



What is Fit Pick™?

Fit Pick™ is a vending program designed to help consumers determine which vending machine choices are (at a minimum) lower in fat and sugar than traditionally vended products. Fit Pick™ provides a simple, ready-to-use, system of vending machine stickers that identify vended products which meet a standardized set of nutritional guidelines.

- **Fit Pick™ nutritional criteria** are based on the dietary recommendations of the American Heart Association, the 2005 USDA Dietary Guidelines for Americans, and the Alliance for a Healthier Generation Guidelines for Competitive Foods.
- **Fit Pick™ utilizes attractive stickers** to identify the slots in a vending machine that contain Fit Pick™ qualified snack products. Larger clings and stickers provide further details regarding Fit Pick™ nutritional criteria.
- **Fit Pick™ labels represent two different categories** of nutritional criteria. The most commonly selected criteria for adults is 35-10-35 (no more than 35% of total calories from fat; no more than 10% of calories from saturated fat; and no more than 35% of total product weight from sugar.) Fit Pick also offers stickers and clings for products that comply with The Alliance for a Healthier Generation Guidelines for Competitive Foods.
- **Fit Pick™ provides a recognizable identification system** that seamlessly crosses communities, county and state lines throughout the nation.
- **Fit Pick™ was developed and is maintained** by the National Automated Merchandising Association (NAMA).
- **Fit Pick™ is supported by a comprehensive program** to assist with implementation and promotion. More information is available at www.fitpick.org.
- **Fit Pick™ is part of the Balanced for Life™ campaign.** Check it out at www.balancedforlife.net.



Manufacturer	Brand	Item	Pack- age size (g)	Cal/Total Cal from fat	Total Fat (g)	Cal from Fat (%)	Satu- rated Fat (g)	Satu- rated Fat (%)	Sugars (g)	Sugars (% of wt)	Sodium (mg)
Dole	Fruit Bowls	Peaches In Strawberry Gel	98	60/0	0	0%	0	0%	16	16%	0.01
	Fruit Bowls	Peaches	198	120/0	0	0%	0	0%	27	14%	15
	Fruit Bowls	Tropical Fruit	88	45/0	0	0%	0	0%	11	13%	0
	Fruit Bowls	Tropical Fruit	198	100/0	0	0%	0	0%	23	12%	20
Don Miguel	Don Miquel	Bean & Cheese Burrito	142	240/50	6	21%	2	8%	1	1%	690
Fiber One	See General Mills										
Frito-Lay	Baked Cheetos	Crunchy	25	120/40	4.5	33%	1	8%	1	4%	210
	Baked Cheetos	Chili Cheese	28	130/45	5	35%	1	7%	1	4%	
	Baked Doritos	Nacho Cheese	21	90/25	2.5	28%	0.5	5%	1	5%	
	Baked Lay's	KC Masterpiece BBQ	32	140/35	3.5	25%	0.5	3%	3	9%	
