

Product	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)
Apple Gala	1	31	0.24			1	19	3.3	14	0.36
Apple Salad	1/2 cup	81	2.4	2.4		16	24	2	19	0.75
Applesauce	1/2 cup	52				2	14	1.5	12	0.2
Apple Slice	1/2 cup	35				5	9	1	7	
Banana	1	105	0.5			1	27	3	14	1
Blueberries	1/2 cup	40	0.5	0.04		1	9	2	6.5	0.3
Cantaloupe	1/2 cup	35				15	8	1	8	1
Cherries	1/2 cup	44	0.1	0		9	10.9	1.3	9.27	0.94
Cranberry Sauce	1/2 cup	209	0.2	0.02		40	53	1.4	52	0.3
Dried Fruit Mix	1/4 cup	88	0.1	0.01		1.4	23	2.2	17	0.7
Frozen Fruit Cup	1/2 cup	75	0.04			9	19	1	16	0.8
Fruit Fluff	1/2 cup	71	1	1		64	16	0.2	13	0.4
Grapes	1/2 cup	60				0	14	1	12	1
Honeydew	1/2 cup	30				15	8	1	7	0
Orange Juice qt	1/2 cup	50				15	14		11	0.5
Juice 100% Apple	1/2 cup	60				15	14		13	
Juice 100% Grape	1/2 cup	80				15	18		18	1
Juice 100% Orange	1/2 cup	50				15	13	1	11	1
Kiwi	1	46	0.4			2	11	2	7	0.8
Mandarin Oranges	1/2 cup	90				10	23	1	22	1
Mixed Fruit	1/2 cup	60				10	17	0	13	0
Orange	1/2 fruit	31	0.08				7.5	1.5	6	0.6
Peaches	1/2 cup	60				10	14		11	
Pear	1	96	0.2			2	25	5	16	0.6
Pears	1/2 cup	60				5	15	2	12	
Pineapple	1/2 cup	80				10	20	1	18	1
Raisels Watermelon	1/3 cup (1 pkg)	130					33	1	26	1
Raisins	1.33 oz	113	0	0		4	30	1	22	1
Strawberries	1/2 cup	39	0.1			2	10	2.3	5	0.4
Watermelon	1/2 cup	23				1	5.5	0	4.5	0.4
Beans Baked	1/2 cup	119				140	27	5	10	6
Beans Black Eyed Peas	1/2 cup	100	0.5			230	19	3	1	5
Beans Black Salsa	1/2 cup	16	0.5	1		7.5	14	0.5	0.3	6
Beans Black	1/2 cup	110	0.5			350	20	6	2	6
Beans Chili	1/4 cup	180	9	4	0.5	600	15	4.5	2	9
Beans Garbanzo	1/2 cup	106	2			140	16	5	3	6
Beans Green Can	1/2 cup	16				140	3	2	1	1
Beans Green Froze	1/2 cup	19				1	4	2	1	1
Beans Kidney	1/2 cup	104	0	0	0	140	19	7	2	7
Beans Pinto	1/2 cup	98	1	0	0	140	18	6	1	6
Beans Refried	1/2 cup	110		0		140	20	5	1	7
Beets	1/2 cup	40				120	5	1	4	1
Broccoli Fresh	1/4 cup	10				9	2			2
Broccoli/Cheese	1/2 cup	12.8	0.4	0.2		23.6	2	0.6	0.3	0.9
Broccoli Frozen	1/2 cup	15				10	2	2	1	1
Cabbage Shred	1/2 cup	9	0.04			7	2	0.8	1	0.5
Cauliflower Fresh	1/2 cup	12	0.04			16	2.7	1.2	1.2	0.8
Cauliflower Frozen	1/2 cup	25				25	4	1	2	1
Carrots Sliced Frozen	1/2 cup	27	1			43	6	2	3	
Carrots Cooked sliced can	1/2 cup	18	0	0		140	4	1	2	0
Carrots Fresh Baby	1/2 cup	35				65	8	2	5	1
