

HIGH
25 MICROGRAMS
OR HIGHER

MEDIUM
10-24 MICROGRAMS

LOW
0-9 MICROGRAMS

WellLife

VITAMIN K FINDER



A

Alive®, Liquid Whole Food Energizer™

Alive®, no iron added, Vcaps® Whole Food Energizer

Alive®, Tablets Whole Food Energizer

Alive®, Ultra Shake™

Alive®, Ultra Shake™, Rice/Pea Ultra-Shake

Apple & Cinnamon

Alive®, Ultra Shake™, Rice/Pea Ultra-Shake Vanilla

Asparagus, canned, drained solids, 4 spears

Asparagus, cooked, boiled, drained, 4 spears

Asparagus, frozen, cooked, boiled, drained, w/o salt, 4 spears

Asparagus, frozen, cooked, boiled, drained, w/o salt, 4 spears

B

Beans, snap, green, canned, regular pack, drained solids

Beet greens, cooked, boiled, drained, w/o salt

Blackberries, raw

Blueberries, frozen, sweetened

Blueberries, raw

Boost® Glucose Control, 8 ounces

Boost® High Protein, 8 ounces

Boost® Plus, 8 ounces

Boost® Regular, 8 ounces

Bread crumbs, dry, grated, seasoned

Broccoli, cooked, boiled, drained, w/o salt

Broccoli, frozen, chopped, cooked, boiled, and drained, w/o salt

Broccoli, raw

Brussels sprouts, cooked, boiled, drained, w/o salt

Brussels sprouts, frozen, cooked, boiled, drained, w/o salt

C

Cabbage, Chinese (bok-choi), cooked, boiled, drained, w/o salt

Cabbage, cooked, boiled, drained, w/o salt

Cabbage, raw

Cabbage, red, raw

Cabbage, Savoy, raw

Carrot juice, canned

Celery, cooked, boiled, drained, w/o salt

Celery, raw

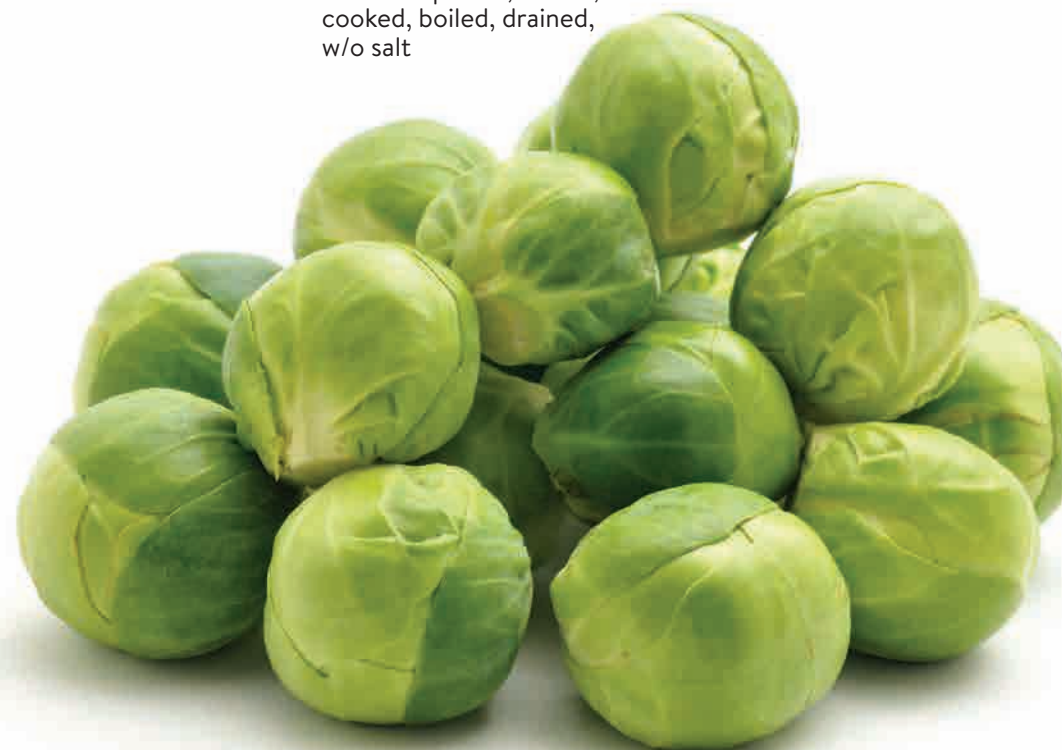
Collards, cooked, boiled, drained, w/o salt

Collards, frozen, chopped, cooked, boiled, drained, w/o salt

Cowpeas (blackeye pea), immature seeds, cooked, boiled, drained, w/o salt

Cowpeas (blackeye pea), immature seeds, frozen, cooked, boiled, drained, w/o salt

Cucumber, with peel, raw



HIGH
VITAMIN K CONTENT FOODS

25 MICROGRAMS OR HIGHER
AVG. SERVING SIZE: 1 CUP

ACELIS CONNECTED HEALTH | 877-262-4669 | www.PTINR.com

D

Dandelion greens, cooked, boiled, drained, w/o salt

E

Endive, raw

Ensure® High Calcium, 8 ounces

F

Fast foods, coleslaw

Fish, tuna, light, canned in oil, drained solids

K

Kale, cooked, boiled, drained, w/o salt

Kale, frozen, cooked, boiled, drained, w/o salt

Kiwifruit, green, raw

L

Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, w/o salt

Lettuce, butterhead (includes boston and bibb types), raw

Lettuce, cos or romaine, raw

Lettuce, green leaf, raw

Lettuce, iceberg (includes crisphead types), raw

M

Mung beans, mature seeds, sprouted, cooked, boiled, drained, w/o salt

Mung beans, mature seeds, sprouted, raw

Mustard greens, cooked, boiled, drained, w/o salt

N

Noodles, egg, spinach, cooked, enriched

O

Okra, cooked, boiled, drained, w/o salt

Okra, frozen, cooked, boiled, drained, w/o salt

Onions, spring or scallions (includes tops and bulb), raw

P

Parsley, raw

Peas, edible-podded, boiled, drained, w/o salt

Peas, edible-podded, frozen, cooked, boiled, drained, w/o salt

Peas, green (includes baby and lesser types), canned, drained solids, unprepared

Peas, green, frozen, cooked, boiled, drained, w/o salt

Pickles, cucumber, dill or kosher dill

Pie crust, cookie-type, from recipe, graham cracker, baked

Pie crust, standard-type, from recipe, baked

Plums, dried (prunes), stewed, w/o added sugar

Plums, dried (prunes), uncooked, 5 prunes

Pumpkin, canned, w/o salt

R

Rhubarb, frozen, cooked, with sugar

S

Sauce, pasta, spaghetti/marinara, ready-to-serve

Sauerkraut, canned, solids and liquids

Soybeans, mature cooked, boiled, w/o salt

Spinach souffle

Spinach, canned, regular pack, drained solids

Spinach, cooked, boiled, drained, w/o salt

Spinach, frozen, chopped or leaf, cooked, boiled, drained, w/o salt

Spinach, raw (1 leaf = 48 mg)

T

Tomato products, canned, paste, w/o salt added

Turnip greens, cooked, boiled, drained, w/o salt

Turnip greens, frozen, cooked, boiled, drained, w/o salt

V

Vegetables, mixed, canned, drained solids

Vegetables, mixed, frozen, cooked, boiled, drained, w/o salt

Viactiv® Calcium Soft Chews, 1 square

Vitamin K2, Menatetrenone (do not take w/warfarin, Coumadin)

