

Smart Snacks Run Through the Alliance Calculator



Ingredients: Dried Potato, **Rice Flour**, Sunflower and/or Safflower Oil, **Potato Starch**, Sea Salt, Salt.

NUTRITION

Serving Size: 1 oz. (28g/about 23 Chips)

	Amount per Serving	My Daily Value	
Calories	120Kcal	7%	
Calories from Fat	35Kcal	5%	
Total Fat	4g	6%	
Saturated Fat	0g	0%	✓
Trans Fat	0g	0%	
Cholesterol	0mg	0%	✓
Sodium	190mg	8%	
Total Carbohydrate	19g	8%	
Dietary Fiber	1g	4%	
Added Sugars	0g	0%	✓
Sugars	0g	0%	✓
Protein	1g	2%	
Vitamin A	0IU	0%	
Vitamin C	0mg	0%	
Calcium	0mg	0%	
Iron	0mg	0%	

Smart Snacks Product Calculator Results

Brand:
Popchip

Product Name:
Sea Salt

Serving Size:
28.35 g

First Ingredient:
Dried Potato

Your vegetable product meets all nutrient standards for entrees or snack foods.

Nutrition Facts

Serving Size 1 oz (about 28.35 g) ⓘ

Servings Per Container

Amount Per Serving

Calories 120

Calories from Fat 35

Total Fat (g) 4

Saturated Fat (g) 0

Trans Fat (g) 0

Sodium (mg) 190

Carbohydrates

Sugars (g) 0

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA



Ingredients: Potatoes, safflower and/or sunflower and/or canola oil, sea salt.

Nutrition Facts	
Serving Size	.8 Oz
Servings Per Container	1
Amount Per Serving	
Calories	100
Calories From Fat	25
% Daily Value	
Total Fat 2.5 G	4
Saturated Fat .5 G	3
Cholesterol 0 Mg	0
Sodium 110 <small>Potatoes, Safflower and/or Sunflower Oil, Salt.</small>	5
Potassium 3	10
Total Carbohydrate 17 G	6
Dietary Fiber 2 G	6
Sugars 0 G	
Protein 2 G	
Vitamin A	0
Vitamin C	10
Calcium	0

Smart Snacks Product Calculator Results

Brand:

Kettle Brand

Product Name:

Baked Potato Chips Sea Salt

Serving Size:

22.68 g

First Ingredient:

Potato

Your vegetable product meets all nutrient standards for entrees or snack foods.

Nutrition Facts

Serving Size 0.8 oz (about 22.68 g) ⓘ

Servings Per Container

Amount Per Serving

Calories 100

Calories from Fat 25

Total Fat (g) 2.5

Saturated Fat (g) 0.5

Trans Fat (g) 0

Sodium (mg) 125

Carbohydrates

Sugars (g) 0

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA



INGREDIENTS

potatoes, safflower and/or sunflower oil, vinegar powder (maltodextrin, white distilled vinegar), sea salt, maltodextrin, citric acid.

Nutrition Facts

Serving Size	.8 Oz
Servings Per Container	1
Amount Per Serving	
Calories	100
Calories From Fat	25
% Daily Value	
Total Fat 2.5 G	4
Saturated Fat .5 G	3
Cholesterol 0 Mg	0
Sodium 110 Mg	5
Potassium 360 Mg	10
Total Carbohydrate 17 G	6
Dietary Fiber 2 G	6
Sugars 0 G	
Protein 2 G	
Vitamin A	0
Vitamin C	10
Calcium	0

Smart Snacks Product Calculator Results

Brand:

Kettle Brand

Product Name:

**Potato Chip Baked Sea Salt &
Vinegar**

Serving Size:

22.68 g

First Ingredient:

Potato

Your vegetable product meets all nutrient standards for entrees or snack foods.

Nutrition Facts

Serving Size 0.8 oz (about 22.68 g) ⓘ

Servings Per Container

Amount Per Serving

Calories 100

Calories from Fat 25

Total Fat (g) 2.5

Saturated Fat (g) 0.5

Trans Fat (g) 0

Sodium (mg) 125

Carbohydrates

Sugars (g) 0

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA



Kettlecorn

Original

[kettlecorn](#), [popcorn](#), [name this favorite...](#)

D+

Grade

130

Calories

Nutrition Facts

Serving Size 2 cups (28 g)

Per Serving	% Daily Value*
Calories 130	
Calories from Fat 45	
Total Fat 5g	8%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 130mg	5%
Potassium 0mg	0%
Carbohydrates 21g	7%
Dietary Fiber 2g	8%
Sugars 6g	
Protein 1g	

Vitamin A 0% · Vitamin C 0%

Calcium 0% · Iron 0%

INGREDIENTS

popcorn, sugar, canola oil, salt.

Smart Snacks Product Calculator Results

Brand:

Popcorn Indian

Product Name:

Kettle Corn

Serving Size:

28.35 g

First Ingredient:

Corn

Your fruit product meets all nutrient standards for entrees or snack foods.

Nutrition Facts

Serving Size 1 oz (about 28.35 g) ⓘ

Servings Per Container

Amount Per Serving

Calories 130

Calories from Fat 45

Total Fat (g) 5

Saturated Fat (g) 0

Trans Fat (g) 0

Sodium (mg) 130

Carbohydrates

Sugars (g) 6

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA



ingredients: dried potato, sunflower, safflower, and/or canola oil, rice flour, seasoning (whey, salt, spices, sugar, garlic powder, maltodextrin, tomato powder, cheddar cheese [milk, salt, cheese cultures, enzymes], natural flavors [pasteurized cow's milk, cultures, salt, and enzymes], onion powder, buttermilk, yeast extract, citric acid, paprika extract [color], annatto extract [color] lactic acid), potato starch.

contains: milk

Nutrition Facts

Potato Ridges, Chili Cheese - From Popchips

17 chips (23g)

Amount Per Serving

Calories 100 Calories from Fat 35

% Daily Value*

Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 2.5g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrates 15g	5%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 2g	
Vitamin A	2%
Vitamin C	4%
Calcium	2%
Iron	2%

* Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Smart Snacks Product Calculator Results

Brand:

Popcorn Indian

Product Name:

Kettle Corn

Serving Size:

28.35 g

First Ingredient:

Corn

Your fruit product meets all nutrient standards for entrees or snack foods.

Nutrition Facts

Serving Size 1 oz (about 28.35 g) ⓘ

Servings Per Container

Amount Per Serving

Calories 130

Calories from Fat 45

Total Fat (g) 5

Saturated Fat (g) 0

Trans Fat (g) 0

Sodium (mg) 130

Carbohydrates

Sugars (g) 6

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA



ingredients: dried potato, sunflower, safflower, and/or canola oil, seasoning (sugar, whey powder, salt, onion and garlic powder, torula yeast, brown sugar, tomato powder, yeast extract, spices, natural flavours, natural smoke flavor, citric acid, paprika extract [color], paprika), rice flour, potato starch

contains: milk

Nutrition Facts

Serving Size 23.00 g ⓘ

Servings Per Container

Amount Per Serving

Calories 100

Calories from Fat 35

Total Fat (g) 4

Saturated Fat (g) 0

Trans Fat (g) 0

Sodium (mg) 180

Carbohydrates

Sugars (g) 2

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA

Smart Snacks Product Calculator Results

Brand:
Popchips

Product Name:
Potato Ridges Tangy BBQ

Serving Size:
23.00 g

First Ingredient:
Potato

Your vegetable product meets all nutrient standards for entrees or snack foods.

Nutrition Facts

Serving Size 23.00 g ⓘ

Servings Per Container

Amount Per Serving

Calories 100

Calories from Fat 35

Total Fat (g) 4

Saturated Fat (g) 0

Trans Fat (g) 0

Sodium (mg) 180

Carbohydrates

Sugars (g) 2

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA



Description of Creditable Grain Ingredient*	Grams of Creditable Grain Ingredient per Portion ¹	Gram Standard of Creditable Grain per oz equivalent (16g or 28g) ²	Creditable Amount A ÷ B
	A	B	
Whole Grain Wheat Flour	11.7	16	0.73
Enriched Wheat Flour	11.3	16	0.7
Total Creditable Amount³			1.43

Nutrition Facts			
Serving Size 1 Package (26g)			
Servings Per Container 1			
Amount Per Serving			
	Calories 100	Calories From Fat 5	
		% Daily Value*	
Total Fat	0.5g	1%	
Saturated Fat	0g	0%	
Trans Fat	0g		
Polyunsaturated	0g		
Monounsaturated	0g		
Cholesterol	0mg	0%	
Sodium	200mg	8%	
Total Carbohydrate	20g	7%	
Dietary Fiber	2g	9%	
Sugars	less than 1g		
Protein	3g		
Vitamin A	0%	-	Vitamin C 0%
Calcium	0%	-	Iron 8%
Thiamin	4%	-	Riboflavin 2%
Niacin	4%	-	Folate 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500

Smart Snacks Product Calculator Results

Brand:
Snyder's

Product Name:
Whole Grain Mini Pretzels

Serving Size:
26.08 g

First Ingredient:
Whole Grain

Your whole grain product meets all nutrient standards for entrees or snack foods.

