

**Heart-Check Food Certification Program**  
**Certified Products Listed by Food Category**

Food Category	Product	Company	Serving Size		Calories	Saturated Fat (g)	Sodium (mg)	Positive Nutrients* (% Daily Value)					
								Calcium %	Fiber %	Iron %	Protein %	Vit A %	Vit C %
Beans, Canned	S&W Black Beans, Low Sodium	Faribault Foods Inc. - FF	130	Grams	110	0	140	4	35	10	10	0	0
Beans, Canned	S&W Chili Beans, Low Sodium	Faribault Foods Inc. - FF	130	Grams	130	0	140	4	28	10	8	0	0
Beans, Canned	S&W Garbanzos, Low Sodium	Faribault Foods Inc. - FF	130	Grams	120	0	140	2	21	8	10	0	0
Beans, Canned	S&W Kidney Beans, Low Sodium	Faribault Foods Inc. - FF	130	Grams	110	0	140	4	28	10	11	0	0
Beans, Canned	S&W Pinto Beans, Low Sodium	Faribault Foods Inc. - FF	130	Grams	110	0	140	4	32	8	8	0	0
Beans, Canned	S&W White Beans, Low Sodium	Faribault Foods Inc. - FF	130	Grams	110	0	140	4	21	10	9	0	0
Beverages	WestSoy Organic Original Soymilk	Hain Celestial Group, Inc., The - Westsoy	8	Ounces	140	0.5	125	2	4	8	14	0	0
Beverages	WestSoy Organic Soymilk Plus Plain	Hain Celestial Group, Inc., The - Westsoy	8	Ounces	110	0.5	130	20	4	8	14	40	0
Beverages	WestSoy Organic Soymilk Plus Vanilla	Hain Celestial Group, Inc., The - Westsoy	8	Ounces	110	0.5	125	20	5	8	14	40	0
Beverages	WestSoy Organic Unsweetened Soymilk	Hain Celestial Group, Inc., The - Westsoy	8	Ounces	100	0.729	35	0	5	8	18	0	0
Beverages	WestSoy Organic Unsweetened Soymilk	Hain Celestial Group, Inc., The - Westsoy	8	Ounces	100	0.729	35	0	5	8	18	0	0
Beverages	WestSoy Organic Unsweetened Vanilla Soymilk	Hain Celestial Group, Inc., The - Westsoy	8	Ounces	100	0.754	30	0	6	8	18	0	0
Beverages	WestSoy Organic Unsweetened Vanilla Soymilk	Hain Celestial Group, Inc., The - Westsoy	8	Ounces	100	0.754	35	0	6	10	16	0	0
Breads	Frescados Wrap Garden Vegetable	Catallia Mexican Foods, LLC - CMF	68	Grams	170	1	220	10	16	0		6	20
Breads	Frescados Wrap Spinach	Catallia Mexican Foods, LLC - CMF	68	Grams	170	1	240	10	16	2		0	2
Breads	Frescados Wrap Tomato Basil	Catallia Mexican Foods, LLC - CMF	68	Grams	170	1	240	10	20	2		2	2
Breads	Frescados Wrap Garlic Herb	Catallia Mexican Foods, LLC - CMF	68	Grams	160	1	180	8	14	10	10	0	2
Breads	Pepperidge Farm Whole Grain 100% Whole Wheat Bread	Campbell Soup Company - Pepperidge Farm, Inc.	49	Grams	120	0.5	120	4	12	10	12	0	0
Breads	Pepperidge Farm Whole Grain 15 Grain Bread	Campbell Soup Company - Pepperidge Farm, Inc.	43	Grams	130	0.5	130	4	11	6	12	0	0
Breads	Pepperidge Farm Whole Grain German Dark Wheat Bread	Campbell Soup Company - Pepperidge Farm, Inc.	49	Grams	120	0.5	160	4	12	10	12	0	0
Breads	Pepperidge Farm Whole Grain Honey Wheat Bread	Campbell Soup Company - Pepperidge Farm, Inc.	49	Grams	130	0.5	125	4	11	10	12	0	0
Breads	Pepperidge Farm Whole Grain Oatmeal Bread	Campbell Soup Company - Pepperidge Farm, Inc.	49	Grams	130	0.5	135	4	12	8	12	0	0
Breads	Pepperidge Farm Whole Grain Sprouted Grain Bread	Campbell Soup Company - Pepperidge Farm, Inc.	45	Grams	120	0.5	180	4	11	6	10	0	0
Breads	Pepperidge Farm Whole Grain Thin Sliced 100% Whole Wheat	Campbell Soup Company - Pepperidge Farm, Inc.	52	Grams	130	0.5	130	4	14	8		0	0
Breads	Pepperidge Farm Whole Grain Thin Sliced 15 Grain	Campbell Soup Company - Pepperidge Farm, Inc.	52	Grams	140	0.5	140	4	14	8		0	0
Breads	Pepperidge Farm Whole Grain Thin Sliced Honey Wheat	Campbell Soup Company - Pepperidge Farm, Inc.	52	Grams	140	0.5	135	4	11	8	12	0	0
Breads	Toufayan Whole Wheat Pita	Toufayan Bakeries, Inc. - Toufayan	56	Grams	150	0	225	4	13	6		0	0
Breads	Toufayan Wheat Wraps	Toufayan Bakeries, Inc. - Toufayan	52	Grams	140	0.5	130	15	12	8		0	0
Cereal	Kashi Heart to Heart Organic Honey Toasted Oat Cereal	Kashi Company - Kashi	32	Grams	120	0	85	0	15	4		0	0
Cereal	Kashi Heart to Heart Organic Warm Cinnamon Oat Cereal	Kashi Company - Kashi	32	Grams	120	0	75	0	15	4		0	0

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Cereal	Cheerios	General Mills Marketing, Inc. - Gen Mills	28	Grams	100	0.5	140	10	11	45		10	10
Cereal	Cheerios	General Mills Marketing, Inc. - Gen Mills	28	Grams	100	0.5	140	10	11	45		10	10
Cereal	Cheerios	General Mills Marketing, Inc. - Gen Mills	28	Grams	100	0.5	140	10	11	45		10	10
Cereal	Cheerios	General Mills Marketing, Inc. - Gen Mills	28	Grams	100	0.5	140	10	11	45		10	10
Cereal	Cheerios	General Mills Marketing, Inc. - Gen Mills	28	Cups	100	0.5	140	10	11	45		10	10
Cereal	Quaker Oats Quick Minute	Quaker Oats Company, The - Quaker	40	Grams	150	0.5	0	0	13	8		0	0
Cereal	Quaker Oats Quick Minute	Quaker Oats Company, The - Quaker	40	Grams	150	0.5	0	0	15	8		0	0
Cereal	Quaker Oats Quick Minute	Quaker Oats Company, The - Quaker	40	Grams	150	0.5	0	0	15	8		0	0
Cereal	Quaker Oats Quick Minute	Quaker Oats Company, The - Quaker	40	Grams	150	0.5	0	0	13	8		0	0
Cereal	Quaker Oats Gluten Free Quick Oats	Quaker Oats Company, The - Quaker	40	Grams	150	0.5	0	0	13	8		0	0
Cereal	Quaker Steel Cut Quick 3-Minute Oats	Quaker Oats Company, The - Quaker	45	Grams	170	0.5	0	0	15	8		0	0
Cereal	Quaker Steel Cut Oats	Quaker Oats Company, The - Quaker	40	Grams	150	0.5	0	0	13	8		0	0
Cereal	Quaker Oats Old-Fashioned	Quaker Oats Company, The - Quaker	40	Grams	150	0.5	0	0	13	8		0	0
Cereal	Quaker Oats Old-Fashioned	Quaker Oats Company, The - Quaker	40	Grams	150	0.5	0	0	13	8		0	0
Cereal	Quaker Oats Old-Fashioned	Quaker Oats Company, The - Quaker	40	Grams	150	0.5	0	0	13	8		0	0
Cereal	Quaker Oats Old-Fashioned	Quaker Oats Company, The - Quaker	40	Grams	150	0.5	0	0	13	8		0	0
Cereal	Quaker Instant Oatmeal Original	Quaker Oats Company, The - Quaker	28	Grams	100	0.5	75	10	9	40		0	0
Cereal	Quaker Instant Oatmeal Original	Quaker Oats Company, The - Quaker	28	Grams	100	0.5	75	10	11	40		15	0
Egg Substitute	Bob Evans 100% Liquid Egg Whites	Michael Foods, Inc. - Crystal Farms	46	Grams	25	0	80	0	0	0	10	0	0
Egg Substitute	Bob Evans 100% Liquid Egg Whites	Michael Foods, Inc. - Crystal Farms	46	Cups	25	0	80	0	0	0	10	0	0
Egg Substitute	Bob Evans Better 'n Eggs	Michael Foods, Inc. - Crystal Farms	46	Cups	25	0	105	6	0	4	10	8	0
Egg Substitute	Bob Evans Better 'n Eggs	Michael Foods, Inc. - Crystal Farms	46	Grams	25	0	105	6	0	4	10	8	0
Egg Substitute	Market Pantry 100% Egg Whites	Michael Foods, Inc. - Crystal Farms	46	Grams	25	0	80	0	0	0	10	0	0
Egg Substitute	Market Pantry 100% Egg Whites	Michael Foods, Inc. - Crystal Farms	46	Grams	25	0	75	0	0	0	10	0	0
Egg Substitute	Market Pantry Egg Substitute	Michael Foods, Inc. - Crystal Farms	46	Grams	25	0	90	0	0	4	10	8	0
Egg Substitute	Market Pantry Egg Substitute	Michael Foods, Inc. - Crystal Farms	46	Grams	25	0	90	0	0	4	10	8	0
Fish & Game: Canned or Processed	North Coast Seafoods Culinary Premium Reserve Super Lump Crab Meat	North Coast Seafoods - NCS	85	Grams	80	0	250	4	0	0	18	0	0
Fish & Game: Canned or Processed	North Coast Seafoods Culinary Reserve Claw Crab Meat	North Coast Seafoods - NCS	85	Grams	80	0	250	4	0	0	18	0	0
Fish & Game: Canned or Processed	North Coast Seafoods Culinary Reserve Claw Crab Meat	North Coast Seafoods - NCS	85	Grams	80	0	250	4	0	0	18	0	0
Fish & Game: Canned or Processed	North Coast Seafoods Culinary Reserve Colossal Crab Meat	North Coast Seafoods - NCS	85	Grams	80	0	250	4	0	0	18	0	0
Fish & Game: Canned or Processed	North Coast Seafoods Culinary Reserve Jumbo Crab Meat	North Coast Seafoods - NCS	85	Grams	80	0	250	4	0	0	18	0	0
Fish & Game: Canned or Processed	North Coast Seafoods Culinary Reserve Jumbo Crab Meat	North Coast Seafoods - NCS	85	Grams	80	0	250	4	0	0	18	0	0
Fish & Game: Canned or Processed	North Coast Seafoods Culinary Reserve Lump Crab Meat	North Coast Seafoods - NCS	85	Grams	80	0	250	4	0	0	18	0	0
Fish & Game: Canned or Processed	North Coast Seafoods Culinary Reserve Lump Crab Meat	North Coast Seafoods - NCS	85	Grams	80	0	250	4	0	0	18	0	0
Fish & Game: Canned or Processed	North Coast Seafoods Culinary Reserve Premium Super Lump Crab Meat	North Coast Seafoods - NCS	85	Grams	80	0	250	4	0	0	18	0	0

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

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Fish & Game: Canned or Processed	North Coast Seafoods Culinary Reserve Special Crab Meat	North Coast Seafoods - NCS	85	Grams	80	0	250	4	0	0	18	0	0
Fish & Game: Canned or Processed	StarKist Tuna Creations Premium Chunk Light Tuna Lemon Pepper	StarKist Co. - StarKist	74	Grams	80	0	340	0	2	4	32	0	0
Fish & Game: Canned or Processed	StarKist Tuna Creations Premium Chunk Light Tuna Lemon Pepper	StarKist Co. - StarKist	56	Grams	60	0	250	0	0	2	23	0	0
Fish & Game: Canned or Processed	StarKist Tuna Creations Premium Chunk Light Tuna Ranch	StarKist Co. - StarKist	74	Grams	70	0	360	2	0	4	27	0	0
Fish & Game: Canned or Processed	StarKist Tuna Creations Premium Chunk Light Tuna Hickory Smoked	StarKist Co. - StarKist	74	Grams	110	0.5	340	0	0	4	34	0	0
Fish & Game: Canned or Processed	StarKist Alaskan Pink Salmon Reduced Sodium	StarKist Co. - StarKist	56	Grams	80	0.5	150	12	0	0	22	0	0
Fish & Game: Canned or Processed	StarKist Tuna Creations Premium Chunk Light Tuna Sweet & Spicy	StarKist Co. - StarKist	74	Grams	90	0	360	0	0	4	29	0	0
Fish & Game: Canned or Processed	StarKist Tuna Creations Premium Chunk Light Tuna Sweet & Spicy	StarKist Co. - StarKist	56	Grams	60	0	290	0	0	2	22	2	0
Fish & Game: Canned or Processed	StarKist Boneless Skinless Pink Salmon, Pouch	StarKist Co. - StarKist	74	Grams	70	0	150	0	0	0	27	0	0
Fish & Game: Canned or Processed	StarKist Chunk Light Tuna in Water, Canned	StarKist Co. - StarKist	85	Grams	70	0	320	0	0	6	28	0	0
Fish & Game: Canned or Processed	StarKist Chunk Light Tuna in Water, Canned	StarKist Co. - StarKist	85	Grams	70	0	320.1	0	0	6	28	0	0
Fish & Game: Canned or Processed	StarKist Chunk Light Tuna in Water, Canned	StarKist Co. - StarKist	56	Grams	50	0	216.16	0	0	4	20	0	0
Fish & Game: Canned or Processed	StarKist Chunk Light Tuna in Water, Canned	StarKist Co. - StarKist	56	Grams	45	0	180	0	0	4	18	0	0
Fish & Game: Canned or Processed	StarKist Alaskan Pink Salmon	StarKist Co. - StarKist	56	Grams	80	0.5	210	12	0	0	22	0	0
Fish & Game: Canned or Processed	StarKist Albacore White Tuna in Water	StarKist Co. - StarKist	74	Grams	80	0.5	240	0	0	0	31	0	0
Fish & Game: Canned or Processed	StarKist Albacore White Tuna in Water	StarKist Co. - StarKist	56	Grams	60	0.5	180	0	0	0	23	0	0
Fish & Game: Canned or Processed	StarKist Albacore White Tuna in Water	StarKist Co. - StarKist	56	Grams	60	0.5	180	0	0	0	23	0	0
Fish & Game: Canned or Processed	StarKist Albacore White Tuna in Water	StarKist Co. - StarKist	85	Grams	90	0.5	280	0	0	0	35	0	0
Fish & Game: Canned or Processed	StarKist Boneless Skinless Pink Salmon	StarKist Co. - StarKist	56	Grams	50	0.5	200	0	0	0	16	0	0
Fish & Game: Canned or Processed	StarKist Chunk Light Tuna in Water	StarKist Co. - StarKist	56	Grams	60	0	250	0	0	4	23	0	0
Fish & Game: Canned or Processed	StarKist Chunk Light Tuna in Water	StarKist Co. - StarKist	56	Grams	60	0	250	0	0	4	23	0	0
Fish & Game: Canned or Processed	StarKist Chunk Light Tuna in Water	StarKist Co. - StarKist	85	Grams	80	0	330	0	0	4	35	0	0
Fish & Game: Canned or Processed	StarKist Chunk Light Tuna in Water	StarKist Co. - StarKist	85	Grams	80	0	330	0	0	4	35	0	0
Fish & Game: Canned or Processed	StarKist Chunk Light Tuna in Water	StarKist Co. - StarKist	74	Grams	70	0	300	0	0	4	30	0	0

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								Calcium %	Fiber %	Iron %	Protein %	Vit A %	Vit C %
Fish & Game: Canned or Processed	StarKist Chunk Light Tuna in Water	StarKist Co. - StarKist	56	Grams	60	0	260	0	0	4	23	0	0
Fish & Game: Canned or Processed	StarKist Low Sodium Albacore White Tuna in Water	StarKist Co. - StarKist	74	Grams	80	0.5	70	0	0	0	29	0	0
Fish & Game: Canned or Processed	StarKist Solid White Albacore Tuna in Water	StarKist Co. - StarKist	56	Grams	50	0	190	0	0	2	22		
Fish & Game: Canned or Processed	StarKist Selects Low Sodium Chunk Light Yellowfin Tuna in Water	StarKist Co. - StarKist	56	Grams	60	0	140	0	0	2	25	0	0
Fish & Game: Canned or Processed	StarKist Chunk White Albacore Tuna in Water	StarKist Co. - StarKist	113	Grams	100	0	320	0	0	4	40	0	0
Fish & Game: Canned or Processed	StarKist Reduced Sodium Chunk Light Tuna in Water	StarKist Co. - StarKist	74	Grams	70	0	150	0	0	2	31	0	0
Fish & Game: Canned or Processed	StarKist Chunk White Albacore Tuna in Water	StarKist Co. - StarKist	56	Grams	60	0	260	0	0	2	23	0	0
Fish & Game: Canned or Processed	StarKist Solid White Albacore Tuna in Water	StarKist Co. - StarKist	85	Grams	90	0.5	250	0	0	4	36		0
Fish & Game: Canned or Processed	StarKist Solid White Albacore Tuna in Water	StarKist Co. - StarKist	56	Grams	60	0	280	0	0	2	22	0	0
Fish & Game: Canned or Processed	StarKist Low Sodium Solid Albacore Tuna in Water	StarKist Co. - StarKist	56	Grams	50	0	120	0	0	2	22	0	0
Fish & Game: Canned or Processed	StarKist Selects Chunk Light Tuna in Water	StarKist Co. - StarKist	56	Grams	50	0	230	0	0	2	22	0	0
Fish & Game: Canned or Processed	StarKist Chunk White Albacore Tuna in Water	StarKist Co. - StarKist	85	Grams	80	0	271.15	0	0	2	31	0	0
Fish & Game: Canned or Processed	StarKist Selects Very Low Sodium Chunk White Albacore Tuna in Water	StarKist Co. - StarKist	56	Grams	60	0	35	0	0	2	25	0	0
Fish & Game: Canned or Processed	StarKist Solid White Albacore Tuna in Water	StarKist Co. - StarKist	56	Grams	60	0	190	0	0	2	23		
Fish & Game: Canned or Processed	StarKist Reduced Sodium Chunk Light Tuna in Water	StarKist Co. - StarKist	85	Cups	80	0	170	0	0	4	35	0	0
Fish & Game: Canned or Processed	StarKist Chunk White Albacore Tuna in Water	StarKist Co. - StarKist	79	Grams	80	0	200	0	0	4	28	0	0
Fish & Game: Canned or Processed	StarKist Chunk White Albacore Tuna in Water	StarKist Co. - StarKist	79	Grams	80	0	200	0	0	4	28	0	0
Fish & Game: Canned or Processed	StarKist Solid Light Tuna in Water	StarKist Co. - StarKist	56	Grams	60	0	180	0	0	4	23	0	0
Fish & Game: Canned or Processed	StarKist Low Sodium Albacore White Tuna in Water	StarKist Co. - StarKist	85	Grams	90	0.5	140	0	0	0	35	0	0
Fish & Game: Canned or Processed	StarKist Solid White Albacore Tuna in Water	StarKist Co. - StarKist	85	Grams	90	0.5	250	0	0	4	36	0	0
Fish & Game: Canned or Processed	Tongol Chunk Light Tuna in Water	StarKist Co. - StarKist	56	Grams	60	0	260	0	0	4	23	0	0
Fish & Game: Fresh, Frozen, or Cooked	Classic Creations Imitation Crab Meat, Leg Style	Trans-Ocean Products, Inc. - TransOcean	90	Grams	90	0	450	2	0	0		0	0
Fish & Game: Fresh, Frozen, or Cooked	Classic Creations Imitation Crab Meat, Flake Style	Trans-Ocean Products, Inc. - TransOcean	85	Grams	80	0	450	2	0	0	12	0	0
Fish & Game: Fresh, Frozen, or Cooked	Classic Creations Imitation Crab Meat, Flake Style	Trans-Ocean Products, Inc. - TransOcean	85	Grams	80	0	450	2	0	0	12	0	0

