



FitPick® Product List

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**

*Nuts and seeds are exempt from the total fat criteria due to their fiber, vitamin E and better fat content. These items must still meet the criteria for sodium and calories.**unsweetened dried fruit exempt. **Note:** the values listed are the upper limit and as calories decrease, the allowances for fat and sugar decrease accordingly.

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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)
Bare Fruit	Cherry/Banana	2.60	74	55	3	16.36%	1	0	0%	0	0	12	2	0	8	1
	Mango/ Pineapple	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 Sticks	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 Crème Sandwich .85oz	0.85	24	110	25	20.45%	2.5	1	8%	0	85	19	1	0	9	0
Biscomerica	Sun-Maid Oatmeal Raisin Apple Premium Cookies	2.00	57	220	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	CLIF Z Bar Chocolate Chip (Ranked # 1 by manufacturer)	1.27	36	130	35	27.69%	4	1.5	10%	0	100	24	3	0	11	3
	CLIF Z Bar Chocolate Brownie - #2	1.27	36	120	30	26.25%	3.5	1	8%	0	125	23	3	0	10	3
	CLIF Z Bar Honey Graham - #3	1.27	36	130	25	13.85%	2	0.5	3%	0	95	26	3	0	10	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 - Nutz 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 Mojo Mountain Mix	1.59	45	190	80	42.63%	9	1.5	7%	0	200	21	8	0	12	2
CLIF Mojo 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	4
	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	22.50%	6	1	4%	0	115	41	4	0	18	5
	Odwalla Bar Berries Go Mega	2.00	56	210	50	25.71%	6	0.5	2%	0	210	36	5	0	16	5
Darlington	Spikerz Vending - Spicy Cracker Bites (Ranch)	1.25	35	130	35	27.69%	4	0.5	3%	0	230	22	3	0	1	2
	Spikerz Vending - Spicy Craker Bites (Buffalo)	1.25	35	130	35	27.69%	4	0.5	3%	0	230	22	3	0	1	2
	Spikerz Vending - Spicy Craker Bites (Nacho Cheese)	0.90	26	100	25	27.00%	3	0	0%	0	160	16	2	0	1	2
	Spikerz Vending - Spicy Cracker Bites (Ranch)	0.90	26	100	25	27.00%	3	0	0%	0	160	16	2	0	1	2
	Appleways Apple Soft Oatmeal Bars	1.20	34	140	40	28.93%	4.5	1.5	10%	0	80	24	2	0	9	1
	Appleways Chocolate Chip Soft Oatmeal Bars	1.20	34	130	35	27.69%	4	1	7%	0	75	24	2	0	9	1
	Appleways Strawberry Soft Oatmeal Bars	1.20	34	140	35	25.71%	4	1.5	10%	5	85	24	2	0	9	1
Del Monte	Grapefruit & Oranges in Pomegranate Flavored Slightly-Sweetened Fruit Water		198	90	0	0.00%	0	0	0%	0	0	22	1	0	19	2
	Peaches in Strawberry Dragon Fruit Flavored Chia (per package)		396	260	40	17.31%	5	0	0%	0	20	50	4	0	40	8
	Pears in Blackberry Flavored Chia (Per Package)		396	260	40	17.31%	5	0	0%	0	10	52	4	0	38	10
	Dole Fruit Squish'ems - Apple	3.20	90	60	0	0.00%	0	0	0%	0	0	14	0	0	13	1



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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)
Dole	Dole Fruit Squish'ems - Apple Mixed Berry	3.20	90	60	0	0.00%	0	0	0%	0	0	14	0	0	13	1
	Dole Fruit Squish'ems - 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 Oranges	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	60	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 Tidbits	4.00	113	60	0	0.00%	0	0	0%	0	0	15	<1	0	14	1
