

GLUTEN FREE

Gluten is the generic name for certain types of proteins that are found in common cereal grains (such as wheat, barley, rye, spelt, kamut, triticale, and their derivatives). Because it is found in a lot of foods, grocery shopping can seem very difficult if you need to avoid gluten due to celiac disease or an allergy or intolerance. But rest assured, it's not impossible to live gluten-free. To help you choose the right foods—and make shopping easier—we've created a list of gluten-free Publix brand products. But remember: ingredients can change, so always read package labels carefully. For more information, pick up our *Gluten Free* guide, available at your local Publix.

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DAIRY

BUTTER AND MARGARINE

Publix Butter / Margarine / Spreads

- Butter, Salted and Unsalted
- Butter, Whipped, Salted and Unsalted
- Corn Oil Margarine Quarters
- Homestyle Spread – 48% Vegetable Oil
- Homestyle Squeeze Spread – 60% Vegetable Oil
- It Tastes Just Like Butter Spread – 70% Vegetable Oil
- Original Spread Quarters – 70% Vegetable Oil
- Sweet Cream Butter

CHEESE

Publix Natural Cheeses (all forms – block, chunk & shreds)

- Cheddar, Extra Sharp
- Cheddar, Mild
- Cheddar, Medium
- Cheddar, Sharp
- Colby
- Colby Jack

Publix Natural Cheeses (Cont'd)

- Italian 6-Cheese Blend, Shredded
- Mexican 4-Cheese Blend, Shredded
- Monterey Jack
- Monterey Jack with Jalapeño Peppers
- Monterey Jack & Cheddar, Shredded
- Mozzarella
- Muenster
- Provolone
- Ricotta
- Swiss

Publix Processed Cheeses

- Cheese Spread
- Deluxe American Cheese Slices
- Imitation Mozzarella Cheese, Shredded
- Singles – Pasteurized Process American Cheese Food
- Singles – Pasteurized Process American Cheese Food – thick slice
- Singles – Pasteurized Process Swiss Cheese Food

Shopping lists were compiled from products that are available in Publix Super Market stores. These products may not be available in Publix GreenWise Market®, Publix Sabor® or Pix™ stores. Because the products listed were evaluated using manufacturer-provided nutritional information, and product formulations can change at any time, Publix cannot guarantee the accuracy of the nutrition information provided. Customers are encouraged to read the product labels to obtain the most accurate nutrition information. The information provided is intended to be nutrition and dietary guidance only and not medical advice. Publix cannot guarantee the absence of gluten in all products listed under the heading "gluten-free products" because such products may be processed on shared equipment and cross-contamination may occur during processing at the manufacturing facility.

Publix Specialty Cheeses

Asiago Wedge
Blue Crumbled
Creative Classic Queso Blanco
Creative Classic Queso de Freir
Crumbled Feta
Crumbled Goat
Crumbled Reduced Fat Feta
Feta Chunk
Garden Jack Stick
Gorgonzola Crumbled
Garlic and Herb Cheese Spread
Grated Parmesan
Horseradish Jack Stick
Hot Pepper Cheese Spread
Parmesan, Grated
Parmesan Wedge
Reduced Fat Feta Chunk
Reduced Fat Pepper Jack
Salsa Jack Stick
Shredded Parmesan

CREAM AND CREAMERS**Publix Ultra Pasteurized Cream Products (liquids)**

Coffee Creamer
Fat Free Non-Dairy Creamer
Fat Free Half & Half
Half & Half
Heavy Whipping Cream
Whipping Cream

CREAM CHEESE / DIPS**Publix Cream Cheese, all styles, all flavors**

Regular
Regular, soft – all flavors
Fat Free – all styles
Light, Soft – all flavors
Neufchatel

CULTURED PRODUCTS**Publix Cottage Cheese – all styles, all flavors**

Large Curd, 4% milkfat
Small Curd, 4% milkfat
Low Fat

Publix Cottage Cheese (Cont'd)

Low Fat with Pineapple
Fat Free

Publix Sour Cream – all styles

Fat Free
Light
Regular

Publix Sour Cream Dips

French Onion Dip
Green Onion Dip
Guacamole Dip

Publix Yogurts

Black Cherry Creamy Blend
Blueberry Creamy Blend
Creamy Blends
Peach Creamy Blend
Strawberry Creamy Blend
Vanilla Creamy Blend

