



Low Protein Food List for PKU

Second Edition

Alphabetical Index to Food Items

Alphabetical Index

(Also see Numbers & Symbols Index on page 34)

A

A & W - 168

Above & Beyond Soy Non-Dairy Cr. Cheese Spread; Van Kind Foods - 109

Adventures in the Sea in Tomoto/Cheese Sauce; Chef Boyardee - 167

Alcoholic Beverages - 73

Alfalfa Sprouts - 57

Alfredo Egg Noodles in a Sauce, dry mix; Lipton - 168

All hard candy such as butterscotch, candy canes - 36

Allspice, ground - 165

Almond Bark, Butterscotch - 38
Butterscotch; Best Choice - 141
Chocolate; Ambrosia - 141, 161

Almond Bark, Chocolate; Best Choice - 141, 161

Almond Bark, Chocolate; Eilein's Candies - 141, 161

Almond Bark, Chocolate; Fisher Chef's Natural - 141, 161

Almond Bark, Chocolate; Flavorite - 141
Chocolate; Flavorite, Kroger - 161
Chocolate; Kroger - 141
Chocolate; McAdams - 141, 161

Almond Bark, Dark Chocolate; Ener-G Foods - 94
Strawberry; Best Choice - 141, 161

Almond Bark, White - 38
White or Butterscotch; Best Choice - 161
White or Butterscotch; Flavorite - 140
White or Butterscotch; Flavorite, Kroger - 161
White or Butterscotch; Kroger - 140
White or Butterscotch; McAdams - 140, 161

Almond Bark, White; Ambrosia - 141, 161

Almond Bark, White; Best Choice - 141
White; Eilein's Candies - 140, 161

Almond Bark, White; Ener-G Foods - 94, 141, 161

Almond Bark, White; Fisher Chef's Natural - 140, 161

Almond Butter - 184

Almond Joy Candy Bar, snack size, 0.7 oz.; Hershey's - 144

Almond paste - 184

Almond Sandies Cookies; Keebler - 132

Almond Shortbread Cookies; Mother's - 134

Almonds, chopped - 184

Almost Chocolate Sauce, prepared; Dietary Specialties - 39, 92

Alphabits Cereal; Post - 82

Amaretto; International Delight - 96

American Cheese Singles; Cambrooke Foods - 92

American Cheese Slices; Schreiber - 93

American Mixtures; Green Giant Select - 65

American Pasteurized Processed Cheese Slices; Kraft - 177

American Sandwich Slices; Baytown - 92

American Sandwich Slices; Home Harvest - 93

Anellini, dry; Aprotin - 91

Animal Cookies, Frosted or Iced; Keebler - 132

Animal Cookies; Little Debbie - 151

Animal Cookies; Shur-Good - 138

Animal Crackers, Chocolate Barnum's; Nabisco - 134
Low Fat; Stouffer's - 123

Animals Crackers, Barnum's; Nabisco - 134

Anise Seed - 165

Any Fruit Butter - 34

Apple Banana Juice; Gerber - 46

Apple Butter - 109

Apple Carrot Juice; Gerber - 46

Apple Cherry Juice; Gerber - 46

Apple Chips - 51

Apple Cider - 67

Apple Cinnamon Cheerios Cereal; General Mills - 82

Apple Cranberry Juice; Gerber - 46



Apple Delights Fruit Filled Cookies; Little Debbie - 151

Apple Dippers; Kraft - 134

Apple Fiber; Tastee - 161

Apple Filled Oatmeal Cookies; Archway - 131

Apple Grape Juice; Gerber - 46

Apple Grape Raspberry Juice, 8.45 fl. oz. box; Welch's - 70

Apple Grape, 8.45 fl. oz. box; Tree Top - 70

Apple Jacks Cereal, snack pack size; Kellogg's - 84

Apple Jacks Cereal; Kellogg's - 81

Apple Juice - 32, 67

Apple Juice; Earth's Best - 46

Apple juice; Gerber - 46

Apple N' Raisin Cookies; Archway - 131

Apple Pear, 8.45 fl. oz. box; Tree Top - 70

Apple Pie, 3 oz.; McDonald's - 173
Homestyle; Sara Lee - 150

Apple Pie; Hostess - 149

Apple Pie; Tastykake - 149

Apple Prune Juice; Gerber - 46

Apple Puree; Earth's Best - 44

Apple Raspberry, 8.45 fl. oz. box; Tree Top - 70

Apple Slices; Plocky's - 51

Apple Turnover, 3.2 oz.; Hardee's - 172

Apple Turnovers; Pepperidge Farms - 150

Apple, 8.45 fl. oz. box; Tree Top - 70

Apple-Raspberry Juice; Del Monte - 67

Apples & Apricots; Earth's Best - 44

Apples & Bananas; Earth's Best - 44

Apples & Blueberries; Earth's Best - 44

Apples & Plums; Earth's Best - 44

Apples - 51

Applesauce, Snack Pack; Mott's - 56
Snack Pack; Seneca - 56
sweetened - 51
unsweetened - 51

Apricot Nectar - 67



Apricot Pie Filling; Wilderness - 149
Apricot Raspberry Fruit Cookies; Pepperidge Farms - 137
Apricot, Blackberry & all fruit syrups; Knott's - 39, 86
Apricots - 51
Arby's - 168
Arrowroot Cookies; Gerber - 43
Arthur Treacher's - 169
Artic Ice Animals Cookies; Keebler - 132
Artichoke - 57
Artisan Bread; Cambrooke Foods - 89
Arugula, raw choppd - 57
Asian Pear, fresh, medium - 51
Asparagus Stir Fry; Bird's Eye - 64
Asparagus - 57
Au Bon Pain - 169
Au Jus Gravy Mix, dry; Lawry's - 106
Au Jus Gravy; Franco American - 105
Au Jus Mix, dry; McCormick - 106
Avocado - 57

B

Baby Boule Artisan Bread; Cambrooke Foods - 89
Baby Foods - 43
Baby Ruth, fun size; Nestle - 144
regular size, 2.1 oz.; Nestle - 145
Bacon & Bacon Bits - 182
Bacon & Egg Croissant; Arby's - 168
Bacon fat, no meat, cooked crisp - 33, 108
Bacon fat, drippings only, strained - 33, 108
BacOs Bits or Chips; Betty Crocker - 182
Bag n' Season Chicken Mix, dry; McCormick - 106
Bag n' Season Pork Chops Mix, dry; McCormick - 106
Bag n' Season Pot Roast Mix, dry; McCormick - 106
Bagel; Cambrooke Foods - 89

Bagel; Sara Lee - 117
Bagels & English Muffins - 116
Bagels, plain; Dietary Specialties - 90
Bake Shoppe Cinnamon Chips; Hershey's - 161
Baked Beans, canned; VanCamp's - 185
Baked Lay's KC Masterpiece BBQ Potato Chips; Frito-Lay - 123
Baked Lay's Potato Chips; Frito-Lay - 123
Baked Lay's Potato Crisps; Frito-Lay - 123
Baked Potato, plain; Wendy's - 176
Baked Ruffles Cheddar and Sour Cream Potato Chips; Frito-Lay - 123
Baked Ruffles Regular Potato Chips; Frito-Lay - 123
Baked Tostitos Bite Size Chips; Frito-Lay - 123
Baked Tostitos Cheddar Quesadilla Chips; Frito-Lay - 123
Baked Tostitos Regular Chips; Frito-Lay - 124
Baked Tostitos Salsa & Cream Cheese Chips; Frito-Lay - 124
Bakery Products - 43
Baking Chips, all fruit flavors; Barg & Foster - 38, 161
Baking Ingredients - 161
Baking Mix; Cambrooke Foods - 89, 163
Baking Mix; Ener-G Foods - 89, 163
Baking Mix; LoProfin - 89
Baking Powder - 31, 161
Baking Soda - 31, 161
Balsamic Country Salad Splash Salad Dressing; The Silver Palette - 111
Balsamic Country Salad Splash; The Silver Palette - 35
Balsamic Vinaigrette Salad Dressing; Newman's Own - 34
Balsamic Vinaigrette Salad Dressing; Newman's Own - 111
Balsamic Viniagrette Salad Dressing; Kraft - 110
Bamboo Shoots - 57
Banana Cookies; Gerber - 43

Banana Cream Pudding, Cook-Type; Jell-O - 36
dry mix; Jell-O - 147
Banana Pudding, Snack Pack; Hunt's - 146
Banana Pudding; Swiss Miss - 147
Banana Strawberry Medley Juice; Gerber - 46
Banana Twins Cakes; Little Debbie - 151
Banana - 51
Bananas; Earth's Best - 44
Bar None; Hershey's - 145
Barbeque Sauces - 100
Barley Cereal, dry; Gerber - 43
Barley, Pearl - 114
Baseballs; Hostess - 150
Basic 4 Cereal; General Mills - 82
Basil, fresh - 165
ground - 165
raw, chopped - 57
Baskin Robbins - 169
Bay Leaf, dry, cumbled - 165
Be My Valentine Cakes; Little Debbie - 151
Beacon Hill Chocolate Chocolate Walnut Cookies; Pepperidge Farms - 137
Bean Burrito; Taco Bell - 176
Bean Sprouts, Mung - 57
Bean Threads, dry; Kame - 113
Bean with Bacon Soup; Campbell's - 77
Beans, Chinese Long, cooked - 57
green or yellow, raw or cooked, canned or frozen - 57
Beef & Bean Burrito, frozen; Las Campanas - 167
Beef & Broccoli Oriental Seasoning Mix, dry; SunBird - 33, 107
Beef Broth - 75
Beef Chow Mein, from bi-pack; La Choy - 167
Beef Flavored Patties; Dietary Specialties - 95
Beef Flavored Soup Base & Seasoning, dry; Orrington Farms - 75



- Beef Gravy; Franco American - 105
Beef Gravy; Pepperidge Farms - 105
Beef Liver, cooked - 182
Beef Noodle Soup; Campbell's - 77
Beef Roasts or Steaks, cooked - 182
Beef Stew Mix, dry; McCormick - 106
Beef - 182
Beer; Budweiser - 73
Beer; Coors Gold - 73
Beer; Coors or Coors Light - 73
Beer; Lowenbrau Special - 73
Beer; Michelob - 73
Beer; Michelob Light - 73
Beer; Miller Highlife - 73
Beer; Miller Lite - 73
Beer; Pabst Blue Ribbon - 73
Beer; Schlitz - 73
Beet greens - 57
Beets - 57
Bernaise Sauce Mix, dry; Knorr - 105
Berry Berry Kix Cereal; General Mills - 81
Berry Punch, 6.75 fl. oz. box; Minute Maid - 70
Berry Rainbow Sherbet; Dreyer's or Edy's - 157
Better Cheddar Snack Crackers, Reduced Fat; Nabisco - 121
Better Cheddar Snack Crackers; Nabisco - 121
Better than Cream Cheese; Tofutti - 109
Bettercreme, whipped; Rich's - 96
Betty Crocker Squeezit, all flavors; Betty Crocker - 31
Beverages - 67
Big Ben Jellies; Brach's - 35, 140
Big Birds Apple Juice Cartons, 4.23 oz.; Sesame Street - 70
Big Country Biscuits; Pillsbury - 117
Big H Burger Sauces; Hellman's - 100
Biscos Sugar Wafers Cookies; Nabisco - 134
Biscos Waffle Cremes Cookies; Nabisco - 134
Biscuit, plain, 2.6 oz.; McDonald's - 173
plain; Arby's - 168
Biscuit; Aproten - 94
Biscuit; Kentucky Fried Chicken - 173
Biscuit; Tudor's Biscuit World - 176
Biscuits - 117
Bisquick - 161
Biter Biscuits; Gerber - 43
Black Cherry Ice Cream; Chapman's - 181
Black or Turtle Beans, cooked - 185
Blackberries - 51
Blackberry Juice - 67
Blackberry Pie Filling; Wilderness - 149
Black-Eyed Peas, cooked - 185
Blends; Tropicana - 67
Blueberries - 51
Blueberry Morning Cereal; Post - 82
Blueberry Muffin; Carl's Jr. - 171
Blueberry Muffins, Fruit; Sara Lee - 117
Blueberry Pancakes, 4" dia.; Aunt Jemima - 85
Blueberry Pie, Homestyle; Sara Lee - 150
Blueberry Pie; Hostess - 149
Blueberry Pie; Tastykake - 149
Blueberry Turnovers; Pepperidge Farms - 150
Blueberry Waffles; Downyflake - 85
Blush Wine Vinaigrette Salad Dressing; Brianna's - 34, 109
Body Quencher, all flavors; All Sport - 32, 71
Bok Choy, raw, chopped - 57
Bombolina Sauce; Newman's Own - 103
Boo Berry Cereal; General Mills - 81
Bordeaux Cookies; Pepperidge Farms - 137
Boston Market - 169
Bouchees Cookies, Confetti; Paskesz - 136
Bouillon & Seasoning, dry; Wylers - 76
Bouillon/Broth - 33, 75
Bourbon - 73
Boysenberries - 51
Boysenberry Juice - 67
Brandy, 80 proof - 73
Brazil Nuts, chopped - 184
Bread - 115
Bread & Bread Products - 115
Bread & Butter Pickles - 112
Bread Machine Mix; Dietary Specialties - 89
Bread Mix, dry; Ener-G Foods - 89
Bread Sticks; Aproten - 89
Bread Sticks; Domino's - 172
Bread Sticks; Papa John's - 174
Bread, Bread Products, Crackers & Pretzels - 89
Deli-Style Roll; Subway - 174
Italian White; Subway - 175
Italian; Subway - 174
Roasted Garlic; Subway - 175
Sourdough; Subway - 175
Wheat; Subway - 175
Breaded Fish - 184
Breakfast Cereal Loops; LoProfin - 95
Breakfast Pastries - 87
Brick Cheese - 177
Brick Oven White Bread; Arnold - 115
Broccoli - 57
Broccoli & Cauliflower; Bird's Eye - 64
Broccoli Au Gratin Rice, prepared; Farmhouse - 114
Broccoli au Gratin, prepared; Rice-A-Roni - 114
Broccoli Cheese Soup; Campbell's - 77
Broccoli in Cheese Flavored Sauce, frozen; Green Giant - 57, 167
Broccoli Rice Casserole; Boston Market - 169
Broccoli Stir Fry; Bird's Eye - 64
Broccoli with Red Pepper; Boston Market - 169
Broccoli, Carrots & Water Chestnuts; Bird's Eye - 64



- Cauliflower & Carrots; Bird's Eye - 64
Cauliflower & Red Peppers; Bird's Eye - 64
cooked florettes - 57
Corn & Red Peppers; Bird's Eye - 65
Green Beans, Whole Onions & Red Peppers;
Bird's Eye - 65
raw florettes - 57
Red Peppers, Onion & Mushrooms; Bird's Eye -
65
- Brown & Wild Rice, prepared; Farmhouse - 114
Brown Broth & Seasoning Mix, 1/2 pkg. prepared; G.
Washington's - 75
prepared; G. Washington's - 33
Brown Gravy Mix, dry; Lawry's - 106
dry; McCormick - 106
Brown Gravy with Onions; Franco American - 105
Brown Gravy; Heinz - 105
Brown Rice Snaps, Vegetable Flavor; Edward & Sons -
121
Brown Rice - 114-115
Brown Sugar & Oat Total Cereal; General Mills - 82
Brownie Chocolate Nut Cookies; Pepperidge Farms -
137
Brown-N-Serve Rolls; Pepperidge Farms - 117
Brussel Sprouts, Cauliflower & Carrots; Bird's Eye - 65
Brussels Cookies; Pepperidge Farms - 137
Brussels Mint Cookies; Pepperidge Farms - 137
Brussels Sprouts - 57
Bubble Gum; Brach's - 35, 140
Bubble O'Bill Bar; Breyers-Good Humor - 179
Buckwheat Blueberry Waffles; Nature's Path - 86
Bugles; General Mills - 125
Building Block #1, Applesauce; Heinz - 45
Bananas; Heinz - 45
Carrots; Heinz - 48
Green Beans; Heinz - 48
Peaches; Heinz - 46
Pears; Heinz - 46
Peas; Heinz - 48
Squash; Heinz - 48
- Sweet Potatoes; Heinz - 48
- Building Block #2, Apples & Apricots; Heinz - 46
Apples & Blueberries; Heinz - 46
Apples & Cranberries; Heinz - 46
Apples & Pears; Heinz - 46
Applesauce; Heinz - 46
Apricots with Pears & Apples; Heinz - 46
Bananas with Pears & Apples; Heinz - 46
Bananas; Heinz - 46
Carrots; Heinz - 48
Green Beans; Heinz - 48
Peaches; Heinz - 46
Pears & Pineapples; Heinz - 46
Pears; Heinz - 46
Peas; Heinz - 48
Plums with Apples; Heinz - 46
Prunes with Pears; Heinz - 46
Squash; Heinz - 48
Sweet Potatoes; Heinz - 48
- Building Block #3, Apple-Blueberry; Heinz - 46
Applesauce; Heinz - 46
Peaches; Heinz - 46
Pears; Heinz - 46
Squash; Heinz - 48
Sweet Potatoes; Heinz - 48
- Bulgur, cooked - 115
Buncha Crunch Dessert Topping; Nestle - 159
Buncha Crunch, 1.4 oz.; Nestle - 141
Burger King - 170
Burrito Seasoning Mix, dry; Old El Paso - 107
Burrito Spices/Seasoning Mix, dry; Lawry's - 106
Butter Biscuits; Pillsbury - 117
Butter Cookies; Keebler - 132
Butter Crescent Rolls; Pepperidge Farms - 117
Butter Flavored Popcorn; Jolly Time - 129
Butter Popcorn; Orville Redenbacher - 129, 129
Butter Thins Crackers; Pepperidge Farms - 122
Butter Toffee; Brach's - 141
Butter, Margarine & Fats - 107
regular or unsalted - 108
regular or unsalted, or margarine - 161
- whipped - 108
Butterfinger BB's, 1.7 oz. bag; Nestle - 141
Butterfinger; Nestle - 145
Butterflake Dinner Rolls; Pillsbury - 117
Butterfly Rolls, Dinner Rolls or Parkerhouse Rolls;
Pepperidge Farms - 117
Buttermilk - 178
Buttermilk Biscuits; Pillsbury - 117
Buttermilk Ranch Salad Dressing; Kraft - 110
Butternut Squash; Boston Market - 169
Butterscotch Chips; Hershey's - 161
Butterscotch Chips; Nestle - 161
Butterscotch Disks; Brach's - 35, 140
Butterscotch Oatmeal Cookies; Pepperidge Farms - 137
Butterscotch Praline Ice Cream; Chapman's - 181
Butterscotch Pudding, Cook-Type; Jell-O - 36
dry mix; Jell-O - 147, 148
Butterscotch Pudding, Instant; Jell-O - 36
Snack Pack; Hunt's - 146
Butterscotch Pudding; Rich's - 147
Butterscotch Pudding; Swiss Miss - 147
Butterscotch Ripple Ice Cream; Chapman's - 180
Butterscotch Sauce; Smucker's - 159
- ## C
- Cabbage - 57-58
Cabernet Vinaigrette Salad Dressing; Sonoma Gourmet -
35, 111
Caesar Salad Dressing; Newman's Own - 111
Cafe Cappuccino; Maxwell House - 71-72
Café de Mexico, liquid; International Delight - 96
Cafe Twists; Trader Joe's - 150
Cake & Cookie Mixes - 152
Cake Decorations - 37, 154
Calamari, fried - 183



