



This document lists products that meet the Fit Pick criteria. To make the list, a product must have no more than 35% of its calories from fat, no more than 10% of its calories from saturated fat and no more than 35% of its total weight from sugar.

Nuts and seeds are exempt from total & saturated fat. Dried fruit is exempt from sugar by weight as long as it contains no added sugar. Items that are considered "exempt" are noted.

Please check product labels and use **only single-serving sizes**.

We expect this list to grow as more Fit Pick items are identified.

| 3/31/2011 | Manufacturer | Brand | Item | Pack Size | Bag Grams | Cal/Total Cal from Fat | Total g Fat | Calories from Fat % | Saturated Fat | Saturated Fat % | Sugar Grams | Sugar % of wt | Sodium mg |
|-----------|-------------------------|--|--|-----------|-----------|------------------------|-------------|---------------------|---------------|-----------------|-------------|---------------|-----------|
| | 100 Calorie Packs | See Kraft | | | | | | | | | | | |
| | Austin | See Kellogg's | | | | | | | | | | | |
| | Back to Nature | See Kraft | | | | | | | | | | | |
| | BARE FRUIT | Bare Fruit | Bake Dried Bananas & Cherries | .64 oz. | 18g | 55/3 | 1g | 5% | 0g | 0% | 6g | 33% | 0 |
| | BASIL'S BAVARIAN BAKERY | See BISCOMERICA | | | | | | | | | | | |
| | BELLISIO FOODS, INC. | Michelina's | Authentico Bellisio Ravioli | | 227g | 220/60 | 7g | 27% | 2g | 8% | 5g | 2% | 720mg |
| | | Michelina's | Lean Gourmet Enchilada Bake | | 241g | 300/70 | 8g | 23% | 2.5g | 8% | 3g | 1% | 790mg |
| | | Michelina's | Lean Gourmet Five Cheese Lasagne | | 227g | 280/45 | 5g | 16% | 2g | 6% | 6g | 3% | 550mg |
| | | Michelina's | Lean Gourmet Sesame Chicken | | 227g | 270/20 | 2g | 7% | 0g | 0% | 15g | 7% | 650mg |
| | | Michelina's | Lean Gourmet Shrimp w/Pasta & Vegetables | | 227g | 260/50 | 6g | 19% | 3g | 10% | 4g | 2% | 620mg |
| | | Michelina's | Lean Gourmet Spaghetti w/Meat Sauce | | 241g | 340/35 | 4g | 10% | 1g | 3% | 4g | 2% | 300mg |
| | | Michelina's | Lean Gourmet Spaghetti w/Meat & Mushroom Basil Sauce | | 241g | 300/60 | 6g | 20% | 2g | 6% | 4g | 2% | 540mg |
| | | Michelina's | Lean Gourmet Sweet & Sour Chicken | | 227g | 330/25 | 3g | 8% | 0.5g | 1% | 17g | 7% | 640mg |
| | | Michelina's | Yu Sing Chicken Fried Rice | | 227g | 410/100 | 11g | 24% | 2g | 4% | 2g | 1% | 1100mg |
| | | Michelina's | Yu Sing Oriental Beef&Peppers w/Rice | | 227g | 340/50 | 6g | 15% | 1g | 3% | 10g | 4% | 770mg |
| | | Michelina's | Yu Sing Sweet & Sour Chicken w/Rice | | 241g | 350/25 | 3g | 7% | .5g | 1% | 19g | 8% | 720mg |
| | BISCOMERICA | Basil's Bavarian Bakery | Animal Snackers | 1oz | 28g | 110/30 | 3.5g | 27% | 0g | 0% | 7g | 25% | 45mg |
| | | Biscomerica | Ginger Snaps w/no trans fat | 2.125oz. | 60g | 110/25 | 2.5g | 20% | 1g | 8% | 8g | 13% | 45 |
| | | Biscomerica | Ginger Snaps | 2.125oz | 60g | 110/25 | 2.5g | 20% | 1g | 8% | 8g | 13% | |
| | Braids Pretzels | See Poore Brothers | | | | | | | | | | | |
| | BROTHER'S | Brother's All Natural (Dehydrated Fruit) | 100% Asian Pear | 4.2oz | 120g | 40/0 | 0g | 0% | 0g | 0% | 7g | 6% | 0 |
| | | Brother's All Natural (Dehydrated Fruit) | 100% Banana Crisps | 7.2oz | 204g | 66/0 | 0g | 0% | 0g | 0% | 8g | 4% | 0 |
| | | Brother's All Natural (Dehydrated Fruit) | 100% Fuji Apple Crisps | 4.2oz | 120g | 39/1 | 0g | 3% | 0g | 0% | 6g | 5% | 0 |
| | | Brother's All Natural (Dehydrated Fruit) | 100% Pineapple Crisps | 6.3oz | 180g | 60/0 | 0g | 0% | 0g | 0% | 11g | 6% | 0 |
| | | Brother's All Natural (Dehydrated Fruit) | 100% Strawberry Crisps | 3.2oz | 90g | 30/1 | 0g | 3% | 0g | 0% | 4g | 4% | 0 |
| | | Brother's All Natural (Dehydrated Fruit) | 100% Strawberry Banana Crisps | 5.04oz | 144g | 46/1 | 0g | 2% | 0g | 0% | 6g | 4% | 0 |