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Fish & Game: Fresh, Frozen, or Cooked	Classic Creations Imitation Crab Meat, Leg Style	Trans-Ocean Products, Inc. - TransOcean	90	Grams	90	0	450	2	0	0	12	0	0
Fish & Game: Fresh, Frozen, or Cooked	Classic Creations Imitation Crab Meat, Flake Style	Trans-Ocean Products, Inc. - TransOcean	85	Grams	80	0	450	2	0	0	12	0	0
Fish & Game: Fresh, Frozen, or Cooked	Crab Classic Imitation Crab, Easy Shred Flake	Trans-Ocean Products, Inc. - TransOcean	85	Grams	80	0	390	0	0	0	12	0	0
Fish & Game: Fresh, Frozen, or Cooked	Fresh Wild King Raw Salmon	North Coast Seafoods - NCS	113	Grams	211	2	54	5	0	5	23	10	0
Fish & Game: Fresh, Frozen, or Cooked	Fresh Wild Sockeye Raw Salmon	North Coast Seafoods - NCS	113	Grams	153	1	127	1	0	3	48	1	0
Fish & Game: Fresh, Frozen, or Cooked	Simply Surimi Seafood, Stick Style	Trans-Ocean Products, Inc. - TransOcean	88	Grams	70	0	450	0	0	0	17	0	0
Fish & Game: Fresh, Frozen, or Cooked	Simply Surimi Seafood, Flake Style	Trans-Ocean Products, Inc. - TransOcean	85	Grams	70	0	440	0	0	0	16	0	0
Fish & Game: Fresh, Frozen, or Cooked	Simply Surimi Seafood, Flake Style	Trans-Ocean Products, Inc. - TransOcean	85	Grams	70	0	440	0	0	0	16	0	0
Fish & Game: Fresh, Frozen, or Cooked	TransOcean Seafood Snackers	Trans-Ocean Products, Inc. - TransOcean	85	Grams	80	0	391	0	0	0	12	0	0
Fish & Game: Fresh, Frozen, or Cooked	TransOcean Seafood Snackers	Trans-Ocean Products, Inc. - TransOcean	85	Grams	80	0	390	0	0	0	12	0	0
Fish & Game: Fresh, Frozen, or Cooked	TransOcean Seafood Snackers	Trans-Ocean Products, Inc. - TransOcean	85	Grams	80	0	450	0	0	0	12	0	0
Fish & Game: Fresh, Frozen, or Cooked	TransOcean Seafood Snackers	Trans-Ocean Products, Inc. - TransOcean	85	Grams	80	0	450	0	0	0	12	0	0
Fish & Game: Fresh, Frozen, or Cooked	Simply Surimi Seafood Sticks	Trans-Ocean Products, Inc. - TransOcean	104	Grams	80	0	440	0	0	0	20	0	0
Fish & Game: Fresh, Frozen, or Cooked	Simply Surimi Seafood Sticks	Trans-Ocean Products, Inc. - TransOcean	104	Grams	80	0	440	0	0	0	20	0	0
Fish & Game: Fresh, Frozen, or Cooked	Classic Creations Imitation Crab Meat Flake Style	Trident Seafoods Corporation - Trident	85	Grams	80	0	450	2	0	0	12	0	0
Fish & Game: Fresh, Frozen, or Cooked	Classic Creations Imitation Crab Meat Flake Style	Trident Seafoods Corporation - Trident	85	Grams	80	0	450	2	0	0	12	0	0
Fish & Game: Fresh, Frozen, or Cooked	Classic Creations Imitation Crab Meat Leg Style	Trident Seafoods Corporation - Trident	90	Grams	80	0	480	2	0	0	14	0	0
Fish & Game: Fresh, Frozen, or Cooked	Classic Creations Imitation Crab Meat Leg Style	Trident Seafoods Corporation - Trident	90	Grams	80	0	480	2	0	0	14	0	0
Fish & Game: Fresh, Frozen, or Cooked	Classic Creations Imitation Crab Meat Flake Style	Trident Seafoods Corporation - Trident	85	Grams	80	0	450	2	0	0	12	0	0
Fish & Game: Fresh, Frozen, or Cooked	TransOcean Crab Classic Flake Style	Trans-Ocean Products, Inc. - TransOcean	85	Grams	80	0	390	0	0	0	12	0	0
Fish & Game: Fresh, Frozen, or Cooked	TransOcean Crab Classic Flake Style	Trans-Ocean Products, Inc. - TransOcean	85	Grams	80	0	390	0	0	0	12	0	0
Fish & Game: Fresh, Frozen, or Cooked	TransOcean Crab Classic Leg Style	Trans-Ocean Products, Inc. - TransOcean	88	Grams	80	0	400	0	0	0	12	0	0
Fish & Game: Fresh, Frozen, or Cooked	TransOcean Lobster Classic Chunk Style	Trans-Ocean Products, Inc. - TransOcean	85	Grams	80	0	390	0	0	0	15	0	0
Fish & Game: Fresh, Frozen, or Cooked	TransOcean Crab Classic Chunk Style	Trans-Ocean Products, Inc. - TransOcean	85	Grams	80	0	380	0	0	0	14	0	0

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Food Category	Product	Company	Serving Size		Calories	Saturated Fat (g)	Sodium (mg)	Positive Nutrients* (% Daily Value)					
								Calcium %	Fiber %	Iron %	Protein %	Vit A %	Vit C %
Fish & Game: Fresh, Frozen, or Cooked	TransOcean Crab Classic Flake Style	Trans-Ocean Products, Inc. - TransOcean	85	Grams	80	0	391	0	0	0	12	0	0
Fish & Game: Fresh, Frozen, or Cooked	TransOcean Crab Classic Flake Style	Trans-Ocean Products, Inc. - TransOcean	85	Grams	80	0	390	0	0	0	12	0	0
Fish & Game: Fresh, Frozen, or Cooked	TransOcean Crab Classic Flake Style	Trans-Ocean Products, Inc. - TransOcean	85	Grams	80	0	390	0	0	0	12	0	0
Fish & Game: Fresh, Frozen, or Cooked	TransOcean Crab Classic Chunk Style	Trans-Ocean Products, Inc. - TransOcean	85	Grams	80	0	380	0	0	0	14	0	0
Fish & Game: Fresh, Frozen, or Cooked	TransOcean Crab Classic Leg Style	Trans-Ocean Products, Inc. - TransOcean	78	Grams	70	0	360	0	0	0	11	0	0
Fish & Game: Fresh, Frozen, or Cooked	TransOcean Crab Classic Leg Style	Trans-Ocean Products, Inc. - TransOcean	90	Grams	90	0	410	0	0	0	12	0	0
Fruit Juice	Minute Maid Frozen Concentrate Orange Juice Original (5+1)	Coca-Cola Company, The - Minute Maid	8	Ounces	110	0	0	2	0	0		0	160
Fruit Juice	Minute Maid Orange Juice (from Concentrate with Vitamin C)	Coca-Cola Company, The - Minute Maid	12	Ounces	170	0	25	2	0	0		0	90
Fruit Juice	Minute Maid Orange Juice (from Concentrate with Vitamin C)	Coca-Cola Company, The - Minute Maid	10	Ounces	140	0	20	2	0	0		0	100
Fruit Juice	Minute Maid Premium Original Orange Juice	Coca-Cola Company, The - Minute Maid	8	Ounces	110	0	0	2	0	0		0	120
Fruit Juice	Minute Maid Frozen Concentrate Orange Juice Original (5+1)	Coca-Cola Company, The - Minute Maid	8	Ounces	110	0	0	2	0	0		0	120
Fruit Juice	Minute Maid Pure Squeezed No Pulp	Coca-Cola Company, The - Minute Maid	8	Ounces	110	0	0	2	0	0	0	0	90
Fruit: Dried	California Dates - Deglet Noor Variety	California Date Administrative Committee - Dates	40	Grams	110	0	0	2	11	2		0	0
Fruit: Dried	California Dates - Medjool Variety	California Date Administrative Committee - Dates	40	Grams	110	0	0	2	11	2			
Fruit: Dried	Hadley Dates Pitted Deglet Noor Variety	Hadley Date Gardens - HI	40	Grams	120	0	0	2	14	2		0	0
Fruit: Dried	Hadley Dates Pitted Deglet Noor Variety	Hadley Date Gardens - HI	40	Grams	120	0	0	2	14	2		0	0
Fruit: Dried	Organic Hadley Dates Pitted Deglet Noor Variety	Hadley Date Gardens - HI	40	Grams	120	0	0	2	14	2		0	0
Fruit: Fresh, Frozen, or Canned	Pear, Anjou, Green	Pear Bureau Northwest - USA Pears	166	Grams	100	0	0	2	24	0		0	10
Fruit: Fresh, Frozen, or Canned	Pear, Anjou, Red	Pear Bureau Northwest - USA Pears	166	Grams	100	0	0	2	24	0		0	10
Fruit: Fresh, Frozen, or Canned	Juicy Gems Pomegranate Arils	Trinity Fruit Company, Inc. - TF	113	Grams	80	0	0	2	14	0		0	20
Fruit: Fresh, Frozen, or Canned	Juicy Gems Pomegranate Arils	Trinity Fruit Company, Inc. - TF	100	Grams	80	0	0	2	14	0	0	0	0
Fruit: Fresh, Frozen, or Canned	Juicy Gems Pomegranate Arils	Trinity Fruit Company, Inc. - TF	100	Grams	80	0	0	2	14	0		0	0
Fruit: Fresh, Frozen, or Canned	Juicy Gems Pomegranate Arils	Trinity Fruit Company, Inc. - TF	125	Grams	100	0	0	2	20	2	3	0	20
Fruit: Fresh, Frozen, or Canned	Juicy Gems Pomegranate Arils	Trinity Fruit Company, Inc. - TF	62	Grams	50	0	0	0	12	2		0	10
Fruit: Fresh, Frozen, or Canned	AVOCA HASS BAG	Calavo Growers, Inc. - CG	50	Grams	80	1	0		11				

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

**Heart-Check Food Certification Program**  
**Certified Products Listed by Food Category**

Food Category	Product	Company	Serving Size		Calories	Saturated Fat (g)	Sodium (mg)	Positive Nutrients* (% Daily Value)						
								Calcium %	Fiber %	Iron %	Protein %	Vit A %	Vit C %	
Fruit: Fresh, Frozen, or Canned	AVOCA HASS BAG	Calavo Growers, Inc. - CG	50	Grams	80	1	0		11					
Fruit: Fresh, Frozen, or Canned	AVOCA HASS BAG	Calavo Growers, Inc. - CG	50	Grams	80	1	0		11					
Fruit: Fresh, Frozen, or Canned	AVOCA HASS BAG	Calavo Growers, Inc. - CG	50	Grams	80	1	0		11					
Fruit: Fresh, Frozen, or Canned	AVOCA HASS BAG (EACH)	Calavo Growers, Inc. - CG	50	Grams	80	1	0		11					
Fruit: Fresh, Frozen, or Canned	AVOCA HASS BAG COSTCO	Calavo Growers, Inc. - CG	50	Grams	80	1	0	10	11	2				
Fruit: Fresh, Frozen, or Canned	AVOCA HASS BAG SF	Calavo Growers, Inc. - CG	50	Grams	80	1	0	0	11	2		0	4	
Fruit: Fresh, Frozen, or Canned	AVOCA HASS BAG SF	Calavo Growers, Inc. - CG	50	Grams	80	1	0		11					
Fruit: Fresh, Frozen, or Canned	AVOCA HASS BAGD	Calavo Growers, Inc. - CG	50	Grams	80	1	0	0	11	2		0	4	
Fruit: Fresh, Frozen, or Canned	AVOCA HASS BAGK	Calavo Growers, Inc. - CG	50	Grams	80	1	0	0	11	2		0	4	
Fruit: Fresh, Frozen, or Canned	AVOCA HASS BAGR	Calavo Growers, Inc. - CG	50	Grams	80	1	0		11					
Fruit: Fresh, Frozen, or Canned	AVOCA HASS WGCF BAGR	Calavo Growers, Inc. - CG	50	Grams	80	1	0		11					
Fruit: Fresh, Frozen, or Canned	AVOCA HASS WGCF BAGR	Calavo Growers, Inc. - CG	50	Grams	80	1	0		11					
Fruit: Fresh, Frozen, or Canned	AVOCA HASS WGCF BAGR	Calavo Growers, Inc. - CG	50	Grams	80	1	0	0	11	2		0	4	
Fruit: Fresh, Frozen, or Canned	AVOCA HASS WGCF BAGR	Calavo Growers, Inc. - CG	50	Grams	80	1	0		11					
Fruit: Fresh, Frozen, or Canned	AVOCA HASS WGCF BAGR	Calavo Growers, Inc. - CG	50	Grams	80	1	0	0	11	2		0	4	
Fruit: Fresh, Frozen, or Canned	California Avocado	California Avocado Commission - CAC	50	Grams	80	1	0	0	11	2	2	0	4	
Fruit: Fresh, Frozen, or Canned	Hass Avocado	Del Rey Avocado - DR	50	Grams	80	1	0	0	11	2		0	4	
Fruit: Fresh, Frozen, or Canned	Mission Produce Organic Avocados	Mission Produce, Inc. - MP	50	Grams	80	1	0	0	11	2		0	4	
Fruit: Fresh, Frozen, or Canned	Avocados from Peru	Peruvian Avocado Commission - PAC	30	Grams	50	0.5	0	10	8	2	0	0	4	
Fruit: Fresh, Frozen, or Canned	AVODR HASS BAGS	Calavo Growers, Inc. - CG	50	Grams	80	1	0		11					
Fruit: Fresh, Frozen, or Canned	AVOMX HASS BAG	Calavo Growers, Inc. - CG	50	Grams	80	1	0		11					
Fruit: Fresh, Frozen, or Canned	AVOMX HASS BAG	Calavo Growers, Inc. - CG	50	Grams	80	1	0		11					
Fruit: Fresh, Frozen, or Canned	AVOMX HASS BAG	Calavo Growers, Inc. - CG	50	Grams	80	1	0		11					
Fruit: Fresh, Frozen, or Canned	AVOMX HASS BAG	Calavo Growers, Inc. - CG	50	Grams	80	1	0	0	11	2		0	4	

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**Heart-Check Food Certification Program**  
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Food Category	Product	Company	Serving Size		Calories	Saturated Fat (g)	Sodium (mg)	Positive Nutrients* (% Daily Value)						
								Calcium %	Fiber %	Iron %	Protein %	Vit A %	Vit C %	
Fruit: Fresh, Frozen, or Canned	AVOMX HASS BAG	Calavo Growers, Inc. - CG	50	Grams	80	1	0		11					
Fruit: Fresh, Frozen, or Canned	AVOMX HASS BAG	Calavo Growers, Inc. - CG	50	Grams	80	1	0		11					
Fruit: Fresh, Frozen, or Canned	AVOMX HASS BAG	Calavo Growers, Inc. - CG	50	Grams	80	1	0		11					
Fruit: Fresh, Frozen, or Canned	AVOMX HASS BAG	Calavo Growers, Inc. - CG	50	Grams	80	1	0		11					
Fruit: Fresh, Frozen, or Canned	AVOMX HASS BAG	Calavo Growers, Inc. - CG	50	Grams	80	1	0		11					
Fruit: Fresh, Frozen, or Canned	AVOMX HASS BAG 99C	Calavo Growers, Inc. - CG	50	Grams	80	1	0	0	11	2		0	4	
Fruit: Fresh, Frozen, or Canned	AVOMX HASS BAG COSTCO	Calavo Growers, Inc. - CG	50	Grams	80	1	0		11					
Fruit: Fresh, Frozen, or Canned	AVOMX HASS BAGS	Calavo Growers, Inc. - CG	50	Grams	80	1	0		11					
Fruit: Fresh, Frozen, or Canned	AVOMX HASS BAGS	Calavo Growers, Inc. - CG	50	Grams	80	1	0		11					
Fruit: Fresh, Frozen, or Canned	AVOMX HASS WGCF BAGR	Calavo Growers, Inc. - CG	50	Grams	80	1	0		11					
Fruit: Fresh, Frozen, or Canned	AVOMX HASS WGCF BAGR	Calavo Growers, Inc. - CG	50	Grams	80	1	0		11					
Fruit: Fresh, Frozen, or Canned	AVOMX HASS WGCF BAGR	Calavo Growers, Inc. - CG	50	Grams	80	1	0	0	11	2		0	4	
Fruit: Fresh, Frozen, or Canned	AVOMX HASS WGCF BAGR	Calavo Growers, Inc. - CG	50	Grams	80	1	0		11					
Fruit: Fresh, Frozen, or Canned	AVOMX HASS WGCF BAGR	Calavo Growers, Inc. - CG	50	Grams	80	1	0		11					
Fruit: Fresh, Frozen, or Canned	AVOMXJ HASS BAG	Calavo Growers, Inc. - CG	50	Grams	80	1	0		11					
Fruit: Fresh, Frozen, or Canned	AVOMXJ HASS BAG	Calavo Growers, Inc. - CG	50	Grams	80	1	0		11					
Fruit: Fresh, Frozen, or Canned	AVOMXJ HASS BAG	Calavo Growers, Inc. - CG	50	Grams	80	1	0		11					
Fruit: Fresh, Frozen, or Canned	AVOMXJ HASS BAGR	Calavo Growers, Inc. - CG	50	Grams	80	1	0		11					
Fruit: Fresh, Frozen, or Canned	AVOMXJ HASS BAGR	Calavo Growers, Inc. - CG	50	Grams	80	1	0		11					
Fruit: Fresh, Frozen, or Canned	AVOPR HASS VIRU BAG	Calavo Growers, Inc. - CG	50	Grams	80	1	0	0	11	2		0	4	
Fruit: Fresh, Frozen, or Canned	AVOPR HASS VIRU BAGR	Calavo Growers, Inc. - CG	50	Grams	80	1	0		11					
Fruit: Fresh, Frozen, or Canned	Pear, Bartlett, Green	Pear Bureau Northwest - USA Pears	166	Grams	100	0	0	2	24	0		0	10	
Fruit: Fresh, Frozen, or Canned	Pear, Bartlett, Red	Pear Bureau Northwest - USA Pears	166	Grams	100	0	0	2	24	0	0	0	10	
Fruit: Fresh, Frozen, or Canned	Blueberries	U.S. Highbush Blueberry Council - US	148	Grams	80	0	0		16					

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**Heart-Check Food Certification Program**  
**Certified Products Listed by Food Category**

Food Category	Product	Company	Serving Size		Calories	Saturated Fat (g)	Sodium (mg)	Positive Nutrients* (% Daily Value)						
								Calcium %	Fiber %	Iron %	Protein %	Vit A %	Vit C %	
Fruit: Fresh, Frozen, or Canned	Consalo Family Farms Blueberries	Consalo Family Farms LLC - CF	148	Grams	80	0	0		14					
Fruit: Fresh, Frozen, or Canned	Pear, Bosc	Pear Bureau Northwest - USA Pears	166	Grams	100	0	0	2	24	0		0	10	
Fruit: Fresh, Frozen, or Canned	Pear, Comice	Pear Bureau Northwest - USA Pears	166	Grams	100	0	0	2	24	0	0	0	10	
Fruit: Fresh, Frozen, or Canned	Pear, Concorde	Pear Bureau Northwest - USA Pears	166	Grams	100	0	0	2	24	0	0	0	10	
Fruit: Fresh, Frozen, or Canned	Consalo Family Farms Blueberries	Consalo Family Farms LLC - CF												
Fruit: Fresh, Frozen, or Canned	Consalo Family Farms Blueberries	Consalo Family Farms LLC - CF												
Fruit: Fresh, Frozen, or Canned	Coosaw Farms Red Seedless Watermelon	Coosaw AG, LLC (Coosaw Farms) - CF	280	Grams	80	0	0	2	4	4		8	25	
Fruit: Fresh, Frozen, or Canned	Darling Clementines	LGS Specialty Sales LTD - LGS	148	Grams	70	0	0	4	12	0	2	0	120	
Fruit: Fresh, Frozen, or Canned	Darling Clementines	LGS Specialty Sales LTD - LGS	148	Grams	70	0	0	4	11	0		0	80	
Fruit: Fresh, Frozen, or Canned	Darling Clementines	LGS Specialty Sales LTD - LGS	148	Grams	70	0	0	4	11	2		0	80	
Fruit: Fresh, Frozen, or Canned	Darling Clementines	LGS Specialty Sales LTD - LGS	148	Grams	70	0	0	4	11	0		0	80	
Fruit: Fresh, Frozen, or Canned	Darling Mandarins	LGS Specialty Sales LTD - LGS	148	Grams	70	0	0	4	11	2		0	80	
Fruit: Fresh, Frozen, or Canned	Darling Mandarins	LGS Specialty Sales LTD - LGS	148	Grams	70	0	0	4	11	2		0	80	
Fruit: Fresh, Frozen, or Canned	Darling Mandarins	LGS Specialty Sales LTD - LGS	148	Grams	70	0	0	4	11	2		0	80	
Fruit: Fresh, Frozen, or Canned	Darling Oranges	LGS Specialty Sales LTD - LGS	154	Grams	70	0	0	4	14	2		2	90	
Fruit: Fresh, Frozen, or Canned	Darling Oranges	LGS Specialty Sales LTD - LGS	154	Grams	80	0	0	6	12	0	2	2	130	
Fruit: Fresh, Frozen, or Canned	Darling Oranges	LGS Specialty Sales LTD - LGS	154	Grams	70	0	0	4	14	2		2	90	
Fruit: Fresh, Frozen, or Canned	Emeralds in the Rough Avocados	Mission Produce, Inc. - MP	50	Grams	80	1	0	0	11	2		0	4	
Fruit: Fresh, Frozen, or Canned	Emeralds in the Rough Avocados	Mission Produce, Inc. - MP	50	Grams	80	1	0	0	11	2		0	4	
Fruit: Fresh, Frozen, or Canned	Emeralds in the Rough Avocados	Mission Produce, Inc. - MP	50	Grams	80	1	0	0	11	2		0	4	
Fruit: Fresh, Frozen, or Canned	Emeralds in the Rough Avocados	Mission Produce, Inc. - MP	50	Grams	80	1	0	0	11	2		0	4	
Fruit: Fresh, Frozen, or Canned	Pear, Forelle	Pear Bureau Northwest - USA Pears	166	Grams	100	0	0	2	24	0	0	0	10	
Fruit: Fresh, Frozen, or Canned	Frozen Blueberries	U.S. Highbush Blueberry Council - US	155	Grams	80	0	0		14					
Fruit: Fresh, Frozen, or Canned	GreenFruit Avocados	GreenFruit Avocados - GF	30	Grams	50	0.5	0	0	8	2		0	0	