Celery	1 stalk- 5 inch/1/2 cup	6	0			32	1.19	0.6	0.7	0.3
Cheesy Hashbrowns	1/2 cup	175	9.5	5.1		342	16	1.5	1.4	5.6
Corn (frozen)	1/2 cup	67	1			1	16	2	3	2
Corn canned	1/2 cup	66	0.8	0.1		140	15	1.6	2.8	2
Cucumber	1/2 cup	8				0.06	1.9	0.3	0.8	0.5
Lettuce leaf	1	0.7					0.1			0.1
Lettuce/pep/tom/on	toppings	9				1.5	2	0.6	1	0.4
Lettuce Salad taco cut	1 cup	8	0.08			6	1.6	0.7	0.9	0.5
Lettuce Romaine	1/2 cup	7.5				5	1	0.5	0	1
Mixed Vegetable Frozen	1/2 cup	60				39	12	3	3	2
Onion Flakes	1T	17				1	4	0.5	2	0.5
Onion	1/2 cup	30				0	7	1	3	1
Onion Slice	1 slice	3.6				0.4	0.8	0.2	0.4	0.1
Peas and Carrots	1/2 cup	38				55	7.8	2	3	2
Peas canned	1/2 cup	59	0.05	0		23	10.7	3.5	3.5	3.8
Peas frozen	1/2 cup	62	0.2	0		58	11	4.4	3.7	4
Pepper	1/2 cup	15	0.1			2	3.5	1	1.6	1
Pepper raw	1 ring	2				0.3	0.5	0.2	0.2	0.1
Pizza Sauce	1/4 cup	30				230	5	0	4	1
Potato Augraten	1/2 cup	100	1			240	22	1	3	2
Potato Baby Bakers	2.89 oz.	90	1.5			160	15	0	0	3
Potato Baked	1 medium	168				11	38	3	1.3	5
Potato French Fries	3 oz.	120	3.5	0.5		40	20	1	0	2
Potato Hash Brown	2.25 oz.	130	8	2		250	14	2	0	1
Potato Hash Brown Shr	1/2 cup	70				30	16	2	1	1
Potato Scalloped	1/2 cup	110	1	0.8	0.9	460	22	1	4	2
Potato Tater Tot	3 oz.	170	9	1.5		230	19	1	0	2
Potato Tri Tater	2 oz.	100	4	0.5		280	14	1	1	1
Potato Wedge	3 oz.	110	2.5			15	19	2	0	2

Potato Whipped	1/2 cup	110				190	24	2	1	2
Tomato Diced canned	1/2 cup	25				140	5	1	3	1
Tomato sliced or diced	1/2 cup	5				0	1	0	1	0
Tomato Slice	1 slice	2.7				0.8	0.6	0.2	0.4	0.1
Tomato Sauce	1/2 cup (12 cup/per #10)	36	0.22			140	8	1.8	5.18	1.62
Tomato Soup	1/2 cup	90				400	20	0	12	2
Sauerkraut	1/4 cup	5				220	1	0	0	0
Spaghetti Sauce	1/2 cup	80	4	1		125	10	1	6	1
Sweet Potatoes	1/2 cup	150	8	2		125	19	3	3	1
Veggies/Dip	1/2 cup veg-1T Rd dip	30.6	4.4			107	10	0.6	0.6	0.4
Alfredo Sauce	1/38 oz. container	8800	320	240	0	60000	1360	0	240	80
Baked Chicken	2 meat	110	6g	2g		169	1	0	1	11
BBQ Pork	2 meat	202	4	1		248	14	0	12	8
BBQ Pork on a Bun	2meat/2bread	262	7.5	2.7		522	36	0.7	15.5	8.3
Beef and Bean Burrito	4.5 oz.	280	7	2		470	39	3	1	9
Beef Ground	1 oz. =1 meat	82	6	2	1	25	0	0	0	7
Beef Patty Ala Carte	2.8 oz raw/2 oz. meat	172	12	5	1	53	0	0	0	15
Beef Patty on a Bun/FF*	2 meat/2 bread	457	23	11.5		394	45	5.3	4	19.5
