



Pennington Biomedical Research Center in Cooperation with
the Louisiana Department of Education present:

Vending Snacks Meeting Recommended Criteria

Updated 4/12/2012

- 150 calories or less
- 35% of total calories from fat or less
- 10% of total calories from saturated fat or less
- 30 g of sugars or less
- 360 mg of sodium or less per serving

ITEM

Serving size (weight)

Beverages (including fruit juices)

	All sizes 8 fl oz containers
Bottled Water, plain	
Low-fat milk, skim milk, flavored milk, and non-dairy milk	
Apple & Eve 100% Juice (Apple, Fruit Punch, White Grape, Orange Tangerine, Cranberry Raspberry)	4.23 fl oz (125 ml)
Apple & Eve 100% Juice (Apple, Fruit Punch, Orange Tangerine, Very Berry)	6.75 fl oz (200 ml)
Apple & Eve Fruitables (Fruit & Veggie 100% Juice) Mixed Berry	4.23 fl oz (125 ml)
Envy Fruit Juice (100% Fruit Juice Non-Carbonated) Cherry Apple	8 fl oz (237 ml)
Envy Fruit Juice (100% Fruit Juice Non-Carbonated) Fruit Punch	8 fl oz (237 ml)
Envy Sparkling Fruit Juice (100% Fruit Juice) Sparkling Acai Berry	8 fl oz (237 ml)
Envy Sparkling Fruit Juice (100% Fruit Juice) Sparkling Fruit Punch	8 fl oz (237 ml)
Envy Sparkling Fruit Juice (100% Fruit Juice) Sparkling Fuji Apple	8 fl oz (237 ml)
Envy Sparkling Fruit Juice (100% Fruit Juice) Sparkling Strawberry Kiwi	8 fl oz (237 ml)
Envy Sparkling Fruit Juice (100% Fruit Juice) Sparkling Tropical Mango	8 fl oz (237 ml)
Fruit 66 100% Juice Non-Carbonated, Mixed Berry	1 can (237 ml)
Fruit 66 100% Juice Non-Carbonated, Passionfruit Mango	1 can (237 ml)
Fruit 66 100% Juice Non-Carbonated, Strawberry Melon	1 can (237 ml)
Fruit 66 100% Juice Non-Carbonated, Tropical Punch	1 can (237 ml)
Fruit 66 All Natural Sparkling Fruit Juice (100% Real Juice + 2 oz Sparkling Water), Flavors: Apple Berry, Fruit Punch, Kiwi Strawberry, and Orange Tangerine	1 can (8 oz/237 ml)
Izze Fortified Sparkling Apple Juice	8.4 fl oz can
Izze Fortified Sparkling Blackberry Juice	8.4 fl oz can
Izze Fortified Sparkling Clementine Juice	8.4 fl oz can
Izze Fortified Sparkling Grapefruit Juice	8.4 fl oz can
Izze Fortified Sparkling Pomegranate Juice	8.4 fl oz can
Juice Alive 100% Fruit Juice	8 fl oz (240 ml)
Juice Alive 100% Juice Smoothie Cup	1 container (4 oz, 118 ml)
Kraft Foods CapriSun 100% Fruit Juice - Apple Splash	6.75 fl oz pouch (200 ml)
Kraft Foods CapriSun 100% Fruit Juice - Berry Breeze	6.75 fl oz pouch (200 ml)
Kraft Foods CapriSun 100% Fruit Juice - Fruit Dive	6.75 fl oz pouch (200 ml)
Kraft Foods CapriSun 100% Fruit Juice - Grape Tide	6.75 fl oz pouch (200 ml)
Lucky Leaf Apple Juice	5.5 fl oz
Minute Maid® 100% Juice Fruit Punch	6.75 fl oz (1 juice box)
Minute Maid® 100% Apple Juice	6.75 fl oz (200 ml)
Minute Maid® 100% Apple White Grape Juice	6.75 fl oz (200 ml)
Mott's Fruit Punch (100% Juice)	6.75 fl oz (1 juice box)

