

## 100 Calories or Less

Because being overweight can increase your risk of developing high blood pressure, heart disease, and diabetes, maintaining an ideal body weight is important to your health. Weight management is as simple as calorie control (the amount you take in versus the amount you expend), and some experts say that as little as 100 calories a day can make a difference between whether you maintain your weight—or lose or gain 10 pounds per year. To help you better monitor the number of calories you consume, we've put together a list of foods that have 100 calories or less per serving.

The list of Dairy items starts below, Frozen Food items begin on page 2, and Grocery items on page 5.

### DAIRY

#### BREAD AND DOUGH

- **Bagels and Muffins**

- **Gourmet Baker**

- Crumpets
    - Plain Muffin

- **Biscuits and Dinner Rolls**

- **Pillsbury**

- Ready to Bake Crescent Rolls
    - Reduced Fat Dinner Crescent Rolls

- **Tortillas**

- **Tamxico**

- Low Carb Wheat Tortillas
    - White Corn Tortillas

#### CULTURED PRODUCTS

- **Cottage Cheese**

- **Breakstone's**

- Snack Size – 2% Milk Fat Small Curd, Low Fat Small Curd, or 2% Low Fat Large Curd
    - Low Fat Small Curd

- **Light n' Lively**

- Fat Free
    - Low Fat

- **Cottage Cheese (Cont'd)**

- **Publix**

- Fat Free
    - Low Fat
    - Small Curd – Fat Free or Low Fat

- **Ricotta**

- **Polyo**

- Fat Free
    - Part Skim
    - Skim Milk

- **Publix**

- Part Skim

- **Sorrento**

- Fat Free Deli Style
    - Part Skim Milk Deli Style

- **Yogurt**

- **Dannon**

- DanActive Cultured Dairy Drink – Blueberry, Strawberry, or Vanilla
    - DanActive Probiotic Cultured Dairy Drink – Strawberry or Vanilla
    - Light & Fit – Strawberry Banana/Blackberry/Vanilla Pack, Strawberry/Peach or Strawberry/Strawberry Banana

- **Yogurt (Cont'd)**

- **Dannon**

- Light & Fit Carb Control Smoothie – Strawberry or Strawberry Banana 'N Cream
    - Light & Fit Carb Control Snack – Blueberries 'n Cream, Strawberries 'n Cream, or Vanilla Cream
    - Light & Fit Nonfat, Sweetened with Splenda
    - Light & Fit Smoothie – Mixed Berry, Peach Passion, Raspberry, Strawberry, Strawberry Banana, or Strawberry Kiwi
    - Light & Fit Yogurt – Blueberry, Cherry Vanilla, Orange Mango, Peach, Raspberry, Strawberry, Strawberry Banana, Strawberry Kiwi, Vanilla, or White Raspberry
    - Nonfat Plain

- **Horizon**

- Fat Free Plain

- **Stonyfield Farm**

- Nonfat Plain Cultured Acidophilus
    - Organic O'Soy Cultured Soy, Strawberry Peach

Shopping lists were compiled from products that are available in Publix Super Market stores. These products may not be available in Publix GreenWise Market®, Publix Sabor® or Pix™ stores. Because the products listed were evaluated using manufacturer-provided nutritional information, and product formulations can change at any time, Publix cannot guarantee the accuracy of the nutrition information provided. Customers are encouraged to read the product labels to obtain the most accurate nutrition information. The information provided is intended to be nutrition and dietary guidance only and not medical advice.

- **Yogurt (Cont'd)**

- Weight Watchers**

- 1 Value Point per Serving Nonfat Yogurt – Blueberry, Key Lime Pie, Peach, Strawberry, or Vanilla

- Yoplait**

- 25% Less Sugar Strawberry Vanilla / Strawberry Kids Low Fat
    - 99% Fat Free Light Yogurt – Apricot Mango, Blackberry, Blueberry, Cherry, Peach, Strawberry, or Strawberry Banana
    - Fat Free Light Kids Fridge Pack – Strawberry / Blueberry Patch or Strawberry / Harvest Peach
    - Go-GURT Portable Yogurt – Berry Blue Blast & Strawberry Splash, Burstin' Melon Berry & Cool Cotton Candy, Limited Edition Flavors, Swirled Strawberry Milkshake & Banana Split, or Swirled Watermelon Meltdown & Strawberry Banana Burst
    - Light Smoothie – Peach, Strawberry, or Strawberry Banana
    - No S/O Added Light Raspberry Thick & Creamy Light Yogurt – Key Lime Pie, Mixed Berry, Peaches 'n Cream, or Strawberry

**DESSERTS**

- **Gelatin**

- Jello**

- Strawberry
    - Sugar Free Gelatin Variety Snacks – Low Calorie Peach Watermelon, Strawberry Kiwi/Tropical Berry, Cherry/Black Cherry, or Strawberry Lemon Lime/Orange
    - Sugar Free Strawberry

- Publix**

- Sugar Free – Black Cherry & Cherry Flavored, Raspberry & Orange, or Strawberry

- **Pudding**

- Jello**

- Fat Free Pudding Snacks – Chocolate, Chocolate Vanilla, Tapioca, or Devil's Food Variety Pack

- **Pudding (Cont'd)**

- Jello**

- Sugar Free Pudding Snacks – Chocolate or Chocolate Vanilla Swirls
    - Sugar Free Reduced Calorie Pudding Snacks – Creamy Caramel, Double Chocolate, or Vanilla

- Kozy Shack**

- No Sugar Added Pudding – Chocolate, Rice, or Tapioca

- Publix**

- Sugar Free Chocolate Vanilla Swirl Flavored

**EGGS**

- **Fresh Eggs**

- 4 Grain**

- All Natural Large
    - Cage Free Large Brown
    - Omega 3 Large Brown
    - Vegetarian Large Brown

- Eggland's Best**

- Extra Large
    - Grade A – Medium, Large, or Jumbo
    - Large

- Publix**

- Brown Eggs
    - Eggs
    - Extra Large
    - Grade A – Medium, Large, or Jumbo

- Publix GreenWise Market**

- Grade A Organic Large Brown

- The Country Hen**

- Organic Large Brown

- **Egg Substitutes**

- Morningstar Farms**

- Egg Beaters – Regular, Cheese & Chives, Egg Whites, Garden Vegetables, Southwestern, or Twin Pack
    - Scramblers

- **Egg Substitutes (Cont'd)**

- Publix**

- Fat Free, Cholesterol Free, Lactose Free, Eggstirs

**MILK AND MILK PRODUCTS**

- **Fresh Milk**

- Publix**

- Grade A Fat Free
    - Grade A Fat Free Skim

- Publix GreenWise Market**

- Organic Fat Free

- **Ultra Pasteurized Milk**

- Horizon**

- Vitamins A & D Added Ultra Pasteurized Organic Fat Free Milk

- **Milk Substitutes**

- 8th Continent**

- Soy Milk – Light Plain, Light Chocolate, Light Vanilla, or Low Fat Vanilla

- Publix GreenWise Market**

- Soy Milk – Plain or Vanilla

- Silk**

- Soy Milk – Plain, Calcium Enriched, Vanilla, or Lactose Free Vanilla

- White Wave Silk**

- Soy Milk – Plain, Light Plain, Light Vanilla, Organic Unsweetened, or Vanilla

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**FROZEN FOODS****BREADS**

- **Bread**

- Pillsbury**

- Low Fat Oven Baked Dinner Rolls – Crusty French or Crusty Wheat

- Publix**

- Parker House Yeast Rolls

- **Garlic**

- Le Petit**

- Fat Free Whole Wheat Francais Baguette
  - Francais Baguette

- **Organic**

- Food For Life**

- 7 Sprouted Grains Bread
  - Ezekiel 4:9 Sesame Bread
  - Ezekiel 4:9 Certified Organic Sprouted Grain Bread

