



Heart-Check Food Certification Program

Certified Products Listed by Food Category

Updated: 10/2/2020

Food Category	Product	Company	Serving Size		Calories*	Saturated Fat* (g)	Sodium* (mg)	Positive Nutrients* (%Daily Value)
Beans, Canned	S&W Black Beans, Low Sodium	Faribault Foods Inc.	130	Grams	110	0.0	140	35% Fiber, 10% Protein, 10% Iron
Beans, Canned	S&W Chili Beans, Low Sodium	Faribault Foods Inc.	130	Grams	130	0.0	140	28% Fiber, 10% Iron
Beans, Canned	S&W Garbanzos, Low Sodium	Faribault Foods Inc.	130	Grams	120	0.0	140	21% Fiber, 10% Protein
Beans, Canned	S&W Kidney Beans, Low Sodium	Faribault Foods Inc.	130	Grams	110	0.0	140	28% Fiber, 11% Protein, 10% Iron
Beans, Canned	S&W Pinto Beans, Low Sodium	Faribault Foods Inc.	130	Grams	110	0.0	140	32% Fiber
Beans, Canned	S&W White Beans, Low Sodium	Faribault Foods Inc.	130	Grams	110	0.0	140	21% Fiber, 10% Iron
Beverages	WestSoy Organic Soymilk Plus Plain	Hain Celestial Group, Inc., The	8	Ounces	110	0.5	130	15% Protein, 40% Vitamin A, 20% Calcium
Beverages	WestSoy Organic Soymilk Plus Vanilla	Hain Celestial Group, Inc., The	8	Ounces	120	0.5	135	15% Protein, 40% Vitamin A, 20% Calcium
Beverages	WestSoy Organic Unsweetened Vanilla Soymilk	Hain Celestial Group, Inc., The	8	Ounces	100	1.0	35	17% Protein, 10% Iron
Breads	Frescados Wrap Garlic Herb	Catallia Mexican Foods, LLC	68	Grams	160	1.0	180	14% Fiber, 10% Protein, 10% Iron
Breads	Frescados Wrap Spinach	Catallia Mexican Foods, LLC	68	Grams	170	1.0	210	14% Fiber
Breads	Frescados Wrap Tomato Basil	Catallia Mexican Foods, LLC	68	Grams	170	1.0	200	14% Fiber, 10% Iron
Breads	Toufayan Wheat Wraps	Toufayan Bakeries, Inc.	52	Grams	160	0.5	135	11% Fiber, 15% Calcium
Cereal	Cheerios	General Mills Marketing, Inc.	28	Grams	100	0.5	140	11% Fiber, 10% Vitamin A, 10% Vitamin C, 10% Calcium, 45% Iron
Cereal	Quaker Instant Oatmeal Original	Quaker Oats Company, The	28	Grams	100	0.5	75	40% Iron

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Cereal	Quaker Oats Gluten Free Quick Oats	Quaker Oats Company, The	40	Grams	150	0.5	0	13% Fiber
Cereal	Quaker Oats Old-Fashioned	Quaker Oats Company, The	40	Grams	150	0.5	0	13% Fiber
Cereal	Quaker Oats Quick-1 Minute	Quaker Oats Company, The	40	Grams	150	0.5	0	13% Fiber
Cereal	Quaker Steel Cut Oats	Quaker Oats Company, The	40	Grams	150	0.5	0	13% Fiber
Cereal	Quaker Steel Cut Quick 3-Minute Oats	Quaker Oats Company, The	45	Grams	170	0.5	0	15% Fiber
Dairy	WestSoy Organic Original Soymilk	Hain Celestial Group, Inc., The	8	Ounces	130	0.5	140	16% Protein
Dairy	WestSoy Organic Unsweetened Soymilk	Hain Celestial Group, Inc., The	8	Ounces	100	1.0	35	18% Protein
Egg Substitute	Bob Evans 100% Liquid Egg Whites	Michael Foods, Inc.	46	Grams	25	0.0	75	10% Protein
Egg Substitute	Bob Evans Better 'n Eggs	Michael Foods, Inc.	46	Grams	25	0.0	85	10% Protein
Egg Substitute	Eggland's Best 100% Liquid Egg Whites	Eggland's Best, Inc.	46	Grams	25	0.0	75	10% Protein
Egg Substitute	Eggland's Best Cage Free Liquid Egg Whites	Eggland's Best LLC	46	Grams	25	0.0	75	10% Protein
Egg Substitute	Wesley Farms Quad Filtered Egg Whites	Wesley Farms Inc.	46	Grams	0	0.0	75	10% Protein
Fish & Game: Canned or Processed	North Coast Seafoods Culinary Premium Reserve Super Lump Crab Meat	North Coast Seafoods	85	Grams	80	0.0	250	18% Protein
Fish & Game: Canned or Processed	North Coast Seafoods Culinary Reserve Claw Crab Meat	North Coast Seafoods	85	Grams	80	0.0	250	18% Protein

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Fish & Game: Canned or Processed	North Coast Seafoods Culinary Reserve Colossal Crab Meat	North Coast Seafoods	85	Grams	80	0.0	250	18% Protein
Fish & Game: Canned or Processed	North Coast Seafoods Culinary Reserve Jumbo Crab Meat	North Coast Seafoods	85	Grams	80	0.0	250	18% Protein
Fish & Game: Canned or Processed	North Coast Seafoods Culinary Reserve Lump Crab Meat	North Coast Seafoods	85	Grams	80	0.0	250	18% Protein
Fish & Game: Canned or Processed	North Coast Seafoods Culinary Reserve Special Crab Meat	North Coast Seafoods	85	Grams	80	0.0	250	18% Protein
Fish & Game: Canned or Processed	StarKist Albacore White Tuna in Water	StarKist Co.	85	Grams	90	0.5	280	35% Protein
Fish & Game: Canned or Processed	StarKist Chunk Light Tuna in Water	StarKist Co.	74	Grams	70	0.0	300	30% Protein
Fish & Game: Canned or Processed	StarKist Chunk Light Tuna in Water, Canned	StarKist Co.	56	Grams	45	0.0	180	18% Protein
Fish & Game: Canned or Processed	StarKist Chunk White Albacore Tuna in Water	StarKist Co.	113	Grams	100	0.0	320	40% Protein
Fish & Game: Canned or Processed	StarKist Low Sodium Albacore White Tuna in Water	StarKist Co.	74	Grams	80	0.5	70	29% Protein

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Fish & Game: Canned or Processed	StarKist Low Sodium Solid Albacore Tuna in Water	StarKist Co.	56	Grams	50	0.0	120	22% Protein
Fish & Game: Canned or Processed	StarKist Reduced Sodium Chunk Light Tuna in Water	StarKist Co.	74	Grams	70	0.0	150	31% Protein
Fish & Game: Canned or Processed	StarKist Selects Very Low Sodium Chunk White Albacore Tuna in Water	StarKist Co.	56	Grams	60	0.0	35	25% Protein
Fish & Game: Canned or Processed	StarKist Solid White Albacore Tuna in Water	StarKist Co.	56	Grams	50	0.0	190	22% Protein
Fish & Game: Canned or Processed	Tongol Chunk Light Tuna in Water	StarKist Co.	56	Grams	60	0.0	260	23% Protein
Fish & Game: Fresh, Frozen, or Cooked	Crab Classic Imitation Crab, Easy Shred Flake	Trans-Ocean Products, Inc.	85	Grams	80	0.0	390	12% Protein
Fish & Game: Fresh, Frozen, or Cooked	Fresh Farmed Atlantic Raw Salmon	North Coast Seafoods	113	Grams	235	2.0	65	46% Protein
Fish & Game: Fresh, Frozen, or Cooked	Fresh Wild King Raw Salmon	North Coast Seafoods	113	Grams	211	2.0	54	23% Protein, 10% Vitamin A
Fish & Game: Fresh, Frozen, or Cooked	Fresh Wild Sockeye Raw Salmon	North Coast Seafoods	113	Grams	153	1.0	127	48% Protein

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Fish & Game: Fresh, Frozen, or Cooked	Great Value Salmon Fillets	The Fishin Co	112	Grams	130	0.0	170	22% Protein
Fish & Game: Fresh, Frozen, or Cooked	Great Value Tilapia Fillets	The Fishin Co	112	Grams	90	0.0	0	20% Protein
Fish & Game: Fresh, Frozen, or Cooked	Kvarøy Arctic Frozen Salmon	Kvarøy Arctic	170	Grams	340	0.0	0	35% Protein
Fish & Game: Fresh, Frozen, or Cooked	Kvarøy Arctic Salmon	Kvarøy Arctic	170	Grams	340	0.0	0	35% Protein
Fish & Game: Fresh, Frozen, or Cooked	Open Blue Cobia Boneless Skinless Fish Taco Cuts	Open Blue Sea Farms Inc	113	Grams	206	4.0	34	20% Protein
Fish & Game: Fresh, Frozen, or Cooked	Open Blue Cobia Catering Cuts	Open Blue Sea Farms Inc	113	Grams	206	4.0	34	44% Protein
Fish & Game: Fresh, Frozen, or Cooked	Open Blue Cobia Fillet	Open Blue Sea Farms Inc	113	Grams	206	0.0	0	22% Protein
Fish & Game: Fresh, Frozen, or Cooked	Open Blue Cobia Fish Tips	Open Blue Sea Farms Inc	113	Grams	206	4.0	34	20% Protein
Fish & Game: Fresh, Frozen, or Cooked	Open Blue Cobia Loin Fillet Portions	Open Blue Sea Farms Inc	113	Grams	206	4.0	34	20% Protein

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Fish & Game: Fresh, Frozen, or Cooked	Pacifico Frozen Striped Bass	Pacifico Aquaculture	170	Grams	253	3.4	105	38% Protein
Fish & Game: Fresh, Frozen, or Cooked	Pacifico Ocean-Raised True Striped Bass	Pacifico Aquaculture	113	Grams	253	3.4	105	38% Protein
Fish & Game: Fresh, Frozen, or Cooked	Rising Tide Salmon Fillets	The Fishin Co	112	Grams	130	0.0	170	22% Protein
Fish & Game: Fresh, Frozen, or Cooked	Rising Tide Tilapia Fillet	The Fishin Co	99	Grams	80	0.5	150	18% Protein
Fish & Game: Fresh, Frozen, or Cooked	Simply Surimi Seafood Snackers	Trans-Ocean Products, Inc.	85	Grams	70	0.0	440	13% Protein
Fish & Game: Fresh, Frozen, or Cooked	Simply Surimi Seafood Sticks	Trans-Ocean Products, Inc.	104	Grams	80	0.0	440	20% Protein
Fish & Game: Fresh, Frozen, or Cooked	Simply Surimi Seafood, Flake Style	Trans-Ocean Products, Inc.	85	Grams	70	0.0	440	16% Protein
Fish & Game: Fresh, Frozen, or Cooked	Simply Surimi Seafood, Stick Style	Trans-Ocean Products, Inc.	88	Grams	70	0.0	450	17% Protein
Fish & Game: Fresh, Frozen, or Cooked	TransOcean Crab Classic Chunk Style	Trans-Ocean Products, Inc.	85	Grams	80	0.0	380	14% Protein

