

fit pick

Snack Requirements (per package) ≤ 250 calories, ≤ 10 g fat*, ≤ 3 g saturated fat, 0 g trans fat, ≤ 230 mg of sodium, ≤ 20 g of sugar**

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Manufacturer	Product	Siz (oz)	Siz (g)	Cal	Cal Fat	% Fat	Fat (g)	Sat Fat (g)	% Sat Fat	Chol (mg)	Sod (mg)	Carb (g)	Prot (g)	Trans Fat	Sugars (g)	Dietary Fiber (g)
Bare Fruit	Cherry Blossom	2.60	74	150	3	16.36%	1	0	0%	0	0	12	2	0	8	1
	Mango Protosteak	2.60	74	34	2	26.47%	1	0	0%	0	7	8	1	0	8	1
Back to Nature	Back to Nature Honey Graham Stick	1.00	28	120	20	18.75%	2.5	0	0%	0	150	23	1	0	6	1
	Back to Nature Soft Baked Chocolate Chip Cookie	2.00	57	240	80	33.75%	9	3	11%	0	170	39	2	0	20	2
	Snackwell's Mini Chocolate Chip Bites	1.00	30	120	40	37.50%	5	1	8%	0	95	20	2	0	8	2
	Snackwell's Vanilla Creme Sandwich Bites	0.85	24	110	25	20.45%	2.5	1	8%	0	85	19	1	0	9	0
Biscomerica	Baci's Animal Crackers	2.00	57	240			8	3		0	170	39	3	0	15	1
	Sea-Maid Oatmeal Raisin Apple Premium Cookies	2.00	57	230	22	10.00%	7	3	16%	5	180	37	3	0	17	2
Blue Diamond	Blue Diamond Whole Natural Almonds	1.50	42	160	130	78.75%	14	1	6%	0	0	0	6	0	1	3
	CLIF 2 Bar Chocolate Chip (Baked # 1 by manufacturer)	1.27	36	130	35	27.69%	4	1.5	10%	0	100	24	3	0	11	3
CLIF	CLIF 2 Bar Chocolate Biscuits - #2	1.27	36	130	30	23.25%	3.5	1	8%	0	125	23	3	0	10	3
	CLIF 2 Bar Honey Graham - #2	1.27	36	130	35	27.69%	4	1.5	10%	0	100	24	3	0	11	3
	CLIF Bar Oatmeal Raisin Walnut	2.40	68	240	45	18.75%	5	1	4%	0	130	43	10	0	20	5
	CLIF Luna Bar - Nutt over Chocolate	1.69	48	180	60	30.00%	6	2.5	13%	0	190	25	9	0	10	4
	CLIF Luna Bar - Lemon Zest	1.69	48	180	45	25.00%	5	2	10%	0	115	25	9	0	13	3
	CLIF Luna Bar - Choc. Peppermint Stick	1.69	48	180	45	25.00%	5	2.5	13%	0	120	28	8	0	12	4
	CLIF Luna Bar - White Choc Macadamia	1.69	48	190	60	33.16%	7	2.5	12%	0	210	25	9	0	11	3
	CLIF Migo Mountain Mix	1.59	45	190	80	42.63%	9	1.5	7%	0	200	21	8	0	12	2
	CLIF Migo Peanut Butter Pretzel	1.59	45	190	80	42.63%	9	2	9%	0	220	20	9	0	9	2
	Coca-Cola/Odwalla	Odwalla Chocolate Chip Peanut Original	2.00	56	230	70	31.30%	8	1.5	6%	0	170	33	7	0	14
Odwalla Super Protein Original Bar		2.00	56	210	40	19.29%	4.5	1	4%	0	150	30	14	0	17	4
Odwalla Dark Chocolate Chip Walnut Bar		2.00	56	220	60	28.64%	7	1.5	6%	0	100	36	4	0	11	8
Odwalla Bar Banana Nut		2.00	56	240	60	25.00%	6	1	4%	0	115	41	4	0	18	5
Odwalla Bar Berries On Mugs		2.00	56	210	50	25.71%	6	0.5	2%	0	210	36	5	0	16	5
Darlington	Splash Vending - Spicy Cracker Bites (Ranch)	1.25	35	130	35	27.69%	4	0.5	3%	0	230	22	3	0	1	2
	Splash Vending - Spicy Cracker Bites (Buffalo)	1.25	35	130	35	27.69%	4	0.5	3%	0	230	22	3	0	1	2
	Splash Vending - Spicy Cracker Bites (Nachos)	0.90	26	100	25	27.00%	3	0	0%	0	160	16	2	0	1	2
	Splash Vending - Spicy Cracker Bites (Ranch)	0.90	26	100	25	27.00%	3	0	0%	0	160	16	2	0	1	2
	Appology Apple Soft Oatmeal Bars	1.20	34	140	40	28.93%	4.5	1.5	10%	0	80	24	2	0	9	1
	Appology Chocolate Chip Soft Oatmeal Bars	1.20	34	130	35	27.69%	4	1	7%	0	75	24	2	0	9	1
	Appology Strawberry Soft Oatmeal Bars	1.20	34	140	35	25.71%	4	1.5	10%	5	85	24	2	0	9	1
Del Monte	AppleChips & Chunks in Preservative-Free Slightly-Sweetened Fruit Syrup		190	90	0	0.00%	0	0	0%	0	0	22	1	0	19	2
	Peaches in Strawberry Syrup Fruit Flavored Chips (per package)		396	260	40	17.31%	5	0	0%	0	20	50	4	0	40	8
	Pears in Blackberry Flavored Chip (per package)		396	260	40	17.31%	5	0	0%	0	10	52	4	0	38	10

