

# snack FIT



	Serving (oz)	Calories	Fat (g)	Sodium (mg)	Carbs (g)	Sugar (g)	Protein (g)
Back to Nature Crackers - Crispy Cheddars	-	130	4.5	-	-	0	-
Back to Nature Crackers - Crispy Wheats	1.0	120	3.5	270	20	3	2
Baked! Cheetos Crunchy Cheese Flavored Snacks	1.0	130	5	240	19	1	2
Baked! Cheetos Crunchy Flamin' Hot	0.88	120	4.5	-	-	1	-
Baked! Cheetos Fantastix Chili Cheese	1.00	130	5	-	-	1	-
Baked! Doritos Tortilla Chips - Cooler Ranch	1.0	120	3.5	220	21	1	2
Baked! Doritos Tortilla Chips Nacho Cheesier	1.0	120	3.5	220	21	1	2
Baked! Lays Potato Crisps - KC Masterpiece Barbeque	1.0	126	3	150	22	2	2
Baked! Lays Potato Crisps - Original	1.0	110	1.5	150	23	2	2
Baked! Lays Potato Crisps - Sour Cream & Onion	1.0	120	3	150	21	3	2
Baked! Ruffles Potato Crisps - Cheddar & Sour Cream	1.0	120	3	200	21	2	2
Baked! Ruffles Potato Crisps - Original	1.0	120	3	200	21	2	2
Baked! Ruffles Potato Crisps - Reduced Fat	1.0	120	3	200	21	2	2
Baked! Tortilla Chips - Tostitos Bite Size	1.0	110	1	200	24	0	3
Beef Jerkey - Natural Style Hickory Smoked	0.9	70	1	-	-	3	-
Beef Jerkey - Natural Style Terriyaki	0.9	70	1	-	-	4	-
BIG 100 Meal Bar Chocolate Chip Cookie Dough	3.52	370	6	-	-	25	-
Biscomerica Animal Snackers No Trans Fat	2.13	97	2	50	-	7	-
Biscomerica Ginger Snaps	2.13	110	2.5	-	-	8	-
Biscomerica Ginger Snaps No Trans Fat	2.13	110	2.5	45	-	8	-
Braids Pretzel - Honey Wheat	1.5	170	2.5	420	34	6	4
Braids Pretzels - Butter Pretzel Braids	1.5	110	1.5	390	-	<1	-
Brothers-All-Natural Crisps - Apple	0.3	39	0	0	9	6	0
Brothers-All-Natural Crisps - Asian Pear	0.3	39	0	0	9	6	0
Brothers-All-Natural Crisps - Banana	0.6	66	0	0	16	8	1
Brothers-All-Natural Crisps - Pineapple	0.5	60	0	0	14	11	0
Brothers-All-Natural Crisps - Strawberry	.5	30	0	0	6	4	1
Brothers-All-Natural Crisps - Strawberry & Banana	0.4	46	0	0	11	6	1
Chex Mix - Apple Cinnamon	1.2	130	3.5	180	24	11	1
Chex Mix - Bold Party Blend	1.1	140	6	390	20	2	3
Chex Mix - Caramel Crunch	1.1	130	3.5	250	23	5	2
Chex Mix - Cheddar	1.1	130	4	330	22	2	2
Chex Mix - Dark Chocolate	1.1	140	4.5	170	23	8	2
Chex Mix - Honey Nut	1.1	130	4	280	22	5	2
Chex Mix - Hot & Spicy	1.1	130	4	420	20	2	2
Chex Mix - Peanut Butter	1.2	150	5	190	24	9	3
Chex Mix - Peanut Lovers	1.1	140	5	340	19	2	3
Chex Mix - Traditional	1.1	130	4	380	22	2	2
Chex Mix - Trail Mix	1.2	140	4.5	230	22	7	2
Chex Mix - Tropical	1.2	140	5	160	24	10	1
Chex Mix - Turtle	1.2	150	5	230	24	10	2
Chex Mix 100 Calorie Pack - Cheddar	1.2	100	2.5	320	18	2	2
Chex Mix 100 Calorie Pack - Chocolate Caramel	0.7	10	3.5	190	17	6	1
Chex Mix 100 Calorie Pack - Strawberry Yogurt	0.7	100	2.5	170	18	5	1
Chuckles Jelly Candy	0.7	70	0	15	18	0	0
Clamato Tortilla Chips	1	140	4	130	-	1	-
Clif Bar - Chocolate Chip Peanut Crunch	2.4	250	6	-	-	20	-