- California Blend Vegetables; Schwann's - 65
California Style Vegetable Soup; Campbell's - 77
Cameo Creme Sandwich Cookies; Nabisco - 134
Candied Cherries - 38
Candy - 35
Candy & Sweets - 140
Candy Bars - 144
Candy Center Crunch Bar; Breyers-Good Humor - 179
Candy Coated Milk Chocolate Eggs; Hershey's - 142
Candy Coated Milk Chocolate Sprinkles; Hershey's - 159
Candy Corn; Brach's - 142
Candy Creme Center; Wilton - 142
Candy Sprinkles; Betty Crocker - 37
Canoleo Margarine; Spring Tree - 34, 108
Cantaloupe - 51
Capers - 112
Cap'n Crunch Cereal; Quaker - 81
Cap'n Crunch Choco Donuts Cereal; Quaker - 81
Cap'n Crunch's Crunchberries Cereal; Quaker - 81
Cap'n Crunch's Peanut Butter Cereal; Quaker - 82
Capri Sun, all flavors, 6.75 fl. oz pouch; Capri Sun All Natural - 70
Caramel Egg; Hershey's - 142
Caramel Frosting; Duncan Hines - 153
Caramel Popcorn; Orville Redenbacher - 129
Caramel Sauce; Smucker's - 159
Caramel Sundae Syrup; Hershey's - 159
Caramel; Duncan Hines - 37, 154
Caramello, 1.6 oz.; Cadbury - 145
Caramels; Kraft - 142
Caraway Seed - 165
Carbonated Beverages - 32, 71
Carbonated Soft Drinks, all brands - 32, 71
Cardamom, ground - 165
Carl's Jr. - 171
Carmel Dip; T. Marzetti - 142
Carnation Hot Cocoa Mix w/Marshmallows, dry; Nestle - 72
Carob Chips - 142, 161
Carob Drink, dry; Cara Coa - 72
Carob Powder - 161
Carob Syrup; Sona or Superl - 72
Carrot and Raisin Salad, small; Chick-Fil-A - 171
Carrot Cake Bites; Sara Lee - 153
Carrot Juice - 67
Carrots - 58
Carrots; Earth's Best - 47
Casaba Melon, pieces - 51
Cashew Nuts, chopped - 184
Cassava Chips; Chiffles - 123
Cassava Root, raw - 58
Catalina Salad Dressing, Deliciously Right; Kraft - 34, 110
Catalina Salad Dressing, Low Calorie; Kraft - 34, 110
Catalina Salad Dressing, regular; Kraft - 34, 110
Catalina with Honey Salad Dressing; Kraft - 110
Catsup - 112
Cauliflower - 58
Celebration Chocolate Natural Cake Mix, prepared; Nature Snack Factory - 152
Celebration Vanilla Natural Cake Mix, prepared; Nature Snack Factory - 152
Celeriac, raw, chopped - 58
Celery Seed - 165
Celery - 58
Cereal Bars, Strawberry; Hostess - 139
Cereal Snackin' Squares; Gerber - 43
Cereals - 81
Cereals, Dry - 43
Certified Organic Teething Biscuits; Earth's Best - 43
Certo - 31
Champagne - 73
Champagne Salad Dressing; Girard's - 34, 110
Chantilly Cookies; Pepperidge Farms - 137
Chard, Swiss - 58
Chardonnay Vinaigrette Salad Dressing; Sonoma Gourmet - 35, 111
Chayote - 58
Checkerboard Chocolate Vanilla Ice Cream; Chapman's - 180
Checkerboard Orange Vanilla Ice Cream; Chapman's - 180
Checkerboard Strawberry Vanilla Ice Cream; Chapman's - 180
Cheddar & Jalapeno Cheese Dip; Troyer Potato Products - 107
Cheddar Cheese - 177
Cheddar Cheese Sauce, dry; Southeastern Mills - 104
Cheddar Cheese Soup; Campbell's - 77
Cheddar Cheese-Flavored Sauce; Med-Diet - 92
Cheddar Shreds; Cambrooke Foods - 92
Cheddar Style Cheese; Vegan Rella - 93
Cheerios Cereal, snack pack size; General Mills - 84
Cheerios Cereal; General Mills - 82
Cheese - 177
Cheese & Bacon Tato Skins; Wabash - 127
Cheese & Cheese Products - 92
Cheese Crackers; Ener-G Foods - 90
Cheese Flavor Sprinkles; Molly McButter - 99
Cheese Flavored Sauce; Dietary Specialties - 92
Cheese Nips Crackers; Nabisco - 121
Cheese Products - 177
Cheese Ravioli in Tomato Sauce; Chef Boyardee - 167
Cheese Sauce Mx, dry; Country Sunrise - 92
Cheese Sticks; Papa John's - 174
Cheese Tid Bits; Nabisco - 121
Cheese, American-Style singles; Dietary Specialties - 93
Cheddar; Ener-G Foods - 93
Cheddar; Subway - 175



- Mozzarella; Ener-G Foods - 93
Processed American; Subway - 175
Processed Pepper Jack; Subway - 175
Provolone; Subway - 175
Shredded Mozz. & Cheddar; Dietary Specialties - 93
Swiss; Subway - 175
- Cheese; Gr. Rapids Wholesale - 93
Cheesy Bread Sticks; Domino's - 172
Cheetos; Frito-Lay - 124
Cheez-Whiz Pasteurized Processed Cheese Spread; Kraft - 177
Chefmate Coney Island Style Hot Dog Sauce; Nestle - 112
Chefmate Creole Sauce, ready-to-serve; Nestle - 103
Chefmate Lemon Sauce, ready-to-serve; Nestle - 104
Chefmate Stir Fry Sauce, ready-to-serve; Nestle - 99
Chefmate Sweet N' Sour Glaze, ready-to-serve; Nestle - 99
Chefmate Sweet N' Sour Sauce, ready-to-serve; Nestle - 99
Chefmate Teriyaki Sauce, ready-to-serve; Nestle - 99
Cherries, candied - 51, 51
Cherries - 51-52
Cherry Cheesecake Ice Cream; Chapman's - 181
Cherry Cobbler Cookies; Pepperidge Farms - 137
Cherry Cordials; Little Debbie - 151
Cherry Garcia Ice Cream; Ben & Jerry's - 180
Cherry Lime Freez'r or Lime Freez'r; Dairy Queen - 38, 171
Cherry Pie Filling; Wilderness - 149
Cherry Pie, Homestyle; Sara Lee - 150
Cherry Pie; Hostess - 149
Cherry Pie; Tastykake - 149
Cherry Turnovers; Pepperidge Farms - 150
Cherry Vanilla Ice Cream; Breyers - 180
Chervil, dried - 165
- Chesapeake Chocolate Chunk Pecan Cookies; Pepperidge Farms - 137
Chessman Cookies; Pepperidge Farms - 137
Chestnuts, roasted, chopped - 184
Chewing Gum; Brach's - 35, 140
Chewy Chips Ahoy! Chocolate Chip Cookies; Nabisco - 134
Chewy Granola Bars; Quaker - 139
Chewy Spree Candy; Nestle - 142
Chex Mix Seasoning, dry; General Mills - 105
Chex Mix Traditional; General Mills - 125
Chex Morning Mix Cinnamon Cereal; General Mills - 82
Chicchi, dry; Aprotin - 91
Chicken & Garlic, prepared; Rice-A-Roni - 114
Chicken & Mushroom, prepared; Rice-A-Roni - 114
Chicken Broth Soup; Healthy Request - 80
Chicken Broth with Italian Herbs, ready-to-serve; Swanson's - 75
Chicken Broth with Roasted Garlic, ready-to-serve; Swanson's - 75
Chicken Broth; College Inn - 75
Chicken Broth; Progresso - 80
Chicken Drumstick, Recipe; Kentucky Fried Chicken - 173
Chicken Flavor Noodle Soup Mix, dry; Knorr - 76
Chicken Flavor Rice, prepared; Farmhouse - 114
Chicken Flavored Soup Base & Seasoning, dry; Orrington Farms - 75
Chicken Gravy Mix, dry; McCormick - 106
Chicken Gravy; Boston Market - 169
Chicken Gravy; Franco American - 105
Chicken in a Biskit Crackers; Nabisco - 121
Chicken Noodle Soup, prepared with water; Healthy Request - 79
Chicken Noodle Soup; Healthy Request - 80
Chicken Nuggets; Kentucky Fried Chicken - 173
- Chicken Rice Soup, prepared with water; Healthy Request - 79
Chicken Tenders; Burger King - 170
Chicken Tonight Honey Mustard Sauce; Ragu - 104
Chicken Vegetable Soup; Healthy Request - 80
Chicken Wing, Recipe; Kentucky Fried Chicken - 173
Chicken with Real Chicken Broth Stuffing Mix, prepared; Stove Top - 118
Chicken with White & Wild Rice Soup; Healthy Request - 80
Chicken, dark meat, cooked - 182
light meat, cooked - 182
prepared; Rice-A-Roni - 114
Chick-Fil-A - 171
Chickory Greens, cooked, chopped - 58
Chicory Greens, raw, chopped - 58
Chiles - 58
Chili Hot Mix, dry; McCormick - 106
Chili Mild Mix, dry; McCormick - 106
Chili Powder - 165
Chili Sauce; Heinz - 100
Chili Seasoning Mix, dry; Old El Paso - 107
Chili, No Beans, canned entree; Hormel - 167
Chilli Hot Dog Sauce; Gebhardt - 100
Chinese Fried Rice, cooked; La Choy - 114
Chips Ahoy Cookie Barz; Nabisco - 134
Chips Ahoy! Bite Size Choc. Chip Cookies; Nabisco - 135
Chips Ahoy! Bite Size Cookies; Nabisco - 134
Chips Ahoy! Granola Bars; Nabisco - 139
Chips Ahoy! Real Chocolate Chip Cookies; Nabisco - 134
Chips Deluxe; Keebler - 132-133
Chives - 31
Chives, raw, chopped - 58
Choco Bake; Nestle - 161
Chocolate Bar; Ener-G Foods - 38, 94



- Chocolate Cake; Carl's Jr. - 171
Chocolate Cha Cha's; Cambrooke Foods - 94
Chocolate Chip Cakes; Little Debbie - 151
Chocolate Chip Cookie Dough Ice Cream; Breyers - 180
Chocolate Chip Cookie Dough; Pillsbury - 139
Chocolate Chip Cookie Sandwich Bar; Breyers-Good Humor - 179
Chocolate Chip Cookie; Boston Market - 169
Chocolate Chip Cookie; Carl's Jr. - 171
Chocolate Chip Cookies; Archway - 131
Chocolate Chip Cookies; Kingsmill - 94
Chocolate Chip Cookies; Mother's - 134
Chocolate Chip Cookies; Pepperidge Farms - 137
Chocolate Chip Ice Cream; Breyers - 180
Chocolate Chip Rice Krispie Bar; Kellogg's - 134
Chocolate Chips - 142, 161-162
Chocolate Chocolate Walnut Cookies; Pepperidge Farms - 137
Chocolate Chunk Bite Size Cookies; Pepperidge Farms - 137
Chocolate Chunk Cookies; Pepperidge Farms - 137
Chocolate Covered Caramels; Brach's - 142
Chocolate Covered Marshmallow Bunnies; Brach's - 142
Chocolate Covered Marshmallow Santas; Brach's - 142
Chocolate Covered Mint Patties; Brach's - 142
Chocolate Covered Raisins; Brach's - 142
Chocolate Cream Wafers; LoProfin - 94
Chocolate Creme Oreos Cookies; Nabisco - 134
Chocolate Eclair; Breyers-Good Humor - 179
Chocolate Flavor Cream Biscuits; LoProfin - 94
Chocolate Flavored Chips, Semi-Sweet; Baker's - 162
Chocolate Flavored Syrup; Hershey's - 72, 159
Chocolate Frozen Yogurt, soft-serve; Colombo - 182
Chocolate Fruit Dip; T. Marzetti - 142
Chocolate Fudge Pudding, dry mix; Jell-O - 147, 148
Chocolate Fudge Sauce; Smucker's - 159
Chocolate Fudge Topping; Hershey's - 159
Chocolate Grahams Cookies; Nabisco - 134
Chocolate Ice Cream; Breyers - 180
Chocolate Koala Yummies Cookies; Lotte - 134
Chocolate Lace Pirottes Cookies; Pepperidge Farms - 137
Chocolate Marshmallow Pudding, Snack Pack; Hunt's - 146
Chocolate Mint Bar; Ener-G Foods - 38, 94
Chocolate on Top; Rich's - 96
Chocolate Orange Sticks; Trader Joe's - 142
Chocolate Pudding, dry mix; Jell-O - 147, 148
Chocolate Pudding; Jell-O - 147
Chocolate Pudding; Rich's - 147
Chocolate Pudding; Swiss Miss - 147
Chocolate Raspberry Sticks; Trader Joe's - 142
Chocolate Sandwich Cookies; Ener-G Foods - 94
Chocolate Stars; Brach's - 142
Chocolate Swirl Pound Cake; Sara Lee - 153
Chocolate Twins Cakes; Little Debbie - 151
Chocolate Vanilla Swirl Ice Cream; Dreyer's or Edy's - 181
Chocolate White Bar; Ener-G Foods - 38, 94
Chocolate - 162
Chocolate-Vanilla Swirl Pudding; Jell-O - 147
Chocolatey Chip Animal Cookies; Keebler - 132
Chocolatey Spotted Animals Cookies; Keebler - 132
Chop Suey Vegetables; La Choy - 65
Chow Mein Noodles; La Choy - 113
Christmas Tree Cakes; Little Debbie - 151
Chuka Soba Chow Mein Noodles, cooked; Ka-Me or Sunluck - 113
Chunky Chips Ahoy! Chocolate Chip Cookies; Nabisco - 135
Chunky Cinnamon Apple Sauce; Boston Market - 169
Chunky Garden Combination Sauce; Ragu - 104
Chunky Garlic Supreme Sauce; Prego - 103
Chunky Italian Vegetable Pasta Sauce; Hunt's - 103
Chunky Mushroom & Diced Tomatoes Sauce; Prego - 103
Chunky Mushroom & Green Pepper Sauce; Ragu - 104
Chunky Mushroom Supreme Sauce; Prego - 103
Chunky Salsa Dip, Mild or Medium; Old El Paso - 101
Chunky Salsa, Mild or Medium; Old El Paso - 101
Chunky Sauce; Prego - 103
Chunky Tomato Sauce; Ragu - 104
Chunky Tomato Supreme Sauce; Prego - 103
Chunky Vegetable Supreme Sauce; Prego - 103
Chunky, 1.4 oz. bar; Nestle - 145
Cider, hard - 73
Cilantro, raw chopped - 58
Cini Minis, 1/2 serving; Burger King - 170
Cinna-Crunch Pebbles Cereal; Post - 81
Cinnamon Cookies; Kingsmill - 94
Cinnamon Crispas; Taco Bell - 176
Cinnamon Disks; Brach's - 35, 140
Cinnamon Graham Animal Crackers; Gerber - 43
Cinnamon Grahams Cereal; General Mills - 81
Cinnamon Honey Maid Grahams Crackers; Nabisco - 121
Cinnamon Imperials; Brach's - 35, 140
Cinnamon Life Cereal; Quaker - 82
Cinnamon Raisin Bread; Brownberry - 115
Cinnamon Raisin Rolls with Icing; Pillsbury - 118
Cinnamon Rolls with Icing; Pillsbury - 118
Cinnamon Swirl Bread; Cambrooke Foods - 90
Cinnamon Toast Crunch Cereal, snack pack size; General Mills - 84
Cinnamon Toast Crunch Cereal; General Mills - 82
Cinnamon Twists; Taco Bell - 176
Cinnamon, ground - 165
Cinnamon/Raisin Biscuit, 2.8 oz.; Hardee's - 172
Cinnamon-Hazelnut, liquid; International Delight - 96



- Circus Animals Cookies; Mother's - 134
Circus Peanuts; Brach's - 35, 140, 142
Citrus Punch, 8.45 fl. oz. box; Tree Top - 70
Clams, cooked - 183
Classic Chicken Noodle Soup, Microwave & Serve;
Campbell's - 79
Classic Chicken Rice Soup, Microwave & Serve;
Campbell's - 79
Classic Chocolate Frosting; Duncan Hines - 153, 154
Classic Collection Chocolate Fudge Crème Cookies;
Keebler - 132
Classic Collection French Vanilla Crème Cookies;
Keebler - 132
Classic Minestrone Soup; Campbell's - 79
Classic Spaghetti Sauce; Hunt's - 103
Classic Style Snack Mix; Pepperidge Farms - 122
Classic Tomato Soup; Campbell's - 79, 79
Classic Vanilla Frosting; Duncan Hines - 37, 153, 154
Classic Vegetable Beef Soup, Microwave & Serve;
Campbell's - 79
Classic Vinaigrette Salad Dressing; Paula's - 34, 111
Classic Yellow Mustard; French's - 112
Classics; Progresso - 80
Cloves, ground - 165
Club Soda - 32, 71
Cocadas Cookies; Mother's - 134
Cocoa Mix Packets; Carnation - 72
Cocoa Pebbles Cereal; Post - 81
Cocoa Puffs Cereal; General Mills - 81, 84
Cocoa Rice Krispies Cereal, snack pack size; Kellogg's -
84
Cocoa Rice Krispies Cereal; Kellogg's - 81
Cocoa, Baking; Hershey's - 162
Baking; Nestle - 162
European Style; Hershey's - 162
Instant, dry; Hershey's - 72
Sweet Ground; Ghirardelli - 162
unsweetened; Ghirardelli - 162
Coconut "Water" - 162
Coconut Cookies; Kingsmill - 94
Coconut Cream Pie; Sara Lee - 150
Coconut Cream Pudding, dry mix; Jell-O - 147, 148
Coconut Cream, canned - 162
Coconut Layer Cake; Sara Lee - 153
Coconut Macaroon Cookies; Archway - 131
Coconut Meat, raw, shredded - 162
Coconut Milk, canned; A Taste of Thai - 162
Coconut, Angel Flake - 162
Flaked - 52
Shredded - 52, 162
Cocquitos; Applied Nutrition - 93
Coffee & Tea - 71
Coffee Cakes; Little Debbie - 151
Coffee Rich, liquid; Rich's - 96, 162
Coffee Whitener, liquid; Kineret - 96
Coffee Whitener; Kineret - 33
Coffee, all brands, plain - 72
Cafe Vienna; General Foods - 71
Hazelnut Belgian; General Foods - 71
Irish Creme Café; General Foods - 71
Coffeemate; Carnation - 95
Colby Cheese - 177
Cole Slaw, small; Chick-Fil-A - 171
Cole Slaw; Boston Market - 169
Cole Slaw; Kentucky Fried Chicken - 173
Coleslaw, 3 oz.; Arthur Treacher's - 169
4 oz.; Hardee's - 172
Collard greens, cooked, chopped - 58
Comet Ice Cream Cones, Wafer; Nabisco - 159
Comet Rainbow Cups; Nabisco - 159
Comet Sugar Cones; Nabisco - 159
Complete Wheat Bran Flakes Cereal; Kellogg's - 82
Concord Grape Juice; Ocean Spray - 67
Condensed Canned Soups - 77
Condiments, Olives & Pickles - 112
Contadina Deluxe Marinara Sauce, ready-to-serve;
Nestle - 103
Contadina Spaghetti Sauce, ready-to-serve; Nestle - 103
Convenience Foods - 167
Cooked Cereals - 84
Cookie Bars with Caramel; Little Debbie - 151
Cookie Crisp Cereal, Chocolate; General Mills - 81
Cookie Stix; Keebler - 132
Cookie Wreaths Cookies; Little Debbie - 151
Cookies - 35, 131
Cookies & Sweets - 93
Cookies N' Cream Ice Cream; Breyers - 180
Cookies 'N Cream Ice Cream; Healthy Choice - 181
Cookies; Subway - 175
Cookies, Chocolate Chip; Subway - 175
Cook-Type Pudding & Pie Filling - 148
Cool Creations Ice Pops, all flavors; Disney/Nestle - 38,
157
Cool Creations, Ice Cream Sandwiches; Disney/Nestle -
180
Mickey Mouse Bar; Disney/Nestle - 179
Cool Whip, Lite Whipped Topping; Kraft - 96
Whipped Topping; Kraft - 96, 96
Cordial Cherries; Queen Anne - 142
Coriander Leaf, dried - 165
Coriander Seed - 165
Corn & Butternut Squash; Earth's Best - 47
Corn Bread; Boston Market - 169
Corn Cakes; Quaker - 128
Corn Chex Cereal; General Mills - 81
Corn Flakes Cereal, Fruit Juice Sweetened; Nature's
Path - 83
snack pack size; Kellogg's - 84
Corn Flakes Cereal; Kellogg's - 82
Corn Flour - 115, 162
Corn Grits - 85
Corn Meal, dry - 115, 163



