

Products Meeting *Fit Pick* 35 - 10 - 35 Nutrition Criteria



This document lists products that meet the Fit Pick criteria. To make the list, a product must have no more than 35% of its calories from fat, no more than 10% of its calories from saturated fat and no more than 35% of its total weight from sugar.

Nuts and seeds are exempt from total & saturated fat. Dried fruit is exempt from sugar by weight as long as it contains no added sugar. Items that are considered "exempt" are noted. Please check product labels and use **only single-serving sizes.**

We expect this list to grow as more Fit Pick items are identified.

Manufacturer	Brand	Item	Pack Size	Bag Grams	Cal/Total Cal from Fat	Total g Fat	Calories from Fat %	Saturated Fat	Saturated Fat %	Sugar Grams	Sugar % of wt	Sodium mg
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	33%	0
BASIL'S BAVARIAN BAKERY	See BISCOMERICA											
BELLISIO FOODS, INC.	Michelina's	Authentico Bellisio Ravioli		227g	220/60	7g	27%	2g	8%	5g	2%	720mg
	Michelina's	Lean Gourmet Enchilada Bake		241g	300/70	8g	23%	2.5g	8%	3g	1%	790mg
	Michelina's	Lean Gourmet Five Cheese Lasagne		227g	280/45	5g	16%	2g	6%	6g	3%	550mg
	Michelina's	Lean Gourmet Sesame Chicken		227g	270/20	2g	7%	0g	0%	15g	7%	650mg
	Michelina's	Lean Gourmet Shrimp w/Pasta & Vegetables		227g	260/50	6g	19%	3g	10%	4g	2%	620mg
	Michelina's	Lean Gourmet Spaghetti w/Meat Sauce		241g	340/35	4g	10%	1g	3%	4g	2%	300mg
	Michelina's	Lean Gourmet Spaghetti w/Meat & Mushroom Basil Sauce		241g	300/60	6g	20%	2g	6%	4g	2%	540mg
	Michelina's	Lean Gourmet Sweet & Sour Chicken		227g	330/25	3g	8%	0.5g	1%	17g	7%	640mg
	Michelina's	Yu Sing Chicken Fried Rice		227g	410/100	11g	24%	2g	4%	2g	1%	1100mg
	Michelina's	Yu Sing Oriental Beef&Peppers w/Rice		227g	340/50	6g	15%	1g	3%	10g	4%	770mg
	Michelina's	Yu Sing Sweet & Sour Chicken w/Rice		241g	350/25	3g	7%	.5g	1%	19g	8%	720mg
BISCOMERICA	Basil's Bavarian Bakery	Animal Snackers	1oz	28g	110/30	3.5g	27%	0g	0%	7g	25%	45mg
	Biscomerica	Ginger Snaps w/no trans fat	2.125oz.	60g	110/25	2.5g	20%	1g	8%	8g	13%	45
	Biscomerica	Ginger Snaps	2.125oz	60g	110/25	2.5g	20%	1g	8%	8g	13%	
Braids Pretzels	See Poore Brothers											
BROTHER'S	Brother's All Natural (Dehydrated)	100% Asian Pear	4.2oz	120g	40/0	0g	0%	0g	0%	7g	6%	0
	Brother's All Natural (Dehydrated)	100% Banana Crisps	7.2oz	204g	66/0	0g	0%	0g	0%	8g	4%	0
	Brother's All Natural (Dehydrated)	100% Fuji Apple Crisps	4.2oz	120g	39/1	0g	3%	0g	0%	6g	5%	0
	Brother's All Natural (Dehydrated)	100% Pineapple Crisps	6.3oz	180g	60/0	0g	0%	0g	0%	11g	6%	0
	Brother's All Natural (Dehydrated)	100% Strawberry Crisps	3.2oz	90g	30/1	0g	3%	0g	0%	4g	4%	0
	Brother's All Natural (Dehydrated)	100% Strawberry Banana Crisps	5.04oz	144g	46/1	0g	2%	0g	0%	6g	4%	0
BUZZSTRONG'S	BuzzStrong's Bakery	Chocolate Chip Cookie	2.0oz	57g	210/60	7g	29%	2g	9%	20g	35%	260mg
	BuzzStrong's Bakery	Oatmeal Raisin Cookie	2.0oz	57g	200/45	5g	23%	1g	5%	20g	35%	250mg
	BuzzStrong's Bakery	Peanut Butter Cookie	2.0oz	57g	220/60	7g	27%	1g	4%	16g	28%	250mg