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**Heart-Check Food Certification Program**  
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Food Category	Product	Company	Serving Size		Calories	Saturated Fat (g)	Sodium (mg)	Positive Nutrients* (% Daily Value)					
								Calcium %	Fiber %	Iron %	Protein %	Vit A %	Vit C %
Fruit: Fresh, Frozen, or Canned	GreenFruit Avocados	GreenFruit Avocados - GF	30	Grams	50	0.5	0	0	0	2	0	0	0
Fruit: Fresh, Frozen, or Canned	GreenFruit Avocados	GreenFruit Avocados - GF	30	Grams	50	0.5	0	0	8	2		0	0
Fruit: Fresh, Frozen, or Canned	Hass Avocado	Hass Avocado Board - HVB	50	Grams	80	1	0	0	11	2		0	4
Fruit: Fresh, Frozen, or Canned	Hass Avocados	Calavo Growers, Inc. - CG	50	Grams	80	1	0	0	11	2		0	4
Fruit: Fresh, Frozen, or Canned	Hass Avocados	Chilean Avocado Importers Association - CA	30	Grams	50	0.5	0	0	8	2		0	4
Fruit: Fresh, Frozen, or Canned	Juicy Gems Dried Pomegranate Arils	Trinity Fruit Company, Inc. - TF	28	Grams	110	0.5	0	2	14	4		0	0
Fruit: Fresh, Frozen, or Canned	Juicy Gems Frozen Pomegranate Arils	Trinity Fruit Company, Inc. - TF	140	Grams	120	0	0	2	24	2		0	25
Fruit: Fresh, Frozen, or Canned	Juicy Gems Frozen Pomegranate Arils	Trinity Fruit Company, Inc. - TF	140	Grams	120	0	0	2	24	2		0	25
Fruit: Fresh, Frozen, or Canned	Juicy Gems Pomegranate Arils	Trinity Fruit Company, Inc. - TF	100	Grams	80	0	0	2	14	0		0	
Fruit: Fresh, Frozen, or Canned	Mission Minis Avocados	Mission Produce, Inc. - MP	50	Grams	80	1	0	0	11	2		0	4
Fruit: Fresh, Frozen, or Canned	Mission Minis VP Avocados	Mission Produce, Inc. - MP	50	Grams	80	1	0	0	11	2		0	4
Fruit: Fresh, Frozen, or Canned	Mission Organic Minis Avocados	Mission Produce, Inc. - MP	50	Grams	80	1	0	0	11	2		0	4
Fruit: Fresh, Frozen, or Canned	Mission Organic Minis VP Avocados	Mission Produce, Inc. - MP	50	Grams	80	1	0	0	11	2		0	4
Fruit: Fresh, Frozen, or Canned	Mission Produce Avocados	Mission Produce, Inc. - MP	50	Grams	80	1	0	0	11	2		0	4
Fruit: Fresh, Frozen, or Canned	Mission Produce Avocados	Mission Produce, Inc. - MP	50	Grams	80	1	0	0	11	2		0	4
Fruit: Fresh, Frozen, or Canned	Mission Produce Organic Avocados	Mission Produce, Inc. - MP	50	Grams	80	1	0	0	11	2		0	4
Fruit: Fresh, Frozen, or Canned	Naked Alaskan Salmon	North Coast Seafoods - NCS	142		161	1	70	0.01	0	0.04	29		
Fruit: Fresh, Frozen, or Canned	Naked Sea Scallops	North Coast Seafoods - NCS	113		100	0	240	0.02	0	0.02	19		
Fruit: Fresh, Frozen, or Canned	Naked Wild Atlantic Cod	North Coast Seafoods - NCS	142		110	0	75	0.02	0	0.03	25		
Fruit: Fresh, Frozen, or Canned	Organic Darling Mandarins	LGS Specialty Sales LTD - LGS	148	Grams	70	0	0	4	11	2		0	80
Fruit: Fresh, Frozen, or Canned	Organic Darling Mandarins	LGS Specialty Sales LTD - LGS	148	Grams	70	0	0	4	11	2		0	80
Fruit: Fresh, Frozen, or Canned	Organic Darling Mandarins	LGS Specialty Sales LTD - LGS	148	Grams	70	0	0	4	11	2		0	80
Fruit: Fresh, Frozen, or Canned	Organic Juicy Gems Pomegranate Arils	Trinity Fruit Company, Inc. - TF	100	Grams	80	0	0	2	14	0		0	0
Fruit: Fresh, Frozen, or Canned	Organic Suavo Avocado	LGS Specialty Sales LTD - LGS	50	Grams	80			0	11	2		0	6

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								Calcium %	Fiber %	Iron %	Protein %	Vit A %	Vit C %
Fruit: Fresh, Frozen, or Canned	Organic Suavo Avocado	LGS Specialty Sales LTD - LGS	50	Grams	80	1	0	0	11	2		0	6
Fruit: Fresh, Frozen, or Canned	Pomegranates- Whole	Trinity Fruit Company, Inc. - TF	100	Grams	83	0	3	2	14	1		0	14
Fruit: Fresh, Frozen, or Canned	Pear, Seckel	Pear Bureau Northwest - USA Pears	166	Grams	100	0	0	2	24	0	0	0	10
Fruit: Fresh, Frozen, or Canned	Pear, Starkrimson	Pear Bureau Northwest - USA Pears	166	Grams	100	0	0	2	24	0	0	0	10
Fruit: Fresh, Frozen, or Canned	Suavo Avocado	LGS Specialty Sales LTD - LGS	50	Grams	80	0.5	0	0	11	2		0	6
Fruit: Fresh, Frozen, or Canned	Suavo Avocado	LGS Specialty Sales LTD - LGS	50	Grams	80			0	11	2		0	6
Fruit: Fresh, Frozen, or Canned	Suavo Avocado	LGS Specialty Sales LTD - LGS	50	Grams	80			0	11	2		0	6
Fruit: Fresh, Frozen, or Canned	Suavo Avocado	LGS Specialty Sales LTD - LGS	50	Grams	80	0.5	0	0	11	2		0	6
Fruit: Fresh, Frozen, or Canned	Sweetheart Dried Pomegranate Arils	Trinity Fruit Company, Inc. - TF	7	Grams	25	0	0	0	4	2		0	0
Fruit: Fresh, Frozen, or Canned	Thrive® Culinary Algae Oil	Corbion Biotech, Inc. - CB	1	blespoo	120	0.5	0						
Fruit: Fresh, Frozen, or Canned	Thrive® Culinary Algae Oil	Corbion Biotech, Inc. - CB	1	blespoo	120	0.5	0						
Fruit: Fresh, Frozen, or Canned	Thrive® Culinary Algae Oil	Corbion Biotech, Inc. - CB	1	blespoo	120	0.5	0						
Fruit: Fresh, Frozen, or Canned	Fresh Seeded Watermelon	National Watermelon Promotion Board - NWPB	280	Grams	80	0	0	2	4	4	0	8	25
Fruit: Fresh, Frozen, or Canned	Fresh Mini Seedless Watermelon	National Watermelon Promotion Board - NWPB	280	Grams	80	0	0	2	4	4	0	8	25
Fruit: Fresh, Frozen, or Canned	Fresh Seedless Watermelon	National Watermelon Promotion Board - NWPB	280	Grams	80	0	0	2	4	4	0	8	25
Margarines and Spreads	Promise Buttery	Upfield US Inc - UUI	14	Grams	60	2	85	0	0	0	0	15	0
Meat & Poultry: Canned or Processed	Rose Premium Fully Cooked & Sliced Canadian Bacon - Water Added	Rose Packing Company, Inc. - RPC	60	Grams	60	0.5	480	0	0	4	16	0	0
Meat & Poultry: Canned or Processed	Boar's Head All American BBQ Seasoned Chicken Breast	Boar's Head Provisions Company, Inc. - Boar's Head	56	Grams	70	0	370	0	0	4	20	0	2
Meat & Poultry: Canned or Processed	Boar's Head Applewood Smoked Turkey Breast	Boar's Head Provisions Company, Inc. - Boar's Head	56	Grams	60	0	423.36	0	0	2	24	0	0
Meat & Poultry: Canned or Processed	Boar's Head Black Forest SmokeMaster Beechwood Smoked Ham	Boar's Head Provisions Company, Inc. - Boar's Head	56	Grams	60	0	460	0	0	4	20	0	0
Meat & Poultry: Canned or Processed	Boar's Head Black Forest SmokeMaster Beechwood Smoked Ham - Half Size	Boar's Head Provisions Company, Inc. - Boar's Head	56	Cups	60	0	460	0	0	4	20	0	0
Meat & Poultry: Canned or Processed	Boar's Head Blazing Buffalo Style Chicken Breast	Boar's Head Provisions Company, Inc. - Boar's Head	56	Grams	60	0	460	0	0	2	22	2	2
Meat & Poultry: Canned or Processed	Boar's Head Bold Jerk Turkey Breast	Boar's Head Provisions Company, Inc. - Boar's Head	56	Grams	60	0	450	0	0	2	24	0	0
Meat & Poultry: Canned or Processed	Boar's Head Bold Salsalito Roasted Turkey Breast	Boar's Head Provisions Company, Inc. - Boar's Head	56	Grams	60	0	480	0	0	2	26	0	0

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

**Heart-Check Food Certification Program**  
**Certified Products Listed by Food Category**

Food Category	Product	Company	Serving Size		Calories	Saturated Fat (g)	Sodium (mg)	Positive Nutrients* (% Daily Value)					
								Calcium %	Fiber %	Iron %	Protein %	Vit A %	Vit C %
Meat & Poultry: Canned or Processed	Boar's Head Branded Deluxe 42% Lower Sodium Ham	Boar's Head Provisions Company, Inc. - Boar's Head	56	Grams	60	0	480	0	0	2	20	0	0
Meat & Poultry: Canned or Processed	Boar's Head Branded Deluxe 42% Lower Sodium Ham - Half Size	Boar's Head Provisions Company, Inc. - Boar's Head	56	Grams	60	0	480	0	0	2	20	0	0
Meat & Poultry: Canned or Processed	Boar's Head Cracked Pepper Mill Smoked Turkey Breast	Boar's Head Provisions Company, Inc. - Boar's Head	56	Grams	60	0	460	0	0	2	26	0	0
Meat & Poultry: Canned or Processed	Boar's Head EverRoast Oven Roasted Chicken Breast	Boar's Head Provisions Company, Inc. - Boar's Head	56	Grams	60	0	440	0	0	2	24	0	2
Meat & Poultry: Canned or Processed	Boar's Head Golden Catering Style Oven Roasted Turkey Breast	Boar's Head Provisions Company, Inc. - Boar's Head	56	Grams	60	0	380	0	0	2	26	0	0
Meat & Poultry: Canned or Processed	Boar's Head Golden Classic 42% Lower Sodium Chicken Breast	Boar's Head Provisions Company, Inc. - Boar's Head	56	Grams	60	0	350	0	0	2	24	0	0
Meat & Poultry: Canned or Processed	Boar's Head Hickory Smoked Black Forest Turkey Breast	Boar's Head Provisions Company, Inc. - Boar's Head	56	Grams	60	0	390	0	0	2	26	0	0
Meat & Poultry: Canned or Processed	Boar's Head Honey Smoked Turkey Breast	Boar's Head Provisions Company, Inc. - Boar's Head	56	Grams	60	0	420	0	0	2	24	0	0
Meat & Poultry: Canned or Processed	Boar's Head Jerk Oven Roasted Chicken Breast	Boar's Head Provisions Company, Inc. - Boar's Head	56	Grams	60	0	460	2	0	4	22	0	0
Meat & Poultry: Canned or Processed	Boar's Head Lemon Pepper Boneless Skinless Roasted Chicken Breast	Boar's Head Provisions Company, Inc. - Boar's Head	56	Grams	60	0	360	0	0	2	26	0	0
Meat & Poultry: Canned or Processed	Boar's Head Londonport Top Round Seasoned Roast Beef	Boar's Head Provisions Company, Inc. - Boar's Head	56	Grams	80	1.01	350	0	0	8	26	0	0
Meat & Poultry: Canned or Processed	Boar's Head Maple Glazed Honey Coat Cured Turkey Breast	Boar's Head Provisions Company, Inc. - Boar's Head	56	Grams	70	0	480	0	0	2	28	0	0
Meat & Poultry: Canned or Processed	Boar's Head Maple Glazed Oven Roasted Chicken Breast	Boar's Head Provisions Company, Inc. - Boar's Head	56	Grams	60	0	410	0	0	0	18	0	4
Meat & Poultry: Canned or Processed	Boar's Head Mesquite Wood Smoked Roasted Turkey Breast	Boar's Head Provisions Company, Inc. - Boar's Head	56	Grams	60	0	440	0	0	2	24	0	0
Meat & Poultry: Canned or Processed	Boar's Head No Salt Added Oven Roasted Turkey Breast	Boar's Head Provisions Company, Inc. - Boar's Head	56	Grams	70	0	55	0	0	2	30	0	0
Meat & Poultry: Canned or Processed	Boar's Head Old Fashioned Canadian Style Bacon With Natural Juices	Boar's Head Provisions Company, Inc. - Boar's Head	56	Grams	70	1	480	0	0	0	22	0	0
Meat & Poultry: Canned or Processed	Boar's Head Old Fashioned Canadian Style Bacon With Natural Juices, Pre-Sliced	Boar's Head Provisions Company, Inc. - Boar's Head	56	Grams	70	1	480	0	0	0	22	0	0
Meat & Poultry: Canned or Processed	Boar's Head Our Premium 46% Lower Sodium Oven Roasted Turkey Breast	Boar's Head Provisions Company, Inc. - Boar's Head	56	Grams	60	0	360	0	0	2	24	0	0
Meat & Poultry: Canned or Processed	Boar's Head Our Premium Skinless 46% Lower Sodium Oven Roasted Turkey Breast	Boar's Head Provisions Company, Inc. - Boar's Head	56	Grams	60	0	360	0	0	2	24	0	0
Meat & Poultry: Canned or Processed	Boar's Head Oven Roasted Turkey Breast	Boar's Head Provisions Company, Inc. - Boar's Head	56	Grams	50	0	360	0	0	2	22	0	0
Meat & Poultry: Canned or Processed	Boar's Head Ovingold Roasted Turkey Breast	Boar's Head Provisions Company, Inc. - Boar's Head	56	Grams	60	0	360	0	0	2	26	0	0
Meat & Poultry: Canned or Processed	Boar's Head Pastrami Seasoned Turkey Breast	Boar's Head Provisions Company, Inc. - Boar's Head	56	Grams	60	0	460	0	0	2	26	0	0
Meat & Poultry: Canned or Processed	Boar's Head Rotisserie Seasoned Oven Roasted Chicken Breast	Boar's Head Provisions Company, Inc. - Boar's Head	56	Grams	60	0	400	0	0	2	26	0	0
Meat & Poultry: Canned or Processed	Boar's Head Simplicity All Natural Applewood Smoked Uncured Ham	Boar's Head Provisions Company, Inc. - Boar's Head	56	Grams	70	0.5	440	0	0	2	23	0	4

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**Heart-Check Food Certification Program**  
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Food Category	Product	Company	Serving Size		Calories	Saturated Fat (g)	Sodium (mg)	Positive Nutrients* (% Daily Value)					
								Calcium %	Fiber %	Iron %	Protein %	Vit A %	Vit C %
Meat & Poultry: Canned or Processed	Boar's Head Simplicity All Natural Uncured Ham	Boar's Head Provisions Company, Inc. - Boar's Head	56	Grams	70	0.5	390	0	0	2	23	0	2
Meat & Poultry: Canned or Processed	Charter Reserve® Hand Crafted All Natural Turkey Off the Bone	Cargill Meat Solutions - Deli Mea	56	Grams	60	0	290	0	0	4	26	0	0
Meat & Poultry: Canned or Processed	Lunch Mate Oven Roasted Turkey Breast	Carl Buddig & Company - Carl Buddig	56	Grams	50	0.5	460	0	0	2	18	0	0
Meat & Poultry: Canned or Processed	Prima Della Buffalo Style Chicken Breast	Jennie-O Turkey Store Sales, LLC - Jennie	56	Grams	60	0	459	0	0	2	11	0	1
Meat & Poultry: Canned or Processed	Prima Della Oven Roasted Turkey Breast	Jennie-O Turkey Store Sales, LLC - Jennie	56	Grams	60	0	360	0	0	0	12	0	0
Meat & Poultry: Canned or Processed	Prima Della Garlic & Herb Chicken Breast	Jennie-O Turkey Store Sales, LLC - Jennie	56	Grams	50	0	459.57	2	0	2	12	0	0
Meat & Poultry: Canned or Processed	Prima Della Oven Roasted Chicken Breast	Jennie-O Turkey Store Sales, LLC - Jennie	56	Grams	60	0	400	0	0	0	24	0	0
Meat & Poultry: Canned or Processed	Charter Reserve Garden Herb Sun Dried Tomato Breast of Turkey	Cargill Meat Solutions - Deli Mea	56	Grams	50	0	290	0	0	4	22	2	2
Meat & Poultry: Canned or Processed	Charter Reserve® Traditional Buffalo Style Breast of Chicken	Cargill Meat Solutions - Deli Mea	56	Grams	60	0	480	0	0	2	22	6	0
Meat & Poultry: Canned or Processed	Charter Reserve® Applewood Slow Smoked Breast of Chicken	Cargill Meat Solutions - Deli Mea	56	Grams	60	0	370	0	0	2	22	0	0
Meat & Poultry: Canned or Processed	Charter Reserve® Golden Roasted Breast of Chicken	Cargill Meat Solutions - Deli Mea	56	Grams	60	0	370	0	0	2	22	0	0
Meat & Poultry: Canned or Processed	Daily Chef 98% Fat Free Premium Chunk Turkey Breast in Water	Tony Downs Foods Company - TDFC	53	Grams	50	0	310	0	0	2	20	0	0
Meat & Poultry: Canned or Processed	Kretschmar Master's Cut Sweet Molasses Uncured Ham	Smithfield Foods, Inc. - Packaged Meats	56	Grams	70	0	470	0	0	2	20	0	0
Meat & Poultry: Canned or Processed	Lunch Mate Smoked Honey Uncured Ham	Carl Buddig & Company - Carl Buddig	56	Grams	70	1	390	0	0	2	20	0	0
Meat & Poultry: Canned or Processed	Healthy Ones Deli Black Forest Brand Ham	Smithfield Foods, Inc. - Packaged Meats	56	Grams	60	0.5	380	0	0	2	20	0	0
Meat & Poultry: Canned or Processed	Healthy Ones Deli Browned Chicken Breast	Smithfield Foods, Inc. - Packaged Meats	56	Grams	50	0.5	340	0	0	2	22	0	0
Meat & Poultry: Canned or Processed	Healthy Ones Deli Buffalo Style Chicken	Smithfield Foods, Inc. - Packaged Meats	56	Grams	60	0	380	0	0	2	18	0	2
Meat & Poultry: Canned or Processed	Healthy Ones Deli Cooked Ham	Smithfield Foods, Inc. - Packaged Meats	56	Grams	60	0.5	340	0	0	2	20	0	0
Meat & Poultry: Canned or Processed	Healthy Ones Deli Ham Off The Bone	Smithfield Foods, Inc. - Packaged Meats	56	Grams	60	0.5	370	0	0	2	22	0	0
Meat & Poultry: Canned or Processed	Healthy Ones Deli Honey Ham	Smithfield Foods, Inc. - Packaged Meats	56	Grams	70	0	360	0	0	2	22	0	0
Meat & Poultry: Canned or Processed	Healthy Ones Deli Honey Smoked Turkey Breast	Smithfield Foods, Inc. - Packaged Meats	56	Grams	60	0.5	310	0	0	4	22	0	0
Meat & Poultry: Canned or Processed	Healthy Ones Deli Maple Ham	Smithfield Foods, Inc. - Packaged Meats	56	Grams	70	0	390	0	0	2	20	0	0
Meat & Poultry: Canned or Processed	Healthy Ones Deli Medium Cooked Roast Beef	Smithfield Foods, Inc. - Packaged Meats	56	Grams	60	0.5	350	2	0	6	22	0	0
Meat & Poultry: Canned or Processed	Healthy Ones Deli Medium Rare Roast Beef	Smithfield Foods, Inc. - Packaged Meats	56	Grams	60	0.5	350	2	0	6	22	0	0

