
- Plus, *2 oz*
  - Angel Hair Pasta
  - Elbows
  - Penne
  - Rotini
  - Spaghetti
  - Thin Spaghetti
- Traditional Pasta, *2 oz*
  - Campanelle

- Cellentani
- Elbows
- Farfalle
- Fiori
- Rotini
- Manicotti
- Medium Shells
- Mezze Penne
- Mostaccioli
- Orzo
- Penne
- Pipette
- Rigatoni
- Tri-Color, *2 oz*
  - Fiori
  - Rotini
- Veggie, *2 oz*
  - Farfalle
  - Penne
  - Rotini
- Whole-Grain Pasta, *2 oz*
  - Penne
  - Spaghetti
  - Thin Spaghetti

### **Colavita**

- All varieties, *2 oz*

### **Creamette**

- Traditional Pasta, *2 oz*
  - Bow Ties
  - Elbow Macaroni
  - Lasagna
  - Medium Shells
  - Mostaccioli Rigati
  - Oven-Ready Lasagna
  - Rainbow Rotini
  - Rigatoni
  - Rings
  - Rotelle
  - Rotini
  - Spaghetti
  - Vermicelli

### **Dececco**

- All varieties, 2 oz

### **Delallo Organic**

- Whole-Wheat Pasta, 2 oz
  - Farfalle
  - Fusilli
  - Orzo
  - Shells
  - Spaghetti

### **Don Bruno**

- All varieties, 2 oz

### **Dreamfields**

- Elbows, 1/2 cup
- Lasagna, 2 pieces
- Penne Rigate, 3/4 cup
- Rotini, 3/4 cup
- Spaghetti, 2 oz or 1/2-inch circle

### **Fiber Wise**

- Penne, 2 oz
- Shells, 2 oz
- Spaghetti, 2 oz

### **Full Circle**

- Traditional Pasta, 2 oz
  - Angel Hair
  - Linguine
  - Penne Rigate
  - Rotini
  - Spaghetti
- Whole-Wheat Pasta, 2 oz
  - Angel Hair
  - Linguine
  - Penne Rigate
  - Rotini
  - Spaghetti

### **Gia Russa**

- All varieties, 2 oz

### **Hodgson Mill**

- Spinach Spaghetti, 2 oz
- Whole-Wheat Pasta, 2 oz

- Bow Tie
- Penne
- Spaghetti
- Spirals
- Whole-Wheat Whole-Grain Pasta, 2 oz
  - Angel Hair
  - Elbow Macaroni
  - Fettuccine
  - Lasagna
  - Thin Spaghetti
  - Veggie Bows
  - Veggie Rotini

### **Hy-Vee**

- Omega-3 Pasta, 2 oz
  - Angel Hair
  - Multigrain Pasta
  - Penne
  - Rotini
  - Spaghetti
- Traditional Pasta, 2 oz
  - Bow Tie Pasta
  - Elbow Macaroni
  - Extra-Wide Egg Noodles
  - Large Shells
  - Linguine
  - Long Spaghetti
  - Medium Egg Noodles
  - Mostaccioli
  - Penne Rigate
  - Rigatoni
  - Rotini
  - Small Shells
  - Spaghetti
  - Thin Spaghetti
  - Wide Egg Noodles
- Tri-Color Rotini, 2 oz
- Veggie Twisted Elbows Pasta, 2 oz
- Whole-Wheat Pasta, 2 oz
  - Angel Hair
  - Penne
  - Rotini
  - Spaghetti

### **No Yolks Noodles**

- All varieties, *2 oz*

### **Pasta LaBella**

- All varieties, *2 oz*

### **Ronzoni**

- Garden Delight, *2 oz*
  - Fettuccine
  - Penne
  - Rigate
  - Rotini
  - Spaghetti
  - Tricolor
- Healthy Harvest 7-Grain Blend Fusilli Pasta, *2 oz*
- Healthy Harvest Whole-Wheat Pasta Blends, *2 oz*
  - Lasagna
  - Linguine
  - Penne Rigate
  - Rotini
  - Spaghetti
  - Thin Spaghetti
- Smart Taste Pasta, *2 oz*
  - Penne Rigate,
  - Rotini
  - Spaghetti
- Healthy Harvest Ancient Grain, *2 oz*
  - all varieties

## **Potatoes**

### **Betty Crocker**

- Instant Potato Buds, *1/3 cup dry*

### **Hungry Jack**

- Instant Mashed Potatoes, *1/3 cup dry*

### **Hy-Vee**

- Instant Hash Brown Potatoes, *1/3 cup dry*
- Instant Mashed Potatoes, *1/3 cup dry*

### **Idaho Spuds**

- Creamy Butter, *2/3 cup prepared*
- Roasted Garlic, *2/3 cup prepared*
- Mashed, *2/3 cup prepared*

## **Idahoan**

- Original Real, *1/3 cup dry*

## **Rice**

### **Full Circle**

- Long-Grain Basmati Brown Rice, *1/4 cup dry*
- Long-Grain Basmati White Rice, *1/4 cup dry*
- Long-Grain Brown Rice, *1/4 cup dry*
- Long-Grain White Rice, *1/4 cup dry*
- Quinoa, *1/4 cup dry*

### **Hy-Vee**

- Instant White, *3/4 cup prepared*
- Natural Whole-Grain Instant Brown, *1 cup prepared*
- Boil in bag, *1 cup prepared*

### **Minute Rice**

- Instant Premium, *1 cup prepared*
- Instant White, *1 cup prepared*
- Instant Whole-Grain Brown, *2/3 cup prepared*
- Ready to serve (microwave)
  - Brown
  - Wild rice
- Multigrain Medley, *1/2 cup dry*

### **Success**

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

### **That's Smart!**

- Instant White, *1/2 cup dry*

### **Uncle Ben's**

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

## **Sandwich Breads**

**Food for Life**

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

**Natural Ovens**

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

**Pepperidge Farm**

- 100% Whole Wheat, *1 slice*
- 15-Grain, *1 slice*
- Brown Sugar Cinnamon Swirl Bread, *1 slice*
- Cinnamon Swirl Bread, *1 slice*
- Light Style, *1 slice*
  - 7-Grain
  - Oatmeal
- Raisin Cinnamon Swirl Bread, *1 slice*
- Whole-Grain Oatmeal, *1 slice*

**Sara Lee**

- 12-Grain, *1 slice*
- 100% Whole Wheat, *1 slice*
- 100% Whole Wheat with Honey, *1 slice*
- Classic White, *1 slice*
- Delightful, *1 slice*
  - 100% Multigrain
  - 100% Whole Wheat with Honey
  - Wheat
- Honey Wheat, *1 slice*
- Soft & Smooth, *1 slice*

# BREAKFAST FOODS

## Breakfast Bars

### Amazing Grass Green Superfood

- Sweet & Savory Almond, *1 bar*
- Chocolate Chip Coconut, *1 bar*

### Cascadian Farm

- Chewy Organic Granola Bars
  - Crunchy Oats & Cocoa, *1 bar*
  - Harvest Berry Bars, *1 bar*
  - Oatmeal Raisin, *1 bar*
  - Peanut Butter Chip, *1 bar*
  - Peanut Butter Chocolate Chip, *1 bar*
  - Vanilla Chip, *1 bar*
  - Dark Chocolate Almond, *1 bar*
  - Vanilla Almond Cherry, *1 bar*
- Organic Soft-Baked Squares
  - Wild Blueberry, *1 bar*
  - Oats & Chocolate, *1 bar*
- Protein Chewy Bar
  - Honey Roasted Nut, *2 bars*
  - Peanut Butter Chocolate Chip, *2 bars*

### Chia Bars

- Coffee, *1 bar*
- Acai Berry, *1 bar*
- Chocolate Peanut Butter, *1 bar*

### Corazonas

- Heartbar, *1 bar*
  - Chocolate Chip

### Clif

- Organic Trail Mix Bar, *1 bar*
  - Dark Chocolate Peanut Butter
- Kid Z Bar, *1 bar*
  - Iced Oatmeal
  - Chocolate Chip
  - S'mores
- Protein Z Bar, *1 bar*
  - Peanut Butter Chocolate
  - Chocolate Chip

### **Detour Smart**

- Gluten-Free Oatmeal Bars, *1 bar*
  - Apple Cinnamon
  - Peanut Butter Chocolate
  - Blueberry

### **Emerald**

- Nut + Granola Mix Breakfast Nut Blend, *1 package*

### **FlyJoy**

- Ancient Grain Energy Bar, *1 bar*
  - Blueberry
  - Cashew Cookie Dough
  - Coconut Almond
  - Cranberry Almond

### **Full Circle**

- Fruit & Cereal Bars, *1 bar*
  - Apple
  - Blueberry

### **General Mills**

- FiberOne Chewy Bars, *1 bar*
  - Oats & Caramel
  - Oats & Chocolate
  - Oats & Peanut Butter
  - Trail Mix
- Milk 'n Cereal Bars, *1 bar*
  - Honey Nut Cheerios
- FiberOne 90-Calorie Brownies, *1 bar*
  - Chocolate Peanut Butter
  - Chocolate Chip Cookie
  - Chocolate Fudge Brownie
- FiberOne 90-Calorie, *1 bar*
  - Chocolate Peanut Butter
  - Chocolate
  - Chocolate Caramel Pretzel
  - Cinnamon Coffee Cake
  - Lemon Bar
  - Chocolate Chip Cookie
- FiberOne Cheesecake Bars, *1 bar*
  - Salted Caramel
  - Strawberry
- FiberOne Struesel Bars, *1 bar*

- Blueberry
- Strawberry
- FiberOne Protein Chewy Bars, *1 bar*
  - Cookies & Cream
  - Coconut Almond
- FiberOne Cookies, *1 cookie*
  - Sugar
  - Chocolate Chip
  - Chocolate Chunk
  - Oatmeal Raisin

### **GoMacro**

- Macrobar, *1 bar*
  - Peanut Butter Chocolate Chip
  - Granola & Coconut
  - Sunflower Butter & Chocolate
  - Cashew Caramel

### **Goodness Knows**

- Apple, *4 squares*
- Almond, *4 squares*
- Peach & Cherry, *4 squares*
- Cranberry Almond, *4 squares*
- Almond Dark Chocolate, *4 squares*
- Apple Almond, *4 squares*
- Peanut Dark Chocolate, *4 squares*

### **GoodGreens**

- Chocolate Mint, *1 bar*
- Chocolate Raspberry, *1 bar*
- Chocolate Peanut Butter, *1 bar*
- Apple Crumb Yogurt, *1 bar*

### **Hemp Heart Bar**

- Vanilla, *1 bar*
- Chocolate, *1 bar*
- Apple Cinnamon, *1 bar*

### **Honey Stinger**

- Strawberry, *1 waffle*
- Lemon, *1 waffle*
- Chocolate, *1 waffle*
- Honey, *1 waffle*

### **Hy-Vee**

- Chewy Granola Bars, *1 bar*
  - Chocolate Chip
  - Low Fat Chocolate Chunk
  - Peanut Butter Chocolate Chip
  - Dipped Chocolate Chip
  - Dipped Peanut Butter
  - Low Fat S'mores
  - Variety Pack
- Fruit & Grain Bars, *1 bar*
  - Apple Cinnamon
  - Blueberry
  - Mixed Berry
  - Raspberry
  - Strawberry
- Hy-Vee Pastry Crisps, *2 crisps*
  - Blueberry
  - Strawberry
- Hy-Vee Pretzel Bars, *1 bar*
  - Peanut Chocolate Chunk
- Trail Mix Bars, *1 bar*
  - Chewy Fruit & Nut
- FiberMax, *1 bar*
  - Chocolate Chip Cookie Brownie
  - Chocolate Fudge Brownie
  - Oat & Chocolate Granola
  - Oats & Peanut Butter Granola

## **Kashi**

- Chewy Granola Bars, *1 bar*
  - Cherry Dark Chocolate
  - Honey Almond Flax
  - Peanut Butter
  - Trail Mix
  - Chocolate Almond & Sea Salt
  - Dark Mocha Almond
- Crunchy, *1 bar*
  - Pumpkin Spice Flax
- Layered Granola Bars, *1 bar*
  - Dark Chocolate Coconut
  - Peanuttty Dark Chocolate
- Crunchy Granola & Seed, *1 bar*
  - Honey Oat Flax
  - Chocolate Chip Chia
  - Organic Chewy Dark Chocolate
  - Coconut Ginger

- Dark Chocolate Pomegranate
- Blueberry Almond
- Soft-Baked Cereal Bar, *1 bar*
  - Blackberry Graham
  - Ripe Strawberry

### **Kellogg's**

- Nutri-Grain Cereal Bars, *1 bar*
  - Apple Cinnamon
  - Blueberry
  - Cherry
  - Mixed Berry
  - Raspberry
  - Strawberry
  - Strawberry Yogurt
- Nutri-Grain Fruit & Nut Breakfast Bar, *1 bar*
  - Blueberry Almond
  - Cherry Almond
- Nutri-Grain Breakfast Biscuit, *1 bar*
  - Chocolate Chip
  - Apple Cinnamon
- Nutri-Grain Crunch, *1 bar*
  - Apple Cobbler
- Special K Bars, *1 bar*
  - Red Berries
  - Chocolatey Pretzel
- Special K Pastry Crisps, *2 crisps*
  - Strawberry
  - Chocolate Delight
  - Blueberry
  - Red Velvet
  - Chocolatey Delight
  - Brown Sugar Cinnamon
  - Berry Streusel
  - Chocolate Caramel
  - Cookies & Cream
- Special K Chewy Snack Bars, *1 bar*
  - Blueberry Bliss
  - Salted Pretzel Chocolate
  - Berry Medley
  - Salted Caramel Chocolate
- Special K Protein Chewy Granola Bars, *1 bar*
  - Almond Honey Oat
  - Chocolate Peanut Butter
  - Dark Chocolate

- Special K Chewy Nut Bars, *1 bar*
  - Chocolate Almond
  - Cranberry Almond
- Special K Brownies, *1 bar*
  - Divine Fudge
  - Heavenly Caramel

#### **KIND**

- Dark Chocolate Chunk, *1 bar*
- Vanilla Blueberry, *1 bar*
- Maple Pumpkin Seeds, *1 bar*
- Peanut Butter Dark Chocolate, *1 bar*
- Fruit + Nut Delight, *1 bar*
- Almond Cashew with Flax, *1 bar*
- Dark Chocolate Chili Almond, *1 bar*
- Dark Chocolate Mocha Almond, *1 bar*
- Dark Chocolate Cinnamon Pecan, *1 bar*
- Almond & Coconut, *1 bar*
- Cashew & Ginger Spice, *1 bar*
- Cranberry Almond, *1 bar*
- Almond Walnut Macadamia, *1 bar*
- Almond & Apricot, *1 bar*
- Dark Chocolate Nuts & Sea Salt, *1 bar*
- Fruit & Nuts in Yogurt, *1 bar*
- Almonds & Apricots in Yogurt, *1 bar*
- Blueberry Pecan & Fiber, *1 bar*
- Blueberry Vanilla & Cashew, *1 bar*
- Madagascar Vanilla & Almond, *1 bar*
- Peanut Butter & Strawberry, *1 bar*
- Nut Delight, *1 bar*
- Apple Cinnamon & Pecan, *1 bar*
- Dark Chocolate Cherry Cashew & Antioxidants, *1 bar*
- Strong Bars, *1 bar*
  - Honey Mustard
  - Hickory Smoked
  - Honey Smoked BBQ

#### **Larabar**

- Apple Pie, *1 bar*
- Blueberry Muffin, *1 bar*
- Carrot Cake, *1 bar*
- Cashew Cookie, *1 bar*
- Cherry Pie, *1 bar*
- Chocolate Chip Brownie, *1 bar*

- Chocolate Chip Cookie Dough, *1 bar*
- Coconut Cream Pie, *1 bar*
- Key Lime Pie, *1 bar*
- Lemon Bar, *1 bar*
- Peanut Butter & Jelly, *1 bar*
- Peanut Butter Cookie, *1 bar*
- Pecan Pie, *1 bar*
- Peanut Butter Chocolate Chip, *1 bar*
- Cappuccino, *1 bar*
- Chocolate Chip Cherry Torte, *1 bar*
- Alt Protein, *1 bar*
  - Peanut Butter Cookie
- Uber
  - Dark Chocolate Pecan
  - Coconut Macaroon
  - Roasted Mixed Nut

### **LunaBar**

- LemonZest, *1 bar*

### **Mediterra**

- Sesame Energy Bar, *1 bar*
  - Pistachio & Honey, *1 bar*
  - Orange & Honey, *1 bar*

### **Nabisco**

- Belvita Soft-Baked, *1 pouch*
  - Cinnamon
  - Mixed Berry
  - Oats & Chocolate
- Belvita Bites, *1 pouch*
  - Mixed Berry

### **Nature's Path**

- Toaster Pastries, *1 pastry*
  - Mmmapple Brown Sugar
  - Lotta Chocolate

### **Nature Valley**

- Nut Crisp Bars, *1 bar*
  - Almond Dark Chocolate
- Simple Nut Bar, *1 bar*
  - Almond Cashew Sea Salt
  - Roasted Peanut & Honey
- Trail Mix Chewy, *1 bar*

- Dark Chocolate Cherry
- Dark Chocolate & Nut
- Fruit & Nut
- Soft-Baked Oatmeal Squares, *1 bar*
  - Blueberry

