

Master Nutritional Guide

Item	Size	Grams	Cals	Fat Cals	Fat (g)	Fat	Sat Fat (g)	Sat Fat	Sugars (g)	Sodium (mg)	Sugar
Barbecue Corn Nuts (Kraft)	1.4 oz.	39	180	60	6	33%	1	5%	1	220	3%
Basil's Animal Snackers (Biscomerica)	2.0 oz.	57	240	60	6	25%	1	4%	16	100	28%
Blazin' Hot Peanuts (Kars)*	1.5 oz.	43	240	190	21	79%	3.5	13%	3	550	7%
Cheddar & Bacon Baked Fries (Jonny Rapp's)	1.0 oz.	28	130	35	4	27%	0.5	3%	1	230	4%
Cheddar Goldfish (Pepperidge Farm)	1.5 oz.	43	200	60	6	30%	1.5	7%	0	360	0%
Cheese Crackers Peanut Butter (Austin)*	1.38 oz.	39	190	90	10	47%	1.5	7%	3	330	8%
Cheez-It (Sunshine)	1.5 oz.	42	190	50	6	26%	1.5	7%	0	350	0%
Cherry Juicy Bites (Kenny's)	1.5 oz.	43	150	5	0.5	3%	0	0%	14	75	33%
Chex Mix (General Mills)	1.75 oz.	49	210	60	7	29%	1.5	6%	3	350	6%
Chile Picante Corn Nuts (Kraft)	1.4 oz.	39	180	60	6	33%	1	5%	0	410	0%
Chili Cheese Fantastix (Frito Lay)	1.0 oz.	28	130	45	5	35%	1	7%	0	200	0%
Chocolate Chip Cookie (Buzz Strong)	2.0 oz.	57	200	60	6	30%	2	9%	19	200	33%
Chocolately Peanut Butter Crackers (Austin)*	1.38 oz.	39	190	70	8	37%	1.5	7%	7	230	18%
Cinnamon Toast Crunch Crisps (Gen Mills)	1.0 oz.	28	120	25	3	21%	0	0%	9	200	32%
Cool Ranch Doritos RF (Frito Lay)	1.0 oz.	28.3	130	45	5	35%	1	7%	2	160	7%
Flamin' Hot Baked! Cheetos (Frito Lay)	.875 oz.	24.8	120	40	4.5	33%	0.5	4%	0	210	0%
Frosted Strawberry Pop-Tart	1.76 oz.	50	180	25	2.5	14%	1	5%	15	150	30%
Gummy Bears (Sconza)	1.0 oz.	28	90	0	0	0%	0	0%	9	0	32%
Hot 'n Spicy Chex Mix (General Mills)	1.25 oz.	35	150	40	4.5	27%	1	6%	3	230	9%
Hot 'n Spicy Baked Fries (Jonny Rapp's)	1.0 oz.	28	130	35	4	27%	0.5	3%	1	230	4%
Hot 'n Spicy Goldfish (Pepperidge Farm)	1.5 oz.	43	200	60	6	30%	1.5	7%	0	370	0%
Nacho Cheese Doritos RF (Frito Lay)	1.0 oz.	28.3	130	45	5	35%	1	7%	2	220	7%
Oats n' Honey Granola Bar (Nature Valley)	1.5 oz.	42	190	60	6	32%	0.5	2%	12	160	29%
Old Tyme Pretzels (Snyders)	1.58 oz.	44	180	15	1.5	8%	0	0%	0	180	0%
Peanut Bar (Old Dominion)*	1.65 oz.	47	240	110	12	46%	2	8%	16	60	34%
Ranch Corn Nuts (Kraft)	1.4 oz.	39	180	60	6	33%	1	5%	0	350	0%
Rice Krispies Treats (Kellogg's)	1.3 oz.	37	150	30	3.5	20%	1	6%	12	170	32%
Sweet 'n Salty Mix (Kar's)*	1.5 oz.	43	210	120	13	57%	4	17%	15	80	35%
Teriyaki Beef Steak (Trail's Best)	.55 oz	28	40	10	1	25%	0	0%	3	150	11%