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Fish & Game: Fresh, Frozen, or Cooked	TransOcean Crab Classic Flake Style	Trans-Ocean Products, Inc.	85	Grams	80	0.0	390	12% Protein
Fish & Game: Fresh, Frozen, or Cooked	TransOcean Crab Classic Leg Style	Trans-Ocean Products, Inc.	90	Grams	90	0.0	410	12% Protein
Fish & Game: Fresh, Frozen, or Cooked	TransOcean Lobster Classic Chunk Style	Trans-Ocean Products, Inc.	85	Grams	80	0.0	390	15% Protein
Fish & Game: Fresh, Frozen, or Cooked	TransOcean Seafood Snackers	Trans-Ocean Products, Inc.	85	Grams	80	0.0	390	12% Protein
Fruit: Dried	California Dates - Deglet Noor Variety	California Date Administrative Committee	40	Grams	110	0.0	0	11% Fiber
Fruit: Dried	California Dates - Medjool Variety	California Date Administrative Committee	40	Grams	110	0.0	0	11% Fiber
Fruit: Dried	Hadley Dates Pitted Deglet Noor Variety	Hadley Date Gardens	40	Grams	120	0.0	0	14% Fiber
Fruit: Dried	Juicy Gems Dried Pomegranate Arils- Organic	Trinity Fruit Company, Inc.	14	Grams	50	0.0	0	14% Fiber
Fruit: Dried	Organic Hadley Dates Pitted Deglet Noor Variety	Hadley Date Gardens	40	Grams	120	0.0	0	14% Fiber
Fruit: Dried	Sweetheart Dried Pomegranate Arils	Trinity Fruit Company, Inc.	7	Grams	25	0.0	0	
Fruit: Fresh, Frozen, or Canned	Avocados from Peru	Peruvian Avocado Commission	30	Grams	80	1.0	0	11% Fiber
Fruit: Fresh, Frozen, or Canned	AvoMonsters	West Pak Avocado Inc.	50	Grams	80	1.0	0	11% Fiber

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Fruit: Fresh, Frozen, or Canned	Blueberries	New Jersey Blueberry Growers Association	140	Grams	80	0.0	0	12% Fiber
Fruit: Fresh, Frozen, or Canned	Blueberries	U.S. Highbush Blueberry Council	148	Grams	80	0.0	0	14% Fiber
Fruit: Fresh, Frozen, or Canned	Blueberries	Jersey Fruit Cooperative	140	Grams	80	0.0	0	12% Fiber
Fruit: Fresh, Frozen, or Canned	Blueberries	New Jersey Blueberry Industry Advisory Council	140	Grams	80	0.0	0	12% Fiber
Fruit: Fresh, Frozen, or Canned	California Avocado	California Avocado Commission	50	Grams	80	1.0	0	11% Fiber
Fruit: Fresh, Frozen, or Canned	California Gold Avocados	West Pak Avocado Inc.	50	Grams	80	1.0	0	11% Fiber, 10% Calcium
Fruit: Fresh, Frozen, or Canned	Consalo Family Farms Blueberries	Consalo Family Farms LLC	148	Grams	80	0.0	0	14% Fiber
Fruit: Fresh, Frozen, or Canned	Coosaw Farms Red Seedless Watermelon	Coosaw AG, LLC	280	Grams	80	0.0	0	25% Vitamin C
Fruit: Fresh, Frozen, or Canned	Darling Clementines	LGS Specialty Sales LTD	148	Grams	70	0.0	0	11% Fiber, 80% Vitamin C
Fruit: Fresh, Frozen, or Canned	Darling Mandarins	LGS Specialty Sales LTD	148	Grams	70	0.0	0	11% Fiber, 80% Vitamin C
Fruit: Fresh, Frozen, or Canned	Darling Oranges	LGS Specialty Sales LTD	154	Grams	70	0.0	0	14% Fiber, 90% Vitamin C
Fruit: Fresh, Frozen, or Canned	Emeralds in the Rough Avocados	Mission Produce, Inc.	50	Grams	80	1.0	0	11% Fiber
Fruit: Fresh, Frozen, or Canned	Fresh Mini Seedless Watermelon	National Watermelon Promotion Board	280	Grams	80	0.0	0	25% Vitamin C

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Fruit: Fresh, Frozen, or Canned	Fresh Seeded Watermelon	National Watermelon Promotion Board	280	Grams	80	0.0	0	25% Vitamin C
Fruit: Fresh, Frozen, or Canned	Fresh Seedless Watermelon	National Watermelon Promotion Board	280	Grams	80	0.0	0	25% Vitamin C
Fruit: Fresh, Frozen, or Canned	Frozen Blueberries	U.S. Highbush Blueberry Council	155	Grams	80	0.0	0	14% Fiber
Fruit: Fresh, Frozen, or Canned	GreenFruit Avocados	GreenFruit Avocados	30	Grams	50	0.5	0	
Fruit: Fresh, Frozen, or Canned	Hass Avocado	Hass Avocado Board	50	Grams	80	1.0	0	11% Fiber
Fruit: Fresh, Frozen, or Canned	Hass Avocados	Chilean Avocado Importers Association	30	Grams	50	0.5	0	
Fruit: Fresh, Frozen, or Canned	Hass Avocados	Calavo Growers, Inc.	50	Grams	80	1.0	0	11% Fiber
Fruit: Fresh, Frozen, or Canned	I Love Avocados	West Pak Avocado Inc.	50	Grams	80	1.0	0	11% Fiber
Fruit: Fresh, Frozen, or Canned	Juicy Gems Frozen Pomegranate Arils	Trinity Fruit Company, Inc.	140	Grams	120	0.0	0	24% Fiber, 25% Vitamin C
Fruit: Fresh, Frozen, or Canned	Juicy Gems Pomegranate Arils	Trinity Fruit Company, Inc.	100	Grams	80	0.0	0	14% Fiber
Fruit: Fresh, Frozen, or Canned	Lil' 'Cados	West Pak Avocado Inc.	50	Grams	80	1.0	0	11% Fiber, 10% Calcium
Fruit: Fresh, Frozen, or Canned	Mexican Hass Avocados	Avocados from Mexico	50	Grams	80	1.0	0	11% Fiber
Fruit: Fresh, Frozen, or Canned	Mission Minis VP Avocados	Mission Produce, Inc.	50	Grams	80	1.0	0	11% Fiber

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Fruit: Fresh, Frozen, or Canned	Mission Organic Minis VP Avocados	Mission Produce, Inc.	50	Grams	80	1.0	0	11% Fiber
Fruit: Fresh, Frozen, or Canned	Mission Produce Avocados	Mission Produce, Inc.	50	Grams	80	1.0	0	11% Fiber
Fruit: Fresh, Frozen, or Canned	Mission Produce Organic Avocados	Mission Produce, Inc.	50	Grams	80	1.0	0	11% Fiber
Fruit: Fresh, Frozen, or Canned	Naked Alaskan Salmon	North Coast Seafoods	142	Grams	161	0.0	0	29% Protein
Fruit: Fresh, Frozen, or Canned	Naked Sea Scallops	North Coast Seafoods	113	Grams	100	0.0	0	19% Protein
Fruit: Fresh, Frozen, or Canned	Naked Wild Atlantic Cod	North Coast Seafoods	142	Grams	110	0.0	0	25% Protein
Fruit: Fresh, Frozen, or Canned	Nature's Partner Fresh Hass Avocados	Rio Vista Ventures LLC dba Giumarra Companies	50	Grams	80	1.0	0	11% Fiber
Fruit: Fresh, Frozen, or Canned	North Bay Organic Blackberries	North Bay Produce, Inc	140	Grams	60	0.0	0	28% Fiber, 50% Vitamin C
Fruit: Fresh, Frozen, or Canned	North Bay Organic Raspberries	North Bay Produce, Inc	140	Grams	70	0.0	0	36% Fiber, 44% Vitamin C
Fruit: Fresh, Frozen, or Canned	North Bay Produce Blackberries	North Bay Produce, Inc	140	Grams	60	0.0	0	28% Fiber, 50% Vitamin C, 41% Calcium
Fruit: Fresh, Frozen, or Canned	North Bay Produce Blueberries	North Bay Produce, Inc	140	Grams	80	0.0	1	12% Fiber, 16% Vitamin C
Fruit: Fresh, Frozen, or Canned	North Bay Produce Figs	North Bay Produce, Inc	40	Grams	30	0.0	0	
Fruit: Fresh, Frozen, or Canned	North Bay Produce Honeycrisp Apples	North Bay Produce, Inc	242	Grams	130	0.0	0	18% Fiber

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Fruit: Fresh, Frozen, or Canned	North Bay Produce Raspberries	North Bay Produce, Inc	140	Grams	70	0.0	0	36% Fiber
Fruit: Fresh, Frozen, or Canned	Organic Blueberries	Jersey Fruit Cooperative	126	Grams	84	0.0	0	14% Fiber
Fruit: Fresh, Frozen, or Canned	Organic Darling Mandarins	LGS Specialty Sales LTD	148	Grams	70	0.0	0	11% Fiber, 80% Vitamin C
Fruit: Fresh, Frozen, or Canned	Organic Juicy Gems Pomegranate Arils	Trinity Fruit Company, Inc.	100	Grams	80	0.0	0	14% Fiber
Fruit: Fresh, Frozen, or Canned	Organic Suavo Avocado	LGS Specialty Sales LTD	50	Grams	80	1.0	0	11% Fiber
Fruit: Fresh, Frozen, or Canned	Pear, Anjou, Green	Pear Bureau Northwest	166	Grams	100	0.0	0	21% Fiber
Fruit: Fresh, Frozen, or Canned	Pear, Anjou, Red	Pear Bureau Northwest	166	Grams	100	0.0	0	21% Fiber
Fruit: Fresh, Frozen, or Canned	Pear, Bartlett, Green	Pear Bureau Northwest	166	Grams	100	0.0	0	21% Fiber
Fruit: Fresh, Frozen, or Canned	Pear, Bartlett, Red	Pear Bureau Northwest	166	Grams	100	0.0	0	21% Fiber
Fruit: Fresh, Frozen, or Canned	Pear, Bosc	Pear Bureau Northwest	166	Grams	100	0.0	0	21% Fiber
Fruit: Fresh, Frozen, or Canned	Pear, Comice	Pear Bureau Northwest	166	Grams	100	0.0	0	21% Fiber
Fruit: Fresh, Frozen, or Canned	Pear, Concorde	Pear Bureau Northwest	166	Grams	100	0.0	0	21% Fiber
Fruit: Fresh, Frozen, or Canned	Pear, Forelle	Pear Bureau Northwest	166	Grams	100	0.0	0	21% Fiber