Nutrition Facts

Serving Size 0.92 oz (about 26.08 g) ⓘ

Servings Per Container

Amount Per Serving

Calories 100

Calories from Fat 0

Total Fat (g) 0

Saturated Fat (g) 0

Trans Fat (g) 0

Sodium (mg) 200

Carbohydrates

Sugars (g) 0

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA



Nutrition Facts

Serving Size: 1 oz (28g)

Amount Per Serving

Calories 110

Calories from Fat 30

% Daily Values*

Total Fat 3.5g

5%

Saturated Fat 0.5g

2%

Polyunsaturated Fat 1g

Monounsaturated Fat 2g

Trans Fat 0g

Cholesterol 0mg

0%

Sodium 190mg

8%

Total Carbohydrate 19g

6%

Dietary Fiber 1g

4%

Sugars 2g

Protein 2g

Vitamin A 0%

Vitamin C 0%

Calcium 10%

Iron 4%

* Percent Daily Values are based on a 2000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs.

INGREDIENTS: NON-GMO CORN MEAL, SUNFLOWER OIL, SWEET POTATO POWDER, CANE SUGAR, SALT, RICE FLOUR, MOLASSES POWDER, WHEY, CARAMEL COLOR, NATURAL FLAVORS, PAPRIKA EXTRACT, CALCIUM CARBONATE.

0g Trans Fats

0mg Cholesterol

Allergens: DAIRY

Smart Snacks Product Calculator Results

Brand:

Boulder Canyon

Product Name:

Baked Hot Fries

Serving Size:

28.35 g

First Ingredient:

Whole Grain Corn Meal

Your whole grain product meets all nutrient standards for entrees or snack foods.

Nutrition Facts

Serving Size 1 oz (about 28.35 g) ⓘ

Servings Per Container

Amount Per Serving

Calories 110

Calories from Fat 30

Total Fat (g) 3.5

Saturated Fat (g) 0.5

Trans Fat (g) 0

Sodium (mg) 190

Carbohydrates

Sugars (g) 1

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA



Nutrition Facts

Serving Size 17.70 g ⓘ

Servings Per Container

Amount Per Serving

Calories 100

Calories from Fat 60

Total Fat (g) 6

Saturated Fat (g) 1.5

Trans Fat (g) 0

Sodium (mg) 180

Carbohydrates

Sugars (g) 1

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA

Important Information. Ingredients: Popcorn, Vegetable Oil (Contains One or More of the Following: **Corn**, Soybean, or **sunflower Oil**), **Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes)**, **Whey**, Buttermilk, **Salt**, and Disodium Phosphate.

Smart Snacks Product Calculator Results

Brand:

Smartfood

Product Name:

Popcorn White Cheddar

Serving Size:

17.70 g

First Ingredient:

Corn

Your fruit product meets all nutrient standards for entrees or snack foods.

Nutrition Facts

Serving Size 17.70 g ⓘ

Servings Per Container

Amount Per Serving

Calories 100

Calories from Fat 60

Total Fat (g) 6

Saturated Fat (g) 1.5

Trans Fat (g) 0

Sodium (mg) 180

Carbohydrates

Sugars (g) 1

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA



INGREDIENTS

enriched yellow corn (yellow corn, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sunflower oil, sugar, sea salt.

NUTRITION

Serving Size: 1 oz (28g)

	Amount per Serving	My Daily Value	
Calories	120Kcal	7%	
Calories from Fat	30Kcal	5%	
Total Fat	3.5g	6%	
Saturated Fat	0g	0%	✓
Trans Fat	0g	0%	
Cholesterol	0mg	0%	✓
Sodium	105mg	5%	✓
Total Carbohydrate	21g	9%	
Dietary Fiber	1g	4%	
Sugars	2g	5%	✓
Added Sugars	2g	8%	
Protein	2g	4%	
Vitamin A	100IU	2%	
Vitamin C	0mg	0%	

Smart Snacks Product Calculator Results

Brand:
Popcorners

Product Name:
Carnival Kettle

Serving Size:
28.35 g

First Ingredient:
Corn

Your fruit product meets all nutrient standards for entrees or snack foods.

Nutrition Facts

Serving Size 1 oz (about 28.35 g) ⓘ

Servings Per Container

Amount Per Serving

Calories 120

Calories from Fat 30

Total Fat (g) 3.5

Saturated Fat (g) 0

Trans Fat (g) 0

Sodium (mg) 106

Carbohydrates

Sugars (g) 2

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA



INGREDIENTS

dried potatoes, corn starch, corn oil, sugar, maltodextrin (made from corn), salt, soy lecithin, dextrose, whey, whey protein concentrate, cheddar cheese (milk, cheese cultures, salt, enzymes), monosodium glutamate, onion powder, blue cheese (milk, cheese cultures, salt, enzymes), citric acid, artificial color (including yellow 6 lake, yellow 5 lake, yellow 5, yellow 6), skim milk, natural and artificial flavors, garlic powder, lactic acid, disodium inosinate, disodium guanylate.

Nutrition Facts

Serving Size 0.8 oz (about 22.68 g) ⓘ

Servings Per Container

Amount Per Serving

Calories 100

Calories from Fat 20

Total Fat (g) 3.5

Saturated Fat (g) 0

Trans Fat (g) 0

Sodium (mg) 200

Carbohydrates

Sugars (g) 2

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA

Smart Snacks Product Calculator Results

Brand:

Ruffles

Product Name:

Oven Baked Cheddar & Sour Cream

Serving Size:

22.68 g

First Ingredient:

Dried Potato

Your vegetable product meets all nutrient standards for entrees or snack foods.

Nutrition Facts

Serving Size 0.8 oz (about 22.68 g) ⓘ

Servings Per Container

Amount Per Serving

Calories 100

Calories from Fat 20

Total Fat (g) 3.5

Saturated Fat (g) 0

Trans Fat (g) 0

Sodium (mg) 200

Carbohydrates

Sugars (g) 2

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA



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), flamin hot seasoning (Maltodextrin, salt, Sugar, Monosodium Glutamate, Autolyzed Yeast Extract, Citric Acid, Artificial Color (Including Red 40 Lake, Yellow 6 Lake, Yellow 6, Yellow 5), Partially Hydrogenated Soybean and Cottonseed Oil, Hydrolyzed Soy Protein, Cheddar Cheese (Cultured Milk, Salt, Enzymes), Whey, Onion Powder, Whey Protein Concentrate, Corn Syrup Solids, Natural Flavor, Buttermilk, Garlic Powder, Disodium Phosphate, Sodium Diacetate, Sodium Caseinate, Lactic acid, disodium inosinate, disodium guanylate, nonfat milk, Sodium Citrate, Carrageenan) , salt.

Nutrition Facts

Serving Size 1 package (.875 oz.)	
Servings Per Container 1	
Amount Per Serving	
Calories	120
Calories from Fat	40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 18g	5%
Dietary Fiber less than 1g	3%
Sugars 0g	
Protein 2g	
Vitamin A	0%
Vitamin C	0%
Calcium	10%
Iron	4%
Vitamin E	2%
Thiamin	8%
Riboflavin	4%
Niacin	4%
Magnesium	4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	

Smart Snacks Product Calculator Results

Brand:

Cheetos

Product Name:

Flamin Hot

Serving Size:

24.66 g

First Ingredient:

Corn Meal

Your whole grain product meets all nutrient standards for entrees or snack foods.

Nutrition Facts

Serving Size 0.87 oz (about 24.66 g) ⓘ

Servings Per Container

Amount Per Serving

Calories 120

Calories from Fat 40

Total Fat (g) 4.5

Saturated Fat (g) 0

Trans Fat (g) 0

Sodium (mg) 190

Carbohydrates

Sugars (g) 0

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA



Ingredients

Whole Corn, Corn, Vegetable Oil (Corn, Canola, and/or Sunflower Oil), Buttermilk, Salt, Corn Dextrin, Tomato Powder, Corn Starch, Whey, Corn Syrup Solids, Onion Powder, Garlic Powder, Monosodium Glutamate, Cheddar Cheese (Milk, Cheese Cultures, Salt, and Enzymes), Skim Milk, Sugar, Dextrose, Malic Acid, Sodium Acetate, Artificial Color (Including Red 40, Blue 1, and Yellow 5), Sodium Caseinate, Disodium Phosphate, Spice, Natural and Artificial Flavors, Disodium Inosinate, and Disodium Guanylate.



Reduced Fat Cool Ranch Flavored Tortilla Chips

C
Grade

130
Calories

Nutrition Facts

Serving Size 1 package (28 g)

Per Serving	% Daily Value*
Calories 130	
Calories from Fat 45	
Total Fat 5g	8%
Saturated Fat 1g	5%
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 1.5g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Carbohydrates 19g	6%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 2g	

Vitamin A 0% · Vitamin C 0%

Calcium 4% · Iron 2%

Smart Snacks Product Calculator Results

Brand:

Doritos Reduced Fat

Product Name:

Cool Ranch Corn Tortilla

Serving Size:

28.35 g

First Ingredient:

Corn

Your fruit product meets all nutrient standards for entrees or snack foods.

