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This document lists products that meet the Fit Pick criteria. To make the list, a product must get less than 35% of its calories from fat, less than 10% of its calories from saturated fat and less than 35% of its total weight from sugar. We expect this list to grow as more Fit Pick items are identified.

***Please check product labels and use only SINGLE SERVING SIZES.**

***Nuts, seeds & fruits follow the Alliance for a Healthier Generation's guidelines for fat, saturated fat and sugar. Items that the Alliance considers "exempt" are noted as such.**

5/29/09	Manufacturer	Brand	Item	Pack Size	Bag Grams	Cal/Total Cal from Fat	Total g Fat	Calories from Fat %	Saturated Fat	Saturated Fat %	Sugar Grams
100 Calorie Packs		See Kraft									
Austin		See Kellogg's									
Back to Nature		See Kraft									
BARE FRUIT		Bare Fruit	Bake Dried Bananas & Cherries	.64 oz.	18g	55/3	1g	5%	0g	0%	6g
BELLISIO FOODS, INC.		Michelina's	Authentic Bellisio Ravioli		227g	220/60	7g	27%	2g	8%	5g
		Michelina's	Lean Gourmet Enchilada Bake		241g	300/70	8g	23%	2.5g	7.50%	3g
		Michelina's	Lean Gourmet Five Cheese Lasagne		227g	280/45	5g	16%	2g	6%	6g
		Michelina's	Lean Gourmet Sesame Chicken		227g	270/20	2g	7%	0g	0%	15g
		Michelina's	Lean Gourmet Shrimp w/Pasta & Vegetables		227g	260/50	6g	19%	3g	10%	4g
		Michelina's	Lean Gourmet Spaghetti w/Meat Sauce		241g	340/35	4g	10%	1g	2%	4g
		Michelina's	Lean Gourmet Spaghetti w/Meat & Mushroom Basil Sauce		241g	300/60	6g	20%	2g	6%	4g
		Michelina's	Lean Gourmet Sweet & Sour Chicken		227g	330/25	3g	7.50%	0.5g	1%	17g
		Michelina's	Yu Sing Chicken Fried Rice		227g	410/100	11g	24.00%	2g	4%	2g
		Michelina's	Yu Sing Oriental Beef&Peppers w/Rice		227g	340/50	6g	14.00%	1g	2%	10g
		Michelina's	Yu Sing Sweet & Sour Chicken w/Rice		241g	350/25	3g	7.00%	.5g	1%	19g
BISCOMERICA		Biscomerica	Ginger Snaps w/no trans fat	2.125oz.	60g	110/25	2.5g	20%	1	8%	8g
		Biscomerica	Ginger Snaps	2.125 oz	60g	110/25	2.5g	20%	1g	8%	8g
Braids Pretzels		See Poore Brothers									
BROTHER'S		Brother's All Natural (Dehydrated Fruit)	100% Asian Pear	4.2oz	120g	40/0	0g	0%	0g	0%	7g
		Brother's All Natural (Dehydrated Fruit)	100% Banana Crisps	7.2oz	204g	66/0	0g	0%	0	0%	8
		Brother's All Natural (Dehydrated Fruit)	100% Fuji Apple Crisps	4.2oz	120g	39/1	0g	2.60%	0	0%	6
		Brother's All Natural (Dehydrated Fruit)	100% Pineapple Crisps	6.3oz	180g	60/0	0g	0%	0	0%	11
		Brother's All Natural (Dehydrated Fruit)	100% Strawberry Crisps	3.2oz	90g	30/1	0g	3.33%	0	0%	4
		Brother's All Natural (Dehydrated Fruit)	100% Strawberry Banana Crisps	5.04oz	144g	46/1	0g	2.20%	0	0%	6
BUZZSTRONG'S		BuzzStrong's Bakery	Chocolate Chip Cookie	2.0oz	57g	210/60	7g	28.00%	2g	8%	20g
		BuzzStrong's Bakery	Oatmeal Raisin Cookie	2.0oz	57g	200/45	5g	22.00%	1g	4%	20g
		BuzzStrong's Bakery	Peanut Butter Cookie	2.0oz	57g	220/60	7g	27.00%	1g	4%	16g
CAMPBELL'S		Pepperidge Farm	Cheddar Cheese Goldfish 300/.75oz (21g)	.75oz	21g	100	3.5g	30%	1	9.0%	0
		Pepperidge Farm	Flavor Blasted G.Fish Kickin' Ranch	.75oz.	21g	100/30	3g	27%	1g	9%	0g
		Pepperidge Farm	Flavor Blasted G.Fish H&SpyCheddar	.75oz.	21g	100/30	3g	27%	1g	9%	0g

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	Pepperidge Farm		GIANT Goldfish Grahams -Choc.	0.9oz.	26g	120/30	3.5g	25%	1g	8%	6g
	Pepperidge Farm		GIANT Goldfish Grahams -Cinn.	0.9oz.	26g	120/40	4.5g	33%	1g	8%	6g
	Pepperidge Farm		Goldfish PhysEdibles -Lemon	0.9oz.	26g	120/35	4g	30%	1g	8%	7g
	Pepperidge Farm		Goldfish PhysEdibles -Straw.	0.9oz.	26g	120/35	4g	30%	1g	8%	7g
	Pepperidge farm		Pretzel Goldfish 300/.75oz (21g)	.75oz	21g	90	1.5g	16%	0	0.0%	1
	Pepperidge Farm		100 Calorie Flavor Blast Ranch G.fish	.75oz	21g	100/30	3g	30%	1g	9.0%	0g
	Pepperidge Farm		100 Calorie Pretzel Goldfish	.75oz	21g	100/15	1.5g	15%	0g	0.0%	1g
	Pepperidge Farm		100 Cal.Cheddar G.fish w/whole grains	.75oz	21g	100/30	3.5g	30%	1g	9.0%	0g
	Pepperidge Farm		100 Cal. Soft Baked Oat.Raisin Cookies	.81oz	23g	100/25	3g	25%	1g	9.0%	8g
	Cheetos		See Frito-Lay								
	Clamato Tortilla Chips		See Poore Brothers								
	CLIF BAR		Clif Bar		68g	250/45	5g	18%	1.5	5%	20g
			Clif Bar	2.4 oz.	68g	260/60	6g	23%	1.5g	5%	21g
			Clif Bar	2.4 oz.	68g	250/60	6g	24%	1g	3%	20g
			Clif Bar	2.4 oz.	68g	240/45	5g	18%	1g	3%	20g
			Clif Kid Z Bar - organic		36g	120/20	2g	16%	0g	0%	11g
			Clif Kid Z Bar - organic		36g	120/20	2.5g	16%	0	0%	11g
			Clif Kid Z Bar - organic	1.27oz	36g	120/25	3g	20%	1g	7%	12g
			Clif Kid Z Bar - organic		36g	130/25	2g	19%	.5g	3%	10g
			Clif Kid Z Bar - organic	1.27oz	36g	140/45	5g	32%	1g	6%	11g
	Combos		See Mars, Inc.								
	Cornnuts		See Kraft								
	CRUNCH 'N' MUNCH		Crunch 'n munch vend bags	1 oz	28g	130/40	4g	30%	1	6.90%	2
	DALE & THOMAS		Dale & Thomas Popcorn	1oz	28g	130/45	5	34.60%	0	0.00%	6g
	DEL MONTE		Harvest Selections		283g	270/60	7g	22.00%	1.5g	5.00%	5g
			Harvest Selections		283g	300/80	9g	27.00%	3g	9.00%	6g
			Harvest Selections		283g	320/50	6g	16.00%	1g	3.00%	5g
	DOLE		Fruit Bowls	3.4oz.	98g	60/0	0g	0%	0g	0%	16g
			Fruit Bowls	7oz.	198g	120/0	0g	0%	0g	0%	27g
			Fruit Bowls	3.1oz.	88g	45/0	0g	0%	0g	0%	11g
			Fruit Bowls	7oz.	198g	100/0	0g	0%	0g	0%	23g
	DON MIGUEL		Don Miquel		142g	260/50		19%		7%	
	Doritos		See Frito-Lay								
	Famous Amos		See Kellogg's								
	Fantastix		See Frito-Lay								
	FARLEY'S & SATHERS		FARLEY'S	2 oz	56g	180/0		0%	0	0%	18