PEPPERIDGE FARM	Pepperidge Farm	Flavor Blasted G.Fish Kickin' Ranch	.75oz.	21g	100/30	3g	30%	1g	9%	0g	0%	190
	Pepperidge Farm	Flavor Blasted G.Fish H&SpyChedda	.75oz.	21g	100/30	3g	30%	1g	9%	0g	0%	190
	Pepperidge Farm	GIANT Goldfish Grahams -Choc.	0.9oz.	26g	120/30	3.5g	25%	1g	8%	6g	23%	105
	Pepperidge Farm	GIANT Goldfish Grahams -Cinn.	0.9oz.	26g	120/40	4.5g	33%	1g	8%	6g	23%	105
	Pepperidge Farm	Goldfish PhysEdibles -Lemon	0.9oz.	26g	120/35	4g	29%	1g	8%	7g	27%	100
	Pepperidge Farm	Goldfish PhysEdibles -Straw.	0.9oz.	26g	120/35	4g	29%	1g	8%	7g	27%	100
	Pepperidge Farm	100 Calorie Flavor Blast Ranch G.fish	.75oz	21g	100/30	3g	30%	1g	9%	0g	0%	190
	Pepperidge Farm	100 Calorie Pretzel Goldfish	.75oz	21g	100/15	1.5g	15%	0g	0%	1g	5%	300mg
	Pepperidge Farm	100 Cal.Cheeddar G.fish w/whole grains	.75oz	21g	100/30	3.5g	30%	1g	9%	0g	0%	170mg
	Pepperidge Farm	100 Cal. Soft Baked Oat.Raisin Cookies	.81oz	23g	100/25	3g	25%	1g	9%	8g	35%	55mg
Cheetos	See Frito-Lay											
Chex	See General Mills											
Clamato Tortilla Chips	See Poore Brothers											
CLIF BAR	Clif Bar	Black Cherry Almond		68g	250/45	5g	18%	1.5g	5%	20g	29%	110mg
	Clif Bar	Choc.Chip Peanut Crunch	2.4 oz.	68g	260/60	6g	23%	1.5g	5%	21g	31%	200mg
	Clif Bar	Crunchy Peanut Butter	2.4 oz.	68g	250/60	6g	24%	1g	4%	20g	29%	230mg
	Clif Bar	Oatmeal Raisin Walnut	2.4 oz.	68g	240/45	5g	19%	1g	4%	20g	29%	130mg
	Clif Kid Z Bar - organic	Apple Cinnamon		36g	120/20	2g	17%	0g	0%	11g	31%	100mg
	Clif Kid Z Bar - organic	Blueberry		36g	120/20	2.5g	17%	0g	0%	11g	31%	90mg
	Clif Kid Z Bar - organic	Chocolate Brownie	1.27oz	36g	120/25	3g	21%	1g	8%	12g	33%	125mg
	Clif Kid Z Bar - organic	Honey Graham		36g	130/25	2g	19%	.5g	3%	10g	28%	95mg
	Clif Kid Z Bar - organic	Peanut Butter	1.27oz	36g	140/45	5g	32%	1g	6%	11g	31%	170mg
Combos	See Mars, Inc.											
Cornnuts	See Kraft											
CRUNCH 'N' MUNCH	Crunch 'n munch vend bags	Toffee w/Peanuts 72/1oz (28g)	1 oz	28g	130/40	4g	31%	1g	7%	2g	7%	
DALE & THOMAS	Dale & Thomas Popcorn	Kettlecorn Popcorn	1oz	28g	130/45	5	35%	0g	0%	6g	21%	
DEL MONTE	Harvest Selections	Chicken Cacciatore		283g	270/60	7g	22%	1.5g	5%	5g	2%	1080mg
	Harvest Selections	Homestyle Chili with Beans		283g	300/80	9g	27%	3g	9%	6g	2%	1120mg
	Harvest Selections	Santa Fe Style Rice & Beans		283g	320/50	6g	16%	1g	3%	5g	2%	1100mg
	Fresh Produce	ALL single servings										
DOLE	Fruit Bowls	Peaches in Strawberry Gel	3.4oz.	98g	60/0	0g	0%	0g	0%	16g	16%	0.01

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Manufacturer	Brand	Item	Pack Size	Bag Grams	Cal/Total Cal from Fat	Total g Fat	Calories from Fat %	Saturated Fat	Saturated Fat %	Sugar Grams	Sugar % of wt	Sodium mg		
HERR FOODS		Baked Potato Crisps	Barbecue	1oz	28.4g	120/30	3g	25%	.5g	4%	2g	7%	330mg	
		Baked Potato Crisps	Cheddar & Sour Cream	1oz	28.4g	120/30	3g	25%	.5g	4%	2g	7%	330mg	
		Baked Potato Crisps	Original	1oz	28.4g	120/20	2g	17%	0g	0%	2g	7%	180mg	
		Baked Potato Crisps	Sour Cream & Onion	1oz	28.4g	120/30	3g	25%	.5g	4%	2g	7%	330mg	
		Herr Foods	Bite Size Hard Pretzels		30g	100/0	0g	0%	0g	0%	0g	0%		