	Serving (oz)	Calories	Fat (g)	Sodium (mg)	Carbs (g)	Sugar (g)	Protein (g)
Clif Bar - Crunch Peanut Butter	2.4	250	6	-	-	18	-
Clif Bar - Oatmeal Raisin Walnut	2.4	245	5	-	-	23	-
Corn Nuts - Barbecue	1.4	180	6	-	-	1	-
Corn Nuts - Chile Picante Con Limon	1.4	180	6	-	-	0	-
Corn Nuts - Nacho Cheese	1.4	180	7	-	-	1	-
Corn Nuts - Original	1.4	180	6	410	27	0	3
Corn Nuts - Ranch	1.4	180	6	-	-	1	-
Crunch 'n Munch Toffee w/Peanuts	1	130	4	-	-	2	-
Cubs Graham Snacks - Cinnamon	0.5	60	2	-	-	3	-
Dale & Thomas Kettlecorn Popcorn	1	130	5	-	-	6	-
Dole Fruit Bowl - Diced Peaches	4.0	70	0	15	18	17	1
Dole Fruit Bowl - Diced Pears	4.0	80	0	0	19	18	0
Dole Fruit Bowl - Mandarin Oranges	4.0	70	0	10	18	17	0
Dole Fruit Bowl - Mandarins in Orange Gel	4.3	90	0	25	23	22	<1
Dole Fruit Bowl - Mixed Fruit	4.0	80	0	10	19	17	<1
Dole Fruit Bowl - Mixed Fruit in Black Cherry Gel	4.3	90	0	25	23	22	<1
Dole Fruit Bowl - Mixed Fruit in Peach Gel	4.3	90	0	25	23	22	<1
Dole Fruit Bowl - Peaches in Strawberry Gel	4.3	90	0	25	23	22	<1
Dole Fruit Bowl - Pineapple	4.0	60	0	10	16	14	<1
Dole Fruit Bowl - Pineapple in Lime Gel	4.3	90	0	95	23	22	<1
Dole Fruit Bowl - Reduced Sugar Papaya in Peach Gel	4.3	60	0	70	16	13	<1
Dole Fruit Bowl - Reduced Sugar Pears in Kiwi Berry Gel	4.3	60	0	70	16	13	<1
Dole Fruit Bowl - Tropical Fruit	4.0	80	0	10	19	17	<1
Don Miquel Bean & Cheese Burrito	-	260	-	-	-	-	-
Doritos Reduced Fat Nacho Cheese	1.00	130	5	-	-	1	-
El Sabroso Guacachip Guacamole Tortilla Chip	1.5	230	14	250	24	1	3
Farley's Reduced Sugar Mixed Fruit Snacks	2	180	-	-	-	18	-
Flat Earth Baked Fruit Crisps - Apple Cinnamon	1.0	130	4.5	35	21	6	1
Flat Earth Baked Fruit Crisps - Peach Mango	1.0	130	4.5	35	21	7	1
Flat Earth Baked Fruit Crisps - Wild Berry Patch	1.0	130	4.5	40	21	6	1
Flat Earth Baked Veggie Crisps - Farmland Cheddar	1.0	130	5	190	19	3	2
Flat Earth Baked Veggie Crisps - Garlic & Herb Field	1.0	130	5	190	19	3	2
Flat Earth Baked Veggie Crisps - Tangy Tomato Ranch	1.0	130	5	210	19	3	2
Frito Lay Almonds - Smoke Flavored	1	280	24	140	9	2	14
Frito Lay Funyuns Onion Rings	1.0	140	7	270	18	<1	2
Frito Lay Munchies Snack Mix - Traditional	1.0	130	4.5	230	19	3	3
Frito Lay Munchies Snack Mix - Ultimate Cheddar	1.0	130	4.5	230	19	3	3
Frito Lay Peanuts - In-Shell	1	280	24	-	9	2	14
Frito Lay Peanuts - Salted	1.0	160	14	115	5	1	8
Frito Lay Pistachios - In-Shell	1	280	24	-	9	2	14
Grandma's Oatmeal Cookie	2.75	330	11	-	-	15	-
Herr Foods - Bite Size Hard Pretzels	-	100	0	-	-	0	-
Herr Foods - Butter Sticks Pretzels	-	120	2	-	-	0	-
Herr Foods - Circle H Pretzels	-	170	3	-	-	0	-
Herr Foods - Extra Dark Special Pretzels	-	170	2	-	-	0	-
Herr Foods - Hards Pretzels	-	100	0	-	-	0	-
Herr Foods - Honey Wheat Pretzels	-	110	2	-	-	3	-