Nutrition Facts

Serving Size 1 oz (about 28.35 g) ⓘ

Servings Per Container

Amount Per Serving

Calories 130

Calories from Fat 45

Total Fat (g) 5

Saturated Fat (g) 1

Trans Fat (g) 0

Sodium (mg) 160

Carbohydrates

Sugars (g) 1

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA



Ingredients: Whole Corn, Corn, Vegetable Oil (Corn, Canola, and/or Sunflower Oil), Corn Dextrin, Salt, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Whey, Monosodium Glutamate, Buttermilk, Romano Cheese (Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes), Whey Protein Concentrate, Onion Powder, Corn Flour, Natural and Artificial Flavor, Dextrose, Tomato Powder, Lactose, Spices, Artificial Color (Including Yellow 6, Yellow 5, Red 40), Lactic Acid, Citric Acid, Sugar, Garlic Powder, Skim Milk, Red and Green Bell Pepper Powder, Disodium Inosinate, and Disodium Guanylate.

CONTAINS MILK INGREDIENTS.

Nutrition Facts

Serving Size 1 package

Amount Per Serving

Calories 130 Calories from Fat 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 200mg **8%**

Total Carbohydrate 20g **7%**

Dietary Fiber 2g **8%**

Sugars 0g

Protein 2g

Vitamin A 2% • Vitamin C 0%

Calcium 0% • Iron 2%

Thiamin 2% • Magnesium 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Smart Snacks Product Calculator Results

Brand:

Doritos Reduced Fat

Product Name:

Nacho Cheese

Serving Size:

28.35 g

First Ingredient:

Corn

Your fruit product meets all nutrient standards for entrees or snack foods.

Nutrition Facts

Serving Size 1 oz (about 28.35 g) ⓘ

Servings Per Container

Amount Per Serving

Calories 130

Calories from Fat 45

Total Fat (g) 5

Saturated Fat (g) 0.5

Trans Fat (g) 0

Sodium (mg) 200

Carbohydrates

Sugars (g) 0

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA



INGREDIENTS

corn, vegetable oil (corn, canola, and/or sunflower oil), maltodextrin (made from corn), salt, citric acid sugar, monosodium glutamate, artificial color (red 40 lake, yellow 6 lake), hydrolyzed corn protein, yeast extract, sodium diacetate, cheddar cheese (milk, cheese, salt, enzymes), modified corn starch, natural flavor (including natural extractives of red pepper and natural extractives of lime), onion powder, whey, corn syrup solids, garlic powder, romano cheese (part-skim cow's milk, cheese cultures, salt, enzymes), buttermilk, whey protein concentrate, disodium inosinate, and disodium guanylate

Nutrition Facts

Serving Size: 11 chips (1oz)

Amount Per Serving

Calories 140

Calories from Fat 7

% Daily Values*

Total Fat 8g

12%

Saturated Fat 1g

5%

Cholesterol 0mg

0%

Sodium 200mg

8%

Total Carbohydrate 16g

5%

Dietary Fiber 1g

4%

Sugars 0g

Protein 2g

Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 0%

* Percent Daily Values are based on a 2000 calorie diet.

Your daily values may be higher or lower depending on your calorie needs.

Smart Snacks Product Calculator Results

Brand:

Doritos Reduced Fat

Product Name:

Flamas Corn Tortilla

Serving Size:

28.35 g

First Ingredient:

Corn

Your fruit product meets all nutrient standards for entrees or snack foods.

Nutrition Facts

Serving Size 1 oz (about 28.35 g) ⓘ

Servings Per Container

Amount Per Serving

Calories 140

Calories from Fat 7

Total Fat (g) 8

Saturated Fat (g) 1

Trans Fat (g) 0

Sodium (mg) 200

Carbohydrates

Sugars (g) 0

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA



Nutrition Facts*	
Serving Size	1 package
Servings Per Container	1
Amount Per Serving	
Calories	130
Calories from Fat	45
	%Daily Value*
Total Fat 5g	7%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	8%
Sugars less than 1g	
Protein 2g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	2%
Vitamin E	10%
Thiamin	2%
Riboflavin	2%
Vitamin B6	4%
Phosphorus	6%
Magnesium	6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Fiber	
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

I verify the information above is accurate as of 1/25/14.

Jan Ruegg

Jan Ruegg
PepsiCo Foodservice/Vend
Nutrition Science

Ingredients: **Whole Corn**, Corn, Vegetable Oil (Corn, Canola, and/or Sunflower Oil), Sugar, Salt, Monosodium Glutamate, Fructose, Maltodextrin (Made From Corn), 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 (Vitamin E), Disodium Inosinate, Disodium Guanylate, and Natural Flavor.
CONTAINS WHEAT AND SOY INGREDIENTS.

Case UPC	000-28400-49093-1
Bag UPC	0-28400-08872-5
Case Pack	72/1 oz. bags
Kosher Status	No
AHG Compliant	Yes
USDA Competitive Food Compliant	Yes – 50% or more whole grains by weight
Meets USDA Whole Grain Rich Definition	Yes
Package contains FDA approved whole grain health claim	Yes
Grain – oz. eq.	1.5 oz. eq.
Weight of Grain	25.9 g
Document Updated	1/14

* Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol may help reduce the risk of heart disease.



Smart Snacks Product Calculator Results

Brand:

Doritos Reduced Fat

Product Name:

Spicey Sweet Chili Corn Tortilla

Serving Size:

28.35 g

First Ingredient:

Corn

Your fruit product meets all nutrient standards for entrees or snack foods.

Nutrition Facts

Serving Size 1 oz (about 28.35 g) ⓘ

Servings Per Container

Amount Per Serving

Calories 130

Calories from Fat 45

Total Fat (g) 5

Saturated Fat (g) 0.5

Trans Fat (g) 0

Sodium (mg) 180

Carbohydrates

Sugars (g) 1

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA



INGREDIENTS

popcorn, sunflower oil, salt.



Popcorn

Skinny Pack

skinny pop, skinny pop popcorn, snack, popcorn

C-
Grade

100
Calories

Nutrition Facts

Serving Size 1 package (3 g)

Per Serving	% Daily Value*
Calories 100	
Calories from Fat 54	
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 60mg	3%
Potassium 7.33mg	0%
Carbohydrates 10g	3%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 2g	

Vitamin A 0% · Vitamin C 0%

Calcium 0% · Iron 11%

Smart Snacks Product Calculator Results

Brand:

Skinny Pop

Product Name:

Popcorn

Serving Size:

18.43 g

First Ingredient:

Corn

Your fruit product meets all nutrient standards for entrees or snack foods.

Nutrition Facts

Serving Size 0.65 oz (about 18.43 g) ⓘ

Servings Per Container

Amount Per Serving

Calories 100

Calories from Fat 54

Total Fat (g) 6

Saturated Fat (g) 0.5

Trans Fat (g) 0

Sodium (mg) 60

Carbohydrates

Sugars (g) 0

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA



INGREDIENTS

POTATO FLOUR, RICE FLOUR, SOUR CREAM SEASONING SALT (SALT, NON-FAT MILK POWDER, ONION POWDER, WHEY, SOUR CREAM POWDER, NATURAL FLAVORS, CITRIC ACID, PAPRIKA, PARSLEY FLAKES, LACTIC ACID), SUNFLOWER OIL

Nutrition Facts

Serving Size: 1 bag (43g)

Amount Per Serving

Calories 160

Calories from Fat 36

% Daily Values*

Total Fat 4g 6%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 200mg 8%

Potassium 290mg

Total Carbohydrate 30g 10%

Dietary Fiber 2g 8%

Sugars 3g

Protein 3g

Vitamin A 0%

Vitamin C 0%

Calcium 4%

Iron 2%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Smart Snacks Product Calculator Results

Brand:
Herr's

Product Name:
Popped Chip Sour Cream & Onion

Serving Size:
28.35 g

First Ingredient:
Potato

Your vegetable product meets all nutrient standards for entrees or snack foods.

Nutrition Facts

Serving Size 1 oz (about 28.35 g) ⓘ

Servings Per Container

Amount Per Serving

Calories 160

Calories from Fat 36

Total Fat (g) 4

Saturated Fat (g) 0

Trans Fat (g) 0

Sodium (mg) 200

Carbohydrates

Sugars (g) 3

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA



Ingredients: Dried Potatoes, Corn Starch, Corn Oil, Sugar, Salt, Dextrose, Soy Lecithin, Molasses (Contains Wheat Starch and Soy Flour), Onion Powder, Brown Sugar, Fructose, Natural Flavors (Contains Milk, Barley, and Chicken), Torula Yeast, Chili Pepper, Tomato Powder, Soybean Oil, Garlic Powder, Citric Acid, Spices, Paprika Extract, Yeast Extract, and Annatto Extract (Color).

