

Nutritious Friendly Snacks

	Calories	Fat	Carbohydrate	Fiber	Protein	Sugar
Ingredients and Nutrients		(grams)	(grams)	(grams)	(grams)	(grams)
100 Calorie Chips Ahoy .81 oz	100	3	18	<1	1	7 g
Ingredients: Enriched Flour (wheat flour), semisweet chocolate chips, soy lecithin, sugar, high oleic canola oil, soybean oil, high fructose corn syrup, cornstarch, baking soda, calcium phosphate, milk (enzyme modified) salt, natural and artificial flavor *Contains milk and wheat ingredients						
100 Calorie Oreos .81 oz	100	2	19	1	1	9 g
Ingredients: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE {VITAMIN B1}, RIBOFLAVIN {VITAMIN B2}, FOLIC ACID), SUGAR, HIGH FRUCTOSE CORN SYRUP, HIGH OLEIC CANOLA OIL, COCOA (PROCESSED WITH ALKALI), CORNSTARCH, LEAVENING (BAKING SODA, CALCIUM PHOSPHATE), ARTIFICIAL COLOR, SALT, POWDERED SUGAR, ARTIFICIAL FLAVOR *Contains milk and wheat ingredients						
Baked Lay's Original Chips 1.125 oz	130	2	26	2	2	2 g
Ingredients: Dehydrated potatoes, corn oil, modified food starch, corn oil, salt, soy lecithin, monocalcium phosphate, sodium bicarbonate, dextrose. * Contains a soy ingredient						
Baked BBQ Lay's Chips 1.125 oz	140	3.5	24	2	2	3 g
Ingredients: Dehydrated potatoes, corn oil, modified food starch, sugar, salt, and less than 1% of the following: onion powder, soy lecithin, dextrose, leavening (monocalcium phosphate and sodium bicarbonate), natural flavors, molasses, fructose, spices, partially hydrogenated soybean oil, torula yeast, wheat starch, garlic powder, malt extract, maltodextrin, extracts of paprika, citric acid, chicken fat, soy flour, tomato paste, corn syrup solids, yeast extract, barley malt flour, lactic acid, egg yolk, and whey. *Contains: Egg, milk, soy, and wheat ingredients						
Baked Sour Cream & Onion Lay's Chips 1.125 oz	140	3.5	24	2	2	3 g
Ingredients: Dehydrated potatoes, corn oil, modified food starch, sugar, nonfat milk, salt, dextrose, soy lecithin, cultured nonfat milk, leavening (monocalcium phosphate and sodium bicarbonate), whey, onion powder, sour cream (cultured cream, nonfat milk), natural flavors, parsley, citric acid, and autolyzed yeast extract. *Contains: Milk and soy ingredients						
Baked Cheddar & Sour Cream Chips 1.125 oz	140	4	25	2	2	3 g
Ingredients: Dehydrated potatoes, corn oil, modified food starch, sugar, and less than 2% of the following: salt, soy lecithin, leavening (monocalcium phosphate and sodium bicarbonate), whey, whey protein concentrate, sunflower oil, cheddar cheese (milk, cheese cultures, salt, enzymes), corn syrup solids, corn maltodextrin, monosodium glutamate, onion powder, dextrose, sour cream (milk, cheese culture, salt, enzymes), nonfat milk cultures, blue cheese (milk, cheese cultures, salt, enzymes), nonfat milk, disodium phosphate, natural & artificial flavor, citric acid, sodium caseinate, artificial color (including yellow 6 lake, yellow 5 lake, yellow 6, yellow 6), garlic powder, lactic acid, disodium inosinate, disodium glutamate & spice. *Contains: Milk and soy ingredients						
Baked Doritos Nacho Cheese .75 oz	90	3	16	1	2	<1 g
Ingredients: whole corn, corn oil, salt, cheddar cheese (milk, cheese cultures, salt, enzymes) buttermilk solids, whey protein concentrate, whey, tomato powder, monosodium glutamate, Romano cheese (part skim milk cheese cultures, salt, enzymes) onion powder wheat flour, natural and artificial flavor, partially hydrogenated soybean and cottonseed oil, artificial color, sugar, garlic powder, disodium phosphate, dextrose, Parmesan cheese, spice citric acid, lactic acid, disodium inosinate, disodium guanylate *Contains milk, soy, and wheat ingredients						