35-10-35

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|-----------|--------------------|--------------------|--|-----------|-----------|------------------------|-------------|---------------------|---------------|-----------------|-------------|---------------|-----------|
| | Famous Amos | See Kellogg's | | | | | | | | | | | |
| | Fantastix | See Frito-Lay | | | | | | | | | | | |
| | FARLEY'S & SATHERS | FARLEY'S | Reduced Sugar Mixed Fruit Snacks 48/2oz | 2 oz | 56g | 180/0 | 0g | 0% | 0g | 0% | 18g | 32% | |
| | | Now and Later | 550100 Now & Later Classic 6/24/2.75oz | 2.75oz | 78g | 120/10 | 1g | 8% | 0g | 0% | 22g | 28% | |
| | | Now and Later | 550200 Now & Later Radberry 6/24/2.75oz | 2.75oz | 78g | 120/10 | 1g | 8% | 0g | 0% | 22g | 28% | |
| | | Now and Later | 500601 Now & Later Wild 6/24/2.75oz (7 | 2.75oz | 78g | 120/10 | 1g | 8% | 0g | 0% | 22g | 28% | |
| | | Now and Later | 500631 Now & Later Tropical 12/24/2.75oz | 2.75oz | 78g | 120/10 | 1g | 8% | 0g | 0% | 23g | 29% | |
| | Fiber One | See General Mills | | | | | | | | | | | |
| | FRITO-LAY | Baked Cheetos | Crunchy | .875 oz | 25g | 120/40 | 4.5g | 33% | 1g | 8% | 1g | 4% | 210mg |
| | | BAKED CHEETOS | Crunchy Flamin' Hot | .875oz | 25g | 120/40 | 4.5 | 33% | 0g | 0% | 1 | 4% | |
| | | BAKED CHEETOS | Fantastix - Chili Cheese | 1 oz | 28g | 130/45 | 5g | 35% | 1g | 7% | 1g | 4% | |
| | | Baked Doritos | Nacho Cheese | .75 oz | 21g | 90/25 | 2.5g | 28% | .5g | 5% | 1 | 5% | |
| | | BAKED LAY'S | Potato Crisps KC MASTER BBQ | .875 oz | 25g | 110/25 | 2.5g | 23% | 0g | 0% | 2g | 8% | |
| | | BAKED LAY'S | Potato Crisps KC MASTER BBQ | 1.125 | 32g | 140/35 | 3.5g | 25% | 0.5 | 3% | 3g | 9% | |
| | | BAKED LAY'S | Baked Original Potato Crisps | 1.125oz | 32g | 130/15 | 1.5 | 12% | 0g | 0% | 2 | 6% | |
| | | BAKED LAY'S | Potato Crisps Regular | .875 oz | 25g | 100/15 | 1.5g | 15% | 0g | 0% | 2g | 8% | |
| | | BAKED LAY'S | Potato Crisps Regular | 1.125 oz | 32g | 130/15 | 2g | 12% | 0g | 0% | 2g | 6% | |
| | | BAKED LAY'S | Potato Crisps Sour Cream & Onion | .875 oz | 25g | 110/20 | 3.0 | 18% | 0g | 0% | 3g | 12% | |
| | | BAKED LAY'S | SOUR CREAM & ONION | 1.125 | 32g | 140/30 | 3.5g | 21% | 0.5g | 3% | 3g | 9% | |
| | | BAKED LAY'S | CHEDDAR SOUR CREAM | .875 oz | 25g | 110/25 | 3g | 23% | .5g | 4% | 3g | 12% | |
| | | BAKED LAY'S | CHEDDAR & SOUR CREAM | 1.125 | 32g | 140/35 | 4g | 25% | 1g | 6% | 3g | 9% | |
| | | BAKED RUFFLES | CHEDDAR SOUR CREAM | 1.125 oz | 32g | 140/35 | 4g | 25% | 0.5 | 3% | 3g | 9% | |
| | | DORITOS | COOLER RANCH® | .75oz | 21g | 90/25 | 2.5 | 28% | 0g | 0% | 1g | 5% | |
| | | DORITOS | cooler ranch | 1 oz | 28g | 130/45 | 5g | 35% | 1g | 7% | 1.5g | 5% | |
| | | DORITOS | COOLER RANCH® | 1.375oz | 39g | 170/45 | 5g | 26% | 1g | 5% | 2g | 5% | |
| | | DORITOS | Reduced Fat Nacho Cheese | 1 oz | 28g | 130/45 | 5g | 35% | 1g | 7% | 1g | 4% | |
| | | DORITOS | Reduced Fat Nacho Cheese | 1.5 | 43g | 200/70 | 8g | 35% | 1.5g | 7% | 3g | 7% | |
| | | DORITOS | NACHO CHEESIER® | .75oz | 21g | 90/20 | 2.5 | 22% | 0g | 0% | 1g | 5% | |
| | | DORITOS | NACHO CHEESIER® | 1.375oz | 39g | 170/40 | 4g | 24% | 1g | 5% | 2g | 5% | |
| | | GRANDMA'S | BIG COOKIE OATMEAL RAISIN | 2.75oz | 78g | 330/100 | 11g | 30% | 3g | 8% | 15g | 19% | |
| | | Munchies | Ultimate Cheddar | 1.75oz | 49g | 230/70 | 8g | 30% | 1.5g | 6% | 5g | 10% | |
| | | Munchies | Kids Mix without Candy | 0.875oz | 25g | 110/30 | 3.5 | 27% | 1g | 8% | 4g | 16% | |
| | | peanuts | salted | 1.62oz | 46g | 260/200 | 22g | EXEMPT | 3.5g | EXEMPT | 2g | 4% | 190mg |
| | | Rold Gold Pretzels | Classic Style Thins | 2 oz | 57g | 220/20 | 2g | 9% | 0g | 0% | 2g | 4% | |
| | | Rold Gold Pretzels | Classic Tiny Twists Fun Size | .5 oz | 14g | 50/0 | .5g | 0% | 0g | 0% | 0g | 0% | |
| | | Rold Gold Pretzels | Classic Tiny Twists | 1 oz | 28g | 110/10 | 1g | 9% | 0g | 0% | 1g | 4% | |
| | | Rold Gold Pretzels | Classic Tiny Twists | 2oz | 57g | 220/20 | 2g | 9% | 0g | 0% | 1g | 2% | |
| | | Rold Gold Pretzels | Honey Wheat Braided Twists | 2 oz | 56g | 230/15 | 2g | 7% | 0g | 0% | 7g | 13% | |
| | Gardetto's | See General Mills | | | | | | | | | | | |
| | GENERAL MILLS | Chex - Bar | Chex Mix Turtle Bar | 1.2 oz | 35g | 130/30 | 3.5g | 23% | 1g | 7% | 11g | 31% | 170mg |
| | | Chex | Chex Mix Barbecue | | 56g | 240/60 | 7g | 25% | 1g | 4% | 5g | 9% | 390mg |
| | | Chex | Chex Mix Bold Party Blend | 1.75 oz | 49g | 230/80 | 10g | 35% | 1.5g | 6% | 3g | 6% | 340mg |
| | | Chex | Chex Mix Cheddar | 1.75 oz | 49g | 210/60 | 6g | 29% | 1.5g | 6% | 4g | 8% | 540 mg |
| | | Chex | Chex Mix Honey Nut Sweet 'N Salty | 1.75 oz | 49g | 210/50 | 6g | 24% | 1g | 4% | 9g | 18% | 400mg |

