

Low Fat

We could all probably cut a little fat from our diet. The American Heart Association recommends that only 25–35% of our daily caloric intake come from fat—and less than 7% from saturated fat. To start adopting a lower fat diet, simply monitor your overall fat intake and choose foods with healthier monounsaturated and polyunsaturated fats. Also, be sure to check out our list of low-fat products. Each one has 3 grams or less of fat per serving. Want more help finding healthy foods while you shop? Look for our Nutrition Facts shelf tags next to or below some products' prices. Each one will give you information about the product it represents.

The list of Dairy items starts below, Frozen Food items begin on page 3, and Grocery items on page 6.

DAIRY

BREAD AND DOUGH

- **Bagels And Muffins**

- **Gourmet Baker**

- Crumpets
 - Plain Muffin

- **Biscuits and Dinner Rolls**

- **Pillsbury**

- Buttermilk Biscuits
 - Traditional Dinner Rolls

- **Publix,**

- Traditional Dinner Rolls

- **Breads**

- **Pillsbury**

- Crusty French Loaf
 - All Ready Pizza Crust
 - Breadsticks

- **Tortillas**

- **Tamxico**

- 100% Stone Ground Whole Wheat Tortillas
 - White Corn Tortillas
 - White Wheat with Omega-3 , Calcium and Fiber

CREAM AND CREAMERS

- **Coffee Cream**

- **International Delight**

- Fat Free French Vanilla Coffee Creamer

- Non Fat Non Dairy Creamer – Cinnamon Hazelnut or French Vanilla Royale

- **Half 'N Half**

- **Land O Lakes**

- Fat Free Gourmet

CREAM CHEESE / DIPS

- **Cream Cheese**

- **Kraft**

- Philadelphia Cream Cheese – Fat Free or Soft Fat Free

CULTURED PRODUCTS

- **Cottage Cheese**

- **Breakstone's**

- 2% Milk Fat Small Curd
 - Doubles – Blueberry, Peach, Pineapple, or Strawberry

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

- **Breakstone's**

- 2% Milk Fat Large Curd
 - Fat Free Small Curd Snack Size
 - Low Fat Small Curd

- **Light n' Lively**

- Low Fat
 - Non Fat Free

- **Publix**

- Fat Free
 - Fat Free Small Curd
 - Low Fat
 - Low Fat Small Curd

- **Sour Cream**

- **Breakstone's**

- Fat Free Sour Cream

- **Yogurt**

- **Dannon**

- Activia Low Fat with Bifidus Regularis, Blueberry Strawberry
 - Activia Grade A 2% Milk Fat Low Fat, with Bifidus Regularis – Blueberry, Mixed Cherry, Peach, Prune, Strawberry, or Vanilla

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)**

Dannon

- Danactive Cultured Dairy Drink – Blueberry, Strawberry, or Vanilla
- Danactive Probiotic Cultured Immunity Dairy Drink – Strawberry or Vanilla
- Fruit on the Bottom – Blueberry, Peach, Strawberry, or Strawberry Banana
- Fusion Smoothie Blend – Banana Berry or Wild Berry
- Light 'n Fit – Nonfat Sweetened with Splenda, Strawberry, Strawberry Banana/Blackberry Vanilla, Strawberry/Peach, Strawberry/Strawberry Banana, or Vanilla
- Light 'n Fit Carb Control Cultured Dairy Snack – Blueberries 'N Cream, Strawberries 'N Cream, or Vanilla
- Light 'n Fit Smoothie – Carb Control Strawberry, Carb Control Strawberry Banana 'N Cream, Mixed Berry, Peach Passion Fruit, Raspberry, Strawberry, Strawberry Banana, or Strawberry Kiwi
- Light 'n Fit Yogurt – Blueberry, Cherry Vanilla, Orange Mango, Peach, Raspberry, Strawberry, Strawberry Banana, Vanilla, or White Raspberry
- Low Fat Vanilla
- Low Fat Strawberry Sprinkl'ins Mystery Mixins
- Natural Flavors – Coffee or Vanilla
- Nonfat Plain Yogurt
- Strawberry/Strawberry Banana/ Peach Creamy Fruit Blends

Horizon

- Fat Free – Plain, Blueberry, Cherry, Peach, Raspberry, or Vanilla

Lifeway

- Low Fat Plain Kefir

• **Yogurt (Cont'd)**

Publix

- Creamy Blends Smoothie – Blueberry, Peach Passion, or Strawberry
- Fat Free Light – Honey Almond or Wild Berry Crumb
- Fat Free Light, with Aspartame and Fructose – Apple Pie, Banana Crème Pie, Blueberry, Cappuccino, Caramel Crème Pie, Cherry Yogurt, Cherry Vanilla, Coconut Crème Pie, Key Lime Pie, Lemon Chiffon, Mandarin Orange, Peach, Raspberry, Strawberry, Strawberry Banana, or Vanilla
- Fat Free Light Smoothie – Mixed Berry, Peach Passion, or Strawberry
- Fat Free Plain Yogurt
- Just for Kids! Low Fat – Blue Raspberry / Cotton Candy, Grape Bubble Gum / Watermelon, or Strawberry Banana Cherry
- Low Fat Creamy Blends – Black Cherry, Blueberry, Peach, Peach Strawberry, Strawberry, or Vanilla
- Low Fat Fruit on the Bottom – Banana, Black Cherry, Blueberry, Cherry, Guava, Mango, Mixed Berry, Peach Fruit, Pineapple, Raspberry, Strawberry, Strawberry Banana, or Tropical Blend
- No Sugar Added, Low Fat – Blueberry, Cranberry Raspberry, Peach, Strawberry, or Vanilla

Silk Live!

- Soy – Banana Strawberry, Blueberry, Peach, or Strawberry

Stonyfield Farm

- A Refreshing Drinkable All Natural Low Fat Smoothie – Peach, Strawberry, Vanilla, or Wild Berry
- Fat Free Key Lime Yogurt
- Non Fat, Acidophilus Culture – Plain, Black Cherry, Blueberry, Chocolate Underground, French Vanilla, Peach, or Strawberry
- Non Fat – Plain or French Vanilla

• **Yogurt (Cont'd)**

Stonyfield Farm

- Organic, Low Fat – Plain, Strawberry, or Vanilla
- Organic O'Soy Strawberry Peach Cultured Soy
- Organic Smoothie – Strawberry or Wild Berry

Weight Watchers

- Non Fat 1 Value Points per Serving – Blueberry, Key Lime Pie, Peach Strawberry, or Vanilla

Yo Crunch

- Low Fat Mild Yogurt with Granola Peach

Yoplait

- 25% Less Sugar Kids Low Fat – Peach/Strawberry/Banana or Strawberry/Strawberry Vanilla
- 99% Fat Free Light Yogurt – Apricot Mango, Black Berry Harvest, Blackberry, Blueberry, Cherry, French Vanilla, Peach, Strawberry, Strawberry & Banana, Strawberry Cheesecake Flavored, or Very Vanilla
- Go-GURT Portable Yogurt – Berry Blue Blast & Strawberry Splash, Burstin' Melon Berry & Cool Cotton Candy Splash, Limited Edition Flavors, Paradise Punch, Strawberry Splash, Swirled Strawberry & Banana Split Milkshake, Watermelon Meltdown & Strawberry Banana Burst, or Wild Berry
- Light Smoothie – Peach, Strawberry, or Strawberry Banana
- Light Thick & Creamy Yogurt – Key Lime Pie, Mixed Berry, Peaches 'N Cream, or Strawberry
- Original Style Yogurt – Banana Crème, Cherry, Mixed Berry, Orange Crème, Peach, Piñacolada, Pineapple, Raspberry, Strawberry, Strawberry & Banana, or White Chocolate Raspberry
- Smoothie – Mixed Berry, Strawberry, or Strawberry Banana

- **Yogurt (Cont'd)**

- Yoplait**

- Thick & Creamy Yogurt
– Strawberry, Strawberry Banana,
or Vanilla

- Trix Yogurt – Cotton Candy &
Strawberry Kiwi, Strawberry
Banana Bash & Rainbow
Raspberry, Triple Cherry &
Rainbow Punch, or Watermelon
Yogurt Fridge Pack, Fat Free
Light – Strawberry/Blueberry
Patch or Strawberry/Harvest
Peach Patch

- Yogurt Fridge Pack, Low Fat –
Strawberry Original, Strawberry/
Harvest Peach Original, or
Strawberry/Mixed Berry Original
Whips! Yogurt – Key Lime Pie,
Lemon Meringue, Peaches 'N
Cream, or Strawberry Mist

- DESSERTS**

- **Gelatin**

- Jell-O**

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

- Publix**

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

- **Puddings**

- Jell-O**

- Chocolate
Chocolate Vanilla Swirls
Fat Free Snacks – Chocolate,
Chocolate Vanilla Swirls, Tapioca,
or Devil's Food Variety Pack
Oreo
Sugar Free Snacks – Chocolate or
Chocolate Vanilla Swirls
Sugar Free, Reduced Calorie
Snacks – Creamy Caramel,
Double Chocolate, or Vanilla
Tapioca
Vanilla

- **Puddings (Cont'd)**

- Kozy Shack**

- By Request No Sugar Added
Chocolate
Tapioca

- Publix**

- Chocolate
Fat Free – Chocolate or
Chocolate Vanilla Swirled
Rice
Sugar Free Chocolate Vanilla
Swirl Flavored
Tapioca

- EGGS**

- **Egg Substitute**

- Egg Beaters**

- 99% Real Pasteurized Eggs
Refrigerated Egg Product
Egg Beaters
Cheese & Chives
Egg White
Garden Vegetable
Low in Cholesterol, Fat, &
Calories Ham & Cheese
Pasteurized Refrigerated Egg
Product
Southwestern
Twin Pack

- Publix**

- Real Egg Product Eggstirs, Fat
Free, Cholesterol Free & Lactose
Free

- MILK AND MILK PRODUCTS**

- **Fresh Milk**

- Publix**

- Grade A, Fat Free Milk – Regular
or Skim
Grade A, Low Fat Milk – 1% Milk
Fat or Vitamins A & D Added 1%
Milk Fat Chocolate
Low Fat Chocolate Milk
Vitamins A & D Added Milk – Fat
Free Skim or Low Fat 1% Milk Fat