Baked Doritos Nacho Cheese .75 oz	90	3	16	1	2	<1 g
Ingredients: whole corn, corn oil, salt, cheddar cheese (milk, cheese cultures, salt, enzymes) buttermilk solids, whey protein concentrate, whey, tomato powder, monosodium glutamate, Romano cheese (part skim milk cheese cultures, salt, enzymes) onion powder wheat flour, natural and artificial flavor, partially hydrogenated soybean and cottonseed oil, artificial color, sugar, garlic powder, disodium phosphate, dextrose, Parmesan cheese, spice citric acid, lactic acid, disodium inosinate, disodium guanylate *Contains milk, soy, and wheat ingredients						

	Calories	Fat	Carbohydrate	Fiber	Protein	Sugar
Ingredients and Nutrients		(grams)	(grams)	(grams)	(grams)	(grams)
Smartfood- Popcorn .625 oz	100	6	9	1	2	1 g
Ingredients: popcorn, vegetable oil, contains one or more of the following- corn, soybean, sunflower oil, cheddar cheese(cultured milk, salt, enzymes) whey, buttermilk, salt, disodium phosphate *Contains milk and soy ingredients						
Rice Cakes .91 oz	100	0.5	23	<1	1	8 g
Ingredients: Rice flour, sugar, corn(with germ removed), maltodextrin, salt, high fructose corn syrup, milk, natural & artificial flavors, soy lecithin, sunflower oil with natural tocopherols, added to preserve freshness, caramel color, sucralose, acesulfame potassium, citrix acid, sodium citrate. *Contains milk and soy ingredients						
Rold Gold Pretzels 1 oz	110	1	23	1	2	<1 g
Ingredients: Enriched flour (wheat flour) salt, corn syrup, corn oil, yeast, malt extract, sodium, bicarbonate ammonium bicarbonate, artificial flavor. *Contains wheat						
GoldFish Crackers .75 oz	100	3.5	14	<1	2	0
Ingredients: Unbleached enriched wheat flour, cheddar cheese (pasteurized milk, cheese culture, salt, enzymes) water, salt, vegetable oils, canola, sunflower, and soybean, contains 2% or less: salt, yeast, sugar, yeast extract, leavening (baking soda, monocalcium phosphate, ammonium bicarbonate, spices, annato (color) onion powder *May contain: Milk and wheat						
Animal Crackers 1 oz	130	3.5	22	<1	2	8
Ingredients: Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate -Vitamin B1, riboflavin -Vitamin B2, Folic acid) sugar, vegetable oil (soybean, palm and palm kernel oil with TBHQ for freshness), high fructose corn syrup, contains two percent or less of salt, calcium carbonate, baking soda, soy lecithin, artificial flavor. Contains wheat and soy ingredients.						
Doritos Spicy Sweet Chili Reduced Fat 1 oz	130	5	20	2	2	<1 g
Ingredients: Whole Corn, Vegetable Oil (Contains One or More of the Following: Corn, Soybean, and/or Sunflower Oil), Sugar, Salt, Monosodium Glutamate, Fructose, Corn Maltodextrin, Sodium Diacetate, Soy Sauce (Soybean, Wheat, Salt), Onion Powder, Hydrolyzed Soy Protein, Hydrolyzed Corn Protein, Garlic Powder, Torula Yeast, Malic Acid, Extractives of Paprika, Spices, Caramel Color, Alpha-Tocopheryl Acetate (VitaminE), Disodium Inosinate, Disodium Guanylate, and Natural Color. Contains: Wheat & Soy Ingredients						
Munchies Flamin Hot Backpack Mix .875 oz	110	4	18	1	2	2 g