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Fruit: Fresh, Frozen, or Canned	Pear, Seckel	Pear Bureau Northwest	166	Grams	100	0.0	0	21% Fiber
Fruit: Fresh, Frozen, or Canned	Pear, Starkrimson	Pear Bureau Northwest	166	Grams	100	0.0	0	21% Fiber
Fruit: Fresh, Frozen, or Canned	Pomegranates- Whole	Trinity Fruit Company, Inc.	100	Grams	83	0.1	3	14% Fiber, 14% Vitamin C
Fruit: Fresh, Frozen, or Canned	Suavo Avocado	LGS Specialty Sales LTD	50	Grams	80	1.0	0	11% Fiber
Fruit: Fresh, Frozen, or Canned	Viva Avocados	West Pak Avocado Inc.	50	Grams	80	1.0	0	11% Fiber, 10% Calcium
Margarines and Spreads	Promise Buttery	Upfield US Inc	14	Grams	60	2.0	85	15% Vitamin A
Margarines and Spreads	Promise Buttery Portion Cup	Upfield US Inc	5	Grams	25	0.5	40	
Meat & Poultry: Canned or Processed	Bar-M Premium Reduced Sodium Roast Beef	Serv-Rite Meat Company, Inc.	56	Grams	70	0.5	350	15% Protein
Meat & Poultry: Canned or Processed	Black Steer Brand Angus Roast Beef Top Round	Mrs. Ressler's Food Products	56	Grams	70	0.0	360	13% Protein
Meat & Poultry: Canned or Processed	Black Steer Brand Golden Roasted Breast of Turkey	Mrs. Ressler's Food Products	56	Grams	60	0.0	370	11% Protein
Meat & Poultry: Canned or Processed	Boar's Head All American BBQ Seasoned Chicken Breast	Boar's Head Provisions Company, Inc.	56	Grams	70	0.0	370	18% Protein

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Meat & Poultry: Canned or Processed	Boar's Head Blazing Buffalo Style Chicken Breast	Boar's Head Provisions Company, Inc.	56	Grams	60	0.0	460	20% Protein
Meat & Poultry: Canned or Processed	Boar's Head Cracked Pepper Mill Smoked Turkey Breast	Boar's Head Provisions Company, Inc.	56	Grams	60	0.0	460	23% Protein
Meat & Poultry: Canned or Processed	Boar's Head EverRoast Oven Roasted Chicken Breast	Boar's Head Provisions Company, Inc.	56	Grams	60	0.0	440	18% Protein
Meat & Poultry: Canned or Processed	Boar's Head Golden Catering Style Oven Roasted Turkey Breast	Boar's Head Provisions Company, Inc.	56	Grams	60	0.0	380	21% Protein
Meat & Poultry: Canned or Processed	Boar's Head Golden Classic 42% Lower Sodium Chicken Breast	Boar's Head Provisions Company, Inc.	56	Grams	60	0.0	350	24% Protein
Meat & Poultry: Canned or Processed	Boar's Head Honey Smoked Turkey Breast	Boar's Head Provisions Company, Inc.	56	Grams	60	0.0	420	24% Protein
Meat & Poultry: Canned or Processed	Boar's Head Lemon Pepper Boneless Skinless Roasted Chicken Breast	Boar's Head Provisions Company, Inc.	56	Grams	60	0.0	360	20% Protein
Meat & Poultry: Canned or Processed	Boar's Head Londonport Top Round Seasoned Roast Beef	Boar's Head Provisions Company, Inc.	56	Grams	80	1.0	350	21% Protein
Meat & Poultry: Canned or Processed	Boar's Head Maple Glazed Honey Coat Turkey Breast	Boar's Head Provisions Company, Inc.	56	Grams	70	0.0	480	24% Protein

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Heart-Check Food Certification Program

Certified Products Listed by Food Category

Updated: 10/2/2020

Food Category	Product	Company	Serving Size		Calories*	Saturated Fat* (g)	Sodium* (mg)	Positive Nutrients* (%Daily Value)
Meat & Poultry: Canned or Processed	Boar's Head Maple Glazed Oven Roasted Chicken Breast	Boar's Head Provisions Company, Inc.	56	Grams	60	0.0	410	18% Protein
Meat & Poultry: Canned or Processed	Boar's Head Mesquite Wood Smoked Roasted Turkey Breast	Boar's Head Provisions Company, Inc.	56	Grams	60	0.0	440	21% Protein
Meat & Poultry: Canned or Processed	Boar's Head No Salt Added Oven Roasted Turkey Breast	Boar's Head Provisions Company, Inc.	56	Grams	70	0.0	55	24% Protein
Meat & Poultry: Canned or Processed	Boar's Head Old Fashioned Canadian Style Uncured Bacon	Boar's Head Provisions Company, Inc.	56	Grams	70	1.0	480	22% Protein
Meat & Poultry: Canned or Processed	Boar's Head Old Fashioned Canadian Style Uncured Bacon Pre-Sliced	Boar's Head Provisions Company, Inc.	56	Grams	70	1.0	480	22% Protein
Meat & Poultry: Canned or Processed	Boar's Head Our Premium 46% Lower Sodium Oven Roasted Turkey Breast	Boar's Head Provisions Company, Inc.	56	Grams	60	0.0	360	24% Protein
Meat & Poultry: Canned or Processed	Boar's Head Our Premium Skinless 46% Lower Sodium Oven Roasted Turkey Breast	Boar's Head Provisions Company, Inc.	56	Grams	60	0.0	360	24% Protein
Meat & Poultry: Canned or Processed	Boar's Head Oven Roasted Turkey Breast	Boar's Head Provisions Company, Inc.	56	Grams	50	0.0	360	22% Protein
Meat & Poultry: Canned or Processed	Boar's Head Ovengold Roasted Turkey Breast	Boar's Head Provisions Company, Inc.	56	Grams	60	0.0	360	19% Protein

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Certified Products Listed by Food Category

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Meat & Poultry: Canned or Processed	Boar's Head Pastrami Seasoned Turkey Breast	Boar's Head Provisions Company, Inc.	56	Grams	60	0.0	460	23% Protein
Meat & Poultry: Canned or Processed	Boar's Head Rotisserie Seasoned Oven Roasted Chicken Breast	Boar's Head Provisions Company, Inc.	56	Grams	60	0.0	400	20% Protein
Meat & Poultry: Canned or Processed	Charter Reserve Garden Herb Sun Dried Tomato Breast of Turkey	Cargill Meat Solutions	56	Grams	50	0.0	290	22% Protein
Meat & Poultry: Canned or Processed	Charter Reserve® Applewood Slow Smoked Breast of Chicken	Cargill Meat Solutions	56	Grams	60	0.0	370	22% Protein
Meat & Poultry: Canned or Processed	Charter Reserve® Fresh Cracked Pepper Breast of Turkey	Cargill Meat Solutions	56	Grams	60	0.0	340	26% Protein
Meat & Poultry: Canned or Processed	Charter Reserve® Golden Roasted Breast of Chicken	Cargill Meat Solutions	56	Grams	60	0.0	370	22% Protein
Meat & Poultry: Canned or Processed	Charter Reserve® Goldenroast Special Recipe Breast of Turkey	Cargill Meat Solutions	56	Grams	60	0.0	330	20% Protein
Meat & Poultry: Canned or Processed	Charter Reserve® GranSabor Breast of Turkey	Cargill Meat Solutions	56	Grams	50	0.0	380	18% Protein
Meat & Poultry: Canned or Processed	Charter Reserve® Hand Crafted All Natural Turkey Off the Bone	Cargill Meat Solutions	56	Grams	60	0.0	360	26% Protein

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Meat & Poultry: Canned or Processed	Charter Reserve® Hickorywood Smoked Breast of Turkey	Cargill Meat Solutions	56	Grams	60	0.0	410	20% Protein
Meat & Poultry: Canned or Processed	Charter Reserve® Honeysweet Baked Breast of Turkey	Cargill Meat Solutions	56	Grams	60	0.0	390	20% Protein
Meat & Poultry: Canned or Processed	Charter Reserve® Smokehouse Select Mesquite Breast of Turkey	Cargill Meat Solutions	56	Grams	60	0.5	360	20% Protein
Meat & Poultry: Canned or Processed	Charter Reserve® Traditional Buffalo Style Breast of Chicken	Cargill Meat Solutions	56	Grams	60	0.0	480	22% Protein
Meat & Poultry: Canned or Processed	H-E-B Cajun Style Seasoned Roast Beef Containing up to 10% Solution	H-E-B, LP	56	Grams	90	1.0	410	28% Protein
Meat & Poultry: Canned or Processed	H-E-B Fajita Flavored Turkey Breast	H-E-B, LP	56	Grams	50	0.0	400	18% Protein
Meat & Poultry: Canned or Processed	H-E-B Fried* Turkey Breast *Cooked then Fried in Oil	H-E-B, LP	56	Grams	60	0.0	460	22% Protein, 10% Calcium
Meat & Poultry: Canned or Processed	H-E-B Honey Smoked Turkey Breast	H-E-B, LP	56	Grams	70	0.0	400	18% Protein
Meat & Poultry: Canned or Processed	H-E-B Mesquite Smoked Turkey Breast	H-E-B, LP	56	Grams	60	0.0	420	18% Protein

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Meat & Poultry: Canned or Processed	H-E-B Oven Roasted Turkey Breast Rubbed with Seasonings	H-E-B, LP	56	Grams	50	0.0	400	20% Protein
Meat & Poultry: Canned or Processed	H-E-B Peppercorn Turkey Breast Coated with Black Pepper	H-E-B, LP	56	Grams	60	0.0	390	20% Protein, 10% Calcium
Meat & Poultry: Canned or Processed	H-E-B Roast Beef Seasoned with Salt, Pepper & Garlic Containing up to 10% Solution	H-E-B, LP	56	Grams	90	1.0	410	28% Protein
Meat & Poultry: Canned or Processed	H-E-B Rotisserie Flavored Chicken Breast Coated with Spices & Seasonings	H-E-B, LP	56	Grams	60	0.0	380	20% Protein
Meat & Poultry: Canned or Processed	H-E-B Salsa Flavored Turkey Breast Coated with Spices & Seasonings	H-E-B, LP	56	Grams	50	0.0	420	18% Protein
Meat & Poultry: Canned or Processed	H-E-B Select Ingredients Post Oak Smoked Roast Beef	H-E-B, LP	56	Grams	70	1.0	220	20% Protein
Meat & Poultry: Canned or Processed	H-E-B Sun Dried Tomato Smoked Turkey Breast Coated with Seasonings	H-E-B, LP	56	Grams	50	0.0	370	18% Protein
Meat & Poultry: Canned or Processed	Lunch Mate Oven Roasted Turkey Breast	Carl Buddig & Company	56	Grams	50	0.5	460	18% Protein
Meat & Poultry: Canned or Processed	Lunch Mate Smoked Honey Uncured Ham	Carl Buddig & Company	56	Grams	70	1.0	390	20% Protein