	Dole Fruit in 100% Fruit Juice - Diced Pears	4.00	113	90	0	0.00%	0	0	0%	0	10	21	<1	0	18	2
	Dole Fruit in 100% Fruit Juice - Mixed Fruit (4.2oz)	4.20	119	80	0	0.00%	0	0	0%	0	5	20	<1	0	19	1
	Dole Fruit in 100% Fruit Juice - Mandarin Orangesixed Fruit (4.2oz)	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 Bars - Blueberry	1.20	35	160	90	56.25%	10	1.5	8%	0	45	15	5	0	10	2
	Mrs. May's Trio Bars - Cranberry	1.20	34	160	90	56.25%	10	1.5	8%	0	30	16	4	0	10	2
	Mrs. May's Trio Bars - Strawberry	1.20	35	190	110	56.84%	12	2	9%	0	45	14	5	0	8	2
	Mrs. May's Trio Bars - 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. Frehly's Chocolate Chip Cookie Bar	1.50	43	190	60	33.16%	7	1.5	7%	<5	90	30	2	0	14	3
	Mrs. Frehly'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 (PepsiCo)	BAKEDI CHEETOS w/ Calcium Crunchy	0.88	25	120	120	33.75%	4.5	0.5	4%	0	200	17	2	0	<1	<1
	BAKEDI CHEETOS w/ Calcium Flamin Hot	0.88	25	120	120	33.75%	4.5	0.5	4%	0	190	18	2	0	0	<1
	BAKEDI LAY'S BBQ	0.88	25	110	110	20.45%	2.5	0	0%	0	190	19	2	0	2	2
	BAKEDI LAY'S Regular	0.88	25	100	100	13.50%	1.5	0	0%	0	115	20	2	0	2	2
	BAKEDI LAY'S Sour Cream & Onion	0.88	25	110	110	24.55%	3	0	0%	0	190	19	2	0	3	2
	BAKEDI DORITOS Nacho Cheese	0.75	21	90	90	30.00%	3	0.5	5%	0	170	16	2	0	<1	1
	BAKEDI TOSTITOS SCOOPS Original	0.88	25	110	110	20.45%	2.5	0	0%	0	125	19	2	0	0	2
	BAKEDI LAY'S REGULAR	1.125	32	130	20	13.85%	2	0	0%	0	150	26	2	0	2	2
	BAKEDI LAY'S SOUTHWESTERN RANCH	1.00	28	120	30	22.50%	3	0.5	4%	0	160	21	2	0	2	2
	BAKEDI LAY'S BBQ	1.125	32	140	31	22.50%	3.5	0.5	4%	0	220	24	2	0	4	2
	BAKEDI 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
	RF DORITOS Nacho Cheese	1.00	28	130	45	34.62%	5	0.5	3%	0	200	20	2	0	0	2
	RF DORITOS Cool Ranch	1.00	28	130	45	34.62%	5	1	7%	0	160	19	2	0	1	2
	RF DORITOS Spicy Sweet Chili	1.00	28	130	45	34.62%	5	0.5	3%	0	180	20	2	0	<1	2
	RF SMARTFOOD White Cheddar Popcorn	0.50	14	60	25	37.50%	2.5	0	0%	0	125	9	2	0	0	1
	ROLD GOLD Hartzels	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 SELECTS GARLIC TOMATO BASIL HUMMUS CHIPS	0.80	23	100	40	36.00%	4	0	0%	0	130	13	3	0	1	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
	SUNCHIPS APPLE CINNAMON MORNING MIX- UPS	1.55	44	200	60	27.00%	6	0.5	2%	0	130	32	5	0	7	3
	Quaker Chewy Peanut Butter Chocolate Chip (.84oz)	0.84	24	100	27	27.00%	3	1	2%	0	95	17	2	0	7	1
	Quaker Chewy Low Fat Smores (.84oz) (*Choc Chip qualifies also)	0.84	24	90	20	27.00%	2	0.5	2%	0	80	19	1	0	7	1
	Quaker Chewy Low Fat 90 Calorie Chocolate Chunk (.84oz) (*PB qualifies also)	0.84	24	90	20	27.00%	2	0.5	2%	0	80	19	1	0	7	1
	Quaker Chewy Low Fat 90 Calorie Oatmeal Raisin (.84oz)	0.84	24	90	20	27.00%	1.5	0	2%	0	80	19	1	0	7	1
General Mills	Fiber One Oats & Chocolate	1.40	40	140	35	25.71%	4.0	1.5	10%	0	95	29	2	0	10	9
	Fiber One Oats & Peanut Butter	1.40	40	150	40	27.00%	4.5	2.0	12%	0	105	28	3	0	9	9
	Natures Valley Chewy Trail Mix/Fruit and Nut	1.20	35	140	35	25.71%	4	0.5	3%	0	100	25	3	0	14	1
	Nature Valley Granola Bar/Oats and Honey	1.50	42	190	60	28.42%	6	0.5	2%	0	160	29	4	0	12	2
	Natures Valley Crunch Peanut Butter	1.50	42	190	60	33.16%	7	1.0	5%	0	180	28	5	0	11	2
	Nature Valley S&S Almond	1.20	35	160	60	39.38%	7	2.0	11%	0	150	22	0	0	12	2