- **Milk Substitutes**

- 8th Continent**

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

- Rice Dream**

- Imagine Enriched – Original or
Vanilla

- Silk**

- Light Chocolate Soy

- White Wave**

- Light Soy Milk – Plain or Vanilla

- **Ultra Pasteurized Milk**

- Horizon**

- Organic Vitamins A & D Added
Fat Free

- NATURAL CHEESE**

- **Ricotta**

- Polly-O**

- Fat Free Ricotta Cheese

- Sorrento**

- Fat Free Deli Style Ricotta
Cheese

- PICKLES AND CONDIMENTS**

- **Pickles**

- Batampton**

- Sour Pickles

- Claussen**

- Kosher Dill Pickles Halves
Crisp Sauerkraut
Kosher Dills Spears

- FROZEN FOODS**

- BREADS**

- **Bread**

- Pillsbury**

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

- **Garlic**

- Le Petit**

- Original Mini Baguettes

- **Garlic (Cont'd)**

- **Pepperidge Farm**

- Artisan Demi-Baguette

- Artisan Rosemary Olive Oil Boule

BREAKFAST

- **Egg Substitute**

- **Morning Star Farms**

- Scramblers

- **Meatless**

- **Boca**

- Breakfast Patties

- **Morningstar Farms**

- Veggie Breakfast Sausage – Links or Patties

- **Waffles**

- **Kellogg's**

- Eggo Waffles – 99% Fat Free Special K, Cinnamon Toaster Swirlz, or Low Fat Nutri-Grain

DINNERS AND ENTREES

- **Healthy Dinners**

- **Healthy Choice**

- Grilled Turkey Breast Meal

- **Healthy Entrees**

- **Healthy Choice**

- Simple Selections Mandarin Chicken

- **Kosher**

- **Golden**

- Blintzes Cheese Crepes

- Kosher Pot/Onion Pierogies

- **Meatless**

- **Boca**

- Meatless Burger – All American Flame Grilled, Crumbles, or Soy Protein with Ground Chili

- Meatless Lasagna

- The Original Meatless Boca Burger – Original Vegan or Burger with Grilled Vegetables

- **Morningstar Farms**

- Recipe Crumbles Veggie Grillers

- Veggie Original Dogs

- **Organic**

- **Food for Life**

- 7 Grains Sprouted Bread

- Ezekiel 4:9 Certified Organic Sprouted Grain Bread

- Ezekiel 4:9 Sesame Bread

- **Seaside Farms**

- Edamame Blanched Soybeans

- Shelled or In Pods

- **Prepackaged Shell Fish**

- **SeaPak Shrimp Co.**

- Breaded Butterfly Shrimp

- **Skillet Meals**

- **Gourmet Dining**

- Seafood Stir Fry Complete Skillet Meal

- Stir Fry Meal with Sauce

- Chicken or Shrimp

FRUITS

- **Fruits**

- **Dole**

- Blueberries

- **Publix**

- Blueberries

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

ICE CREAM AND NOVELTIES

- **Cream Based Novelties**

- **Healthy Choice**

- Premium Sorbet & Cream

- Orange or Raspberry Bars

- Premium Vanilla Sandwiches

- **Klondike**

- 98% Fat Free Slim-A-Bear

- Sandwich – Vanilla or Vanilla & Chocolate

- Reduced Fat & Calorie No Sugar Added Vanilla Slim-A-Bear

- **Popsicle**

- Sugar Free Creamsicle

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

- **Silhouette**

- Low Fat 98% Fat Free Sandwich – Mint or Vanilla

- **Starbucks**

- Low Fat Mocha Frappuccino

- Coffee Blended Bars

- **Weight Watchers**

- Chocolate Mousse Bars

- Vanilla Ice Cream Sandwich

- **Fudge Based Novelties**

- **Fudgsicle**

- Fat Free

- No Sugar Added

- Original

- **Healthy Choice**

- Premium Fudge Bars

- Premium Mocha Swirl Bars

- **Publix**

- Fudge Bars

- No Sugar Added Fudge Pops

- **Weight Watchers**

- Giant Chocolate Fudge Ice Cream Bars

- Strawberry, Passion Fruit, & Key Lime Pie & Sherbert

- **Ice Cream, Reduced Fat**

- **Edy's**

- No Sugar Added – Chocolate

- Caramel Swirl, Coffee,

- Neapolitan, Reduced Fat Vanilla, or Vanilla Bean

- Slow Churned Light Strawberry

- **Publix**

- Low Fat – Chocolate, Neapolitan, Royal Fudge, or Vanilla Flavored

- **Juice Novelties**

- **Breyer's**

- Pure Strawberry Fruit

- Pure Strawberry/Orange/

- Raspberry Fruit

- **Edy's**

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

- **Sherbet**

- Publix**

- Cool Lime
 - Pineapple Orange Lime Rainbow Dream
 - Raspberry Blush
 - Sunny Orange
 - Tropic Pineapple

- **Sorbet**

- Häagen-Dazs**

- Lemon
 - Mango
 - Raspberry
 - Strawberry

- **Water Ice Novelties**

- Popsicle**

- Pops – Dora the Explorer; Fudgsicle Creamsicle Healthy Bunch; Firecracker Super Heroes; Assorted Flavors Rainbow; Crayon-Shaped Scribbler; Low Calorie Sugar Free, Assorted; Tropical Sugar Free; Orange, Cherry, Grape Variety; or Lifesavers Sugar Free

- Publix**

- Banana Pops
 - Orange Cherry Grape Junior Assorted Pops
 - Red, White, and Blue Pops
 - Sugar Free Orange Cherry Grape Junior Assorted Pops

- **Yogurt**

- Ben & Jerry's**

- Low Fat – Cherry Garcia or Half Baked

- Edy's**

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

- Publix**

- Premium – Blackjack Cherry, Butter Pecan, Chocolate, Cookies & Cream, Denali White Thunder, Low Fat Road Runner Raspberry, Low Fat Vanilla, Peach, Peanut Butter Cup, or Strawberry

JUICE

- **Blended Juices**

- Minute Maid**

- 5 Alive Citrus Concentrate Frozen Beverage
 - Fruit Punch Frozen Concentrate

- Welch's**

- Frozen Concentrate Juice Cocktail – Cranberry Raspberry, Orange Pineapple & Apple Orchard, or Passion Fruit Flavored

- **Citrus Juice**

- Minute Maid**

- Concentrated Orange – Regular, Country Style, Calcium Rich, Pulp Free, or Calcium Reduced Acid

- Publix**

- Concentrate Frozen Orange

- **Cocktail Mixes**

- Bacardi**

- Daiquiri Concentrate Fruit Mixers – Fuzzy navel, Margarita Tropical, Mojito, Peach, Rum Runner, or Strawberry

- **Grape Juice**

- Welch's**

- 100% Concentrate Regular Grape

- **Lime / Lemonades**

- Minute Maid**

- Frozen Concentrate – Lemonade, Limeade, Pink Lemonade, or Raspberry Lemonade

POTATOES

- **Baked**

- Mrs. T's**

- Pierogies – Potato & Cheddar, Mini Potato & Cheddar, or Potato & Onion

- **Hash Browns**

- Golden**

- Potato Pancakes

- Publix**

- Hash Brown Potatoes

- **Potatoes**

- Publix**

- Steak Fries

VEGETABLES

- **Broccoli**

- Green Giant**

- Broccoli And 3 Cheese Sauce
 - Frozen Vegetables – Broccoli & Zesty Cheese Sauce, Broccoli Cauliflower & Carrots with Cheese, Broccoli Spears, Broccoli Spears in Butter Sauce, Broccoli Spears with Cheese Sauce, Simply Steamed Garden Vegetable Medley, Simply Steamed Seasoned Vegetables, or Vegetable Medley in Butter Sauce

- Red Potatoes with Garlic and Herbs

- Select Frozen Vegetables Broccoli Florets

- Select Just for One Frozen Vegetables – Broccoli & Cheese or Corn Niblets & Butter Sauce

- Publix**

- Chopped

- Cuts

- Spears

- **Brussel Sprouts**

- Green Giant**

- Baby Brussel Sprouts in Butter Sauce

- Publix**

- Brussel Sprouts

- **Carrots**

- Publix**

- Crinkle Cut or Whole Baby

- **Cauliflower**

- Green Giant**

- Cauliflower & Cheese

- Publix**

- Cauliflower

- **Corn**

- Green Giant**

- Cob Nibblers

- **Corn (Cont'd)**

- Green Giant**

- Frozen Vegetables – Cream Style, White Shoepeg in Butter Sauce, or Whole Kernel Niblets

- On the Cob Extra Sweet Nibblers

- Select White Shoepeg

- Simply Steam No Sauce – Corn Niblets or Shoepeg White Corn

- Steam Niblets – Extra Sweet or Whole Kernel

- Publix**

- Cut Corn

- Grade A Fancy – On the Cob or Mini Ears on the Cob

- Whole Kernel Golden

- **Green Beans**

- Green Giant**

- Select Whole

- Simply Steam No Sauce Green Beans and Almonds

- Publix**

- Cut

- French Cut

- **International**

- Publix**

- Blend Vegetables – Alpine, Italian, Japanese, or Oriental

- **Lima Beans**

- Green Giant**

- Frozen Vegetables Baby in Butter

- Simply Steam No Sauce Baby

- Publix**

- Baby

- Fordhook

- **Mixed Vegetables**

- Green Giant**

- Steamed

- Vegetables Alfredo

- Vegetables Teriyaki

- Publix**

- Blend Vegetables – 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

- Pasta Accents Pasta, Broccoli, Carrots & Cheese Sauce

- Seasoned Vegetables – Broccoli & Carrots with Garlic & Herbs or Garden Vegetable Medley

