



All measurements are based on 1 serving

<u>ITEM DESCRIPTION</u>	<u>CALs</u>	<u>FAT</u> (g)	<u>% CAL</u> <u>FROM</u> <u>FAT</u>	<u>SUGAR</u> (g)	<u>SAT. FAT</u> (g)
Knott's Raspberry Shortbread 2 oz.	120	6	41.67%	7	1
Act II Light Butter 3 oz.	25	1	40.00%	0	2
Rold Gold Classic Tiny Twists 1.5 oz.	110	1	9.09%	<1	0
Sun Chips Harvest Cheddar 1 oz.	140	6	35.71%	2	1
Funyons Onion Flavored Rings .75 oz.	140	7	42.86%	<1	1.5
Grandma's Oatmeal Raisin Cookie 2.75 oz.	180	6	33.33%	15	1.5
Special K Bar Strawberry .81 oz.	90	1.5	16.67%	9	1
Nutrigrain Bar Strawberry 1.3 oz.	140	3	17.86%	13	0.5
Rice Krispie Treat Square 1.3 oz.	160	3.5	14.06%	9	1.5
Snackwell Cream Sandwich Cookie 1.7 oz.	210	5	21.43%	18	1.5
100 Calorie Pack Wheat Thins Mini .77 oz.	100	3	25.00%	2	0
100 Calorie Pack Oreo Thin Crisps .81 oz	100	2	15.00%	8	0
100 Calorie Pack Chips Ahy Thin Crisp .81 oz.	100	3	25.00%	7	1
100 Calorie Pack Cheese Nips	100	3	25.00%	0	1
100 Calorie Pack Lorna Doone	100	3	30.00%	6	1.5
Mr. Nature Unsalted Energizer Mix 2 oz	130	7	46.00%	5	2
Nature Valley Chewy Trail Mix Bar 1.2 oz.	140	4	25.00%	13	0.5
Nature Valley Strawberry Yogurt Bar 1.2 oz.	140	3.5	21.00%	13	2
Nature Valley Oats 'N Honey Granola 1.5oz	180	6	27.00%	11	0.5
Nature Valley Peanut Butter Granola 1.5 oz	180	7	33.00%	11	1
Chex Mix Original (2/3 cup)	130	4	27.00%	2	0.5
Ginger Snaps (1 oz)	120	3.5	25.00%	11	0
Fruit Snacks Strawberry 2.5 oz.	90	0	0.00%	17	0
Animal Snackers 2.125 oz.	110	2	18.18%	9	0.5
Snyder's Olde Tyme Pretzel 1.58 oz.	120	1	8.33%	<1	0
Kashi Go Lean Bar Choc-Almond Bar	170	5	26.47%	13	2.5
PowerBar Performance Bar	230	1.5	6.52%	24	0.5

* The above listed items were selected based on low fat/low sugar guidelines for weight management. Other snack items that do not meet these guidelines may offer other health benefits such as high fiber content, vitamins, minerals, antioxidants, etc. (Examples: nuts, sunflower seeds, some trail mixes, dark chocolate.)