	Serving (oz)	Calories	Fat (g)	Sodium (mg)	Carbs (g)	Sugar (g)	Protein (g)
Herr Foods - Light Popcorn	-	120	4	-	-	1	-
Herr Foods - No Salt Thins Pretzels	-	100	0	-	-	2	-
Herr Foods - Sourdough Hard Pretzel	-	100	0	-	-	0	-
Herr Foods - Special Pretzels	-	170	2	-	-	0	-
Herr Foods - Stix Pretzels	-	115	2	-	-	0	-
Herr Foods - Thins Pretzels	-	100	1	-	-	0	-
Kar's Cashews - Salted	1.0	160	13	110	9	1	5
Kar's In-Shell Sunflower Seeds	1.0	170	15	110	5	1	6
Kar's Nut Mix - Peanut, Almond & Cashew	1.0	170	15	100	5	1	6
Kar's Nut Mix - Yogurt & Apple	1.0	150	10	75	13	5	3
Kar's Peanuts - Blazin Hot	1.5	240	21	810	7	2	11
Kar's Peanuts - Honey Roasted	1.0	150	12	50	9	3	5
Kar's Peanuts - Salted	1.0	170	16	70	4	1	8
Kar's Peanuts - Salted In-Shell	1.0	160	13	230	6	1	7
Kar's Sunflower Kernels	1.0	170	15	44	5	<1	6
Kar's Trail Mix - Mango Pineapple	2.0	280	18	15	25	18	9
Kar's Trail Mix - Nut All Energy	1.0	130	7	4	13	7	4
Kar's Trail Mix - Nut 'N Yogurt	1.0	130	9	10	12	7	5
Kar's Trail Mix - Original Blend	1.0	130	9	6	10	5	5
Kar's Trail Mix - Sweet 'N Salty	1.0	130	7	50	14	11	4
Kar's Trail Mix - Sweet 'N Spicy	1.0	150	10	115	12	5	4
Kashi Chewy Granola Bars - Cherry Dark Chocolate	1.2	120	2	75	24	8	5
Kashi Chewy Granola Bars - Honey Almond Flax	1.2	140	5	115	19	5	7
Kashi Chewy Granola Bars - Peanut Peanut Butter	1.2	140	5	90	19	5	7
Kashi Chewy Granola Bars - Trail Mix	1.2	140	5	105	20	5	6
Kashi Crunchy Granola Bars - Honey Toasted 7-Grain	1.4	180	6	160	25	8	6
Kashi Crunchy Granola Bars - Pumpkin Spice Flax	1.4	180	6	150	26	8	6
Kashi Crunchy Granola Bars - Roasted Almond Crunch	1.4	180	6	160	26	7	7
Kashi GoLean Chewy Bars - Chocolate Almond Toffee	2.7	290	6	250	45	31	13
Kashi GoLean Chewy Bars - Cookies N' Cream	2.7	290	6	200	50	35	13
Kashi GoLean Chewy Bars - Malted Chocolate Crisp	2.7	290	6	200	49	35	13
Kashi GoLean Chewy Bars - Oatmeal Raisin Cookie	2.7	280	5	140	49	33	13
Kashi GoLean Chewy Bars - Peanut Butter & Chocolate	2.7	290	6	280	48	31	13
Kashi GoLean Crunchy Bars - Chocolate Almond	1.5	170	5	210	27	13	8
Kashi GoLean Crunchy Bars - Chocolate Caramel	1.5	150	3	220	28	14	8
Kashi GoLean Crunchy Bars - Chocolate Peanut	1.7	180	5	250	30	13	9
Kashi GoLean Crunchy Bars - Chocolate Pretzel	1.5	160	3	250	28	13	11
Kashi GoLean Crunchy Bars - Cinnamon Coffee Cake	1.5	160	3	250	28	13	11
Kashi GoLean Roll Bars - Caramel Peanut	1.9	200	5	210	29	14	12
Kashi GoLean Roll Bars - Chocolate Peanut	1.9	190	5	230	28	14	12
Kashi GoLean Roll Bars - Chocolate Turtle	1.9	190	5	200	28	14	12
Kashi GoLean Roll Bars - Fudge Sundae	1.9	190	5	260	27	13	12
Kashi GoLean Roll Bars - Oatmeal Walnut	1.9	190	5	250	27	13	12
Kellogg's Austin Zoo Animal Crackers	1.0	130	2	90	25	7	2
Kellogg's Cheezit - Original	1.0	160	8	250	18	<1	4
Kellogg's Cheezit - Reduced Fat	1.0	130	4	360	20	0	4