Ingredients: Enriched Corn Meal (Corn Meal, Ferrous Sulfate, Niacin, Thiamin Mononitrate, Riboflavin, and Folic Acid), Rice Milled Corn, Vegetable Oil (Contains one or more of the following: Corn, Soybean, or Sunflower Oil) Whole Corn, Whole Wheat, Brown Sugar, Whole Oat Flour, and Less than 2% of the following Sugar, Salt, Sea Minerals (Calcium Carbonate and Magnesium Carbonate), Monosodium Glutamate, autolyzed yeast extract, Artificial Color (Including Red 40 Lake, Yellow 6 Lake, Yellow 6, Blue 2 Lake, Yellow 5, Yellow 5 Lake). Hydrolyzed Corn Protein, Onion Powder, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Whey, Maltodextrin, Disodium Phosphate, Whey Protein Concentrate, Garlic Powder Buttermilk, Natural and Artificial Flavor, Tomato Powder, Romano Cheese from Cow's Milk (Part Skim Cow's Milk, Cheese Cultures, Salt, Enzymes, Disodium Phosphate). Spices, Modified Corn Starch, Sodium Diacetate, Lactic Acid, Disodium Inosinate, Disodium Guanylate, Nonfat Milk, Sodium Bicarbonate, Partially Hydrogenated Soybean and Cottonseed Oil, Citric Acid, Malic Acid, Malt Syrup, Vitamin C (Sodium Ascorbate), Reduced Iron, Niacinamide, Zinc oxide, Vitamin B6, (Pyridine Hydrochloride), Vitamin B1 (Thiamin Mononitrate), Vitamin B2 (Riboflavin), Vitamin A, Palmitate, Folic Acid, Vitamin B12, Vitamin D and Vitamin Acetate. Contains Wheat & Milk Ingredients						
Cheez-It Scrabble Baked Snack Crackers .75 oz	100	3.5	14	<1	2	0 g
Ingredients: Enriched Flour (Wheat Flour), Niacin, Reduced Iron, Thiamin Mononitrate {Vitamin B1}, Riboflavin {Vitamin B2} Folic Acid), Soybean Oil with TBHQ for Freshness, White Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Contains 2% or Less of Salt, Paprika, Leavening (Yeast, Baking Soda), Paprika, Oleoresin, Tumeric Extract for Color, Annatto Color, Soy Lecithin. Contains: Wheat, Milk, and Soy Ingredients						
100 Calorie Cheese Nips .74 oz	100	3	15	<1	2	0 g
Ingredients: Enriched Flour (Wheat Flour), Niacin, Reduced Iron, Thiamin Mononitrate {Vitamin B1}, Riboflavin {Vitamin B2} Folic Acid), Soybean Oil with TBHQ for Freshness, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), partially hydrogenated cotton seed oil Contains 2% or Less of Salt, Paprika, Leavening (Yeast, Baking Soda), Paprika, Oleoresin, Tumeric Extract for Color, Annatto Color, Soy Lecithin. *Contains: Wheat, Milk, and Soy Ingredients						

	Calories	Fat	Carbohydrate	Fiber	Protein	Sugar
Ingredients and Nutrients		(grams)	(grams)	(grams)	(grams)	(grams)
Fruit By The Foot - Variety .75 oz	80	1.5	19	0	0	7 g
Ingredients: Pears from concentrate, sugar, maltodextrin, water, corn syrup, partially hydrogenated cottonseed oil. Contains 2% or less of: Carrageenan, citric acid, acetylated mono and diglycerides, sodium citrate, maltic acid, xanthan gum, locust bean gum, vitamin C (ascorbic acid), potassium citrate, natural flavor, color (yellow 5, red 40, blue 1).						
Sunkist Mixed Fruit .88 oz	70	0	21	5	0	8 g
FRUIT JUICE FROM CONCENTRATES (APPLE, PEAR), CORN SYRUP, POLYDEXTROSE, SUGAR, MODIFIED CORN STARCH. CONTAINS 2% OR LESS OF: PECTIN, CITRIC ACID, VITAMIN C (ASCORBIC ACID), DEXTROSE, SODIUM CITRATE, MALIC ACID, POTASSIUM CITRATE, MINERAL OIL+, MALTODEXTRIN, ACEROLA EXTRACT (A NATURAL SOURCE OF VITAMIN C), NATURAL AND ARTIFICIAL FLAVOR, CARNAUBA WAX, SULFITING AGENTS, COLOR (RED 40, YELLOW 5, BLUE 1), BEESWAX. +ADDS A TRIVIAL AMOUNT OF FAT.						
Baked Cheetos .78 oz	120	4.5	17	0	2	<1 g
Ingredients: enriched Corn Meal (Corn Meal, Ferrous Sulfate, Niacin, Thiamin Mononitrate, Riboflavin, and Folic Acid), Vegetable Oil (Contains One or More of the Following: Corn, Soybean or Sunflower Oil), Whey, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Canola Oil, Maltodextrin, Salt, Whey Protein Concentrate, Disodium Phosphate, Monosodium Glutamate, Natural and Artificial Flavors, Lactic Acid, Citric Acid, Artificial Color (Yellow 6, Yellow 5), and Beta carotene. CONTAINS MILK INGREDIENTS.						