Beef Patty (6x1)	2 oz. meat	190	15	6		50	0	0	0	13
Beef Roast (sliced)	2 oz. meat	50	2	1		420	0	0	0	9
Caviti	1 cup	381	19.5	6.75	1.5	848	28	2.5	7.5	23
Cheese cottage	1/2 cup	101	2.2	1.3		459	4	0	0	15
Cheese Grated Yellow Lt	.5 oz.	45	3	2		105	0.5	0	0	3.5
Cheese Mozzarella shred	.5 oz.	45	3.5	2.5		85	0.5	0	0.5	3
Cheese Mozzarella 6#	.5 oz.	45	3.5	2.5		85	0	0	0	3.5
Cheese on Wheat	1 bread 1 slice cheese	125	3.3	2.5		245	15	2	1.5	8.5
Cheese Sauce Canned	1/4 cup	50	4			370	6	0	1	0
Cheese Sauce Gov	1.82 oz = 1 oz. meat	108	8	4.6		412	2	0	1	7
Cheese Sliced	.5 oz.	55	4.5	2.5		135	1	0	0.5	2.5
Cheese String	1 oz. =1 meat	60	3	2		200	1	0	1	7
Chicken Alfredo	2 oz.meat	308	6.6	4.3		1050	24	0	4	18
Chicken Base	8 oz. - 3/4 tsp	15	0.5	0	0	140	2		1	0
Chicken and Rice/cheesy	2 oz. meat/ 1 bread	238	6.2	5		262	27	1.2	0.5	16
Chicken Breast	3.1 oz.= 3 meat	110	4.5	1.5		530	3	0	2	14
Chicken Diced	2 oz.= 2 meat	86	1.16	0.33		13	0	0	0	17.2
Chicken Fajita	2.47 oz.= 2 meats	110	2.5	0.5		670	3	0	0	17
Chicken Grilled Strips	2 oz.	84	4	2		176	0	0	0	12
Chicken Noodle Soup	1 cup= 1 meat/.75 bread	126	2	0.4		168		0.2	0.2	13
Chicken Nugget	5	260	15	2.5		400	16	3	1	16
Chicken Patty on wg bun		377	17.3	2.5		794	40	8	5	18
Chicken Patty	3.21 oz.	230	13	2		490	15	3	1	13
Chicken Strip Tenders	3	260	15	2.5		390	16	0	1	15
Chicken Taco w/cheese/soft shell	1.5 oz meat .5 oz cheese	253	9.5	4.5		621	21	3.5	2	20
Chicken Quesadilla	4.1 oz.	300	11	5		570	32	3	3	19
Chili con carne (for hot dog)	1 cup	360	19	8	1	1200	29	9	2	18
Chili	1 cup	405	21	7.7	2.7	728	27	6.3	6.5	26.7
Chili/w cheese sand*		530	24	13	2.7	973	42	8	8	35
Corn Dog	3.99 oz.	250	10	2		760	30	3	10	11
Crispito Chicken	2.95 oz	200	10	2		370	20	2	1	8
Crispito Chili	3.25 oz.	270	14	3		370	23	3	1	12
Egg Pattie	1 meat	50	3.5	1		100	0	0	0	3
Egg/Sausage Eng Muffin	2.5 meat 2 bread	300	14	4.4		671	24	4	1.5	13.5
Eggs Boiled diced	1 cup	309	14	4		378	1.5		1.5	17
Fish Sandwich on a wg Bun	2 meat 2 bread	327	12.3	2		544	41	6.3	5	15.5
Fish Sandwich	3.6 oz =2 meat	180	8	1.5		240	16	2	1	11
Fish Sticks	4	150	5			420	16		2	10
Goulash	1 cup	290	12.5	4	2	192	27	0.8	5.5	18.7
Ham/Cheese on WG Grilled	2 bread 2 meat	275	8	3		778	29	4	8	26.5
Ham Diced	2.5 oz.=1 oz. m	85	2	0.7		817	4		3	11