	Baked Lay's	Baked Original Potato Crisps	32	130/15	1.5	12%	0	0%	2	6%	
	Baked Lay's	Potato Crisps Regular	32	130/15	2	12%	0	0%	2	6%	
	Baked Lay's	Sour Cream & Onion	32	140/30	3.5	21%	0.5	3%	3	9%	
	Baked Lay's	Cheddar & Sour Cream	32	140/35	4	25%	1	6%	3	9%	
	Baked Ruffles	Cheddar Sour Cream	32	140/35	4	25%	0.5	3%	3	9%	
	Grandma's	Big Cookie Oatmeal Raisin	78	330/100	11	30%	3	8%	15	19%	
	Munchies	Ultimate Cheddar	49	230/70	8	30%	1.5	6%	5	10%	
	Rold Gold Pretzels	Classic Tiny Twists	28	110/10	1	9%	0	0%	1	4%	
Rold Gold Pretzels	Honey Wheat Braided Twists	56	230/15	2	7%	0	0%	7	13%		
General Mills	Chex	Chex Mix Turtle Bar	35	130/30	3.5	23%	1	7%	11	31%	170
	Chex	Chex Mix Traditional	49	210/50	6	24%	1	4%	3	6%	625
	Chex	Simply Chex Cheddar	35	130/30	3.5	23%	1	7%	4	11%	430
	Chex	Simply Chex Chocolate Caramel	34	150/40	4.5	27%	1.5	9%	9	26%	290
	Chex	Simply Chex Strawberry Yogurt	34	150/35	4	23%	1.5	9%	8	24%	270
	Fiber One	Oats & Chocolate Chewy Bar	40	140/35	4	25%	1.5	10%	10	25%	90
	General Mills Cereal Cup	Cheerios Cup	39	140/25	2.5	18%	0.5	3%	2	5%	260
	General Mills Cereal Cup	Cinnamon Toast Crunch Cup	57	240/50	6	21%	0.5	2%	19	33%	400
	General Mills Cereal Cup	Honey Nut Cheerios Cup	52	200/25	2.5	13%	0.5	2%	17	33%	350
	General Mills Cereal Pouch	Cheerios Cereal On-The-Go	19	70/10	1	14%	0	0%	1	5%	130
	General Mills Cereal Pouch	Fruity Cheerios Pouch	24	90/10	1	11%	0	0%	8	33%	120
	General Mills Cereal Pouch	Golden Grahams Cereal On-The-Go	28	110/10	1	9%	0	0%	9	32%	260
	General Mills Cereal Bowl	Cheerios Self-Serve Bowl	19	70/10	1	14%	0	0%	1	5%	130
	General Mills Cereal Bowl	Cinnamon Toast Crunch Bowl	28	120/30	3	25%	0.5	4%	9	32%	200
	General Mills Cereal Bowl	Honey Nut Cheerios Self-Serve Bowl	28	110/15	1.5	14%	0	0%	9	32%	190
	General Mills Cereal Bar	Cinnamon Toast Crunch Bar	37	150/30	3.5	20%	0	0%	10	27%	150
	General Mills Cereal Bar	Cocoa Puffs Cereal Bar	37	150/25	3	17%	0	0%	9	24%	135
	General Mills Cereal Bar	Team Cheerios Strawberry Cereal Bar	37	150/30	3.5	20%	0	0%	10	27%	125
	General Mills Cereal Bar	Trix Cereal Bar	37	150/35	3.5	23%	0	0%	9	24%	135
	General Mills	Cinnamon Toast Crunch Crisps	28	120/25	3	21%	0	0%	9	32%	200
	Nature Valley	Peanut Butter Crunchy Granola Bar	42	180/60	7	33%	1	5%	11	26%	190
	Nature Valley	Oats 'N Honey Crunchy Granola Bar	42	180/50	6	28%	0.5	3%	11	26%	160
	Sunkist	Fruit Flavored Snacks Mixed Fruit	25	70/0	0	0%	0	0%	8	32%	30
Herr Foods	Baked Potato Crisps	Sour Cream & Onion	28	120/30	3	25%	0.5	4%	2	7%	330
Jack Link's Beef Jerky	Jack Link's	Peppered Jerky	25	70/10	1	10%	0	0%	3	12%	360