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Meat & Poultry: Canned or Processed	Member's Mark All Natural 98% Fat Free Premium Chunk Chicken Breast in Water	Tony Downs Foods Company	56	Grams	50	0.0	180	20% Protein
Meat & Poultry: Canned or Processed	Member's Mark All Natural Turkey Breast Roast Boneless	Jennie-O Turkey Store Sales, LLC	56	Grams	50	0.0	0	24% Protein
Meat & Poultry: Canned or Processed	Prima Della Hickory Smoked Turkey Breast	Cargill Meat Solutions	56	Grams	60	0.0	370	22% Protein
Meat & Poultry: Canned or Processed	Prima Della Lower Sodium Turkey Breast	Cargill Meat Solutions	56	Grams	60	0.0	370	26% Protein
Meat & Poultry: Canned or Processed	Private Selection Buffalo Style Oven Roasted Chicken Breast	Cargill Meat Solutions	56	Grams	60	0.0	480	22% Protein
Meat & Poultry: Canned or Processed	Private Selection Cracked Pepper Turkey Breast	Cargill Meat Solutions	56	Grams	60	0.0	450	22% Protein
Meat & Poultry: Canned or Processed	Private Selections Golden Roasted Turkey Breast	Cargill Meat Solutions	56	Grams	60	0.0	320	28% Protein
Meat & Poultry: Canned or Processed	Valley Fresh Chicken Breast	Hormel Foods Corporation	56	Grams	45	0.0	210	16% Protein
Meat & Poultry: Canned or Processed	Valley Fresh White & Dark Chicken	Hormel Foods Corporation	56	Grams	60	1.0	190	16% Protein

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Certified Products Listed by Food Category

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Food Category	Product	Company	Serving Size		Calories*	Saturated Fat* (g)	Sodium* (mg)	Positive Nutrients* (%Daily Value)
Meat & Poultry: Fresh, Frozen, or Cooked	100% Pure Ground Beef (96% Lean 4% Fat)	JBS USA	112	Grams	140	2.0	75	15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	100% Pure Ground Beef (96% Lean 4% Fat) Hy-Vee	JBS USA	112	Grams	140	2.0	75	24% Protein, 15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	100% Pure Ground Beef Patty (96% Lean 4% Fat)	JBS USA	112	Grams	140	2.0	75	15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	96% Lean 4% Fat Fresh Ground Beef	CLW Foods	112	Grams	140	2.0	75	24% Protein, 15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	96% Lean 4% Fat Fresh Ground Beef Patties	CLW Foods	112	Grams	140	2.0	75	24% Protein, 15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	96% Lean 4% Fat Ground Beef Heart Healthy	Schenk Packing Co., Inc.	112	Grams	150	1.5	50	14% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	96/4 All Natural Extra Lean Ground Beef (Interstate Meat Dist., Inc.)	Interstate Meat Dist., Inc.	112	Grams	140	2.0	70	48% Protein, 15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	96/4 All Natural Extra Lean Ground Beef (Tyson Fresh Meats)	Tyson Sales & Distribution, Inc.	112	Grams	130	1.5	50	15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Albertsons Signature Farms 96% Lean 4% Fat Ground Beef	Schenk Packing Co., Inc.	112	Grams	150	1.5	50	14% Iron

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Meat & Poultry: Fresh, Frozen, or Cooked	Albertsons Signature Farms 96% Lean 4% Fat Ground Beef	AVA Pork Products, Inc.	112	Grams	150	1.5	60	15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Albertsons Signature Farms 96% Lean 4% Fat Ground Beef	American Foods Group	114	Grams	150	2.0	75	15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Albertsons Signature Farms 96% Lean 4% Fat Ground Beef	Cargill Meat Solutions	112	Grams	150	1.5	65	15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Albertsons Signature Farms 96% Lean 4% Fat Ground Beef	Jobbers Meat Packing Co Inc	112	Grams	130	1.5	50	48% Protein, 15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Albertsons Signature Farms 96% Lean 4% Fat Ground Beef	Interstate Meat Dist., Inc.	112	Grams	150	2.0	70	15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Albertsons Signature Farms 96% Lean 4% Fat Ground Beef	Tyson Sales & Distribution Group, Inc.	112	Grams	0	1.5	50	15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Albertsons Signature Farms 96% Lean 4% Fat Ground Beef Patties	Jobbers Meat Packing Co Inc	112	Grams	130	1.5	50	48% Protein
Meat & Poultry: Fresh, Frozen, or Cooked	Aldi Extra Lean Ground Beef 96% Lean 4% Fat	National Beef Packing Co.	112	Grams	140	2.0	75	44% Protein, 15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Aldi Extra Lean Ground Beef 96% Lean 4% Fat	Cargill Meat Solutions	112	Grams	150	1.5	65	24% Protein, 10% Iron

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Meat & Poultry: Fresh, Frozen, or Cooked	Aldi Extra Lean Ground Beef 96% Lean 4% Fat	Tyson Sales & Distribution, Inc.	112	Grams	140	2.0	70	24% Protein, 15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	All Natural Extra Lean Ground Beef 96% Lean 4% Fat (American Foods Group)	American Foods Group	112	Grams	150	2.0	70	24% Protein, 15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Beef Sirloin Bavette	Great Plains Beef LLC	113	Grams	140	2.0	55	25% Protein, 15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Boneless Pork Sirloin Roast (Solution Added)	National Pork Board	112	Grams	120	1.5	260	42% Protein
Meat & Poultry: Fresh, Frozen, or Cooked	Bottom Round Roast (Select Grade)	National Cattlemen's Beef Association	112	Grams	140	1.5	70	50% Protein, 20% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Bottom Round Steak (Select Grade)	National Cattlemen's Beef Association	112	Grams	140	1.5	70	50% Protein, 20% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	California Grown Ground Beef 96% Lean 4% Fat	Cargill Meat Solutions	112	Grams	150	1.5	65	15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Central Market Extra Lean Ground Beef 96% Lean 4% Fat	HEB Grocery Company, LP	112	Grams	150	1.5	85	15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Certified Piedmontese Beef Brisket	Great Plains Beef LLC	113	Grams	120	0.5	50	10% Iron

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Meat & Poultry: Fresh, Frozen, or Cooked	Certified Piedmontese Beef Filet Mignon	Great Plains Beef LLC	112	Grams	140	2.0	50	15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Certified Piedmontese Beef for Stew	Great Plains Beef LLC	113	Grams	130	1.0	50	
Meat & Poultry: Fresh, Frozen, or Cooked	Certified Piedmontese Beef Kabobs	Great Plains Beef LLC	113	Grams	140	1.5	50	10% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Certified Piedmontese Beef Sirloin Filet	Great Plains Beef	170	Grams	200	2.0	75	38% Protein, 20% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Certified Piedmontese Beef Sirloin Roast	Great Plains Beef	112	Grams	130	1.5	50	25% Protein, 10% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Certified Piedmontese Beef Tenderloin Roast	Great Plains Beef LLC	112	Grams	150	2.0	50	15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Certified Piedmontese Center Cut Ribeye	Great Plains Beef LLC	113	Grams	140	1.0	45	10% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Certified Piedmontese Dynasty Filet Mignon	Great Plains Beef LLC	112	Grams	140	1.0	50	25% Protein, 15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Certified Piedmontese Dynasty Selection Sirloin Filet	Great Plains Beef	113	Grams	120	0.5	45	27% Protein, 15% Iron

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Meat & Poultry: Fresh, Frozen, or Cooked	Certified Piedmontese Flat Iron Steak	Great Plains Beef LLC	113	Grams	120	1.0	60	15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Certified Piedmontese Ground Beef 96% Lean 4% Fat	Great Plains Beef	112	Grams	130	1.5	45	26% Protein, 15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Chairman's Reserve Premium Pork Tenderloin	Tyson Sales & Distribution, Inc.	112	Grams	130	1.5	60	45% Protein
Meat & Poultry: Fresh, Frozen, or Cooked	Chairman's Reserve Prime Pork Tenderloin	Tyson Sales & Distribution, Inc.	112	Grams	130	1.5	60	45% Protein
Meat & Poultry: Fresh, Frozen, or Cooked	Dynasty Bone-In Filet Mignon	Great Plains Beef LLC	113	Grams	130	1.5	65	26% Protein, 10% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Dynasty Brisket	Great Plains Beef LLC	113	Grams	110	0.0	55	15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Dynasty Selection Center Cut Ribeye	Great Plains Beef LLC	113	Grams	130	0.5	50	
Meat & Poultry: Fresh, Frozen, or Cooked	Dynasty Selection Center Cut Strip Steak	Great Plains Beef LLC	113	Grams	120	0.0	45	
Meat & Poultry: Fresh, Frozen, or Cooked	Dynasty Selection Eye of Round Roast	Great Plains Beef LLC	113	Grams	110	0.0	45	

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Meat & Poultry: Fresh, Frozen, or Cooked	Dynasty Selection Flat Iron	Great Plains Beef LLC	113	Grams	120	0.5	65	10% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Dynasty Selection Ribeye Cap Steak	Great Plains Beef LLC	113	Grams	120	1.0	55	15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Extra Lean Ground Beef 96% Lean 4% Fat	National Cattlemen's Beef Association	112	Grams	140	2.0	75	49% Protein, 15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Extra Lean Ground Beef 96/4 (National Beef Packing Company, LLC)	National Beef Packing Company, LLC	112	Grams	140	2.0	75	48% Protein, 15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Farmer's Table 96% Lean 4% Fat Ground Beef with Sirloin	Schuster Meat Co.	113	Grams	150	2.0	75	48% Protein, 15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	First Street Ground Beef (96% Lean)	Jobbers Meat Packing Co Inc	112	Grams	150	1.5	60	25% Protein, 10% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Food Lion 96% Lean 4% Fat Ground Beef	Tyson Sales & Distribution, Inc.	112	Grams	130	1.5	50	15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Fresh Ground Beef 96% Lean - 4% Fat	Interstate Meat Dist., Inc.	112	Grams	140	2.0	70	24% Protein, 15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	FreshDirect Extra Lean Ground Beef	Cargill Meat Solutions	112	Grams	150	1.5	65	15% Iron

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Meat & Poultry: Fresh, Frozen, or Cooked	FreshLast Extra Lean Ground Beef	Cargill Meat Solutions	112	Grams	150	1.5	65	48% Protein, 15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Giant Eagle 96% Lean 4% Fat Extra Lean Ground Beef	National Beef Packing Company LLC	112	Grams	140	2.0	75	44% Protein, 15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Harris Teeter Rancher Tender Verified 96/4 Extra Lean Ground Beef	Cargill Meat Solutions	112	Grams	150	1.5	65	15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	HEB 96% Extra Lean Ground Beef	HEB Grocery Company, LP	112	Grams	140	2.0	60	10% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	HEB Top Sirloin Filet	HEB Grocery Company, LP	112	Grams	140	1.5	65	50% Protein, 10% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	HEB Top Sirloin Kabob	HEB Grocery Company, LP	112	Grams	140	1.5	65	50% Protein, 10% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	HEB Top Sirloin Strips	HEB Grocery Company, LP	112	Grams	140	1.5	65	50% Protein, 10% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Hy-Vee Angus Beef - Beef Loin Boneless Top of Iowa Steak	Tyson Sales & Distribution, Inc.	112	Grams	140	1.5	65	15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Hy-Vee Angus Beef - Bottom Round Roast	Tyson Sales & Distribution, Inc.	112	Grams	140	1.5	70	20% Iron