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								Calcium %	Fiber %	Iron %	Protein %	Vit A %	Vit C %
Meat & Poultry: Canned or Processed	Healthy Ones Deli Mesquite Smoked Turkey Breast	Smithfield Foods, Inc. - Packaged Meats	56	Grams	50	0.5	340	0	0	0	20	0	0
Meat & Poultry: Canned or Processed	Healthy Ones Deli Oven Roasted Turkey Breast	Smithfield Foods, Inc. - Packaged Meats	56	Grams	60	0	310	0	0	4	24	0	0
Meat & Poultry: Canned or Processed	Healthy Ones Deli Rotisserie Seasoned Chicken	Smithfield Foods, Inc. - Packaged Meats	56	Grams	60	0	350	0	0	2	18	0	0
Meat & Poultry: Canned or Processed	Healthy Ones Deli Smoked Turkey Breast	Smithfield Foods, Inc. - Packaged Meats	56	Grams	60	0.5	310	0	0	4	22	0	0
Meat & Poultry: Canned or Processed	Healthy Ones Deli Virginia Brand Ham	Smithfield Foods, Inc. - Packaged Meats	56	Grams	60	0.5	330	0	0	2	20	0	0
Meat & Poultry: Canned or Processed	Healthy Ones Sliced Oven Roasted Turkey Breast	Smithfield Foods, Inc. - Packaged Meats	57	Grams	60	0.5	330	0	0	2	22	0	0
Meat & Poultry: Canned or Processed	Healthy Ones Sliced Roast Beef	Smithfield Foods, Inc. - Packaged Meats	57	Grams	60	0.5	390	0	0	8	22	0	0
Meat & Poultry: Canned or Processed	Healthy Ones Sliced Smoked Turkey Breast	Smithfield Foods, Inc. - Packaged Meats	57	Grams	60	0.5	340	0	0	2	22	0	0
Meat & Poultry: Canned or Processed	Healthy Ones Sliced Virginia Brand Ham	Smithfield Foods, Inc. - Packaged Meats	57	Grams	60	0.5	390	0	0	2	22	0	0
Meat & Poultry: Canned or Processed	Healthy Ones Thin-Sliced Black Forest Ham	Smithfield Foods, Inc. - Packaged Meats	56	Grams	60	1	420	0	0	2	18	0	0
Meat & Poultry: Canned or Processed	Healthy Ones Thin-Sliced Honey Smoked Turkey Breast	Smithfield Foods, Inc. - Packaged Meats	56	Grams	70	0.5	400	0	0	4	18	0	0
Meat & Poultry: Canned or Processed	Healthy Ones Thin-Sliced Oven Roasted Turkey Breast	Smithfield Foods, Inc. - Packaged Meats	56	Grams	60	0.5	400	0	0	4	18	0	0
Meat & Poultry: Canned or Processed	Healthy Ones Thin-Sliced Rotisserie Style Chicken Breast	Smithfield Foods, Inc. - Packaged Meats	56	Grams	60	0	350	0	0	2	20	0	0
Meat & Poultry: Canned or Processed	Bob Evans Fully Cooked Sliced Smoked Canadian Bacon with Natural Juices	Rose Packing Company, Inc. - RPC	57	Grams	60	0.5	460	0	0	4	15	0	0
Meat & Poultry: Canned or Processed	Kroger Sliced Canadian Bacon with Natural Juices	Rose Packing Company, Inc. - RPC	57	Grams	60	0.5	460	0	0	4	15	0	0
Meat & Poultry: Canned or Processed	Krakus Reduced Sodium Polish Ham	Smithfield Foods, Inc. - Packaged Meats	56	Grams	60	0.5	460	0	0	2	22	0	0
Meat & Poultry: Canned or Processed	Kretschmar Black Pepper & Jalapeno Uncured Ham	Smithfield Foods, Inc. - Packaged Meats	56	Grams	70	0.5	470	0	0	2	12	0	0
Meat & Poultry: Canned or Processed	Kretschmar Cajun Style Turkey Breast	Smithfield Foods, Inc. - Packaged Meats	56	Grams	60	0	410	2	0	4	24	0	0
Meat & Poultry: Canned or Processed	Kretschmar Chipotle BBQ Chicken Breast	Smithfield Foods, Inc. - Packaged Meats	56	Grams	60	0	370	0	0	4	24	0	0
Meat & Poultry: Canned or Processed	Kretschmar Master's Cut Applewood Smoked Turkey Breast	Smithfield Foods, Inc. - Packaged Meats	56	Grams	70	0	380	0	0	4	28	0	0
Meat & Poultry: Canned or Processed	Kretschmar Master's Cut Hot Honey Ham	Smithfield Foods, Inc. - Packaged Meats	56	Grams	80	1	420	0	0	2	20	0	0
Meat & Poultry: Canned or Processed	Kretschmar Master's Cut Maple & Brown Sugar Ham	Smithfield Foods, Inc. - Packaged Meats	56	Grams	80	1	450	0	0	2	20	0	0
Meat & Poultry: Canned or Processed	Kretschmar Master's Cut Sriracha Seasoned Turkey Breast	Smithfield Foods, Inc. - Packaged Meats	56	Grams	60	0	320	0	0	4	24	0	0
Meat & Poultry: Canned or Processed	Kretschmar Mesquite Bourbon Turkey Breast	Smithfield Foods, Inc. - Packaged Meats	56	Grams	60	0	370	0	0	4	24	0	0

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								Calcium %	Fiber %	Iron %	Protein %	Vit A %	Vit C %
Meat & Poultry: Canned or Processed	Kretschmar Pastrami Seasoned Turkey Breast	Smithfield Foods, Inc. - Packaged Meats	56	Grams	60	0	420	2	0	4	24	0	0
Meat & Poultry: Canned or Processed	Kretschmar Santa Fe Brand Turkey Breast	Smithfield Foods, Inc. - Packaged Meats	56	Grams	60	0	340	0	0	4	24	2	2
Meat & Poultry: Canned or Processed	Kretschmar Sun Dried Tomato Turkey Breast	Smithfield Foods, Inc. - Packaged Meats	56	Grams	60	0	390	0	0	4	24	0	0
Meat & Poultry: Canned or Processed	Kretschmar Sweet Smoked Uncured Ham	Smithfield Foods, Inc. - Packaged Meats	56	Grams	70	0.5	470	0	0	2	20	0	0
Meat & Poultry: Canned or Processed	Member's Mark All Natural 98% Fat Free Premium Chunk Chicken Breast In Water	Tony Downs Foods Company - TDFC	53	Grams	50	0	230	0	0	2	24	0	0
Meat & Poultry: Canned or Processed	Member's Mark All Natural 98% Fat Free Premium Chunk Chicken Breast in Water	Tony Downs Foods Company - TDFC	56	Grams	50	0	180	0	0	2	20	0	2
Meat & Poultry: Canned or Processed	Member's Mark All Natural 98% Fat Free Premium Chunk Chicken Breast in Water	Tony Downs Foods Company - TDFC	53	Cups	45	0	230	0	0	2	24	0	2
Meat & Poultry: Canned or Processed	Member's Mark All Natural 98% Fat Free Premium Chunk Turkey Breast in Water	Tony Downs Foods Company - TDFC	53	Grams	50	0	330	0	0	2	22	0	0
Meat & Poultry: Canned or Processed	Member's Mark Oven Roasted Turkey Breast	Butterball, LLC - Butterball	56	Grams	70	0	270	0	0	2	26	0	0
Meat & Poultry: Canned or Processed	Prima Della Hickory Smoked Turkey Breast	Cargill Meat Solutions - Deli Mea	56	Grams	60	0	370	0	0	2	22	0	0
Meat & Poultry: Canned or Processed	Prima Della Lower Sodium Turkey Breast	Cargill Meat Solutions - Deli Mea	56	Grams	60	0	370	0	0	2	26	0	0
Meat & Poultry: Canned or Processed	Private Selection Buffalo Style Oven Roasted Chicken Breast	Cargill Meat Solutions - Deli Mea	56	Grams	60	0	480	0	0	2	22	6	0
Meat & Poultry: Canned or Processed	Private Selection Cracked Pepper Turkey Breast	Cargill Meat Solutions - Deli Mea	56	Grams	60	0	450	0	0	2	22	0	0
Meat & Poultry: Canned or Processed	Private Selection Golden Roasted Chicken Breast Lower Sodium	Cargill Meat Solutions - Deli Mea	56	Grams	60	0	360	0	0	0	26	0	0
Meat & Poultry: Canned or Processed	Private Selection GoldenRoast Breast of Turkey	Cargill Meat Solutions - Deli Mea	56	Grams	60	0	320	0	0	4	28	0	0
Meat & Poultry: Canned or Processed	Private Selections Golden Roasted Turkey Breast	Cargill Meat Solutions - Deli Mea	56	Grams	60	0	380	0	0	4	28	0	0
Meat & Poultry: Canned or Processed	Private Selections Maple Cured Turkey Breast	Cargill Meat Solutions - Deli Mea	56	Grams	60	0	420	0	0	2	20	0	0
Meat & Poultry: Canned or Processed	Black Steer Brand Golden Roasted Breast of Turkey	Mrs. Ressler's Food Products - MR	56	Grams	60	0	370	0	0	4	11	0	0
Meat & Poultry: Canned or Processed	Charter Reserve® Smokehouse Select Mesquite Breast of Turkey	Cargill Meat Solutions - Deli Mea	56	Grams	60	0.5	360	0	0	2	20	0	0
Meat & Poultry: Canned or Processed	Charter Reserve® Hickorywood Smoked Breast of Turkey	Cargill Meat Solutions - Deli Mea	56	Grams	60	0	421.56	0	0	2	20	0	0
Meat & Poultry: Canned or Processed	Charter Reserve® Honeysweet Baked Breast of Turkey	Cargill Meat Solutions - Deli Mea	56	Grams	60	0	431.22	0	0	2	20	0	0
Meat & Poultry: Canned or Processed	Charter Reserve® Fresh Cracked Pepper Breast of Turkey	Cargill Meat Solutions - Deli Mea	56	Grams	60	0	340	0	0	4	26	0	0
Meat & Poultry: Canned or Processed	Charter Reserve® Goldenroast Special Recipe Breast of Turkey	Cargill Meat Solutions - Deli Mea	56	Grams	60	0	220	0	0	2	20	2	0
Meat & Poultry: Canned or Processed	Charter Reserve® GranSabor Breast of Turkey	Cargill Meat Solutions - Deli Mea	56	Grams	50	0	380	0	0	4	18	6	0

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								Calcium %	Fiber %	Iron %	Protein %	Vit A %	Vit C %
Meat & Poultry: Canned or Processed	Member's Mark All Natural 98% Fat Free Premium Chunk Chicken Breast in Water	Tony Downs Foods Company - TDFC	56	Grams	50	0	240				20		
Meat & Poultry: Fresh, Frozen, or Cooked	100% Pure Ground Beef (96% Lean 4% Fat)	National Cattlemen's Beef Association - Sublicensees	112	Grams	140	2	75	0	0	15		0	0
Meat & Poultry: Fresh, Frozen, or Cooked	100% Pure Ground Beef (96% Lean 4% Fat)	National Cattlemen's Beef Association - Sublicensees	112	Grams	140	2	75	0	0	15		0	0
Meat & Poultry: Fresh, Frozen, or Cooked	100% Pure Ground Beef (96% Lean 4% Fat)	National Cattlemen's Beef Association - Sublicensees	112	Grams	140	2	75	0	0	15		0	0
Meat & Poultry: Fresh, Frozen, or Cooked	100% Pure Ground Beef (96% Lean 4% Fat) Hy-Vee	National Cattlemen's Beef Association - Sublicensees	112	Grams	140	2	75	0	0	15	24	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	100% Pure Ground Beef Patty (96% Lean 4% Fat)	National Cattlemen's Beef Association - Sublicensees	112	Grams	140	2	75	0	0	15		0	0
Meat & Poultry: Fresh, Frozen, or Cooked	96% Lean 4% Fat Fresh Ground Beef	National Cattlemen's Beef Association - Sublicensees	112	Grams	140	2	75	0	0	15	24	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	96% Lean 4% Fat Fresh Ground Beef Patties	National Cattlemen's Beef Association - Sublicensees	112	Grams	140	2	75	0	0	15	24	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	96% Lean 4% Fat Ground Beef Heart Healthy	National Cattlemen's Beef Association - Sublicensees	112	Grams	150	1.5	50	0	0	14		0	0
Meat & Poultry: Fresh, Frozen, or Cooked	96/4 All Natural Extra Lean Ground Beef (Tyson Fresh Meats)	National Cattlemen's Beef Association - Sublicensees	112	Grams	130	1.5	50	2	0	15		0	0
Meat & Poultry: Fresh, Frozen, or Cooked	96/4 All Natural Extra Lean Ground Beef (Tyson Fresh Meats)	National Cattlemen's Beef Association - Sublicensees	112	Grams	130	1.5	50	2	0	15		0	0
Meat & Poultry: Fresh, Frozen, or Cooked	96/4 All Natural Extra Lean Ground Beef (Tyson Fresh Meats)	National Cattlemen's Beef Association - Sublicensees	112	Grams	130	1.5	50	2	0	15		0	0
Meat & Poultry: Fresh, Frozen, or Cooked	96/4 All Natural Extra Lean Ground Beef (Tyson Fresh Meats)	National Cattlemen's Beef Association - Sublicensees	112	Grams	130	1.5	50	2	0	15		0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Boneless Pork Sirloin Roast (Solution Added)	National Pork Board - NPB	112	Grams	120	1.5	260	0	0	4	42	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Aldi Extra Lean Ground Beef 96% Lean 4% Fat	National Cattlemen's Beef Association - Sublicensees	112	Grams	150	1.5	65	0	0	10	24	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Aldi Extra Lean Ground Beef 96% Lean 4% Fat	National Cattlemen's Beef Association - Sublicensees	112	Grams	140	1.85	75	0	0	15	44	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	96/4 All Natural Extra Lean Ground Beef (Interstate Meat Dist., Inc.)	National Cattlemen's Beef Association - Sublicensees	112	Cups	150	1.29	70	0	0	15	48	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	96/4 All Natural Extra Lean Ground Beef (Interstate Meat Dist., Inc.)	National Cattlemen's Beef Association - Sublicensees	112	Grams	140	1.29	70	0	0	15	48	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	All Natural Extra Lean Ground Beef 96% Lean 4% Fat (American Foods Group)	National Cattlemen's Beef Association - Sublicensees	112	Grams	150	1.58	70	0	0	15	24	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Albertsons Signature Farms 96% Lean 4% Fat Ground Beef	National Cattlemen's Beef Association - Sublicensees	112	Grams	150	1.5	50	0	0	14		0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Albertsons Signature Farms 96% Lean 4% Fat Ground Beef	National Cattlemen's Beef Association - Sublicensees	112	Grams	150	1.5	65			15			
Meat & Poultry: Fresh, Frozen, or Cooked	Albertsons Signature Farms 96% Lean 4% Fat Ground Beef	National Cattlemen's Beef Association - Sublicensees	114	Grams	150	1.58	75			15			
Meat & Poultry: Fresh, Frozen, or Cooked	Albertsons Signature Farms 96% Lean 4% Fat Ground Beef	National Cattlemen's Beef Association - Sublicensees	112	Grams		1.31	50	2		15			

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



**Heart-Check Food Certification Program**  
**Certified Products Listed by Food Category**

Food Category	Product	Company	Serving Size		Calories	Saturated Fat (g)	Sodium (mg)	Positive Nutrients* (% Daily Value)					
								Calcium %	Fiber %	Iron %	Protein %	Vit A %	Vit C %
Meat & Poultry: Fresh, Frozen, or Cooked	Albertsons Signature Farms 96% Lean 4% Fat Ground Beef	National Cattlemen's Beef Association - Sublicensees	112	Grams	130	1.5	50	0	0	15	48	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Albertsons Signature Farms 96% Lean 4% Fat Ground Beef	National Cattlemen's Beef Association - Sublicensees	112	Grams	150	1.29	70	0	0	15		0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Albertsons Signature Farms 96% Lean 4% Fat Ground Beef	National Cattlemen's Beef Association - Sublicensees	112	Grams	150	1.5	60			15			
Meat & Poultry: Fresh, Frozen, or Cooked	Beef Brisket	Great Plains Beef LLC - GPB	113	Grams	120	0.5	50	0	0	10		0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Beef Filet Mignon	Great Plains Beef LLC - GPB	170	Grams	140	2.55	80	0	0	15		0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Beef Filet Mignon	Great Plains Beef LLC - GPB	112	Grams	140	1.71	50	0	0	15		0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Beef Filet Mignon	Great Plains Beef LLC - GPB	112	Grams	140	1.71	50	0	0	15		0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Beef for Stew	Great Plains Beef LLC - GPB	113	Grams	130	1	-5	0	0	8		0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Beef Kabobs	Great Plains Beef LLC - GPB	113	Grams	140	1.5	50	0	0	10		0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Beef Sirloin Bavette	Great Plains Beef LLC - GPB	113	Grams	140	1.9	55	0	0	15	25	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Beef Tenderloin Roast	Great Plains Beef LLC - GPB	112	Grams	150	1.71	50	0	0	15		0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Bottom Round Steak (Select Grade)	National Cattlemen's Beef Association - NCBA	112	Grams	140	1.5	70	0	0	20	50	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Coleman Organic 98% Fat Free Boneless & Skinless Organic Chicken Breasts	Perdue Foods, LLC - Coleman	112	Grams	120	0	75	0	0	2	25	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Murray's All Natural Boneless & Skinless Chicken Breasts	Murray's Free Roaming Chicken, Inc. - Murray's	112	Grams	120	0	75	0	0	4	26	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	California Gourmet Burgers	American Custom Meats - ACM	113	Grams	130	1.5	65	0	0	10	22	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	California Grown Ground Beef 96% Lean 4% Fat	National Cattlemen's Beef Association - Sublicensees	112	Grams	150	1.53	80.54	0	0	15		0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Center Cut Ribeye	Great Plains Beef LLC - GPB	113	Grams	140	1	50	0	0	10		0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Central Market Extra Lean Ground Beef 96% Lean 4% Fat	National Cattlemen's Beef Association - Sublicensees	112	Grams	150	1.5	85	6	0	15		0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Certified Piedmontese Beef Sirloin Filet	National Cattlemen's Beef Association - Sublicensees	170	Grams	200	2	75	0	0	20	38	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Certified Piedmontese Beef Sirloin Filet	National Cattlemen's Beef Association - Sublicensees	112	Grams	130	1.5	50	0	0	10	25	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Certified Piedmontese Beef Sirloin Roast	National Cattlemen's Beef Association - Sublicensees	112	Grams	130	1.5	50	0	0	10	25	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Certified Piedmontese Ground Beef 96% Lean 4% Fat	National Cattlemen's Beef Association - Sublicensees	112	Grams	130	1.5	45	0	0	15	26	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Clean EatZ Cooked Chicken	Clean EatZ - CE	100	Grams	139	0	39	4	0	0	64	29	0
Meat & Poultry: Fresh, Frozen, or Cooked	Dynasty Bone-In Filet Mignon	Great Plains Beef LLC - GPB	113	Grams	130	1.5	65	2	0	10	26	0	0