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		Now and Later	550100 Now & Later Classic 6/24/2.75oz (78g)	2.75oz	78g	120/10		8.30%	0	0%	22
		Now and Later	550200 Now & Later Radberry 6/24/2.75oz (78g)	2.75oz	78g	120/10		8.30%	0	0%	22
		Now and Later	500601 Now & Later Wild 6/24/2.75oz (78g)	2.75oz	78g	120/10		8.30%	0	0%	22
		Now and Later	500631 Now & Later Tropical 12/24/2.75oz (78g)	2.75oz	78g	120/10		8.30%	0	0%	23
	FRITO-LAY	Baked Cheetos	Crunchy	.875 oz	25g	120/40	4.5g	33	1g	7.50%	1g
		BAKED CHEETOS	Crunchy Flamin' Hot	.875oz	25g	120/40	4.5	34%	0	0	1
		BAKED CHEETOS	Fantastix - Chili Cheese	1 oz	28g	130/45	5g	33	1g	7.00%	1g
		Baked Doritos	Nacho Cheese	.75 oz	21g	90/25	2.5g	25	.5g	5%	1
		BAKED LAY'S	Potato Crisps KC MASTER BBQ	.875 oz	25g	110/25	2.5g	24	0	0%	2g
		BAKED LAY'S	Potato Crisps KC MASTER BBQ	1.125	32g	140/35	3.5g	24	0.5	3%	3g
		BAKED LAY'S	Baked Original Potato Crisps	1.125oz		130/15	1.5	12%	0	0	2
		BAKED LAY'S	Potato Crisps Regular	.875 oz	25g	100/15	1.5g	15	0g	0%	2g
		BAKED LAY'S	Potato Crisps Regular	1.125 oz	32g	130/15	2g	15	0g	0%	2g
		BAKED LAY'S	Potato Crisps Sour Cream & Onion	.875 oz	25g	110/20	3.0	24	0	0%	3g
		BAKED LAY'S	SOUR CREAM & ONION	1.125	32g	140/30	3.5g	24	0.5g	3%	3g
		BAKED LAY'S	CHEDDAR SOUR CREAM	.875 oz	25g	110/25	3g	23	.5g	4.10%	3g
		BAKED LAY'S	CHEDDAR & SOUR CREAM	1.125	32g	140/35	4g	29	1g	6%	3g
		BAKED RUFFLES	CHEDDAR SOUR CREAM	1.125 oz	32g	140/35	4	21	0.5	3%	3g
		DORITOS	COOLER RANCH®	.75oz		90/25	2.5	24%	0	0	1
		DORITOS	cooler ranch	1 oz	28g	130/45	5g	33	1g	7	1.5g
		DORITOS	COOLER RANCH®	1.375oz		170/45	5	24%	1	0.02	2
		DORITOS	Reduced Fat Nacho Cheese	1 oz	28g	130/45	5g	33	1g	7%	1g
		DORITOS	Reduced Fat Nacho Cheese	1.5	43g	200/70	8g	33	1.5g	7%	3g
		DORITOS	NACHO CHEESIER®	.75oz		90/20	2.5	23%	0	0	1
		DORITOS	NACHO CHEESIER®	1.375oz		170/40	4	23%	1	0.02	2
		GRANDMA'S	BIG COOKIE OATMEAL RAISIN	2.75oz	78g	330/100	11g	32	3g	8	15g
		Munchies	Ultimate Cheddar	1.75oz		230/70	8	32%	1.5	0.02	5
		Munchies	Kids Mix without Candy	0.875oz		110/30	3.5	30%	1	0.03	4
		peanuts	salted	1.62oz	46g	260/200	22g	EXEMPT	3.5g	EXEMPT	2g
		Rold Gold Pretzels	Classic Style Thins	2 oz	57g	220/20	2g	5	0g	0%	2g
		Rold Gold Pretzels	Classic Tiny Twists Fun Size	.5 oz	14g	50/0	.5g	12	0g	0%	0g
		Rold Gold Pretzels	Classic Tiny Twists	1 oz	28g	110/10	1g	9%	0g	0%	1g
		Rold Gold Pretzels	Classic Tiny Twists	2oz	57g	220/20	2g	9%	0g	0%	1g
		Rold Gold Pretzels	Honey Wheat Braided Twists	2 oz	56g	230/15	2g	7%	0g	0%	7g
	GENISOY	Potato Bakes	Barbeque		21g	80/20	2.5g	25%	0	0	1g
		Potato Bakes	Ranch		21g	80/20	2.5g	25%	0	0	1g
		Soy Crisps	Zesty BBQ	1oz	28g	110/25	3g	27.0%	0	0%	1
		Soy Crisps	Rich Cheddar Cheese	1oz	28g	110/25	3g	27.00%	0	0%	1
		Soy Crisps	Tangy Salt & Vinegar	1oz	28g	110/25	3g	27.00%	0	0%	1
		Soy Crisps	Apple Cinnamon Crunch	1oz	28g	120/25	3g	21.00%	0	0%	4g
	Good Heath Natural Food	See Kar's									
	GoPICNIC	GoMeals	GoEnergy	4.67oz	131g	380/110	12g	28.00%	3g	7%	27g
	Grandma's	See Frito-Lay									
	Harvest Selections	See Del Monte									
	HERR FOODS	Herr Foods	Bite Size Hard Pretzels		30g	100/0	0g	0%	0g	0%	0g
		Herr Foods	Butter Sticks Pretzels		30g	120	2g	17%	0g	0%	0g