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Meat & Poultry: Fresh, Frozen, or Cooked	Hy-Vee Angus Beef - Bottom Round Steak	Tyson Sales & Distribution, Inc.	112	Grams	140	1.5	70	20% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Kirkland Organic Chicken Breasts Boneless & Skinless, Air Chilled	Foster Poultry Farms	112	Grams	110	0.0	85	25% Protein
Meat & Poultry: Fresh, Frozen, or Cooked	Kirkland Signature Boneless Skinless Chicken Breast 99% Fat Free	Pilgrim's Pride, Inc.	112	Grams	110	0.0	75	48% Protein
Meat & Poultry: Fresh, Frozen, or Cooked	Kirkland Signature Boneless Skinless Chicken Tenderloins Fat Free	Pilgrim's Pride, Inc.	112	Grams	110	0.0	45	52% Protein
Meat & Poultry: Fresh, Frozen, or Cooked	Kirkland Signature Fresh Boneless & Skinless Chicken Breasts	Lincoln Premium Poultry	112	Grams	110	0.0	75	48% Protein
Meat & Poultry: Fresh, Frozen, or Cooked	Kirkland Signature Fresh Boneless & Skinless Chicken Tenderloins	Lincoln Premium Poultry	112	Grams	110	0.0	45	52% Protein
Meat & Poultry: Fresh, Frozen, or Cooked	Kirkland Signature Organic Boneless Skinless Chicken Breast 99% Fat Free	Pilgrim's Pride, Inc.	112	Grams	110	0.0	75	48% Protein
Meat & Poultry: Fresh, Frozen, or Cooked	Kirkland Signature Organic Boneless Skinless Chicken Tenderloins 99% Fat Free	Pilgrim's Pride, Inc.	112	Grams	110	0.0	45	52% Protein
Meat & Poultry: Fresh, Frozen, or Cooked	Kirkland Signature Swift Premium Pork Sirloin Tip Roast	JBS USA, LLC	112	Grams	100	1.0	270	

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Heart-Check Food Certification Program

Certified Products Listed by Food Category

Updated: 10/2/2020

Food Category	Product	Company	Serving Size		Calories*	Saturated Fat* (g)	Sodium* (mg)	Positive Nutrients* (%Daily Value)
Meat & Poultry: Fresh, Frozen, or Cooked	Kirkland Signature/Foster Farms Fresh 99% Fat Free Boneless & Skinless Breast Fillets	Foster Poultry Farms	112	Grams	120	0.0	75	52% Protein
Meat & Poultry: Fresh, Frozen, or Cooked	Laura's Lean Beef 96% Lean 4% Fat Ground Beef	Meyer Natural Foods	112	Grams	140	2.0	85	15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Market 32 by Price Chopper Extra Lean Ground Beef	National Beef Packing Company, LLC	112	Grams	140	2.0	75	44% Protein, 15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Meadowland Farms 96/4 Ground Beef	Cargill Meat Solutions	112	Grams	150	1.5	65	15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Meijer Extra Lean Ground Beef 96% Lean 4% Fat	JBS USA	112	Grams	140	2.0	75	15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Moran's 100% Ground Beef 96 % Lean 4% Fat Patties	CLW Foods	112	Grams	140	2.0	75	24% Protein, 15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Murray's All Natural Boneless & Skinless Chicken Breasts	Murray's Free Roaming Chicken, Inc.	112	Grams	120	0.0	75	26% Protein
Meat & Poultry: Fresh, Frozen, or Cooked	Natural Boneless Pork Sirloin Roast	National Pork Board	112	Grams	130	1.0	70	48% Protein
Meat & Poultry: Fresh, Frozen, or Cooked	Our Certified All Natural Extra Lean Ground Beef 96% Lean 4% Fat	Cargill Meat Solutions	112	Grams	150	1.5	65	15% Iron

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Meat & Poultry: Fresh, Frozen, or Cooked	Our Certified All Natural Extra Lean Ground Beef Patties	Cargill Meat Solutions	112	Grams	150	1.5	65	15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Pork Tenderloin	National Pork Board	112	Grams	130	1.5	55	42% Protein
Meat & Poultry: Fresh, Frozen, or Cooked	Raley's Extra Lean Ground Beef 96/4	Cargill Meat Solutions	112	Grams	150	1.5	65	24% Protein, 15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Randall Farms All Natural Boneless Skinless Chicken Breast with Rib Meat	Randall Foods, Inc.	112	Grams	120	0.0	75	26% Protein
Meat & Poultry: Fresh, Frozen, or Cooked	Schnuck's Natural 99% Fat Free Boneless, Skinless Chicken Breast Fillets	Sanderson Farms, Inc.	112	Grams	110	0.0	50	52% Protein
Meat & Poultry: Fresh, Frozen, or Cooked	Schnuck's Natural 99% Fat Free Clipped Chicken Breast Tenderloins	Sanderson Farms, Inc.	112	Grams	110	0.0	55	50% Protein
Meat & Poultry: Fresh, Frozen, or Cooked	Schnuck's Natural 99% Fat Free Thin Sliced Boneless Skinless Chicken Breast Fillet	Sanderson Farms, Inc.	112	Grams	110	0.0	50	52% Protein
Meat & Poultry: Fresh, Frozen, or Cooked	Smithfield Boneless Pork Sirloin Roast	Smithfield Foods, Inc.	112	Grams	140	1.0	70	52% Protein
Meat & Poultry: Fresh, Frozen, or Cooked	Smithfield Fresh Pork Tenderloin	Smithfield Foods, Inc.	112	Grams	120	1.0	60	46% Protein

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Meat & Poultry: Fresh, Frozen, or Cooked	Smith's Butcher Shop 96/4 All Natural Ground Beef	Cargill Meat Solutions	112	Grams	150	1.5	65	15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Stater Bros. 100% Ground Beef Patties 96% Lean 4% Fat	CLW Foods	112	Grams	140	2.0	75	15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Stir Fry Beef	Great Plains Beef LLC	113	Grams	130	1.5	60	10% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Supreme Lean Fresh Pork Tenderloin	Tyson Sales & Distribution, Inc.	112	Grams	130	1.5	60	46% Protein
Meat & Poultry: Fresh, Frozen, or Cooked	Swift Premium Pork Tenderloin (1 piece)	JBS USA, LLC	112	Grams	130	1.5	60	
Meat & Poultry: Fresh, Frozen, or Cooked	Swift Premium Pork Tenderloin (2 pieces)	JBS USA, LLC	112	Grams	130	1.5	60	46% Protein
Meat & Poultry: Fresh, Frozen, or Cooked	Thinkpure Natural 96% Lean 4% Fat Ground Beef	JBS USA	112	Grams	140	2.0	75	49% Protein, 15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Top Sirloin Filet (Select Grade)	National Cattlemen's Beef Association	112	Grams	140	1.5	65	50% Protein, 10% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Top Sirloin Kabob (Select Grade)	National Cattlemen's Beef Association	112	Grams	140	1.5	65	50% Protein, 10% Iron

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Meat & Poultry: Fresh, Frozen, or Cooked	Top Sirloin Petite Roast (Select Grade)	National Cattlemen's Beef Association	112	Grams	140	1.5	65	50% Protein, 10% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Top Sirloin Steak (Select Grade)	National Cattlemen's Beef Association	112	Grams	140	1.5	65	50% Protein, 10% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Top Sirloin Strips (Select Grade)	National Cattlemen's Beef Association	112	Grams	140	1.5	65	50% Protein, 10% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Tyson All Natural Boneless Fresh Pork Sirloin Roast	Tyson Sales & Distribution, Inc.	112	Grams	150	1.5	70	50% Protein
Meat & Poultry: Fresh, Frozen, or Cooked	Tyson All Natural Two-Pack Boneless Fresh Pork Tenderloins	Tyson Sales & Distribution, Inc.	112	Grams	130	1.5	60	46% Protein
Meat & Poultry: Fresh, Frozen, or Cooked	Walmart 96/4 All Natural Extra Lean Ground Beef	Interstate Meat Dist., Inc.	112	Grams	140	2.0	70	15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Walmart 96/4 All Natural Extra Lean Ground Beef	Cargill Meat Solutions	112	Grams	140	1.5	65	10% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	Weis Fresh Ground Beef 96% Lean 4% Fat	JBS USA	112	Grams	140	2.0	75	15% Iron
Meat & Poultry: Fresh, Frozen, or Cooked	WM 100% Ground Beef	Jobbers Meat Packing Co Inc	112	Grams	150	1.5	60	25% Protein, 15% Iron

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Meat & Poultry: Fresh, Frozen, or Cooked	WM 100% Ground Beef Patty	Jobbers Meat Packing Co Inc	112	Grams	150	1.5	60	25% Protein, 15% Iron
None Listed	Badia Extra Virgin Olive Oil	Badia	1	Tablespoons	120	2.0	0	
None Listed	Badia Organic Olive Oil Extra Virgin	Badia	1	Tablespoons	120	2.0	0	
None Listed	Farm to Table 96% Lean 4% Fat Ground Beef with Sirloin	Schuster Meat Co.	112	Grams	150	2.0	75	15% Iron
None Listed	Hass Avocado	Del Rey Avocado	50	Grams	80	1.0	0	11% Fiber
None Listed	Kirkland Signature Heart Healthy Mixed Nuts	Costco Wholesale Corporation	30	Grams	200	1.5	0	11% Fiber
None Listed	North Bay Produce Apples (Extra Fancy Variety)	North Bay Produce, Inc	242	Grams	130	0.0	0	18% Fiber, 14% Vitamin C
None Listed	North Bay Produce Empire Apples	North Bay Produce, Inc	242	Grams	130	0.0	0	18% Fiber, 14% Vitamin C
None Listed	North Bay Produce Jonathan Apples	North Bay Produce, Inc	242	Grams	130	0.0	0	18% Fiber, 14% Vitamin C
None Listed	North Bay Produce McIntosh Apples	North Bay Produce, Inc	242	Grams	130	0.0	0	18% Fiber, 14% Vitamin C
Nuts or Seeds	Almonds, Blanched	Almond Board of California	28	Grams	160	1.0	5	12% Fiber, 12% Protein
Nuts or Seeds	Almonds, Dry Roasted, no salt added	Almond Board of California	28	Grams	170	1.0	1	12% Fiber, 12% Protein
Nuts or Seeds	Almonds, Dry Roasted, salt added	Almond Board of California	28	Grams	170	1.0	65	12% Fiber, 12% Protein
Nuts or Seeds	Almonds, Sliced	Almond Board of California	28	Grams	160	1.0	5	16% Fiber, 12% Protein
Nuts or Seeds	Almonds, Slivered	Almond Board of California	28	Grams	160	1.0	5	16% Fiber, 12% Protein
Nuts or Seeds	Almonds, Whole Natural	Almond Board of California	28	Grams	160	1.0	5	16% Fiber, 12% Protein

