

## **EGG FREE DIET**

### **Hard Munchables**

Health Valley "Oat bran Graham Crackers"  
Stretch Island Fruit "100% Fruit Snack"  
Sunsweet "California Sun-Dried Apricots"  
Goodmark Foods "Slim Jim"  
Lowrey's "Big Beef Original Beef Jerky"  
Boulder Bar Endurance  
Allan "Sour Patch Kids"  
St. Amour "Rocks & Rolls Cookies"  
Wild Oats "Thick Stick Pretzels"  
Earth's Best "Teething Biscuits" (for 6 mo & older)  
Organic Biologique "Biscuits for Teethers"  
Organic Healthy Times 2 "Tretzels for Toddlers"  
Organic Healthy Times 2 "Tretzels for Toddlers" pnut butter  
Organic Healthy Times 2 "Tretzels for Toddlers" Cheese

### **Meltable Hard Solids**

Robert's American Gourmet "Pirate's Booty"  
Robert's American Gourmet "Fruity Booty"  
Robert's American Gourmet "Veggie Booty"  
Robert's American Gourmet "Smart Puffs"  
Glenny's "Soy Veggie Snack" - Organic  
Genisoy "Soy Crisps"  
Bearitos "Cinnamon Churros"  
Wild Oats "Wild Garden Sticks"  
Wild Oats "Wild Onion Rings"  
Wild Oats "Organic Apple Snacks"  
Whole Food Market "Veggie Chips"  
Eden "Sea Vegetable Chips"  
Eden "Brown Rice Chips"  
Good Health "Shoestring Potato Sticks"  
S & W "Pik-Nik Original Shoestring Potatoes"  
Health Valley "Soy Original's Cereal"  
Mother's "Honey Round-ups Cereal"  
Envirokidz "Peanut butter Panda Puffs"  
Quaker "Cap'n Crunch Cereal"  
US Mills "Cornfetti Cereal"  
Barbara's "Fruity Punch Cereal"  
Barbara's "Vanilla Snackimals Animal Cookies"  
Hain Pure Foods "French Vanilla Grahams"  
Osem "Bamba Snacks"  
Planter's "Cheez Mania Cheez Balls"  
Pringles "Original Potato Crisps"  
Pringles "Sour Cream 'N Onion Potato Crisps"  
Pringles "Ranch Flavored Potato Crisps"  
Pringles "Spicy Cajun Potato Crisps"  
Pringles "Pizza-Licious Potato Crisps"  
Pringles "Salt & Vinegar Flavor Potato Crisps"  
Pringles "Cheez Ums Potato Crisps"  
Pringles "BBQ Flavor Potato Crisps"  
Keebler "Original Graham Crackers"  
Keeble "Cinnamon Crisp Graham Crackers"  
Keebler "Townhouse Crackers"  
Keebler "Club Crackers"  
Frito Lay "Chee-tos Puffs"  
Frito Lay "Chee-tos Mystery Colorz X & O's"  
General Mills "Bugles" Original Flavor  
Nabisco "Mini Ritz Cracker" Original  
Deep "Papadi"  
Gerber Graduates "Animal Crackers"  
Gerber Graduates "Veggie Wagon Wheels"  
Gerber graduates "Veggie Crackers"

### **Hard Mechanicals**

Hain Pure Foods "Mini Munchies" - mini rice cakes  
Hain pure Foods "organic 100% Popped Corn" - Caramel  
Weight-Wise "Rice Cakes" - plain, unsalted  
Terra "Red Bliss Chips"  
Terra "Spiced Sweet Potato Chips"  
Terra "Potpourri Chips"  
Terra "Taro Chips"  
Terra "Stix"  
Maneschewitz "Potato Chips"  
Blue Diamond "Almond Nut Thins"  
Boondi  
Nature's Hilights "Rice Sticks" Lite-n-Krispy  
Robert's American Gourmet "Spirulena Spirals"  
Newman's Own Organic "Traditional Thin Pretzels"  
Health Valley "Fat-Free Raisin Bakes"  
Health Valley "Fat-Free Date Almond Granola Bars"  
Health Valley "Original Rice Bran Crackers"  
Bearito's "Tostada Shells"  
Kavli "Crispy Thin" - all natural whole grain crispbread  
Hol-Grain Crackers "Brown Rice with Sesame Seeds"  
Quaker "Chewy Granola Bars" - chocolate chip  
Kellogg's "Frosted Flakes Cereal"  
Erewhon "Whole Grain Crispy Brown Rice Cereal"  
Luna Bar  
Keebler "Original Munch'ems"  
Keebler "Ranch Munch'ems"  
Keebler "Sour Cream & Onion Munch'ems"  
Sunshine "Cheez-it" Baked Snack crackers  
Nabisco "Air Crisps" Potato Sour Cream & Onion  
Nabisco "Ritz Bits Sandwiches" graham cracker S'mores  
Nabisco "Ritz Bits Sandwiches" Peanut Butter  
Nabisco "Ritz Bits Sandwiches" Xtreme Cheese  
Nabisco "Mini Oreos" Chocolate Creme  
Nabisco "Oreo Chocolate Creme"  
Walker's "Pure butter Shortbread Fingers"  
Pepperidge Farm "Goldfish" White cheddar  
Pepperidge Farm "Goldfish" Pizza  
Grissini "Traditional Breadsticks" w/extra virgin olive oil  
Good Sense "Gummi Sour Britecrawlers"  
Jolly Rancher  
Nabisco "Corn Nuts"  
Jennie-O "Breakfast Lover's Turkey Sausage"  
Farmland "Hickory Smoked Bacon"  
Lightlife "Meatless Light Sausages"  
Hormel "turkey Pepperoni"  
Cub Foods "Hard Salami"  
Gardenburger "Hamburger Style"  
Thomas' "New York Style Bagel" - plain  
OreIda "Bagel Bites" Cheese & Pepperoni  
Fito Lay "Rold Gold Classic Style Pretzel Sticks"  
Frito Lay "Chee-tos Crunchy"  
Frito Lay "Doritos" Cooler Ranch  
Snyder's of Hanover "Snaps Pretzels"  
Sunbelt "Fruit Jammers"  
Brach's "Hi-C Fruit Snacks"