## DINNERS AND ENTREES

- **Kosher**

- Golden Cheese**

- Blintzes Crepes

## FRUITS

- **Fruits**

- Dole**

- Blueberries

- Publix**

- Blueberries, Family Pack
  - Grade A Fancy Fruits – Mixed Berries, Blackberries, Blueberries, Dark Sweet Cherries, Mixed Fruit, Sliced Peaches, Raspberries, Rhubarb, or Whole Strawberries

## ICE CREAM AND NOVELTIES

- **Cream Based Novelties**

- Healthy Choice**

- Orange or Raspberry Sorbet & Cream Premium Bars

- Klondike**

- Slim-A-Bear Sandwich Bars – 98% Fat Free Vanilla or No Sugar Added Reduced Fat & Calorie Vanilla

- Popsicle**

- Sugar Free Creamsicle

- Publix**

- Sundae or Vanilla Cups

- **Fudge Based Novelties**

- Fudgsicle**

- Fat Free
  - No Sugar Added

- **Fudge Based Novelties (Cont'd)**

- Fudgsicle**

- Original

- Healthy Choice**

- Fudge Bars
  - No Sugar Added Fudge Pops
  - Premium Fudge Bars
  - Premium Mocha Swirl Bars

- **Juice Novelties**

- Breyers**

- Pure Fruit Bars – Strawberry or Strawberry/Orange/Raspberry

- Edy's**

- Fruit Bars – Assorted, Grape, Lime, Strawberry, or No Sugar Added Strawberry Tangerine Raspberry

- **Reduced Fat Ice Cream**

- Breyer's**

- Ice Cream – Fat Free Vanilla, Light Vanilla Bean, Natural Light Vanilla, or Light Vanilla-Chocolate-Strawberry
  - No Sugar Added Ice Cream – Light Sugar Smart French Vanilla, Light Sugar Smart Vanilla, or Vanilla-Chocolate-Strawberry

- Edy's**

- Grand Light Vanilla
  - Light Slow Churned Ice Cream – Vanilla or French Vanilla
  - No Sugar Added Ice Cream – Coffee, Neapolitan, Vanilla Bean, or Reduced Fat Vanilla

- Publix**

- Low Fat Ice Cream – Chocolate; Neapolitan Vanilla, Chocolate; and Strawberry; or Vanilla

- **Sherbert**

- Publix**

- Cool Lime
  - Tropic Pineapple

- **Yogurt**

- Edy's**

- Yogurt Blends – Black Cherry Vanilla Swirl, Chocolate Vanilla Swirl, Strawberry, or Vanilla

- **Yogurt (Cont'd)**

- Publix**

- Premium Frozen Yogurt – Chocolate, Low Fat Vanilla, Peach, or Strawberry

- **Water Ice Novelties**

- Popsicle**

- Popsicle/Fudgsicle/Creamsicle Healthy Bunch Bars
  - Ice Pops – Dora the Explorer, Firecracker Super Heroes, Rainbow Assorted flavors, Crayon Shaped Scribblers, or Variety Orange Cherry Grape
  - Sugar Free Ice Pops – Lifesavers, Low Calorie Assorted Flavors, or Tropical

- Publix**

- Banana Pops
  - Junior Pops – Assorted Cherry Grape or Assorted Sugar Free Orange Cherry Grape
  - Red, White & Blue Pops

## JUICE

- **Lime / Lemonades**

- Minute Maid**

- Concentrate Frozen Limeade

## MEATLESS

- **Breakfast**

- Boca**

- Breakfast Patties

- Morningstar Farms**

- Breakfast Veggie Bacon Strips
  - Breakfast Veggie Sausage Links
  - Breakfast Veggie Sausage Patties

- **Entrees**

- Boca**

- All American Flame Grilled Meatless Burger
  - Meatless Crumbles Burger
  - The Original Meatless with Grilled Vegetables Burger

- Gardenburger**

- Low fat Original

- **Entrees (Cont'd)**

- **Morningstar Farms**

- Original Veggie Dogs
    - Veggie Grillers Recipe Crumbles

- **Publix GreenWise Market**

- All American Grilled Veggie Burger
    - Soy Veggie Crumbles Burger

## PIZZA AND SNACKS

- **Snacks**

- **Jonathan T.**

- Spanakopita Spinach and Feta
    - Phyllo Hors D'oeuvres

## POTATOES

- **Hash Browns**

- **Golden**

- Potato Pancakes

- **Publix**

- Hash Brown Potatoes

## VEGETABLES

- **Broccoli**

- **Green Giant**

- Broccoli and 3 Cheese Sauce
    - Broccoli and Zesty Cheese Sauce
    - Broccoli Cauliflower and Carrots with Cheese
    - Broccoli with Cheese Sauce
    - Select Broccoli Florets
    - Select Just for One Broccoli & Cheese
    - Simply Steam – Garden Vegetable Medley or Seasoned Vegetables
    - Spears
    - Spears in Butter Sauce

- **Green Giant**

- Vegetable Medley in Butter Sauce

- **Publix**

- Chopped
    - Cuts
    - Spears

- **Brussels Sprouts**

- **Green Giant**

- Baby Brussels Sprouts in Butter Sauce

- **Publix**

- Brussels Sprouts

- **Carrots**

- **Green Giant**

- Honey Glazed Carrots

- **Publix**

- Baby Whole
    - Crinkle Cut

- **Cauliflower**

- **Green Giant**

- Cauliflower & Cheese

- **Publix**

- Cauliflower

- **Corn**

- **Green Giant**

- Cream Style
    - Extra Sweet Steam Corn Niblets
    - No Sauce Simply Steam Shoepeg White
    - Steam Whole Kernel Corn Niblets
    - White Select Shoepeg

- **Publix**

- Cut
    - Grade A Fancy Minears Corn on the Cob
    - Whole Kernel Golden

- **Green Beans**

- **Green Giant**

- No Sauce Simply Steam Green Beans and Almonds

- **Publix**

- Green Cut
    - Green French Cut

- **International**

- **Publix**

- Blends – Alpine, Italian, Japanese, or Oriental

- **Lima Beans**

- **Green Giant**

- Baby Lima Beans in Butter Sauce
    - No Sauce Simply Steam Baby Lima Beans

- **Publix**

- Fordhook Lima Beans

- **Mixed Vegetables**

- **Green Giant**

- Frozen Vegetables – Alfredo, Mixed Steam, or Teriyaki
    - No Sauce Simply Steam Corn Niblets

