

November 24, 2010



Shopping List

Dear Parents and Caregivers:

Super 4 Kids is a program that I developed to help you choose the best foods that Gelson's has to offer to your child, from tot to tween (ages 2-12). As a mother and a registered dietitian, I am very much aware of the foods that kids need to keep them healthy and help them reach their full potential. I scoured the aisles in search of nutritious foods that both are appropriate for kids to eat daily and help them meet their nutritional needs. (Foods that should only be eaten as treats or only occasionally are, for the most part, not included in this listing.) My objective is to direct you towards the best foods in certain grocery categories. For example, I included the best whole-grain cereals, breads and crackers for kids using certain criteria that I developed. A list of my top fresh produce recommendations is included, but keep in mind that any and all fresh vegetables and fruit promote health and should be included several times a day. I have, on occasion, made a few exceptions to the "daily" rule and included the best choices for certain foods that should only be eaten every several days, such as canned tuna, hot dogs and chicken nuggets, since I think it is vital that you make the best possible choices for these foods, even if they are only eaten occasionally.

The following are the general criteria that I used for selecting foods for the program:

- Minimally processed foods with short lists of ingredients (most of which you would have in your own kitchen).
- Ingredient list contains NO high fructose corn syrup, artificial colors, flavors or preservatives.
- Lower sodium foods are given preference. The sodium limit for each product depends on the type of food, but allow up to about 550 milligrams of total sodium per meal and 125 milligrams of total sodium per snack.
- Organic is emphasized, especially because it could be less processed and may contain less sodium.
- Whole grains: Foods with a whole grain listed as the first ingredient are given preference over refined grains.
- Fats: Heart- and brain-healthy fats are emphasized. Foods high in saturated fats are limited; foods that contain trans fats, soybean oil and tropical oils (coconut and palm) are excluded. Monounsaturated fats and omega-3 fats are emphasized. Processed foods made with olive and canola oils are preferable.
- Added sugars: Foods with little to no added sugars are prioritized, when relevant. Foods that contain fruit are not considered to contain added sugars, unless fruit juice is added.

Look for my "Super 4 Kids" shelf tags throughout the store as you shop. Of course, the foods that I tag are individual foods, but how you combine them with other foods is still important since there is no such thing as a "perfect food." To learn more about how to choose healthful foods for kids, see my September 2010 Nutrition Notes newsletter.

Best of Health,
Jessica Siegel, MPH, RD, MOM
Gelson's Staff Dietitian

For questions about feeding kids or other nutrition-related information, contact me at 1-800-GELSON'S or visit www.gelsons.com.

Fresh Vegetables (A variety should be consumed throughout the day.)

Artichokes
Asparagus
Avocado
Baby Potatoes
Beets
Bell Peppers (preferably organic)
Broccoli
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Celery (preferably organic)
Cherry Tomatoes
Cucumbers
Eggplant
Green Beans
Italian Squash
Jicama
Kale (preferably organic)
Lettuce (preferably organic)
Potatoes (preferably organic)
Spinach (preferably organic)
Sugar Snap Peas
Sweet Potatoes (Yams)
Tomatoes
Winter Squash
Yellow Corn

Fresh Fruit (A variety should be consumed 2-3 times a day.)

Apples (preferably organic)
Apricots
Bananas
Blueberries (preferably organic)
Cherries
Figs
Fuyu Persimmons
Grapefruit
Grapes (preferably organic)
Kiwi
Mango
Melon
Nectarines (preferably organic)
Oranges
Papaya
Peaches (preferably organic)
Pears
Pineapple
Plums

Strawberries (preferably organic)

Tangerines

Beverage (These items should only be consumed occasionally.)

	Size	UPC
Naked Juice Coconut Water	11.2 OZ	8259263255
O N E 100% Coconut Water	11 OZ	89499100110
Vita Coco 100% Pure Coconut Water	11.2 OZ	89899900002

Bread

	Size	UPC
Food For Life Bread 7 Sprouted Grains	24 OZ	7347200101
Food For Life Bread Ezekiel Cinnamon Raisin	24 OZ	7347200131
Food For Life Bread Ezekiel	24 OZ	7347200120
Food For Life Bread Genesis Sprouted Grains/Seeds	24 OZ	7347200141
Food For Life English Muffin 7 Sprouted Grains	16 OZ	7347200116
Food For Life Ezekiel 4:9 Sprouted Grain Tortillas	12 OZ	7347200200
Food For Life Pocket Bread Ezekiel 4:9	10 OZ	7347200381
Rudi's Organic 100% Whole Wheat	22 OZ	3149302160
Rudi's Organic Bread 14 Grain	20 OZ	3149302340
Rudi's Organic Bread Honey Sweet Whole Wheat	22 OZ	3149324242
Rudi's Organic 7grain Flax Bread	20 OZ	3149302320
Stoneground Bread 9 Grain	28 OZ	81127400003

Canned Fruit

	Size	UPC
Natural Directions Applesauce 6pk Organic	4 OZ	1540019070
Natural Directions Applesauce Unsweetened Organic	24 OZ	1540019075
Natural Directions Raisin Canister Organic	24 OZ	1540019633
North Coast Organic Apple Sauce 4 Pack	16 OZ	2201400460
North Coast Organic Apple Sauce 4 Pack	24 OZ	2201424062
Santa Cruz Organic Apple Sauce	23 OZ	3619212291