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Dole	Dole Fruit Squash mix - Apple Mixed Berry	3.20	90	60	0	0.00%	0	0	0%	0	0	14	0	0	13	1
	Dole Fruit Squash mix - Apple Strawberry	3.20	90	60	0	0.00%	0	0	0%	0	15	14	0	0	13	1
	Dole Fruit in 100% Fruit Juice - Mandarin	4.00	113	80	0	0.00%	0	0	0%	0	10	19	<1	0	18	1
	Dole Fruit in 100% Fruit Juice - Tropical Fruit	4.00	113	80	0	0.00%	0	0	0%	0	5	15	<1	0	14	1
	Dole Fruit in 100% Fruit Juice - Diced Peaches	4.00	113	80	0	0.00%	0	0	0%	0	5	19	<1	0	18	1
	Dole Fruit in 100% Fruit Juice - Mixed Fruit	4.00	113	80	0	0.00%	0	0	0%	0	5	19	0	0	17	1
	Dole Fruit in 100% Fruit Juice - Pineapple Tabbis	4.00	113	80	0	0.00%	0	0	0%	0	5	19	<1	0	14	1
	Dole Fruit in 100% Fruit Juice - Diced Pears	4.00	113	80	0	0.00%	0	0	0%	0	10	21	<1	0	18	2
	Dole Fruit in 100% Fruit Juice - Mixed Fruit (4.oz)	4.20	119	80	0	0.00%	0	0	0%	0	5	20	<1	0	19	1
	Dole Fruit in 100% Fruit Juice - Mandarin	4.20	119	80	0	0.00%	0	0	0%	0	10	20	<1	0	19	<1
Dole - Mrs. May's	Mrs. May's Trio Bar - Raspberry	1.20	35	160	90	56.25%	10	1.5	8%	0	45	15	5	0	10	2
	Mrs. May's Trio Bar - Cranberry	1.20	34	160	90	56.25%	10	1.5	8%	0	30	16	4	0	10	2
	Mrs. May's Trio Bar - Strawberry	1.20	35	190	110	56.84%	12	2	9%	0	45	14	5	0	8	2
	Mrs. May's Trio Bar - Tropical	1.20	34	190	110	56.84%	12	2	9%	0	45	15	5	0	8	2
Food Should Taste Good (General Mills)	Tortilla Chips - Multi Grain	1.50	42	210	90	38.57%	9	1	4%	0	120	27	4	0	2	5
	Tortilla Chips - Sweet Potato	1.50	42	210	90	38.57%	9	1	4%	0	120	28	3	0	3	5
	Tortilla Chips - Jalapeno	1.50	42	210	90	38.57%	9	1	4%	0	210	27	3	0	0	5
	Tortilla Chips - Olive	1.50	43	210	90	38.57%	9	1	4%	0	210	28	3	0	0	3
Flowers Bakery	Mountain Grain & Fruit Bar Apple Cinnamon	1.30	37	150	35	21.00%	3.5	0	0%	0	125	27	2	0	12	1
	Mrs. Freshly's Chocolate Chip Cookie Bar	1.50	43	190	60	33.16%	7	1.5	7%	<5	90	30	2	0	14	3
	Mrs. Freshly's Oatmeal Raisin Cookie Bar	1.50	43	180	60	30.00%	6	1	5%	10	160	29	2	0	13	3
Frito Lay and Quaker (PeppCo)	BAKED CHITOS w/ Calcium Crunch	0.88	25	120	120	33.75%	4.5	0.5	4%	0	200	17	2	0	<1	<1
	BAKED CHITOS w/ Calcium Flamin Hot	0.88	25	120	120	33.75%	4.5	0.5	4%	0	190	18	2	0	0	<1
	BAKED LAY'S BBQ	0.88	25	110	110	20.45%	2.5	0	0%	0	190	19	2	0	2	2
	BAKED LAY'S Bagelita	0.88	25	100	100	13.50%	1.5	0	0%	0	115	20	2	0	2	2
	BAKED LAY'S Sour Cream & Onion	0.88	25	110	110	24.55%	3	0	0%	0	190	19	2	0	3	2
	BAKED DONITOS Nacho Cheese	0.75	21	90	90	30.00%	3	0.5	5%	0	170	16	2	0	<1	1
	BAKED DONITOS Slightly Cheesy	0.88	25	110	110	20.45%	2.5	0	0%	0	125	19	2	0	2	2
	BAKED LAY'S BIGBULAR	1.125	32	130	20	13.85%	2	0	0%	0	150	26	2	0	2	2
	BAKED LAY'S SOUTHWESTERN RANCH	1.00	28	120	30	22.50%	3	0.5	4%	0	160	21	2	0	2	2
	BAKED LAY'S BBQ	1.125	32	140	31	22.50%	3.5	0.5	4%	0	220	24	2	0	4	2
	BAKED LAY'S Sour Cream and Onion	1.125	32	130	28	22.50%	3.5	0.5	4%	0	190	21.1	1.8	0	4	1.8
	FI DONITOS Nacho Cheese	1.00	28	130	45	34.62%	5	0.5	3%	0	200	20	2	0	0	2
	FI DONITOS Slightly Cheesy	1.00	28	130	45	34.62%	5	0.5	3%	0	160	19	2	0	1	2
	FI DONITOS Slightly Sweet Chili	1.00	28	130	45	34.62%	5	0.5	3%	0	180	20	2	0	<1	2
	FI SMARTGARD White Cheddar Pecans	0.50	14	60	25	37.50%	2.5	0	0%	0	125	9	2	0	0	1
BOLD GOLD Heartals	1.00	28	120	10	11.25%	1.5	0	0%	0	200	23	2	0	1	2	
QUAKER SNACK MIX KID'S MIX	0.88	25	110	35	32.73%	4	1	8%	0	190	18	2	0	4	1	