	Jack Link's	Original Jerky	25	70/10	1	10%	0	0%	3	12%	430
	Jack Link's	Teriyaki Jerky	25	70/10	1	10%	0	0%	4	16%	410
	Jack Link's	Sweet And Hot Jerky	25	70/10	1	10%	0	0%	4	16%	420
	Jack Link's	Teriyaki Beef Steak Nuggets	28	70/10	1	10%	0.5	3%	5	18%	470
	Jack Link's	Prime Rib Tender Cuts	28	60/10	1	10%	0.5	2%	3	11%	590
	Jack Link's	Original Beef Steak Nuggets	28	70/10	1	10%	0.5	3%	6	21%	480
	Jack Link's	Maple Glazed Ham Nuggets	28	70/10	1	10%	0	0%	6	21%	370
	Jack Link's	Oven Roasted Turkey Nuggets	28	60/10	1	10%	0	0%	2	3%	380
	Jack Link's	Sesame Teriyaki Chicken Nuggets	28	70/10	1	10%	0	0%	4	14%	400
	Jack Link's	Flamin' Buffalo Chicken Nuggets	28	60/10	1	10%	0.5	7%	2	7%	610
	Jack Link's	Original Steak	23	45/0	0	0%	0	0%	>1	0%	520
	Kar's	Blazin' Hot Peanuts	Blazin' Hot Peanuts	43	240/EX	EXEMPT	EXEMPT	EXEMPT	EXEMPT	2	5%
Goin' Granola!		Brown Sugar Crunch	35	150/45	5	30%	0	0%	8	23%	60
Good Health Natural Foods		Veggie Stix Hot	21	100/30	3.5	30%	0	0%	0	0%	290
Honey Peanuts		Honey Peanuts	50	270/EX	EXEMPT	EXEMPT	EXEMPT	EXEMPT	5	10%	90
Original Trail Mix		Original Trail Mix-Unsalted	43	200/EX	EXEMPT	EXEMPT	1.5	7%	10	23%	0
Original Trail Mix		Original Trail Mix-Unsalted	57	270/EX	EXEMPT	EXEMPT	2	7%	14	25%	0
Peanut, Almond, Cashew Mix		Peanut, Almond, Cashew Mix	50	290/ex	EXEMPT	EXEMPT	EXEMPT	EXEMPT	2	4%	160
Raisins		Raisins	28	80/0	0	0%	0	0%	EXEMPT	EXEMPT	0
Salted Almonds		Salted Almonds	28	170/ex	EXEMPT	EXEMPT	EXEMPT	EXEMPT	1	4%	95
Salted Cashews		Salted Cashews	28	160/ex	EXEMPT	EXEMPT	EXEMPT	EXEMPT	1	4%	80
Salted Cashews		Salted Cashews	43	250/ex	EXEMPT	EXEMPT	EXEMPT	EXEMPT	2	5%	130
Salted Peanuts		Salted Peanuts	28	170/ex	EXEMPT	EXEMPT	EXEMPT	EXEMPT	1	4%	90
Salted Peanuts		Salted Peanuts	43	250/ex	EXEMPT	EXEMPT	EXEMPT	EXEMPT	2	5%	135
Salted Peanuts		Salted Peanuts	57	340/ex	EXEMPT	EXEMPT	EXEMPT	EXEMPT	2	4%	180
Sunflower Kernels		Sunflower Kernels (No Shell)	57	340/ex	EXEMPT	EXEMPT	EXEMPT	EXEMPT	2	4%	230

■ Snack Machine ■ Cold Food Machine

Manufacturer	Brand	Item	Package size (g)	Cal/Total Cal from fat	Total Fat (g)	Cal from Fat (%)	Saturated Fat (g)	Saturated Fat (%)	Sugars (g)	Sugars (% of wt)	Sodium (mg)
Kashi	TLC (Cereal Bar)	Baked Apple Spice	35	110/25	3	23%	0	0%	9	26%	105
	TLC (Cereal Bar)	Blackberry Graham	35	110/25	3	23%	0	0%	9	26%	125
	TLC (Cereal Bar)	Ripe Strawberry	35	110/25	3	23%	0	0%	9	26%	105
	TLC (Chevy Granola Bar)	Cherry Dark Chocolate	35	120/20	2	17%	0.5	4%	8	23%	75
	TLC (Chevy Granola Bar)	Honey Almond Flax	35	140/45	5	32%	0.5	3%	5	14%	115
	TLC (Chevy Granola Bar)	Peanut Peanut Butter	35	140/45	5	32%	0.5	3%	5	14%	90