35-10-35

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|-------------------------|--------------|----------------------------|-------------------------------------|-----------|-----------|------------------------|-------------|---------------------|---------------|-----------------|-------------|---------------|-----------|
| | | Chex | Simply Chex Cheddar | 1.25 oz | 35g | 130/30 | 3.5g | 23% | 1g | 7% | 4g | 11% | 430 mg |
| | | Chex | Simply Chex Chocolate Caramel | 1.2 oz | 34g | 150/40 | 4.5g | 27% | 1.5g | 9% | 9g | 26% | 290 mg |
| | | Chex | Simply Chex Strawberry Yogurt | 1.2 oz | 34g | 150/35 | 4g | 23% | 1.5g | 9% | 8g | 24% | 270 mg |
| | | Fiber One | Oats & Chocolate Chewy Bars | | 40g | 140/35 | 4g | 25% | 1.5g | 10% | 10g | 25% | 90 mg |
| | | Gardetto's | Snak-Ens Reduc'd Fat Snack Mix-Orig | 1.65 oz | 46g | 200/50 | 6g | 25% | 1g | 5% | 2g | 4% | 500 mg |
| | | Gardetto's | Chipotle Cheddar Snack Mix | 1.75 oz | 49g | 200/60 | 7g | 30% | 1.5g | 7% | 2g | 4% | 520 mg |
| | | General Mills Cereal Cup | Cheerios Cup | 1.3 oz | 39g | 140/25 | 2.5g | 18% | .5g | 3% | 2g | 5% | 260 mg |
| | | General Mills Cereal Cup | Cinnamon Toast Crunch Cup | 1.2 oz | 57g | 240/50 | 6g | 21% | .5g | 2% | 19g | 33% | 400 mg |
| | | General Mills Cereal Cup | Honey Nut Cheerios Cup | 1.8 oz | 52g | 200/25 | 2.5g | 13% | .5g | 2% | 17g | 33% | 350 mg |
| | | General Mills Cereal Pouch | Cheerios Cereal On-the-GO | | 19g | 70/10 | 1g | 14% | 0g | 0% | 1g | 5% | 130 mg |
| | | General Mills Cereal Pouch | Fruity Cheerios pouch | | 24g | 90/10 | 1g | 11% | 0g | 0% | 8g | 33% | 120 mg |
| | | General Mills Cereal Pouch | Golden Grahams Cereal On-the-GO | 1 oz | 28g | 110/10 | 1g | 9% | 0g | 0% | 9g | 32% | 260 mg |
| | | General Mills Cereal Bowl | Cheerios self-serve bowl | | 19g | 70/10 | 1g | 14% | 0g | 0% | 1g | 5% | 130 mg |
| | | General Mills Cereal Bowl | Cinnamon Toast Crunch bowl | 1 oz | 28g | 120/30 | 3g | 25% | 0.5g | 4% | 9g | 32% | 200 mg |
| | | General Mills Cereal Bowl | Honey Nut Cheerios self-serve bowl | 1 oz | 28g | 110/15 | 1.5g | 14% | 0g | 0% | 9g | 32% | 190 mg |
| | | General Mills Cereal BAR | Cinnamon Toast Crunch BAR | 1.3 oz | 37g | 150/30 | 3.5g | 20% | 0g | 0% | 10g | 27% | 150 mg |
| | | General Mills Cereal BAR | Cocoa Puffs cereal bar | 1.3 oz | 37g | 150/25 | 3g | 17% | 0g | 0% | 9g | 24% | 135 mg |
| | | General Mills Cereal BAR | Team Cheerios Strawberry cereal bar | 1.3 oz | 37g | 150/30 | 3.5g | 20% | 0g | 0% | 10g | 27% | 125 mg |
| | | General Mills Cereal BAR | Trix cereal bar | 1.3oz | 37g | 150/35 | 3.5g | 23% | 0g | 0% | 9g | 24% | 135 mg |
| | | General Mills | Cinnamon Toast Crunch Crisps | 1 oz | 28g | 120/25 | 3g | 21% | 0g | 0% | 9g | 32% | 200 mg |
| | | Nature Valley | Peanut Butter Crunchy Granola Bar | 1.5 oz | 42g | 180/60 | 7g | 33% | 1g | 5% | 11g | 26% | 190 mg |
| | | Nature Valley | Oats 'N Honey Crunchy Granola Bar | 1.5 oz | 42g | 180/50 | 6g | 28% | 0.5g | 3% | 11g | 26% | 160 mg |
| | | Sunkist | Fruit Flavored Snacks Mixed Fruit | .9 oz | 25g | 70/0 | 0 | 0% | 0g | 0% | 8g | 32% | 30 mg |
| GENISOY | | Potato Bakes | Barbeque | | 21g | 80/20 | 2.5g | 25% | 0g | 0% | 1g | 5% | 150mg |
| | | Potato Bakes | Ranch | | 21g | 80/20 | 2.5g | 25% | 0g | 0% | 1g | 5% | 210mg |
| | | Soy Crisps | Zesty BBQ | 1oz | 28g | 110/25 | 3g | 23% | 0g | 0% | 1 | 4% | |
| | | Soy Crisps | Rich Cheddar Cheese | 1oz | 28g | 110/25 | 3g | 23% | 0g | 0% | 1 | 4% | |
| | | Soy Crisps | Tangy Salt & Vinegar | 1oz | 28g | 110/25 | 3g | 23% | 0g | 0% | 1 | 4% | |
| | | Soy Crisps | Apple Cinnamon Crunch | 1oz | 28g | 120/25 | 3g | 21% | 0g | 0% | 4g | 14% | |
| Good Heath Natural Food | | See Kar's | | | | | | | | | | | |
| GoPICNIC | | GoMeals | GoEnergy | 4.67oz | 131g | 380/110 | 12g | 29% | 3g | 7% | 27g | 20% | 560mg |
| Grandma's | | See Frito-Lay | | | | | | | | | | | |
| Harvest Selections | | See Del Monte | | | | | | | | | | | |
| HERR FOODS | | Baked Potato Crisps | Barbecue | 1oz | 28.4g | 120/30 | 3g | 25% | .5g | 4% | 2g | 7% | 330mg |
| | | Baked Potato Crisps | Cheddar & Sour Cream | 1oz | 28.4g | 120/30 | 3g | 25% | .5g | 4% | 2g | 7% | 330mg |
| | | Baked Potato Crisps | Original | 1oz | 28.4g | 120/20 | 2g | 17% | 0g | 0% | 2g | 7% | 180mg |
| | | Baked Potato Crisps | Sour Cream & Onion | 1oz | 28.4g | 120/30 | 3g | 25% | .5g | 4% | 2g | 7% | 330mg |
| | | Herr Foods | Bite Size Hard Pretzels | | 30g | 100/0 | 0g | 0% | 0g | 0% | 0g | 0% | |
| | | Herr Foods | Circle H Pretzels | | 28g | 170/30 | 3g | 18% | 0g | 0% | 0g | 0% | |
| | | Herr Foods | Extra Dark Special Pretzels | | 42.5g | 170/15 | 2g | 9% | 0g | 0% | 0g | 0% | |
| | | Herr Foods | Hards Pretzels | | 26g | 100/0 | 0g | 0% | 0g | 0% | 0g | 0% | |
| | | Herr Foods | Honey Wheat Pretzels | | 28g | 110/18 | 2g | 16% | 0g | 0% | 3g | 11% | |
| | | Herr Foods | Light Popcorn | | 28g | 120/33 | 4g | 28% | 1g | 8% | 1g | 4% | |
| | | Herr Foods | No Salt Thins Pretzels | | 28g | 100/0 | 0g | 0% | 0g | 0% | 2g | 7% | |
| | | Herr Foods | Sourdough Hard Pretzel | | 26g | 100/0 | 0g | 0% | 0g | 0% | 0g | 0% | |
| | | Herr Foods | Special Pretzels | | 42.5g | 170/15 | 2g | 9% | 0g | 0% | 0g | 0% | |

