



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

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
	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

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
		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

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
	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
Keebler	Scooby-Doo Graham Cracker Sticks	1oz.	28g	120/35	4g	29%	0.5g	4%	8g	29%	115mg
Kellogg's	Cinnamania French Toast	1.76oz.	50g	230/70	8g	30%	1.5g	6%	13g	26%	210mg
Kellogg's	Cinnamania Cinnamon Bun	1.76oz.	50g	230/70	8g	30%	1.5g	6%	12g	24%	230mg
Kellogg's	Corn Flakes 3/4 oz. (22g)	.75 oz	22g	80/0	0g	0%	0g	0%	2	9%	
Kellogg's	Nutri-Grain Apple Cinnamon	1.3 oz	37g	130/30	3g	23%	.5g	3%	12g	32%	105mg
Kellogg's	Nutri-Grain Blackberry	1.3 oz	37g	130/30	3g	23%	.5g	3%	11g	30%	135mg
Kellogg's	Nutri-Grain Blueberry	1.3 oz	37g	130/30	3g	23%	.5g	3%	12g	32%	105mg
Kellogg's	Nutri-Grain Cherry	1.3 oz	37g	130/30	3g	23%	.5g	3%	12g	32%	100mg
Kellogg's	Nutri-Grain Mixed Berry	1.3 oz	37g	130/30	3g	23%	.5g	3%	12g	32%	105mg
Kellogg's	Nutri-Grain Raspberry	1.3oz	37g	130/30	3g	23%	.5g	3%	12g	32%	105mg
Kellogg's	Nutri-Grain Strawberry	1.3 oz	37g	130/30	3g	23%	.5g	3%	12g	32%	120mg
Kellogg's	Rice Krispies 5/8 oz. (18g)	5/8 oz	18g	70/0	0g	0%	0g	0%	2	11%	
Kellogg's	Frosted Mini Wheats 1 oz. (28g)	1 oz	28g	100/0	0g	0%	0g	0%	6	21%	
Kellogg's	Rice Krispie Treats	1.3oz	37g	150/30	3.5g	20%	1g	6%	12g	32%	170mg
Kellogg's	Special K Cereal Bar: Honey Nut	.77 oz	22g	90/20	2g	22%	0g	0%	7g	32%	110mg
Kellogg's	Special K Cereal Bar: Vanilla Crisp	.77 oz	22g	90/15	1.5g	17%	1g	10%	7g	32%	100mg
Kellogg's	Special K Snack Bites	.81oz.	23g	90/20	2g	22%	0.5g	5%	7g	30%	125mg
Kellogg's	Smart Start Healthy Heart Bar	1.41oz.	40g	150/25	2.5g	17%	0g	0%	12g	30%	85mg
Pop Tarts	Strawberry	3.67 oz.	104g	410/100	11g	24%	4g	9%	32g	31%	
Pop Tarts	Strawberry	1pstryPk	52g	210/50	6g	24%	2g	9%	16g	31%	
Pop Tarts	Frosted Strawberry	3.67oz	104g	400/90	10g	23%	3.5g	8%	34g	33%	330mg
Pop Tarts	Frosted Strawberry	1pstryPk	52g	200/45	5g	23%	1.5g	7%	17g	33%	170mg
Pop Tarts	Frosted Cherry	3.67oz	104g	400/90	10g	23%	3.5g	8%	34g	33%	330mg