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		Herr Foods	Circle H Pretzels		28g	170/30	3g	18%	0g	0%	0
		Herr Foods	Extra Dark Special Pretzels		42.5g	170/15	2g	9%	0g	3%	0g
		Herr Foods	Hards Pretzels		26g	100/0	0	0%	0g	0%	0g
		Herr Foods	Honey Wheat Pretzels		28g	110/18	2g	9%	0g	0%	3g
		Herr Foods	Light Popcorn		28g	120/33	4g	29%	1g	8%	1g
		Herr Foods	No Salt Thins Pretzels		28g	100/0	0	0%	0g	0%	2g
		Herr Foods	Sourdough Hard Pretzel		26g	100/0	0g	0%	0g	0%	0g
		Herr Foods	Special Pretzels		42.5g	170/15	2g	9%	0g	0%	0g
		Herr Foods	Stix Pretzels		28g	115/20	2g	17%	0g	0%	0g
		Herr Foods	Thins Pretzels		28g	100/10	1g	10%	.5g	5%	0g

Honey Maid See Kraft: Nabisco

KAR'S	Blazin' Hot Peanuts	Blazin' Hot Peanuts	1.5oz	43g	240/EX	EXMP	EXMPT	EXEMPT	EXEMPT	EXEMPT	2g
	Goin' Granola!	Brown Sugar Crunch	1.25oz	35g	150/45	5g	30%	0g	0%	8g	
	Good Heath Natural Foods	Veggie Stix Hot	.75oz	21g	100/30	3.5g	30%	0g	0%	0g	
	Honey Peanuts	Honey Peanuts	1.75oz	50g	270/EX	EXMP	EXMPT	EXEMPT	EXEMPT	5g	
	Original Trail Mix	Original Trail Mix-Unsalted	1.5oz	43g	200/EX	EXMP	EXMPT	1.5g	7%	10g	
	Original Trail Mix	Original Trail Mix-Unsalted	2oz	57g	270/EX	EXMP	EXMPT	2g	7%	14g	
	Peanut, Almond, Cashew Mix	Peanut, Almond, Cashew Mix	1.75oz	50g	290/ex	EXMP	EXMPT	EXEMPT	EXEMPT	2g	
	Raisins	Raisins	1 oz	28g	80/0	0g	0%	0g	0%	EXEMPT	
	Salted Almonds	Salted Almonds	1 oz	28g	170/ex	EXMP	EXMPT	EXEMPT	EXEMPT	1g	
	Salted Cashews	Salted Cashews	1 oz	28g	160/ex	EXMP	EXMPT	EXEMPT	EXEMPT	1g	
	Salted Cashews	Salted Cashews	1.5oz	43g	250/ex	EXMP	EXMPT	EXEMPT	EXEMPT	2g	
	Salted Peanuts	Salted Peanuts	1 oz	28g	170/ex	EXMP	EXMPT	EXEMPT	EXEMPT	1g	
	Salted Peanuts	Salted Peanuts	1.5oz	43g	250/ex	EXMP	EXMPT	EXEMPT	EXEMPT	2g	
	Salted Peanuts	Salted Peanuts	2 oz	57g	340/ex	EXMP	EXMPT	EXEMPT	EXEMPT	2g	
	Sunflower Kernels	Sunflower kernels (no shell)	2oz	57g	340/ex	EXMP	EXMPT	EXEMPT	EXEMPT	2g	

KASHI TLC (chewy granola bar) Trail Mix 1.2 oz 35g 140/45 5g 32% .5g 3% 6g

Keebler See Kellogg's

KELLOGG'S	Austin	Zoo Animal Crackers	2.12oz.	60g	130/20	2g	14%	0g	0%	7g
	FAMOUS AMOS	Low Fat Iced Ginger Snaps	1.73oz	49g	200/25	3g	12%	0.5g	2%	17g
	Keebler	Elfin Crackers 2.125oz (60g)	2.125 oz	60g	130		19%	.5	3.5%	8
	Keebler	Gripz Grahams cinnamon	.9oz	25g	100/25	3g	25%	1g	9.0%	5g
	Keebler	Scooby-Doo Graham Cracker Sticks	1oz.	28g	120/35	4g	30%	0.5g	4%	8g
	Kellogg's	Cinnamania French Toast	1.76oz.	50g	230/70	8g	30%	1.5g	6%	13g
	Kellogg's	Cinnamania Cinnamon Bun	1.76oz.	50g	230/70	8g	30%	1.5g	6%	12g
	Kellogg's	Corn Flakes 3/4 oz. (22g)	.75 oz	22g	80/0		0%	0	0.0%	2
	Kellogg's	Nutri-Grain Apple Cinnamon	1.3 oz	37g	130/30	3g	23%	.5g	3.0%	12g
	Kellogg's	Nutri-Grain Blackberry	1.3 oz	37g	130/30	3g	23%	.5g	3.0%	11g
	Kellogg's	Nutri-Grain Blueberry	1.3 oz	37g	130/30	3g	23%	.5g	3.0%	12g
	Kellogg's	Nutri-Grain Cherry	1.3 oz	37g	130/30	3g	23%	.5g	3.0%	12g
	Kellogg's	Nutri-Grain Mixed Berry	1.3 oz	37g	130/30	3g	23%	.5g	3.0%	12g
	Kellogg's	Nutri-Grain Raspberry	1.3oz	37g	130/30	3g	23%	.5g	3.0%	12g
	Kellogg's	Nutri-Grain Strawberry	1.3 oz	37g	130/30	3g	23%	.5g	3.0%	12g
	Kellogg's	Rice Krispies 5/8 oz. (18g)	5/8 oz	18g	70/0		0%	0	0.0%	2
	Kellogg's	Raisin Bran 1 1/4 oz (36g)	1.25 oz	36g	110		4%	0	0.0%	11
	Kellogg's	Frosted Mini Wheats 1 oz. (28g)	1 oz	28g	100/0		0%	0	0.0%	6
	Kellogg's	Rice Krispie Treats	1.3oz	37g	150/30	3.5g	21%	1g	6.0%	12g
	Kellogg's	Special K Cereal Bar: Honey Nut	.77 oz	22g	90/20	2g	22%	0g	0.0%	7g

