

Cal Pak Nutritional Guide

Item	Size	Cals	Fat Cals	Fat (g)	Fat	Sat Fat (g)	Sat. Fat	Sodium (g)	Sugar (g)	Sugar
Baked Flamin' Hot Cheetos (Frito Lay)	.87 oz.	120	40	4.5	33%	0.5	4%	190	0	0%
RF Doritos Spicy Sweet Chili (Frito Lay)	1.0 oz.	130	45	5	35%	0.5	3%	180	0	0%
Whole Grain Cheez-Its (Sunshine)	1.0 oz.	130	40	4.5	31%	1	7%	200	0	0%
Strawberry Pop Tart (Kellogg's)	1.76 oz.	180	20	2.5	11%	1	5%	180	15	30%
Whole Grain Rice Krispies Treats (Kellogg's)	1.41 oz.	160	35	4	22%	1	6%	150	12	30%
Flamin' Hot Cheetos Fantastix (Frito Lay)	1.0 oz.	130	45	5	35%	1	7%	200	0	0%
Chocolate Chip Cookie (Gourmet Treats)	1.75 oz.	200	60	6	30%	2	9%	115	15	30%
Chocolate Chocolate Cookie (Gourmet Treats)	1.75 oz.	190	60	6	32%	1.5	7%	180	15	30%
Chocolate Brownie (Gourmet Treats)	2.0 oz.	190	60	6	32%	1.5	7%	100	17	30%