Smart Snacks Run Through the Alliance Calculator
Ingredients: Dried Potato, Rice Flour, Sunflower and/or Safflower Oil, Potato Starch, Sea Salt, Salt.

<table>
<thead>
<tr>
<th>NUTRITION</th>
<th>Amount per Serving</th>
<th>My Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>120 Kcal</td>
<td>7%</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>35 Kcal</td>
<td>5%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>4g</td>
<td>6%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>190mg</td>
<td>8%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>19g</td>
<td>6%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1g</td>
<td>4%</td>
</tr>
<tr>
<td>Added Sugars</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Sugars</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Protein</td>
<td>1g</td>
<td>2%</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>0 IU</td>
<td>0%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Calcium</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Iron</td>
<td>0mg</td>
<td>0%</td>
</tr>
</tbody>
</table>
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
Sugar (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 G Potatoes, Safflower and/or Sunflower Oil Salt 5
Potassium 3 5
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
<table>
<thead>
<tr>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Serving Size</strong>: 0.8 oz (about 22.68 g)</td>
</tr>
<tr>
<td><strong>Calories</strong> : 100</td>
</tr>
<tr>
<td><strong>Calories from Fat</strong> : 25</td>
</tr>
<tr>
<td><strong>Total Fat (g)</strong> : 2.5</td>
</tr>
<tr>
<td>Saturated Fat (g) : 0.5</td>
</tr>
<tr>
<td>Trans Fat (g) : 0</td>
</tr>
<tr>
<td><strong>Sodium (mg)</strong> : 125</td>
</tr>
<tr>
<td><strong>Carbohydrates</strong></td>
</tr>
<tr>
<td>Sugars (g) : 0</td>
</tr>
<tr>
<td><strong>Vitamin D (%)</strong> : NA</td>
</tr>
<tr>
<td><strong>Potassium (%)</strong> : NA</td>
</tr>
<tr>
<td><strong>Calcium (%)</strong> : NA</td>
</tr>
<tr>
<td><strong>Dietary Fiber (%)</strong> : NA</td>
</tr>
</tbody>
</table>

**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.
INGREDIENTS
popcorn, sugar, canola oil, salt.

Kettlecorn
Original
kettlecorn, popcorn, name this favorite...

<table>
<thead>
<tr>
<th>Grade</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>D+</td>
<td>130</td>
</tr>
</tbody>
</table>

Nutrition Facts
Serving Size 2 cups (28 g)

<table>
<thead>
<tr>
<th>Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>130</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>45</td>
</tr>
<tr>
<td>Total Fat</td>
<td>5g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>130mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>0mg</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>21g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2g</td>
</tr>
<tr>
<td>Sugars</td>
<td>6g</td>
</tr>
<tr>
<td>Protein</td>
<td>1g</td>
</tr>
</tbody>
</table>

Vitamin A 0% · Vitamin C 0%
Calcium 0% · Iron 0%
### 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:**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 130</th>
<th>Calories from Fat 45</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Fat (g)</strong></td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat (g)</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Trans Fat (g)</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td><strong>Sodium (mg)</strong></td>
<td>130</td>
<td></td>
</tr>
<tr>
<td><strong>Carbohydrates</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sugars (g)</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td>Vitamin D (%)</td>
<td>NA</td>
<td></td>
</tr>
<tr>
<td>Potassium (%)</td>
<td>NA</td>
<td></td>
</tr>
<tr>
<td>Calcium (%)</td>
<td>NA</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber (%)</td>
<td>NA</td>
<td></td>
</tr>
</tbody>
</table>
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
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
**Nutrition Facts**