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		Kellogg's	Special K Cereal Bar: Vanilla Crisp	.77 oz	22g	90/15	1.5g	17%	1g	10.0%	7g
		Kellogg's	Special K Snack Bites	.81oz.	23g	90/20	2g	20%	0.5g	5%	7g
		Kellogg's	Smart Start Healthy Heart Bar	1.41oz.	40g	150/25	2.5g	15%	0g	0%	12g
		Pop Tarts	Strawberry	3.67 oz.	104g	410/100	11g	24%	4g	9%	32g
		Pop Tarts	Strawberry	1pstryPk	52g	210/50	6g	26%	2g	9%	16g
		Pop Tarts	Frosted Strawberry	3.67oz	104g	400/90	10g	23%	3.5g	8%	34g
		Pop Tarts	Frosted Strawberry	1pstryPk	52g	200/45	5g	23%	1.5g	7%	17g
		Pop Tarts	Frosted Cherry	3.67oz	104g	400/90	10g	23%	3.5g	8%	34g
		Pop Tarts	Frosted Blueberry	3.67oz	104g	400/90	10g	23%	3g	7%	35g
		Pop Tarts	Frosted Brown Sugar Cinnamon	3.67oz	100g	420/130	14g	30%	4.5g	9%	31g
		Pop Tarts	Frosted Blueberry	1pstryPk	52g	200/45	5g	23%	1.5g	7%	18g
		Pop Tarts	Blueberry	3.67oz.	104g	400/90	10g	23%	2g	5%	36g
		Pop Tarts	Brown Sugar Cin.	3.52oz.	100g	420/120	13g	29%	3g	6%	32g
		Pop Tarts	Chocolate Chip	3.67oz.	104g	430/120	13g	29%	3.5g	7%	36g
	KRAFT	100 Calorie Packs	Chips Ahoy! Thin Crisps	.81oz.	23g	100/25	3g	25%	.5g	5%	7g
		100 Calorie Packs	Honey Maid Thins		23g	100/15	2g	15%	0	0%	7g
		100 Calorie Packs	Kraft Cheese Nips Mini	.74oz	21g	100/25	3g	25%	.5g	5%	0g
		100 Calorie Packs	Oreo Thins	.81oz.	23g	100/15	2g	15%	0	0	8g
		100 Calorie Packs	Planters Peanut Butter Cookie Crisps	.84oz	24g	100/30	3g	30%	0.5	5%	7g
		100 Calorie Packs	Wheat Thins Chips Multigrain Mini		22g	100/25	3g	25%	0	0	2g
		100 Calorie Packs	Cheese Sportz Crackers	.74oz	21g	100/25	3g	25%	0.5	5%	0
		100 Calorie Packs	Shortbread Sportz Cookies	.74oz	21g	100/30	3g	30%	0.5	5%	6g
		Back to Nature	Crispy Cheddars Snack Crackers		28g	130/40	4.5g	31%	.5g	4%	0
		Back to Nature	Crispy Wheats Baked Snack Cracker	1oz.	28g	120/30	3.5g	25%	0.5	0	3g
		Cornnuts	Barbecue	1.4oz	39g	180/60	6g	33%	1g	5.50%	1g
		Cornnuts	Chile Picante Con Limon		48g	220/70	8g	32%	1g	4.50%	0
		Cornnuts	Chile Picante Con Limon	1.4oz	39g	180/60	6g	33%	1g	5.00%	0
		Cornnuts	Nacho Cheese	1.4oz	39g	180/60	7g	33%	1g	5.60%	1g
		Cornnuts	Original	1.4oz	39g	180/50	6g	28%	1g	5.60%	0
		Cornnuts	Ranch	1.4oz	39g	180/60	6g	33%	1g	5.60%	1g
		Nabisco Honey Maid	Honey Maid Cookies Oatmeal Raisin Mini	20z	56g	250/80	9g	32%	2g	8%	16g
		Nabisco Honey Maid	Graham Sticks-Cinnamon	1oz	28g	120/20	2.5g	17%	.5g	4%	8g
		Nabisco Honey Maid	Graham Sticks-Cinnamon	1.75oz	49g	210/40	4.5g	19%	1g	5%	14
		Nabisco	(FoodService) Animal Crackers	1oz	28g	130/35	4g	27%	1g	7%	6g
		Nabisco	(FoodService) Animal Crackers		56g	250/70	8g	28%	2g	8%	11g
		Nabisco Newtons Fruit Crisps	Apple Cinnamon		28g	100/15	2g	15%	0g	0%	8g
		Nabisco Newtons Fruit Crisps	Mixed Berry		28g	100/15	2g	15%	0g	0%	8g
		Nabisco Teddy Grahams	Cubs Graham Snacks - Cinnamon	.5oz	14g	60/15	2g	25%	0	0%	3g
		Nabisco Teddy Grahams	Graham Snacks - Chocolate	.75oz	21g	90/25	3g	28%	.5g	6%	6g
		Nabisco Teddy Grahams	Graham Snacks - Cinnamon	1.25oz	35g	150/40	5g	27%	1g	7%	9g
		Nabisco Teddy Grahams	Graham Snacks - Cinnamon	.75oz	21g	90/25	3g	28%	0.5	6%	5g
		Nabisco Ritz	Airplanes	1oz	28g	120/30	3.5g	25%	.5g	4%	3g
		Nabisco Ritz	RITZ Toasted Chips - Original	.75oz	21g	100/30	3g	30%	.5g	5%	2g
		Nabisco Ritz	RITZ Toasted Chips - Original	1.75oz	49g	220/70	8g	32%	1g	5%	5g
		Nabisco Triscuit	Baked Whole Wheat Crackers - mini	1.75	49g	210/70	8g	33%	1g	5%	0
		Nabisco Wheat Thins	Baked Snack Crackers - Original	1.75oz	50g	230/80	9g	34%	1.5g	6%	6g
	LANDSHIRE, INC	Landshire	Chicken Salad Wedge	4.95 oz	140g	295/95	11g	32%	1g	4%	8g
		Landshire	Chicken Salad Wedge	6.80 oz	193 g	396/122	14g	31%	2	4%	11g
		Landshire	Fish & Cheese	4.80 oz	136g	326/62	7g	19%	3g	9%	4g
		Landshire	Ham & Cheese Wedge	4.80 oz	136g	265/72	8g	27%	3	10%	7g
		Landshire	Jumbo BBQ Beef	7.16 oz	203g	410/37	4g	9%	1	2%	31g
		Landshire	Roast Beef & Cheese Wedge	4.8 oz	136g	260/68	8g	26%	3g	10%	5g
		Landshire	Sloppy Joe	4.10 oz	116g	230/61	7g	27%	2g	9%	7g
		Landshire	Spicy Chicken & Cheese	5.54 oz	157g	364/120	13g	33%	4	9%	5g