- **Publix**

- Blends – California, Del Oro, or Roma
    - Mixed Vegetables

- **Onions**

- **Publix**

- Grade A Fancy Diced Onions

- **Pasta Vegetable Mix**

- **Green Giant**

- Alfredo Vegetables, Broccoli, Sugar, Snap Peas, Carrots, and Alfredo Sauce
    - Create a Meal! Stir Fry – Szechuan or Teriyaki
    - Frozen Vegetable Medley in Tuscan Herb Sauce
    - Garden Vegetable Medley
    - Seasoned Vegetables
    - Pasta Accents, Broccoli, Carrots & Cheese Pasta Sauce
    - Seasoned Vegetables Broccoli, & Carrots with Garlic & Herbs

- **Peas**

- **Green Giant**

- Le Sueur
    - Le Sueur Select Baby Sweet
    - No Sauce Simply Steam Peas – Baby Sweet Sugar Snap, or Sweet Peas and Pearl Onions
    - Select Sugar Snap
    - Steam Sweet

- **La Choy**

- Snow Pea Pods

- **Peas (Cont'd)**

- Publix**

- Family Size Peas
  - Green Peas
  - Peas & Carrots
  - Petite

- **Potatoes**

- Green Giant**

- Red Potatoes with Garlic and Herbs

- **Southern Vegetable**

- Publix**

- Chopped Collard Greens
  - Chopped Turnip Greens
  - Chopped Turnip Greens with Diced Turnips
  - Cooked Squash
  - Cut Okra
  - Grade A Fancy Diced Green Peppers
  - Gumbo Vegetable Mix
  - Sliced Yellow Squash
  - Succotash
  - Vegetable Soup Mix with Tomatoes
  - Whole Baby Okra

- **Soybeans**

- Seaside Farms**

- Edamame Blanched Soybeans – In Pods or Shelled

- **Spinach**

- Green Giant**

- Creamed
  - Cut Spinach Leaf in Butter Sauce
  - Spinach

- Publix**

- Chopped
  - Cut Spinach Leaf
  - Spinach Leaf

- **Veg'n Sauce**

- Green Giant**

- Broccoli Carrot Cauliflower and Cheese Sauce
  - Corn Niblet and Butter Sauce

- **Veg'n Sauce (Cont'd)**

- Green Giant**

- Roasted Potatoes Garlic and Vegetables
  - Frozen Vegetables

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## GROCERY

### BAKING PRODUCTS

- **Gelatins**

- Hunt's**

- Gel Snack Packs – Strawberry, Strawberry/Orange, or Sugar Free Cherry Snack

- Jello**

- Gelatin Dessert – Berry Blue, Black Cherry, Cherry, Fat Free Island Pineapple, Lemon, Lime, Mixed Fruit, Orange, Peach, Raspberry, Strawberry, Strawberry Banana, or Wild Strawberry
  - Sugar Free Gelatin Dessert – Cherry, Cranberry, Lemon, Lime, Mixed Fruit, Orange, Raspberry, Strawberry, Strawberry Banana, or Strawberry Kiwi

- Knox**

- Unflavored Gelatin

- Kool-Aid**

- Gel Snack – Cherry Tropical Punch, Ice Blue Raspberry, Oh Yeah Orange, or Soarin' Strawberry

- Royal**

- Gelatin Dessert – Cherry, Orange, Raspberry, or Strawberry
  - Sugar Free Gelatin Dessert – Cherry, Lime, Orange, Raspberry, Strawberry, or Strawberry Banana

- **Meal and Baking Powders**

- Bob's Red Mill**

- Flaxseed Meal

- **Misc. Desserts**

- Dream Whip**

- Whipped Topping Mix

- **Puddings**

- D'Gari**

- Custard Flan

- **Puddings (Cont'd)**

- Hunt's**

- Pudding Snack Pack – Light Chocolate, No Sugar Added Chocolate, or No Sugar Added Vanilla

- Jello**

- Sugar Free Cook & Serve Pudding & Pie Filling – Chocolate or Vanilla
  - Sugar Free Fat Free Instant Pudding – White Chocolate
  - Sugar Free Fat Free Instant Pudding & Pie Filling – Lemon
  - Sugar Free Instant Pudding – Banana, Chocolate or Vanilla
  - Sugar Free Instant Pudding & Pie Filling – Butterscotch, Chocolate, Chocolate Fudge, Pistachio, or Vanilla

- Kraft**

- Baskin Robinns 31 Handi-Snacks – Banana or Chocolate Vanilla Sundae
  - Fat Free Handi-Snacks – Chocolate or Vanilla
  - Handi-Snacks – Banana, Butterscotch, Chocolate, Chocolate Fudge, Rice, Tapioca, or Vanilla

- Royal**

- Instant Pudding & Pie Filling – Chocolate or Vanilla
  - Sugar Free Pudding – Banana Cream or Pistachio
  - Sugar Free Pudding & Pie Filling – Butterscotch, Chocolate, or Vanilla

- **Sugar and Substitutes**

- Sweet 'n Low**

- Low Calorie Granulated Sugar Substitute

### BREAD

- **Buns / Rolls / Biscuits**

- Publix**

- Premium Recipe Brown 'n Serve Rolls

- **English Muffins/Bagels**

- Pepperidge Farms**

- Swirl Bread – Cinnamon or Cinnamon Raisin

- Thomas English Muffins**

- Light Multi Grain

- Weight Watchers**

- English Muffins

- **Hard Breads**

- Kavli**

- 5 Grain Crispbread  
Whole Grain Crispbread – Crispy Thin or Hearty Thick varieties

- Reese Holland Rusk**

- Original Light Crisp Imported Toast

- Ryvita**

- Crispbread – Tasty Dark Rye or Sesame Toasted Rye  
Plain Hardbread

- Wasa**

- Crackerbread – Hearty Rye or Crisp'n Light  
Crispbread – Sesame, Original Rye, Original Sourdough Rye, or Original Fiber Rye  
Hardbread – Multi Grain or Oats

- **Loaf Bread**

- Arnold**

- 7 Grain  
Dutch Country Bread – 100% Whole Wheat Stone Ground, Soft Potato Original Recipe, or White Butter Split Top Original Recipe  
Pumpernickel  
Real Jewish Rye with Caraway Seeds  
Real Jewish Rye without Seeds  
Whole Grain Classics – 100% Whole Wheat or Healthy Multi Grain

- Nature's Own**

- Butterbread  
Wheat Bread – 100% Whole, Low Carb, Honey, Light, Sugar Free  
100% Whole Grain, Wheat 'n Fiber, or White

- **Loaf Bread (Cont'd)**

- Pepperidge Farm**

- Classic Dark Pumpernickel  
Deli Swirl Rye & Pump

- Publix**

- Enriched White  
Premium Recipe – Blended Grain, Butter Crust White, Honey Wheat, Light Natural Grain, Light Wheat, Oat Bran 'n Honey, Old Fashioned White, 100% Whole Wheat Stone Ground, or Wheat

- Sunbeam**

- Old Fashion

- Weight Watchers**

- Wheat

- **Tortillas**

- La Banderita**

- Flat Plain  
Flour Tortilla  
Low Carb Soft Taco Flour Tortillas

- La Tortilla**

- Factory Wraps – Rosemary, Tomato Basil, or White Flour  
Low Carb – Garlic, Onion, or Wheat

## BREAKFAST FOODS

- **Breakfast Bars**

- Kellogg's**

- Special K Bar – Blueberry, Chocolate Drizzle, Peaches & Berries, Strawberry, or Vanilla  
Special K Snack Bites – Strawberry Crunchy Multi Grain or Vanilla Crunchy Multi Grain  
Treat Squares Rice Krispies