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



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Nuts or Seeds	American Pecan	American Pecan Council	28	Grams	200	2.0	0	12% Fiber
Nuts or Seeds	ARO Gourmet Pistachios	ARO Pistachios, Inc.	28	Grams	160	1.5	120	12% Fiber
Nuts or Seeds	Birdsong Peanut Salted Peanuts	Birdsong Peanuts	28	Grams	160	2.0	100	10% Fiber
Nuts or Seeds	Blue Diamond Almonds Lightly Salted	Blue Diamond Growers	28	Grams	170	1.0	40	12% Fiber
Nuts or Seeds	Blue Diamond Almonds Roasted Salted	Blue Diamond Growers	43	Grams	260	2.0	130	17% Fiber, 10% Calcium
Nuts or Seeds	Blue Diamond Almonds Whole Natural	Blue Diamond Growers	18	Grams	100	0.5	0	
Nuts or Seeds	Blue Diamond Extra Toasted Almonds	Blue Diamond Growers	28	Grams	170	1.0	0	11% Fiber
Nuts or Seeds	Blue Diamond Oven Roasted Almonds Sea Salt	Blue Diamond Growers	17	Grams	100	0.5	80	
Nuts or Seeds	California Grown Chopped Walnuts	Poindexter Nut Company	30	Grams	200	1.8	1	
Nuts or Seeds	California Grown Shelled Walnuts	Poindexter Nut Company	30	Grams	200	1.8	1	
Nuts or Seeds	California Shelled Walnuts	California Walnut Board	28	Grams	190	1.5	0	
Nuts or Seeds	California Shelled Walnuts	Grower Direct Nut Co. Inc	28	Grams	190	1.5	0	
Nuts or Seeds	Chase Pecan Halves	Chase Pecans	28	Grams	200	2.0	0	11% Fiber
Nuts or Seeds	Chase Pecan Pieces	Chase Pecans	28	Grams	200	2.0	0	11% Fiber
Nuts or Seeds	Diamond Foods Black Walnuts	Diamond Foods LLC	30	Grams	190	1.0	0	
Nuts or Seeds	Diamond Foods California Organic Shelled Walnuts	Diamond Foods, LLC	30	Grams	200	0.0	0	

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Nuts or Seeds	Diamond Foods Chopped Hazelnuts	Diamond Foods LLC	30	Grams	190	1.5	0	11% Fiber
Nuts or Seeds	Diamond Foods Chopped Macadamias	Diamond Foods LLC	30	Grams	220	3.5	0	11% Fiber
Nuts or Seeds	Diamond Foods Chopped Pecans	Diamond Foods, LLC	30	Grams	210	2.0	0	11% Fiber
Nuts or Seeds	Diamond Foods Chopped Walnuts (Rosemary Extract)	Diamond Foods, LLC	30	Grams	200	0.0	0	
Nuts or Seeds	Diamond Foods Finely Diced Pecans	Diamond Foods, LLC	30	Grams	210	2.0	0	11% Fiber
Nuts or Seeds	Diamond Foods Finely Diced Walnuts (Rosemary Extract)	Diamond Foods, LLC	30	Grams	200	2.0	0	
Nuts or Seeds	Diamond Foods Macadamia Halves & Pieces	Diamond Foods LLC	30	Grams	220	3.5	0	11% Fiber
Nuts or Seeds	Diamond Foods Pecan Halves	Diamond Foods, LLC	30	Grams	210	2.0	0	11% Fiber
Nuts or Seeds	Diamond Foods Pine Nuts	Diamond Foods LLC	30	Grams	200	1.5	0	10% Iron
Nuts or Seeds	Diamond Foods Shelled Pecans	Diamond Foods, LLC	30	Grams	210	2.0	0	11% Fiber
Nuts or Seeds	Diamond Foods Shelled Walnuts (Rosemary Extract)	Diamond Foods, LLC	30	Grams	200	2.0	0	
Nuts or Seeds	Diamond Foods Sliced Almonds	Diamond Foods, LLC	30	Grams	170	1.0	0	14% Fiber
Nuts or Seeds	Diamond Foods Slivered Almonds	Diamond Foods, LLC	30	Grams	180	1.0	5	11% Fiber
Nuts or Seeds	Diamond Foods Whole Almonds	Diamond Foods, LLC	30	Grams	170	1.0	0	14% Fiber
Nuts or Seeds	Dry Roasted In-shell Peanuts, Unsalted	Peanut Institute, The	28	Grams	170	2.0	0	10% Fiber
Nuts or Seeds	Dry Roasted Peanuts, Salt Added	Peanut Institute, The	28	Grams	170	2.0	75	10% Fiber

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Nuts or Seeds	EverMore Pistachios Roasted & Salted	EverMore LLC	30	Grams	170	1.5	110	11% Fiber, 12% Protein, 32% Calcium
Nuts or Seeds	Fisher Chef's Naturals Toasted Sliced Almonds	John B. Sanfilippo and Son, Inc.	28	Grams	170	1.0	0	11% Fiber
Nuts or Seeds	Fisher Chef's Naturals Toasted Finely Chopped Pecans	John B. Sanfilippo and Son, Inc.	28	Grams	200	0.0	0	
Nuts or Seeds	Fisher Chopped Walnuts	John B. Sanfilippo and Son, Inc.	28	Grams	180	1.5	0	
Nuts or Seeds	Fisher Natural Sliced Almonds	John B. Sanfilippo and Son, Inc.	28	Grams	160	1.0	0	13% Fiber
Nuts or Seeds	Fisher Pecan Chips	John B. Sanfilippo and Son, Inc.	28	Grams	190	1.5	0	10% Fiber
Nuts or Seeds	Fisher Pecan Halves	John B. Sanfilippo and Son, Inc.	28	Grams	190	1.5	0	10% Fiber
Nuts or Seeds	Fisher Pecans Chopped	John B. Sanfilippo and Son, Inc.	28	Grams	190	1.5	0	10% Fiber
Nuts or Seeds	Fisher Slivered Almonds	John B. Sanfilippo and Son, Inc.	28	Grams	170	1.0	5	10% Fiber
Nuts or Seeds	Fisher Walnut Chips	John B. Sanfilippo and Son, Inc.	56	Grams	370	3.5	0	13% Fiber, 10% Iron
Nuts or Seeds	Fisher Walnut Halves & Pieces	John B. Sanfilippo and Son, Inc.	28	Grams	180	1.5	0	
Nuts or Seeds	Fisher Whole Natural Almonds	John B. Sanfilippo and Son, Inc.	28	Grams	160	1.0	0	13% Fiber
Nuts or Seeds	Georgia Peanuts	Georgia Farm Bureau	28	Grams	160	2.0	100	
Nuts or Seeds	Gold Emblem Abound Organic Pistachios	Nichols Pistachio	28	Grams	170	1.5	0	11% Fiber
Nuts or Seeds	Gold Emblem Abound Raw Natural Almonds	Nichols Pistachio	28	Grams	170	1.0	0	11% Fiber
Nuts or Seeds	Gold Emblem Abound Unsalted Pistachio & Almond Blend	Nichols Pistachio	28	Grams	170	1.0	0	11% Fiber

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Nuts or Seeds	Gold Emblem Abound Unsalted Pistachio Kernels	Nichols Pistachio	28	Grams	170	1.5	0	11% Fiber
Nuts or Seeds	Gold Emblem Abound Unsalted Pistachios	Nichols Pistachio	28	Grams	170	1.5	0	11% Fiber
Nuts or Seeds	Gold Emblem Lightly Salted Pistachios	Nichols Pistachio	28	Grams	170	1.5	80	11% Fiber
Nuts or Seeds	Gold Emblem Lightly Salted Roasted Almonds	Nichols Pistachio	28	Grams	170	1.0	40	11% Fiber
Nuts or Seeds	Gold Emblem Pistachio Kernels Light Sea Salt	Nichols Pistachio	28	Grams	170	1.5	80	11% Fiber
Nuts or Seeds	Golden Peanut and Tree Nuts Pecan Halves	Harrell Nut Company	28	Grams	200	2.0	0	11% Fiber
Nuts or Seeds	Golden Peanut and Tree Nuts Pecan Pieces	Harrell Nut Company	28	Grams	200	2.0	0	11% Fiber
Nuts or Seeds	Hampton Farms Colossal Unsalted Roasted Peanuts	Severn Peanut Company, Inc. DBA Hampton Farms	30	Grams	170	2.5	0	11% Fiber
Nuts or Seeds	Hampton Farms Jumbo Unsalted Roasted Peanuts	Severn Peanut Company, Inc. DBA Hampton Farms	30	Grams	170	2.0	0	11% Fiber
Nuts or Seeds	Hampton Farms Unsalted Roasted Peanuts	Severn Peanut Company, Inc. DBA Hampton Farms	30	Grams	170	2.0	0	11% Fiber
Nuts or Seeds	Hubs Home Cooked Salted Virginia Peanuts	Hubbard Peanut Company	28	Grams	180	3.0	60	12% Fiber
Nuts or Seeds	Hudson Shelled Pecan Halves	Hudson Pecan Company Inc	30	Grams	213	2.0	0	12% Fiber
Nuts or Seeds	Hudson Shelled Pecan Pieces	Hudson Pecan Company Inc	30	Grams	213	2.0	0	12% Fiber
Nuts or Seeds	Mariani Chopped Walnuts	Mariani Nut Company	30	Grams	200	2.0	0	

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Nuts or Seeds	Mariani Premium Blanched Slivered Almonds	Mariani Nut Company	30	Grams	180	1.0	0	12% Fiber
Nuts or Seeds	Mariani Roasted and Sea Salted California Almonds	Mariani Nut Company	28	Grams	170	1.0	140	11% Fiber
Nuts or Seeds	Mariani Shelled Walnuts	Mariani Nut Company	30	Grams	200	2.0	0	
Nuts or Seeds	Mariani Sliced Natural Almonds	Mariani Nut Company	30	Grams	170	1.0	0	14% Fiber
Nuts or Seeds	Mariani Whole Blanched Almonds	Mariani Nut Company	30	Grams	180	1.0	0	11% Fiber
Nuts or Seeds	Mariani Whole Natural Almonds	Mariani Nut Company	30	Grams	170	1.0	0	14% Fiber
Nuts or Seeds	Mississippi Peanut Growers Association Roasted Peanuts	Mississippi Peanut Growers Association	28	Grams	160	2.0	75	10% Fiber
Nuts or Seeds	Oil Roasted Peanuts, Salt Added	Peanut Institute, The	28	Grams	160	2.0	100	10% Fiber
Nuts or Seeds	Oil Roasted Peanuts, Unsalted	Peanut Institute, The	28	Grams	170	1.5	0	20% Fiber
Nuts or Seeds	Oregon Orchard Hazelnuts, Dry Roasted Whole	Hazelnut Growers of Oregon	28	Grams	178	1.3	0	11% Fiber
Nuts or Seeds	Oregon Orchard Hazelnuts, Natural Sliced	Hazelnut Growers of Oregon	28	Grams	183	1.3	0	10% Protein
Nuts or Seeds	Oregon Orchard Hazelnuts, Natural Whole	Hazelnut Growers of Oregon	28	Grams	183	1.3	0	11% Fiber, 10% Protein
Nuts or Seeds	Oregon Orchard Hazelnuts, Roasted and Diced	Hazelnut Growers of Oregon	28	Grams	183	1.3	0	10% Protein
Nuts or Seeds	Pecan Halves	York Pecan Co	28	Grams	190	1.5	0	11% Fiber
Nuts or Seeds	Pecan Halves (unsalted and unroasted)	National Pecan Shellers Association	28	Grams	200	2.0	0	11% Fiber