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5/29/09	Manufacturer	Brand	Item	Pack Size	Bag Grams	Cal/Total Cal from Fat	Total g Fat from Fat %	Calories from Fat %	Saturated Fat	Saturated Fat %	Sugar Grams
		Landshire	Tuna Salad Wedge	4.95 oz	140g	294/84	9g	28%	1g	2%	9g
		Landshire	Tuna Salad Wedge	6.80 oz	193g	395/107	12g	27%	1g	2%	12g
		Landshire	Turkey & Cheese Wedge	4.80 oz	136g	288/89	10g	31%	3g	10%	7g
	Lay's	See Frito-Lay									
	MARS, INC.	3Musketeers	3Musketeers Vanilla	1.26oz	35.7g	140/40	4.5g	29%	1.5g	9.6%	12g
		3Musketeers	3Musketeers S'Mores	1.26oz	35.7g	140/40	4.5g	29%	1.5g	9.6%	12g
		3Musketeers	3Musketeers Strawberry	1.26oz	35.7g	140/40	4.5g	29%	1.5g	9.6%	12g
		Combos	Combos Pretzel	1.06oz	30.1g	110/10	1g	9%	0	0.0%	2
		Combos	Combos Pizza	1.06	30.1g	130/45	5g	34%	0	0.0%	1
		Combos	Combos Hot'n Spicy	1.06	30.1g	130/45	5g	34%	0g	0.0%	1g
		Mars, Inc.	m&m's Cookies	1.15oz	32.6g	150/50	5g	33%	1g	6.0%	11g
		Mars, Inc.	Snickers Clusters	1.06oz	30.1g	140/40	4.5g	29%	1.5g	9.6%	8g
		Mars, Inc.	Snickers Cookies	1.15oz	32.6g	150/50	5g	33%	1	6.0%	11g
		Mars, Inc.	Twix Clusters	1.06oz	30.1g	140/35	4	25%	1.5	9.6%	9g
	MET-Rx	BIG 100 Meal Replacement Bar	Choc. Chip Cookie Dough	3.52oz	100g	370/50	6g	14%	2.5g	6%	25g
	MONOGRAM FOODS	Monogram Meat Snacks	Teriyaki Beef Steak		15g	40/10	1g	25%	0g	0%	3g
	Mr. NATURE	Mr. Nature	Oriental Mix	1.5oz.	42g	110/0	0g	0%	0g	0%	<1g
		Mr. Nature	Raisins	1 oz	28g	90/0	0g	0%	0	0%	Exempt
		Mr. Nature	Selected Fruit Mix	2oz.	57g	100/10	1g	9%	0g	0%	15g
	Mrs. Freshley's	Mrs. Freshley's 100 Calorie Pack	Mini Blueberry Muffins	1.3oz	37g	100/25	3g	25%	1g	9%	5g
		Mrs. Freshley's 100 Calorie Pack	Mini Crème Filled Chocolate Cupcakes	1.3oz	37g	100/25	3g	25%	1g	9%	6g
	Munchies	See Frito-Lay									
	Nabisco	See Kraft									
	NORMA'S BAKERY	Smart Bites	Chocolate Crispy Treat	1.69oz	48g	190/54	6g	28%	1.5g	7%	14g
		Smart Bites	Crispy Treat	1.69oz	48g	180/41	4.5g	23%	1g	5%	15g
		Smart Bites Bar	Apple Cinnamon Bar	1.76oz	50g	180/45	5g	28%	1g	5%	16g
		Smart Bites Bar	Apricot Raisin Bar	1.76oz	50g	180/45	5g	25%	1g	5%	16g
		Smart Bites Bar	Chocolate & Grain Bar	1.4oz	45g	160/54	6g	34%	1.5g	8%	11g
		Smart Bites Bar	Cranberry Harvest Bar	1.41oz	45g	160/45	5g	28%	0.5g	3%	11g
		Smart Bites Cookie	Chocolate Chip	1.58oz	40g	160/54	6g	34%	1.5g	8%	14g
		Smart Bites Cookie	Chocolate Chip Peanut Butter	1.58oz	40g	170/54	6g	32%	1.5g	8%	14g
		Smart Bites Cookie	Oatmeal Raisin	1.58oz	40g	160/54	6g	34%	1.5g	8%	14g
		Smart Bites Cookie	Rainbow	1.58oz	40g	170/54	6g	32%	1.5g	8%	14g
	Now and Later	See Farley's & Sathers									
	OBERTO	Beef Jerky	Natural Style Hickory Smoked	.9 Oz	25g	70/10	1g	13	0g	0%	3g
		Beef Jerky	Natural Style Terriyaki	.9 oz	25g	70/10	1g	13	0g	0%	4g
	O'BRIEN	O'Brien	honey cured turkey stick		27g	50/10	1.5 g	27%	0 g	0%	4g
	Pepperidge Farm	See Campbell's									
	PIERRE	Pierre	Jumbo Honey Mustard Chicken Breast Patty Sandwich	5.9oz	167g	350/70	7g	20%	1.5g	3.80%	11g