Publix Active Fat Free Yogurt

Fat Free Light "Active" Peach
Fat Free Light "Active" Strawberry
Fat Free Light "Active" Vanilla

Publix Fat Free Light Yogurts

Apple Pie Light
Banana Crème Pie Light
Blueberry Light
Cappuccino Light
Caramel Crème Light
Cherry Light
Cherry Vanilla Light
Coconut Crème Pie Light
Honey Almond Light
Key Lime Pie Light
Lemon Chiffon Light
Mandarin Orange Light
Peach Light
Piña Colada Light
Raspberry Light
Strawberry/Banana Light
Strawberry Light
Vanilla Light
Wild Berry Crumb Cake Light

Publix Fat Free Plain Yogurt**Publix Fruit on the Bottom Yogurts**

Banana FOB
Black Cherry FOB
Blackberry FOB
Blueberry FOB
Cherry FOB
Guava FOB
Mango FOB
Mixed Berry FOB
Peach FOB
Pineapple FOB
Raspberry FOB
Strawberry FOB
Strawberry/Banana FOB
Tropical Blend FOB

Publix Limited Edition Yogurt

Black Cherry with Chocolate
Egg Nog
Pumpkin Pie
Strawberry with Chocolate

Publix Multi Pack Yogurts

Creamy Blends Black Cherry & Mixed Berry
Creamy Blends Blueberry & Strawberry Banana
Creamy Blends Peach and Strawberry
Kids / Blue Raspberry & Cotton Candy
Kids / Grape Bubblegum & Watermelon
Kids / Strawberry & Blueberry
Kids / Strawberry Banana & Cherry

Publix No Sugar Added Yogurts

Blueberry NSA
Cranberry Raspberry NSA
Peach NSA
Strawberry NSA
Vanilla NSA

Publix Yogurt Smoothies

Fat Free Light Mixed Berry
Fat Free Light Strawberry

DESSERTS

Publix Dessert Toppings

- Whipped Heavy Cream, aerosol can
- Whipped Light Cream, aerosol can
- Whipped Topping, Fat Free, aerosol can

Publix Gelatin

- Sugar Free Black Cherry & Cherry Gelatin
- Sugar Free Raspberry & Orange Gelatin
- Sugar Free Strawberry Gelatin

Publix Pudding

- Chocolate Pudding
- Fat Free Chocolate-Vanilla Swirl Pudding
- Fat Free Chocolate Pudding
- Rice Pudding
- Sugar Free Chocolate-Vanilla Swirl Pudding
- Tapioca Pudding

EGGS

Publix Eggs

Publix Egg Stirs

Publix GreenWise Market Organic Cage-Free Eggs

MILK AND MILK PRODUCTS

Publix Egg Nog

- Original
- Low Fat

Publix Instant Nonfat Dry Milk

Publix Milk

- Chocolate
- Fat Free
- Fat Free Plus
- Low Fat
- Low Fat Chocolate
- Reduced Fat
- Whole

Publix GreenWise Market Organic Milk

- Fat Free
- Reduced Fat
- Whole

Publix GreenWise Market Soy Milk

- Plain
- Chocolate
- Vanilla

FRESH

MEATS

Publix Bacon

- Bacon - all varieties

Publix Beef

- Beef Pot Roast with Home-Style Gravy, Fully Cooked
- Premium Certified Beef

Publix Chicken

- All Natural Fresh

Publix GreenWise Market Beef

- Beef Back Ribs
- Beef Cubed Steak
- Beef for Stew
- Bottom Round
- Bottom Round Steak
- Brisket Flat
- Chuck Eye Steak
- Chuck Roast, Boneless
- Chuck Short Ribs
- Chuck Short Ribs, Boneless
- Chuck Steak, Boneless
- Eye Round
- Eye Round Steak
- Flank Steak
- Flap Meat
- Flat Iron Steak
- Ground Chuck
- Ground Chuck Patties
- Ground Round
- Ground Round Patties
- Ground Chuck for Chili
- Inside Skirt Steak

Publix GreenWise Market Beef (Cont'd)