### **NuGo**

- Stronger, *1/2 bar*
  - Caramel Pretzel
  - Peanut Cluster
- Free, *1 bar*
  - Dark Chocolate Trail Mix
  - Dark Chocolate Crunch
- Dark, *1 bar*
  - Chocolate Coconut
  - Mocha Chocolate
- Fiber d'Lish, *1 bar*
  - Blondie Bar
  - Cinnamon Raisin
  - Chocolate Brownie
  - Banana Walnut
  - Peanut Butter Chocolate Chip
- Slim, *1 bar*
  - Raspberry Truffle
  - Crunchy Peanut Butter
  - Espresso
- Organic, *1 bar*
  - Dark Chocolate Almond

### **Post**

- Great Grains Granola Snack Mix, *1 pouch*
  - Dark Chocolate Nut
  - Cranberry Nuts & Seeds

### **PowerBar**

- Protein Plus, *1 bar*
  - Vanilla
  - Chocolate Mint Cookie
  - Lemon Poppyseed Pound Cake
- Harvest, *1 bar*
  - Peanut Butter Chocolate Chip
  - Double Chocolate Chip
  - Apple Cinnamon Crisp

### **Powerful Yogurt**

- Protein Bar, *1 bar*
  - Chocolate Coconut
  - Yogurt Crème
  - Peanut Butter & Jelly

### **Quaker**

- Granola Bites, *1 package*
  - Chocolate
  - Peanut Butter

### **Sunbelt Bakery**

- Granola Bars, *1 bar*
  - Oats & Honey
  - Chocolate Chip
  - Oatmeal Raisin
  - Banana Oat
  - Peanut Butter Chocolate Chip
  - Golden Almond
  - Fudge-Dipped Coconut
  - Sweet & Salty Peanut
  - Sweet & Salty Almond
  - Fudge-Dipped Chocolate Chip

### **ThinkThin**

- High Protein Nut Bar, *1 bar*
  - Dark Chocolate
  - Original Roasted Almond
  - Dark Chocolate Salted Caramel

### **That's It**

- Zesty Fruit Bar, *1 bar*
  - Apple Pear
  - Apple Apricots
  - Apple Mango

### **Quaker**

- Chewy Granola Bars, *1 bar*
  - Peanut Butter Chocolate Chip
  - S'mores
  - Chocolate Chip
  - Girl Scout Caramel Coconut
- Chewy Granola Bars, 25% Less Sugar, *1 bar*
  - Chocolate Chip
  - Peanut Butter Chocolate Chip
- Chewy Granola Bars, 90 Calories, *1 bar*

- Oatmeal Raisin
  - Low Fat Chocolate Chunk
- Big Chewy Granola Bars, *1 bar*
  - Chocolate Chip
  - Peanut Butter Chocolate Chip
  - Sweet'n'Salty Chocolate Salted Caramel
- Chewy Dipps, *1 bar*
  - Peanut Butter
  - Caramel Nut
  - Chocolate Chip
- Chewy Yogurt Bars, *1 bar*
  - Strawberry
- Quinoa Granola Bar, *1 bar*
  - Yogurt
  - Fruit & Nut
  - Chocolate, Nut Medley
- Breakfast Flats, *3 bars*
  - Golden Raisin Cinnamon
  - Cranberry Almond

## Cereal

### Alpen Cereal

- Original, *2/3 cup*

### Back to Nature

- Classic Granola, *1/2 cup*
- Chocolate Delight, *1/2 cup*
- Apple Blueberry, *1/2 cup*

### Bear Naked Granola

- Fit, *1/4 cup*
  - Triple Berry
  - Vanilla Almond Crunch
- Fruit & Nut, *1/4 cup*
- Maple Pecan, *1/4 cup*
- Original Cinnamon, *1/4 cup*
- Chocolate Elation, *1/4 cup*
- Honey Almond, *1/4 cup*
- Blueberry, *1/4 cup*
- Cinnamon & Sunflower, *1/4 cup*
- Cacao & Cashew, *1/4 cup*

### Cascadian Farm

- Organic Multi Grain Squares, *3/4 cup*
- Hearty Morning Fiber, *3/4 cup*
- Cinnamon Crunch, *3/4 cup*
- Chocolate O's, *3/4 cup*
- Organic Fruitful O's, *3/4 cup*
- Organic Oat & Honey Granola, *2/3 cup*
- French Vanilla Almond, *2/3 cup*
- Cinnamon Raisin, *2/3 cup*
- Cherry Almond & Quinoa, *2/3 cup*
- Farmstand Harvest, *1/2 cup*
  - Vanilla Coconut & Pumpkin Seed
  - Honey Almond Chia Seed

### **Erin Baker's Granola**

- Double Chocolate Chunk, *1/2 cup*
- Fruit & Nut, *1/2 cup*
- Oatmeal Raisin, *1/2 cup*
- Peanut Butter, *1/2 cup*

### **Full Circle**

- Frosted Flakes, *3/4 cup*
- Honey & Oats Medley, *3/4 cup*
- High Fiber Medley, *1/2 cup*
- Fruit & Nut, *1/2 cup*
- Raisin Bran Flakes, *1 1/4 cups*

### **General Mills**

- Oatmeal Crisp with Raisins, *1 cup*
- Oatmeal Crisp with Almonds, *1 cup*
- Multigrain Cheerios, *1 cup*
- Hershey's Cookies & Cream, *3/4 cup*
- Cookie Crisp, *3/4 cup*
- Chocolate Toast Crunch, *3/4 cup*
- Cheerios & Ancient Grains, *3/4 cup*
- Multigrain Cheerios Dark Chocolate Crunch, *3/4 cup*
- Multigrain Peanut Butter, *3/4 cup*
- Fruity Cheerios, *3/4 cup*
- Honey Nut Medley Crunch, *3/4 cup*
- Apple Cinnamon Cheerios, *3/4 cup*
- FiberOne Cereal
  - Original Bran, *1/2 cup*

### **Heartland Granola**

- Original, *1/2 cup*

- Raisin, *1/2 cup*
- Harvest Spice, *1/2 cup*

### **Hy-Vee**

- Apple Cinnamon Tostitos, *3/4 cup*
- Apple Dapples, *1 cup*
- Bite Sized Shredded Wheat, *serving size as referenced on nutrition facts label*
  - Frosted
  - Strawberry Cream
  - Frosted Maple & Brown Sugar
  - Original
- Wheat Flakes, *1 cup*
- Simple Living Cinnamon, *3/4 cup*
- Peanut Butter Multigrain Tostitos, *3/4 cup*
- Multigrain Tostitos, *1 cup*
- FiberActive, *1/2 cup*
- Cocoa Crunchies, *3/4 cup*
- Frosted Wheat Puffs, *3/4 cup*
- Oats & More, *3/4 cup*
  - Strawberry
  - Honey
  - Almonds
- One Step Shredded Wheat, *1 cup*
- Essentially You Fruit & Yogurt Flakes, *3/4 cup*

### **Kashi**

- Autumn Wheat, *29 biscuits*
- Cinnamon Harvest, *28 biscuits*
- GoLean Crunch Protein & Fiber Cereal
  - Original, *3/4 cup*
- GoLean Crisp Cereal, *3/4 cup*
  - Triple Berry
  - Cinnamon Crumble
- GoLean Clusters, *1 cup*
  - Vanilla Pepita
  - Berry Fruitful
  - Island Vanilla
- GoLean High Protein & High Fiber Cereal
  - Original, *1 1/4 cups*
- Heart to Heart, *3/4 cup*
  - Honey Toasted Oat
  - Warm Cinnamon
- Heart to Heart, *1 cup*
  - Wild Blueberry Clusters

### **Kellogg's**

- All-Bran, *1/2 cup*
  - Original
- Corn Pops, *1 cup*
- Cracklin' Oat Bran, *3/4 cup*
- Frosted Mini-Wheats, Bite Size, *serving size referenced on nutrition facts label*
  - Original
  - Strawberry
- Frosted "Little Bites" Mini-Wheats, *serving size referenced on nutrition facts label*
  - Cinnamon Roll
  - Touch of Fruit Raspberry
- HoneySmacks, *3/4 cup*
- Smorz, *3/4 cup*
- Krave, *3/4 cup*
  - S'mores
  - Chocolate
- Cocoa Krispies, *3/4 cup*
- Mini-Wheats Harvest Delights, *27 biscuits*
  - Blueberry
  - Cranberry

### **Malt-O- Meal**

- Coco Roos *3/4 cup*
- Chocolate Marshmallow Mateys, *3/4 cup*
- Cinnamon Toasters, *3/4 cup*
- Frosted Mini Spooners, *1 cup*
- Frosted Flakes, *3/4 cup*
- Blueberry Mini Spooners, *1 cup*
- Golden Puffs, *3/4 cup*
- Peanut Butter Colossal Crunch, *3/4 cup*
- Peanut Butter Cups, *3/4 cup*

### **Mom's Best Naturals**

- Blue-Pom Wheat-fuls, *1 cup*
- Cocoa Marshmallow Safari, *3/4 cup*
- Honey-ful Wheat, *3/4 cup*
- Safari Cocoa Crunch, *3/4 cup*
- Sweetened Wheat-fuls, *1 cup*
- Toasted Cinnamon Squares, *3/4 cup*
- Toasted Wheat-fuls, *1 cup*

### **Nature's Path**

- Envirokidz, *3/4 cup*

- Amazon Flakes
- Choco Chimps
- Jungle Munch
- Koala Crisp
- Leapin' Lemurs
- Panda Puffs
- Flax Plus Cinnamon, *3/4 cup*
- Flax Plus Flakes, *3/4 cup*
- Fruit Juice Sweetened Corn Flakes, *3/4 cup*
- Heritage O's, *3/4 cup*
- Honey'd Corn Flakes, *3/4 cup*
- Kamut Puffs, *1 cup*
- Mesa Sunrise, *3/4 cup*
- Multigrain Oatbran Cereal, *3/4 cup*
- Qi'a™ Superfood, *2 tbsp*
  - Chia, Buckwheat & Hemp Cereal Apple Cinnamon
  - Chia, Buckwheat & Hemp Cereal Cranberry Vanilla
  - Chia, Buckwheat & Hemp Cereal Original Flavor
- Rice Puffs, *1 cup*
- Smart Bran, *1/2 cup*
- Sunrise Crunchy Cinnamon, *2/3 cup*
- Sunrise Crunchy Vanilla, *2/3 cup*
- Whole O's, *2/3 cup*

## **Post**

- Fruity Pebbles, *3/4 cup*
- Golden Crisp, *3/4 cup*
- Grape-Nuts Flakes, *3/4 cup*
- Great Grains, *1 cup*
  - Banana Nut Crunch
  - Cranberry Almond Crunch
- Great Grains Granola, *1/2 cup*
  - Blueberry Flax
  - Super Nutty
- Great Grains Granola Snack Mix, *1 pouch*
  - Cranberry, Nuts & Seeds
  - Dark Chocolate Nut
- Great Grains Raisins, Dates & Pecans, *3/4 cup*
- Honey Bunches of Oats Granola, *1/2 cup*
  - Honey Roasted
- Honey Bunches of Oats Protein Granola, *1/2 cup*
  - Dark Chocolate
- Honey Bunches of Oats Whole Grain Almond, *1 cup*
- Honey Bunches of Oats, *3/4 cup*

- Honey Roasted
- with Almonds
- with Cinnamon Bunches
- with Pecan Bunches
- with Real Apples & Cinnamon Bunches
- with Real Strawberries
- Post Shredded Wheat CRUNCH, *1 cup*
- Post Shredded Wheat Original Big Biscuit, *2 biscuits*
- Post Shredded Wheat Spoon Size, *1 cup*
  - Original
  - Honey Nut
  - Wheat'n Bran

### **Quaker**

- 100% Natural Granola, *1/2 cup*
  - Oats, Honey and Almonds
- Puffed Wheat, *1 1/4 cups*
- Real Medleys Multigrain Cereal, *1/2 cup*
  - Cherry Almond Pecan
  - Peach Apple Walnut
- Real Medleys Granola, *1/2 cup*
  - Cinnamon Apple Walnut
  - Blueberry Pecan
  - Dark Chocolate Cranberry Almond

### **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**

- Berry Medley, *1 cup*
- Blackberries, *1 cup*
- Blueberries, *1 cup*
- Cherry Berry Blend, *3/4 cup*

- Dark Red Cherries, *1/2 cup*
- Mango Chunks, *3/4 cup*
- Mixed Fruit, *3/4 cup*
- Pineapple Chunks, *3/4 cup*
- Red Raspberries, *1 cup*
- Red Tart Cherries, *1/2 cup*
- Sliced Strawberries, *1 cup*
- Slices Peaches, *3/4 cup*
- Whole Strawberries, *1 cup*

## Hot Cereal

### B&G Foods

- Cream of Rice, *1/4 cup dry*
- Cream of Wheat, *3 tbsp dry*
- Cream of Wheat Whole Grain, *3 tbsp 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, *1/4 cup dry*
  - 7 Grain
  - 10 Grain
- 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 Quinoa and Flax, *1/3 cup dry*
- Premium Steel Cut Oats, *1/4 cup dry*

### Hy-Vee

- Creamy Wheat, *3 tbsp dry*
- Instant Oatmeal, *1 packet*
  - Original
  - Low Sugar Apples and Cinnamon
- Old Fashioned Oats, *1/2 cup dry*
- Quick Oats, *1/2 cup dry*

### **Kashi**

- GoLean Creamy All Natural Instant Hot Cereal, *1 packet*
  - Truly Vanilla
  - Hearty Honey Cinnamon
- Heart to Heart Instant Hot Cereal, *1 packet*
  - Apple Cinnamon
  - Golden Brown Maple

### **Malt-O-Meal**

- Chocolate, *3 tbsp dry*
- Maple & Brown Sugar, *1/4 cup dry*
- Original, *3 tbsp 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*

### **That's Smart**

- Quick Oats, *1/2 cup dry*

### **Mom's Best**

- Quick Oats, *1/2 cup dry*

## **Toaster Pastries**

### **Kellogg's**

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

# CANNED & DRIED FRUIT

## Applesauce

### Buddy Fruits Pouches

- Apple, *single serving pouch*
- Banana, *single serving pouch*
- Cinnamon, *single serving pouch*
- Mango, *single serving pouch*
- Strawberry, *single serving pouch*

### Dole Fruitocracy Pouches

- Apple Cherry, *single serving pouch*
- Apple Pineapple, *single serving pouch*
- Apple Banana, *single serving pouch*
- Apple Strawberry, *single serving pouch*
- Apple Mixed Berry, *single serving pouch*

### Grandma Hoerner's Big Slice Applesauce

- Apricot, *1/2 cup*
- Cinnamon, *1/2 cup*
- Strawberry, *1/2 cup*

### Hy-Vee

- Cinnamon Applesauce, *1/2 cup*
- Light Mixed Berry Applesauce, *1/2 cup*
- Light Strawberry Applesauce, *1/2 cup*
- Natural Style Applesauce, *1/2 cup*
- Regular Applesauce, *1/2 cup*
- Unsweetened Applesauce, *1/2 cup*

### Materne Go Go Squeez

- Apple, *1/2 cup*
- Apple Cinnamon, *1/2 cup*

### Mott's

- Applesauce Pouch, *single serving pouch*
  - Strawberry
  - Natural
- Cinnamon Applesauce, *1/2 cup*
- Healthy Harvest, *1/2 cup*
  - Blueberry Delight Applesauce
  - Country Berry Applesauce
  - Granny Smith Applesauce

- Peach Applesauce
- Summer Strawberry Applesauce
- No Sugar Added Natural Applesauce, *1/2 cup*
- Original Applesauce, *1/2 cup*
- Pear Applesauce, *1/2 cup*
- Strawberry Applesauce, *1/2 cup*

### **Musselman's**

- Chunky Applesauce, *1/2 cup*
- Cinnamon Applesauce, *1/2 cup*
- Cinnamon Light Applesauce, *1/2 cup*
- Light Applesauce, *1/2 cup*
- Natural Applesauce, *1/2 cup*
- Original Applesauce, *1/2 cup*
- Red Spiced Apple Rings, *1/2 cup*

### **Nature's Child Squeezers**

- Applesauce, *single serving pouch*
- Berry, *single serving pouch*
- Strawberry, *single serving pouch*

## **Canned Fruit**

### **Del Monte**

- Apricot Halves in Heavy Syrup, *1/2 cup*
- Bartlett Pear Halves in Heavy Syrup, *1/2 cup*
- Cherry Mixed Fruit in Cherry Flavored Light Syrup Cup, *single serving cup*
- Cherry Mixed Fruit in Natural Cherry Flavored Light Fruit Syrup
- Chunky Fruit Naturals Mixed Fruit, *1/2 cup*
- Chunky Lite Mixed Fruit, *1/2 cup*
- No-Sugar-Added Diced Peaches Cup, *single serving cup*
- Diced Pears in Light Syrup Cup, *single serving cup*
- Freestone Sliced Peaches, *1/2 cup*
- Fruit Chillers, *single serving*
  - Tube Arctic Strawberry
  - Tube Grape Berry Blizzard
  - Tube Strawberry Snow Storm
- Fruit Cocktail, *1/2 cup*
- Fruit Cocktail in Heavy Syrup, *1/2 cup*
- No-Sugar-Added Fruit Naturals Fruit Cocktails, *1/2 cup*
- Fruit and Veggie Fusions, *1/2 cup*
- Lite Bartlett Pear Halves in Pear Juice, *1/2 cup*
- Lite Fruit Cocktail, *1/2 cup*
- Lite Mandarin Orange Segments in Orange Flavored Gel Fruit & Gel, *single serving cup*