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5/29/09	Manufacturer	Brand	Item	Pack Size	Bag Grams	Cal/Total Cal from Fat	Total g Fat from Fat %	Calories from Fat %	Saturated Fat	Saturated Fat %	Sugar Grams
	POORE BROTHERS	Braids Pretzels	Butter Pretzel Braids	1.5oz.	42.5g	110/15	1.5g	14%	0g	0%	<1g
		Braids Pretzels	Butter Pretzel Braids	2.25oz.	63.7g	110/15	1.5g	14%	0g	0%	<1g
		Braids Pretzels	Honey Wheat Pretzel Braids	1.5oz	42.5g	110/15	1.5g	14%	0g	0%	4g
		Braids Pretzels	Honey Wheat Pretzel Braids	2.25oz.	63.7g	110/15	1.5g	14%	0g	0%	4g
Discontinued		Clamato Tortilla Chips	Clamato Tortilla Chips	1oz.	28g	140/40	4g	26%	1g	6%	1g
Discontinued		Clamato Tortilla Chips	Clamato Tortilla Chips	1.75 oz.	49g	240/70	7g	28%	2g	7%	2g
Discontinued		Tato Skins	Tato Skins Steak & Potato	1 oz.	28g	130/30	3g	21%	1g	7%	1g
Discontinued		Tato Skins	Tato Skins Steak & Potato	1.75 oz.	49g	245/70	5g	18%	2g	7%	2g
	Pop Tarts	See Kellogg's									
	POPCORN, INDIANA	Popcorn, Indiana	Gourmet Kettlecorn Popcorn	1.25oz.	35g	165/55	6g	33%	0g	0%	8g
	Pretzel Poppers	See Sugar Foods									
	PUREFIT	PureFit	Almond Crunch		56.7g	230/60	6g	26%	1g	4%	15g
		PureFit	Chocolate Brownie		56.7g	230/40	4.5g	17%	.5g	2%	16g
		PureFit	Peanut Butter Crunch		56.7g	240/60	7g	25%	1.5g	5%	15g
	PURNELL'S	Purnell's Old Folks	Big Turkey Sandwich		91g	200/40	5g	20%	.5g	2%	2G
	QUAKER	Chewy Granola Bars	Cookies and Crème	.84 oz.	24g	90/2590	2.5g	24%	.5g	5%	5g
		Chewy Granola Bars	Peanut Butter Chocolate Chip	.84 oz.	24g	100/25	3g	25%	1g	9%	7
		Chewy Granola Bars	LF Baked Apple - 90 cal	.84oz	24g	90/15	1.5g	15%	0g	0%	7g
		Chewy Granola Bars	LF Chocolate Chunk - 90 cal	.84oz	24g	90/20	2g	18%	.5g	5%	7g
		Chewy Granola Bars	LF Cinnamon Sugar - 90 cal	.84oz	24g	90/15	1.5g	15%	0g	0%	6g
		Chewy Granola Bars	LF Oatmeal Raisin - 90 cal	.84oz	24g	90/15	1.5g	15%	0g	0%	7g
		Chewy Granola Bars	Reduced Sugar Cookies And Cream	.84oz	24g	100/25	2.7g	30%	1g	5%	5g
		Chewy Granola Bars	Red.Sug.PeanutButterChocolateChunk	.84 oz	24g	100/25	3g	25%	1g	9%	5g
		Chewy Granola Bars	Reduced Sugar Chocolate Chip	.84 oz	24g	100/30	3.5g	30%	1g	9%	5g
		Chewy Granola Bars	Reduced Sugar Chocolate Chunk	.84 oz	24g	100/30	3g	30%	1g	9%	5g
		Instant Quaker Oatmeal	Express Cinnamon Roll	1.9 oz	54g	200/25	2.5g	12%	.5g	2.30%	17g
		Instant Quaker Oatmeal	Express Cups Cinnamon Roll	1.9oz	54g	200/25	2.5g	12%	.5g	2.30%	17g
		Instant Quaker Oatmeal	Express Golden Brown Sugar	1.9 oz	54g	200/25	2.5g	12%	.5g	2.30%	18
		Instant Quaker Oatmeal	Express Cups Golden Brown Sugar	1.9 oz	54g	200/25	2.5g	11.5%	.5g	2.30%	18g
		Instant Quaker Oatmeal	Golden Brown Sugar	1.6 oz.	45g	170/20	2g	12.0%	.5g	2.60%	12g
		Instant Quaker Oatmeal	Vanilla Cinnamon	1.6 oz.	45g	160/20	2g	12%	0g	0%	13g
		Life	LIFE SINGLE-SERVE CUP	1.8 oz	51.03g	190/20	2g	10.5%	0.5	2.40%	10g
		Quaker	Fruit Crisp Bars Apple Crisp	1.3 oz	37g	130/25	2.5g	17.0%	.5g	3.50%	9g
		Quaker	Fruit Crisp Bars Strawberry	1.3oz	37g	130/25	2.5g	17.0%	.5g	3.50%	9g
		Quaker	FRUIT CRISP BITES APPLE CRISP	1.3 oz	37g	130/25	2.7g	18%	.5g	3.50%	8g
		Quaker	Fruit Crisp Bites Apple Crisp	2 oz	56g	200/35	4g	18%	1	4.50%	12g
		Quaker	FRUIT CRISP BITES STRAWBERRY	1.3 oz	37g	130/25	2.5g	18%	.5g	3.50%	8g
		Quaker	Fruit Crisp Bites Strawberry	2 oz	56g	200/35	4g	18%	1g	4.50%	12
		Quaker	Oatmeal to Go Apples & Cinnamon	1.4oz	40g	150/25	2.5g	16%	.5g	3.00%	13g
		Quaker	Oatmeal to Go Brown Sugar Cinnamon	2.1oz	59g	220/35	4g	15.8%	1g	4.10%	19g
		Quaker	Oatmeal to Go Brown Sugar Cinnamon	1.4oz	40g	140/25	2.5g	17.0%	.5g	3.00%	13g
		Quaker	Oatmeal to Go Oatmeal Raisin	2.1oz	59g	220/35	4g	16.9%	1g	4.10%	8g
		Quaker	Oatmeal to Go Oatmeal Raisin for Kids	1.4oz	40g	150/25	2.5g	16%	.5g	3%	14g
		Quaker	QUAKER QUICK OATS TUBE		40g	150/25	3g	17%	.5g	3%	1
		Quaker Breakfast Cookie	Breakfast Cookie-Oatmeal Raisin	1.7 oz.	48g	170/40	4.5g	24%	1.5g	7.90%	15g
		Quaker Breakfast Cookie	Breakfast Cookie-Apple Cinnamon	1.7 oz.	48g	170/40	4.5g	23.7%	1.5g	7.90%	15g
		Quaker Breakfast Cookie	Breakfast Cookie-Chocolate Chip	1.7 oz.		180	28	2	50	0	14

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5/29/09	Manufacturer	Brand	Item	Pack Size	Bag Grams	Cal/Total Cal from Fat	Total g Fat from Fat %	Calories from Fat %	Saturated Fat	Saturated Fat %	Sugar Grams
		Quaker Rice Cakes	Mini Apple/Cinnamon		16g	60/0	0g	0	0g	0	4g
		Quakes Rice Cakes	Mini Caramel		15g	60/0	0g	0	0g	0	4g
		Quakes Rice Cakes	Mini Caramel		26g	100/5	.5g	0.50%	0g	0%	8G
		Quakes Rice Cakes	MINI CHEDDAR		15g	70/25	2.5g	32%	0g	0%	0g
		Quakes Rice Cakes	MINI CHEDDAR	.67 oz	19g	90/25	2.7g	32%	.5g	5%	1g
		QUAKER Snack Mix	CHEDDAR CHEESE	1.75	50g	230/70	8g	30	1.5g	6%	5g
		QUAKER Snack Mix	KID'S MIX	.875 oz	25g	110/30	3.5g	24	1	8	4g