- Quaker**

- Chewy Granola Bars – Chocolate Chip or Peanut Butter & Chocolate Chunk  
25% Less Sugar Chewy Granola Bars – Chocolate Chip or Peanut Butter Chocolate Chunk  
Granola Bars – Chocolate, Cinnamon, or Peanut Butter  
Low Fat 90 Calories Honey Chewy Granola Bars

- **Breakfast Bars (Cont'd)**

- Quaker**

- Low Fat Chewy Granola Bars – Chocolate Chunk, Smores, or Wholesome Oatmeal Raisin Favorites

- **Cereals**

- Cascadian Farm**

- Organic Clifford Crunch

- General Mills**

- Berry Burst Triple Berry Cheerios  
Cheerios  
Rice Chex  
Fiber One  
Total  
Total Whole Grain  
Wheaties

- Kellogg's**

- All-Bran – Original, Bran Buds, or Extra Fiber  
Complete Wheat Bran Flakes  
Corn Flakes  
Product 19  
Smacks  
Special K Low Carb

- Malt O Meal**

- Puffed Rice  
Puffed Wheat

- Post**

- Bran Flakes

- Publix**

- Bran Flakes  
Corn Flakes  
Toasted Grain Corn Flakes

- Quaker**

- Cap'n Crunch Jumbo Crunch Berries  
Crunchy Corn Bran  
Essentials – Puffed Rice or Puffed Wheat

- **Hot Cereals**

- Kretschmer**

- Wheat Germ – Honey Crunch or Original Toasted

- Nabisco**

- Hot Cream of Rice

- **Hot Cereals (Cont'd)**

**Nabisco**

Hot Instant Cream of Wheat  
Original

**Publix**

Regular Flavor Instant Oatmeal

**Publix GreenWise Market**

Instant Oatmeal – Original 100%  
Organic or Organic Maple Brown  
Sugar

**Quaker**

Grits – Original Instant, Cheese  
Lovers, or Real Butter Flavor  
Instant Oatmeal – Regular Flavor  
or Regular Organic

## CANNED FRUITS

- **Citrus Specialty / Misc. Fruit**

**Del Monte**

Fruit & Gel Lite Mandarin Orange  
Segments in Orange Flavored  
Gel  
Light Syrup Citrus Salad  
Lite Unpeeled Apricot Halves  
Mandarin Oranges Fruit Cup  
Mandarin Orange Segments  
Mandarin Orange Segments in  
Light Syrup Fruit  
SunFresh Red Grapefruit Sections  
SunFresh Red Grapefruit Sections  
in Light Syrup  
Tropical Fruit Salad  
Tropical Fruit Salad Juice

**Dole**

All Natural Mandarin Oranges in  
Light Syrup  
All Natural Tropical Fruit in Light  
Syrup  
FruitnGel Bowls Mandarin  
Oranges in Orange Gel  
Tropical Mixed Fruit in Passion  
Fruit Nectar

**Publix**

Mandarin Orange Light Syrup  
Mandarin Orange in Orange Gel  
Maraschino Cherries  
Maraschino Cherries with Stems

- **Cranberry**

**Publix**

Jellied Sauce  
Sauce  
Whole Berry Sauce

- **Fruit Cocktail**

**Del Monte**

Cherry Mixed Fruit in Natural  
Cherry Fruit Flavored Light Syrup  
Fruit & Gel Mixed Fruit in Cherry  
Flavored Gel  
Fruit Cherry Mixed Fruit  
Pleasures  
Fruit Cocktail  
Fruit Cocktail in Heavy Syrup  
Fruit Cup – Crazy Cherry  
Fruitageous Mixed Fruit, Mixed  
Fruit in Extra Light Syrup, or  
Mixed Fruit in Heavy Syrup  
Fruit From Concentrate Tropical  
Fruit in Lightly Sweetened Fruit  
Juices  
Fruit Naturals  
Fruit Naturals Mixed Chunky Fruit  
Lite  
Lite Chunky Mixed Fruit  
Mixed Fruit in Light Syrup Fruit  
No Sugar Added Sweetened with  
Splenda  
Syrup in Mixed Chunky Fruit  
Very Cherry Mixed Fruit

**Dole**

Fruit Bowls – Diced Pears,  
Mandarin Oranges, Mixed, Mixed  
Cherry in Light Syrup with Other  
Natural Flavors, Mixed in Black  
Cherry Gel, or Tropical Fruit  
Mixed Fruit in Peach Gel Fruit  
Gels

**Publix**

Fruit Cocktail in Heavy Syrup  
Fruit Cocktail Lite in Pear Juice  
Mixed Chunky Lite in Pear Juice

- **Fruit Snacks**

**Betty Crocker**

Flavor Shock Variety Pack Fruit  
Gushers

- **Fruit Snacks (Cont'd)**

**Betty Crocker**

Fruit by the Foot Snacks – Berry  
Twist, Berry Tiedye, Berry  
Rainbow Punch, Berry Razzle  
Blue Blitz, Strawberry, or Variety  
Pack  
Fruit Gushers Snacks – Rockin'  
Blue Raspberry, Strawberry  
Splash, Tropical Flavors, or  
Variety Pack  
Fruit Rollups Electric Snacks  
– Blue Raspberry, Flavorwave,  
Strawberry, Strawberry Kiwi,  
Variety Pack or Variety Pack Hot  
Colors  
Scoobydoo! Fruit Snacks  
Shark Bites Fruit Snacks

**Kellogg's**

Fruit Flavored Snacks, Assorted  
Flavors – Dora's World  
Adventures!, Finding Nemo, or  
Sponge Bob Squarepants  
Yogo's Yogurt Covered Fruity  
Dots – Crazy Berries, Island  
Explosion, or Strawberry Slam

**Publix**

Fruit Snacks – Curious George,  
Dinosaurs, Sharks, Snoopy, or  
Veggie Tales  
Strawberry Fruit Rolls

**Sunkist**

Mixed Fruit with Calcium Fruit  
Snacks

- **Peaches**

**Del Monte**

All Natural Sliced Peaches in  
Light Syrup  
Chunks  
Fruit & Gel Lite Peaches in  
Strawberry Banana Flavored Gel  
Fruit & Gel Mixed Peaches – in  
Raspberry Flavored Gel or In  
Peach Flavored Gel  
Fruit Cup – Diced or Diced in  
Extra Light Syrup  
Halves  
Lite Sliced

- **Peaches (Cont'd)**

**Del Monte**

No Sugar Added Sweetened with Splenda Chunks

Sliced – Elberta Freestone, Fruit Naturals, Harvest Spice, Lite Freestone, Lite Yellow Cling, No Sugar Added with Splenda, Raspberry Flavored, Yellow Cling, or Freestone

Strawberry Banana Fruit Flavored Yellow Cling Peaches in Lightly Flavored Syrup

Yellow Cling in Heavy Syrup Halves

Yellow Cling Diced Peaches in Light Syrup Fruit

**Dole**

Diced Peaches Fruit Bowls

FruitnGel Bowls Reduced Sugar Pears in Kiwiberry Gel

Peaches in Strawberry Fruitngel Bowls

**Osage**

Lite Raggedy Freestone Ripe Peaches

Raggedy Freestone Ripe Peaches in Heavy Syrup

**Publix**

Diced Peaches in Natural Peach Flavored Light Syrup

Diced Peaches in Strawberry Gel Lite Yellow Cling in Heavy Syrup – Halves or Slices