- Outside Skirt Steak
- Porterhouse Steak
- Rib Eye Roast, Boneless
- Rib Eye Steak, Bone-In
- Rib Eye Steak, Boneless
- Rib Roast
- Round Cubes
- Rump Roast
- Shoulder Roast, Boneless
- Shoulder Steak
- Sirloin Flap Meat
- Sirloin for Kabobs
- Sirloin for Stir Fry
- Sirloin Tip Roast
- Sirloin Tip Side Steak
- Sirloin Tip Steak
- Strip Steak Boneless
- T-Bone Steak
- Tenderloin Roast
- Tenderloin Steak
- Top Blade Roast, Boneless
- Top Blade Steak
- Top Round
- Top Round for Stir Fry
- Top Round London Broil
- Top Round Steak
- Top Round Steak, Thin Sliced
- Top Sirloin Steak, Boneless
- Top Sirloin Filet Steak
- Tri Tip Roast
- Tri Tip Steaks

Publix GreenWise Market Chicken

- Boneless Chicken Breast
- Boneless Chicken Thighs
- Chicken Cutlet
- Chicken Drumettes
- Chicken Drumsticks
- Chicken Fillet
- Chicken Sausage, Herb and Tomato
- Chicken Sausage, Hot Italian
- Chicken Sausage, Mild Italian
- Chicken Tenderloin
- Chicken Thighs

**Publix GreenWise Market
Chicken (Cont'd)**

Chicken Wings
Ground Chicken
Skinless Chicken Drumsticks
Skinless Chicken Thighs
Split Chicken Breast
Whole Chicken

Publix Ham

Hickory Smoked Ham, Semi-Boneless, fully cooked
Honey Cured Boneless Ham – with Brown Sugar Glaze
Honey Cured Bone-In Ham – Brown Sugar Glazed or with Brown Sugar Glaze Mix Packet

Publix Hot Dogs

Beef Hot Dogs
Beef Franks
Meat Hot Dogs
Meat Franks

Publix Pork

All Natural Fresh Pork
Pork Loin in Teriyaki Sauce, Fully Cooked

Publix Sausage

Fresh Bratwurst
Fresh Chorizo
Fresh Italian, Hot
Fresh Italian, Mild
Fresh Turkey Italian, Hot
Fresh Turkey Italian, Mild

Publix Turkey

Fresh Young Turkey, Whole
Fresh Young Turkey Breast
Fully Cooked Smoked Turkey Breast
Fully Cooked Smoked Turkey, Whole
Ground Turkey
Ground Turkey Breast

PRODUCE**Publix From Concentrate Juices**

Orange
Orange with Calcium
Ruby Red Grapefruit Juice

**Publix Not from Concentrate
Juices**

Premium Orange Juice
– Original, Calcium Plus, Old Fashioned, Grove Pure
Premium Ruby Red Grapefruit

Publix Salads

Classic Blend
Cole Slaw Blend
European Blend
Italian Blend
Packaged Blends
Romaine Lettuce Heart
Spinach

**Publix GreenWise Market
Vegetables**

Organic Baby Arugula Salad
Organic Baby Lettuce Salad
Organic Baby Romaine Salad
Organic Baby Spinach Blend
Organic Baby Spinach Salad
Organic Fresh Herb Salad
Organic Mix Baby Greens
Organic Romaine Hearts
Organic Spinach
Organic Carrots
Organic Carrot Chips
Organic Carrot Shreds
Organic Baby Carrots
Organic Juicing Carrots
Organic Snack Carrots
Organic Mushrooms
Organic Portabella Mushrooms
Organic Portabella Mushrooms, Sliced

Publix Frozen Fruits (Cont'd)

Mixed Berries
Mixed Fruit
Peaches, Sliced
Raspberries
Strawberries, Sliced, Sweetened
Strawberries, Whole

ICE CREAM AND NOVELTIES**Publix Ice Cream**

Chocolate
Chocolate Marshmallow Swirl
Chocolate Peanut Butter Swirl
Fudge Royal
Neapolitan
Vanilla
Vanilla Strawberry

Publix Low Fat Ice Cream

Chocolate
Fudge Royal
Neapolitan
Vanilla

Publix Ice Cream Novelties

Banana Pops
Cream Pops
Fudge Bar
Fudge Sundae Cups
Ice Cream Bar
Ice Cream Squares
No Sugar Added Fudge Pops
No Sugar Added Ice Cream Bars
No Sugar Added Ice Pop
Orange, Cherry and Grape
Junior Ice Pops
Red White and Blue Junior Ice Pops
Toffee Bar
Twin Pops
Vanilla Cups

