



Heart-Check Food Certification Program

Certified Products Listed by Food Category

Updated: 8/16/2017

Food Category	Product	Company	Serving Size		Calories*	Saturated Fat* (g)	Sodium* (mg)	Positive Nutrients* (%Daily Value)
Beans, Canned	S&W Premium Black Beans - 50% Less Sodium	Faribault Foods Inc.	130	Grams	110	0.0	180	32% Fiber, 15% Protein, 10% Iron
Beans, Canned	S&W Premium Chili Beans - 50% Less Sodium	Faribault Foods Inc.	130	Grams	130	0.0	190	28% Fiber, 11% Protein, 10% Iron
Beans, Canned	S&W Premium Garbanzo Beans - 50% Less Sodium	Faribault Foods Inc.	130	Grams	110	0.0	190	24% Fiber, 12% Protein, 10% Iron
Beans, Canned	S&W Premium Kidney Beans - 50% Less Sodium	Faribault Foods Inc.	130	Grams	110	0.0	180	32% Fiber, 15% Protein, 10% Iron
Beans, Canned	S&W Premium Pinto Beans - 50% Less Sodium	Faribault Foods Inc.	130	Grams	100	0.0	270	28% Fiber, 10% Protein
Beans, Canned	S&W Premium White Beans - 50% Less Sodium	Faribault Foods Inc.	130	Grams	110	0.0	220	24% Fiber, 12% Protein, 10% Iron
Breads	Frescados Wrap Garden Vegetable	Catallia Mexican Foods, LLC	68	Grams	170	1.0	220	16% Fiber, 20% Vitamin C, 10% Calcium
Breads	Frescados Wrap Spinach	Catallia Mexican Foods, LLC	68	Grams	170	1.0	240	16% Fiber, 10% Calcium
Breads	Frescados Wrap Tomato Basil	Catallia Mexican Foods, LLC	68	Grams	170	1.0	240	20% Fiber, 10% Calcium
Breads	Pepperidge Farm Whole Grain 100% Whole Wheat Bread	Campbell Soup Company	43	Grams	110	0.5	105	12% Fiber
Breads	Pepperidge Farm Whole Grain 15 Grain Bread	Campbell Soup Company	43	Grams	110	0.5	115	12% Fiber
Breads	Pepperidge Farm Whole Grain German Dark Wheat Bread	Campbell Soup Company	43	Grams	100	0.5	150	12% Fiber
Breads	Pepperidge Farm Whole Grain Honey Wheat Bread	Campbell Soup Company	43	Grams	110	0.5	110	12% Fiber
Breads	Pepperidge Farm Whole Grain Oatmeal Bread	Campbell Soup Company	43	Grams	110	0.5	120	12% Fiber

Certified foods must be a good source (at least 10% DV per standardized serving size) of one (or more) of six beneficial nutrients: vitamin A, vitamin C, iron, calcium, protein, dietary fiber.

*per serving. Highlighted items have been added in the last 30 days



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Breads	Toufayan Wheat Wraps	Toufayan Bakeries, Inc.	52	Grams	140	0.5	130	12% Fiber, 15% Calcium
Breads	Toufayan Whole Wheat Pita	Toufayan Bakeries, Inc.	56	Grams	150	0.0	225	13% Fiber
Cereal	Alpen Muesli Cereal No Sugar Added	Weetabix Company, Inc., The	55	Grams	210	0.0	15	24% Fiber, 15% Iron
Cereal	Alpen Muesli Original	Weetabix Company, Inc., The	55	Grams	210	0.0	15	20% Fiber, 15% Iron
Cereal	Barbara's Gluten Free Honest O's Multigrain	Weetabix Company, Inc., The	40	Grams	150	0.0	30	11% Fiber, 25% Calcium
Cereal	Barbara's Multigrain Squarefuls Maple Brown Sugar	Weetabix Company, Inc., The	55	Grams	200	0.0	190	24% Fiber, 10% Calcium, 10% Iron
Cereal	Barbara's Organic Honest O's Original	Weetabix Company, Inc., The	40	Grams	150	0.0	105	14% Fiber
Cereal	Barbara's Shredded Wheat	Weetabix Company, Inc., The	40	Grams	140	0.0	0	18% Fiber
Cereal	Kashi Heart to Heart Honey Toasted Oat Cereal	Kashi Company	32	Grams	120	0.0	85	15% Fiber
Cereal	Kashi Heart to Heart Warm Cinnamon Oat Cereal	Kashi Company	33	Grams	120	0.0	75	15% Fiber
Cereal	Quaker Instant Oatmeal Original	Quaker Oats Company, The	28	Grams	100	0.5	75	11% Fiber, 15% Vitamin A, 10% Calcium, 40% Iron
Cereal	Quaker Oats Old-Fashioned	Quaker Oats Company, The	40	Grams	150	0.5	0	15% Fiber
Cereal	Quaker Oats Quick-1 Minute	Quaker Oats Company, The	40	Grams	150	0.5	0	13% Fiber
Cereal	Quaker Steel Cut Oats	Quaker Oats Company, The	40	Grams	150	0.5	0	13% Fiber
Cereal	Uncle Sam Original Wheat Berry Flakes	Attune Foods, LLC	55	Grams	210	0.0	140	40% Fiber, 15% Iron
Cereal	Weetabix Whole Grain Biscuits	Weetabix Company, Inc., The	35	Grams	130	0.0	130	16% Fiber, 25% Iron

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Egg Substitute	Crystal Farms All Whites - 100% Liquid Egg Whites	Michael Foods, Inc.	46	Grams	25	0.0	75	10% Protein
Egg Substitute	Crystal Farms Better 'n Eggs	Michael Foods, Inc.	46	Grams	25	0.0	95	10% Protein
Egg Substitute	Crystal Farms Better 'n Eggs Plus	Michael Foods, Inc.	46	Grams	25	0.0	90	10% Protein, 15% Vitamin A
Egg Substitute	Eggland's Best 100% Liquid Egg Whites	Eggland's Best, Inc.	46	Grams	25	0.0	75	10% Protein
Egg Substitute	Kirkland Signature Egg Whites	Rembrandt Enterprises, Inc.	46	Grams	25	0.0	75	10% Protein
Egg Substitute	Kirkland Signature Egg Whites	Michael Foods, Inc.	46	Grams	25	0.0	80	10% Protein
Egg Substitute	Kroger Break-Free 100% Liquid Egg Whites	Michael Foods, Inc.	46	Grams	25	0.0	80	10% Protein
Egg Substitute	Kroger Break-Free Real Egg Product	Michael Foods, Inc.	46	Grams	25	0.0	90	10% Protein
Egg Substitute	Market Pantry 100% Egg Whites	Michael Foods, Inc.	46	Grams	25	0.0	80	10% Protein
Egg Substitute	Market Pantry Egg Substitute	Michael Foods, Inc.	46	Grams	25	0.0	90	10% Protein
Fish & Game: Canned or Processed	North Coast Seafoods Culinary Premium Reserve Super Lump Crab Meat	North Coast Seafoods	85	Grams	80	0.0	250	18% Protein
Fish & Game: Canned or Processed	North Coast Seafoods Culinary Reserve Claw Crab Meat	North Coast Seafoods	85	Grams	80	0.0	250	18% Protein
Fish & Game: Canned or Processed	North Coast Seafoods Culinary Reserve Colossal Crab Meat	North Coast Seafoods	85	Grams	80	0.0	250	18% Protein

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Fish & Game: Canned or Processed	North Coast Seafoods Culinary Reserve Jumbo Crab Meat	North Coast Seafoods	85	Grams	80	0.0	250	18% Protein
Fish & Game: Canned or Processed	North Coast Seafoods Culinary Reserve Lump Crab Meat	North Coast Seafoods	85	Grams	80	0.0	250	18% Protein
Fish & Game: Canned or Processed	North Coast Seafoods Culinary Reserve Special Crab Meat	North Coast Seafoods	85	Grams	80	0.0	250	18% Protein
Fish & Game: Canned or Processed	StarKist Alaskan Pink Salmon	StarKist Co.	56	Grams	80	0.5	210	22% Protein, 12% Calcium
Fish & Game: Canned or Processed	StarKist Alaskan Pink Salmon Reduced Sodium	StarKist Co.	56	Grams	80	0.5	150	22% Protein, 12% Calcium
Fish & Game: Canned or Processed	StarKist Albacore White Tuna in Water	StarKist Co.	85	Grams	90	0.5	280	35% Protein
Fish & Game: Canned or Processed	StarKist Boneless Skinless Pink Salmon	StarKist Co.	56	Grams	50	0.5	200	16% Protein
Fish & Game: Canned or Processed	StarKist Boneless Skinless Pink Salmon, Pouch	StarKist Co.	74	Grams	70	0.0	200	27% Protein
Fish & Game: Canned or Processed	StarKist Chunk Light Tuna in Water	StarKist Co.	74	Grams	70	0.0	300	31% Protein

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Fish & Game: Canned or Processed	StarKist Chunk Light Tuna in Water, Canned	StarKist Co.	56	Grams	45	0.0	180	18% Protein
Fish & Game: Canned or Processed	StarKist Chunk White Albacore Tuna in Water	StarKist Co.	113	Grams	100	0.0	320	40% Protein
Fish & Game: Canned or Processed	StarKist Low Sodium Albacore White Tuna in Water	StarKist Co.	74	Grams	80	0.5	70	29% Protein
Fish & Game: Canned or Processed	StarKist Low Sodium Chunk Light Tuna in Water	StarKist Co.	74	Grams	70	0.0	150	31% Protein
Fish & Game: Canned or Processed	StarKist Low Sodium Chunk Light Tuna in Water, Canned	StarKist Co.	79	Grams	70	0.0	140	30% Protein
Fish & Game: Canned or Processed	StarKist Low Sodium Solid Albacore Tuna in Water	StarKist Co.	56	Grams	50	0.0	120	22% Protein
Fish & Game: Canned or Processed	StarKist Selects Chunk Light Tuna in Water	StarKist Co.	56	Grams	50	0.0	230	22% Protein
Fish & Game: Canned or Processed	StarKist Selects Low Sodium Chunk Light Yellowfin Tuna in Water	StarKist Co.	56	Grams	60	0.0	140	25% Protein
Fish & Game: Canned or Processed	StarKist Selects Solid Light Yellowfin Tuna in Water	StarKist Co.	56	Grams	60	0.0	180	25% Protein

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Fish & Game: Canned or Processed	StarKist Selects Solid White Albacore Tuna in Water	StarKist Co.	56	Grams	60	0.0	210	27% Protein
Fish & Game: Canned or Processed	StarKist Selects Very Low Sodium Chunk White Albacore Tuna in Water	StarKist Co.	56	Grams	60	0.0	35	25% Protein
Fish & Game: Canned or Processed	StarKist Solid Light Tuna in Water	StarKist Co.	56	Grams	60	0.0	180	23% Protein
Fish & Game: Canned or Processed	StarKist Solid White Albacore Tuna in Water	StarKist Co.	113	Grams	110	0.0	320	46% Protein
Fish & Game: Canned or Processed	StarKist Tuna Creations Premium Chunk Light Tuna Hickory Smoked	StarKist Co.	74	Grams	110	0.5	340	34% Protein
Fish & Game: Canned or Processed	StarKist Tuna Creations Premium Chunk Light Tuna Lemon Pepper	StarKist Co.	56	Grams	60	0.0	250	23% Protein
Fish & Game: Canned or Processed	StarKist Tuna Creations Premium Chunk Light Tuna Ranch	StarKist Co.	74	Grams	70	0.0	360	27% Protein
Fish & Game: Canned or Processed	StarKist Tuna Creations Premium Chunk Light Tuna Sweet & Spicy	StarKist Co.	56	Grams	60	0.0	290	22% Protein
Fish & Game: Canned or Processed	Tongol Chunk Light Tuna in Water	StarKist Co.	56	Grams	60	0.0	260	23% Protein