		Herr Foods	Circle H Pretzels		28g	170/30	3g	18%	0g	0%	0g	0%		
		Herr Foods	Extra Dark Special Pretzels		42.5g	170/15	2g	9%	0g	0%	0g	0%		
		Herr Foods	Hards Pretzels		26g	100/0	0g	0%	0g	0%	0g	0%		
		Herr Foods	Honey Wheat Pretzels		28g	110/18	2g	16%	0g	0%	3g	11%		
		Herr Foods	Light Popcorn		28g	120/33	4g	28%	1g	8%	1g	4%		
		Herr Foods	No Salt Thins Pretzels		28g	100/0	0g	0%	0g	0%	2g	7%		
		Herr Foods	Sourdough Hard Pretzel		26g	100/0	0g	0%	0g	0%	0g	0%		
		Herr Foods	Special Pretzels		42.5g	170/15	2g	9%	0g	0%	0g	0%		
		Herr Foods	Stix Pretzels		28g	115/20	2g	17%	0g	0%	0g	0%		
		Herr Foods	Thins Pretzels		28g	100/10	1g	10%	.5g	5%	0g	0%		
Honey Maid		See Kraft: Nabisco												
HORMEL		Compleats	Beef Steak & Peppers	10oz	283g	210/45	5g	21%	2g	9%	4g	1%	580mg	
		Compleats	Chicken Marinara	10oz	283g	250/35	4g	14%	1g	4%	9g	3%	520mg	
		Compleats	Roasted Turkey & Vegetables	10oz	283g	220/45	5g	20%	1.5g	6%	5g	2%	600mg	
		Compleats	Santa Fe Style Chicken	10oz	283g	280/35	4g	13%	1g	3%	6g	2%	550mg	
		Compleats	Sesame Chicken	10oz	283g	320/70	8g	22%	2.5g	7%	14g	5%	600mg	
KAR'S		Blazin' Hot Peanuts	Blazin' Hot Peanuts	1.5oz	43g	240/EX	EXMP	EXMPT	EXEMPT	EXEMPT	2g	5%	810mg	
		GoIn' Granola!	Brown Sugar Crunch	1.25oz	35g	150/45	5g	30%	0g	0%	8g	23%	60mg	
		Good Health Natural Foods	Veqgie Stix Hot	.75oz	21g	100/30	3.5g	30%	0g	0%	0g	0%	290mg	
		Honey Peanuts	Honey Peanuts	1.75oz	50g	270/EX	EXMP	EXMPT	EXEMPT	EXEMPT	5g	10%	90mg	
		Original Trail Mix	Original Trail Mix-Unsalted	1.5oz	43g	200/EX	EXMP	EXMPT	1.5g	7%	10g	23%	0mg	
		Original Trail Mix	Original Trail Mix-Unsalted	2oz	57g	270/EX	EXMP	EXMPT	2g	7%	14g	25%	0mg	
		Peanut, Almond, Cashew Mix	Peanut, Almond, Cashew Mix	1.75oz	50g	290/ex	EXMP	EXMPT	EXEMPT	EXEMPT	2g	4%	160mg	
		Raisins	Raisins	1 oz	28g	80/0	0g	0%	0g	0%	EXEMPT	EXEMPT	0mg	
		Salted Almonds	Salted Almonds	1 oz	28g	170/ex	EXMP	EXMPT	EXEMPT	EXEMPT	1g	4%	95mg	
		Salted Cashews	Salted Cashews	1 oz	28g	160/ex	EXMP	EXMPT	EXEMPT	EXEMPT	1g	4%	80mg	
		Salted Cashews	Salted Cashews	1.5oz	43g	250/ex	EXMP	EXMPT	EXEMPT	EXEMPT	2g	5%	130mg	
		Salted Peanuts	Salted Peanuts	1 oz	28g	170/ex	EXMP	EXMPT	EXEMPT	EXEMPT	1g	4%	90mg	
		Salted Peanuts	Salted Peanuts	1.5oz	43g	250/ex	EXMP	EXMPT	EXEMPT	EXEMPT	2g	5%	135mg	
		Salted Peanuts	Salted Peanuts	2 oz	57g	340/ex	EXMP	EXMPT	EXEMPT	EXEMPT	2g	4%	180mg	
		Sunflower Kernels	Sunflower kernels (no shell)	2oz	57g	340/ex	EXMP	EXMPT	EXEMPT	EXEMPT	2g	4%	230mg	
KASHI		TLC (cereal Bar)	Baked Apple Spice	1.2 oz	35g	110/25	3g	23%	0g	0%	9g	26%	105mg	
		TLC (cereal Bar)	Blackberry Graham	1.2 oz	35g	110/25	3g	23%	0g	0%	9g	26%	125mg	
		TLC (cereal Bar)	Ripe Strawberry	1.2 oz	35g	110/25	3g	23%	0g	0%	9g	26%	105mg	
		TLC (chewy granola bar)	Cherry Dark Chocolate	1.2 oz	35g	120/20	2g	17%	.5g	4%	8g	23%	75mg	
		TLC (chewy granola bar)	Honey Almond Flax	1.2 oz	35g	140/45	5g	32%	.5g	3%	5g	14%	115mg	
		TLC (chewy granola bar)	Peanut Peanut Butter	1.2 oz	35g	140/45	5g	32%	.5g	3%	5g	14%	90mg	
		TLC (chewy granola bar)	Trail Mix	1.2 oz	35g	140/45	5g	32%	.5g	3%	5g	14%	105mg	
Keebler		See Kellogg's												