Vitamin, Sentivites Multi-Vitamin & Mineral Formula, 1 tablet

Vitamins, Centrum®, 1 tablet

Vitamins, Centrum® Men's, 1 tablet

Vitamins, Centrum® Silver, 1 tablet

Vitamins, One-a-Day® Cholesterol Plus, 1 tablet

Vitamins, One-a-Day® Energy, 1 tablet

Vitamins, One-a-Day® Energy Advantage O2, 1 tablet

Vitamins, One-a-Day® Maximum, 1 tablet

Vitamins, One-a-Day® Men's Formula, 1 tablet

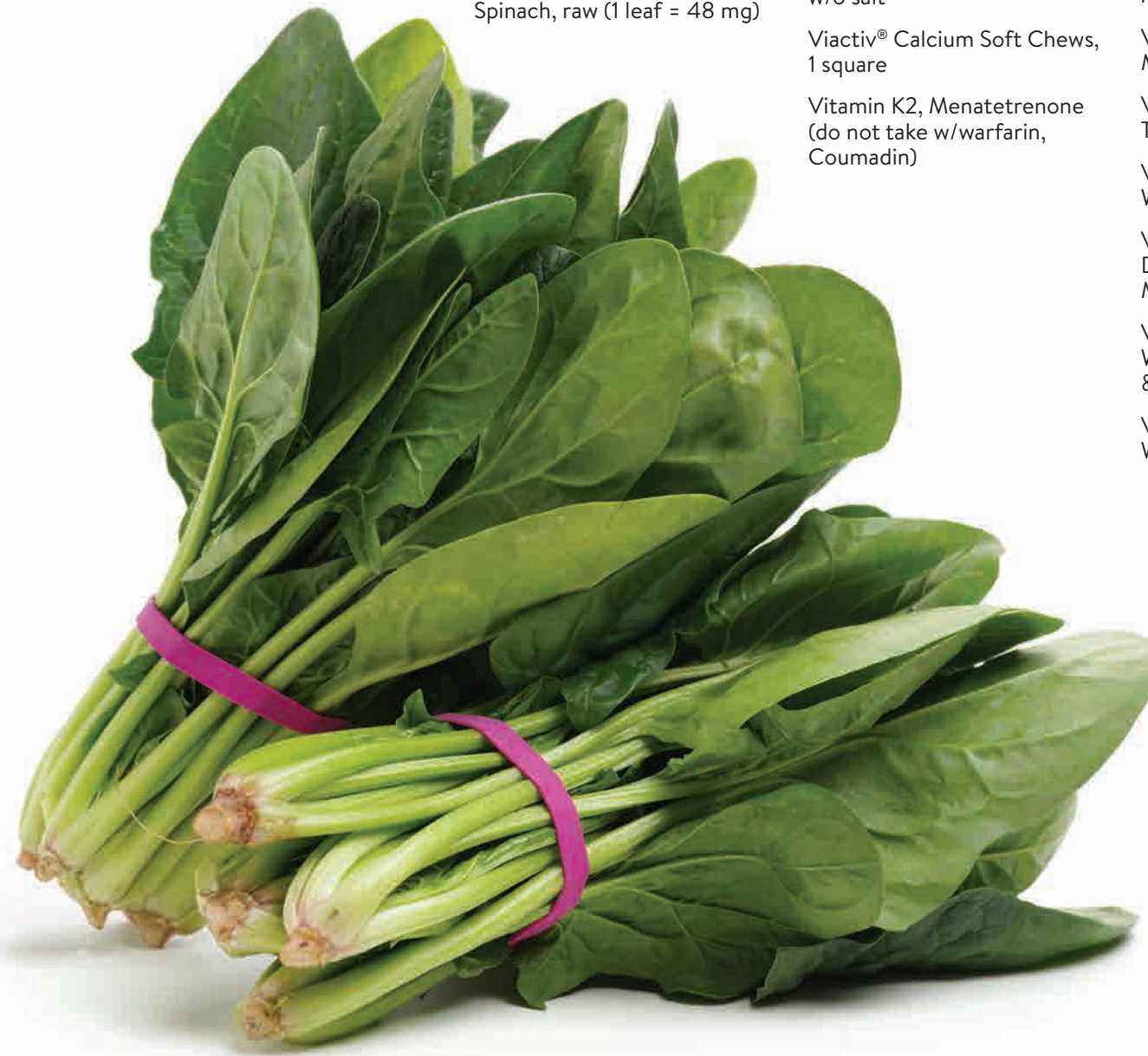
Vitamins, One-a-Day® Teen Advantage, 1 tablet