CONTAINS WHEAT, SOY, AND MILK INGREDIENTS.

Nutrition Facts

Serving Size 1 oz (28g/About 16 crisps)

Amount Per Serving

Calories 120 Calories from Fat 30

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Polyunsaturated Fat 1.5g

Monounsaturated Fat 1g

Cholesterol 0mg **0%**

Sodium 190mg **8%**

Potassium 220mg **6%**

Total Carbohydrate 22g **7%**

Dietary Fiber 2g **7%**

Sugars 3g

Protein 2g

Vitamin A 2% • Vitamin C 2%

Calcium 0% • Iron 0%

Niacin 6%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Smart Snacks Product Calculator Results

Brand:

Lays Oven Baked

Product Name:

BBQ Potato Chips

Serving Size:

28.35 g

First Ingredient:

Potato

Your vegetable product meets all nutrient standards for entrees or snack foods.

Nutrition Facts

Serving Size 1 oz (about 28.35 g) ⓘ

Servings Per Container

Amount Per Serving

Calories 130

Calories from Fat 45

Total Fat (g) 5

Saturated Fat (g) 0.5

Trans Fat (g) 0

Sodium (mg) 190

Carbohydrates

Sugars (g) 3

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA



Ingredients: Dried Potatoes, Corn Starch, Corn Oil, Sugar, Skim Milk, and Less than 2% of the Following: Salt, Dextrose, Soy Lecithin, Cultured Skim Milk, Whey, Onion Powder, Sour Cream (Cultured Cream, Skim Milk), Natural Flavors, Parsley, Citric Acid, and Annatto Extract (Color).

CONTAINS MILK AND SOY INGREDIENTS.

Nutrition Facts

Serving Size 1 oz (28g/About 16 crisps)

Amount Per Serving

Calories 120 Calories from Fat 25

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Polyunsaturated Fat 1.5g

Monounsaturated Fat 0.5g

Cholesterol 0mg **0%**

Sodium 170mg **7%**

Potassium 230mg **6%**

Total Carbohydrate 21g **7%**

Dietary Fiber 1g **5%**

Sugars 3g

Protein 2g

Vitamin A 0% • Vitamin C 2%

Calcium 2% • Iron 0%

Thiamin 4% • Niacin 6%

Vitamin B₆ 6% • Folate 2%

Pantothenic Acid 4% • Phosphorus 2%

Magnesium 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Smart Snacks Product Calculator Results

Brand:

Lay's Oven Baked

Product Name:

Sour Cream & Onion

Serving Size:

28.35 g

First Ingredient:

Potato

Your vegetable product meets all nutrient standards for entrees or snack foods.

Nutrition Facts

Serving Size 1 oz (about 28.35 g) ⓘ

Servings Per Container

Amount Per Serving

Calories 120

Calories from Fat 25

Total Fat (g) 3

Saturated Fat (g) 0.5

Trans Fat (g) 0

Sodium (mg) 170

Carbohydrates

Sugars (g) 3

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA



INGREDIENTS

Juice from Concentrates (Grape, Peach, Pear and Pineapple), Corn Syrup, Sugar, Modified Corn Starch, Fruit Puree (Grape, Apple, Strawberry and Raspberry), Gelatin, Citric Acid, Lactic Acid, Natural and Artificial Flavors, Ascorbic Acid (Vitamin C), Coconut Oil, Sodium Citrate, Carnauba Wax, Tocopherol Acetate (Vitamin E), Red 40 (Color), Yellow 5 (Color), Blue 1 (Color), Vitamin A (Vitamin A Palmitate and Beta Carotene).

Nutrition Facts

Serving Size 1 oz (about 28.35 g) ⓘ

Servings Per Container

Amount Per Serving

Calories 80

Calories from Fat NA

Total Fat (g) 0

Saturated Fat (g) 0

Trans Fat (g) 0

Sodium (mg) 10

Carbohydrates

Sugars (g) 8

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA

Smart Snacks Product Calculator Results

Brand:
Welch's

Product Name:
Fruit Snack made with Real Fruit

Serving Size:
28.35 g

First Ingredient:
Juice

Your fruit product meets all nutrient standards for entrees or snack foods.

Nutrition Facts

Serving Size 1 oz (about 28.35 g) ⓘ

Servings Per Container

Amount Per Serving

Calories 80

Calories from Fat 0

Total Fat (g) 0

Saturated Fat (g) 0

Trans Fat (g) 0

Sodium (mg) 10

Carbohydrates

Sugars (g) 8

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA



INGREDIENTS

whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, vitamin b1 [thiamin mononitrate], vitamin b2 [riboflavin], folic acid), white cheddar cheese (milk, cheese cultures, salt, enzymes), soybean oil with tbhq for freshness, contains two percent or less of salt, calcium carbonate, paprika, yeast, paprika oleoresin for color, turmeric extract for color, annatto extract for color, bht for freshness, vitamin a palmitate, soy lecithin.

Nutrition Facts

Serving Size 1.5 oz (about 42.53 g) [i](#)

Servings Per Container

Amount Per Serving

Calories 100

Calories from Fat 30

Total Fat (g) 3.5

Saturated Fat (g) 1

Trans Fat (g) 0

Sodium (mg) 150

Carbohydrates

Sugars (g) 0

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA

Smart Snacks Product Calculator Results

Brand:
Cheez-it

Product Name:
Whole Grain Cracker

Serving Size:
42.53 g

First Ingredient:
Whole Wheat Flour

Your whole grain product meets all nutrient standards for entrees or snack foods.

Nutrition Facts

Serving Size 1.5 oz (about 42.53 g) ⓘ

Servings Per Container

Amount Per Serving

Calories 100

Calories from Fat 30

Total Fat (g) 3.5

Saturated Fat (g) 1

Trans Fat (g) 0

Sodium (mg) 150

Carbohydrates

Sugars (g) 0

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA



INGREDIENTS

whole navy beans, whole grain rice, pure sunflower and/or safflower oil, cheddar cheese blend [cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes) whey, buttermilk, annatto], sea salt, tomato powder, onion powder, garlic powder, spices, lactic acid, paprika, citric acid, guar bean gum.

White Bean Chips

with Sea Salt

C+
Grade

140
Calories

Nutrition Facts

Serving Size 1 oz (28 g)

Per Serving	% Daily Value*
Calories 140	
Calories from Fat 63	
Total Fat 7g	11%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 55mg	2%
Potassium 140mg	4%
Carbohydrates 16g	5%
Dietary Fiber 6g	24%
Sugars 0g	
Protein 4g	

Vitamin A 0% · Vitamin C 0%

Calcium 6% · Iron 8%

Smart Snacks Product Calculator Results

Brand:

Beanito

Product Name:

White Bean Chip Nacho Cheese

Serving Size:

28.35 g

First Ingredient:

Whole Navy Beans

Your protein food product meets all nutrient standards for entrees or snack foods.

Nutrition Facts

Serving Size 1 oz (about 28.35 g) ⓘ

Servings Per Container

Amount Per Serving

Calories 140

Calories from Fat 63

Total Fat (g) 7

Saturated Fat (g) 0.5

Trans Fat (g) 0

Sodium (mg) 55

Carbohydrates

Sugars (g) 0

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA



Baked Vegetable Crisps

B- 110
Grade Calories

Nutrition Facts

Serving Size 1 bag (28 g)

Per Serving	% Daily Value*
Calories 110	
Calories from Fat 18	
Total Fat 2g	3%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 160mg	7%
Potassium 270mg	8%
Carbohydrates 22g	7%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 2g	

Vitamin A 35% · Vitamin C 35%

Calcium 4% · Iron 2%

*Based on a 2000 calorie diet

INGREDIENTS

DRIED POTATOES, POTATO STARCH, CORN OIL, SUGAR, CARROT, RED PEPPER, SEA SALT, SOY LECITHIN, AND SPINACH.

Smart Snacks Product Calculator Results

Brand:

Good Natured

Product Name:

Baked Vegetable Crisps

Serving Size:

28.35 g

First Ingredient:

Dried Potatoes

Your vegetable product meets all nutrient standards for entrees or snack foods.

Nutrition Facts

Serving Size 1 oz (about 28.35 g) ⓘ

Servings Per Container

Amount Per Serving

Calories 110

Calories from Fat 18

Total Fat (g) 2

Saturated Fat (g) 0

Trans Fat (g) 0

Sodium (mg) 160

Carbohydrates

Sugars (g) 3

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA



Nutrition Facts

Serving Size 1 package (28g)

Amount Per Serving

Calories 120 **Calories from Fat 40**

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 190mg **8%**

Total Carbohydrate 19g **6%**

Dietary Fiber 2g **8%**

Sugars 1g

Protein 2g

Vitamin A 15% • Vitamin C 6%

Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Whole Grain Cornmeal, Enriched Cornmeal (Corn Meal, Niacin, Ferrous Sulfate, Cornstarch, Tricalcium Phosphate, Thiamine Mononitrate, Riboflavin, And Folic Acid), Vegetable Oil (Sunflower, and/or Corn, and/or Canola), Dehydrated Potato, Maltodextrin, Paprika, Dextrose, Torula Yeast, Salt, Spice, Mustard, Tomato Powder, Extractives of Paprika, Natural Flavor, Whey

Contains: Milk

Smart Snacks Product Calculator Results

Brand:
Salveo

Product Name:
Baked Hot & Spicy Fries

Serving Size:
28.35 g

First Ingredient:
Whole Grain Corn Meal

Your whole grain product meets all nutrient standards for entrees or snack foods.