KELLOGG'S		Austin	Zoo Animal Crackers	2.12oz.	60g	130/20	2g	15%	0g	0%	7g	12%	90	
		FAMOUS AMOS	Low Fat Iced Ginger Snaps	1.73oz	49g	200/25	3g	13%	0.5g	2%	17g	35%	170	
		Keebler	Gripz Grahams cinnamon	.9oz	25g	100/25	3g	25%	1g	9%	5g	20%	75mg	
		Keebler	Scooby-Doo Graham Cracker Sticks	1oz.	28g	120/35	4g	29%	0.5g	4%	8g	29%	115mg	
		Kellogg's	Cinnamania French Toast	1.76oz.	50g	230/70	8g	30%	1.5g	6%	13g	26%	210mg	
		Kellogg's	Cinnamania Cinnamon Bun	1.76oz.	50g	230/70	8g	30%	1.5g	6%	12g	24%	230mg	
		Kellogg's	Corn Flakes 3/4 oz. (22g)	.75 oz	22g	80/0	0g	0%	0g	0%	2	9%		
		Kellogg's	Nutri-Grain Apple Cinnamon	1.3 oz	37g	130/30	3g	23%	.5g	3%	12g	32%	105mg	
		Kellogg's	Nutri-Grain Blackberry	1.3 oz	37g	130/30	3g	23%	.5g	3%	11g	30%	135mg	
		Kellogg's	Nutri-Grain Blueberry	1.3 oz	37g	130/30	3g	23%	.5g	3%	12g	32%	105mg	
		Kellogg's	Nutri-Grain Cherry	1.3 oz	37g	130/30	3g	23%	.5g	3%	12g	32%	100mg	
		Kellogg's	Nutri-Grain Mixed Berry	1.3 oz	37g	130/30	3g	23%	.5g	3%	12g	32%	105mg	
		Kellogg's	Nutri-Grain Raspberry	1.3oz	37g	130/30	3g	23%	.5g	3%	12g	32%	105mg	
		Kellogg's	Nutri-Grain Strawberry	1.3 oz	37g	130/30	3g	23%	.5g	3%	12g	32%	120mg	
		Kellogg's	Rice Krispies 5/8 oz. (18g)	5/8 oz	18g	70/0	0g	0%	0g	0%	2	11%		
		Kellogg's	Frosted Mini Wheats 1 oz. (28g)	1 oz	28g	100/0	0g	0%	0g	0%	6	21%		
		Kellogg's	Rice Krispie Treats	1.3oz	37g	150/30	3.5g	20%	1g	6%	12g	32%	170mg	
		Kellogg's	Special K Cereal Bar: Honey Nut	.77 oz	22g	90/20	2g	22%	0g	0%	7g	32%	110mg	
		Kellogg's	Special K Cereal Bar: Vanilla Crisp	.77 oz	22g	90/15	1.5g	17%	1g	10%	7g	32%	100mg	
		Kellogg's	Special K Snack Bites	.81oz.	23g	90/20	2g	22%	0.5g	5%	7g	30%	125mg	
		Kellogg's	Smart Start Healthy Heart Bar	1.41oz.	40g	150/25	2.5g	17%	0g	0%	12g	30%	85mg	
		Pop Tarts	Strawberry	3.67 oz.	104g	410/100	11g	24%	4g	9%	32g	31%		
		Pop Tarts	Strawberry	1pstryPk	52g	210/50	6g	24%	2g	9%	16g	31%		
		Pop Tarts	Frosted Strawberry	3.67oz	104g	400/90	10g	23%	3.5g	8%	34g	33%	330mg	
		Pop Tarts	Frosted Strawberry	1pstryPk	52g	200/45	5g	23%	1.5g	7%	17g	33%	170mg	
		Pop Tarts	Frosted Cherry	3.67oz	104g	400/90	10g	23%	3.5g	8%	34g	33%	330mg	
		Pop Tarts	Frosted Blueberry	3.67oz	104g	400/90	10g	23%	3g	7%	35g	34%	330mg	
		Pop Tarts	Frosted Brown Sugar Cinnamon	3.67oz	100g	420/130	14g	31%	4.5g	10%	31g	31%	340mg	
		Pop Tarts	Frosted Blueberry	1pstryPk	52g	200/45	5g	23%	1.5g	7%	18g	35%	170mg	
		Pop Tarts	Blueberry	3.67oz.	104g	400/90	10g	23%	2g	5%	36g	35%		
		Pop Tarts	Brown Sugar Cin.	3.52oz.	100g	420/120	13g	29%	3g	6%	32g	32%		
		Pop Tarts	Chocolate Chip	3.67oz.	104g	430/120	13g	28%	3.5g	7%	36g	35%		
	Kitchen Fresh Foods NEW!		Kitchen Fresh Foods	Turkey and Cheese on Bun	3.4 oz	97 gr	309/63	7.2	20%	3.0 g	9%	1.7 g	2%	1209 mg
			Kitchen Fresh Foods	Tuna Salad on Wheat Sub	4.4oz	126 gr	267/84	9.1 g	31%	.9 g	3%	8.7 g	7%	757 mg
			Kitchen Fresh Foods	Ham and Turkey 8-inch TLC Sub	7.2 oz	204 gr	344/47	5.1 g	14%	1.4 g	4%	6.8 g	3%	1663 mg
		Kitchen Fresh Foods	Fruit Cup	5.7 oz	162 g	79/4	.4 g	5%	0	0%	19.2 g	12%	25mg	