	TLC (Chevy Granola Bar)	Trail Mix	35	140/45	5	32%	0.5	3%	5	14%	105

Kellogg's	Austin	Zoo Animal Crackers	60	130/20	2	15%	0	0%	7	12%	90
	Famous Amos	Low Fat Iced Ginger Snaps	49	200/25	3	13%	0.5	2%	17	35%	170
	Keebler	Gripz Grahams Cinnamon	25	100/25	3	25%	1	9%	5	20%	75
	Keebler	Scooby-Doo Graham Cracker Sticks	28	120/35	4	29%	0.5	4%	8	29%	115
	Kellogg's	Cinnamania French Toast	50	230/70	8	30%	1.5	6%	13	26%	210
	Kellogg's	Cinnamania Cinnamon Bun	50	230/70	8	30%	1.5	6%	12	24%	230
	Kellogg's	Corn Flakes 3/4 (22G)	22	80/0	0	0%	0	0%	2	9%	
	Kellogg's	Nutri-Grain Apple Cinnamon	37	130/30	3	23%	0.5	3%	12	32%	105
	Kellogg's	Nutri-Grain Blackberry	37	130/30	3	23%	0.5	3%	11	30%	135
	Kellogg's	Nutri-Grain Blueberry	37	130/30	3	23%	0.5	3%	12	32%	105
	Kellogg's	Nutri-Grain Cherry	37	130/30	3	23%	0.5	3%	12	32%	100
	Kellogg's	Nutri-Grain Mixed Berry	37	130/30	3	23%	0.5	3%	12	32%	105
	Kellogg's	Nutri-Grain Raspberry	37	130/30	3	23%	0.5	3%	12	32%	105
	Kellogg's	Nutri-Grain Strawberry	37	130/30	3	23%	0.5	3%	12	32%	120
	Kellogg's	Rice Krispies 5/8 (18G)	18	70/0	0	0%	0	0%	2	11%	
	Kellogg's	Frosted Mini Wheats 1 (28G)	28	100/0	0	0%	0	0%	6	21%	
	Kellogg's	Rice Krispie Treats	37	150/30	3.5	20%	1	6%	12	32%	170
	Kellogg's	Special K Cereal Bar: Honey Nut	22	90/20	2	22%	0	0%	7	32%	110
	Kellogg's	Special K Cereal Bar: Vanilla Crisp	22	90/15	1.5	17%	1	10%	7	32%	100
	Kellogg's	Special K Snack Bites	23	90/20	2	22%	0.5	5%	7	30%	125
	Kellogg's	Smart Start Healthy Heart Bar	40	150/25	2.5	17%	0	0%	12	30%	85
	Pop Tarts	Strawberry	104	410/100	11	24%	4	9%	32	31%	
	Pop Tarts	Strawberry	52	210/50	6	24%	2	9%	16	31%	
	Pop Tarts	Frosted Strawberry	104	400/90	10	23%	3.5	8%	34	33%	330
	Pop Tarts	Frosted Strawberry	52	200/45	5	23%	1.5	7%	17	33%	170
	Pop Tarts	Frosted Cherry	104	400/90	10	23%	3.5	8%	34	33%	330
	Pop Tarts	Frosted Blueberry	104	400/90	10	23%	3	7%	35	34%	330
	Pop Tarts	Frosted Brown Sugar Cinnamon	100	420/130	14	31%	4.5	10%	31	31%	340
	Pop Tarts	Frosted Blueberry	52	200/45	5	23%	1.5	7%	18	35%	170
	Pop Tarts	Blueberry	104	400/90	10	23%	2	5%	36	35%	
	Pop Tarts	Brown Sugar Cin.	100	420/120	13	29%	3	6%	32	32%	
	Pop Tarts	Chocolate Chip	104	430/120	13	28%	3.5	7%	36	35%	

Kitchen Fresh Foods	Kitchen Fresh Foods	Philly Steak Sandwich	193	280/45	5	0.16	2	0.064	4	2%	1170
	Kitchen Fresh Foods	Tuna Salad On Wheat Sub	125	270/80	9	30%	1	0.033	9	7%	760
	Kitchen Fresh Foods	Ham & Turkey 8" Tlc Sub	198	330/45	5	14%	2	5%	7	2%	1430
	Kitchen Fresh Foods	Fruit Cup	170	80/0	0	0%	0	0%	19	23%	30
	Kitchen Fresh Foods	Gourmet Cut Ham	224	490/150	16	29%	0.07	7%	13	5%	2100