Canned Seafood & Meats

	Size	UPC
Bumble Bee Wild Alaska Salmon	7.5 OZ	8660000067
Bumble Bee Wild Alaska Sockeye Red Salmon	14.8 OZ	8660000064
Crown Prince Sardines Boneless/Skinless In Olive Oil	3.8 OZ	7323000033
Crown Prince Sardines Wild Caught Skinless/Boneless In Olive Oil	3.8 OZ	7323000833
Crown Prince Sardines In Tomato Sauce	15 OZ	7323000075
King Ocean Tiny Tots Brisling Sardines In Olive Oil	3.8 OZ	3480000525
Natural Directions Wild Caught Salmon	5 OZ	1540019241
*Rincon Gold No Salt Added Albacore Tuna	6 OZ	88274000004
*Rincon Gold Premium Albacore Tuna In Organic Olive Oil	6 OZ	88274000006
*Rincon Gold Premium Albacore Tuna In Organic Olive Oil	6 OZ	88274000001
Season Sardines In Water/No Salt Added	4.4 OZ	7030302229
Valley Fresh 100% Natural Organic White Chicken In Water	5 OZ	7478505280
Valley Fresh 100% Natural White Chicken In Water	12.5 OZ	7478553422
Valley Fresh Organic White Chicken In Water	5 OZ	7478545288
Wild Planet Wild Alaskan Sockeye Salmon	6 OZ	82969600049
*Wild Planet Wild Albacore Tuna	5 OZ	82969600053
*Wild Planet Wild Albacore Tuna No Salt Added	5 OZ	82969600054

* These items should only be eaten occasionally.

Canned Tomatoes & Vegetables

	Size	UPC
Carmelina Cannellini Beans	14.3 OZ	83347712041
Carmelina Italian Butter Beans	14.3 OZ	83347712021
Carmelina Organic Chopped Tomatoes	14.3 OZ	83347710091
Muir Glen Organic Tomatoes Fire Roasted No Salt Added	14.5 OZ	72534226926
Muir Glen Organic Tomatoes Diced No Salt Added	14.5 OZ	72534228561
Muir Glen Organic Tomato Puree	28 OZ	72534228103
Natural Directions Beans Garbanzo Organic	15 OZ	1540019638
Natural Directions Beans Organic Black	15 OZ	1540019639
Natural Directions Beans Pinto Organic	15 OZ	1540019637
Natural Directions Beans Red Kidney Organic	15 OZ	1540019636
Natural Directions Beans Red Kidney Organic	15 OZ	1540019636
Natural Directions Tomato Diced Organic	28 OZ	1540019114
Sun Vista Beans Black No Salt	15 OZ	88439545440
Sun Vista Beans Pinto No Salt	15 OZ	88439546570
Westbrae Organic Beans Black	15 OZ	7487316321
Westbrae Organic Beans Lentils	15 OZ	7487316330
Westbrae Organic Beans Pinto	15 OZ	7487316324

Cereal

	Size	UPC
Amy's Steel Cut Oats Cereal	9 OZ	4227200313
Barbara Cereal Shredded Spoonfuls Multigrain	14 OZ	7061720607
Bear Naked Granola Fit Vanilla Almond	12 OZ	85641600071
Bear Naked Granola Peak Flax Oats & Honey	12 OZ	88462348623
Bear River Valley Frosted Tumble Wheats	15.5 OZ	88397913088
Better Oats Raw Pure & Simple Bare	7.4 OZ	88392111842
Better Oats Raw Pure & Simple Chai	7.4 OZ	88392111841
Better Oats Raw Pure & Simple Cinnamon Plum Spiced	7.6 OZ	88392111840
Bobs Red Mill Cereal Muesli	18 OZ	3997850103
Bobs Red Mill Steel Cut Oats	24 OZ	3997801140
Cafe Fanny All Natural Granola	16 OZ	71979312345
Country Choice Organic Oats Old Fashioned	18 OZ	72990611942
Cream Of Wheat Whole Grain	18 OZ	7240000025
Dorset Cereal Simply Delicious Muesli	22 OZ	81493001005
Erin Bakers Granola Oatmeal/Raisin	12 OZ	70887500510
Erin Bakers Granola Peanut Butter	12 OZ	70887500503
Familia Cereal No Sugar	12 OZ	7276201213
General Mills Cheerios	14 OZ	1600027564
General Mills Cheerios Multi Grain	12.8 OZ	1600027562
Kashi Cereal 7 Whole Grain Flakes	14.4 OZ	1862702376
Kashi Cereal Heart To Heart	12.4 OZ	1862751002
Kashi Cereal Island Vanilla Organic Promise	17.5 OZ	1862743717
Kashi Cereal Organic Promise Autumn Wheat	17.5 OZ	1862783300
Kashi Cereal Organic Promise Cinnamon Harvest	17.5 OZ	1862783500
Kashi Cereal U	13 OZ	1862724000
La Brea Bakery Granola	12 OZ	78142190008
Mccann's Quick & Easy Steel Cut Irish Oatmeal	16 OZ	7246300030
Mccann's Quick & Easy Steel Cut Irish Oatmeal	24 OZ	7246300035

Mccann's Quick Cooking Rolled Oats	16 OZ	7246300021
Mccann's Steel Cut Irish Oatmeal Traditional Tin	28 OZ	7246300020
Natural Directions Oats Cereal Quick	18 OZ	1540019189
Natural Directions Oats Old Fashioned Organic	18 OZ	1540019188
Natures Path Organic Cereal Flax Plus Multigrain	13.3 OZ	5844977050
Natures Path Organic Cereal Heritage	13.3 OZ	5844977020
Natures Path Organic Oatmeal Flax Plus	14 OZ	5844945002
Post Grape Nuts	24 OZ	88491210521
Quaker Instant Oatmeal Organic Regular	7.9 OZ	3000001552
Quaker Oats Old Fashioned	42 OZ	3000001040
Quaker Oats Quick	18 OZ	3000001180
Quaker Oats Regular	18 OZ	3000001020
Weetabix Cereal	7 OZ	5571206711
Wheatena Toasted Wheat Cereal	20 OZ	6414408004