	Nature Valley S&S Peanut	1.20	35	170	70	47.65%	9	2.5	13%	0	150	19	0	0	11	2
	Natures 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 Chex Cheddar	0.92	26	110	25	36.00%	2.5	0.5	4%	0	135	20	2	0	4	2
	Simply Chex Chocolate Caramel	1.03	29	130	40	30.7	4.0	1.5	10%	0	70	22	2	0	8	2
	Simply Chex Strawberry Yogurt	1.03	29	120	25	20.80%	3	1	8%	0	55	23	2	0	6	2
	Team Cheerios - 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	
	FSTG Real Good Bar Chocolate Hazelnut	40	220	160	69.55%	17	4	16%	0	45	15	4	0	11	3	
	FSTG Real Good Bar Coconut Chai	40	220	140	65.45%	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 - 96 Ct.	40	150	30	18.00%	3	0.5	3%	0	110	30	3	0	9	3	
	Betty Crocker Oatmeal Butterscotch Bar	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 Chex Snack Mix Habenero Lime Xtreme	0.92	26	110	25	20.45%	2.5	0.5	4%	0	170	30	2	0	3	2
	Nature Valley Crisp Cinnamon	1.20	34	150	45	30.00%	5	0.5	3%	0	140	25	3	0	9	2
	Cheerios Cup Cereal	1.30	39	150	20	15.00%	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	3
	NV Oats n. Dark Chocolate Crunch	26	110	25	20.45%	2.5	0.5	4%	0	170	20	2	0	3	2	
	Apple Cinnamon Cheerios Bar	40	150	30	18.00%	3	0.5	3%	0	95	30	2	0	9	3	
	Golden Grahams Cereal Bar	40	150	30	18.00%	3	0.5	3%	0	110	30	2	0	9	3	
	Trix Cereal Bar	40	150	30	18.00%	3	0.5	3%	0	105	30	2	0	9	3	
Chex Mix Hot n' Spicy 60 ct	0.92	26	110	25	28.64%	3.5	0.5	4%	0	160	19	3	0	2	2	
Nature Valley Roasted Nut Crunch Bar - Almond	35	190	130	61.58%	13	1.5	7%	0	190	13	6	0	8	2		
Nature Valley Roasted Nut Crunch Bar - Peanut	35	190	120	61.58%	13	1.5	7%	0	190	13	6	0	8	2		



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Hostess	Hostess Brands-Mini Muffins-Banana Walnut	2 oz.	57	220	80	14.00%	9	1	5%	35	150	31	3		18	< 1g 4%	
Kar Nuts	Mango Pineapple Trail Mix (Unsalted)	1.50	28	120	45	37.50%	5	0.5	4%	0	15	18	2	0	13	1	
	Raisins	1.00	28	80	0	0.00%	0	0	0%	0	0	22	<1	0	17	1	
	Almonds (exempt from fat criteria due to Fiber, Vitamin E and better fat content)	1.00	28	160	130	78.75%	14	1	6%	0	0	5	6	0	1	3	
	Original Unsalted Trail Mix (exempt from fat criteria due to Fiber, Vitamin E and better fat content)	1.50	42	200	130	63.00%	14	1.5	7%	0	0	17	7	0	10	3	
	Salted Cashews (exempt 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 (exempt 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	
Kellogg's	Kashi® GOLEAN® Cereal-in-a-Cup	1.60	45	130	10	6.92%	1	0	0%	0	75	26	12	0	5	9	
	Kashi® GOLEAN Crunch!® Cereal-in-a-Cup	2.30	65	240	35	13.13%	3.5	0	0%	0	125	47	11	0	16	10	
	Kashi® Heart to Heart® Honey Oat Cereal Cereal-in-a-Cup	1.40	40	140	20	12.86%	2	0	0%	0	100	31	4	0	6	6	
	Kashi® Heart to Heart® Wild Blueberry Cereal Cereal-in-a-Cup	1.90	54	200	15	9.00%	2	0	0%	0	135	43	6	0	12	4	
	Kellogg's FiberPlus® Antioxidants Bar Chocolate Chip	1.20	36	120	40	30.00%	4	2	15%	0	55	26	2	0	7	9	
	Kellogg's FiberPlus® Antioxidants Bar Chocolatey Peanut Butter	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 Drizzle	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	8	3	
	Special K® Blueberry Pastry Crisp	0.88	25	100	20	18.00%	2	1	9%	0	80	20	1	0	7	<1	
	Special K® Strawberry Pastry Crisp	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	