Nestle Juicy Juice All Natural 100% Juice - All Flavors	4.23 fl oz or 6.75 fl oz
Nestle Juicy Juice Sparkling Beverage, Contains 70% Juice - Sparkling Apple	8.4 fl oz (248 ml)
Nestle Juicy Juice Sparkling Beverage, Contains 70% Juice - Sparkling Berry	8.4 fl oz (248 ml)
Nestle Juicy Juice Sparkling Beverage, Contains 70% Juice - Sparkling Orange	8.4 fl oz (248 ml)
Nestle Nesquik Chocolate Low Fat Milk, No Sugar Added	8 fl oz (236 ml)
Nestle Nesquik Fat Free Chocolate Milk	16 fl oz (1 pt/473 ml)
SunnySky Products Juice D'Lites Kiwi Punch	8 fl oz (236 g)
SunnySky Products Juice D'Lites Pink Lemonade	8 fl oz (236 g)
SunnySky Products Juice D'Lites Tropical Blue	8 fl oz (236 g)
SunnySky Products Juice D'Lites Tropical Punch	8 fl oz (236 g)
SunnySky Products Iced D'Lites 100% Fruit Slush Drinks - All Flavors	8 fl oz (236 g)
The Switch 100% Juice w/Filtered Sparkling Water	8.3 fl oz (245 ml)
V8 Low Sodium 100% Vegetable Juice	5.5 fl oz
V8 V-Fusion Pomegranate Blueberry	8 oz can
V8 V-Fusion Strawberry Banana	8 oz can
Veryfine 100% Apple Juice	5.5 fl oz can
Veryfine Cranberry Juice Cocktail	5.5 fl oz can
Veryfine 100% Grape Juice	5.5 fl oz can
Veryfine 100% Orange Juice	5.5 fl oz can
Veryfine 100% Apple Juice	8 fl oz bottle
Veryfine 100% Fruit Punch Juice	8 fl oz bottle
Veryfine 100% Grape Juice	8 fl oz bottle
Veryfine 100% Orange Juice	8 fl oz bottle
Veryfine 100% Twisted Cherry Juice	8 fl oz bottle
Welch's 100% Grape Juice	5.5 fl oz

Fruit, Fresh

Apple	1 medium
Banana	1 medium
Orange	1 medium
Pear	1 medium
Tangerine	1 medium

Fruit, Canned and Dried

Betty Crocker/General Mills Fruit Roll Ups (Blastin' Berry Hot Colors)	0.5 oz (14 g) = 1 roll
Betty Crocker/General Mills Fruit Roll Ups (Variety Pack)	0.5 oz (14 g) = 1 roll
Betty Crocker Fruit by the Foot - All Flavors	0.75 oz (21 g) = 1 roll
Clif Kid Twisted Fruit - All Flavors	1 piece (20 g)
Dakota Gourmet/Kettle Valley Real Fruit Bars - All Flavors	20 g bar
Del Monte Diced Peaches in 100% Juice in Pull Top Cans	4 oz
Del Monte Lite Mixed Fruit in Pull Top Cans	4 oz
Del Monte Mixed Fruit in Plastic Cups	4 oz
Del Monte Tropical Fruit in Plastic Cups	4 oz
Edy's Fruit Bars - Strawberry	86 g bar
Frito-Lay Snapz® Cinnamon Apple Crisps	0.46 oz (13 g)
General Mills Fruit Roll Ups (All Flavors)	0.5 oz (14 g) = 1 roll
General Mills Sunkist Reduced Sugar Mixed Fruit Shapes	0.9 oz
Global Brands LLC, Fruit Rolls (65% Fruit Juice)	1 piece (21 g)
Great Value (Wal-Mart Brand) Fruit Smiles	1 pouch (26 g)
Members Mark Fruit Snacks in Zoo Animal Shapes	1 pouch (26 g)
Nabisco 100 Calorie Packs - Fruit Snacks - Mixed Berry	1 pack (1.1 oz)
Powersnacks Raisins Thompson Seedless	1 oz
Powersnacks Pineapple Bits	1.5 oz

Raisins (all brands)	1.5 oz
Welch's Fruit Snacks (Berries 'N Cherries)	1 bag (25 g)
Welch's Fruit Snacks (Fruit Punch)	1 bag (25 g)
Welch's Fruit Snacks (Mixed Fruit)	1 bag (25 g)