**Serving Size** 23.00 g

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>100</th>
<th>Calories from Fat</th>
<th>35</th>
</tr>
</thead>
</table>

| Total Fat (g) | 4 |
| Saturated Fat (g) | 0 |
| Trans Fat (g) | 0 |

| Sodium (mg) | 180 |

<table>
<thead>
<tr>
<th>Carbohydrates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sugars (g)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Vitamin D (%)</th>
<th>NA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Potassium (%)</td>
<td>NA</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Calcium (%)</th>
<th>NA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dietary Fiber (%)</td>
<td>NA</td>
</tr>
</tbody>
</table>

**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
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
<table>
<thead>
<tr>
<th>Description of Creditable Grain Ingredient*</th>
<th>Grams of Creditable Grain Ingredient per Portion¹</th>
<th>Gram Standard of Creditable Grain per oz equivalent (16g or 28g)²</th>
<th>Creditable Amount A = B</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole Grain Wheat Flour</td>
<td>11.7</td>
<td>16</td>
<td>0.73</td>
</tr>
<tr>
<td>Enriched Wheat Flour</td>
<td>11.3</td>
<td>16</td>
<td>0.7</td>
</tr>
</tbody>
</table>

**Total Creditable Amount³**: 1.43

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>package (26g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Per Container</td>
<td>1</td>
</tr>
</tbody>
</table>

| Amount Per Serving | Calories <100 | Calories From Fat <5%
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>0.5g</td>
<td>1%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>200mg</td>
<td>8%</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>20g</td>
<td>7%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2g</td>
<td>9%</td>
</tr>
<tr>
<td>Sugars</td>
<td>less than 1g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>3g</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Vitamin A &lt;0%</th>
<th>Vitamin C &lt;0%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Iron</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Thiamin</td>
<td>4%</td>
<td>0%</td>
</tr>
<tr>
<td>Riboflavin</td>
<td>2%</td>
<td>0%</td>
</tr>
<tr>
<td>Niacin</td>
<td>4%</td>
<td>0%</td>
</tr>
<tr>
<td>Folate</td>
<td>4%</td>
<td>0%</td>
</tr>
</tbody>
</table>

* 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**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories from Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 100</td>
<td>Calories 0</td>
</tr>
</tbody>
</table>

**Total Fat (g) 0**

- Saturated Fat (g) 0
- Trans Fat (g) 0

**Sodium (mg) 200**

**Carbohydrates**

- Sugars (g) 0

**Vitamin D (%) NA**

**Calcium (%) NA**

**Potassium (%) NA**

**Dietary Fiber (%) NA**
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

<table>
<thead>
<tr>
<th>Brand:</th>
<th>Boulder Canyon</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Product Name:</strong></td>
<td><strong>Baked Hot Fries</strong></td>
</tr>
<tr>
<td><strong>Serving Size:</strong></td>
<td><strong>28.35 g</strong></td>
</tr>
<tr>
<td><strong>First Ingredient:</strong></td>
<td><strong>Whole Grain Corn Meal</strong></td>
</tr>
</tbody>
</table>

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

## Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>1 oz (about 28.35 g)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Servings Per Container</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Amount Per Serving</strong></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Calories</strong></th>
<th>110</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Calories from Fat</strong></td>
<td>30</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Total Fat (g)</strong></th>
<th>3.5</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Saturated Fat (g)</strong></td>
<td>0.5</td>
</tr>
<tr>
<td><strong>Trans Fat (g)</strong></td>
<td>0</td>
</tr>
</tbody>
</table>

| **Sodium (mg)** | 190                 |

<table>
<thead>
<tr>
<th><strong>Carbohydrates</strong></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sugars (g)</strong></td>
<td>1</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Vitamin D (%)</strong></th>
<th>NA</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Potassium (%)</strong></td>
<td>NA</td>
</tr>
<tr>
<td><strong>Calcium (%)</strong></td>
<td>NA</td>
</tr>
<tr>
<td><strong>Dietary Fiber (%)</strong></td>
<td>NA</td>
</tr>
</tbody>
</table>
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

---

## Nutrition Facts

**Serving Size:** 17.70 g

**Servings Per Container:**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 100</th>
<th>Calories from Fat 60</th>
</tr>
</thead>
</table>