	Kashi® GOLEAN® Chewy Bar Oatmeal Raisin	1.90	55	190	40	21.32%	4.5	2.5	12%	0	105	33	10	0	19	5	
	Kashi® TLC® Chewy Granola Bar Honey Almond Flax	1.20	35	140	45	32.14%	5	0	0%	0	105	19	7	0	5	4	
	Kashi® TLC® Chewy Granola Bar Peanut Butter	1.20	35	140	45	32.14%	5	0.5	3%	0	85	19	7	0	5	4	
	Kashi® TLC® Chewy Granola Bar Trail Mix	1.20	35	140	45	32.14%	5	0.5	3%	0	95	20	6	0	6	4	
	Stretch Island Fruit Co.™ Fruit Strip Autumn Apple	0.74	21	70	0	0.00%	0	0	0%	0	10	16	0	0	14	2	
	Stretch Island Fruit Co.™ Fruit Strip Harvest Grape	0.91	26	90	0	0.00%	0	0	0%	0	5	21	0	0	16	2	
	Special K® Cracker Chips Cheddar	0.87	25	90	20	25.00%	2.5	0	0%	0	190	18	2	0	1	2	
	Special K® Cracker Chips Sea Salt	0.87	25	90	15	20.00%	2	0	0%	0	190	19	2	0	0	3	
	Special K® Cracker Chips Sour Cream & Onion	0.87	25	90	20	25.00%	2.5	0	0%	0	190	19	2	0	1	2	
	Special K® Cracker Chips Southwest Ranch	0.87	25	90	20	20.00%	2	0	0%	0	190	19	2	0	1	2	
	Special K® Cracker 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	
		KIND 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 BAR,FRUIT & NUT DELIGHT #1	1.40	40	180	100	80.00%	16	2	10%	0	10	14	7	0	5	4
	KIND BAR,FRUIT & NUT DELIGHT W/Yogurt*	1.40	40	210	110	51.43%	12	3.5	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
Kelement Sausage Co.	Fit Lifestyle Beef Snack Stick	0.50	14	25	5	36.00%	1	0		10	170	1	4	0	1	0
	Fit Lifestyle Honey Ham Snack Stick	0.50	14	25	5	36.00%	1	0		10	170	1	3	0	1	0
Kraft	PLANTERS Honey Roasted Peanuts Dry Roasted (exempt from fat criteria due to Fiber, Vitamin E and better fat content)	1.00	28	160	110	73.13%	13	2	11%	0	115	7	6	0	4	2
	PLANTERS 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	115	5	7	0	1	2
Mrs. May's	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
	PINEAPPLE FREEZE DRIED FRUIT CHIPS	0.35	10	38	0	0.00%	0	0	0%	0	1	9	0	0	7	1
	STRAWBERRY FRUIT CHIPS	0.35	10	38	0	0.00%	0	0	0%	0	0	9	1	0	4	2
	POM-RASPBERRY CRUNCH	2.00	28	149	78	13.00%	9	2	10%	0	49	13	4	0	6	5
Mars	Snickers Marathon Energy Chocolatey Peanut	1.94	55	210	70	34.29%	8	3	13%	0	200	26	13	0	15	5
	Snickers Marathon Energy Honey Toasted Almond	1.55	44	150	40	27.00%	4.5	2	12%	0	125	22	10	0	10	7
	Snickers Marathon Crunchy Chocolate Crisp	1.94	55	140	35	25.71%	4	1.5	10%	0	90	22	5	0	10	3
	Snickers Marathon Crunch Multigrain	1.94	55	140	40	28.93%	4.5	1.5	10%	0	80	21	5	0	10	5
McKee	FS Original Granola Sleeve	1.25	35	150	35	6.00%	4	0.5	3%	0	115	26	3	0	8	3
	FS Fig Bars	1.50	43	160	25	5.00%	3	1	5%	0	100	32	1	0	18	1
	FS Apple Cinnamon Fruit & Grain Bars	1.38	39	150	30	5.00%	3.5	1	5%	0	70	28	1	0	16	1
	FS Totally Apple Cinnamon Bars	1.21	35	140	35	6.00%	4	1.5	8%	0	110	25	2	0	10	4
	FS Strawberry Fruit & Grain Bars	1.38	39	150	30	5.00%	3.5	1	5%	0	70	28	1	0	16	1
Medora Snacks	PopCorners Kettle	1.10	32	140	35	25.71%	4	0	0%	0	110	23	2	0	3	<1
	PopCorners Sea Salt	1.10	32	140	30	22.50%	3.5	0	0%	0	190	22	2	0	0	0
	PopCorners Cheesy Jalapeno	1.10	32	150	50	36.00%	6	0.5	3%	0	135	19.2	2.6	0	1	<1
	PopCorners Caramel	1.10	32	130	40	31.15%	4.5	0.5	3%	0	60	24	3	0	2	<1
Mondelez	TEDDY GRAHAM'S Graham Snacks CHOCOLATE	0.74	21.0	90	30	30.00%	3.0	1.0	10%	0	125.0	15.0	1.0	0	5.0	1.0