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Fish & Game: Fresh, Frozen, or Cooked	Alaskan Pollock Fillet	American Seafoods Company	100	Grams	80	0.0	150	38% Protein
Fish & Game: Fresh, Frozen, or Cooked	Alaskan Pollock Fillet, Minced	American Seafoods Company	100	Grams	80	0.0	170	36% Protein
Fish & Game: Fresh, Frozen, or Cooked	Classic Creations Imitation Crab Meat Flake Style	Trident Seafoods Corporation	85	Grams	80	0.0	450	12% Protein
Fish & Game: Fresh, Frozen, or Cooked	Classic Creations Imitation Crab Meat Leg Style	Trident Seafoods Corporation	90	Grams	80	0.0	480	14% Protein
Fish & Game: Fresh, Frozen, or Cooked	Classic Creations Imitation Crab Meat, Flake Style	Trans-Ocean Products, Inc.	85	Grams	80	0.0	450	12% Protein
Fish & Game: Fresh, Frozen, or Cooked	Classic Creations Imitation Crab Meat, Leg Style	Trans-Ocean Products, Inc.	90	Grams	90	0.0	450	12% Protein
Fish & Game: Fresh, Frozen, or Cooked	Fresh Farmed Atlantic Raw Salmon	North Coast Seafoods	113	Grams	235	2.0	65	46% Protein
Fish & Game: Fresh, Frozen, or Cooked	Fresh Wild King Raw Salmon	North Coast Seafoods	113	Grams	211	2.0	54	23% Protein, 10% Vitamin A
Fish & Game: Fresh, Frozen, or Cooked	Fresh Wild Sockeye Raw Salmon	North Coast Seafoods	113	Grams	153	1.0	127	48% Protein

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Fish & Game: Fresh, Frozen, or Cooked	Pacific hake, Fillet	American Seafoods Company	100	Grams	70	0.0	260	30% Protein
Fish & Game: Fresh, Frozen, or Cooked	Pacific hake, Minced	American Seafoods Company	100	Grams	70	0.0	200	32% Protein
Fish & Game: Fresh, Frozen, or Cooked	Simply Surimi Seafood Sticks	Trans-Ocean Products, Inc.	104	Grams	80	0.0	440	20% Protein
Fish & Game: Fresh, Frozen, or Cooked	Simply Surimi Seafood, Flake Style	Trans-Ocean Products, Inc.	85	Grams	70	0.0	440	16% Protein
Fish & Game: Fresh, Frozen, or Cooked	Simply Surimi Seafood, Stick Style	Trans-Ocean Products, Inc.	88	Grams	70	0.0	450	17% Protein
Fish & Game: Fresh, Frozen, or Cooked	TransOcean Crab Classic Chunk Style	Trans-Ocean Products, Inc.	85	Grams	80	0.0	450	16% Protein
Fish & Game: Fresh, Frozen, or Cooked	TransOcean Crab Classic Flake Style	Trans-Ocean Products, Inc.	85	Grams	80	0.0	450	12% Protein
Fish & Game: Fresh, Frozen, or Cooked	TransOcean Crab Classic Leg Style	Trans-Ocean Products, Inc.	90	Grams	90	0.0	450	12% Protein
Fish & Game: Fresh, Frozen, or Cooked	TransOcean Lobster Classic Chunk Style	Trans-Ocean Products, Inc.	85	Grams	80	0.0	450	16% Protein

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Fish & Game: Fresh, Frozen, or Cooked	TransOcean Seafood Snackers	Trans-Ocean Products, Inc.	85	Grams	80	0.0	450	12% Protein
Fish & Game: Fresh, Frozen, or Cooked	True North Atlantic Salmon Fillets	True North Salmon Co. Ltd	142	Ounces	250	2.0	30	20% Protein
Fruit Juice	Minute Maid Orange Juice (from Concentrate with Vitamin C)	Coca-Cola Company, The	10	Ounces	140	0.0	20	100% Vitamin C
Fruit Juice	Minute Maid Premium Original Orange Juice	Coca-Cola Company, The	8	Ounces	110	0.0	15	120% Vitamin C
Fruit Juice	Minute Maid Pure Squeezed No Pulp	Coca-Cola Company, The	8	Ounces	110	0.0	0	100% Vitamin C
Fruit Juice	Simply Orange Original Pulp Free 100% Orange Juice	Coca-Cola Company, The	8	Ounces	110	0.0	0	100% Vitamin C
Fruit: Dried	Avocados from Peru	Peruvian Avocado Commission	30	Grams	50	0.5	0	10% Calcium
Fruit: Dried	Bard Valley Natural Delights Medjool Dates	Bard Valley Medjool Date Growers Association	46	Grams	137	0.0	4	15% Fiber
Fruit: Dried	Bard Valley Natural Delights Organic Medjool Dates	Bard Valley Medjool Date Growers Association	46	Grams	137	0.0	4	15% Fiber
Fruit: Dried	Bard Valley Natural Delights Pitted Medjool Dates	Bard Valley Medjool Date Growers Association	46	Grams	137	0.0	4	15% Fiber
Fruit: Dried	California Dates - Deglet Noor Variety	California Date Administrative Committee	40	Grams	110	0.0	0	11% Fiber
Fruit: Dried	California Dates - Medjool Variety	California Date Administrative Committee	40	Grams	110	0.0	0	11% Fiber
Fruit: Dried	Hadley Dates Pitted Deglet Noor Variety	Hadley Date Gardens	40	Grams	120	0.0	0	14% Fiber

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Fruit: Dried	Mexican Hass Avocados	Avocados from Mexico	50	Grams	80	1.0	0	11% Fiber
Fruit: Dried	Sukkary Fresh Dates (Rutub)	Rutgers Quick Mart LLC DBA Al Ajwa Dates	40	Grams	110	0.0	0	12% Fiber
Fruit: Dried	Sunlit Organics Organic Medjool Dates	Bard Valley Medjool Date Growers Association	46	Grams	137	0.0	4	15% Fiber
Fruit: Fresh, Frozen, or Canned	AvoMonsters	West Pak Avocado Inc.	50	Grams	80	1.0	0	11% Fiber
Fruit: Fresh, Frozen, or Canned	California Avocado	California Avocado Commission	50	Grams	80	1.0	0	11% Fiber
Fruit: Fresh, Frozen, or Canned	Coosaw Farms Red Seedless Watermelon	Coosaw AG, LLC	280	Grams	80	0.0	0	30% Vitamin A, 25% Vitamin C
Fruit: Fresh, Frozen, or Canned	Darling Clementines	LGS Specialty Sales LTD	148	Grams	70	0.0	0	12% Fiber, 120% Vitamin C
Fruit: Fresh, Frozen, or Canned	Darling Oranges	LGS Specialty Sales LTD	154	Grams	80	0.0	0	12% Fiber, 130% Vitamin C
Fruit: Fresh, Frozen, or Canned	Fresh Mini Seedless Watermelon	National Watermelon Promotion Board	280	Grams	80	0.0	0	30% Vitamin A, 25% Vitamin C
Fruit: Fresh, Frozen, or Canned	Fresh Seeded Watermelon	National Watermelon Promotion Board	280	Grams	80	0.0	0	30% Vitamin A, 25% Vitamin C
Fruit: Fresh, Frozen, or Canned	Fresh Seedless Watermelon	National Watermelon Promotion Board	280	Grams	80	0.0	0	30% Vitamin A, 25% Vitamin C
Fruit: Fresh, Frozen, or Canned	Hass Avocado	Hass Avocado Board	50	Grams	80	1.0	0	11% Fiber
Fruit: Fresh, Frozen, or Canned	I Love Avocados	West Pak Avocado Inc.	50	Grams	80	1.0	0	11% Fiber

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Fruit: Fresh, Frozen, or Canned	Pear, Anjou, Green	Pear Bureau Northwest	166	Grams	100	0.0	0	24% Fiber, 10% Vitamin C
Fruit: Fresh, Frozen, or Canned	Pear, Anjou, Red	Pear Bureau Northwest	166	Grams	100	0.0	0	24% Fiber, 10% Vitamin C
Fruit: Fresh, Frozen, or Canned	Pear, Bartlett, Green	Pear Bureau Northwest	166	Grams	100	0.0	0	24% Fiber, 10% Vitamin C
Fruit: Fresh, Frozen, or Canned	Pear, Bosc	Pear Bureau Northwest	166	Grams	100	0.0	0	24% Fiber, 10% Vitamin C
Fruit: Fresh, Frozen, or Canned	Suavo Avocado	LGS Specialty Sales LTD	30	Grams	50	0.5	0	
Meat & Poultry: Canned or Processed	7 Select Oven Roasted Turkey Breast	West Liberty Foods LLC	56	Grams	60	0.0	460	20% Protein
Meat & Poultry: Canned or Processed	7 Select Smoked Honey Ham with Natural Juices	West Liberty Foods LLC	56	Grams	80	1.0	420	20% Protein
Meat & Poultry: Canned or Processed	America's Choice Black Forest Ham	Smithfield Foods, Inc.	56	Grams	60	1.0	420	18% Protein
Meat & Poultry: Canned or Processed	America's Choice Honey Ham	Smithfield Foods, Inc.	56	Grams	70	0.5	410	18% Protein
Meat & Poultry: Canned or Processed	America's Choice Honey Turkey Breast	Smithfield Foods, Inc.	56	Grams	70	0.5	400	18% Protein
Meat & Poultry: Canned or Processed	America's Choice Roast Beef	Smithfield Foods, Inc.	56	Grams	60	0.5	390	22% Protein

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Meat & Poultry: Canned or Processed	America's Choice Roasted Turkey Breast	Smithfield Foods, Inc.	56	Grams	60	0.5	400	18% Protein
Meat & Poultry: Canned or Processed	Bakers & Chefs All Natural 98% Fat Free Premium Chunk Chicken Breast in Water	Tony Downs Foods Company	71	Grams	70	0.0	250	24% Protein
Meat & Poultry: Canned or Processed	Boar's Head All American BBQ Seasoned Oven Roasted Chicken Breast	Boar's Head Provisions Company, Inc.	56	Grams	70	0.0	370	26% Protein
Meat & Poultry: Canned or Processed	Boar's Head Black Forest SmokeMaster Beechwood Smoked Ham	Boar's Head Provisions Company, Inc.	56	Grams	60	0.0	460	20% Protein
Meat & Poultry: Canned or Processed	Boar's Head Blazing Buffalo Style Oven Roasted Chicken Breast	Boar's Head Provisions Company, Inc.	56	Grams	60	0.0	460	26% Protein
Meat & Poultry: Canned or Processed	Boar's Head Bold Salsalito Roasted Turkey Breast	Boar's Head Provisions Company, Inc.	56	Grams	60	0.0	480	26% Protein
Meat & Poultry: Canned or Processed	Boar's Head Branded Deluxe 42% Lower Sodium Ham	Boar's Head Provisions Company, Inc.	56	Grams	60	0.0	480	20% Protein
Meat & Poultry: Canned or Processed	Boar's Head Cracked Pepper Mill Smoked Turkey Breast	Boar's Head Provisions Company, Inc.	56	Grams	60	0.0	460	26% Protein
Meat & Poultry: Canned or Processed	Boar's Head EverRoast Oven Roasted Chicken Breast	Boar's Head Provisions Company, Inc.	56	Grams	50	0.0	440	26% Protein

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Meat & Poultry: Canned or Processed	Boar's Head Golden Catering Style Oven Roasted Turkey Breast	Boar's Head Provisions Company, Inc.	56	Grams	60	0.0	380	26% Protein
Meat & Poultry: Canned or Processed	Boar's Head Golden Classic Oven Roasted 42% Lower Sodium Chicken Breast	Boar's Head Provisions Company, Inc.	56	Grams	60	0.0	350	26% Protein
Meat & Poultry: Canned or Processed	Boar's Head Honey Smoked Turkey Breast	Boar's Head Provisions Company, Inc.	56	Grams	60	0.0	420	24% Protein
Meat & Poultry: Canned or Processed	Boar's Head Jerk Oven Roasted Chicken Breast	Boar's Head Provisions Company, Inc.	56	Grams	60	0.0	460	22% Protein
Meat & Poultry: Canned or Processed	Boar's Head Lemon Pepper Boneless Skinless Roasted Chicken Breast	Boar's Head Provisions Company, Inc.	56	Grams	60	0.0	360	26% Protein
Meat & Poultry: Canned or Processed	Boar's Head Londonport Top Round Seasoned Roast Beef	Boar's Head Provisions Company, Inc.	56	Grams	80	1.0	350	26% Protein
Meat & Poultry: Canned or Processed	Boar's Head Maple Glazed Honey Coat Cured Turkey Breast	Boar's Head Provisions Company, Inc.	56	Grams	70	0.0	480	28% Protein
Meat & Poultry: Canned or Processed	Boar's Head Maple Glazed Oven Roasted Chicken Breast	Boar's Head Provisions Company, Inc.	56	Grams	60	0.0	340	24% Protein
Meat & Poultry: Canned or Processed	Boar's Head Mesquite Wood Smoked Roasted Turkey Breast	Boar's Head Provisions Company, Inc.	56	Grams	60	0.0	440	24% Protein

Certified foods must be a good source (at least 10% DV per standardized serving size) of one (or more) of six beneficial nutrients: vitamin A, vitamin C, iron, calcium, protein, dietary fiber.