Chutney, Marinade, Salad Dressing, Sauce

	Size	UPC
Bone Suckin' Sauce Original	16 OZ	75449600122
Bragg Salad Dressing Organic Ginger/Sesame	12 OZ	7430503112
Bragg Salad Dressing Organic Healthy Vinaigrette	12 OZ	7430503012
Buitoni Sauce Tomato Herb Parmesan	15 OZ	2484231161
Dave's Gourmet Pasta Sauce Red Heirloom	25.5 OZ	75346901002
Dave's Gourmet Pasta Sauce Roasted Garlic & Sweet Basil	25.5 OZ	75346901004
Dave's Gourmet Pasta Sauce Spicy Heirloom Marinara	25.5 OZ	75346901005
Enrico's Pizza Sauce	15.5 OZ	7331643116
Follow Your Heart Dress Ranch	12 OZ	4956811012
Follow Your Heart Dress Spicy Ranch	12 OZ	4956816012
Follow Your Heart Low Fat Vinaigrette	12 OZ	4956831012
Follow Your Heart Vegenaize Organic	16 OZ	4956801016
Galeos Dressing Miso Caesar	13 OZ	72932800501
Galeos Dressing Miso Dijonnaise	13 OZ	72932800502
Galeos Dressing Miso Ginger Wasabi	13 OZ	72932800503
Galeos Dressing Miso Sesame Seed	13 OZ	72932800500
Gayles Original Bbq Sauce Sweet	19.5 OZ	4390152853
Gelson's Grill Sauce Lime Chipotle	13.5 OZ	67004688841
Gelson's Pasta Sauce Zesty Sicilian	25.5 OZ	67004688851
Gelson's Pasta Sauce Tomato Basil	25.5 OZ	67004688815
Giorgio Baldi Sauce Arrabiata	18 OZ	83907000318
Giorgio Baldi Sauce Mushrooms	18 OZ	83907000218
Giorgio Baldi Sauce Tomato/Basil	18 OZ	83907000118
La Famiglia Delgrosso Sauce Tomato/Basil	26 OZ	7490836030
Lucini Sauce Creamy Tomato Ricotta	19.6 OZ	64850557561
Mario Batali Sauce Tomato Basil	24 OZ	87604500300
Muir Glen Organic Tomato Sauce No Salt Added	15 OZ	72534228571

Condiments

	Size	UPC
Follow Your Heart Vegenaize Organic	16 OZ	4956801016
Frenchs Mustard Spicy Brown	12 OZ	4150000042
Frenchs Mustard Squeeze	8 OZ	4150000700
Morehouse Mustard Squeeze Bottle	8 OZ	1120900208

Natural Directions Mustard Yellow Organic	12 OZ	1540019145
*Rigoni di Asiago Fior di Frutta Organic Strawberry Fruit Spread	8.82 OZ	65264200580
*Rigoni di Asiago Fior di Frutta Organic Apricot Fruit Spread	8.82 OZ	65264200500
* These items should only be eaten occasionally.		

Crackers, Chips and Snacks

	Size	UPC
Ak Mak Cracker Sesame	4.2 OZ	7110500001
Annie Chun's Seaweed Snack Sesame	0.3 OZ	76566711010
Annie Chun's Seaweed Snack Wasabi	0.3 OZ	76566711020
Doctor Kracker Klassic 3 Seed Snackers	6 OZ	89553801705
Doctor Kracker Pumpkin Seed Cheddar Snackers	6 OZ	89553801706
Doctor Kracker Seedlander Snackers	6 OZ	89553801714
Finn Crisp Original	7 OZ	60587000015
Finn Crisp Plus 5 Wholegrain	6.7 OZ	60587000123
Guiltless Gourmet Tortilla Chips Baked	7 OZ	90100001
Kashi Cracker TLC Original 7 Grain Snack Crackers	9 OZ	1862761001
Kashi Cracker TLC Stoneground 7 Grain Party Crackers	6 OZ	1862761006
Kavli Crisp Thin	5.3 OZ	7447275810
Manischewitz Matzos Whole Wheat	10 OZ	7270000035
Mary's Gone Crackers Original	6.5 OZ	89758000010
Newman's Own Spelt Pretzels	7 OZ	75764500840
Streits Matzos Whole Wheat	11 OZ	7022750006
Wasa Crisp Bread Light Rye	9.5 OZ	3361732261
Wasa Crisp Bread Whole Grain	9.2 OZ	3361700002
Wasa Crisp Bread Crisp 'N Light 7grain	4.9 OZ	3361741001
Wasa Crisp Bread Hearty Rye	9.7 OZ	3361737037
Wasa Crisp Bread Multi Grain	9.7 OZ	3361700703
Wasa Crisp Bread Sourdough	9.7 OZ	3361734061