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SMARTFOOD	SMARTFOOD SELECTS GARLIC TOMATO BASK HUMMUS CHIPS	0.80	23	100	40	36.00%	4	0	0%	0	21	0	1	0	2	2
	SMARTFOOD SELECTS FETA & HERB HUMMUS POPPED CHIPS	0.80	23	100	40	36.00%	4	0	0%	0	130	13	3	0	1	2
	SMARTFOOD SELECTS SWEET BBQ POPPED CHIPS	0.80	23	100	35	36.00%	4	0	0%	0	170	17	1	0	2	1
	JALAPENO	0.80	25	110	110	20.45%	2.5	0	0%	0	125	19	2			

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General Mills	Nature Valley Crunchy Granola/Apple Crisp	1.50	42	160	50	33.75%	6	0.5	3%	0	140	26	3	0	11	2
	Cinnamon Brown Sugar	1.87	53	230	70	31.30%	8	1.0	4%	0	190	35	4	0	13	4
	Berry	1.42	40	190	80	42.63%	9	3.0	14%	0	160	17	10	0	11	3
	Simply Chew Cereal	0.92	26	110	25	26.00%	2.5	0.5	4%	0	135	20	2	0	4	2
	Simply Chew Chocolate Cereal	1.05	29	130	40	30.77%	4.0	1.5	10%	0	70	22	2	0	8	2
	Simply Chew Strawberry Yogurt	1.03	29	120	25	20.80%	3	1	8%	0	55	23	2	0	6	2
	Team Cereal - Strawberry Cereal Bar	1.42	40	150	30	18.00%	3	0.5	3%	0	90	30	2	0	9	2
	Nature Valley Soft Baked Cinnamon Bar		53	230	70	31.30%	8	1	4%	25	190	35	4	0	13	4
	FFC Real Good Bar Chocolate Hazelnut		40	220	160	69.55%	17	4	16%	0	45	15	4	0	11	3
	FFC Real Good Bar Coconut Chia		40	220	140	63.64%	16	4.5	18%	0	30	16	4	0	10	3
	Betty Crocker Oatmeal Bar Double Chocolate		35	150	45	30.00%	5	1	6%	15	115	24	2	0	8	3
	Cinnamon Toast Crunch Cereal Bar		40	150	20	18.00%	3	0.5	3%	0	115	30	3	0	8	3
	Cocoa Puffs Cereal Bar - 9C1		40	150	30	18.00%	3	0.5	3%	0	110	30	3	0	9	3
	Betty Crocker Oatmeal Biscuits		35	150	50	30.00%	5	1	6%	20	120	23	2	0	8	2
	Betty Crocker Oatmeal Chocolate Chip Bar		35	150	50	30.00%	5	1	6%	20	120	23	2	0	8	2
	Simply Chew Snack Mix Habanero Lima Xerina	0.92	26	110	25	20.45%	2.5	0.5	4%	0	170	30	2	0	3	2
	Nature Valley Crip Cinnamon	1.20	34	150	45	30.00%	5	0.5	3%	0	140	25	3	0	9	2
	Cinnamon Cup Cereal	1.20	39	150	20	13.00%	2.5	0.5	3%	0	190	29	5	0	2	4
	Chex Mix Single-Serve Honey Nut	1.75	49	200	54	27.00%	6	1	5%	0	220	37	3	0	7	1
	NV Oats - Dark Chocolate Crunch		26	110	25	20.45%	2.5	0.5	4%	0	170	20	2	0	3	2
	Apple Cinnamon Cinnamon Bar		40	150	30	18.00%	3	0.5	3%	0	95	30	2	0	9	3
	Golden Graham Cereal Bar		40	150	30	18.00%	3	0.5	3%	0	110	30	2	0	9	3
	Tix Cereal Bar		40	150	30	18.00%	3	0.5	3%	0	105	30	2	0	9	3
	Chex Mix Honey - Single-Serve	0.92	26	110	25	20.45%	2.5	0.5	4%	0	160	19	3	0	2	2
	Nature Valley Roasted Nut Crunch Bar - Almond		35	150	120	61.58%	13	1.5	7%	0	190	13	6	0	8	2
	Nature Valley Roasted Nut Crunch Bar - Peanut		35	150	120	61.58%	13	1.5	7%	0	190	13	6	0	8	2