Vitamins, One-a-Day® Women's, 1 tablet

Vitamins, One-a-Day® Women's Active Metabolism, 1 tablet

Vitamins, One-a-Day® Women's Active Mind & Body, 1 tablet

Vitamins, One-a-Day® Women's O2, 1 tablet



A

Artichokes, (globe or french), cooked, boiled, drained, w/o salt

B

BALANCE, Nutrition Bar, Chocolate Raspberry Fudge

BALANCE, Nutrition Bar, Cookie Dough

BALANCE, Nutrition Bar, Almond Brownie

BALANCE, Nutrition Bar, CarbWell, Caramel and Chocolate

BALANCE, Nutrition Bar, CarbWell, Chocolate Peanut Butter

BALANCE, Nutrition Bar, Chocolate

BALANCE, Nutrition Bar, GOLD, Caramel Nut Blast

BALANCE, Nutrition Bar, GOLD, Chocolate Mint Cookie Crunch

BALANCE, Nutrition Bar, GOLD, Chocolate Peanut Butter

BALANCE, Nutrition Bar, GOLD, Triple Chocolate Chaos

BALANCE, Nutrition Bar, Honey Bar

BALANCE, Nutrition Bar, Mocha Chip

BALANCE, Nutrition Bar, Peanut Butter

BALANCE, Nutrition Bar, Yogurt Honey Peanut

Beans, kidney, red, mature seeds, cooked, boiled, w/o salt

Beans, snap, green, cooked, boiled, drained, w/o salt

Beans, snap, green, frozen, cooked, boiled, drained w/o salt



Beans, snap, yellow, canned, regular pack, drained solids

Beans, snap, yellow, cooked, boiled, drained, w/o salt

Beans, snap, yellow, frozen, cooked, boiled, drained, w/o salt

Beef stew, canned entree

Boost® Powder Mix

Bread stuffing, bread, dry mix, prepared

C

Candies, white chocolate

Carrots, canned, regular pack, drained solids

Carrots, cooked, boiled, drained, w/o salt

Carrots, frozen, cooked, boiled, drained, w/o salt

Carrots, raw

Cauliflower, cooked, boiled, drained, w/o salt

Cauliflower, frozen, cooked, boiled, drained, w/o salt

Cauliflower, raw

Celery, cooked, boiled, drained, w/o salt, 1 stalk

Clif® Energy Bar, apricot

Clif® Energy Bar, banana nut bread

Clif® Energy Bar, black cherry, almond

Clif® Energy Bar, blueberry crisp

Clif® Energy Bar, carrot cake

Clif® Energy Bar, chocolate almond fudge

Clif® Energy Bar, chocolate brownie

Clif® Energy Bar, chocolate chip

Clif® Energy Bar, chocolate chip peanut crunch

Clif® Energy Bar, cool mint chocolate

Clif® Energy Bar, cranberry apple cherry

Clif® Energy Bar, cranberry orange nut bread

Clif® Energy Bar, crunchy peanut butter

Clif® Energy Bar, iced gingerbread

Clif® Energy Bar, maple nut

Clif® Energy Bar, oatmeal raisin walnut

Clif® Energy Bar, peanut toffee buzz

Clif® Energy Bar, pumpkin pie

Clif® Energy Bar, white chocolate macadamia

Clif® Protein Bar, chocolate

Clif® Protein Bar, chocolate mint

Clif® Protein Bar, cookies 'n cream

Clif® Protein Bar, lemon

Clif® Protein Bar, peanut butter

Clif® Protein Bar, vanilla almond

Cucumber, peeled, raw

Cucumber, with peel, raw

E

Éclairs, custard-filled with chocolate glaze, from recipe

Ensure® High Protein

Ensure® Immune Balance

Ensure® Plus

F

Fast foods, French toast sticks

Fast foods, potato, French fried in vegetable oil

G

Grapes, red or green (European type, such as Thompson seedless), raw

M

Margarine, regular, 80% fat, composite, tub, with salt

Margarine-like, margarine-butter blend, soybean oil and butter

Margarine-like, vegetable oil spread, 60% fat, stick, with salt

Miso

Muffins, blueberry, commercially prepared (Includes mini-muffins)

N

Nuts, pine nuts, dried

P

Pears, Asian, raw

Peppers, sweet, green, cooked, boiled, drained, w/o salt

Pickle relish, sweet

Pie, blueberry, commercially prepared

Pie, pecan, commercially prepared

Pie, pumpkin, commercially prepared

Potatoes, mashed, home-prepared, whole milk and margarine added

R

Raspberries, frozen, red, sweetened



S

Salad dressing, blue or roquefort cheese dressing, commercial, regular

Salad dressing, French dressing, commercial, regular

Salad dressing, home recipe, vinegar and oil

Soup, chunky vegetable, canned, ready-to-serve

Soup, minestrone, canned, reduced sodium, ready-to-serve

Spices, parsley, dried

T

Tomatoes, red, ripe, raw, year round average

V

Vegetable juice cocktail, canned

Vitamins, Centrum® Cardio

Vitamins, One-a-Day® Men's 50+ Advantage

Vitamins, One-a-Day® Men's Health Formula

Vitamins, One-a-Day® Women's 50+ Advantage

A

- Alcoholic beverage, beer, light
- Alcoholic beverage, beer, regular, all
- Alcoholic beverage, daiquiri, from recipe
- Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof
- Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof
- Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof
- Alcoholic beverage, liqueur, coffee, 53 proof
- Alcoholic beverage, piña colada, from recipe
- Alcoholic beverage, wine, dessert, dry
- Alcoholic beverage, wine, dessert, sweet
- Alcoholic beverage, wine, table, red
- Alcoholic beverage, wine, table, white
- Alfalfa seeds, sprouted, raw
- ALL ONE®, Nutrition Powder, Active Seniors
- ALL ONE®, Nutrition Powder, Fruit Antioxidant
- ALL ONE®, Nutrition Powder, Green Phyto Base
- ALL ONE®, Nutrition Powder, Original
- ALL ONE®, Nutrition Powder, Rice Base
- ALL ONE®, Nutrition Powder, Weight Loss Formula
- ALL ONE®, Tablets, For Travel
- Apple juice, canned or bottled, unsweetened, w/o added ascorbic acid
- Apples, dried, sulfured, uncooked
- Apples, raw, with skin
- Apples, raw, w/o skin
- Applesauce, canned, sweetened, w/o salt



- Applesauce, canned, unsweetened, w/o added ascorbic acid
- Apricots, canned, heavy syrup pack, with skin, solids and liquids
- Apricots, canned, juice pack, with skin, solids and liquids
- Apricots, dried, sulfured, uncooked
- Apricots, raw
- Avocados, raw, California

B

- Bagels, cinnamon-raisin
- Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)
- Baking chocolate, unsweetened, squares
- Bamboo shoots, canned, drained solids
- Bananas, raw
- Barley, pearled, cooked
- Barley, pearled, raw
- Beans, baked, canned, plain or vegetarian
- Beans, baked, canned, with franks
- Beans, baked, canned, with pork and sweet sauce
- Beans, baked, canned, with pork and tomato sauce
- Beans, kidney, red, mature seeds, canned
- Beans, navy, mature seeds, cooked, boiled, w/o salt
- Beans, pinto, mature seeds, cooked, boiled, w/o salt
- Beans, white, mature seeds, canned
- Beef Macaroni, frozen entree
- Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

- Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised
- Beef, cured, corned beef, canned
- Beef, cured, dried
- Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled
- Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled
- Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled
- Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised
- Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised
- Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted
- Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted
- Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled
- Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled
- Beef, variety meats and by-products, liver, cooked, pan-fried
- Beets, canned, drained solids
- Beets, cooked, boiled, drained
- Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked
- Bologna, beef and pork
- Braunschweiger (liver sausage), pork

- Bread crumbs, dry, grated, plain
- BREAD**
- Egg
- French or Vienna (includes sourdough)
- Italian
- Multi-Grain (includes whole-grain)
- Multi-Grain, toasted (includes whole-grain)
- Oatmeal
- Oatmeal, toasted
- Pita, white, enriched
- Pita, white, enriched, toasted
- Pumpernickel
- Pumpernickel, toasted
- Raisin, enriched
- Raisin, toasted, enriched
- Reduced-calorie, rye
- Reduced-calorie, wheat
- Reduced-calorie, white
- Rye
- Rye, toasted
- Wheat
- Wheat, toasted
- White, commercially prepared (includes soft bread crumbs)
- White, commercially prepared, toasted
- Whole-wheat, commercially prepared
- Whole-wheat, commercially prepared, toasted
- Buckwheat flour, whole-grout

- Buckwheat groats, roasted, cooked
- Bulgur, cooked
- Bulgur, dry
- Butter, salted
- Butter, w/o salt



C

- Cake, angel food, dry mix, prepared
- Cake, Boston cream pie, commercially prepared
- Cake, fruitcake, commercially prepared
- Cake, pound, commercially prepared, fat-free
- Cake, snack cakes, cr me-filled, chocolate with frosting
- Cake, snack cakes, cr me-filled, sponge
- Cake, sponge, commercially prepared
- Cake, white, from recipe with coconut frosting
- Cake, white, from recipe w/o frosting

CANDIES

- Caramels
- Caramels, chocolate-flavor roll
- Carob, unsweetened
- Fudge, chocolate, from recipe
- Fudge, chocolate, with nuts, from recipe
- Fudge, vanilla with nuts
- Fudge, vanilla, from recipe
- Gumdrops, starch jelly pieces
- Hard
- Jellybeans
- KIT KAT® Wafer Bar
- MARS®, M&M's® Milk Chocolate
- MARS®, M&M's® Peanut Chocolate
- MARS®, MILKY WAY® Bar

- MARS®, SNICKERS® Bar
- MARS®, STARBURST® Fruit Chews
- Marshmallows
- Milk chocolate
- Milk chocolate coated peanuts
- Milk chocolate coated raisins
- Milk chocolate, with almonds
- MR. GOODBAR® Chocolate Bar
- NESTLÉ®, BUTTERFINGER® Bar
- REESE'S® Peanut Butter Cups
- Semisweet chocolate
- Carambola, (starfruit), raw
- Carbonated beverage, club soda
- Carbonated beverage, cola, contains caffeine
- Carbonated beverage, ginger ale
- Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine
- Carbonated beverage, low calorie, other than cola or pepper, w/o caffeine
- Carbonated beverage, root beer
- Carbonated beverage, SPRITE®, lemon-lime, w/o caffeine
- Carob flour
- Carrots, baby, raw
- Carrots, raw
- Catsup
- Cauliflower, cooked, boiled, drained, w/o salt
- Cauliflower, raw
- Celery, raw, 1 stalk