- **Peas**

- Green Giant**

- Frozen Vegetables Le Sueur

- Giant Sweet

- Select Le Sueur Sweet Baby

- Select Sugar Snap

- Simply Steam, No Sauce – Baby Sweet, Sugar Snap, or Sweet

- Peas and Pearl Onions

- La Choy**

- Snow Pea Pods

- Publix**

- Green

- Petite

- Sweet Green

- **Southern Vegetable**

- Green Giant**

- Blackeye Peas

- Chopped Turnip Greens with Diced Turnips

- Cooked Squash

- Field Peas with Snaps

- Sliced Yellow Squash

- Speckled Butter Beans

- Succotash

- Vegetable Gumbo Mix

- Vegetable Soup Mix with

- Tomatoes

- Publix**

- Butter Beans

- **Southern Vegetable (Cont'd)**

- Publix**

- Butter Peas

- Chopped Collard Greens

- Chopped Turnip Greens

- Cut Okra

- Grade A Fancy Diced Green Peppers

- Whole Baby Okra

- **Spinach**

- Green Giant**

- Frozen Vegetables – Regular, Creamed, or Cut Leaf

- Publix**

- Spinach Leaf – Regular, Chopped, or Cut

- **Veg'n Sauce**

- Green Giant**

- Roasted Garlic Potatoes & Vegetables

GROCERY

BAKING PRODUCTS

- **Gelatin**

- Hunt's**

- Juicy Gels Strawberry Snack Pack

- Snack Pack – Strawberry/Orange

- Juicy Gels or Sugar Free Cherry

- Snacks Gel

- Jell-O**

- Sugar Free Gelatin Dessert

- Cherry, Lemon, Lime, Mixed

- Fruit, Orange, Raspberry, or

- Strawberry, Strawberry Banana

- Kool-Aid**

- Gel Snacks – Blue Raspberry,

- Cherry Tropical Punch, Oh Yeah

- Orange, or Soarin' Strawberry

- **Pancake Mixes**

- Bisquick**

- Reduced Fat Baking & Pancake Mix with Buttermilk

- **Pie Crust**

- Martha White**

- Pizza Crust Mix

- **Puddings**

- Hunt's**

- Pudding Snack Pack – Lemon Meringue Dessert Favorites, Light Chocolate, or No Sugar Added Vanilla

- Kraft**

- Baskin Robbins Pudding
Handi-Snacks – Banana Split or Chocolate Vanilla Sundae
Pudding Handi-Snacks – Banana, Butterscotch, Chocolate, Chocolate Fudge, Fat Free Chocolate, Fat Free Vanilla, Rice, Tapioca, or Vanilla

- Minute**

- Quick for Cooking Tapioca, Pudding & Pies

- **Sugar And Substitutes**

- Sweet 'n Low**

- Low Calorie Granulated Sugar Substitute

BEVERAGES AND ADDITIVES

- **Milk**

- Almond Breeze**

- Non-Dairy Beverage – Original, Chocolate, or Vanilla

- Eden Soy**

- Extra Organic Vanilla Soy Milk with Vitamin B-12
Organic Original Light Soy Milk
Organic Vanilla Soy Beverage
Ready to Drink Eden Original Blend

- Pet**

- Vitamin D Added Evaporated Milk

- Rice Dream**

- Organic Enriched Beverage – Original or Vanilla

- Saco**

- Buttermilk Powder

- WestSoy**

- Vanilla Soy Milk

BREAD

- **Breadsticks**

- Alessi**

- Garlic
Grissini Torinesi Rosemary
Sesame
Thin

- **Buns / Rolls / Biscuits**

- Arnold**

- Dutch Style Potato – Hot Dog or Sandwich
Sandwich Rolls – Sesame or Soft Wheat
Sliced Wheat Hot Dog Buns

- Nature's Own**

- Honey Wheat

- Pepperidge Farm**

- 100% Whole Wheat Soft Hamburger Buns
Hamburger Rolls
Sandwich Buns with Sesame Seeds
Sliced Frankfurter Rolls

- Publix**

- Sliced Enriched Buns – Hamburger or Hot Dog

- Sunbeam**

- Hot Dog Bun

- **English Muffins / Bagels**

- Pepperidge Farm**

- Authentic Plain Bagels
Brown Sugar Swirl Cinnamon French Toast
Whole Grain Cinnamon Swirl Bread with Raisins

- Publix**

- English Muffins – Original or Sourdough
Premium Bagels – Original, Plain, Cinnamon, Multigrain, or Onion
Premium English Muffins – Original, Cinnamon, Honey, or Sourdough

- Sun-Maid**

- Cinnamon Swirl Raisin

- **English Muffins / Bagels (Cont'd)**

- Thomas'**

- Bagels – Plain, 100% Whole Wheat, 100% Whole Wheat Mini Pre-sliced, Blueberry, Cinnamon Raisin Mini, New York Style Plain mini, or Whole Grain
English Muffins – The Original Plain, Original Whole Grain, Honey Wheat, Light Multigrain, Raisin, or Wheat

- Weight Watchers**

- Bagels
English Muffins

- **Hard Breads**

- Kavli**

- 5 Grain Crisp
Whole Grain Crisp – Hearty Thick or Thin Crispy

- Reese Holland**

- Imported Original Light Rusk
Toast Crisp

- Ryvita**

- Plain Hardbread
Sesame Rye Toasted Crisp
Tasty Dark Rye Crisp

- Wasa**

- Crisp 'N Light Cracker
Multigrain Hard
Oats
Original Crisp Rye – Fiber, Light, or Sourdough
Sesame Crisp

- **Loaf Bread**

- Arnold**

- 7 Grain
12 Grain
100% Stone Ground Dutch Country Whole Wheat
Classics – 100% Whole Grain Whole Wheat, Whole Grain Healthy Multigrain, or Whole Grain Oatnut
Country White
Dutch Country – Honey Wheat with Whole Grains, Original Recipe Soft Potato, or Original Recipe White Butter Split Top

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

Arnold

Health Nut
Jewish Real Rye, Melba Thin
– With Caraway Seeds, or
Without Seeds
Pumpernickel

Nature's Own

Wheat – Light or White

Pepperidge Farm

15 Grain Whole Grain
100% Farmhouse Whole Wheat
100% Whole Grain Whole Wheat
Classic Dark Pumpernickel
Distinctive White Sandwich
Farmhouse – 12 Grain, Harvest
Grain Hearty Slices, Oatmeal Soft
With Honey, Sourdough, Sweet
Buttermilk, or White Hearty
Light Style – 7 Grain, Oatmeal, or
Wheat
Natural Whole Grain – German
Grain Dark Wheat, Nine Grain, or
Whole Wheat
Rye & Pump Deli Swirl
Very Thin Sliced – Wheat or
White
Whole Grain Oatmeal
Whole Grain Soft Honey Whole
Wheat

Publix

Premium Recipe – Giant, Light
Wheat, or Natural Grain Light

Weight Watcher's

Wheat

- **Specialty Breads**

Boboli

Italian Pizza Crust – Original or
Thin 100% Whole Wheat

- **Tortillas**

La Banderitas

Flat – Plain, Corn, or Wheat
Low Carb Soft Taco Flour
Flour Tortilla

La Tortilla

Factory Wraps – Rosemary,
Tomato, or White Flour

- **Tortillas (Cont'd)**

La Tortilla

Low Fat Plain
Low Carb – Garlic, Onion, or
Wheat
Wheat Tortilla

BREAKFAST FOODS

- **Breakfast Bar**

Barbara's

Nature's Choice Fat Free
Blueberry Filled Cereal Bars

Cascadian Farm

Organic Chocolate Chip Chewy
Granola Bars
Organic Harvest Berry Bars
Chewy Granola Bars
Organic Multigrain Chewy
Granola Bars

Kellogg's

Healthy Heart Smart Start Bars
– Cinnamon or Strawberry Vanilla
Nutri-Grain Bars – Apple
Cinnamon, Blueberry, Cherry,
Mixed Berry, Raspberry, or
Strawberry

Nature Valley

Healthy Heart Chewy Oatmeal
Raisin Granola Bars

Publix

Low Fat Fruit & Grain Bars
– Apple Cinnamon, Blueberry,
Mixed Berry, or Strawberry

Quaker

Breakfast Bites – Apple Crisp or
Iced Strawberry
Fruit Crisp Breakfast Bars
– Apple, Mixed Berry, or
Strawberry

- **Cereals**

Benfit

Protein Nutrient Plus

Cascadian Farm

Organic – Granola Cinnamon,
Great Measure, Hearty Morning,
Honey Nut O's, Multi Grain
Squares, Purely O's, or Raisin
Bran
Organic Crunch Clifford

- **Cereals (Cont'd)**

General Mills

Basic 4
Berry Lucky Charms
Cheerios – Regular, Apple
Cinnamon, Frosted, Honey Nut,
Multigrain, Strawberry Yogurt
Bust, Triple Berry Berry Burst, or
Vanilla Yogurt Burst
Chex – Corn, Honey Nut,
Multigrain, Rice, or Wheat
Cinnamon Toast Crunch
Cocoa Puffs
Cookie Crisp Chocolate Chip
Crispy Kix Corn Puffs
Fiber One – Cookie Crisp Whole
Sweetened or Honey Clusters
French Toast Crunch
Golden Grahams
Grain Sweetened Double
Chocolate
Honey Nut Clusters
Lucky Charms
Oatmeal Crisp with Raisins
Raisin Nut Bran
Reduced Sugar Cinnamon Toast
Crunch
Total – Regular, Honey Nut
Clusters, Raisin Bran, or Whole
Grain
Trix
Wheaties
Whole Grain Chocolate Lucky
Charms
Whole Grain Maple Brown Sugar
Oatmeal Crisp

Kellogg's

All-Bran – Original, Buds Bran, or
Yogurt Bites
Antioxidants Smart Start
Apple Jacks
Complete Oat Bran Flakes
Cocoa Rice Krispies
Corn Pops
Crunchy Low Fat Granola Blends
– with Raisins or without Raisins
Crunchy Mini Swirlz Cinnamon
Bun

• Cereals (Cont'd)**Kellogg's**

Crunchy Whole Grain Müeslix Blends with Raisins, Dates, & Almonds
Eggo Cinnamon Toast
Eggo Crunchy Waffle-Shaped
Frosted Flakes
Frosted Mini-Wheats – Maple & Brown Sugar or Vanilla Crème
Frosted Mini-Wheats, Bite Size – Original, Organic, or Strawberry Delight
Fruit Loops – Regular, Less Sugar, or Marshmallow
Healthy Heart Smart Start – Regular or Maple & Brown Sugar
Honey Toasted Crunch
Less Sugar Frosted Flakes
Product 19
Raisin Bran – Regular, Crunch, or Organic
Raisin Bran Crunch
Rice Krispies
Smorz
Special K – Original, Fat Free, Fruit & Yogurt, Red Berries, or Vanilla Almond Crisp
Sweetened Berry Rice Krispies

Kraft

South Beach Diet Whole Grain Crunch with Whole Grain Almonds

Nature's Path

Optimum Organic
Optimum Slim Organic

Post

Bran Flakes
Healthy Classics – Original Shredded Wheat, Cinnamon with a Touch of Brown Sugar, Grapenuts Trail Mix Crunch, Raisin Bran, or Wheat 'N Bran
Healthy Classics Spoon Size Shredded Wheat – Frosted or Honey Nut