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Nuts or Seeds	Pecan Pieces	York Pecan Co	28	Grams	190	1.5	0	11% Fiber
Nuts or Seeds	Pecan Pieces (unsalted and unroasted)	National Pecan Shellers Association	28	Grams	200	2.0	0	11% Fiber
Nuts or Seeds	Planters Cocktail Peanuts	Kraft Foods Global Inc.	28	Grams	170	2.0	100	
Nuts or Seeds	Planters Lightly Salted Cocktail Peanuts	Kraft Foods Global Inc.	28	Grams	170	2.0	50	
Nuts or Seeds	Planters Lightly Salted Dry Roasted Peanuts	Kraft Foods Global Inc.	28	Grams	170	2.0	75	
Nuts or Seeds	Planters Salted Peanuts	Kraft Foods Global Inc.	28	Grams	170	2.0	95	
Nuts or Seeds	Planters Unsalted Dry Roasted Peanuts	Kraft Foods Global Inc.	28	Grams	170	2.0	5	
Nuts or Seeds	Primavera California Walnut Halves	Prima Noce Packing, Inc.	43	Grams	285	2.3	0	11% Fiber, 12% Protein
Nuts or Seeds	Primavera Walnuts	Prima Noce Packing, Inc.	28	Grams	190	1.5	0	
Nuts or Seeds	Roasted Peanuts	Florida Peanut Producers Association	28	Grams	160	2.0	100	10% Fiber
Nuts or Seeds	Roasted Peanuts	Florida Peanut Federation	28	Grams	160	2.0	100	10% Fiber, 15% Protein
Nuts or Seeds	Salted Pistachios	American Pistachio Growers	28	Grams	160	1.5	120	11% Fiber, 11% Protein
Nuts or Seeds	Salted, Oil Roasted Peanuts	National Peanut Board	28	Grams	160	2.0	100	10% Fiber
Nuts or Seeds	Setton Farms Premium California Dry Roasted Lightly Salted Pistachios	Setton Pistachio of Terra Bella Inc.	30	Grams	170	1.5	65	11% Fiber
Nuts or Seeds	Setton Farms Premium California Dry Roasted with Sea Salt Pistachios	Setton Pistachio of Terra Bella Inc.	30	Grams	170	1.5	135	11% Fiber, 12% Protein

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Nuts or Seeds	Setton Farms Premium California Pistachios Roasted No Salt	Setton Pistachio of Terra Bella Inc.	30	Grams	170	1.5	0	11% Fiber, 12% Protein
Nuts or Seeds	Setton Farms Premium California Shelled Pistachios Dry Roasted with Sea Salt	Setton Pistachio of Terra Bella Inc.	30	Grams	170	1.5	135	11% Fiber, 12% Protein
Nuts or Seeds	Southern Grove Chopped Pecans	Texas Star Nut and Food Co.	28	Grams	200	2.0	0	11% Fiber
Nuts or Seeds	Southern Grove Chopped Walnuts	Texas Star Nut and Food Co.	28	Grams	190	1.5	0	
Nuts or Seeds	Southern Grove Pecan Halves	Golden Peanut and Tree Nuts	28	Grams	200	2.0	0	11% Fiber
Nuts or Seeds	Southern Grove Pecan Halves	Texas Star Nut and Food Co.	28	Grams	200	2.0	0	11% Fiber
Nuts or Seeds	Southern Grove Pecan Pieces	Golden Peanut and Tree Nuts	28	Grams	200	2.0	0	11% Fiber
Nuts or Seeds	Southern Grove Roasted & Salted Pistachios (In-Shell)	Setton Pistachio of Terra Bella Inc.	30	Grams	170	1.5	135	11% Fiber, 12% Protein
Nuts or Seeds	Southern Grove Shelled Walnuts	Texas Star Nut and Food Co.	28	Grams	190	1.5	0	
Nuts or Seeds	Unsalted Pistachios	American Pistachio Growers	28	Grams	160	1.5	0	11% Fiber
Nuts or Seeds	Virginia Carolinas Grown Salted Peanuts	Virginia Carolinas Peanut Promotions	28	Grams	160	2.0	120	10% Fiber
Nuts or Seeds	Virginia Diner Gourmet Salted Virginia Peanuts	Virginia Diner, Inc.	28	Grams	180	2.0	55	18% Fiber
Nuts or Seeds	Virginia Diner Unsalted Virginia Peanuts	Virginia Diner, Inc.	28	Grams	180	1.5	0	18% Fiber
Nuts or Seeds	Walnuts	Golden State Food, LLC	28	Grams	190	1.5	1	
Nuts or Seeds	Walnuts Chopped Pieces California Grown	Poindexter Nut Company	30	Grams	200	1.8	1	

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Heart-Check Food Certification Program

Certified Products Listed by Food Category

Updated: 10/2/2020

Food Category	Product	Company	Serving Size		Calories*	Saturated Fat* (g)	Sodium* (mg)	Positive Nutrients* (%Daily Value)
Nuts or Seeds	Walnuts Halves & Pieces California Grown	Poindexter Nut Company	30	Grams	200	1.8	1	
Nuts or Seeds	Walnuts Organic Halves & Pieces California Grown	Poindexter Nut Company	30	Grams	200	1.8	1	
Nuts or Seeds	Whitley's Salted Virginia Peanuts	Whitley's Peanut Factory	30	Grams	140	2.0	80	10% Fiber
Nuts or Seeds	Whitley's Unsalted Virginia Peanuts	Whitley's Peanut Factory	30	Grams	140	2.0	0	10% Fiber
Oils	Alessi Extra Virgin Olive Oil	Vigo Importing Company	1	Tablespoons	120	2.0	0	
Oils	Alessi Organic Extra Virgin Olive Oil	Vigo Importing Company	1	Tablespoons	120	2.0	0	
Oils	Bertolli Bold Extra Virgin Olive Oil	Deoleo USA, Inc	1	Tablespoons	120	2.0	0	
Oils	Bertolli Bold Organic Extra Virgin Olive Oil	Deoleo USA, Inc	1	Ounces	120	2.0	0	
Oils	Bertolli Extra Light Olive Oil	Deoleo USA, Inc	1	Tablespoons	120	2.0	0	
Oils	Bertolli Light Olive Oil	Deoleo USA, Inc	1	Tablespoons	120	2.0	0	
Oils	Bertolli Light Organic Olive Oil	Deoleo USA, Inc	1	Tablespoons	120	2.0	0	
Oils	Bertolli Organic Extra Light Olive Oil	Deoleo USA, Inc	1	Tablespoons	120	2.0	0	
Oils	Bertolli Rich Extra Virgin Olive Oil	Deoleo USA, Inc	1	Tablespoons	120	2.0	0	
Oils	Bertolli Rich Organic Extra Virgin Olive Oil	Deoleo USA, Inc	1	Tablespoons	120	2.0	0	
Oils	Bertolli Smooth Extra Virgin Olive Oil	Deoleo USA, Inc	1	Tablespoons	120	2.0	0	
Oils	Bertolli Smooth Organic Extra Virgin Olive Oil	Deoleo USA, Inc	1	Tablespoons	120	2.0	0	

Oils	Extra Virgin Olive Oil	Tassos Group LLC, The	14	Grams	120	2.0	0
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*per serving. Highlighted items have been added in the last 30 days



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Oils	Extra Virgin Olive Oil	North American Olive Oil Association	1	Tablespoons	120	2.0	0	
Oils	Garcia de la Cruz Organic Extra Virgin Olive Oil	Aceites Garcia de la Cruz SL	1	Tablespoons	120	2.0	0	
Oils	I Can't Believe It's Not Butter Original	Upfield US Inc	14	Grams	60	2.0	90	15% Vitamin A
Oils	I Can't Believe It's Not Butter Original Portion Cup	Upfield US Inc	5	Grams	25	0.5	40	
Oils	Olitalia Extra Virgin Olive Oil Best with Fish	Olitalia	1	Tablespoons	120	2.5	0	
Oils	Olitalia Extra Virgin Olive Oil Best with Meat	Olitalia	15	Milliliters	120	2.5	0	
Oils	Olitalia Extra Virgin Olive Oil Best with Pasta	Olitalia	1	Tablespoons	120	2.5	0	
Oils	Olitalia Extra Virgin Olive Oil Best with Pizza	Olitalia	1	Tablespoons	120	2.0	0	
Oils	Olitalia Extra Virgin Olive Oil Best with Vegetables	Olitalia	1	Tablespoons	120	2.5	0	
Oils	Organic PDO Extra Virgin Olive Oil	Tassos Group LLC, The	14	Grams	119	2.0	0	
Pasta	Seapoint Farms Organic Edamame Fettuccine	Seapoint Farms, LLC	56	Grams	200	0.5	0	44% Fiber, 34% Protein, 45% Iron
Pasta	Seapoint Farms Organic Edamame Spaghetti	Seapoint Farms, LLC	2	Ounces	200	0.5	0	44% Fiber, 34% Protein, 45% Iron
Popcorn	Black Jewell No Salt No Oil Microwave Popcorn	Black Jewell LLC	27	Grams	100	0.0	0	12% Fiber
Potatoes	Ace Russet Idaho Potatoes	Sun Glo of Idaho	148	Grams	110	0.0	0	45% Vitamin C

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Heart-Check Food Certification Program