Nutrition Facts

Serving Size 1 oz (about 28.35 g) ⓘ

Servings Per Container

Amount Per Serving

Calories 120

Calories from Fat 40

Total Fat (g) 4

Saturated Fat (g) 0.5

Trans Fat (g) 0

Sodium (mg) 190

Carbohydrates

Sugars (g) 1

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA



Nutrition Facts

Serving Size 1 oz (about 28.35 g) ⓘ

Servings Per Container

Amount Per Serving

Calories 110

Calories from Fat 25

Total Fat (g) 3

Saturated Fat (g) 0

Trans Fat (g) 0

Sodium (mg) 160

Carbohydrates

Sugars (g) 1

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA

INGREDIENTS: DEHYDRATED WHOLE BLACK BEAN POWDER, POTATO FLAKES, POTATO STARCH, RICE FLOUR, VEGETABLE SEASONING (DEHYDRATED ONION, GARLIC, TOMATO, CARROT, BEET, CELERY, AND BELL PEPPER, MALTODEXTRIN, SUGAR, SALT, PAPRIKA, VINEGAR POWDER, NATURAL FLAVORS, PARSLEY, CITRIC ACID), SUNFLOWER OIL, SALT.

Smart Snacks Product Calculator Results

Brand:
Snackette

Product Name:
Popped Veggie with Black Bean

Serving Size:
28.35 g

First Ingredient:
Whole Black Bean

Your whole grain product meets all nutrient standards for entrees or snack foods.

Nutrition Facts

Serving Size 1 oz (about 28.35 g) ⓘ

Servings Per Container

Amount Per Serving

Calories 110

Calories from Fat 25

Total Fat (g) 3

Saturated Fat (g) 0

Trans Fat (g) 0

Sodium (mg) 160

Carbohydrates

Sugars (g) 1

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA



Nutrition Facts

Serv. Size 1 Cookie(43g)
Servings Per package 1

Calories 180
Fat Cal. 40

*Percent daily Values are
based on a 2,000 calorie diet.

Amount/serving	%DV	Amount/serving	%DV
Total Fat 4g	6%	Total carb. 31g	10%
Sat Fat 1g	6%	Dietary Fiber 8g	33%
Trans Fat 0		Sugars 10g	
Cholest. 0mg	0%	Protein 3g	
Sodium 190mg	8%		
		Vitamin A 0% • Vitamin C 0% • Calcium 3% • Iron 1%	

INGREDIENTS: WHOLE WHEAT FLOUR, BLEACHED AND UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE, RIBOFLAVIN, FOLIC ACID), BROWN SUGAR, SOLUBLE CORN FIBER, DATE PASTE, WHOLE EGGS POWDER, WHITE CHOCOLATE CHUNKS (SUGAR, COCOA BUTTER, WHOLE MILK POWDER, SKIM MILK POWDER, BUTTEROIL, SOY LECITHIN [EMULSIFIER], VANILLA EXTRACT), CANOLA OIL, INVERT SUGAR, GRANULATED CANE SUGAR, WHEY PROTEIN CONCENTRATE, CARAMEL COLOR, PURPLE CARROT JUICE, MALTO-DEXTRIN, NATURAL FLAVORS, COCOA POWDER, SEA SALT, BAKING SODA

Case Number 54116 *Extended shelf life*

Meets New USDA Guidelines

Smart Snacks Product Calculator Results

Brand:
Buzzstrong

Product Name:
Chocolate Cake Cookie

Serving Size:
43.00 g

First Ingredient:
Whole Wheat Flour

Your whole grain product meets all nutrient standards for entrees or snack foods.

Nutrition Facts

Serving Size 43.00 g ⓘ

Servings Per Container

Amount Per Serving

Calories 180

Calories from Fat 40

Total Fat (g) 4

Saturated Fat (g) 1

Trans Fat (g) 0

Sodium (mg) 190

Carbohydrates

Sugars (g) 10

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA



Nutrition Facts		Amount/serving	%DV	Amount/serving	%DV
Serv. Size 1 Cookie(43g) Servings Per package 1		Total Fat 4g	6%	Total carb. 31g	10%
Calories 180 Fat Cal. 40		Sat Fat 1g	6%	Dietary Fiber 8g	33%
		Trans Fat 0		Sugars 10g	
		Cholest. 0mg	0%	Protein 3g	
		Sodium 190mg	8%		
*Percent daily Values are based on a 2,000 calorie diet. Vitamin A 0% • Vitamin C 0% • Calcium 3% • Iron 1%					

INGREDIENTS: WHOLE WHEAT FLOUR, BLEACHED AND UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE, RIBOFLAVIN, FOLIC ACID), BROWN SUGAR, SOLUBLE CORN FIBER, DATE PASTE, WHOLE EGGS POWDER, WHITE CHOCOLATE CHUNKS (SUGAR, COCOA BUTTER, WHOLE MILK POWDER, SKIM MILK POWDER, BUTTEROIL, SOY LECITHIN [EMULSIFIER], VANILLA EXTRACT), CANOLA OIL, INVERT SUGAR, GRANULATED CANE SUGAR, WHEY PROTEIN CONCENTRATE, CARAMEL COLOR, PURPLE CARROT JUICE, MALTO-DEXTRIN, NATURAL FLAVORS, COCOA POWDER, SEA SALT, BAKING SODA

Case Number 54116 *Extended shelf life*
Meets New USDA Guidelines

Smart Snacks Product Calculator Results

Brand:

Buzzstrong

Product Name:

Chocolate Chip Cookie

Serving Size:

43.00 g

First Ingredient:

Whole Wheat Flour

Your whole grain product meets all nutrient standards for entrees or snack foods.

Nutrition Facts

Serving Size 43.00 g ⓘ

Servings Per Container

Amount Per Serving

Calories 180

Calories from Fat 40

Total Fat (g) 4

Saturated Fat (g) 1

Trans Fat (g) 0

Sodium (mg) 190

Carbohydrates

Sugars (g) 10

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA



Kellogg's®
Rice Krispies Treats®
Whole Grain

Nutrition Facts

Serving Size 1 Bar (40g)

Amount Per Serving		% Daily Value*	
Calories 160	Calories from Fat 35		
Total Fat 4g			6%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 140mg			6%
Total Carbohydrate 30g			10%
Dietary Fiber less than 1g			2%
Sugars 11g			
Protein 2g			
Vitamin A 0%	•	Vitamin C 0%	
Calcium 0%	•	Iron 10%	
Thiamin 25%	•	Riboflavin 15%	
Niacin 8%	•	Vitamin B₆ 25%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			
INGREDIENTS: WHOLE GRAIN BROWN RICE, CORN SYRUP, FRUCTOSE, SOYBEAN AND PALM OIL WITH TBHQ FOR FRESHNESS, SUGAR, CORN SYRUP SOLIDS, CONTAINS 2% OR LESS OF GLYCERIN, DEXTROSE, SALT, GELATIN, NATURAL AND ARTIFICIAL BUTTER FLAVOR (CONTAINS MILK), DATEM, NATURAL AND ARTIFICIAL MARSHMALLOW FLAVOR, ACETYLATED MONOGLYCERIDES, IRON, BHT (PRESERVATIVE), NIACINAMIDE, VITAMIN B ₁ (THIAMIN HYDROCHLORIDE), VITAMIN B ₆ (PYRIDOXINE HYDROCHLORIDE), VITAMIN B ₂ (RIBOFLAVIN), SOY LECITHIN.			
CONTAINS MILK AND SOY INGREDIENTS.			

NLI#11574

Smart Snacks Product Calculator Results

Brand:
Kellogg's

Product Name:
Whole Grain Rice Krispies Treats

Serving Size:
40.00 g

First Ingredient:
Whole Grain

Your whole grain product meets all nutrient standards for entrees or snack foods.

Nutrition Facts

Serving Size 40.00 g ⓘ

Servings Per Container

Amount Per Serving

Calories 160

Calories from Fat 35

Total Fat (g) 4

Saturated Fat (g) 1

Trans Fat (g) 0

Sodium (mg) 140

Carbohydrates

Sugars (g) 11

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA



INGREDIENTS

Graham flour (whole grain wheat flour), unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate {vitamin b2}, folic acid), sugar, soybean oil, honey, leavening (baking soda and/or calcium phosphate), salt.