Ham/cheese on a wg bun	2 meat 2 bread	282	10	6		862	27	8	10	20
Ham Sliced	1.22 oz.=1 oz m	40	1.4	0.5		423	0.5	0	0.6	6.5
Hot Dog on a Bun	2 meat 2 bread	280	11	3		880	33	4	8	13
Meat Salad on Bread	2 meat 2 bread	355	9.5	2		1979	3.5	4	7	23
Peanut Butter Sandwich	1 bread 1 meat	258	17	3		366	20	4	4	14
PB	2 T=1 meat	188	15.85	3.04		146	6.2	2	3	8
Pizza Burger	2 meat	265	12	4	1	460	28	4	6	13
Pizza Double Stuffed	2 bread 2 meat	240	7	4		490	30	4	3	15
Pizza French Bread	2 bread 2 meat	290	11	4		440	33	0	4	17
Pizza Max Sticks	1 bread 1 meat	160	7	2		390	16	1	1	7
Pizza wg Pepperoni	2 bread 2 meat	270	8	2.5		760	33	5	3	16
Pork Gravy on Whipped Potato	2 meat/2 veg	281	6			229	30	2	1	19
Pork Roast	2 meat	142	8	3		36				16
Rib Patty on a Bun	2 bread 2 meat	307	14.3	4	0	694	33	5.3	9	16.5
Rib Patty	2.5 oz. = 2 meat	160	10	3.5	0	390	8	1	5	12
Sausage Links	3 links = 1.5 oz meat	90	6	1.5		290	1	0	1	10
Sausage Pattie	1/1.31 oz. = 1 Meat	75	5	1.8		216	1	1	0	6
Scalloped Potatoes/Ham	2 oz. meat-3/4 cup veg.	334	5.5	2.6	1.3	2324	41	1.5	12	25
Shrimp Mates	5 pieces = 2 meats	260	11	1.5		1100	30	1	0	10
Sloppy Joe	2 meat 2 bread	358	16	4.5	2	587	35	4	11.5	19
Smokies	6	190	17	6		280	3	0	1	7
Soup Cr of Mushroom	1/2 cup	70	2	0.5		410	10	1	2	2
Soup Cr of Celery	1/2 cup	90	5	1		400	11	1	3	1

Soup Cr of Chicken-6.75 c/can	1/2 cup	80	3.5	1		410	10		1	3
Soup Golden Mushroom	1/2 cup	90	3.5	0.5		750	11	1	1	2
Soup Tomato (6 cup/can)	1/2 cup	90	0	0		400	20	0	12	2
Spaghetti/Meat Sauce	2/3 cup	229	10.5	3	1.5	208	27	3	7	15
Sun Butter Sandwich	1/2 sandwich	267	18	1.5		326	21.5	3.8	4.4	11.5
Sunflower Seed Butter	2T	197	17.66	1.5		106	7.5	1.8	3.4	5.53
Taco Meat	2 oz.	191	12	4	2	123	5	1.5	15	1
Taco w/Chicken w/1 soft shell	2 oz./1.5 oz. cheese	253	9.5	4.5		621	21	3.5	2	20
Taco Meat w/2 hard shells	2 oz./1.5 oz. cheese	233	11	10	2	283	15	2	1	17.5
Tater Tot Casserole	1 cup	488	28	7	2	753	37	2	1.5	18
Tuna Salad Sand	1 meat 1 bread	163	7	1		326	16	2	3	13
Turkey Deli	1.6 oz. = 1 meat	56	2.4	0.8		360	0	0	0.8	8.8
Turkey Hot on a Bun	2 oz. m 2 oz. bread	280	11	3		880	33	4	8	13
Turkey Sub	2 meat/2 wg bread	357	10.6	3.2		985	36	5	8.5	22.5
Turkey Roast	2 oz. meat	88	3.2	1		386	1.6			12
Turkey Gravy on Whipped Potato	2 oz. meat, 1/2 cup veg	227	3	1		579	32	2	1	15