	100 CALORIE PACKS WHEAT THINS TOASTED CHIPS	0.80	22.0	100	25	27.00%	3.0	0.0	0%	0	230.0	16.0	2.0	0	2.0	1.0
	100 CALORIE PACKS RITZ Baked Snacks SNACK MIX	0.80	22.0	100	25	27.00%	3.0	0.5	5%	0	200.0	16.0	2.0	0	2.0	1.0
	100 CALORIE PACKS HONEY MAID BAKED SNACKS CINNAMON ROLL	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
	100 CALORIE PACKS CHIPS AHOY! Baked Chocolate Chip Snacks	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
	NEWTONS FRUIT CRISPS SNACKS MIXED BERRY	1.00	28.0	110	15	16.36%	2.0	0.0	0%	0	95.0	22.0	1.0	0	9.0	0.0
	TEDDY GRAHAM'S 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 CALORIE PACKS OREO 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 CALORIE PACKS LORNA DOONE Cookie Crisps SHORTBREAD	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	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)
	BelVita Golden Oat Breakfast Biscuit	1.76	50	230	80	31.30%	8	0.5	2%	0	220	35	4	0	11	3
	BelVita Blueberry Breakfast Biscuit	1.76	50	230	70	31.30%	8	0.5	2%	0	220	36	4	0	13	3
	BelVita Soft Baked Mixed Berry Single Serve	1.76	50	190	60	33.16%	7	0.5	2%	0	150	32	3	0	10	5
	BelVita 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 Lil' Squares	1.06	30	130	25	20.77%	3	0	0%	0	150	24	2	0	8	2
Mr. Nature	Raisins	1.00	28	90	0	0.00%	0	0	0%	0	7	20	1	0	20	2
	Unsalted Trail Mix (exempt from fat criteria due to Fiber, Vitamin E and better fat content)	1.10	29	130	60	48.46%	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
	Unsalted 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	13	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-the-Core Peeled (1.23oz)	1.23	35	110	0	0.00%	0	0	0%	0	0	27	0	0	20	3
	Much-Ado-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 Goldfish made with Whole Grains	0.75	21	100	30	31.50%	3.5	1	9%	5	170	14	3	0	0	1
	Baked Naturals 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)	PBar Prfrm Choc 2.29oz	2.29	64	220	50	10.23%	2.5	0	0	0	170	32	11	0	13	4
	PBar PrfrmChocPB 2.29oz	2.29	64	220	50	10.23%	2.5	0	0	0	170	32	11	0	13	4
Roberts American Gourmet	Pirate's Booty*	1.00	28	130	45	34.62%	5	1	#REF!	0	150	18	2	0	0	1
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
	TWE Multigrain Chips w/Sea Salt	1.25	35	150	45	30.00%	5	0.5	3%	0	130			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	Grilled Cheese Puffs	1.00	28	120	40	33.75%	4.5	1	8%	5	190	17	3	0	1	1
	Snikiddy Fries Baked Cheddar Fries	1.00	28	130	40	31.15%	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	31.15%	4.5	0.5	3%	0	180	20	2	0	2	1
Snyder's-Lance	Olde Tyme 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
	Gluten Free 100 Calorie Pack	0.90	26	100	10	13.50%	1.5	0.5	5%	0	220	22	0	0	0	0
	Stella D'oro Original Breakfast Treats	3.00	84	90	25	25.00%	2.5	1	10%	0	70	15	1	0	6	0
	Stella D'oro Margherite	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 RSTD SALTED	1.25	35	110	13	12.00%	9	1	5%	0	90	5	4	0	1	2
	WFL NO SHELLS PISTACHIOS RSTD SALTED	0.75	21	120	16	13.00%	10	1	5%	0	105	6	5	0	2	2
	WFL NO SHELLS CHILI RSTD	0.75	21	130	17	13.00%	10	1	5%	0	180	5	5	0	1	2
	WFL NO SHELLS HONEY RSTD	0.75	21	130	17	13.00%	10	1	5%	0	70	5	5	0	2	2
	WFL NO SHELLS PISTACHIOS SSV	0.75	21	130	17	13.00%	10	1	5%	0	160	5	5	0	1	2