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Food Category	Product	Company	Serving Size		Calories*	Saturated Fat* (g)	Sodium* (mg)	Positive Nutrients* (%Daily Value)
Meat & Poultry: Canned or Processed	Boar's Head No Salt Added Oven Roasted Turkey Breast	Boar's Head Provisions Company, Inc.	56	Grams	70	0.0	55	30% Protein
Meat & Poultry: Canned or Processed	Boar's Head Old Fashioned Canadian Style Bacon With Natural Juices	Boar's Head Provisions Company, Inc.	56	Grams	70	1.0	480	22% Protein
Meat & Poultry: Canned or Processed	Boar's Head Old Fashioned Canadian Style Bacon With Natural Juices, Pre-Sliced	Boar's Head Provisions Company, Inc.	56	Grams	70	1.0	480	22% Protein
Meat & Poultry: Canned or Processed	Boar's Head Our Premium 46% Lower Sodium Oven Roasted Turkey Breast	Boar's Head Provisions Company, Inc.	56	Grams	60	0.0	360	24% Protein
Meat & Poultry: Canned or Processed	Boar's Head Our Premium Skinless 46% Lower Sodium Oven Roasted Turkey Breast	Boar's Head Provisions Company, Inc.	56	Grams	60	0.0	360	24% Protein
Meat & Poultry: Canned or Processed	Boar's Head Ovensgold Roasted Turkey Breast	Boar's Head Provisions Company, Inc.	56	Grams	60	0.0	360	26% Protein
Meat & Poultry: Canned or Processed	Boar's Head Pastrami Seasoned Turkey Breast	Boar's Head Provisions Company, Inc.	56	Grams	60	0.0	460	26% Protein
Meat & Poultry: Canned or Processed	Boar's Head Rotisserie Seasoned Oven Roasted Chicken Breast	Boar's Head Provisions Company, Inc.	56	Grams	60	0.0	400	26% Protein
Meat & Poultry: Canned or Processed	Boar's Head Simplicity All Natural Applewood Smoked Uncured Ham	Boar's Head Provisions Company, Inc.	56	Grams	70	0.5	440	23% Protein

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Meat & Poultry: Canned or Processed	Boar's Head Simplicity All Natural Roasted Turkey Breast	Boar's Head Provisions Company, Inc.	56	Grams	60	0.0	330	26% Protein
Meat & Poultry: Canned or Processed	Boar's Head Simplicity All Natural Smoked Turkey Breast	Boar's Head Provisions Company, Inc.	56	Grams	60	0.0	250	27% Protein
Meat & Poultry: Canned or Processed	Boar's Head Simplicity All Natural Tuscan Brand Roasted Turkey Breast	Boar's Head Provisions Company, Inc.	56	Grams	70	0.0	380	29% Protein
Meat & Poultry: Canned or Processed	Boar's Head Simplicity All Natural Uncured Ham	Boar's Head Provisions Company, Inc.	56	Grams	70	0.5	390	23% Protein
Meat & Poultry: Canned or Processed	Bob Evans Fully Cooked Sliced Smoked Canadian Bacon with Natural Juices	Rose Packing Company, Inc.	57	Grams	60	0.5	460	15% Protein
Meat & Poultry: Canned or Processed	Butterball Natural Hardwood Smoke Smoked Turkey Breast	Butterball, LLC	56	Grams	50	0.0	400	20% Protein
Meat & Poultry: Canned or Processed	Butterball Natural Mesquite Smoke Mesquite Smoked Turkey Breast	Butterball, LLC	56	Grams	50	0.0	400	20% Protein
Meat & Poultry: Canned or Processed	Butterball Naturally Roasted & Deep Fried Turkey Breast	Butterball, LLC	56	Grams	50	0.0	400	20% Protein
Meat & Poultry: Canned or Processed	Butterball Naturally Roasted 37% Less Sodium Turkey Breast	Butterball, LLC	56	Grams	50	0.0	330	22% Protein

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Meat & Poultry: Canned or Processed	Butterball Naturally Roasted Buffalo Style Chicken Breast	Butterball, LLC	56	Grams	50	0.0	450	20% Protein
Meat & Poultry: Canned or Processed	Butterball Naturally Roasted Cajun Style Turkey Breast	Butterball, LLC	56	Grams	60	0.0	390	20% Protein
Meat & Poultry: Canned or Processed	Butterball Naturally Roasted Cracked Pepper Turkey Breast	Butterball, LLC	56	Grams	50	0.0	380	20% Protein
Meat & Poultry: Canned or Processed	Butterball Naturally Roasted Garlic & Herb Rotisserie Style Chicken Breast	Butterball, LLC	56	Grams	60	0.0	420	20% Protein
Meat & Poultry: Canned or Processed	Butterball Naturally Roasted Honey Roasted Turkey Breast	Butterball, LLC	56	Grams	60	0.0	400	20% Protein
Meat & Poultry: Canned or Processed	Butterball Naturally Roasted Oven Roasted Chicken Breast	Butterball, LLC	56	Grams	50	0.0	410	20% Protein
Meat & Poultry: Canned or Processed	Butterball Naturally Roasted Oven Roasted Turkey Breast	Butterball, LLC	56	Grams	50	0.0	400	20% Protein
Meat & Poultry: Canned or Processed	Butterball Naturally Roasted Thanksgiving Turkey Breast	Butterball, LLC	56	Grams	50	0.0	400	20% Protein
Meat & Poultry: Canned or Processed	Castle Wood Reserve All Natural Roasted Turkey Breast	Cargill Meat Solutions	56	Grams	60	0.0	360	26% Protein

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Food Category	Product	Company	Serving Size		Calories*	Saturated Fat* (g)	Sodium* (mg)	Positive Nutrients* (%Daily Value)
Meat & Poultry: Canned or Processed	Castle Wood Reserve All Natural Slow Smoked Turkey Breast	Cargill Meat Solutions	56	Grams	60	0.0	450	26% Protein
Meat & Poultry: Canned or Processed	Castle Wood Reserve Buffalo Style Chicken Breast	Cargill Meat Solutions	56	Grams	60	0.0	450	24% Protein
Meat & Poultry: Canned or Processed	Castle Wood Reserve Golden Roasted Turkey Breast	Cargill Meat Solutions	56	Grams	60	0.0	410	24% Protein
Meat & Poultry: Canned or Processed	Castle Wood Reserve Hickory Smoked Turkey Breast	Cargill Meat Solutions	56	Grams	60	0.0	410	20% Protein
Meat & Poultry: Canned or Processed	Castle Wood Reserve Homestyle Pan Roasted Turkey Breast	Cargill Meat Solutions	56	Grams	60	0.0	300	24% Protein
Meat & Poultry: Canned or Processed	Castle Wood Reserve Sun Dried Tomato Turkey Breast	Cargill Meat Solutions	56	Grams	60	0.0	330	26% Protein
Meat & Poultry: Canned or Processed	Celebrity 99% Fat Free Black Forest Healthy Smoked Ham Water Added	Atalanta Corporation	28	Grams	25	0.0	180	10% Protein
Meat & Poultry: Canned or Processed	Celebrity 99% Fat Free Premium Imported Healthy Ham Water Added	Atalanta Corporation	56	Grams	40	0.0	350	18% Protein
Meat & Poultry: Canned or Processed	Celebrity Healthy Canadian Style Bacon	Atalanta Corporation	51	Grams	60	0.5	350	20% Protein

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Meat & Poultry: Canned or Processed	Charter Reserve Garden Herb Sun Dried Tomato Breast of Turkey	Cargill Meat Solutions	56	Grams	50	0.0	290	22% Protein
Meat & Poultry: Canned or Processed	Charter Reserve® Applewood Slow Smoked Breast of Chicken	Cargill Meat Solutions	56	Grams	60	0.0	370	22% Protein
Meat & Poultry: Canned or Processed	Charter Reserve® Better than Ever Roasted Breast of Chicken	Cargill Meat Solutions	56	Grams	60	0.0	370	22% Protein
Meat & Poultry: Canned or Processed	Charter Reserve® Fresh Cracked Pepper Breast of Turkey	Cargill Meat Solutions	56	Grams	60	0.0	340	26% Protein
Meat & Poultry: Canned or Processed	Charter Reserve® Goldenroast Special Recipe Breast of Turkey	Cargill Meat Solutions	56	Grams	60	0.0	220	20% Protein
Meat & Poultry: Canned or Processed	Charter Reserve® GranSabor Breast of Turkey	Cargill Meat Solutions	56	Grams	50	0.0	380	18% Protein
Meat & Poultry: Canned or Processed	Charter Reserve® Hand Crafted All Natural Turkey Off the Bone	Cargill Meat Solutions	56	Grams	50	0.0	290	22% Protein
Meat & Poultry: Canned or Processed	Charter Reserve® Hickorywood Smoked Breast of Turkey	Cargill Meat Solutions	56	Grams	60	0.0	410	20% Protein
Meat & Poultry: Canned or Processed	Charter Reserve® Honeysweet Baked Breast of Turkey	Cargill Meat Solutions	56	Grams	60	0.0	390	20% Protein

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Meat & Poultry: Canned or Processed	Charter Reserve® Smokehouse Select Mesquite Breast of Turkey	Cargill Meat Solutions	56	Grams	60	0.5	360	20% Protein
Meat & Poultry: Canned or Processed	Charter Reserve® Traditional Buffalo Style Breast of Chicken	Cargill Meat Solutions	56	Grams	50	0.0	460	20% Protein
Meat & Poultry: Canned or Processed	Daily Chef 98% Fat Free Premium Chunk Chicken Breast in Water	Tony Downs Foods Company	71	Grams	70	0.0	250	24% Protein
Meat & Poultry: Canned or Processed	Daily Chef 98% Fat Free Premium Chunk Turkey Breast in Water	Tony Downs Foods Company	53	Grams	50	0.0	310	10% Protein
Meat & Poultry: Canned or Processed	Fit & Active Honey Ham Water Added	Tyson Sales & Distribution, Inc.	48	Grams	60	0.0	280	14% Protein
Meat & Poultry: Canned or Processed	Fit & Active Oven Roasted Turkey Breast	Tyson Sales & Distribution, Inc.	54	Grams	50	0.0	320	18% Protein
Meat & Poultry: Canned or Processed	Fit & Active Oven Roasted Turkey Breast Deli Thin Sliced	Carl Buddig & Company	56	Grams	60	0.5	420	18% Protein
Meat & Poultry: Canned or Processed	Fit & Active Smoked Honey Ham Deli Thin Sliced Water Added	Carl Buddig & Company	56	Grams	70	0.5	390	20% Protein
Meat & Poultry: Canned or Processed	Healthy Ones Black Forest Ham	Smithfield Foods, Inc.	57	Grams	60	0.5	390	22% Protein

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Food Category	Product	Company	Serving Size		Calories*	Saturated Fat* (g)	Sodium* (mg)	Positive Nutrients* (%Daily Value)
Meat & Poultry: Canned or Processed	Healthy Ones Deli Browned Chicken Breast	Smithfield Foods, Inc.	56	Grams	50	0.5	340	22% Protein
Meat & Poultry: Canned or Processed	Healthy Ones Deli Cooked Ham	Smithfield Foods, Inc.	56	Grams	60	0.5	340	20% Protein
Meat & Poultry: Canned or Processed	Healthy Ones Deli Honey Ham	Smithfield Foods, Inc.	56	Grams	70	0.0	360	22% Protein
Meat & Poultry: Canned or Processed	Healthy Ones Deli Honey Smoked Turkey Breast	Smithfield Foods, Inc.	56	Grams	50	0.5	340	20% Protein
Meat & Poultry: Canned or Processed	Healthy Ones Deli Medium Cooked Roast Beef	Smithfield Foods, Inc.	56	Grams	60	0.5	350	22% Protein
Meat & Poultry: Canned or Processed	Healthy Ones Deli Medium Rare Roast Beef	Smithfield Foods, Inc.	56	Grams	60	0.5	350	22% Protein
Meat & Poultry: Canned or Processed	Healthy Ones Deli Mesquite Smoked Chicken Breast	Smithfield Foods, Inc.	56	Grams	50	0.5	340	22% Protein
Meat & Poultry: Canned or Processed	Healthy Ones Deli Mesquite Smoked Turkey Breast	Smithfield Foods, Inc.	56	Grams	50	0.5	340	20% Protein
Meat & Poultry: Canned or Processed	Healthy Ones Deli Oven Roasted Turkey Breast	Smithfield Foods, Inc.	56	Grams	60	0.0	310	24% Protein