- Corn on the Cob, kernels only; Ore-Ida - 58
Corn on the Cob. 5.3 oz.; Kentucky Fried Chicken - 173
Corn Pops Cereal, snack pack size; Kellogg's - 84
Corn Pops Cereal; Kellogg's - 81
Corn Syrup, light or dark - 39, 86, 163
Corn Tortilla - 118-119
Corn - 58
Cornbread Stuffing Mix, prepared; Stove Top - 118
Corned Beef Hash, canned entree; Hormel - 167
Cornstarch - 31, 163
Cottage Cheese, creamed, minimum 4% milkfat - 177
Cotton Candy - 38, 142
Count Chocula Cereal; General Mills - 81
Country Corn Flakes Cereal; General Mills - 83
Country Crock Margarine; Shed's Spread - 108
Country Gravy Mix, dry; McCormick - 106
Country Ranch Salad Dressing, Done Right; Kraft - 110
Country Style Oatmeal Cookies; Keebler - 132
Country Time Drink mixes, all flavors; Country Time - 31
all flavors; Kraft - 67
Country Time Lemonade Iced Teas, all flavors; Kraft - 67
Classic Lemonade; Kraft - 32
Peach; Kraft - 32
Couscous - 115
dry; Cambrooke Foods - 91
Cowpeas, leafy tips, raw, chopped - 59
Crab - 183
Crabapples - 52
Cracker Jack Fat Free Butter Toffee Popcorn; Frito-Lay -
124
Crackers - 121
Crackers; LoProfin - 90
Crackertoast; Aprotin - 89
Cranapple Juice; Ocean Spray - 32
Cranberries - 52
Cranberry & Apple Juice; Ocean Spray - 67
Cranberry Juice Cocktail; Ocean Spray - 32, 67
Cranberry Juice; Ocean Spray - 67
Cranberry Peach Juice; Ocean Spray - 67
Cranberry Raspberry Juice; Ocean Spray - 67
Cranberry Raspberry Strawberry Juice; Tropicana - 32,
67
Cranberry Relish; Boston Market - 169
Cranberry Sauce, Jellied or Whole Berry - 52
CranCherry Juice; Ocean Spray - 32, 67
CranGrape Juice; Ocean Spray - 32, 67
CranMango Juice; Ocean Spray - 67
CranMango; Ocean Spray - 32
CranRaspberry Juice; Ocean Spray - 32, 67
CranStrawberry Juice; Ocean Spray - 32, 67
CranTangerine Juice; Ocean Spray - 67
CranTangerine; Ocean Spray - 32
Cream - 178
Cream Cheese; Cambrooke Foods - 92
Cream Cheese - 177
Cream Filled Wafer; Aprotin - 94
Cream Mints; Brach's - 35, 140
Cream of Broccoli 98% Fat Free Soup; Campbell's - 77
Cream of Broccoli Soup; Campbell's - 77
Cream of Celery Soup; Campbell's - 77
Cream of Chicken Gravy; Pepperidge Farms - 105
Cream of Chicken Soup; Campbell's - 77
prepared with water; Healthy Request - 79
Cream of Mushroom Soup; Campbell's - 77
prepared with water; Healthy Request - 79
Cream of Onion Soup; Campbell's - 77-78
Cream of Potato Soup; Campbell's - 78
Cream of Rice, dry; Nabisco - 84
Cream of Spinach Soup Mix, dry; Knorr - 76
Cream of Wheat Cereal; Nabisco - 84-85
Cream, whipped, pressurized in can - 178
Creamed Chipped Beef, frozen entree; Stouffer's - 168
Creamed Spinach, frozen entrée; Stouffer's - 168
Creamies; Tastykake - 152
Creamsicle, Orange or Raspberry; Breyers-Good Humor
- 157
Create A Meal Stir Fry Szechuan, as packaged; Green
Giant - 65
Create A Meal Stir Fry Teriyaki, as packaged; Green
Giant - 65
Create A Meal, Stir Fry Sweet & Sour, as packaged;
Green Giant - 65
Crème Brulee Brownie Mix, dry; Rabbit Products - 153
Creme DeMenthe - 73
Creme Egg; Cadbury - 142
Creme-Filled Sugar Wafers Cookies; Keebler - 132
Crenshaw Melon, pieces - 52
Crescent Rolls; Pillsbury - 117
Cress, garden, raw - 59
Crispers ; Nabisco - 126
Crisps; Gerber - 44
Crispy M&Ms; Mars - 142
Crispy Minis Rice/Corn Snacks, Apple Cinnamon;
Quaker - 128
Crispy Rice Noodles; Wendy's - 176
Criss Cut Fries; Carl's Jr. - 171
Croissant, medium - 118
Croissant; Burger King - 170
Croissants; Sara Lee - 117
Croutons, seasoned or plain - 118
Croutons; Wendy's - 176
Crumb Cake; Hostess - 150
Crumb Coffee Cake; Sara Lee - 153
Crunch Tators; Frito-Lay - 124
Crunchy Shoestring Potatoes; Skinny Sticks - 127
Crusty French Loaf; Pillsbury - 116
Crystal Geyser Juice Squeeze; Crystal Geyser - 67
Cucumber Ranch Salad Dressing, Done Right; Kraft -
110
Cucumber Ranch Salad Dressing; Kraft - 110



Cucumber - 59
Cumin Seed - 165
Cup-A-Soup; Lipton - 76
Cupcake Cookies; Parco Foods - 136
Cupcakes, Chocolate; Hostess - 150
 Chocolate; Tastykake - 152
 Kreme Cup; Tastykake - 152
 Orange; Hostess - 150
Curly Chicken Noodle Soup; Campbell's - 78
Currants, dried - 52
Curried Maple Dressing; Stonewall Kitchen - 35, 111
Curry Powder - 165
Cuties Non Dairy Vanilla Ice Cream Sandwich; Tofutti - 158

D

Daiquiri - 73
Dairy & Eggs - 177
Dairy Queen - 171
Dandelion Greens, cooked, chopped - 59
Danish Dessert, Raspberry-Currant, prepared as per pkg.; Junket - 148
 Raspberry-Currant, prepared; Junket - 37
 Strawberry, prepared as per pkg.; Junket - 148
 Strawberry, prepared; Junket - 37
Dari Free, liquid; Whyte's - 33, 97
Dari-Free Beverage Mix, dry; Vance's - 33, 97
Dark Chocolate, miniature; Dove - 145
Date Filled Oatmeal Cookies; Archway - 131
Dates - 52
Décor Selects Sugar Crystals or Sugar Sequins; Betty Crocker - 37
Decorating Gel, all flavors, including Chocolate; Cake Mate - 37
 all flavors, including Chocolate; Cake Mate, B. Crocker - 163
Decorating Icing, all colors; Betty Crocker - 37

all flavors except Chocolate; Cake Mate - 37
all flavors except Chocolate; Cake Mate, B. Crocker - 163
Decors, Cinnamon; Cake Mate - 37
 Color Shots, all; Cake Mate, B. Crocker - 163
 Color Shots; Cake Mate - 37
 Crystals; Cake Mate - 37
 Fruit Flavored; Cake Mate - 37
 Harvest; Cake Mate - 37
 Mixed; Cake Mate - 37
 Red, White & Blue; Cake Mate - 37
 Snowflake; Cake Mate - 37
Dessert Mints; Brach's - 35, 140
Dessert Toppings - 159
Desserts - 50
Devil Creme Cakes; Little Debbie - 151
Devil Squares Cakes; Little Debbie - 151
Diet RC Cola with Splenda; Royal Crown - 32, 71
Dijon Honey Mustard Salad Dressing; Brianna's - 34, 109
Dijon Mustard; French's - 112
Dill Pickles - 112
Dill Seed - 165
Dill Weed - 165
Dilly Bar, 3 oz.; Dairy Queen - 171
Ding Dongs; Hostess - 151
Dinner Rolls; Dietary Specialties - 90
Dinosaurs in Tomato/Cheese Sauce; Chef Boyardee - 167
Dips - 107
Dips Mix, dry; Hidden Valley Ranch - 31, 107
Disney Xtreme Coolers, all flavors; Minute Maid - 32, 70
Distinctive Recipes French Onion Soup; Progresso - 80
Ditalini , dry; Aprotin - 91
Dizzy Grizzlies Teddy Grahams; Nabisco - 135
Domino's - 172
Donettes Donuts, Chocolate Frosted; Hostess - 86, 154
Donettes Donuts, Crumb; Hostess - 86, 154
Donettes Donuts, Powdered; Hostess - 86, 154

Donut Sticks; Little Debbie - 86, 154
Donut, regular, plain; Hostess - 86
Donuts - 86, 154
Donuts; Dunkin Donuts - 172
 Tastykake - 86, 154
Doritos; Frito-Lay - 124
Double Chocolate Fudge Topping; Hershey's - 159
Double Chocolate Layer Cake; Sara Lee - 153
Double Chocolate Milano Cookies; Pepperidge Farms - 137
Double Fudge Brownie Ice Cream, regular; Dreyer's or Edy's - 181
Double Fudge Cookies; Mother's - 134
Double Noodle in Chicken Broth Soup; Campbell's - 78
dp Baking Mix; dP - 89, 164
dp Butterscotch Chip Cookies; Dietary Specialties - 94
dp Chocolate Chip Cookies; Dietary Specialties - 94
Dream Whip Whipped Topping Mix; Dream Whip - 96
Dried Friut, Tropical Medley; SunMaid - 55
Dried Fruit Snacks - 54
Dried Fruit, Mixed Fruit; SunMaid - 55
 Tropical Fruit Salad; Dole - 55
Dried Fruits, mixed; Del Monte - 55
Dried Peas & Beans - 185
Drink Flavorings - 33, 72
Drink Mix, powder; LoProfin - 96
Drumstick Rice, prepared; Minute Rice - 114
Dry Soup Mix - 76
Dry Soups - 76
Duck, cooked - 182
Dunkaroos; Betty Crocker - 131
Dunkin Donuts - 172
Dutch Apple Pie, Homestyle; Sara Lee - 150
Dutch Apple Pie; Burger King - 170
Dutch Apple Pie; Long John Silver's - 173
Dutch Cocoa Cookies; Archway - 131



E

E.L. Fudge Butter Flavored Sandwich Cookies; Keebler - 132
Eagle Brand Chocolate Flavored Candy Coating; Borden - 142
Eagle Brand Vanilla Flavored Candy Coating; Borden - 142
Easter Basket Cakes; Little Debbie - 151
Easter Puffs Cookies; Little Debbie - 151
Egg Replacer; Ener-G Foods - 31, 95, 164
Egg Replacer; Kingsmill - 31, 95, 164
Egg Roll Wrappers; Twin Dragon, Sunluck - 113
Egg Rolls; Chun King - 167
Egg Substitute, frozen - 177
Egg Substitute, liquid; Eggbeaters - 163
powder - 177
Egg, white only, large - 163, 177
Egg, white only, medium - 163, 177
Egg, whole, large - 163, 177
Egg, whole, medium - 163, 177
Egg, yolk only, large - 163, 177
Egg, yolk only, medium - 163, 177
Eggplant - 59
Eggs - 177
Eggs; Cadbury - 143
Elbow Pasta, dry; Cambrooke Foods - 91
Elbows, dry; Dietary Specialties - 91
Elf Cinnamon Graham Snacks; Keebler - 132
Elf Honey Graham Snacks; Keebler - 132
Elfin Delights Fat Free Devils Food Cookies; Keebler - 132
Elfin Delights Reduced Fat Choc. Sandw. w/Fudge Creme; Keebler - 132
Elfin Delights Reduced Fat Choc. Sandw. w/Vanilla Creme; Keebler - 132
Enchilada Sauce - 101

Endive - 59
Energy Bar, Mixed Fruit; Cambrooke Foods - 90
Energy Bar; Grabber - 139
Energy Bars, French Toast; Cambrooke Foods - 90
Energy Option Choc. Flavored Coated Raisins; Applied Nutrition - 93
Energy Option Chocolate Flavored Bar; Applied Nutrition - 38, 93
Energy Option Mint Flavored Bar; Applied Nutrition - 38, 93
Energy Option White Chocolate Flavored Bar; Applied Nutrition - 38, 93
Enfamil; Mead Johnson - 179
English Muffin, with spread; McDonald's - 173
English Muffins; Pepperidge Farms - 116-117
English Water Biscuits; Pepperidge Farms - 123
Enriched Hamburger Buns; Wonder - 116
Enriched Hot Dog Buns; Wonder - 116
Envirokidz Gorilla Munch Cereal; Nature's Path - 83
Environkidz Amazon Flakes Cereal; Nature's Path - 83
Ernie's Animal Crackers; Keebler - 132
Escarole Soup; Progresso - 80
Evaporated Skim Milk; Pet - 178
Evaporated Whole Milk; Pet - 178

F

Fajita Sauce Mix, dry; Lawry's - 106
Fajita Skillet Sauce; Lawry's - 101
Fajitas Marinade Mix, dry; McCormick - 106
Family Favorites Cookies, Oatmeal; Nabisco - 135
Family Favorites Cookies; Nabisco - 135
Family Style Salad Dressing; Seven Seas - 35, 111
Famous Chocolate Wafers Cookies; Nabisco - 135
Famous Sauce; Durkee - 104
Fancy Cakes; Little Debbie - 151

Farina Mix; Aprotin - 89
Farm Rich, liquid; Rich's - 96
Fast Food Restaurants - 168
Fast Freeze Ice Bars; Otter Pops - 158
Fat & Egg Substitute; Wonderslim - 163
Fat Free 10 Calorie Cheddar Spread; Fleischmann's - 104
Fat Free Apple Newtons Cookies; Nabisco - 135
Fat Free Cup-A-Soup; Lipton - 76
Fat Free Mushroom Broth, ready-to-serve; Health Valley - 75
Fat Free Tapioca, dry mix; Jell-O - 36
Fats - 33
Fats, Spreads & Salad Dressings - 107
Fava Beans, cooked - 185
Fennel Bulb - 59
Fennel Seed - 165
Fenugreek Seed - 165
Fettuccine, dry; Aprotin - 91
Fiber One Cereal; General Mills - 83
Fiesta Nacho Cheese Soup; Campbell's - 78
Fifth Avenue Bar; Hershey's - 145
Fig Newtons Cookies; Nabisco - 135
Figs - 52
Fire Roasted Tomato & Garlic Sauce; Classico - 102
Firecrackers Ice Pops; Popsicle - 38, 158
Fish - 183
Fish Sticks; Mrs. Paul's - 184
Flavor Crisps Bacon Flavored Snack Crackers; Nabisco - 121
Flavor Crisps Swiss Cheese Baked Snack Crackers; Nabisco - 121
Flavored Coffee; General Foods - 71
Flavored Cream Cheese Replacer; Whitehall - 93
Flavored Iced Tea - 33
Flounder, cooked - 183



Flour - 163	super size order; McDonald's - 174	Frosted Flakes Cereal; Kellogg's - 81
Flour Tortilla, regular size; Old El Paso - 119	French Onion Dip; Frito-Lay - 107	Frosted Flakes Cereal; New Organics Co. - 81
Flour Tortillas, Hand Made Style, small size; Manny's - 118	French Onion Soup Mix, dry; Knorr - 76	Frosted Fudge Cakes; Little Debbie - 151
Flour Tortillas; Mission Foods - 118	French Onion Soup; Campbell's - 78	Frosted Wheats Cereal; Kellogg's - 83-84
Foccacia Sticks; Cambrooke Foods - 90	French Salad Dressing; Kraft - 110	Frosty Lemon Cookies; Archway - 131
Food Club Cherry Vanilla Ice Cream; Tobco Assoc. - 181	French Salad Dressing; Trader Vic's - 35, 111	Frozen Dessert; Imagine Foods - 156-157
Fortune Cookies for Kids; Umeya Rice - 138	French Style Broccoli, Red Potatoes & Carrots; Bird's Eye - 65	Frozen Desserts - 37
Fortune Cookies; La Choy - 134	French Style Crepes; Frieda's - 118	Frozen Desserts, Cones & Dessert Toppings - 154
Fortune Cookies; Ty Ling - 138	French Toast Crunch Cereal; General Mills - 81	Frozen Drinks - 71
Frankenberry Cereal; General Mills - 81	French Toast Stick; Burger King - 170	Frozen French Toast; Aunt Jemima - 85
Free Candy - 140	French Toast Sticks; Burger King - 170	Frozen Rice Pizza Shells; Nature Highlights - 118
Free Foods - 31	French Twists; Barry's Bakery - 118	Frozen Yogurt - 182
Freeze & Serve Fudge Sticks; Wylers - 158	French Vanilla Ice Cream; Chapman's - 181	Frozen Yogurt Cone, small, 5 oz.; Dairy Queen - 171
French Fried Fish in Beer Batter; Booth Fisheries - 184	French Vanilla Pudding, Cook-Type; Jell-O - 36	Vanilla, 3 oz.; McDonald's - 174
French Fried Fish Sticks in Beer Batter; Booth Fisheries - 184	French Vanilla Pudding, Instant, prepared with Richwhip; Jell-O - 36	Frozen Yogurt; Dreyer's or Edy's - 182
French Fried Fish Sticks in Buttermilk Batter; Booth Fisheries - 184	French Vanilla, liquid; International Delight - 96	Fruit & Cereal Bars; Gerber - 44
French Fried Onions; French's - 123	liquid; Signature Flavors - 97	Fruit & Gel To- Go, Pineapple in Strawberry Gel; Del Monte - 148
French Fries , 4 oz.; Arthur Treacher's - 169	Non-Fat, liquid; International Delight - 96	Fruit & Grain Bar; Nabisco - 139
French Fries, 3 oz.; Long John Silver's - 173	French Vanilla; Duncan Hines - 37, 153, 154	Fruit & Oatmeal Cereal Bars; Quaker - 139
Crispy Curls, 3 oz.; Hardee's - 172	Fresh Baked Cookies; Burger King - 170, 170	Fruit & Veggie Bars; Sun-Rype - 55
Crispy, 2.5 oz.; Kentucky Fried Chicken - 173	Fresh Cut Specialties Zucchini With Italian-Style Tomato; Del Monte - 65	Fruit Bits; Sun Maid - 55
Curly, 3.5 oz.; Arby's - 168	Fresh, Canned & Frozen Vegetables - 57	Fruit Boosters Snack Bars; General Mills - 138
Curly, regular order, 3.5 oz.; A & W - 168	Canned, Frozen & Dried Fruit - 51	Fruit Bunch; Brach's - 35, 140
Kids Meal; Wendy's - 176	Fried Fish Fillets; Mrs. Paul's - 184	Fruit Butters, any flavor - 38
Kids order; Carl's Jr. - 171	Fried Rice Oriental Seasoning Mix, dry; SunBird - 107	Fruit by the Foot Dried Fruit Snacks, all flavors; Betty Crocker - 54
large order; Carl's Jr. - 171	Fried Rice; Minute Rice - 114	Fruit Cocktail, canned, drained - 52
large order; Jack in the Box - 172	Fritos; Frito-Lay - 124	Fruit Flavored Cookies; Aprotin - 94
large order; McDonald's - 173	Froot Loops Cereal, snack pack size; Kellogg's - 84	Fruit Flavors , soft-serve Frozen Yogurt; Colombo - 182
medium order; Burger King - 170	Froot Loops Cereal; Kellogg's - 81	Fruit Gushers; Betty Crocker - 54
medium order; Carl's Jr. - 171	Frosted Animal Cookies; Keebler - 133	Fruit Ice, all flavors; Baskin Robbins - 154, 169
medium order; McDonald's - 173	Frosted Cheerios Cereal; General Mills - 83, 84	Fruit Ices, all flavors - 38
medium order; Wendy's - 176	Frosted Chex Cereal; General Mills - 81	Fruit Jammers Fruit Snacks, all flavors; Little Debbie - 55
regular order, 3.5 oz.; Dairy Queen - 171	Frosted Flakes Cereal, snack pack size; Kellogg's - 84	Fruit Juice Bars, all flavors; Dole - 157
small order, 2.5 oz.; Arby's - 168		all flavors; Welch's - 158
small order; Burger King - 170		
small order; Carl's Jr. - 171		
small order; Jack in the Box - 172		
small order; McDonald's - 174		



Fruit Leather; Stretch Island - 55
Fruit Loops Cereal, snack pack size; Kellogg's - 84
Fruit 'N Juice Bars; Dole - 157
Fruit 'N Juice with a Twist, all flavors; Dole - 157
Fruit Pies, individual size, any flavor; McDonald's - 174
Fruit Punch; Minute Maid - 70
Fruit Rocketz Applesauce to Go, all flavors; Tree Top - 56
Fruit Roll Dried Fruit Snacks, all flavors; Sunkist - 55
Fruit Roll-ups Dried Fruit Snacks, all flavors; Betty Crocker - 54
Fruit Salad; Boston Market - 169
Fruit Snacks - 47
Fruit Snacks Dried Fruit Snacks, all shapes; Farley's - 55
Fruit Snacks, Cherry; Nabisco - 55
Fruit Sorbet, all flavors; Baskin Robbins - 155, 169
Fruit Spread; Brummel & Brown - 109
Fruit Tango, Positively Pineapple; Dole - 68
Fruit to Go; Del Monte - 56
Fruitangy Oh's Cereal; Quaker - 81
Fruit-n-Gel Bowls; Dole - 148
Fruits - 44, 51
Fruits Ice Bars, all flavors; California Snow - 38, 157
Fruitsations, Snack Pack, all flavors; Mott's - 56
Fruity Pebbles Cereal; Post - 81
Fruizie Express; Subway - 175
Fudge Brownies; Little Debbie - 151
Fudge Dipped Cups; Keebler - 158
Fudge Favorites Fudge Covered Grahams; Nabisco - 135
Fudge Nut Brownie Bar Cookies; Archway - 131
Fudge Rounds; Little Debbie - 151
Fudge Shoppe Deluxe Graham Cookies; Keebler - 133
Fudge Shoppe Deluxe Grahams Cookies; Keebler - 133
Fudge Shoppe Fudge Sticks Cookies; Keebler - 133
Fudge Shoppe Fudge Stripes Cookies; Keebler - 133