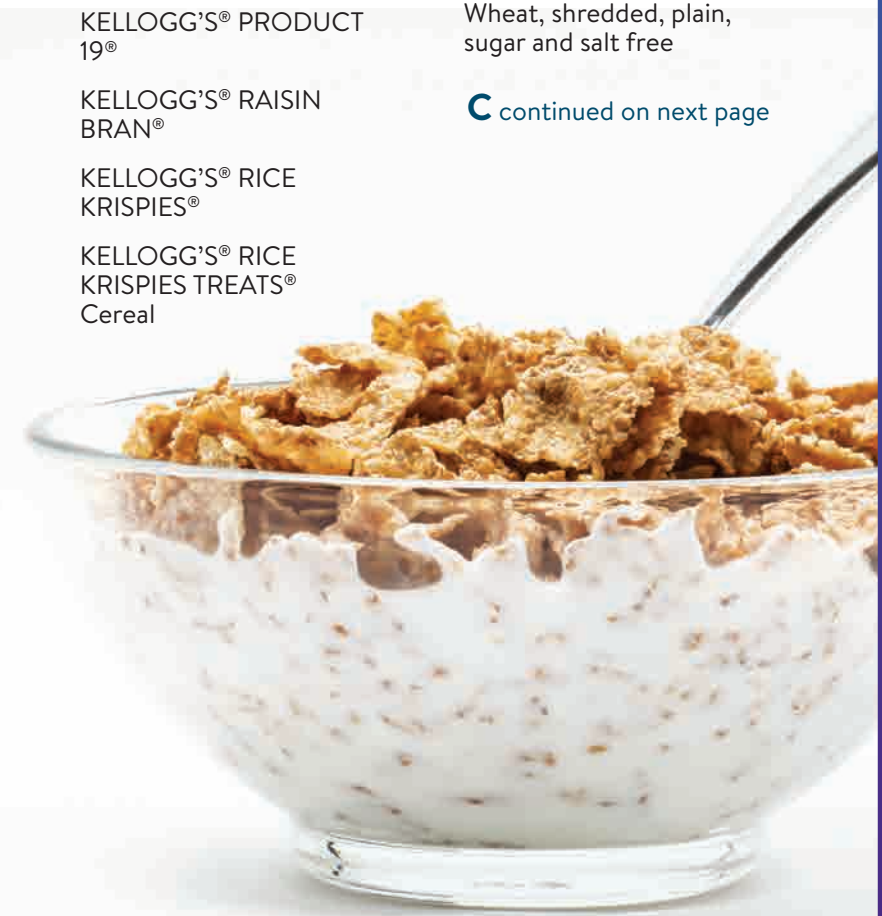
CEREALS READY-TO-EAT

- GENERAL MILLS®, APPLE CINNAMON CHEERIOS®
- GENERAL MILLS®, BASIC 4®
- GENERAL MILLS®, BERRY BERRY KIX®
- GENERAL MILLS®, CHEERIOS®
- GENERAL MILLS®, CINNAMON TOAST CRUNCH®
- GENERAL MILLS®, COCOA PUFFS®
- GENERAL MILLS®, Corn CHEX®
- GENERAL MILLS®, Golden GRAHAMS®
- GENERAL MILLS®, HONEY NUT CHEERIOS®
- GENERAL MILLS®, Honey Nut CHEX®
- GENERAL MILLS®, Honey Nut CLUSTERS®
- GENERAL MILLS®, KIX®
- GENERAL MILLS®, LUCKY CHARMS®
- GENERAL MILLS®, RAISIN NUT BRAN®
- GENERAL MILLS®, REESE'S PUFFS®
- GENERAL MILLS®, Rice CHEX®
- GENERAL MILLS®, TOTAL® Corn Flakes
- GENERAL MILLS®, TOTAL® Raisin Bran
- GENERAL MILLS®, TRIX®
- GENERAL MILLS®, Wheat CHEX®
- GENERAL MILLS®, WHEATIES®
- GENERAL MILLS®, WHEATIES® Raisin Bran

- GENERAL MILLS®, Whole Grain TOTAL®
- KELLOGG'S® ALL-BRAN COMPLETE® Wheat Flakes
- KELLOGG'S® ALL-BRAN® Original
- KELLOGG'S® APPLE JACKS®
- KELLOGG'S® COCOA KRISPIES®
- KELLOGG'S® Corn Flakes®
- KELLOGG'S® CORN POPS®
- KELLOGG'S® CRISPIX®
- KELLOGG'S® FROOT LOOPS®
- KELLOGG'S® FROSTED FLAKES®
- KELLOGG'S® FROSTED MINI-WHEATS®, bite size
- KELLOGG'S® Honey SMACKS®
- KELLOGG'S® PRODUCT 19®
- KELLOGG'S® RAISIN BRAN®
- KELLOGG'S® RICE KRISPIES®
- KELLOGG'S® RICE KRISPIES TREATS® Cereal

- KELLOGG'S® SPECIAL K®
- KELLOGG'S® FROSTED MINI-WHEATS®, original
- QUAKER®, CAP'N CRUNCH®
- QUAKER®, CAP'N CRUNCH® with CRUNCHBERRIES
- QUAKER®, CAP'N CRUNCH'S® PEANUT BUTTER CRUNCH®
- QUAKER®, Low Fat 100% Natural Granola with Raisins
- QUAKER®, 100% Natural Cereal with oats, honey, and raisins
- QUAKER®, QUAKER OAT LIFE®, plain
- QUAKER®, QUAKER® toasted Oatmeal Cereal, Honey Nut
- Wheat germ, toasted, plain
- Wheat, shredded, plain, sugar and salt free

C continued on next page



C continued from last page

CEREALS

Corn grits, white, regular and quick, enriched, cooked with water, w/o salt

Corn grits, yellow, regular and quick, enriched, cooked with water, w/o salt

CREAM OF WHEAT®, regular (10 minute), cooked with water, w/o salt

Farina, enriched, assorted brands including CREAM OF WHEAT®, quick (1-3 minutes), cooked with water, w/o salt

Oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)

Oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), w/o salt

QUAKER®, corn grits, instant, plain, prepared (microwaved or boiling water added), w/o salt

