

Menu Item	Serving	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat* (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Other
<u>Chips, Pre-packaged Snacks</u>												
MHealthy Nutrition Guideline			5 grams or less	10% or less	0		480 mg or less			10% or less added		nut/seed no total or sat. fat. Limit; must meet sodium & added sugar limits
Baked Lays Original (Larger size)	1 oz.	120	3.5	0	0	0	160	22	1	2	2	2 g added sugar
Chex Mix-Traditional	1/2 cup	120	3.5	0.5	0	0	220	22	1	2	2	2 g added sugar
Chex Mix-Bold	1/2 cup	120	3.5	0.5	0	0	210	22	1	2	2	2 g added sugar
Chex Mix-Cheddar	1/2 cup	130	3.5	0.5	0	0	230	22	1	3	2	3 g added sugar
Graze Veggie Protein Power	1 oz	130	7	1.5	n/a	n/a	380	8	5	1	7	
Munchies Honey Roasted Peanuts	1 oz	170	12	2.5	0	0	85	7	2	4	7	nut exception
Munchies Salted Peanuts	1 oz	160	14	2	0	0	115	5	2	<1	8	nut exception
Nut Harvest-Deluxe Mixed Nuts	1 oz	180	16	2	0	0	135	6	2	1	5	nut exception
Off the Beaten Path: Chickpea Veggie Crisps-Rice, Chickpea, Peas, Black Beans	1 oz	130	4.5	0	0	0	150	18	3	2	4	
Off the Beaten Path: Veggie Crisps-Rice, Peas, Black Beans	1 oz	130	5	0	0	0	140	19	3	<1	3	
Peeled Snacks-Organic Mango	1/2 cup	130	0	0	0	0	0	29	2	21	2	no added sugar
Planter's Salted Cashews	1 oz.	160	13	2.5	0	0	100	9	<1	2	5	
Planter's Dry Roasted Peanuts	1 oz.	160	14	2	0	0	150	5	2	2	7	

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Planter's Salted Peanuts	1 oz.	170	14	2	0	0	95	5	2	1	7	
Planter's Honey Roasted Peanuts	1 oz.	160	13	1.5	0	0	85	7	2	3	7	
Popcorners Kettle Corn Popped-corn snack	1 oz.	120	4	0	0	0	115	20	0	3	1	
Rold Gold Pretzels, Tiny Twists	1 oz.	110	1	0	0	0	450	23	1	1	2	
Snyder's Sourdough Nibblers	1.05 oz.	120	0	0	0	0	200	25	<1	<1	3	
Wonderful Pistachios in shell, roasted, salted	1 oz.	150	13	1.5	0	0	135	8	3	2	6	
Wonderful Pistachios in shell, roasted, salted	1 oz.	150	13	1.5	0	0	135	8	3	2	6	
Snack Bars												
MHealthy Nutrition Guideline		250 or less							no added supplements, vitamins or minerals			1st 2 ingredients must be nuts, seeds, whole fruit or whole grains
Clif bar-Nut Butter Filled, Chocolate Peanut Butter	1 bar	230	11	2.5	0	0	150	26	3	9	7	peanut butter, rolled oats
Clif bar-Nut Butter Filled, Chocolate Hazelnut Butter	1 bar	230	11	2	0	0	160	27	3	10	6	nut butter blend, oat flour
Kind Bar-Dark Chocolate Almond Mint	1 bar	200	15	3.5	0	0	15	17	7	5	5	almonds, cashews
Soup												
MHealthy Nutrition Guideline	8 ozv			10% or less calories			no more than 600 mg sodium					
Dr. McDougall's Vegan Split Pea Soup	2.5 oz. dry	250	1	0	0	0	540	46	16	6	15	

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Dr. McDougall's Black Bean & Rice lower sodium soup	1.6 oz. dry	160	0.5	0	0	0	330	31	9	2	7	