Chex Mix - Traditional 1.75 oz	210	6	36	1	4	3 g
Ingredients: enriched flour (wheat flour, niacin, iron thiamin mononitrate, riboflavin, folic acid), degermed yellow corn meal, whole wheat, vegetable oil, (soybean, rice bran and/or canola), sugar, partially hydrogenated soybean oil, salt. Contains 2% or less of: enriched flour bleached (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), yeast, corn syrup. Maltodextrin, rye flour, baking soda, barley malt, extract, malt syrup, spices, color added, distilled monoglycerides, yellow corn flour, autolyzed yeast, trisodium phosphate, calcium carbonate, onion, garlic, hydrolyzed soy protein, natural flavor, disodium guanylate, disodium inosinate, malt, peanut flour, sesame seed, almond flour, nonfat milk, freshness preserved by BHT. Contains wheat, soy, almond, sesame, milk, and peanut ingredients						
Chex Mix - Honey Nut 1.75 oz	210	6	37	1	3	9 g
Ingredients: DEGERMED YELLOW CORN MEAL, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, WHOLE WHEAT, VEGETABLE OIL (SOYBEAN, CANOLA AND/OR RICE BRAN), ENRICHED FLOUR BLEACHED (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), BROWN SUGAR, ROLLED OATS, SALT. CONTAINS 2% OR LESS PARTIALLY HYDROGENATED SOYBEAN OIL, WHOLE WHEAT FLOUR, WHEAT FLAKES, RICE FLOUR, CORN SYRUP, DEXTROSE, HONEY, REFINERS SYRUP, OAT BAKING SODA, BARLEY MALT EXTRACT, NONFAT MILK, YEAST, MALTODEXTRIN, MALT SYRUP, DISTILLED MONOGLYCERIDES, NATURAL AND ARTIFICIAL FLAVOR, MOLASSES, CALCIUM CARBONATE, YELLOW CORN FLOUR, MODIFIED CORN STARCH, TRISODIUM PHOSPHATE, COLOR ADDED, SODIUM STEAROYL LACTYLATE, SOY LECITHIN, PEANUT FLOUR, ALMOND FLOUR. FRESHNESS PRESERVED BY BHT. Contains wheat, soy, milk, almond and peanut ingredients						
Simply Chex Mix - Chocolate Caramel 1.75 oz	150	4.5	27	<1	1	10 g
DEGERMED YELLOW CORN MEAL, SUGAR, VEGETABLE OIL (SOYBEAN, CANOLA AND/OR RICE BRAN), BUTTER (CREAM, MILK, SALT), BROWN SUGAR, HIGH FRUCTOSE CORN SYRUP, COCOA PROCESSED WITH ALKALI. CONTAINS 2% OR LESS OF: FRUCTOSE, SALT, WHEY, NATURAL AND ARTIFICIAL FLAVOR, BARLEYMALT EXTRACT, MOLASSES, SOY LECITHIN, BAKING SODA, DISTILLED MONOGLYCERIDES, YELLOW CORN FLOUR, COLOR ADDED, WHEAT FLOUR. FRESHNESS PRESERVED BY BHT. *Contains wheat, soy, and milk ingredients						

	Calories	Fat	Carbohydrate	Fiber	Protein	Sugar
Ingredients and Nutrients		(grams)	(grams)	(grams)	(grams)	(grams)
Simply Chex Mix - Strawberry Yogurt 1.75 oz	150	4.5	27	0	1	7 g
Ingredients: DEGERMED YELLOW CORN MEAL, YOGURT FLAVORED COATING (SUGAR, PALM KERNEL OIL, DEXTROSE, CORN STARCH, DRIED NONFAT YOGURT HEAT TREATED AFTER CULTURING [CULTURED NONFAT MILK], SOY LECITHIN, NONFAT MILK, NATURAL FLAVOR, LACTIC ACID, SODIUM LACTATE), SUGAR, VEGETABLE OIL (SOYBEAN, RICE BRAN AND/OR CANOLA),FRUCTOSE. CONTAINS 2% OR LESS OF: MALTODEXTRIN, SALT, BARLEY MALT EXTRACT, STRAWBERRY POWDER, BAKING SODA, DISTILLED MONOGLYCERIDES, MODIFIED CORN STARCH, YELLOW CORN FLOUR, NATURAL AND ARTIFICIAL FLAVOR, WHEAT FLOUR. FRESHNESS PRESERVED BY BHT. *Contains wheat, soy, and milk ingredients						