**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

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount per Serving</th>
<th>My Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>120 Kcal</td>
<td>7%</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>30 Kcal</td>
<td>5%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>3.5g</td>
<td>6%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>105mg</td>
<td>5%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>21g</td>
<td>9%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1g</td>
<td>4%</td>
</tr>
<tr>
<td>Sugars</td>
<td>2g</td>
<td>5%</td>
</tr>
<tr>
<td>Added Sugars</td>
<td>2g</td>
<td>8%</td>
</tr>
<tr>
<td>Protein</td>
<td>2g</td>
<td>4%</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>100 IU</td>
<td>2%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>0mg</td>
<td>0%</td>
</tr>
</tbody>
</table>
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)

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
Nutrition Facts

Serving Size 0.8 oz (about 22.68 g)

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

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.
**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)
- **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 Dacetate, Sodium Caseinate, Lactic acid, disodium inosinate, disodium guanylate, nonfat milk, Sodium Citrate, Carrageenan), salt.

### Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size 1 package (67.5 oz.)</th>
<th>Servings Per Container 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount Per Serving</td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td>120</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>40</td>
</tr>
<tr>
<td>% Daily Value</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>4.5g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0.5g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>180mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>16g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>less than 1g</td>
</tr>
<tr>
<td>Sugar</td>
<td>0g</td>
</tr>
<tr>
<td>Protein</td>
<td>2g</td>
</tr>
</tbody>
</table>

| Vitamin A                        | 0%                      |
| Vitamin C                        | 0%                      |
| Calcium                          | 10%                     |
| Iron                             | 4%                      |
| Vitamin E                        | 2%                      |
| Thiamin                          | 8%                      |
| Ribofavin                        | 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.*

<table>
<thead>
<tr>
<th>Calories</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>
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
# Reduced Fat Cool Ranch Flavored Tortilla Chips

**Nutrition Facts**

Serving Size 1 package (28 g)

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>130</td>
<td></td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>45</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>5g</td>
<td>8%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1g</td>
<td>5%</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>2.5g</td>
<td></td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>1.5g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>160mg</td>
<td>7%</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>19g</td>
<td>6%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2g</td>
<td>8%</td>
</tr>
<tr>
<td>Sugars</td>
<td>1g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>2g</td>
<td></td>
</tr>
<tr>
<td>Vitamin A</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Vitamin C</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Calcium</td>
<td>4%</td>
<td></td>
</tr>
<tr>
<td>Iron</td>
<td>2%</td>
<td></td>
</tr>
</tbody>
</table>

**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.
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 package**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 130</td>
<td>Calories from Fat 45</td>
</tr>
<tr>
<td>Total Fat 5g</td>
<td>6%</td>
</tr>
<tr>
<td>Saturated Fat 0.5g</td>
<td>3%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium 200mg</td>
<td>8%</td>
</tr>
<tr>
<td>Total Carbohydrate 20g</td>
<td>7%</td>
</tr>
<tr>
<td>Dietary Fiber 2g</td>
<td>8%</td>
</tr>
<tr>
<td>Sugars 0g</td>
<td></td>
</tr>
<tr>
<td>Protein 2g</td>
<td></td>
</tr>
</tbody>
</table>

**Ingredients:** Whole Corn, Corn, Vegetable Oil (Corn, Canola, and/or Sunflower Oil), Corn Dextrose, 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.

