

Nutritious Friendly Snack Program Nutritional Analysis

Snack	Size	Calories	Fat (Grams)	% Total Fat	Saturated Fat (Grams)	% Saturated Fat	Trans Fat	Sugar (Grams)	% Sugar By Weight
Chips									
Baked Lay's Original Chips	1.125 oz	130	2	12%	0	0	0	2	6%
Baked Lay's BBQe Chips	1.125 oz	140	3.5	25%	0.5	3%	0	3	9%
Baked Lay's Sour Cream & Onion	1.125 oz	140	3.5	21%	0.5	3%	0	3	9%
Baked Lay's Cheddar & Sour Cream	1.125 oz	140	4	26%	1	6%	0	3	9%
Baked Doritos - Nacho Cheese	.75 oz	90	3	28%	0.5	5%	0	<1	3%
Baked Doritos - Sweet Chili RF	1 oz	130	5	35%	0.5	4%	0	<1	3%
Baked Chetos	.78 oz	120	4.5	33%	1	8%	0	<1	3%
Smartfood Popcorn	.625 oz	100	6	54%	1.5	14%	0	1	6%
Sun Chips - Harvest Cheddar	1.5 oz	210	9	38%	1.5	6%	0	3	7%
Munchies Flaming Hot Mix	0.875 oz	110	4	33%	0	0	0	2	8%
Chex Mix - Traditional	1.75 oz	210	6	24%	1	4%	0	3	6%
Chex Mix - Honey Nut	1.75 oz	210	6	28%	1	4%	0	9	18%
Simply Chex - Chocolate Caramel	1.75 oz	150	4.5	27%	1.5	9%	0	10	29%
Simply Chex - Strawberry Yogurt	1.75 oz	150	4.5	27%	2.5	15%	0	7	21%
Crackers									
Teddy Grahams Bear Cub	.50 oz	60	2	25%	0	0	0	3	20%
Teddy Grahams	.75 oz	100	3	27%	0	0	0	5	23%
Scooby-Doo Graham Sticks	1 oz	120	4	30%	0.5	4%	0	8	29%
Ritz Bitz - Cheese	1 oz	150	8	50%	3	15%	0	4	14%
Ritz Bitz - PB	1 oz	140	8	50%	3	15%	0	3	11%
Cheese Nips 100 Calorie	.74 oz	100	3	25%	1	9%	0	0	0
Cheese-It Scrabble	.75 oz	100	3.5	32%	1	9%	0	0	0
Animal Crackers	1 oz	130	3.5	23%	1	7%	0	8	29%
Goldfish Crackers	.75 oz	100	3.5	30%	1	9%	0	0	0
Rice Cakes	.91 oz	100	0.5	5%	0	0%	0	8	31%

Snack	Size	Calories	Fat (Grams)	% Total Fat	Saturated Fat (Grams)	% Saturated Fat	Trans Fat	Sugar (Grams)	% Sugar By Weight
Cookies									
Davis Chocolate Chip Cookie	.91 oz	120	5	38%	1.5	11%	0	9	35%
100 Calorie Chips Ahoy	.81 oz	100	3	25%	0.5	5%	0	7	30%
100 Calorie Oreo	.81 oz	100	2	15%	0	0	0	8	34%
Fruit Snacks									
Fruit By The Foot	.75 oz	80	1	19%	0.5	6%	0	7	33%
Sunkist Mixed Fruit Snack	.88 oz	70	0	0	0	0	0	8	32%
Cereal Bars									
Cinnamon Toast Crunch Bar	1.4 oz	150	3.5	23%	0	0	0	10	27%
Cheerio Fruit Bar	1.3 oz	150	4	23%	0.5	3%	0	10	27%
Trix Cereal Bar	1.4 oz	150	3.5	23%	0	0	0	9	24%
Cocoa Puffs Cereal Bar	1.4 oz	150	3	16%	0	0	0	9	24%
Rice Krispies Treat - Snack Bar	1.3 oz	150	3.5	23%	1	6%	0	12	32%
Granola Bars									
Nature Valley Honey Oat Granola Bar	.74 oz	90	3	30%	0	0	0	6	29%
Quaker Granola Bar Chocolate Chip	.84 oz	100	3	25%	1.5	6%	0	7	28%
Kellogg's Blueberry Nutri-Grain Bar	1.3 oz	140	3	21%	0.5	3%	0	13	35%
Kellogg's Strawberry-Nutri-Grain Bar	1.3 oz	130	3	23%	0.5	3%	0	12	32%
Pop Tarts									
Pop Tart Blueberry Frosted 1 each	1.75 oz	200	5	23%	1.5	7%	0	18	35%
Pop Tart Whole Grain Sugar Cinnamon	1.76 oz	200	7	30%	2	9%	0	14	28%
Pop Tart Chocolate Fudge Frosted	1.83 oz	200	5	23%	1.5	7%	0	20	38%
Pop Tart Cinnamon Sugar Frosted	1.76 oz	210	7	29%	2.5	11%	0	16	32%
Pop Tart Smore Frosted	1.75 oz	200	5	23%	2	9%	0	19	37%
Pop Tart Whole Grain Strawberry	1.76 oz	190	5	24%	1.5	7%	0	15	30%
Pop Tart Strawberry Frosted	1.76 oz	200	5	23%	1.5	7%	0	17	33%