- Lite Peaches in Strawberry Banana Flavored Gel Fruit & Gel, *single serving cup*
- Lite Sliced Peaches, *1/2 cup*
- Lite Yellow Cling Sliced Peaches, *1/2 cup*
- Mandarin Orange Segments in Light Fruit Syrup, *1/2 cup*
- Mandarin Oranges Fruit Cup, *1/2 cup*
- No-Sugar-Added Mandarin Oranges in Water, *1/2 cup*
- Mixed Fruit Cherry Fruit, *1/2 cup*
- Mixed Fruit Fruit Rageous Crazy Cherry Fruit Cup, *1/2 cup*
- Mixed Fruit in Cherry Flavored Gel Fruit & Gel, *single serving cup*
- Mixed Fruit in Extra Light Syrup Fruit Cup, *1/2 cup*
- Mixed Fruit in Heavy Fruit Syrup Cup, *1/2 cup*
- Mixed Fruit in Light Fruit Syrup, *1/2 cup*
- Mixed Fruit in Peach Flavored Gel Fruit & Gel, *single serving cup*
- Mixed Fruit in Raspberry Flavored Gel Fruit & Gel, *single serving cup*
- Peach Chunks, *1/2 cup*
- Peach Halves, *1/2 cup*
- No-Sugar-Added Peach Slices in Water, *1/2 cup*
- Pear Chunks, *1/2 cup*
- Pear Halves, *1/2 cup*
  - Regular
  - Lite
- Red Grapefruit, *1/2 cup*
- Raspberry Flavored Sliced Peaches, *1/2 cup*
- Sliced Peach Fruit Naturals, *1/2 cup*
- Sliced Peaches Harvest Cinnamon, *1/2 cup*
- Sliced Peaches Harvest Raspberry, *1/2 cup*
- Sliced Peaches Harvest Spice, *1/2 cup*
- Sliced Pears, *1/2 cup*
  - Lite
  - Regular
- Sunfresh Red Grapefruit Sections in Light Syrup, *1/2 cup*
- Tropical Fruit Salad, *1/2 cup*
- Tropical Fruit Salad in Juice, *1/2 cup*
- Tropical Mixed Fruit in Passion Fruit Nectar, *1/2 cup*
- Very Cherry Mixed Fruit, *1/2 cup*
- Yellow Cling Diced Peaches in Light Fruit Syrup, *1/2 cup*
- Yellow Cling Peach Halves in Heavy Syrup, *1/2 cup*
- Yellow Cling Sliced Peaches, *1/2 cup*

### **Del Monte All Natural**

- No-Sugar-Added Mandarin Oranges in Water, *1/2 cup*
- Pineapple Chunks in Pineapple Juice, *1/2 cup*
- Sliced Peaches in Light Syrup, *1/2 cup*
- Tropical Fruit in Light Syrup, *1/2 cup*

## **Dole**

- Apple Cinnamon Fruit Cups, *single serving cup*
- Apple Pear Crisp Fruit Cups, *single serving cup*
- Apples & Cream Parfait Cups, *single serving cup*
- Crushed Pineapple in Heavy Syrup, *1/2 cup*
- Crushed Pineapple in Unsweetened Pineapple Juice
- Diced Apples in 100% Juice Cups, *single serving cup*
- Diced Peaches in 100% Juice Cups, *single serving cup*
- Diced Pears Fruit Bowls, *single serving cup*
- Fruit Tropical Fruit Bowls, *single serving cup*
- Mandarin Oranges Fruit Bowls, *single serving cup*
- Mandarin Oranges in Orange Gel Bowls, *single serving cup*
- Mixed Cherry in 100% Fruit Juice, *1/2 cup*
- Mixed Fruit in Black Cherry Gel Fruit Bowls, *single serving cup*
- Mixed Fruit in Cherry Gel Sugar Free Cup, *single serving cup*
- Mixed Fruit in Peach Gel Fruit Bowls, *single serving cup*
- Mixed Fruit Bowls in 100% Juice, *single serving cup*
- No-Sugar-Added Crushed Pineapple in 100% Pineapple Juice, *1/2 cup*
- No-Sugar-Added Pineapple Chunks in 100% Pineapple Juice, *1/2 cup*
- No-Sugar-Added Pineapple Slices in 100% Pineapple Juice, *1/2 cup*
- No-Sugar-Added Pineapple Tidbits in 100% Pineapple Juice, *1/2 cup*
- Peach Fruit Crisp Fruit Cups, *single serving cup*
- Peach Fruit Parfait Fruit Bowls, *single serving cup*
- Peaches & Cream Parfait Cups, *single serving cup*
- Peaches in Strawberry Gel Fruit in Gel Cup, *single serving cup*
- Pineapple Chunks in Heavy Syrup, *1/2 cup*
- Pineapple Fruit Parfait Fruit Bowls, *single serving cup*
- Pineapple in Lime Gel Fruit in Gel Cup, *single serving cup*
- Pineapple in Strawberry Gel Sugar Free Cup, *single serving cup*
- Pineapple Slices in Unsweetened Pineapple Juice, *1/2 cup*
- Pineapple Tidbits in 100% Juice Cups, *single serving cup*
- Pineapple Tidbits in Unsweetened Pineapple Juice, *1/2 cup*
- Red Grapefruit Sunrise Cups, *single serving cup*

## **Hy-Vee**

- Apricot Halves, *1/2 cup*
  - Regular
  - Light
- Chunk Pineapple, *1/2 cup*
- Light Chunky Mixed Fruit, *1/2 cup*
- Crushed Pineapple, *1/2 cup*
- Diced Peaches, *1/2 cup*
- Fruit Cups, *single serving cup*

- Diced Peaches
  - Dice Pears
  - Mixed Fruit
  - Pineapple Tidbits
- Fruit Cocktail, *1/2 cup*
  - Regular
  - Light
- Jellied Cranberry Sauce, *1/2 cup*
- Lite Chunk Mixed Fruit, *1/2 cup*
- Lite Unpeeled Apricot Halves Sweetened with Splenda, *1/2 cup*
- Mandarin Oranges, *1/2 cup*
- Mandarin Oranges Fruit Cups, *single serving cup*
- Mandarin Oranges in Light Syrup, *1/2 cup*
- Mandarin Oranges in Orange Gel, *single serving cup*
- Mixed Fruit, *1/2 cup*
- Mixed Fruit in Cherry Gel Cups, *single serving cup*
- Peaches in Strawberry Gel, *single serving cup*
- Pear Halves, *1/2 cup*
  - Regular
  - Light
  - No Sugar Added
- Pineapple in Lime Gel, *single serving cup*
- Purple Plus, *1/2 cup*
- Red Maraschino Cherries, *1/2 cup*
- Sliced Pineapple, *1/2 cup*
- Tropical Fruit Cups, *single serving cup*
- Unpeeled Apricot Halves, *1/2 cup*
- Whole Berry Cranberry Sauce, *1/2 cup*
- Sliced Peaches, *1/2 cup*
  - Regular
  - Light
  - No Sugar Added
- Sliced Pears, *1/2 cup*
- Red Tart Cherries, *1/2 cup*
- Dark Sweet Pitted Cherries, *1/2 cup*
- Cherry Mixed Fruit, *1/2 cup*

### **Ocean Spray**

- Jellied Cranberry Sauce, *1/2 cup*
- Whole Berry Cranberry Sauce, *1/2 cup*
- Cran Raspberry Cranberry Sauce, *1/2 cup*

### **Oregon**

- Blueberries in Light Syrup, *1/2 cup*

- Blackberries in Light Syrup, *1/2 cup*
- Boysenberries in Light Syrup, *1/2 cup*
- Dark Sweet Cherries in Heavy Syrup, *1/2 cup*
- Gooseberries in Light Syrup, *1/2 cup*
- Red Raspberries in Heavy Syrup, *1/2 cup*
- Red Tart Cherries in Water, *1/2 cup*
- Royal Anne Cherries in Heavy Syrup, *1/2 cup*
- Thompson Grapes in Light Syrup, *1/2 cup*

### **Felix**

- Wild Natural Lingonberries, *1/2 cup*

### **That' Smart!**

- No-Sugar-Added Crushed Pineapple in Natural Juice, *1/2 cup*
- Fruit Cocktail in Heavy Syrup, *1/2 cup*
- Maraschino Cherries in Natural Juice, *1/2 cup*
- Peach Halves in Light Syrup, *1/2 cup*
- Pear Halves in Light Syrup, *1/2 cup*
- No-Sugar-Added Pineapple Chunks in Natural Juice, *1/2 cup*
- No-Sugar-Added Pineapple Slices in Natural Juice, *1/2 cup*
- No-Sugar-Added Pineapple Tidbits in Natural Juice, *1/2 cup*
- Sliced Peaches, *1/2 cup*
  - Heavy Syrup
  - Light Syrup

### **Mother's Maid**

- Green Maraschino Cherries, *1/2 cup*

### **Pacific**

- Mandarin Oranges in Light Syrup, *1/2 cup*

### **Richelieu**

- Pitted Dark Sweet Cherries in Heavy Syrup, *1/2 cup*

### **Roland**

- Mango Slices in Light Syrup, *1/2 cup*
- Tropical Fruit Salad in Light Syrup with Passion Fruit Juice, *1/2 cup*

## **Dried Fruit**

### **GoodSense**

- Apricots, *6 pieces*
- Banana Chips, *1/2 cup*
- Brotherhood Mix, *1/4 cup*

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

### **Hy-Vee**

- Apricots, *5 pieces*
- Banana Chips, *1/3 cup*
- Blueberries, *1/3 cup*
- Cherries, *1/4 cup*
- Cranberries, *1/3 cup*
- Mangos, *12 pieces*
- Mixed Fruit, *1/4 cup*
- Mixed Berries, *1/4 cup*
- Pineapple, *8 pieces*
- Pitted Prunes, *5 pieces*
- Raisins, *1/4 cup*
- Vanilla Yogurt Covered Cranberries, *7 pieces*
- Vanilla Yogurt Covered Raisins, *18 pieces*

### **Ocean Spray Craisins**

- Blueberry Flavor, *1/3 cup*
- Cherry Flavor, *1/3 cup*
- Orange Flavor, *1/3 cup*
- Pomegranate Flavor, *1/3 cup*
- Sweetened Dried Cranberries, *1/3 cup*
- Reduced Sugar, *1/3 cup*
- Cranberry Almond Fruit Clusters, *1 oz*
- Cranberry Granola Fruit Clusters, *1 oz*

### **Sun Maid**

- Apricots, *1/4 cup*
- Cranberries, *1/4 cup*
- Fruit Bits, *1/4 cup*
- Golden Raisins, *1/4 cup*
- Mediterranean Apricots, *1/4 cup*
- Mixed Fruit, *1/4 cup*
- Mixed Jumbo Raisins, *1/4 cup*
- Peaches, *1/4 cup*
- Raisins, *1/4 cup*
- Tart Cherries, *1/4 cup*
- Zante Currants, *1/4 cup*
- Pure Milk Chocolate Raisins, *1/4 cup*
- Caramel Sea Salt Yogurt Raisins, *1/4 cup*
- Vanilla Yogurt Raisins, *1/4 cup*

### **Sunsweet**

- Cherry Essence Prunes, *5 pieces*
- Chocolate Plum Sweets, *14 pieces*
- Mango, *4 pieces*
- Orange Essence Prunes, *5 pieces*
- Pineapple, *6 pieces*
- Pitted Dates, *5 to 6 pieces*
- Pitted Prunes, *5 pieces*
- Petite Prunes, *7 pieces*
- D'Noire Prunes, *7 pieces*
- Dark Chocolate Plum Sweets, *1/4 cup*
- Plum Amazins, *1/4 cup*
- Chopped Dates, *1/4 cup*

### **Welch's**

- Berry Medley, *1/4 cup*
- Cherries, *1/4 cup*
- Cranberries and Spiced Apples, *1/4 cup*

### **Dole**

- Strawberry Fruit Snacks, *21 pieces*
- Orange Fruit Snacks, *21 pieces*
- Grape Fruit Snacks, *21 pieces*

### **Orchard Choice**

- Mission Figlets, *5 figs*

### **Amport Foods**

- Pitted Dates, *7 pieces*

- Chopped Dates, *1/4 cup*

## **Trail Mix**

### **Energy Club**

- Fancy Fruit & Nut, *1/4 cup*
- Nuts N Chocolate Blend, *1/4 cup*
- Sweet Kiwi Medley, *1/4 cup*
- Tropical Isle Blend, *1/4 cup*

### **Good Sense**

- Dietary Snack Mix, *3 tbsp*
- Cranberries N More, *3 tbsp*
- Canyon Mix, *3 tbsp*
- Cross 'N Country, *3 tbsp*

### **David**

- Classic Trail Mix, *3 tbsp*

### **Planters**

- Turtle Sundae Mix, *3 tbsp*
- Banana Sundae Mix, *3 tbsp*
- Oatmeal Raisin Cookie, *3 tbsp*
- Chocolate Peanut Butter Brownie, *3 tbsp*
- Sweet and Salty Trail Mix, *3 tbsp*
- Nuts and Chocolate Trail Mix, *3 tbsp*
- Peanut Butter Chocolate Trail Mix, *3 tbsp*

### **Hy-Vee**

- Berry, *1/3 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 tbsp*
- Cross Country Trail Mix, *3 tbsp*
- RU Berry Sweet, *3 tbsp*
- Wild About Peanuts, *3 tbsp*

## CANNED & DRIED SOUP

### Canned Soup

#### Amy's, 1 cup

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

#### Health Valley Organic

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

#### Rachel Ray

- Low-Sodium Chicken Stock, 1 cup

#### Pacific Foods

- Low-Sodium Free Range Chicken Broth, 1 cup

#### Full Circle

- Low-Sodium Chicken Broth, 1 cup

#### Kitchen Basics

- Unsalted Beef Stock, 1 cup

#### Imagine Foods

- Low-Sodium Free-Range Chicken Broth, 1 cup
- Low-Sodium Beef-Flavored Broth, 1 cup

### Dried Soup Mix

#### Bob's Red Mill

- 13-Bean Soup Mix, 1/2 cup dry
- Vegi Soup Mix, 1/2 cup dry

## CANNED MEAT & SEAFOOD

### Poultry

#### Hormel

- No-Salt Breast of Chicken Chunk, *2 oz*

### Sardines/ Clams

#### Bar Harbor

- Clam Juice, *1 tbsp*

#### Bela

- Portuguese Sardines in Spring Water, *1/4 cup*
- Lightly Smoked Portuguese Sardines, *1/4 cup*
  - In Olive Oil
  - In Lemon-Flavored Extra-Virgin Olive Oil
  - In Tomato Sauce

#### Crown Prince

- Brisling Sardines in Spring Water

#### Snow's

- Clam Juice, *1 tbsp*

### Tuna

#### Bumble Bee

- Premium Fillet Solid White Albacore, *1/4 cup*

#### Chicken of the Sea

- Chunk Light Tuna in Water, 50% Less Sodium, *1/4 cup*
- Chunk White Albacore Tuna in Water, *1/4 cup*
- Premium Wild-Caught Albacore White Tuna in Water, *1/4 cup*
- Solid White Albacore Tuna, *1/4 cup*
  - In Oil
  - In Water
  - In Olive Oil

#### Crown Prince

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

#### Genova

- Albacore Tuna in Pure Olive Oil, *1/4 cup*

**Natural Sea**

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

**StarKist**

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

# CANNED VEGETABLES

## Beans

### Bush's Best

- Reduced-Sodium Cannellini Beans (White Kidney Beans), *1/2 cup raw*
- Reduced-Sodium Dark Red Kidney Beans, *1/2 cup raw*

### Eden

- No-Salt-Added Garbanzo Beans, *1/2 cup raw*
- No-Salt-Added Organic Black Beans, *1/2 cup raw*
- No-Salt-Added Organic Kidney Beans, *1/2 cup raw*
- No-Salt-Added Organic Pinto Beans, *1/2 cup raw*
- No-Salt-Added Butter Beans, *1/2 cup raw*
- No-Salt-Added Cannellini White Kidney Beans, *1/2 cup raw*
- No-Salt-Added Black Eyed Peas, *1/2 cup raw*
- No-Salt-Added Navy Beans, *1/2 cup raw*
- Sorghum & Mustard Baked Beans, *1/2 cup raw*

### Hy-Vee

- No-Salt-Added Black Beans, *1/2 cup raw*
- Reduced-Sodium Dark Red Kidney Beans, *1/2 cup raw*
- No-Salt-Added Chili Style Beans in Chili Gravy, *1/2 cup raw*
- No-Salt-Added Pinto Beans, *1/2 cup raw*
- No-Salt-Added Garbanzo Beans, *1/2 cup raw*

### Mrs. Grimes

- No-Salt-Added Black Beans, *1/2 cup raw*

### Westbrae Natural

- Low-Sodium Organic Red Beans, *1/2 cup*
- Low-Sodium Organic Pinto Beans, *1/2 cup*
- Low-Sodium Organic Kidney Beans, *1/2 cup*
- Low-Sodium Organic Black Beans, *1/2 cup*
- Organic Soy Beans, *1/2 cup*
- Organic Great Northern Beans, *1/2 cup*
- Organic Chili Beans, *1/2 cup*

## Beets

### Aunt Nellie's

- Ruby Red
  - Whole Pickled Beets, *2 beets*
  - Sweet & Sour Red Cabbage, *2 tbsp*