Pop Tarts	Frosted Blueberry	3.67oz	104g	400/90	10g	23%	3g	7%	35g	34%	330mg
Pop Tarts	Frosted Brown Sugar Cinnamon	3.67oz	100g	420/130	14g	31%	4.5g	10%	31g	31%	340mg
Pop Tarts	Frosted Blueberry	1pstryPk	52g	200/45	5g	23%	1.5g	7%	18g	35%	170mg
Pop Tarts	Blueberry	3.67oz.	104g	400/90	10g	23%	2g	5%	36g	35%	
Pop Tarts	Brown Sugar Cin.	3.52oz.	100g	420/120	13g	29%	3g	6%	32g	32%	
Pop Tarts	Chocolate Chip	3.67oz.	104g	430/120	13g	28%	3.5g	7%	36g	35%	
Kitchen Fresh Foods	Turkey and Cheese on Bun	3.4 oz	97 gr	309/63	7.2	20%	3.0 g	9%	1.7 g	2%	1209 mg
Kitchen Fresh Foods	Tuna Salad on Wheat Sub	4.4oz	126 gr	267/84	9.1 g	31%	.9 g	3%	8.7 g	7%	757 mg
Kitchen Fresh Foods	Ham and Turkey 8-inch TLC Sub	7.2 oz	204 gr	344/47	5.1 g	14%	1.4 g	4%	6.8 g	3%	1663 mg
Kitchen Fresh Foods	Fruit Cup	5.7 oz	162 g	79/4	.4 g	5%	0	0%	19.2 g	12%	25mg
Kitchen Fresh Foods	Gourmet Cut Ham Sandwich	7.5 oz	212 G	488/148	15.9	30%	4.1 G	7%	12.8	6%	2095 mg
Kitchen Fresh Foods	Gourmet Cut Turkey Sandwich	7.5 oz	212 gr	468/90	10.4 g	19%	2.7 g	5%	18.9	9%	1830 mg
Kitchen Fresh Foods	Turkey Deli Wrap	5.9 oz	168 g	321/81	9.4 g	25%	1.5 g	5%	4.4 g	3%	1448 mg
Kitchen Fresh Foods	Ham Deli Wrap	5.9 oz	168 g	317/83	9 g	26%	1.9 g	5%	5.3 g	3%	1501 mg
Kitchen Fresh Foods	Roast Beef Deli Wrap	5.9 oz	168 g	310/85	9.2 g	27%	2.4 g	7%	2.9 g	3%	1624 mg
Kitchen Fresh Foods	Bread Sticks	4.1 oz	116 g	226/31	3.4 g	14%	.03 g	1%	5.6 g	5%	686 mg
Kitchen Fresh Foods	Country Club Ham and Turkey French	8.1 oz	228 gr	490/78	11.6 g	16%	1.1 g	2%	5.8 g	2%	1578 mg
Kitchen Fresh Foods	Tuna Salad French Bread	5.5.oz	156 g	343/68	7.4 g	20%	.9 g	2%	12.1 g	8%	687 mg
Kitchen Fresh Foods	Ham and Turkey Wheat Bagel	7.5 9oz	211 G	445/24	2.7 g	5%	.4 g	0%	14.7	7%	2775 mg
Kitchen Fresh Foods	Ham Egg Cheese on Texas Toast	6.4 oz	182 g	299/81	8.6	27%	3.4 g	10%	4.3 g	2%	1560 mg
Kitchen Fresh Foods	Roast Beef Ciabatta	8.4 oz	239 g	362/37	5.3 g	10%	1.3 g	3%	2.3 g	1%	1254 mg
Kitchen Fresh Foods	Turkey Delite on Wheat Sub	4.4 oz	124 g	254/76	8.5 g	29%	.7 g	2%	7.0 g	5%	966 mg
Kitchen Fresh Foods	Hot Turkey and Gravy Sandwich	6.5 oz	183 g	319/34	4.0 g	10%	.5 g	1%	8.8 g	5%	1565 mg
Kitchen Fresh Foods	Blueberry Yogurt Parfait	8.1 oz	229 g	220/15	1.5 g	3%	.03 g	1%	23.6 g	10%	191 mg