Publix Premium Ice Cream

Banana Split
Bear Claw
Black Jack Cherry
Butter Pecan
Cherry Nut
Chocolate

FROZEN FOODS

FRUITS**Publix Frozen Fruits**

Blackberries
Blueberries
Cherries, Dark Sweet
Cranberries

**Publix Premium Ice Cream
(Cont'd)**

Chocolate Almond
Chocolate Cherish Passion
Chocolate Chip
Coffee
Dulce de Leche
French Vanilla
Heavenly Hash
Mint Chocolate Chip
Neapolitan
Otter Paws
Peanut Butter Goo Goo
Santa's White Christmas
Strawberry
Vanilla

**Publix Premium Homemade
Ice Cream**

Butter Pecan
Chocolate Chip
Double Chocolate Chunk
Strawberry
Vanilla

Publix Premium Light Ice Cream

Butter Pecan
Chocolate
Coffee Almond Fudge
Neapolitan
Strawberry
Vanilla

**Publix Premium Limited Edition
Ice Cream**

Buckeye's & Fudge
Caramel Mountain Tracks
Egg Nog
French Silk Duo
Maple Walnut
Monkey Business
Peppermint Stick
Rum Raisin

**Publix Premium Low Fat
Frozen Yogurts**

Black Cherry
Butter Pecan
Chocolate
Neapolitan

**Publix Premium Low Fat Frozen
Yogurts (Cont'd)**

Peanut Butter Cup
Peach
Strawberry
Vanilla
Vanilla Orange

Publix Sherbet

Cool Lime
Exotic Fruit Medley
No Sugar Added Sunny Orange
Peach Mango Passion
Rainbow Dream
Raspberry Blush
Sunny Orange
Tropic Pineapple
Tropical Swirl

JUICE**Publix Frozen Juice**

Frozen Concentrated Orange

MEATS / POULTRY

Frozen Boneless Skinless
Chicken Breasts
Frozen Boneless Skinless
Chicken Cutlets
Frozen Chicken Breast
Tenderloins
Frozen Chicken Wingettes

POTATOES**Publix Frozen Potatoes**

Crinkle Cut Fries
Golden Fries
Shoestring Fries
Southern Style Hash Browns
Steak Fries
Tater Bites
Tater Puffs

VEGETABLES**Publix Frozen Vegetables**

Broccoli, Chopped
Broccoli, Cuts
Broccoli, Spears
Brussels Sprouts

**Publix Frozen Vegetables
(Cont'd)**

Carrots, Whole Baby
Carrots, Crinkle Cut
Cauliflower
Collard Greens, Chopped
Corn on the Cob
Corn, Cut
Field Peas w/ Snap
Green Beans, Cut
Green Beans, French Cut
Green Peppers, Diced
Lima Beans, Baby
Lima Beans, Fordhook
Okra, Cut
Okra, Whole Baby
Onions, Diced
Peas
Peas, Blackeye
Peas, Butter
Peas, Crowder
Peas, Green
Peas, Petite
Peas, Purple Hull
Rhubarb
Spec. Butter Beans
Spinach, Chopped
Spinach, Cut Leaf
Spinach, Leaf
Squash, Cooked
Squash, Yellow Sliced
Turnip Greens, Chopped
Turnip Greens w/ Diced Turnips

Publix Frozen Vegetable Blends

Alpine Blend
California Blend
Del Oro Blend
Gumbo Mix
Italian Blend
Japanese Blend
Mixed Vegetables
Oriental Blend
Peas and Carrots
Roma Blend
Soup Mix w/Tomatoes
Succotash

GROCERY

BAKERY PRODUCTS

Publix Marshmallows**Publix Morsels**

- Butterscotch
- Semi-Sweet Chocolate
- Milk Chocolate

Publix Plain Yellow Corn Meal**Publix Sugar**

- Granulated
- Light Brown
- Dark Brown
- Powdered, 4X
- Powdered, 10X

BAKING PRODUCTS

- Publix Coconut Flakes

BEVERAGES AND ADDITIVES

**Publix Coffee Creamers –
Powder variety**

- Non-Dairy Creamer
- Non-Dairy French Vanilla flavored Creamer
- Non-Dairy Lite Creamer