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Hostess	Hostess Bomb-A-Muffin Banana Walnut	2 oz	57	220	80	14.00%	9	1	5%	35	150	31	3		18	< 1g 4%
	Original Beef Sock	0.50	14	40	9	1.00%	1	0.0	0%	10	190	2	5	0	2	0
Jack Link's	Beef Jerky Original	0.85	24	70	14	2.00%	2	1	3%	25	180	5	9	0	5	0
	Beef Jerky Teriyaki	0.85	24	70	14	2.00%	2	1	3%	25	170	5	9	0	5	0
	Chicken Tender Bites	1.00	28	70	9	1.00%	1	0	0%	30	180	7	9	0	6	0
	Mango Pineapple Trail Mix (unsweet)	1.50	28	120	45	37.50%	5	0.5	4%	0	15	18	2	0	13	1
Kar Nuts	Raisins	1.00	28	80	0	0.00%	0	0	0%	0	0	22	-1	0	17	1
	Almonds (seempt from fat criteria due to Fiber, Vitamin E and better fat content)	1.00	28	160	130	78.75%	14	1	6%	0	5	6	0	1	3	
	Original Unsalted Trail Mix (seempt from fat criteria due to Fiber, Vitamin E and better fat)	1.50	42	200	130	65.00%	14	1.5	7%	0	0	17	7	0	10	3
	Light Cashews (seempt from fat criteria due to Fiber, Vitamin E and better fat content)	1.00	28	160	120	78.75%	14	2.5	14%	0	80	9	5	0	1	1
	Salted Peanuts (seempt from fat criteria due to Fiber, Vitamin E and better fat content)	1.00	28	170	130	79.41%	15	2.5	13%	0	90	4	8	0	1	3
	Trail Mix	1.50	42	200	130	65.00%	14	1.5	7%	0	0	17	7	0	10	3
Kellogg's	Kellogg's GOLDEN® Cereal-in-a-Cup	1.60	45	130	10	6.92%	1	0	0%	0	75	26	12	0	5	9
	Kellogg's GOLDEN® Cereal-in-a-Cup	2.30	65	240	35	13.13%	3.5	0	0%	0	125	47	11	0	16	10
	Kellogg's Heart to Heart® Honey Oat Cereal	1.40	40	140	20	12.86%	2	0	0%	0	100	31	4	0	6	6
	Kellogg's Heart to Heart® Wild Blueberry Cereal	1.90	54	200	15	9.00%	2	0	0%	0	135	43	6	0	12	4
	Kellogg's FiberPlus® Antioxidants Bar	1.20	36	120	40	30.00%	4	2	15%	0	55	26	2	0	7	9
	Kellogg's FiberPlus® Antioxidants Bar	1.20	36	120	45	37.50%	5	2.5	19%	0	95	24	3	0	7	9
	Nutri-Grain® Cereal Bar Apple Cinnamon	1.30	37	120	30	22.50%	3	0.5	4%	0	110	24	2	0	12	3