Ritz Bits - Cheese 1 oz	150	8	16	0	2	4 g
Ingredients: Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate(vitamin B1), riboflavin (vitamin B2), folic acid), soybean and palm oil, whey, sugar, partially hydrogenated cotton seed oil, high fructose corn syrup, sunflower oil, salt, cheddar cheese, cheese powder(made from pasteurized milk, cheese culture, salt and enzymes), leavening (calcium phosphate and/or baking soda), contains less than 0.5% of the following: disodium phosphate (stabilizer), natural flavor, maltodextrin, yeast, modified cornstarch, buttermilk, artificial color (includes yellow 6), lactic acid, soy lecithin (emulsifier). *Contains wheat, soy, and milk ingredients						
Ritz Bits - Peanut Butter 1 oz	140	8	16	1	3	3 g
Ingredients: Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate(vitamin B1), riboflavin (vitamin B2), folic acid), peanut butter (roasted peanuts, hydrogenated rapeseed, cottonseed and soybean oils, salt), soybean oil, sugar, dextrose, partially hydrogenated cottonseed oil, high fructose corn syrup, salt, , leavening (calcium phosphate and/or baking soda), soy lecithin (emulsifier). *Contains wheat, soy, and peanut ingredients						
Sun Chips - Harvest Cheddar 1.5 oz	210	9	29	3	4	3 g
Ingredients: Whole corn, sunflower oil, whole wheat, rice flour, whole oat flour, sugar, harvest cheddar seasoning, (salt, cheddar cheese(milk, cheese cultures, salt, enzymes), whey, buttermilk, Romano cheese (part skim cow's milk, cheese culture, salt, enzymes), whey protein concentrate, corn oil, onion powder, disodium phosphate, natural flavor, autolyzed yeast extract, hydrolyzed wheat protein, citrix acid, artificial color (including yellow 5) lactic acid, & garlic powder). *Contains wheat and milk ingredients						
Sun Chips - Garden Salsa 1.5 oz	210	9	29	3	4	2 g
Ingredients: Whole corn, sunflower oil, whole wheat, rice flour, whole oat flour, sugar, garden salsa seasoning, (salt, tomato powder, cheddar cheese(milk, cheese cultures, salt, enzymes), whey, buttermilk, Romano cheese (part skim cow's milk, cheese culture, salt, enzymes), whey protein concentrate, corn oil, onion powder, disodium phosphate, natural flavor, autolyzed yeast extract, hydrolyzed wheat protein, citrix acid, artificial color (including yellow 5) lactic acid, & garlic powder). *Contains wheat and milk ingredients						
Scooby-Doo Graham Cinnamon Sticks 1 oz	120	4	21	<1	2	8 g
Ingredients: Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), sugar, vegetable oil (contains one or more of the following: cottonseed oil, partially hydrogenated soybean and cottonseed oil, hydrogenated cottonseed oil, TBHQ and citric acid for freshness), whole wheat (graham) flour, honey, high fructose corn syrup, contains two percent or less of calcium carbonate, salt, baking soda, cinnamon, maltodextrin, soy lecithin. *Contains wheat and soy ingredients						
Teddy Graham - Bear Cub .5 oz	60	2	11	0	0.5	3 g