35-10-35

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|-----------|------------------------|----------------------------|---------------------------------|-----------|-----------|------------------------|-------------|---------------------|---------------|-----------------|-------------|---------------|-----------|
| | Honey Maid | See Kraft: Nabisco | | | | | | | | | | | |
| | HORMEL | Compleats | Beef Steak & Peppers | 10oz | 283g | 210/45 | 5g | 21% | 2g | 9% | 4g | 1% | 580mg |
| | | Compleats | Chicken Marinara | 10oz | 283g | 250/35 | 4g | 14% | 1g | 4% | 9g | 3% | 520mg |
| | | Compleats | Roasted Turkey & Vegetables | 10oz | 283g | 220/45 | 5g | 20% | 1.5g | 6% | 5g | 2% | 600mg |
| | | Compleats | Santa Fe Style Chicken | 10oz | 283g | 280/35 | 4g | 13% | 1g | 3% | 6g | 2% | 550mg |
| | | Compleats | Sesame Chicken | 10oz | 283g | 320/70 | 8g | 22% | 2.5g | 7% | 14g | 5% | 600mg |
| | Jack Link's Beef Jerky | Jack Link's | Peppered Jerky | .9 oz | 25 g | 70/10 | 1g | 10% | 0 | 0% | 3g | 12% | 360mg |
| | | | Original Jerky | .9 oz | 25 g | 70/10 | 1g | 10% | 0 | 0% | 3g | 12% | 430 mg |
| | | | Teriyaki Jerky | .9 oz | 25 g | 70/10 | 1g | 10% | 0 | 0% | 4g | 16% | 410 mg |
| | | | Sweet and Hot Jerky | .9 oz | 25 g | 70/10 | 1g | 10% | 0 | 0% | 4g | 16% | 420 mg |
| | | | Teriyaki Beef Steak Nuggets | 1 oz | 28 g | 70/10 | 1g | 10% | 0.5 | 3% | 5g | 18% | 470mg |
| | | | Prime Rib Tender Cuts | 1oz | 28 G | 60/10 | 1G | 10% | 0.5 | 2% | 3g | 11% | 590MG |
| | | | Original Beek Steak Nuggets | 1oz | 28g | 70/10 | 1g | 10% | .5g | 3% | 6g | 21% | 480mg |
| | | | Maple Glazed Ham Nuggets | 1oz | 28g | 70/10 | 1g | 10% | 0 | 0% | 6g | 21% | 370mg |
| | | | Oven Roasted Turkey Nuggets | 1oz | 28G | 60/10 | 1 | 10% | 0 | 0% | 2 | 3% | 380 MG |
| | | | Sesame Teriyaki Chicken Nuggets | 1 oz | 28G | 70/10 | 1 | 10% | 0 | 0% | 4 | 14% | 400 MG |
| | | | Flamin' Buffalo Chicken Nuggets | 1 oz | 28g | 60/10 | 1 | 10% | .5g | 7% | 2 | 7% | 610 mg |
| | | | Original Steak | .8 oz | 23g | 45/0 | 0 | 0% | 0 | 0% | >1 | 0% | 520 mg |
| | KAR'S | Blazin' Hot Peanuts | Blazin' Hot Peanuts | 1.5oz | 43g | 240/EX | EXMP | EXMPT | EXEMPT | EXEMPT | 2g | 5% | 810mg |
| | | Goin' Granola! | Brown Sugar Crunch | 1.25oz | 35g | 150/45 | 5g | 30% | 0g | 0% | 8g | 23% | 60mg |
| | | Good Heath Natural Foods | Veggie Stix Hot | .75oz | 21g | 100/30 | 3.5g | 30% | 0g | 0% | 0g | 0% | 290mg |
| | | Honey Peanuts | Honey Peanuts | 1.75oz | 50g | 270/EX | EXMP | EXMPT | EXEMPT | EXEMPT | 5g | 10% | 90mg |
| | | Original Trail Mix | Original Trail Mix-Unsalted | 1.5oz | 43g | 200/EX | EXMP | EXMPT | 1.5g | 7% | 10g | 23% | 0mg |
| | | Original Trail Mix | Original Trail Mix-Unsalted | 2oz | 57g | 270/EX | EXMP | EXMPT | 2g | 7% | 14g | 25% | 0mg |
| | | Peanut, Almond, Cashew Mix | Peanut, Almond, Cashew Mix | 1.75oz | 50g | 290/ex | EXMP | EXMPT | EXEMPT | EXEMPT | 2g | 4% | 160mg |
| | | Raisins | Raisins | 1 oz | 28g | 80/0 | 0g | 0% | 0g | 0% | EXEMPT | EXEMPT | 0mg |
| | | Salted Almonds | Salted Almonds | 1 oz | 28g | 170/ex | EXMP | EXMPT | EXEMPT | EXEMPT | 1g | 4% | 95mg |
| | | Salted Cashews | Salted Cashews | 1 oz | 28g | 160/ex | EXMP | EXMPT | EXEMPT | EXEMPT | 1g | 4% | 80mg |
| | | Salted Cashews | Salted Cashews | 1.5oz | 43g | 250/ex | EXMP | EXMPT | EXEMPT | EXEMPT | 2g | 5% | 130mg |
| | | Salted Peanuts | Salted Peanuts | 1 oz | 28g | 170/ex | EXMP | EXMPT | EXEMPT | EXEMPT | 1g | 4% | 90mg |
| | | Salted Peanuts | Salted Peanuts | 1.5oz | 43g | 250/ex | EXMP | EXMPT | EXEMPT | EXEMPT | 2g | 5% | 135mg |
| | | Salted Peanuts | Salted Peanuts | 2 oz | 57g | 340/ex | EXMP | EXMPT | EXEMPT | EXEMPT | 2g | 4% | 180mg |
| | | Sunflower Kernels | Sunflower kernels (no shell) | 2oz | 57g | 340/ex | EXMP | EXMPT | EXEMPT | EXEMPT | 2g | 4% | 230mg |
| | KASHI | TLC (cereal Bar) | Baked Apple Spice | 1.2 oz | 35g | 110/25 | 3g | 23% | 0g | 0% | 9g | 26% | 105mg |
| | | TLC (cereal Bar) | Blackberry Graham | 1.2 oz | 35g | 110/25 | 3g | 23% | 0g | 0% | 9g | 26% | 125mg |
| | | TLC (cereal Bar) | Ripe Strawberry | 1.2 oz | 35g | 110/25 | 3g | 23% | 0g | 0% | 9g | 26% | 105mg |
| | | TLC (chewy granola bar) | Cherry Dark Chocolate | 1.2 oz | 35g | 120/20 | 2g | 17% | .5g | 4% | 8g | 23% | 75mg |
| | | TLC (chewy granola bar) | Honey Almond Flax | 1.2 oz | 35g | 140/45 | 5g | 32% | .5g | 3% | 5g | 14% | 115mg |
| | | TLC (chewy granola bar) | Peanut Peanut Butter | 1.2 oz | 35g | 140/45 | 5g | 32% | .5g | 3% | 5g | 14% | 90mg |
| | | TLC (chewy granola bar) | Trail Mix | 1.2 oz | 35g | 140/45 | 5g | 32% | .5g | 3% | 5g | 14% | 105mg |
| | Keebler | See Kellogg's | | | | | | | | | | | |
| | KELLOGG'S | Austin | Zoo Animal Crackers | 2.12oz. | 60a | 130/20 | 2a | 15% | 0a | 0% | 7a | 12% | 90 |