Fudge Stripes Fudge-Covered Shortbread Cookies; Keebler - 133
Fudgesicle; Breyers-Good Humor - 179
Fun Fruits Fruit Rolls Blue's Clues, Berry; Nabisco - 55
Fun Fruits Fruit Rolls Jumbler, Strawberry; Nabisco - 55
Fun Fruits Fruit Snacks Gamesters, Strawberry; Nabisco - 55
Fun Fruits Fruit Snacks Wacky Faces, Assorted Flavors; Nabisco - 55
Fun Squeeze Shocking Pink Butter; Parkay - 34
Fun Squeeze Shocking Pink or Electric Blue Butter; Parkay - 108
Funny Face Drink Mixes, all flavors; Funny Face - 31, 68
Funyuns Onion Flavored Rings; Frito-Lay - 124
Fusilli, dry; Aprotin - 91

G

Garbanzo or Chick Peas, cooked - 185
Garden Combination Sauce; Prego - 103
Garden Italian Salad Dressing, Done Right; Kraft - 110
Garden Medley; Green Giant - 65
Garden Salad, small; Au Bon Pain - 169
Garden Salsa; Taco Bell Home Orig. - 102
Garden Tomato Salad Dressing, No Fat; Paula's - 34, 111
Garden Vegetable Soup; Au Bon Pain - 169
Garden Vegetable, prepared with water only; Rice-A-Roni - 114
Garden Vegetables; Earth's Best - 47
Garlic & Herb Pasta Sauce; Healthy Choice - 103
Garlic & Herb Salad Dressing, Good Seasons, prepared; Good Seasons - 112
prepared; Good Seasons - 35
Garlic & Herb Spaghetti Sauce; Hunt's - 103
Garlic & Herb Sprinkles; Molly McButter - 99
Garlic & Herbs Spreadable Cheese; Alouette - 177
Garlic & Onion Sauce; Ragu - 104
Garlic & Onions Sauce; Healthy Request - 103
Garlic & Peppers Sauce; Newman's Own - 103
Garlic Butter Sprinkles; Molly McButter - 99
Garlic Chili Pepper Sauce; A Taste of Thai - 99
Garlic Powder - 165
Garlic Ranch Salad Dressing; Kraft - 110
Garlic Salad Dressing; Kraft - 110
Garlic, fresh cloves, chopped - 59
Gatorade Thirst Quenchers, all flavors; Gatorade - 32, 71
Gatorade, all flavors, 8.45 fl. oz. box; Gatorade - 70
all flavors; Gatorade - 31
Gazpacho Soup; Imagine Foods - 80
Gel Mix, prepared, all flavors; Kingsmill - 37, 94
Gel Snack Cups, all flavors, 3.5 oz. cup; Del Monte - 36
all flavors; Del Monte - 148
Gelatin Dessert; Jell-O - 148
Gelatin Snacks, all flavors; Jell-O - 148
Geneva Cookies; Pepperidge Farms - 137
Giant Neapolitan Sandwich; Breyers-Good Humor - 179
Gin, 80 proof - 73
Ginger Cookies; Little Debbie - 151
Ginger Root, raw, chopped - 59
Ginger Snaps Cookies, Old Fashioned; Nabisco - 135
Ginger, ground - 165
Gingerbread Cookie Dough; Pillsbury - 139
Gingerman Cookies; Pepperidge Farms - 137
Gingersnaps Cookies; Archway - 131
Gingersnaps Cookies; Keebler - 133
Gluten-Free Pancake & Waffle Mix, dry; Arrowhead Mills - 85
Gobstoppers; WillyWonka's - 36, 140
Go-Gels; Royal - 148
Golden Broth & Seasoning Mix, 1/2 pkg. prepared; G. Washington's - 75
prepared; G. Washington's - 33
Golden Chicken Gravy; Pepperidge Farms - 105



- Golden Cremes Cakes; Little Debbie - 151
Golden Crisp Cereal; Post - 81
Golden Egg; Hershey's - 142
Golden Fruit Cranberry Cookies; Keebler - 133
Golden Fruit Raisin Cookies; Keebler - 133
Golden Grahams Cereal, snack pack size; General Mills - 84
Golden Grahams Cereal; General Mills - 81
Golden Grahams Treats; General Mills - 132
Golden Grapefruit Juice; Tropicana - 68
Golden Layer Cake; Sara Lee - 153
Golden Mushroom Soup; Campbell's - 78
Golden Pork Gravy; Franco American - 105
Golden Syrup; Lyle's - 39, 86, 163
Goldfish Cookies; Pepperidge Farms - 137
Goldfish Graham Snacks, Chocolatey Chip; Pepperidge Farms - 123
Goldfish Graham Snacks; Pepperidge Farms - 123
Gold'n Soft Light; Gregg's - 33, 108
Gold'n Soft Spread, tub; Saffola - 34
Gold'n Soft Spread; Saffola - 108
Good & Fruity Candy - 142
Gooseberries - 52
Gouda Cheese - 177
Gourmet Crackers; Ener-G Foods - 90
Graduates , Apple Banana Juice; Gerber - 46
Berry Punch; Gerber - 46
Fruit Punch; Gerber - 47
Graduates, Apples; Gerber - 45
Carrots; Gerber - 48
Fruit Juice Snacks; Gerber - 47
Green Beans; Gerber - 48
Mixed Fruit; Gerber - 45
Mixed Vegetables; Gerber - 48
Peaches; Gerber - 45
Pears; Gerber - 45
Graham Cracker Cookies; Dietary Specialties - 94
Graham Cracker Crumbs, from low pro. graham crackers - 163
regular - 163
Graham Cracker Crust, 9" - 150
Grahams, Chocolate; Keebler - 121
Grandma's Apple Pie Ice Cream; Tobco Assoc. - 181
Grandma's Fudge Sandwich Cookies; Frito-Lay - 131
Grandma's Tiny Bites Animal Crackers; Frito-Lay - 131
Grandma's Tiny Bites Chocolate Chip Cookies; Frito-Lay - 132
Grandma's Tiny Bites Oatmeal Raisin Cookies; Frito-Lay - 132
Grandma's Tiny Bites Sugar Cookies; Frito-Lay - 132
Grandma's Vanilla Sandwich Cookies; Frito-Lay - 132
Grands! Butter Tastin' Biscuits; Pillsbury - 117
Grands! Buttermilk Biscuits; Pillsbury - 117
Grands! Cinnamon Raisin Biscuits; Pillsbury - 117
Grands! Southern Style Biscuits; Pillsbury - 117
Granola Bites; Nature Valley - 139
Granola-Type Bars & Other Snack Bars - 138
Grape Juice - 68
Grape Juice Blend, 6.75 fl. oz. box; Minute Maid - 70
Grape Leaves, canned - 59
Grapefruit Juice; Ocean Spray - 68
Grapefruit - 52
Grapenuts Flakes Cereal; General Foods - 83
Grapes - 52
Grasshopper Chocolatey Fudge Mint Cookies; Keebler - 133
Gravy Classics, Au Jus Mix, dry; Knorr - 105
Gravy in Jars - 105
Gravy Mix for Chicken, dry; Lawry's - 106
Gravy Mix for Turkey, dry; Lawry's - 106
Gravy, Sauce & Seasoning Mixes - 105
Gravy; Kentucky Fried Chicken - 173
Great White Ice Pops; Popsicle - 38, 158
Green Apple, Blue Raspberry, Strawberry; Tree Top - 56
Green Bean Casserole; Boston Market - 169
Green Beans & Brown Rice; Earth's Best - 47
Green Beans; Boston Market - 169
Green Beans; Kentucky Fried Chicken - 173
Green Curry Sauce; A Taste of Thai - 99
Green Mountain Gringo Salsa, Mild; Hume - 101
Green Pea Soup; Campbell's - 78
Guacamole, 8 oz. Tub, refrigerated; Senior Felix - 107
refrigerated; Calavo - 107
Guacamole; Taco Bell - 176
Guava Juice; Hawaii's Own - 68
Guava Nectar; Libby's - 68
Guava Tropical Dessert; Gerber - 50
Guava, fresh, medium - 52
Gum Drops; Brach's - 35, 140
Gummi Bears, all flavors - 146
Gummi Savers; Life Saver - 146
Gummi Worms, all flavors; Brach's - 146
Gummies; Trebor Allen - 146
Gummy Candies - 146
Gummy Dinosaurs, all flavors; Black Forest - 146
Gummy Flintstones, all flavors; Harmony Snacks - 146
Gumstix Ice Pops; Popsicle - 38, 158
Gushers Dried Fruit Snacks, all flavors; Betty Crocker - 55
- ## H
- Haddock, cooked - 183
Half & Half - 178
Halibut, cooked - 183
Halloween Treats Oreo Chocolate Sandwich Cookies; Nabisco - 135
Ham & Sausage - 183
Ham Flavored Soup Base & Seasoning, dry; Orrington Farms - 75



- Ham; Oscar Mayer - 183
Hamburger Bun; McDonald's - 174
Hamburger Buns; Roman Meal - 116, 116
Hamburger Helper; Betty Crocker - 167
Hamburger or Frankfurter Bun; Pepperidge Farms - 115
Hamburger, regular , single; Dairy Queen - 171
regular; Burger King - 170
regular; McDonald's - 174
Handi Snacks Wacky Gels, all flavors; Kraft - 148
Handi-Snacks Pudding; Kraft - 147
Hard Candy, all - 140
Hardee's - 172
Harvest Crisps Crackers, 5-Grain; Nabisco - 121
Hash Brown "Tater Tenders" Potatoes; Burger King - 170
Hash Brown Nuggets; Carl's Jr. - 171
Hash Brown Potatoes, 1.9 oz.; McDonald's - 174
Hash Brown Potatoes; Jack in the Box - 172
Hash Brown Rounds; Burger King - 170
Hash Browns; Tudor's Biscuit World - 176
Hash Rounds Potatoes; Hardee's - 172
Hawaiian Macadamia, Non-Fat, liquid; International
Delight - 96
Hawaiian Punch Canned Drinks, all flavors; Hawaiian
Punch - 68
Hawaiian Punch Fruit Juicy Red, 8.45 fl. oz. box;
Hawaiian Punch - 70
Hawaiian Sauce; Yoshida's Classic - 99
Hawaiian Punch Canned Drinks, all flavors; Hawaiian
Punch - 31
Hazelnut Milano Cookies; Pepperidge Farms - 137
Hazelnuts , chopped - 184
Health Valley Fat Free Beef Broth, ready-to-serve; Hain -
75
Healthy Request Cream of Celery Soup; Campbell's - 78
Healthy Request Fresh Mushrooms Sauce; Campbell's -
102
Healthy Request Garlic and Onions Sauce; Campbell's -
102
Healthy Request Potato and Garlic Soup; Campbell's -
79
Healthy Request Sauce; Campbell's - 102
Healthy Request Tomato Ravioli Soup; Campbell's - 79
Healthy Request Traditional Sauce; Campbell's - 102
Healthy Request Vegetable Soup; Campbell's - 79
Hearts of Palm, canned - 59
Heinz 57-Sauce; Heinz - 99
Herb & Butter Rice, prepared; Rice-A-Roni - 114
Herb & Garlic Mix, Shake'N Bake, dry; Kraft - 106
Herb & Garlic Ziti, dry; Dietary Specialties - 91
Herbal Garden French Salad Dressing; Bernstein's - 34,
109
Herring, pickled - 183
Hershey-ets; Hershey's - 142
Hi-C Canned Dinks, all flavors; Hi-C - 32
Hi-C Canned drinks, all flavors; Hi-C - 68
Hi-C, all flavors, 6.75 fl. oz. box; Hi-C - 70
Higher Phe Frozen Bars - 179
Ho Ho's Snack Cakes; Hostess - 151
Holiday Cakes; Hostess - 151
Holiday Cookies Pak; Archway - 131
Holiday Red Crème Oreo Sandwich Cookie; Nabisco -
135
Holiday Snack Cakes, Vanilla; Little Debbie - 152
Hollandaise Sauce - 104
Home-Style Iced Oatmeal Crispy Snacking Cookies;
Archway - 131
Homogenized Milk - 178
Honey - 39, 86, 163
Honey Bunches of Oats Cereal; Post - 81
Honey Buns; Little Debbie - 152
Honey Catalina Salad Dressing, Done Right; Kraft - 110
Honey Combs Cereal; Post - 81
Honey Dijon Salad Dressing; Kraft - 110
Honey Glazed Carrots; Boston Market - 169
Honey Maid Chocolate Grahams; Nabisco - 122
Honey Maid Grahams Cinnamon Sticks; Nabisco - 122
Honey Maid Grahams Crackers; Nabisco - 122
Honey Maid Low Fat Cinnamon Grahams; Nabisco - 122
Honey Maid Low Fat Honey Grahams; Nabisco - 122
Honey Maid Oatmeal Crunch Grahams; Nabisco - 122
Honey Mustard Salad Dressing; Cardini's - 34, 109
Honey Nut Cheerios Cereal, snack pack size; General
Mills - 84
Honey Nut Cheerios Cereal; General Mills - 83
Honey Nut Chex Cereal; General Mills - 81
Honey'd Raisin Bran Cereal; Nature's Path - 83
Honeydew Melon, green or orange flesh, pieces - 52
Honeymaid Graham Pie Crust; Nabisco - 150
Horseradish - 112
Horseradish Sauce; Kraft - 33
Horseradish Sauce; Kraft or Western - 104
Hot & Sour Chili Pepper Soup Mix, prepared; A Taste of
Thai - 76
Hot 'N Spicy Kung Pao Chicken Seasoning Mix, dry;
SunBird - 33, 107
Hot Air Puffed Potato Pasta Chips, Salt & Vinegar;
Cheecha Krackles - 123
Hot and Sour Soup Mix; Knorr - 76
Hot Cakes, with syrup & 2 pats margarine; McDonald's -
174
Hot Caramel Sauce; Smucker's - 159
Hot Chili Seasoning; Wendy's - 176
Hot Dog Bun, bun only; Dairy Queen - 171
bun only; Hardee's - 172
Hot Dog Buns; Roman Meal - 116
Hot Dog with Bun; Dairy Queen - 171
Hot Dog with Bun; Hardee's - 172
Hot Fudge Sauce; Smucker's - 159
Hot Fudge Topping; Hershey's - 159
Hot Sauce; Taco Bell Home Orig. - 102
Hot'n Buttery Waffles; Downyflake - 85



House Herb Vinaigrette Salad Dressing; Emerill's - 34, 110
Hugs; Hershey's - 142
Hungry Jack Butter Maple Syrup; Pillsbury - 86
Hungry Jack Butter Tastin' Biscuits; Pillsbury - 117
Hungry Jack Buttermilk Biscuits; Pillsbury - 117
Hungry Jack Cinnamon & Sugar Biscuits; Pillsbury - 117
Hungry Jack Flaky Biscuits; Pillsbury - 117
Hungry Jack Honey Butter Biscuits; Pillsbury - 117
Hungry Jack Pancake Mix, Original, dry; Pillsbury - 86
Hunny Bs Naturally Sweetened Honey Graham Cereal; Kellogg's - 81
Hushpuppy; Long John Silver's - 173

I

Ice Cream - 180
Ice Cream Cone; Dairy Queen - 171
Wafer, Vanilla; Hardee's - 172
Ice Cream Cones - 158
Ice Cream Cups; Keebler - 158
Ice Cream Sandwich, 2.2 oz.; Dairy Queen - 171
Ice Cream; Chapman's - 180-181
Icecreamers; Nestle - 38, 158
Iced Animal Cookies; Keebler - 133
Iced Oatmeal Cookies; Mother's - 134
Iced Tea, all flavors; Lipton - 71
all flavors; Nestea - 72
Icee Freeze; J & J Snack Foods - 156
Idaho Supreme Potato Pasta, dry; Pastato - 113
Infant Formulas - 179
International Coffee; General Foods - 71
Irish Cream, liquid; International Delight - 96
liquid; Signature Flavors - 97
Irish Creme, Non-Fat, liquid; International Delight - 96
Irish Oatmeal Cookies; Pepperidge Farms - 137

Isomil; Ross Products - 179
Italian Balsamic Salad Dressing; S & W - 34, 111
Italian Fruit Ice; Mama Tish's - 156
Italian Ices, all flavors except Chocolate; Mama Tish's - 38
Italian or French Bread, presliced; Pepperidge Farms - 115
Italian Salad Dressing, all varieties, prepared; Good Seasons - 35
Italian Salad Dressing; Brianna's - 34, 109
Italian Salad Dressing; Girard's - 34, 110
Italian Salad Dressing; Kraft - 34, 110, 110
Italian Salad Dressing; Newman's Own - 34, 111
Italian Salad Dressing; Seven Seas - 35, 111
Italian Salad Dressing; Trader Vic's - 35, 111
Italian Salad Drsg., Good Seasons, all varieties, prepared; Good Seasons - 112
Italian Style Vegetables; Green Giant - 65
Italian Tomato/ Basil & Oregano Soup; Campbell's - 78
Italian with Virgin Olive Oil Salad Dressing; Cardini's - 34, 109

J

Jack in the Box - 172
Jalapeno Cheese Singles; Cambrooke Foods - 92
Jam or Jelly, all flavors - 34, 109
Jaw Breakers; Brach's - 35
Jaw Busters; Ferrara Pan - 36, 140
Jell-O X-treme Gel Sticks, all flavors; Kraft - 148
Jelly Beans - 142
Jelly Bird Eggs; Brach's - 35, 143
Jerusalem Artichoke, sliced - 59
Jicama, raw, chopped - 59
Jolly Rancher Gel Snacks, all flavors, 3.5 oz. cup; Hunt's - 36
all flavors; Hunt's - 148

Jolly Rancher, all flavors - 36, 140
Jube Jels; Brach's - 35, 140
Juice Rivers Grape Punch, 8.45 fl. oz. box; Tree Top - 70
Juice Rivers Red Berry Punch, 8.45 fl. oz. box; Tree Top - 70
Juice/Drink Boxes & Pouches - 70
Juices - 46
Juices & Fruit Drinks - 31
Juices & Other Fruit Drinks - 67
Juicy Jels, all flavors, 3.5 oz. cup; Hunt's - 36
all flavors; Hunt's - 148
Juicy Juice; Libby's - 70
Jujufruits, miniatures; Heidi - 36
Julienne Potato Sticks; Good Health - 125-126
Jumbo Potato Stix; Durkee - 123
Junior Mints, regular size; Blair Candy - 143

K

Kaboom Cereal; General Mills - 81
Kahlua, Fat Free, liquid; Signature Flavors - 97
Kale - 59
Kalua, liquid; International Delight - 96
Kate's Iced Oatmeal Cookies; Archway - 131
Kate's Lemon Snaps Cookies; Archway - 131
Kentucky Fried Chicken - 173
Kentucky Mints; Brach's - 35, 140
Kidney Beans, cooked - 185
Kids Classics Dried Fruit Snacks, all shapes & flavors; Grist Mill - 55
King Vitaman Cereal; Quaker - 82
Kisses; Hershey's - 143
Kit Kat; Reese - 145
Kitchen Basics Roasted Vegetable Stock, ready-to-serve; Trader Joe's - 76
Kitchen Bouquet Seasoning & Sauce - 31



Kiwi Strawberry Juice; Chiquita - 68
Kiwi, fresh medium, peeled - 52
slices - 53
Kix Cereal; General Mills - 82
Klondike Bar; Breyers-Good Humor - 179
Koala Flavored Fruit Juice Beverages, all flavors; Koala - 68
Koala Krisp Cereal; Nature's Path - 82
Kohlrabi - 59
Kool Pops, all flavors; Kool-Aid - 38, 158
Kool Stuf Fruit & Graham Bars; Nabisco - 135
Kool-Aid Bursts; Kool-Aid - 70
Kool-aid Lemonade drink mix, prepared; Kool-Aid - 68
Kool-Aid Lemonade drink mix; Kool-Aid - 32
Kool-Aid, all flavors; Kool-Aid - 32, 68
Krackel; Hershey's - 145
Krimpets; Tastykake - 152
Kudos with Chocolate Chips; Mars - 139, 143
Kudos with M&Ms; Mars - 139, 143
Kudos with Snickers; Mars - 139, 143
Kumquat, medium - 53

L

Lacteez; Chapman's - 180
Lamb, all types, cooked - 182
Lard - 33, 108
Lasagna noodles, dry - 113
dry; Dietary Specialties - 91
Lasagna, dry; Ener-G Foods - 92
Lasagne, dry; Aprotin - 91
Lay's Bistro Gourmet Apple., BBQ or Sm. Cheddar
Chips; Frito-Lay - 124
Lay's Bistro Gourmet Roasted Garlic or Herb Flavor
Chips; Frito-Lay - 124
Lay's Classic Potato Chips; Frito-Lay - 124