Kitchen Fresh Foods
NEW!

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
	KRAFT	100 Calorie Packs	Chips Ahoy! Thin Crisps	.81oz.	23g	100/25	3g	25%	.5g	5%	7g	30%	
		100 Calorie Packs	Honey Maid Thins		23g	100/15	2g	15%	0g	0%	7g	30%	
		100 Calorie Packs	Kraft Cheese Nips Mini	.74oz	21g	100/25	3g	25%	.5g	5%	0g	0%	
		100 Calorie Packs	Oreo Thins	.81oz.	23g	100/15	2g	15%	0g	0%	8g	35%	
		100 Calorie Packs	Planters Peanut Butter Cookie Crisps	.84oz	24g	100/30	3g	30%	0.5	5%	7g	29%	
		100 Calorie Packs	Wheat Thins Chips Multigrain Mini		22g	100/25	3g	25%	0g	0%	2g	9%	
		100 Calorie Packs	Cheese Sportz Crackers	.74oz	21g	100/25	3g	25%	0.5	5%	0g	0%	
		100 Calorie Packs	Shortbread Sportz Cookies	.74oz	21g	100/30	3g	30%	0.5	5%	6g	29%	
		Back to Nature	Crispy Cheddars Snack Crackers		28g	130/40	4.5g	31%	.5g	3%	0g	0%	
		Back to Nature	Crispy Wheats Baked Snack Cracker	1oz.	28g	120/30	3.5g	25%	0.5	4%	3g	11%	
		Cornnuts	Barbecue	1.4oz	39g	180/60	6g	33%	1g	5%	1g	3%	
		Cornnuts	Chile Picante Con Limon		48g	220/70	8g	32%	1g	4%	0g	0%	
		Cornnuts	Chile Picante Con Limon	1.4oz	39g	180/60	6g	33%	1g	5%	0g	0%	410mg
		Cornnuts	Nacho Cheese	1.4oz	39g	180/60	7g	33%	1g	5%	1g	3%	
		Cornnuts	Original	1.4oz	39g	180/50	6g	28%	1g	5%	0g	0%	
		Cornnuts	Ranch	1.4oz	39g	180/60	6g	33%	1g	5%	1g	3%	
		Nabisco Honey Maid	Honey Maid Cookies Oatmeal Raisin Mini	20z	56g	250/80	9g	32%	2g	7%	16g	29%	
		Nabisco Honey Maid	Graham Sticks-Cinnamon	1oz	28g	120/20	2.5g	17%	.5g	4%	8g	29%	
		Nabisco Honey Maid	Graham Sticks-Cinnamon	1.75oz	49g	210/40	4.5g	19%	1g	4%	14g	29%	
		Nabisco	(FoodService) Animal Crackers	1oz	28g	130/35	4g	27%	1g	7%	6g	21%	
		Nabisco	(FoodService) Animal Crackers		56g	250/70	8g	28%	2g	7%	11g	20%	
		Nabisco Newtons Fruit Crisps	Apple Cinnamon		28g	100/15	2g	15%	0g	0%	8g	29%	90mg
		Nabisco Newtons Fruit Crisps	Mixed Berry		28g	100/15	2g	15%	0g	0%	8g	29%	85mg