		Kitchen Fresh Foods	Gourmet Cut Ham Sandwich	7.5 oz	212 G	488/148	15.9	30%	4.1 G	7%	12.8	6%	2095 mg	
		Kitchen Fresh Foods	Gourmet Cut Turkey Sandwich	7.5 oz	212 gr	468/90	10.4 g	19%	2.7 g	5%	18.9	9%	1830 mg	
		Kitchen Fresh Foods	Turkey Deli Wrap	5.9 oz	168 g	321/81	9.4 g	25%	1.5 g	5%	4.4 g	3%	1448 mg	
		Kitchen Fresh Foods	Ham Deli Wrap	5.9 oz	168 g	317/83	9 g	26%	1.9 g	5%	5.3 g	3%	1501 mg	
		Kitchen Fresh Foods	Roast Beef Deli Wrap	5.9 oz	168 g	310/85	9.2 g	27%	2.4 g	7%	2.9 g	3%	1624 mg	
		Kitchen Fresh Foods	Bread Sticks	4.1 oz	116 g	226/31	3.4 g	14%	.03 g	1%	5.6 g	5%	686 mg	
		Kitchen Fresh Foods	Country Club Ham and Turkey French	8.1 oz	228 gr	490/78	11.6 g	16%	1.1 g	2%	5.8 g	2%	1578 mg	
		Kitchen Fresh Foods	Tuna Salad French Bread	5.5 oz	156 g	343/68	7.4 g	20%	.9 g	2%	12.1 g	8%	687 mg	

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Manufacturer	Brand	Item	Pack Size	Bag Grams	Cal/Total Cal from Fat	Total g Fat	Calories from Fat %	Saturated Fat	Saturated Fat %	Sugar Grams	Sugar % of wt	Sodium mg
	Kitchen Fresh Foods	Ham and Turkey Wheat Bagel	7.5 9oz	211 G	445/24	2.7 g	5%	.4 g	0%	14.7	7%	2775 mg
	Kitchen Fresh Foods	Ham Egg Cheese on Texas Toast	6.4 oz	182 g	299/81	8.6	27%	3.4 g	10%	4.3 g	2%	1560 mg
	Kitchen Fresh Foods	Roast Beef Ciabatta	8.4 oz	239 g	362/37	5.3 g	10%	1.3 g	3%	2.3 g	1%	1254 mg
	Kitchen Fresh Foods	Turkey Delite on Wheat Sub	4.4 oz	124 g	254/76	8.5 g	29%	.7 g	2%	7.0 g	5%	966 mg
	Kitchen Fresh Foods	Hot Turkey and Gravy Sandwich	6.5 oz	183 g	319/34	4.0 g	10%	.5 g	1%	8.8 g	5%	1565 mg
	Kitchen Fresh Foods	Blueberry Yogurt Parfait	8.1 oz	229 g	220/15	1.5 g	3%	.03 g	1%	23.6 g	10%	191 mg
	Kitchen Fresh Foods	Three Melon Cup	5.7 oz	162 gr	59/0	0 g	0%	0	0%	14.8 g	9%	27 mg
	Kitchen Fresh Foods	Broccoli Cauliflower Pasta Salad	5.7 oz	162 g	449/119	12.5 g	26%	3.3 g	6%	20.3g	4%	536 mg
KRAFT	100 Calorie Packs	Chips Ahoy! Thin Crisps	.81oz.	23g	100/25	3g	25%	.5g	5%	7g	30%	
	100 Calorie Packs	Honey Maid Thins		23g	100/15	2g	15%	0g	0%	7g	30%	
	100 Calorie Packs	Kraft Cheese Nips Mini	.74oz	21g	100/25	3g	25%	.5g	5%	0g	0%	
	100 Calorie Packs	Oreo Thins	.81oz.	23g	100/15	2g	15%	0g	0%	8g	35%	
	100 Calorie Packs	Planters Peanut Butter Cookie Crisps	.84oz	24g	100/30	3g	30%	0.5	5%	7g	29%	
	100 Calorie Packs	Wheat Thins Chips Multigrain Mini		22g	100/25	3g	25%	0g	0%	2g	9%	
	100 Calorie Packs	Cheese Sportz Crackers	.74oz	21g	100/25	3g	25%	0.5	5%	0g	0%	
	100 Calorie Packs	Shortbread Sportz Cookies	.74oz	21g	100/30	3g	30%	0.5	5%	6g	29%	
	Back to Nature	Crispy Cheddars Snack Crackers		28g	130/40	4.5g	31%	.5g	3%	0g	0%	
	Back to Nature	Crispy Wheats Baked Snack Cracker	1oz.	28g	120/30	3.5g	25%	0.5	4%	3g	11%	
	Cornnuts	Barbecue	1.4oz	39g	180/60	6g	33%	1g	5%	1g	3%	
	Cornnuts	Chile Picante Con Limon		48g	220/70	8g	32%	1g	4%	0g	0%	
	Cornnuts	Chile Picante Con Limon	1.4oz	39g	180/60	6g	33%	1g	5%	0g	0%	410mg
	Cornnuts	Nacho Cheese	1.4oz	39g	180/60	7g	33%	1g	5%	1g	3%	
	Cornnuts	Original	1.4oz	39g	180/50	6g	28%	1g	5%	0g	0%	
	Cornnuts	Ranch	1.4oz	39g	180/60	6g	33%	1g	5%	1g	3%	
	Nabisco Honey Maid	Honey Maid Cookies Oatmeal Raisin Mini	20z	56g	250/80	9g	32%	2g	7%	16g	29%	