- Sliced Pickled Beets, *4 slices*

## Corn

### Del Monte

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

### Green Giant

- 50% Less Sodium Whole Kernel Sweet Corn, *1/2 cup*

### Hy-Vee

- No-Salt-Added Golden Corn, Whole Kernel, *1/2 cup*

## Green Beans

### Del Monte

- No-Salt-Added Blue Lake Green Beans, *1/2 cup*
  - Cut
  - French-Style
- No-Salt-Added Fresh Cut Green Beans, *1/2 cup*

## Mushrooms

### Ace of Diamonds

- No-Salt-Added Mushrooms, Stems & Pieces, *4 oz*

### Giorgio

- No-Salt-Added Mushrooms, Pieces & Stems, *1/2 cup*

### Hy-Vee

- No-Salt-Added Mushrooms, Stems & Pieces, *1/2 cup*

## Olives

### Early California

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

### Hy-Vee

- Chopped Black Ripe Olives, *1-1/3 tbsp*
- Pitted Large Black Ripe Olives, *4 olives*

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

### **Lindsay**

- California Medium Pitted Ripe Olives, *5 olives*
- California Large Pitted Ripe Olives, *4 olives*
- California Jumbo Pitted Ripe Olives, *3 olives*
- California Sliced Olives, *2 tbsp*

### **Lindsay Naturals**

- Sliced California Black Ripe Olives, *2 tbsp*

### **Mario**

- Medium Pitted Black Olives, *5 olives*
- Large Pitted Black Olives, *4 olives*
- Extra Large Pitted Black Olives, *3 olives*
- Jumbo Pitted Black Olives, *3 olives*

### **Mezzetta**

- Garlic Stuffed Olives, *1 olive*

### **Nature Value**

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

### **Pearls**

- Black Pitted Olives to Go!, *4 olives*
- Sliced Olives to Go!, *2 tbsp*

### **That's Smart!**

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

## **Peas**

### **Del Monte**

- No-Salt-Added Fresh Cut Sweet Peas, *1/2 cup*

### **Green Giant**

- 50% Less Sodium Sweet Peas, *1/2 cup*

### **Hy-Vee**

- No-Salt-Added Sweet Peas, *1/2 cup*

## Potatoes

### Princella

- Cut Sweet Potatoes, Cut Yams in Light Syrup, *2/3 cup*

## Tomato Sauce/ Paste/ Puree

### Alessi

- Chopped Tomatoes, Polpa Di Pomodoro, *1/2 cup*
- Pomodori Pelati, *1/2 cup*
- Tomato Paste, *2 tbsp*

### Amore

- Tomato Paste, *2 tbsp*

### Contadina

- Tomato Paste, *2 tbsp*

### Dei Fratelli

- Crushed Tomatoes, *1/4 cup*
- Tomato Puree, *1/4 cup*

### Delallo

- Whole Tomatoes, *1/2 cup*

### Del Monte

- Organic Tomato Paste, *2 tbsp*

### Eden Organic

- No-Salt-Added Diced Tomatoes with Roasted Onion & Garlic, *1/2 cup*

### Full Circle

- Crushed Tomatoes with Basil, *1/4 cup*
- Tomato Paste, *2 tbsp*
- Tomato Puree, *1/4 cup*

### Hunt's

- No-Salt-Added Diced Basil, Garlic & Oregano Tomatoes, *1/2 cup*
- No-Salt-Added Diced Tomatoes, *1/2 cup*
- Organic Paste, *2 tbsp*
- No-Salt-Added Stewed Tomatoes, *1/2 cup*
- Tomato Paste, *2 tbsp*
- Tomato Paste, *2 tbsp*
- No-Salt-Added Tomato Sauce, *1/4 cup*

- Tomato Puree, *2 tbsp*

### **Hy-Vee**

- Tomato Paste, *2 tbsp*
- No-Salt-Added Tomato Sauce, *1/4 cup*
- No-Salt-Added Whole Peeled Tomatoes, *1/2 cup*
- No-Salt-Added Diced Tomatoes, *1/2 cup*
- Crushed Tomatoes in Puree, *1/4 cup*
- Crushed Tomatoes with Oregano, Onion & Garlic in Heavy Puree, Italian Style, *1/4 cup*

### **Muir Glen**

- No-Salt-Added Tomato, *1/4 cup*
- Fire-Roasted Crushed Tomatoes, *1/4 cup*
- No-Salt-Added Diced Tomatoes, *1/2 cup*
- No-Salt-Added Fire-Roasted Diced Tomatoes, *1/2 cup*

# CONDIMENTS

## Ketchup

### Heinz

- No-Salt-Added Tomato Ketchup, *1 tbsp*

### Sir Kensington's,

- Regular Ketchup, *1 tbsp*
- Spiced Ketchup, *1 tbsp*

## Mayonnaise

### Hain

- Safflower Mayonnaise, *1 tbsp*
- Original Mayonnaise, *1 tbsp*
- Carefully Crafted Dressing & Sandwich Spread, *1 tbsp*

### Hellmann's

- Real Mayonnaise, *1 tbsp*
- Light Mayonnaise, *1 tbsp*
- Low-Fat Mayonnaise, *1 tbsp*
- Cholesterol-Free Canola Mayonnaise, *1 tbsp*

### Hy-Vee

- Mayonnaise, *1 tbsp*
  - Regular
  - Light
- Salad Dressing, *1 tbsp*
  - Regular
  - Light
- Sandwich Spread, *1 tbsp*
- Select Mayonnaise Spreads, *1 tbsp*
  - Smoky Bacon
  - Ultimate Burger
  - Sriracha
  - Roasted Garlic
  - Horseradish
  - Chipotle

### Kraft

- Miracle Whip Dressing, *1 tbsp*
  - Original
  - Light

- Nonfat
- with Olive Oil
- Real Mayo, *1 tbsp*
  - Regular
  - Light
  - Fat-Free
  - with Olive Oil
- Sandwich Spread, *1 tbsp*

### **Mayo Gourmet**

- Mayonnaise, *1 tbsp*
  - Kickin' Buffalo
  - Cool Dill
  - Smoky Bacon

### **That's Smart!**

- Mayonnaise, *1 tbsp*
- Whipped Dressing, *1 tbsp*

## **Mustard**

### **Beaver Brand**

- Sweet Honey Mustard, *1 tsp*
- Deli Mustard, *1 tsp*
- Sweet Hot Mustard, *1 tsp*

### **Emeril's**

- Dijon Mustard, *1 tsp*
- Smooth Honey Mustard, *1 tsp*
- Kicked Up Horseradish Mustard, *1 tsp*

### **French's**

- Classic Yellow Mustard, *1 tsp*
- Honey Mustard, *1 tsp*
- Honey-Dijon Mustard, *1 tsp*
- Spicy Brown Mustard, *1 tsp*
- Sweet with Brown Sugar Mustard, *1 tsp*
- Horseradish Mustard, *1 tsp*

### **Grey Poupon**

- Dijon Mustard, *1 tsp*
- Mild & Creamy Dijon Mustard, *1 tsp*
- Country Dijon Mustard, *1 tsp*

**Gulden's**

- Spicy Brown Mustard, *1 tsp*
- Sriracha Mustard, *1 tsp*

**Heinz**

- Yellow Mustard, *1 tsp*
- Garlic & Herb Mustard, *1 tsp*
- Jalapeno Mustard, *1 tsp*

**Hellman's**

- Dijonnaise, *1 tsp*
- Honey Mustard, *1 tsp*

**Hy-Vee**

- Dijon Mustard, *1 tsp*
- Honey Mustard, *1 tsp*
- Original Yellow Mustard, *1 tsp*
- Spicy Brown Mustard, *1 tsp*
- Stone-Ground Honey Dijon Mustard, *1 tsp*
- Sweet & Hot Mustard, *1 tsp*
- Deli-Style with Horseradish Mustard, *1 tsp*
- Stone-Ground Dijon Mustard, *1 tsp*
- Sriracha Mustard, *1 tsp*

**Jack Daniel's**

- Honey Dijon Mustard, *1 tsp*
- Classic Mustard, *1 tsp*

**Koop's**

- Horseradish Mustard, *1 tsp*
- Arizona Heat Mustard, *1 tsp*

**Plochman's**

- Mild Yellow Mustard, *1 tsp*

**That's Smart!**

- Yellow Mustard, *1 tsp*

**Woerber's**

- Jalapeno Mustard, *1 tsp*
- Horseradish Mustard, *1 tsp*
- Sweet & Spicy Mustard, *1 tsp*
- Hot & Spicy Mustard, *1 tsp*

## Oil

### Alessi

- Extra-Virgin Olive Oil, *1 tbsp*

### Benissimo

- Siciliano Oil, *1 tbsp*
- Balsamic Garlic Oil, *1 tbsp*
- Mediterranean Oil, *1 tbsp*
- Roasted Garlic Oil, *1 tbsp*

### Bertolli

- Extra-Light-Tasting Olive Oil, *1 tbsp*
- 100% Pure Olive Oil, *1 tbsp*
- Extra-Virgin Olive Oil, *1 tbsp*

### California Olive Ranch

- Extra-Virgin Olive Oil, *1 tbsp*

### Colavit

- Extra-Virgin Olive Oil, *1 tbsp*
- 100% Greek Extra-Virgin Olive Oil, *1 tbsp*
- 100% Mediterranean Extra-Virgin Olive Oil, *1 tbsp*

### Crisco

- Peanut Oil, *1 tbsp*
- Canola Oil with Omega-3 DHA, *1 tbsp*
- Pure Vegetable Oil, *1 tbsp*
- Blends (Canola, Sunflower & Soy), *1 tbsp*
- Light-Tasting Olive Oil, *1 tbsp*
- Extra-Virgin Olive Oil, *1 tbsp*
- Pure Olive Oil, *1 tbsp*

### DeLallo

- Garlic Extra-Virgin Olive Oil, *1 tbsp*
- Basil Extra-Virgin Olive Oil, *1 tbsp*

### Filippo Berio

- Robusto Extra-Virgin Olive Oil, *1 tbsp*
- Extra-Virgin Olive Oil, *1 tbsp*
- Organic Extra-Virgin Olive Oil, *1 tbsp*
- Olive Oil, *1 tbsp*

### Giuseppe Cremonini

- Truffle-flavored Extra-Virgin Olive Oil, *1 tbsp*
- Basil-flavored Extra-Virgin Olive Oil, *1 tbsp*
- Extra-Virgin Olive Oil, *1 tbsp*

### **Hy-Vee**

- 100% Pure Canola Oil, *1 tbsp*
- 100% Pure Vegetable Oil, *1 tbsp*
- 100% Pure Corn Oil, *1 tbsp*
- Omega Blend (Canola & Extra-Virgin Olive Oils), *1 tbsp*
- Blended Oil (Canola & Vegetable Oils), *1 tbsp*
- Grand Selection Extra-Virgin Olive Oil, *1 tbsp*
- Grand Selection Olive Oil, *1 tbsp*
- Select Basil-Flavored Olive Oil, *1 tbsp*
- Select Lemon-Flavored Olive Oil, *1 tbsp*
- Select Chili-Flavored Olive Oil, *1 tbsp*
- Select Garlic-Flavored Olive Oil, *1 tbsp*
- Select Classic Olive Oil, *1 tbsp*
- Select Extra Light Tasting Olive Oil, *1 tbsp*
- Select Extra-Virgin Olive Oil, *1 tbsp*
- Select Extra-Virgin Olive Oil Spray, *1 tbsp*

### **International Collection**

- Dipping Oil with Basil & Sun-Dried Tomatoes, *1 tbsp*
- Grapeseed oil, *1 tbsp*

### **Italica**

- Classic Flavor Olive Oil, *1 tbsp*
- Extra-Virgin Olive Oil, *1 tbsp*

### **Loriva**

- Pure Roasted Peanut Oil, *1 tbsp*
- Pure Walnut Oil, *1 tbsp*
- Pure Canola Oil, *1 tbsp*
- Pure Extra-Virgin Olive Oil, *1 tbsp*
- Pure Safflower Oil, *1 tbsp*
- Pure Sunflower Oil, *1 tbsp*
- Rice Bran Oil, *1 tbsp*

### **Mezzetta**

- California Extra-Virgin Olive Oil, *1 tbsp*

### **Napa Valley Naturals**

- Extra-Virgin Olive Oil, *1 tbsp*
- Grapeseed Oil, *1 tbsp*

- Original Olive Oil, *1 tbsp*
- Original Sunflower Oil, *1 tbsp*

### **Planters**

- Peanut Oil, *1 tbsp*

### **Pompeian**

- OlivExtra – Safflower Oil & Olive Oil, *1 tbsp*
- OlivExtra – Canola & Olive Oil, *1 tbsp*
- Organic Extra-Virgin Olive Oil, *1 tbsp*
- Extra-Virgin Olive Oil – Smooth, *1 tbsp*
- Extra-Virgin Olive Oil – Robust, *1 tbsp*
- Extra-Light-Tasting Olive Oil, *1 tbsp*
- 100% Grapeseed oil, *1 tbsp*

### **Roland**

- Truffle Oil, *1 tbsp*

### **Smart Balance**

- Omega-3 Vegetable Oil Blend, *1 tbsp*

### **Spectrum**

- Almond Oil, *1 tbsp*
- Avocado Oil, *1 tbsp*
- Canola & Coconut Blend Oil, *1 tbsp*
- Corn Oil, *1 tbsp*
- Flax Oil, *1 tbsp*
- Grapeseed Oil, *1 tbsp*
- Peanut Oil, *1 tbsp*
- Safflower Oil, *1 tbsp*
- Sesame Oil, *1 tbsp*
- Toasted Sesame Oil, *1 tbsp*
- Organic Extra-Virgin Medium Olive Oil, *1 tbsp*
- Organic Canola Oil, *1 tbsp*
- Organic Coconut Oil, *1 tbsp*
- Organic Extra-Virgin Olive Oil, *1 tbsp*
- Organic Sunflower Oil, *1 tbsp*
- Organic Virgin Coconut Oil, *1 tbsp*
- Organic Extra-Virgin Mediterranean Olive Oil, *1 tbsp*

### **That's Smart!**

- 100% Pure Vegetable Oil, *1 tbsp*
- 100% Pure Corn Oil, *1 tbsp*
- 100% Pure Canola Oil, *1 tbsp*

**Violi**

- Mediterranean Blend (Italian Sunflower & Extra-Virgin Olive Oil), *1 tbsp*

**Salad Dressing****Annie's Naturals**

- Balsamic Dressing, *2 tbsp*
- Lite Honey Mustard Dressing, *2 tbsp*

**Bolthouse Farms**

- Raspberry Merlot Dressing, *2 tbsp*
- Chunky Blue Cheese Dressing, *2 tbsp*
- Honey Mustard Dressing, *2 tbsp*

**Bragg's**

- Braggberry Dressing & Marinade, *2 tbsp*
- Hawaiian Dressing & Marinade, *2 tbsp*
- Vinaigrette Dressing & Marinade, *2 tbsp*

**Drew's**

- Garlic Italian Dressing, *1 tbsp*
- Kalamata Olive and Caper Dressing, *1 tbsp*
- Roasted Garlic Dressing, *1 tbsp*
- Rosemary Balsamic Dressing, *1 tbsp*
- Soy Ginger Dressing, *1 tbsp*
- Thai Sesame Lime Dressing, *1 tbsp*

**Full Circle**

- Raspberry Vinaigrette Dressing, *2 tbsp*

**Gramma Amber's**

- Sweet Onion Vinaigrette Dressing, *2 tbsp*

**Girard's**

- Raspberry Dressing, *2 tbsp*

**Hiro 88**

- Carrot & Ginger Dressing, *2 tbsp*

**Hy-Vee HealthMarket**

- Ranch Dressing, *2 tbsp*

**Jimmy's**

- Original Blue Cheese Dressing, *2 tbsp*
- Chunky Blue Cheese Dressing, *2 tbsp*
- Original Thousand Island Dressing, *2 tbsp*

### **Ken's Steak House**

- Lite Sweet Vidalia Onion Dressing, *2 tbsp*
- Sweet Vidalia Onion Dressing, *2 tbsp*

### **Louie's Original**

- Old-Fashioned Poppyseed Dressing, *2 tbsp*

### **Maple Grove Farms**

- Fat-Free Poppyseed Dressing, *2 tbsp*
- Fat-Free Balsamic Dressing, *2 tbsp*

### **Margie's**

- Raspberry Vinaigrette Dressing, *2 tbsp*
- Mango Herb & Garlic Dressing, *2 tbsp*
- Guava Vinaigrette Dressing, *2 tbsp*

### **Panera Bread**

- Fat-Free Raspberry Dressing, *2 tbsp*
- Fuji Apple Vinaigrette Dressing, *2 tbsp*
- Fat-Free Poppyseed Dressing, *2 tbsp*

## **Salsa**

### **Authentic Desert Pepper**

- Peach Mango, *2 tbsp*
- Pineapple, *2 tbsp*
- Tequila Salsa, *2 tbsp*

### **Backyard Salsa**

- Mild, *2 tbsp*
- Hot, *2 tbsp*
- Black Bean & Corn, *2 tbsp*
- Ghost Pepper, *2 tbsp*

### **Clint's Texas Salsa**

- Mild, *2 tbsp*
- Medium, *2 tbsp*
- Hot, *2 tbsp*
- Chipotle, *2 tbsp*

**Enrico's**

- Mild Chunky Salsa, *2 tbsp*
- No-Salt-Added Chunky Salsa, *2 tbsp*

**Fiesta Fresh**

- Mild, *2 tbsp*
- Hot, *2 tbsp*
- Garlic, *2 tbsp*

**Garden Fresh Gourmet**

- Jack's Special, *2 tbsp*
- Peach Pineapple, *2 tbsp*
- Roasted Garlic & Green Onion, *2 tbsp*
- Thick & Chunky, *2 tbsp*
- Wild Mild, *2 tbsp*