Weiner (Turkey)	2 meats	120	9	3		630	4		2	7
Milk, Skim		80	0	0		120	12	0	11	8
Milk, Choco Skim		130	0	0		180	25	0	22	8
Animal Crackers	1.02 oz = 1 bread	130	3.5	1		150	22	1	8	2
Apple Crisp	1	237	7	3		100	31	0.6	30	2
Applesauce Brownie	1	144	7	2		64	20	0.6	14	1
Baking Powder Biscuit	1.5 oz	151	5	2		366	21	1		5
Blonde Brownie	1	399	11	5.3		195	20		51	2.1
Blueberry topping	1T	11	0.1			0.1	3	0.2	2	
Bread Sticks	1.09 oz	80	1	0		190	16	2	2	3
Bread Whole Wheat	1 slice	70	1			110	14	2	1	6
Bun Home Made WG	2 oz.	147	4.3	0.5		304	25	4.3	4	4.5
Bun Hot Dog	1	160	2			250	29	4	6	6
Bun Dinner Roll wg	1	80	1			130	14	2	3	3
Bun Hamburger (buy)	1	160	2			250	28	4	6	6
Bun Sub		190	2.5	0.5		310	35	5	7	8
Cereal Bars (using sunbutter)	1	360	18	4		127	46	2	27	6
Cereal Rice Krispies	1 cup	120				310	29		3	2
Cereal Cheerios Honey	1 oz.	120	1.5			160	25	1	11	2
Cherry Topping	1T	13				0.5	1.5	0.1	1.5	
Chips Potato	1 oz.	160	10	1.5		170	15	1	1	2
Chips Tortilla	1 oz.	140	7	1		105	19	1		2
Chocolate Chip Cookie	1	82	4	2		93	15	0.5	9	1
Choco Chip Oatmeal Cookie	1	106	4	1.5		93	16.5	1	10	1
Cinnamon Roll	1.5 oz.	336	7	1		509	75	2	29	19
Cracker Whole Grain	4	60	1.5			180	10	1		1
Cracker Club Whole Grain	1-2pk	30	1			75	5		1	
Croutons seasoned	7 gram	30	1	0.03		75	4	0		1
English Muffin	1	120	1			220	22	3	1	5
French Bread	1	188	2.4	1		193	35	1.5	3	6
French Toast Sticks WG	3 sticks	190	4.5	1		330	28	3	5	10
Ginger Snaps	1	131	4	2		159			12	1
Graham Cracker	2 squares	120	3.5			125	21	2	6	2
Honey Mustard	1 ounce	80	4	0.5		90	11	0	9	0
Ice Cream Dream Bar	3 oz.	100	1	1		25	20	0	16	1
Ice Cream Fudge Bar	1	130	1.5	1		65	26	1	21	3
Ice Cream Sandwich	1	120	1.5	1		105	26	0.95	11.5	2.87
Ice Cream Side Kicks	4.4 oz.	90				30	22		19	
Ice Cream Sherbet	4 oz.	110	1.5	1		20	23	0	19	0
Ice Cream Sundae Crun	1	160	5	1.5		75	28	2	16	2
Ice Cream Vanilla	4 oz.	80	0	0		65	20	5	5	4
Jello	1/2 cup	80	0	0		90	19	0	19	2
Jelly Sandwich (1 bread)	1 bread w/1.75 oz. jelly	200	1			232	46	2	23	6
Long John WG/frosted	2 oz.	320	15	6.4		358	42	4	18	5
Macaroni WG	1/2 cup cooked	87	0.4	0.07		2	18	3	0.6	3.7
Macaroni Spaghetti	1/2 cup cooked	87	0.4	0.07		2	18	3	0.6	3.7
Monster Cookie	1 cookie	121	8	2		54	19	1.5	11	3
Muffin Banana Nut	2 oz.	190	6	2		130	30	2	17	3
