

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 GreenWise Market Pork

Butterfly Pork Chop
Boston Butt Roast
Boston Butt Roast, Boneless
Cajun Pork Sausage
Center Cut Pork Loin Chop
Center Cut Pork Loin Roast,
Boneless
Center Cut Pork Rib Chop
Center Cut Pork Roast
Cubed Steak
Ground
Pork Back Ribs
Pork Chop, Boneless
Pork for Stew
Pork for Stir Fry
Pork Ham, Rump Portion
Pork Ham, Shank Portion
Pork Ham, Whole
Pork Kabobs
Pork Loin, Crown Roast
Pork Picnic
Pork Sage Sausage
Pork Shoulder Country Ribs
Pork Spare Ribs
Pork Steak
Pork Steak, Boneless
Romano Pork Sausage
Sirloin Cutlets
St. Louis Pork Spare Ribs
Whole Pork Tenderloin

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
Honey Cured Bone-In Ham – 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

**FROZEN
FOODS****FRUITS****Publix Frozen Fruits**

Blackberries
Blueberries
Cherries, Dark Sweet
Cranberries
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

Publix Ice Cream (Cont'd)

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 Cream Squares
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
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

Publix Premium Ice Cream (Cont'd)

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
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

Publix Sherbet (Cont'd)

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
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

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

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

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
Orange Soda
Raspberry Seltzer
Root Beer

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

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
Mandarin Oranges in Gel
Maraschino Cherries
Pineapple (all styles)

GROCERY

BAKERY PRODUCTS**Publix Bakery**

Buttercream Icing
Chocolate Whipped Topping
Cream Custard (Natilla)
Decorator Colors
New York Style Cheesecake,
6-inch round (plain)
Whipped Topping

Publix Fruits (Cont'd)

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
Garbanzo Beans
Green Beans
Kidney Beans, Dark Red

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

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

Publix Salsas (Cont'd)

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
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

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

Publix Dry Beans (Cont'd)

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

Publix Chips / Snacks (Cont'd)

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
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
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

C

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

E (Cont'd)

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

M (Cont'd)

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