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								Calcium %	Fiber %	Iron %	Protein %	Vit A %	Vit C %
Meat & Poultry: Fresh, Frozen, or Cooked	Dynasty Brisket	Great Plains Beef LLC - GPB	113	Grams	110	0	55	0	0	15		0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Dynasty Filet Mignon	Great Plains Beef LLC - GPB	112	Grams	120	1	50	0	0	15	25	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Dynasty Filet Mignon	Great Plains Beef LLC - GPB	112	Grams	140	1	50	0	0	15	25	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Dynasty Filet Mignon	Great Plains Beef LLC - GPB	112	Grams	140	1	50	0	0	15	25	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Dynasty Selection Center Cut Ribeye	Great Plains Beef LLC - GPB	113	Grams	130	0.5	50	0	0	8		0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Dynasty Selection Center Cut Strip Steak	Great Plains Beef LLC - GPB	113	Grams	120	0	45	0	0	8		0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Dynasty Selection Eye of Round Roast	Great Plains Beef LLC - GPB	113	Grams	110	0	45	0	0	8		0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Dynasty Selection Flat Iron	Great Plains Beef LLC - GPB	113	Grams	120	0.5	65	0	0	10		0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Dynasty Selection Ribeye Cap Steak	Great Plains Beef LLC - GPB	113	Grams	120	1	55	0	0	15		0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Extra Lean Ground Beef 96% Lean 4% Fat	National Cattlemen's Beef Association - NCBA	112	Grams	140	2	75	0	0	15	49	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Extra Lean Ground Beef 96% Lean 4% Fat (with Natural Flavors)	National Cattlemen's Beef Association - NCBA	112	Grams	140	2	75	0	0	15	49	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Aldi Extra Lean Ground Beef 96% Lean 4% Fat	National Cattlemen's Beef Association - Sublicensees	112	Grams	140	2	70	0	0	15	24	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Certified Piedmontese Dynasty Selection Sirloin Filet	National Cattlemen's Beef Association - Sublicensees	113	Grams	120	0.5	45	0	0	15	27	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Schnuck's Natural 99% Fat Free Thin Sliced Boneless Skinless Chicken Breast Fillet	Sanderson Farms, Inc. - SF	112	Grams	110	0	50	0	0	2	52	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Kirkland Signature/Foster Farms Fresh 99% Fat Free Boneless & Skinless Breast Fillets	Foster Poultry Farms - Foster Farms	112	Grams	120	0.37	75	0	0	4	52	0	2
Meat & Poultry: Fresh, Frozen, or Cooked	First Street Ground Beef (96% Lean)	National Cattlemen's Beef Association - Sublicensees	112	Grams	150	1.5	60	0	0	10	25	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Flat Iron Steak	Great Plains Beef LLC - GPB	113	Grams	120	0.9	60	0	0	15		0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Food Lion 96% Lean 4% Fat Ground Beef	National Cattlemen's Beef Association - Sublicensees	112	Grams	130	1.5	50	2	0	15		0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Fresh Ground Beef 96% Lean - 4% Fat	National Cattlemen's Beef Association - Sublicensees	112	Grams	140	1.29	70	0	0	15	24	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	FreshDirect Extra Lean Ground Beef	National Cattlemen's Beef Association - Sublicensees	112	Grams	150	1.5	80.54	0	0	15	0	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	FreshLast Extra Lean Ground Beef	National Cattlemen's Beef Association - Sublicensees	112	Grams	150	1.53	80.54	0	0	15	48	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Giant Eagle 96% Lean 4% Fat Extra Lean Ground Beef	National Cattlemen's Beef Association - Sublicensees	112	Grams	140	1.85	75	0	0	15	44	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Harris Teeter Rancher Tender Verified 96/4 Extra Lean Ground Beef	National Cattlemen's Beef Association - Sublicensees	112	Grams	150	1.5	80.54	0	0	15	0	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	HEB 96% Extra Lean Ground Beef	National Cattlemen's Beef Association - Sublicensees	112	Grams	140	2	60	0	0	10	24	0	0

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								Calcium %	Fiber %	Iron %	Protein %	Vit A %	Vit C %
Meat & Poultry: Fresh, Frozen, or Cooked	HEB 96% Extra Lean Ground Beef	National Cattlemen's Beef Association - Sublicensees	112	Grams	140	2	60	0	0	10		0	0
Meat & Poultry: Fresh, Frozen, or Cooked	HEB 96% Extra Lean Ground Beef	National Cattlemen's Beef Association - Sublicensees	112	Grams	140	2	60	0	0	10		0	0
Meat & Poultry: Fresh, Frozen, or Cooked	HEB 96% Extra Lean Ground Beef	National Cattlemen's Beef Association - Sublicensees	112	Grams	140	2	60	0	0	10	24	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	HEB Top Sirloin Filet	National Cattlemen's Beef Association - Sublicensees	112	Grams	140	1.5	65	0	0	10	50	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	HEB Top Sirloin Kabob	National Cattlemen's Beef Association - Sublicensees	112	Grams	140	1.5	65	0	0	10	50	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	HEB Top Sirloin Strips	National Cattlemen's Beef Association - Sublicensees	112	Grams	140	1.5	65	0	0	10	50	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Hy-Vee Angus Beef - Beef Loin Boneless Top of Iowa Steak	National Cattlemen's Beef Association - Sublicensees	112	Grams	140	1.5	65	0	0	15		0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Hy-Vee Angus Beef - Bottom Round Roast	National Cattlemen's Beef Association - Sublicensees	112	Grams	140	1.5	70		0	20		0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Hy-Vee Angus Beef - Bottom Round Steak	National Cattlemen's Beef Association - Sublicensees	112	Grams	140	1.5	70	0	0	20		0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Kirkland Signature Boneless Skinless Chicken Breast 99% Fat Free	Pilgrim's Pride, Inc. - PPI	112	Grams	110	0	75	0	0	2	48	0	2
Meat & Poultry: Fresh, Frozen, or Cooked	Kirkland Signature Boneless Skinless Chicken Tenderloins Fat Free	Pilgrim's Pride, Inc. - PPI	112	Grams	110	0	45	0	0	2	52	0	2
Meat & Poultry: Fresh, Frozen, or Cooked	Kirkland Signature Fresh Boneless & Skinless Chicken Breasts	Lincoln Premium Poultry - LP	112	Grams	110	0	75	0	0	2	24	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Kirkland Signature Fresh Boneless & Skinless Chicken Tenderloins	Lincoln Premium Poultry - LP	112	Grams	110	0	45	0	0	2	26	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Kirkland Signature Organic Boneless Skinless Chicken Breast 99% Fat Free	Pilgrim's Pride, Inc. - PPI	112	Grams	110	0	75	0	0	2	48	0	2
Meat & Poultry: Fresh, Frozen, or Cooked	Kirkland Signature Organic Boneless Skinless Chicken Tenderloins 99% Fat Free	Pilgrim's Pride, Inc. - PPI	112	Grams	110	0	45	0	0	2	52	0	2
Meat & Poultry: Fresh, Frozen, or Cooked	Kretschmar Master's Cut Blackened Roast Beef	Smithfield Foods, Inc. - Packaged Meats	56	Grams	60	0.5	330	0	0	4	20	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Kretschmar Master's Cut Eye of Round Roast Beef	Smithfield Foods, Inc. - Packaged Meats	56	Grams	70	0.5	190	0	0	4	26	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Kretschmar Master's Cut Maple Turkey Breast	Smithfield Foods, Inc. - Packaged Meats	56	Grams	70	0	370	0	0	2	22	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Laura's Lean Beef 4% Fat Ground Sirloin	National Cattlemen's Beef Association - Sublicensees	112	Grams	140	1.91	85	0	0	15		0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Laura's Lean Beef 96% Lean 4% Fat Ground Beef	National Cattlemen's Beef Association - Sublicensees	112	Grams	140	2	85	0	0	15		0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Laura's Lean Beef 96% Lean 4% Fat Ground Round	National Cattlemen's Beef Association - Sublicensees	112	Grams	140	2	85	0	0	15		0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Extra Lean Ground Beef 96/4 (National Beef Packing Company, LLC)	National Cattlemen's Beef Association - Sublicensees	112	Grams	140	1.85	75	0	0	15	48	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Extra Lean Ground Beef 96/4 (National Beef Packing Company, LLC)	National Cattlemen's Beef Association - Sublicensees	112	Grams	140	1.85	75	0	0	15	44	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Extra Lean Ground Beef 96/4 (National Beef Packing Company, LLC)	National Cattlemen's Beef Association - Sublicensees	112	Cups	140	1.85	75	0	0	15	44	0	0

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								Calcium %	Fiber %	Iron %	Protein %	Vit A %	Vit C %
Meat & Poultry: Fresh, Frozen, or Cooked	Market 32 by Price Chopper Extra Lean Ground Beef	National Cattlemen's Beef Association - Sublicensees	112	Grams	140	2	75	0	0	15	44	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Meadowland Farms 96/4 Ground Beef	National Cattlemen's Beef Association - Sublicensees	112	Grams	150	1.5	80.54	0	0	15	0	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Meadowland Farms 96/4 Ground Beef	National Cattlemen's Beef Association - Sublicensees	112	Grams	150	1.5	80.54	0	0	15		0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Meijer Extra Lean Ground Beef 96% Lean 4% Fat	National Cattlemen's Beef Association - Sublicensees	112	Grams	140	1.07	75	0	0	15		0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Moran's 100% Ground Beef 96 % Lean 4% Fat Patties	National Cattlemen's Beef Association - Sublicensees	112	Grams	140	2	75	0	0	15	24	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Our Certified All Natural Extra Lean Ground Beef 96% Lean 4% Fat	National Cattlemen's Beef Association - Sublicensees	112	Grams	150	1.5	80.54	0	0	10	0	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Our Certified All Natural Extra Lean Ground Beef 96% Lean 4% Fat	National Cattlemen's Beef Association - Sublicensees	112	Grams	150	1.5	80.54	0	0	15	0	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Our Certified All Natural Extra Lean Ground Beef 96% Lean 4% Fat	National Cattlemen's Beef Association - Sublicensees	112	Grams	150	1.5	80.54	0	0	15	0	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Our Certified All Natural Extra Lean Ground Beef Patties	National Cattlemen's Beef Association - Sublicensees	112	Grams	150	1.5	80.54	0	0	15		0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Albertsons Signature Farms 96% Lean 4% Fat Ground Beef Patties	National Cattlemen's Beef Association - Sublicensees	112	Grams	130	1.5	50	0	0	4	48	4	2
Meat & Poultry: Fresh, Frozen, or Cooked	Albertsons Signature Farms 96% Lean/4% Fat Ground Beef Patties	National Cattlemen's Beef Association - Sublicensees	114	Grams	150	1.58	70			15			
Meat & Poultry: Fresh, Frozen, or Cooked	Raley's Extra Lean Ground Beef 96/4	National Cattlemen's Beef Association - Sublicensees	112	Grams	150	1.5	80.54	0	0	15	24	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Randall Farms All Natural Boneless Skinless Chicken Breast with Rib Meat	Randall Foods, Inc. - Randall	112	Grams	120	0	75	2	0	4	26	0	2
Meat & Poultry: Fresh, Frozen, or Cooked	Redner's Market Top Sirloin Filet (Select Grade)	National Cattlemen's Beef Association - Sublicensees	112	Grams	140	1.5	65	0	0	10		0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Redner's Market Top Sirloin Filet (Select Grade)	National Cattlemen's Beef Association - Sublicensees	112	Grams	140	1.5	65	0	0	10		0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Kirkland Signature Swift Premium Pork Sirloin Tip Roast	JBS USA, LLC - Swift	112	Grams	120	0.5	250	0	0	4		0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Natural Boneless Pork Sirloin Roast	National Pork Board - NPB	112	Grams	130	1	70	0	0	0	48	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Smithfield Boneless Pork Sirloin Roast	Smithfield Foods, Inc. - Fresh Pork	112	Grams	140	1	70	2	0	4	52	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Schnuck's Natural 99% Fat Free Boneless, Skinless Chicken Breast Fillets	Sanderson Farms, Inc. - SF	112	Grams	110	0	50	0	0	2	52	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Farmer's Table 96% Lean 4% Fat Ground Beef with Sirloin	National Cattlemen's Beef Association - Sublicensees	113	Grams	150	0.57	75			15	48		
Meat & Poultry: Fresh, Frozen, or Cooked	Sirloin Tip Steak (Select Grade)	National Cattlemen's Beef Association - NCBA	112	Grams	120	1.5	65	0	0	10	47	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Smith's Butcher Shop 96/4 All Natural Ground Beef	National Cattlemen's Beef Association - Sublicensees	112	Grams	150	1.5	80.54	0	0	15	0	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Stater Bros. 100% Ground Beef Patties 96% Lean 4% Fat	National Cattlemen's Beef Association - Sublicensees	112	Grams	140	0.7	75	0	0	15		0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Stir Fry Beef	Great Plains Beef LLC - GPB	113	Grams	130	1.5	50	0	0	10		0	0

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								Calcium %	Fiber %	Iron %	Protein %	Vit A %	Vit C %
Meat & Poultry: Fresh, Frozen, or Cooked	Kroger Moist & Tender Pork Tenderloin	JBS USA, LLC - Swift	112	Grams	110	1.5	300	0	0	6	21	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Kroger Moist & Tender Pork Tenderloin	JBS USA, LLC - Swift	112	Cups	110	1.5	300	0	0	6	21	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Pork Tenderloin	National Pork Board - NPB	112	Grams	130	1.5	55	0	0	8	42	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Smithfield Fresh Pork Tenderloin	Smithfield Foods, Inc. - Fresh Pork	112	Grams	120	1	60	0	0	6	46	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Supreme Lean Fresh Pork Tenderloin	Tyson Sales & Distribution, Inc. - Sara Lee	112	Grams	130	1.5	60	0	0	6	46	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Swift Premium Pork Tenderloin	JBS USA, LLC - Swift	112	Grams	120	1	70	0	0	10		0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Swift Premium Pork Tenderloin	JBS USA, LLC - Swift	112	Grams	120	1	70	0	0	10		0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Trader Joe's Butcher Shop Pork Tenderloin	JBS USA, LLC - Swift	112	Grams	120	1	70	0	0	10		0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Schnuck's Natural 99% Fat Free Clipped Chicken Breast Tenderloins	Sanderson Farms, Inc. - SF	112	Grams	110	0	55	2	0	2	50	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Tender Choice Pork Tenderloins	JBS USA, LLC - Swift	112	Grams	120	1	250	0	0	6		0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Top Sirloin Filet (Select Grade)	National Cattlemen's Beef Association - NCBA	112	Grams	140	1.5	65	0	0	10	50	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Top Sirloin Kabob (Select Grade)	National Cattlemen's Beef Association - NCBA	112	Grams	140	1.5	65	0	0	10	50	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Top Sirloin Petite Roast (Select Grade)	National Cattlemen's Beef Association - NCBA	112	Grams	140	1.5	65	0	0	10	50	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Top Sirloin Steak (Select Grade)	National Cattlemen's Beef Association - NCBA	112	Grams	140	1.5	65	0	0	10	50	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Top Sirloin Strips (Select Grade)	National Cattlemen's Beef Association - NCBA	112	Grams	140	1.5	65	0	0	10	50	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Laura's Lean Ground Turkey	Meyer Foods Group LLC dba Meyer Natural Foods - LLB	112	Grams	120	0	55	0	0	8	56	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Walmart 96/4 All Natural Extra Lean Ground Beef	National Cattlemen's Beef Association - Sublicensees	112	Grams	140	1.07	75	0	0	15		0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Walmart 96/4 All Natural Extra Lean Ground Beef	National Cattlemen's Beef Association - Sublicensees	112	Grams	140	1.5	80.54	2	0	10		0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Walmart 96/4 All Natural Extra Lean Ground Beef	National Cattlemen's Beef Association - Sublicensees	112	Grams	140	1.29	70	0	0	15		0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Walmart 96/4 All Natural Extra Lean Ground Beef	National Cattlemen's Beef Association - Sublicensees	112	Grams	150	1.5	80.54	0	0	15		0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Walmart 96/4 All Natural Extra Lean Ground Beef	National Cattlemen's Beef Association - Sublicensees	112	Grams	130	1.5	50	2	0	15		0	0
Meat & Poultry: Fresh, Frozen, or Cooked	Weis Fresh Ground Beef 96% Lean 4% Fat	National Cattlemen's Beef Association - Sublicensees	112	Grams	140	1.07	75	0	0	15	0	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	WM 100% Ground Beef	National Cattlemen's Beef Association - Sublicensees	112	Grams	150	1.5	60	0	0	15	25	0	0
Meat & Poultry: Fresh, Frozen, or Cooked	WM 100% Ground Beef	National Cattlemen's Beef Association - Sublicensees	112	Grams	150	1.5	60	0	0	15	25	0	0

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

**Heart-Check Food Certification Program**  
**Certified Products Listed by Food Category**

Food Category	Product	Company	Serving Size		Calories	Saturated Fat (g)	Sodium (mg)	Positive Nutrients* (% Daily Value)					
								Calcium %	Fiber %	Iron %	Protein %	Vit A %	Vit C %
Meat & Poultry: Fresh, Frozen, or Cooked	WM 100% Ground Beef Patty	National Cattlemen's Beef Association - Sublicensees	112	Grams	150	1.5	60	0	0	15	25	0	0
Mixed Dishes	Healthy Ones Thin-Sliced Variety Pack Honey Ham & Oven Roasted Turkey Breast	Smithfield Foods, Inc. - Packaged Meats	54	Grams	60	0.5	360	2	0	2	18	0	0
Mixed Dishes	StarKist Tuna Creations 4 Pouch Variety Pack	StarKist Co. - StarKist	74	Grams	110	0.5	340	0	0	4	34	0	0
Nuts or Seeds	Diamond Foods Whole Almonds	Diamond Foods LLC - DF	30	Grams	170	1	0		14				
Nuts or Seeds	Gold Emblem Abound Raw Natural Almonds	Nichols Pistachio - NF	28	Grams	170	1	0	8	13	6		0	0
Nuts or Seeds	Gold Emblem Lightly Salted Roasted Almonds	Nichols Pistachio - NF	28	Grams	170	1	40	6	11	6		0	0
Nuts or Seeds	Gold Emblem Abound Raw Natural Almonds	Nichols Pistachio - NF	28	Grams	170	1	0	8	13	6		0	0
Nuts or Seeds	Mariani Whole Natural Almonds	Mariani Nut Company - MNC	30	Grams	170	1	0	6	14	6		0	0
Nuts or Seeds	Mariani Premium Blanched Slivered Almonds	Mariani Nut Company - MNC	30	Grams	170	1	0	6	14	6		0	0
Nuts or Seeds	Mariani Whole Blanched Almonds	Mariani Nut Company - MNC	30	Grams	180	1	0	6	11	6		0	0
Nuts or Seeds	Mariani Whole Natural Almonds	Mariani Nut Company - MNC	30	Grams	170	1	0	6	14	6			
Nuts or Seeds	Mariani Whole Natural Almonds	Mariani Nut Company - MNC	30	Grams	170	1	0	6	14	6		0	0
Nuts or Seeds	Mariani Roasted and Sea Salted California Almonds	Mariani Nut Company - MNC	28	Grams	160	1	140	6	11	6		0	0
Nuts or Seeds	Mariani Whole Natural Almonds	Mariani Nut Company - MNC	30	Grams	170	1	0	6	14	6		0	0
Nuts or Seeds	Mariani Premium Blanched Slivered Almonds	Mariani Nut Company - MNC	30	Grams	180	1	0	6	11	6		0	0
Nuts or Seeds	Mariani Whole Natural Almonds	Mariani Nut Company - MNC	30	Grams	170	1	0	6	14	6		0	0
Nuts or Seeds	Mariani Premium Blanched Slivered Almonds	Mariani Nut Company - MNC	30	Grams	180	1	0	6	11	6		0	0
Nuts or Seeds	Mariani Premium Blanched Slivered Almonds	Mariani Nut Company - MNC	30	Grams	180	1	0	6	11	6		0	0
Nuts or Seeds	Mariani Whole Blanched Almonds	Mariani Nut Company - MNC	30	Cups	180	1	0	6	11	6		0	0
Nuts or Seeds	Mariani Roasted and Sea Salted California Almonds	Mariani Nut Company - MNC	28	Grams	160	1	140	6	11	6		0	0
Nuts or Seeds	Mariani Whole Natural Almonds	Mariani Nut Company - MNC	28	Grams	160	1	0	6	13	6		0	0
Nuts or Seeds	Mariani Premium Blanched Slivered Almonds	Mariani Nut Company - MNC	30	Grams	180	1	0	6	12	6		0	0
Nuts or Seeds	Mariani Whole Natural Almonds	Mariani Nut Company - MNC	28	Grams	160	1	0	6	13	8		0	0
Nuts or Seeds	ARO Gourmet Pistachios	ARO Pistachios, Inc. - ARO	28	Grams	160	1.5	55.1	4	12	6		2	2
Nuts or Seeds	ARO Gourmet Pistachios	ARO Pistachios, Inc. - ARO	28	Grams	160	1.5	55.1	4	12	6		2	2
Nuts or Seeds	ARO Gourmet Pistachios	ARO Pistachios, Inc. - ARO	28	Grams	160	1.5	55.1	4	12	6		2	2
Nuts or Seeds	Almonds, Blanched	Almond Board of California - ABC	28	Grams	160	1	5	5	12	5	12	0	
Nuts or Seeds	Gold Emblem Abound Unsalted Pistachio & Almond Blend	Nichols Pistachio - NF	28	Grams	170	1	0	6	13	6		1	0
Nuts or Seeds	Blue Diamond Almonds Lightly Salted	Blue Diamond Growers - BDG	28	Grams	170	1	40	6	10	6	5		
Nuts or Seeds	Blue Diamond Almonds Lightly Salted	Blue Diamond Growers - BDG	28	Grams	170	1	40	8	12	6		0	0
Nuts or Seeds	Blue Diamond Almonds Roasted Salted	Blue Diamond Growers - BDG	28	Grams	170	1	85	8	11	6		0	0
Nuts or Seeds	Blue Diamond Almonds Roasted Salted	Blue Diamond Growers - BDG	28	Grams	170	1	85	6	10	6	5		
Nuts or Seeds	Blue Diamond Almonds Roasted Salted	Blue Diamond Growers - BDG	43	Grams	260	2	130	10	17	8	8	0	0
Nuts or Seeds	Blue Diamond Almonds Roasted Salted	Blue Diamond Growers - BDG	28	Grams	170	1	85	8	11	6		0	0
Nuts or Seeds	Blue Diamond Almonds Roasted Salted	Blue Diamond Growers - BDG	28	Grams	170	1	85	8	11	6		0	0
Nuts or Seeds	Blue Diamond Almonds Roasted Salted	Blue Diamond Growers - BDG	28	Grams	170	1	85	8	11	6		0	0
Nuts or Seeds	Blue Diamond Almonds Roasted Salted	Blue Diamond Growers - BDG	43	Grams	260	2	130	10	17	8		0	0
Nuts or Seeds	Blue Diamond Almonds Roasted Salted	Blue Diamond Growers - BDG	28	Grams	170	1	85	8	11	6	5	0	0
Nuts or Seeds	Blue Diamond Almonds Whole Natural	Blue Diamond Growers - BDG	28	Grams	160	1	0	6	12	6	5	0	0
Nuts or Seeds	Blue Diamond Almonds Whole Natural	Blue Diamond Growers - BDG	18	Grams	100	0.5	0	4	9	4	3	0	0
Nuts or Seeds	Blue Diamond Almonds Whole Natural	Blue Diamond Growers - BDG	18	Grams	100	0.5	0	4	8	4		0	0
Nuts or Seeds	Blue Diamond Almonds Whole Natural	Blue Diamond Growers - BDG	28	Grams	160	1	0	8	14	6		0	0
Nuts or Seeds	Blue Diamond Almonds Whole Natural	Blue Diamond Growers - BDG	28	Grams	160	1	0	6	12	6	5	0	0
Nuts or Seeds	Blue Diamond Almonds Whole Natural	Blue Diamond Growers - BDG	28	Grams	160	1	0	8	13	6		0	0