Muffin Blueberry	2 oz.	190	6	2		130	30	2	16	3
Muffin Double Choc Chip	2 oz.	200	6	2		130	32	2	17	4
Noodles frozen	1/2 cup	95	1			55	18	1	1	8
Oatmeal	1/2 cup cooked	74	1.17	0.19		1	13	2	0.28	3
Pancake Mini	6	110	1				21			5
Pancakes WG	2	160	4	1		306	27	3	10	3
Pasta (rotini, spag, mac) cooked	1/2 c (1#=8 cups cooked)	87	0.5			2	18	3	0.5	3.7
Rice	12 cup cooked	108	0.9	0.18		5	22	1.8	0.34	2.5
Taco Shell Hard	1 shell	50	2	0.3		1	7	0.75	0	0.75
Tortillas WG	1-8"	120	2.5	0.5		340	20	3	1	4
Waffles sticks WG	2	140	2	0		250	27	2	5	4
BBQ Sauce	1 Tbls	60	0	0		115	7	0	6	0
Cabbage Salad	1/2 cup	24.4	1.25	0.4		52.5		0.3	2	0.1

French Red Cal	2 Tbls	50	1.5	0	280	10	0	8	0	
Ketchup 1 T 100 ser	1T	20	0	0	160	5	0	4	0	
Italian Dressing	2 Tbls	100	8	1.5	320	6	0	1	0	
Jelly	1/2 oz. packet	35	0	0	5	9	0	6	0	
Macaroni Salad	1/2 cup	160	6.8	3.4	359		1.9	8.6	5.3	
Mustard	1 tsp	0	0	0	60	0	0	0	0	
Pasta Salad	1/2 cup	132	5.5	2.8	278		0.8	2.9	4.8	
Pickles	1/8 cup	0	0	0	190	0	0	0	0	
Pickle Relish	.53 oz.	15	0	0	100	3	0	3	0	
Pizza Sauce	1/4 c	30	0	0	230	5	0	4	1	
Potato Salad	1/2 cup	85	3.5	1	113		0.5	3.5	1.5	
Ranch Red Cal	2 Tbls	50	1.5		280	10		8		
Salad Bar w/trimmings	1 cup lettuce	527	10	2.7	1302		5.4	43.4	27	
Salad Dressing Red Cal	1 Tbls	7.3	0.6	0.2	23			0.6		
Salsa	2 Tbls	10	0	0	70	2	1	1		
Spaghetti Sauce	1/2 cup	60	0	0	520	12	3	8	2	
Tarter Sauce	1 OZ.	140	14	2	150	5		1.3		
Taco Sauce	1 Tbls	5	0	0	130	2	0	1	0	
Worcestershire Sauce	1/2 cup	107			1347.5	27		14		
Bacon Bits	1/4 oz.	30	1		55		1		3	
Baking Powder	1Tbls	6			1431	0			0	
Butterscotch Chips	1 cup	1280	64	48	560	144		144	16	
Cinnamon	1Tbls	19			1		4			
Chili	1Tbls	24	1		76		1	3	1	
Chocolate Chips	1 cup	805	50	30	18	106	10	91	7	
Chocolate Oil Cake	1	195	7	3	47		1	18	2	
Cocoa	1 cup	196	12	7	18		29	2	17	
Corn Starch	1 cup	488	0.1		11.5	117	1.2	0.3		
Corn Syrup	1 cup	965	0.7		211	262		91		
Dehydrated onion	1Tbls	17			1			2		
Egg	1 Large	71	5	2	70				3.6	
Flour white	1 cup	455	1	0.2	2	95	3	0.3	13	
Flour WG	1 cup	408	3	0.5	2	86	13	0	15	
Frostin vanilla	1Tbls	80	2	0.4	38	16	0	15	0	
Garlic Powder	1Tbls	27			2		2	1	1	
M&M's	1 cup (2 cup = 1#)	1023	44	27	127		5	132	9	
Margarine Tbls	1Tbls	100	11	5	110	0	0	0	0	
Margarine 1 cup	1 cup	1600	176	72	1760	0	0	0	0	