Frozen Products

Blue Bell Creameries Banana Fudge Bar Low Fat	3.0 fl oz
Blue Bell Creameries Chocolate Fudge Bar Low Fat	3.0 fl oz
Blue Bell Cookies n' Cream Low Fat Ice Cream Sandwich	3.0 fl oz
Blue Bell Creameries Strawberry Fruit Bar (all natural)	2.5 fl oz
Blue Bell Cookies Vanilla Low Fat Ice Cream Sandwich	3.0 fl oz
Blue Bell Creameries Fruiti Bar	2.75 fl oz (90 g)
Blue Bell Creameries Fudgy Bar	2 fl oz (54 g)
Blue Bell Creameries Grape Freeze Bar	1.75 fl oz (62 g)
Blue Bell Creameries Rainbow Freeze Bar	3.75 fl oz (124 g)
Blue Bell Creameries Rainbow Pop Up	2.75 fl oz (61 g)
Blue Bell Creameries Rainbow Sherbet - 3 oz cup	63 g
Blue Bell Creameries Strawberry Banana Bar	2.5 fl oz (79 g)
Blue Bell Creameries Strawberry Lowfat Frozen Yogurt - 3 oz cup	55 g
Blue Bell Creameries Vanilla Light Ice Cream - 3 oz cup	50 g
Cool Tropics, RIPS Slush, Blueberry Pomegranate	1 pouch (160 g)
Cool Tropics, RIPS Slush, Dragonfruit Delight	1 pouch (160 g)
Cool Tropics, RIPS 100% Juice Slush, Dragon Punch	4 fl oz (118 ml)
Cool Tropics, RIPS 100% Juice Slush, Cool Blue Razz	4 oz (120 ml)
Cool Tropics, RIPS 100% Juice Slush, Kiwi Strawberry	4 oz (120 ml)
Dippin' Dots® NSA/Low Fat & Calorie Pre-cups, Fudge No Sugar Added/Low Fat	3 fl oz (52 g)
Dippin' Dots® No Sugar Added Fudge Ice Cream (fat free)	1/2 cup (85 g)
Dippin' Dots® Yogurt (fat free)	1/2 cup (85 g)
Dippin' Dots® Sherbet	1/2 cup (85 g)
J&J Snack Foods Whole Fruit 100% Frozen juice cups, Mixed Berry & Lemon Swirl	4 fl oz (118 ml)
J&J Snack Foods Whole Fruit 100% Frozen juice cups, Orange Pineapple & Cherry Swirl	4 fl oz (118 ml)
J&J Snack Foods Whole Fruit 100% Frozen juice cups, Orange Pineapple	4 fl oz (118 ml)
J&J Snack Foods Whole Fruit 100% Frozen juice cups, Strawberry Pomegranate	4 fl oz (118 ml)
J&J Snack Foods Whole Fruit 100% Frozen juice cups, Watermelon	4 fl oz (118 ml)
J&J Snack Foods Whole Fruit 100% Frozen juice cups, Wild Cherry	4 fl oz (118 ml)
J&J Snack Foods Whole Fruit Frozen 100% juice bars no added sugar, Outrageous Orange	2 fl oz or 3 fl oz
J&J Snack Foods Whole Fruit Frozen 100% juice bars no added sugar, Sour Apple-Licious	2 fl oz or 3 fl oz
J&J Snack Foods Whole Fruit Frozen 100% juice bars no added sugar, Very Berry	2 fl oz or 3 fl oz
J&J Snack Foods Whole Fruit Frozen 100% juice bars no added sugar, Wild Cherry	2 fl oz or 3 fl oz
Luigi's Sherbet Cups 4 fl oz. CN Labeled - All Flavors	4 oz (90 g)
Minute Maid® (Shape Ups) Juice Bars (M-PAK®) CN Labeled-All Flavors	2.25 oz (74 g)
Minute Maid® (Shape Ups) Juice Bars (M-PAK®) CN Labeled-All Flavors	3.1 oz (103 g)
Mr. J Premium Frozen Dessert Bar, all flavors	2.25 oz
Schwan's Chocolate Malt PUSH-EMS® Treats (#008)	1 Push-Ems® (64 g)
Schwan's Chocolate Fudge Sticks (#010)	1 bar (79 g)
Schwan's Orange Sherbet PUSH-EMS® Treats (#013)	1 Push-Ems® (64 g)
Schwan's Strawberry Fruit Bars (#024)	1 bar (52 g)
Schwan's Vanilla Mini Lite Ice Cream Sandwiches (#036)	1 sandwich (41 g)
Schwan's TRIM CREATIONS® Chocolate Fudge Sticks (#039)	1 bar (53 g)
Schwan's Raspberry and Orange HEALTHY CREATIONS® Crème Bars (#040)	1 bar (64 g)
Schwan's Rainbow HEALTHY CREATIONS® Bars (#043)	1 bar (65 g)
Schwan's HEALTHY CREATIONS® Fudge Swirl Sundae Cups (#050)	1 sundae cup (79 g)
Schwan's HEALTHY CREATIONS® Strawberry Sundae Cups (#054)	1 sundae cup (74 g)
Schwan's Lemon Freeze Cups (#055)	1/2 cup (107 g)