Kellogg's Famous Amos Low-Fat Iced Ginger Snaps	1.8	200	3	-	40	17	-

	Serving (oz)	Calories	Fat (g)	Sodium (mg)	Carbs (g)	Sugar (g)	Protein (g)
Kellogg's Keebler Elfin Cookies	1.8	200	2.5	-	25	6	-
Kellogg's Keebler Scooby-Doo Graham Cracker Sticks	1	120	4	115	-	8	-
Kellogg's Nature Valley Granola Bar - Oats 'n Honey	1.0	180	6	-	28	11	-
Kellogg's Nutri-Grain Yogurt Bar Strawberry	1.3	140	3	-	26	14	-
Kellogg's Rice Krispies Treats Original	1.7	200	5	-	37	18	-
Kellogg's Smart Start Healthy Heart Bar	1.41	150	2.5	85	-	12	-
Kellogg's Special K Bar - Chocolate Drizzle	1.7	90	0	-	37	18	-
Kellogg's Special K Bar - Strawberry	1.3	90	0	-	29	14	-
Kellogg's Special K Snack Bites	0.81	90	2	125	-	7	-
Lance Grilled Cheese on Captain's Wafers	-	-	-	-	-	-	-
Lance Peanut Butter and Honey on Captain's Wafer	-	-	-	-	-	-	-
Lance Peanut Butter on Wheat Crackers	-	-	-	-	-	-	-
Lance Smokehouse Cheddar on Captain's Wafers	-	-	-	-	-	-	-
Lance Snack Right - Baked Nacho Tortilla Chips	1.0	120	3	-	17	1	-
Lance Snack Right - BBQ Baked Potato Chips	1.0	110	4	-	17	2	-
Lance Snack Right - Plain Baked Potato Chips	1.0	100	2	-	19	1	-
Lance Snack Right - Reduced Fat Gold-N-Cheese	1.0	160	6	-	23	0	-
Lance Snack Right - Reduced Fat Toastchee	1.0	180	7	-	23	2	-
Lance Swiss on Wheat Crackers	-	-	-	-	-	-	-
Mars GenerationMax - 3 Musketeers S'Mores	1.3	140	4.5	70	-	12	-
Mars GenerationMax - 3 Musketeers Strawberry	1.26	140	4.5	70	-	12	-
Mars GenerationMax - 3 Musketeers Vanilla	1.3	140	4.5	70	-	12	-
Mars GenerationMax - Combos Hot'n Spicy	1.1	130	5	220	-	1	-
Mars GenerationMax - Combos Pizza	1.1	130	5	220	-	1	-
Mars GenerationMax - Combos Pretzel	1.1	110	1	230	-	2	-
Mars GenerationMax - M&M's Cookies	1.2	150	5	100	-	11	-
Mars GenerationMax - Snickers Clusters	1.1	140	4.5	170	-	8	-
Mars GenerationMax - Snickers Cookies	1.2	150	5	100	-	11	-
Mars GenerationMax - Twix Clusters	1.1	140	4	120	-	12	-
Mr. Nature Oriental Mix	1.5	110	0	160	-	<1	-
Mr. Nature Selected Fruit Mix	2	100	1	30	-	15	-
Mrs. Freshley's Wild Blue Berry Muffins	3.4	-	-	-	-	-	-
Mrs. Freshley's Yogurt Crème Cakes	3.4	-	-	-	-	-	-
Mrs. Freshley's Yogurt Crème Oatmeal Cookies	1.8	-	-	-	-	-	-
Mrs. May's Naturals - Almond Crunch	1.0	156	13	37	8	3	5
Mrs. May's Naturals - Cran-Blueberry Crunch	1.0	172	12	36	9	4	5
Munchies Kids Mix without Candy	0.88	110	3.5	-	-	4	-
Nabisco 100 Calorie Packs - Cheese Nips Thin Crisps	.7	100	3	250	15	-	2
Nabisco 100 Calorie Packs - Chewy Granola Bar Chips Ahoy	-	100	-	-	-	-	-
Nabisco 100 Calorie Packs - Chewy Granola Bar Nutter Butter	-	100	-	-	-	-	-
Nabisco 100 Calorie Packs - Chewy Granola Bar Oreo	-	100	-	-	-	-	-
Nabisco 100 Calorie Packs - Chips Ahoy Candy Bites	.8	100	3	140	18	7	1