**Publix Sodas / Bottled Water /
Beverages**

- Black Cherry Soda
- Cherry Cola
- Citrus Hit Soda
- Club Soda
- Coffee – all varieties
- Cola
- Cream Soda
- Decaffeinated Tea Bags
- Deli Iced Tea, Sweetened
- Deli Iced Tea, Unsweetened
- Deli Old Fashion Lemonade
- Diet Cola
- Diet Ginger Ale
- Diet Tonic Water
- Ginger Ale
- Grape Soda
- Lemon Lime Seltzer
- Lemon Lime Soda

**Publix Sodas / Bottled Water /
Beverages (Cont'd)**

- Orange Soda
- Raspberry Seltzer
- Root Beer
- Spring Water
- Tagless Tea Bags
- Tea Bags – all varieties
- Tonic Water

CANDY

Publix Candies

- Butterscotch Discs
- Double Dipped Chocolate Covered Peanuts
- Lollipops
- Gummi Worms
- Party Time Mix
- Peanut Butter Bars
- Pixy Stick Candy
- Smarties Candy
- Sour Worms
- Spearmint Starlight Mints
- Starlight Mints Candy
- Strawberry Bon Bons
- Super Bubble Bubble Gum

**Publix Chocolate Covered
Peanut Brittle**

CANNED FRUITS

Publix Fruits

- Applesauce - Chunky, Cinnamon, Old Fashioned, or Unsweetened
- Apricot Halves Unpeeled in Heavy Syrup
- Bartlett Pears in Heavy Syrup, Halves and Slices
- Chunky Mixed Fruit in Heavy Syrup
- Fruit Cocktail in Heavy Syrup
- Lite Bartlett Pear Halves in Pear Juice
- Lite Chunky Mixed Fruit in Pear Juice
- Lite Fruit Cocktail in Pear Juice
- Lite Yellow Cling Peaches in Pear Juice, halves and slices
- Mandarin Oranges in Light Syrup

Publix Fruits (Cont'd)

- Mandarin Oranges in Gel
- Maraschino Cherries
- Pineapple (all styles)
- Raisins
- Yellow Cling Peaches in Heavy Syrup, halves and slices
- Whole Cranberry Sauce

Publix GreenWise Market

- Organic Unsweetened Apple Sauce

CANNED VEGETABLES

Publix Vegetables

- Baked Beans
- Beets
- Carrots
- Corn, Whole Kernel
- Golden Sweet
- Corn, Cream Style Golden
- Green Beans
- Green Beans, Veggi-Green
- Green Lima Beans
- Kidney Beans, Dark and Light
- Pork & Beans
- Potatoes, White
- Sweet Peas
- Sweet Peas, Small
- Mixed Vegetables
- Spinach
- Tomatoes, Crushed
- Tomato Paste
- Tomatoes, Peeled Whole
- Tomato Sauce
- Tomatoes, Sliced, Stewed
- Tomatoes, Diced with Roasted Garlic & Onion
- Tomatoes, Diced with Green Chilies

**Publix GreenWise Market
Organic Vegetables**

- Black Beans
- Corn, Whole Kernel
- Crushed Tomatoes
- Diced Tomatoes, Basil, Garlic, and Oregano
- Diced Tomatoes, Regular

**Publix GreenWise Market
Organic Vegetables (Cont'd)**

Garbanzo Beans
Green Beans
Kidney Beans, Dark Red
Pinto Beans
Soy Beans
Sweet Peas
Tomato Paste
Tomato Sauce

CONDIMENTS**Publix BBQ Sauce**

Hickory
Honey
Original

Publix Honey

Clover Honey
Orange Blossom Honey
Wildflower Honey

**Publix GreenWise Market
Organic Honey****Publix Ketchup****Publix GreenWise Market
Organic Ketchup****Publix Marischino Cherries****Publix Mayonnaise****Publix Mustard**