Schwan's Blueberry Fruit Bar (#070)	1 bar (55 g)
Schwan's Peach Mango Fruit Bar (#071)	1 bar (55 g)
Shape-Ups® Holiday/Theme Juice Cups 3 oz.- All Flavors	3 oz (78 g)
Swirl® 100% Frozen Fruit Juice Slush	8 oz

Smoothies, etc.

Smoothie King - Island Treat	10 oz
Smoothie King - Muscle Punch	10 oz
Smoothie King - Pineapple Pleasure	10 oz
Smoothie King - Smarti Tarti	10 oz
Smoothie King - Youth Fountain	10 oz

Dairy Products

Low-fat milk, skim milk, flavored milk, and non-dairy milk	8 fl oz containers
Blue Bunny Lite 85 Yogurt Cups (all flavors)	6 oz (170 g)
Breyers Light Probiotic Plus Formula (all flavors)	1 cup (227 g)
Dannon Activia (all flavors)	4 oz cup (113 g)
Dannon DanActive (all flavors)	3.3 fl oz (1 bottle)
Dannon DanActive Light (all flavors)	3.3 fl oz (1 bottle)
Dannon Danimals (all flavors)	113 g
Dannon Danimals Drinkable Rockin Raspberry	3.1 fl oz (100 g)
Dannon Light 'n Fit Nonfat (all flavors)	6 oz (170 g)
Dannon Light 'n Fit Smoothie (all flavors)	7 fl oz (207 ml)
Dannon Light 'n Fit with Fiber (all flavors)	113.4 g (4 oz)
Dannon Sprinkl'ins Vanilla	4.1 oz (116 g)
Dippin' Dots® NSA/Low Fat & Calorie Pre-cups, Fudge No Sugar Added/Low Fat	3 fl oz (52 g)
Dippin' Dots® No Sugar Added Fudge Ice Cream (fat free)	1/2 cup (85 g)
Dippin' Dots® Yogurt (fat free)	1/2 cup (85 g)
Dippin' Dots® Sherbet	1/2 cup (85 g)
Frijo Cheese Heads 100% Natural String Cheese Light	1 piece (28 g)
Nestle Nesquik Chocolate Low Fat Milk, No Sugar Added	8 fl oz (236 ml)
Nestle Nesquik Fat Free Chocolate Milk	16 fl oz (1 pt/473 ml)
Xyience Chocolate Flavored Smoothie	332 g
Xyience Vanilla Flavored Smoothie	332 g
Yoplait GoGurt Portable Yogurt -- Strawberry Splash and Berry Blue Blast	1 tube (64 g)
Yoplait Light Nonfat Yogurt -- Strawberry	170 g container
Yoplait Lowfat Yogurt -- Trix (Wild Berry Blue and Triple Cherry) 1% Milkfat	113 g container
Yoplait Whips! Low Fat Yogurt Mousse -- Key Lime Pie (2% Milkfat)	113 g container

Chips/Pretzels/Other Snacks

Dakota Gourmet Cool Ranch Toasted Corn	1 oz
Frito Lay Baked Cheetos Crunchy	1 oz
Frito Lay Baked Cheetos Crunchy Flamin' Hot	1 oz
Frito Lay Baked Doritos Cooler Ranch	1 oz
Frito Lay Baked Doritos Nacho Cheezier	1 oz
Frito Lay Baked Lay's Masterpiece	1 oz
Frito Lay Baked Lay's Original	1 oz
Frito Lay Baked Lay's Sour Cream & Onion	1 oz
Frito Lay Baked Lay's Southwestern Ranch	1 oz
Frito Lay Baked Ruffles Cheddar & Sour Cream Potato Crisps	1 oz
Frito Lay Baked Ruffles Original Regular Potato Crisps	1 oz
Frito Lay Baked Tostitos Original Bite Size	1 oz

