



Hamaspik Medicare

2022 HEALTHY FOODS

Appetizers, French Fries, Onion Rings etc.
 Baking/Cooking Supplies (Baking Powder, Yeast etc.)
 Bottled Waters
 Bread, Rolls & Tortillas
 Breakfast Foods (Toaster Pastries, Cereal Bars, Granola & Granola Bars)
 Canned Meat
 Canned Seafood
 Canned/Jar Fruits and Vegetables incl. Salsa & non-processed Beans
 Cereal (Hot & Cold)
 Cocoa, Coffee & Tea (Dry or Liquid)
 Condiments, Sauces, Dips, Mayonnaise & Salad Dressing
 Crackers
 Dairy - (Milk, Cheese, Butter, Sour Cream & Whipping Cream)
 Deli- Processed & Fried
 Dried Fruit, Fruit Snacks
 Dry and Liquid/Concentrated Drink Mixes
 Dry Beans
 Dry Mixes - Side Dish Mixes, Dinner Mixes
 Dry Pasta
 Enhanced Waters
 Flours, Cornmeal, Nut & Seed Flours, Bread/Biscuit Mixes
 Fruits & Vegetables
 Herbs, Spices & Seasoning
 Ice
 Jams, Jellies, Sweet Spreads, Syrup

Juice Beverages, Drinks & Punches (inc. sparkling)
 Juices (includes sparkling)
 Margarine
 Meats
 Meats - Poultry, Ground Beef, Beef
 Meats - Processed (Sausage, Jerky, Lunch Meat)
 Medical Meals
 Nuts & Trail Mix
 Oils & Shortening
 Pancakes & Waffles
 Peanut Butter (and other nut butters)
 Plant-Based Meat
 Prepared Food (Canned Stews, Heat & Eat)
 Prepared Food (Stews, Pizza, Heat & Eat)
 Produce (Fruits & Vegetables)
 Puddings & Gelatin
 Ready-to-eat, Soups, Meals, Sandwiches
 Rice & Whole Grains
 Salty Snacks
 Seafood
 Seeds
 Soup
 Soy & Other Nut Milks
 Sparkling Water
 Sport Drinks - Gatorade & Others
 Sugar - White, Brown & Powdered
 Tomato/Spaghetti/Alfredo/Nutritionally Significant Sauce
 Whole Eggs & Egg Substitutes
 Yogurt



Weight Management & Nutritional Foods

General Health Oral Rehydration Therapy
 Mixed/Miscellaneous Nutritional Foods
 Mixed/Miscellaneous Sport/Energy
 Mixed/Miscellaneous Sugar & Salt Substitutes
 Mixed/Miscellaneous Weight Management
 Nutritional Bars
 Sport/Energy Bars
 Sport/Energy Liquids
 Sport/Energy Powders
 Sugar & Salt Substitutes
 Thickeners & Pre-Thickened Beverages/Foods
 Weight Management Bars