

**List of Acceptable Foods and Beverages  
List 6: Nuts, Seeds, Trail Mix, and Jerky**

**List 6: Nuts, Seeds, Trail Mix, and Jerky** includes commercial products that meet the CNS snacks category, such as nuts, seeds, nut and seed butters, soy nuts, and bars containing only fruits and nuts.

**Exempt from fat and saturated fat standards:** Nuts, seeds, and nut/seed butters are exempt from the fat and saturated fat standards.

**Exempt from sugars standards:** 100% fruit

																			Better Choice Recommendations			
Manufacturer	Food item description	Package or serving size (ounces)	Weight (grams [g])	General Standard met: 1) Whole Grain-Rich (WGR) Food; 2) Food Groups (FG); or 3) Combination Food (CF)	Calories: ≤200	Fat (g)	% Calories from fat: ≤35%	Saturated fat (g)	% Calories from Saturated fat: <10%	Sodium (mg): ≤200 mg	Fiber (g)	Total sugars (g): ≤15 g	% Sugars by weight: ≤35%	Standard met: No artificial sweeteners, nonnutritive sweeteners, or sugar alcohols	Standard met: No chemically altered fat substitutes	Standard met: No caffeine	Vendors	Product code and notes	Review date	No artificial flavors or colors	No high fructose corn syrup	At least 2.5 grams of fiber
88 Acres Foods, Inc	Maple Sunflower Seed Butter, 1.18 oz pouch	1.12	32	FG	190	16.0	75.8%	1.5	7.1%	10	3	3	9.4%	yes	yes	yes	88 Acres Foods, Inc	UPC 8-57851-00518-6; Case (100 count) UPC 108-57851-00521-3	1/5/24	X	X	X
88 Acres Foods, Inc	Pumpkin Seed Butter, 1.18 oz pouch	1.12	32	FG	190	17.0	80.5%	2.5	11.8%	10	2	3	9.4%	yes	yes	yes	88 Acres Foods, Inc	UPC 8-57851-00521-6; Case (100 count) UPC 108-57851-00518-3	1/5/24	X	X	
Azar	Power Snacks Sunflower Kernels, 1 oz package	1	28	FG	170	15.0	79.4%	1.0	5.3%	140	2	1	3.5%	yes	yes	yes	Thurston Foods, Hartford Provision	Code 7220010; Case (150 count) UPC 100-76500-72200-8	5/17/19	X	X	
Azar	Power Snacks Sunflower Kernels, Honey Roasted, 1 oz package	1	28	FG	170	15.0	79.4%	1.0	5.3%	65	2	3	10.6%	yes	yes	yes	Thurston Foods, Hartford Provision	Code 7220210; Case (150 count) UPC 100-76500-72202-2	8/21/23	X	X	
Link Snacks, Inc.	Jack Links Beef Jerky, Original, 0.85 oz package	0.85	24	FG	70	1.5	19.3%	0.5	6.4%	180	0	5	20.7%	yes	yes	yes	Thurston, Vistar	Item 10000007721; UPC 0-17082-87651-5; Case (48 count) UPC 10000007721	12/22/23	X	X	
Link Snacks, Inc.	Jack Links Beef Jerky, Teriyaki, 0.85 oz package	0.85	24	FG	70	1.5	19.3%	0.5	6.4%	170	0	5	20.7%	yes	yes	yes	Thurston, Vistar	Item 10000007716; UPC 0-17082-87649-2; Case (48 count) UPC 100-17082-87649-9	12/22/23	X	X	NA
National Food Group	Zee Zee's Roasted Sunflower Kernels Honey Roasted, 1.2 oz package	1.2	34	FG	190	15.0	71.1%	2.0	9.5%	65	3	5	14.7%	yes	yes	yes	Ace Endico, National Food Group, Thurston, Gordon Food Service	Code C88090; UPC 8-10358-03265-9; Case (250 count) UPC 208-10358-03265-3	1/18/24	X	X	X
National Food Group	Zee Zee's Roasted Sunflower Kernels Spicy, 1.2 oz package	1.2	34	FG	190	17.0	80.5%	2.5	11.8%	180	4	1	2.9%	yes	yes	yes	Ace Endico, National Food Group, Thurston, Gordon Food Service	Code C89000; UPC 8-10358-03267-3; Case (250 count) UPC 208-10358-03267-7	1/18/24	X	X	X
National Food Group	Zee Zee's Roasted Sunflower Kernels, 1.2 oz package	1.2	34	FG	200	17.0	76.5%	3.0	13.5%	135	4	1	2.9%	yes	yes	yes	Ace Endico, National Food Group, Thurston, Gordon Food Service	Code C87860; UPC 8-10358-03266-6; Case (250 count) UPC 208-10358-03266-0	1/18/24	X	X	X
Second Nature Brands	Kar's Mango Pineapple Trail Mix, Unsalted, 1.5 oz package	1.5	43	FG	200	14.0	63.0%	1.5	6.8%	5	3	12	28.2%	yes	yes	yes	Vistar, Sultana, Thayer	UPC 0-77034-08964-6; Case (72 count) UPC 100-77034-08964-3	1/12/24	X	X	X
Second Nature Brands	Kar's Original Trail Mix, Unsalted, 1.5 oz package	1.5	43	FG	200	12.0	54.0%	1.5	6.8%	25	2	14	32.9%	yes	yes	yes	Vistar, Sultana, Thayer	UPC 0-77034-08963-9; Case (72 count) UPC 100-77034-08963-9	1/18/24	X	X	
Second Nature Brands	Kar's Roasted Salted Almonds, 1 oz package	1	28	FG	170	15.0	79.4%	1.0	5.3%	95	3	1	3.5%	yes	yes	yes	Vistar, Sultana, Thayer	Item 8971; UPC 0-77034-08971-4; Case (100 count) UPC 100-77034-08971-1	1/12/24	X	X	X