Certified Products Listed by Food Category

Updated: 10/2/2020

Food Category	Product	Company	Serving Size		Calories*	Saturated Fat* (g)	Sodium* (mg)	Positive Nutrients* (%Daily Value)
Potatoes	Alexia Sweet Potato Fries	Lamb Weston, Inc.	84	Grams	140	0.0	140	11% Fiber, 60% Vitamin A
Potatoes	Blue Seal Idaho Russet Potatoes	Rigby	148	Grams	110	0.0	0	30% Vitamin C
Potatoes	Blue Seal Idaho Russet Potatoes	Sun Valley	148	Grams	110	0.0	0	30% Vitamin C
Potatoes	Blue Seal Idaho Russet Potatoes	Larsen	148	Grams	110	0.0	0	30% Vitamin C
Potatoes	Blue Seal Idaho Russet Potatoes	IPP - Nonpareil	148	Grams	110	0.0	0	30% Vitamin C
Potatoes	Bruce's Yams - Cut Sweet Potatoes in Syrup	McCall Farms, Inc.	166	Grams	120	0.0	70	14% Fiber, 100% Vitamin A
Potatoes	Caulipower Sweet Potatoasts	Caulipower LLC	85	Grams	80	0.0	30	11% Fiber, 90% Vitamin A, 20% Vitamin C
Potatoes	Fresh Sweet Potatoes (US grown, orange flesh varieties)	The United States Sweet Potato Council, Inc.	133	Grams	105	0.0	40	15% Fiber, 438% Vitamin A, 37% Vitamin C
Potatoes	George Foods Petite Sweet Potatoes	Wayne E. Bailey Produce	130	Grams	110	0.0	70	16% Fiber, 370% Vitamin A
Potatoes	George Foods Sweet Potato Petitelings	Wayne E. Bailey Produce	100	Grams	90	0.0	36	16% Fiber, 283% Vitamin A
Potatoes	George Foods Sweet Potatoes	Wayne E. Bailey Produce	130	Grams	100	0.0	70	16% Fiber, 120% Vitamin A, 30% Vitamin C
Potatoes	Healthy Heart Organic Yams, Medium (Reds/Beauregards)	Doreva Produce Company Inc.	200	Grams	180	0.0	72	26% Fiber, 769% Vitamin A, 65% Vitamin C
Potatoes	Healthy Heart Yams (Reds/Beauregards)	Doreva Produce Company Inc.	200	Grams	180	0.0	72	26% Fiber, 769% Vitamin A, 65% Vitamin C
Potatoes	Idaho Potato - Fingerlings	Idaho Potato Commission	148	Grams	110	0.0	0	30% Vitamin C
Potatoes	Idaho Potato - Reds	Idaho Potato Commission	148	Grams	110	0.0	0	30% Vitamin C
Potatoes	Idaho Potato - Russets	Idaho Potato Commission	148	Grams	110	0.0	0	30% Vitamin C

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Food Category	Product	Company	Serving Size		Calories*	Saturated Fat* (g)	Sodium* (mg)	Positive Nutrients* (%Daily Value)
Potatoes	Idaho Potato - Yellows	Idaho Potato Commission	148	Grams	110	0.0	0	30% Vitamin C
Potatoes	Mother Earth Fresh Premium Idaho/Russet Potatoes	Wilcox Fresh	148	Grams	110	0.0	0	45% Vitamin C
Potatoes	Mother Earth Fresh Premium Red Potatoes	Wilcox Fresh	148	Grams	110	0.0	0	45% Vitamin C
Potatoes	Old Oak Farms Idaho Russet Potatoes - Best Value	RPE, Inc.	148	Grams	110	0.0	0	45% Vitamin C
Potatoes	Old Oak Farms Idaho Russet Potatoes - Biggins	RPE, Inc.	148	Grams	110	0.0	0	45% Vitamin C
Potatoes	Old Oak Farms Idaho Russet Potatoes - Chef Select	RPE, Inc.	148	Grams	110	0.0	0	45% Vitamin C
Potatoes	Organic Select Quality Yams/Sweet Potatoes	Quail H Farms, LLC	200	Grams	180	0.0	72	26% Fiber, 769% Vitamin A, 65% Vitamin C
Potatoes	Premium Treasure Idaho Russet Potatoes	Wilcox Fresh	148	Grams	0	0.0	0	
Potatoes	Premium Treasure Idaho Russet Potatoes	Sun Glo of Idaho	148	Grams	0	0.0	0	
Potatoes	Pride of the Valley Russet Potatoes	Bench Mark Potato Company	114	Grams	110	0.0	0	45% Vitamin C
Potatoes	Primos Russet Potatoes	Sun Valley	148	Grams	110	0.0	0	45% Vitamin C
Potatoes	Quality Yams/Sweet Potatoes (Micro Baking)	Quail H Farms, LLC	200	Grams	180	0.0	72	26% Fiber, 769% Vitamin A, 65% Vitamin C
Potatoes	Side Delights Idaho Russets	Sun Glo of Idaho	148	Grams	110	0.0	0	45% Vitamin C
Potatoes	Simply Perfect Idaho Potatoes (Russet)	RPE, Inc.	148	Grams	110	0.0	0	45% Vitamin C

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Certified Products Listed by Food Category

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Food Category	Product	Company	Serving Size		Calories*	Saturated Fat* (g)	Sodium* (mg)	Positive Nutrients* (%Daily Value)
Potatoes	Simply Perfect Idaho Russet Potatoes	Potandon Produce	148	Grams	110	0.0	0	45% Vitamin C
Potatoes	Simply Perfect Petite Red Idaho Potatoes	Potandon Produce	148	Grams	110	0.0	0	45% Vitamin C
Potatoes	Simply Perfect Red Idaho Potatoes	Potandon Produce	148	Grams	110	0.0	0	45% Vitamin C
Potatoes	Simply Perfect Yellow Idaho Potatoes	Potandon Produce	148	Grams	110	0.0	0	45% Vitamin C
Potatoes	Southwind Farms Fingerling All Purpose Potatoes	Southwind Farms	148	Grams	110	0.0	0	
Potatoes	Southwind Farms Fingerlings Potato Medley	Southwind Farms	148	Grams	110	0.0	0	45% Vitamin C
Potatoes	Southwind Farms Fingerlings Yellow Potatoes	Southwind Farms	148	Grams	110	0.0	0	45% Vitamin C
Potatoes	Southwind Farms Gourmet Select Fingerling Potatoes	Southwind Farms	148	Grams	110	0.0	0	30% Vitamin C
Potatoes	Spuddy Buddy Idaho Russet Potatoes	Wilcox Fresh	148	Grams	110	0.0	0	30% Vitamin C
Potatoes	Spuddy Buddy Idaho Russet Potatoes	Sun Valley	148	Grams	110	0.0	0	30% Vitamin C
Potatoes	Spuddy Buddy Idaho Russet Potatoes	Circle Valley	148	Grams	110	0.0	0	30% Vitamin C
Potatoes	Spuddy Buddy Idaho Russet Potatoes	Larsen	148	Grams	110	0.0	0	30% Vitamin C
Potatoes	Spuddy Buddy Idaho Russet Potatoes	Idasel	148	Grams	110	0.0	0	30% Vitamin C

Potatoes	Spuddy Buddy Idaho Russet Potatoes	Wada	148	Grams	110	0.0	0	30% Vitamin C
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Potatoes	Spuddy Buddy Idaho Russet Potatoes	Driscoll Potatoes	148	Grams	110	0.0	0	30% Vitamin C
Potatoes	Spuddy Buddy Idaho Russet Potatoes	Bench Mark Potato Company	148	Grams	110	0.0	0	30% Vitamin C
Potatoes	Spuddy Buddy Idaho Russet Potatoes	Gold Emblem Produce	148	Grams	110	0.0	0	30% Vitamin C
Potatoes	Spuddy Buddy Idaho Russet Potatoes	Mart	148	Grams	110	0.0	0	30% Vitamin C
Potatoes	Spuddy Buddy Idaho Russet Potatoes	Rigby	148	Grams	110	0.0	0	30% Vitamin C
Potatoes	Spuddy Buddy Idaho Russet Potatoes	Sun Glo of Idaho	148	Grams	110	0.0	0	30% Vitamin C
Potatoes	Sun Supreme Original Premium Russet Potato	Sun Glo of Idaho	148	Grams	110	0.0	0	45% Vitamin C
Potatoes	Sun Valley Russet Potatoes	Sun Valley	148	Grams	110	0.0	0	45% Vitamin C
Soup	Health Valley Organic Cream of Chicken Soup	Hain Celestial Group, Inc., The	240	Grams	120	1.0	450	12% Protein, 10% Calcium
Soup	Health Valley Organic Low Sodium Chicken and Rice Soup	Hain Celestial Group, Inc., The	240	Grams	100	0.0	85	20% Vitamin A
Soup	Health Valley Organic Low Sodium Chicken Noodle Soup	Hain Celestial Group, Inc., The	240	Grams	80	0.0	130	10% Protein, 20% Vitamin A
Soup	Health Valley Organic No Salt Added Lentil Soup	Hain Celestial Group, Inc., The	240	Grams	150	0.0	20	31% Fiber, 14% Protein, 20% Vitamin A, 15% Iron
Soup	Health Valley Organic No Salt Added Minestrone Soup	Hain Celestial Group, Inc., The	240	Grams	100	0.0	45	12% Fiber, 40% Vitamin A

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Soup	Health Valley Organic No Salt Added Split Pea Soup	Hain Celestial Group, Inc., The	240	Grams	150	1.0	20	27% Fiber, 15% Vitamin A
Soup	Health Valley Organic No Salt Added Tomato Soup	Hain Celestial Group, Inc., The	240	Grams	110	1.0	25	10% Fiber
Soup	Health Valley Organic No Salt Added Vegetable Soup	Hain Celestial Group, Inc., The	240	Grams	90	0.0	45	45% Vitamin A
Soup	Kitchen Basics Bone Broth Chicken	McCormick & Company, Inc.	233	Grams	50	0.0	380	20% Protein
Soup	Kitchen Basics Original Beef Bone Broth	McCormick & Company, Inc.	233	Grams	50	0.5	350	20% Protein
Soup	Kitchen Basics Turmeric Ginger Chicken Bone Broth with Lemongrass	McCormick & Company, Inc.	233	Grams	60	1.0	370	20% Protein
Vegetable Juice	Bolthouse Farms 100% Carrot Juice	Wm. Bolthouse Farms, Inc.	8	Ounces	70	0.0	150	180% Vitamin A
Vegetable Juice	Bolthouse Farms Organics 100% Carrot Juice	Wm. Bolthouse Farms, Inc.	8	Ounces	70	0.0	150	180% Vitamin A
Vegetables: Fresh or Frozen	North Bay Produce Brussels Sprouts	North Bay Produce, Inc	88	Grams	38	0.0	22	13% Fiber, 13% Vitamin A, 125% Vitamin C
Vegetables: Fresh or Frozen	North Bay Produce French Green Beans	North Bay Produce, Inc	100	Grams	31	0.0	6	11% Fiber, 27% Vitamin C
Vegetables: Fresh or Frozen	North Bay Produce Snow Peas	North Bay Produce, Inc	31	Grams	15	0.0	0	30% Vitamin C
Vegetables: Fresh or Frozen	North Bay Produce Sugar Snap Peas	North Bay Produce, Inc	31	Grams	15	0.0	0	30% Vitamin C
Vegetables: Fresh, Frozen, or Canned	Red N Tasty	Tomato Thyme Corp.	100	Grams	20	0.0	10	

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Vegetables: Fresh, Frozen, or Canned	Tassos Fire Roasted Florinas Peppers	Tassos Group LLC, The	75	Grams	20	0.0	160	10% Vitamin A, 20% Vitamin C
Vegetables: Fresh, Frozen, or Canned	Tasti-Lee Organic Premium Vine-Ripened Tomatoes	Flavorful Brands	149	Grams	27	0.0	7	25% Vitamin A, 32% Vitamin C
Vegetables: Fresh, Frozen, or Canned	Tasti-Lee Premium Vine-Ripened Tomatoes	Flavorful Brands	149	Grams	27	0.0	7	25% Vitamin A, 32% Vitamin C

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