	Nabisco Honey Maid	Graham Sticks-Cinnamon	1oz	28g	120/20	2.5g	17%	.5g	4%	8g	29%	
	Nabisco Honey Maid	Graham Sticks-Cinnamon	1.75oz	49g	210/40	4.5g	19%	1g	4%	14g	29%	
	Nabisco	(FoodService) Animal Crackers	1oz	28g	130/35	4g	27%	1g	7%	6g	21%	
	Nabisco	(FoodService) Animal Crackers		56g	250/70	8g	28%	2g	7%	11g	20%	
	Nabisco Newtons Fruit Crisps	Apple Cinnamon		28g	100/15	2g	15%	0g	0%	8g	29%	90mg
	Nabisco Newtons Fruit Crisps	Mixed Berry		28g	100/15	2g	15%	0g	0%	8g	29%	85mg
	Nabisco Teddy Grahams	Cubs Graham Snacks - Cinnamon	.5oz	14g	60/15	2g	25%	0g	0%	3g	21%	
	Nabisco Teddy Grahams	Graham Snacks - Chocolate	.75oz	21g	90/25	3g	28%	.5g	5%	6g	29%	
Nabisco Teddy Grahams	Graham Snacks - Cinnamon	1.25oz	35g	150/40	5g	27%	1g	6%	9g	26%		
Nabisco Teddy Grahams	Graham Snacks - Cinnamon	.75oz	21g	90/25	3g	28%	0.5	5%	5g	24%		
Nabisco Ritz	Airplanes	1oz	28g	120/30	3.5g	25%	.5g	4%	3g	11%		
Nabisco Ritz	RITZ Toasted Chips - Original	.75oz	21g	100/30	3g	30%	.5g	5%	2g	10%		
Nabisco Ritz	RITZ Toasted Chips - Original	1.75oz	49g	220/70	8g	32%	1g	4%	5g	10%		
Nabisco Triscuit	Baked Whole Wheat Crackers - mini	1.75	49g	210/70	8g	33%	1g	4%	0g	0%		
Nabisco Wheat Thins	Baked Snack Crackers - Original	1.75oz	50g	230/80	9g	35%	1.5g	6%	6g	12%	420mg	
LANDSHIRE, INC	Landshire	Chicken Salad Wedge	4.95 oz	140g	295/95	11g	32%	1g	3%	8g	6%	
	Landshire	Chicken Salad Wedge	6.80 oz	193 g	396/122	14g	31%	2g	5%	11g	6%	
	Landshire	Fish & Cheese	4.80 oz	136g	326/62	7g	19%	3g	8%	4g	3%	
	Landshire	Ham & Cheese Wedge	4.80 oz	136g	265/72	8g	27%	3g	10%	7g	5%	
	Landshire	Jumbo BBQ Beef	7.16 oz	203g	410/37	4g	9%	1g	2%	31g	15%	
	Landshire	Roast Beef & Cheese Wedge	4.8 oz	136g	260/68	8g	26%	3g	10%	5g	4%	
	Landshire	Sloppy Joe	4.10 oz	116g	230/61	7g	27%	2g	8%	7g	6%	
	Landshire	Spicy Chicken & Cheese	5.54 oz	157g	364/120	13g	33%	4g	10%	5g	3%	
	Landshire	Tuna Salad Wedge	4.95 oz	140g	294/84	9g	29%	1g	3%	9g	6%	
	Landshire	Tuna Salad Wedge	6.80 oz	193g	395/107	12g	27%	1g	2%	12g	6%	
	Landshire	Turkey & Cheese Wedge	4.80 oz	136g	288/89	10g	31%	3g	9%	7g	5%	
	Lay's	See Frito-Lay										
MARS, INC.	3Musketeers	3Musketeers Vanilla	1.26oz	35.7g	140/40	4.5g	29%	1.5g	10%	12g	34%	70mg
	3Musketeers	3Musketeers S'Mores	1.26oz	35.7g	140/40	4.5g	29%	1.5g	10%	12g	34%	70mg
	3Musketeers	3Musketeers Strawberry	1.26oz	35.7g	140/40	4.5g	29%	1.5g	10%	12g	34%	70mg
	Combos	Combos Pretzel	1.06oz	30.1g	110/10	1g	9%	0g	0%	2g	7%	230mg
	Combos	Combos Pizza	1.06	30.1g	130/45	5g	35%	0g	0%	1g	3%	220mg
	Combos	Combos Hot'n Spicy	1.06	30.1g	130/45	5g	35%	0g	0%	1g	3%	220mg
	Mars, Inc.	m&m's Cookies	1.15oz	32.6g	150/50	5g	33%	1g	6%	11g	33%	100mg
	Mars, Inc.	Snickers Clusters	1.06oz	30.1g	140/40	4.5g	29%	1.5g	10%	8g	27%	170mg
	Mars, Inc.	Snickers Cookies	1.15oz	32.6g	150/50	5g	33%	1g	6%	11g	33%	100mg
Mars, Inc.	Twix Clusters	1.06oz	30.1g	140/35	4	25%	1.5g	10%	9g	30%	120mg	
MET-Rx	BIG 100 Meal Replacement B	Choc. Chip Cookie Dough	3.52oz	100g	370/50	6g	14%	2.5g	6%	25g	25%	
MONOGRAM FOODS	Monoqram Meat Snacks	Teriyaki Beef Steak		15g	40/10	1g	25%	0g	0%	3g	20%	150mg