Yellow Cling in Heavy Syrup – Halves or Slices

- **Pears**

**Del Monte**

Bartlett Pear Halves

Chunks – In Heavy Syrup or No Sugar Added Sweetened with Splenda

Halves – Cinnamon Flavored, Bartlett, Fruit Naturals, or Lite Bartlett

Sliced – Lite Bartlett or No Sugar Added Sweetened with Splenda

**Publix**

Bartlett Slices in Heavy Syrup

- **Pears (Cont'd)**

**Publix**

Halves – Bartlett in Heavy Syrup or Lite Bartlett in Pear Juice

- **Pineapple**

**Del Monte**

Pineapple Tidbits Fruit Cup

Pineapple Fruit Tidbits in 100% From Concentrate Pineapple Juice

**Dole**

All Natural Pineapple Chunks in Pineapple Juice

Crushed Pineapple in Unsweetened Pineapple Juice

High in Vitamin C Antioxidant Sweetened Chunks in Heavy Syrup

No Sugar Added Chunks in Unsweetened Pineapple Juice

No Sugar Added, in 100% Pineapple Juice – Chunks, Crushed, Slices, or Tidbits

Pineapple in Lime Gel Fruitngel Bowls

Pineapple Slices in Unsweetened Pineapple Juice

Pineapple Tidbits Fruit Bowls

Pineapple Tidbits in Unsweetened Pineapple Juice

**Libby**

Red Carb Crushed Pineapple

Red Carb Pineapple Chunk

**Publix**

Chunks – In Heavy Syrup or in Pineapple Juice varieties

Crushed – In Heavy Syrup or in Pineapple Juice varieties

Sliced – in Heavy Syrup or in Pineapple Juice

Tidbits in Lime Gel

Tidbits in Pineapple Juice

## CANNED VEGETABLES

- **Asparagus**

**Del Monte**

Asparagus Salad Tips

Fresh Cut Cuts & Tips

Fresh Cut Extra Long Spears

- **Asparagus (Cont'd)**

**Del Monte**

Fresh Cut Slender Whole Spears Specialties

**Green Giant**

Extra Long Spears

No Sauce Simply Steam Cuts

Tender Green Cut Spear

**Le Sueur**

Extra Large Cuts

- **Beets**

**Aunt Nellie's**

Red Cabbage

Ruby Red Beets – Sliced or Whole Pickled varieties

Sweet & Sour Harvard Ruby Red Sliced

Whole Onions

**Del Monte**

Fresh Cut Sliced

Sliced

**Publix**

Sliced

- **Carrots**

**Del Monte**

Fresh Cut Sliced

Sliced

**Le Sueur**

Tender Baby Whole

**Publix**

Sweet Sliced

- **Dried Beans**

**Bush's Best**

Canellini Beans

Chili Beans

Large Butter Beans

Navy Beans

Pinto Beans

**Del Monte**

Green Lima Beans

**Eden**

Fat Free Organic Kidney Beans

**Garcia's**

Fully Seasoned Ready to Serve Black Beans

- **Dried Beans (Cont'd)**

- Goya**

- Black Beans
  - Chick Peas
  - Green Pigeon Peas
  - Pink Beans
  - Pinto Beans
  - Red Kidney Beans
  - Small Red Beans

- Progresso**

- Black Beans
  - Chick Peas

- Publix GreenWise Market**

- Organic Garbanzo Beans

- Publix**

- Small Green Lima Beans

- **Green Beans**

- Del Monte**

- Blue Lake – Cut, French Style, or Whole
  - Cut
  - Cut Green Beans & Potatoes
  - Cut Green Beans & Fresh Cut Potatoes with Ham Style Flavor
  - Fresh Cut – Green Beans and Potatoes with Ham, Blue Lake Cut, Blue Lake French Style, French Style, No Salt Added, No Salt Added Blue Lake Cut, or Mixed Vegetables with Potatoes
  - Golden Wax Cut Beans
  - Italian Cut Green Beans
  - Lightly Seasoned Specialties
  - Quality Dill Green Beans
  - Seasoned Beans

- Green Giant**

- Cut
  - French Cut
  - French Style
  - Kitchen Sliced
  - Italian Cut

- Publix**

- Cut
  - French Style
  - Italian Cut
  - No Salt

- **Green Beans (Cont'd)**

- Publix**

- Veggigreen – Cut, French, or Whole

- Publix GreenWise Market**

- Organic Cut

- **Greens**

- Del Monte**

- Fresh Cut Whole Spinach Leaf
  - Whole Spinach Leaf
  - Zucchini with Italian Style Tomato Sauce

- Publix**

- Spinach Leaf

- **Kraut**

- Bush's Best**

- Bavarian Kraut
  - Eden
  - Organic Sauerkraut

- Gundelsheim**

- Barrel Sauerkraut

- **Mushrooms / Artichoke**

- Girogio**

- Ready to Serve Dawn Fresh Mushroom Steak Sauce

- Green Giant**

- Mushroom Pieces & Stems
  - Sliced Mushrooms
  - Whole Mushrooms

- Pennsylvania Dutchman**

- Chunky Style Portabella Mushrooms
  - Mushrooms Pieces & Stems
  - No Salt Mushroom Stems & Pieces

- Progresso**

- Artichoke Hearts

- Publix**

- Mushrooms Pieces & Stems
  - Sliced Mushrooms
  - Whole Mushrooms

- Reese**

- Quartered Artichoke Hearts

- **Peas**

- Del Monte**

- Early Garden Sweet
  - Fresh Cut Specialties Very Young Small Sweet
  - Fresh Cut Sweet
  - No Salt Added Sweet Peas – Fresh Cut and Early Garden Peas & Carrots

- Green Giant**

- Sweet Peas

- Le Sueur**

- 50% Less Sodium Early Peas
  - Early Peas
  - Early Peas with Mushrooms and Pearl Onions

- Publix**

- Grade A Fancy Green Sweet
  - Green Sweet
  - No Salt Green
  - Small Sweet

- Publix GreenWise Market**

- Organic Sweet

- **Potatoes**

- Del Monte**

- New Fresh Cut Potatoes – Diced or Whole varieties
  - New Whole Potatoes

- Publix**

- White – Sliced or Whole

- **Salad & Mixed Vegetables**

- Del Monte**

- Fresh Cut Mixed Vegetables
  - Mixed Vegetables

- Green Giant**

- Three Bean Salad

- Margaret Holmes**

- Tomatoes, Okra, & Corn

- Publix**

- Mixed Vegetables

- Read**

- 4 Bean Salad

**• Tomatoes****Del Monte**

Diced Tomatoes with Green Peppers & Onions  
Fresh Cut – Diced; Diced with Garlic & Onion; Diced No Salt Added; Diced Seasoned with Peeled Basil, Garlic & Oregano; or Sliced  
Italian Recipe Stewed  
Petite Cut – Regular, Diced, with Garlic & Olive Oil, or with Jalapeño  
Seasoned Diced  
Stewed – Mexican or Original Recipes  
Zesty Seasoned Diced Tomatoes with Mild Green Chiles