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Meat & Poultry: Canned or Processed	Healthy Ones Deli Smoked Turkey Breast	Smithfield Foods, Inc.	56	Grams	50	0.5	340	20% Protein
Meat & Poultry: Canned or Processed	Healthy Ones Deli Virginia Brand Ham	Smithfield Foods, Inc.	56	Grams	60	0.5	330	20% Protein
Meat & Poultry: Canned or Processed	Healthy Ones Honey Ham	Smithfield Foods, Inc.	57	Grams	70	0.5	360	22% Protein
Meat & Poultry: Canned or Processed	Healthy Ones Oven Roasted Chicken Breast	Smithfield Foods, Inc.	57	Grams	60	0.0	460	20% Protein
Meat & Poultry: Canned or Processed	Healthy Ones Oven Roasted Turkey Breast	Smithfield Foods, Inc.	57	Grams	60	0.5	330	22% Protein
Meat & Poultry: Canned or Processed	Healthy Ones Sliced Oven Roasted Turkey Breast	Smithfield Foods, Inc.	57	Grams	60	0.5	330	22% Protein
Meat & Poultry: Canned or Processed	Healthy Ones Sliced Smoked Turkey Breast	Smithfield Foods, Inc.	57	Grams	60	0.5	340	22% Protein
Meat & Poultry: Canned or Processed	Healthy Ones Sliced Virginia Brand Ham	Smithfield Foods, Inc.	57	Grams	60	0.5	470	22% Protein
Meat & Poultry: Canned or Processed	Healthy Ones Thin-Sliced Rotisserie Style Chicken Breast	Smithfield Foods, Inc.	54	Grams	50	0.0	320	20% Protein

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Meat & Poultry: Canned or Processed	Hillshire Farm Lower Sodium Roast Beef (Food Service)	Tyson Sales & Distribution, Inc.	56	Grams	70	1.0	360	17% Protein
Meat & Poultry: Canned or Processed	Kirkland Signature Oven Browned Turkey Breast	Michigan Turkey Producers	56	Grams	60	0.0	290	24% Protein
Meat & Poultry: Canned or Processed	Kirkland Signature Sliced Oven Roasted Turkey Breast	West Liberty Foods LLC	56	Grams	60	0.0	460	20% Protein
Meat & Poultry: Canned or Processed	Kretschmar Master's Cut Applewood Smoked Turkey Breast	Smithfield Foods, Inc.	56	Grams	70	0.0	380	28% Protein
Meat & Poultry: Canned or Processed	Kretschmar Master's Cut Sriracha Seasoned Turkey Breast	Smithfield Foods, Inc.	56	Grams	60	0.0	320	24% Protein
Meat & Poultry: Canned or Processed	Kretschmar Mesquite Bourbon Turkey Breast	Smithfield Foods, Inc.	56	Grams	60	0.0	370	24% Protein
Meat & Poultry: Canned or Processed	Kroger Black Forest Uncured Ham	Land O' Frost	55	Grams	60	0.5	430	18% Protein
Meat & Poultry: Canned or Processed	Kroger Honey Smoked Turkey Breast	Land O' Frost	55	Grams	60	0.0	420	20% Protein
Meat & Poultry: Canned or Processed	Kroger Honey Smoked Uncured Ham	Land O' Frost	55	Grams	60	0.5	430	18% Protein

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Meat & Poultry: Canned or Processed	Kroger Lower Sodium Honey Ham	Cameco, Inc.	28	Grams	35	0.0	210	10% Protein
Meat & Poultry: Canned or Processed	Kroger Lower Sodium Traditional Ham	Cameco, Inc.	28	Grams	30	0.0	210	10% Protein
Meat & Poultry: Canned or Processed	Kroger Mesquite Smoked Turkey Breast	Land O' Frost	55	Grams	60	0.0	380	20% Protein
Meat & Poultry: Canned or Processed	Kroger Oven Roasted Chicken Breast	Land O' Frost	55	Grams	60	0.0	370	20% Protein
Meat & Poultry: Canned or Processed	Kroger Oven Roasted Turkey Breast	Land O' Frost	55	Grams	60	0.0	420	20% Protein
Meat & Poultry: Canned or Processed	Kroger Peppered Lower Sodium Turkey Breast	Cameco, Inc.	28	Grams	30	0.0	210	10% Protein
Meat & Poultry: Canned or Processed	Kroger Sliced Canadian Bacon with Natural Juices	Rose Packing Company, Inc.	57	Grams	60	0.5	460	15% Protein
Meat & Poultry: Canned or Processed	Kroger Traditional Lower Sodium Turkey Breast	Cameco, Inc.	28	Grams	30	0.0	210	10% Protein
Meat & Poultry: Canned or Processed	Kroger Traditional Roast Beef	Land O' Frost	55	Grams	70	0.5	460	22% Protein

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Meat & Poultry: Canned or Processed	Land O' Frost Simply Delicious Black Forest Ham	Land O' Frost	51	Grams	50	0.0	390	18% Protein, 30% Vitamin C
Meat & Poultry: Canned or Processed	Land O' Frost Simply Delicious Honey Cured Ham Water Added	Land O' Frost	51	Grams	50	0.0	380	18% Protein, 30% Vitamin C
Meat & Poultry: Canned or Processed	Land O' Frost Simply Delicious Honey Roasted Turkey Breast	Land O' Frost	51	Grams	50	0.0	360	18% Protein, 30% Vitamin C
Meat & Poultry: Canned or Processed	Land O' Frost Simply Delicious Honey Smoked Chicken Breast	Land O' Frost	57	Grams	60	0.0	370	16% Protein, 35% Vitamin C
Meat & Poultry: Canned or Processed	Land O' Frost Simply Delicious Rotisserie Seasoned Chicken Breast	Land O' Frost	51	Grams	50	0.0	380	16% Protein, 30% Vitamin C
Meat & Poultry: Canned or Processed	Land O' Frost Simply Delicious Slow Roasted Beef	Land O' Frost	53	Grams	60	0.5	400	20% Protein
Meat & Poultry: Canned or Processed	Land O' Frost Simply Delicious Slow Roasted Turkey Breast	Land O' Frost	51	Grams	50	0.0	390	16% Protein, 30% Vitamin C
Meat & Poultry: Canned or Processed	Land O' Frost Simply Delicious Applewood Smoked Turkey Breast	Land O' Frost	57	Grams	60	0.0	380	20% Protein, 35% Vitamin C
Meat & Poultry: Canned or Processed	Land O' Frost Simply Delicious Black Forest Turkey Breast	Land O' Frost	57	Grams	60	0.0	380	20% Protein, 30% Vitamin C

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Meat & Poultry: Canned or Processed	Land O'Frost Simply Delicious Black Peppered Ham	Land O' Frost	57	Grams	60	0.0	380	18% Protein, 35% Vitamin C
Meat & Poultry: Canned or Processed	Land O'Frost Simply Delicious Hickory Smoked Ham	Land O' Frost	57	Grams	60	0.0	380	20% Protein, 35% Vitamin C
Meat & Poultry: Canned or Processed	Lidl Black Forest Ham 98% Fat Free	Land O' Frost	55	Grams	60	0.0	420	20% Protein, 30% Vitamin C
Meat & Poultry: Canned or Processed	Lidl Cracked Black Pepper Turkey Breast	Land O' Frost	55	Grams	60	0.0	380	18% Protein, 30% Vitamin C
Meat & Poultry: Canned or Processed	Lidl Honey Ham Water Added 98% Fat Free	Land O' Frost	55	Grams	50	0.0	420	18% Protein, 35% Vitamin C
Meat & Poultry: Canned or Processed	Lidl Honey Turkey Breast 97% Fat Free	Land O' Frost	55	Grams	60	0.0	380	18% Protein, 30% Vitamin C
Meat & Poultry: Canned or Processed	Lidl Mesquite Smoked Turkey Breast 97% Fat Free	Land O' Frost	55	Grams	60	0.0	380	18% Protein, 30% Vitamin C
Meat & Poultry: Canned or Processed	Lidl Oven Roasted Chicken Breast 98% Fat Free	Land O' Frost	55	Grams	50	0.0	380	18% Protein, 30% Vitamin C
Meat & Poultry: Canned or Processed	Lidl Oven Roasted Turkey Breast 97% Fat Free	Land O' Frost	55	Grams	60	0.0	420	18% Protein, 30% Vitamin C

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Meat & Poultry: Canned or Processed	Lidl Rotisserie Seasoned Chicken Breast 9oz.	Land O' Frost	55	Grams	60	0.0	440	20% Protein, 30% Vitamin C
Meat & Poultry: Canned or Processed	Lidl Smoked Ham Water Added 98% Fat Free	Land O' Frost	55	Grams	60	0.0	370	20% Protein, 30% Vitamin C
Meat & Poultry: Canned or Processed	Member's Mark All Natural 98% Fat Free Premium Chunk Chicken Breast in Water	Tony Downs Foods Company	56	Grams	50	0.0	180	20% Protein
Meat & Poultry: Canned or Processed	Member's Mark All Natural 98% Fat Free Premium Chunk Turkey Breast in Water	Tony Downs Foods Company	53	Grams	50	0.0	330	22% Protein
Meat & Poultry: Canned or Processed	Premium Kentucky Farms Lower Sodium Wildflower Honey Ham	Little Kentucky Smokehouse	56	Grams	80	0.5	370	20% Protein
Meat & Poultry: Canned or Processed	Prima Della Hickory Smoked Turkey Breast	Cargill Meat Solutions	56	Grams	60	0.0	370	26% Protein
Meat & Poultry: Canned or Processed	Prima Della Lower Sodium Turkey Breast	Cargill Meat Solutions	56	Grams	60	0.0	340	26% Protein
Meat & Poultry: Canned or Processed	Prima Della Oven Roasted Turkey Breast	Cargill Meat Solutions	56	Grams	60	0.0	460	24% Protein
Meat & Poultry: Canned or Processed	Private Selection Buffalo Style Oven Roasted Chicken Breast	Cargill Meat Solutions	56	Grams	60	0.0	470	24% Protein

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Meat & Poultry: Canned or Processed	Private Selection Cracked Pepper Turkey Breast	Cooper Farms	56	Grams	60	0.0	450	22% Protein
Meat & Poultry: Canned or Processed	Private Selection Golden Roasted Chicken Breast Lower Sodium	Cooper Farms	56	Ounces	60	0.0	360	26% Protein
Meat & Poultry: Canned or Processed	Private Selection Golden Roasted Chicken Breast Lower Sodium	Cargill Meat Solutions	56	Grams	60	0.0	360	26% Protein
Meat & Poultry: Canned or Processed	Private Selection Golden Roasted Turkey Breast	Cooper Farms	56	Grams	60	0.0	330	22% Protein
Meat & Poultry: Canned or Processed	Private Selection Golden Roasted Turkey Breast Lower Sodium	Butterball, LLC	56	Grams	60	0.0	340	22% Protein
Meat & Poultry: Canned or Processed	Private Selection GoldenRoast Breast of Turkey	Cargill Meat Solutions	56	Grams	60	0.0	320	28% Protein
Meat & Poultry: Canned or Processed	Private Selection Maple Cured Turkey Breast	Cooper Farms	56	Grams	60	0.0	420	20% Protein
Meat & Poultry: Canned or Processed	Private Selection Wildflower Honey Ham with Natural Juices Lower Sodium	Little Kentucky Smokehouse LLC	56	Grams	80	0.5	370	20% Protein
Meat & Poultry: Canned or Processed	Private Selections Golden Roasted Turkey Breast	Cargill Meat Solutions	56	Grams	70	0.0	380	26% Protein

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Food Category	Product	Company	Serving Size		Calories*	Saturated Fat* (g)	Sodium* (mg)	Positive Nutrients* (%Daily Value)
Meat & Poultry: Canned or Processed	Rose Premium Fully Cooked & Sliced Canadian Bacon - Water Added	Rose Packing Company, Inc.	60	Grams	60	0.5	480	16% Protein
Meat & Poultry: Canned or Processed	Sara Lee Basil Pesto Chicken Breast	Tyson Sales & Distribution, Inc.	56	Grams	50	0.0	430	22% Protein
Meat & Poultry: Canned or Processed	Sara Lee BBQ Seasoned Chicken Breast	Tyson Sales & Distribution, Inc.	56	Grams	70	0.0	420	20% Protein
Meat & Poultry: Canned or Processed	Sara Lee Black Forest Ham with Natural Juices	Tyson Sales & Distribution, Inc.	56	Grams	60	0.0	440	20% Protein
Meat & Poultry: Canned or Processed	Sara Lee Brown Sugar Ham, Water Added	Tyson Sales & Distribution, Inc.	56	Grams	70	0.5	420	18% Protein
Meat & Poultry: Canned or Processed	Sara Lee Buffalo Style Chicken Breast	Tyson Sales & Distribution, Inc.	56	Grams	60	0.0	470	20% Protein
Meat & Poultry: Canned or Processed	Sara Lee Cajun Style Turkey Breast	Tyson Sales & Distribution, Inc.	56	Grams	60	0.0	450	20% Protein
Meat & Poultry: Canned or Processed	Sara Lee Chipotle Seasoned Chicken Breast	Tyson Sales & Distribution, Inc.	56	Grams	50	0.0	420	20% Protein
Meat & Poultry: Canned or Processed	Sara Lee Chipotle Seasoned Turkey Breast, Smoke Flavoring Added	Tyson Sales & Distribution, Inc.	56	Grams	60	0.0	440	20% Protein