35-10-35

| 3/31/2011 | Manufacturer | Brand | Item | Pack Size | Bag Grams | Cal/Total Cal from Fat | Total g Fat | Calories from Fat % | Saturated Fat | Saturated Fat % | Sugar Grams | Sugar % of wt | Sodium mg |
|-----------|------------------|----------------------------------|---|-----------|-----------|------------------------|-------------|---------------------|---------------|-----------------|-------------|---------------|-----------------|
| | | Delicious Essentials Reduced-Fat | Chocolate Chocolate Chip Muffin | 1.8oz | 51g | 170/50 | 6g | 29% | 1.5g | 8% | 15g | 29% | 160mg |
| | | Delicious Essentials Reduced-Fat | Apple Cinnamon Muffin | 1.8oz | 51g | 170/50 | 5g | 29% | 1g | 5% | 15g | 29% | 160mg |
| | Pepperidge Farm | See Campbell's | | | | | | | | | | | |
| | PIERRE | Pierre | Jumbo Honey Mustard Chicken Breast Patty Sandwich | 5.9oz | 167g | 350/70 | 7g | 20% | 1.5g | 4% | 11g | 7% | 980mg |
| | POORE BROTHERS | Braids Pretzels | Butter Pretzel Braids | 1.5oz. | 42.6g | 170/20 | 2g | 12% | 0g | 0% | < 1g | 0% | 580mg |
| | | Braids Pretzels | Butter Pretzel Braids | 2.25oz. | 63.7g | 110/15 | 1.5g | 14% | 0g | 0% | < 1g | 0% | 390 |
| | | Braids Pretzels | Honey Wheat Pretzel Braids | 1.5oz | 42.6g | 170/20 | 2.5g | 12% | 0g | 0% | 6g | 14% | 420mg |
| | | Braids Pretzels | Honey Wheat Pretzel Braids | 2.25oz. | 63.7g | 110/15 | 1.5g | 14% | 0g | 0% | 4g | 6% | 250 |
| | Pop Tarts | See Kellogg's | | | | | | | | | | | |
| | POPZ | POPZ | 100 Calorie Butter Microwave Popcorn | 1.2oz | 35g | 100/15 | 2.5g* | 15% | .5g | 5% | 0g | 0% | 430mg *unpopped |
| | POPCORN, INDIANA | Popcorn, Indiana | Gourmet Kettlecorn Popcorn | 1.25oz. | 35g | 165/55 | 6g | 33% | 0g | 0% | 8g | 23% | 160mg |
| | Pretzel Poppers | See Sugar Foods | | | | | | | | | | | |
| | PUREFIT | PureFit | Almond Crunch | | 56.7g | 230/60 | 6g | 26% | 1g | 4% | 15g | 26% | |
| | | PureFit | Chocolate Brownie | | 56.7g | 230/40 | 4.5g | 17% | .5g | 2% | 16g | 28% | |
| | | PureFit | Peanut Butter Crunch | | 56.7g | 240/60 | 7g | 25% | 1.5g | 6% | 15g | 26% | |
| | PURNELL'S | Purnell's Old Folks | Big Turkey Sandwich | | 91g | 200/40 | 5g | 20% | .5g | 2% | 2g | 2% | |
| | QUAKER | Chewy Granola Bars | Cookies and Crème | .84 oz. | 24g | 90/25 | 2.5g | 28% | .5g | 5% | 5g | 21% | |
| | | Chewy Granola Bars | Peanut Butter Chocolate Chip | .84 oz. | 24g | 100/25 | 3g | 25% | 1g | 9% | 7g | 29% | |
| | | Chewy Granola Bars | LF Baked Apple - 90 cal | .84oz | 24g | 90/15 | 1.5g | 17% | 0g | 0% | 7g | 29% | |
| | | Chewy Granola Bars | LF Chocolate Chunk - 90 cal | .84oz | 24g | 90/20 | 2g | 22% | .5g | 5% | 7g | 29% | |
| | | Chewy Granola Bars | LF Cinnamon Sugar - 90 cal | .84oz | 24g | 90/15 | 1.5g | 17% | 0g | 0% | 6g | 25% | |
| | | Chewy Granola Bars | LF Oatmeal Raisin - 90 cal | .84oz | 24g | 90/15 | 1.5g | 17% | 0g | 0% | 7g | 29% | |
| | | Chewy Granola Bars | Reduced Sugar Cookies And Cream | .84oz | 24g | 100/25 | 2.7g | 25% | 1g | 9% | 5g | 21% | |
| | | Chewy Granola Bars | Red.Sug.PeanutButterChocolateChu | .84 oz | 24g | 100/25 | 3g | 25% | 1g | 9% | 5g | 21% | |
| | | Chewy Granola Bars | Reduced Sugar Chocolate Chip | .84 oz | 24g | 100/30 | 3.5g | 30% | 1g | 9% | 5g | 21% | |
| | | Chewy Granola Bars | Reduced Sugar Chocolate Chunk | .84 oz | 24g | 100/30 | 3g | 30% | 1g | 9% | 5g | 21% | |
| | | Instant Quaker Oatmeal | Express Cinnamon Roll | 1.9 oz | 54g | 200/25 | 2.5g | 13% | .5g | 2% | 17g | 31% | |
| | | Instant Quaker Oatmeal | Express Cups Cinnamon Roll | 1.9oz | 54g | 200/25 | 2.5g | 13% | .5g | 2% | 17g | 31% | |
| | | Instant Quaker Oatmeal | Express Golden Brown Sugar | 1.9 oz | 54g | 200/25 | 2.5g | 13% | .5g | 2% | 18g | 33% | |
| | | Instant Quaker Oatmeal | Express Cups Golden Brown Sugar | 1.9 oz | 54g | 200/25 | 2.5g | 13% | .5g | 2% | 18g | 33% | |
| | | Instant Quaker Oatmeal | Golden Brown Sugar | 1.6 oz. | 45g | 170/20 | 2g | 12% | .5g | 3% | 12g | 27% | |
| | | Instant Quaker Oatmeal | Vanilla Cinnamon | 1.6 oz. | 45g | 160/20 | 2g | 13% | 0g | 0% | 13g | 29% | |
| | | Life | LIFE SINGLE-SERVE CUP | 1.8 oz | 51.03g | 190/20 | 2g | 11% | 0.5 | 2% | 10g | 20% | |
| | | Quaker | Fruit Crisp Bars Apple Crisp | 1.3 oz | 37g | 130/25 | 2.5g | 19% | .5g | 3% | 9g | 24% | |
| | | Quaker | Fruit Crisp Bars Strawberry | 1.3oz | 37g | 130/25 | 2.5g | 19% | .5g | 3% | 9g | 24% | |
| | | Quaker | FRUIT CRISP BITES APPLE CRISP | 1.3 oz | 37g | 130/25 | 2.7g | 19% | .5g | 3% | 8g | 22% | |
| | | Quaker | Fruit Crisp Bites Apple Crisp | 2 oz | 56g | 200/35 | 4g | 18% | 1g | 5% | 12g | 21% | |
| | | Quaker | FRUIT CRISP BITES STRAWBERRY | 1.3 oz | 37g | 130/25 | 2.5g | 19% | .5g | 3% | 8g | 22% | |
| | | Quaker | Fruit Crisp Bites Strawberry | 2 oz | 56g | 200/35 | 4g | 18% | 1g | 5% | 12g | 21% | |
| | | Quaker | Oatmeal to Go Apples & Cinnamon | 1.4oz | 40g | 150/25 | 2.5g | 17% | .5g | 3% | 13g | 33% | 135mg |