Ingredients: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), SUGAR, PARTIALLY HYDROGENATED SOYBEAN OIL, HIGH FRUCTOSE, CORN SYRUP, GRAHAM FLOUR, CALCIUM CARBONATE (SOURCE OF CALCIUM), MALTODEXTRIN, SALT, BAKING SODA, NATURAL FLAVOR, CINNAMON, SOY LECITHIN (EMULSIFIER). *Contains wheat and soy ingredients						

	Calories	Fat	Carbohydrate	Fiber	Protein	Sugar
Ingredients and Nutrients		(grams)	(grams)	(grams)	(grams)	(grams)
Teddy Graham - SS .75 oz	100	3	16	1	1	4 g
Ingredients: ENRICHED FLOUR (WHEAT FLOUR, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), SUGAR, PARTIALLY HYDROGENATED SOYBEAN OIL, HIGH FRUCTOSE, CORN SYRUP, GRAHAM FLOUR, CALCIUM CARBONATE (SOURCE OF CALCIUM), MALTODEXTRIN, SALT, BAKING SODA, NATURAL FLAVOR, CINNAMON, SOY LECITHIN (EMULSIFIER). *Contains wheat and soy ingredients						
Quaker Granola Bar - Choc Chip .84 oz	100	3	18	1	1	7 g
Ingredients: GRANOLA (WHOLE GRAIN ROLLED OATS, BROWN SUGAR, CRISP RICE 9RICE FLOUR, SUGAR, SALT, MALTED BARLEY EXTRACT), WHOLE GRAIN ROLLED WHEAT, PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OILS+ WITH TBHQ AND CITRIC ACID ADDED TO PRESERVE FRESHNESS AND/OR SUNFLOWER OIL WITH NATURAL TOCOPHEROL ADDED TO PRESERVE FRESHNESS, DRIED COCONUT, WHOLE WHEAT FLOUR, SODIUM BICARBONATE, SOY LECITHIN, CARAMEL COLOR, NONFAT DRY MILK), SEMISWEET CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, VANILLA EXTRACT), CRISP RICE (RICE, SUGAR, SALT, BARLEY MALT), HIGH FRUCTOSE CORN SYRUP, SUGAR, CORN SYRUP SOLIDS, GLYCERIN, PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONSEED OIL+, SORBITOL, CALCIUM CARBONATE, SALT, WATER, SOY LECITHIN, MOLASSES, NATURAL AND ARTIFICIAL FLAVORS, BHT (A PRESERVATIVE), CITRIC ACID. *Contains wheat, coconut, soy, and milk ingredients						
Nature Valley Honey Oat Granola Bar .74 oz	90	3	15	1	2	6 g
Ingredients: WHOLE GRAIN ROLLED OATS, SUGAR, CANOLA OIL, CRISP RICE WITH SOY PROTEIN (RICE FLOUR, SOY PROTEIN CONCENTRATE, SUGAR, MALT, SALT), HONEY, BROWN SUGAR SYRUP, SALT, SOY LECITHIN, BAKING SODA, NATURAL FLAVOR, PEANUT FLOUR, ALMOND FLOUR, PECAN FLOUR. *CONTAINS SOY, PEANUT, ALMOND AND PECAN INGREDIENTS.						
Kellogg's Nutri-Grain Bar - Strawberry 1.3 oz	130	3	24	2	2	12 g
Ingredients: Filling (high fructose corn syrup, corn syrup, strawberry puree concentrate, glycerin, sugar, modified corn starch, sodium citrate, citric acid, sodium alginate, natural and artificial strawberry flavor, dicalcium phosphate, modified cellulose, caramel color, malic acid, red #40), enriched flour (wheat flour, niacinamide, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), whole grain oats, sugar, sunflower oil, high fructose corn syrup, contains two percent or less of honey, calcium carbonate, dextrose, nonfat dry milk, wheat bran, salt, cellulose, potassium bicarbonate (leavening), natural and artificial flavor, mono- and diglycerides, propylene glycol esters of fatty acids, soy lecithin, wheat gluten, cornstarch, vitamin A palmitate, carrageenan, niacinamide, sodium stearyl lactylate, guar gum, zinc oxide, reduced iron, pyridoxine hydrochloride (vitamin B6), thiamin hydrochloride (vitamin B1), riboflavin (vitamin B2), folic acid. *Contains wheat, soy, and milk ingredients						