**Hunt's**

All Natural Whole Peeled  
Crushed  
Crushed Organic  
Diced Organic  
Diced Organic Tomatoes with Basil, Garlic, & Oregano  
Diced Tomatoes – Regular, Choice-Cut Italian Style Herbs, in Sunrich Tomato Juice, or with Sweet Onions  
Whole  
Whole Organic

**Margaret Holmes**

Southern Style Blend Tomatoes and Okra

**Pomi**

Chopped  
Strained

**Progresso**

Diced Tomatoes – Regular, with Italian Herbs, or with Italian Style Peeled Basil  
Recipe Ready Crushed

**Publix**

Crushed  
Diced Tomatoes – Regular, with Green Chiles, or with Roasted Garlic & Onion  
Fancy Stewed Italian Sliced  
Fancy Stewed Sliced

**• Tomatoes (Cont'd)****Publix**

Grade A Fancy Petite Diced  
Italian Style Diced  
Peeled Diced  
Whole Peeled

**Publix GreenWise Market**

Diced Organic Tomatoes Seasoned with Basil Garlic & Oregano

**Rotel**

Diced – Tomatoes & Extra Hot Chile Peppers, Tomatoes & Green Chiles, or Tomatoes & Milder Green Chiles  
Mexican Festival Diced Tomatoes with Lime Juice and Cilantro

**Tutorossa**

Crushed

**• Tomato / Sauce / Pasta / Puree****Contadina**

Italian Seasonings Paste  
Paste  
Sauce

**Del Monte**

Sauce

**Goya**

Spanish Style Sauce (Salsa de Tomato)

**Hunt's**

All Natural Paste  
All Natural Regular Paste  
All Natural Sauce  
All Natural Tomato Puree  
Diced Tomatoes, Green Pepper, Celery, & Onions  
Italian Style Herbs Sauce  
Italian Style Paste  
No Salt Added Sauce  
Roasted Garlic Sauce  
Sauce

**Muir Glen**

Premium Organic Diced Fire Roasted

**Progresso**

Puree

**• Tomato / Sauce / Pasta / Puree (Cont'd)****Publix**

Grade A Fancy Sauce  
Paste  
Puree  
Sauce

**Publix GreenWise Market**

Crushed Organic Tomatoes in Organic Tomato Puree  
Diced Organic Tomatoes in Organic Tomato Juice  
Organic Paste  
Organic Sauce

**COOKIES / CRACKERS****• Cookies****Archway**

Cookies – Coconut Macaroon, Date Filled Oatmeal, Oatmeal Raisin, Raspberry, or Sugar Drop  
Sugar Free Cookies – Chocolate Chip, Oatmeal, or Rocky Road

**Keebler**

Deluxe Chips Cookies  
– Chocolate Chip, Chocolate Lovers, Peanut Butter, Rainbow, or Soft'n Chewy

**Publix**

Fat Free Fig Fruit Bars  
Low Fat Devil's Food Cookie Cakes

**Voortman**

Cookies – Coconut Delight, Oatmeal Raisin, or Shortbread  
Omega 3 Grain de Lin Flax Seed  
Sugar Free Cookies – Chocolate Chip, Oatmeal, or Swirl  
Shortbread

**Walkers**

Shortbread Fingers

**• Crackers****Breton**

Crackers  
Low Salt Crackers  
Sesame Snack

- **Crackers (Cont'd)**

**Cabaret**

Crackers

**Carr's**

Poppy & Sesame

Table Water

Table Water Crackers, Baked  
– with Roasted Garlic & Herbs,  
with Toasted Sesame Seeds, or  
with Cracked Pepper

Whole Wheat

**Dare**

Vinta Crackers

**Keebler**

Club Crackers – Original or  
Reduced Fat

Toasted Crackers – Buttercrisp,  
Sesame, or Wheat

Town House – Original, Reduced  
Fat, Light Buttery Flavor Wheat,  
Original Toppers, or Garlic &  
Herb Toppers

Town House Bistro Crackers  
– Cornbread or Multigrain

**Lance**

Captain Wafers

**Pepperidge Farm**

100 Calories Goldfish Pouches  
– Cheddar or Busted Xtra  
Cheddar

Distinctive Crackers – Butter  
Thins, Hearty Wheat, or Quartet  
Assortment

**Publix**

Crackers with Unsalted Tops

Rich & Crisp Snack

Saltines

Soup & Oysters

**RY**

Seasoned Krisp

**Sunshine**

Cheezit Baked Right Bites Snack  
Cheese

Krispy Original

**DRIED FRUIT****Tropical Nut**

Dried Turkish Apricots

**JUICES**

- **Apple**

**Apple & Eve**

100% Organics, Apple

- **Blends**

**Crystal Light**

Sugar Free Drink – Lemon Tea,  
Lemonade, Raspberry, or Sunrise  
Classic Orange

Sweetened with Splenda  
– Sunrise Classic Orange,  
Lemonade, or Raspberry Ice

**Ocean Spray**

Diet Cranberry Spray

**V8 Splash**

Berry Blend

Diet Berry Blend

Strawberry Kiwi

Tropical Juice Blend

- **Boxed Juices**

**Capri Sun**

All Natural Sport Pouches Sports  
Drinks – Berry Ice, Lightspeed, or  
Thunder Punch

Protective Antioxidants! Juice  
Drink Blend – Coastal Cooler,  
Fruit Punch, Grape, Lemonade,  
Mountain Cooler, Orange, Pacific  
Cooler, Red Berry, Splash Cooler,  
Strawberry, Strawberry Kiwi,  
Surfer Cooler, Tropical Punch, or  
Wild Cherry

Roarin' Waters Flavored Water  
Beverage – Strawberry Kiwi,  
Tropical Fruit, or Wild Cherry

**Hi C**

Fruit Drink – Flashin' Fruit Punch  
or Orange Lavaburst

**Kool-Aid**

Jammers Juice Drink Pouches  
– Blue Raspberry, Grape,  
Oristropical Punch, or Tropical  
Punch

- **Boxed Juices (Cont'd)**

**Minute Maid**

100% Juice – Apple, Fruit, Grape,  
Mixed Berry, or Orange

All Natural Coolers – Berry  
Punch, Fruit Punch, Pink  
Lemonade, or Tropical Punch

All Natural Lemonade

- **Citrus**

**Dole**

100% Pure From Concentrate  
Unsweetened Pineapple

**Nellie & Joe**

Lime

**Ocean Spray**

100% Unsweetened White  
Grapefruit Juice

Ruby Red Light Grapefruit

**Publix**

Lemon Juice

Natural Strength Lemon Juice  
From Concentrate

White Grapefruit Juice

- **Cranberry**

**Knusden**

Cranberry

**Ocean Spray**

Light Cocktail Juice – Cranapple,  
Cranberry, Crangrape,  
Cranraspberry, Cranberry  
Sweetened with Splenda, or  
White Cranberry