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Meat & Poultry: Canned or Processed	Sara Lee Cracked Pepper Turkey Breast	Tyson Sales & Distribution, Inc.	56	Grams	60	0.0	420	19% Protein, 15% Vitamin C
Meat & Poultry: Canned or Processed	Sara Lee Hardwood Smoked Chicken Breast	Tyson Sales & Distribution, Inc.	56	Grams	50	0.0	410	22% Protein
Meat & Poultry: Canned or Processed	Sara Lee Hardwood Smoked Turkey Breast	Tyson Sales & Distribution, Inc.	56	Grams	60	0.5	420	18% Protein
Meat & Poultry: Canned or Processed	Sara Lee Honey Ham, Water Added	Tyson Sales & Distribution, Inc.	56	Grams	60	0.0	450	18% Protein
Meat & Poultry: Canned or Processed	Sara Lee Honey Roasted Turkey Breast	Tyson Sales & Distribution, Inc.	56	Grams	70	0.5	450	20% Protein
Meat & Poultry: Canned or Processed	Sara Lee Lower Sodium Honey Ham	Tyson Sales & Distribution, Inc.	56	Grams	60	0.5	400	18% Protein
Meat & Poultry: Canned or Processed	Sara Lee Lower Sodium Honey Roasted Turkey Breast Smoke Flavor Added	Tyson Sales & Distribution, Inc.	56	Grams	70	0.5	360	20% Protein
Meat & Poultry: Canned or Processed	Sara Lee Lower Sodium Oven Roasted Chicken Breast	Tyson Sales & Distribution, Inc.	56	Grams	50	0.0	350	22% Protein
Meat & Poultry: Canned or Processed	Sara Lee Lower Sodium Oven Roasted Turkey Breast	Tyson Sales & Distribution, Inc.	56	Grams	60	0.5	380	21% Protein

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Meat & Poultry: Canned or Processed	Sara Lee Lower Sodium Roast Beef	Tyson Sales & Distribution, Inc.	56	Grams	70	1.0	360	19% Protein
Meat & Poultry: Canned or Processed	Sara Lee Maple Honey Ham, Water Added	Tyson Sales & Distribution, Inc.	56	Grams	70	0.5	450	18% Protein
Meat & Poultry: Canned or Processed	Sara Lee Maple Honey Turkey Breast	Tyson Sales & Distribution, Inc.	56	Grams	60	0.0	470	20% Protein
Meat & Poultry: Canned or Processed	Sara Lee Mesquite Smoked Turkey Breast	Tyson Sales & Distribution, Inc.	56	Grams	50	0.0	400	20% Protein
Meat & Poultry: Canned or Processed	Sara Lee Oven Roasted Chicken Breast	Tyson Sales & Distribution, Inc.	56	Grams	50	0.0	410	22% Protein
Meat & Poultry: Canned or Processed	Sara Lee Oven Roasted Turkey Breast	Tyson Sales & Distribution, Inc.	56	Grams	60	0.5	440	21% Protein
Meat & Poultry: Canned or Processed	Sara Lee Rosemary & Sage Turkey Breast	Tyson Sales & Distribution, Inc.	56	Grams	60	0.0	460	21% Protein
Meat & Poultry: Canned or Processed	Sara Lee Virginia Brand Ham, with Natural Juices, Made in Michigan	Tyson Sales & Distribution, Inc.	56	Grams	60	0.5	440	20% Protein
Meat & Poultry: Canned or Processed	Skinnygirl Applewood Smoked Uncured Ham	Smithfield Foods, Inc.	57	Grams	60	0.5	470	20% Protein

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Meat & Poultry: Canned or Processed	Skinnygirl Cane Sugar Sweet Uncured Ham	Smithfield Foods, Inc.	57	Grams	80	0.5	470	20% Protein
Meat & Poultry: Canned or Processed	Skinnygirl Herb Encrusted Roast Turkey Breast	Smithfield Foods, Inc.	57	Grams	60	0.0	420	24% Protein
Meat & Poultry: Canned or Processed	Skinnygirl Sriracha Chicken Breast	Smithfield Foods, Inc.	57	Grams	60	0.0	390	22% Protein
Meat & Poultry: Canned or Processed	Skinnygirl White Clover Honey Smoked Turkey Breast	Smithfield Foods, Inc.	57	Grams	70	0.0	450	24% Protein
Meat & Poultry: Canned or Processed	Valley Fresh Chicken Breast	Hormel Foods Corporation	56	Grams	45	0.0	210	16% Protein
Meat & Poultry: Canned or Processed	Valley Fresh White & Dark Chicken	Hormel Foods Corporation	56	Grams	60	1.0	190	16% Protein
Meat & Poultry: Fresh, Frozen, or Cooked	100% Pure Ground Beef (96% Lean 4% Fat)	JBS USA	112	Grams	140	2.0	75	15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	100% Pure Ground Beef (96% Lean 4% Fat) Hy-Vee	JBS USA	112	Grams	140	2.0	75	24% Protein, 15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	100% Pure Ground Beef Patty (96% Lean 4% Fat)	JBS USA	112	Grams	140	2.0	75	15% Iron

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Meat & Poultry: Fresh, Frozen, or Cooked	96% Lean 4% Fat Fresh Ground Beef	CLW Foods	112	Grams	140	2.0	75	24% Protein, 15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	96% Lean 4% Fat Fresh Ground Beef Patties	CLW Foods	112	Grams	140	2.0	75	24% Protein, 15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	96% Lean 4% Fat Ground Beef Heart Healthy	Schenk Packing Co., Inc.	112	Grams	150	1.5	50	14% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	96/4 All Natural Extra Lean Ground Beef (Interstate Meat Dist., Inc.)	Interstate Meat Dist., Inc.	112	Grams	140	2.0	70	48% Protein, 15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	96/4 All Natural Extra Lean Ground Beef (Tyson Fresh Meats)	Tyson Sales & Distribution, Inc.	112	Grams	130	1.5	50	15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Aldi Extra Lean Ground Beef 96% Lean 4% Fat	Cargill Meat Solutions	112	Grams	150	1.5	65	24% Protein, 10% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Aldi Extra Lean Ground Beef 96% Lean 4% Fat	National Beef Packing Co.	112	Grams	140	2.0	75	44% Protein, 15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	All Natural Extra Lean Ground Beef 96% Lean 4% Fat (American Foods Group)	American Foods Group	112	Grams	150	2.0	70	24% Protein, 15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	ALWAYS TENDER® Pork Boneless Sirloin	Hormel Foods Corporation	112	Grams	120	1.0	330	22% Protein

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Meat & Poultry: Fresh, Frozen, or Cooked	Beef Filet Mignon	Great Plains Beef LLC	112	Grams	140	2.0	50	15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Beef Tenderloin Roast	Great Plains Beef LLC	112	Grams	150	2.0	50	15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Boneless Beef Angus Top Sirloin Steak	Ambassador Meat Distributors Inc	142	Grams	160	1.5	160	15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Boneless Pork Sirloin	Smithfield Foods, Inc.	112	Grams	110	1.0	220	21% Protein
Meat & Poultry: Fresh, Frozen, or Cooked	Bottom Round Steak (Select Grade)	National Cattlemen's Beef Association	112	Grams	140	1.5	70	50% Protein, 20% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Butterball All Natural Ground Turkey Breast	Butterball, LLC	112	Grams	120	0.5	80	54% Protein
Meat & Poultry: Fresh, Frozen, or Cooked	Butterball All Natural Ground White Turkey	Butterball, LLC	112	Grams	130	1.0	75	54% Protein
Meat & Poultry: Fresh, Frozen, or Cooked	Butterball All Natural Turkey Breast Filets	Butterball, LLC	112	Grams	120	0.0	55	56% Protein
Meat & Poultry: Fresh, Frozen, or Cooked	Butterball All Natural Turkey Breast Tenders	Butterball, LLC	112	Grams	120	0.0	55	56% Protein

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Meat & Poultry: Fresh, Frozen, or Cooked	Butterball Naturally Roasted Deep Fried Honey Turkey Breast	Butterball, LLC	56	Grams	60	0.0	400	20% Protein
Meat & Poultry: Fresh, Frozen, or Cooked	Butterball Naturally Roasted Golden Brown Turkey Breast	Butterball, LLC	56	Grams	50	0.0	400	20% Protein
Meat & Poultry: Fresh, Frozen, or Cooked	Butterball Naturally Roasted Italian Style Turkey Breast	Butterball, LLC	56	Grams	50	0.0	440	20% Protein
Meat & Poultry: Fresh, Frozen, or Cooked	Butterball Naturally Roasted Lemon Pepper Turkey Breast	Butterball, LLC	56	Grams	50	0.0	440	20% Protein
Meat & Poultry: Fresh, Frozen, or Cooked	Butterball Naturally Roasted Smoky Chipotle Turkey Breast	Butterball, LLC	56	Grams	50	0.0	430	20% Protein
Meat & Poultry: Fresh, Frozen, or Cooked	California Gourmet Burgers	American Custom Meats	113	Grams	130	1.5	65	22% Protein, 10% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	California Grown Ground Beef 96% Lean 4% Fat	Cargill Meat Solutions	112	Grams	150	1.5	65	15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Central Market Extra Lean Ground Beef 96% Lean 4% Fat	HEB Grocery Company, LP	112	Grams	150	1.5	85	15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Certified Piedmontese Beef Sirloin Filet	Great Plains Beef	170	Grams	200	2.0	75	38% Protein, 20% Iron

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Meat & Poultry: Fresh, Frozen, or Cooked	Certified Piedmontese Beef Sirloin Roast	Great Plains Beef	112	Grams	130	1.5	50	25% Protein, 10% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Certified Piedmontese Dynasty Selection Sirloin Filet	Great Plains Beef	113	Grams	120	0.5	45	27% Protein, 15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Coleman Organic 98% Fat Free Boneless & Skinless Organic Chicken Breasts	Perdue Foods, LLC	112	Grams	120	0.0	75	25% Protein
Meat & Poultry: Fresh, Frozen, or Cooked	Dynasty Bone-In Filet Mignon	Great Plains Beef LLC	113	Grams	130	1.5	65	10% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Dynasty Brisket	Great Plains Beef LLC	113	Grams	110	0.0	55	26% Protein, 15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Dynasty Selection Center Cut Ribeye	Great Plains Beef LLC	113	Grams	130	0.5	50	28% Protein
Meat & Poultry: Fresh, Frozen, or Cooked	Dynasty Selection Center Cut Strip Steak	Great Plains Beef LLC	113	Grams	120	0.0	45	26% Protein
Meat & Poultry: Fresh, Frozen, or Cooked	Dynasty Selection Eye of Round Roast	Great Plains Beef LLC	113	Grams	110	0.0	45	26% Protein
Meat & Poultry: Fresh, Frozen, or Cooked	Dynasty Selection Flat Iron	Great Plains Beef LLC	113	Grams	120	0.5	65	24% Protein, 10% Iron

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Meat & Poultry: Fresh, Frozen, or Cooked	Dynasty Selection Ribeye Cap Steak	Great Plains Beef LLC	113	Grams	120	1.0	55	24% Protein, 15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Extra Lean Ground Beef 96% Lean 4% Fat	National Cattlemen's Beef Association	112	Grams	140	2.0	75	49% Protein, 15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Extra Lean Ground Beef 96/4 (National Beef Packing Company, LLC)	National Beef Packing Company, LLC	112	Grams	140	2.0	75	48% Protein, 15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Farmer John California Natural Boneless Pork Tenderloins	Clougherty Packing, LLC DBA Farmer John	112	Grams	130	1.5	50	
Meat & Poultry: Fresh, Frozen, or Cooked	First Street Ground Beef (96% Lean)	Jobbers Meat Packing Co Inc	112	Grams	150	1.5	60	25% Protein, 10% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Food Lion 96% Lean 4% Fat Ground Beef	Tyson Sales & Distribution, Inc.	112	Grams	130	1.5	50	15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Fresh Ground Beef 96% Lean - 4% Fat	Interstate Meat Dist., Inc.	112	Grams	140	2.0	70	24% Protein, 15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	FreshDirect Extra Lean Ground Beef	Cargill Meat Solutions	112	Grams	150	1.5	65	15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	FreshLast Extra Lean Ground Beef	Cargill Meat Solutions	112	Grams	150	1.5	65	48% Protein, 15% Iron