Lay's Deli Style Potato Chips; Frito-Lay - 124
Lay's Limon Tangy Lime Potato Chips; Frito-Lay - 124
Lay's Santa Fe Ranch Flavored Chips; Frito-Lay - 124
Lean 'n Tasty Breakfast Strips, cooked; Oscar Mayer - 183
Leek Soup Mix, dry; Knorr - 76
Leeks, raw, chopped - 59
Lemon Cookies; Ener-G Foods - 35, 94
Lemon Drops; Brach's - 35, 140
Lemon Garlic Salad Dressing, prepared; Lawry's - 34, 112
Lemon Grass, raw - 59
Lemon Herb Salad Dressing; Cardini's - 34, 109
Lemon Herb Sauce Mix, dry; Knorr - 105
Lemon Juice - 68
Lemon Meringue Pie, Snack Pack, 3.5 oz. cup; Hunt's - 36
snack pack; Hunt's - 146
Lemon Meringue Pie; Sara Lee - 150
Lemon Nut Crunch Cookies; Pepperidge Farms - 137
Lemon or Lime, wedge - 31
Lemon or Orange Peel, fresh - 53, 163
Lemon Pie; Hostess - 149
Lemon Pie; Tastykake - 149
Lemon Pudding, Cook-Type, prepared with Richwhip;
Jell-O - 36
dry mix; Jell-O - 147, 148
Lemon Pudding, Instant, prepared with Richwhip; Jell-O - 37
Snack Pack, 3.5 oz. cup; Hunt's - 36
Snack Pack; Hunt's - 146
Lemon Pudding; Swiss Miss - 147
Lemon Sandwich Cookies; Ener-G Foods - 35, 94
Lemon Supreme Frosting; Duncan Hines - 37, 154
Lemon, medium - 53
Lemonade with Cranberry Juice; Ocean Spray - 32, 68
Lemonade, crystals, prepared - 32, 68
Lemonade, from frozen concentrate - 32, 68

Lemonade; Ocean Spray - 32, 68
Lemonhead; Ferrara Pan - 36, 140
Lentil Soup; Progresso - 80
Lentils, cooked - 185
Lettuce - 59
Licorice - 143
Lido Cookies; Pepperidge Farms - 137
Life Cereal; Quaker - 83
Lightstyle Cranberry Juice Cocktails, all flavors; Ocean
Spray - 68
Lil Angels Cakes; Hostess - 151
Lima Beans, Baby, cooked - 185
Lime Dill Salad Dressing; Cardini's - 34, 109
Lime Juice - 68
Lime, medium - 53
Limeade, from frozen concentrate - 32, 68
Linzer Cookies; Pepperidge Farms - 137
Liqueurs, fruit type - 73
Lite Fruit Cup-Diced Peaches; Del Monte - 56
Lite Fruit Cup-Diced Pears; Del Monte - 56
Lite Fruit Cup-Mixed Fruit; Del Monte - 56
Lite Hot Fudge Sauce; Smucker's - 159
Little Bucket Parfait, Strawberry Shortcake; Kentucky
Fried Chicken - 173
Little Fries Sausage; Oscar Mayer - 183
Lively Lemon Tarragon Salad Dressing; Brianna's - 109
Lobster, cooked - 183
Loganberries, fresh - 53
Lollydrops; Brach's - 35, 140
Long Grain & Wild Rice Original, cooked; Uncle Ben's - 114
Long Grain & Wild Rice - 114
Long John Silver's - 173
Looney Tunes; Con Agra Foods - 146
Loquats, fresh, large - 53
Lorna Doone Shortbread Cookies; Nabisco - 135



Lotus Root - 59
Low Fat Donuts, Cinnamon Crunch; Hostess - 86, 154
Low Fat Granola Bars; Kellogg's - 139
Lower Phe Frozen Bars - 157
Low -Fat Yogurt, fruit flavors - 179
Lucky Charms Cereal, snack pack size; General Mills - 84
Lucky Charms Cereal; General Mills - 83
Lunch, Oriental Noodles with Vegetables & Egg; Maruchan - 168
Lunchables Fun Snacks Marshmallow Krispy Square; Oscar Mayer - 136

M

M & M's Candy Cookie Dough; Pillsbury - 139
M & M's, M & M Mars - 143
M & M's, Mini; Nestle - 164
Macadamia nuts, chopped - 184
Macaroni & Cheese; Dietary Specialties - 91
prepared; Cambrooke Foods - 91
prepared; Kraft - 167
Macaroni, cooked - 113
dry - 113
dry; Aglutella - 90
dry; Ener-G Foods - 92
Whole Wheat, cooked - 113
Whole Wheat, dry - 113
Macaroons Cookies; Mother's - 134
Mace, ground - 165
Made with Fresh Mushrooms Sauce; Prego - 103
Maifun , cooked; Sun Luck - 113
Mallomars Chocolate Cookies; Nabisco - 135
Malted Milk Balls - 143
Malted Milk, dry; Carnation - 72
Malt-O-Meal Cereal; Malt-O-Meal - 84
Mandarin Orange - 53
Mango Key Lime Salad Dressing; S & W - 34, 111

Mango Tropical Dessert; Gerber - 50
Mango - 53
Manwich, Sloppy Joe; Hunt's - 104
Maple & Maple-Flavored Syrup - 39, 86
Maple or Maple-Flavored Syrup - 164
Maraschino Cherries - 38
Margarine - 33
Margarine, stick or soft tub - 107
Margarita, mix only - 73
Marinara Sauce; Hunt's - 103
Marinara Sauce; Progresso - 104
Marjoram, dried - 165
Marshmallow Creme - 164
Marshmallow Creme; Kraft - 159
Marshmallow Creme; Sokol - 164
Marshmallow Egg; Hershey's - 143
Marshmallow Fluff; Durkee-Mower - 164
Marshmallow Munchies, Classic; Campfire - 131
Marshmallow Pies; Little Debbie - 152
Marshmallow Puffs Fudge Cookies; Nabisco - 135
Marshmallow Safari Cereal; Quaker - 83
Marshmallow Supremes; Little Debbie - 152
Marshmallow Topping; Smucker's - 39, 159
Marshmallow Twirls Fudge Cakes; Nabisco - 135
Marshmallows, miniature - 143, 164
Marshmallows, regular - 143, 164
Martini - 73
Mashed Potato & Gravy; Boston Market - 169
Mashed Potato; Boston Market - 169
Mashed Potatoes with Gravy, 4.2 oz.; Kentucky Fried Chicken - 173
Matzo Ball Soup, prepared; Manischewitz - 77
Mauna La'i Island Guava Drink; Mott's - 68
Mauna La'i Mango Mango Drink; Mott's - 32
Mauna La'i Mango, Mango! Fruit Juice Drink; Mott's - 68
Mango! Fruit Juice Drink; Ocean Spray - 32

Mauna Loa Macadamia Nut, Fat Free, liquid; Signature Flavors - 97
Mayo Fat Free Mayonnaise Dressing; Kraft - 112
Mayo Mayonnaise; Kraft - 112
Mayo Real Mayonnaise; Kraft - 112
Mayonnaise, Eggless; Hain - 112
Mayonnaise; Hellman's - 112
McDonald's - 173
Mean Greens; Kentucky Fried Chicken - 173
Meat & Poultry - 182
Meatless Meatballs; Dietary Specialties - 95
Meatless or Mushroom Sauce; Chef Boyardee - 102
Medical Foods - 41
Mediterranean Spreads; Athenos - 108-109
Mega Fruit Gummies, all flavors; Jolly Rancher - 146
Mesa Sunrise Cereal; Nature's Path - 82
Mesa Waffles; Nature's Path - 86
Metamucil - 31, 164
Methylcellulose; Ener-G Foods - 31, 95, 164
Mexican Rice Seasoning Mix, dry; Lawry's - 106
Mexican Style Rice, prepared; Farmhouse - 114
Mexican Style Sauces - 101
Mexican Style, prepared; Rice-A-Roni - 114
Micky's Magix Toasted Oat Cereal with Marshmallows; Kellogg's - 83
Milano Cookies; Pepperidge Farms - 137
Mild, Spicy or Fiesta Guacamole, refrigerated; Calavo - 107
Milk - 178, 179
Milk Amplifier; Bosco - 72
Milk Chocolate Bordeaux Cookies; Pepperidge Farms - 137
Milk Chocolate Macadamia Cookies; Pepperidge Farms - 137
Milk Chocolate Milano Cookies; Pepperidge Farms - 137
Milk Chocolate Pudding, dry mix; Jell-O - 148
Milk Chocolate, Egg, solid; Hershey's - 143



- fun size; Nestle - 145
miniature; Dove - 145
miniature; Hershey's - 145
regular size, 1.45 oz.; Hershey's - 145
- Milk Duds, regular size - 145
- Milky Way Chocolate Flavored Spread; Master Foods Polska - 159
- Milky Way; Nestle - 145
- Mineral Water, all brands - 32, 71
- Minestrone Soup; Campbell's - 78
- Minestrone Soup; Hain - 80
- Mint Chips; Hershey's - 143
- Mint Chocolate Chip Ice Cream; Breyers - 180
- Mint Chocolate Chip Ice Cream; Healthy Choice - 181
- Mint Chocolate Ice Cream; Chapman's - 180
- Mint Coolers; Brach's - 35, 140
- Mint Milano Cookies; Pepperidge Farms - 137
- Mint Sauce; Crosse & Blackwell - 33, 104
- Mints; Andes - 143
- Minute Maid Crystals, all flavors; Minute Maid - 32, 68
- Minute Maid Fruit Juice Bars, all flavors; Minute Maid - 158
- Miracle Whip Dressing; Kraft - 112
- Miracle Whip Free Nonfat Dressing; Kraft - 112
- Miracle Whip Salad Dressing; Kraft - 112
- Miscellaneous - 31
- Miscellaneous Beverages - 72
- Miscellaneous Bread Products - 118
- Miscellaneous Candy & Sweets - 141
- Miscellaneous Products - 95
- Miscellaneous Sauces - 104
- Miscellaneous Sweets - 38
- Mix; LoProfin - 164
- Mixed Cereal with Mixed Fruit, dry; Gerber - 43
- Mixed Cereal, dry; Gerber - 43
- Mixed Chinese Vegetables; La Choy - 65
- Mixed Fruit & Carrot; Gerber - 47
- Mixed Fruit Juice; Gerber - 47
- Mixed Vegetables - 64
- Mixes - 89
- MixQuick Baking Mix; Cambrooke Foods - 89, 164
- Mocha Mix; Mocha Mix - 96
- Moist Supreme Cake Mix, adding 1 large egg; Pillsbury - 152, 152
- Moist Supreme Cake Mix, adding 2 large eggs; Pillsbury - 152, 152
- Moist Supreme Cake Mix, adding 3 large eggs; Pillsbury - 153, 153
- Moist Supreme Cake Mix, no added eggs; Pillsbury - 153, 153
- Molasses - 38, 164
- Molasses Crisps Cookies; Pepperidge Farms - 137
- Monterey Jack Cheese - 177
- Mootown Snacks Chocolate Chip & Crème Cookies; Sargento - 138
- Mootown Snacks Cookies & Fudge; Sargento - 138
- Mootown Snacks S'Mores Cookies; Sargento - 138
- Mootown Snacks Strawberry Cookies & Sprinkles; Sargento - 138
- More Fruit Apple Pie Filling; Wilderness - 149
- More Fruit Blueberry Pie Filling; Wilderness - 149
- More Fruit Cherry Pie Filling; Wilderness - 149, 149
- More Fruit Cinnamon & Spice Apple Pie Filling; Wilderness - 149
- More Fruit Peach Pie Filling; Wilderness - 149
- Mother's Margarine; Mother's - 33, 108
- Motts, all flavors, 8.45 fl. oz. box; Mott's - 70
- Mounds Egg; Hershey's - 143
- Mounds; Hershey's - 145
- Mozzarella Cheese, low moisture - 177
part skim - 177
- Mozzarella Cheese; Whitehall - 93
- Mozzarella Shreds; Cambrooke Foods - 93
- Mozzarella Style Cheese; Vegan Rella - 93
- Mr. Misty Float, 11.6 oz. size; Dairy Queen - 38, 171
- Mrs. Olson's Norwegian Style Potato Lefse; Winsor Products - 118
- Muenster Cheese - 177
- Muffins, Cinnamon Apple or Blueberry; Hostess - 151
- Mulberries, raw - 53
- Multi Bran Chex Cereal; General Mills - 83
- Multi-Grain Bread - 116
- Multi-Grain Cereal Bars; Entenmann's - 138
- Multigrain Cheerios Cereal; General Mills - 83
- Munch Size Chips Ahoy! Choc. Chip Cookies; Nabisco - 135
- Munch-ems; Keebler - 121
- Munchies Rice Cakes; Hain - 128
- Munchkins; Dunkin Donuts - 172
- Munchos Potato Crisps; Frito-Lay - 125
- Munchy Bites; Cambrooke Foods - 90
- Mushroom & Green Pepper Sauce; Prego - 104
- Mushroom & Wine Gravy; Pepperidge Farms - 105
- Mushroom Gravy Mix, dry; McCormick - 106
- Mushroom Gravy; Franco American - 105, 105
- Mushroom Gravy; Heinz - 105
- Mushroom Sauce Mix, dry; Country Sunrise - 92
- Mushroom Sauce; Ragu - 104
- Mushroom Soup; Progresso - 80
- Mushroom Spaghetti Sauce; Healthy Request - 103
- Mushroom Spaghetti Sauce; Hunt's - 103
- Mushroom Supreme Sauce; Prego - 104
- Mushrooms & Ripe Olives Sauce; Classico - 102
- Mushrooms - 59-60
- Mussaman Curry Sauce; A Taste of Thai - 99
- Mustard Greens - 60
- Mustard Seed, yellow - 165
- Mustard, Prepared, yellow - 166



N

Nantucket Chocolate Chunk Cookies; Pepperidge Farms - 137
National Arrowroot Cookies; Nabisco - 135
Natural Butter Flavor Sprinkles; Molly McButter - 99
Natural Chicken Broth, ready-to-serve; Pacific Foods-Oregon - 75
Natural Flavor Popcorn; Orville Redenbacher - 129
Natural Flavored Popcorn; Jolly Time - 129
Natural Popcorn; Orville Redenbacher - 129
Natural Pudding Snacks; Imagine Foods - 146-147
Natural Ranch Dressing; Marie's - 111
Natural Strawberry Flavor Cream Cheese Fruit Dip; T. Marzetti - 109
Natural Wheat, Great Grains, or Sandwich Dark Bread; Brownberry - 115
Nature Valley Granola Bar; General Mills - 138
Navy Beans or White Beans, cooked - 185
Nectarine, fresh, medium - 53
Neopolitan Ice Cream; Chapman's - 180
Nesquik Cereal; General Mills - 82
Nesquik Strawberry Syrup; Nestle - 39, 86, 159
Nestle Crunch; Nestle - 145
Neufchatel Cheese Spread, w/Pineapple; Kraft - 178
w/Relish or w/Olives/Pimiento; Kraft - 177
New England Clam Chowder; Healthy Request - 80
New Orleans Cake Cookies; Archway - 131
New Potatoes; Boston Market - 169
Newburg Sauce Mix, dry; Knorr - 105
Newtons Fruit Chewy Cookies; Nabisco - 135
Nilla Wafers Cookies; Nabisco - 135
No Chicken Broth, ready-to-serve; Imagine Foods - 75
No Egg; Orgran - 31, 95
Non-Dairy Creamer - 95
Non-Dairy Creamers - 33

Non-Dairy Frozen Dessert Mix; Frostline - 155
Non-Dairy Frozen Desserts - 154
Nonfat Dry Milk, instant, dry - 179, 179
Nonfat Dry Milk, regular, dry - 179, 179
Non-Fat Yogurt, fruit flavors - 179
Nonpareils; Brach's - 143
Noodle Roni; Golden Grain - 167
Noodle Soup Mix with Real Chicken Broth, prepared; Mrs. Grass's - 77
Noodles - 113
Nucoa Margarine; Nucoa - 33, 108
Nutmeg, ground - 166
Nutri-Grain Cereal Bars, all flavors; Kellogg's - 139
Nuts & Nut Butters - 184
Nuts, Nut Butters & Seeds - 184
Nutter Butter Bites Peanut Butter Sandwich Cookies; Nabisco - 135
Nutter Butter Peanut Creme Patties; Nabisco - 135
Nutty Nougat Cookies; Archway - 131

O

Oat Bran 'n Honey Bread; Roman Meal - 116
Oatmeal Bread - 116
Oatmeal Cereal with Bananas, dry; Gerber - 43
Oatmeal Cereal with Mixed Fruit, dry; Gerber - 43
Oatmeal Cereal, dry; Gerber - 43
Oatmeal Cereal; Quaker - 85
Oatmeal Chocolate Chip Cookie Dough; Pillsbury - 139
Oatmeal Chocolate Chip Cookies; Mother's - 134
Oatmeal Cookies, Family Favorites; Nabisco - 135
Oatmeal Cookies; Mother's - 134
Oatmeal Creme Pies; Little Debbie - 152
Oatmeal Raisin Cookies; Pepperidge Farms - 138
Oatmeal Raisin Crisp Cereal; General Mills - 83
Ocean Perch, cooked - 183

Oh!s Honey Graham Cereal; Quaker - 82
OHZ in Sauce; Dietary Specialties - 91
Oil - 108
Okra - 60
Old Fashioned Potato Salad; Boston Market - 169
Old Fashioned Tomato Rice Soup; Campbell's - 78
Old Fashioned Vegetable Soup; Campbell's - 78
Old Fashioned Windmill Cookies; Archway - 131
Old Style Picture Show Popcorn, All Natural Butter; Newman's Own - 129
Old Style Picture Show Popcorn; Newman's Own - 129
Old World Style Marinara Sauce; Ragu - 104
Olive Oil & Vinegar Salad Dressing; Newman's Own - 34, 111
Olives - 112
Onion Broth & Seasoning Mix, 1/2 pkg. prepared; G. Washington's - 75
Onion Flavored Rings; Wise - 95, 127
Onion Gravy Mix, dry; McCormick - 106
Onion powder - 166
Onion Ringers; Ore-Ida - 60
Onion Rings, small order; Burger King - 170
Onion Rings; Carl's Jr. - 171
Onion Soup Mix, prepared; Mrs. Grass's - 77
Onion Tater Tots; Ore-Ida - 60
Onion-Mushroom Soup, prepared; Lipton - 76
Onions - 60
Oodles of Noodles Top Ramen, all flavors, cooked; Nissin - 168
Orange Cookies; Kingsmill - 94
Orange Cream Sherbet; Dreyer's or Edy's - 157
Orange Cream Wafers; LoProfin - 94
Orange Juice - 68
Orange Juice, 6.75 fl. oz. Box; Minute Maid - 70
frozen condensed - 68
Imitation; Awake - 31, 68
Orange Juice, Imitation; Bright & Early - 31, 68



Orange juice; Gerber - 47
Orange Julius - 174
Orange Julius, regular size, 16 oz.; Orange Julius - 174
Orange Milanos Cookies; Pepperidge Farms - 138
Orange Sweet Rolls with Icing; Pillsbury - 118
Orange - 53
Orange-Grapefruit Juice - 68
Orange-Pineapple Juice - 68
Orange-Strawberry Blend Juice; Chiquita - 68
Orangettes; Brach's - 35, 140
Orchard Veggie Chips; Jensens - 126
Oregano, ground - 166
Oreo Chocolate Cones; Nabisco - 159
Oreo Cookie Barz; Nabisco - 135
Oreo Fudge Covered Choc. Sandwich Cookies; Nabisco - 135
Oreo Granola Bars; Nabisco - 139
Oreo Sandwich Cookies; Nabisco - 136
Ore-oh's Cereal; Post - 82
Oreos Cookies; Nabisco - 135
Organic Artichoke Paste; Sierra Rica - 109
Organic Red Pepper Sauce; Sierra Rica - 109
Organic Tomato Aubergine Sauce; Sierra Rica - 109
Organic Vanilla Lowfat Yogurt; Stonyfield Farm - 179
Organic Vegetable Broth, ready-to-serve; Pacific Foods-Oregon - 75
Oriental Rice Wine Salad Dressing; S & W - 34, 111
Oriental Sauces - 99
Oriental Style Noodles - 113
Oriental Style Vegetables; Bird's Eye - 65
Ortega Enchilada Sauce, ready-to-serve; Nestle - 101
Ortega Picante Sauce, ready-to-serve; Nestle - 101
Orzo Pasta, dry; Cambrooke Foods - 91
Oven Roasted Potato Planks; Boston Market - 169
Oysters, cooked - 183