Frito Lay Baked! Tostitos® Scoops	.875 oz (24.8 g)
Frito Lay Chee.tos Cracker Trax® Cheesy Cheddar	.75 oz (21.2 g)
Frito Lay Chee.tos Fantastix® Chili Cheese	1 oz (28 g)
Frito Lay Chee.tos Fantastix® Flamin' Hot	1 oz (28 g)
Frito Lay Doritos Light	1 3/8 oz (38.9 g)
Frito Lay Munchies Brand Snack Mix - Kids Mix	1 oz
Frito Lay Munchies Brand Snack Mix - Ultimate Cheddar	1 oz
Frito Lay Reduced Fat Doritos® Cool Ranch	1 oz (28 g)
Frito Lay Reduced Fat Doritos® Nacho Cheese	1 oz (28 g)
Frito Lay Rold Gold Brand Pretzels - Honey Braided Twists (only)	1 oz
Frito Lay Smartfood Popcorn - White Cheddar - Reduced Fat	1/2 oz Bag (14.1 g)
Frito Lay SunChips Brand Multigrain Snacks Harvest Cheddar	1 oz
Frito Lay SunChips Brand Multigrain Snacks Original	1 oz
General Mills Cinnamon Toast Crisps	1.5 oz
General Mills Hot & Spicy Chex	1.25 oz
General Mills Simply Chex Cheddar	1.25 oz
General Mills Simply Chex Chocolate Caramel	1.2 oz
General Mills Simply Chex Strawberry Yogurt	1.2 oz
Good Health® Natural Foods - All Natural Veggie Stix - Hot	.75 oz (21 g)
J&J Snack Foods-SuperPretzel® 51% Whole Wheat Pretzel Rods	1 oz (28 g)
Lay's Cracker Crisps® - Smooth Cheddar	.8 oz (23.03 g)
Nabisco Cheese Nips 100 Calorie Packs	.75 oz (21 g)
Nabisco Kid Sense Cheese Nips Sport Crisps Fun Pack	22 g
Nabisco Ritz Chips	.75 oz (21 g)
Nabisco 100 Calorie Pack - Ritz Snack Mix - Baked Snacks	22 g
Nabisco Ritz Crackers Dinosaurs	1 oz
Nabisco Wheat Thins 100 Calorie Packs	.75 oz (21 g)
Popcorners - Kettle flavor	1.1 oz pkg (32 g)
Popcorners - Cheesy Jalapeno	1.1 oz pkg (32 g)
Rold Gold® Heartzels Pretzels	1 oz (28 g)
Snikiddy Baked Puffs & Baked Fries, Bold Southwest Cheddar Fries	1 oz (28 g)
Snikiddy Baked Puffs & Baked Fries, Cheddar Fries	1 oz (28 g)
Snikiddy Baked Puffs & Baked Fries, Ketchup Fries	1 oz (28 g)
Snikiddy Baked Puffs & Baked Fries, Original Fries	1 oz (28 g)
Snikiddy Baked Puffs & Baked Fries, Grilled Cheese Puffs	1 oz (28 g)
Snikiddy Baked Puffs & Baked Fries, Mac N' Cheese Puffs	1 Pack (21 g)
Snikiddy Baked Puffs & Baked Fries, Nacho Cheese Puffs	1 oz (28 g)
Stacy's Chips (Crisps) - BBQ Flavor	1 oz (28 g)
Stacy's Chips (Crisps) - Caramel Flavor	1 oz (28 g)
Stacy's Chips (Crisps) - Cinnamon Sugar Flavor	1 oz (28 g)
Stacy's Chips (Crisps) - Garlic & Herb Flavor	1 oz (28 g)
Stacy's Chips (Crisps) - Tex Hot Flavor	1 oz (28 g)
Stacy's Chips (Crisps) - White Cheddar Flavor	1 oz (28 g)
Sunshine® Cheez-It® Scrabble Jr.	1 package (21 g)
Sunshine® Right Bites® Cheez-It®	1 pouch (22 g)
Xyience Snacks - Mixed Berry	30 g

Breakfast/Cereal/Energy Bars & Related Products

Betty Crocker Butterscotch Oatmeal Bar	1 bar (35 g)
Betty Crocker Chocolate Chip Oatmeal Bar	1 bar (35 g)
Cascadian Farms Granola Bars - Berry	1 bar (35 g)
Cascadian Farms Granola Bars - Chocolate Chip	1 bar (35 g)
Cascadian Farms Granola Bars - Fruit and Nut	1 bar (35 g)
Clif Kid "Z" Bar - Chocolate Brownie	1.27 oz (36 g)