Nutrition Facts

Serving Size 1 pack (30g)

Amount per serving

Calories	130	
Calories from Fat	25	
		% Daily Value*
Total fat 3g		5.0 %
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 150.0 mg		6.0 %
Potassium 55.0 mg		2.0 %
Total Carbohydrate 24.0 g		8.0 %
Dietary Fiber 2.0 g		8.0 %
Sugar 8.0 g		
Protein 2.0 g		

Vitamin A **0%** Calcium **0%**

Vitamin C **0%** Iron **4.0 %**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carb		300g	375g
Fiber		25g	30g

The information shown here may vary from the information on product currently in distribution. Keep in mind that the ingredients and formulas change, so nutritional information, including trans fat information, may also change. For the most accurate information for a particular product, please refer to the nutrition and ingredient information on the product package.

Smart Snacks Product Calculator Results

Brand:
Honey Maid

Product Name:
Lil' Squares

Serving Size:
30.00 g

First Ingredient:
Whole Grain

Your whole grain product meets all nutrient standards for entrees or snack foods.

Nutrition Facts

Serving Size 30.00 g ⓘ

Servings Per Container

Amount Per Serving

Calories 130

Calories from Fat 25

Total Fat (g) 3

Saturated Fat (g) 0

Trans Fat (g) 0

Sodium (mg) 150

Carbohydrates

Sugars (g) 8

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA



Ingredients

Whole Wheat Flour, Sugar, Canola Oil, Cocoa (processed with alkali), Natural Flavor, Baking Soda, Salt. Contains: Wheat.



Nutrition Facts

Serving Size 16 cookies (30g)

Servings Per Container about 9

Amount Per Serving

Amount Per Serving		Calories from Fat 45	
Calories 130		% Daily Value	
	% Daily Value		% Daily Value
Total Fat 5g	8%	Saturated Fat 0g	0%
Trans Fat 0g		Cholesterol 0mg	0%
Sodium 125mg	5%	Total Carbohydrate 21g	7%
Dietary Fiber 2g	9%	Sugars 9g	
Protein 2g			
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Smart Snacks Product Calculator Results

Brand:
Skeeter Nut Free

Product Name:
Chocolate Grahams

Serving Size:
30.00 g

First Ingredient:
Whole Grain

Your whole grain product meets all nutrient standards for entrees or snack foods.

Nutrition Facts

Serving Size 30.00 g ⓘ

Servings Per Container

Amount Per Serving

Calories 130

Calories from Fat 45

Total Fat (g) 5

Saturated Fat (g) 0

Trans Fat (g) 0

Sodium (mg) 125

Carbohydrates

Sugars (g) 9

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA



TIO PEPE'S® 51% Whole Grain 5" Apple Filled Churros 1.9 OZ

Manufacturer's
Product Code
41110

Nutrition Facts

Serving Size: 1 churro (54 G)
Serving Per Container:

Calories	150		
Calories from Fat	35		
	Per Serving	% Daily Value*	
Total Fat	4g	6%	
Saturated Fat	1g	6%	
Trans Fat	0g		
Cholesterol	0mg	0%	
Sodium	60mg	3%	
Total Carbohydrate	27g	9%	
Dietary Fiber	1g	6%	
Sugars	9g		
Protein	3g		
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	4%

Ingredients:

Dough (Water, Whole Wheat Flour, Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Modified Food Starch, Sugar, Vegetable Oil [contains one or more of the following: Canola Oil, Cottonseed Oil, Palm Oil, Soybean Oil], Soy Flour, Whey, Fructose, Baking Powder [Sodium Acid Pyrophosphate, Baking Soda, Cornstarch, Monocalcium Phosphate, Calcium Sulfate], Artificial Flavor, Monoglycerides, Salt, Eggs). Filling (Water, High Fructose Corn Syrup, Evaporated and Dehydrated Apples [preserved with sodium sulfite], Sugar, Modified Food Starch, Xanthan and /or Guar Gum, Citric Acid, Natural and Artificial Flavors, Sodium Benzoate and Potassium Sorbate as preservatives).

Allergen Information:

Contains: Eggs, Milk, Soy Beans, Wheat

Kosher Type:

OU - DAIRY

Child Nutrition Statement:

The listed serving size contains 16.14g creditable grains of which 8.57g are whole grains. This provides 1 servings of breads/grains under the Child Nutrition Program using the 16g calculator.

Smart Snacks Product Calculator Results

Brand:
Tio Pepe's

Product Name:
Apple Filled Churros

Serving Size:
54.00 g

First Ingredient:
Whole Grain

Your whole grain product meets all nutrient standards for entrees or snack foods.

Nutrition Facts

Serving Size 54.00 g ⓘ

Servings Per Container

Amount Per Serving

Calories 150

Calories from Fat 36

Total Fat (g) 4

Saturated Fat (g) 1

Trans Fat (g) 0

Sodium (mg) 60

Carbohydrates

Sugars (g) 9

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA



INGREDIENTS

Roasted Peanuts, High Maltose Corn Syrup, Sugar, Whole Grain Oats, tapioca syrup, palm kernel oil, rice flour, fructose, whole grain wheat, peanut butter (peanuts, salt), canola oil, maltodextrin, salt, partially defatted peanut flour, soy lecithin, reduced minerals whey, nonfat milk, barley malt extract, honey roasted almond butter (almonds, honey, maltodextrin, palm oil, mixed tocopherols), baking soda, natural flavor, mixed tocopherols added to retain freshness.

Sweet and Salty Peanut

snack, granola bar, peanut bar, granola bar-peanut, breakfast

D **170**
Grade Calories

Nutrition Facts

Serving Size 1 bar (35 g)

Per Serving	% Daily Value*
Calories 170	
Calories from Fat 81	
Total Fat 9g	14%
Saturated Fat 2.5g	13%
Cholesterol 0mg	0%
Sodium 135mg	6%
Carbohydrates 19g	6%
Dietary Fiber 2g	8%
Sugars 11g	
Protein 4g	

Calcium 1% · Iron 1%

Smart Snacks Product Calculator Results

Brand:
Nature Valley

Product Name:
Sweet & Salty Peanut

Serving Size:
35.00 g

First Ingredient:
Peanut

Your protein food product meets all nutrient standards for entrees or snack foods.

Nutrition Facts

Serving Size 35.00 g ⓘ

Servings Per Container

Amount Per Serving

Calories 170

Calories from Fat 81

Total Fat (g) 9

Saturated Fat (g) 2.5

Trans Fat (g) 0

Sodium (mg) 135

Carbohydrates

Sugars (g) 11

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA



INGREDIENTS

whole wheat flour, cereal (whole grain corn, sugar, corn syrup, corn meal, whole grain corn flour, rice bran and/or canola oil, cocoa processed with alkali, color added, salt, tricalcium phosphate, fructose, natural and artificial flavor, corn starch, trisodium phosphate, bht added to preserve freshness), corn syrup, brown rice flour, rice bran and/or canola oil, sugar, fructose, high fructose corn syrup, whole oat flour, cocoa processed with alkali, modified wheat starch, whole corn flour, contains 2% or less of: corn flour, glycerin, maltodextrin, citric acid, salt, gelatin, artificial flavor, corn starch, mixed tocopherols and bht added to preserve freshness, sulfiting agents. vitamins and mineral: calcium carbonate, zinc and iron (mineral nutrients), vitamin c (sodium ascorbate), a b vitamin (niacinamide), pyridoxine hydrochloride, vitamin b2 (riboflavin), vitamin b1 (thiamin mononitrate), vitamin a palmitate, a b vitamin (folic acid).

Nutrition Facts

Serving Size 40.00 g ⓘ

Servings Per Container

Amount Per Serving

Calories 150

Calories from Fat 30

Total Fat (g) 3

Saturated Fat (g) 0.5

Trans Fat (g) 0

Sodium (mg) 110

Carbohydrates

Sugars (g) 9

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA

Smart Snacks Product Calculator Results

Brand:

General Mills

Product Name:

Cocoa Puffs Cereal Bar

Serving Size:

40.00 g

First Ingredient:

Whole Wheat Flour

Your whole grain product meets all nutrient standards for entrees or snack foods.

Nutrition Facts

Serving Size 40.00 g ⓘ

Servings Per Container

Amount Per Serving

Calories 150

Calories from Fat 30

Total Fat (g) 3

Saturated Fat (g) 0.5

Trans Fat (g) 0

Sodium (mg) 110

Carbohydrates

Sugars (g) 9

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA



Ingredients

Whole Grain Rolled Oats, Corn Syrup, Whole Wheat, Sugar, Fructose, Canola and or Rice Bran Oil, Brown Rice Flour, Rice Flour, Maltodextrin, Chicory Root Extract, Whole Corn Flour. Contains 2% or less of: Glycerin, Wheat Starch, Calcium Carbonate, Salt, Dextrose, Color Added, Cinnamon, Gelatin, Baking Soda, Trisodium Phosphate, Mono and Diglycerides, Potassium Hydroxide, Zinc and Iron (mineral nutrients), A B Vitamin (niacinamide), Natural Flavor, Soy Lecithin, BHT Added to Retain Freshness, Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin).