Dairy

	Size	UPC
Chobani Greek Yogurt Plain	6 OZ	89470001001
Chobani Greek Yogurt Vanilla	6 OZ	89470001002
Eggland's Best Large Dozen Eggs	1 DZ	71514150349
Fage Greek Yogurt 0% Plain	6 OZ	68954408000
Fage Greek Yogurt 2% Plain	7 OZ	68954408020
Gelson's Large Organic Cage Free Omega 3 Eggs	1 DZ	3132733111
Greek Gods Yogurt Plain Nonfat	6 OZ	7835554000
Horizon Organic Milk 1% Low Fat	64 OZ	74236526465
Horizon Organic Milk 2% Reduced Fat	64 OZ	74236526475
Horizon Organic Milk 2% Reduced Fat	24 OZ	74236520835
Horizon Organic Milk Fat Free	64 OZ	74236526455
Horizon Organic Milk 2% Plus DHA	64 OZ	74236526485
Horizon Organic Milk Fat Free	1 GL	74236502439
Horizon Organic Milk Lactose Free	64 OZ	74236526402
Horizon Organic Milk Reduced Fat 2%	1 GL	74236502438
Horizon Organic Yogurt Fat Free Plain	32 OZ	74236513220
Oikos Organic Greek Yogurt Plain	5.3 OZ	5215953100
Oikos Organic Greek Yogurt Vanilla	5.3 OZ	5215953101
Organic Valley 1% Low Fat Milk	64 OZ	9396600441

Organic Valley 2% Reduced Fat Milk	64 OZ	9396600440
Organic Valley Fat Free Milk	32 OZ	9396600022
Organic Valley Fat Free Milk	64 OZ	9396600442
Stonyfield Fat Free Plain Yogurt	6 OZ	5215900050
Straus Family Creamery Organic Nonfat Plain Yogurt	32 OZ	78483000070
Wholesoy & Co. Plain Soy Yogurt	6 OZ	66437260001

Dried Fruit & Vegetables

	Size	UPC
Earthbound Organic Dried Dates	6 OZ	3260105061
Earthbound Organic Dried Plums	6 OZ	3260105062
Earthbound Organic Jumbo Thompson Seedless Raisins	10 OZ	3260105010
Flanigan Farms Organic Dried Persimmons	1 OZ	7462801030
Gelson's Finest Date Deglet	10 OZ	73120553062
Gelson's Finest Medjools Large	14 OZ	73120553762
Newman's Own Organic Apricots	6 OZ	88428404070
Newman's Own Organic Prunes Pitted	12 OZ	88428404125
Newman's Own Organic Raisins 6 Pk	6 CT	88428404015
Newman's Own Organic Raisins Canister	15 OZ	88428404025
Nutra Fig Organic White Figs	12 OZ	9720900142
Sensible Foods Cherry Berry	0.8 OZ	60076000021
Sensible Foods Orchard Blend	0.8 OZ	60076000023
Sensible Foods Organic Apple Harvest	0.8 OZ	60076000032
Sensible Foods Organic Sweet Corn	0.8 OZ	60076000041
Sensible Foods Tropical Blend	0.8 OZ	60076000022
St. Dalfour Giant Pitted Prunes	7 OZ	8438095295
Stretch Island Fruit Leather Cherry	0.5 OZ	7912600870
Stretch Island Fruit Leather Grape	0.5 OZ	7912600840
Stretch Island Fruit Leather Raspberry	0.5 OZ	7912600860
Stretch Island Fruit Leather Strawberry	0.5 OZ	7912600890
Sunmaid Cape Cod Cranberries	6 PK	4114308190
Sunmaid Currants	10 OZ	4114304100
Sunmaid Raisins Mini Snacks 14 Pack	7 OZ	4114302570
Sunmaid Raisins Organic 14 Pack	7 OZ	4114302586
Sunmaid Raisins Seedless Box	15 OZ	4114302460
Sunmaid Raisins Seedless/Foil Bag	12 OZ	4114302956
Sunsweet Dates Pitted	8 OZ	7045008070
Sunsweet Premium Prunes Pitted Tin	9 OZ	7045002049
Sunsweet Prunes D'noir Preservative Free	9 OZ	80276302990
Sunsweet Antioxidant Blend	5 OZ	80276307380

Frozen Fruit & Vegetables

	Size	UPC
Birdseye Asparagus Spears	10 OZ	1450000180
Birdseye Chopped Spinach	10 OZ	1450000190
Birdseye Corn Cut	10 OZ	1450000183
Birdseye Fruit Blueberries	12 OZ	7033200300
Birdseye Fruit Red Raspberry	12 OZ	7033200385
Birdseye Fruit Sliced Strawberry	14 OZ	7033200396
Birdseye Green Beans French Cut	9 OZ	1450000186
Birdseye Peas	10 OZ	1450000182