Nabisco 100 Calorie Packs - Honey Maid Cinnamon Thin Crisps	-	100	-	-	-	-	-
Nabisco 100 Calorie Packs - Lorna Doone Shortbread Cookie Crisps	.7	100	3	90	17	7	1
Nabisco 100 Calorie Packs - Mini Teddy Grahams	.8	100	2	170	19	7	1
Nabisco 100 Calorie Packs - Oreo Candy Bites	-	100	-	-	-	-	-
Nabisco 100 Calorie Packs - Oreo Thin Chips	.8	100	2	160	10	9	1

	Serving (oz)	Calories	Fat (g)	Sodium (mg)	Carbs (g)	Sugar (g)	Protein (g)
Nabisco 100 Calorie Packs - Planters Peanut Butter Cookie Crisps	.8	100	3	160	17	7	2
Nabisco 100 Calorie Packs - Ritz Snack Mix	.8	100	3	210	16	2	2
Nabisco 100 Calorie Packs - Ritz Toasted Chips	-	100	-	-	-	-	-
Nabisco 100 Calorie Packs - SportZ Cheese Crackers	0.7	100	3	230	14	0	2
Nabisco 100 Calorie Packs - Wheat Thins Toasted Chips Minis	0.8	100	3	230	16	2	2
Nabisco Animal Crackers	1.0	120	3	160	22	6	2
Nabisco Fat Free Fig Newton	2.1	100	0	-	22	12	-
Nabisco Honey Maid Cookies Oatmeal Raisin Mini	2	250	9	-	-	16	-
Nabisco Honey Maid Graham Sticks Cinnamon	1	120	2.5	-	-	8	-
Nabisco Ritz Airplanes	1	120	3.5	-	-	3	-
Nabisco Snack Well's - Vanilla Crème Sandwich	1.7	210	5	200	38	18	-
Nabisco Teddy Graham Snacks - Chocolate	0.75	90	3	-	-	6	-
Nabisco Teddy Grahams Cinnamon	0.8	90	3	95	16	5	1
Nabisco Triscuit Baked Whole Wheat Crackers	1.75	210	8	-	-	0	-
Nabisco Wheat Thins Original	1.8	230	9	420	35	6	3
Nature Valley Strawberry-Yogurt Granola Bar	1.2	140	3.5	110	26	13	2
Nestle KitKat Singles	0.5	80	4	10	10	7	1
Now & Later - Classic	2.75	120	-	-	-	22	-
Now & Later - Radberry	2.75	120	-	-	-	22	-
Now & Later - Tropical	2.75	120	-	-	-	23	-
Now & Later - Wild	2.75	120	-	-	-	22	-
O'Brien Honey Cured Turkey Stick		50	1.5	430	-	4	-
Odwalla Bar - Banana Nut	2.2	240	6	115	41	18	4
Odwalla Bar - Berries GoMega	2.2	220	4.5	230	41	20	5
Odwalla Bar - Carrot Raisin	2.2	220	4	115	43	21	4
Odwalla Bar - Chocolate Chip Peanut	2.2	250	7	180	36	14	8
Odwalla Bar - Choco-Walla	2.2	240	6	80	42	20	5
Odwalla Bar - Cranberry C Monster	2.2	220	3	85	44	21	4
Odwalla Bar - Peanut Crunch	2.2	240	7	210	37	14	8
Odwalla Bar - Strawberry Pomegranate	2.2	220	3	95	44	22	4
Odwalla Bar - Super Protein	2.2	230	4.5	160	31	16	16
Odwalla Bar - Superfood	2.2	230	4	110	43	20	4
Odwalla Bar - Sweet & Salty Almond	2.2	220	11	210	22	8	7
Odwalla Bar - Sweet & Salty Peanut	2.2	190	6	180	26	12	5
Odwalla Bar - Trail Mix	2.2	190	7	65	27	11	5
Pemmican Premium Cut Beef Jerky - Hot & Spicy	1.0	150	2	1120	8	7	22
Pemmican Premium Cut Beef Jerky - Original	1.0	80	1	610	4	2	13
Pemmican Premium Cut Beef Jerky - Peppered	1.0	140	2	1220	5	3	24
Pemmican Premium Cut Beef Jerky - Smoked Mesquite	1.0	140	2	1200	6	4	22
Pemmican Premium Cut Beef Jerky - Steak Fajita	1.0	70	1.5	570	<1	0	14
Pemmican Premium Cut Beef Jerky - Steakhouse Style	1.0	80	1.5	530	1	0	14