Kellogg's Nutri-Grain Bar - Blueberry 1.3 oz	140	3	26	0.75	1	13 g
Ingredients: Filling (high fructose corn syrup, corn syrup, strawberry puree concentrate, glycerin, sugar, modified corn starch, sodium citrate, citric acid, sodium alginate, natural and artificial strawberry flavor, dicalcium phosphate, modified cellulose, caramel color, malic acid, red # 40), enriched flour (wheat flour, niacinamide, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), whole grain oats, sugar, sunflower oil, high fructose corn syrup, contains two percent or less of honey, calcium carbonate, dextrose, nonfat dry milk, wheat bran, salt, cellulose, potassium bicarbonate (leavening), natural and artificial flavor, mono- and diglycerides, propylene glycol esters of fatty acids, soy lecithin, wheat gluten, cornstarch, vitamin A palmitate, carrageenan, niacinamide, sodium stearyl lactylate, guar gum, zinc oxide, reduced iron, pyridoxine hydrochloride (vitamin B6), thiamin hydrochloride (vitamin B1), riboflavin (vitamin B2), folic acid. *Contains wheat, soy, and milk ingredients						

	Calories	Fat	Carbohydrate	Fiber	Protein	Sugar
Ingredients and Nutrients		(grams)	(grams)	(grams)	(grams)	(grams)
Trix Cereal Bar 1.4 oz	150	3.5	27	2	2	9 g
Ingredients: WHOLE GRAIN OATS, CORN SYRUP, SUGAR, WHOLE WHEAT FLOUR, CANOLA AND/OR RICE BRAN OIL, BROWN RICE FLOUR, FRUCTOSE, CORN FLOUR, HIGH FRUCTOSE CORN SYRUP, CONTAINS 2% OR LESS OF: WHOLE GRAIN CORN, WHEAT STARCH, GLYCERIN, MALTODEXTRIN, CORN MEAL, SALT, SORBITOL, GELATIN, BAKING SODA, NATURAL AND ARTIFICIAL FLAVOR, TRICALCIUM PHOSPHATE, COLOR (RED 40, BLUE 1, YELLOWS 5 & 6 AND OTHER COLOR ADDED), TRISODIUM PHOSPHATE, SODIUM CITRATE, CITRIC ACID, MALIC ACID. MIXED TOCOPHEROLS AND BHT ADDED TO RETAIN FRESHNESS. VITAMINS AND MINERALS: CALCIUM CARBONATE, IRON AND ZINC (MINERAL NUTRIENTS), A B VITAMIN (NIACINAMIDE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN C (SODIUM ASCORBATE), VITAMIN B2 (RIBOFLAVIN), A B VITAMIN (FOLIC ACID), VITAMIN B1 (THIAMIN MONONITRATE), VITAMIN A (PALMITATE), VITAMIN B12, VITAMIN D3. *Contains wheat ingredients						
Cinnamon Toast Crunch Cereal Bar 1.4 oz	150	3.5	27	1	2	10 g
Ingredients: WHOLE GRAIN OATS, SUGAR, WHOLE GRAIN WHEAT, CORN SYRUP, CANOLA AND/OR RICE BRAN OIL, FRUCTOSE, WHOLE GRAIN RICE, HIGH FRUCTOSE CORN SYRUP, RICE FLOUR, WHOLE GRAIN CORN, WHEAT STARCH. CONTAINS 2% OR LESS OF: SALT, MALTODEXTRIN, SORBITOL, DEXTROSE, CARAMEL AND ANNATTO EXTRACT COLOR, GELATIN, CINNAMON, BAKING SODA, MONO AND DIGLYCERIDES, TRISODIUM PHOSPHATE, NATURAL AND ARTIFICIAL FLAVOR. MIXED TOCOPHEROLS AND BHT ADDED TO PRESERVE FRESHNESS. VITAMINS AND MINERALS: CALCIUM CARBONATE, IRON AND ZINC (MINERAL NUTRIENTS), AB VITAMIN (NIACINAMIDE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), A B VITAMIN (FOLIC ACID). *Contains wheat ingredients						
Cocoa Puffs Cereal Bar 1.4 oz	150	3	28	2	2	9 g