Birdseye Peas Tiny Deluxe	10	OZ	1450000442
Birdseye Steamfresh Single Brussels Sprouts	13	OZ	1450001256
Birdseye Steamfresh Single Sweet Peas	13	OZ	1450001192
Birdseye Steamfresh Whole Grain Brown Rice	10	OZ	1450001280
Birdseye Steamfresh Broccoli Carrots Peas Water Chestnuts	12	OZ	1450001130
Birdseye Steamfresh Cauliflower & Broccoli	12	OZ	1450001132
Birdseye Steamfresh Mixed Vegetables	12	OZ	1450001128
Birdseye Steamfresh Premium Broccoli Florets	12	OZ	1450001183
Birdseye Steamfresh Super Sweet Corn	12	OZ	1450001099
Birdseye Steamfresh Sweet Peas	12	OZ	1450001100
C&W Artichoke Hearts	8	OZ	7033200018
C&W Broccoli Florets	14	OZ	7033200071
C&W Chopped Spinach	10	OZ	7033200210
C&W Chopped Spinach Baby	16	OZ	7033200220
C&W Corn Petite	16	OZ	7033200103
C&W Corn Petite Early Harvest	16	OZ	7033200106
C&W Corn Petite White	16	OZ	7033200102
C&W Green Beans Cut Italian	14	OZ	7033200052
C&W Green Beans Haricots Verts	12	OZ	7033200053
C&W Peas Petite No Salt	16	OZ	7033200159
C&W Pepper Strips	14	OZ	7033200175
C&W Ultimate Petite Mixed Vegetables	32	OZ	7033200429
C&W Vegetables Mixed Fancy	16	OZ	7033200129
Cascadian Organic Chopped Spinach	10	OZ	2190850507
Cascadian Organic Winter Squash	10	OZ	2190850508
Dole Blackberries	12	OZ	7120221012
Dole Blueberries	2	LB	7120211762
Dole Dark Sweet Cherries	12	OZ	7120231012
Dole Fruit Mango Chunks	16	OZ	7120210518
Dole Fruit Pineapple Chunks	16	OZ	7120228515
Dole Mixed Berries	12	OZ	7120242012
Dole Sliced Peaches	16	OZ	7120211016
Dole Strawberries Sliced	14	OZ	7120217110
Dole Strawberries Whole	16	OZ	7120217715
Green Giant Antioxidant Blend	7	OZ	2000019757
Green Giant Chopped Spinach	9	OZ	2000017681
Green Giant Corn On Cob Nibblers	6	PK	2000014585
Green Giant Valley Fresh Steamers Cut Green Beans	12	OZ	2000027334
Green Giant Valley Fresh Steamers Mixed Vegetables	12	OZ	2000027337
Natural Directions Fruit Blueberries	12	OZ	1540019677
Natural Directions Fruit Raspberries	12	OZ	1540019679
Natural Directions Fruit Strawberries	12	OZ	1540019678
Pictsweet Cut Okra	16	OZ	7056085615
Pictsweet Kale	16	OZ	7056088201
Pictsweet Mushrooms	12	OZ	7056099811
Pictsweet Seasoning Blend	12	OZ	7056096902
Pictsweet Sliced Fordhook Lima Beans	14	OZ	7056083471
Pictsweet Sliced Yellow Squash	16	OZ	7056086505
Pictsweet Steam'ables Baby Green And Yellow Whole Beans	12	OZ	7056097801

Pictsweet Steam'ables Baby Sugar Snap Peas	11 OZ	7056097856
Pictsweet Steam'ables Broccoli Edamame Carrots Celery	10 OZ	7056097756
Seapoint Farms Edamame Pods	16 OZ	71157500394
Seapoint Farms Edamame/Shelled	16 OZ	71157500384
Springfield Brussels Sprouts	16 OZ	4138050119
Springfield Cauliflower	16 OZ	4138050062
Springfield Chopped Spinach	10 OZ	4138050066
Springfield Large Cut Corn	16 OZ	4138050063
Springfield Large Green Peas	16 OZ	4138050201
Springfield Leaf Spinach	10 OZ	4138050065
Springfield Mixed Vegetables	16 OZ	4138050064
Westpac Broccoli Florets	16 OZ	4880010894
Westpac Carrots Crinkle Cut Sliced	16 OZ	4880011762
Westpac Chopped Broccoli	16 OZ	4880010498
Westpac Cut Corn	16 OZ	4880015436
Westpac Cut Leaf Spinach	16 OZ	4880030287
Westpac Green Beans French Cut	16 OZ	4880004319
Westpac Green Beans Regular Cut	16 OZ	4880004806
Westpac Mixed Vegetable	16 OZ	4880016575
Westpac Peas & Carrots	16 OZ	4880022044
Westpac Steam Of The Crop Sweet White Corn	12 OZ	4880015611
Westpac Stir Fry Asparagus	16 OZ	4880003603
Westpac Stir Fry Chow Mein	16 OZ	4880003659
Westpac Stir Fry Vegetables	16 OZ	4880003462
Wyman's Mixed Berries	15 OZ	7990000199
Wyman's Red Raspberries	12 OZ	7990000161
Wyman's Strawberries	15 OZ	7990000185
Wyman's Wild Blueberries	15 OZ	7990000157

Frozen Ready-to-Eat

	Size	UPC
Alexia Sweet Potato Fries	15 OZ	83418300111
Amy's Light In Sodium Vegetable Lasagna	9.5 OZ	4227200240
Amy's Steel Cut Oats Cereal	9 OZ	4227200313
*Applegate Farms Breakfast Sausage Chicken & Apple	8 OZ	2531710595
*Applegate Farms Breakfast Sausage Chicken & Maple	8 OZ	2531700596
*Applegate Farms Breakfast Sausage Chicken & Sage	8 OZ	2531700597
*Applegate Farms Chicken Nuggets	8 OZ	2531710555
*Applegate Farms Gluten Free Chicken Nuggets	8 OZ	2531700556
*Applegate Farms Organic Chicken Strips	8 OZ	2531700550
Aqua Cuisine Salmon Burgers	1 LB	24601800000
Blackwing Ostrich Patties	8 OZ	75339005002
Diestel Heidi's Hens Organic Turkey Burgers	16 OZ	70733035343
*Fortune Ave Chicken Potstickers	16 OZ	73089388812
Garden Lites Broccoli Souffle	7 OZ	70486301702
Garden Lites Butternut Souffle	7 OZ	70486301708
Garden Lites Vegetable Souffle	7 OZ	70486301703
Golden Sweet Potato Pancakes	8 CT	4164120105
Golden Zucchini Potato Pancakes	8 CT	4164120107
*Healthy Choice Naturals Creamy Basil Pesto	8 OZ	7265540542

*Living Right Fish Sticks	17.6 OZ	83814300641
*Patty's Pizza Lil Dev's Cheese Pizza	10.8 OZ	82573404103
Van's Waffles 7 Grain Belgian	8 OZ	8994730207
Van's Waffles Lite	8 OZ	8994730221
Village Harvest Frozen Brown Red Wild Rice	20 OZ	2857100583
Village Harvest Frozen Brown Rice	20 OZ	2857100574
Village Harvest Frozen Quinoa	20 OZ	2857100581
Vitamuffin Tops Cranberry Bran	8 OZ	82624687124

*These foods should only be eaten occasionally.