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Meat & Poultry: Fresh, Frozen, or Cooked	Giant Eagle 96% Lean 4% Fat Extra Lean Ground Beef	National Beef Packing Company LLC	112	Grams	140	2.0	75	44% Protein, 15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Harris Teeter Rancher Tender Verified 96/4 Extra Lean Ground Beef	Cargill Meat Solutions	112	Grams	150	1.5	65	15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	HEB 96% Extra Lean Ground Beef	HEB Grocery Company, LP	112	Grams	140	2.0	60	10% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	HEB Top Sirloin Filet	HEB Grocery Company, LP	112	Grams	140	1.5	65	50% Protein, 10% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	HEB Top Sirloin Kabob	HEB Grocery Company, LP	112	Grams	140	1.5	65	50% Protein, 10% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	HEB Top Sirloin Strips	HEB Grocery Company, LP	112	Grams	140	1.5	65	50% Protein, 10% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Hy-Vee Angus Beef - Beef Loin Boneless Top of Iowa Steak	Tyson Sales & Distribution, Inc.	112	Grams	140	1.5	65	15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Hy-Vee Angus Beef - Bottom Round Roast	Tyson Sales & Distribution, Inc.	112	Grams	140	1.5	70	20% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Hy-Vee Angus Beef - Bottom Round Steak	Tyson Sales & Distribution, Inc.	112	Grams	140	1.5	70	20% Iron

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Meat & Poultry: Fresh, Frozen, or Cooked	Kirkland Signature Boneless Skinless Chicken Breast 99% Fat Free	Pilgrim's Pride, Inc.	112	Grams	110	0.0	75	48% Protein
Meat & Poultry: Fresh, Frozen, or Cooked	Kirkland Signature Boneless Skinless Chicken Tenderloins Fat Free	Pilgrim's Pride, Inc.	112	Grams	110	0.0	45	52% Protein
Meat & Poultry: Fresh, Frozen, or Cooked	Kirkland Signature Fresh Boneless & Skinless Chicken Breasts	Foster Poultry Farms	112	Grams	120	0.0	85	25% Protein
Meat & Poultry: Fresh, Frozen, or Cooked	Kirkland Signature Organic Boneless Skinless Chicken Breast 99% Fat Free	Pilgrim's Pride, Inc.	112	Grams	110	0.0	75	48% Protein
Meat & Poultry: Fresh, Frozen, or Cooked	Kirkland Signature Organic Boneless Skinless Chicken Tenderloins 99% Fat Free	Pilgrim's Pride, Inc.	112	Grams	110	0.0	45	52% Protein
Meat & Poultry: Fresh, Frozen, or Cooked	Kirkland Signature Organic Chicken Breasts Boneless & Skinless	Foster Poultry Farms	112	Grams	120	0.0	85	25% Protein
Meat & Poultry: Fresh, Frozen, or Cooked	Kirkland Signature Swift Premium Pork Sirloin Tip Roast	JBS USA, LLC	112	Grams	120	0.5	250	23% Protein
Meat & Poultry: Fresh, Frozen, or Cooked	Kirkland Signature/Foster Farms Fresh 99% Fat Free Boneless & Skinless Breast Fillets	Foster Poultry Farms	112	Grams	120	0.0	75	52% Protein
Meat & Poultry: Fresh, Frozen, or Cooked	Kroger Moist & Tender Pork Tenderloin	JBS USA, LLC	112	Grams	110	1.5	300	21% Protein

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Meat & Poultry: Fresh, Frozen, or Cooked	Laura's Lean Beef 4% Fat Ground Sirloin	Meyer Natural Foods	112	Grams	140	2.0	85	15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Laura's Lean Beef 96% Lean 4% Fat Ground Beef	Meyer Natural Foods	112	Grams	140	2.0	85	15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Laura's Lean Beef 96% Lean 4% Fat Ground Round	Meyer Natural Foods	112	Grams	140	2.0	85	15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Laura's Lean Ground Turkey	Meyer Foods Group LLC dba Meyer Natural Foods	112	Grams	120	0.0	55	56% Protein
Meat & Poultry: Fresh, Frozen, or Cooked	Market 32 by Price Chopper Extra Lean Ground Beef	National Beef Packing Company, LLC	112	Grams	140	2.0	75	44% Protein, 15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Meadowland Farms 96/4 Ground Beef	Cargill Meat Solutions	112	Grams	150	1.5	65	15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Meijer Extra Lean Ground Beef 96% Lean 4% Fat	JBS USA	112	Grams	140	2.0	75	15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Member's Mark Boneless Skinless Chicken Breast with Rib Meat	Amick Farms, LLC	112	Grams	130	1.0	210	24% Protein
Meat & Poultry: Fresh, Frozen, or Cooked	Member's Mark Boneless Skinless Chicken Tenderloins	Amick Farms, LLC	112	Grams	130	0.0	210	24% Protein

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Meat & Poultry: Fresh, Frozen, or Cooked	Moran's 100% Ground Beef 96 % Lean 4% Fat Patties	CLW Foods	112	Grams	140	2.0	75	24% Protein, 15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Murray's All Natural Boneless & Skinless Chicken Breasts	Murray's Free Roaming Chicken, Inc.	112	Grams	120	0.0	75	26% Protein
Meat & Poultry: Fresh, Frozen, or Cooked	Natural Boneless Pork Sirloin Roast	National Pork Board	112	Grams	130	1.0	70	48% Protein
Meat & Poultry: Fresh, Frozen, or Cooked	Our Certified All Natural Extra Lean Ground Beef 96% Lean 4% Fat	Cargill Meat Solutions	112	Grams	150	1.5	65	15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Our Certified All Natural Extra Lean Ground Beef Patties	Cargill Meat Solutions	112	Grams	150	1.5	65	15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Pork Tenderloin	National Pork Board	112	Grams	130	1.5	55	42% Protein
Meat & Poultry: Fresh, Frozen, or Cooked	Pork Tenderloin	Smithfield Foods, Inc.	112	Grams	110	1.0	220	42% Protein
Meat & Poultry: Fresh, Frozen, or Cooked	Raley's Extra Lean Ground Beef 96/4	Cargill Meat Solutions	112	Grams	150	1.5	65	24% Protein, 15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Randall Farms All Natural Boneless Skinless Chicken Breast with Rib Meat	Randall Foods, Inc.	112	Grams	120	0.0	75	

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Meat & Poultry: Fresh, Frozen, or Cooked	Redner's Market Top Sirloin Filet (Select Grade)	Redner's Markets Inc.	112	Grams	140	1.5	65	10% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Schnuck's Natural 99% Fat Free Boneless, Skinless Chicken Breast Fillets	Sanderson Farms, Inc.	112	Grams	110	0.0	50	52% Protein
Meat & Poultry: Fresh, Frozen, or Cooked	Schnuck's Natural 99% Fat Free Clipped Chicken Breast Tenderloins	Sanderson Farms, Inc.	112	Grams	110	0.0	55	50% Protein
Meat & Poultry: Fresh, Frozen, or Cooked	Schnuck's Natural 99% Fat Free Thin Sliced Boneless Skinless Chicken Breast Fillet	Sanderson Farms, Inc.	112	Grams	110	0.0	50	52% Protein
Meat & Poultry: Fresh, Frozen, or Cooked	Sirloin Pork Roast (Solution Added)	National Pork Board	112	Grams	120	1.0	330	42% Protein
Meat & Poultry: Fresh, Frozen, or Cooked	Sirloin Steak (Solution Added)	National Cattlemen's Beef Association	142	Grams	130	0.5	200	15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Sirloin Tip Steak (Select Grade)	National Cattlemen's Beef Association	112	Grams	120	1.5	65	47% Protein, 10% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Smithfield Boneless Pork Sirloin Roast	Smithfield Foods, Inc.	112	Grams	140	1.0	70	26% Protein
Meat & Poultry: Fresh, Frozen, or Cooked	Smith's Butcher Shop 96/4 All Natural Ground Beef	Cargill Meat Solutions	112	Grams	150	1.5	65	15% Iron

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Meat & Poultry: Fresh, Frozen, or Cooked	Stater Bros. 100% Ground Beef Patties 96% Lean 4% Fat	CLW Foods	112	Grams	140	2.0	75	15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Supreme Lean Fresh Pork Tenderloin	Tyson Sales & Distribution, Inc.	112	Grams	130	1.5	60	46% Protein
Meat & Poultry: Fresh, Frozen, or Cooked	Swift Premium Pork Tenderloin	JBS USA, LLC	112	Grams	120	1.0	70	48% Protein, 10% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Tender Choice Pork Tenderloins	Cargill Meat Solutions	112	Grams	120	1.0	250	21% Protein
Meat & Poultry: Fresh, Frozen, or Cooked	Top Sirloin Filet (Select Grade)	National Cattlemen's Beef Association	112	Grams	140	1.5	65	50% Protein, 10% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Top Sirloin Kabob (Select Grade)	National Cattlemen's Beef Association	112	Grams	140	1.5	65	50% Protein, 10% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Top Sirloin Petite Roast (Select Grade)	National Cattlemen's Beef Association	112	Grams	140	1.5	65	50% Protein, 10% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Top Sirloin Steak (Select Grade)	National Cattlemen's Beef Association	112	Grams	140	1.5	65	50% Protein, 10% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Top Sirloin Strips (Select Grade)	National Cattlemen's Beef Association	112	Grams	140	1.5	65	50% Protein, 10% Iron

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Meat & Poultry: Fresh, Frozen, or Cooked	Trader Joe's Butcher Shop Boneless Center Cut Pork Loin Cutlets	JBS USA, LLC	112	Grams	140	1.5	50	26% Protein
Meat & Poultry: Fresh, Frozen, or Cooked	Trader Joe's Butcher Shop Natural Pork Boneless Pork Loin Chops	JBS USA, LLC	112	Grams	140	1.5	50	52% Protein
Meat & Poultry: Fresh, Frozen, or Cooked	Trader Joe's Butcher Shop Pork Tenderloin	JBS USA, LLC	112	Grams	120	1.0	70	48% Protein, 10% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Walmart 96/4 All Natural Extra Lean Ground Beef	Cargill Meat Solutions	112	Grams	140	1.5	65	10% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Walmart 96/4 All Natural Extra Lean Ground Beef	Interstate Meat Dist., Inc.	112	Grams	140	2.0	70	15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Weis Fresh Ground Beef 96% Lean 4% Fat	JBS USA	112	Grams	140	2.0	75	15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	WM 100% Ground Beef	Jobbers Meat Packing Co Inc	112	Grams	150	1.5	60	25% Protein, 15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	WM 100% Ground Beef Patty	Jobbers Meat Packing Co Inc	112	Grams	150	1.5	60	25% Protein, 15% Iron
Mixed Dishes	George Foods Sweet Potato Petitelings	Wayne E. Bailey Produce	130	Grams	110	0.0	70	16% Fiber, 100% Vitamin A

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Mixed Dishes	Healthy Ones Thin-Sliced Variety Pack Honey Ham & Oven Roasted Turkey Breast	Smithfield Foods, Inc.	54	Grams	60	0.5	360	18% Protein
Mixed Dishes	Healthy Ones Variety Pack - Honey Ham & Oven Roasted Turkey Breast	Smithfield Foods, Inc.	57	Grams	0	0.0	0	
Mixed Dishes	StarKist Tuna Creations 4 Pouch Variety Pack	StarKist Co.	0		0	0.0	0	
Mixed Dishes	Two in One Pecan Pieces (Small & Large)	Sunnyland Farms	30	Grams	210	2.0	0	12% Fiber
Nuts or Seeds	Almonds, Blanched	Almond Board of California	28	Grams	160	1.0	5	12% Fiber, 12% Protein
Nuts or Seeds	Almonds, Dry Roasted, no salt added	Almond Board of California	28	Grams	170	1.0	1	12% Fiber, 12% Protein
Nuts or Seeds	Almonds, Dry Roasted, salt added	Almond Board of California	28	Grams	170	1.0	140	12% Fiber, 12% Protein
Nuts or Seeds	Almonds, Sliced	Almond Board of California	28	Grams	160	1.0	5	16% Fiber, 12% Protein
Nuts or Seeds	Almonds, Slivered	Almond Board of California	28	Grams	160	1.0	5	16% Fiber, 12% Protein
Nuts or Seeds	Almonds, Whole Natural	Almond Board of California	28	Grams	160	1.0	5	16% Fiber, 12% Protein
Nuts or Seeds	ARO Gourmet Pistachios	ARO Pistachios, Inc.	28	Grams	160	1.5	120	12% Fiber
Nuts or Seeds	Blue Diamond Almonds Lightly Salted	Blue Diamond Growers	28	Grams	170	1.0	40	12% Fiber
Nuts or Seeds	Blue Diamond Almonds Roasted Salted	Blue Diamond Growers	43	Grams	260	2.0	130	17% Fiber, 10% Calcium
Nuts or Seeds	Blue Diamond Almonds Whole Natural	Blue Diamond Growers	18	Grams	100	0.5	0	