35-10-35

| 3/31/2011 | Manufacturer | Brand | Item | Pack Size | Bag Grams | Cal/Total Cal from Fat | Total g Fat | Calories from Fat % | Saturated Fat | Saturated Fat % | Sugar Grams | Sugar % of wt | Sodium mg | |
|---------------------|--------------|-------|-----------------------------------|-----------------------------------|-----------|------------------------|-------------|---------------------|---------------|-----------------|-------------|---------------|-----------|-----|
| | Quaker | | Oatmeal to Go Oatmeal Raisin | 2.1oz | 59g | 220/35 | 4g | 16% | 1g | 4% | 18g | 31% | | |
| | Quaker | | Oatmeal to GoOatmealRaisinforKids | 1.4oz | 40g | 150/25 | 2.5g | 17% | .5g | 3% | 14g | 35% | | |
| | Quaker | | QUAKER QUICK OATS TUBE | | 40g | 150/25 | 3g | 17% | .5g | 3% | 1g | 3% | | |
| | Quaker | | Breakfast Cookie-Oatmeal Raisin | 1.7 oz. | 48g | 170/40 | 4.5g | 24% | 1.5g | 8% | 15g | 31% | | |
| | Quaker | | Breakfast Cookie-Apple Cinnamon | 1.7 oz. | 48g | 170/40 | 4.5g | 24% | 1.5g | 8% | 15g | 31% | | |
| | Quaker | | Breakfast Cookie-Chocolate Chip | 1.7 oz. | 48g | 180/50 | 6g | 28% | 2g | 10% | 14g | 29% | | |
| | Quaker | | Mini Apple/Cinnamon | | 16g | 60/0 | 0g | 0% | 0g | 0% | 4g | 25% | | |
| | Quakes | | Mini Caramel | | 15g | 60/0 | 0g | 0% | 0g | 0% | 4g | 27% | | |
| | Quakes | | Mini Caramel | | 26g | 100/5 | .5g | 5% | 0g | 0% | 8g | 31% | | |
| | Quakes | | MINI CHEDDAR | | 15g | 70/25 | 2.5g | 36% | 0g | 0% | 0g | 0% | | |
| | Quakes | | MINI CHEDDAR | .67 oz | 19g | 90/25 | 2.7g | 28% | .5g | 5% | 1g | 5% | | |
| | QUAKER | | CHEDDAR CHEESE | 1.75 | 50g | 230/70 | 8g | 30% | 1.5g | 6% | 5g | 10% | | |
| | QUAKER | | KID'S MIX | .875 oz | 25g | 110/30 | 3.5g | 27% | 1g | 8% | 4g | 16% | | |
| Ritz | | | See Kraft: Nabisco | | | | | | | | | | | |
| Rold Gold | | | See Frito-Lay | | | | | | | | | | | |
| Ruffles | | | See Frito-Lay | | | | | | | | | | | |
| SMARTFOOD | | | SMARTFOOD | Reduced Fat White Cheddar Popcorn | .875 oz | 25g | 120/40 | 5g | 33% | 1g | 8% | 1g | 4% | |
| SNYDER'S of HANOVER | | | Snyders | Honey Mustard & Onion Nibblers | 1.5 oz | 42.5g | 180/35 | 4g | 19% | 2g | 10% | 1g | 2% | 135 |
| | | | Snyders | Mini Pretzels | 1.5oz | 42.5g | 160/0 | 0g | 0% | 0g | 0% | 1g | 2% | 350 |
| | | | Snyders | Olde Tyme | 1.5 oz | 44.5g | 180/15 | 1.5g | 8% | 0g | 0% | 0g | 0% | 180 |
| | | | Snyders | Pretzel Sticks | 1.5oz | 42.5g | 160/10 | 1.5g | 6% | 0g | 0% | 1g | 2% | 420 |
| | | | Snyders | Sourdough Hard Pretzels | | 46.8g | 160/0 | 0g | 0% | 0g | 0% | 0g | 0% | 390 |