Grains, Noodles, Beans & Legumes

	Size	UPC
Annie Chun's Rice Express Multi Grain Sticky Rice	6.3 OZ	76566740050
Annie Chun's Rice Express Sprouted Brown Rice	6.3 OZ	76566740020
Barilla Plus Angel Hair	14.5 OZ	7680853355
Barilla Plus Penne	14.5 OZ	7680853360
Barilla Plus Rotini	14.5 OZ	7680853358
Barilla Plus Spaghetti	14.5 OZ	7680853357
Barilla Whole Grain Penne	13.3 OZ	7680853328
Barilla Whole Grain Rotini	13.3 OZ	7680853412
Bobs Red Mill Bulgur Wheat	28 OZ	3997800124
Bobs Red Mill Organic Quinoa	26 OZ	3997800323
De Cecco Penne Rigate Whole Wheat	16 OZ	2409427041
De Cecco Whole Wheat Fusilli	16 OZ	2409427034
Gefen Whole Wheat Israeli Couscous	8.8 OZ	71006980606
Gefen Whole Wheat Orzo	8.8 OZ	71006980608
Gia Russa Whole Wheat Penne Rigate	16 OZ	2682500403
Gia Russa Whole Wheat Spaghetti	16 OZ	2682500407
Gourmet House Wild Rice	6 OZ	1740012001
Hakubaku Organic Noodles Soba	9.3 OZ	83732800102
Lundberg Rice Cake Lightly Salted Brown Rice Cakes	8.5 OZ	7341600023
Lundberg Rice Cakes Salt Free Brown Rice	8.5 OZ	7341600021
Lundberg Rice Short Grain Organic	2 LB	7341619763
Lundberg Rice Wild Rice Blend	1 LB	7341600430
Mahatma Rice Brown Rice	28 OZ	1740010535
Manischewitz Noodles Whole Grain No Yolk	12 OZ	7270010433
Minute Rice Ready To Serve Brown & Wild Rice	8.8 OZ	1740014004
Minute Rice Ready To Serve Brown Rice	8.8 OZ	1740014001
Natural Directions Dry Black Beans Organic	1 LB	1540019034
Natural Directions Dry Green Split Peas	1 LB	1540019039
Natural Directions Dry Lentils Organic	1 LB	1540019038
Natural Directions Dry Pinto Beans Organic	1 LB	1540019033
Near East Whole Grain Blends Wheat Couscous	7.6 OZ	7225153020
Rao's Pasta Whole Wheat Penne Rigate	17.6 OZ	74747900075
Rice Select Couscous Pearl Whole Wheat	10.7 OZ	7440174408
Rice Select Organic Brown Rice	36 OZ	7440193041
Rice Select Royal Rice Blend	21 OZ	7440176041
Rice Select Texmati Pilaf Medley	12.7 OZ	7440178208
Rice Select Texmati Brown Rice	36 OZ	7440131041
Sabarot Green Lentils	17 OZ	311195021310

Springfield Dried Pearl Barley	16 OZ	4138000028
Springfield Dried Peas Black Eyed	16 OZ	4138000040
Springfield Dried Black Beans	16 OZ	4138000030
Springfield Dried Great Northern Beans	16 OZ	4138000038
Springfield Dried Green Split Peas	16 OZ	4138000042
Springfield Dried Kidney Beans	16 OZ	4138000031
Springfield Dried Lentils	16 OZ	4138000032
Springfield Dried Lima Beans	16 OZ	4138000034
Springfield Dried Pinto Beans	16 OZ	4138000036
Springfield Dried Small Red Beans	16 OZ	4138000037
Springfield Dried Soup Mix	16 OZ	4138000029
Springfield Dried White Beans	16 OZ	4138000039
Springfield Dried Yellow Split Peas	16 OZ	4138000043
Success Brown Rice	14 OZ	1740010078
Tinkyada Brown Rice Pasta Penne	16 OZ	62168392115
Tinkyada Brown Rice Pasta Spaghetti	16 OZ	62168392015
Tsuru Mai California Brown Rice	16 OZ	7317600150
Uncle Bens Ready Rice Whole Grain Medley Brown & Wild Rice	8.8 OZ	5480003177
Uncle Bens Whole Grain Fast & Natural Instant Brown Rice	14 OZ	5480012001
Valsugana Polenta	13.2 OZ	7224835507
Village Harvest Organic Brown Basmati Rice	30 OZ	2857100512
Village Harvest Quinoa	30 OZ	2857100516
Village Harvest Rice Brown Gaba	30 OZ	2857100515
Wolffs Kasha Medium Granulation	13 OZ	7057700039
Wolffs Kasha Whole Granulation	13 OZ	7057700038

Juice (These items should only be consumed occasionally.)