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

<table>
<thead>
<tr>
<th>Calories</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>Less than 50g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>Less than 25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>Less than 200mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 1,500mg</td>
<td>Less than 1,500mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>200g</td>
<td>250g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

Calories per gram:

<table>
<thead>
<tr>
<th>Fat</th>
<th>Carbohydrate</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>9g</td>
<td>4g</td>
<td>4g</td>
</tr>
</tbody>
</table>

**CONTAINS MILK INGREDIENTS.**
Nutrition Facts

Serving Size: 1 oz (about 28.35 g)

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

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

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*

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>1 package</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings Per Container</td>
<td>1</td>
</tr>
<tr>
<td>Amount Per Container</td>
<td></td>
</tr>
</tbody>
</table>

| Calories | 130 |
| Calories from Fat | 43 |
| Total Fat | 5g |
| Saturated Fat | 0.5g |
| Trans Fat | 0g |
| Cholesterol | 0mg |
| Sodium | 160mg |
| Total Carbohydrate | 20g |
| Dietary Fiber | 2g |
| 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.

| Total Fat | Less than 5g |
| Salt Fat | Less than 25g |
| Cholesterol | Less than 300mg |
| Sodium | Less than 2,400mg |

| Total Carbohydrate | 37g |
| Dietary Fiber | 25g |
| Sugars less than 1g | |

<table>
<thead>
<tr>
<th>Calories per gram</th>
<th>Fat</th>
<th>Carbohydrate</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fat</td>
<td>9</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>4</td>
<td>4</td>
<td>4</td>
</tr>
</tbody>
</table>

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

---

### 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**: 000-28400-48983-1

**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:
Spicy 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.

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>1 package (3 g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Per Serving</td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td>100</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>54</td>
</tr>
<tr>
<td>Total Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0.5g</td>
</tr>
<tr>
<td>Cholesterol</td>
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<td>Sodium</td>
<td>60mg</td>
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<tr>
<td>Potassium</td>
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<td>Carbohydrates</td>
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<tr>
<td>Dietary Fiber</td>
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<tr>
<td>Sugars</td>
<td>0g</td>
</tr>
<tr>
<td>Protein</td>
<td>2g</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>% Daily Value</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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)

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.
### 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

<table>
<thead>
<tr>
<th>Serving Size 1 oz (about 28.35 g)</th>
<th>Calories 160</th>
<th>Calories from Fat 36</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount Per Serving</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total Fat (g)</strong></td>
<td>4</td>
<td>0</td>
</tr>
<tr>
<td>Saturated Fat (g)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Trans Fat (g)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Sodium (mg)</td>
<td>200</td>
<td>0</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sugars (g)</td>
<td>3</td>
<td>0</td>
</tr>
<tr>
<td>Vitamin D (%) NA</td>
<td>NA</td>
<td>0</td>
</tr>
<tr>
<td>Potassium (%) NA</td>
<td>NA</td>
<td>0</td>
</tr>
<tr>
<td>Calcium (%) NA</td>
<td>NA</td>
<td>0</td>
</tr>
<tr>
<td>Dietary Fiber (%) NA</td>
<td>NA</td>
<td>0</td>
</tr>
</tbody>
</table>
**Smart Snacks**

**Product Calculator Results**

- **Brand:** Lays Oven Baked
- **Product Name:** BBQ Potato Chips
- **Serving Size:** 28.35 g
- **First Ingredient:** Potato

---

**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**
### 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:**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>120</th>
<th>Calories from Fat</th>
<th>25</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Fat (g)</strong></td>
<td>3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Saturated Fat (g)</td>
<td>0.5</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Trans Fat (g)</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Sodium (mg)</strong></td>
<td>170</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Carbohydrates</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sugars (g)</td>
<td>3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Vitamin D (%)</strong></td>
<td>NA</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Potassium (mg)</strong></td>
<td>NA</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Calcium (%)</strong></td>
<td>NA</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Dietary Fiber (%)</strong></td>
<td>NA</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
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
Sugar (g) 8
Vitamin D (%RDA) NA
Potassium (%RDA) NA
Calcium (%RDA) NA
Dietary Fiber (%RDA) 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 tboq 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.
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.
**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**