Clif Kid "Z" Bar - Chocolate Chip	1.27 oz (36 g)
Clif Kid "Z" Bar - Honey Graham	1.27 oz (36 g)
Clif Kid "Z" Bar - Peanut Butter	1.27 oz (36 g)
Fiber One Oats & Chocolate	1.4 oz
FruitSnax Energy Bar - Apple Apricot	1.4 oz (40 g)
FruitSnax Energy Bar - Apple Raspberry	1.4 oz (40 g)
FruitSnax Energy Bar - Apple Strawberry	1.4 oz (40 g)
FruitSnax Energy Bar - Wildberry	1.4 oz (40 g)
General Mills Oatmeal Crisp Fruit 'n Cereal Bars - Strawberry	1 bar (40 g)
General Mills Cinnamon Toast Crunch Cereal Bar	1.3 oz
General Mills Cocoa Puffs Cereal Bar	1.3 oz
General Mills Team Cheerios Cereal Bar	1.3 oz
General Mills Trix Cereal Bar	1.3 oz
Great Value (Wal-Mart Brand) Chocolate Chunk Granola Bar	1 bar (28 g)
I.M. Healthy Granola	1 package (32 g)
I.M. Healthy Granola with Fruit	1 package (32 g)
J&J Snack Foods BeneFit Mini Bars 51% Whole Grain, Cranberry Orange #40450	1 bar/1.25 oz (35 g)
J&J Snack Foods BeneFit Mini Bars 51% Whole Grain, Maple Brown Sugar #40452	1 bar/1.25 oz (35 g)
J&J Snack Foods BeneFit Mini Bars 51% Whole Grain, Oatmeal Spice #40451	1 bar/1.25 oz (35 g)
Kar's™ Nutty Snacks - Goin' Granola®	1.25 oz (35 g)
Kashi® TLC® Chewy Granola Bars - Honey Almond Flax	1 bar (35 g)
Kashi® TLC® Chewy Granola Bars - Peanut Peanut Butter	1 bar (35 g)
Kashi® TLC® Chewy Granola Bars - Trail Mix	1 bar (35 g)
Kellogg's Cinnabon Bar - Original Flavor	1.3 oz (37 g)
Kellogg's Nutri-Grain Cereal Bar Apple Cinnamon	37 g
Kellogg's Nutri-Grain Cereal Bar Blueberry	37 g
Kellogg's Nutri-Grain Cereal Bar Cherry	37 g
Kellogg's Nutri-Grain Cereal Bar Mixed Berry	37 g
Kellogg's Nutri-Grain Cereal Bar Raspberry	37 g
Kellogg's Nutri-Grain Cereal Bar Strawberry	37 g
Kellogg's® Rice Krispies Chewy Cereal Bar - Apple Cinnamon	1 bar (36g/1.27oz)
Kellogg's® Cocoa Krispies Chewy Cereal Bar	1 bar (36g/1.27oz)
Kellogg's® Special K® Bar - Blueberry	1 bar (23 g)
Kellogg's® Special K® Bar - Chocolatey Drizzle	1 bar (22 g)
Kellogg's® Special K® Bar - Strawberry	1 bar (23 g)
Kellogg's® Special K® Bar - Vanilla Crisp	1 bar (22 g)
Kellogg's® Special K® Fruit Crisps - Blueberry	1 bar (25 g)
Kellogg's® Special K® Fruit Crisps - Strawberry	1 bar (25 g)
Nature Valley Chewy Trail Mix Bar	1.2 oz (34 g)
Nature Valley Chewy Trail Mix Bars Fruit & Nut	35 g
Nature Valley Healthy Heart Chewy Granola Bars Oatmeal Raisin	40 g
Post Honey Bunches of Oats Low Fat Cereal Bars Cranberry Almond	35 g
Post Honey Bunches of Oats Low Fat Cereal Bars Oatmeal Raisin	35 g
Quaker Breakfast Bars - Apple Crisp	37 g
Quaker Breakfast Bars - Cranberry Orange Muffin	37 g
Quaker Breakfast Bars - Iced Raspberry	37 g
Quaker Breakfast Bars - Strawberry	37 g
Quaker Breakfast Bites - Apple Crisp	37 g pouch
Quaker Breakfast Bites - Iced Raspberry	37 g pouch
Quaker Breakfast Bites - Iced Strawberry	37 g pouch
Quaker Breakfast Bites - Strawberry	37 g pouch
Quaker Breakfast Graham - Cherry & Graham Cereal Bar	30 g
Quaker Breakfast Graham - Strawberry & Graham Cereal Bar	30 g
Quaker Chewy Butterfinger Granola Bar	28 g
Quaker Chewy Chocolate Chip with 25% Less Sugar Granola Bar	24 g