	Size	UPC
Hansen's Juice Organic Junior Juice Apple	16.9 OZ	7085932374
Hansen's Juice Organic Junior Juice Berry Medley	16.9 OZ	7085932384
Organic Valley Orange Juice W/ Calcium	64 OZ	9396600078
Simply Juice Grapefruit	59 OZ	2500005450
Simply Orange Juice Grovestand	59 OZ	2500005544
Simply Orange Juice Orange Calcium	59 OZ	2500005543
Simply Orange Juice Orange Original	59 OZ	2500005542

Milk Alternatives

	Size	UPC
Rice Dream Enriched Original	32 OZ	8425322215
Rice Dream Enriched Original	64 OZ	8425322230
Rice Dream Vanilla Enriched	32 OZ	8425322216
Westsoy Organic Unsweetened Vanilla Soy Drink	32 OZ	7487397083
Westsoy Original Organic Unsweetened Soy Drink	32 OZ	7487396015

Nut Butters

	Size	UPC
Arrowhead Mills Peanut Butter Creamy	16 OZ	7433347052
Blue Diamond Almond Butter Creamy	12 OZ	4157005926
Kettle Almond Butter Creamy	11 OZ	8411402700
Maisie Janes Almond Butter Crunchy	12 OZ	73055500016
Maisie Janes Almond Butter Smooth	12 OZ	73055500015
Santa Cruz Organic Peanut Butter	16 OZ	3619212700

Santa Cruz Organic Peanut Butter	16 OZ	3619212701
Scudders Peanut Butter No Salt Added Smooth	16 OZ	5150019615
Scudders Peanut Butter Nutty	16 OZ	5150005061
Scudders Peanut Butter Reduced Fat Smooth	16 OZ	5150005030
Scudders Peanut Butter Smooth	16 OZ	5150005029

Nuts

	Size	UPC
Blue Diamond Almonds 100 Calorie Pack	4.4 OZ	4157005379
Blue Diamond Almonds Roasted No Salt	8 OZ	4157005353
Blue Diamond Almonds Whole Natural	1 LB	4157005442
Blue Diamond Almonds Whole Natural	6 OZ	4157000383
Flanigan Farms Almond Slivers	2.5 OZ	7462802506
Flanigan Farms Almonds Whole	12 OZ	7462812004
Flanigan Farms Almonds Whole Unsalted	2.5 OZ	7462802504
Flanigan Farms Cashews Unsalted	2.5 OZ	7462802508
Flanigan Farms Hazelnuts Blanched	2.5 OZ	7462822509
Flanigan Farms Nuts & Fruits	5 PK	7462805030
Flanigan Farms Nuts & Fruits	6 OZ	7462806029
Flanigan Farms Nuts & Things	5 PK	7462807502
Flanigan Farms Nuts & Things	12 OZ	7462812002
Flanigan Farms Pecan Pieces	6 OZ	7462806010
Flanigan Farms Pecans	2 OZ	7462802010
Flanigan Farms Pepitas Unsalted	2.5 OZ	7462802511
Flanigan Farms Pignolias	1.5 OZ	7462801512
Flanigan Farms Pistachios Shelled	2 OZ	7462802017
Flanigan Farms Sunflower Seeds	4 OZ	7462804003
Flanigan Farms Sunflower Seeds	12 OZ	7462812003
Flanigan Farms Walnuts Chopped	4 OZ	7462804025
Gelson's Finest Almonds Natural Sliced	8 OZ	73120501962
Gelson's Finest Almonds Raw	10 OZ	73120501362
Gelson's Finest Organic Cashews Raw	10 OZ	73120525262
Gelson's Finest Pecans Halves	9 OZ	73120530142
Gelson's Finest Walnuts Halves & Pieces	7 OZ	73120510142
Mrs. May's Naturals Almond Crunch	5 OZ	61282055001
Mrs. May's Naturals Cashew Crunch	5 OZ	61282055002
Mrs. May's Naturals Orange Blueberry Crunch	5 OZ	61282050018
Planters Natural Harvest Almonds	11 OZ	2900001319
Planters Natural Harvest Cashews	10 OZ	2900001320
Planters Natural Harvest Pistachios	10 OZ	2900001321
Seapoint Farms Dry Roasted Edamame Lightly Salted	4 OZ	71157510200
Sol Simple Organic No Salt Cashews	6 OZ	89276500203

Oils, Fats & Vinegars

	Size	UPC
Bragg Olive Oil Extra Virgin Organic	16 OZ	7430502016
Napa Valley Olive Oil Extra Virgin Organic	16.9 OZ	78696901013
Natural Directions Oil Organic Extra Virgin Olive	17 OZ	1540019050
Newman's Own Organic Extra Virgin Olive Oil	17 OZ	75764503020

Produce

Size UPC

Galeos Dressing Miso Caesar	13	OZ	72932800501
Galeos Dressing Miso Dijonnaise	13	OZ	72932800502
Galeos Dressing Miso Ginger Wasabi	13	OZ	72932800503
Galeos Dressing Miso Sesame Seed	13	OZ	72932800500