| | | | Snyders | Sourdough Nibblers | 1.5oz | 42.5g | 160/0 | 0g | 0% | 0g | 0% | 0g | 0% | 280 |
| | | | Snyders | 100 Calorie Mini Pretzel | .9oz | 26g | 100/0 | 0g | 0% | 0g | 0% | 0g | 0% | 220 |
| STACY'S | | | STACY'S | SOY CRISPS STICKY BUN | 1 oz. | 28g | 130/45 | 5 | 35% | 0.5g | 3% | 3g | 11% | |
| | | | STACY'S | CINNAMON AND SUGAR | 1.5oz | 43g | 200/70 | 7g | 35% | .5g | 2% | 9g | 21% | |
| | | | STACY'S | Pita Chips SIMPLY NAKED | 1 oz. | 28g | 130/45 | 5g | 35% | .5g | 3% | 1g | 4% | |
| | | | STACY'S | Pita Chips SIMPLY NAKED | 1.5 | 43g | 200/70 | 8g | 35% | .5g | 2% | 1g | 2% | |
| | | | STACY'S | PESTO & SUNDRIED TOMATO | 1.5 oz | 43g | 200/60 | 7g | 30% | 0.5g | 2% | 1g | 2% | |
| | | | STACY'S | TEXARKANA HOT | 1.5oz | 43g | 200/60 | 7g | 30% | 0.5g | 2% | 1g | 2% | |
| | | | STACY'S | PARMESAN GARLIC HERB | 1.5oz | 43g | 200/70 | 8g | 35% | 1g | 5% | 2g | 5% | |
| STONEFIELD FARM | | | Stoneyfield Farm | Vanilla Organic Yogurt | 6oz. | 170g | 140/15 | 1.5g | 11% | 1g | 6% | 23g | 14% | 100 |
| | | | Stoneyfield Farm | Maple Vanilla Organic Yogurt | 6oz. | 170g | 130/15 | 1.5g | 12% | 1g | 7% | 20g | 12% | 100 |
| | | | Stoneyfield Farm | Mocha Latte Organic Yogurt | 6oz. | 170g | 140/15 | 1.5g | 11% | 1g | 6% | 22g | 13% | 105 |
| | | | Stoneyfield Farm | Raspberry Organic Yogurt | 6oz. | 170g | 130/15 | 1.5g | 12% | 1g | 7% | 22g | 13% | 105 |
| | | | Stoneyfield Farm | Luscious Lemon Organic Yogurt | 6oz. | 170g | 140/15 | 1.5g | 11% | 1g | 6% | 23g | 14% | 120 |
| | | | Stoneyfield Farm | Caramel Organic Yogurt | 6oz. | 170g | 190/15 | 1.5g | 8% | 1g | 5% | 35g | 21% | 140 |
| | | | Stoneyfield Farm | Blueberry Organic Yogurt | 6oz. | 170g | 130/15 | 1.5g | 12% | 1g | 7% | 22g | 13% | 95 |
| | | | Stoneyfield Farm | Strawberry Organic Yogurt | 6oz. | 170g | 130/15 | 1.5g | 12% | 1g | 7% | 22g | 13% | 95 |
| | | | Stoneyfield Farm | Just Peachy Organic Yogurt | 6oz. | 170g | 130/15 | 1.5g | 12% | 1g | 7% | 25g | 15% | 95 |
| SUGAR FOODS | | | Super Snax | Cinnamon Toast Bites | .75oz | 21g | 90/25 | 3g | 27% | 0g | 0% | 4g | 19% | |
| | | | Super Snax | Cinnamon Toast Bites | 1.5oz | 42.5g | 180/50 | 6g | 28% | 1g | 5% | 7g | 16% | |
| | | | Super Snax | Cookie Minis | .75oz | 28g | 120/35 | 4g | 29% | .5g | 4% | 9g | 32% | |
| | | | Super Snax Pretzel Poppers | Blazin' Hot Pretzel Poppers | .75oz | 21g | 80/25 | 2.5g | 31% | 0g | 0% | 1g | 5% | |
| | | | Super Snax Pretzel Poppers | Blazin' Hot Pretzel Poppers | 1.5oz | 42.5g | 160/50 | 5g | 31% | .5g | 3% | 1g | 2% | |