Quaker Chewy Cookies & Milk- Cookies 'n Cream Flavor Granola Bar	28 g
Quaker Chewy Granola Bar - Maple Brown Sugar	1.26 oz (36 g)
Quaker Chewy Low Fat Favorites Chocolate Chunk Granola Bar	28 g
Quaker Chewy Low Fat Favorites S'mores Granola Bar	28 g
Quaker Chewy Low Fat Wholesome Favorites Baked Apple Granola Bar	28 g
Quaker Chewy Low Fat Wholesome Favorites Cinnamon Sugar Granola Bar	28 g
Quaker Chewy Low Fat Wholesome Favorites Oatmeal Raisin Granola Bar	28 g
Quaker Chewy Peanut Butter Chocolate Chunk Granola Bar	28 g
Quaker Chewy Peanut Butter Chocolate Chunk with 25% Less Sugar Granola Bar	24 g
Quaker Chewy Peanut Butter Granola Bar	28 g
Quaker Chewy Trail Mix Granola Bars Cranberry Raisin & Almond	35 g
Quaker Fruit and Oatmeal Bites Pouches Iced Strawberry	37 g
Quaker Fruit and Oatmeal Bites Pouches Strawberry	37 g
Quaker Oatmeal Breakfast Squares	40 g
Quaker® Oatmeal To Go Apples & Cinnamon	1.4 oz (40 g)
Quaker® Oatmeal To Go Brown Sugar Cinnamon	1.4 oz (40 g)
Super Bakery 1.2 oz Goodyman® Marshmallow Crispy Squares	1.2 oz (34 g)
Super Bakery 0.8 oz Goodyman® Marshmallow Crispy Squares	0.8 oz (23 g)

Cookies/Crackers

Austin® Zoo® Animal Crackers	1 package (28 g)
Basil's Animal Snackers (Biscomerica Corporation)	1 package (28 g)
Basil's Chocolate Chip Kookies (Biscomerica Corporation)	1 package (31 g)
Basil's Li'l Sports Snackers Whole Wheat (Biscomerica Corporation)	1 package (23 g)
Bonzers Gourmet Reduced Fat Chocolate Chip Cookie	1 cookie (34 g/1.2 oz)
Brookside Fruit Company, Vanilla Clodhoppers w/Cocoa Bites	1 package (30 g)
BuzzStrong's Bakery, All Natural Chocolate Chip Cookie	1.5 oz cookie (43 g)
Dick & Jane Smart Cookies (Presidents, States & Capitals)	1.1 oz (31 g)
East Side Entrees' Cinnamon Mini Animal Grahams	1 pouch (0.9 oz)
East Side Entrees' Mini Animal Crackers, Original	1 pouch (0.9 oz)
Keebler® 100 Calorie Right Bites™ Chips Deluxe	1 pouch (21 g)
Keebler® Animal Crackers	1 package (29 g)
Keebler® Bug Bites® Cinnamon Graham Crackers	1 pouch (31 g)
Keebler® Elf® Grahams - Chocolate	1 package (28 g)
Keebler® Elf® Grahams - Cinnamon	1 package (28 g)
Keebler® Elf® Grahams - Original	1 package (28 g)
Keebler® Scooby-Doo!™ Graham Cracker Sticks - Cinnamon	1 package (28 g)
Keebler® Gripz™ - Cinnamon Graham Crackers	0.9 oz (25 g)
Little Debbie Gingerbread Cookies	21 g = 1 cookie
Little Debbie Pecan Spinwheels	28 g = 1 roll
Mrs. Goodcookie® Character Cookies-Belly Bears™ Graham Crackers-All Flavors	1 oz (28 g)
Mrs. Goodcookie® Character Cookies-Jungle Crackers™ Vanilla	1 oz (28 g)
Nabisco Barnum's Animal Crackers	1 oz (28 g)
Nabisco Chips Ahoy 100 Calorie Packs	23 g
Nabisco Honey Maid Grahams Cinnamon Sticks	28 g
Nabisco Kid Sense Ritz Bits Smilin' Fun Pack	22 g
Nabisco Kid Sense Teddy Grahams Cubs Fun Pack Cinnamon	22 g
Nabisco Mini Nilla Wafers	1 pkg (28 g)
Nabisco Oreo Thin Crisps 100 Calorie Packs	23 g
Nabisco Strawberry & Yogurt Bars	37 g
Nabisco Teddy Grahams Chocolate	1.25 oz (35 g)
Pepperidge Farm Baked Naturals Cracker Chips, Simply Cheddar	1 oz pouch (28 g)
Pepperidge Farm Baked Naturals Cracker Chips, Simply Multigrain	1 oz pouch (28 g)
Pepperidge Farm Goldfish Baked Snack Crackers	1 oz (28 g)