**Graddy's**

- Hot, *2 tbsp*
- Bean & Corn, *2 tbsp*

**Green Mountain Gringo**

- Original Salsa, *2 tbsp*
  - Mild
  - Medium
  - Hot
- Roasted Garlic Salsa, *2 tbsp*

**Hy-Vee**

- HealthMarket Organic Original Salsa, *2 tbsp*
  - Mild
  - Medium
- HealthMarket Pineapple Salsa, *2 tbsp*
- Homestyle Recipe, *2 tbsp*
  - Mild
  - Peach Mango

**Margaretville**

- Mild, *1 oz*
- Medium, *1 oz*
- Chipotle Garlic, *1 oz*

**Newman's Own**

- Medium Peach Salsa, *2 tbsp*
- Medium Pineapple Salsa, *2 tbsp*

- All-Natural Mild Chunky Salsa, *2 tbsp*

### **Red Cactus**

- Medium, *2 tbsp*
- Mild, *2 tbsp*

## **Seasoning**

### **Chef Paul Magic Seasoning Blends**

- Blacked Steak Magic, *1/4 tsp*
- Meat Magic, *1/4 tsp*
- Poultry Magic, *1/4 tsp*
- Seafood Magic, *1/4 tsp*

### **Hy-Vee**

- No Salt Seasoning, *1/4 tsp*
- No Salt Steak Seasoning, *1/4 tsp*
- Tex-Mex Chipotle, *1/4 tsp*

### **Lawry's**

- Salt-Free 17 Seasoning, *1/4 tsp*

### **McCormick**

- Salt-Free All-Purpose Seasoning, *1/4 tsp*

### **Mrs. Dash**

- Seasoning Blends, *1/4 tsp*
  - Chicken
  - Extra-Spicy
  - Fiesta Lime
  - Garlic & Herb
  - Italian Medley
  - Lemon Pepper
  - Onion & Herb
  - Original
  - Southwest Chipotle
  - Steak
  - Tomato Basil Garlic
  - Table Blend

### **Tony Chachere's**

- Lite Seasoning, *1/4 tsp*
- Salt-Free Seasoning, *1/4 tsp*

### **Weber**

- Salt-Free Burger, *1/4 tsp*
- Salt-Free Chicken, *1/4 tsp*
- Salt-Free Steak, *1/4 tsp*

## Specialty Sauces

### Heinz

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

### Mrs. Dash

- Marinades, *1 tbsp*
  - Garlic Lime
  - Lemon Herb Peppercorn
  - Mesquite Grille
  - Southwestern Chipotle
  - Spicy Teriyaki
  - Zesty Garlic Herb

## Vinegar

### Colavita

- Aged Red Wine Vinegar, *1 tbsp*
- Aged White Wine Vinegar, *1 tbsp*
- Balsamic Vinegar, *1 tbsp*
- Champagne Wine Vinegar, *1 tbsp*
- Raspberry Wine Vinegar, *1 tbsp*
- White Balsamic Vinegar, *1 tbsp*

### Heinz

- Apple Cider Vinegar, *1 tbsp*
- Distilled White Vinegar, *1 tbsp*
- Gourmet Malt Vinegar, *1 tbsp*
- Gourmet Salad Vinegar, *1 tbsp*

### Hy-Vee

- Apple Cider Vinegar, *1 tbsp*
- White Distilled Vinegar, *1 tbsp*

### Hy-Vee Select

- Balsamic Vinegar, *1 tbsp*
- Red Wine Vinegar, *1 tbsp*
- White Wine Vinegar, *1 tbsp*

**Pompeian**

- Balsamic Vinegar, *1 tbsp*
- Pomegranate-Infused Blush Balsamic Vinegar, *1 tbsp*
- Pomegranate-Infused Red Wine Vinegar, *1 tbsp*
- Red Wine Vinegar, *1 tbsp*

## DAIRY

### Butter & Margarine

#### Country Crock

- Original, *1 tbsp*
- Light, *1 tbsp*
- Calcium, *1 tbsp*
- Churn Style, *1 tbsp*

#### Earth Balance

- Original, *1 tbsp*
- Organic Whipped, *1 tbsp*
- Soy Free, *1 tbsp*

#### Fleischmann's

- Unsalted Margarine, *1 tbsp*

#### Hy-Vee

- Unsalted Butter, *1 tbsp*

#### Horizon

- All varieties, *1 tbsp*

#### Kerrygold Pure Irish Butter

- All Varieties, *1 tbsp*

#### Land O' Lakes

- Unsalted Butter, *1 tbsp*
- Light Butter, *1 tbsp*
- Olive Oil & Sea Salt, *1 tbsp*

#### Smart Balance

- All varieties, *1 tbsp*

#### Organic Valley

- Salted Butter, *1 tbsp*
- Ghee, *1 tbsp*

### Cream & Creamers

#### Anderson Erickson

- Heavy Whipping Cream, *1 tbsp*

**Coffee-Mate**

- Coffee Creamers, *1 tbsp*
  - Original
  - Black Cherry Streusel
  - Chocolate Raspberry
  - Cinnamon Bun
  - French Vanilla
  - Hazelnut
  - Hazelnut Biscotti
  - Italian Sweet Cream
  - Original
  - Tiramisu
  - Vanilla Caramel
- Fat-Free Coffee Creamers, *1 tbsp*
  - Original
  - French Vanilla
  - Cinnamon Vanilla Crème
  - Hazelnut

**Hiland**

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

**Hy-Vee**

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

**International Delight**

- Coffee Creamers, *1 tbsp*
  - Amaretto
  - Cinnamon Hazelnut
  - Fat-Free French Vanilla
  - French Vanilla

- Hazelnut
- Southern Butter Pecan
- Sugar-Free French Vanilla
- Sugar-Free Hazelnut
- Vanilla Toffee Caramel

### **Land O' Lakes**

- Half & Half, *2 tbsp*
- Fat-Free Half & Half, *2 tbsp*

### **Organic Valley**

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

### **Swiss Valley**

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

## **Cheese**

### **Hy-Vee**

- HealthMarket Organic Provolone Cheese, *1 slice*
- Sliced Cheese, *1 slice*
  - Colby
  - Mild Cheddar
  - Mozzarella
  - Muenster
  - Pepper Jack
  - Swiss

### **Kraft**

- Havarti, *1 slice*
- Jalapeno, *1 slice*
- Swiss, *1 slice*

### **Sargento**

- Sliced Cheeses, *1 slice*
  - Aged Swiss
  - Baby Swiss
  - Colby-Jack
  - Garlic & Herb Jack
  - Extra Sharp Cheddar
  - Medium Cheddar
  - Provolone

## Cream Cheese

### Greek Mountain

- Blueberry, *2 tbsp*
- Onion & Chive, *2 tbsp*
- Original, *2 tbsp*
- Strawberry, *2 tbsp*

### Hy-Vee

- Original Cream Cheese, *1 oz or 2 tbsp*
- Whipped, *1 oz or 2 tbsp*
- 1/3 Less Fat Than Cream Cheese Neufchatel Cheese, *1 oz or 2 tbsp*
- Blueberry, *1 oz or 2 tbsp*
- Cinnamon Caramel Apple, *1 oz or 2 tbsp*
- Kalamata Olive & Feta, *1 oz or 2 tbsp*
- Honey Nut, *1 oz or 2 tbsp*
- Mixed Berry, *1 oz or 2 tbsp*
- Onion and Chive, *1 oz or 2 tbsp*
- Strawberry, *1 oz or 2 tbsp*
- Tart Cherry & Cinnamon, *1 oz or 2 tbsp*

### Kraft

- 1/3 Less Fat Spread, *1 oz or 2 tbsp*
- Philadelphia Cream Cheese Spread, *1 oz or 2 tbsp*
  - Regular
  - Black Cherry
  - Blueberry
  - Brown Sugar & Cinnamon
  - Honey Pecan
  - Peach
  - Pineapple
  - Raspberry
  - Strawberry
- Philadelphia Swirls, *1 oz or 2 tbsp*
- Philadelphia Whipped, *1 oz or 2 tbsp*
  - Original
  - Mixed Berry
  - Chive

## Dip

### Anderson Erickson

- Chive, *2 tbsp*
- Hot Jalapeno Mexican Style, *2 tbsp*

- Party, *2 tbsp*
- Ranch, *2 tbsp*

### **Hy-Vee**

- Vegetable Party Sour Cream Dip, *2 tbsp*

## **Eggs**

### **Anderson Erickson**

- Grade A Extra-Large Eggs, *1 egg*
- Grade A Jumbo Eggs, *1 egg*
- Grade A Large Eggs, *1 egg*
- Grade A Medium Eggs, *1 egg*

### **Egg Beaters**

- 100% Liquid Egg Whites, *3 tbsp*
- Original Egg Beaters, *1/4 cup*

### **Eggland's Best**

- All-Natural Farm Fresh Grade A Large Eggs, *1 egg*
- Cage Free Grade A Large Eggs, *1 egg*
- Grade A Large Eggs, *1 egg*

### **Hy-Vee**

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

### **Organic Valley,**

- Liquid Egg Whites, *1/4 cup*

### **Sparboe Farms**

- Cage-Free Brown Plus Omega-3 Grade A Large Eggs, *1 egg*
- Omega Plus Grade A Large Eggs, *1 egg*

## **Milk & Milk Substitutes**

### **8th Continent**

- Original Soy Milk, *8 oz*

### **Blue Diamond**

- Almond Breeze, *1 cup*
  - Original
  - Vanilla
  - Chocolate
- Almond Coconut Milk, *1 cup*
  - Original
  - Unsweetened
- Vanilla Almond Coconut Milk, *1 cup*
  - Original
  - Unsweetened

### **Fairlife**

- Fat-Free Milk, *1 cup*
- 2% Milk, *1 cup*
- Whole Milk, *1 cup*

### **Full Circle**

- Fat-Free Milk, *1 cup*
- Low-Fat Milk, *1 cup*
- Reduced-Fat Milk, *1 cup*
- Whole Milk, *1 cup*

### **Hiland**

- Skim Milk, *1 cup*
- 1% Milk, *1 cup*
- 2% Milk, *1 cup*
- Vitamin D, *1 cup*
- Strawberry 2%, *1 cup*

### **Horizon**

- Organic Fat-Free Milk, *1 cup*
- DHA Organic Fat-Free Milk, *1 cup*
- DHA Organic 2% Milk, *1 cup*
- DHA Organic Whole Milk, *1 cup*

### **Hy-Vee**

- Fat-Free Skim Milk, *1 cup*
- 1% Low-Fat Milk, *1 cup*
- 2% Reduced-Fat Milk, *1 cup*
- Vitamin D Milk, *1 cup*
- Lactose-Free, *1 cup*
  - Whole Milk
  - Fat-Free Milk
  - 2% Milk

- HealthMarket Organic Soy Milk, *1 cup*
  - Original
  - Vanilla

### **Lactaid**

- Fat-Free Milk, *1 cup*
- 1% Milk, *1 cup*
- Reduced-Fat Milk, *1 cup*
- Whole Milk, *1 cup*

### **Land O Lakes**

- Fat-Free Milk, *1 cup*
- 1% milk, *1 cup*
- 2% milk, *1 cup*
- Whole Milk, *1 cup*

### **Living Harvest**

- Organic Hemp Milk, *1 cup*
- Chocolate Hemp Milk, *1 cup*

### **Organic Valley**

- Fat-Free Milk, *1 cup*
- Low-Fat Milk, *1 cup*
- 2% Milk, *1 cup*
- Whole Milk, *1 cup*
- Lactose-Free, *1 cup*
  - 1% Milk
  - 2% Milk
  - Whole Milk

### **Pacific**

- Original Organic Oat Milk, *1 cup*
- All Natural Vanilla Hemp Milk, *1 cup*
- All Natural Original Hemp Milk, *1 cup*

### **Prairieland Milk**

- Fat Free Milk, *1 cup*
- 1% Milk, *1 cup*
- 2% Milk, *1 cup*
- Whole Milk, *1 cup*

### **Rice Dream, 1 cup**

- Rice Drink, *1 cup*
  - Original Enriched Organic

- Original Classic Organic
- Vanilla Enriched

### **Silk**

- Soy Milk, *1 cup*
  - Light Original
  - Original
  - Very Vanilla
  - Light Vanilla
  - Vanilla
  - Unsweetened Organic
  - Light Chocolate
  - Chocolate
- Coconut Milk, *1 cup*
  - Vanilla
  - Unsweetened
  - Original

### **So Delicious**

- Coconut Milk, *1 cup*
  - Original
  - Vanilla
  - Unsweetened
- Coconut Almond Milk, *1 cup*
- Walnut Almond Milk, *1 cup*
- Almond Milk, *1 cup*
  - Unsweetened
  - Vanilla

### **Soy Dream**

- Organic Enriched Soy Milk, *1 cup*
  - Original
  - Vanilla

### **Soy Slender**

- Vanilla, *1 cup*
- Cappuccino, *1 cup*
- Chocolate, *1 cup*

### **Suzie's**

- Quinoa Vanilla Milk, *1 cup*

### **Tru Moo**

- Strawberry 1% Milk, *1 cup*

## **West Soy**

- Low Fat, Plain Soy Milk, *1 cup*
- Organic Unsweetened Plain Soy Milk, *1 cup*
- Vanilla Low Fat Soy Milk, *1 cup*

## **pudding**

### **Hy-Vee**

- Tapioca, *1 single serving container*
- Vanilla, *1 single serving container*
- Chocolate, *1 single serving container*
- Butterscotch, *1 single serving container*
- Chocolate/Vanilla, *1 single serving container*
- Sugar-Free Chocolate, *1 single serving container*
- Sugar-Free Vanilla, *1 single serving container*
- Fat-Free Chocolate, *1 single serving container*
- Chocolate Fudge, *1 single serving container*
- Banana, *1 single serving container*

### **Snack Pack**

- Sugar-Free Vanilla, *1 single serving container*
- Sugar-Free Chocolate, *1 single serving container*
- Chocolate Fudge, *1 single serving container*
- Butterscotch, *1 single serving container*
- Vanilla, *1 single serving container*
- Chocolate, *1 single serving container*
- Tapioca, *1 single serving container*
- Ice Cream Sandwich, *1 single serving container*
- Banana Cream Pie, *1 single serving container*
- Lemon, *1 single serving container*
- Chocolate Caramel, *1 single serving container*

## **Ricotta Cheese**

### **Frigo**

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

### **Sargento**

- Light Ricotta, *1/4 cup*

## **Sour Cream**

### **Anderson Erickson**

- Regular, *2 tbsp*

### **Daisy**

- Regular, *2 tbsp*
- Light, *2 tbsp*

### **Enjoyably Yours**

- Regular, *2 tbsp*

### **Hiland**

- Regular, *2 tbsp*
- Light, *2 tbsp*

### **Hy-Vee**

- Regular, *2 tbsp*
- Light, *2 tbsp*

### **Land O Lakes**

- Regular, *2 tbsp*
- Light, *2 tbsp*

## **Specialty Cheeses**

### **BelGioioso**

- Fresh Mozzarella, *1 oz*
- Four Cheese, *1 tbsp*
- Asiago, *1 tbsp*
- American Grana, *1 tbsp*
- Salad Blend, *1 tbsp*
- Romano, *1 tbsp*
- Parmesan, *1 tbsp*

### **Chavrie**

- Goat's Milk Cheese, *1 oz*
  - Original
  - With Basil & Roasted Garlic

### **Crystal Farms**

- Gouda, *1 slice*
- Swiss, *1 slice*

### **Hy-Vee**

- Romano, *1 tbsp*
- Asiago, *1 tbsp*

- Parmesan, *1 tbsp*
- Fresh Mozzarella Cheese Ball, *1 tbsp*

### **Hy-Vee**

- Mozzarella Part Skim, *1 slice*
- Pepper Jack, *1 slice*
- Swiss, *1 slice*
- Provolone, *1 slice*

### **Jarlsberg**

- All varieties, *1/3 cup*

### **Kraft**

- Swiss, *1 slice*
- Aged Swiss, *1 slice*
- Jalapeno Havarti, *1 slice*

## **Yogurt**

### **Anderson Erickson**

- Lowfat Yogurt, *1 single serving container*
  - All Varieties, *except for Plain*
- YoLite Fat-Free Yogurt, *1 single serving container*
  - All varieties
- Greek Yogurt, *1 single serving container*
  - All varieties

### **Chobani**

- Simply 100, *1 single serving container*
  - All Varieties
- Greek yogurt, *1 single serving container*
  - All Varieties

### **Dannon**

- Light and Fit Greek, *1 single-serving container or 1 cup*
  - All Varieties
- Oikos Greek, *1 single-serving container or 1 cup*
  - All Varieties
- Oikos Triple Zero, *1 single-serving container or 1 cup*
  - All Varieties
- Light & Fit Greek Mousse, *1 single-serving container or 1 cup*
  - All Varieties
- Activia Fruit Fusion, *1 single-serving container or 1 cup*
  - All Varieties

- Activia Light, *1 single-serving container or 1 cup*
  - All Varieties
- Activia, *1 single-serving container or 1 cup*
  - All Varieties
- Activia Greek, *1 single-serving container or 1 cup*
  - All Varieties