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### **Soft Cubes**

Kuner's "Pinto beans"  
S & W "White Beans"  
S & W "Light Red Kidney Beans"  
Van Camp's "Beanee Weenee"  
Sea Point Farms "Organic Edamame" - Soybeans in pods  
Libby's "Chicken Vienna Sausage"  
Oscar Mayer "Braunschweiger"  
Delmonte "Pear Cup" - diced pears in heavy syrup  
Delmonte "Fruit To Go" Mandarin Orange Burst  
Dole "Fruit Bowls" Pineapple Tidbits in juice  
Campbell's "Bean with Bacon" condensed soup

### **Soft Mechanicals (single texture)**

China Bowl Select "Rice Sticks"  
Papadani "Hi-Protein Lentil Bean Pasta"  
Lundberg "Organic Brown Rice pasta"  
Starkist "Chunk Light Tuna" in water  
Underwood "Deviled Ham Spread"  
EnerG "White Rice Loaf"  
Pepperidge Farm "Sliced Enriched Bread" White  
Braun's "Famous Oven Baked Breads" 100% whole wheat  
Waffle Heaven "Wheat-Free, Gluten-Free Waffles"  
Krusteaz "Mini Pancakes"  
Tyson "Time Trimmers" Southwest Seasoned Chicken strips  
Oscar Mayer "Bologna"  
Louis Rich "Lower Fat Turkey Bologna"  
Hillshire Farm "Deli Select Smoked Chicken Breast"  
Hillshire Farm "Mesquite Smoked Turkey Breast"  
Carl Buddig "Ham with natural Juices"  
Soymage "Vegan Singles" - American flavor  
Gerber Graduates for Toddlers "Fruit Juice Snacks"  
Crystal Farms "Cheezoids" String Cheese  
Crystal Farms "Cheezoids" Marble Jack Cheese  
Crystal Farms "Swiss Pasteurized Cheese Food"  
Kraft "Singles" American Pasteurized Process'd Cheese Food  
Kraft "100% Grated Parmesan Cheese"  
Gerber Graduates "Banana Cookies"

### **Soft Mechanicals (mixed texture)**

Fantastic "Five Bean Soup"  
Fantastic "Ready, Set Pasta!"  
Fantastic "Hot Cereal Apple Cinnamon Oatmeal"  
Nile "Lentil Soup"  
Nile "Couscous Lentil Curry Soup"  
Nile Spice "Split Pea Soup"  
Nile Spice "Red Bean & Rice Soup"  
Nile Spice "Black Bean Soup"  
Health Valley "Spicy Black Bean with Couscous Soup"  
Health Valley "Garden Split Pea Soup"  
Franco American "Spaghettios Meatballs A to Z"  
Campbell's "Vegetable beef" condensed soup  
Maruchan "Instant Lunch" Ramen Noodles with Vegetables  
Hormel "scalloped Potatoes Flavored with Ham"  
Nature's Choice "Multigrain Triple Berry Cereal Bars"

### **Purees**

T. Marzetti's "Old Fashioned Caramel Apple Dip"  
Imagine "Banana Pudding"  
Imagine "Chocolate Pudding"  
Mrs. Butterworth's "Original Syrup"  
Smucker's "Red Raspberry Syrup"  
Tofutti "Nondairy Original Premium Frozen Dessert Kettle"  
Dannon "Natural Flavors" Yogurt  
Dannon "Danimals" Yogurt  
Dannon "Blended" Yogurt  
Dannon "Fruit on the Bottom" Yogurt  
Yoplait "Original 99% Fat Free" Yogurt  
Swiss Miss "Pudding"  
Hunts "snack Pack Pudding Pies"  
"Sunflower Butter"  
Kettle "Almond Butter"  
Mott's "Fruitsations" - cherry applesauce  
Musselman's "Fruit 'N sauce" - lemon lime kiwi  
Kraft "Hickory Smoke BBQ Sauce"  
Contadina "Pizza Squeeze pizza Sauce"  
Brianna's Special request "Lemon Tarragon Salad Dressing"  
Nabisco "Easy Cheese" American  
Nabisco "Easy Cheese" Cheddar  
Nabisco "Easy Cheese" Nacho  
Nabisco "Easy Cheese" Cheddar 'N Bacon  
Whole Soy "Creamy Cultured Soy Yogurt" red raspberry/plain  
Cedar's "Roasted Garlic & Chive Hummus"  
Nestle "Nesquik Chocolate Syrup"  
Parkay "Squeeze Margarine"  
Hunt's "Ketchup"

### **Liquids**

Safeway "White Grape Juice" from Concentrate  
American Soy Products, Inc. "Vruit" - Tropical Blend  
American Soy Products, Inc. "Vruit" - Orange Veggie Blend  
American Soy Products, Inc. "Vruit" - Berry Veggie Blend