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size 1 oz (28 g)</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 140</td>
<td>11%</td>
</tr>
<tr>
<td>Calories from Fat 63</td>
<td>3%</td>
</tr>
<tr>
<td>Total Fat 7g</td>
<td>2%</td>
</tr>
<tr>
<td>Saturated Fat 0.5g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium 55mg</td>
<td>2%</td>
</tr>
<tr>
<td>Potassium 140mg</td>
<td>4%</td>
</tr>
<tr>
<td>Carbohydrates 18g</td>
<td>6%</td>
</tr>
<tr>
<td>Dietary Fiber 0g</td>
<td>24%</td>
</tr>
<tr>
<td>Sugars 0g</td>
<td></td>
</tr>
<tr>
<td>Protein 4g</td>
<td></td>
</tr>
</tbody>
</table>

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
INGREDIENTS

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

Baked Vegetable Crisps

Nutrition Facts

Serving Size 1 bag (28 g)

<table>
<thead>
<tr>
<th>Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>110</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>18</td>
</tr>
<tr>
<td>Total Fat</td>
<td>2g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>160mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>270mg</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>22g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2g</td>
</tr>
<tr>
<td>Sugars</td>
<td>3g</td>
</tr>
<tr>
<td>Protein</td>
<td>2g</td>
</tr>
</tbody>
</table>

Vitamin A 35% · Vitamin C 35% · Calcium 4% · Iron 2%

Based on a 2000 calorie diet.
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

- 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  •  Calories 2,500

- Total Fat Less Than 65g  26g
- Saturated Fat Less Than 10g  2g
- Cholesterol Less Than 300mg  300mg
- Sodium Less Than 2,400mg  2,400mg
- Total Carbohydrate 170g  100g
- Dietary Fiber 26g  28g

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
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.
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.

<table>
<thead>
<tr>
<th>Nutrition</th>
<th>Amount/serving</th>
<th>%DV</th>
<th>Amount/serving</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>4g</td>
<td>6%</td>
<td>Total carb.</td>
<td>31g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>1g</td>
<td>6%</td>
<td>Dietary Fiber</td>
<td>8g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
<td>Sugars</td>
<td>10g</td>
</tr>
<tr>
<td>Cholest.</td>
<td>0mg</td>
<td>0%</td>
<td>Protein</td>
<td>3g</td>
</tr>
<tr>
<td>Sodium</td>
<td>190mg</td>
<td>8%</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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
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

Serving 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)

Table:<br>
<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 160</td>
<td>3%</td>
</tr>
<tr>
<td>Total Fat 4g</td>
<td>8%</td>
</tr>
<tr>
<td>Saturated Fat 1g</td>
<td>6%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium 140mg</td>
<td>6%</td>
</tr>
<tr>
<td>Total Carbohydrate 30g</td>
<td>10%</td>
</tr>
<tr>
<td>Dietary Fiber less than 1g</td>
<td>2%</td>
</tr>
<tr>
<td>Sugars 11g</td>
<td></td>
</tr>
<tr>
<td>Protein 2g</td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 0% + Vitamin C 0%
Calcium 0% + Iron 10%
Thiamin 25% + Riboflavin 15%
Niacin 0% + 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.

INGREDIENTS: WHOLE GRAIN BROWN RICE, CORN SYRUP, FRUCTOSE, SOYBEAN AND PALM OIL WITH TDHQ FOR FRESHNESS, SUGAR, CORN SYRUP SOLIDS, CONTAINS 2% OR LESS OF SODIUM, DEXTROSE, SALT, SUGAR, VANILLA, NATURAL AND ARTIFICIAL BUTTER FLAVOR (CONTAINS MILK, DATES, NATURAL AND ARTIFICIAL MARSHMALLOW FLAVOR, ACETYLATED MONOGLYCERIDES, IRON, BHT (PRESERVATIVE), NIAGRAMIDE, VITAMIN B1 (THIAMIN HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN HYDROCHLORIDE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B12 (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

Calories 160

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.
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.
**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**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories from Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 130</td>
<td>45</td>
</tr>
</tbody>
</table>