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Food Category	Product	Company	Serving Size		Calories	Saturated Fat (g)	Sodium (mg)	Positive Nutrients* (% Daily Value)					
								Calcium %	Fiber %	Iron %	Protein %	Vit A %	Vit C %
Nuts or Seeds	Blue Diamond Almonds Whole Natural	Blue Diamond Growers - BDG	43	Grams	250	1.5	0	10	20	10		0	0
Nuts or Seeds	Blue Diamond Almonds Whole Natural	Blue Diamond Growers - BDG	43	Grams	250	1.5	0	10	20	10		0	0
Nuts or Seeds	Blue Diamond Almonds Whole Natural	Blue Diamond Growers - BDG	28	Grams	160	1	0	8	14	6		0	0
Nuts or Seeds	Blue Diamond Almonds Whole Natural	Blue Diamond Growers - BDG	28	Grams	160	1	0	8	13	6		0	0
Nuts or Seeds	Blue Diamond Almonds Whole Natural	Blue Diamond Growers - BDG	28	Grams	160	1	0	8	14	6		0	0
Nuts or Seeds	Blue Diamond Almonds Whole Natural	Blue Diamond Growers - BDG	18	Grams	100	0.5	0	4	8	4		0	0
Nuts or Seeds	Blue Diamond Almonds Whole Natural	Blue Diamond Growers - BDG	28	Grams	160	1	0	6	12	6	5		
Nuts or Seeds	Blue Diamond Oven Roasted Almonds Sea Salt	Blue Diamond Growers - BDG	28	Grams	170	1	135	8	13	6		0	0
Nuts or Seeds	Blue Diamond Oven Roasted Almonds Sea Salt	Blue Diamond Growers - BDG	17	Grams	100	0.5	80	4	8	4		0	0
Nuts or Seeds	Blue Diamond Oven Roasted Almonds Sea Salt	Blue Diamond Growers - BDG	28	Grams	170	1	135	6	11	6	5	0	0
Nuts or Seeds	Blue Diamond Oven Roasted Almonds Sea Salt	Blue Diamond Growers - BDG	28	Grams	170	1	135	8	13	6		0	0
Nuts or Seeds	Blue Diamond Oven Roasted Almonds Sea Salt	Blue Diamond Growers - BDG	28	Grams	170	1	135	8	13	6		0	0
Nuts or Seeds	Blue Diamond Oven Roasted Almonds Sea Salt	Blue Diamond Growers - BDG	28	Grams	170	1	135	8	13	6		0	0
Nuts or Seeds	Diamond Foods California Organic Shelled Walnuts	Diamond Foods LLC - DF	30	Grams	200	2	0		7				
Nuts or Seeds	Diamond Foods California Shelled Walnuts (Rosemary Extract)	Diamond Foods LLC - DF	30	Grams	200	2	0		7				
Nuts or Seeds	Diamond Foods California Shelled Walnuts (Rosemary Extract)	Diamond Foods LLC - DF	30	Grams	200	2	0		7				
Nuts or Seeds	Diamond Foods Chopped Pecans	Diamond Foods LLC - DF	30	Grams	210	2	0	2	11	6		0	0
Nuts or Seeds	Diamond Foods Chopped Pecans	Diamond Foods LLC - DF	30	Grams	210	2	0		11				
Nuts or Seeds	Diamond Foods Chopped Pecans	Diamond Foods LLC - DF	30	Grams	210	2	0	2	11	2		0	0
Nuts or Seeds	Diamond Foods Chopped Walnuts (Rosemary Extract)	Diamond Foods LLC - DF	30	Grams	200	2	0		7				
Nuts or Seeds	Diamond Foods Chopped Walnuts (Rosemary Extract)	Diamond Foods LLC - DF	30	Grams	200	2	0	2	7	2		0	0
Nuts or Seeds	Diamond Foods Chopped Walnuts (Rosemary Extract)	Diamond Foods LLC - DF	30	Grams	200	2	0	2	7	6		0	0
Nuts or Seeds	Diamond Foods Chopped Walnuts (Rosemary Extract)	Diamond Foods LLC - DF	30	Grams	200	2	0		7				
Nuts or Seeds	Diamond Foods Chopped Walnuts (Rosemary Extract)	Diamond Foods LLC - DF	30	Grams	200	2	0		7				
Nuts or Seeds	Diamond Foods Chopped Walnuts (Rosemary Extract)	Diamond Foods LLC - DF	30	Grams	200	2	0	2	7	2		0	0
Nuts or Seeds	Diamond Foods Finely Diced Pecans	Diamond Foods LLC - DF	30	Grams	210	2	0	2	11	6		0	0
Nuts or Seeds	Diamond Foods Finely Diced Pecans	Diamond Foods LLC - DF	30	Grams	210	2	0		11				
Nuts or Seeds	Diamond Foods Finely Diced Walnuts (Rosemary Extract)	Diamond Foods LLC - DF	30	Grams	200	2	0		7				
Nuts or Seeds	Diamond Foods Finely Diced Walnuts (Rosemary Extract)	Diamond Foods LLC - DF	30	Grams	200	2	0	2	7	6		0	0
Nuts or Seeds	Diamond Foods Finely Diced Walnuts (Rosemary Extract)	Diamond Foods LLC - DF	30	Grams	200	2	0		7				

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								Calcium %	Fiber %	Iron %	Protein %	Vit A %	Vit C %
Nuts or Seeds	Diamond Foods Finely Diced Walnuts (Rosemary Extract)	Diamond Foods LLC - DF	30	Grams	200	2	0	2	7	6		0	0
Nuts or Seeds	Diamond Foods Pecan Halves	Diamond Foods LLC - DF	30	Grams	210	2	0	2	11	6		0	0
Nuts or Seeds	Diamond Foods Pecan Halves	Diamond Foods LLC - DF	30	Grams	210	2	0	2	11	6		0	0
Nuts or Seeds	Diamond Foods Pecan Halves	Diamond Foods LLC - DF	30	Grams	4	2	0		11				
Nuts or Seeds	Diamond Foods Pecan Halves	Diamond Foods LLC - DF	30	Grams	210	2	0		11				
Nuts or Seeds	Diamond Foods Pecan Halves	Diamond Foods LLC - DF	30	Grams	210	2	0		11				
Nuts or Seeds	Diamond Foods Shelled Pecans	Diamond Foods LLC - DF	30	Grams	210	2	0	2	11	6		0	0
Nuts or Seeds	Diamond Foods Shelled Pecans	Diamond Foods LLC - DF	30	Grams	210	2	0	2	11	6		0	0
Nuts or Seeds	Diamond Foods Shelled Pecans	Diamond Foods LLC - DF	30	Grams	210	2	0		11				
Nuts or Seeds	Diamond Foods Shelled Walnuts	Diamond Foods LLC - DF	30	Grams	200	2	0		7				
Nuts or Seeds	Diamond Foods Shelled Walnuts	Diamond Foods LLC - DF	30	Grams	200	2	0		7				
Nuts or Seeds	Diamond Foods Shelled Walnuts (Rosemary Extract)	Diamond Foods LLC - DF	30	Grams	200	2	0	2	7	2		0	0
Nuts or Seeds	Diamond Foods Shelled Walnuts (Rosemary Extract)	Diamond Foods LLC - DF	30	Grams	200	2	0	2	7	2		0	0
Nuts or Seeds	Diamond Foods Shelled Walnuts (Rosemary Extract)	Diamond Foods LLC - DF	30	Grams	200	2	0	2	7	6		0	0
Nuts or Seeds	Diamond Foods Shelled Walnuts (Rosemary Extract)	Diamond Foods LLC - DF	30	Grams	200	2	0		7				
Nuts or Seeds	Diamond Foods Shelled Walnuts (Rosemary Extract)	Diamond Foods LLC - DF	30	Grams	200	2	0	2	7	2		0	0
Nuts or Seeds	Diamond Foods Shelled Walnuts (Rosemary Extract)	Diamond Foods LLC - DF	30	Grams	200	2	0	2	7	2		0	0
Nuts or Seeds	Diamond Foods Shelled Walnuts (Rosemary Extract)	Diamond Foods LLC - DF	30	Grams	200	2	0	2	7	2		0	0
Nuts or Seeds	Diamond Foods Sliced Almonds	Diamond Foods LLC - DF	30	Grams	170	1	0	6	14	6		0	0
Nuts or Seeds	Diamond Foods Sliced Almonds	Diamond Foods LLC - DF	30	Grams	170	1	0		14				
Nuts or Seeds	Diamond Foods Sliced Almonds	Diamond Foods LLC - DF	30	Grams	170	1	0	6	14	6		0	0
Nuts or Seeds	Diamond Foods Slivered Almonds	Diamond Foods LLC - DF	30	Grams	180	1	0		11				
Nuts or Seeds	Diamond Foods Slivered Almonds	Diamond Foods LLC - DF	30	Grams	180	1	5	6	11	6		0	0
Nuts or Seeds	Diamond Foods Whole Almonds	Diamond Foods LLC - DF	30	Grams	170	1	0	6	14	6		0	0
Nuts or Seeds	Diamond Foods Whole Almonds	Diamond Foods LLC - DF	30	Grams	170	1	0		14				
Nuts or Seeds	Diamond Foods Whole Almonds	Diamond Foods LLC - DF	30	Grams	170	1	0	6	14	6		0	0
Nuts or Seeds	Dry Roasted In-shell Peanuts, Unsalted	Peanut Institute, The - PI	28	Grams	170	2	0	0	10	4		0	0
Nuts or Seeds	Dry Roasted Peanuts, Salt Added	Peanut Institute, The - PI	28	Grams	170	2	75	2	10	8		0	0
Nuts or Seeds	Almonds, Dry Roasted, no salt added (Snack Pack)	Almond Board of California - ABC	28	Grams	170	1	0	8	12	6	12	0	0
Nuts or Seeds	Almonds, Dry Roasted, no salt added	Almond Board of California - ABC	28	Grams	170	1	1	8	12	6	12	0	0
Nuts or Seeds	Almonds, Dry Roasted, salt added	Almond Board of California - ABC	28	Grams	170	1	140	6	12	6	12	0	0
Nuts or Seeds	Fisher Chef's Naturals Toasted Sliced Almonds	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	170	1	0	6	11	6		0	0
Nuts or Seeds	Fisher Chopped Walnuts	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	180	3.5	0	2	8	4		0	0
Nuts or Seeds	Fisher Chopped Walnuts	John B. Sanfilippo and Son, Inc. - JBS	28	Cups	180	1.5	0	2	8	4		0	0
Nuts or Seeds	Fisher Chopped Walnuts	John B. Sanfilippo and Son, Inc. - JBS	28	Cups	180	1.5	0	2	8	4		0	0
Nuts or Seeds	Fisher Chopped Walnuts	John B. Sanfilippo and Son, Inc. - JBS	28	Cups	180	1.5	0	2	8	4		0	0
Nuts or Seeds	Fisher Chopped Walnuts	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	180	1.5	0	2	8	4		0	0
Nuts or Seeds	Fisher Chopped Walnuts	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	180	1.5	0	2	8	4		0	0
Nuts or Seeds	Fisher Chopped Walnuts	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	180	1.5	0	2	8	4		0	0

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								Calcium %	Fiber %	Iron %	Protein %	Vit A %	Vit C %
Nuts or Seeds	Fisher Natural Sliced Almonds	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	160	1	0	8	14	6		0	0
Nuts or Seeds	Fisher Natural Sliced Almonds	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	160	1	0	8	14	6		0	0
Nuts or Seeds	Fisher Natural Sliced Almonds	John B. Sanfilippo and Son, Inc. - JBS	28	Cups	160	1	0	8	14	6		0	0
Nuts or Seeds	Fisher Pecan Chips	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	190	1.5	0	2	11	4		0	0
Nuts or Seeds	Fisher Pecan Chips	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	190	1.5	0	2	11	4		0	0
Nuts or Seeds	Fisher Pecan Halves	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	190	1.5	0	0	11	4		0	0
Nuts or Seeds	Fisher Pecan Halves	John B. Sanfilippo and Son, Inc. - JBS	28	Cups	190	1.5	0	0	11	4		0	0
Nuts or Seeds	Fisher Pecan Halves	John B. Sanfilippo and Son, Inc. - JBS	28	Cups	190	1.5	0	0	11	4		0	0
Nuts or Seeds	Fisher Pecan Halves	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	190	1.5	0	0	11	4		0	0
Nuts or Seeds	Fisher Pecans Chopped	John B. Sanfilippo and Son, Inc. - JBS	28	Cups	190	1.5	0	2	11	4		0	0
Nuts or Seeds	Fisher Pecans Chopped	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	190	1.5	0	2	11	4		0	0
Nuts or Seeds	Fisher Pecans Chopped	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	190	1.5	0	2	11	4		0	0
Nuts or Seeds	Fisher Pecans Chopped	John B. Sanfilippo and Son, Inc. - JBS	28	Cups	190	1.5	0	2	11	4		0	0
Nuts or Seeds	Fisher Slivered Almonds	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	170	1	5	6	11	6		0	0
Nuts or Seeds	Fisher Slivered Almonds	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	170	2	10	6	11	6		0	0
Nuts or Seeds	Fisher Walnut Chips	John B. Sanfilippo and Son, Inc. - JBS	56	Grams	370	3.5	0	6	15	10		0	2
Nuts or Seeds	Fisher Walnut Halves & Pieces	John B. Sanfilippo and Son, Inc. - JBS	28	Cups	180	1.5	0	2	8	4		0	0
Nuts or Seeds	Fisher Walnut Halves & Pieces	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	180	1.5	0	2	8	4		0	0
Nuts or Seeds	Fisher Walnut Halves & Pieces	John B. Sanfilippo and Son, Inc. - JBS	28	Cups	180	1.5	0	2	8	4		0	0
Nuts or Seeds	Fisher Walnut Halves & Pieces	John B. Sanfilippo and Son, Inc. - JBS	28	Cups	180	1.5	0	2	8	4		0	0
Nuts or Seeds	Fisher Walnut Halves & Pieces	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	180	1.5	0	2	8	4		0	0
Nuts or Seeds	Fisher Whole Natural Almonds	John B. Sanfilippo and Son, Inc. - JBS	28	Grams	160	1	0	8	14	6		0	0
Nuts or Seeds	Fisher Whole Natural Almonds	John B. Sanfilippo and Son, Inc. - JBS	28	Cups	160	1	0	8	14	6		0	0
Nuts or Seeds	Gold Emblem Abound Organic Pistachios	Nichols Pistachio - NF	28	Grams	170	1.5	0	2	11	6	0	0	0
Nuts or Seeds	Golden Peanut and Tree Nuts Pecan Halves	Golden Peanut and Tree Nuts - HNC	28	Grams	200	2	0	0	11	0		0	0
Nuts or Seeds	Golden Peanut and Tree Nuts Pecan Halves	Golden Peanut and Tree Nuts - HNC	28	Grams	200	2	0	0	11	0		0	0
Nuts or Seeds	Walnuts Halves & Pieces California Grown	Poindexter Nut Company - PNC	30	Grams	200	1.8	1	0	7	5		0	1
Nuts or Seeds	Walnuts Organic Halves & Pieces California Grown	Poindexter Nut Company - PNC	30	Grams	200	1.8	1	0	7	5		0	1
Nuts or Seeds	Walnuts Organic Halves & Pieces California Grown	Poindexter Nut Company - PNC	30	Grams	200	1.8	1	0	7	5		0	1
Nuts or Seeds	Walnuts Organic Halves & Pieces California Grown	Poindexter Nut Company - PNC	30	Grams	200	1.8	1	0	7	5		0	1
Nuts or Seeds	Walnut Halves	Andersen & Sons Shelling, Inc - AS	30	Grams	185	2	1	2	8	3	1	0	0
Nuts or Seeds	Hampton Farms Colossal Unsalted Roasted Peanuts	Seyvern Peanut Company, Inc. DBA Hampton Farms - SHF	28	Grams	170	2.5	0	0	10	0		0	0
Nuts or Seeds	Hampton Farms Jumbo Unsalted Roasted Peanuts	Seyvern Peanut Company, Inc. DBA Hampton Farms - SHF	28	Cups	170	2	0	0	10	4		0	0
Nuts or Seeds	Hampton Farms Jumbo Unsalted Roasted Peanuts	Seyvern Peanut Company, Inc. DBA Hampton Farms - SHF	28	Grams	170	2	0	0	10	4		0	0
Nuts or Seeds	Hampton Farms Jumbo Unsalted Roasted Peanuts	Seyvern Peanut Company, Inc. DBA Hampton Farms - SHF	28	Cups	170	2	0	0	10	4		0	0
Nuts or Seeds	Hampton Farms Jumbo Unsalted Roasted Peanuts	Seyvern Peanut Company, Inc. DBA Hampton Farms - SHF	28	Cups	170	2	0	0	10	4		0	0
Nuts or Seeds	Hampton Farms Jumbo Unsalted Roasted Peanuts	Seyvern Peanut Company, Inc. DBA Hampton Farms - SHF	28	Cups	170	2	0	0	10	4		0	0
Nuts or Seeds	Hampton Farms Jumbo Unsalted Roasted Peanuts	Seyvern Peanut Company, Inc. DBA Hampton Farms - SHF	28	Cups	170	2	0	0	10	4		0	0
Nuts or Seeds	Hazelnuts, Natural and Sliced	Hazelnut Growers of Oregon - HG	28.35	Grams	183	1.5	0	2	9	6	10	0	0