Nutrition Facts

Serving Size 1 each (40g)	
Amount Per Serving	
Calories 150	Calories From Fat 27
	% Daily Value *
Fat 3g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 115mg	5%
Potassium	n/a
Carbohydrates 30g	10%
Fiber 3g	12%
Sugar 8g	
Protein 3g	6%
Vitamin A IU 0% Vitamin C 0% Calcium 20% Iron 10%	
* Based on a 2000 calorie diet	
Calories Per Gram:	
Fat: 9	Carbohydrates: 4 Protein: 4

Smart Snacks Product Calculator Results

Brand:

General Mills

Product Name:

Cinnamon Toast Crunch Cereal Bar

Serving Size:

40.00 g

First Ingredient:

Whole Grain Oats

Your whole grain product meets all nutrient standards for entrees or snack foods.

Nutrition Facts

Serving Size 40.00 g ⓘ

Servings Per Container

Amount Per Serving

Calories 150

Calories from Fat 27

Total Fat (g) 3

Saturated Fat (g) 0.5

Trans Fat (g) 0

Sodium (mg) 115

Carbohydrates

Sugars (g) 8

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA



Ingredients

Whole Grain Rolled Oats, Corn Syrup, Sugar, Canola And/or Rice Bran Oil, Fructose, Whole Wheat Flour, Brown Rice Flour, Chicory Root Extract, Whole Corn Flour, Dried Diced Apples, Maltodextrin. Contains 2% or less of: Wheat Starch, Glycerin, Calcium Carbonate, Salt, Corn Starch, Oat Bran, Cinnamon, Gelatin, Apple Puree Concentrate, Color Added, Brown Sugar Syrup, Baking Soda, Trisodium Phosphate, Monoglycerides, Sodium Citrate, Zinc and Iron (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Natural Flavor, BHT and Mixed Tocopherols Added To Retain Freshness, Soy Lecithin, Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D.

Nutrition Facts

Serving Size:	1 Bar (40g)	
Amount Per Serving:	As Packaged	
Calories	150	
Calories From Fat	30	
	% Daily Value*	
Total Fat	3g	5%
Saturated Fat	0.5g	3%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	95mg	4%
Total Carbohydrate	30g	10%
Dietary Fiber	3g	12%
Sugars	9g	
Protein	2g	
Vitamin A	2%	
Vitamin C	0%	
Calcium	20%	
Iron	10%	
Vitamin D	0%	
Thiamin	6%	
Riboflavin	6%	
Niacin	4%	
Vitamin B6	6%	
Folic Acid	8%	
Vitamin B12	4%	
Zinc	6%	

* Percent Daily Value (DV) are based on a 2,000 calorie diet

* - Not a significant nutrient source

* Nutritional information is subject to change. See product label to verify ingredients and allergens.

*Do not eat raw dough or batter.

Smart Snacks Product Calculator Results

Brand:
General Mills

Product Name:
**Apple Cinnamon Cheerios Cereal
Bar**

Serving Size:
40.00 g

First Ingredient:
Whole Grain Rolled Oats

Your whole grain product meets all nutrient standards for entrees or snack foods.

Nutrition Facts

Serving Size 40.00 g ⓘ

Servings Per Container

Amount Per Serving

Calories 150

Calories from Fat 30

Total Fat (g) 3

Saturated Fat (g) 0.5

Trans Fat (g) 0

Sodium (mg) 95

Carbohydrates

Sugars (g) 9

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA



INGREDIENTS

Whole Grain Oats, Sugar, Canola Oil, Rice Flour, Honey, Salt, Brown Sugar Syrup, Baking Soda, Soy Lecithin, Natural Flavor.

Nutrition Facts

Serving Size 42.00 g [i](#)

Servings Per Container

Amount Per Serving

Calories 190

Calories from Fat 60

Total Fat (g) 7

Saturated Fat (g) 1

Trans Fat (g) 0

Sodium (mg) 180

Carbohydrates

Sugars (g) 11

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA

Smart Snacks Product Calculator Results

Brand:
Nature Valley

Product Name:
Oats & Honey Granola Bar

Serving Size:
42.00 g

First Ingredient:
Whole Grain Oats

Your whole grain product meets all nutrient standards for entrees or snack foods.

Nutrition Facts

Serving Size 42.00 g ⓘ

Servings Per Container

Amount Per Serving

Calories 190

Calories from Fat 60

Total Fat (g) 7

Saturated Fat (g) 1

Trans Fat (g) 0

Sodium (mg) 180

Carbohydrates

Sugars (g) 11

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA



INGREDIENTS

roasted peanuts, soy protein isolate, chicory root extract, semisweet chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, natural flavor), vegetable oils (palm kernel, palm, canola, peanut), sugar, corn syrup, whey protein concentrate, fructose, peanut butter (peanuts, salt), cocoa, vegetable glycerin, rice starch, soy lecithin, salt, corn starch, natural flavor.

Peanut Butter and Dark Chocolate Protein Bar

Nature Valley Granola
[nature valley protein bar](#), [protein bar](#), [nature valley protein](#), [name this favorite...](#), [snack](#)

C- 190
Grade Calories

Nutrition Facts

Serving Size 1 serving (40 g)

Per Serving	% Daily Value*
Calories 190	
Calories from Fat 108	
Total Fat 12g	18%
Saturated Fat 3.5g	18%
Polyunsaturated Fat 1g	
Monounsaturated Fat 7g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Potassium 0mg	0%
Carbohydrates 14g	5%
Dietary Fiber 5g	20%
Sugars 6g	
Protein 10g	

Vitamin A 0% · Vitamin C 0%

Calcium 2% · Iron 8%

Smart Snacks Product Calculator Results

Brand:
Nature Valley

Product Name:
**Peanut Butter & Dark Chocolate
Protein Bar**

Serving Size:
40.00 g

First Ingredient:
Peanut

Your protein food product meets all nutrient standards for entrees or snack foods.

Nutrition Facts

Serving Size 40.00 g ⓘ

Servings Per Container

Amount Per Serving

Calories 190

Calories from Fat 108

Total Fat (g) 12

Saturated Fat (g) 3.5

Trans Fat (g) 0

Sodium (mg) 170

Carbohydrates

Sugars (g) 6

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA



INGREDIENTS

chicory root extract, semisweet chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, natural flavor), whole grain oats, corn syrup, rice flour, barley flakes, sugar, canola and palm kernel oil, vegetable glycerin, high maltose corn syrup, maltodextrin, tricalcium phosphate, sugarcane fiber, soy lecithin, cocoa processed with alkali, salt, fructose, malt extract, caramel color, cellulose gum, baking soda, milk, natural flavor, mixed tocopherols added to retain freshness.

Fiber One Chewy Bars Oats & Chocolate

[fiber one bar, snack](#), [fiber one, breakfast](#), [granola bar](#)

B

Grade

140

Calories

Nutrition Facts

Serving Size 1 bar (40 g)

Per Serving	% Daily Value*
Calories 140	
Calories from Fat 36	
Total Fat 4g	6%
Saturated Fat 1.5g	8%
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1.5g	
Sodium 90mg	4%
Carbohydrates 29g	10%
Dietary Fiber 9g	36%
Sugars 10g	
Protein 2g	

Vitamin A 2% ·

Calcium 10% · Iron 2%

Smart Snacks Product Calculator Results

Brand:
Fiber One

Product Name:
Chewy Bars Oats & Chocolate

Serving Size:
40.00 g

First Ingredient:
Cherry Root Extract

Your vegetable product meets all nutrient standards for entrees or snack foods.

Nutrition Facts

Serving Size 40.00 g ⓘ

Servings Per Container

Amount Per Serving

Calories 140

Calories from Fat 36

Total Fat (g) 4

Saturated Fat (g) 1.5

Trans Fat (g) 0

Sodium (mg) 90

Carbohydrates

Sugars (g) 10

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA



INGREDIENTS

Organic Granola (organic rolled oats, organic tapioca syrup, organic sugar, organic sunflower oil, sea salt, organic vanilla extract, baking soda), Organic Tapioca Syrup, Organic Crisp Rice (organic rice flour, organic sugar, organic raisin juice concentrate, sea salt, annatto color), Semisweet Chocolate Chips (organic sugar, organic chocolate liquor, organic cocoa butter, organic dextrose, organic soy lecithin, organic vanilla), Organic Rice Flour, Glycerin, Organic Whole Oat Flour, Organic Sunflower Oil, Organic Cream, Organic Vanilla Extract.

Chocolate Chip Chewy Granola Bar

granola bar, snack, breakfast, chocolate chip chewy granola bar, snacks

D+
Grade

140
Calories

Nutrition Facts

Serving Size 1 bar (35 g)

Per Serving	% Daily Value*
Calories 140	
Calories from Fat 27	
Total Fat 3g	5%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 85mg	4%
Carbohydrates 26g	9%
Dietary Fiber 1g	4%
Sugars 9g	
Protein 2g	
Iron 4%	

Smart Snacks Product Calculator Results

Brand:
Cascadian

Product Name:
Chocolate Chip Granola Bar

Serving Size:
35.00 g

First Ingredient:
Oats

Your whole grain product meets all nutrient standards for entrees or snack foods.