Mr. NATURE	Mr. Nature	Oriental Mix	1.5oz.	42g	110/0	0g	0%	0g	0%	<1g	0%	160
	Mr. Nature	Raisins	1 oz	28g	90/0	0g	0%	0g	0%	Exempt	exempt	7mg
	Mr. Nature	Selected Fruit Mix	2oz.	57g	100/10	1g	10%	0g	0%	15g	26%	30
Mrs. Freshley's	Mrs. Freshley's 100 Calorie Pa	Mini Blueberry Muffins	1.3oz	37g	100/25	3g	25%	1g	9%	5g	14%	140mg
	Mrs. Freshley's 100 Calorie Pa	Mini Crème Filled Chocolate Cupcak	1.3oz	37g	100/25	3g	25%	1g	9%	6g	16%	150mg
Munchies	See Frito-Lay											
Musselman's NEW!	Musselman's	Cherry Applesauce	4oz	113g	100/0	0g	0%	0g	0%	19g	17%	10mg
	Musselman's Lite	Mixed Berry Fruit 'n Sauce	4oz	113g	60/0	0g	0%	0g	0%	9g	8%	10mg
	Musselman's Organic	Unsweetened Applesauce	4oz	113g	50/0	0g	0%	0g	0%	8g	7%	10mg
	Healthy Picks (applesauce)	Blueberry Pomegranate	4oz	113g	70/0	0g	0%	0g	0%	10g	9%	10mg
	Healthy Picks (applesauce)	Key Lime Cupuacu	4oz	113g	70/0	0g	0%	0g	0%	11g	10%	10mg
	Healthy Picks (applesauce)	RaspberryAcai	4oz	113g	70/0	0g	0%	0g	0%	10g	9%	10mg
	Totally Fruit	Apple	4oz	113g	100/0	0g	0%	0g	0%	19g	17%	10mg
	Totally Fruit	Peach	4oz	113g	90/0	0g	0%	0g	0%	18g	16%	10mg
Totally Fruit	Strawberry	4oz	113g	90/0	0g	0%	0g	0%	17g	15%	10mg	
Nabisco	See Kraft											
Nature Valley	See General Mills											
NORMA'S BAKERY	Smart Bites	Chocolate Crispy Treat	1.69oz	48g	190/54	6g	28%	1.5g	7%	14g	29%	170mg
	Smart Bites	Crispy Treat	1.69oz	48g	180/41	4.5g	23%	1g	5%	15g	31%	180mg
	Smart Bites Bar	Apple Cinnamon Bar	1.76oz	50g	180/45	5g	25%	1g	5%	16g	32%	210mg
	Smart Bites Bar	Apricot Raisin Bar	1.76oz	50g	180/45	5g	25%	1g	5%	16g	32%	200mg

Products Meeting *Fit Pick 35 - 10 - 35* Nutrition Criteria

Manufacturer	Brand	Item	Pack Size	Bag Grams	Cal/Total Cal from Fat	Total g Fat	Calories from Fat %	Saturated Fat	Saturated Fat %	Sugar Grams	Sugar % of wt	Sodium mg	
		Smart Bites Bar	Chocolate & Grain Bar	1.4oz	45g	160/54	6g	34%	1.5g	8%	11g	24%	115mg
		Smart Bites Bar	Cranberry Harvest Bar	1.41oz	45g	160/45	5g	28%	0.5g	3%	11g	24%	110mg
		Smart Bites Cookie	Chocolate Chip	1.58oz	40g	160/54	6g	34%	1.5g	8%	14g	35%	200mg
		Smart Bites Cookie	Chocolate Chip Peanut Butter	1.58oz	40g	170/54	6g	32%	1.5g	8%	14g	35%	190mg
		Smart Bites Cookie	Oatmeal Raisin	1.58oz	40g	160/54	6g	34%	1.5g	8%	14g	35%	190mg
		Smart Bites Cookie	Rainbow	1.58oz	40g	170/54	6g	32%	1.5g	8%	14g	35%	210mg
Now and Later		See Farley's & Sathers											
OBERTO		Beef Jerkey	Natural Style Hickory Smoked	.9 Oz	25g	70/10	1g	14%	0g	0%	3g	12%	
		Beef Jerkey	Natural Style Terriyaki	.9 oz	25g	70/10	1g	14%	0g	0%	4g	16%	
O'BRIEN		O'Brien	honey cured turkey stick		27g	50/10	1.5 g	20%	0 g	0%	4g	15%	430mg
OTIS SPUNKMEYER NEW!		Delicious Essentials Reduced-Fat	Blueberry Muffin	1.8oz	51g	160/45	5g	28%	1g	6%	15g	29%	190mg
		Delicious Essentials Reduced-Fat	Banana Muffin	1.8oz	51g	170/50	5g	29%	1g	5%	15g	29%	180mg
		Delicious Essentials Reduced-Fat	Chocolate Chocolate Chip Muffin	1.8oz	51g	170/50	6g	29%	1.5g	8%	15g	29%	160mg
		Delicious Essentials Reduced-Fat	Apple Cinnamon Muffin	1.8oz	51g	170/50	5g	29%	1g	5%	15g	29%	160mg