Ingredients: WHOLE WHEAT FLOUR, CORN SYRUP, SUGAR, BROWN RICE FLOUR, WHOLE GRAIN CORN, CANOLA AND/OR RICE BRAN OIL, FRUCTOSE, HIGH FRUCTOSE CORN SYRUP, WHOLE OAT FLOUR, COCOA PROCESSED WITH ALKALI, MODIFIED WHEAT STARCH. CONTAINS 2% OR LESS OF: CORN FLOUR, GLYCERIN, MALTODEXTRIN, COLOR ADDED, SALT, SORBITOL, YELLOW CORN MEAL, GELATIN, TRICALCIUM PHOSPHATE, NATURAL AND ARTIFICIAL FLAVOR, TRISODIUM PHOSPHATE, SULFITING AGENTS. MIXED TOCOPHEROLS AND BHT ADDED TO PRESERVE FRESHNESS. VITAMINS AND MINERALS: CALCIUM CARBONATE, IRON AND ZINC (MINERAL NUTRIENTS), A B VITAMIN (NIACINAMIDE), VITAMIN C (SODIUM ASCORBATE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), A B VITAMIN (FOLIC ACID), VITAMIN B1 (THIAMIN MONONITRATE), VITAMIN A (PALMITATE), VITAMIN B12, VITAMIN D3. *Contains wheat ingredients						
Cheerio Fruit Bar Whole Grain	150	4	28	1	2	10 g
Ingredients: WHOLE GRAIN OATS, CORN SYRUP, SUGAR, WHOLE GRAIN CORN, CANOLA AND/OR RICE BRAN OIL, HIGH FRUCTOSE CORN SYRUP, FRUCTOSE, WHOLE WHEAT FLOUR, BROWN RICE FLOUR, CORN FLOUR, GLYCERIN, CALCIUM CARBONATE, WHEAT STARCH, MALTODEXTRIN, SORBITOL, SALT, CORN STARCH, ORANGEJUICE CONCENTRATE, GELATIN, NATURAL AND ARTIFICIAL FLAVOR, CORN BRAN, BAKING SODA, TRISODIUM PHOSPHATE, DISTILLED MONOGLYCERIDES, COLOR (RED 40, YELLOW 6, BLUE 1 AND OTHER COLOR ADDED), VITAMIN C (SODIUM ASCORBATE), IRON AND ZINC (MINERAL NUTRIENTS), SODIUM CITRATE, A B VITAMIN (NIACINAMIDE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), VITAMIN B1 (THIAMIN MONONITRATE), VITAMIN A (PALMITATE), A B VITAMIN (FOLIC ACID), VITAMIN B12, VITAMIN D, SOY LECITHIN. (MIXED TOCOPHEROLS) ADDED TO PRESERVE FRESHNESS. *CONTAINS WHEAT AND SOY INGREDIENTS.						

	Calories	Fat	Carbohydrate	Fiber	Protein	Sugar
Ingredients and Nutrients		(grams)	(grams)	(grams)	(grams)	(grams)
Rice Krispies Treat Snack Bar	150	3.5	28	0	1	12 g
INGREDIENTS: RICE CEREAL (RICE, SUGAR, SALT, HIGH FRUCTOSE CORN SYRUP, MALT FLAVORING, NIACINAMIDE, REDUCED IRON, RIBOFLAVIN [VITAMIN B2], FOLIC ACID), MARSHMALLOW (CORN SYRUP, SUGAR, GELATIN, NATURAL AND ARTIFICIAL FLAVOR), FRUCTOSE, MARGARINE, (VEGETABLE OIL [SOYBEAN, PALM, AND PALM KERNEL OIL WITH TBHQ FOR FRESHNESS], WATER, NATURAL / ARTIFICIAL BUTTER FLAVOR [CONTAINS MILK], DATEM, ACETYLATED MONOGLYCERIDES, BHT (PRESERVATIVE), VITAMIN A PALMITATE, VITAMIN D), CORN SYRUP SOLIDS, CONTAINS TWO PERCENT OR LESS OF DEXTROSE, GLYCERIN, SALT, NIACINAMIDE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), THIAMIN HYDROCHLORIDE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), SOY LECITHIN. *CONTAINS WHEAT, MILK, AND SOY INGREDIENTS.						
Davis Cookie - Chocolate Chip 1.3 oz	150	4	28	1	2	10 g
Ingredients: ENRICHED WHEAT FLOUR (BLEACHED FLOUR, NIACIN, REDUCED IRON, THIAMINE , MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, INVERT SUGAR, VEGETABLE SHORTENING (PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OILS), WATER, NONFAT DRY MILK, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORN), EGG WHITES, SALT CORN SYRUP, EGG WHITES, SALT CORN STARCH-MODIFIED, ARTIFICIAL FLAVOR, CALCIUM PHOSPHATE. *CONTAINS WHEAT, MILK, AND SOY INGREDIENTS.						

Nutritional information was obtained from package labels and websites

Oct-09