**Total Fat (g) 5**

<table>
<thead>
<tr>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

**Sodium (mg) 125**

**Carbohydrates**

| Sugars (g) | 9 |

**Vitamin D (%) NA**

**Potassium (%) NA**

**Calcium (%) NA**

**Dietary Fiber (%) NA**
## Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>1 churro (54 g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Per Container</td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td>150</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>35</td>
</tr>
<tr>
<td>Total Fat</td>
<td>4g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>60mg</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>27g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1g</td>
</tr>
<tr>
<td>Sugars</td>
<td>5g</td>
</tr>
<tr>
<td>Protein</td>
<td>3g</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>0%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>0%</td>
</tr>
<tr>
<td>Calcium</td>
<td>2%</td>
</tr>
<tr>
<td>Iron</td>
<td>4%</td>
</tr>
</tbody>
</table>

## 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, Soybeans, 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.
<table>
<thead>
<tr>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size: 54.00 g</td>
</tr>
<tr>
<td>Calories: 150</td>
</tr>
<tr>
<td>Calories from Fat: 36</td>
</tr>
<tr>
<td>Total Fat (g): 4</td>
</tr>
<tr>
<td>Saturated Fat (g): 1</td>
</tr>
<tr>
<td>Trans Fat (g): 0</td>
</tr>
<tr>
<td>Sodium (mg): 60</td>
</tr>
<tr>
<td>Carbohydrates:</td>
</tr>
<tr>
<td>Sugars (g): 9</td>
</tr>
<tr>
<td>Vitamin D (%): NA</td>
</tr>
<tr>
<td>Potassium (%): NA</td>
</tr>
<tr>
<td>Calcium (%): NA</td>
</tr>
<tr>
<td>Dietary Fiber (%): NA</td>
</tr>
</tbody>
</table>

**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.
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.
**Smart Snacks Product Calculator Results**

**Brand:** Nature Valley

**Product Name:** Sweet & Salty Peanut

**Serving Size:** 35.00 g

**First Ingredient:** Peanut

---

**Nutrition Facts**

**Serving Size** 35.00 g

**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).
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

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.
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
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

Nutrition Facts

Serving Size 1 serving (40 g)

<table>
<thead>
<tr>
<th>Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>190</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>103</td>
</tr>
<tr>
<td>Total Fat</td>
<td>12g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>3.5g</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>1g</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>7g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>170mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>0mg</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>14g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>5g</td>
</tr>
<tr>
<td>Sugars</td>
<td>8g</td>
</tr>
<tr>
<td>Protein</td>
<td>10g</td>
</tr>
</tbody>
</table>

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

Nutrition Facts
Serving Size 1 bar (40 g)

<table>
<thead>
<tr>
<th></th>
<th>Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>140</td>
<td></td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>36</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>4g</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1.5g</td>
<td></td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>0.5g</td>
<td></td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>1.5g</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>90mg</td>
<td></td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>23g</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>9g</td>
<td></td>
</tr>
<tr>
<td>Sugars</td>
<td>10g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>2g</td>
<td></td>
</tr>
<tr>
<td>Vitamin A</td>
<td></td>
<td>2%</td>
</tr>
<tr>
<td>Calcium</td>
<td></td>
<td>10%</td>
</tr>
<tr>
<td>Iron</td>
<td></td>
<td>2%</td>
</tr>
</tbody>
</table>
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

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

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size: 35.00 g</td>
</tr>
<tr>
<td>Calories: 140</td>
</tr>
<tr>
<td>Calories from Fat: 27</td>
</tr>
<tr>
<td>Total Fat (g): 3</td>
</tr>
<tr>
<td>Saturated Fat (g): 1</td>
</tr>
<tr>
<td>Trans Fat (g): 0</td>
</tr>
<tr>
<td>Sodium (mg): 85</td>
</tr>
<tr>
<td>Carbohydrates</td>
</tr>
<tr>
<td>Sugars (g): 9</td>
</tr>
<tr>
<td>Vitamin D (%): NA</td>
</tr>
<tr>
<td>Potassium (%): NA</td>
</tr>
<tr>
<td>Calcium (%): NA</td>
</tr>
<tr>
<td>Dietary Fiber (%): NA</td>
</tr>
</tbody>
</table>