Snack	Size	Calories	Fat (Grams)	% Total Fat	Saturated Fat (Grams)	% Saturated Fat	Trans Fat	Sugar (Grams)	% Sugar By Weight
Yogurt									
Yoplait Original Strawberry/Strawberry Bana	4 oz	110	1	9%	0.5	4%	0	18	16%
Yoplait Raspberry Mousse Whip	4 oz	140	2.5	14%	2	13%	0	21	19%
Trix Raspberry Rainbow	4 oz	90	0.5	6%	0	0	0	14	12%
Trix Strawberry/Banana Bash	4 oz	90	0.5	6%	0	0	0	14	12%
Yoplait Strawberry/Peach	6 oz	100	0	0%	0	0	0	14	8%
Soft Pretzel									
J & J Pretzel	2.5 oz	180	1	5%	0	0	0	1	1%
J & J Pretzel Mini Pretzel	1 oz	70	0.5	6%	0	0	0	0	0
J & J Cheese Pretzel	5 oz	195	4	18%	2.5	12%	0	2	1%
J & J Whole Wheat	2.5 oz	170	1	5%	0	0	0	1	1%
J & J Twist	3.5 oz	250	1	4%	0	0	0	1	1%
Ice Cream									
Low Fat Ice Cream Sandwich - Cool Daze		130	2.5	17%	1.5	10%	0	13	24%
Rainbow Sherbet Cool Tube		80	1	11%	0	0	0	15	18%
FrozFruit Strawberry Bar		130	0	0	0	0	0	26	22%
Cotton Candy Ice Cream Cup - Cool Daze		70	1	13%	0.5	6%	0	8	17%
Orange Dream Bar		100	1.5	14%	1	9%	0	17	24%
Orange Sherbet Cup - Cool Daze		90	1	10%	0	0	0	18	29%
Birthday Cup Ice Cream Cup - Cool Daze		70	1	13%	0.5	6%	0	8	17%
Strawberry Sundae Crunch Bar - Cool Daze		160	5	28%	1	6%	0	16	22%
Chocolate Sundae Crunch Bar - Cool Daze		160	5	28%	1.5	6%	0	16	21%
Fudge Dream Bar - Cool Daze		90	1.5	15%	1	10%	0	12	21%
Ice Cream Cup - Chocolate - Blue Bunny		130	7	48%	4.5	31%	0	15	23%
Ice Cream Cup - Vanilla - Blue Bunny		130	7	48%	4.5	31%	0	13	20%
Mini Ice Cream Cone - Cool Daze		170	6	32%	4.5	24%	0	15	25%
Cookie Dough									
Chocolate Chip - Reduced Fat - Value Zone	1 oz	110	3.5	27%	1	8%	0	9	32%
Carnival - Reduced Fat - Value Zone	1 oz	110	3	25%	1	8%	0	9	32%
Oatmeal Raisin - Reduced Fat - Value Zone	1 oz	110	3.5	27%	1	8%	0	8	32%
Sugar - Trans-Fat-Free - Value Zone	1 oz	110	3.5	27%	1	8%	0	9	32%
Peanut Butter - Economy	1 oz	120	6	45%	2	19%	0	11	39%