Pemmican Premium Cut Beef Jerky - Teriyaki	1.0	80	1	670	3	2	13
Pemmican Steak Tips - Original	1.0	70	1.5	510	5	4	9
Pemmican Steak Tips - Teriyaki	1.0	70	1.5	510	5	4	9
Pemmican Tender Style - Original	1.0	80	2	720	3	2	12
Pemmican Tender Style - Peppered	1.0	80	2	720	3	2	12
Pemmican Tender Style - Teriyaki	1.0	80	2	730	3	2	12

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Pepperidge Farm GIANT Goldfish Grahams - Chocolate	0.9	120	3.5	105	-	6	-
Pepperidge Farm GIANT Goldfish Grahams - Cinnamon	0.9	120	4.5	105	-	6	-
Pepperidge Farm Goldfish - PhysEdibles Lemon	0.9	120	4	100	-	7	-
Pepperidge Farm Goldfish - Cheddar Cheese	0.75	100	3.5	-	-	0	-
Pepperidge Farm Goldfish - Hot & Spicy Cheddar	0.75	100	3	190	-	0	-
Pepperidge Farm Goldfish - Kickin' Ranch	0.75	100	3	190	-	0	-
Pepperidge Farm Goldfish - PhysEdibles Strawberry	0.9	120	4	100	-	7	-
Planters Honey Roasted Peanuts	2.0	310	25	220	15	8	13
Pop Tarts - Blueberry	3.67	400	10	-	-	36	-
Pop Tarts - Brown Sugar Cinnamon	3.52	420	13	-	-	32	-
Pop Tarts - Chocolate Chip	3.67	430	13	-	-	36	-
Pop Tarts - Frosted Blueberry	3.67	400	10	330	-	35	-
Pop Tarts - Frosted Brown Sugar Cinnamon	3.67	420	14	340	-	31	-
Pop Tarts - Frosted Cherry	3.67	400	10	330	-	34	-
Pop Tarts - Frosted Strawberry	3.67	400	10	330	-	34	-
Pop Tarts - Strawberry	3.67	410	11	-	-	32	-
PureFit - Almond Crunch		230	6	-	-	15	-
PureFit - Chocolate Brownie		230	4.5	-	-	16	-
PureFit - Peanut Butter Crunch		240	7	-	-	15	-
Quaker Baked Muffin Bar - Banana & Oats	1.3	130	3.5	120	26	11	2
Quaker Baked Muffin Bar - Blueberry & Oats	1.3	140	3.5	110	26	11	2
Quaker Breakfast Cookie - Apple Cinnamon	2	170	4.5	-	-	15	-
Quaker Breakfast Cookie - Chocolate Chip	2	180	28	-	-	14	-
Quaker Breakfast Cookie - Oatmeal Raisin	2	170	4.5	-	-	15	-
Quaker Caramel Corn Quakes	0.5	60	0	150	13	4	1
Quaker Chewy Granola Bar - Baked Apple	0.7	90	2	80	19	7	7
Quaker Chewy Granola Bar - Butterfinger	0.8	10	2.5	85	19	8	1
Quaker Chewy Granola Bar - Chocolate Chip	0.7	100	3	75	18	7	1
Quaker Chewy Granola Bar - Chocolate Chunk	0.7	90	2	80	19	7	7
Quaker Chewy Granola Bar - Cinnamon Sugar	0.7	90	2	80	19	7	7
Quaker Chewy Granola Bar - Cookies and Crème	1	90	2.5	-	-	5	-
Quaker Chewy Granola Bar - Low Fat Chocolate Chunk	1.0	110	2	65	22	10	2
Quaker Chewy Granola Bar - Low Fat S'mores	1.0	90	2	80	19	7	7
Quaker Chewy Granola Bar - Oatmeal Raisin	0.7	90	2	80	19	7	7
Quaker Chewy Granola Bar - Peanut Butter Chocolate Chip	0.7	100	3	95	17	7	2
Quaker Chewy Granola Bar - Reduced Sugar Chocolate Chip	0.7	100	4	50	17	6	1
Quaker Chewy Granola Bar - Reduced Sugar Chocolate Chunk	1	100	3	-	-	5	-
Quaker Chewy Granola Bar - Reduced Sugar Cookies And Cream	1	100	2.7	-	-	5	-
Quaker Chewy Granola Bar - Reduced Sugar Peanut Butter Chocolate Chunk	1	100	3	-	-	5	-