- **Freeze Pops**

**Flavorice**

Six Flavors 10% Fruit Juice Giant  
Pops

**Kool-Aid**

Variety Kool Pops

- **Fruit Punch**

**Apple & Eve**

100% Organics

**Minute Maid**

Fruit Punch

- **Grape**

- **Ocean Spray**

- Light Cranberry

- **Welch's**

- Juice from Concentrate with Calcium – Light Grape or Light White Grape

- **Powdered Drink**

- **Crystal Light**

- Fruit Punch Light Soft Drink Mix
  - Sunrise Drink Mix – Sugar Free
  - Vitamin C On The Go Classic Orange, Vitamin C On The Go Tangerine Strawberry, Sugar Free
  - Vitamin C On The Go Classic Orange, or Sugar Free Vitamin C On The Go Ruby Red Grapefruit
  - Sugar Free Iced Tea Mix – On The Go Light, On The Go Peach, Decaffeinated Light, Light Peach, or Raspberry

- Sugar Free Light Soft Drink Mix – Lemonade, Pineapple Orange, Pink Lemonade, Raspberry Ice, Raspberry Lemonade, Strawberry Kiwi, or Strawberry Orange Banana

- Sugar Free On The Go Light Soft Drink Mix – Fruit Punch, Lemonade, Raspberry Ice, or Raspberry Lemonade

- **Kool-Aid**

- Soft Drink Mix Singles, Artificially Flavored – Grape or Tropical Punch

- Unsweetened – Cherry, Grape, Lemonade, or Tropical Punch

- **Lipton**

- Sugar Free 0 Calories Natural Tea To Go Iced Tea Mix – Mandarin & Mango Flavor Green Tea or Lemon Flavor Iced Tea varieties
  - Sugar Free Natural Green Tea To Go – Cherry Blossom Flavor or Peach Flavor

- **Wylers**

- Sugar Free – Light Cool Raspberry, Lite Lemonade, or Lite Pink Lemonade

- **Vegetable**

- **Campbell's**

- Low Sodium Tomato
  - Organic Tomato Juice

- **Publix**

- Tomato Juice

- **Publix GreenWise Market**

- Organic Tomato Juice

- **V8**

- 100% Vegetable
  - Calcium Enriched 100% Vegetable
  - Lemon Twist 100% Vegetable
  - Low Salt 100% Vegetable
  - Low Sodium 100% Vegetable
  - Low Sodium Tomato 100% Vegetable
  - Spicy Hot 100% Vegetable

## MEAT AND SEAFOOD

- **Hash / Chilli / Stew**

- **Del Monte**

- Original Recipe Sloppy Joe Sauce

- **Hunt's**

- Original Sloppy Joe Manwich Sauce

- **Pate' / Spreads**

- **Hormel**

- Chunk Ham – 98% Fat Free or Lean Water Added

- **Poultry**

- **Hormel**

- 95% Fat Free Turkey Chunk
  - 96% Fat Free Breast of Chicken Chunk
  - 98% Fat Free Premium Breast of Chicken Chunk in Water with Rib Meat
  - No Salt Breast of Chicken Chunk

- **Swanson**

- Premium White Chicken Chunk in Water

- **Sweet Sue**

- 98% Fat Free Premium Chicken Breast

- **Poultry (Cont'd)**

- **Sweet Sue**

- No Drain Package Premium Chicken Breast in Water

- **Salmon**

- **Bumble Bee**

- Alaska Pink Salmon
  - Premium Atlantic Salmon Fillet
  - Skinless & Boneless Pink Salmon

- **Chicken of the Sea**

- Jack Mackerel in Water
  - Premium Skinless & Boneless Pink Salmon Pouch
  - Skinless & Boneless Pink Salmon in Spring Water

- **Shrimp / Clam / Oysters / Caviar / Anchovies**

- **Borden**

- Doxsee Clams – Chopped or Minced

- **Chicken of the Sea**

- Premium Crab

- **King Oscar**

- Fillets of Anchovies in Olive Oil – Flat or Rolled

- **Orleans**

- Fancy Crab Meat – Lump or White
  - Medium Deveined Shrimp
  - Select Tiny Cocktail Shrimp

- **Romanoff**

- Red Lumpfish Caviar

- **Vigo**

- Flat Anchovies

- **Tuna**

- **Bumble Bee**

- Solid White Albacore in Water – Gourmet Wild Tuna Prime Fillet, Prime Fillet, or Tuna
  - Solid White Tuna – In Vegetable Oil or In Water
  - Tuna in Water – Light Chunk, Premium Light Chunk, Dolphin Safe Light Chunk, Low Salt Diet White Chunk, or Dolphin Safe White Chunk

- **Tuna (Cont'd)**

- **Bumble Bee**

- White Chunk Albacore Tuna in Water

- **Chicken of the Sea**

- Fancy Solid White Albacore Tuna in Spring Water
    - Light Chunk Tuna in Water
    - Solid White Albacore Tuna in Water
    - Solid White Tuna in Water
    - Traditional Style Pink Salmon

- **Vienna Sausage / Lunch Meat**

- **Libby's**

- Chicken Vienna Sausage in Chicken Broth

- **Spam**

- Oven Roasted Turkey Luncheon Meat

## MILK AND NON-DAIRY BEVERAGES, SHELF-STABLE

- **Milk**

- **Breeze Almond**

- Non-Dairy Beverage – Original or Vanilla

- **Eden Soy**

- Organic Original Light Soy

- **Goya**

- Coconut

- **Parmalat**

- Skim

- **Pet**

- Vitamin D Added Evaporated

- **Publix**

- Evaporated
    - Nonfat Instant Dry

- **Saco**

- Buttermilk Powder

- **Silk**

- Organic Soy – Plain, Unsweetened, or Vanilla

- **WestSoy**

- Vanilla Soy

## PASTA SAUCE

- **Alessi**

- Tomato

- **Amy's**

- Marinara

- **Bertolli Pasta Sauce**

- Five Cheese
    - Italian Sausage
    - Olive Oil & Garlic Made with Fresh Tomatoes
    - Tomato Basil
    - Vidalia Onion
    - Wine Marinara with Burgundy Wine

- **Dell'Amore**

- Basil/Garlic Marinara Pasta Sauce
    - Tomato

- **Emeril's Pasta Sauce**

- Kicked Up Tomato
    - Puttanesca
    - Roasted Garlic
    - Roasted Red Pepper

- **Flora**

- Tomato

- **Gia Russa**

- Select Pasta Sauce, Imported from Italy – Hot Sicilian or Tomato & Basil

- **Healthy Choice**

- Spaghetti Sauce – Traditional or Garlic & Herb

- **Hunt's**

- Spaghetti Sauce – Original Style, Classic Italian, Classic Italian Garlic & Herb, or With Italian Sausage

- **Le Roselli**

- Meat
    - Pizza Sauce
    - Tomato

- **Newman's Own**

- Pasta Sauce – Bombolina, Cabernet Marinara, Italian Sausage, Marinara, or Sockarooni

- **Pasta Sauce (Cont'd)**

- **Prego**

- Lobster Pasta Sauce

- **Publix**

- Pasta Sauce – Traditional, Traditional Meat Flavored, Garden Style, Parmesan & Romano, or Tomato Garlic Onion

- **Ragu**

- 100% Natural Cheese Organic Traditional Recipe Pasta Sauce Creations – Double Cheddar Cheese or Roasted Garlic Parmesan
    - Old World Style Pasta Sauce – Traditional, Mushroom, or With Meat
    - Organic Traditional Recipe Pasta Sauce – Traditional, 7 Herb Tomato Hearty, Chopped Tomato Olive Oil & Garlic Robusto!, Fat Free Hearty Tomato & Basil, Hearty Parmesan, Hearty Sauteed Onion & Garlic, Super Vegetable Chunky Garden Style Primavera, or Traditional with Meat