Nutrition Facts

Serving Size 35.00 g ⓘ

Servings Per Container

Amount Per Serving

Calories 140

Calories from Fat 27

Total Fat (g) 3

Saturated Fat (g) 1

Trans Fat (g) 0

Sodium (mg) 85

Carbohydrates

Sugars (g) 9

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA



INGREDIENTS

peanuts, peanut and/or cottonseed oil, sea salt.

Nutrition Facts

Peanuts, Salted - From Planters

1 oz (28g)

Servings Per Container 56

Amount Per Serving

Calories 170 Calories from Fat 130

% Daily Value*

Total Fat 14g 22%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 115mg 5%

Total Carbohydrates 5g 2%

Dietary Fiber 2g 8%

Sugars 1g

Protein 7g

Vitamin A 0%

Vitamin C 0%

Calcium 2%

Iron 6%

* Percent Daily Values are based on a 2000 calorie diet.
Your Daily Values may be higher or lower depending on
your calorie needs.

Smart Snacks Product Calculator Results

Brand:
Planter's

Product Name:
Salted Peanuts

Serving Size:
28.35 g

First Ingredient:
Peanuts

Your protein food product meets all nutrient standards for entrees or snack foods.

Nutrition Facts

Serving Size 1 oz (about 28.35 g) ⓘ

Servings Per Container

Amount Per Serving

Calories 170

Calories from Fat 130

Total Fat (g) 14

Saturated Fat (g) 2

Trans Fat (g) 0

Sodium (mg) 115

Carbohydrates

Sugars (g) 1

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA



INGREDIENTS

peanuts: roasted in peanut and/or cottonseed oil, salt. cranberries: cranberries, sugar, sunflower oil. almonds: roasted in peanut and/or cottonseed oil, salt.

Nutrition Facts

Serving Size 1 oz. (28g) about 1/4 cup

Amount Per Serving

Calories 150 **Calories From Fat** 90

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 65mg **3%**

Total Carbohydrate 11g **4%**

Dietary Fiber 2g **8%**

Sugars 7g

Protein 5g **10%**

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Smart Snacks Product Calculator Results

Brand:

Kar's

Product Name:

Cranberry Almond Peanut

Serving Size:

28.35 g

First Ingredient:

Peanut

Your protein food product meets all nutrient standards for entrees or snack foods.

Nutrition Facts

Serving Size 1 oz (about 28.35 g) ⓘ

Servings Per Container

Amount Per Serving

Calories 150

Calories from Fat 90

Total Fat (g) 10

Saturated Fat (g) 1.5

Trans Fat (g) 0

Sodium (mg) 65

Carbohydrates

Sugars (g) 7

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA



INGREDIENTS

cashews roasted in peanut and/or cottonseed oil, salt.



Salted Cashews

cashews, nuts, snack, salted cashews, snacks

C
Grade

160
Calories

Nutrition Facts

Serving Size 1/4 cup (28 g)

Per Serving	% Daily Value*
Calories 160	
Calories from Fat 126	
Total Fat 14g	22%
Saturated Fat 2.5g	12%
Cholesterol 0mg	0%
Sodium 85mg	4%
Potassium 180mg	5%
Carbohydrates 9g	3%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 5g	

Vitamin A 0% · Vitamin C 0%

Calcium 0% · Iron 10%

Smart Snacks Product Calculator Results

Brand:

Kar's

Product Name:

Salted Cashews

Serving Size:

28.35 g

First Ingredient:

Cashew

Your protein food product meets all nutrient standards for entrees or snack foods.

Nutrition Facts

Serving Size 1 oz (about 28.35 g) ⓘ

Servings Per Container

Amount Per Serving

Calories 160

Calories from Fat 126

Total Fat (g) 14

Saturated Fat (g) 2.5

Trans Fat (g) 0

Sodium (mg) 85

Carbohydrates

Sugars (g) 1

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA



INGREDIENTS

Pistachios, Salt.

Pistachios

1.5 oz pkg

C+
Grade

120
Calories

Nutrition Facts

Serving Size 1 package (42 g)

Per Serving	% Daily Value*
Calories 120	
Calories from Fat 90	
Total Fat 10g	15%
Saturated Fat 1.5g	7%
Polyunsaturated Fat 3g	
Monounsaturated Fat 5g	
Sodium 120mg	5%
Potassium 230mg	7%
Carbohydrates 6g	2%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 5g	
Calcium 2% · Iron 6%	

Smart Snacks Product Calculator Results

Brand:
Wonderful

Product Name:
Pistacios

Serving Size:
42.00 g

First Ingredient:
Pistacio

Your protein food product meets all nutrient standards for entrees or snack foods.

Nutrition Facts

Serving Size 42.00 g ⓘ

Servings Per Container

Amount Per Serving

Calories 120

Calories from Fat 90

Total Fat (g) 10

Saturated Fat (g) 1.5

Trans Fat (g) 0

Sodium (mg) 120

Carbohydrates

Sugars (g) 2

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA



INGREDIENTS

Stone ground whole wheat flour, dried cane juice, brown rice syrup, fig paste, canola oil, rolled oats, caramel color (ammonia free), sea salt, citric acid, oat fiber, baking soda, baking powder.

NUTRITION

Serving Size: 1 oz (28g)

	Amount per Serving	My Daily Value	
Calories	110Kcal	6%	
Calories from Fat	20Kcal	3%	
Total Fat	2.5g	4%	
Saturated Fat	0g	0%	✓
Trans Fat	0g	0%	
Cholesterol	0mg	0%	✓
Sodium	10mg	0%	✓
Total Carbohydrate	21g	9%	
Dietary Fiber	2g	8%	
Sugars	9g	21%	!
Added Sugars	7.65g	32%	!
Protein	2g	4%	
Vitamin A	100IU	2%	
Vitamin C	0mg	0%	
Calcium	0mg	0%	

Smart Snacks Product Calculator Results

Brand:

Nature's Bakery

Product Name:

Fig Bar

Serving Size:

28.35 g

First Ingredient:

Stone Ground Whole Wheat

Your fruit product meets all nutrient standards for entrees or snack foods.

Nutrition Facts

Serving Size 1 oz (about 28.35 g) ⓘ

Servings Per Container

Amount Per Serving

Calories 110

Calories from Fat 20

Total Fat (g) 2.5

Saturated Fat (g) 0

Trans Fat (g) 0

Sodium (mg) 10

Carbohydrates

Sugars (g) 9

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA



INGREDIENTS

crust: whole grain oats, enriched flour (wheat flour, niacin, reduced iron, vitamin b1 [thiamin mononitrate], vitamin b2 [riboflavin], folic acid), whole wheat flour, soybean oil, soluble corn fiber, sugar, calcium carbonate, whey, wheat bran, salt, cellulose, potassium bicarbonate, cinnamon, mono- and diglycerides, soy lecithin, natural and artificial flavor, wheat gluten, niacinamide, vitamin a palmitate, carrageenan, zinc oxide, reduced iron, guar gum, vitamin b6 (pyridoxine hydrochloride), vitamin b1 (thiamin hydrochloride), vitamin b2 (riboflavin), folic acid, filling: high fructose corn syrup, corn syrup, apple puree concentrate, glycerin, sugar, sodium alginate, modified corn starch, malic acid, methylcellulose, calcium phosphate, cinnamon, citric acid, caramel color.

Nutrition Facts

Serving Size 1 Bar (37g)
Servings Per Container 16

Amount Per Serving

Calories 120 Calories from Fat 30

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 110mg **5%**

Total Carbohydrate 24g **8%**

Dietary Fiber 3g **10%**

Sugars 12g

Protein 2g

Vitamin A 15% • Vitamin C 0% • Calcium 20% • Iron 10%

Thiamin 15% • Riboflavin 25% • Niacin 25% • Vitamin B₆ 25%

Zinc 10%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	3,000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Smart Snacks Product Calculator Results

Brand:

Kellogg's

Product Name:

Nutrigrain Assorted Flavors

Serving Size:

37.00 g

First Ingredient:

Whole Grain Oats

Your whole grain product meets all nutrient standards for entrees or snack foods.

Nutrition Facts

Serving Size 37.00 g ⓘ

Servings Per Container

Amount Per Serving

Calories 120

Calories from Fat 30

Total Fat (g) 3

Saturated Fat (g) 0.5

Trans Fat (g) 0

Sodium (mg) 110

Carbohydrates

Sugars (g) 12

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA

Hint

Water – Mango-Grapefruit



Nutrition Facts

Serving Size bottle  1 bottle = 16 fl oz

Amount Per Serving

Calories **0**

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Sugars 0g

Protein 0g

Vitamin A 0 IU 0%

Vitamin C 0mg 0%

Calcium 0mg 0%

Iron 0mg 0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Smart Snacks Product Calculator Results

Brand:

Hint

Product Name:

Water Mango Grapefruit

Serving Size:

16.00 oz

Servings Per Container:

1

Nutrition Facts

Serving Size 16 fluid oz

Servings Per Container 1

Calories 0