QUAKER®, Instant Oatmeal, apples and cinnamon, prepared with boiling water

QUAKER®, Instant Oatmeal, maple and brown sugar, prepared with boiling water

CHEESE

Blue

Camembert

Cheddar

Cottage, creamed, large or small curd

Cottage, creamed, with fruit

Cottage, lowfat, 1% milkfat

Cottage, lowfat, 2% milkfat

Cottage, nonfat, uncreamed, dry, large or small curd

Cream

Cream, fat free

Feta

Low fat, cheddar or Colby

Mozzarella, part skim milk, low moisture

Mozzarella, whole milk

Muenster

Neufchatel

Parmesan, grated

Pasteurized process, American, w/o disodium phosphate

Pasteurized process, American, with disodium phosphate

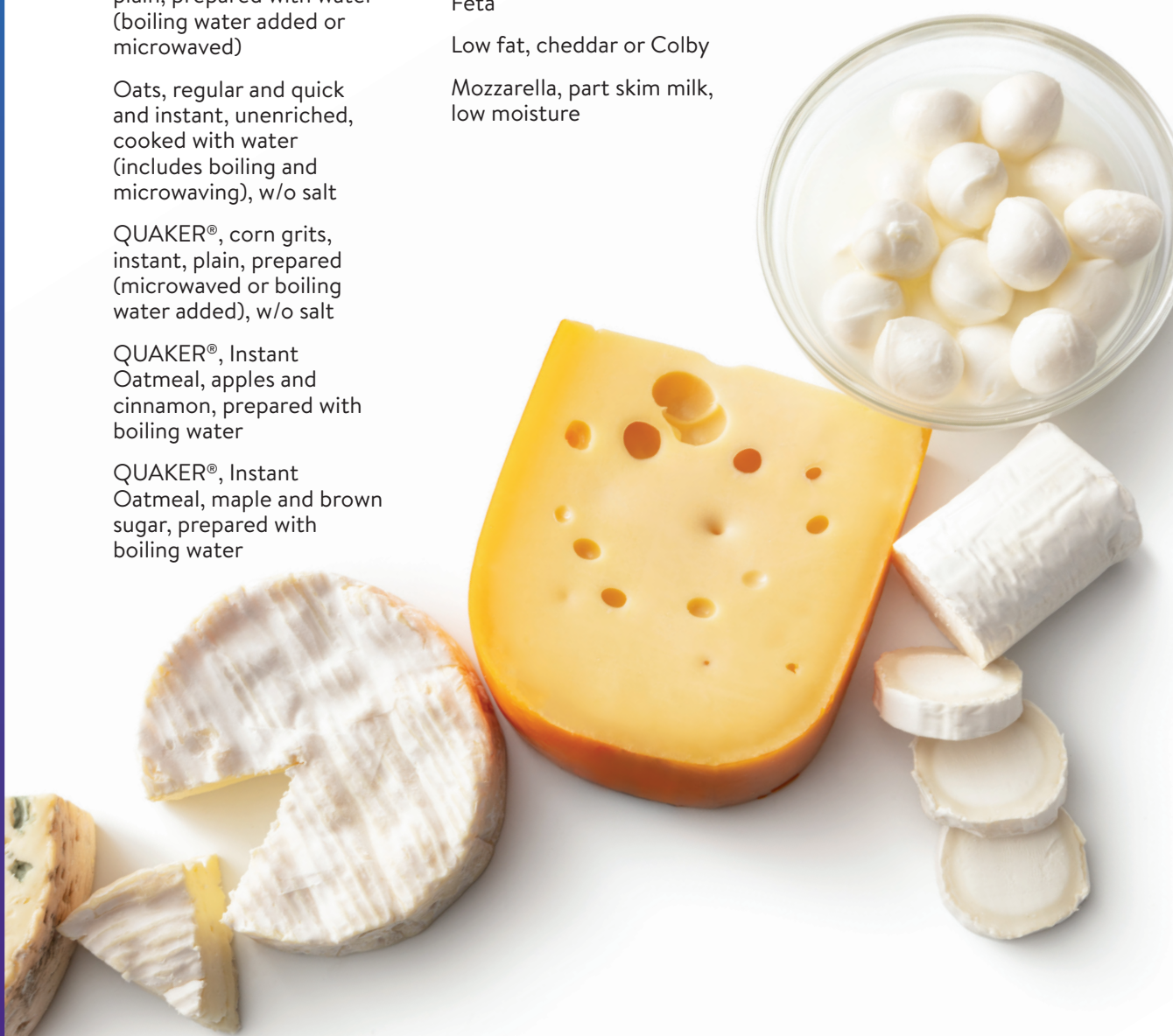
Pasteurized process, Swiss, with disodium phosphate

Provolone

Ricotta, part skim milk

Ricotta, whole milk

Swiss



Cheese sauce, from recipe

Cheese spread, pasteurized process, American, w/o disodium phosphate

Cheesecake commercially prepared

Cherries, sour, red, canned, water pack, solids and liquids

Cherries, sweet, raw

Chicken pot pie, frozen entree, prepared

Chicken roll, light meat

Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter

Chicken, broilers or fryers, breast, meat only, cooked, roasted

Chicken, broilers or fryers, drumstick, meat only, cooked, roasted

Chicken, broilers or fryers, giblets, cooked, simmered

Chicken, broilers or fryers, thigh, meat only, cooked, roasted

Chicken, canned, meat only, with broth

Chicken, liver, all classes, cooked, simmered

Chicken, stewing, meat only, cooked, stewed

Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, w/o salt

Chives, raw

Chocolate syrup

Chocolate-flavor beverage mix for milk, powder, w/o added nutrients

Chocolate-flavor beverage mix, powder, prepared with whole milk

CLIF Nectar™ cherry pomegranate

CLIF Nectar™ cranberry apricot almond



CLIF Nectar™ dark chocolate walnut

CLIF Nectar™ lemon vanilla cashew

Cocoa mix, no sugar added, powder

Cocoa mix, powder

Cocoa mix, powder, prepared with water

Cocoa mix, with aspartame, powder, prepared with water

Cocoa, dry powder, unsweetened

Coffee, brewed from grounds, prepared with tap water

Coffee, brewed, espresso, restaurant-prepared

Coffee, instant, regular, prepared with water

COOKIES

Brownies, commercially prepared

Brownies, dry mix, special dietary, prepared

Butter, commercially prepared, enriched

Chocolate chip, commercially prepared, regular, higher fat, enriched

Chocolate sandwich, with crème filling, regular

Fig bars

Graham crackers, plain or honey (includes cinnamon)

Graham crackers, plain or honey (includes cinnamon)

Molasses

Oatmeal, commercially prepared, fatfree

Oatmeal, commercially prepared, regular

Peanut butter, commercially prepared, regular

Shortbread, commercially prepared, plain

Sugar, commercially prepared, regular (includes vanilla)

Sugar, from recipe, made with margarine

Sugar, refrigerated dough, baked

Vanilla sandwich with cream filling

Vanilla sandwich with cream filling

Vanilla wafers, lower fat

C continued on next page



C continued from last page

- Corn, sweet, white, cooked, boiled, drained, w/o salt
- Corn, sweet, yellow, canned, cream style, regular pack
- Corn, sweet, yellow, canned, vacuum pack, regular pack
- Corn, sweet, yellow, cooked, boiled, drained, w/o salt
- Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, w/o salt
- Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, w/o salt
- Cornmeal, degermed, enriched, yellow
- Cornmeal, whole-grain, yellow
- Cornstarch
- Couscous, cooked
- Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, w/o salt
- Crackers, cheese, regular
- Crackers, cheese, sandwich-type with peanut butter filling
- Crackers, matzo, plain
- Crackers, Melba toast, plain
- Crackers, rye, wafers, plain
- Crackers, saltines (includes oyster, soda, soup)
- Crackers, standard snack-type, regular
- Crackers, standard snack-type, sandwich, with cheese filling
- Crackers, wheat, regular
- Crackers, whole-wheat
- Cranberry juice cocktail, bottled
- Cranberry sauce, canned, sweetened