• Cereals (Cont'd)**Post**

Honey Bunches of Oats – With Almonds, With Cinnamon Clusters, With Real Peaches, or With Real Strawberries
Honeycomb
Selects Blueberry Morning

Publix

Cocoa Crunchies
Crunchy Granola Raisin Bran
Frosted Flakes
Magic Stars
Raisin Bran
Rice Crisp
Sweetened Shredded Frosted Wheats
Sweetened Multigrain – Almonds & Oats, Appled Apples, Fruit Rings, or Strawberry & Oats
Sweetened Rice Cocoa Crisp
Toasted Oats – Regular, Apple Cinnamon, Honey Nut, Strawberry, or Triple Berry
Wheat & Barley Nutty Nuggets
Wheat Bran Raisin Bran

Publix GreenWise Market

All Natural Flax Flakes
All Natural Oatmeal Toasted Flakes
Organic Honey Crunch & Oats
Organic Honey Nut Toasted Oats
Organic Raisin Bran
Organic Toasted Oats

Quaker

Brown Sugar Squares Cereal
Life Cereal with Chocolate Flavored Oat Clusters
Oat Bran
Oatmeal Squares Baked in Cinnamon Essentials
Whole Grain Oat Life – Original, Cinnamon, or Honey Graham

Weetabix

Wheat Cereal

• Hot Cereal**Jim Dandy**

Quick Grits

McCann

Irish Oatmeal
Steel Cut Irish Oatmeal

Nabisco

Cream of Wheat
Hot Cream of Wheat

Publix

Instant Oatmeal – Apples & Cinnamon, Cinnamon & Spice, Maple & Brown Sugar, or Raisin Date & Walnut
Old Fashioned Oats
Quick Oats

Publix GreenWise Market

100% Organic Old Fashioned Oats
100% Organic Original Instant Oats

Quaker

Lower Sugar Instant Oatmeal – Apples & Cinnamon, Fruit & Cream Strawberries & Peaches, or Maple & Brown Sugar
Oat Bran Hot
Original Flavor Instant Grits
Instant Oatmeal – Apples & Cinnamon, Cinnamon & Spice, Cinnamon Roll, Golden Express Brown Sugar, Maple & Brown, Nutrition for Women Vanilla Cinnamon, Raisin Date & Walnut, Raisins & Spice, Strawberries & Cream, Take Heart Blueberry, Peaches & Cream, Oats Old-Fashioned, Quick 1-Minute Oats Quick, Natural Flavors Organic Maple & Brown Sugar, or Weight Control Maple & Brown Sugar
Quick Grits
Quick Oats
Weight Management Instant Oatmeal – Banana Bread or Cinnamon

- **Toaster Pastries**

- Kellogg's**

- Low Fat Pop-Tarts – Frosted Cinnamon Brown Sugar or Frosted Strawberry

CANNED AND DRIED FRUITS

- **Cranberry**

- Ocean Spray**

- Cranberry Orange Crushed Cran Fruit
 - Jellied Sauce
 - Whole Berry Sauce

- Publix**

- Sauce
 - Jellied Sauce
 - Whole Berry Sauce

- **Citrus Specialty / Miscellaneous Fruit**

- Del Monte**

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

- Dole**

- All Natural, in Light Syrup – Mandarin Oranges, Sliced Peaches, or Tropical Fruit
 - All Natural Pineapple Chunks in Pineapple Juice
 - Tropical Mixed Fruit in passion Fruit Nectar

- Publix**

- Diced Peaches in Natural Peach Flavored Light Syrup
 - Diced Peaches in Strawberry Gel
 - Mandarin Orange Light Syrup
 - Mixed Fruit in Light Syrup
 - Pineapple Tidbits in Lime Gel
 - Unpeeled Apricot Halves in Heavy Syrup

- **Dried Fruit**

- Tropical Nut**

- Dried Turkish Apricot

- **Dry Mixed**

- Ocean Spray**

- Cherry Flavor Craisins
 - Dried Sweetened
 - Orange Flavor Craisins

- Welch's**

- Berry Medley Dried Fruit, Blueberries, Cherries, Cranberries, Raisin
 - Cherries Dried Fruit
 - Mixed Dried Fruit, Pineapple, Apricots, Cherries, Apples, Raisins

- **Fruit Cocktail**

- Del Monte**

- Cherry Fruit Pleasures Mixed Fruit
 - Cherry Mixed Fruit in Natural
 - Cherry Flavored Light Fruit Syrup
 - Chunky Fruit Mixed Fruit Naturals
 - Chunky Lite Mixed Fruit
 - Chunky Mixed Fruit in Syrup
 - Fruit & Gel – Lite Mandarin Orange Segments in Orange Flavored Gel, Lite Peaches in Flavored Strawberry-Banana Gel, Mixed Fruit in Cherry Flavored Gel, Peaches in Raspberry Flavored Gel, or Peaches in Peach Flavored Gel
 - Fruit Cocktail
 - Fruit Cocktail Fruit Naturals
 - Fruit Cocktail in Heavy Syrup
 - Lite Fruit Cocktail
 - Mandarin Orange Segments in Light Fruit Syrup
 - Mixed Fruit Cups – Fruitrageous Crazy Cherry, in Extra Light Syrup, or in Heavy Syrup
 - Mixed Fruit in Light Fruit Syrup
 - No Sugar Added Sweetened Fruit Cocktail with Splenda
 - Pineapple Tidbits in 100% From Concentrate Pineapple Fruit Juice

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

- Del Monte**

- Strawberry-Banana Flavored
 - Yellow Cling Peaches in Lightly Flavored Fruit Syrup
 - Tropical Fruit in Fruit from Concentrate Sweetened Fruit Juices
 - Very Cherry Mixed Fruit
 - Yellow Cling Diced Peaches in Light Fruit Syrup

- Dole**

- Fruit Bowls – Apple Caramel, Diced Pears, Mandarin Oranges, Mixed Fruit, Mixed Fruit in Black Cherry Gel, Mixed Fruit Cherry in Light Syrup with Other Natural Flavors, Mixed Fruit in Peach Gel, Peach Parfait, Pineapple Parfait, or Tropical Fruit
 - Mandarin Oranges in Orange Gel Fruit-N-Gel Bowls
 - Reduced Sugar Pears in Kiwi-Berry Gel Fruit-N-Gel Bowls

- Publix**

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

- **Fruit Snacks**

- Betty Crocker**

- Fruit By The Foot – Berry Berry Twist, Berry Tie Die, Rainbow Punch, Razzle Blue, Strawberry, or Variety Pack
 - Fruit Gushers – Rockin' Blue Raspberry, Strawberry Splash, Tropical Flavors, or Variety Pack
 - Fruit Gushers Shock Flavor Variety Pack
 - Fruit Rollups – Electric Blue Raspberry, Fruity Island Cooler Flavorwave, Hot Colors Variety Pack, Strawberry, Strawberry Kiwi, or Variety Pack
 - Scooby! Fruit Snacks
 - Shark Bites Fruit Snacks

- Sunkist**

- Mixed fruit with Calcium Fruit Snacks

- **Peaches**

- Del Monte**

- Chunks
 - Diced Peaches Fruit Cup
 - Diced Peaches in Extra Light Syrup Fruit Cup
 - Halves
 - Mandarin Oranges Whole Segments in Light Syrup
 - No Sugar Added Sweetened Chunks with Splenda
 - Sliced – Lite, Elberta Freestone, Freestone, Fruit Naturals, Harvest Spice, Lite Freestone, No Sugar Added Sweetened with Splenda, Raspberry Flavored, Yellow Cling or Yellow Cling in Heavy Syrup
 - Yellow Cling Halves in Heavy Syrup

- Dole**

- Diced Peach Fruit Bowls
 - Peaches in Strawberry Gel Fruit-N-Gel Bowls

- O-Sage**

- Freestone Raggedy Lite Ripe
 - Freestone Raggedy Ripe in Heavy Syrup

- Publix**

- Yellow Cling Halves in Heavy Syrup
 - Yellow Cling Lite in Pear Juice – Halves or Slices
 - Yellow Cling Slices in Heavy Syrup

- **Pears**

- Del Monte**

- Bartlett Halves
 - Bartlett Halves in Heavy Syrup
 - Bartlett Halves in Extra Light Syrup
 - Chunks in Heavy Syrup
 - Cinnamon Flavored Halves
 - Fruit Naturals Halves
 - Lite Bartlett – Halves or Slices
 - No Sugar Added Sweetened Chunks with Splenda
 - No Sugar Added Sweetened Sliced with Splenda

- **Pears (Cont'd)**

- Publix**

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

- **Pineapple**

- Del Monte**

- Pineapple Tidbits Fruit Cup

- Dole**

- Crushed Pineapple in Unsweetened Pineapple Juice
 - High in Vitamin C Antioxidant Sweetened Pineapple Chunks in Heavy Syrup
 - In Unsweetened Juice – No Sugar Added Chunks, Slices, or Tidbits
 - No Sugar Added, 100% Pineapple Juice – Chunks, Crushed, Slices, or Tidbits
 - Pineapple in Lime Gel Fruit-N-Gel Bowls
 - Pineapple Tidbits Fruit Bowls

- Libby**

- Red Carb Pineapple – Chunked or Crushed

- Publix**

- Crushed Pineapple – In Heavy Syrup or In Pineapple Juice
 - Pineapple Chunks in Pineapple Juice
 - Pineapple Tidbits
 - Pineapple Tidbits in Pineapple Juice
 - Sliced Pineapple in Pineapple Juice
 - Sliced Pineapple in Heavy Syrup

- **Variety Snacks**

- Tropical Nut**

- Fat Free Oriental Mix
 - Wasabi Peas

CANNED VEGETABLES

- **Asparagus**

- Del Monte**

- Fresh Cut – Cuts & Tips, Extra Long Spears, or Slender Whole Spears
 - Asparagus Salad Tips

- **Asparagus (Cont'd)**

- Green Giant**

- Extra Long Spears
 - No Sauce Simply Steam Cuts
 - Tender Green Cut Spears

- Le Sueur**

- Extra Large Asparagus Spears

- **Baked Beans**

- B & M**

- Baked Beans Seasoned with Bacon & Brown Sugar
 - Bush's, Brick Oven Baked
 - Homestyle Baked