Ritz See Kraft: Nabisco

Rold Gold See Frito-Lay

Ruffles See Frito-Lay

SMARTFOOD	SMARTFOOD	Reduced Fat White Cheddar Popcorn		.875 oz	25g	120/40	5g	33	1g	8%	1g
SNYDER'S of HANOVER	Snyders	Honey Mustard & Onion Nibblers		1.5 oz	42.5g	180/35	4g	19	2g	10%	1g
	Snyders	Mini Pretzels		1.5oz	42.5g	160/0	0g	0	0	0%	1
	Snyders	Olde Tyme		1.5 oz	44.5g	180/15	1.5g	8	0g	0%	0
	Snyders	Pretzel Sticks		1.5oz	42.5g	160/10	1.5g	6	0g	0%	1g
	Snyders	Sourdough Hard Pretzels			46.8g	160/0	0g	0	0	0%	0g
	Snyders	Sourdough Nibblers		1.5oz	42.5g	160/0	0g	0	0g	0%	0
	Snyders	100 Calorie Mini Pretzel		.9oz	26g	100/0	0g	0	0	0%	0
STACY'S	STACY'S	SOY CRISPS STICKY BUN		1 oz.	28g	130/45	5	34	0.5	3%	3g
	STACY'S	CINNAMON AND SUGAR		1.5oz	43g	200/70	7g	32	.5g	2%	9g
	STACY'S	Pita Chips SIMPLY NAKED		1 oz.	28g	130/45	5g	25	.5g	3%	1g
	STACY'S	Pita Chips SIMPLY NAKED		1.5	43g	200/70	8g	25	.5g	2%	1g
	STACY'S	PESTO & SUNDRIED TOMATO		1.5 oz	43g	200/60	7g	32	0.5	2%	1g
	STACY'S	TEXARKANA HOT		1.5oz	43g	200/60	7g	32	0.5	2%	1g
	STACY'S	PARMESAN GARLIC HERB		1.5oz	43g	200/70	8g	34	1g	5%	2g
STONEFIELD FARM	Stoneyfield Farm	Vanilla Organic Yogurt		6oz.	170g	140/15	1.5g	10%	1g	6%	23g
	Stoneyfield Farm	Maple Vanilla Organic Yogurt		6oz.	170g	130/15	1.5g	10%	1g	7%	20g
	Stoneyfield Farm	Mocha Latte Organic Yogurt		6oz.	170g	140/15	1.5g	10%	1g	6%	22g
	Stoneyfield Farm	Raspberry Organic Yogurt		6oz.	170g	130/15	1.5g	10%	1g	7%	22g
	Stoneyfield Farm	Luscious Lemon Organic Yogurt		6oz.	170g	140/15	1.5g	10%	1g	6%	23g
	Stoneyfield Farm	Carramel Organic Yogurt		6oz.	170g	190/15	1.5g	7%	1g	5%	35g
	Stoneyfield Farm	Blueberry Organic Yogurt		6oz.	170g	130/15	1.5g	10%	1g	7%	22g
	Stoneyfield Farm	Strawberry Organic Yogurt		6oz.	170g	130/15	1.5g	10%	1g	7%	22g
	Stoneyfield Farm	Just Peachy Organic Yogurt		6oz.	170g	130/15	1.5g	10%	1g	7%	25g
SUGAR FOODS	Super Snax	Cinnamon Toast Bites		.75oz	21g	90/25	3g	27%	0g	0%	4g
	Super Snax	Cinnamon Toast Bites		1.5oz	42.5g	180/50	6g	28%	1g	5%	7g
	Super Snax	Cookie Minis		.75oz	28g	120/35	4g	29%	.5g	4%	9g
	Super Snax Pretzel Poppers	Blazin' Hot Pretzel Poppers		.75oz	21g	80/25	2.5g	31%	0g	0%	1g
	Super Snax Pretzel Poppers	Blazin' Hot Pretzel Poppers		1.5oz	42.5g	160/50	5g	31%	.5g	3%	1g
	Super Snax Pretzel Poppers	Cheezy Nacho Pretzel Poppers		.75oz	21g	80/25	2.5g	31%	0g	0%	1g
	Super Snax Pretzel Poppers	Cheezy Nacho Pretzel Poppers		1.5oz	42.5g	160/50	5g	31%	.5g	3%	1g
	Super Snax Pretzel Poppers	Cool Ranch Pretzel Poppers		.75oz	21g	80/25	2.5g	31%	0g	0%	1g
	Super Snax Pretzel Poppers	Cool Ranch Pretzel Poppers		1.5oz	42.5g	160/45	5g	28%	0g	0%	1g
	Super Snax Pretzel Poppers	Zesty Pizza Pretzel Poppers		.75oz	21g	80/25	2.5g	31%	0g	0%	1g
	Super Snax Pretzel Poppers	Zesty Pizza Pretzel Poppers		1.5oz	42.5g	160/45	5g	28%	.5g	3%	1g

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5/29/09	Manufacturer	Brand	Item	Pack Size	Bag Grams	Cal/Total Cal from Fat	Total g Fat	Calories from Fat %	Saturated Fat	Saturated Fat %	Sugar Grams	
	Super Snax		See Sugar Foods									
	T.G. I. Fridays		See Poore Brothers									
	Tato Skins		See Poore Brothers									
	Triscuit		See Kraft: Nabisco									
	WELCH'S		Welch's Dried Fruit	Reduced Sugar Mixed Fruit	1.5oz	40g	120/0	0g	0%	0g	0%	14g
	Wheat Thins		See Kraft: Nabisco									
	Z Bar		See Clif									



NAMA has endeavored to make these materials as accurate as possible, but has relied on the information supplied to it by third parties. NAMA cannot therefore be responsible for inaccuracies or incorrect information in the list and users are urged to contact the supplier providing the information for confirmation.

TO DETERMINE IF YOUR PRODUCT MEETS THE 35-10-35 NUTRITION STANDARDS, FOLLOW THESE SIMPLE STEPS:

1. **LESS THAN 35% FAT:** Looking at your product's nutrition label, take the number of calories from fat (not the number of grams) and divide that number by the total number of calories in the product. On the nutrition label, calories from fat is listed next to the total calories for the product. **EXAMPLE:** if the NAMA Big Bar has 350 calories and 50 of those calories are from fat, divide 50 by 350 and you will get .14 or 14% fat. Since 14% meets the requirement of less than 35% fat, the NAMA Big Bar is doing well.

2. **LESS THAN 10% SATURATED FAT:** Return to your product's nutrition label and look for saturated fat. If this number is only available in grams, take the number of grams and multiply it by 9. (There are 9 calories in each gram of fat.) Take the number of calories from saturated fat and divide it by the total number of calories in the product. **EXAMPLE:** If the NAMA Big Bar has 2.5g of saturated fat, it has 22.5 calories from saturated fat (2.5 x 9 = 22.5). Dividing 22.5 by 350 total calories (calories listed in step 1) gives us .06 or 6%. Since 6% meets the requirement of less than 10% of the calories coming from saturated fat, the NAMA Big Bar is still doing well.