	Kitchen Fresh Foods	Gourmet Cut Turkey	224	470/90	10	19%	3	5.00%	19	8%	1830
	Kitchen Fresh Foods	Chicken And Cheddar	140	460/160	17	33%	5	10%	8	5%	980
	Kitchen Fresh Foods	Turkey Deli Wrap	179	320/80	9	25%	0.02	4%	4	1%	1450
	Kitchen Fresh Foods	Ham Deli Wrap	179	320/80	9	25%	2	6%	5	2%	1500
	Kitchen Fresh Foods	Roast Beef Deli Wrap	179	310/90	9	26%	3	7%	3	2%	1620
	Kitchen Fresh Foods	Cinn Raisin Bagel With Cream Cheese	170	460/90	10	20%	5	10%	12	7%	610
	Kitchen Fresh Foods	Blueberry Bagel With Cream Cheese	170	460/90	10	20%	5	10%	10	6%	610
	Kitchen Fresh Foods	Turkey And Cheese On Bun	102	310/60	7	20%	3	9%	2	2%	1210
	Kitchen Fresh Foods	Broccoli Cauliflower Pasta Salad	170	440/90	10	21%	2	4%	22	13%	520
	Kitchen Fresh Foods	Three Melon Cup	170	60/0	0	0%	0	0%	15	8%	30
	Kitchen Fresh Foods	Blueberry Yogurt Parfait	241	220/15	2	15%	0	0%	24	10%	190
	Kitchen Fresh Foods	Hot Turkey And Gravy Sandwich	181	320/35	4	11%	0	0%	9	5%	1560
	Kitchen Fresh Foods	Turkey Delite On Wheat Sub	130	250/80	8	29%	1	2%	7	5%	970
	Kitchen Fresh Foods	Roast Beef Ciabatta	238	420/90	11	21%	2	5%	2	0%	1340
	Kitchen Fresh Foods	Ham And Turkey On Wheat Bagel	238	450/25	3	5%	0	0%	15	6%	2770
	Kitchen Fresh Foods	Tuna Salad French Bread	156	340/70	7	19%	1	3%	12	8%	690
	Kitchen Fresh Foods	Country Club Ham And Turkey French	238	490/80	12	22%	1	2%	6	3%	1550
	Kitchen Fresh Foods	Turkey Multigrain Wheat Wed (Gh)	128	220/50	6	25%	2	6%	2	1%	1030
	Kitchen Fresh Foods	Ham, Egg And Cheese Bagel	210	470/80	8	15%	4	7%	5	2%	1260
	Kitchen Fresh Foods	Beef Vegetable Soup	335	160/30	3	14%	1	6%	4	2%	1480
	Kitchen Fresh Foods	Bean And Ham Soup	354	210/60	6	26%	1	4%	2	0%	1520
	Kitchen Fresh Foods	Vegetable Soup	380	210/30	3	13%	1	4%	5	1%	1210
	Kitchen Fresh Foods	Chicken And Dumpling Soup	371	210/45	4	19%	1	4%	2	0%	1630
	Kitchen Fresh Foods	Chicken Noodle Soup	309	160/35	4	20%	1	3%	2	0%	870
	Kitchen Fresh Foods	French Dip	221	270/35	5	15%	2	5%	2	0%	1230
	Kitchen Fresh Foods	Rotini With Gravy And Turkey	340	530/40	4	7%	0	0%	7	2%	1100
	Kitchen Fresh Foods	Smores Cup	179	320/50	5	14%	3	7%	40	22%	600
	Kitchen Fresh Foods	Ham Multigrain Wheat Wed (Gh)	128	230/60	6	24%	2	8%	3	2%	1080
	Kitchen Fresh Foods	Buffalo Chicken Sandwich	173	390/120	13	30%	4	8%	8	4%	880
	Kitchen Fresh Foods	Pretzel And Cheese	156	330/60	7	19%	3	7%	3	2%	760
	Kitchen Fresh Foods	Pretzel Bites	167	370/60	6	15%	3	6%	4	2%	760

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Kitchen Fresh Foods	Kitchen Fresh Foods	Chili Mac	337	340/80	8	21%	3	8%	4	1%	930
	Kitchen Fresh Foods	Grilled Chicken W/Bbq And Onions	179	390/120	13	30%	4	8%	15	8%	900
