

## Snack Foods

Food	Serving	Total Calories	Fat (g)	% Calories from Fat	Sodium (mg)
Apple	1 med	81	<1	0	0
Banana	1 med	109	<1	0	1
Orange	1 med	62	<1	0	0
Raisins	¼ cup	109	<1	0	4
Soft Pretzel	1	190	2	9%	
Bagel	1- 4"	245	<1	0	475
Bran Muffin	1	104	4	35%	179
Pop-Tart	1	210	6	26%	200
Nutri-Grain Bar	1	148	6	36%	137
Donut, Glazed	1- 3"	192	10	47%	181
Candy Bars					
3 Musketeers	2.1 oz	252	8	29%	116
Hershey Bar	1.45 oz	210	13	56%	34
Snickers	2 oz	273	14	46%	152
Butterfinger	2.1 oz	293	11	34%	121
Baby Ruth	2.1 oz	289	13	40%	136
Peanuts, salt	½ cup	427	367	76%	1187
Potato Chips	1 oz	153	10	59%	104
Corn Chips, Doritos	15 chips	135	7	47%	143
Pretzels, Hard	1 oz	119	1	8%	483
Popcorn, Plain	1 cup	25	0	0	0
Popcorn w/ Oil & Salt	1 cup	40	2	43%	174
Low Fat Fruit Yogurt	1 cup	225	3	12%	120
Ice Cream, Vanilla	1 cup	265	15	51%	106
Ice Cream, Chocolate	1 cup	285	15	47%	100
Popsicle	1	70	0	0	0
Orange Sherbert	1 cup	270	4	12%	88
Frozen Yogurt					
Vanilla, Soft Serve	1 cup	229	8	31%	125
Chocolate, Low Fat	1 cup	219	4	16%	113
Chocolate, Nonfat	1 cup	207	1.5	6%	123
Crackers					
Peanut Butter Filled Sandwich	3	103	5	44%	198
Cheese Filled Sandwich	3	100	4	36%	294

Cheez-its	½ cup	156	8	46%	142
Goldfish	20	60	3	45%	55
Premium Original Saltines	1 serv	59	1.4	21%	178
Cookies/Cakes					
Peanut Butter Cookie	1 med	81	4	44%	32
Chips Ahoy! – Chunky Cookie	1 cookie	80	4	45%%	50
TastyKake Krimpets	2 cakes	210	5	21%	250
Animal Cracker/ Cookie	1 box	299	9	27%	273
Oatmeal Raisin Cookie	1 – 3”	63	2	31%	23
Vanilla Wafer	3	57	2	31%	30
Fig Bar	1	50	<1	15%	N/A