- Cream substitute, liquid, with hydrogenated vegetable oil and soy protein
- Cream substitute, powdered
- Cream, fluid, half and half
- Cream, fluid, heavy whipping
- Cream, fluid, light (coffee cream or table cream)
- Cream, fluid, light whipping
- Cream, sour, cultured
- Cream, sour, reduced fat, cultured
- Cream, whipped, cream topping, pressurized
- Croissants, butter
- Croutons, seasoned
- Crustaceans, crab, Alaska king, imitation, made from surimi
- Crustaceans, crab, blue, canned
- Crustaceans, crab, blue, cooked, moist heat
- Crustaceans, lobster, northern, cooked, moist heat
- Crustaceans, shrimp, mixed species, canned
- Cucumber, peeled, raw

D

- Danish pastry, cheese
- Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)
- Dates, deglet noor
- Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk
- Dessert topping, pressurized
- Dessert topping, semi solid, frozen
- DiabetEZE® nutrition energy bar
- Doughnuts, cake-type, plain (includes unsugared, old-fashioned)
- Doughnuts, cake-type, plain (includes unsugared, old-fashioned)
- Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)
- Duck, domesticated, meat only, cooked, roasted



E

Egg substitute, liquid
Egg, white, raw, fresh
Egg, whole, cooked, fried
Egg, whole, cooked, hard-boiled
Egg, whole, cooked, poached
Egg, whole, cooked, scrambled
Egg, whole, raw, fresh
Egg, yolk, raw, fresh
Eggnog
Eggplant, cooked, boiled, drained, w/o salt
English muffins, plain, enriched, with ca prop (includes sourdough)
English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)
ENSURE® Powder

F

Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust
Fast Food, biscuit, with egg and sausage
Fast food, cheeseburger; single, regular patty, with condiments
Fast food, chicken, breaded and fried, boneless pieces, plain
Fast food, chili con carne
Fast food, English muffin, with egg, cheese, and Canadian bacon
Fast food, hamburger; single, regular patty; with condiments
Fast food, potato, French fried in vegetable oil
Fast food, potatoes, hashed brown
Fast food, vanilla, light, soft-serve ice cream, with cone
Figs, dried, uncooked
Fish, Cod, Atlantic, canned, solids and liquid
Fish, fish portions and sticks, frozen, preheated

Fish, Flatfish (flounder and sole species), cooked, dry heat
Fish, Flatfish (flounder and sole species), cooked, dry heat
Fish, Herring, Atlantic, pickled
Fish, Pollock, walleye, cooked, dry heat
Fish, Pollock, walleye, cooked, dry heat
Fish, Rockfish, Pacific, mixed species, cooked, dry heat
Fish, Roughy, orange, cooked, dry heat
Fish, Salmon, chinook smoked
Fish, Salmon, pink, canned, solids with bone and liquid
Fish, Salmon, sockeye, cooked, dry heat
Fish, Sardine, Atlantic, canned in oil, drained solids with bone
Fish, Tuna, light, canned in water, drained solids
Fish, Tuna, white, canned in water, drained solids
Frankfurter, beef
Frankfurter, beef and pork
Frankfurter, chicken
Frostings, vanilla, creamy, ready-to-eat

Frozen novelties, fruit and juice bars
Frozen novelties, ice type, pop
Frozen yogurts, vanilla, soft-serve
Fruit butters, apple
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids
Fruit punch drink, with added nutrients, canned
Frybread, made with lard (Navajo)

G

Garlic, raw
Gelatin desserts, dry mix, prepared with water
Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water
Grape drink, canned
Grape juice cocktail, frozen concentrate, diluted with 3 volume water, with added ascorbic acid
Grape juice cocktail, frozen concentrate, undiluted, with added ascorbic acid
Grape juice, canned or bottled, unsweetened, w/o added ascorbic acid
Grapefruit juice, white, canned, sweetened
Grapefruit juice, white, canned, unsweetened
Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water
Grapefruit juice, white,

frozen concentrate, unsweetened, undiluted
Grapefruit juice, white, raw
Grapefruit, raw, pink and red, all areas
Grapefruit, raw, white, all areas
Grapefruit, sections, canned, light syrup pack, solids and liquids
Grapes, red or green (European type, such as Thompson seedless), raw
Gravy, beef, canned, ready-to-serve
Gravy, chicken, canned, ready-to-serve
Gravy, turkey, canned, ready-to-serve

H

Ham, chopped, not canned
Ham, sliced, extra lean
Ham, sliced, regular (approximately 11% fat)
Honey
Horseradish, prepared

I

Ice creams, chocolate
Ice creams, French vanilla, soft-serve
Ice creams, vanilla
Ice creams, vanilla, light
Ice creams, vanilla, rich

J

Jams and preserves
Jellies
Jerusalem-artichokes, raw

K

Kohlrabi, cooked, boiled, drained, w/o salt



L
Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted
Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted
Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled
Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat,
Lard
Leavening agents, baking powder, double-acting, sodium aluminum sulfate
Leavening agents, baking powder, double-acting, straight phosphate
Leavening agents, baking powder, low-sodium
Leavening agents, baking soda
Leavening agents, cream of tartar
Leavening agents, yeast, baker's, active dry
Leavening agents, yeast, baker's, compressed
Lemon juice, canned or bottled
Lemon juice, raw
Lemonade, frozen concentrate, white, prepared with water
Lemonade, low calorie, with aspartame, powder, prepared with water
Lemonade-flavor drink, powder, prepared with water
Lemons, raw, w/o peel
Lentils, mature seeds, cooked, boiled, w/o salt

Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, w/o salt
Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, w/o salt
Lima beans, large, mature seeds, cooked, boiled, w/o salt
Lime juice, canned or bottled, unsweetened
Lime juice, raw
LUNA® Nutrition for Women, Apple Cinnamon
LUNA® Nutrition for Women, Blueberry Bliss
LUNA® Nutrition for Women, Strawberry Crumble
LUNA® Whole Nutrition Bar, Chocolate Raspberry
LUNA® Whole Nutrition Bar, Berry Almond
LUNA® Whole Nutrition Bar, Carmel Nut Brownie
LUNA® Whole Nutrition Bar, Chai Tea
LUNA® Whole Nutrition Bar, Chocolate Peppermint Stick
LUNA® Whole Nutrition Bar, Cookies 'n Cream Delight™
LUNA® Whole Nutrition Bar, Dulce de Leche
LUNA® Whole Nutrition Bar, Iced Oatmeal Raisin
LUNA® Whole Nutrition Bar, LemonZest™

LUNA® Whole Nutrition Bar, Mini-Caramel Nut Brownie
LUNA® Whole Nutrition Bar, Mini-Lemon Zest
LUNA® Whole Nutrition Bar, Mini-Nuts Over Chocolate
LUNA® Whole Nutrition Bar, Mini-Peanut Butter Cookie
LUNA® Whole Nutrition Bar, Mini-S'mores
LUNA® Whole Nutrition Bar, Mini-White Chocolate
M
Macadamia
Macaroni and Cheese, canned entree
Macaroni, cooked, enriched
Malted drink mix, chocolate, with added nutrients, powder
Malted drink mix, chocolate, with added nutrients, powder
Malted drink mix, natural, with added nutrients, powder
Malted drink mix, natural, with added nutrients, powder
Mangos, raw