**Heart-Check Food Certification Program**  
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Food Category	Product	Company	Serving Size		Calories	Saturated Fat (g)	Sodium (mg)	Positive Nutrients* (% Daily Value)					
								Calcium %	Fiber %	Iron %	Protein %	Vit A %	Vit C %
Nuts or Seeds	Oregon Orchard Hazelnuts, Roasted and Diced	Hazelnut Growers of Oregon - HG	28.35	Grams	183	1.5	0	2	9	6	10	0	0
Nuts or Seeds	Gold Emblem Abound Unsalted Pistachio Kernels	Nichols Pistachio - NF	28	Grams	170	1.5	0	3	12	6		1	1
Nuts or Seeds	Oregon Orchard Natural Hazelnut Kernels	Hazelnut Growers of Oregon - HG	28.35	Grams	178	1.5	0	2	11	6	7	0	2
Nuts or Seeds	Roasted Hazelnut Kernels	Hazelnut Growers of Oregon - HG	28.35	Grams	183	1.5	0	2	11	6	10	0	2
Nuts or Seeds	Mariani Shelled Walnuts	Mariani Nut Company - MNC	30	Grams	200	2	0	2	7	4		0	
Nuts or Seeds	Mariani Shelled Walnuts	Mariani Nut Company - MNC	30	Grams	200	2	0	2	7	4		0	0
Nuts or Seeds	Mariani Shelled Walnuts	Mariani Nut Company - MNC	30	Grams	200	2	0	2	7	4		0	0
Nuts or Seeds	Mariani Shelled Walnuts	Mariani Nut Company - MNC	30	Grams	200	2	0	2	7	4		0	0
Nuts or Seeds	Mariani Shelled Walnuts	Mariani Nut Company - MNC	30	Grams	200	2	0	2	7	4		0	0
Nuts or Seeds	Mariani Shelled Walnuts	Mariani Nut Company - MNC	30	Grams	200	2	0	2	7	4		0	0
Nuts or Seeds	Mariani Sliced Natural Almonds	Mariani Nut Company - MNC	30	Grams	170	1	0	8	14	8		0	0
Nuts or Seeds	Mariani Sliced Natural Almonds	Mariani Nut Company - MNC	30	Grams	170	1	0	6	14	6		0	0
Nuts or Seeds	Mariani Sliced Natural Almonds	Mariani Nut Company - MNC	30	Grams	170	1	0	6	14	6		0	0
Nuts or Seeds	Mariani Sliced Natural Almonds	Mariani Nut Company - MNC	30	Cups	170	1	0	6	14	6			
Nuts or Seeds	Mariani Sliced Natural Almonds	Mariani Nut Company - MNC	30	Grams	170	1	0	8	16	8		0	0
Nuts or Seeds	Mariani Sliced Natural Almonds	Mariani Nut Company - MNC	30	Grams	170	1	0	6	14	6		0	0
Nuts or Seeds	Mississippi Peanut Growers Association Roasted Peanuts	Mississippi Peanut Growers Association - MPG	28	Grams	160	1.5	75	0	10	0		0	0
Nuts or Seeds	Wonderful Almonds Natural Raw (Whole Natural)	Wonderful Pistachios & Almonds LLC - PFI	42	Grams	240	1.5	0	10	20	8		0	0
Nuts or Seeds	Wonderful Almonds Natural Raw (Whole Natural)	Wonderful Pistachios & Almonds LLC - PFI	30	Grams	240	1	0	10	20	8		0	0
Nuts or Seeds	Wonderful Almonds Natural Raw (Whole Natural)	Wonderful Pistachios & Almonds LLC - PFI	42	Cups	240	1.5	0	10	20	8		0	0
Nuts or Seeds	Wonderful Almonds Natural Raw (Whole Natural)	Wonderful Pistachios & Almonds LLC - PFI	30	Grams	240	1	0	10	20	8		0	0
Nuts or Seeds	Wonderful Almonds Natural Raw (Whole Natural)	Wonderful Pistachios & Almonds LLC - PFI	30	Grams	240	1	0	10	20	8		0	0
Nuts or Seeds	Oil Roasted Peanuts, Salt Added	Peanut Institute, The - PI	28	Grams	160	2	100	0	10	0		0	0
Nuts or Seeds	Setton Farms Premium California Dry Roasted with Sea Salt Pistachios - 100 Calorie Pack	Setton Pistachio of Terra Bella Inc. - SP	17	Grams	170	1	65	4	12	6		2	2
Nuts or Seeds	Georgia Peanuts	Georgia Farm Bureau - GFB	28	Grams	160	2	100	0	10	0		0	0
Nuts or Seeds	Hampton Farms Unsalted Roasted Peanuts	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	28	Cups	170	2	0	0	10	4		0	0
Nuts or Seeds	Hampton Farms Unsalted Roasted Peanuts	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	28	Cups	170	2	0	0	10	4		0	0
Nuts or Seeds	Hampton Farms Unsalted Roasted Peanuts	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	28	Grams	170	2	0	0	10	4		0	0
Nuts or Seeds	Hampton Farms Unsalted Roasted Peanuts	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	28	Cups	170	2	0	0	10	4		0	0
Nuts or Seeds	Hampton Farms Unsalted Roasted Peanuts	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	28	Cups	170	2	0	0	10	4		0	0
Nuts or Seeds	Hampton Farms Unsalted Roasted Peanuts	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	28	Cups	170	2	0	0	10	4		0	0

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

**Heart-Check Food Certification Program**  
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								Calcium %	Fiber %	Iron %	Protein %	Vit A %	Vit C %
Nuts or Seeds	Hampton Farms Unsalted Roasted Peanuts	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	28	Cups	170	2	0	0	10	4		0	0
Nuts or Seeds	Hampton Farms Unsalted Roasted Peanuts	Severn Peanut Company, Inc. DBA Hampton Farms - SHF	28	Cups	170	2	0	0	10	4		0	0
Nuts or Seeds	Hubs Home Cooked Salted Virginia Peanuts	Hubbard Peanut Company, INC	28	Grams	180	3	60	0	12	0	9	0	0
Nuts or Seeds	Hubs Home Cooked Salted Virginia Peanuts	Hubbard Peanut Company, INC	28	Grams	180	3	60	0	12	0	9	0	0
Nuts or Seeds	Hubs Home Cooked Salted Virginia Peanuts	Hubbard Peanut Company, INC	28	Grams	180	2	120	0	12	0	9	0	0
Nuts or Seeds	Hubs Home Cooked Salted Virginia Peanuts	Hubbard Peanut Company, INC	28	Grams	180	3	60	0	12	0	9	0	0
Nuts or Seeds	Hubs Home Cooked Salted Virginia Peanuts	Hubbard Peanut Company, INC	28	Grams	180	3	60	0	12	0	9	0	0
Nuts or Seeds	Roasted Peanuts	Florida Peanut Producers Association - FPPA	28	Grams	160	2	100	0	10	0		0	0
Nuts or Seeds	Roasted Peanuts	Florida Peanut Federation - FP	28	Grams	160	2	100	0	10	0	15	0	0
Nuts or Seeds	Birdsong Peanut Salted Peanuts	Birdsong Peanuts - BP	28	Grams	160	2	100	2	10	2		0	0
Nuts or Seeds	American Pecan	American Pecan Council - APC	28	Grams	200	2	0	2	12	4	5	0	0
Nuts or Seeds	Pecan Halves (unsalted and unroasted)	National Pecan Shellers Association - NPSA	28	Grams	200	2	0	0	11	6	4	0	
Nuts or Seeds	Pecan Pieces (unsalted and unroasted)	National Pecan Shellers Association - NPSA	28	Grams	200	2	0	2	11	6	6		1
Nuts or Seeds	Golden Peanut and Tree Nuts Pecan Pieces	Golden Peanut and Tree Nuts - HNC	28	Grams	200	2	0	0	11	0		0	0
Nuts or Seeds	Organic Walnut Halves & Pieces	Andersen & Sons Shelling, Inc - AS	30	Grams	185	2	1	2	8	3	1	0	0
Nuts or Seeds	Walnut Pieces	Andersen & Sons Shelling, Inc - AS	30	Grams	185	2	1	2	8	3	1	0	0
Nuts or Seeds	Walnut Halves & Pieces	Andersen & Sons Shelling, Inc - AS	30	Grams	185	2	0	2	8	3	1	0	0
Nuts or Seeds	Gold Emblem Aboard Unsalted Pistachios	Nichols Pistachio - NF	28	Grams	170	1.5	0	3	12	6		1	1
Nuts or Seeds	Gold Emblem Lightly Salted Pistachios	Nichols Pistachio - NF	28	Grams	170	1.5	80	2	11	6		0	0
Nuts or Seeds	Raw In-Shell Pistachios	American Pistachio Growers - APG	28	Grams	160	1.5	0	2	11	6		2	2
Nuts or Seeds	Raw Kernel Pistachios	American Pistachio Growers - APG	28	Grams	160	1.5	0	2	11	6		2	2
Nuts or Seeds	Setton Farms Premium California Dry Roasted with Sea Salt Pistachios	Setton Pistachio of Terra Bella Inc. - SP	30	Grams	170	1.5	120	4	12	6		2	2
Nuts or Seeds	Setton Farms Premium California Raw with No Salt Pistachios	Setton Pistachio of Terra Bella Inc. - SP	30	Grams	170	1.5	0	4	12	6		2	2
Nuts or Seeds	Setton Farms Premium California Dry Roasted with Sea Salt Pistachios	Setton Pistachio of Terra Bella Inc. - SP	30	Grams	170	1.5	120	4	12	6		2	2
Nuts or Seeds	Setton Farms Premium California Dry Roasted with Sea Salt Pistachios	Setton Pistachio of Terra Bella Inc. - SP	30	Grams	170	1.5	120	4	12	6		2	2
Nuts or Seeds	Setton Farms Premium California Dry Roasted with Sea Salt Pistachios	Setton Pistachio of Terra Bella Inc. - SP	30	Grams	170	1.5	120	4	12	6		2	2
Nuts or Seeds	Setton Farms Premium California Dry Roasted with Sea Salt Pistachios	Setton Pistachio of Terra Bella Inc. - SP	30	Grams	170	1.5	120	4	12	6		2	2
Nuts or Seeds	Setton Farms Premium California Dry Roasted Lightly Salted Pistachios	Setton Pistachio of Terra Bella Inc. - SP	30	Grams	170	1.5	65	4	11	6		2	2
Nuts or Seeds	Setton Farms Premium California Dry Roasted with Sea Salt Pistachios	Setton Pistachio of Terra Bella Inc. - SP	30	Grams	170	1.5	120	4	12	6		2	2
Nuts or Seeds	Setton Farms Premium California Dry Roasted with Sea Salt Pistachios	Setton Pistachio of Terra Bella Inc. - SP	30	Grams	170	1.5	120	4	12	6		2	2
Nuts or Seeds	Primavera California Walnut Halves	Prima Noce Packing, Inc. - PNP	43	Grams	285	2.3	0	3	11	6	12	0	0
Nuts or Seeds	Roasted, Salted Pistachios, Inshell	American Pistachio Growers - APG	28	Grams	160	1.5	120	2	11	6	11	2	2
Nuts or Seeds	Roasted, Salted Pistachio Kernels	American Pistachio Growers - APG	28	Grams	160	1.5	120	2	11	6	11	2	2
Nuts or Seeds	Roasted, Unsalted Pistachio Kernels	American Pistachio Growers - APG	28	Grams	160	1.5	0	2	11	6		2	2
Nuts or Seeds	Roasted, Unsalted Pistachios, Inshell	American Pistachio Growers - APG	28	Grams	160	1.5	0	2	11	6		2	2

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								Calcium %	Fiber %	Iron %	Protein %	Vit A %	Vit C %
Nuts or Seeds	Setton Farms Premium California Pistachios Roasted No Salt	Setton Pistachio of Terra Bella Inc. - SP	30	Grams	170	1.5	0	4	12	6		2	2
Nuts or Seeds	Setton Farms Premium California Pistachios Dry Roasted No Salt	Setton Pistachio of Terra Bella Inc. - SP	30	Grams	170	1.5	0	4	12	6		2	2
Nuts or Seeds	Blue Diamond Almonds Lightly Salted	Blue Diamond Growers - BDG	28	Grams	100	0.5	25	49	6	4	3	0	0
Nuts or Seeds	Blue Diamond Almonds Lightly Salted	Blue Diamond Growers - BDG	17	Grams	100	0.5	25	4	7	4	3	0	0
Nuts or Seeds	Blue Diamond Almonds Lightly Salted	Blue Diamond Growers - BDG	28	Grams	170	1	40	6	10	6	5		
Nuts or Seeds	Blue Diamond Almonds Lightly Salted	Blue Diamond Growers - BDG	43	Grams	260	2	60	10	17	8		0	0
Nuts or Seeds	Blue Diamond Almonds Lightly Salted	Blue Diamond Growers - BDG	28	Grams	170	1	40	6	10	6	5		
Nuts or Seeds	Blue Diamond Almonds Lightly Salted	Blue Diamond Growers - BDG	28	Grams	170	1	40	8	12	6		0	0
Nuts or Seeds	Blue Diamond Almonds Lightly Salted	Blue Diamond Growers - BDG	17	Grams	100	0.5	25	4	7	4	3	0	0
Nuts or Seeds	Blue Diamond Almonds Lightly Salted	Blue Diamond Growers - BDG	43	Grams	260	2	60	10	17	8		0	0
Nuts or Seeds	Blue Diamond Almonds Lightly Salted	Blue Diamond Growers - BDG	28	Grams	170	1	40	8	12	6		0	0
Nuts or Seeds	Blue Diamond Almonds Lightly Salted	Blue Diamond Growers - BDG	28	Grams	170	1	40	8	12	6		0	0
Nuts or Seeds	Blue Diamond Almonds Lightly Salted	Blue Diamond Growers - BDG	28	Grams	170	1	40	6	10	6	5		
Nuts or Seeds	Blue Diamond Almonds Lightly Salted	Blue Diamond Growers - BDG	28	Grams	170	1	40	6	10	6	5		
Nuts or Seeds	EverMore Pistachios Roasted & Salted	EverMore LLC - EM	30	Grams	170	1.5	110	32	11	1	12	0	1
Nuts or Seeds	EverMore Pistachios Roasted & Salted	EverMore LLC - EM	30	Grams	170	1.5	110	32	11	1	12	0	1
Nuts or Seeds	Salted, Oil Roasted Peanuts	National Peanut Board - NPB	28	Grams	160	2	100	0	10	4		0	0
Nuts or Seeds	San Saba Pecan Halves	San Saba Pecan, LP - SSP	28.35	Grams	200	2	0	2	12	4	6	0	0
Nuts or Seeds	San Saba Pecan Pieces	San Saba Pecan, LP - SSP	28.35	Grams	200	2	0	2	12	4	6	0	0
Nuts or Seeds	Setton Farms Premium California Dry Roasted with Sea Salt Pistachios	Setton Pistachio of Terra Bella Inc. - SP	30	Grams	170	1.5	120	4	12	6		2	2
Nuts or Seeds	Setton Farms Premium California Pistachios Roasted No Salt	Setton Pistachio of Terra Bella Inc. - SP	30	Grams	170	1.5	0	4	12	6		2	2
Nuts or Seeds	Setton Farms Premium California Shelled Pistachios Dry Roasted with Sea Salt	Setton Pistachio of Terra Bella Inc. - SP	30	Grams	170	1.5	120	4	12	6		2	2
Nuts or Seeds	Setton Farms Premium California Shelled Pistachios Dry Roasted with Sea Salt	Setton Pistachio of Terra Bella Inc. - SP	30	Grams	170	1.5	120	4	12	6		2	2
Nuts or Seeds	Setton Farms Premium California Shelled Pistachios Dry Roasted with Sea Salt	Setton Pistachio of Terra Bella Inc. - SP	30	Cups	170	1.5	120	4	12	6		2	2
Nuts or Seeds	Almonds, Sliced	Almond Board of California - ABC	28	Grams	160	1	5	6	16	6	12		
Nuts or Seeds	Almonds, Slivered	Almond Board of California - ABC	28	Grams	160	1	5	6	16	6	12		
Nuts or Seeds	Southern Grove Roasted & Salted Pistachios (In-Shell)	Setton Pistachio of Terra Bella Inc. - SP	21	Grams	170	1	80	4	12	6		2	2
Nuts or Seeds	Southern Grove Roasted & Salted Pistachios (In-Shell)	Setton Pistachio of Terra Bella Inc. - SP	30	Grams	170	1.5	120	4	12	6		2	2
Nuts or Seeds	Virginia Carolinas Grown Salted Peanuts	Virginia Carolinas Peanut Promotions	28	Grams	160	2	120	2	10	2		0	0
Nuts or Seeds	Virginia Diner Gourmet Salted Virginia Peanuts	Virginia Diner, Inc. - VDI	28	Grams	180	2	55	2	18	0		0	0
Nuts or Seeds	Virginia Diner Gourmet Salted Virginia Peanuts	Virginia Diner, Inc. - VDI	28	Grams	170	1.5	30	2	20	2		0	0
Nuts or Seeds	Virginia Diner Gourmet Salted Virginia Peanuts	Virginia Diner, Inc. - VDI	28	Grams	170	1.5	30	2	20	2		0	0
Nuts or Seeds	Virginia Diner Gourmet Salted Virginia Peanuts	Virginia Diner, Inc. - VDI	28	Grams	170	1.5	30	2	20	2		0	0
Nuts or Seeds	Virginia Diner Gourmet Salted Virginia Peanuts	Virginia Diner, Inc. - VDI	28	Grams	180	2	55	2	18	0		0	0

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Nuts or Seeds	Virginia Diner Gourmet Salted Virginia Peanuts	Virginia Diner, Inc. - VDI	28	Grams	170	1.5	30	2	20	2		0	0
Nuts or Seeds	Virginia Diner Gourmet Salted Virginia Peanuts - Holiday	Virginia Diner, Inc. - VDI	28	Grams	170	1.5	30		20				
Nuts or Seeds	Virginia Diner Unsalted Virginia Peanuts	Virginia Diner, Inc. - VDI	28	Grams	170	1.5	0	2	20	2		0	0
Nuts or Seeds	Virginia Diner Unsalted Virginia Peanuts	Virginia Diner, Inc. - VDI	28	Grams	180	2.5	0	0	18	0		0	0
Nuts or Seeds	Virginia Diner Unsalted Virginia Peanuts	Virginia Diner, Inc. - VDI	28	Cups	170	1.5	0	2	20	2		0	0
Nuts or Seeds	Walnuts	Golden State Food, LLC - GSF	28	Grams	190	1.5	1	2	8	4	9	0	0
Nuts or Seeds	Walnuts	Golden State Food, LLC - GSF	28	Grams	190	1.5	1	2	8	4	9	0	0
Nuts or Seeds	California Shelled Walnuts	Grower Direct Nut Co. Inc - GDN	1	Ounces	190	1.5	0	2	7	4		0	0
Nuts or Seeds	California Grown Shelled Walnuts	Poindexter Nut Company - PNC	30	Grams	200	1.8	1	0	7	5		0	1
Nuts or Seeds	California Grown Shelled Walnuts	Poindexter Nut Company - PNC	28	Grams	190	1.5	0	2	7	6		0	0
Nuts or Seeds	California Walnuts	California Walnut Board - CWB	28	Grams	190	1.5	1	2	7	6		0	0
Nuts or Seeds	California Shelled Walnuts	Grower Direct Nut Co. Inc - GDN	28	Grams	190	1.5	1	2	7	4		0	0
Nuts or Seeds	California Grown Chopped Walnuts	Poindexter Nut Company - PNC	30	Grams	200	1.8	0	0	7	5		0	1
Nuts or Seeds	California Shelled Walnuts	Grower Direct Nut Co. Inc - GDN	28	Grams	190	1.5	1	2	8	4		0	0
Nuts or Seeds	California Shelled Walnuts	Grower Direct Nut Co. Inc - GDN	28	Grams	190	1.5	1	2	8	4		0	0
Nuts or Seeds	California Grown Chopped Walnuts	Poindexter Nut Company - PNC	30	Grams	200	1.8	1	0	7	5		0	1
Nuts or Seeds	Mariani Chopped Walnuts	Mariani Nut Company - MNC	30	Grams	200	2	0	2	7	4		0	0
Nuts or Seeds	Mariani Chopped Walnuts	Mariani Nut Company - MNC	30	Grams	200	2	0	2	7	4		0	0
Nuts or Seeds	Mariani Chopped Walnuts	Mariani Nut Company - MNC	30	Cups	200	2	0	2	7	4		0	0
Nuts or Seeds	Mariani Chopped Walnuts	Mariani Nut Company - MNC	30	Grams	200	2	0	2	7	4		0	0
Nuts or Seeds	Mariani Chopped Walnuts	Mariani Nut Company - MNC	30	Grams	200	2	0	2	7	4		0	0
Nuts or Seeds	Primavera Walnuts	Prima Noce Packing, Inc. - PNP	28	Grams	190	1.5	0	2	7	4	9	0	0
Nuts or Seeds	Almonds, Whole Natural	Almond Board of California - ABC	28	Grams	160	1	5	6	16	6	12	0	0
Oils	Alessi Extra Virgin Olive Oil	North American Olive Oil Association - Sublicensees	1	blespod	120								
Oils	Alessi Organic Extra Virgin Olive Oil	North American Olive Oil Association - Sublicensees	1	blespod	120								
Oils	Borges USA - Extra Virgin Monovarietal Olive Oil	North American Olive Oil Association - Sublicensees											
Oils	Borges USA - Extra Virgin Olive Oil Pure	North American Olive Oil Association - Sublicensees											
Oils	Borges USA - Organic Extra Virgin Olive Oil	North American Olive Oil Association - Sublicensees											
Oils	Extra Virgin Olive Oil	North American Olive Oil Association - NAOOA	1	blespod	120	2	0	0	0	0		0	0
Oils	Extra Virgin Olive Oil	Tassos Group LLC, The - TG	14	Grams	120	2	0	0	0	0	0	0	0
Oils	Extra Virgin Olive Oil	Tassos Group LLC, The - TG	14	Grams	120	2	0	0	0	0	0	0	0
Oils	Olitalia Extra Virgin Olive Oil Best with Fish	North American Olive Oil Association - Sublicensees	1	blespod	120	2.5	0						
Oils	Garcia de la Cruz Organic Extra Virgin Olive Oil	North American Olive Oil Association - Sublicensees											
Oils	Garcia de la Cruz Organic Extra Virgin Olive Oil	North American Olive Oil Association - Sublicensees											
Oils	Garcia de la Cruz Organic Extra Virgin Olive Oil	North American Olive Oil Association - Sublicensees											