	Nutri-Grain® Cereal Bar Blueberry	1.30	37	120	30	22.50%	3	0.5	4%	0	110	24	2	0	12	3
	Nutri-Grain® Cereal Bar Raspberry	1.30	37	120	30	22.50%	3	0.5	4%	0	110	24	2	0	12	3
	Nutri-Grain® Cereal Bar Strawberry	1.30	37	120	30	22.50%	3	0.5	4%	0	125	24	2	0	11	3
	Special K® Bar Blueberry	0.81	23	90	15	20.00%	2	1	10%	0	85	18	<1	0	7	3
	Special K® Bar Chocolatey Oat	0.80	22	90	15	15.00%	1.5	1	10%	0	95	17	<1	0	6	3
	Special K® Bar Red Berries	0.81	23	90	15	15.00%	1.5	1	10%	0	85	18	<1	0	6	3
	Special K® Blueberry Pasty Crip	0.88	25	100	20	18.00%	2	1	9%	0	80	20	1	0	7	<1
	Special K® Strawberry Pasty Crip	0.88	25	100	20	18.00%	2	1	9%	0	80	20	1	0	7	<1
	Austin® Zoo Animal Crackers	1.00	28	120	15	15.00%	2	0	0%	0	85	23	2	0	6	0
	Kellogg's GOLDEN® Chewy Bar Oatmeal Raisin	1.90	55	190	40	21.32%	4.5	2.5	12%	0	105	33	10	0	19	5
	Kellogg's TLC® Chewy Granola Bar Honey	1.20	35	140	45	32.14%	5	0	0%	0	105	19	7	0	5	4
	Kellogg's TLC® Chewy Granola Bar Peanut Butter	1.20	35	140	45	32.14%	5	0.5	3%	0	85	19	7	0	5	4
	Kellogg's TLC® Chewy Granola Bar Trail Mix	1.20	35	140	45	32.14%	5	0.5	3%	0	95	20	6	0	6	4
Swish Mandl Fruit Co.™ Fruit Strip Autumn Apple	0.74	21	70	0	0.00%	0	0	0%	0	10	16	0	0	14	2	
Swish Mandl Fruit Co.™ Fruit Strip Harvest Raisin	0.91	26	90	0	0.00%	0	0	0%	0	5	21	0	0	16	2	
Special K® Cacker Chips Cheddar	0.87	25	90	20	25.00%	2.5	0	0%	0	190	18	2	0	1	2	
Special K® Cacker Chips Sea Salt	0.87	25	90	15	20.00%	2	0	0%	0	190	19	2	0	0	3	
Special K® Cacker Chips Sour Cream & Onion	0.87	25	90	20	25.00%	2.5	0	0%	0	190	19	2	0	1	2	
Special K® Cacker Chips Southwest Ranch	0.87	25	90	20	20.00%	2	0	0%	0	190	19	2	0	1	2	
Special K® Cacker Chips Honey BBQ	0.87	25	90	20	20.00%	2	0	0%	0	180	19	1	0	2	2	
Special K® Popcorn Chips Sweet & Salty	0.77	22	90	15	20.00%	2	0	0%	0	85	18	1	0	2	0	
END BAR/NUT DELIGHT*	1.40	40	210	150	47.14%	11	1.5	6%	0	15	20	5	0	11	4	