Margarine-like, vegetable oil spread, 60% fat, stick, with salt
Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt
Melons, cantaloupe, raw
Melons, honeydew, raw
Milk shakes, thick chocolate and vanilla
MILK
Buttermilk, dried
Buttermilk, fluid, cultured, lowfat
Canned, condensed, sweetened
Canned, evaporated, nonfat, with added vitamin A and vitamin D
Canned, evaporated, with added vitamin D and w/o added vitamin A
Chocolate, fluid, commercial, lowfat, with added vitamin A and vitamin D
Chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D
Chocolate, fluid,

commercial, whole, with added vitamin A and vitamin D
Dry, nonfat, instant, with added vitamin A and vitamin D
Lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D
Nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)
Reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D
Whole, 3.25% milkfat, with added vitamin D
Mollusks, clam, mixed species, canned, drained solids
Mollusks, clam, mixed species, raw
Mollusks, oyster, eastern, wild, raw
Muffins, corn, commercially prepared
Muffins, oat bran
Muffins, wheat bran, toaster-type with raisins, toasted
Mushrooms, canned, drained solids
Mushrooms, shiitake, cooked, w/o salt
Mushrooms, shiitake, dried
Mushrooms, white, cooked, boiled, w/o salt
Mushrooms, white, raw
Mustard, prepared, yellow

N
Nectarines, raw
Noodles, Chinese, chow mein
Noodles, egg, cooked, enriched
NUTS
Almonds
Brazil nuts, dried, unblanched
Cashew nuts, dry roasted, with salt added
Cashew nuts, oil roasted, with salt added
Chestnuts, European, roasted
Coconut meat, dried (desiccated), sweetened, shredded
Coconut meat, raw
Hazelnuts or filberts
Macadamia nuts, dry roasted, with salt added
Mixed nuts, dry roasted, with peanuts, with salt added
Mixed nuts, with peanuts, oil roasted, with salt added
Pecans
Pine nuts, dried
Pistachio nuts, dry roasted, with salt added
Walnuts, English



O

- Oat bran, raw
- Oil, canola
- Oil, corn, industrial and retail, all purpose salad or cooking
- Oil, olive, salad or cooking
- Oil, peanut, salad or cooking
- Oil, safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)
- Oil, sesame, salad or cooking
- Oil, soybean, salad or cooking, (partially hydrogenated)
- Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed
- Oil, sunflower, linoleic, (approx. 65%)
- Olives, ripe, canned (small-extra large)
- Onions, cooked, boiled, drained, w/o salt
- Onions, dehydrated flakes
- Onions, raw
- Orange juice, canned, unsweetened
- Orange juice, chilled, includes from concentrate
- Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water
- Orange juice, frozen concentrate, unsweetened, undiluted
- Orange juice, raw
- Oranges, raw, all commercial varieties

P

- Pancakes plain, frozen, ready-to-heat (includes buttermilk)
- Papayas, raw
- Parsnips, cooked, boiled, drained, w/o salt
- Pasta with meatballs in tomato sauce, canned entree
- Peaches, canned, heavy syrup pack, solids and liquids
- Peaches, canned, juice pack, solids and liquids
- Peaches, dried, sulfured, uncooked
- Peaches, frozen, sliced, sweetened
- Peaches, raw
- Peanut butter, chunk style, with salt
- Peanut butter, smooth style, with salt
- Peanuts, all types, dry-roasted, with salt
- Peanuts, all types, oil-roasted, with salt
- Pears, Asian, raw
- Pears, canned, heavy syrup pack, solids and liquids
- Pears, canned, juice pack, solids and liquids
- Pears, raw
- Peas, split, mature seeds, cooked, boiled, w/o salt
- Peppers, hot chili, green, raw
- Peppers, hot chili, red, raw
- Peppers, jalapeno, canned, solids and liquids
- Peppers, sweet, green, raw
- Peppers, sweet, red, cooked, boiled, w/o salt
- Peppers, sweet, red, raw
- Pie crust, standard-type, frozen, ready-to-bake, enriched, baked
- Pie fillings, apple, canned
- Pie, apple, commercially prepared, enriched flour
- Pie, cherry, commercially prepared
- Pie, fried pies, fruit
- Pie, lemon meringue, commercially prepared



- Pimento, canned
- Pineapple and grapefruit juice drink, canned
- Pineapple and orange juice drink, canned
- Pineapple juice, canned, unsweetened, w/o added ascorbic acid
- Pineapple, canned, heavy syrup pack, solids and liquids
- Pineapple, canned, juice pack, solids and liquids
- Pineapple, raw, all varieties
- Pizza, cheese topping, regular crust, frozen, cooked
- Pizza, meat and vegetable topping, regular crust, frozen, cooked
- Plantains, cooked
- Plantains, raw
- Plums, canned, purple, heavy syrup pack, solids and liquids
- Plums, canned, purple, juice pack, solids and liquids
- Plums, raw
- Pork and beef sausage, fresh, cooked
- Pork sausage, fresh, cooked
- Pork, cured, bacon, cooked, broiled, pan-fried or roasted
- Pork, cured, Canadian-style bacon, grilled
- Pork, cured, ham, extra lean and regular, canned, roasted
- Pork, cured, ham, whole, separable lean and fat, roasted

- Pork, cured, ham, whole, separable lean only, roasted
- Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted
- Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted
- Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled
- Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried
- Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled
- Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried
- Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised
- Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised
- Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised
- Pork, fresh, spareribs, separable lean and fat, cooked, braised
- Potato pancakes
- Potato puffs, frozen, oven-heated
- Potato, baked, flesh and skin, w/o salt
- Potatoes, baked, flesh, w/o salt
- Potatoes, baked, skin, w/o salt
- Potatoes, boiled, cooked in skin, flesh, w/o salt
- Potatoes, boiled, cooked w/o skin, flesh, w/o salt
- Potatoes, French fried, all types, salt added in processing, frozen, home-prepared, oven heated
- Potatoes, hashed brown, frozen, plain, prepared
- Potatoes, hashed brown, home-prepared
- Potatoes, mashed, dehydrated, prepared from flakes w/o milk, whole milk and butter added
- Potatoes, mashed, home-prepared, whole milk added
- Poultry food products, ground turkey, cooked
- PowerBar® BITES
- PowerBar® ENDURANCE
- PowerBar® Fruit Smoothie Energy Bar
- PowerBar® GEL BLASTS energy chews
- PowerBar® GEL
- PowerBar® HARVEST LUNA®
- PowerBar® NUT NATURALS
- PowerBar® PERFORMANCE
- PowerBar® PRIA®
- PowerBar® PROTEINPLUS™
- PowerBar® PROTEINPLUS™ (reduced sugar)
- PowerBar® PROTEINPLUS™ 30g
- PowerBar® RECOVERY
- PowerBar® TRIPLE THREAT®
- Prune juice, canned
- Puddings, chocolate, dry mix, regular, prepared with 2% milk
- Puddings, chocolate, ready-to-eat
- Puddings, rice, ready-to-eat
- Puddings, tapioca, ready-to-eat
- Puddings, vanilla, ready-to-eat
- Pumpkin, cooked, boiled, drained, w/o salt

R

Radishes, raw
Raisins, seedless
Raspberries, raw
Refried beans, canned, traditional style (includes USDA commodity)
Rice drink, unsweetened, with added calcium, vitamins A and D
Rice, brown, long-grain, cooked
Rice, white, long-grain, parboiled, enriched, cooked
Rice, white, long-grain, parboiled, enriched, dry
Rice, white, long-grain, precooked or instant, enriched, prepared
Rice, white, long-grain, regular, cooked
Rice, white, long-grain, regular, raw, enriched
Rolls, dinner, plain, commercially prepared (includes brown-and-serve)
Rolls, hamburger or hotdog, plain
Rolls, hard (includes kaiser)
Rutabagas, cooked, boiled, drained, w/o salt

