# Peanut Butter

## APPROVED

**Must Be**
- 16 oz to 18 oz jar
- Plain

**You Can Choose**
- Any brand
- Creamy or smooth
- Chunky or extra chunky
- Crunchy or extra crunchy
- Low sodium
- Natural peanut butter
- No stir or stir
- Salted or unsalted

## NOT APPROVED

**Do Not Buy**
- Bulk
- Added flavors, foods, or spices
- Added oils, such as flax or safflower
- DHA/ARA
- Chocolate
- Freshly ground or grind-it-yourself
- Gourmet
- Honey
- Jelly
- Low-carb peanut butter spread
- Low-glycemic
- Marshmallows
- Natural spread
- Nut or seed butters, such as almond, cashew, sesame, soy, sunflower, or tahini
- Omega 3
- Organic
- Reduced fat
- Roasted honey nut
- Single-serve or slices
- Spread
- “Squeeze It” tubes
- Valencia
- Vitamin E

## Shopping Tip

You can choose dried beans, peas, and lentils or peanut butter. See page 9 for information about dried beans, peas, and lentils.