		Nabisco Teddy Grahams	Cubs Graham Snacks - Cinnamon	.5oz	14g	60/15	2g	25%	0g	0%	3g	21%	
		Nabisco Teddy Grahams	Graham Snacks - Chocolate	.75oz	21g	90/25	3g	28%	.5g	5%	6g	29%	
		Nabisco Teddy Grahams	Graham Snacks - Cinnamon	1.25oz	35g	150/40	5g	27%	1g	6%	9g	26%	
		Nabisco Teddy Grahams	Graham Snacks - Cinnamon	.75oz	21g	90/25	3g	28%	0.5	5%	5g	24%	
		Nabisco Ritz	Airplanes	1oz	28g	120/30	3.5g	25%	.5g	4%	3g	11%	
		Nabisco Ritz	RITZ Toasted Chips - Original	.75oz	21g	100/30	3g	30%	.5g	5%	2g	10%	
		Nabisco Ritz	RITZ Toasted Chips - Original	1.75oz	49g	220/70	8g	32%	1g	4%	5g	10%	
		Nabisco Triscuit	Baked Whole Wheat Crackers - mini	1.75	49g	210/70	8g	33%	1g	4%	0g	0%	
		Nabisco Wheat Thins	Baked Snack Crackers - Original	1.75oz	50g	230/80	9g	35%	1.5g	6%	6g	12%	420mg
	LANDSHIRE, INC	Landshire	Chicken Salad Wedge	4.95 oz	140g	295/95	11g	32%	1g	3%	8g	6%	
		Landshire	Chicken Salad Wedge	6.80 oz	193 g	396/122	14g	31%	2g	5%	11g	6%	
		Landshire	Fish & Cheese	4.80 oz	136g	326/62	7g	19%	3g	8%	4g	3%	
		Landshire	Ham & Cheese Wedge	4.80 oz	136g	265/72	8g	27%	3g	10%	7g	5%	
		Landshire	Jumbo BBQ Beef	7.16 oz	203g	410/37	4g	9%	1g	2%	31g	15%	
		Landshire	Roast Beef & Cheese Wedge	4.8 oz	136g	260/68	8g	26%	3g	10%	5g	4%	
		Landshire	Sloppy Joe	4.10 oz	116g	230/61	7g	27%	2g	8%	7g	6%	
		Landshire	Spicy Chicken & Cheese	5.54 oz	157g	364/120	13g	33%	4g	10%	5g	3%	
		Landshire	Tuna Salad Wedge	4.95 oz	140g	294/84	9g	29%	1g	3%	9g	6%	
		Landshire	Tuna Salad Wedge	6.80 oz	193g	395/107	12g	27%	1g	2%	12g	6%	
		Landshire	Turkey & Cheese Wedge	4.80 oz	136g	288/89	10g	31%	3g	9%	7g	5%	
	Lay's	See Frito-Lay											
	MARS, INC.	3Musketeers	3Musketeers Vanilla	1.26oz	35.7g	140/40	4.5g	29%	1.5g	10%	12g	34%	70mg
		3Musketeers	3Musketeers S'Mores	1.26oz	35.7g	140/40	4.5g	29%	1.5g	10%	12g	34%	70mg
		3Musketeers	3Musketeers Strawberry	1.26oz	35.7g	140/40	4.5g	29%	1.5g	10%	12g	34%	70mg
		Combos	Combos Pretzel	1.06oz	30.1g	110/10	1g	9%	0g	0%	2g	7%	230mg