Regular Deli

	Size	UPC
*Applegate Farms Roast Beef	7 OZ	2531757400
Applegate Farms Organic Roasted Turkey Breast	6 OZ	2531768600
Applegate Farms Organic Roasted Chicken Breast	6 OZ	2531700667
Applegate Farms Roasted Sliced Turkey Breast	7 OZ	2531758600
Applegate Farms Smoked Turkey Breast	7 OZ	2531757900
*Applegate Farms The Great Organic Uncured Hot Dog	16 OZ	2531700510
*Applegate Farms Uncured Turkey Hot Dogs	12 OZ	2531752000
Calavo Guacamole Authentic	12 OZ	7074061610
Calavo Guacamole Pico De Gallo	12 OZ	7074061612
Casa Sanchez Organic Salsa	16 OZ	7873200433
Casa Sanchez Real Guacamole	12 OZ	7873200412
Follow Your Heart Dress Ranch	12 OZ	4956811012
Follow Your Heart Dress Spicy Ranch	12 OZ	4956816012
Follow Your Heart Low Fat Vinaigrette	12 OZ	4956831012
Friendship Cottage Cheese No Salt Added	16 OZ	7148102500
Friendship Hoop Cheese	1 LB	23069300000
Gelson's Finest Guacamole Dip	12 OZ	2363110250
Gelson's Finest Salsa Chunky	16 OZ	2363110251
Gelson's Finest Salsa Mild	16 OZ	2363110253
Gelson's Finest Salsa Verde	16 OZ	2363110254
Horizon Organic String Cheese	6 OZ	74236560635
Hormel Natural Choice Grilled Carved Chicken Breast	6 OZ	3760045829
Hormel Natural Choice Oven Roasted Carved Chicken Breast	6 OZ	3760045828
House Organic Tofu Extra Firm	12 OZ	7637101231
House Organic Tofu Firm	14 OZ	7637101221
Jarlsberg Lite Deli Fresh Slices	8 OZ	7550196021
Laughing Cow Mini Baby Gouda	4.5 OZ	4175700219
Laughing Cow Mini Babybel	4.5 OZ	4175700109
Laughing Cow Mini Babybel Light	4.5 OZ	4175700111
Laughing Cow Mini Bonbel	4.5 OZ	4175700108
Laughing Cow Mini Cheddar	4.5 OZ	4175700119
Nigari Organic Firm Tofu	12 OZ	3530200216
Organic Valley Cheese Monterey Jack	8 OZ	9396621330
Organic Valley Cheese Sharp Cheddar Cheese	8 OZ	9396621320
Organic Valley Cheese Shredded Mild Cheddar Cheese	6 OZ	9396641210
Organic Valley Cheese Muenster	8 OZ	9396621350
Organic Valley Cheese Shredded Mozzarella	6 OZ	9396645270
Organic Valley Cheese Shredded Parmesan	4 OZ	9396600228
Organic Valley Stringles String Cheese	6 OZ	9396600214
Sargento Shredded Cheese 4 Cheese Mexican	8 OZ	4610000085
Sargento Shredded Cheese Reduced Fat Sharp Cheddar	8 OZ	4610001013
Sargento Shredded Cheese Reduced Sodium Mild Cheddar	7 OZ	4610001081
Sargento Shredded Cheese Reduced Sodium Mozzarella	7 OZ	4610001080

Sargento String Cheese Reduced Sodium	9 OZ	4610000799
Sargento String Cheese Light	9 OZ	4610000717
Tillamook Cheese Cheddar Reduced Fat	8 OZ	7283000519
Tillamook Cheese Cheddar Snack Size	0.8 OZ	7283000075
Tillamook Cheese Monterey Jack Reduced Fat	8 OZ	7283000559
Tribe Organic Hummus Classic	8 OZ	7890240012
Tribe Origins Hummus Classic	11 OZ	7890241000
Tribe Origins Hummus Spicy Red Pepper	11 OZ	7890241003
Tribe Origins Hummus Tomato & Veggies	11 OZ	7890241002

*These items should only be eaten occasionally.

Salsas & Dips

	Size	UPC
Calavo Guacamole Authentic	12 OZ	7074061610
Calavo Guacamole Pico De Gallo	12 OZ	7074061612
Casa Sanchez Organic Salsa	16 OZ	7873200433
Casa Sanchez Real Guacamole	12 OZ	7873200412
Gelson's Finest Guacamole Dip	12 OZ	2363110250
Gelson's Finest Salsa Chunky	16 OZ	2363110251
Gelson's Finest Salsa Mild	16 OZ	2363110253
Gelson's Finest Salsa Verde	16 OZ	2363110254
Newman's Own Salsa Medium	16 OZ	2066200096
Newman's Own Salsa Mild	16 OZ	2066200095
Santa Barbara Salsa Perfect	12 OZ	8062141188
Santa Barbara Salsa Roasted Garlic	12 OZ	8062141155
Tribe Origins Hummus Classic	11 OZ	7890241000
Tribe Origins Hummus Spicy Red Pepper	11 OZ	7890241003
Tribe Origins Hummus Tomato & Veggies	11 OZ	7890241002

Soup, Chili & Stew

	Size	UPC
Amy's Refried Beans Light In Sodium	15.4 OZ	4227200589
Amy's Soup Organic Butternut Low Sodium	14.1 OZ	4227200580
Amy's Soup Organic Lentil Low Sodium	14.5 OZ	4227200583
Amy's Soup Organic Minestrone Low Sodium	14.1 OZ	4227200585
Health Valley Broth No Salt Chicken	14.3 OZ	3574222111
Health Valley Soup No Salt Lentil	15 OZ	3574222102
Health Valley Soup No Salt Minestrone	15 OZ	3574222103
Health Valley Soup No Salt Tomato	15 OZ	3574222106
Health Valley Soup No Salt Vegetable	15 OZ	3574222101
Imagine Broth Organic Free Range Chicken Low Sodium	32 OZ	8425324001
Pacific Natural Broth Organic Chicken Low Sodium	32 OZ	5260305445

Vitamins

	Size	UPC
Nordic Berries	120 CT	76899030120
Nordic Children DHA	180 CT	76899001720