- **Rao's**

- Tomato

- **Timpone's Mom's**

- Spaghetti Sauce

- **Pizza / Clam Sauces**

- **Boboli**

- Pizza Tomato Sauce

- **Cento**

- Red Clam Sauce

- **Flora**

- Artichoke
    - Tomato

- **Progresso**

- Red Clam Spaghetti Sauce

- **Pizza / Clam Sauces**

- **Ragu**

- Natural Pizza Sauce
    - Quick Traditional Pizza Sauce

## RICE AND STUFFING

### • Dry Beans

#### **Goya**

Black Beans

#### **Publix**

Baby Lima Beans  
Black Beans  
Black-eyed Peas  
Great Northern Beans  
Large Lima Beans  
Lentils  
Light Red Kidney Beans  
Navy Beans  
Pinto Beans  
Small Red Beans

### • Instant Potatoes

#### **Betty Crocker**

100% Mashed Potatoes Russet  
Potato Buds  
Hash Brown  
Julienne  
Roasted Garlic Mashed

#### **Pillsbury**

Hungry Jack Family Size Instant Mashed

#### **Publix**

Garlic Mashed  
Homestyle Mashed

## SOUP

### • Broth

#### **Campbell**

99% Fat Free Swanson Beef

#### **College Inn**

Low Sodium Chicken

#### **Emiril's**

Beef Stock  
Chicken Stock

#### **Kitchen Basic's**

Stock – Beef or Chicken

#### **Publix**

Beef  
Chicken

### • Broth (Cont'd)

#### **Swanson**

99% Fat Free Broth – Chicken or Roasted Garlic Seasoned Chicken  
100% Fat Free Natural Goodness Chicken  
Certified Organic – Beef, Chicken, or Vegetable  
Clear Beef  
Clear Chicken  
Fat Free Lower Sodium Beef  
Lower Sodium Beef  
Natural Chicken  
Vegetable

### • Condensed Soup

#### **Campbell's**

25% Less Sodium Soup – Chicken Noodle, Cream of Mushroom, or Tomato varieties  
98% Fat Free Soup – Broccoli, Cream of Broccoli, Cream of Celery, Cream of Chicken or Cream of Mushroom varieties  
Beef Broth  
Beef Consomme  
Beef with Vegetables and Barley  
Beefy Mushroom  
Broccoli Cheese  
Chicken & Stars  
Chicken Broth  
Chicken Gumbo  
Chicken Noodle  
Chicken with White & Wild Rice  
Chicken Won Ton  
Cream of Broccoli  
Cream of Celery  
Cream of Chicken & Mushroom  
Cream of Chicken with Herbs  
Cream of Mushroom  
Cream of Mushroom with Roasted Garlic  
Cream of Potato  
Cream of Shrimp  
Double Noodle  
Family Size Chicken Noodle  
Family Size Cream of Mushroom  
Family Size Tomato

### • Condensed Soup (Cont'd)

#### **Campbell's**

French Onion  
Golden Mushroom  
Goldfish in Chicken Broth  
Great for Cooking Cream of Onion  
Healthy Request Soup – Chicken Noodle, Chicken with Rice, Cream of Celery, Cream of Chicken, Cream of Mushroom, Homestyle Chicken Noodle, Minestrone, or Tomato  
Homestyle Chicken Noodle  
Kids Shapes  
Low Sodium Chicken Broth  
Manhattan Clam Chowder  
Meatball Goldfish  
Mega Noodle  
Minestrone  
New England Clam Chowder  
Old Fashioned Vegetable with Beef Stock  
Oyster Stew  
Pepper Pot  
Souper Shapes  
Tomato  
Vegetable Beef  
Vegetable with Beef Stock  
Vegetarian Vegetable

#### **Publix**

Chicken Noodle  
Condensed Cream of Mushroom  
Condensed Tomato

### • Ready-To-Serve Soups

#### **Campbell's**

Chunky Grilled Chicken with Vegetables & Pasta  
Ready to Serve Chicken Noodle  
Select Gold Label Soup – Creamy Portabello Mushroom, Golden Butternut Squash, or Italian Tomato with Basil and Garlic  
Select Soup – Chicken with Egg Noodles, Healthy Request Savory Chicken and Long Grain Rice, Herbed Chicken with Roasted Vegetables, or Minestrone

- **Ready-To-Serve Soups (Cont'd)**

- Campbell's**

- Soup at Hand – Chicken & Stars  
or Chicken with Mini Noodles

- Healthy Choice**

- Chicken with Rice
    - Country Vegetable
    - Old Fashioned Chicken Noodle
    - Zesty Gumbo with Chicken &  
Sausage

- Muir Glen**

- Organic Garden Vegetable

- Progresso**

- 50% Less Sodium Soup – Chicken  
Noodle or Garden Vegetable
    - 99% Fat Free Minestrone Classics  
Vegetable
    - 99% Fat Free Traditional Chicken  
Noodle
    - Chicken & Wild Rice
    - Chicken Noodle with Roasted  
White Chicken Meat
    - French Onion Classics Vegetable  
Soup
    - Traditional Soup – Chicken &  
Herb Dumpling, Chicken &  
Wild Rice, Chicken Noodle with  
White Meat, Chicken with Rice  
& Vegetables, Hearty Chicken &  
Rotini, Manhattan Clam Chowder,  
Roasted Chicken Rotini, or Turkey  
Noodle with White Meat  
Vegetable
    - Vegetable Classics – French  
Onion, Garden Vegetable,  
Minestrone Authentic Recipe, or  
Vegetable Classics

- Publix**

- Minestrone Soup

- Wolfgang Puck's**

- Organic French Onion Soup

## SALTY SNACKS

- **Meat**

- Golden Flake**

- Chicharrones Pork Cracklin  
Strips Mildly Seasoned with Red  
Pepper

- **Nuts**

- Roddenberry's**

- Boiled peanuts

- **Popcorn**

- Jolly Time**

- 94% Fat Free Healthy Popcorn  
– Butter Pop, Butter Flavor, or  
Kettle Corn

- **Potato Chip**

- Pringles**

- Fat Free Potato Crisps – Original,  
Barbecue Flavored, or Sour  
Cream & Onion

- **Rice Cakes**

- Orville Redenbacher's**

- Popcorn Cakes – Caramel or  
White Cheddar Cheese

- Quaker**

- Bite size Multi Grain Light  
Crispy Mini Delights Cakes –  
Chocolately Drizzle or Cinnamon  
Streusel
    - Multi Grain Mini Cakes  
– Cinnamon Sugar or Honey  
Graham
    - Rice Cakes – Multi Grain  
Cinnamon Toast, Multi Grain  
Maple Brown Sugar, Corn  
Buttered Popped Corn, Large  
Corn Caramel, Cinnamon Apple,  
Chocolate Crunch, Peanut Butter  
Chocolate Chip, Salt Free, or  
White Cheddar
    - Rice Quakes Snacks – Apple  
Cinnamon, BBQ, Caramel Corn,  
Cheddar Cheese, Chocolate,  
Kettle Corn, Nacho Cheese,  
Ranch, or Sour Cream & Onion