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
		Mars, Inc.	m&m's Cookies	1.15oz	32.6g	150/50	5g	33%	1g	6%	11g	33%	100mg
		Mars, Inc.	Snickers Clusters	1.06oz	30.1g	140/40	4.5g	29%	1.5g	10%	8g	27%	170mg
		Mars, Inc.	Snickers Cookies	1.15oz	32.6g	150/50	5g	33%	1g	6%	11g	33%	100mg
		Mars, Inc.	Twix Clusters	1.06oz	30.1g	140/35	4	25%	1.5g	10%	9g	30%	120mg
	MET-Rx	BIG 100 Meal Replacement Bar	Choc. Chip Cookie Dough	3.52oz	100g	370/50	6g	14%	2.5g	6%	25g	25%	
	MONOGRAM FOODS	Monogram Meat Snacks	Teriyaki Beef Steak		15g	40/10	1g	25%	0g	0%	3g	20%	150mg
	Mr. NATURE	Mr. Nature	Oriental Mix	1.5oz.	42g	110/0	0g	0%	0g	0%	< 1g	0%	160
		Mr. Nature	Raisins	1 oz	28g	90/0	0g	0%	0g	0%	Exempt	exempt	7mg
		Mr. Nature	Selected Fruit Mix	2oz.	57g	100/10	1g	10%	0g	0%	15g	26%	30
	Mrs. Freshley's	Mrs. Freshley's 100 Calorie Pack	Mini Blueberry Muffins	1.3oz	37g	100/25	3g	25%	1g	9%	5g	14%	140mg
		Mrs. Freshley's 100 Calorie Pack	Mini Crème Filled Chocolate Cupcake	1.3oz	37g	100/25	3g	25%	1g	9%	6g	16%	150mg
	Munchies	See Frito-Lay											
	Musselman's NEW!	Musselman's	Cherry Applesauce	4oz	113g	100/0	0g	0%	0g	0%	19g	17%	10mg
		Musselman's Lite	Mixed Berry Fruit 'n Sauce	4oz	113g	60/0	0g	0%	0g	0%	9g	8%	10mg
		Musselman's Organic	Unsweetened Applesauce	4oz	113g	50/0	0g	0%	0g	0%	8g	7%	10mg
		Healthy Picks (applesauce)	Blueberry Pomegranate	4oz	113g	70/0	0g	0%	0g	0%	10g	9%	10mg
		Healthy Picks (applesauce)	Key Lime Cupuacu	4oz	113g	70/0	0g	0%	0g	0%	11g	10%	10mg
		Healthy Picks (applesauce)	RaspberryAcai	4oz	113g	70/0	0g	0%	0g	0%	10g	9%	10mg
		Totally Fruit	Apple	4oz	113g	100/0	0g	0%	0g	0%	19g	17%	10mg
		Totally Fruit	Peach	4oz	113g	90/0	0g	0%	0g	0%	18g	16%	10mg
		Totally Fruit	Strawberry	4oz	113g	90/0	0g	0%	0g	0%	17g	15%	10mg
	Nabisco	See Kraft											
	Nature Valley	See General Mills											
	NORMA'S BAKERY	Smart Bites	Chocolate Crispy Treat	1.69oz	48g	190/54	6g	28%	1.5g	7%	14g	29%	170mg
		Smart Bites	Crispy Treat	1.69oz	48g	180/41	4.5g	23%	1g	5%	15g	31%	180mg
		Smart Bites Bar	Apple Cinnamon Bar	1.76oz	50g	180/45	5g	25%	1g	5%	16g	32%	210mg
		Smart Bites Bar	Apricot Raisin Bar	1.76oz	50g	180/45	5g	25%	1g	5%	16g	32%	200mg
		Smart Bites Bar	Chocolate & Grain Bar	1.4oz	45g	160/54	6g	34%	1.5g	8%	11g	24%	115mg
		Smart Bites Bar	Cranberry Harvest Bar	1.41oz	45g	160/45	5g	28%	0.5g	3%	11g	24%	110mg
		Smart Bites Cookie	Chocolate Chip	1.58oz	40g	160/54	6g	34%	1.5g	8%	14g	35%	200mg
		Smart Bites Cookie	Chocolate Chip Peanut Butter	1.58oz	40g	170/54	6g	32%	1.5g	8%	14g	35%	190mg
		Smart Bites Cookie	Oatmeal Raisin	1.58oz	40g	160/54	6g	34%	1.5g	8%	14g	35%	190mg
		Smart Bites Cookie	Rainbow	1.58oz	40g	170/54	6g	32%	1.5g	8%	14g	35%	210mg
	Now and Later	See Farley's & Sathers											
	OBERTO	Beef Jerkey	Natural Style Hickory Smoked	.9 Oz	25g	70/10	1g	14%	0g	0%	3g	12%	
		Beef Jerkey	Natural Style Terriyaki	.9 oz	25g	70/10	1g	14%	0g	0%	4g	16%	
	O'BRIEN	O'Brien	honey cured turkey stick		27g	50/10	1.5 g	20%	0 g	0%	4g	15%	430mg

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

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
		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
-------	------	-----------	-----------	------------------------	-------------	---------------------	---------------	-----------------	-------------	---------------	-----------

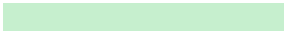
2. NOT MORE THAN 10% SATURATED FAT: Return to your product's nutrition label and look for saturated fat. If this number is only available in grams, take the number of grams and multiply it by 9. (There are 9 calories in each gram of fat.) Take the number of calories from saturated fat and divide it by 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

35-10-35

35-10-35

35-10-35

35-10-35

35-10-35

35-10-35

35-10-35

35-10-35

35-10-35

35-10-35

35-10-35

35-10-35

35-10-35

35-10-35

35-10-35

35-10-35

35-10-35

35-10-35

35-10-35

35-10-35

35-10-35