3. **LESS THAN 35% OF TOTAL WEIGHT FROM SUGAR:** Check your nutrition label for the weight of your product in grams. Now look farther down the label for the number of sugar grams. Divide the number of grams of sugar by the total number of grams in the product to find the percentage of weight from sugar. **EXAMPLE:** The NAMA Big Bar is 100g and it

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5/29/09 Manufacturer	Brand	Item	Pack Size	Bag Grams	Cal/Total Cal from Fat	Total g Fat	Calories from Fat %	Saturated Fat	Saturated Fat %	Sugar Grams
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has 24 grams of sugar. Dividing 24 by 100 gives us .24 or 24% of the total weight from sugar. The NAMA Big Bar has passed all three standards and has earned its Fit Pick sticker.

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Sugar % of wt	Sodium mg
33%	0

2%	720mg
1%	790mg
2%	550mg
6%	650mg
1%	620mg
1%	300mg
1%	540mg
7%	640mg
0%	1100mg
4%	770mg
7%	720mg

27%	45
27%	
6%	0
4.00%	0
5%	0
6.00%	0
4.00%	0
4%	0
35%	260mg
35%	250mg
28%	250mg
0%	
0%	190
0%	190

Special Order

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Sugar % of wt	Sodium mg	
23%	105	Special Order
23%	105	Special Order
27%	100	
27%	100	
5%		
0%	190	
4%	300mg	
0%	170mg	
34.7%	55mg	
29%	110mg	Special Order
30%	200mg	
29%	230mg	Special Order
29%	130mg	
30%	100mg	
30%	90mg	
33%	125mg	
27%	95mg	
30%	170mg	
7.10%		Stock
6	0.21	Discontinued
2%	1080mg	
2%	1120mg	
2%	1100mg	
16%	0.01	
14%	15	Stock
13%	0	
12%	20	Stock
1%		

32%		Stock

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Sugar % of wt	Sodium mg	
28%		
28%		
28%		
29%		
4	210mg	
4.0%		
3		
0		
8		
9		
5.5%		Stock
8		
0		
12		
9		
12		
9		
9		
4.1%		
4		Stock
4.5%		
4		
7		
4.1%		
4.5%		
19		Stock - 2.5oz
8.9%		Stock - Cheeze Fix
14.2%		
4.0%	190mg	
4		
0		
3.0%		Stock
2.0%		Stock
12.0%		Stock

5.0%	150mg	
5.0%	210mg	
3%		Stock
3%		
3%		Stock
14%		

20% 560mg

0%		
0%		

35-10-35

Sugar % of wt	Sodium mg
0%	
0%	
0%	
11%	
0%	
7%	
0%	
0%	
0%	
0%	

5%	810mg	
23%	60mg	Stock
0%	290mg	Stock
10%	90mg	
23%	0mg	Stock
25%	0mg	Stock
4%	160mg	Special Order
EXEMPT	0mg	
4%	95mg	Stock
4%	80mg	Stock
5%	130mg	
4%	90mg	Stock
5%	135mg	
4%	180mg	
4%	230mg	Stock
17%	105mg	

12%	90	Stock - 2oz
34%	170	Stock
13%		Stock
20%	75mg	
29%	115	
26%	210	
24%	230	
9%		
32%	105mg	Stock
30%	135mg	
32%	105mg	Stock
32%	100mg	
32%	105mg	
32%	105mg	
32%	120mg	Stock
11%		
30%		
21%		
32%	170	Stock
32%	110mg	

35-10-35

Sugar % of wt	Sodium mg	
32%	100mg	
30%	125	
30%	85	
31%		
31%		
33%	330	Stock
33%	170	
33%	330	Stock
32%	330	Stock
31%	340	Stock
34%	170	
34%	0.14	
32%	0.15	
34%	0.2	Stock

30%		
30%		
0%		
34%		
29%		
9%		
0		
29%		
0		
11%		
3%		
0%		
0%	410mg	
3%		
0%		
3%		
29%		
29%		
29%		Stock
21%		
20%		
29%	90mg	
29%	85mg	
21%		
29%		
26%		
24%		
11%		
10%		
10%		
0%		
12%	420mg	
6%		
6%		
3%		
5%		Stock - Smoked 4.5oz
16%		
4%		
6%		Stock - 3.6oz
3%		

35-10-35

Sugar % of wt	Sodium mg
7%	
7%	
5%	
33.6%	70mg
33.6%	70mg
33.6%	70mg
6.6%	230mg
3.3%	220mg
3.3%	220mg
33%	100mg
26.6%	170mg
33%	100mg
29.9%	120mg

Stock - Smioked 4.5oz

25%

20% 150mg

0%	160
exempt	7mg
26%	30
13%	140mg
16%	150mg
29%	170mg
31%	180mg
32%	210mg
32%	200mg
24%	115mg
24%	110mg
35%	200mg
35%	190mg
35%	190mg
35%	210mg

Stock - Seedless

Stock - Frozen

Stock - Frozen

16	
16	
15%	430mg

Special Order

Special Order

6% 980mg

35-10-35

Sugar % of wt	Sodium mg
0%	390mg
0%	390
9%	250mg
6%	250
4%	130mg
4%	230mg
4%	160mg
4%	227mg
22%	160mg
26%	
28%	
26%	
2%	
21%	
29%	
30%	
29%	
25%	
29%	
22%	
21%	
21%	
21%	
31%	
31%	Stock
33%	
33%	Stock
26%	
29%	
20%	
24%	Special Order
24%	
20%	
21%	
21%	
21%	
32%	135mg Special Order
32%	
32%	150mg Special Order
32%	
33%	Special Order
2.50%	
31%	
31%	
29.2	

35-10-35

Sugar % of wt	Sodium mg	
25%		
27%		Stock - .91oz
31%		Stock - .91oz
0%		
5%		
10		Stock
16		Special Order

0		Stock - .625oz & 1oz
0	135	
2	350	Stock - Fat Free
0	180	
0	420	Stock
0	390	Stock
9	280	
0	220	
11		
21		
3		
2		
2		
2		
5		
14%	100	
12%	100	
13%	105	
13%	105	
14%	120	
21%	140	
13%	95	
13%	95	
14%	95	

19%	
16%	
32%	
5%	
2%	
5%	
2%	
5%	
2%	
5%	
2%	

35-10-35

Sugar % of wt	Sodium mg
35%	



35-10-35

Sugar % of wt	Sodium mg
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35-10-35

35-10-35

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