	Kitchen Fresh Foods	Chicago Style Italian Beef	272	380/70	8	19%	3	6%	3	1%	1660
	Kitchen Fresh Foods	Garden Pasta Salad	170	340/30	3	8%	1	1%	8	4%	530
	Kitchen Fresh Foods	Sloppy Joe	128	260/80	9	31%	3	9%	10	8%	670
	Kitchen Fresh Foods	Ham & Cheese Sub 8" Wheat (Gh)	224	480/160	18	34%	5	9%	15	7%	2140
	Kitchen Fresh Foods	Ham And Turkey Sub 8"	215	420/90	10	21%	2	4%	17	8%	1940
	Kitchen Fresh Foods	Ham And Cheese Sub 8"	240	510/160	18	32%	5	9%	17	7%	2410
	Kitchen Fresh Foods	Texas Blt Sandwich	139	290/100	11	34%	2	6%	4	3%	730
	Kitchen Fresh Foods	Beef And Cheddar On Bun	128	230/60	6	24%	2	6%	4	3%	1360
	Kitchen Fresh Foods	Tossed Salad With French	130	25/0	0	0	0	0	3	2%	15
	Kitchen Fresh Foods	Chix Salad On Whole Grain Bun	128	290/100	11	34%	2	5%	9	7%	560
	Kitchen Fresh Foods	Ham On Rye (Gh)	113	230/60	6	24%	2	8%	3	3%	1170
	Kitchen Fresh Foods	Tossed Salad With Ranch	130	25/0	0	0	0	0	3	2%	15
	Kitchen Fresh Foods	Tuna Macaroni	198	560/150	16	26%	2	3%	15	8%	800
	Kitchen Fresh Foods	Chef Salad With Ranch	176	120/45	5	34%	1	8%	3	2%	60
	Kitchen Fresh Foods	Chef Salad With French	176	120/45	5	34%	1	8%	3	2%	560
	Kitchen Fresh Foods	Fish & Cheese With Tartar Packet	159	480/170	18	34%	4	7%	1	0%	1290
	Kitchen Fresh Foods	Ham & Turkey Multigrain Wed (Gh)	145	240/60	6	23%	2	6%	3	2%	1280
	Kitchen Fresh Foods	Bbq Pork Sandwich	133	310/60	7	20%	3	7%	17	13%	720
	Kitchen Fresh Foods	Bbq Chicken	133	290/35	4	12%	1	3%	20	15%	630
	Kitchen Fresh Foods	Bbq Beef Sandwich	133	280/40	5	15%	2	5%	19	14%	1140
	Kitchen Fresh Foods	Corned Beef On Rye Wedge	113	230/60	7	27%	2	8%	3	2%	950
	Kitchen Fresh Foods	Egg-N-Muffin	113	210/60	6	26%	2	6%	2	1%	430
	Kitchen Fresh Foods	Han And Swiss On A Bun	108	320/70	7	20%	3	8%	2	2%	1280
	Kitchen Fresh Foods	Ham On White	116	230/60	6	24%	2	8%	5	4%	1120
	Kitchen Fresh Foods	Ham & Turkey On Rye Wedge	130	240/60	6	23%	2	6%	3	2%	1370
	Kitchen Fresh Foods	Western Breakfast Bagel	258	490/120	14	26%	5	9%	4	2%	1400
	Kitchen Fresh Foods	Asian Noodle Salad	241	610/90	10	15%	1	2%	18	7%	490
	Kitchen Fresh Foods	Buffalo Chicken Salad Wedge	125	220/60	6	25%	1	4%	5	4%	380
	Kitchen Fresh Foods	Loaded Chicken Burrito	298	430/90	10	21%	4	8%	2	0%	1390
	Kitchen Fresh Foods	Fruit Tray With Yogurt Dip	318	160/0	0	0	0	0	31	10%	110
Kitchen Fresh Foods	Lsl Chicken And Cheddar	139	460/160	17	33%	5	10%	8	6%	980	
Kitchen Fresh Foods	Lsl Turkey On Wheat Wedge	130	240/40	6	23%	2	6%	3	2%	1280	
Kraft	100 Calorie Packs	Chips Ahoy! Thin Crisps	21	100/25	3	25%	0.5	5%	0	0%	
	100 Calorie Packs	Honey Maid Thins	23	100/15	2	15%	0	0%	8	35%	