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Nuts or Seeds	Blue Diamond Oven Roasted Almonds Sea Salt	Blue Diamond Growers	17	Grams	100	0.5	80	
Nuts or Seeds	California Grown Chopped Walnuts	Poindexter Nut Company	30	Grams	200	1.8	1	
Nuts or Seeds	California Grown Shelled Walnuts	Poindexter Nut Company	30	Grams	200	1.8	1	
Nuts or Seeds	California Shelled Walnuts	Grower Direct Nut Co. Inc	28	Grams	190	1.5	1	
Nuts or Seeds	California Walnuts	California Walnut Board	28	Grams	190	1.5	0	
Nuts or Seeds	Camilla Pecan Halves	Harrell Nut Company	28	Grams	200	2.0	0	11% Fiber
Nuts or Seeds	Camilla Pecan Pieces	Harrell Nut Company	28	Grams	200	2.0	0	11% Fiber
Nuts or Seeds	Extra Fancy Junior Pecan Halves	Sunnyland Farms	30	Grams	210	2.0	0	12% Fiber
Nuts or Seeds	Extra Fancy Large Pecan Pieces	Sunnyland Farms	27	Grams	210	2.0	0	12% Fiber
Nuts or Seeds	Extra Fancy Mammoth Pecan Halves	Sunnyland Farms	28	Grams	210	2.0	0	12% Fiber
Nuts or Seeds	Extra Fancy Small Pecan Pieces	Sunnyland Farms	30	Grams	210	2.0	0	12% Fiber
Nuts or Seeds	Fisher Chopped Walnuts	John B. Sanfilippo and Son, Inc.	28	Grams	180	1.5	0	
Nuts or Seeds	Fisher Natural Sliced Almonds	John B. Sanfilippo and Son, Inc.	28	Grams	160	1.0	0	14% Fiber
Nuts or Seeds	Fisher Pecan Chips	John B. Sanfilippo and Son, Inc.	28	Grams	190	1.5	0	11% Fiber
Nuts or Seeds	Fisher Pecan Halves	John B. Sanfilippo and Son, Inc.	28	Grams	190	1.5	0	11% Fiber
Nuts or Seeds	Fisher Pecans Chopped	John B. Sanfilippo and Son, Inc.	28	Grams	190	1.5	0	11% Fiber
Nuts or Seeds	Fisher Slivered Almonds	John B. Sanfilippo and Son, Inc.	28	Grams	170	1.0	5	11% Fiber
Nuts or Seeds	Fisher Walnut Halves & Pieces	John B. Sanfilippo and Son, Inc.	28	Grams	180	1.5	0	

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Nuts or Seeds	Fisher Whole Natural Almonds	John B. Sanfilippo and Son, Inc.	28	Grams	160	1.0	0	14% Fiber
Nuts or Seeds	Georgia Peanuts	Georgia Farm Bureau	28	Grams	160	2.0	100	10% Fiber
Nuts or Seeds	Gold Emblem Abound Raw Natural Almonds	Nichols Pistachio	28	Grams	170	1.0	0	13% Fiber
Nuts or Seeds	Gold Emblem Abound Unsalted Pistachio & Almond Blend	Nichols Pistachio	28	Grams	170	1.0	0	13% Fiber
Nuts or Seeds	Gold Emblem Abound Unsalted Pistachio Kernels	Nichols Pistachio	28	Grams	170	1.5	0	12% Fiber
Nuts or Seeds	Gold Emblem Abound Unsalted Pistachios	Nichols Pistachio	28	Grams	170	1.5	0	12% Fiber
Nuts or Seeds	Gold Emblem Lightly Salted Pistachios	Nichols Pistachio	28	Grams	170	1.5	80	12% Fiber
Nuts or Seeds	Gold Emblem Lightly Salted Roasted Almonds	Nichols Pistachio	28	Grams	160	1.0	40	13% Fiber
Nuts or Seeds	Hampton Farms Colossal Unsalted Roasted Peanuts	Severn Peanut Company, Inc. DBA Hampton Farms	28	Grams	170	2.5	0	10% Fiber
Nuts or Seeds	Hampton Farms Jumbo Unsalted Roasted Peanuts	Severn Peanut Company, Inc. DBA Hampton Farms	28	Grams	170	2.0	0	10% Fiber
Nuts or Seeds	Hampton Farms Unsalted Roasted Peanuts	Severn Peanut Company, Inc. DBA Hampton Farms	28	Grams	170	2.0	0	10% Fiber
Nuts or Seeds	Harrell Nut Pecan Halves	Harrell Nut Company	28	Grams	200	2.0	0	11% Fiber
Nuts or Seeds	Harrell Nut Pecan Pieces	Harrell Nut Company	28	Grams	200	2.0	0	11% Fiber
Nuts or Seeds	Hubs Home Cooked Salted Virginia Peanuts	Hubbard Peanut Company	28	Grams	180	3.0	60	12% Fiber

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Nuts or Seeds	Mariani Chopped Walnuts	Mariani Nut Company	30	Grams	200	2.0	0	
Nuts or Seeds	Mariani Premium Blanched Slivered Almonds	Mariani Nut Company	30	Grams	180	1.0	0	11% Fiber
Nuts or Seeds	Mariani Roasted and Sea Salted California Almonds	Mariani Nut Company	28	Grams	160	1.0	140	11% Fiber
Nuts or Seeds	Mariani Shelled Walnuts	Mariani Nut Company	30	Grams	200	2.0	0	
Nuts or Seeds	Mariani Sliced Natural Almonds	Mariani Nut Company	30	Grams	170	1.0	0	14% Fiber
Nuts or Seeds	Mariani Whole Blanched Almonds	Mariani Nut Company	30	Grams	180	1.0	0	11% Fiber
Nuts or Seeds	Mariani Whole Natural Almonds	Mariani Nut Company	30	Grams	170	1.0	0	14% Fiber
Nuts or Seeds	Mississippi Peanut Growers Association Roasted Peanuts	Mississippi Peanut Growers Association	21	Grams	120	1.5	75	
Nuts or Seeds	Nature's Joy Almonds Whole Raw Snack Pack	Nature's Joy	50	Grams	290	2.0	0	24% Fiber, 20% Protein, 15% Calcium, 10% Iron
Nuts or Seeds	Nature's Joy California Almonds Roasted and Sea-Salted	Nature's Joy	28	Grams	170	1.0	110	12% Fiber
Nuts or Seeds	Nature's Joy In-shell Roasted Pistachios Perfectly Sea-Salted	Nature's Joy	28	Grams	160	1.5	120	12% Fiber
Nuts or Seeds	Organic California Shelled Walnuts	Grower Direct Nut Co. Inc	28	Grams	190	1.5	1	
Nuts or Seeds	Organic Walnut Halves & Pieces	Andersen & Sons Shelling, Inc.	30	Grams	185	2.0	1	
Nuts or Seeds	Pecan Halves (unsalted and unroasted)	National Pecan Shellers Association	28	Grams	200	2.0	0	11% Fiber
Nuts or Seeds	Pecan Pieces (unsalted and unroasted)	National Pecan Shellers Association	28	Grams	200	2.0	0	11% Fiber

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Nuts or Seeds	Primavera Walnuts	Prima Noce Packing, Inc.	28	Grams	185	1.5	0	
Nuts or Seeds	Raw In-Shell Pistachios	American Pistachio Growers	28	Grams	160	1.5	0	11% Fiber
Nuts or Seeds	Raw Kernel Pistachios	American Pistachio Growers	28	Grams	160	1.5	0	11% Fiber
Nuts or Seeds	Roasted Peanuts	Florida Peanut Producers Association	28	Grams	160	2.0	100	10% Fiber
Nuts or Seeds	Roasted Peanuts, Salt Added	Peanut Institute, The	28	Grams	160	2.0	100	10% Fiber
Nuts or Seeds	Roasted, Salted Pistachio Kernels	American Pistachio Growers	28	Grams	160	1.5	120	11% Fiber
Nuts or Seeds	Roasted, Salted Pistachios, Inshell	American Pistachio Growers	28	Grams	160	1.5	120	11% Fiber
Nuts or Seeds	Roasted, Unsalted Pistachio Kernels	American Pistachio Growers	28	Grams	160	1.5	0	11% Fiber
Nuts or Seeds	Roasted, Unsalted Pistachios, Inshell	American Pistachio Growers	28	Grams	160	1.5	0	11% Fiber
Nuts or Seeds	Roundy's Pistachios Roasted with Sea Salt	Setton Pistachio of Terra Bella Inc.	30	Grams	170	1.5	115	12% Fiber
Nuts or Seeds	Salted Peanuts	Birdsong Peanuts	28	Grams	160	2.0	100	10% Fiber
Nuts or Seeds	Salted, Oil Roasted Peanuts	National Peanut Board	28	Grams	160	2.0	100	10% Fiber
Nuts or Seeds	San Saba Pecan Halves	San Saba Pecan, LP	28	Grams	200	2.0	0	12% Fiber
Nuts or Seeds	San Saba Pecan Pieces	San Saba Pecan, LP	28	Grams	200	2.0	0	12% Fiber
Nuts or Seeds	Select Harvest Natural Whole Almonds	Select Harvest U.S.A.	28	Grams	160	1.0	0	12% Fiber
Nuts or Seeds	Select Harvest Oven Roasted Almonds with Sea Salt	Select Harvest U.S.A.	28	Grams	170	1.0	135	12% Fiber

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Nuts or Seeds	Setton Farms Premium California Dry Roasted with Sea Salt Pistachios	Setton Pistachio of Terra Bella Inc.	30	Grams	170	1.5	115	12% Fiber
Nuts or Seeds	Setton Farms Premium California Pistachios Roasted No Salt	Setton Pistachio of Terra Bella Inc.	30	Grams	170	1.5	0	12% Fiber
Nuts or Seeds	Setton Farms Premium California Shelled Pistachios Dry Roasted with Sea Salt	Setton Pistachio of Terra Bella Inc.	30	Grams	170	1.5	115	12% Fiber
Nuts or Seeds	Southern Grove Roasted & Salted Pistachios (In-Shell)	Setton Pistachio of Terra Bella Inc.	30	Grams	170	1.5	115	12% Fiber
Nuts or Seeds	Unsalted Roasted In-shell Peanuts	Peanut Institute, The	28	Grams	170	2.0	0	10% Fiber
Nuts or Seeds	Virginia Carolinas Grown Salted Peanuts	Virginia Carolinas Peanut Promotions	28	Grams	160	2.0	120	10% Fiber
Nuts or Seeds	Virginia Diner Gourmet Salted Virginia Peanuts	Virginia Diner, Inc.	28	Grams	170	1.5	30	20% Fiber
Nuts or Seeds	Virginia Diner Unsalted Virginia Peanuts	Virginia Diner, Inc.	28	Grams	180	2.5	0	18% Fiber
Nuts or Seeds	Walnut Halves	Andersen & Sons Shelling, Inc.	30	Grams	185	2.0	1	
Nuts or Seeds	Walnut Halves & Pieces	Andersen & Sons Shelling, Inc.	30	Grams	185	2.0	1	
Nuts or Seeds	Walnut Pieces	Andersen & Sons Shelling, Inc.	30	Grams	185	2.0	1	
Nuts or Seeds	Walnuts	Golden State Food, LLC	28	Grams	190	1.5	1	
Nuts or Seeds	Walnuts Chopped Pieces California Grown	Poindexter Nut Company	30	Grams	200	1.8	1	
Nuts or Seeds	Walnuts Halves & Pieces California Grown	Poindexter Nut Company	30	Grams	200	1.8	1	