S

Salad dressing, French dressing, reduced fat
Salad dressing, home recipe, cooked
Salad dressing, Italian dressing, commercial, regular
Salad dressing, Italian dressing, reduced fat
Salad dressing, mayonnaise, soybean oil, with salt
Salad dressing, Russian dressing
Salad dressing, Russian dressing, low calorie
Salad dressing, thousand island dressing, reduced fat
Salad dressing, thousand island, commercial, regular
Salami, cooked, beef and pork
Salami, dry or hard, pork, beef
Salt, table
Sandwich spread, pork, beef
Sauce, barbecue
Sauce, hoisin, ready-to-serve
Sauce, homemade, white, medium
Sauce, ready-to-serve, pepper or hot
Sauce, salsa, ready-to-serve
Sauce, teriyaki, ready-to-serve
Sausage, Vienna, canned, chicken, beef, pork
Seaweed, kelp, raw
Seaweed, spirulina, dried
Seeds, pumpkin and squash seed kernels, roasted, with salt added
Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)
Seeds, sesame seed kernels, dried (decorticated)
Seeds, sunflower seed kernels, dry roasted, with salt added
Shake, fast food, chocolate
Shake, fast food, vanilla
Sherbet, orange
Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)

S continued on next page



S continued from last page

SNACKS

- Potato chips, made from dried potatoes, plain
- Beef jerky, chopped and formed
- Corn-based, extruded, chips, plain
- Corn-based, extruded, puffs or twists, cheese-flavor
- Fruit leather, pieces
- Fruit leather, rolls
- Granola bars, soft, uncoated, chocolate chip
- KELLOGG'S®, NUTRI-GRAIN® Cereal Bars, fruit
- Oriental mix, rice-based
- Popcorn, air-popped

- Popcorn, cakes
- Popcorn, caramel-coated, with peanuts
- Popcorn, caramel-coated, w/o peanuts
- Popcorn, oil-popped, microwave, regular flavor
- Pork skins, plain
- Potato chips, made from dried potatoes, reduced fat
- Potato chips, plain, salted
- Potato chips, plain, unsalted
- Potato chips, reduced fat
- Pretzels, hard, plain, salted
- Rice cakes, brown rice, plain
- Tortilla chips, nacho cheese
- Tortilla chips, plain, white corn

SOUPS

- Bean with pork, canned, prepared w/ equal vol. water
- Beef broth or bouillon, powder, dry
- Beef noodle, canned, prepared w/ equal vol. water
- Chicken noodle, canned, prepared w/ equal vol. water
- Chicken noodle, dry, mix, prepared with water
- Chicken with rice, canned, prepared w/ equal vol. water
- Chunky chicken noodle, canned, ready-to serve
- Clam chowder, Manhattan, canned, prepared w/ equal vol. water
- Clam chowder, New England, canned, prepared w/ equal vol. low fat 2% milk
- Cream of mushroom, canned, prepared w/ equal vol. low fat 2% milk
- Cream of mushroom, canned, prepared w/ equal vol. water
- Onion, dry, mix
- Onion, dry, mix, prepared w/ water
- Pea, green, canned, prepared w/ equal vol. water
- Stock, fish, home-prepared
- Tomato, canned, prepared w/ equal vol. low fat 2% milk
- Tomato, canned, prepared w/ equal vol. water, commercial
- Vegetable beef, canned, prepared w/ equal vol. water
- Vegetarian vegetable, canned, prepared w/ equal vol. water



- Sour dressing, non-butterfat, cultured, filled creamtype
- Soy sauce made from soy and wheat (shoyu)
- Soymilk, original and vanilla, unfortified
- Spaghetti with meat sauce, frozen entree
- Spaghetti, cooked, enriched, w/o added salt
- Spaghetti, whole-wheat, cooked
- Spices, celery seed
- Spices, chili powder
- Spices, cinnamon, ground
- Spices, curry powder
- Spices, garlic powder
- Spices, onion powder

- Spices, oregano, dried
- Spices, paprika
- Spices, pepper, black
- Squash, summer, all varieties, cooked, boiled, drained, w/o salt
- Squash, summer, all varieties, raw
- Squash, winter, all varieties, cooked, baked, w/o salt
- Strawberries, frozen, sweetened, sliced
- Strawberries, raw
- Sugars, brown
- Sugars, granulated
- Sugars, powdered

- Sweet potato, canned, syrup pack, drained solids
- Sweet potato, canned, vacuum pack
- Sweet potato, cooked, baked in skin, w/o salt
- Sweet potato, cooked, boiled, w/o skin
- Sweet rolls, cinnamon, commercially prepared with raisins
- Syrups, chocolate, fudge-type
- Syrups, corn, light
- Syrups, maple
- Syrups, table blends, pancake
- Syrups, table blends, pancake, reduced-calorie

T

- Taco shells, baked
- Tangerine juice, canned, sweetened
- Tangerines, (mandarin oranges), canned, light syrup pack
- Tangerines, (mandarin oranges), raw
- Tapioca, pearl, dry
- Tea, brewed, prepared with tap water
- Tea, herb, chamomile, brewed
- Tea, herb, other than chamomile, brewed
- Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared
- Tea, instant, sweetened with sugar, lemonflavored, w/o added ascorbic acid, powder, prepared
- Tea, instant, unsweetened, powder, prepared
- Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)
- Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)
- Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)
- Tomatillos, raw
- Tomato juice, canned, with salt added
- Tomato products, canned, puree, w/o salt added
- Tomato products, canned, sauce
- Tomatoes, red, ripe, canned, packed in tomato juice
- Tomatoes, red, ripe, canned, stewed

U

- Tomatoes, red, ripe, raw, year round average
- Tomatoes, sun-dried
- Tortillas, ready-to-bake or -fry, corn
- Tortillas, ready-to-bake or -fry, flour
- Turkey patties, breaded, battered, fried
- Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted
- Turkey, all classes, dark meat, cooked, roasted
- Turkey, all classes, giblets, cooked, simmered, some giblet fat
- Turkey, all classes, light meat, cooked, roasted
- Turkey, all classes, meat only, cooked, roasted
- Turkey, all classes, neck, meat only, cooked, simmered
- Turnips, cooked, boiled, drained, w/o salt

U

UltraMAX™ Gold, Powder



V

- Vanilla extract
- Veal, leg (top round), separable lean and fat, cooked, braised
- Viactiv® Multi-Vitamin Soft Chews
- Vinegar, cider
- Vitamin, Hair Vitamins & Minerals
- Vitamin, Sentivites Senior Multi-Vitamin Formula

W

- Waffles, plain, frozen, ready-to-heat, toasted
- Water, tap, municipal
- Water chestnuts, Chinese, canned, solids and liquids
- Watermelon, raw
- Wheat flour, white, all-purpose, enriched, bleached
- Wheat flour, white, all-purpose, self-rising, enriched
- Wheat flour, white, bread, enriched
- Wheat flour, white, cake, enriched
- Wheat flour, whole-grain
- Wild rice, cooked

Y

- Yogurt, fruit, low fat, 10 grams protein per 8 ounce
- Yogurt, plain, low fat, 12 grams protein per 8 ounce
- Yogurt, plain, skim milk, 13 grams protein per 8 oz
- Yogurt, plain, whole milk, 8 grams protein per 8 oz





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HIGH
25 MICROGRAMS
OR HIGHER

MEDIUM
10-24 MICROGRAMS

LOW
0-9 MICROGRAMS

WellLife

VITAMIN K FINDER