FitPick® Product List

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Manufacturer	Product	Size (oz)	Size (g)	Cal	Cal Fat	% Fat	Fat (g)	Sat Fat (g)	% Sat Fat	Chol. (mg)	Sod. (mg)	Carb (g)	Prot. (g)	Trans fat	Sugars (g)	Dietary Fiber (g)
Kind	Kind Mini Fruit & Nut Delight #1	1.40	40	180	100	60.00%	14	2	10%	0	10	14	0	0	5	4
	Kind Bar Fruit & Nut Delight #1 Yogurt*	1.40	40	210	110	51.43%	12	3	15%	0	20	25	4	0	17	4
	Kind Bar, Cranberry Almond*	1.40	40	190	110	61.58%	13	1.5	7%	0	20	20	3	0	12	3
Kelemet Sausage Co.	Fi Lifestyle Beef Snack Stick	0.50	14	25	5	36.00%	1	0		10	170	1	4	0	1	0
	Fi Lifestyle Honey Ham Snack Stick	0.50	14	25	5	36.00%	1	0		10	170	1	4	0	1	0
Kraft	PLANTERS Honey Roasted Peanuts Dry Roasted	1.00	28	160	110	72.13%	13	2	11%	0	115	7	6	0	4	2
	PLANTERS Salted Peanuts (seempt from fat criteria due to Fiber, Vitamin E and better fat content)	1.00	28	170	130	74.12%	14	2	11%	0	115	5	7	0	1	2
Mrs. Mays	TROPICAL TRIO BAR	1.20	35	170	100	18.00%	12	1.5	9%	0	45	15	5	0	6	2
	APPLE FREEZE DRIED FRUIT CHIPS	0.35	10	38	0	0.00%	0	0	0%	0	0	9	0	0	7	1.5
	PANCAKE FREEZE DRIED FRUIT CHIPS	0.35	10	38	0	0.00%	0	0	0%	0	1	9	0	0	7	1
	CHAMBERLAIN FRUIT CHIPS	0.35	10	38	0	0.00%	0	0	0%	0	0	9	0	0	4	2
	POM-RASPBERRY CRUNCH	2.00	28	140	78	13.00%	9	2	10%	0	49	13	4	0	6	5