- Bush's Best**

- 98% fat Free Country Style Baked Beans with Onion
 - Baked Beans Seasoned with Bacon in Tomato Sauce
 - Barbecue
 - Bold & Spicy
 - Boston
 - Deluxe Vegetarian
 - Homestyle Baked Beans
 - Homestyle Sauce
 - Honey
 - Mapled Cured Bacon
 - Original
 - Original Microwavable
 - Seasoned Baked Beans with Bacon

- Publix**

- Grade A Fancy
 - Pork & Beans in Tomato Sauce
 - Vegetarian

- Van Camp's**

- Pork & Beans
 - Pork & Beans in Tomato Sauce

- **Beets**

- Aunt Nellie's**

- Harvard Ruby Red Sweet & Sour Whole
 - Red Cabbage
 - Ruby Red Sliced
 - Ruby Red Whole Pickled
 - Whole Onions

- **Beets (Cont'd)**

- Del Monte**

- Fresh Cut Sliced
 - Sliced

- Publix**

- Cut
 - Sliced

- **Canned Pasta**

- Annie's**

- Arthur Organic Spaghetti Loops

- Campbell's**

- Dora the Explorer Pasta
 - SpaghettiOs Fun Shapes
 - Meat Sauce SpaghettiOs
 - Original SpaghettiOs

- Chef Boyardee**

- 99% Fat Free Beef Ravioli
 - ABC's & 123's Pasta in Tomato & Cheese Sauce

- Dinty Moore**

- Hormel Compleats Chicken Breast & Gravy

- Franco-American**

- Spaghetti in Tomato Sauce
 - Spaghettios in Tomato Sauce
 - Spaghettios Pasta in Tomato & Cheese Sauce
 - Spaghettios Plus Calcium

- Hormel**

- Roast Beef & Gravy with Mashed Potatoes Compleats Dish

- **Carrots**

- Del Monte**

- Fresh Cut Sliced carrots
 - Sliced Carrots

- Le Sueur**

- Whole Tender Baby Carrots

- Publix**

- Sliced Sweet Carrots

- **Corn**

- Bush's Best**

- White Hominy

- Del Monte**

- Fresh Cut – Cream Style Golden Sweet, Cream Style White, Fiesta, or Gold & White

- **Corn (Cont'd)**

- Del Monte**

- Fresh Cut, Whole Kernel – Regular, Golden Sweet, Summer Crisp Sweet, or White Sweet
 - Golden Sweet – Cream Style or Whole Kernel
 - No Salt Added – Fresh Cut Cream Style Golden Sweet, Fresh Cut Whole Kernel Golden Sweet, Summer Crisp or Whole Kernel

- Green Giant**

- 50% Less Sodium Whole Kernel Sweet
 - Mexican Corn, Red & Green Bell Peppers
 - Niblets
 - No Salt Added Whole Kernel Sweet Niblets
 - Sweet Cream Style
 - White Shoepeg
 - Whole Kernel Sweet
 - Whole Kernel Sweet Niblets
 - Yellow & White

- Margaret Holmes**

- Hoppin' John with Blackeye Peas, Tomatoes, Onions, & Jalapeños

- Publix**

- 50% Less Salt Whole Kernel Sweet
 - Cream Style Golden Sweet
 - Whole Kernel, Golden Sweet – Regular or Crispy

- Publix GreenWise Market**

- Organic Whole Kernel

- **Dried Beans**

- Bush's Best**

- Black
 - Black Beans in Seasoned Sauce
 - Cannellini
 - Chick Peas (Garbanzos)
 - Chili
 - Fresh Blackeye Peas
 - Great Northern
 - Large Butter
 - Navy
 - Pinto
 - Red Kidney – Dark or Light

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

- Del Monte**

- Green Lima

- Eden**

- Organic – Fat Free Black, Small Cajun Red Beans and Rice, Caribbean Black Beans and Rice, Fat Free Kidney, Kidney Beans and Rice, Fat Free Pinto, or Pinto Beans and Rice

- Garcia's**

- Ready to Serve Fully Seasoned Black Beans

- Goya**

- Black
 - Chick Peas
 - Green Pigeon Peas
 - Heat And Serve Black Bean Soup
 - Joan of Arc
 - Pink
 - Pinto
 - Red Kidney
 - Red Kidney – Dark or Light
 - Small Red
 - Spicy Chili

- Margaret Holmes**

- Field Peas with Snaps
 - White Acre Peas

- Progreso**

- Black
 - Cannellini White Kidney
 - Chick Peas
 - Red Kidney

- Publix**

- Black
 - Black (Negros)
 - Chick Peas (Garbanzos)
 - Garbanzo
 - Grade A Fancy Red Kidney – Dark or Light
 - Great Northern
 - Pinto
 - Red
 - Spicy Chili
 - Small Green Lima
 - Blackeye Peas

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

- **Publix GreenWise Market**

- Organic – Black, Garbanzo, Dark Red Kidney, or Pinto

- **Green Beans**

- **Del Monte**

- Blue Lake – Cut, French Style, or Whole

- Cut Golden Wax Beans

- Cut Green Beans

- Cut Green Beans & Fresh Cut Potatoes with Ham Style Flavor

- Cut Green Beans & Potatoes

- Cut Italian Green Beans

- Fresh Cut – Blue Lake Cut, Blue Lake French Style, French Style, Green Beans & Potatoes with Ham Style Flavor, No Salt Added, No Salt Added Blue Lake Cut, No Salt Added Blue Lake French Style, Mixed Vegetables with Potatoes, or Specialties Quality Wax & Cut

- Golden Wax Cut Beans

- New Fresh Cut Whole Potatoes

- Seasoned Beans

- **Green Giant**

- Green Beans – Cut, French Style, or Kitchen Sliced

- **Publix**

- Green Beans – Cut, French Style, Italian Cut, or No Salt

- Veggigreen – Cut, French Style, or Whole

- **Publix GreenWise Market**

- Organic Cut Green Beans

- **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 (Cont'd)**

- **Eden**

- Organic Sauerkraut

- **Gundelsheim**

- Sauerkraut Barrel

- **Mushrooms / Artichoke**

- **Giorgio**

- Ready to Serve Dawn Fresh Mushroom Steak Sauce

- **Green Giant**

- Mushroom Pieces & Stems

- Sliced Mushrooms

- Whole Mushrooms

- **Pennsylvania Dutchman**

- Chunky Style Portabello Mushrooms

- No-Salt Mushroom Stems & Pieces

- Mushroom Stems & Pieces

- **Progresso**

- Artichoke Hearts

- **Publix**

- Mushroom Stems & Pieces

- Sliced Mushrooms

- Whole Mushrooms

- **Reese**

- Quartered Artichoke Hearts

- **Peas**

- **Del Monte**

- Early Garden – Sweet or No Salt Added Sweet

- Fresh Cut – Sweet, No Salt Added Sweet, or Very Young

- Small Sweet Specialties

- Peas & Carrots

- **Green Giant**

- Steam Sweet Peas

- **Le Sueur**

- 50% Less Sodium Early Peas

- Early Peas

- Early Peas with Mushrooms and Pearl Onions

- **Publix**

- Sweet Green Peas – No Salt Added or Grade A Fancy

- **Peas (Cont'd)**

- **Publix**

- Green Peas

- Small Sweet Peas

- **Publix GreenWise Market**

- Organic Sweet Peas

- **Potatoes**

- **Bruce**

- Cut Sweet Potatoes in Heavy Syrup

- **Del Monte**

- New Fresh Cut Potatoes – Diced or Whole

- Whole New

- **Publix**

- White Potatoes – Sliced or Whole

- **Salad & Mixed Vegetables**

- **Del Monte**

- Fresh Cut Mixed Vegetables

- Mixed Vegetables

- **Green Giant**

- Three Bean Salad

- **Margaret Holmes**

- Tomatoes Okra And Corn

- **Publix**

- Mixed Vegetables

- **Read**

- 4 Bean Salad

- Heat & Serve German Potato Salad

- **Tomato / Sauce / Paste / Puree**

- **Contadina**

- Tomato Paste

- Tomato Paste Italian Seasonings

- Tomato Sauce

- **Del Monte**

- Tomato Sauce

- **Goya**

- Spanish Style Tomato Sauce (Salsa Tomato)

- **Hunt's**

- All Natural Tomato Puree

- All Natural Tomato Sauce

- Diced Tomatoes, Green Pepper, Celery, and Onions

- **Tomato / Sauce / Paste / Puree (Cont'd)**

Hunt's

Italian Style Herbs Tomato Sauce
No Salt Added Tomato Sauce
Roasted Garlic Tomato Sauce
Tomato Sauce

Muir Glen

Premium Organic Fire Roasted Diced Tomatoes

Publix

Grade A Fancy Tomato Sauce
Tomato Puree
Tomato Sauce

Publix GreenWise Market

Organic – Crushed in Organic Tomato Puree, Diced in Organic Tomato Juice, or in Tomato Juice

- **Tomatoes**

Del Monte

Diced Tomatoes with Green Peppers & Onions
Fresh Cut Diced Tomatoes
Fresh Cut Garlic & Onion Diced Tomatoes
Italian Recipe Stewed Tomatoes
Mexican Recipe Stewed Tomatoes
Organic Diced Tomato Basil Garlic Oregano
Original Recipe Stewed Tomatoes
Petite Cut Diced Tomatoes
Petite Cut Tomatoes
Petite Cut Tomatoes with Garlic & Olive Oil
Petite Cut Tomatoes with Jalapeño Peppers
Seasoned Diced Tomatoes
Zesty Seasoned Diced Tomatoes with Basil, Garlic, & Oregano

Hunt's

All Natural Whole Peeled Tomatoes
Crushed Tomatoes
Cut Choice Diced Tomatoes
Italian Style Herbs
Diced Tomatoes

- **Tomatoes (Cont'd)**

Hunt's

Diced Tomatoes in Sun-rich Tomato Juice
Diced Tomatoes with Sweet Onions
Organic Crushed Tomatoes
Organic Diced Tomatoes
Organic Diced Tomatoes with Basil, Garlic, & Oregano
Organic Whole Tomatoes
Whole Tomatoes

Margaret Holmes

Southern Style Blend Tomatoes & Okra

Pomi

Chopped Tomatoes
Strained Tomatoes

Progresso

Diced Tomatoes
Diced Tomatoes with Italian Herbs
Recipe Ready Crushed Tomatoes
Whole Peeled Italian Style Tomatoes with Basil