Pepperidge Farm Goldfish Baked Snack Crackers	0.75 oz (21 g)
Pepperidge Farm Cheddar Goldfish Made With Whole Grain	0.75 oz pouch
Pepperidge Farm Goldfish Physedibles Baked Animal Crackers - Vanilla	0.9 oz pouch
J&J Snack Foods-Readi-Bake, Belly Bears, Chocolate Graham Belly Bears #56040	28 g
J&J Snack Foods-Readi-Bake, Belly Bears, Cinnamon Graham Belly Bears #56042	28 g
J&J Snack Foods-Readi-Bake, Belly Bears, Honey Graham Belly Bears #56041	28 g
J&J Snack Foods-Readi-Bake, Belly Bears, Chocolate 51% Whole Grain Graham Belly Bears #056070	28 g
J&J Snack Foods-Readi-Bake, Belly Bears, Cinnamon 51% Whole Grain Graham Belly Bears #056072	28 g
J&J Snack Foods-Readi-Bake, Belly Bears, Honey 51% Whole Grain Graham Belly Bears #056071	28 g
J&J Snack Foods-Readi-Bake, Jungle Crackers #39080	28 g
J&J Snack Foods-Readi-Bake, Jungle Crackers 51% Whole Grain Grahams #39085	26 g
Stauffer's Animal Crackers - Original (low fat)	1 oz (28 g)

Nuts/Seeds

David Sunflower Seeds Bar-B-Q	1.75 oz (49.6 g)
David Sunflower Seeds Roasted and Salted	1.75 oz (49.6 g)
Frito-Lay Honey Roasted Peanuts	1.5 oz (42.5 g)
Frito-Lay Pistachios Salted	1.75 oz (49.6 g)
Frito-Lay Salted Peanuts	1.75 oz (49.6 g)
Frito-Lay Sunflower Seeds	2.25 oz (63.7 g)
Golden Flake Honey Toasted Peanuts	1.75 oz (50 g)
Golden Flake In-Shell Sunflower Seeds	2.5 oz (70.9 g)
Golden Flake Salted Peanuts	1 pkg (50 g)
Powersnacks Sunflower Kernels - Oil Roasted & Salted	1 oz
Powersnacks Sunflower Kernels - Honey Roasted	1 oz
Powersnacks Sunflower Kernels - BBQ	1 oz
Powersnacks Sweet Trail Mix	1 oz
Powersnacks Peanuts - Oil Roasted & Salted	1 oz

Miscellaneous

Act II Popcorn Ball	1 ball (28g)
Carnival Crunch	.75 oz
Cracker Jack Original	28.3 g
Cracker Jack Original	1.25 oz (35.4 g)
Dakota Gourmet S'More Trail Mix - Cocoa	1.25 oz
Kellogg's Rice Krispies Treats - Chocolatey Drizzle	22 g = 1 bar
Kellogg's Rice Krispies Treats - Original	22 g = 1 bar
Kellogg's Rice Krispies Treats - Rainbow	22 g = 1 bar
D'Fazio's Meat Turnovers (Pepperoni, Sausage, or Beef)	3 oz
Ricos Air Popped Butter Popcorn Light	5/8 oz (18 g)
Ricos Air Popped Cheddar Cheese Popcorn Lite	5/8 oz (18 g)
Ricos Air Popped White Cheddar Cheese Jalapeno Popcorn Lite	5/8 oz (18 g)