### **Dreaming Cow**

- Vanilla Agave, *1 single serving container*
- All Natural Plain, *1 single serving container*
- Honey Pear, *1 single serving container*
- Dark Chocolate Chai, *1 single serving container*
- Blueberry Cardamom, *1 single serving container*

### **Elli Quark**

- Lemon, *1 single serving container*
- Blueberry, *1 single serving container*
- Strawberry, *1 single serving container*
- Banana Foster, *1 single serving container*
- Red Velvet, *1 single serving container*

### **Fage**

- Total 0%, *1 single serving container*
  - All Varieties
- Total 2%, *1 single serving container*
  - All Varieties
- Total 2% with fruit, *1 single serving container*
  - All Varieties

### **Hiland**

- Light Fat-Free Yogurt, *1 single serving container*
  - All Varieties
- Low-Fat Yogurt, *1 single serving container*
  - All Varieties

### **Hy-Vee**

- Low-Fat Yogurt, *1 single-serving container or 1 cup*
  - All Varieties
- Light Yogurt, *1 single-serving container or 1 cup*
  - All Varieties
- Greek Yogurt, *1 single-serving container or 1 cup*
  - All Varieties
- Greek 90-Calorie Yogurt, *1 single-serving container or 1 cup*
  - All Varieties

**Sigi's**

- All Varieties, *1 single-serving container*

**Silk Live!**

- Soy Yogurt, *1 single-serving container*
  - Blueberry
  - Peach
  - Raspberry
  - Strawberry
  - Strawberry Banana
  - Vanilla

**So Delicious Coconut Milk Yogurt**

- Plain, *1 single-serving container*
- Strawberry Banana, *1 single-serving container*
- Chocolate, *1 single-serving container*
- Blueberry, *1 single-serving container*

**Stonyfield Farm**

- Organic Fat-Free Yogurt, *1 single-serving container or 1 cup*
  - All Varieties
- Organic Lowfat Yogurt, *1 single-serving container or 1 cup*
  - All Varieties
- Organic O'Soy Soy Yogurt, *1 single-serving container or 1 cup*
  - All Varieties
- Organic Whole Milk Yogurt, *1 single-serving container or 1 cup*
  - All Varieties
- Organic YoBaby Yogurt Plus Fruit & Cereal with Iron, *1 single-serving container or 1 cup*
- Organic YoBaby Made with Whole Milk Yogurt, *1 single-serving container or 1 cup*
  - All Varieties
- Organic YoKids Squeezers, *1 single-serving container or 1 cup*
  - All Varieties
- YoKids Organic Low-Fat Yogurt, *1 single-serving container or 1 cup*
  - All Varieties

**YoCrunch**

- Low-Fat 1% Milkfat Vanilla Yogurt, *1 single-serving container*
  - All Varieties

**Yoplait**

- Light, *1 single-serving container or 1 cup*
  - All Varieties
- Original, *1 single-serving container or 1 cup*

- All Varieties
- Whips, *1 single-serving container or 1 cup*
  - All Varieties
- Greek 100 Whips, *1 single-serving container or 1 cup*
  - All Varieties
- Greek 100 Calories, *1 single-serving container or 1 cup*
  - All Varieties
- Greek 0% Fat, *1 single-serving container or 1 cup*
  - All Varieties
- PlentiGreek, *1 single-serving container or 1 cup*
  - All Varieties

# FRESH MEAT & SEAFOOD

## Beef

### Angus Reserve

- Roast, *3 oz*
  - Bottom Round Roast
  - Chuck Roast
  - Petite Tender Roast
  - Top Round Roast
- Country Style Ribs, *3 oz*
- Steak, *3 oz*
  - Cube Steak
  - Flank Steak
  - Flat Iron Steak
  - Petite Tender Steak
  - Ribeye Steak
  - Sandwich Steak
  - Sirloin Steak
  - Skirt Steak
  - Tenderloin Steak
  - Top Round Steak
- Ground Beef, *3 oz*
  - 73% Lean
  - 80% Lean
  - 85% Lean
  - 90% Lean
  - 93% Lean
  - 96% Lean
- Stew Meat, *3 oz*
- Top of Iowa Sirloin, *3 oz*

### Hy-Vee

- Unseasoned Grill Ready Beef Kabobs, *1 kabob*

## Lamb

### Strauss

- Whole Leg
- Shank Rib Roast Loin Chop, *3 oz*
- Arm Shoulder Chop, *3 oz*
- Blade Shoulder Chop, *3 oz*

## Pork

## **Hormel**

- Natural Choice Boneless Top Loin Chop, *4 oz*
- Natural Choice Boneless Top Loin Roast, *4 oz*
- Natural Choice Tenderloin Roast, *4 oz*

## **Poultry**

### **Honeysuckle White**

- Ground Turkey, *3 oz*
  - 85% Lean
  - 93% Lean
  - 99% Lean
- Turkey Breast Cutlets, *3 oz*
- Turkey Breast Roast, *3 oz*
- Turkey Breast Tenderloin, *3 oz*

### **Hy-Vee**

- Boneless Skinless Chicken Breast Fillets, *3 oz*
- Boneless Skinless Chicken Breast Tenders, *3 oz*
- Chicken Drumstick, *3 oz*
- Chicken Leg Quarters, *3 oz*
- Chicken Thighs, *3 oz*
- Chicken Wings, *3 oz*
- Split Breasts, *3 oz*
- Whole Fryers, *3 oz*

### **Hy-Vee Cool Chicken**

- Boneless Skinless Chicken Breast Fillets, *3 oz*
- Chicken Drumsticks, *3 oz*
- Boneless Skinless Chicken Thighs, *3 oz*
- Boneless Chicken Breast Tenderloins, *3 oz*
- Whole Chicken, *3 oz*

### **Just Bare**

- Boneless Skinless Chicken Breast Fillets, *3 oz*
- Boneless Skinless Chicken Breast Tenders, *3 oz*
- Chicken Drumsticks, *3 oz*
- Boneless Skinless Chicken Thighs, *3 oz*
- Chicken Thighs, *3 oz*
- Whole Chicken, *3 oz*

### **Just Bare Organic**

- Boneless Skinless Chicken Breast Fillets, *3 oz*

### **Smart Chicken**

- Boneless Skinless Chicken Breast Fillets, *3 oz*
- Boneless Skinless Chicken Breast Tenderloins, *3 oz*
- Split Breasts, *3 oz*
- Chicken Legs, *3 oz*
- Chicken Leg Quarters, *3 oz*
- Boneless Skinless Chicken Thighs, *3 oz*
- Chicken Thighs, *3 oz*
- Chicken Wings, *3 oz*
- Ground Chicken, *3 oz*
  - 95% Lean
  - 99% Lean
- Whole Chicken, *3 oz*

### **Smart Chicken Organic**

- Boneless Skinless Chicken Breast Fillets, *3 oz*

### **Hy-Vee**

- Unseasoned Grill-Ready Chicken Kabobs, *1 kabob*

## **Seafood**

### **Hy-Vee**

- Catfish, *3 oz*
- Clams, *3 oz*
- Cod, *3 oz*
- Imitation Crabmeat, *3 oz*
- Crab Leg, *3 oz*
- Crawfish, *3 oz*
- Flounder, *3 oz*
- Grouper, *3 oz*
- Halibut, *3 oz*
- Mahi Mahi, *3 oz*
- Mussels, *3 oz*
- Oysters, *3 oz*
- Salmon, *3 oz*
- Scallops, *3 oz*
- Smelt, *3 oz*
- Snapper, *3 oz*
- Squid, *3 oz*
- Swai, *3 oz*
- Swordfish, *3 oz*
- Tilapia, *3 oz*

- Trout, 3 oz
- Tuna, 3 oz
- Whitefish, 3 oz
- Whiting, 3 oz

## Veal

### **Strauss**

- Veal Cutlets, 3 oz
- Veal Loin Chop, 3 oz
- Veal Rib Roast, 3 oz
- Arm Shoulder Veal Steak, 3 oz
- Blade Shoulder Veal Steak, 3 oz

# FROZEN FOOD

## Bread & Noodles

### Aunt Vi's

- Egg Noodles, *5 oz*

### Food for Life

- Cinnamon Raisin Bread, *1 slice*
- Ezekiel 4:9 Bread, *1 slice*
- Ezekiel 4:9 Low-Sodium Bread, *1 slice*
- Ezekiel 4:9 Cinnamon Raisin English Muffins, *1/2 muffin*
- Genesis 1:29 Bread, *1 slice*
- Genesis 1:29 English Muffins, *1/2 muffin*

### Hy-Vee

- Egg Noodles, *1/2 cup*
- White Dinner Rolls, *1 roll*
- Yeast Dinner Rolls, *1 roll*
- Yolk-Free Noodles, *1/2 cup*

### Reames

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

### Rhode's

- Dinner Rolls, *1 roll*

## Dessert

### Athens

- Baklava Pastry, *2 pieces*
- Mini Fillo Shells, *2 shells*

### Duncan Hines

- Oven-Ready Homestyle Brownies, *1/12 tray*
  - Chocolate Chip
  - Chocolate Fudge

### Hy-Vee

- Cream Puffs
  - Regular, *6 pieces*
  - Chocolate Dipped, *5 pieces*
- Mini Éclair, *6 pieces*

- Pie Crust
  - Deep-Dish, *1/8 pie*
  - Regular, *1/8 pie*

**Marie Callender's** *1/8 pie*

- Pie Crust, Deep-Dish

**Mrs. Smith's**

- Singles, *1 pie*
  - Cherry Crisp
  - Fudge Brownie
  - New York Style Cheesecake

**Pappy's**

- Pie Crust Dough, *1/8 pie*

**Pepperidge Farm,**

- Layer Cake, *1/8 cake*
  - Chocolate Fudge
  - Coconut
  - Lemon
  - Peppermint
  - Vanilla Bean
- Puff Pastry Shell, *1/6 sheet*

**Pillsbury**

- Pet-Ritz Pie Crusts, *1/8 pie*
  - Deep-Dish
  - Regular
- Mini Pie's, *1 pie*
  - Apple Cinnamon
  - Chocolate Lava

**Sara Lee**

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

**Village Pie Maker**

- Apple, *1/10 pie*
- Berry Medley, *1/10 pie*
- Cherry, *1/10 pie*
- Peach, *1/10 pie*
- Raspberry Peach, *1/10 pie*
- Strawberry Rhubarb, *1/10 pie*

## Ice Cream

### Almond Dream

- Chocolate, *1/2 cup*

### Arctic Zero

- Hint of Mint, *1/2 cup*
- Purely Chocolate, *1/2 cup*
- Simply Strawberry, *1/2 cup*

### Ben & Jerry's

- Cherry Garcia, *1/2 cup*
- Chocolate Chip Cookie Dough, *1/2 cup*
- Chocolate Fudge Brownie, *1/2 cup*
- Non-Dairy Chocolate Fudge Brownie, *1/2 cup*
- Chocolate Therapy, *1/2 cup*
- Chunky Monkey, *1/2 cup*
- Cinnamon Buns, *1/2 cup*
- Coffee Toffee Bar Crunch, *1/2 cup*
- Everything But The..., *1/2 cup*
- Half-Baked, *1/2 cup*
- Karamel Sutra Core, *1/2 cup*
- Mint Chocolate Cookie, *1/2 cup*
- New York Super Fudge Chunk, *1/2 cup*
- Peanut Butter Cup, *1/2 cup*
- Phish Food, *1/2 cup*
- Pistachio Pistachio, *1/2 cup*
- Strawberry Cheesecake, *1/2 cup*
- Toffee Crunch Heath Bar, *1/2 cup*
- The Tonight Dough, *1/2 cup*
- Vanilla with Toffee Crunch, *1/2 cup*
- FroYo Frozen Yogurt, *1/2 cup*
  - Cherry Garcia
  - Chocolate Fudge Brownie
  - Half-Baked
  - Strawberry Banana

### Blue Bunny

- Banana Split, *1/2 cup*
- Birthday Party, *1/2 cup*
- Bunny Tracks, *1/2 cup*
- Butter Brickle, *1/2 cup*
- Butter Pecan, *1/2 cup*
- Cherry Cheesecake, *1/2 cup*

- Cherry Nut, *1/2 cup*
- Double Lemon Chill, *1/2 cup*
- Chocolate, *1/2 cup*
- Chocolate Chip Cookie Dough, *1/2 cup*
- Cookies & Cream, *1/2 cup*
- Double Strawberry, *1/2 cup*
- Homemade Chocolate, *1/2 cup*
- Homemade Turtle Sundae, *1/2 cup*
- Homemade Vanilla, *1/2 cup*
- Mint Chocolate Chip, *1/2 cup*
- Neapolitan, *1/2 cup*
- Orange Dream, *1/2 cup*
- Orange Sherbet, *1/2 cup*
- Ozark Black Walnut, *1/2 cup*
- Peanut Butter Brownie, *1/2 cup*
- Rocky Road, *1/2 cup*
- Strawberry, *1/2 cup*
- Strawberry Marble, *1/2 cup*
- Tin Roof Sundae, *1/2 cup*
- Vanilla, *1/2 cup*
- Gelato, *1/2 cup*
  - Chocolate
  - Espresso
  - Hazelnut
  - Italian Chocolate Chip
  - Pistachio varieties
- Personals, *1/2 cup*
  - Banana Split
  - Bunny Tracks
  - Peanut Butter Panic
  - Super Chunky Cookie Dough
  - Super Fudge Brownie
  - Turtle Sundae
- Sandwiches, *1/2 cup*
  - Birthday Party
  - Neapolitan
  - Simply Vanilla
- Sherbet, *1/2 cup*
  - Lime
  - Orange
  - Pineapple
  - Rainbow
  - Raspberry
- Hi-Lite Ice Cream, *1/2 cup*

- Chocolate
- Cookies & Cream
- Fudge Nut Sundae
- Homemade Vanilla
- Mint Chip
- Vanilla
- Light Ice Cream Personals, *1/2 cup*
  - Bunny Tracks
  - Chocolate Raspberry Cheesecake
  - Double Strawberry
  - Peanut Butter Fudge
  - Super Fudge Brownie varieties
- Dairy Free, *1/2 cup*
  - Chocolate
  - Mocha Fudge
- No-Sugar-Added Fat-Free Ice Cream, *1/2 cup*
  - Brownie Sundae
  - Caramel Toffee Crunch
  - Vanilla
- Reduced Fat, *1/2 cup*
  - Chocolate
  - Chocolate and Vanilla
  - Cookies and Cream
  - Neapolitan
- Sweet Freedom, *1/2 cup*
  - Chocolate Vanilla Bar
  - Fudge Bar
  - Vanilla Crunch Bar
  - Vanilla Drumstick
  - Vanilla Sandwich

### **Breyers**

- All That Caramel, Vanilla with Caramel, *1/2 cup*
- All-Natural Extra Creamy Vanilla, *1/2 cup*
- All-Natural Light Mint Chocolate Chip, *1/2 cup*
- All-Natural Vanilla & Chocolate Fudge Checks, *1/2 cup*
- Butter Almond, *1/2 cup*
- Butter Pecan, *1/2 cup*
- Caramel Praline Almond, *1/2 cup*
- Carb Smart Rocky Road, *1/2 cup*
- Carb Smart Vanilla, *1/2 cup*
- Cherry Vanilla, *1/2 cup*
- Chocolate, *1/2 cup*
- Chocolate Caramel Nut, *1/2 cup*
- Chocolate Chip, *1/2 cup*

- Chocolate Chip Cookie Dough, *1/2 cup*
- Coffee, *1/2 cup*
- Cookies & Cream, *1/2 cup*
- Double Churn Light Chocolate Silk, *1/2 cup*
- Double Churn Light Cookies & Cream, *1/2 cup*
- Dulce de Leche Flavor, *1/2 cup*
- Fat-Free Vanilla, *1/2 cup*
- French Vanilla, *1/2 cup*
- Grand Amazing Flavors Light Mint Chocolate Chip, *1/2 cup*
- Grand Light Peanut Butter Cups, *1/2 cup*
- Grand Light Vanilla, *1/2 cup*
- Grand No-Sugar-Added Reduced-Fat Butter Pecan, *1/2 cup*
- Grand No-Sugar-Added Reduced-Fat Triple Chocolate, *1/2 cup*
- Homemade Vanilla, *1/2 cup*
- Ice Cream with Health Milk Chocolate English Toffee Bar Pieces, *1/2 cup*
- Lactose-Free Vanilla Mint Chocolate Chip, *1/2 cup*
- Light Natural Vanilla, *1/2 cup*
- Light Vanilla Bean, *1/2 cup*
- Light Vanilla-Chocolate-Strawberry, *1/2 cup*
- Mud Pie Brownie, *1/2 cup*
- Natural Vanilla, *1/2 cup*
- No-Sugar-Added Light, *1/2 cup*
- Chocolate
- Strawberry Vanilla
- Peach, *1/2 cup*
- Peanut Butter Fudge, *1/2 cup*
- Peanut Butter with Reese's Peanut Butter Cup Pieces, *1/2 cup*
- Rocky Road, *1/2 cup*
- Salted Caramel, *1/2 cup*
- Strawberry
- Take Two! Vanilla & Chocolate Vanilla Fudge Twirl, *1/2 cup*
- Vanilla Ice Cream with Oreo Cookie Pieces, *1/2 cup*
- Vanilla-Chocolate-Strawberry, *1/2 cup*
- Blasts, *1/2 cup*
  - Heath
  - Hershey's Kiss
  - Oreo
  - Reese's
  - Snickers
- Gelato, *1/2 cup*
  - Raspberry Cheesecake
  - Tiramisu
  - Triple Chocolate
  - Vanilla Caramel