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								Calcium %	Fiber %	Iron %	Protein %	Vit A %	Vit C %	
Oils	Garcia de la Cruz Organic Extra Virgin Olive Oil	North American Olive Oil Association - Sublicensees												
Oils	Garcia de la Cruz Organic Extra Virgin Olive Oil	North American Olive Oil Association - Sublicensees												
Oils	Garcia de la Cruz Organic Extra Virgin Olive Oil	North American Olive Oil Association - Sublicensees												
Oils	Olitalia Extra Virgin Olive Oil Best with Meat	North American Olive Oil Association - Sublicensees	15	Milliliter	120	2.5	0	0	0	0	0	0	0	0
Oils	Organic Extra Virgin Olive Oil	North American Olive Oil Association - NAOOA	1	blespoc	120	2	0	0	0	0	0	0	0	0
Oils	Organic Extra Virgin Olive Oil	Tassos Group LLC, The - TG	1	blespoc	119	2	0	0	0	0	0	0	0	0
Oils	Organic Extra Virgin Olive Oil	Tassos Group LLC, The - TG	1	blespoc	120	2	0	0	0	0	0	0	0	0
Oils	Organic PDO Extra Virgin Olive Oil	Tassos Group LLC, The - TG	14	Grams	119	2	0	0	0	0	0	0	0	0
Oils	Olitalia Extra Virgin Olive Oil Best with Pasta	North American Olive Oil Association - Sublicensees	1	blespoc	120	2.5	0	0	0	0	0	0	0	0
Oils	Peza Extra Virgin Olive Oil	Tassos Group LLC, The - TG	14	Grams	120	2	0	0	0	0	0	0	0	0
Oils	Olitalia Extra Virgin Olive Oil Best with Pizza	North American Olive Oil Association - Sublicensees	1	blespoc	120	2	0							
Oils	Olitalia Extra Virgin Olive Oil Best with Vegetables	North American Olive Oil Association - Sublicensees	1	blespoc	120	2.5	0							
Pasta	Seapoint Farms Organic Edamame Fettuccine	Seapoint Farms, LLC - SF	56	Grams	200	0.5	0	8	44	45	34	0	0	0
Pasta	Seapoint Farms Organic Edamame Spaghetti	Seapoint Farms, LLC - SF	56	Grams	200	0.5	0	10	49	45	47	0	0	0
Pasta	Seapoint Farms Organic Edamame Spaghetti	Seapoint Farms, LLC - SF	2	Ounces	200	0.5	0	8	44	45	34	0	0	0
Popcorn	Tandem Natural Foods Toasted Honey Almond Tandem Bar	Tandem Natural Foods, Inc. - TN	59	Grams	230	0.5	180	6	40	10	10	0	0	0
Potatoes	Healthy Heart Yams (Reds/Beauregards)	Doreva Produce Company Inc. - DPC	200	Grams	180	0	72	8	26	8		769	65	
Potatoes	Ace Russet Idaho Potatoes	Idaho Potato Commission - Sublicensees												
Potatoes	Ace Russet Idaho Potatoes	Idaho Potato Commission - Sublicensees	148	Grams	110				8					45
Potatoes	Blue Seal Idaho Russet Potatoes	Idaho Potato Commission - Sublicensees												
Potatoes	Blue Seal Idaho Russet Potatoes	Idaho Potato Commission - Sublicensees												
Potatoes	Blue Seal Idaho Russet Potatoes	Idaho Potato Commission - Sublicensees												
Potatoes	Blue Seal Idaho Russet Potatoes	Idaho Potato Commission - Sublicensees												
Potatoes	Blue Seal Idaho Russet Potatoes	Idaho Potato Commission - Sublicensees												
Potatoes	Blue Seal Idaho Russet Potatoes	Idaho Potato Commission - Sublicensees	148	Grams	110			2	7	6	0	0		30
Potatoes	Boyette Brothers Sweet Supreme Organic Bag	Boyette Brothers Produce - BB	114	Grams	103	0	40	4	15	4	0	438		37
Potatoes	Fresh Sweet Potatoes (US grown, orange flesh varieties)	United States Sweet Potato Council, Inc., The - US Sweet Potato	133	Grams	114	0	73	4	16	5		377		5
Potatoes	Alexia Sweet Potato Fries	Lamb Weston, Inc. - Alexia	84	Cups	140	0	140	0	12	2	0	60		6
Potatoes	Alexia Sweet Potato Fries	Lamb Weston, Inc. - Alexia	84	Cups	140	0.5	140	0	12	2		60		6
Potatoes	Alexia Sweet Potato Fries	Lamb Weston, Inc. - Alexia	84	Cups	140	0	140	0	12	2		60		6
Potatoes	Alexia Sweet Potato Fries	Lamb Weston, Inc. - Alexia	84	Cups	140	0	140	0	12	2	0	60		6

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Food Category	Product	Company	Serving Size		Calories	Saturated Fat (g)	Sodium (mg)	Positive Nutrients* (% Daily Value)					
								Calcium %	Fiber %	Iron %	Protein %	Vit A %	Vit C %
Potatoes	Alexia Sweet Potato Fries	Lamb Weston, Inc. - Alexia	84	Cups	140	0	140	0	12	2	0	60	6
Potatoes	Alexia Sweet Potato Fries	Lamb Weston, Inc. - Alexia	84	Grams	140	0	140	0	12	2		60	6
Potatoes	George Foods Petite Sweet Potatoes	Wayne E. Bailey Produce - WB	130	Grams	110	0	70	4	16	4		370	6
Potatoes	George Foods Sweet Potato Petitelings	Wayne E. Bailey Produce - WB	100	Grams	90	0	36	3	16	3		283	3
Potatoes	Healthy Heart Organic Yams, Medium (Reds/Beauregards)	Doreva Produce Company Inc. - DPC	200	Grams	180	0	72	8	26	8		769	65
Potatoes	Idaho Potato - Fingerlings	Idaho Potato Commission - IPC	148	Grams	110	0	0	2	8	6		0	30
Potatoes	Idaho Potato - Reds	Idaho Potato Commission - IPC	148	Grams	110	0	0	2	8	6		0	30
Potatoes	Idaho Potato - Russets	Idaho Potato Commission - IPC	148	Grams	110	0	0	2	7	6		0	30
Potatoes	Idaho Potato - Yellows	Idaho Potato Commission - IPC	148	Grams	110	0	0	2	7	6		0	30
Potatoes	Mother Earth Fresh Premium Idaho/Russet Potatoes	Idaho Potato Commission - Sublicensees	148	Grams	110	0	0	2	8	6		0	45
Potatoes	Mother Earth Fresh Premium Idaho/Russet Potatoes	Idaho Potato Commission - Sublicensees	148	Grams	110	0	0	2	8	6		0	45
Potatoes	Mother Earth Fresh Premium Idaho/Russet Potatoes	Idaho Potato Commission - Sublicensees	148	Grams	110	0	0	2	8	6		0	45
Potatoes	Mother Earth Fresh Premium Idaho/Russet Potatoes	Idaho Potato Commission - Sublicensees	148	Grams	110	0	0	2	8	6	-2	0	45
Potatoes	Mother Earth Fresh Premium Idaho/Russet Potatoes	Idaho Potato Commission - Sublicensees	148	Grams	110	0	0	2	8	6		0	45
Potatoes	Mother Earth Fresh Premium Idaho/Russet Potatoes	Idaho Potato Commission - Sublicensees	148	Grams	110	0	0	2	8	6		0	45
Potatoes	Mother Earth Fresh Premium Idaho/Russet Potatoes	Idaho Potato Commission - Sublicensees	148	Grams	110	0	0	2	8	6		0	45
Potatoes	Mother Earth Fresh Premium Idaho/Russet Potatoes	Idaho Potato Commission - Sublicensees	148	Grams	110	0	0	2	8	6		0	45
Potatoes	Mother Earth Fresh Premium Red Potatoes	Idaho Potato Commission - Sublicensees	148	Grams	110	0	0	2	8	6		0	45
Potatoes	Mother Earth Fresh Premium Red Potatoes	Idaho Potato Commission - Sublicensees	148	Grams	110	0	0	2	8	6		0	45
Potatoes	Mother Earth Fresh Premium Red Potatoes	Idaho Potato Commission - Sublicensees	148	Grams	110	0	0	2	8	6		0	45
Potatoes	Mother Earth Fresh Premium Red Potatoes	Idaho Potato Commission - Sublicensees	148	Grams	110	0	0	2	8	6	-2	0	45
Potatoes	Old Oak Farms Idaho Russet Potatoes - Best Value	Idaho Potato Commission - Sublicensees	148	Grams	110	0	0	2	8	6	5	0	45
Potatoes	Old Oak Farms Idaho Russet Potatoes - Best Value	Idaho Potato Commission - Sublicensees	148	Grams	110	0	0	2	8	6	5	0	45
Potatoes	Old Oak Farms Idaho Russet Potatoes - Best Value	Idaho Potato Commission - Sublicensees	148	Grams	110	0	0	2	8	6	5	0	45
Potatoes	Old Oak Farms Idaho Russet Potatoes - Best Value	Idaho Potato Commission - Sublicensees	148	Grams	110	0	0	2	8	6	5	0	45
Potatoes	Old Oak Farms Idaho Russet Potatoes - Biggins	Idaho Potato Commission - Sublicensees	148	Grams	110	0	0	2	8	6	5	0	45
Potatoes	Old Oak Farms Idaho Russet Potatoes - Biggins	Idaho Potato Commission - Sublicensees	148	Grams	110	0	0	2	8	6	5	0	45
Potatoes	Old Oak Farms Idaho Russet Potatoes - Biggins - RPE	Idaho Potato Commission - Sublicensees	148	Grams	110	0	0	2	8	6	5	0	45

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**Heart-Check Food Certification Program**  
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								Calcium %	Fiber %	Iron %	Protein %	Vit A %	Vit C %
Potatoes	Old Oak Farms Idaho Russet Potatoes - Chef Select	Idaho Potato Commission - Sublicensees	148	Grams	110	0	0	2	8	6	5	0	45
Potatoes	Organic Select Quality Yams/Sweet Potatoes	Quail H Farms, LLC - QHF	200	Grams	180	0	72	8	26	8		769	65
Potatoes	Organic Select Quality Yams/Sweet Potatoes	Quail H Farms, LLC - QHF	180	Grams	162	0	65	7	24	7		692	59
Potatoes	Organic Select Quality Yams/Sweet Potatoes	Quail H Farms, LLC - QHF	180	Grams	162	0	65	7	24	7		692	59
Potatoes	Southwind Farms Gourmet Select Fingerling Potatoes	Idaho Potato Commission - Sublicensees	148	Grams	110	0	0	2	7	6			30
Potatoes	Premium Treasure Idaho Russet Potatoes	Idaho Potato Commission - Sublicensees											
Potatoes	Premium Treasure Idaho Russet Potatoes	Idaho Potato Commission - Sublicensees											
Potatoes	Pride of the Valley Russet Potatoes	Idaho Potato Commission - Sublicensees	114	Grams	110	0	0						45
Potatoes	Primos Russet Potatoes	Idaho Potato Commission - Sublicensees	148	Grams	110				8				45
Potatoes	Quality Yams/Sweet Potatoes	Quail H Farms, LLC - QHF	200	Grams	180	0	72	8	26	8		769	65
Potatoes	Quality Yams/Sweet Potatoes	Quail H Farms, LLC - QHF	200	Grams	180	0	72	8	26	8		769	65
Potatoes	Quality Yams/Sweet Potatoes (Micro Baking)	Quail H Farms, LLC - QHF	200	Grams	180	0	72	8	26	8		769	65
Potatoes	Quality Yams/Sweet Potatoes (Orange Skin)	Quail H Farms, LLC - QHF	200	Grams	180	0	72	8	26	8		769	65
Potatoes	Side Delights Idaho Russets	Idaho Potato Commission - Sublicensees	148	Grams	110				8				45
Potatoes	Side Delights Idaho Russets	Idaho Potato Commission - Sublicensees											
Potatoes	Side Delights Idaho Russets	Idaho Potato Commission - Sublicensees	148	Grams	110	0	0	2	7	6			30
Potatoes	Side Delights Idaho Russets	Idaho Potato Commission - Sublicensees	148	Grams	110	0	0	2	7	6			30
Potatoes	Simply Perfect Idaho Potatoes (Russet)	Idaho Potato Commission - Sublicensees	148	Grams	110	0	0	2	8	6		0	45
Potatoes	Simply Perfect Idaho Potatoes (Russet)	Idaho Potato Commission - Sublicensees	148	Grams	110	0	0	2	8	6		0	45
Potatoes	Simply Perfect Idaho Russet Potatoes	Idaho Potato Commission - Sublicensees	148	Grams	110	0	0	2	8	6		0	45
Potatoes	Simply Perfect Idaho Russet Potatoes	Idaho Potato Commission - Sublicensees	148	Grams	110	0	0	2	8	6		0	45
Potatoes	Simply Perfect Petite Red Idaho Potatoes	Idaho Potato Commission - Sublicensees	148	Grams	110	0	0	2	8	6		0	45
Potatoes	Simply Perfect Red Idaho Potatoes	Idaho Potato Commission - Sublicensees	148	Grams	110	0	0	2	8	6		0	45
Potatoes	Simply Perfect Yellow Idaho Potatoes	Idaho Potato Commission - Sublicensees	148	Grams	110	0	0	2	8	6		0	45
Potatoes	Southwind Farms Fingerling All Purpose Potatoes	Idaho Potato Commission - Sublicensees	148	Grams	110			2	0	6	8	0	45
Potatoes	Southwind Farms Fingerling All Purpose Potatoes	Idaho Potato Commission - Sublicensees	148	Grams	110	0	0	2	0	6	8	0	0
Potatoes	Southwind Farms Fingerlings Potato Medley	Idaho Potato Commission - Sublicensees	148	Grams	110	0	0	2	8	6		0	45

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								Calcium %	Fiber %	Iron %	Protein %	Vit A %	Vit C %
Potatoes	Southwind Farms Fingerlings Yellow Potatoes	Idaho Potato Commission - Sublicensees	148	Grams	110	0	0	2	8	6		0	45
Potatoes	Spuddy Buddy Idaho Russet Potatoes	Idaho Potato Commission - Sublicensees											
Potatoes	Spuddy Buddy Idaho Russet Potatoes	Idaho Potato Commission - Sublicensees											
Potatoes	Spuddy Buddy Idaho Russet Potatoes	Idaho Potato Commission - Sublicensees											
Potatoes	Spuddy Buddy Idaho Russet Potatoes	Idaho Potato Commission - Sublicensees	148	Grams	110			0	0	6	0	0	30
Potatoes	Spuddy Buddy Idaho Russet Potatoes	Idaho Potato Commission - Sublicensees	148	Grams	110	0	0	2	7	6	0	0	30
Potatoes	Spuddy Buddy Idaho Russet Potatoes	Idaho Potato Commission - Sublicensees	0	Grams	110			2	7	6	0	0	30
Potatoes	Spuddy Buddy Idaho Russet Potatoes	Idaho Potato Commission - Sublicensees											
Potatoes	Spuddy Buddy Idaho Russet Potatoes	Idaho Potato Commission - Sublicensees	0	Grams	110			2	7	6	0	0	30
Potatoes	Spuddy Buddy Idaho Russet Potatoes	Idaho Potato Commission - Sublicensees	148	Grams	110			2	7	6	0	0	30
Potatoes	Spuddy Buddy Idaho Russet Potatoes	Idaho Potato Commission - Sublicensees											
Potatoes	Spuddy Buddy Idaho Russet Potatoes	Idaho Potato Commission - Sublicensees											
Potatoes	Spuddy Buddy Idaho Russet Potatoes	Idaho Potato Commission - Sublicensees	148	Grams	110			2	7	6	0	0	30
Potatoes	Spuddy Buddy Idaho Russet Potatoes	Idaho Potato Commission - Sublicensees											
Potatoes	Spuddy Buddy Idaho Russet Potatoes	Idaho Potato Commission - Sublicensees											
Potatoes	Spuddy Buddy Idaho Russet Potatoes	Idaho Potato Commission - Sublicensees											
Potatoes	Spuddy Buddy Idaho Russet Potatoes	Idaho Potato Commission - Sublicensees											
Potatoes	Spuddy Buddy Idaho Russet Potatoes	Idaho Potato Commission - Sublicensees	148	Grams	110	0	0	2	7	6	0	0	30
Potatoes	Spuddy Buddy Idaho Russet Potatoes	Idaho Potato Commission - Sublicensees											
Potatoes	Spuddy Buddy Idaho Russet Potatoes	Idaho Potato Commission - Sublicensees											
Potatoes	Spuddy Buddy Idaho Russet Potatoes	Idaho Potato Commission - Sublicensees											
Potatoes	Sun Supreme Original Premium Russet Potato	Idaho Potato Commission - Sublicensees	148	Grams	110				8				45
Potatoes	Sun Valley Russet Potatoes	Idaho Potato Commission - Sublicensees	148	Grams	110				8				45
Soup	Kitchen Basics Bone Broth Chicken	McCormick & Company, Inc. - Kitchen Basics	233	Grams	50	0	380	0	0	0	20	0	0

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								Calcium %	Fiber %	Iron %	Protein %	Vit A %	Vit C %
Soup	Kitchen Basics Bone Broth Chicken	McCormick & Company, Inc. - Kitchen Basics	226	Grams	50	0	380	0	0	0	20	0	0
Soup	Kitchen Basics Original Beef Bone Broth	McCormick & Company, Inc. - Kitchen Basics	233	Grams	50	0.5	350	0	0	0	20	0	0
Soup	Kitchen Basics Turmeric Ginger Chicken Bone Broth with Lemongrass	McCormick & Company, Inc. - Kitchen Basics	233	Grams	60	1	370	0	0	0	20	0	0
Vegetable Juice	Campbell's V8 V.Fusion Strawberry Banana	Campbell Soup Company - V8 V.Fusion	8	Ounces	110	0	70	2	0	2		50	100
Vegetable Juice	Bolthouse Farms Organics 100% Carrot Juice	Bolthouse Farms	8	Ounces	70	0	150	4	4	2		180	2
Vegetable Juice	Bolthouse Farms Organics 100% Carrot Juice	Bolthouse Farms	8	Ounces	70	0	150	4	4	2		180	2
Vegetable Juice	Bolthouse Farms 100% Carrot Juice	Bolthouse Farms	8	Ounces	70	0	150	4	4	2		180	2
Vegetable Juice	Bolthouse Farms 100% Carrot Juice	Bolthouse Farms	11	Ounces	90	0	210	4	4	2		240	4
Vegetable Juice	Bolthouse Farms 100% Carrot Juice	Bolthouse Farms	8	Ounces	70	0	150	4	4	2		180	2
Vegetable Juice	Bolthouse Farms 100% Carrot Juice	Bolthouse Farms	15.2	Ounces	130	0	150	6	7	4		340	4
Vegetables: Fresh or Frozen	George Foods Sweet Potatoes	Wayne E. Bailey Produce - WB	130	Grams	100	0	70	4	16	4		120	30
Vegetables: Fresh or Frozen	George Foods Sweet Potatoes	Wayne E. Bailey Produce - WB	130	Grams	100	0	70	4	16	4		120	30
Vegetables: Fresh or Frozen	George Foods Sweet Potatoes	Wayne E. Bailey Produce - WB	130	Grams	100	0	70	4	16	4		120	30
Vegetables: Fresh, Frozen, or Canned	Red N Tasty – Punnet 2 Count	Tomato Thyme Corp. - TT	0	Cups	20	0	10	0	0	0	2	0	0
Vegetables: Fresh, Frozen, or Canned	Red N Tasty – Punnet 3-5 Count	Tomato Thyme Corp. - TT	0	Cups	20	0	10	0	0	0	2	0	0
Vegetables: Fresh, Frozen, or Canned	Red N Tasty	Tomato Thyme Corp. - TT	100	Grams	20	0	10	0	0	0	2	0	0

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