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

Nutrition Facts
Peanuts, Salted - From Planters

1 oz (28g)
Servings Per Container 55

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories from Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>170</td>
</tr>
<tr>
<td></td>
<td>130</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>22%</td>
</tr>
</tbody>
</table>

Total Fat 14g
Saturated Fat 2g
Trans Fat 0g

Cholesterol 0mg
Sodium 115mg

Total Carbohydrates 5g
Dietary Fiber 2g
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)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 170</th>
<th>Calories from Fat 130</th>
</tr>
</thead>
</table>

**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**
**Nutrition Facts**

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

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>150</td>
<td></td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>90</td>
<td></td>
</tr>
<tr>
<td>% Daily Value</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>10g</td>
<td>15%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1.5g</td>
<td>8%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>65mg</td>
<td>3%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>11g</td>
<td>4%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2g</td>
<td>6%</td>
</tr>
<tr>
<td>Sugars</td>
<td>7g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>5g</td>
<td>10%</td>
</tr>
</tbody>
</table>

**INGREDIENTS**

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

Nutrition Facts
Serving Size 1/4 cup (28 g)

Per Serving

- Calories 160
- Calories from Fat 128
- Total Fat 14g
- Saturated Fat 2.5g
- Cholesterol 0mg
- Sodium 85mg
- Potassium 180mg
- Carbohydrates 9g
- Dietary Fiber 1g
- Sugars 1g
- Protein 5g

% Daily Value

- 22%
- 12%
- 0%
- 4%
- 5%
- 3%
- 4%
- 10%

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**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 160</th>
<th>Calories from Fat 126</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Fat (g)</strong></td>
<td>14</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat (g)</td>
<td>2.5</td>
<td></td>
</tr>
<tr>
<td>Trans Fat (g)</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td><strong>Sodium (mg)</strong></td>
<td>85</td>
<td></td>
</tr>
</tbody>
</table>

**Carbohydrates**

| Sugars (g) | 1 |

<table>
<thead>
<tr>
<th>Vitamin D (%)</th>
<th>NA</th>
<th>Potassium (%)</th>
<th>NA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium (%)</td>
<td>NA</td>
<td>Dietary Fiber (%)</td>
<td>NA</td>
</tr>
</tbody>
</table>
### INGREDIENTS
Pistachios, Salt.

### Nutrition Facts

<table>
<thead>
<tr>
<th>Serving</th>
<th>Calories</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 package (42 g)</td>
<td>120</td>
<td></td>
</tr>
</tbody>
</table>
### Smart Snacks Product Calculator Results

**Brand:** Wonderful

**Product Name:** Pistacios

**Serving Size:** 42.00 g

**First Ingredient:** Pistacio

---

### Nutrition Facts

**Serving Size:** 42.00 g

**Servings Per Container**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 120</th>
<th>Calories from Fat 90</th>
</tr>
</thead>
</table>