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Nuts or Seeds	Walnuts Organic Halves & Pieces California Grown	Poindexter Nut Company	30	Grams	200	1.8	1	
Nuts or Seeds	Wonderful Almonds Natural Raw (Whole Natural)	Wonderful Pistachios & Almonds LLC	42	Grams	240	1.5	0	20% Fiber, 10% Calcium
Nuts or Seeds	Wonderful Pistachios Roasted Lightly Salted	Wonderful Pistachios & Almonds LLC	30	Grams	160	1.5	70	12% Fiber
Nuts or Seeds	Wonderful Pistachios Roasted No Salt	Wonderful Pistachios & Almonds LLC	30	Grams	160	1.5	0	12% Fiber
Oils	Alessi Extra Virgin Olive Oil	Vigo Importing Company	1	Tablespoons	120	2.0	0	
Oils	Alessi Organic Extra Virgin Olive Oil	Vigo Importing Company	1	Tablespoons	120	2.0	0	
Oils	Extra Virgin Olive Oil	North American Olive Oil Association	1	Tablespoons	120	2.0	0	
Oils	Extra Virgin Olive Oil	Tassos Group LLC, The	14	Grams	120	2.0	0	
Oils	Olitalia 30-Trenta Extra Virgin Olive Oil	Olitalia SRL	1	Tablespoons	120	2.0	0	
Oils	Olitalia Extra Virgin Olive Oil	Olitalia SRL	1	Tablespoons	120	2.0	0	
Oils	Organic Extra Virgin Olive Oil	North American Olive Oil Association	1	Tablespoons	120	2.0	0	
Oils	Organic Extra Virgin Olive Oil	Tassos Group LLC, The	14	Grams	120	2.0	0	
Oils	Star Extra Virgin Olive Oil - Borges USA	Borges USA	1	Tablespoons	120	2.0	0	
Oils	Terra Delyssa Extra Virgin Olive Oil - CHO America	CHO America	1	Tablespoons	120	2.0	0	

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Oils	Terra Delyssa Organic Extra Virgin Olive Oil - CHO America	CHO America	1	Tablespoons	120	2.0	0	
Pasta	Seapoint Farms Organic Edamame Spaghetti	Seapoint Farms, LLC	56	Grams	200	0.5	0	49% Fiber, 47% Protein, 10% Calcium, 45% Iron
Potatoes	Ace Russet Idaho Potatoes	Sun Glo of Idaho	148	Grams	110	0.0	0	45% Vitamin C
Potatoes	Alexia Sweet Potato Fries	ConAgra Foods, Inc.	84	Grams	140	0.0	140	12% Fiber, 60% Vitamin A
Potatoes	Bruce's Yams - Cut Sweet Potatoes in Syrup	McCall Farms, Inc.	166	Grams	170	0.0	65	12% Fiber, 320% Vitamin A
Potatoes	Fifth Generation Sweet Potato (Microwaveable)	Matthews Ridgeview Farms	130	Grams	112	0.0	72	16% Fiber, 369% Vitamin A
Potatoes	Fresh Sweet Potatoes (US grown, orange flesh varieties)	The United States Sweet Potato Council, Inc.	133	Grams	114	0.0	73	16% Fiber, 377% Vitamin A
Potatoes	George Foods Sweet Potatoes	Wayne E. Bailey Produce	130	Grams	100	0.0	70	16% Fiber, 120% Vitamin A, 30% Vitamin C
Potatoes	Healthy Heart Organic Yams, Medium (Reds/Beauregards)	Doreva Produce Company Inc.	200	Grams	180	0.0	72	26% Fiber, 769% Vitamin A, 65% Vitamin C
Potatoes	Healthy Heart Yams (Reds/Beauregards)	Doreva Produce Company Inc.	200	Grams	180	0.0	72	26% Fiber, 769% Vitamin A, 65% Vitamin C
Potatoes	Idaho Potato - Fingerlings	Idaho Potato Commission	148	Grams	110	0.0	0	45% Vitamin C
Potatoes	Idaho Potato - Reds	Idaho Potato Commission	148	Grams	110	0.0	0	45% Vitamin C
Potatoes	Idaho Potato - Russets	Idaho Potato Commission	148	Grams	110	0.0	0	45% Vitamin C
Potatoes	Idaho Potato - Yellows	Idaho Potato Commission	148	Grams	110	0.0	0	45% Vitamin C
Potatoes	Kornegay Family Farms' Family Pride Sweet Potatoes	Kornegay Family Farms, LLC	148	Grams	100	0.0	0	12% Fiber, 45% Vitamin C

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Potatoes	Light & Fluffy Russet Potatoes	Walker Produce	148	Grams	110	0.0	0	45% Vitamin C
Potatoes	Mother Earth Fresh Premium Idaho/Russet Potatoes	Wilcox Fresh	148	Grams	110	0.0	0	45% Vitamin C
Potatoes	Mother Earth Fresh Premium Red Potatoes	Wilcox Fresh	148	Grams	110	0.0	0	45% Vitamin C
Potatoes	Old Oak Farms Idaho Russet Potatoes - Best Value	RPE, Inc.	148	Grams	110	0.0	0	45% Vitamin C
Potatoes	Old Oak Farms Idaho Russet Potatoes - Biggins	RPE, Inc.	148	Grams	110	0.0	0	45% Vitamin C
Potatoes	Old Oak Farms Idaho Russet Potatoes - Chef Select	RPE, Inc.	148	Grams	110	0.0	0	45% Vitamin C
Potatoes	Organic Select Quality Yams/Sweet Potatoes	Quail H Farms, LLC	200	Grams	180	0.0	72	26% Fiber, 769% Vitamin A, 65% Vitamin C
Potatoes	P. Terry's Russet Potatoes	Walker Produce	148	Grams	110	0.0	0	45% Vitamin C
Potatoes	Pride of the Valley Russet Potatoes	Bench Mark Potato Company	114	Grams	110	0.0	0	45% Vitamin C
Potatoes	Primos Russet Potatoes	Sun Valley	148	Grams	110	0.0	0	45% Vitamin C
Potatoes	Quality Yams/Sweet Potatoes (Micro Baking)	Quail H Farms, LLC	200	Grams	180	0.0	72	26% Fiber, 769% Vitamin A, 65% Vitamin C
Potatoes	Side Delights Idaho Russets	Sun Glo of Idaho	148	Grams	110	0.0	0	45% Vitamin C
Potatoes	Simply Perfect Idaho Potatoes (Russet)	RPE, Inc.	148	Grams	110	0.0	0	45% Vitamin C
Potatoes	Simply Perfect Idaho Russet Potatoes	Potandon Produce	148	Grams	110	0.0	0	45% Vitamin C

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Food Category	Product	Company	Serving Size		Calories*	Saturated Fat* (g)	Sodium* (mg)	Positive Nutrients* (%Daily Value)
Potatoes	Simply Perfect Petite Red Idaho Potatoes	Potandon Produce	148	Grams	110	0.0	0	45% Vitamin C
Potatoes	Simply Perfect Red Idaho Potatoes	Potandon Produce	148	Grams	110	0.0	0	45% Vitamin C
Potatoes	Simply Perfect Yellow Idaho Potatoes	Potandon Produce	148	Grams	110	0.0	0	45% Vitamin C
Potatoes	Sun Supreme Original Premium Russet Potato	Sun Glo of Idaho	148	Grams	110	0.0	0	45% Vitamin C
Potatoes	Sun Valley Russet Potatoes	Sun Valley	148	Grams	110	0.0	0	45% Vitamin C
Potatoes	Tasti Russet Potatoes	Walker Produce	148	Grams	110	0.0	0	45% Vitamin C
Potatoes	Top Knotch Russet Potatoes	Walker Produce	148	Grams	110	0.0	0	45% Vitamin C
Potatoes	Western Style Russet Potatoes	Walker Produce	148	Grams	110	0.0	0	45% Vitamin C
Soup	Kitchen Basics Bone Broth Chicken	McCormick & Company, Inc.	233	Grams	50	0.0	380	20% Protein
Soup	Kitchen Basics Organic Beef Stock	McCormick & Company, Inc.	243	Grams	30	0.0	480	10% Protein
Soup	Kitchen Basics Organic Creamy Bean & Vegetable Stock	McCormick & Company, Inc.	245	Grams	70	1.0	270	12% Protein, 15% Vitamin A
Soup	Kitchen Basics Organic Free Range Chicken Stock	McCormick & Company, Inc.	243	Grams	25	0.0	430	10% Protein
Soup	Kitchen Basics Organic Vegetable Stock	McCormick & Company, Inc.	242	Grams	15	0.0	470	10% Vitamin A
Soup	Kitchen Basics Original Beef Bone Broth	McCormick & Company, Inc.	233	Grams	50	0.5	350	20% Protein
Soup	Kitchen Basics Original Beef Stock	McCormick & Company, Inc.	233	Grams	30	0.0	390	10% Protein
Soup	Kitchen Basics Original Chicken Stock	McCormick & Company, Inc.	233	Grams	30	0.0	410	10% Protein

Certified foods must be a good source (at least 10% DV per standardized serving size) of one (or more) of six beneficial nutrients: vitamin A, vitamin C, iron, calcium, protein, dietary fiber.



Heart-Check Food Certification Program

Certified Products Listed by Food Category

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Food Category	Product	Company	Serving Size		Calories*	Saturated Fat* (g)	Sodium* (mg)	Positive Nutrients* (%Daily Value)
Soup	Kitchen Basics Original Seafood Stock	McCormick & Company, Inc.	242	Grams	10	0.0	460	10% Vitamin A
Soup	Kitchen Basics Original Turkey Stock	McCormick & Company, Inc.	242	Grams	20	0.0	440	10% Vitamin A
Soup	Kitchen Basics Turmeric Ginger Chicken Bone Broth with Lemongrass	McCormick & Company, Inc.	233	Grams	60	1.0	370	20% Protein
Soup	Kitchen Basics Unsalted Beef Stock	McCormick & Company, Inc.	240	Grams	30	0.0	130	10% Protein
Soup	Kitchen Basics Unsalted Chicken Stock	McCormick & Company, Inc.	243	Grams	30	0.0	140	10% Protein
Soup	Kitchen Basics Unsalted Vegetable Stock	McCormick & Company, Inc.	233	Grams	25	0.0	210	10% Vitamin A
Soup	Smart Soup French Lentil	Global Gourmet Foods	283	Grams	150	0.5	370	32% Fiber, 15% Iron
Soup	Smart Soup Greek Minestrone	Global Gourmet Foods	283	Grams	110	0.0	390	32% Fiber, 15% Iron
Soup	Smart Soup Indian Bean Masala	Global Gourmet Foods	283	Grams	160	0.5	260	28% Fiber, 15% Iron
Soup	Smart Soup Moroccan Chickpea Soup	Global Gourmet Foods	283	Grams	140	0.5	420	36% Fiber, 10% Vitamin A, 15% Iron
Soup	Smart Soup Santa Fe Corn Chowder	Global Gourmet Foods	283	Grams	160	0.0	370	24% Fiber, 15% Iron
Soup	Smart Soup Thai Coconut Curry	Global Gourmet Foods	283	Grams	100	1.0	400	12% Fiber
Soup	Smart Soup Vietnamese Carrot Lemongrass	Global Gourmet Foods	283	Grams	120	1.0	410	16% Fiber, 35% Vitamin A
Vegetable Juice	Bolthouse Farms 100% Carrot Juice	Campbell Soup Company	8	Ounces	70	0.0	150	660% Vitamin A
Vegetable Juice	Bolthouse Farms Organics 100% Carrot Juice	Campbell Soup Company	8	Ounces	70	0.0	150	630% Vitamin A

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Vegetable Juice	Campbell's V8 Low Sodium 100% Vegetable Juice	Campbell Soup Company	8	Ounces	45	0.0	140	40% Vitamin A, 120% Vitamin C
Vegetable Juice	Campbell's V8 Low Sodium Spicy Hot 100% Vegetable Juice	Campbell Soup Company	8	Ounces	45	0.0	140	20% Vitamin A, 80% Vitamin C
Vegetables: Fresh or Frozen	George Foods Petite Sweet Potatoes	Wayne E. Bailey Produce	130	Grams	110	0.0	70	16% Fiber, 370% Vitamin A
Vegetables: Fresh or Frozen	Sweet Potatoes	North Carolina Sweet Potato Commission, Inc.	114	Grams	103	0.0	40	15% Fiber, 438% Vitamin A, 37% Vitamin C
Vegetables: Fresh or Frozen	Sweetheart Lettage	Bejo Seeds, Inc.	70	Grams	17	0.0	13	43% Vitamin C
Vegetables: Fresh or Frozen	Tasti Lee Premium Vine-Ripened Organic Tomatoes	Bejo Seeds, Inc.	149	Grams	27	0.0	7	25% Vitamin A, 32% Vitamin C
Vegetables: Fresh or Frozen	Tasti-Lee Premium Vine-Ripened Tomatoes	Bejo Seeds, Inc.	149	Grams	27	0.0	7	25% Vitamin A, 32% Vitamin C

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