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Second Nature Brands	Kar's Roasted Salted Cashews, 1 oz package	1	28	FG	160	13.0	73.1%	2.0	11.3%	85	1	2	7.1%	yes	yes	yes	Vistar, Sultana, Thayer	Item 8980; UPC 0-77034-08980-4; Case (100 count) UPC 100-77034-08980-3	1/12/24	X	X	
Sunbutter	Sunbutter Sunflower Seed Butter, Creamy, Bulk, 1.1 oz (2 Tbsp)	1.1	32	FG	200	17.0	76.5%	3.0	13.5%	120	2	4	12.5%	yes	yes	yes	HPC, Sysco CT, Thurston	Bulk Item. Six 5-lb tubs: code 19010A; case UPC 7-37539-19125-0 ; two 5-lb tubs: code 19212; UPC 7-37539-19212-7; six 28-ounce jars: code SB19055; UPC 007-37539-19212-7. Serving size cannot exceed 2 tablespoons.	10/6/22	X	X	
Sunbutter	Sunbutter Sunflower Seed Butter, Creamy, Bulk, 1.1 oz cup (2 Tbsp)	1.1	31	FG	200	16.0	72.0%	2.0	9.0%	120	4	3	9.6%	yes	yes	yes	HPC, Sysco CT, Thurston	Code 19368; Case (200 count) UPC 007-37539-19368-1	10/6/22	X	X	X
Sunbutter	Sunbutter Sunflower Seed Butter, Creamy, Bulk, 1.1 oz pouch (2 Tbsp)	1.1	31	FG	200	16.0	72.0%	2.0	9.0%	120	4	3	9.6%	yes	yes	yes	HPC, Sysco CT, Thurston	Code 19541; Case (200 count) UPC 007-37539-19541-8	10/6/22	X	X	X
Sunrich Products LLC	Sunrich Snacks Honey Roasted Premium Sunflower Kernels, 1 oz package	1	28	FG	190	15.0	71.1%	1.5	7.1%	65	3	5	17.6%	yes	yes	yes		Code 1252254; UPC 8-50059-91601-8; Case (150 count) UPC 108-50059-91600-8	12/23/24	X	X	X
Sunrich Products LLC	Sunrich Snacks Roasted and Salted Sunflower Kernels, 1 oz package	1	28	FG	170	14.0	74.1%	1.5	7.9%	110	3	1	0.0%	yes	yes	yes		Code 1252553; UPC 8-50059-91600-1; Case (150 count) UPC 108-50059-91600-8	12/23/24	X	X	X
Wowbutter Food	Soy Nut Butter, Creamy, 2 Tbsp serving from bulk 22 pound pail	1.12	32	FG	200	15.0	67.5%	3.0	13.5%	100	2	4	12.6%	yes	yes	yes	Sysco CT, Thurston, US Foods	Code 70770; 22 pound pail UPC 107-73948-70770-2	12/22/23	X	X	
Wowbutter Food	Soy Nut Butter, Crunchy, 2 Tbsp serving from bulk 1.1 pound jar	1.12	32	FG	200	15.0	67.5%	3.0	13.5%	100	2	4	12.6%	yes	yes	yes	Sysco CT, Thurston, US Foods	Code 20101; UPC 7-73948-20101-2; Case (six 11 pound jars) UPC 107-73948-20101-6	12/22/23	X	X	
Wowbutter Food	Wowbutter Soy Nut Butter, Creamy Bulk, 2 Tbsp serving from bulk 4.4 pound jar	1.12	32	FG	200	15.0	67.5%	3.0	13.5%	100	3	3	9.4%	yes	yes	yes	Sysco CT, Thurston, US Foods	Code 10920; UPC 7-73948-40100-9; Case (two 44 lb jars) UPC 107-73948-40100-3	12/22/23	X	X	X
Wowbutter Food	Wowbutter Soy Nut Butter, Creamy, 0.56 oz cup	0.56	16	FG	100	8.0	72.0%	1.5	13.5%	50	1	1	6.3%	yes	yes	yes	Sysco CT, Thurston, US Foods	Code 10915; Case (200 count) UPC 107-73948-10915-5	12/22/23	X	X	
Wowbutter Food	Wowbutter Soy Nut Butter, Creamy, 1.12 oz from bulk 1.1 pound jar	1.12	32	FG	200	15.0	67.5%	3.0	13.5%	100	2	4	12.6%	yes	yes	yes	Sysco CT, Thurston, US Foods	Code 20100; Case (six 11 pound jars) UPC 107-73948-20100-9	12/22/23	X	X	

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Wowbutter Food	Wowbutter Soy Nut Butter, Creamy, 1.12 oz portion cup	1.12	32	FG	200	15.0	67.5%	3.0	13.5%	100	3	3	9.4%	yes	yes	yes	Sysco CT, Thurston, US Foods	Code 10920; Case (100 count) UPC 107-73948-10920-9	12/22/23	X	X	X