**Total Fat (g) 10**

| Saturated Fat (g) | 1.5 |
| Trans Fat (g)     | 0   |

**Sodium (mg) 120**

**Carbohydrates**

| Sugars (g) | 2   |

**Vitamin D (% NA**

<table>
<thead>
<tr>
<th>Potassium (% NA</th>
<th>Dietary Fiber (% NA)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium (% NA</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th></th>
<th>Amount per Serving</th>
<th>My Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>110Kcal</td>
<td>6%</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>20Kcal</td>
<td>3%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>2.5g</td>
<td>4%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>10mg</td>
<td>0%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>21g</td>
<td>9%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2g</td>
<td>8%</td>
</tr>
<tr>
<td>Sugars</td>
<td>9g</td>
<td>21%</td>
</tr>
<tr>
<td>Added Sugars</td>
<td>7.65g</td>
<td>32%</td>
</tr>
<tr>
<td>Protein</td>
<td>2g</td>
<td>4%</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>100IU</td>
<td>2%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Calcium</td>
<td>22mg</td>
<td>2%</td>
</tr>
</tbody>
</table>
### 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)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 110</th>
<th>Calories from Fat 20</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Fat (g)</strong></td>
<td>2.5</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat (g)</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Trans Fat (g)</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td><strong>Sodium (mg)</strong></td>
<td>10</td>
<td></td>
</tr>
<tr>
<td><strong>Carbohydrates</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sugars (g)</td>
<td>9</td>
<td></td>
</tr>
<tr>
<td>Vitamin D (%)</td>
<td>NA</td>
<td>Potassium (%) NA</td>
</tr>
<tr>
<td>Calcium (%)</td>
<td>NA</td>
<td>Dietary Fiber (%)</td>
</tr>
</tbody>
</table>
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

Total Fat 3g
Saturated Fat 0.5g
Trans Fat 0g

Cholesterol 0mg

Sodium 110mg

Total Carbohydrate 24g
Dietary Fiber 3g

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:

<table>
<thead>
<tr>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Carbohydrate</th>
<th>Dietary Fiber</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 65g</td>
<td>Less than 20g</td>
<td>Less than 300mg</td>
<td>Less than 2,400mg</td>
<td>300g</td>
<td>25g</td>
</tr>
<tr>
<td>80g</td>
<td>25g</td>
<td>300mg</td>
<td>2,400mg</td>
<td>375g</td>
<td>35g</td>
</tr>
</tbody>
</table>
## Smart Snacks
**Product Calculator Results**

**Brand:** Kellogg's

**Product Name:** Nutrigrain Assorted Flavors

**Serving Size:** 37.00 g

**First Ingredient:** Whole Grain Oats

---

### Nutrition Facts

**Serving Size:** 37.00 g

**Servings Per Container:**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 120</th>
<th>Calories from Fat 30</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Fat (g)</strong></td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat (g)</td>
<td>0.5</td>
<td></td>
</tr>
<tr>
<td>Trans Fat (g)</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td><strong>Sodium (mg)</strong></td>
<td>110</td>
<td></td>
</tr>
<tr>
<td><strong>Carbohydrates</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sugars (g)</td>
<td>12</td>
<td></td>
</tr>
<tr>
<td><strong>Vitamin D (%)</strong></td>
<td>NA</td>
<td>Potassium (%) NA</td>
</tr>
<tr>
<td><strong>Calcium (%)</strong></td>
<td>NA</td>
<td>Dietary Fiber (%) NA</td>
</tr>
</tbody>
</table>

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

**Serving Size** 1 bottle (16 fl oz)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Calories</strong></td>
<td>0</td>
</tr>
<tr>
<td><strong>Total Fat</strong></td>
<td>0g</td>
</tr>
<tr>
<td><strong>Saturated Fat</strong></td>
<td>0g</td>
</tr>
<tr>
<td><strong>Trans Fat</strong></td>
<td>0g</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>0mg</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>0mg</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>0g</td>
</tr>
<tr>
<td><strong>Dietary Fiber</strong></td>
<td>0g</td>
</tr>
<tr>
<td><strong>Sugars</strong></td>
<td>0g</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>0g</td>
</tr>
<tr>
<td><strong>Vitamin A</strong></td>
<td>0 IU</td>
</tr>
<tr>
<td><strong>Vitamin C</strong></td>
<td>0mg</td>
</tr>
<tr>
<td><strong>Calcium</strong></td>
<td>0mg</td>
</tr>
<tr>
<td><strong>Iron</strong></td>
<td>0mg</td>
</tr>
</tbody>
</table>

* 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