P

Pancake & Waffle Mix - 85-86
Papa John's - 174
Papa's Chicken Strips; Papa John's - 174
Papaya Tropical Dessert; Gerber - 50
Papaya, fresh, cubed - 53
Paprika - 166
Parmesan Cheese, grated, fresh or from can - 177
grated; Whitehall - 93
Parsley, dehydrated, minced - 60
dried - 166
fresh, chopped - 60
Parsnips - 60
Party Mints; Kraft - 36, 141
Party Pizza Crisp Crust Pepperoni, frozen; Totino's - 168
Passion Fruit Juice - 68
Passion-fruit, , purple, fresh - 53
Pasta - 90
Pasta & Grains - 113
Pasta Dinner; Earth's Best - 49
Pasta Rigati, dry; Orgran - 92
Pasta Salad; Kraft - 167
Pasta; LoProfin - 92
Pastry Pride Non-Dairy Ready to Whip Topping; Rich's - 96
Peach Fruit Tart Cookies; Pepperidge Farms - 138
Peach Ice Cream; Breyers - 180
Peach Mango Snack Cup; Seneca - 56
Peach Medley Juice; Seneca - 68
Peach Pie, Homestyle; Sara Lee - 150
Peach Pie; Hostess - 149
Peach Pie; Tastykake - 149
Peaches - 53
Peanut Butter Extract; Watkins - 31, 163
Peanut Butter Flavored Spread; Dietary Specialties - 95
Peanut Butter, Creamy-Style; Jif or Skippy - 184
Peanuts, chopped - 184
Pear Juice; Earth's Best - 46
Pear Juice; Gerber - 47
Pear-Apple Cider - 69
Pears & Raspberries; Earth's Best - 44
Pears - 53
Pears; Earth's Best - 44
Pearson Nips; Nestle - 143-144
Peas & Carrots, canned or frozen - 66
Peas with Pearl Onions; Bird's Eye - 65
Peas - 60
Split, cooked - 185
Pecan Sandies Cookies, Reduced Fat; Keebler - 133
Pecan Sandies Cookies; Keebler - 133
Pecan Shortbread Cookies; Pepperidge Farms - 138
Pecans, chopped - 184
Penne, dry; Aprotin - 91
Pepper Stir Fry; Bird's Eye - 65
Pepper - 166
Peppermint Stick Ice Cream; Chapman's - 181
Peppermint, fresh - 166
Pepperoni Pizza with Italian Style Pastry Crust, frozen; Tony's - 168
Pepperoni Pizza; Tombstone - 168
Pepperoni Pizzarias Chips; Wabash - 127
Peppers - 60-61
Perfect Potatoes Mix, Shake'N Bake, dry; Kraft - 106
Periflex, pineapple orange, dry; SHS - 42, 42
Periflex, unflavored, dry; SHS - 42, 42
Persimmon, fresh, medium, peeled, no seeds - 53
Pesto - 104
Pet Ritz Deep Dish Pie Crust; Pillsbury - 150
Phenix-1, dry; Ross Products - 41, 41
Phenix-2, unflavored, dry; Ross Products - 41, 41
Phenix-2, vanilla flavored, dry; Ross Products - 41, 41



- Phenylade Amino Acid Bar; Applied Nutrition - 41
Phenylade Amino Acid Blend, dry; Applied Nutrition - 41
Phenylade Drink Mix, Orange Crème, dry; Applied Nutrition - 41, 41
Phenylade Drink Mix, Strawberry, dry; Applied Nutrition - 41, 41
Phenylade Drink Mix, Vanilla, dry; Applied Nutrition - 41, 41
Phenylade MTE Amino Acid Blend, dry; Applied Nutrition - 41
Phenyl-Free 1, dry; Mead Johnson - 41, 41
Phenyl-Free 2, dry; Mead Johnson - 41, 41
Phenyl-Free 2HP, dry; Mead Johnson - 41, 41
Philadelphia Cream Cheese, Soft; Kraft - 178
Philadelphia Flavors Cream Cheese; Kraft - 178
Philadelphia Whipped Cream Cheese; Kraft - 178
Phlexy 10 Bar; SHS - 42
Phlexy 10 Capsules; SHS - 42
Phlexy 10 Drink Mix, dry; SHS - 42
Phyllo Pastry Shells; Athens - 118
Picante Sauce; Pace - 102
Pickle Chips - 112
Pickle Relish - 112
Pico De Gallo; A Taste of Texas - 101
Pie Crust Mix; Pillsbury - 150
Pie Crust, regular, 9" - 150
Pies & Pastry - 149
Pies, Fillings & Pastry - 149
Pimientos - 31
Pina Colada - 73
Pina Colada or Triple Berry Julius, regular size, 16 oz.; Orange Julius - 174
Pineapple Juice - 69
Pineapple Mango Guava Juice; Chiquita - 31, 69
Pineapple Topping; Smucker's - 39, 159
Pineapple - 53
Pineapple-Orange Juice; Dole - 69
Pineapple-Orange-Banana Juice; Dole - 69
Pinenuts, chopped - 184
Pinto Beans, cooked - 185
Pinwheels Chocolate & Marshmallow Cookies; Nabisco - 136
Pipin' Hot Wheat Loaf; Pillsbury - 116
Pipin' Hot White Loaf; Pillsbury - 116
Pistachio Pudding, dry mix; Jell-O - 147
Pita Bread - 118
Pizza Crust; Pillsbury - 118
Pizza Quick Sauce; Ragu - 102
Pizza Sauce, all flavors; Prego - 102
Pizza Sauce; Boboli - 102, 102
Pizza Sauces - 102
Pizza Shells; Ener-G Foods - 90
Pizza Shells; Dietary Specialties - 90
Pizza Squeeze Sauce; Contadina - 102
Pizza with Cheese Topping; Dietary Specialties - 90
Pizza; Domino's - 172
PKU 1, dry; Mead Johnson - 41, 41
PKU 2, dry; Mead Johnson - 41, 41
PKU 3, dry; Mead Johnson - 41, 41
Plain Mixed Vegetables; Green Giant - 65
Plantain Chips, all flavors; Chiffles - 123
Plantains - 53-54
Plums, Bananas & Rice; Earth's Best - 44
 canned, drained - 54
 fresh, medium - 54
Polyrich, liquid; Polyrich - 96
Pomegranate, seeds only from one medium fruit - 54
Pop Secret Butter Popcorn; Betty Crocker - 129, 129
Pop Secret By Request Popcorn; Betty Crocker - 129
Pop Secret Natural Popcorn; Betty Crocker - 129
Pop Secret Popcorn Bars; Betty Crocker - 128
Pop Tarts Snak Stix, Frosted Berry w/ Graham Crust; Kellogg's - 87
Pop Tarts; Kellogg's - 87
Popcorn - 129
Popcorn Cakes - 128-129
Popped Corn, Butter; Pop Secret - 130
Poppy Seed - 166
Pops; Brach's - 36, 141
Popsicle Fire Cracker Ice Pops, all flavors; Breyers-Good Humor - 37, 157
Popsicle Juice Jets, all flavors; Breyers-Good Humor - 37, 157
Popsicle Scribblers; Breyers-Good Humor - 37, 157
Popsicle Twister, all flavors; Breyers-Good Humor - 37
Popsicle; Breyers-Good Humor - 157
Popsicles, any fruit flavor twin pop; Breyers-Good Humor - 38
Pork Chow Mein, from bi-pack; La Choy - 167
Pork Gravy Mix, dry; McCormick - 106
Pork or Ham, all types, cooked - 182
Pork Stuffing Mix, prepared; Stove Top - 118
Porridge Cereal, dry; Dietary Specialties - 91
Porridge, dry; Cambrooke Foods - 91
Portable Gel Snacks, Watermelon & Green Apple flavors; Jolly Rancher - 37, 148
Portobello Mushroom Sauce; Classico - 102
Post Toasties Cereal; Post - 82
Potato & Green Bean Dinner; Earth's Best - 49
Potato Cakes, 3 oz.; Arby's - 168
Potato Chips; Eagle - 123
Potato Chips; Ener-G Foods - 31, 90
Potato Chips, Kettle-Style - 127
Potato Chips, Plain or Barbeque - 127
Potato Chips; Pringles - 126
Potato Leek Soup; Au Bon Pain - 169
Potato Leek Soup; Imagine Foods - 80
Potato Melt; Tudor's Biscuit World - 176
Potato Mix; Ener-G Foods - 89, 164



Potato Pancake, Latke Style; Old Fashioned Kitchen - 168
Potato Puffs; Trader Joe's - 127
Potato Salad, 4.4 oz.; Kentucky Fried Chicken - 173
Potato Skins Snack Chips; TGI Fridays - 127
Potato Starch Flour; Ener-G Foods - 89, 164
Potato Starch; Manischewitz - 89, 164
Potato Sticks; Trader Joe's - 127
Potato Stix; Allen's - 123
Potato Veggie Sticks; Calbee America - 123
Potato Wedges; Kentucky Fried Chicken - 173
Potato, Baked, plain; Arby's - 168
Plain; Carl's Jr. - 171
Potatoes - 61-63
Poultry Seasoning - 166
Pound Cake; Sara Lee - 153
Premium Saltine Crackers, plain; Nabisco - 122
Prepared Pie Fillings - 149
Prepared Salad Dressings - 34, 109
Pretzel Rods, 7 1/2" long x 1/2" dia. - 127
Pretzel Sticks, 2 1/2" long - 127
Pretzel Twists, 3 1/4" x 2 1/4" - 127
Pretzels - 127
Pretzels; Ener-G Foods - 90
Pretzels; Uncle Henry's - 90
Pre-whipped Coolwhip, Creamy; Coolwhip - 96
Coolwhip - 95
Prickly Pear, fresh - 54
Pringles Ridges; Procter & Gamble - 126
Product I9 Cereal; Kellogg's - 83
Products - 89
Prono, prepared, all flavors; Dietary Specialties - 94
Prono, prepared, all flavors; Dietary Specialties - 36
Prosobee; Mead Johnson - 179
Provolone Cheese - 177
Prune Juice - 69

Prunes - 54
Pudding & Pie Filling - 147
Puddings & Gelled Desserts - 36, 146
Puffed Rice Cereal - 82
Puffed Wheat Cereal - 82
Pummelo, fresh, medium - 54
Pumpkin Butter; Trader Joe's - 109
Pumpkin Pie Spice - 166
Pumpkin Pie, Homestyle; Sara Lee - 150
Pumpkin Seeds, whole, roasted - 185
Pumpkin, cooked & mashed or canned - 63
Pure Chocolate Grahams; Nabisco - 136
Purslane - 63

Q

Qrunch'ums, all flavors; Quaker - 126
Quality Dip; Kraft - 107
Quick & Easy Chocolate Cream Pie Filling; Wilderness - 149
Quick & Easy Lemon Pie Filling; Wilderness - 149
Quik; Nestle - 72
Quince, fresh, medium - 54

R

Radicchio, raw, torn pieces - 63
Radishes, raw, whole, medium - 63
Rainbow Chips Deluxe Cookies; Keebler - 133
Rainbow Sherbet; Dreyer's or Edy's - 157
Rainbow Vanilla Wafers Cookies; Keebler - 133
Raisin Bran Cereal, snack pack size; Kellogg's - 84
Raisin Bran Cereal; Kellogg's - 83
Raisin Bran Muffin; Carl's Jr. - 171
Raisin Bread - 116

Raisin Creme Pies; Little Debbie - 152
Raisin Nut Bran Cereal; General Mills - 83
Raisinets; Nestle - 144
Raisins - 54-55
Ranch Salad Dressing with Bacon; Hidden Valley Ranch - 110
Ranch Salad Dressing, Done Right; Kraft - 110
Ranch Salad Dressing; Hidden Valley Ranch - 110, 110
Ranch Salad Dressing; Kraft - 110
Ranch Salad Dressing; Newman's Own - 111
Raspberries - 54
Raspberry & Wine Vinegar Salad Dressing; S & W - 35, 111
Raspberry Fig Bars; Barbara's - 131
Raspberry Filled Cookies; Archway - 131
Raspberry Fruit Tart Cookies; Pepperidge Farms - 138
Raspberry Juice - 69
Raspberry Newtons Cookies, Fat Free; Nabisco - 136
Raspberry Newtons Cookies; Nabisco - 136
Raspberry or Strawberry Banana Julius, reg. size, 16 oz.; Orange Julius - 174
Raspberry Pie Filling; Wilderness - 149
Raspberry Salad Dressing; Girard's - 34, 110
Raspberry Sherbet; Dreyer's or Edy's - 157
Raspberry Turnovers; Pepperidge Farms - 150
Raspberry Vanilla Swirl Ice Cream, Fat Free; Dreyer's or Edy's - 181
Raspberry Vinaigrette Salad Dressing, Done Right; Kraft - 34, 110
Ready Crust Graham Cracker Pie Crust; Keebler - 150, 150
Ready-Made Cakes - 153
Ready-to-Eat Higher Phe Cereals - 82
Ready-to-Serve Canned Soups - 79
Ready-to-Spread Frostings - 37, 153
Real Bacon Pieces; Hormel - 182



- Real French Vinaigrette Salad Dressing; Brianna's - 34, 109
- Real Strawberry Ice Cream; Dreyer's or Edy's - 181
- Really Raspberry Splash, Fat Free Salad Dressing; The Silver Palette - 111
- Fat Free; The Silver Palette - 35
- Recharger Thirst, all flavors; R. W. Knudsen - 71
- Recipe Secrets Beefy Mushroom, dry; Lipton - 76
- Recipe Secrets Beefy Onion, dry; Lipton - 76
- Recipe Secrets Fiesta Herb with Red Pepper, dry; Lipton - 76
- Recipe Secrets Onion, dry; Lipton - 76
- Recipe Secrets Savory Herb with Garlic, dry; Lipton - 77
- Recipe Secrets Vegetable, dry; Lipton - 77
- Red Bell Pepper Pesto Sauce Mix, dry; Knorr - 105
- Red Ruby Cherry Pie Filling; Wilderness - 149
- Red Sweet & Sour Sauce Mix, dry; Yoshida's Classic - 33, 100
- Red Wine Vinaigrette Salad Dressing; Trader Vic's - 35
- Red Wine Vinegar & Oil Salad Dressing; Seven Seas - 35, 111
- Red Wine Vinaigrette Salad Dressing, Done Right; Kraft - 34, 110
- Red Wine Vinaigrette Salad Dressing; Kraft - 34
- ReddiWhip, aerosol can; ReddiWhip - 96
- RedenBudders Popcorn; Orville Redenbacher - 130
- Reduced Fat Chips Ahoy! Real Chocolate Chip Cookies; Nabisco - 136
- Reduced Fat Chocolate Nilla Wafers; Nabisco - 136
- Reduced Fat Club Crackers; Keebler - 121
- Reduced Fat Nilla Wafers; Nabisco - 136
- Reduced Fat Oreo Chocolate Sandwich Cookies; Nabisco - 136
- Reduced Fat Pound Cake; Sara Lee - 153
- Reduced Fat Sesame Toasteds Crackers; Keebler - 121
- Reese's Peanut Butter Cup; Reese - 145
- Reese's Peanut Butter Puffs Cereal; General Mills - 83
- Refrigerated Cookie Dough - 139
- Regular Frosted Donut; Hostess - 154
- Regular Plain Donut; Hostess - 154
- Rennet Tablets - 31
- Restaurant Style Salsa Con Queso; Tostitos - 102
- Rhubarb - 54
- Rib Roast Rice, prepared; Minute Rice - 114
- Rice & Corn Cakes - 128
- Rice & Grains - 114
- Rice & Sauce; Lipton - 114
- Rice Beverage Mix; Better Than Milk - 72
- Rice Bites; American Grain - 128
- Rice Cakes - 128-129
- Rice Cereal, dry; Gerber - 43
- Rice Crunch Crackers; Kame - 126
- Rice Dream Frozen Dessert; Imagine - 156
- Rice Dream; Imagine Foods - 72-73
- Rice Krispie Treats Cookies; Kellogg's - 134
- Rice Krispies Cereal, snack pack size; Kellogg's - 84
- Rice Krispies Cereal; Kellogg's - 82
- Rice Krispies Treats Cereal; Kellogg's - 82
- Rice Krunch 'Ems Cereal; Health Valley - 82
- Rice Low Fat Sour Cream Alternative; Soyco - 108
- Rice Parmesan Cheese; Soyco - 178
- Rice Pilaf, prepared; Rice-A-Roni - 114
- Rice Pilaf; Boston Market - 170
- Rice Sticks; Nature Highlights - 126
- Rice, dry - 90-91
- Rich & Cherry Frosting; Betty Crocker - 153
- Rich & Chocolate Frosting; Betty Crocker - 153
- Rich & Cream Cheese Frosting; Betty Crocker - 153
- Rich & Dulce de Leche Frosting; Betty Crocker - 153
- Rich & Lemon Frosting; Betty Crocker - 153
- Rich & Strawberry Cream Cheese Frosting; Betty Crocker - 153
- Rich & Vanilla Frosting; Betty Crocker - 153
- Rich and Thick Spaghetti Sauce Mix, dry; Lawry's - 106
- Rich Poppy Seed Salad Dressing; Brianna's - 109
- Rich Santa Fe Blend; Brianna's - 109
- Richwhip, aerosol can whipped product; Rich's - 96
- liquid, whipped at home; Rich's - 33, 97
- Richwhip, liquid; Rich's - 33, 96, 164
- Rigatini, dry; Aprotin - 91
- Ritz Bits Sandwiches Graham Cracker S'mores; Nabisco - 136
- Ritz Bits Sandwiches; Nabisco - 122
- Ritz Crackers, plain; Nabisco - 122
- Roasted Garlic & Herb Sauce; Prego - 104
- Roasted Garlic & Onion Sauce; Hunt's - 103
- Roasted Garlic Balsamic Salad Dressing; Sonoma Gourmet - 35, 111
- Roasted Garlic Salad Dressing, No Fat; Paula's - 34, 111
- Roasted Garlic Vinaigrette Salad Dressing; Kraft - 110
- Roasted Onion & Garlic Gravy; Pepperidge Farms - 105
- Roasted Peppers & Onions Sauce; Classico - 102
- Roasted Red Pepper & Garlic Sauce; Prego - 104
- Rocky Road Cookies; Archway - 131
- Rocky Road Ice Cream; Breyers - 180
- Rocky Road Ice Cream; Healthy Choice - 181
- Roka Blue Pasteurized Cheese spread; Kraft - 178
- Rold Gold; Frito-Lay - 127
- Rollerblade Dried Fruit Snacks, all flavors; Betty Crocker - 55
- Rolls, Muffins & Bread Sticks - 117
- Rolo Caramels in Milk Chocolate; Hershey's - 144
- Root Beer Barrels; Brach's - 36, 141
- Rosemary - 166
- Round Top Bread; Roman Meal - 116
- Ruby Red & Tangerine Grapefruit Juice Drink; Ocean Spray - 69
- Ruby Red & Tangerine Juice; Ocean Spray - 69
- Ruby Red Grapefruit Cocktail; Ocean Spray - 69
- Ruby Red Grapefruit Juice, Season's Best; Tropicana - 69



Ruby Red Grapefruit Juice; Ocean Spray - 69
Ruby Red Mango Juice; Ocean Spray - 69
Ruby Red Mango; Ocean Spray - 32
Ruffles French Onion Dip, dry; Frito-Lay - 107
Ruffles Onion Dip; Frito-Lay - 107
Ruffles Ranch Dip, dry; Frito-Lay - 107
Ruffles Ranch Dip; Frito-Lay - 107
Ruffles; Frito-Lay - 125
Rum, 80 proof - 73
Rumbly Grahams; Keebler - 133
Rusks; Aprotin - 89
Russian Salad Dressing; Kraft - 110
Rutabaga, cooked, chopped - 63
Ruth's Golden Oatmeal Cookies; Archway - 131
Rye Bread or Pumpernickel Bread - 116
Rye Crispbread Crackers; Wasa - 123
Rye or Pumpernickel Bread, party size - 116

S

Saffron - 166
Sage, ground - 166
Saifun , dry; Sun Luck - 113
Salad Dressing Mixes - 35, 112
Salad Dressing; Wendy's - 176
dry; Hidden Valley Ranch - 112
mayonnaise, imitation, soybean - 112
Salad Dressing; Girard's - 34, 110
Salad Dressing; Seven Seas - 35, 111
Salad Items; Burger King - 170
Salad-To-Go, Garden, 4.8 oz.; Carl's Jr. - 171
Salmon, cooked - 183
Salsa Con Queso; Taco Bell Home Orig. - 102
Salsa Mix, dry; Lawry's - 106
Salsa; Newman's Own - 101
Salsa; Old El Paso - 101

Salsa; Wendy's - 176
Salt Water Taffy - 36
Salt, Table - 166
Saltine Crackers; Nabisco - 122
Saltines Crackers, Bits; Nabisco - 122
San Francisco Sourdough Stuffing Mix, prepared; Stove Top - 118
Sandwich Bread; Roman Meal - 116
Sandwich Bun, plain; Wendy's - 176
Sandwich Cheese Slices; Whitehall - 93
Sandwich Meats; Oscar Mayer - 183
Sandwich Slices; Fisher - 93
Sandwich Slices; Superbrand - 93
Sandwich Spread; Hellman's - 112
Sandwich Spread; Oscar Mayer - 183
Sandwich-Mate American Cheese Slices; Starflake Foods - 93
Santa Fe Oatmeal Raisin Cookies; Pepperidge Farms - 138
Santitas 100% White Corn Chips; Frito-Lay - 125
Santitas Tortilla Chips; Frito-Lay - 125
Sardines, cooked - 183
Sauce, Sweet & Sour; Wendy's - 176
Sauces & Seasonings - 33
Sauces for Pasta & Rice - 102
Sauces, Gravies & Dips - 99
Kentucky Fried Chicken - 173
McDonald's - 174
Sauerkraut, canned, or fresh cooked - 63
Sausage Biscuit; Arby's - 168
Sausage; Oscar Mayer - 183
Sausalito Milk Chocolate Macadamia Cookies; Pepperidge Farms - 138
Sauteed Onion & Mushroom Sauce; Ragu - 104
Savory Herbs, prepared; Stove Top - 118
Savory Stuffing; Boston Market - 170
Savory, ground - 166