Publix

Crushed Tomatoes
Diced Tomatoes
Diced Tomatoes with Green Chiles
Diced Tomatoes with Roasted Garlic & Onion
Fancy Stewed Sliced Tomatoes
Grade A Fancy Petite Diced Tomatoes
Italian Stewed Tomatoes
Italian Style Diced Tomatoes
Peeled Diced Tomatoes
Peeled Whole Tomatoes

Publix GreenWise Market

Organic Diced Tomatoes Seasoned with Basil, Garlic, & Oregano

Rotel

Diced Tomatoes & Extra Hot Chile Peppers
Diced Tomatoes & Green Chiles

- **Tomatoes (Cont'd)**

Rotel

Diced Tomatoes & Milder Green Chiles
Mexican Festival Diced Tomatoes with Lime Juice and Cilantro

Tuttorosa

Crushed Tomatoes

CONDIMENTS

- **BBQ**

Bull's Eye

Original
Premium Sweet Hickory Smoked
Sizzlin' Chipotle
Steakhouse with A-1
Sweet & Sticky Rib Sauce
Sweet Homestyle Blend
Wild Buffalo

KC Masterpiece

Hickory Brown Sugar Flavor
Honey
Hot'n Spicy
Original
Original Squeezable

Kraft

Hickory Smoked
Honey
Honey Spicy
Original
Original Slow Simmered
Sweet Recipes Brown Sugar
Thick 'n Spicy

Pat's

Homemade

Stubb's

Mesquite Smokey
Spicy

Sweet Baby Ray's

Barbecue Sauce
Hickory
Honey
Hot 'n Spicy
Squeezable Gourmet
Squeezable Gourmet Honey

- **Pickles**

- Gundelsheim**

- Barrel Pickles

- Talk of Texas**

- Okra – Mild or Hot

- **Specialty Sauces**

- Crouse & Blackwell**

- Seafood Cocktail Sauce

- Shrimp Sauce

- Jim Bean**

- Wing Sauce

- KC Masterpiece**

- Marinades – Garlic & Herb,
Honey Teriyaki with Sesame, or
Lemon Pepper

- Premium Marinades

- Fajita, Ginger Teriyaki, Spiced
Caribbean Jerk, or Steakhouse

- McIlhenny Bull**

- Hot Sauce

COOKIES / CRACKERS

- **Cookies**

- Archway**

- Fat Free Oatmeal Raisin

- Soft Iced Molasses

- Health Valley**

- Cobbler Cereal Bars – Apple,
Blueberry, or Strawberry

- Newman's Own**

- Organic Newman's Fig – Fat Free
or Low Fat Fruit Filled

- Pepperidge Farm**

- Raspberry Chantilly Distinctive

- Publix**

- Fig Fruit Bars – Regular or Fat
Free

- **Crackers**

- Ak Mak**

- Sesame Cracker

- Blue Diamond**

- Nut Cracker & Almond Rice
Natural Nut Thins Snacks

- Breton**

- Crackers

- **Crackers (Cont'd)**

- Breton**

- Low Salt

- Sesame Snack

- Dare**

- Vinta

- Kashi**

- Ranch

- Original 7 Grain Tasty Little TLC
Crackers

- Pepperidge Farm**

- Goldfish Pretzels Snack

- RY Krisp**

- Seasoned

JUICES

- **Apple**

- Apple & Eve**

- 100% Organic – Apple, Fruit
Punch, or Grape

- Knudsen**

- Pomegranate

- Martinelli**

- Apple

- Minute Maid**

- Apple To Go

- Mixed Berry

- Publix**

- 100% Pure Apple

- Apple Cider

- Apple Juice with Vitamin C

- Publix GreenWise Market**

- Organic 100% Pasteurized
Concentrate Apple

- White House**

- No Sugar Added 100% Apple

- 100% Apple

- Premium Apple

- **Blends**

- Crystal Light**

- Sunrise Beverages – Classic
Orange with Splenda or Sugar
Free Classic Orange

- Sugar Free Tea Drinks – Lemon,
Lemonade, Pink Lemonade, or
Raspberry Ice

- **Blends (Cont'd)**

- Crystal Light**

- Sweetened with Splenda
Beverages – Lemonade or
Raspberry Ice

- Ocean Spray**

- Diet Spray Cranberry

- Premium 100% Cranberry

- Concord Grape

- Premium 100% Cranberry &
Pacific Raspberry

- V8**

- Splash Juice Blend – Berry, Diet
Berry, Strawberry Kiwi, or Tropical
Vegetable & Fruit VFusion 100%
Juice – Peach Mango, Strawberry
Banana, or Tropical Orange

- Welch's**

- Fruit Punch

- Grape Cocktail Fruit

- Mountain Berry Cocktail

- Orange Pineapple & Apple
Cocktail Fruit

- **Boxed Juices / Juice Drinks**

- Capri Sun**

- All Natural Drinks – Fruit Punch,
Grape, Piña Mango, Lemonade,
Mountain Cooler, Orange, Pacific
Cooler, or Red Berry

- All Natural Berry Ice Sport
Pouches Sports Drinks

- All Natural Sport Pouches Drinks
– Lightspeed Lemon, Strawberry
Banana, Strawberry Cooler,
Strawberry Kiwi, Surfer Cooler,
Thunder Punch, Tropical Punch,
or Wild Cherry

- Roarin' Waters Water Beverages
– Strawberry Kiwi, Tropical Fruit,
or Wild Cherry

- Hi C**

- Fruit Drink – Flashin' Fruit Punch
or Orange Lavaburst

- Kool-Aid**

- Juice Drink Pouches – Blue
Raspberry Jammers, Grape
Jammers, Tropical Punch, or
Only 10 Calories Tropical Punch
Jammers

- **Boxed Juices / Juice Drinks (Cont'd)**

- **Minute Maid**

- 100% Juice – Apple, Fruit Punch, Grape, Mixed Berry, or Orange
 - All Natural Coolers – Lemonade, Berry Punch, Fruit Punch, Pink Lemonade, or Tropical Punch
 - Just 10 Fruit Punch Flavored Fruit Drink

- **Citrus**

- **Dole**

- 100% Pure from Concentrate Unsweetened Pineapple
 - Not from Concentrate 100% Pineapple

- **Ocean Spray**

- 100% Ruby Red Grapefruit Blend
 - 100% Unsweetened White Grapefruit
 - From Concentrate Ruby Grapefruit Juice Drink
 - Light Ruby Red Grapefruit & Tangerine
 - Ruby Red Grapefruit
 - Ruby Red Grapefruit & Tangerine

- **Publix**

- 100% Pure Pineapple
 - Ruby Red Grapefruit Cocktail
 - Ruby Red Grapefruit & Tangerine Cocktail
 - White Grapefruit

- **Cranberry**

- **Apple & Eve**

- No Sugar Added 100% Juice – Cranberry Grape, Cranberry Raspberry, Cranberry Wild Berry, or Naturally Cranberry
 - Organics Lemonade Juice
 - Organics Vintage Concord Juice

- **Knudsen**

- Cranberry

- **Northland**

- No Sugar Added Juice – Cranberry, Cranberry Blackberry, Cranberry Blueberry, Cranberry Grape, Cranberry Pomegranate, or Cranberry Raspberry

- **Cranberry (Cont'd)**

- **Ocean Spray**

- 100% Organic Cranberry Blueberry Flavored
 - 100% Premium Cranberry Blend
 - 100% Pure Cranberry Unsweetened
 - Cran-Raspberry Juice Blend with Two Other Juices, From Concentrate
 - Juice Cocktail – Calcium Cranberry, Cran-Apple, Cranberry, Cran-Cherry, Cran-Grape, Cran-Raspberry, Cran-Raspberry From Concentrate, Cran-Strawberry, or White Cranberry
 - Light Juice Cocktail – Cran-Apple, Cranberry, Cranberry Sweetened with Splenda, Cranberry Peach, Cran-Grape, Cranberry Strawberry, or Cran-Raspberry

- **Publix**

- Cranberry Juice Cocktail – Regular, Apple, Grape, Raspberry, or With Calcium

- **Publix GreenWise Market**

- Organic – Cranberry or Lemonade

- **Freeze Pops**

- **Flavor-Ice**

- Giant Pops Six Flavors 10% Fruit

- **Kool-Aid**

- Variety Kool Pops

- **Fruit Drink**

- **Knudsen**

- Just Black Cherry

- **Publix**

- Fruit Punch
 - Lemon Drink
 - Orange Drink

- **Grape**

- **Ocean Spray**

- Cocktail Juice – Cranberry or Light Cranberry
 - Cran-Grape Juice Drink

- **Grape (Cont'd)**

- **Publix**

- Grape
 - Purple Grape
 - White Grape

- **Publix GreenWise Market**

- Organic Grape

- **Welch's**

- 100% Juice – Grape, Purple Grape with Calcium, or Red Grape
 - 100% White Grape – Grape, Grape Cherry, Grape Peach, or Grape Juice with Calcium
 - Grape
 - Light Grape Cocktail Juice with Calcium, From Concentrate
 - Light White Grape Cocktail Juice with Calcium, From Concentrate
 - Sparkling Red Grape
 - Strawberry / Kiwi
 - White Grape
 - White Grape Peach

- **Nectars**

- **Looza**

- Mango Nectar
 - Pear Nectar

- **Vegetable**

- **Campbell's**

- Low Sodium Tomato
 - Organic Tomato, From Concentrate

- **Publix**

- Tomato Juice from Concentrate

- **Publix GreenWise Market**

- Organic, Pasteurized Tomato Juice from Concentrate

- **V8**

- 100% Juice – Calcium Enriched, Lemon Twist, Low Salt, Low Sodium Tomato, Spicy Hot, or Vegetable

MEAT AND SEAFOOD

• Hash / Chili / Stew

Campbell's

Sizzlin' Grilled Steak Chili with Beans
Chunky Chili with Beans

Del Monte

Original Recipe Sloppy Joe Sauce

Hormel

Chili with Turkey Beans

Hunt's

Original Manwich Sloppy Joe Sauce

• Poultry

Hormel

95% Fat Free Turkey Chunk
Breast of Chicken Chunks – 96% Fat Free, No Salt, or Premium in Water with Rib Meat

Swanson

Premium White Chicken Chunk in Water

Sweet Sue

98% Fat Free Premium Chicken Breast
No Drain Package Premium Chicken Breast in Water