35-10-35

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|-----------|---------------------|----------------------------|-----------------------------|-----------|-----------|------------------------|-------------|---------------------|---------------|-----------------|-------------|---------------|-----------|
| | | Super Snax Pretzel Poppers | Cool Ranch Pretzel Poppers | .75oz | 21g | 80/25 | 2.5g | 31% | 0g | 0% | 1g | 5% | |
| | | Super Snax Pretzel Poppers | Cool Ranch Pretzel Poppers | 1.5oz | 42.5g | 160/45 | 5g | 28% | 0g | 0% | 1g | 2% | |
| | | Super Snax Pretzel Poppers | Zesty Pizza Pretzel Poppers | .75oz | 21g | 80/25 | 2.5g | 31% | 0g | 0% | 1g | 5% | |
| | | Super Snax Pretzel Poppers | Zesty Pizza Pretzel Poppers | 1.5oz | 42.5g | 160/45 | 5g | 28% | .5g | 3% | 1g | 2% | |
| | Sunkist | See General Mills | | | | | | | | | | | |
| | Super Snax | See Sugar Foods | | | | | | | | | | | |
| | T.G. I. Fridays | See Poore Brothers | | | | | | | | | | | |
| | Tato Skins | See Poore Brothers | | | | | | | | | | | |
| | THE SNACK FACTORY | Pretzel Crisps | Everything flavor | | 26g | 100/5 | .5g | 5% | 0g | 0% | 2g | 8% | 150 mg |
| | | Pretzel Crisps | Garlic flavor | | 26g | 100/0 | 0g | 0% | 0g | 0% | 2g | 8% | 210 mg |
| | | Pretzel Crisps | Original flavor | | 26g | 100/0 | 0g | 0% | 0g | 0% | 2g | 8% | 300 mg |
| | The Inventure Group | See Poore Bros. | | | | | | | | | | | |
| | Triscuit | See Kraft: Nabisco | | | | | | | | | | | |
| | WELCH'S | Welch's Dried Fruit | Reduced Sugar Mixed Fruit | 1.5oz | 40g | 120/0 | 0g | 0% | 0g | 0% | 14g | 35% | |
| | Wheat Thins | See Kraft: Nabisco | | | | | | | | | | | |
| | WISE | White cheddar popcorn | Reduced fat | .71 oz | 20 G | 100/35 | 4g | 35% | .5G | 5% | <1g | <1% | 180MG |
| | | Thin Pretzels | Low Fat | 1 oz | 28 g | 110/10 | 1g | 1% | 0g | 0% | <1g | 3% | 360MG |
| | | Popcorn | Lite Butter | .625 oz | 17G | 80/20 | .5G | 25% | .05G | 6% | 0 | 0 | 95MG |
| | Z Bar | See Clif | | | | | | | | | | | |



NAMA has endeavored to make these materials as accurate as possible, but has relied on the information supplied to it by third parties. NAMA cannot therefore be responsible for inaccuracies or incorrect information in the list and users are urged to contact the supplier providing the information for confirmation.

TO DETERMINE IF YOUR PRODUCT MEETS THE 35-10-35 NUTRITION STANDARDS, FOLLOW THESE SIMPLE STEPS:

- 1. NOT MORE THAN 35% FAT:** Looking at your product's nutrition label, take the number of calories from fat (not the number of grams) and divide that number by the total number of calories in the product. On the nutrition label, calories from fat is listed next to the total calories for the product. EXAMPLE: if the NAMA Big Bar has 350 calories and 50 of those calories are from fat, $\frac{50}{350} = .14$ or 14%. $14\% < 35\%$ so this product meets the 35% fat standard. NAMA Big Bar

3/31/2011

Manufacturer

| Brand | Item | Pack Size | Bag Grams | Cal/Total Cal from Fat | Total g Fat | Calories from Fat % | Saturated Fat | Saturated Fat % | Sugar Grams | Sugar % of wt | Sodium mg |
|-------|------|-----------|-----------|------------------------|-------------|---------------------|---------------|-----------------|-------------|---------------|-----------|
|-------|------|-----------|-----------|------------------------|-------------|---------------------|---------------|-----------------|-------------|---------------|-----------|

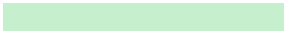
2. NOT MORE THAN 10% SATURATED FAT: Return to your product's nutrition label and look for saturated fat. If this number is only available in grams, take the number of grams and multiply it by 9. (There are 9 calories in each gram of fat.) Take the number of calories from saturated fat and divide it by the total number of calories in the product. **EXAMPLE:** If the NAMA Big Bar has 2.5g of saturated fat, it has 22.5 calories from saturated fat ($2.5 \times 9 = 22.5$). Dividing 22.5 by 350 total calories (calories listed in step 1) gives us .06 or 6%. Since 6% meets the requirement of less than 10% of the calories coming from saturated fat, the NAMA Big Bar is still doing well.

3. NOT MORE THAN 35% OF TOTAL WEIGHT FROM SUGAR: Check your nutrition label for the weight of your product in grams. Now look farther down the label for the number of sugar grams. Divide the number of grams of sugar by the total number of grams in the product to find the percentage of weight from sugar. **EXAMPLE:** The NAMA Big Bar is 100g and it has 24 grams of sugar. Dividing 24 by 100 gives us .24 or 24% of the total weight from sugar. The NAMA Big Bar has passed all three standards and has earned its Fit Pick sticker.

35-10-35



35-10-35



35-10-35

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