



Healthy Snacks

Description	Cs Count	Serving Size (g)	Sugar (g)	Calories (g)	Protein (g)	Fat (g)	Fat as % of Cal	Satur Fat (g)	Sat Fat as % of Calories
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Bagged Snacks

Single Serve

Snacks

Austin Zoo Animal Cracker Cookie	60	60.0	14	250	4	4.0	14.0%	0.5	2.0%
Honey Maid Graham Sticks Cinnamon	60	49.0	14	210	3	4.5	19.3%	1.0	4.3%
Rice Krispies Treats 1.7 oz.	64	48.1	18	200	1	5.0	8.0%	1.5	8.0%
Keebler Elfin Crackers	60	30.0	8	130	2	2.5	17.3%	0.5	3.0%
100 Calorie Packs Oreo (S.O)	72	23.0	9	100	1	2.0	18.0%	0.0	0.0%
100 Calorie Lorna Doone Cookie	72	21.0	6	100	1	3.0	5.0%	1.5	8.0%
100 Calorie Planters P/B Cookies	72	24.0	7	100	2	3.0	5.0%	0.5	3.0%
100 Calorie Wheat Thins	72	22.0	2	100	2	3.0	5.0%	0.0	0.0%
Crunch N Munch	72	28.0	11	130	2	4.5	31.2%	1.0	7.0%
Gardetto's Reduced Fat	60	56.0	2	200	5	6.0	9.0%	1.0	6.0%
Ritz Chips Original	60	21.0	2	100	1	3.0	27.0%	0.0	0.0%
LSS Quaker Snack Mix Honey Graham	60	42.5	9	200	3	8.0	13.0%	1.5	9.0%

Single Serve

Salty Snacks

Tato Skins Steak & Potato	72	28.0	1	130	1	3.0	20.8%	1.0	6.9%
Snyder's Sourdough Pretzel	60	42.4	0	100	3	0.0	0.0%	0.0	0.0%
Snyder's Thin Pretzel	60	42.4	1	110	3	0.0	0.0%	0.0	0.0%
Snyder's Mini Pretzel	60	42.4	1	110	3	0.0	0.0%	0.0	0.0%
Snyder's Nibbler Pretzel	60	42.4	1	120	3	0.0	0.0%	0.0	0.0%
Snyder's Olde Time Pretzel	60	44.7	1	120	3	0.0	0.0%	0.0	0.0%
Snyder's Olde Time Pretzel Sticks	60	42.4	1	110	3	0.0	0.0%	0.0	0.0%
Snyder's Olde Time Pretzel	60	44.7	1	120	3	0.0	0.0%	0.0	0.0%

Bagged Snacks

LSS

Salty Snacks

LSS Baked Dorito Nacho Tortilla	60	38.9	2	170	3	4.0	21.2%	1.0	5.3%
LSS Baked Lay's Potato Chip	60	31.8	2	130	2	1.5	10.4%	0.0	0.0%
LSS Ptia Chip Cinnamon Sugar	24	42.5	9	200	4	7.0	31.5%	0.5	2.3%

Pastry

Pop-Tarts Blueberry	72	52.0	18	200	2	5.0	22.5%	1.0	4.5%
Pop-Tarts Frosted Cherry	72	52.0	17	200	2	5.0	22.5%	1.0	4.5%
Pop-Tarts Frosted Strawberry	72	52.0	16	200	2	5.0	22.5%	1.0	4.5%
Pop-Tarts Apple Strudel	72	52.0	16	200	5	5.5	25%	1.0	4.5%
Pop-Tart Brown Sugar Cinnamon	72	52.0	15.5	200	5	7.0	30.0%	2.3	10.1%

Candy / Snacks

Chuckles Assorted 12/24 2oz	288	56.0	34	170	0	0.0	0.0%	0.0	0.0%
Farley's Fruit Snacks Mixed Fruit	48	70.0	31	170	0	0.0	0.0%	0.0	0.0%
Farley's Fruit Snacks Strawberry	48	70.0	31	170	0	0.0	0.0%	0.0	0.0%

Welch's Reduced Sugar Fruit Snacks	144	40.0	28	120	2	0.0	0.0%	0.0	0.0%
Now & Later Classic	144	71.0	41	210	0	2.0	8.6%	0.5	2.1%
Now & Later Radberry	144	71.0	41	210	0	2.0	8.6%	0.5	2.1%
Intense Fruit Chews	288	69.0	41	210	0	1.5	6.4%	0.5	2.1%
Kelloggs Fruity Snacks-Cherry	48	30.0	17	90	1	0.0	0.0%	0.0	0.0%
Kelloggs Fruity Snacks-Mixed Fruit	48	30.0	17	90	1	0.0	0.0%	0.0	0.0%
Kelloggs Fruity Snacks-Strawberry	48	30.0	17	90	1	0.0	0.0%	0.0	0.0%
Kar Nut Raisins	100	28.0	20	90	1	0.0	0.0%	0.0	0.0%
Mason Assorted Dots	144	64.0	51	220	0	0.0	0.0%	0.0	0.0%
Goetze Carmel Creams	96	54.0	21	200	3	5.0	22.5%	1.0	4.5%
Chewy Sweetarts	288	15.0	11	60	0	0.0	0.0%	0.0	0.0%
Skittles	360	61.5	47	250	3	0.0	0.0%	0.0	0.0%
Wonka Mini Chewy Shock Tarts	288	16.0	12	60	0	0.0	0.0%	0.0	0.0%
Special K Chocolately Drizzle	72	22.0	8	90	1	1.5	15.0%	1.0	10.0%
Snackwells Vanilla Crème Cookie	60	48.0	18	210	2	5.0	21.4%	1.5	6.4%
Snackwells Chocolate Crème Cookie	60	48.0	19	210	2	6.0	25.7%	2.0	8.6%
Fig Newtons	120	31.0		110	1	2.5	20.5%	0.0	0.0%
Fat Free Fig Newton	60	30.0	12	100	1	0.0	0.0%	0.0	0.0%
M&M Snack Bar	60	34.9	12	140	1	4.0	25.0%	1.5	9.6%
Mars 3-Musketeer Brownie Bar	60	35.7	12	150	6	5.0	30.0%	1.5	9.0%
Snickers Snack Bar	60	34.9	12	140	1	5.0	25.0%	1.5	9.6%
Twix Snack Bar	60	34.9	12	140	1	5.0	25.0%	1.5	9.6%
Nutri-Grain Bar Apple Cinnamon	96	37.3	13	140	1	3.0	19.3%	0.5	3.0%
Nutri-Grain Blueberry	96	37.3	13	140	1	3.0	19.3%	0.5	3.0%
Nutrigrain Bar Strawberry	96	37.0	13	140	2	3.0	19.3%	0.5	3.0%

Juice / Drink

V-8 Juice 5.5 oz	48	5.5 oz	0	35	0	0.0	0.0%	0.0	0.0%
V-8 Splash Strawberry Kiwi	24	11.5 oz	0	100	0	0.0	0.0%	0.0	0.0%
V-8 Splash Tropical Blend	24	11.5 oz	0	70	0	0.0	0.0%	0.0	0.0%

Cereal

Kelloggs Bowls-Frosted Flakes	96	28.3	8	100	1	0.0	0.0%	0.0	0.0%
Kelloggs Bowls-Raisin Bran	96	35.4	11	110	3	0.0	0.0%	0.0	0.0%