• Salmon

Bumble Bee

Premium Atlantic Salmon Fillet
Skinless & Boneless Pink Salmon

Chicken of the Sea

Ahi Tuna Steak – in a Grilled Herb Marinade or in a Teriyaki Sauce
Premium Skinless & Boneless Pink Salmon Pouch
Skinless & Boneless Pink Salmon in Spring Water

• Shrimp / Clam / Oyster / Caviar / Anchovies

Borden Doxsee

Clams – Chopped or Minced
Clam Juice

Chicken of the Sea

Premium Crab

• Shrimp / Clam / Oyster / Caviar / Anchovies (Cont'd)

Orleans Crab

Fancy Crab Meat Lump
Fancy White Crab Meat
Medium Deveined Shrimp
Select Tiny Cocktail Shrimp

Vigo

Flat Anchovies

• Tuna

Bumble Bee

Chunk Light Tuna – in Water, Dolphin-Safe in Water, or Premium in Water
Chunk White Albacore Tuna in Water

Bumble Bee

Lightly Marinated Prime Albacore Steak Fillet – with Lemon & Cracked Pepper or with Mesquite Grilled Flavor
Prime Pink Salmon Steak Teriyaki Fillet
Prime Solid White Albacore – Fillet in Water or Gourmet Wild Tuna Fillet in Water
Seasoned Tuna Medley Sensations with Lemon & Pepper Crackers
Solid White Albacore Tuna in Water
Solid White Tuna – in Vegetable Oil or in Water

Chicken of the Sea

Chunk Light Tuna in Water
Fancy Solid White Albacore Tuna in Spring Water
Solid White Albacore Tuna in Water
Solid White Tuna in Water

PASTA

• Packaged Pasta

Bio Nature

Gluten Free Fusili

Gia Russa

Gnocchi Shipp
Potato Gnocchi

• Packaged Pasta (Cont'd)

Tinkyada

Brown Rice Pasta – Elbows, Penne, or Spirals

• Spaghetti

Alma's

Angel Pasta Hair
Elbow Macaroni Product
Linguine

Alma's

Regular
Thin

Gia Russa

Whole Wheat – Regular, Angel Hair, Linguine, Penne Rigate, Roman Rigatoni, Rotini, or Thin

Hodgson Mill

Whole Wheat

Mueller's

Angel Hair Pasta
Fettuccine
Linguine
Multigrain, Made with Whole Grains
Spaghetti
Thin Spaghetti Pasta
Vermicelli Pasta

Publix

Angel Hair
Linguine
Regular Spaghetti
Spaghetti
Thin Spaghetti
Vermicelli

Ronzoni

Angel Hair Pasta
Florentine Fettuccine
Healthy Harvest Whole Wheat Pasta Blend – Spaghetti Style or Thin Spaghetti
Linguine Pasta
Spaghetti Pasta

• Macaroni

Alma's

Bow Ties
Cut Ziti

- **Macaroni (Cont'd)**

Alma's

Fusilli
Penne Rigate
Rigatoni

Mueller's

Bow Ties Pasta
Corkscrews Pasta
Elbow Macaroni Pasta
Jumbo Shells Pasta
Multigrain Penne Rigate, Made with Whole Grains
Penne Rigate Pasta
Ready Cut Pasta
Sea Shells Pasta
Tri Color Twists Pasta
Ziti Pasta

Publix

Alphabets Pasta
Bow Ties Pasta
Elbow Macaroni
Fettuccine
Macaroni Elbows
Medium Shells
Mostaccioli Rigate
Orzo Pasta
Rigatoni
Rotini
Small Shells
Tricolor Rotini
Ziti

Ronzoni

Bow Tie Pasta
Elbow Pasta
Extra Fancy Jumbo Pasta Shells
Extra Fancy Manicotti
Healthy Harvest Whole Wheat Pasta Blend – Penne Rigate or Rotini
Mostaccioli Pasta Rigata
Orzo Pasta
Pastina Pasta
Penne Pasta Rigate
Rigatoni Pasta
Rotelle Pasta
Rotini Pasta

- **Macaroni (Cont'd)**

Ronzoni

Ziti Pasta
Ziti Rigati Pasta

- **Noodles**

Light'n Fluffy

Noodles – Wide or Extra Wide

Mueller's

Noodles – Medium, Fine, Wide, or Extra Wide
Lasagne Pasta

Publix

Extra Wide Pasta Ribbons
Lasagne
Noodles – Medium, Fine, or Wide

Ronzoni

Healthy Harvest Whole Wheat Pasta Blend, Noodle Style – Wide or Extra Wide
Lasagna Pasta – Curly Edge or Oven Ready

PASTA SAUCE

- **Pasta Sauce**

Alessi

Tomato

Bertolli

Pasta Sauce – Five Cheese, Italian Sausage, Marinara with Burgundy Wine, Olive Oil & Garlic Made With Fresh Tomatoes, Tomato Basil, or Vidalia

Emeril's

Kicked Tomato
Roasted Garlic
Roasted Red Pepper

Healthy Choice

Garlic & Herb
Traditional Spaghetti

Hunt's

Spaghetti Sauce – Original Style Traditional, Original Style Meat Flavored, Classic Italian Four Cheese, Classic Italian Garlic & Herb, or with Italian Sausage

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

L.E. Roselli

Meat
Pizza Sauce
Tomato

Newman's Own

Marinara – Cabernet, Organic, or Spaghetti
Sockarooni Spaghetti Sauce

Prego

Three Cheese

Publix

Garden Style
Parmesan & Romano
Traditional Meat Flavored
Super Chunky Mushroom
Tomato Garlic Onion
Traditional

Ragu

Chunky Garden Style
– Combination Garden; Garlic & Onions; Green Peppers & Mushrooms; Super Mushroom; Super Vegetable Primavera; Tomato, Garlic & Onion; or Tomato, Basil, & Italian Cheese
Fat Free Light Tomato & Basil
Hearty – 7 Herb Tomato or Parmesan
Old World Style – Traditional, Mushroom, or Sauce with Meat
Organic 100% Natural Cheese
Traditional Recipe Pasta Sauce
Organic Traditional Recipe Pasta Sauce
Traditional – Regular, with Meat, or Spaghetti

Roselli

Roselli

Timpone's Mom's

Spaghetti Sauce

- **Pizza / Clam Sauces**

Boboli

Tomato Pizza Sauce

Cento

Red Clam Sauce

- **Pizza / Clam Sauces (Cont'd)**

- Flora**

- Tomato

- Progresso**

- Red Clam Spaghetti Sauce

- Ragu**

- Natural Pizza Sauce

- Quick Traditional Pizza Sauce

RICE AND STUFFING

- **Crumbs/Breading**

- 4C**

- Plain

- Seasoned

- Ian's**

- Panko – Original or Whole Wheat

- Progresso**

- Italian Style

- Plain

- **Dry Beans**

- Goya**

- Black Beans

- Publix**

- Baby Lima

- Black

- Great Northern

- Pinto

- Small Red

- Black (Negros)

- Blackeye Peas

- Garbanzo

- Split Green Peas

- Large Lima

- Lentils

- Light Red Kidney

- Navy

- Small Red (Rojos Pequeños)

- Quaker Scotch Brand**

- Quick Barley

- **Gravy**

- Campbell's**

- Beef

- Mushroom

- **Gravy (Cont'd)**

- Franco-American**

- Slow Roast Beef

- Slow Roast Turkey

- **Instant Potatoes**

- Betty Crocker**

- Russet Potatoes Mashed 100%

- Potato Buds

- Hash Brown

- Julienne

- Roasted Garlic Mashed

- Idahoan**

- Mashed – Baby Reds Flavored or

- Roasted Garlic

- **Rice**

- Jasmati**

- Indian Style Rice

- Long Grain Rice

- Minute Rice**

- Instant – White, Premium Long

- Grain, or Brown Whole Grain

- Publix**

- Boiling Bag

- Extra Long Grain Enriched

- Instant – Brown or White

- Long Grain – Brown or Enriched

- Precooked Enriched Long Grain

- Boiling Bag

- Rice Select**

- Select 100% Organic Whole

- Wheat Couscous

- Select Rice Sushi

- Rico**

- Medium Grain

- Medium Grain Enriched

- Texmati**

- Brown

- Long Grain

- Organic

- Organic Brown

- Uncle Ben's**

- Boil in Bag

- Brown

- Converted Long Grain

- **Rice (Cont'd)**

- Uncle Ben's**

- Converted Long Grain Enriched

- Original Parboiled

- Fast Cooking Whole Grain Brown

- **Rice Side Dishes**

- Campbell's**

- Supper Bakes – Garlic Chicken

- with Pasta, Herb Chicken with

- Rice, Lemon Chicken with Herb

- Rice, Southwestern Style Chicken

- with Rice, or Traditional Roast

- Chicken with Stuffing

- Lipton**

- Asian Sides – Chicken Fried Rice

- or Teriyaki

- Beef Rice Sides

- Cajun Sides – Dirty Rice or Red

- Beans & Rice

- Cheddar Broccoli

- Chicken

- Chicken Broccoli

- Chicken Broccoli Whole Grain!