Marshmallow Mini	2/3 cup	100			30	25		16	1	
Milk Dry	1 cup	243			373	35		35	24	
Molasses	1 cup	977			125			187		
Oatmeal	1 cup	307	5.3	1	5	56	8	1	11	
Oil	1 cup	1920	224	32		0	0	0	0	
Peanut Butter	1Tbls	95	8	1.5	74	4	0.1	1.5	4	
Peanut Butter (1 cup)	1 cup	1520	128	24	1184	62	1.6	24	64	
Peanut Butter Sunbutter	1 cup	1604	144	12	860	60	16	28	44	
Pudding Inst/70 Tbls/pkg	2T dry	80			250	21		17		
Rice	1 cup	685	1		9	146	6.4	1.6	14.8	
Salt	1Tbls				6976	0			0	
Soda	1 tsp				1231					
Sour Cream	1 oz.	60	5	3.5	50	2		1	1	
Sugar Brown	1 cup	836			62	216		213		
Sugar	1 tsp					4		4		
Sugar	1 cup	774				200		200		
Taco Seasoning low sodium	1/4 cup (3.6 g.)	10			350	2				
Vanilla	1Tbls	7				0.3		2	0	
Vinegar	1 cup	50			12			1		
Whip it 3g	1Tbls	15	1	1	0	2		1		
Yeast	1Tbls	35	1		6		3		5	
SNACKS										
Bagel White wg	2 oz.	140	1	0	160	28	4	4	6	
Bagel Blueberry wg	2.25 oz.	170	1	0	190	34	4	7	7	
Bagel Cinnamon Raisin wg	2.25 oz.	170	1	0	160	34	5	8	7	
Bar Cereal Trix	1.42 oz.	150	3	0.5	105	30	3	9	2	
Bar Choco Chip Oatmeal	1.24 oz.	150	5	1	120	23	2	8	2	
Cereal Cinn Toast Crunch	1 oz.	110	3	0.5	160	22	2	8	1	
Cereal Cocoa Puffs	1.06 oz.	110	1.5	0	160	25	2	8	2	
Cereal Honey Nut Cheerios	1 oz.	110	1.5	0	160	22	2	9	2	
Cereal Trix	1 oz.	110	1.5	0	140	24	1	7	1	
Cereal Rice Krispies	1.25 cup	130	0.3	0.1	299	28	0.3	0.3	2	
Cheez-it Cracker wg	.75 oz.	100	4	1	0	150	14	1	0	2
Chex Snack Mix Cheddar	.92 oz.	110	2.5	0.5	135	20	2	4	2	
Chex Snack Mix Choc Car	1.03 oz.	130	4	1.5	70	22	2	8	2	
Chex Snack Mix Straw Yogurt	1.03 oz.	120	3	1	55	23	2	6	2	
Chips Baked Cheddar	.8 oz.	100	3	0	200	17	1	2	1	
Chips Baked Lays Original	1.12 oz.	130	2	0	150	26	2	2	2	
Chips Dorito Nacho cheese	1 oz.	130	5	1	0	200	20	2	1	2
Cracker Elf graham cinn	1 oz.	120	4	1	105	21	1	8	2	
English Muffin	2 oz.	130	1.5	0	240	24	3	1	6	
Fruit Roll Up Hot Colors	.5 oz.	45	1	0	55	11	2	4	0	
Fruit Snack Motts	1.6 oz.	130	0	0	55	37	8	15	0	

Fruit Snack Scooby	.9 oz.	70	0	0	30	21	4	8	0
Grandmas Choco chip cookie	1.22 oz.	160	6	1.5	160	24	3	11	2
Juice V8 Pom-Blueberry	8 oz.	100	0	0	70	25	0	22	0
Popcorn White Lite	.5 oz.	50	2	0	95	10	2	0	2
Pop Tart Strawberry	1.76 oz.	180	2.5	1	190	38	3	15	2
Pop Tart Cinnamon	1.76 oz.	190	3	1	200	38	3	16	2
Meat Sticks	.5 oz.	30	1	0	190	1	0	1	4