Classic Yellow
Deli Style
Dijon
Honey Mustard
Spicy Brown

**Publix GreenWise Market
Organic Mustard**

Creamy Yellow
Spicy Brown
Tangy Dijon

Publix Olives

Ripe, Colossal, Large, Small
Green Olives, all sizes and styles

Publix Pickles

All varieties

Publix Salsas

All Natural – Hot
All Natural – Medium
All Natural – Mild
Southwestern Black Bean
and Corn
Thick & Chunky – Hot
Thick & Chunky – Medium
Thick & Chunky – Mild

**Publix GreenWise Market
Organic Salsa**

Medium
Mild

Publix Vinegar

Red Wine Vinegar
White Distilled Vinegar

DELI PRODUCTS ***Publix Deli Condiments**

BBQ Sauce
Fresh Ground Peanut Butter

**Publix Deli Pre-pack Sliced
Lunch Meats**

Beef Bologna
Beef Bottom Round Roast
Cooked Ham
Corned Beef
Extra Thin Sliced Honey Ham
Extra Thin Sliced Oven Roasted
Turkey Breast
Extra Thin Sliced Smoked Turkey
Breast
German Bologna
Hard Salami – Reduced Fat
Honey Kut Ham
Low Salt Ham
Olive Loaf
Peppered Beef
Pickle & Pimento Loaf
Smoked Turkey

**Publix Deli Pre-pack Sliced
Lunch Meats (Cont'd)**

Spanish Style Pork
Sweet Ham
Tavern Ham
Turkey Breast
Virginia Brand Ham

**Publix Deli Fully Cooked Turkey,
Whole****Publix Deli Fully Cooked Turkey
Breast****Publix Deli U.S.D.A. Choice
Cooked Beef Bottom Round
Roast****Publix Deli Rotisserie Chicken**

Apple Wood Smoked
Barbecue Flavored with Barbecue
Seasoning
Barbecue Flavored with Barbecue
Seasoning and Sauce
Lemon Pepper Flavored with
Lemon & Herb Seasoning
Original Roasted

Publix Deli Salads

Carrot
Chicken
Chicken Tarragon
Chunky Chicken
Cranberry Orange Relish
Egg
Ham
Marshmallow Delight
Santa Fe Turkey

Publix Potato Salads

German
Greek
Homestyle
New York Style
Southern Style

Publix Deli Side Dishes

Garlic Redskin Smashed Potatoes

* Please note that, while the deli items listed below are gluten-free, Publix cannot guarantee the absence of gluten in the products, as cross-contamination may occur with other gluten-containing items prepared in our Publix Deli department. If you have any questions or concerns, please see your deli associate.

Publix Deli Snacks

Deli Popcorn
Deli Crunchy Cheese Curls
Deli Jumbo Cheese Puffs

Publix Deli Soups

Broccoli and Cheddar
Chicken Tortilla
Potato Cheddar and Bacon
Spring Vegetable

DRY BEANS**Publix Dry Beans**

Baby Lima Beans
Black Beans
Blackeye Peas
Garbanzo Beans
Great Northern Beans
Green Split Peas
Large Lima Beans
Lentils
Light Red Kidney Beans
Navy Beans
Pinto Beans
Small Red Beans

DRY FRUITS**Publix Dry Fruit**

Dinosaurs Fruit
Rescue Heroes Fruit
Sharks Fruit
Snoopy Fruit
Veggie Tales Fruit

JUICES**Publix Juices**

Apple
Cranberry Apple Juice Cocktail
Cranberry Juice Cocktail
Reduced Calorie Cranberry Juice Cocktail
Grape
Grape-Cranberry Juice Cocktail
Pineapple
Raspberry Cranberry Juice Cocktail
Ruby Red Grapefruit
Tomato

Publix Juices (Cont'd)

White Grape

Publix GreenWise Market

100% Organic Apple Juice
Organic Cranberry
Organic Grape
Organic Lemonade
Organic Tomato

OILS AND SHORTENINGS**Publix Cooking Sprays**

Butter Flavored
Garlic Flavored
Lemon Flavored
Olive Oil
Original Canola

Publix Oils

Canola
Corn
Olive
Peanut
Vegetable

Publix Vegetable Shortening**RICE****Publix Rice**

Long Grain Brown Rice
Long Grain Enriched Rice
Medium Grain White Rice
Precooked Instant Boil In Bag
Precooked Instant Brown Rice
Precooked Instant White Rice
Yellow Rice Mix