Mondelez	100 CALORE PACKS CHIPS ANYDAY Baked	0.81	23.0	100	25	27.00%	3.0	0.5	5%	0	140.0	18.0	1.0	0	7.0	1.0
	Crackling Thin Pretzels															
	NEWTONS GREAT CRISPS SNACKS MIXED BERRY	1.00	28.0	110	15	16.36%	2.0	0.0	0%	0	55.0	22.0	1.0	0	9.0	0.0
	TEDDY GRAMAMS Graham Snacks CINNAMON	1.00	28.0	120	35	30.00%	4.0	0.5	4%	0	90.0	21.0	2.0	0	7.0	1.0
	100 CALORE PACKS ORO Baked Chocolate Wafer Snacks THIN CRISPS	0.81	23.0	100	20	18.00%	2.0	0.0	0%	0	150.0	19.0	1.0	0	8.0	1.0
100 CALORE PACKS LORNA DOONE Cookie Family SWEETBREAD	0.74	21.0	100	30	27.00%	3.0	1.5	14%	0	120.0	16.0	1.0	0	6.0	0.0	

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Manufacturer	Product	Cal	Size (oz)	Cal	Fat (g)	% Fat	Fat (g)	Sat Fat (g)	% Sat Fat	Chol (mg)	Sod (mg)	Carb (g)	Prote (g)	Trans Fat	Sugars (g)	Dietary Fiber (g)
M&R	Banilla Golden Oat Breakfast Biscuit	1.76	50	220	80	31.30%	8	0.5	2%	0	220	35	4	0	11	3
	Banilla Raspberry Breakfast Biscuit	1.76	50	220	70	21.30%	8	0.5	2%	0	220	36	4	0	13	3
	Banilla Soft Baked Mixed Berry Single Serve	1.76	50	190	60	33.16%	7	0.5	2%	0	150	32	3	0	10	5
	Banilla Soft Baked Oats & Chocolate Single Serve	1.76	50	200	60	31.50%	7	1	5%	0	150	33	3	0	10	5
	Honey Maid LF Squares	1.06	30	130	25	20.77%	3	0	0%	0	150	24	2	0	8	2

Mr. Nature	Kaisers	1.00	28	90	0	0.00%	0	0	0%	0	7	20	1	0	20	2	
	Unsweet Trail Mix (exempt from fat criteria due to Fiber, Vitamin E and better fat content)	1.10	29	130	60	46.46%	7	1	7%	0	10	14	5	0	5	2	
	Salted Almonds (exempt from fat criteria due to Fiber, Vitamin E and better fat content)	1.00	28	170	110	63.53%	12	1	5%	0	40	7	7	0	1	3	
	Salted Cashews (exempt from fat criteria due to Fiber, Vitamin E and better fat content)	1.00	28	165	100	60.00%	11	4	22%	0	94	9	6	0	1	3	
	Happy Trail Mix	1.50	42	195	90	41.54%	9	3	14%	0	82.5	22.5	4.5	0	19.5	1.5	
	Unsweet Trail Mix (exempt from fat criteria due to Fiber, Vitamin E and better fat content)	1.75	50	210	90	47.14%	11	2	9%	0	18	23	7	0	7	2	
	Fruit Mix	1.75	50	175	20	10.29%	2	0	0%	0	53	40	0	0	26	2	
	Salted Peanuts (exempt from fat criteria due to Fiber, Vitamin E and better fat content)	1.00	28	170	130	74.12%	14	2	11%	0	130	6	8	0	0	3	
	Oriental Mix	1.00	28	110	0	0.00%	0	0	0%	0	160				0	1	0

Nugo	Nugo Dark Chocolate Chip	1.76	50	200	50	22.50%	5	3	14%	0	45	30	10	0	14	2
	Nugo Chocolate Trail Mix	1.76	50	160	45	28.13%	5	1.5	8%	0	70	27	9	0	11	4
	Nugo Dark Chocolate Mocha Bar	1.76	50	200	50	22.50%	5	3	14%	0	70	30	10	0	14	2

Peeled Snacks Inc.	Apple 2-Pee-Cor Pealed (1.25oz)	1.23	35	110	0	0.00%	0	0	0%	0	0	27	0	0	20	3
	Much-Abt-About Mango Peeled (1.4oz)	1.40	40	120	0	0.00%	0	0	0%	0	0	28	2	0	20	2