Scooby Doo Cinnamon Marshmallow Cereal; Kellogg's - 82
Scotch Broth Soup; Campbell's - 78
Seafood Cocktail Sauce - 104
Seasoned Turkey Gravy; Pepperidge Farms - 105
Seasoning & Sauce; Kitchen Bouquet - 99
Seasoning Sauces & Seasoning Sprinkles - 99
Seasoning; Med-Diet - 31, 92
Seasonings & Sauces - 92
Seaweed - 63
Seeds - 185
Select Broccoli, Carrots & Cauliflower; Green Giant - 65
Select Cream of Mushroom 98% Fat Free Soup; Campbell's - 79
Select Fiesta Vegetable Soup; Campbell's - 79
Select Oriental Noodles with Vegetable Soup; Campbell's - 80
Select Potato with Roasted Garlic Soup; Campbell's - 79
Select Tomato Garden Soup; Campbell's - 80
Selzer, all brands & flavors - 32, 71
Semi-Sweet Chocolate Chips; Hershey's - 144
Sesame Crackers; Pepperidge Farms - 123
Sesame Seeds, whole, dried - 185
Sesame Street Barnyard Animal Crackers; Keebler - 133
Sesame Street Cookie Monster Cookies, Vanilla Bites; Keebler - 133
Sesame Street Cookie Pals Cookies Frosted Graham; Keebler - 133
Sesame Street Tickle Baked Snack Crackers, Original; Keebler - 121
Seven Grain Bread; Roman Meal - 116
Shake 'N' Cheeze; Cambrooke Foods - 93
Shake, Strawberry, 10.4 oz.; McDonald's - 174
Vanilla or Strawberry, small; Burger King - 170
Vanilla, 10.4 oz.; McDonald's - 174
Shallot, raw, chopped - 63
Shellfish - 183



Shells, dry; Ener-G Foods - 92
Sherbet - 157
Sherbet Smile; Breyers-Good Humor - 157
Shock Tarts - 144
Shoestring Potato Sticks, 1 oz. bag; French's - 123
Shoestring Potato Sticks; French's - 123
Short Grain Rice, dry; Cambrooke Foods - 91
Shortbread Cookies; Pepperidge Farms - 138
Shredded Cheddar Cheese; Schreiber - 93
Shredded Cheddar Cheese; Whitehall - 93
Shredded Wheat Cereal; Post - 83
Shredded Wheat N Bran Cereal; Post - 83
Shrimp in Batter; Booth Fisheries - 184
Shrimp Sticks; Booth Fisheries - 184
Shrimp, Batter Dipped, 0.4 oz.; Long John Silver's - 173
cooked - 183
Side Salad; Burger King - 170
Side Salad; Wendy's - 176
Silk Coffee Whitener, liquid; White Wave - 97
Silkies, regular; Brach's - 144
Similac; Ross Products - 179
Simply Home Country Vegetable Soup; Campbell's - 80
Simply Shortbread Cookies; Keebler - 133
Skittles, all flavors; M & M Mars - 144
Skor Toffee Bar, 1.4 oz.; Hershey's - 145
Sliced White Bread; Cambrooke Foods - 90
Sloppy Joes Seasoning Mix, dry; Lawry's - 106
Slow Roast Chicken Gravy; Franco American - 105
Slow Roast Turkey Gravy; Franco American - 105
Slow Roasted Beef Gravy; Franco American - 105
Slurpees; 7-11 Stores - 32, 71
Slush Puppies; 7-11 Stores - 32, 71
Smacks Cereal, snack pack size; Kellogg's - 84
Smacks Cereal; Kellogg's - 83
Small Salad, plain; Long John Silver's - 173
Small Shells, dry; Ener-G Foods - 92

Smoky Barbecue Sauce; Cattleman's - 100
Smoky Worcestershire Sauce; French's - 99
Smooth 'N Zesty Picante Sauce; Taco Bell Home Orig. - 102
Smoothies, Fruit Juice & Yogurt; Tropicana - 69
S'Mores Fudge Covered Grahams Cookies; Keebler - 133
S'Mores Hot Cocoa Mix, dry; Carnation - 72
S'Mores Pudding; Swiss Miss - 147
Snack Cakes - 150
Snack Cakes, Chocolate; Little Debbie - 152
Snack Pack Cereals - 84
Snack Pack Sliders, all flavors; Hunt's - 36, 148
Snack Pies - 149
Snack Stacks; Pringles - 126, 126
Snackin' Grahams; Keebler - 121
Snack-Pack Fruits - 56
Snacks - 123
Snackwell's Caramel Delights Cookies; Nabisco - 136
Snackwell's Chocolate Chip Crisps Cookies; Nabisco - 136
Snackwell's Chocolate Crème Sandwich Cookies; Nabisco - 136
Snackwell's Chocolate Crisps Cookies; Nabisco - 136
Snackwell's Cracked Pepper Crackers; Nabisco - 122
Snackwell's Devil's Food Cookie Cakes; Nabisco - 136
Snackwell's Double Chocolate Chip Bite Size Cookies; Nabisco - 136
Snackwell's Fat Free Cinnamon Grahams Snacks; Nabisco - 122
Snackwells Fat Free Cracked Pepper Crackers; Nabisco - 122
Snackwell's Golden Devil's Food Cookie Cakes; Nabisco - 136
Snackwell's Mint Crème Cookies; Nabisco - 136
Snackwell's Reduced Fat Chocolate Chip Cookies; Nabisco - 136

Snackwell's Reduced Fat Chocolate Chip Sandw. Cookies; Nabisco - 136
Snackwells Reduced Fat Classic Golden Crackers; Nabisco - 122
Snackwell's Reduced Fat Raisin Cookies; Nabisco - 136
Snackwell's Reduced Fat Vanilla Crème Sandw. Cookies; Nabisco - 136
Snackwells Reduced Fat Zesty Cheese Cracker; Nabisco - 122
Snackwell's Vanilla Creme Sandwich Cookies; Nabisco - 136
Snapper, cooked - 184
Snapple, all flavors; Snapple - 69
Snappy Tarts; Brach's - 36, 141
Snickers; M & M Mars - 145
Sno Balls Snack Cakes; Hostess - 151
Sno Caps, 2.3 oz. box; Nestle - 144
Sociables Crackers; Nabisco - 122
Sockarooni Spaghetti Sauce; Newman's Own - 103
Soft and Chewy Chips Deluxe Cookies; Keebler - 133
Soft Batch Chocolate Chip Cookies; Keebler - 133
Soft Batch Chocolate Chunk Cookies; Keebler - 133
Soft Batch Double Chocolate Chip Cookies; Keebler - 133
Soft Batch Oatmeal Cookies; Keebler - 133
Soft Batch Oatmeal Raisin Cookies; Keebler - 133
Soft Bread Sticks; Pillsbury - 117
Soft Fruit 'n Honey Bars; Little Debbie - 139
Soft Molasses Drop Cookies; Archway - 131
Soft Serve; Dole - 155
Soft Taco Tortillas; Old El Paso - 119
Sole, cooked - 184
Somen Noodles - 113
Sorbet - 37-38, 155-157
Sorbet & Cream, all flavors; Haagen Daz - 181
Sorbet Bars, Chocolate; Haagen Daz - 158



- Sorbet Chillers Italian Ice, all fruit flavors; Phillyswirls - 38, 157
- Sorrel, raw, chopped - 63
- Soup Base; Carmel Kosher - 75
- Soup Secrets Giggle Noodle, dry; Lipton - 77
- Soup Secrets Noodle with Real Chicken Broth, dry; Lipton - 77
- Soup Secrets Ring-O-Noodle, dry; Lipton - 77
- Soup Secrets Ruffled Pasta, dry; Lipton - 77
- Soup; Subway - 175
- Souper Stars Chx. Broth & Pasta Stars; Campbell's - 78
- Soups - 75
- Sour Balls; Brach's - 36, 141
- Sour Cream - 178
- Sour Cream and Onion Ranch Salad Dressing; Kraft - 110
- Sour Cream Sprinkles; Molly McButter - 99
- Sour Cream Substitute; IMO - 104
- Sour Cream; Breakstone's - 178
- Sour Punch Candy Straws, all flavors - 36, 141
- Soy Sauce; Kikkoman - 99
- Soy Sauce; La Choy - 99
- Soybean sprouts, raw - 63
- Spaghetti - 91-92, 113
- Spaghetti in Tomato Sauce; Franco American - 167
- Spaghetti Rings, dry; Aglutella - 91
- Spaghetti Sauce Mix, dry; McCormick - 106
- Spaghettios in Tomato Sauce with Cheese; Franco American - 167
- Spanish Rice; Dietary Specialties - 91 prepared; Rice-A-Roni - 114
- Spanish Style Rice, prepared; Farmhouse - 114
- Sparkles; Brach's - 36, 141
- Spearmint Leaves; Brach's - 36, 141
- Spearmint, dried - 166
- Special Dark; Hershey's - 145
- Special K Cereal, snack pack size; Kellogg's - 84
- Special Recipe Butterscotch Sauce; Smucker's - 159
- Special Recipe Caramel Sauce; Smucker's - 159
- Special Recipe Hot Fudge Sauce; Smucker's - 159
- Spiced Cider Mix, dry; Alpine - 72
- Spiced Cider Mix; Alpine - 33
- Spices & Herbs - 165
- Spicettes; Brach's - 36, 141
- Spicy Chicken & Rice Seasoning Mix, dry; A Taste of Thai - 105
- Spicy Red Pepper Sauce; Classico - 102
- Spiderman in Tomato/Cheese Sauce; Chef Boyardee - 167
- Spinach & Potatoes; Earth's Best - 49
- Spinach au Gratin, frozen; The Budget Gourmet - 168
- Spinach - 63
- Spiral Noodles, dry; Aglutella - 91
- Splenda Sweetener; Splenda - 31
- Split Pea Soup with Ham; Campbell's - 78
- Spoon Size Shredded Wheat Cereal; Nabisco - 83
- Sports Drinks - 32, 71
- Spread, tub; Parkay - 34, 108
- Spread; Benecol - 33, 107
- Spreadables Ready To Serve Sandw. Salads, Chx. Salad; Libby's - 168
- Spreads - 34, 108
- Spree Candy Roll - 36, 141
- Spring Oreo Chocolate Sandwich Cookies; Nabisco - 136
- Spring Vegetable with Herbs Soup Mix, dry; Knorr - 76
- Sprinkled Animal Cookies; Keebler - 133
- Spritzer Cookies; Pepperidge Farms - 138
- Spudz Potato Chips; Quaker Oats of Canada - 126
- Squash - 63
- Squeeze 'N Go Portable Pudding; Hunt's - 146
- Squeeze; Parkay - 34, 108
- Squeezit ; Betty Crocker - 70
- Squeezele Sauz, Awesome Cinnamon Apple; Bird's Eye - 31, 56
- Squeezele Sauz, Very Strawberry; Bird's Eye - 31, 56
- Star Crunch Snacks; Little Debbie - 152
- Star Fruit - 54
- Star Wars Episode II Cereal; General Mills - 82
- Starbright Mints, all flavors; Brach's - 36 Wintergreen, Peppermint or Spearmint; Brach's - 141
- Starburst Fruit Chews, all flavors - 36, 144
- Starburst Fruit Twists; Mars - 144
- Start Drink Mixes, all flavors, prepared; Start - 72 all flavors; Start - 32, 33
- Steak Sauce; A-I or Lea & Perrins - 99
- Steamed Vegetables; Boston Market - 170
- Stewart's Diet Drinks with Splenda, all flavors; Stewart's Beverages - 32
- Stewart's Drinks, Diet, all flavors; Stewart's Beverages - 71
- Stir Fry 2, White Rice & Vegetables w/Oriental Soy Sauce; Hanover - 167
- Stir Fry Authentic Oriental Seasoning Mix, dry; SunBird - 107
- Stir Fry Cooking Sauce; Lawry's - 99
- Stir Fry Sauce; Kikkoman - 99
- Stir Fry Style Vegetables; Bird's Eye - 65
- Strawberries 'N Cream Frosting; Duncan Hines - 37, 154
- Strawberries with Cream Ice Cream; Chapman's - 181
- Strawberries - 54
- Strawberry Cream Ice Cream; Tobco Assoc. - 181
- Strawberry Fruit Cookies; Pepperidge Farms - 138
- Strawberry Glaze or Peach Glaze; Solo - 39, 160
- Strawberry Glaze; Concord Foods - 39, 159
- Strawberry Ice Cream; Breyers - 180
- Strawberry Juice - 69
- Strawberry Julius, regular size, 16 oz.; Orange Julius - 174
- Strawberry Newtons Cookies; Nabisco - 136



Strawberry Pie Filling; Wilderness - 149
Strawberry Pie; Hostess - 149
Strawberry Shortcake Bar; Breyers-Good Humor - 179
Strawberry Shortcake Rolls; Little Debbie - 152
Strawberry Syrup; Hershey's - 39, 86, 159
Strawberry Topping; Smucker's - 39, 159
Strawberry Wafer Cookies; Voortman - 138
Strength Venetian Spaghetti Sauce; Newman's Own - 103
Striped Shortbread Cookies; Nabisco - 136
Stroganoff Gravy; Pepperidge Farms - 105
Stuffed Peppers with Beef in Tomato Sauce, frozen entrée; Stouffer's - 168
Stuffing Mixes - 118
Subway - 174
Suckers - 36, 141
Sugar Babies - 144
Sugar Cone, Gluten Free; Barkat's - 158
Sugar Cookie Dough; Pillsbury - 140
Sugar Cookies; Archway - 131
Sugar Cookies; Mother's - 134
Sugar Cookies; Pepperidge Farms - 138
Sugar Daddy - 144
Sugar Ginger; Dynasty - 38, 164
Sugar Wafers Cookies; Keebler - 133
Sugar Wafers; Murray - 134
Sugar, Brown, packed - 164
 Granulated White or Brown - 38
 Maple - 38, 164
Sugar, Powdered - 39, 164
Sugar, White Granulated - 164
Suisse Chocolate Mocha, liquid; International Delight - 96
Summer Vegetable; Earth's Best - 49
Sun Chips; Frito-Lay - 125
Sun Dried Tomato Sauce; Classico - 102
Sun Dried Tomato Vinaigrette Salad Dressing; Kraft - 110

Sunbeam Kisses; Brach's - 36, 141
Sundae Syrups; Smucker's - 159-160
 Strawberry; Smucker's - 39
Sundae, Strawberry, 6 oz.; McDonald's - 174
Sundried Tomato & Herb Pasta Sauce; Healthy Choice - 103
Sunflower Seeds, raw or toasted - 185
Sunny Delight; Procter and Gamble - 32, 69
Sunrise Organic Corn & Wheat Cereal; General Mills - 83
Super Chunky Mushroom Sauce; Ragu - 104
Super Chunky Tomato, Mushroom & Garlic Pasta Sauce; Healthy Choice - 103
Super Chunky Vegetable Primavera Pasta Sauce; Healthy Choice - 103
Super Fruits Gelled Dessert Mix, all flavors; Hain - 36, 148
Super Holes, Tarts and Sour 'N Sweet; Life Saver - 36, 141
Super Size Taco Shells; Old El Paso - 119
Super Soft Pretzels; J & J Snack Foods - 127
Super Vegetable Primavera Sauce; Ragu - 104
Supreme Cream Cheese Frosting; Pillsbury - 37, 154
Supreme Dessert Bar Mix, Sunkist Lemon Bars, prepared; Betty Crocker - 152
Supreme French Vanilla Frosting; Pillsbury - 37, 154
Supreme Funfetti Pink Vanilla Frosting; Pillsbury - 37, 154
Supreme Funfetti Vanilla Frosting; Pillsbury - 37, 154
Supreme Lemon Frosting; Pillsbury - 37, 154
Supreme Milk Chocolate Frosting; Pillsbury - 154
Supreme Strawberry Frosting; Pillsbury - 37, 154
Supreme Vanilla Frosting; Pillsbury - 37, 154
Sure-Jel - 31
Suzy-Q's; Hostess - 151
Sweet & Sour Sauce Mix, dry; SunBird - 33, 107
Sweet Basil Marinara Sauce; Classico - 102
Sweet Biscuits; LoProfin - 94

Sweet Crispers Cinnamon Crispy Baked Snacks; Nabisco - 126
Sweet Crispers Honey Crispy Baked Snacks; Nabisco - 126
Sweet 'N Spicy French Salad Dressing; Wishbone - 35, 111
Sweet Nothings Fat Free Non-Dairy Fudge Bars; Turtle Mountain - 158
Sweet Potato Casserole; Boston Market - 170
Sweet Potato Chips; Tastee - 127
Sweet Potato Pancakes; Old Fashioned Kitchen - 168
Sweet Potatoes - 63
Sweet Potatoes; Earth's Best - 47
Sweet Rewards Snack Bars, Chocolate Chip; Betty Crocker - 138
 Frosted Brownie; Betty Crocker - 131
 Fruit Bar, all flavors; Betty Crocker - 131
Sweet Rolls - 118
Sweet Tarts - 36, 141
Sweet Unsalted Margarine; Fleischmann's - 33, 108
Sweetened Condensed Milk - 178
Sweet'n Sour Sauce; Kraft - 33, 99
Swiss Cake Rolls; Little Debbie - 152
Swiss Cheese - 177
Swiss Cheese Singles; Cambrooke Foods - 93
Swiss Orange Sherbet; Dreyer's or Edy's - 157
Symphony Chocolate Bar; Hershey's - 145
Syrups & Toppings - 39, 86
Syrups, all flavors; DaVinci - 39, 72
Szechuan Vegetables; Green Giant - 65

T

Taco Bell - 176
Taco Chips; Wendy's - 176
Taco Salad Seasoning Mix, dry; Lawry's - 106
Taco Sauce - 101-102



- Taco Seasoning Mix, dry; Old El Paso - 107
Taco Seasoning, dry; McCormick - 106
Mild or Hot, dry; McCormick - 106
Taco Shell; Taco Bell - 176
Lawry's - 118
LaTiara - 118
Taco Shells - 118
Taco Spices & Seasoning Mix, dry; Lawry's - 106
Taffy Sandwich Cookies; Mother's - 134
Tagliatelle - 91
Tang, all flavors, dry; Tang - 33, 72
Tangelo, fresh, sections - 54
Tangerine Juice - 69
Tangerines - 54
Tangy Coconut Ginger Soup Mix, prepared; A Taste of Thai - 76
Tapioca Flour; Ener-G Foods - 31, 89, 164
Tapioca Pudding, Cook-Type, prepared with RichWhip; Jell-O - 37
dry mix; Jell-O - 148
Tapioca Pudding; Swiss Miss - 147
Tapioca, dry granules - 31, 164
Taro Chips - 64
Taro - 64
Tarragon, ground - 166
Tartar Sauce - 104
Taste Toppers French Fried Onion; French's - 123
Tea - 33
Tea Cookies; Dietary Specialties - 94
Tea, black, green or herb, all brands & flavors, hot or iced - 72
herbal, black or green, all brands, all flavors - 33
Team Cheerios Cereal; General Mills - 83
Teddy Grahams Bearwiches Cookies, all flavors; Nabisco - 136
Teddy Grahams Chocolatey Chip Cookies; Nabisco - 136
Tender Harvest; Gerber - 48
Tender Layer Buttermilk Biscuits; Pillsbury - 117
Teriyaki Sauce; French's - 99
Teriyaki Sauce; Kikkoman - 99
Teriyaki Vegetables; Green Giant - 65
Terra Chips; Terra - 127
Thick & Chunky Salsa; Pace - 102
Thick & Spicy Barbeque Sauce, all flavors; Kraft - 100
Thick and Chunky Salsa; Taco Bell Home Orig. - 102
Thick 'n Chunky Picante Salsa; Old El Paso - 101
Thick 'n Chunky Salsa; Old El Paso - 101
Thin & Crispy Turkey Bacon; Butterball - 182
Thin Sliced Tapioca Loaf; Ener-G Foods - 90
Thin Sliced White Rice Loaf; Ener-G Foods - 90
Thirst Quenchers, all flavors; Powerade - 32, 71
Thousand Island Salad Dressing, Done Right; Kraft - 111
Thousand Island Salad Dressing; Kraft - 111
Thousand Island Salad Dressing; Wishbone - 111
Thousand Island with Bacon Salad Dressing; Kraft - 111
Three Musketeers Bar; M & M Mars - 145
Thyme - 166
Tingle Twisters Ice Pops; Popsicle - 38, 158
Tiny Goldfish Crackers; Pepperidge Farms - 123
Tiny Toon Adventures Cereal; Quaker - 82
Tio Peppe's Cinnamon Churros; J & J Snack Foods - 149
Toasted Almond Bar; Breyers-Good Humor - 179
Toasted Onion Salad Dressing, No Fat; Paula's - 34, 111
Toaster Strudel Pastries, all fruit flavors; Pillsbury - 87
Toaster Waffles - 86
Toastettes; Nabisco - 87
Toasting White Bread; Pepperidge Farms - 115
Toffee Sandies Cookies; Keebler - 134
Tofu, cooked - 185
Tofu Crumb Cake Milk-Free Dessert Bars; Tofutti - 158
Tofutti, all flavors; Tofutti - 157
Tomatillo, raw, chopped - 64
Tomato & Basil Sauce; Classico - 102
Tomato & Basil Sauce; Prego - 104
Tomato & Basil Spaghetti Sauce; Hunt's - 103
Tomato & Roasted Garlic Sauce; Newman's Own - 103
Tomato and Garlic Salad Dressing, Done Right; Kraft - 111
Tomato Bisque Soup; Campbell's - 79
Tomato Bisque; Boston Market - 170
Tomato Flavored Sauce, prepared; Dietary Specialties - 33, 92
Tomato Juice - 69
Tomato Juice Cocktail - 69
Tomato Paste - 64
Tomato Sauce - 64
Tomato Soup - 79
Tomato Vegetable Soup, prepared; Lipton - 77
Tomato with Basil Soup Mix, dry; Knorr - 76
Tomato, Onion & Garlic Sauce; Prego - 104
Tomatoes - 64
Tonic Water - 32, 71
Tootsie Roll Dots - 36, 144
Tootsie Roll Pops, Caramel, Chocolate or fruit flavors - 144
Tootsie Rolls, Chocolate - 144
Tortilla Chips; Torengos - 127
Tortilla for Burrito; Old El Paso - 119
Tostada Shell; Lawry's - 118
Tostada Shells; Old El Paso - 119
Tostada, with Red Sauce; Taco Bell - 176
Tostitos Fire Roasted Tomato Salsa; Frito-Lay - 101
Tostitos Picante Sauce; Frito-Lay - 101
Tostitos Restaurant Style Salsa; Frito-Lay - 101
Tostitos Roasted Garlic Salsa; Frito-Lay - 101
Tostitos Santa Fe Gold Chips; Frito-Lay - 125
Tostitos; Frito-Lay - 125
Total Corn Flakes Cereal; General Mills - 82
Total Raisin Bran Cereal; General Mills - 83