- Creamy Chicken

- Fiesta Sides – Mexican, Spanish,

- or Taco

- Mushroom

- Rice Pilaf

- Near East**

- Couscous – Original, Herbed

- Chicken, Parmesan Mix, Roasted

- Garlic & Olive Oil, Toasted Pine

- Nut Mix, or Wild Mushroom &

- Herb

- Couscous Blends, Whole Wheat

- Whole Grains – Original Plain or

- Roasted Garlic & Olive Oil

- Rice Pilaf – Original Mix, Garlic &

- Herb, Roasted Chicken & Garlic,

- or Toasted Almond

- Nueva Cocina**

- Arroz con Pollo Rice Mix for

- Chicken

- Gallo Pinto Red Beans and Rice

- Mexican Rice Mix Arroz a la

- Mexicana

- Moros y Cristianos Black Beans

- and Rice

- Paella Rice Mix for Seafood

- **Rice Side Dishes (Cont'd)**

Publix

Beef Flavored Rice
Chicken Flavored Rice
Spanish Rice

Rice a Roni

1/3 Less Salt Chicken Flavor
Beef Flavored Rice
Chicken & Broccoli
Chicken Flavor
Chicken Teriyaki
Long Grain & Wild Rice
Rice Pilaf Rice Sides
Spanish Rice
Whole Grains Chicken & Herbs
Whole Grains Roasted Chicken

Uncle Ben's

Country Inn – Broccoli Rice Au Gratin, Homestyle Chicken & Vegetables, Mexican Fiesta, or Wild Rice & Chicken
Natural Whole Grain Brown
Ready Rice Microwaveable Buttery

Zatarain's

New Orleans Style Rice – Black Beans and Rice, Caribbean, Dirty Rice, Jambalaya, Red Beans and Rice, Ready to Serve! Red Beans & Rice, Rice Pilaf, Spanish, or Yellow

- **Specialty Rice**

Alessi

Alla Milanese Arborio Rice
Risotto Milanese Style with Saffron

Near East

Brown Rice Pilaf

Publix

Spanish Flavor Yellow Rice Dinner with Safron (Arroz Amarillo)
Yellow

Uncle Ben's

Brown & Wild Rice Mushroom Recipe

- **Specialty Rice (Cont'd)**

Uncle Ben's

Grain & Wild Long Grain Rice – Original Recipe, Butter & Herb, Fast Cook Recipe, Roasted Garlic, or Vegetable & Herb

- **Stuffing**

Pepperidge Farm

Corn Bread
Herb Seasoned
Herb Seasoned Cubed

SALAD DRESSING

- **Pourable**

Hidden Valley

Fat Free Ranch Original Ranch Dressing

Ken's

Fat Free Steak House Dressing – Raspberry Pecan or Sun-Dried Tomato Vinaigrette

Kraft

Classic Caesar Free Dressing
Italian Dressing – Caesar Free or Zesty Reduced Fat Light Done Right!
Light Done Right! Thousand Island Dressing
Roasted Red Pepper with Italian Parmesan Special Collection Dressing

Newman's Own

Low Fat Ginger Sesame Lighten Up! Dressing

Wishbone

Fat Free! Dressing – Italian or Ranch
Just 2 Good! Dressing – Blue Cheese, Country Italian, Creamy Caesar, Honey Dijon, Italian, Low Fat Peppercorn Parmesan Ranch, Ranch, or Sweet N' Spicy French

SALTY SNACKS

- **Dips**

Don Pablos

Restaurant Style Salsa – Dip con Queso, Hot, or Medium

- **Dips (Cont'd)**

Pace

Salsa – Mild or Medium

Publix

All Natural Salsa – Mild, Medium, or Hot
All Natural, Think & Chunky Salsa – Mild, Medium, or Hot
Medium Black Bean Dip

Publix GreenWise Market

Organic Salsa, Mild or Medium

Zapata

Fire Roasted Red Salsa – Mild or Medium

- **Popcorn**

Jolly Time

Healthy Pop 94% Fat Free
Microwave Popcorn – Butter of Kettle Flavors
Mini Kettle Health Pop

Orville Redenbacher's

Smart Pop! Butter Popping Corn
Smart Pop! Fat Free Gourmet Popping Corn – Butter or Movie Theater Butter
Smart Pop! Gourmet Popping Corn Kettle Korn – Microwave or Mini Bags

Pop-Secret

94% Fat Free Premium Popcorn – Butter, Old Fashioned Kettle Korn, or Snack Size

- **Tortilla Chips**

Guiltless

Gourmet Baked Tortilla Chips – Chilli & Lime or Original Blue Corn

- **Pretzels**

Snyder's of Hanover

Organic Pretzels – Honey Wheat, Honey Wheat Sticks with Sesame Seeds, Oat Bran, or Pumpnickel & Onion Sticks
Pretzels – Butter Snaps, Fat Free Hard Sourdough, Honey Mustard & Onion Sourdough Nibblers, Mini Unsalted, or Rods

- **Pretzels (Cont'd)**

- Snyder's of Hanover**

- Sticks – Multigrain, Old Fashioned Dipping, or Pumpernickel & Onion
 - The Pounder, All Natural – Fat Free Sourdough Nibblers, Fat Free Mini, Pretzel Snaps, or Pretzel Sticks
 - The Pounder Low Fat Olde Tyme

SOUP

- **Bouillon**

- Broth**

- Beef
 - Chicken

- Herb Ox**

- Low Sodium – Beef or Chicken

- Knorr**

- Mix – Beef or Chicken
 - Vegetable

- Maggi**

- Beef
 - Chicken
 - Vegetable

- Wyler's**

- Cubes – Beef or Chicken Flavors

- **Broth**

- Campbell's**

- 99% Fat Free Swanson Beef

- College Inn**

- Low Sodium Chicken

- Emeril's**

- Stock – Beef or Chicken

- Kitchen Basics**

- Stock – Beef or Chicken

- Publix**

- Beef
 - Chicken

- Swanson**

- 99% Fat Free – Chicken or Seasoned Roasted Garlic Chicken
 - Certified Organic – Beef, Chicken, or Vegetable
 - Clear Beef

- **Broth (Cont'd)**

- Swanson**

- Clear Chicken
 - Fat Free Lower Sodium Beef
 - Lower Sodium Beef
 - Natural Chicken
 - Natural Goodness 100% Fat Free Chicken Broth
 - Vegetable

- **Condensed Soup**

- Campbell's**

- 25% Less Sodium – Chicken Noodle or Tomato
 - 98% Fat Free – Broccoli Cheese, Cream of Broccoli, Cream of Celery, Cream of Chicken, or Cream of Mushroom
 - Beef Broth
 - Beef Consomme Beef with Vegetables and Barley
 - Beefy Mushroom
 - Chicken & Stars
 - Chicken Broth
 - Chicken Gumbo
 - Chicken Noodle
 - Chicken Noodle O's
 - Chicken with White & Wild Rice
 - Chicken Won Ton
 - Cream of Mushroom with Roasted Garlic
 - Cream of Potato
 - Double Noodle
 - French Onion
 - Goldfish in Chicken Broth
 - Green Pea
 - Healthy Request – Chicken Noodle, Chicken with Rice, Cream of Celery, Cream of Chicken, Cream of Mushroom, Homestyle Chicken Noodle, Minestrone, or Tomato
 - Homestyle Chicken Noodle
 - Kid's Shapes
 - Low Sodium Chicken Broth
 - Manhattan Clam Chowder
 - Meatball Goldfish
 - Mega Noodle
 - Minestrone
 - New England Clam Chowder

- **Condensed Soup (Cont'd)**

- Campbell's**

- Old Fashioned Vegetable with Beef Stock
 - Souper Shapes
 - Tomato
 - Vegetable Beef
 - Vegetable with Beef Stock
 - Vegetarian Vegetable

- Publix**

- Chicken Noodle
 - Condensed Tomato

- **Dry Soup Mix**

- Alessi**

- Traditional – Lenticchie, Pasta Fazool, Toscana Zuppa, or Sicilian Spaccarelli Split Pea

- Bear Creek**

- Country Kitchens Chili Mix
 - Chicken Noodle
 - Minestrone Mix

- MS Grass**

- Chicken Homestyle

- **Ready-to-Serve**

- Campbell's**

- Chunky – Honey Roasted Ham with Potatoes, Old Fashioned Vegetable Beef, Savory Chicken with White & Wild Rice, Savory Pot Roast, Savory Vegetable, Slow Roasted Beef with Mushrooms, or Steak & Potato
 - Chunky Beef with Country Vegetables
 - Chunky Chicken Fajita with Rice & Beans Soup
 - Classic Chunky Chicken Noodle
 - Grilled Chunky – Chicken & Sausage Gumbo or Chicken with Vegetables & Pasta
 - Healthy Request Chunky – Chicken Noodle, Grilled Chicken & Sausage Gumbo, Old Fashioned Vegetable Beef, or Vegetable
 - Hearty Chunky – Bean & Ham or Beef & Barley
 - Ready to Serve – Chicken Noodle or Tomato

- **Ready-to-Serve (Cont'd)**

- Campbell's**

- Select – Beefy with Roasted Barley, Chicken with Egg Noodles, Herbed Chicken with Roasted Vegetables, Italian Style Wedding, Mexican Style Chicken Tortilla, Minestrone, or Traditional Italian Style Wedding
 - Select 98% Fat Free New England Clam Chowder
 - Select Gold Label – Golden Butternut Squash or Italian Tomato with Basil & Garlic
 - Select Healthy Request – Italian Style Wedding, Mexican Style Chicken Tortilla, or Savory Chicken and Long Grain Rice
 - Soup at Hand – Chicken & Stars, Chicken with Mini Noodles, or Classic Tomato

- Healthy Choice**

- Beef Pot Roast
 - Chicken & Dumplings
 - Chicken with Rice
 - Country Vegetable
 - Old Fashioned Chicken Noodle
 - Zesty Gumbo with Chicken & Sausage

- Muir Glen**

- Organic – Garden Vegetable, Hearty Tomato, Minestrone, Savory Lentil, or Split Pea

- Progresso**

- 50% Less Sodium – Chicken Gumbo, Chicken Noodle, Garden Vegetable, or Minestrone
 - 99% Fat Free, Traditional – Chicken Noodle or New England Clam Chowder
 - 99% Fat Free Lentil Classics Vegetable Soup
 - 99% Fat Free Minestrone Classics Vegetable Soup
 - 99% Fat Free Vegetable Classics – Lentil or Minestrone
 - Beef & Vegetable
 - Chicken & Wild Rice
 - Chicken Noodle with Roasted White Chicken Meat

- **Ready-to-Serve**

- Progresso**

- Classic Vegetable – French Onion, Garden Vegetable, Green Split Pea with Bacon, Hearty Tomato, Lentil, Minestrone Authentic Recipe, Tomato Basil, or Vegetable
 - Rich & Hearty – Beef Pot Roast with Country Vegetables, Chicken & Homestyle Noodles, Savory Beef Barley Vegetable, Sirloin Steak & Vegetables, Slow Cooked Beef Vegetable, or Steak & Homestyle Noodles
 - Traditional – Chicken & Herb Dumpling, Chicken & Wild Rice, Chicken Noodle with White Meat, Chicken Rice with Vegetables, Hearty Chicken & Rotini, Manhattan Clam Chowder, Roasted Chicken Rotini, Southwestern Style Chicken, Split Pea with Ham, or Turkey Noodle with White Meat
 - Vegetable

- Publix**

- Chunky – Beef, Chicken, or Minestrone

- Wolfgang Puck's**

- Organic French Onion Soup

- VINEGARS**

- **Vinegar**

- Gia Russa**

- Imported from Italy – Aged in Wood Balsamic Vinegar, Balsamic Glaze, or White Wine Vinegar