SALAD DRESSING**Publix Salad Dressings, Bottled**

Balsamic Vinaigrette
California French
Chunky Blue Cheese
Creamy Parmesan
Fat Free Italian
Fat Free Thousand Island
Italian
Lite Caesar
Lite Honey Dijon

Publix Salad Dressings, Bottled (Cont'd)

Lite Ranch
Lite Raspberry Walnut Ranch
Thousand Island
Zesty Italian

SALTY SNACKS**Publix Chips / Snacks**

Corn Chips, King Size
Crunchy Cheese Curls
Crunchy Cheese Puffs
Lightly Salted Rice Cakes
Potato Chips, Dip Style
Potato Chips, Original Thins
Potato Chips, Salt & Vinegar
Mini Caramel Rice
Mini Cheddar Rice
Mini Ranch Rice
Unsalted Rice Cakes
White Cheddar Rice Cakes
White Corn Tortilla Chips, Restaurant Style
Yellow Corn Tortilla Chips, Round Style

Publix GreenWise Market

Blue Tortilla Chips
Yellow Tortilla Chips

Publix Nuts

Almonds, Sliced
Almonds, Salted
Almonds, Natural Whole
Cashews, Dry Roasted
Cashews, Halves & Pieces
Cashews, Halves & Pieces, Lightly Salted
Cashews, Whole
Mixed Nuts
Mixed Nuts, Deluxe
Mixed Nuts, Dry Roasted
Mixed Nuts, Lightly Salted
Peanuts, Dry Roasted, Lightly Salted
Peanuts, Dry Roasted, Salted
Peanuts, Dry Roasted, Unsalted

Publix Nuts (Cont'd)

Peanuts, Oil Roasted, Honey Roasted
Peanuts, Salted Party
Pecans
Pistachios
Sunflower Seeds, Raw-Shelled, All Natural
Sunflower Seeds
Walnuts

SPICES**Publix Extracts**

Almond
Lemon
Vanilla

Publix Spices

Adobo Seasoning with Pepper
Adobo Seasoning without Pepper
Black Pepper
Chili Powder
Cinnamon
Garlic Powder
Garlic Powder with Parsley
Garlic Salt
Ground Ginger
Ground Red Pepper
Italian Seasonings
Lemon & Pepper
Minced Onion
Onion Powder
Paprika
Parsley Flakes
Salt
Seasoned Salt
Taco Seasoning Mix
Whole Basic Leaves
Whole Bay Leaves
Whole Black Pepper
Whole Oregano

SPREADS AND SYRUPS**Publix Chocolate Syrup****Publix Jams / Jellies / Preserves**

All flavors

Publix Pancake Syrup

Butter Flavor
Lite Butter Flavor
Lite Maple Flavor
Maple Flavor

Publix Peanut Butter

Creamy
Crunchy
Old Fashioned Creamy
Old Fashioned Crunchy
Reduced Fat Spread Creamy
Reduced Fat Spread Crunchy

HEALTH AND BEAUTY

NON-FOOD PRODUCTS**Publix Free and Clear Fabric Softener Sheets****NUTRITIONAL SUPPLEMENTS****Publix Nutritional Drink Supplements**

Balanced Nutritional Drink – Chocolate, Chocolate Plus, Strawberry, Strawberry Plus, Vanilla, Vanilla Plus

Publix Vitamins**A**

Vitamin A 8,000IU Natural Softgel, 100 CT
Antioxidant with Zinc Tablets, 60 CT
Animal-shapes Chewables, 60 or 300 CT
Animal-shapes Chewables Children's Complete, 60 CT
Animal-shapes Chewables with Iron, 60 or 300 CT
Animal-shapes Chewables with Vitamin C, 300 CT

B

Vitamin B Complex Natural with Vitamin C Tablets, 100 CT
Vitamin B Complex 300mg with Vitamin C Caplets, 130 CT

C

Vitamin B100 Natural Time-Release Tablets, 60 CT
Vitamin B12 1,000mcg Time-Release Tablets, 60 CT
Vitamin B12 500mcg Synthetic Tablets, 100 CT
Vitamin B150 Natural Tablets, 50 CT
Vitamin B50 Natural Tablets, 100 CT
Vitamin B6 100mg Synthetic Tablets, 100 CT