- Slow-Churned Light Ice Cream, *1/2 cup*
  - 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
  - Vanilla Bean
- No-Sugar-Added Ice Cream, *1/2 cup*
  - Chocolate Caramel Swirl
  - Coffee
  - Fudge Tracks
  - Light Fudge Tracks
  - Mint Chocolate Chip
  - Neapolitan
  - Reduced-Fat Vanilla
  - Vanilla Bean
- No-Sugar-Added Light-Sugar Smart Ice Cream, *1/2 cup*
  - Butter Pecan
  - French Vanilla
  - Vanilla

### **Dove**

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

### **Edy's**

- 100 Grand, *1/2 cup*
- Baby Ruth, *1/2 cup*
- Butterfinger, *1/2 cup*
- Crunch, *1/2 cup*
- Grand Butter Pecan, *1/2 cup*
- Grand Cherry Chocolate Chip, *1/2 cup*

- Grand Cherry Vanilla, *1/2 cup*
- Grand Chocolate, *1/2 cup*
- Grand Cookie Dough, *1/2 cup*
- Grand Cookies & Cream, *1/2 cup*
- Grand Double Fudge Brownie, *1/2 cup*
- Grand Double Vanilla, *1/2 cup*
- Grand Espresso Chip, *1/2 cup*
- Grand French Vanilla, *1/2 cup*
- Grand French Silk, *1/2 cup*
- Grand Fudge Swirl, *1/2 cup*
- Grand Mint Chip, *1/2 cup*
- Grand Peanut Butter Cup, *1/2 cup*
- Grand Real Strawberry, *1/2 cup*
- Grand Rocky Road, *1/2 cup*
- Grand Spumoni, *1/2 cup*
- Grand Toffee Bar Crunch Grand Vanilla, *1/2 cup*
- Grand Vanilla Bean, *1/2 cup*
- Grand Vanilla Chocolate Strawberry, *1/2 cup*
- Rolo, *1/2 cup*
- Maine Blueberries and Cream, *1/2 cup*
- Texas Pecan Pie, *1/2 cup*
- Va Va Vanilla, *1/2 cup*
- Washington Apple Pie, *1/2 cup*
- Yogurt Blends, *1/2 cup*
  - Black Cherry Vanilla Swirl
  - Caramel Praline Crunch
  - Chocolate Fudge Brownie
  - Chocolate Vanilla Swirls
  - Strawberry
  - Vanilla

### **Enlightened**

- Chocolate Peanut Butter Swirl, *1/2 cup*
- Fudge, *1/2 cup*
- Mint Fudge Swirl, *1/2 cup*
- Sea Salt Caramel, *1/2 cup*
- Vanilla Bean, *1/2 cup*

### **Häagen-Dazs**

- Bailey's Irish Cream, *1/2 cup*
- Banana Split, *1/2 cup*
- Black Raspberry Chip, *1/2 cup*
- Black Walnut, *1/2 cup*
- Blueberry Cheesecake, *1/2 cup*

- Butter Pecan, *1/2 cup*
- Caramel Dulce de Leche, *1/2 cup*
- Cherry Vanilla, *1/2 cup*
- Chocolate, *1/2 cup*
- Chocolate Chip, *1/2 cup*
- Coffee, *1/2 cup*
- Cookie Chip Dough, *1/2 cup*
- Cookies & Cream, *1/2 cup*
- Macadamia Brittle, *1/2 cup*
- Mint Chip, *1/2 cup*
- Peanut Butter, *1/2 cup*
- Pineapple Coconut, *1/2 cup*
- Pistachio, *1/2 cup*
- Rocky Road, *1/2 cup*
- Rum Raisin, *1/2 cup*
- Strawberry, *1/2 cup*
- Swiss Almond Vanilla, *1/2 cup*
- Triple Chocolate, *1/2 cup*
- Vanilla, *1/2 cup*
- Vanilla Bean, *1/2 cup*
- Vanilla Chocolate Chip, *1/2 cup*
- Vanilla Fudge Brownie, *1/2 cup*
- Sorbet, *1/2 cup*
  - Lemon
  - Mango
  - Raspberry
  - Strawberry
- Frozen Yogurt, *1/2 cup*
  - Coffee
  - Dulce de Leche
  - Vanilla
  - Vanilla Honey & Granola
  - Wild Berry
- Light Ice Cream, *1/2 cup*
  - Caramel Cone
  - Chocolate Fudge Brownie
  - Cookie Dough
  - Dulce de Leche
  - Dutch Chocolate
  - Mint Chip
  - Vanilla Bean

### **Hy-Vee**

- Beyond Vanilla, *1/2 cup*

- Chocolate Brownie Affair, *1/2 cup*
- Butter Crunch, *1/2 cup*
- Cherry Nut, *1/2 cup*
- Chocolate Chip, *1/2 cup*
- Chocolate, *1/2 cup*
- Chocolate Marshmallow, *1/2 cup*
- Chocolate/Vanilla Flavored, *1/2 cup*
- Cookies & Cream, *1/2 cup*
- Fudge Marble, *1/2 cup*
- Mint Chip, *1/2 cup*
- Neapolitan, *1/2 cup*
- New York Vanilla, *1/2 cup*
- Orange Blossom Ice Cream & Sherbet, *1/2 cup*
- Peanut Butter Fudge, *1/2 cup*
- Peppermint, *1/2 cup*
- Root Beer Float, *1/2 cup*
- Star Tracks, *1/2 cup*
- Strawberry, *1/2 cup*
- Tin Roof Sundae, *1/2 cup*
- Vanilla Flavored, *1/2 cup*
- Light Ice Cream, *1/2 cup*
  - Cherry Nut
  - Chocolate Chip
  - Dutch Chocolate
  - Neapolitan
  - Vanilla
- Sherbet, *1/2 cup*
  - Orange
  - Lime
  - Pineapple
  - Rainbow
  - Raspberry

### **Schoep's**

- Bear Claw, *1/2 cup*
- Blue Moon, *1/2 cup*
- Blueberry Cream Pie, *1/2 cup*
- Butter Pecan, *1/2 cup*
- Chocolate, *1/2 cup*
- Chocolate Chip Cookie Dough, *1/2 cup*
- Cookies N Cream, *1/2 cup*
- Fudge Swirl, *1/2 cup*
- Homemade Vanilla, *1/2 cup*
- Mint Chocolate Chip, *1/2 cup*

- Moose Tracks, *1/2 cup*
- New York Cherry, *1/2 cup*
- New York Vanilla, *1/2 cup*
- Strawberry, *1/2 cup*
- Vanilla, *1/2 cup*

### **Starbucks**

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

### **That's Smart**

- Lite Vanilla, *1/2 cup*
- Vanilla, *1/2 cup*

## **Ice Cream Novelties**

### **Blue Bunny**

- Big Fudge Bars, *1 treat*
- Bomb Pops, *1 treat*
- Caramel Crunch Bar, *1 treat*
- Classic Sundae Cones, *1 treat*
- English Toffee Bars, *1 treat*
- Goin' Bananas Bar, *1 treat*
- Orange Dream Bars, *1 treat*
- Slush Pops, *1 treat*
- Star Bars, *1 treat*
- Vanilla Ice Cream Sandwiches, *1 treat*
- Yogurt Smoothie Bars, *1 treat*
- The Champ Cones, *1 treat*
  - Caramel
  - Chocolate Lovers
  - Vanilla
- FrozFruit Bars, *1 treat*
  - Chunky Strawberry
  - Chunky Tropical
  - Pomegranate Cherry
  - Raspberry Acai
- 100-Calorie Ice Cream Bars, *1 treat*
  - Butter Pecan
  - English Toffee
  - Orange & Raspberry
  - Vanilla Fudge & Fudge
- Sweet Freedom Supremes Ice Cream Bars, *1 treat*

- Almond
- Black Raspberry
- Candy
- Chocolate Lites
- Fudge Lites
- Krunch Lites
- Peanut Butter Cup
- Turtle
- Vanilla Lites

### **Dove**

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

### **Edy's**

- Assorted Fruit Bars, *1 bar*
- Coconut Fruit Bars, *1 bar*
- Grape Fruit Bars, *1 bar*
- Lemonade Fruit Bars, *1 bar*
- Lime Fruit Bars, *1 bar*
- No-Sugar-Added Strawberry, Tangerine Raspberry Variety Pack Fruit Bars, *1 bar*
- Tangerine Fruit Bars, *1 bar*
- Edy's Dibs Bite-Sized Ice Cream Snacks, *26 pieces*
  - Chocolate with Chocolate Coating
  - Cookies 'N Cream
  - Mint with Chocolate Coating
  - Vanilla with Chocolate Coating
  - Vanilla with Crunch Coating
  - Vanilla with Drumstick Coating

### **Fudgsicle**

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

- Chocolate, *1 bar*
- Heath Milk Chocolate English Toffee Bar, *1 bar*
- Krunch, *1 bar*
- The Original, *1 bar*

### **M&M's**

- Ice Cream Cones, *1 cone*

### **Nestle**

- Drumsticks, *1 treat*
  - Chocolate
  - Vanilla
  - Vanilla Caramel
  - Vanilla Fudge
- Push-Ups, *1 treat*

### **Popsicle**

- Dora the Explorer Pops, *1 treat*
- Fudgsicle Creamsicle Healthy Bunch Bars, *1 treat*
- Orange Cherry Grape Variety Ice Pops, *1 treat*
- Rainbow Assorted Flavors Ice Pops, *1 treat*
- Sugar-Free LIFE SAVERS Pops, *1 treat*
- Sugar-Free Low-Calorie Assorted Flavors Ice Pops, *1 treat*
- Sugar-Free Tropical Ice Pops, *1 treat*
- Super Heroes Firecracker Pops, *1 treat*

### **Schoep's, 1 treat**

- Big Event Ice Cream Bars, *1 treat*
- Big Event Ice Cream Sandwich, *1 treat*
- Big Event Orange Split Bars, *1 treat*
- Crispy Bars, *1 treat*
- Fudge Bars, *1 treat*
- Sundae Cups, *1 treat*
- Sundae Nut Cones, *1 treat*
- Frozen Yogurt, *1 treat*

- Chocolate Fudge
- Pecan
- Strawberry
- Vanilla

### **Skinny Cow**

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

### **Snickers**

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

### **Starbucks**

- Low-Fat Frappuccino Blended Mocha Coffee Bars, *1 bar*

### **Weight Watchers**

- Chocolate Cookie & Ice Cream Giant Bar, *1 bar*
- Chocolate Mousse Bars, *1 bar*
- Cookie & Cream Giant Bar, *1 bar*
- English Toffee Crunch Bars, *1 bar*
- Giant Chocolate Fudge Ice Cream Bars, *1 bar*
- Premium Ice Cream Cups, *1 bar*
- Sherbet & Ice Cream Bars, *1 bar*
- Vanilla Ice Cream Sandwich, *1 bar*
- Giant Fudge Sundae Cones, *1 bar*
  - Chocolate
  - Vanilla

## **Juice**

### **Bacardi**

- Frozen Concentrate Fruit Mixes, *8 fl oz prepared*
  - Daiquiri Peach
  - Daiquiri Strawberry
  - Fuzzy Navel
  - Margarita Tropical
  - Mojito
  - Piña Colada
  - Rum Runner

### **Hy-Vee**

- Apple Juice Frozen Concentrate, *8 fl oz prepared*
- Fruit Punch Frozen Concentrate, *8 fl oz prepared*
- Grape Juice Cocktail Frozen Concentrate, *8 fl oz prepared*
- Lemonade Frozen Concentrate, *8 fl oz prepared*
- Limeade Frozen Concentrate, *8 fl oz prepared*
- Orange Juice Frozen Concentrate, *8 fl oz prepared*
- Orange Juice with Added Calcium Frozen Concentrate, *8 fl oz prepared*
- Pink Lemonade Frozen Concentrate, *8 fl oz prepared*

### **Minute Maid**

- 5 Alive Frozen Citrus Beverage, *8 fl oz prepared*
- Fruit Punch Frozen Concentrate, *8 fl oz prepared*
- Frozen Concentrate, *8 fl oz prepared*
  - Grapefruit
  - Lemonade
  - Limeade
  - Pink Lemonade
  - Raspberry Lemonade
- Frozen Concentrated Orange Juice, *8 fl oz prepared*
  - Calcium Rich Orange
  - Country Style Orange
  - Pulp Free
  - Reduced Acid

### **Welch's, 8 fluid oz prepared**

- 100% Regular Grape Juice Concentrate, *8 fl oz prepared*
- 100% White Grape Juice Concentrate, *8 fl oz prepared*
- Cran Raspberry Frozen Concentrate Juice Cocktail, *8 fl oz prepared*
- Orange, *8 fl oz prepared*
  - Pulp-Free
  - Reduced-Acid
- Orange Pineapple Apple Cocktail Frozen Concentrate, *8 fl oz prepared*
- Frozen Concentrated Orange Juice, *8 fl oz prepared*
  - Country Style Orange
  - Calcium-Rich

## Meat & Poultry

### Farmland

- All-Natural Pork Burgers, *1 burger*

### Huisken

- Beef Burgers, *1 burger*

### Hy-Vee

- Ground Beef Quarter Pounders, *1 burger*
  - All Varieties

### Jennie-O

- Lean Turkey Burgers, *1 burger*

### Sweet Betsy From Pike

- Pork Burgers, *1 burger*

### Tyson

- Premium Rock Cornish Game Hen, *4 oz or 1/5 of chicken*

## 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

- French Fries, *3 oz*
- Hash Brown Potatoes, *3 oz*
- Potatoes O'Brien, *3 oz*
- Tater Rounds, *3 oz*

### Mr. Dell's

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

### Ore-Ida

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

## Seafood

### Bird River

- Farm-Raised Shrimp, *4 oz*

### Fish Market

- Catfish, *4 oz*
- Lemon Herb Tilapia, *4 oz*
- Teriyaki Salmon, *4 oz*
- Wild Salmon, *4 oz*

### Hy-Vee

- Cod Fillets, *4 oz*
- Flounder Fillets, *4 oz*
- Halibut Steaks, *4 oz*
- Keta Salmon, *4 oz*
- Mahi Mahi, *4 oz*
- Ocean Perch, *4 oz*
- Orange Roughy, *4 oz*
- Sockeye Salmon, *4 oz*
- Sole, *4 oz*
- Tilapia, *4 oz*
- Yellowfin Tuna, *4 oz*

### Matlaw's

- Cod, *4 oz*
- Ocean Perch, *4 oz*
- Orange Roughy, *4 oz*
- Pollock, *4 oz*
- Salmon, *4 oz*

### SeaFest

- Tilapia Fillets, *4 oz*

## Vegetables

### Cascadian Farm

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

### Green Giant

- Select Broccoli Florets, *1-1/3 cups frozen*
- Broccoli Spears, *1-1/3 cups frozen*

- Chopped Broccoli, *1/2 cup*
- Simply Steam No Sauce Corn Niblets, *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*
- Leaf Spinach, *1 cup*
- Mixed Vegetables, *2/3 cup*
- Oriental Vegetables, *1 cup*
- Stew Veggies, *3/4 cup*
- Stir-Fry Veggies, *1 cup*
- Grand Selections
  - Frozen Caribbean Blend Vegetables, *1 cup*
  - Frozen Normandy Blend Vegetables, *1 cup*
  - Frozen Petite Whole Carrots, *2/3 cup*
  - Frozen Riviera Blend Vegetables, *1 cup*
- Grand Selections Premium
  - Petite Green Peas, *2/3 cup*
  - Premium Sugar Snap Peas, *2/3 cup*
  - Premium Super Sweet Corn, *2/3 cup*
  - Premium White Shoepeg Corn, *2/3 cup*
  - Premium Whole Green Beans, *3/4 cup*
- Steam Quick
  - Cut Golden Corn, *2/3 cup*
  - Cut Green Beans, *2/3 cup*
  - French-Cut Green Beans, *1 cup*
  - Mixed Vegetables, *2/3 cup*

## Whipped Topping

### Kraft

- Cool Whip, *2 tbsp*
  - Extra-Creamy
  - Fat-Free
  - Light
  - Original
  - Strawberry
  - Sugar-Free

### Hy-Vee

- Whipped Topping, *2 tbsp*
  - Extra-Creamy
  - Fat-Free
  - Light
  - Original

# JUICE

## Boxed Juices/ Powdered Juice

### Capri Sun

- Protective Antioxidants Juice Blend Drink, *1 pouch*
  - Coastal Cooler
  - Fruit Punch
  - Grape
  - Mountain Cooler
  - Orange
  - Pacific Cooler
  - Red Berry
  - Splash Cooler
  - Strawberry
  - Strawberry Kiwi
  - Surfer Cooler
  - Tropical Punch
  - Wild Cherry
- Protective Antioxidants Lemonade, *1 pouch*
- Roarin' Waters Flavored Water Beverage, *1 pouch*
  - Strawberry Kiwi
  - Tropical Fruit
  - Wild Cherry
- Sports Pouches All-Natural Drinks, *1 pouch*
  - Berry Ice
  - Lightspeed Lemon Lime
  - Thunder Punch

### Crystal Light

- Antioxidant Green Tea On-the-Go Mixes, *1 packet*
  - Honey Lemon
  - Raspberry
- Live Active On-the-Go Packets, *1 packet*
  - Natural Mixed Berry
  - Natural Raspberry Peach
- On-the-Go Packets & Drink Mixes, *1 packet*
  - Fruit Punch
  - Natural Cherry Pomegranate
  - Peach Tea
  - Pink Lemonade
  - Raspberry Green Tea
  - Raspberry Ice
  - Raspberry Lemonade

