

Item	Portion Size	Calories	Cholesterol (MG)	Sodium (MG)	Fiber (G)	Sugars (G)	Protein (G)	Carbs (G)	Total Fat (G)	Saturated Fat (G)
Beef Jerky, Peppered, Jack Links	1 package	70	25	190	0	6	10	7	1	0
Beef Jerky, Teriyaki, Jack Links	1 package	70	25	200	0	6	10	6	1	0
Cheetos Hot Fantastix	1 bag	130	0	200	2	>1	2	20	5	1
Cheetos Oven Baked Flamin' Hot	1 bag	120	0	200	1	>1	2	17	4.5	0.5
Cheetos Puffs Flamin Hot Whole Grain Reduced Fat	1 bag	90	0	135	>1	>1	2	14	3.5	0
Cookie, Chocolate Chip, Otis	1 cookie	160	10	0	2	13	2	27	3	1.5
Chocolate Sundae Crunch Bar, Cool Daze	1 bar	160	<5	45	<1	16	3	25	5	1.5
Ice Cream Sandwich, Cool Daze	1 sandwich	140	5	110	>1	12	3	25	2.5	1
Doritos Chips Spicy Sweet Chili Reduced Fat	1 bag	130	0	200	2	>1	2	20	5	0.5
Doritos Flamas Red Fat Whole Grain	1 bag	130	0	200	2	>1	2	20	5	0.5
Doritos Nacho Reduced Fat	1 bag	130	0	200	2	>1	2	20	5	1
Fudge Bar	1 bar	130	0	65	<1	21	4	26	1.5	1
Funyuns Oven Baked Whole Grain	1 bag	100	0	125	>1	>1	2	14	3.5	0.5
Granola Bar, Oats & Honey, Nature Valley	2 bars	190	0	180	2	11	3	29	7	1
Lays Crisps Baked Original	1 bag	140	0	180	2	3	2	24	4	0.5
Mini Banana Muffins, Hostess	1 package	160	35	120	1	16	3	24	6	1
Mini Birthday Muffins, Hostess	1 package	170	25	125	1	15	3	24	6	1.5
Fruit Snacks, Mixed, Reduced Sugar, Welch's	1 bag	120	0	10	0	14	2	32	0	0
Orange Dream Bar	1 bar	100	5	25	0	17	1	20	1.5	1
Pistachios in Shell, Wonderful	1 package	80	0	80	2	1	3	4	7	1
Popcorn Aged White Cheddar, Smart Food	1 package	70	0	100	2	<1	2	9	2.5	0
Pop-tart Strawberry Whole Grain Single	1 pastry	180	0	180	3	15	2	38	2.5	1
Pretzel	1 pretzel	140	0	150	3	1	5	30	0.5	0
Rice Krispie Treat Whole Grain	1 bar	160	0	140	<1	11	2	30	4	1
Rice Krispies Treats Whole Grain mini	1 bar	60	0	45	0	3	0	9	1	0
RIPS, 100% juice slush - Sour Apple	4 oz	60	0	20	0	13	0	15	0	0
RIPS, 100% juice slush - Kiwi Strawberry	4 oz	60	0	15	0	12	0	15	0	0
RIPS, 100% juice slush - Orange Mango	4 oz	60	0	15	0	11	0	16	0	0
RIPS, 100% juice slush Dragon Punch	4 oz	60	0	15	0	12	0	16	0	0
RIPS, 100% juice slush - Lemonade	4 oz	60	0	15	0	11	0	16	0	0
RIPS, 100% juice slush - Blue Raspberry	4 oz	60	0	15	0	12	0	15	0	0
RIPS, 100% juice slush - Cherry Limeade	4 oz	60	0	15	0	12	0	15	0	0
Strawberry Fruit Bar (Froz Fruit)	1 bar	130	0	30	2	23	0	32	0	0
Strawberry Sundae Crunch Bar	1 bar	160	< 5	80	0	16	3	25	5	1
String Cheese	1 stick	60	10	200	0	1	7	1	3	2
Cookie, Triple Chocolate Filled, Rich's brand	1 cookie	200	5	135	3	15	3	31	7	2
Yogurt, Cherry, Low Fat, Yoplait	4 oz	100	<5	50	0	13	3	20	0.5	0.5
Yogurt, Strawberry Banana, Low Fat Yoplait	4 oz	100	<5	50	0	13	3	20	0.5	0.5
Yogurt, Raspberry, Low Fat, Yoplait	4 oz	100	<5	50	0	13	3	20	0.5	0.5
Fruit Slushie - 100% fruit juice, Strawberry	8 oz	120	0	10	0	28	0	29	0	0
Fruit Slushie, 100% fruit juice - Mandarin Orange	8 oz	120	0	10	0	29	0	29	0	0
Fruit Slushie, 100% fruit juice - Peach Mango	8 oz	120	0	10	0	29	0	29	0	0
Fruit Slushie, 100% fruit juice - Fruit Punch	8 oz	120	0	10	0	29	0	30	0	0