Vitamin C 250mg Natural with Rose Hips Tablets, 100 CT
Vitamin C 500mg Fruit Chewables, 100 or 180 CT
Vitamin C 500mg Natural with Rose Hips Caplets, 100, 250, or 500 CT

Vitamin C 500mg Natural with Rose Hips Tablets, 100 CT

Vitamin C 500mg Synthetic Caplets, 100, 250, or 500 CT

Vitamin C 500mg Synthetic Organic Chewables, 100 CT

Vitamin C 500mg Synthetic Tablets, 100 or 250 CT

Vitamin C 500mg Synthetic Time-Release Tablets, 100 CT

Vitamin C 1,000mg Natural with Rose Hips Tablets, 60 or 100 CT

Vitamin C 1,000mg Synthetic Tablets, 100 CT

Calcium 400mg with Vitamin D Caplets, 100 or 300 CT

Calcium 500mg Natural with Vitamin D Tablets, 100 CT

Calcium 500mg Oyster Shell with Vitamin D Tablets, 160 CT

Calcium 600mg Tablets, 60 CT

Calcium 600mg with Soy Tablets, 60 CT

Calcium 600mg with Vitamin D Tablets, 60 CT

Calcium Citrate Caplets, 60, 120, or 220 CT

Calcium Magnesium Zinc Caplets, 100 or 250 CT

CO Q10 50mg Softgels, 30 CT

Cranberry Caplets, 90 CT

E

Vitamin E 200IU Blended Softgels, 100 CT
Vitamin E 200IU Natural Softgels, 100 CT
Vitamin E 200IU Synthetic Softgels, 100 CT
Vitamin E 400IU Blended Softgels, 100 CT
Vitamin E 400IU Natural Softgels, 50 CT
Vitamin E 400IU Synthetic Softgels, 100 or 300 CT
Vitamin E 1,000IU Synthetic Softgels, 100 CT
Echinacea Caplets, 90 CT
Evening Primrose Oil Softgels, 75 CT

F

100% Fiber Capsules by Guardian Drug
Ferrous Sulfate Tablets, 100 or 125 CT
Fish Oil Softgels, 60 CT
Flax Seed Oil Softgels, 100 CT
Folic 400mcg Natural Tablets, 250 CT

G

Garlic High-Potency Odorless Tablets, 30 CT
Garlic Oil 3mg Softgels, 100 CT
Gelatin Synthetic Caplets, 100 CT
Ginkgo Biloba 120mg Caplets, 50 CT
Ginseng Softgels, 60 CT
Glucosamine Chondroitin Double-Strength Caplets, 150 or 240 CT
Glucosamine Chondroitin Sodium-Free Caplets, 110 CT
Glucosamine Chondroitin Triple-Strength Caplets, 80 CT
Glucosamine Complex Caplets, 120 CT

L

L-lysine 500mg Natural Tablets, 100 CT

M

Magnesium 250mg Natural Tablets, 100 CT
MSM with Glucosamine Caplets, 60 CT
Multi-Vitamin Century Advantage Tablets, 75 or 120 CT
Multi-Vitamin Century Senior Tablets, 100 or 300 CT
Multi-Vitamin Century Tablets, 130 or 300 CT
Multi-Vitamin Prenatal Tablets, 100 or 200 CT
Multi-Vitamin Men Tablets, 100 CT
Multi-Vitamin Tablets, 100 or 365 CT
Multi-Vitamin with Calcium Iron Tablets, 100 or 300 CT
Multi-Vitamin with Iron Tablets, 100 or 365 CT
Multi-Vitamin Senior Tablets, 80 CT
Multi-Vitamin Stress with Zinc Tablets, 60 CT

N

Niacin 100mg Synthetic Tablets, 100 CT
Niacin 250mg Time-Release Tablets, 100 CT

P

Panax Ginseng Caplets, 50 CT
Potassium 99mg Natural Caplets, 100 or 250 CT
Potassium 99mg Natural Tablets, 100 CT

S

Saw Palmetto Softgels, 50 CT
Selenium 200mcg Tablets, 100 CT
Vitamin, Mineral, Herbs Menopausal Supplement Caplets, 30 CT
Zinc 50mg Natural Caplets, 100 or 250 CT
Zinc 50mg Natural Tablets 100 CT

ORAL HYGIENE**Publix Dental Floss**

All flavors