Total Whole Grain Cereal; General Mills - 83
Townhouse Crackers; Keebler - 121
Townhouse Crackers; Keebler - 121
Traditional or Mushroom Sauce; Prego - 104
Traditional Pasta Sauce; Healthy Choice - 103
Traditional Pasta Sauce; Healthy Request - 103
Traditional Sauce; Ragu - 104
Traditional Spaghetti Sauce; Hunt's - 103
Triangle Potato Pancakes; Empire - 167
Tri-Color Alphabets, dry; Dietary Specialties - 92
Trio Au Jus Gravy Mix, dry; Nestle - 106
Trio Brown Gravy Mix, dry; Nestle - 107
Trio Country Gravy Mix, dry; Nestle - 107
Trio Southern Gravy Mix, dry; Nestle - 107
Triscuit Thin Crisps Crackers; Nabisco - 122
Triscuits Crackers; Nabisco - 122
Trix Cereal, snack pack size; General Mills - 84
Trix Cereal; General Mills - 82
Tropical Blend Juice; Gerber - 47
Tropical Fruit Bars, Loco Lime; Dreyer's or Edy's - 38, 158
Tropical Fruit Bars; Dreyer's or Edy's - 158
Tropical Fruits Medley Dessert; Gerber - 50
Tropical Harvest Blend Juice; Tropicana - 69
Tropical Punch, 6.75 fl. oz. Box; Minute Maid - 70
Tropical Rainbow Sherbet; Dreyer's or Edy's - 157
Tropical Refreshers Juice, all flavors; Very Fine - 69
Trout, cooked - 184
Tudor's Biscuit World - 176
Tuna Helper, Fettucine Alfredo, no added tun, prepared; Betty Crocker - 167
Tuna - 184
Turbot, cooked - 184
Turkey Gravy Mix, dry; McCormick - 106
Turkey Gravy; Heinz - 105
Turkey Noodle Soup; Campbell's - 79

Turkey Vegetable Soup; Campbell's - 79
Turkey, cooked - 182
Turmeric, ground - 166
Turnip Greens, cooked - 64
Turnips - 64
Turnovers; Arby's - 168
Pepperidge Farms - 87
Turtles; Nestle - 144
Tuscan Pizza Crusts; Cambrooke Foods - 90
Twigs Sesame Cheese Snack; Nabisco - 122
Twinkies, Strawberry Fruit 'N Cream; Hostess - 151
Twinkies; Hostess - 151
Twister, all flavors; Tropicana - 69
Twix, 1.2 oz.; M & M Mars - 146

U

Unimix Baking Mix; Kingsmill - 89, 164
Unimix Bread; Kingsmill - 90
Unsalted Margarine; Saffola - 34, 108

V

V-8 Splash; V-8 - 69
Vanilla Cream Filled Wafers Cookies; Aglutella - 93
Vanilla Cream Wafers; LoProfin - 94
Vanilla Extract - 31
Vanilla Extract & all other extracts - 164
Vanilla Frozen Yogurt; Breyers - 182
Vanilla Ice Cream - 180-181
Vanilla Layer Cake; Sara Lee - 153
Vanilla Milk Chips; Hershey's - 165
Vanilla Pudding, dry mix; Jell-O - 147, 148
Vanilla Pudding, Instant, prepared with Richwhip; Jell-O - 37
Snack Pack; Hunt's - 146

Vanilla Pudding; Jell-O - 147
Vanilla Pudding; Rich's - 147
Vanilla Pudding; Swiss Miss - 147
Vanilla Toffee Caramel, liquid; International Delight - 96
Vanilla Wafer Cookies; Voortman - 138
Vanilla Wafers Cookies; Keebler - 133, 134
Vanilla Wafers Cookies; Mother's - 134
Vanilla, soft-serve Frozen Yogurt; Colombo - 182
Vanilla/Chocolate/Strawberry Frozen Yogurt; Breyers - 182
Vanilla/Chocolate/Strawberry Ice Cream; Breyers - 180
Vari-Flavors, all flavors, dry; Ross Products - 41
Veal, all types, cooked - 182
Veg-All Mixed Vegetables; FreshLike - 65
Vegan Carob Chips; Sunspire - 165
Vegetable Beef Soup, prepared with water; Healthy Request - 79
Vegetable Beef Soup; Healthy Request - 80
Vegetable Blends, California; Small Planet - 65
Chinese; Small Planet - 65
Gardner; Small Planet - 66
Thai Stir Fry; Small Planet - 66
Vegetable Broth & Seasoning Mix, 1/2 pkg. prepared; G. Washington's - 75
Vegetable Broth, ready-to-serve; Imagine Foods - 75
ready-to-serve; Swanson's - 75
Vegetable Broth; Swanson's - 33
Vegetable Classics; Del Monte - 65
Vegetable Pancakes; Old Fashioned Kitchen - 168
Vegetable Shortening - 33, 108
Vegetable Soup Mix, dry; Knorr - 76
Vegetable Soup, condensed; Campbell's - 79
prepared with water; Campbell's - 79
prepared with water; Healthy Request - 79
Vegetable Soup; Campbell's - 80
Vegetable Soup; Healthy Request - 80
Vegetable Thins Snack Crackers; Nabisco - 122
Vegetable with Pasta Soup; Campbell's - 78



Vegetables - 47, 57
Vegetarian Broth, dry powder; Hain - 75
Vegetarian Brown Gravy Mix, dry; Hain - 105
Vegetarian Chicken Flavored Gravy Mix, dry; Hain - 105
Vegetarian Chili with Beans, canned entree; Hormel - 167
Vegetarian Vegetable Bouillion, dry; Knorr - 75
Vegetarian Vegetable Soup; Campbell's - 79
Veggie "Booty"; Roberts American - 127
Veggie Burger; Burger King - 170
Veggie Chips; Good Health - 126
Veggie Chips; Trader Joe's - 127
Veggie Crackers; Gerber - 44
Veggie Delight Sub Sandwich, 6" size; Subway - 175
Veggie Rings; Good Health - 126
Veggie Sticks, Plain or Baked Potato; Good Health - 126
Veggie Sticks; Trader Joe's - 127
Vegoedibles Tomato Basil Potato Tubes; New Attitudes - 126
Velveeta Pasteurized Processed Cheese Spread; Kraft - 178
Velveeta Pasteurized Processed Cheese, Presliced; Kraft - 178
Venetian Spaghetti Sauce with Mushrooms; Newman's Own - 103
Vienna Fingers Cookies, Lemon; Keebler - 134
Vienna Fingers Cookies; Keebler - 134
Villa Cherries; Brach's - 144
Vinegar, all varieties - 31, 165
Viva Herbs & Spices Salad Dressing; Seven Seas - 35
Viva Herbs and Spices Salad Dressing; Seven Seas - 111
Vivant Zesty Vegetable or Cabaret Crackers; Dare Foods - 121
Vodka, 80 proof - 73

W

Waffle Bowls; Keebler - 159
Waffle Cones; Cerrone Cone - 38, 158
Waffle Cones; Keebler - 159
Waffle Crisp Cereal; Post - 82
Waffle Fries, small order; Chick-Fil-A - 171
Waffle Ice Cream Cones; Ener-G Foods - 38, 94
Waffle Sticks with Dippin' Cups; Pillsbury - 86
Waffles; Eggo - 85
Wagon Wheels; Gerber - 44
Wahoos; General Mills - 125
Walnuts, chopped - 184
Waterchestnuts, canned, sliced - 64
Watercress, raw - 64
Watermelon Roll; Friendly's - 158
Watermelon Sherbet; Friendly's - 157, 157
Watermelon - 54
Watermelon; Brach's - 36, 141
Waverly Wafers; Nabisco - 122
Wavy Lay's Potato Chips; Frito-Lay - 125
Wavy Lay's Ranch Flavored Potato Chips; Frito-Lay - 125
Wel-Plan Baking Mix; Wel-Plan - 89, 164
Wendy's - 176
Western Style Guacamole, frozen or refrigerated; Calavo - 107
Whatchamacallit; Hershey's - 146
Wheat Bread; Roman Meal - 116, 116
Wheat Cereal with Bananas, Yogurt & Strawberries, dry; Gerber - 43
Wheat Ch ex Cereal; General Mills - 83
Wheat Crackers; Pepperidge Farms - 123
Wheat Free, Gluten Free Waffles; Waffle Heaven - 86
Wheat Hamburger Buns; Wonder - 116
Wheat Starch Bread; Dietary Specialties - 90

Wheat Starch; Cambrooke Foods - 89, 164
Wheat Starch; dP - 89, 164
Wheat Starch; Ener-G Foods - 89, 164
Wheat Starch; Med-Diet - 89, 164
Wheat Starch; Orgran - 89
Wheat Thins Crackers; Nabisco - 122
Wheatables Crackers; Keebler - 121
Wheatberry Bread; Roman Meal - 116
Wheatstarch Bread, shelf-stable; Dietary Specialties - 90
Wheatsworth Stone Ground Wheat Crackers; Nabisco - 122
Whipped Butter Cream Frosting; Betty Crocker - 153
Whipped Cream Cheese Frosting; Betty Crocker - 153
Whipped French Vanilla Frosting; Betty Crocker - 153
Whipper Snapple; Snapple - 69
Whipping Cream - 178
Whiskey, 80 proof - 73
White Bark; Hostess - 144
White Bread - 115-116
White Cheese Food Slices; Schreiber - 93
White Chocolate Chip Cookie Dough; Pillsbury - 140
White Corn Taco Shells; Old El Paso - 119
White Corn Tortilla Chips; Old El Paso - 126
White Enriched Bread, extra thin sliced; Brownberry - 115
White Grape Juice; Welch's - 69
White Grape; Gerber - 47
White Mocha Drink Mix, dry; Ghirardelli - 72
White Rice - 115
White Sauce Mix, dry; Knorr - 105
Whole Bean Stir Fry, frozen; Bird's Eye - 65
Whole Fruit Fruit Bars, all flavors except Coconut; Dreyer's or Edy's - 158
Lime; Dole - 38, 157
Whole Fruit Fruit Bars; Dreyer's or Edy's - 157-158
Whole Fruit Sorbet, all fruit flavors; Dreyer's or Edy's - 155



Lemon; Dreyer's or Edy's - 38, 155
Whole Kernel Corn; Boston Market - 170
Whole Wheat Bread; Hollywood - 115
Wieners, regular or Beef; Oscar Mayer - 183
Wild Bunch; Popsicle - 38, 158
Wild Cherry Vanilla; Duncan Hines - 37, 154
Wild Mushroom Bisque Soup; Au Bon Pain - 169
Wild Rice, cooked - 115
raw - 115
Wild Strawberry Sherbet, Fat-Free; Kemps - 157
Wine Cooler - 73
Wine - 73-74
Winter Squash; Earth's Best - 47
Won Ton Wrappers; Twin Dragon, Sunluck - 113
Wonder Ball; Nestle - 144
Wonton wrappers , 7" square - 113
Worcestershire Sauce; French's - 99
Worcestershire Sauce; Heinz - 31, 99
Worcestershire Sauce; Kraft - 31, 99
WOW!; Frito-Lay - 125
Writing Icing, all colors; Betty Crocker - 37

X

Xanthan Gum; Ener-G Foods - 31, 95, 165
X-Men Dried Fruit Snacks, all flavors; Betty Crocker - 55
XP Analog, dry; SHS - 42, 42
XP Maxamaid, dry; SHS - 42, 42
XP Maxamum, unflavored or orange, dry; SHS - 42, 42
X-treme Jello Gel Cups; Kraft - 148

Y

Yaki Soba, cooked - 113
dry - 114
Yam - 64
Yankee Doodles; Drake's - 150
Yardlong Bean - 64
Yeast, Active Dry, 1 pkg. - 165
Yellow Curry Sauce; A Taste of Thai - 99
Yogurt - 179
York Peppermint Patty; Hershey's - 144

Z

Zebra Cakes; Little Debbie - 152
Zesta Saltines Crackers; Keebler - 121
Zesta Soup/Oyster Crackers; Keebler - 121
Zesty French Salad Dressing; Brianna's - 34, 109
Zingers; Dolly Madison - 150
Zoo Animals Cookies; Farley's - 131
Zucchini Marinara; Boston Market - 170
Zucchini Pancake; Old Fashioned Kitchen - 168
Zwieback Toast; Gerber - 44
Zwieback Toast; Nabisco - 44

Numbers & Symbols

#1 Bar; Breyers-Good Humor - 179

\$100 Grand Bar; Nestle - 144

1 Tender Harvest, Organic Apples; Gerber - 44

Organic Bananas; Gerber - 44

Organic Carrots; Gerber - 47

Organic Peaches; Gerber - 44

Organic Sweet Peas; Gerber - 47

Organic Sweet Potatoes; Gerber - 47

100% Fruit Snacks, Apple Raspberry; Cool Fruits - 55

100% Whole Wheat Bread; Roman Meal - 116

1869 Brand Buttermilk Biscuits; Pillsbury - 117

1st Foods, Applesauce; Gerber - 44

Bananas; Gerber - 44

Carrots; Gerber - 47

Green Beans; Gerber - 47

Peaches; Gerber - 44

Pears; Gerber - 44

Peas; Gerber - 47

Potatoes; Gerber - 47

Prunes; Gerber - 44

Squash; Gerber - 47

Sweet Potatoes; Gerber - 47

2 Tender Harvest, Apple Mango Kiwi; Gerber - 44

Apple Strawberry; Gerber - 44

Apple Sweet Potato; Gerber - 47

Banana Blueberry; Gerber - 44

Carrots Beef Barley; Gerber - 49

Chicken & Wild Rice; Gerber - 49

Pasta Primavera; Gerber - 49

Pear & Wild Blueberry; Gerber - 44

Pear & Winter Squash; Gerber - 47

Spinach Lasagna; Gerber - 49

Squash Corn Chicken; Gerber - 49

Vegetables Turkey & Barley; Gerber - 49

2nd Foods, Apple Blueberry; Gerber - 45

Apple Strawberry Bananas; Gerber - 45

Apple Strawberry; Gerber - 45

Apples & Cherries; Gerber - 45

Apples & Chicken; Gerber - 49

Applesauce; Gerber - 45

Apricots with Mixed Fruit; Gerber - 45

Banana Apple Dessert; Gerber - 50

Banana Mixed Berries; Gerber - 45

Banana Orange Medley; Gerber - 45

Banana Plum Grape; Gerber - 45

Banana Yogurt; Gerber - 50

Banana; Gerber - 45

Bananas with Apples & Pears; Gerber - 45

Carrots & Sweet Peas; Gerber - 47

Carrots; Gerber - 47

Chicken & Rice; Gerber - 49

Chicken Noodle; Gerber - 49

Creamed Spinach; Gerber - 47

Dutch Apple Dessert; Gerber - 50

Fruit Medley Dessert; Gerber - 50

Garden Vegetables; Gerber - 47

Green Beans; Gerber - 48

Hawaiian Delight; Gerber - 50

Macaroni Cheese; Gerber - 49

Mixed Cereal with Applesauce & Bananas;
Gerber - 43

Mixed Fruit Yogurt; Gerber - 50

Mixed Vegetables; Gerber - 48

Oatmeal & Pears with Cinnamon; Gerber - 43

Oatmeal Cereal with Applesauce & Bananas;
Gerber - 43

Peach Cobbler; Gerber - 50

Peaches; Gerber - 45

Pear Pineapple; Gerber - 45

Pears; Gerber - 45

Peas; Gerber - 48

Plums with Apples; Gerber - 45

Prunes with Apples; Gerber - 45

Rice Cereal with Applesauce; Gerber - 43

Simple Dinner Recipes, Apples & Ham; Gerber
- 49

Simple Dinner Recipes, Broccoli & Chicken;
Gerber - 49

Simple Dinner Recipes, Carrots & Beef; Gerber
- 49

Simple Dinner Recipes, Pears & Chicken;
Gerber - 49

Simple Dinner Recipes, Sweet Pot. & Turkey;
Gerber - 49

Squash; Gerber - 48



Sweet Potatoes & Corn; Gerber - 48

Sweet Potatoes; Gerber - 48

Turkey Rice; Gerber - 49

Vanilla Custard Pudding; Gerber - 50

Vegetable Beef; Gerber - 49

Vegetable Chicken; Gerber - 49

Vegetable Turkey; Gerber - 49

3 Tender Harvest, Apple Pear Raspberry; Gerber - 45

Banana Apple Strawberry; Gerber - 45

Banana Plum Granola; Gerber - 43

Country Vegetables & Brown Rice; Gerber - 49

Vegetables Medley with Pasta; Gerber - 49

3-Layer Cakes, Golden, Vanilla, or Coconut; Pepperidge
Farms - 153

3rd Foods, Apple Banana; Gerber - 50

Applesauce; Gerber - 45

Apricots with Mixed Fruit; Gerber - 45

Banana Pineapple; Gerber - 45

Banana Strawberry; Gerber - 45

Bananas; Gerber - 45

Beef & Egg Noodle; Gerber - 49

Blueberry Buckle; Gerber - 50

Broccoli & Carrots with Cheese; Gerber - 48

Carrots; Gerber - 48

Chicken Noodle; Gerber - 49

Dutch Apple; Gerber - 50

Fruit Medley; Gerber - 50

Fruit Salad; Gerber - 45

Green Beans with Rice; Gerber - 48

Hawaiian Delight; Gerber - 50

Lasagna with Meat Sauce; Gerber - 49

Mixed Cereal with Applesauce & Bananas;
Gerber - 43

Oatmeal Cereal with Apples & Cinnamon;
Gerber - 43

Peach Cobbler; Gerber - 50

Peaches; Gerber - 45

Pears; Gerber - 45

Peas with Rice; Gerber - 48

Plums with Apples; Gerber - 45

Spaghetti in Tomato Sauce with Beef; Gerber -
49

Squash; Gerber - 48

Sweet Potatoes; Gerber - 48

Turkey Rice & Garden Vegetables; Gerber - 49



Vanilla Custard Pudding; Gerber - 50
Vegetable Beef; Gerber - 49
Vegetable Chicken; Gerber - 49
Vegetable Ham; Gerber - 50
Vegetable Stew; Gerber - 50
Vegetable Turkey; Gerber - 50
Vegetables & Pasta; Gerber - 50

7 Under 6 Salads, Veggie Delight; Subway - 174

Index prepared by:
Robert G. Kerr
Father of Caitlin and Alec
Eldersburg, MD