Quaker Chewy Granola Bar - S'mores	0.7	100	2	80	19	8	1
Quaker Chewy Granola Bar - Trail Mix Cranberry Raisin Almond	1.0	110	2	65	22	10	2
Quaker Chewy Granola Bar - Trail Mixed Nuts	1.0	110	2	65	22	10	2
Quaker Cinnamon Sugar Multigrain Minis	0.5	60	1	90	12	3	1
Quaker Crunchy Granola Bar - Oats & Berries	1.1	130	130	22	8	2	1
Quaker Crunchy Granola Bar - Oats, Nuts & Honey	1.1	130	130	22	8	2	1
Quaker Fruit Crisp Bars - Apple Crisp	1	130	2.5	-	-	9	-
Quaker Fruit Crisp Bars - Strawberry	1	130	2.5	-	-	9	-

	Serving (oz)	Calories	Fat (g)	Sodium (mg)	Carbs (g)	Sugar (g)	Protein (g)
Quaker Fruit Crisp Bites - Apple Crisp	2	200	4	-	-	12	-
Quaker Fruit Crisp Bites - Strawberry	2	200	4	-	-	12	-
Quaker Quick Oats Tube		150	3	-	-	1	-
Quaker Rice Cakes - Mini Apple/Cinnamon		60	0	-	-	4	-
Quaker Rice Cakes - Mini Caramel		60	0	-	-	4	-
Quaker Rice Cakes - Mini Cheddar	1	90	2.7	-	-	1	-
Quaker Snack Mix - Cheddar Cheese	1.75	230	8	-	-	5	-
Quaker Snack Mix - Kids Mix	0.88	110	3.5	-	-	4	-
Rold Gold Cheddar Cheese Twists	1.0	110	1	370	22	1	3
Rold Gold Classic Sticks	1.0	100	0	580	23	1	2
Rold Gold Honey Wheat Braided Twists Pretzels	1.0	110	1	230	23	3	2
Smartfood White Cheddar Cheese Flavored Reduced-Fat Popcorn	1.0	120	5	230	15	1	3
SnakClub California Naturals Oriental Mix	1.1	105	0	167	24	2	3
Snyders Mini Pretzel	1.0	110	1	250	23	<1	3
Snyders MultiGrain Pretzel Sticks Lightly Salted	1.0	120	2	160	23	2	3
Snyders MultiGrain Sunflower Chips French Onion	1.0	140	6	190	20	2	2
Snyders MultiGrain Tortilla Chips Lightly Salted	1.0	130	5	110	20	2	2
Snyders MultiGrain White Cheddar Puffs	1.0	130	6	230	19	2	2
Snyders Pretzel Dipping Sticks	1.0	120	1	240	24	<1	3
South Beach Diet 100 Calorie Snack Bar - Chocolate Chip	1.0	100	3	160	18	4	3
South Beach Diet 100 Calorie Snack Bar - Chocolate Delight	1.0	100	3	150	18	4	3
South Beach Diet Cookies - Oatmeal Chocolate Chip	0.8	100	5	90	16	4	1
South Beach Diet Cookies - Peanut Butter	0.8	100	5	140	15	3	2
South Beach Diet Snack Bar - Chocolate Mint	1.0	100	4	150	15	5	6
South Beach Diet Snack Bar - Chocolate Raspberry	1.0	100	3	125	16	7	5
South Beach Diet Snack Bar - Mixed Berry	1.0	100	2	135	18	5	3
South Beach Diet Snack Bar - Peanut Butter	1.0	100	4	170	14	3	6
South Beach Diet Snack Pack - Dark Chocolate Covered Soynuts	0.6	100	6	0	9	6	3
South Beach Diet Snack Pack - Granola Clusters Cherry Almond	1.0	130	4	55	18	6	0
Soy Crisps - Apple Cinnamon Crunch	1	120	3	-	-	4	-
Soy Crisps - Rich Cheddar Cheese	1	110	3	-	-	1	-
Soy Crisps - Tangy Salt & Vinegar	1	110	3	-	-	1	-
Soy Crisps - Zesty BBQ	1	110	3	-	-	1	-
Stacy's Pita Chips - Parmesan Garlic Herb	1.5	200	8	-	-	2	-
Stacy's Pita Chips - Pesto & Sundried Tomato	1.5	200	7	-	-	1	-
Stacy's Pita Chips - Simply Naked	1.5	200	8	-	-	1	-