Pepperidge Farm	100 Calorie Cheddar Garden made with Whole Grains	0.75	21	100	30	31.50%	3.5	1	9%	5	170	14	3	0	0	1
	Baked Natural Cracker Chips/Multi-grain	1.00	28	130	35	27.69%	4	0.5	3%	0	200	22	1	0	3	2

Popchips	Popchips BBQ	0.80	23	100	25	27.00%	3	0	0%	0	210	16	1	0	2	1
	Popchips Original	0.80	23	100	25	27.00%	3	0	0%	0	230	16	1	0	0	1
	Popchips Sea Salt & Vinegar	0.80	23	100	30	27.00%	3	0	0%	0	210	16	1	0	1	1

Powerbar (Nestle)	Flour Protein Chew 2.25oz	2.29	64	230	50	10.23%	2.5	0	0	0	170	32	11	0	13	4
	Flour Protein Chew PB 2.25oz	2.29	64	230	50	10.23%	2.5	0	0	0	170	32	11	0	13	4

Roberts American Gourmet	Prata's Bony®	1.00	28	130	45	34.62%	5	1	#REF!	0	150	18	2	0	0	1
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Snak King	The Whole Earth Multigrain Chips - Spicy Nacho	1.25	35	160	50	28.13%	5	0.5	3%	0	150	26	3	0	1	1
	The Whole Earth Chewy Wild Ber Salt	1.25	35	150	45	30.00%	5	0.5	3%	0	130	2	0	0	2	3
	The Whole Earth Kettle Corn	1.00	28	130	45	34.62%	5	1	7%	0	130	19	2	0	6	2

Snikiddy	Cheese Puffs	1.00	28	120	40	31.50%	4.5	1	8%	5	190	17	3	0	1	1
	Snikiddy Fries Baked Cheddar Fries	1.00	28	130	40	31.50%	4.5	0.5	3%	0	180	20	2	0	2	1

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Snikiddy Fries Baked Southwest Cheddar Fries	1.00	28	130	40	31.50%	4.5	0.5	3%	0	180	20	2	0	2	1	

Snyder's-Lance	Chick Tyson Pretzels	1.58	30	120	10	7.50%	1	0	0%	0	120	24	3	0	0	1
	Honey Mustard & Onion Nibbler	1.50	43	195	35	20.77%	4.5	2	9%	0	140	33	4	0	1	1
	Mini Pretzels	0.90	30	100	0	0.00%	0	0	0%	0	220	22	2	0	1	1
	Cheese Fries 100 Calorie Pack	0.90	26	100	10	13.50%	1.5	0.5	5%	0	220	22	0	0	0	0
	Salsa D'oro Original Breakfast Treats	3.00	84	90	25	35.00%	2.5	1	10%	0	70	15	1	0	6	0
Salsa D'oro Margherita	3.00	84	120	40	30.00%	4	2	15%	0	85	20	2	0	6	0	

Wonderful Pistachio	WFL PISTACHIOS SWEET CHILI	1.25	35	110	13	12.00%	9	1	5%	0	180	5	4	0	2	2
	WFL PISTACHIOS SALT N PEPPER	1.25	35	110	13	12.00%	9	1	5%	0	150	5	4	0	1	2
	WFL PISTACHIOS REDD SALTED	1.25	35	110	12	12.00%	9	1	5%	0	90	5	4	0	1	2
	WFL NO SHELLS PISTACHIOS REDD SALTED	0.75	21	120	16	13.00%	10	1	5%	0	105	6	5	0	2	2
	WFL NO SHELLS CHILI REDD	0.75	21	130	17	13.00%	10	1	5%	0	180	5	5	0	1	2
	WFL NO SHELLS HONEY REDD	0.75	21	130	17	13.00%	10	1	5%	0	70	5	5	0	2	2
	WFL NO SHELLS PISTACHIOS SDV	0.75	21	130	17	13.00%	10	1	5%	0	160	5	5	0	1	2