- Sunrise Classic Orange
- White Grape

### **Hi-C**

- Boppin' Strawberry, *1 box*
- Flashin' Fruit Punch, *1 box*
- Grabbin' Grape, *1 box*
- Orange Lavaburst, *1 box*
- Pink Lemonade, *1 box*
- Smashin' Wild Berry, *1 box*
- Strawberry Kiwi Kraze, *1 box*
- Torrential Tropical Punch, *1 box*
- Wild Cherry, *1 box*

### **Hy-Vee**

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

### **Kool-Aid**

- Kool-Aid Jammers Drink Pouches, *1 pouch*
  - Blue Raspberry
  - Grape

- Tropical Punch

### **Minute Maid**

- 100% Juice, *1 box*
  - Apple
  - Fruit Punch
  - Grape
  - Mixed Berry
  - Orange
- All-Natural Minute Maid Coolers, *1 box*
  - Berry Punch
  - Fruit Punch
  - Pink Lemonade
  - Tropical Punch
- Fruit Falls Water Beverage, *1 box*
  - Berry
  - Tropical

### **Fruit Juice**

#### **Campbell's**

- V8 Splash Juice Blend, *8 fl oz*
  - Berry
  - Diet Berry
  - Tropical
  - Strawberry Kiwi
- V8 VFusion Vegetable & Fruit 100% Juice, *8 fl oz*
  - Peach Mango
  - Strawberry Banana
  - Tropical Orange

#### **Crystal Light**

- Sweetened With Splenda, *8 fl oz*
  - Lemonade
  - Raspberry Ice
  - Sunrise Classic Orange
- Sugar-Free Drink, *8 fl oz*
  - Classic Orange
  - Lemon Tea
  - Lemonade
  - Pink Lemonade
  - Raspberry Ice

#### **Dole**

- 100% Pineapple Juice Not from Concentrate, *8 fl oz*

- Unsweetened 100% Pure Pineapple Juice, Not from Concentrate, *8 fl oz*

### **Hy-Vee**

- 100% Apple Juice from Concentrate, *8 fl oz*
- 100% Cranberry Juice Blend, *8 fl oz*
- 100% Cranberry/Apple Juice Blend, *8 fl oz*
- 100% Cranberry/Raspberry Juice Blend, *8 fl oz*
- 100% Unsweetened Prune Juice from Concentrate, *8 fl oz*
- 100% Unsweetened Prune Juice from Concentrate, *8 fl oz*
- 100% White Grape Juice from Concentrate, *8 fl oz*
- Concord Grape Juice, *8 fl oz*
- Cranberry Apple Juice Cocktail from Concentrate, *8 fl oz*
- Cranberry Grape Juice Cocktail from Concentrate, *8 fl oz*
- Cranberry Juice Cocktail from Concentrate, *8 fl oz*
- Cranberry Raspberry Juice Cocktail, *8 fl oz*
- Cranberry Strawberry Juice Cocktail, *8 fl oz*
- Grapefruit Juice from Concentrate, *8 fl oz*
- Just Juice, *8 fl oz*
  - Apple
  - Berry
  - Cherry
  - Grape
  - Punch
  - Strawberry
- Lemon Juice, *8 fl oz*
- No-Concentrate Country Style Orange Juice, *8 fl oz*
- No-Concentrate Orange Juice, *8 fl oz*
- No-Concentrate Orange Juice with Calcium, *8 fl oz*
- Not from Concentrate Ruby Red Grapefruit Juice, *8 fl oz*
- Pineapple Juice from Concentrate, *8 fl oz*
- Ruby Red Grapefruit Juice Cocktail from Concentrate, *8 fl oz*

### **Knudsen**

- Apple Juice, *8 fl oz*
- Black Cherry Juice, *8 fl oz*
- Cranberry Nectar, *8 fl oz*
- Cranberry Raspberry Juice, *8 fl oz*
- Just Juice, *8 fl oz*
  - Blueberry
  - Concord
  - Cranberry
  - Pomegranate
  - Tart Cherry
- Mango Peach Juice, *8 fl oz*

- Papaya Nectar, *8 fl oz*
- Pear Juice, *8 fl oz*
- Pineapple Juice, *8 fl oz*
- Prune Juice, *8 fl oz*
- Simply Nutritious Juice, *8 fl oz*
  - Lemon Ginger Echinacea
  - MegaGreen
  - Morning Blend

### **Looza**

- Apricot Nectar, *8 fl oz*
- Banana Nectar, *8 fl oz*
- Blackcurrant Nectar, *8 fl oz*
- Mango Nectar, *8 fl oz*
- Passion Fruit Nectar, *8 fl oz*
- Peach Nectar, *8 fl oz*
- Pear Nectar, *8 fl oz*

### **Minute Maid**

- All-Natural Lemonade, *8 fl oz*
- Apple Juice To-Go, *8 fl oz*

### **Ocean Spray**

- 100% Juice Cranberry Blueberry Organic Juice, *8 fl oz or 1 cup*
- 100% Pure Cranberry Juice, Unsweetened, *8 fl oz or 1 cup*
- 100% Ruby Red Grapefruit Juice Blend, *8 fl oz or 1 cup*
- Unsweetened 100% White Grapefruit Juice, *8 fl oz or 1 cup*
- Concentrate Cran-Raspberry Juice Blend with Two Other Juices, *8 fl oz or 1 cup*
- Cranberry & Pacific Raspberry Premium 100% Juice, *8 fl oz or 1 cup*
- Cranberry Concord Grape Premium 100% Juice, *8 fl oz or 1 cup*
- Cranberry Spray Diet Juice, *8 fl oz or 1 cup*
- Cranergy Energy Juice Drink, *8 fl oz or 1 cup*
  - Cranberry Lift
  - Raspberry Cranberry Lift
- Cran-Grape Juice Drink, *8 fl oz or 1 cup*
- Cran-Raspberry Juice Drink From Concentrate, *8 fl oz or 1 cup*
- Juice Cocktail, *8 fl oz or 1 cup*
  - 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
- White Cranberry Strawberry
- Premium 100% Cranberry Juice Blend, *8 fl oz or 1 cup*
- Ruby Red Grapefruit, *8 fl oz or 1 cup*
- Ruby Red Grapefruit & Tangerine, *8 fl oz or 1 cup*
- Ruby Red Light Grapefruit, *8 fl oz or 1 cup*
- White Cranberry Juice, *8 fl oz or 1 cup*

### **POM Wonderful**

- 100% Pomegranate, *8 fl oz*
- POM Blueberry, *8 fl oz*
- POM Cherry, *8 fl oz*
- POM Mango, *8 fl oz*
- POM Tangerine, *8 fl oz*
- Light POM Tea, *8 fl oz*
  - Hibiscus Green
  - Orange Blossom Red
  - Wildberry White
- POM Tea, *8 fl oz*
  - Blackberry
  - Lychee Green
  - Peach Passion White
  - Regular

### **Welch's**

- 100% Grape Juice, *8 fl oz*
- 100% Grape Juice with Calcium, *8 fl oz*
- 100% White Grape Juice, *8 fl oz*
- 100% White Grape Peach Juice, *8 fl oz*
- 100% White Grape Pomegranate Juice, *8 fl oz*
- Cocktail Fruit Juice, *8 fl oz*
  - Mountain Berry
  - Orange Pineapple & Apple
- Fruit Punch Juice Drink, *8 fl oz*
- Red 100% Grape Juice, *8 fl oz*
- Strawberry/Kiwi Juice, *8 fl oz*

## Vegetable Juice

### **Campbell's**

- Low-Sodium Tomato Juice, *8 fl oz*
- V-8 Low-Sodium 100% Vegetable Juice, *8 fl oz*

### **Knudsen**

- Organic Low-Sodium Very Veggie Juice, *8 fl oz*
- Low-Sodium Very Veggie Juice, *8 fl oz*

## KITCHEN FRESH ITEMS

### Dips

#### Hy-Vee

- Guacamole Dip, *2 tbsp*
  - Mild
  - Spicy

### Dressing

#### Hy-Vee

- Seven-Layer Salad Base, *2 tbsp*

### Sandwich Items

#### Hy-Vee

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

### Side Dishes

#### Hy-Vee

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

# PREPACKAGED MEAT

## Beef

### Hy-Vee

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

## Lamb

### Hy-Vee

- Natural Fresh Ground Lamb, 4 oz
- Natural Fresh Lamb Loin Chops, 4 oz

## Poultry

### Honeysuckle White

- All-Natural Lean Boneless Skinless Turkey Breast Cutlets, 4 oz
- All-Natural Lean Boneless Skinless Turkey Breast Tenderloin, 4 oz
- All-Natural Split Turkey Breast, 4 oz
- All-Natural Turkey Drumsticks, 4 oz
- All-Natural Turkey Thighs, 4 oz
- Extra Lean 99% Fat-Free Ground Breast of Turkey, 4 oz

- Extra Tender & Juicy Turkey Breast, *4 oz*
- 93/7 Lean Ground Turkey, *4 oz*

### **Hy-Vee**

- 100% Natural Chicken Drumsticks, *4 oz*
- 100% Natural Fresh Young Chicken, *4 oz*
- 100% Natural Chicken Leg Quarters, *4 oz*
- 100% Natural Chicken Thighs, *4 oz*
- 100% Natural Whole Cut-Up Chicken, *4 oz*
- 100% Natural Chicken Wings, *4 oz*
- All-Natural Fresh Young Turkey with Giblets, *4 oz*

### **Smart Chicken**

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

## **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 oz*
- 100% Natural Fresh Bone in Center Pork Chops, *1 chop*

## **Veal**

### **Hy-Vee**

- Natural Veal Loin Chops, *4 oz*

# SNACKS

## Chips

### Corazonas

- All-Natural Potato Chips, *1 oz*
  - Slightly-Salted
  - 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, *1 oz*
  - Blue
  - White Corn
  - Yellow
- 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

- Tortilla Chips, *1 oz*
  - Aged White Cheddar Crunchy Whole-Grain
  - Black Beans & Rice
  - Red Beans & Rice

- Sundried Tomato Basil
- Sweet Smokey Chipotle Crunchy Whole-Grain
- The Original

### **Sterzing's**

- Potato Chips, *11 chips*

## **Cookies**

### **Archway**

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

### **Famous Amos**

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

### **Full Circle**

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

### **Hy-Vee**

- Chiperrific Cookies, *2 cookies*
  - Chewy, Chunky
  - Original
- Dunksters, *2 cookies*
  - Crème
  - Double
  - Fudge
- Fudge-Striped Short Bread Cookies, *2 cookies*
- Sandwich Cremes, *2 cookies*
- Soft & Chewy Cookies, *1 cookie*
  - Chocolate Chip

- Iced Oatmeal
- Molasses
- Oatmeal Raisin
- Peanut Butter
- Sugar
- Sugar Wafers, *4 cookies*
  - Chocolate
  - Strawberry
  - Vanilla
- 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, *1 package*
  - Chips Ahoy
  - Lorna Doone Shortbread
  - Mini Teddy Grahams
- Chips Ahoy, *1 cookie*
  - Candy Blasts
  - Chewy White Fudge
  - Chunky
  - Chunky Peanut Butter
  - Chunky White Fudge
- Chips Ahoy, *2 cookies*
  - Chewy
  - Original
- Nilla Wafers, *8 cookies*
  - Original
  - Reduced Fat
- Nilla Wafers Minis, *20 cookies*

### **Newman's Own Organics**

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

### **Pepperidge Farm**

- Crème-Filled Pirouette Rolled Wafers, *2 wafers*
  - Chocolate Fudge
  - Chocolate Hazelnut

- French Vanilla
  - Mint Chocolate
- Distinctive Cookies, *3 cookies*
  - Geneva
  - Milano
  - Milano Black and White
  - Milano Milk Chocolate
  - Verona Strawberry
- Soft-Baked Cookies, *1 cookie*
  - Chocolate Chunk Dark Chocolate Brownie
  - Chocolate Chunk White Chocolate Macadamia
  - Molasses
  - Santa Cruz Oatmeal Raisin
  - Sausalito Chocolate Chunk
  - Snickerdoodle
  - Sugar

## Dip

### Guiltless Gourmet

- Spicy Black Bean Dip, *2 tbsp*

### Wild Garden

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

## Gelatin

### Hunt's

- Juicy Gels Snack Pack, *1 single-serving container*
  - Strawberry
  - Strawberry/Orange
- Sugar-Free Cherry Snack Pack Gel Snacks, *1 single-serving container*

### Jell-O

- Strawberry Gelatin Snacks, *1 single-serving container or 1/2 cup*
- Sugar-Free Strawberry Gelatin Snacks, *1 single-serving container or 1/2 cup*
- Sugar-Free Variety Pack Gelatin Snacks, *1 single-serving container or 1/2 cup*

- Cherry/Black Cherry
- Orange/Lemon-Lime
- Low-Calorie Peach/Watermelon
- Strawberry Kiwi/Tropical Berry
- Variety Pack

### **Kool-Aid**

- Gel Snacks, *1 single-serving container*
  - Cherry Tropical Punch
  - Ice Blue Raspberry
  - Oh Yeah Orange
  - Soarin' Strawberry

## **Nuts**

### **Hy-Vee**

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

### **Planters**

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

## **Popcorn**

### **Barrel O' Fun**

- Caramel Corn, *3/4 cup*

### **Bearitos**

- Organic Microwave Popcorn, *1/2 bag*
  - No-Oil
  - No-Salt/No-Oil

### **ConAgra**

- Crunch 'n Munch, *2/3 cup*
  - Caramel
  - Chocolate 'n Caramel

### **Hy-Vee**

- No-Salt Butter Microwavable Popcorn, *3-1/2 cups popped*

### **Newman's Own Organics**

- No-Butter No-Salt 94% Fat-Free Pop's Corn, *1/3 bag*

## **Pretzels**

### **Newman's Own**

- Unsalted Pretzel Rounds, *8 pretzels*

### **Snyder's of Hanover**

- Organic 8 Grain and Seeds, *8 pretzels*
- Organic Whole Wheat and Oat, *8 pretzels*

## **Pudding**

### **D'Gari**

- Flan (Spanish-Style Custard) , *1 oz*

### **Jell-O**

- Cook & Serve Pudding & Pie Filling, *1/4 package*
  - Butterscotch
  - Chocolate
  - Lemon
  - Vanilla

### **Hunt's**

- Snack Pack, *1 single-serving container*
  - 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
- Vanilla

### **Hy-Vee**

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

## **Rice Cakes**

### **Full Circle**

- Multigrain or Salt-Free varieties, *1 cake*

### **Hy-Vee**

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

### **Lundberg**

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

## Quaker

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

## Spreads – Jams & Jellies

### Hy-Vee

- Jelly, *1 tbsp*
  - Apple
  - Blackberry
  - Cherry
  - Concord Grape
  - Plum
  - Red Raspberry
  - Strawberry
- Preserves, *1 tbsp*
  - Apricot
  - Cherry – Preserves
  - Concord Grape – Preserves
  - Peach
  - Red Raspberry
  - Strawberry
- Orange Marmalade, *1 tbsp*

### Musselman's

- Apple Butter, *1 tbsp*

**Smucker's, 1 tablespoon**

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

**Welch's**

- Jam, 1 *tbsp*

- Concord Grape
  - Squeezable Strawberry
- Jelly, *1 tbsp*
  - Concord Grape
  - Squeezable Strawberry
  - Squeezable Concord Grape
- Strawberry Preserves, *1 tbsp*

## Spreads – Nut Butters

### Full Circle

- Organic Creamy Peanut Butter Spread, *2 tbsp*
- Organic Crunchy Peanut Butter Spread, *2 tbsp*
- Creamy Sunflower Butter, *2 tbsp*
- Crunchy Sunflower Butter, *2 tbsp*

### Hy-Vee

- Reduced Sugar and Sodium Creamy Peanut Butter, *2 tbsp*

### Jif

- Chocolate Hazelnut, *2 tbsp*
- Extra Crunchy, *2 tbsp*
- Mocha Cappuccino, *2 tbsp*
- Natural Jif Creamy, *2 tbsp*
- Natural Jif Crunchy, *2 tbsp*
- To-Go Chocolate Silk, *1-1/2 oz cup*
- To-Go Natural Creamy, *1-1/2 oz cup*

### Kettle

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

### Nutella

- Hazelnut Spread, *2 tbsp*

### Planters Nut-rition

- Banana Granola Nut, *2 tbsp*
- Berry Nut Mix, *2 tbsp*
- Cinnamon Raisin Granola Mix, *2 tbsp*

### PB-2 Powdered Peanut Butter

- Peanut Butter, *2 tbsp*
- Peanut Butter with Chocolate, *2 tbsp*

**Peter Pan**

- Crunchy Peanut Butter, *2 tbsp*
- 100% Natural Crunchy Peanut Butter, *2 tbsp*

**Skippy**

- Natural Super Chunk Peanut Butter, *2 tbsp*
- Super Chunk Peanut Butter, *2 tbsp*
- Roasted Honey Nut Super Chunk Peanut Butter, *2 tbsp*

**Smucker's Natural**

- Creamy Peanut Butter, *2 tbsp*
- Crunchy Peanut Butter, *2 tbsp*

**That's Smart!**

- Creamy Peanut Butter, *2 tbsp*
- Crunchy Peanut Butter, *2 tbsp*