Stacy's Pita Chips - Texarkana Hot	1.5	200	7	-	-	1	-
Stacy's Soy Crisps - Cinnamon & Sugar	1.5	200	7	-	-	9	-
Stacy's Soy Crisps - Sticky Bun	1	130	5	-	-	3	-
Stoneyfield Farm Organic Yogurt - Blueberry	6	130	1.5	95	-	22	-
Stoneyfield Farm Organic Yogurt - Carramel	6	190	1.5	140	-	35	-
Stoneyfield Farm Organic Yogurt - Just Peachy	6	130	1.5	95	-	25	-
Stoneyfield Farm Organic Yogurt - Luscious Lemon	6	140	1.5	120	-	23	-
Stoneyfield Farm Organic Yogurt - Maple Vanilla	6	130	1.5	100	-	20	-
Stoneyfield Farm Organic Yogurt - Mocha Latte	6	140	1.5	105	-	22	-
Stoneyfield Farm Organic Yogurt - Raspberry	6	130	1.5	105	-	22	-
Stoneyfield Farm Organic Yogurt - Strawberry	6	130	1.5	95	-	22	-



	Serving (oz)	Calories	Fat (g)	Sodium (mg)	Carbs (g)	Sugar (g)	Protein (g)
Stoneyfield Farm Organic Yogurt - Vanilla	6	140	1.5	100	-	23	-
SunChips French Onion Multigrain	1.0	140	6	115	19	2	2
SunChips Harvest Cheddar Multigrain	1.0	140	6	115	19	2	2
SunChips Original Multigrain	1.0	140	6	115	19	2	2
Super Snax - Blazin Hot Pretzel Poppers	1.5	160	5	-	-	1	-
Super Snax - Cinnamon Toast Bites	1.5	180	6	-	-	7	-
Super Snax - Zesty Pizza Pretzel Poppers	1.5	160	5	-	-	1	-
T.G.I. Friday's Cheddar & Bacon	1	130	3	-	-	1	-
Tato Skins Steak & Potato	1	130	3	-	-	1	-
Trails Best Beef & Cheese	1.1	120	10	480	2	1	7
Trails Best Double Salami	1.1	120	10	630	2	0	6
Trails Best Smoked Beef Steak	0.5	40	1	440	2	1	5
Trails Best Smoked Beef Stick	1.0	100	8	430	1	0	5
Trails Best Teriyaki Beef Steak	0.5	40	1	150	3	3	4
Trails Best Twin Beef Sticks	1.1	120	9	510	2	1	7
Trails Best Twin Hot Stick	1.1	120	10	410	2	1	6
Trails Best Twin Teriyaki Stick	1.1	110	7	400	5	4	6
Tropicana Fruitwise Bar - Cherry Berry	1.6	140	0	300	36	32	0
Tropicana Fruitwise Bar - Orange Citrus	1.6	140	0	300	36	32	0
Tropicana Fruitwise Bar - Strawberry	1.6	140	0	300	36	32	0
Tropicana Fruitwise Strip - Cherry	0.6	70	0	140	17	15	0
Tropicana Fruitwise Strip - Fruit Punch	0.6	70	0	140	17	15	0
Tropicana Fruitwise Strip - Grape	0.6	70	0	140	17	15	0
Tropicana Fruitwise Strip - Raspberry	0.6	70	0	140	17	15	0
Tropicana Fruitwise Strip - Strawberry	0.6	70	0	140	17	15	0
Tropicana Fruitwise Strip - Wildberry	0.6	70	0	140	17	15	0
Van Holtens Kosher Hot Pickle	1.0	0	0	-	1	<1	-
Van Holtens Kosher Pickle Zesty Garlic	1.0	0	0	-	1	<1	-
Welch's Dried Fruit - Mixed Fruit	1.5	140	0	-	-	4.5	-
Welch's Dried Fruit - Reduced Sugar Mixed Fruit	1.5	120	0	-	-	14	-
Welch's Dried Fruit - Tropical Sensation	1.5	150	0	-	-	10	-
X-Treme Fruit Bites Atomic Apple	0.8	70	0	45	18	15	0.1
X-Treme Fruit Bites Charg'n Cherry	-	-	-	-	-	-	-
York Peppermint Patty	1.4	180	3	-	32	25	-
Z Bar Kids - Organic Chocolate Brownie	1.27	120	3	125	-	12	-
Z Bar Kids - Organic Peanut Butter	1.27	140	5	170	-	11	-