

# Nut and seed butters — more information

**Allowed:** Brands and types listed below; 16 ounce (oz) creamy, crunchy



**Sunflower butter:** creamy, crunchy, no sugar added, or original



**Almond butter:** creamy, creamy no stir, or crunchy



**Almond butter:** creamy or crunchy



**Almond butter:** smooth, lightly toasted smooth, crunchy



**Almond butter:** crunchy



**Not allowed:** Brands and types not listed above