	100 Calorie Packs	Kraft Cheese Nips Mini	24	100/30	3	30%	0.5	5%	7	29%	
	100 Calorie Packs	Oreo Thins	22	100/25	3	25%	0	0%	2	9%	
	100 Calorie Packs	Planters Peanut Butter Cookie Crisps	21	100/25	3	25%	0.5	5%	0	0%	
	100 Calorie Packs	Wheat Thins Chips Multigrain Mini	21	100/30	3	30%	0.5	5%	6	29%	
	100 Calorie Packs	Cheese Sportz Crackers	28	130/40	4.5	31%	0.5	3%	0	0%	
	100 Calorie Packs	Shortbread Sportz Cookies	28	120/30	3.5	25%	0.5	4%	3	11%	
Pierre	Pierre	Jumbo Honey Mustard Chicken Breast Patty Sandwich	167	350/70	7	20%	1.5	4%	11	7%	980
Quaker	Chewy Granola Bars	Cookies And Crème	24	90/25	2.5	28%	0.5	5%	5	21%	
	Chewy Granola Bars	Peanut Butter Chocolate Chip	24	100/25	3	25%	1	9%	7	29%	
	Chewy Granola Bars	Lf Baked Apple - 90 Cal	24	90/15	1.5	17%	0	0%	7	29%	
	Chewy Granola Bars	Lf Chocolate Chunk - 90 Cal	24	90/20	2	22%	0.5	5%	7	29%	
	Chewy Granola Bars	Lf Cinnamon Sugar - 90 Cal	24	90/15	1.5	17%	0	0%	6	25%	
	Chewy Granola Bars	Lf Oatmeal Raisin - 90 Cal	24	90/15	1.5	17%	0	0%	7	29%	
	Chewy Granola Bars	Reduced Sugar Cookies And Cream	24	100/25	2.7	25%	1	9%	5	21%	
	Chewy Granola Bars	Red.Sug.Peanutbutterchocolatechunk	24	100/25	3	25%	1	9%	5	21%	
	Chewy Granola Bars	Reduced Sugar Chocolate Chip	24	100/30	3.5	30%	1	9%	5	21%	
	Chewy Granola Bars	Reduced Sugar Chocolate Chunk	24	100/30	3	30%	1	9%	5	21%	
	Quaker	Fruit Crisp Bars Apple Crisp	37	130/25	2.5	19%	0.5	3%	9	24%	
	Quaker	Fruit Crisp Bars Strawberry	37	130/25	2.5	19%	0.5	3%	9	24%	
	Quaker	Fruit Crisp Bites Apple Crisp	37	130/25	2.7	19%	0.5	3%	8	22%	
	Quaker	Fruit Crisp Bites Apple Crisp	56	200/35	4	18%	1	5%	12	21%	
	Quaker	Fruit Crisp Bites Strawberry	37	130/25	2.5	19%	0.5	3%	8	22%	
	Quaker	Fruit Crisp Bites Strawberry	56	200/35	4	18%	1	5%	12	21%	
	Quaker	Oatmeal To Go Apples & Cinnamon	40	150/25	2.5	17%	0.5	3%	13	33%	135
	Quaker	Oatmeal To Go Brown Sugar Cinnamon	59	220/35	4	16%	1	4%	19	32%	
	Quaker	Oatmeal To Go Brown Sugar Cinnamon	40	140/25	2.5	18%	0.5	3%	13	33%	150
	Quaker	Oatmeal To Go Oatmeal Raisin	59	220/35	4	16%	1	4%	18	31%	
Quaker Snack Mix	Cheddar Cheese	50	230/70	8	30%	1.5	6%	5	10%		
Smartfood	Smartfood	Reduced Fat White Cheddar Popcorn	25	120/40	5	33%	1	8%	1	4%	
Snyder's Of Hanover	Snyder's	Honey Mustard & Onion Nibblers	43	180/35	4	19%	2	10%	1	2%	135
	Snyder's	Mini Pretzels	43	160/0	0	0%	0	0%	1	2%	350
	Snyder's	Olde Tyme	45	180/15	1.5	8%	0	0%	0	0%	180
	Snyder's	Pretzel Sticks	43	160/10	1.5	6%	0	0%	1	2%	420
	Snyder's	Sourdough Hard Pretzels	47	160/0	0	0%	0	0%	0	0%	390
	Snyder's	Sourdough Nibblers	43	160/0	0	0%	0	0%	0	0%	280