Pepperidge Farm		See Campbell's											
PIERRE		Pierre	Jumbo Honey Mustard Chicken Breast Patty Sandwich	5.9oz	167g	350/70	7g	20%	1.5g	4%	11g	7%	980mg
POORE BROTHERS		Braids Pretzels	Butter Pretzel Braids	1.5oz.	42.6g	170/20	2g	12%	0g	0%	<1g	0%	580mg
		Braids Pretzels	Butter Pretzel Braids	2.25oz.	63.7g	110/15	1.5g	14%	0g	0%	<1g	0%	390
		Braids Pretzels	Honey Wheat Pretzel Braids	1.5oz	42.6g	170/20	2.5g	12%	0g	0%	6g	14%	420mg
		Braids Pretzels	Honey Wheat Pretzel Braids	2.25oz.	63.7g	110/15	1.5g	14%	0g	0%	4g	6%	250
Pop Tarts		See Kellogg's											
POPZ		POPZ	100 Calorie Butter Microwave Popcorn	1.2oz	35g	100/15	2.5g*	15%	.5g	5%	0g	0%	430mg
POPCORN, INDIANA		Popcorn, Indiana	Gourmet Kettlecorn Popcorn	1.25oz.	35g	165/55	6g	33%	0g	0%	8g	23%	160mg
Pretzel Poppers		See Sugar Foods											
PUREFIT		PureFit	Almond Crunch		56.7g	230/60	6g	26%	1g	4%	15g	26%	
		PureFit	Chocolate Brownie		56.7g	230/40	4.5g	17%	.5g	2%	16g	28%	
		PureFit	Peanut Butter Crunch		56.7g	240/60	7g	25%	1.5g	6%	15g	26%	
PURNELL'S		Purnell's Old Folks	Big Turkey Sandwich		91g	200/40	5g	20%	.5g	2%	2g	2%	
QUAKER		Chewy Granola Bars	Cookies and Crème	.84 oz.	24g	90/25	2.5g	28%	.5g	5%	5g	21%	
		Chewy Granola Bars	Peanut Butter Chocolate Chip	.84 oz.	24g	100/25	3g	25%	1g	9%	7g	29%	
		Chewy Granola Bars	LF Baked Apple - 90 cal	.84oz	24g	90/15	1.5g	17%	0g	0%	7g	29%	
		Chewy Granola Bars	LF Chocolate Chunk - 90 cal	.84oz	24g	90/20	2g	22%	.5g	5%	7g	29%	
		Chewy Granola Bars	LF Cinnamon Sugar - 90 cal	.84oz	24g	90/15	1.5g	17%	0g	0%	6g	25%	
		Chewy Granola Bars	LF Oatmeal Raisin - 90 cal	.84oz	24g	90/15	1.5g	17%	0g	0%	7g	29%	
		Chewy Granola Bars	Reduced Sugar Cookies And Cream	.84oz	24g	100/25	2.7g	25%	1g	9%	5g	21%	
		Chewy Granola Bars	Red.Sug.PeanutButterChocolateChu	.84 oz	24g	100/25	3g	25%	1g	9%	5g	21%	
		Chewy Granola Bars	Reduced Sugar Chocolate Chip	.84 oz	24g	100/30	3.5g	30%	1g	9%	5g	21%	
		Chewy Granola Bars	Reduced Sugar Chocolate Chunk	.84 oz	24g	100/30	3g	30%	1g	9%	5g	21%	
		Instant Quaker Oatmeal	Express Cinnamon Roll	1.9 oz	54g	200/25	2.5g	13%	.5g	2%	17g	31%	
		Instant Quaker Oatmeal	Express Cups Cinnamon Roll	1.9oz	54g	200/25	2.5g	13%	.5g	2%	17g	31%	
		Instant Quaker Oatmeal	Express Golden Brown Sugar	1.9 oz	54g	200/25	2.5g	13%	.5g	2%	18g	33%	
		Instant Quaker Oatmeal	Express Cups Golden Brown Sugar	1.9 oz	54g	200/25	2.5g	13%	.5g	2%	18g	33%	
		Instant Quaker Oatmeal	Golden Brown Sugar	1.6 oz.	45g	170/20	2g	12%	.5g	3%	12g	27%	
		Instant Quaker Oatmeal	Vanilla Cinnamon	1.6 oz.	45g	160/20	2g	13%	0g	0%	13g	29%	
		Life	LIFE SINGLE-SERVE CUP	1.8 oz	51.03g	190/20	2g	11%	0.5	2%	10g	20%	
		Quaker	Fruit Crisp Bars Apple Crisp	1.3 oz	37g	130/25	2.5g	19%	.5g	3%	9g	24%	
		Quaker	Fruit Crisp Bars Strawberry	1.3oz	37g	130/25	2.5g	19%	.5g	3%	9g	24%	
		Quaker	FRUIT CRISP BITES APPLE CRISP	1.3 oz	37g	130/25	2.7g	19%	.5g	3%	8g	22%	
		Quaker	Fruit Crisp Bites Apple Crisp	2 oz	56g	200/35	4g	18%	1g	5%	12g	21%	
		Quaker	FRUIT CRISP BITES STRAWBERRY	1.3 oz	37g	130/25	2.5g	19%	.5g	3%	8g	22%	
		Quaker	Fruit Crisp Bites Strawberry	2 oz	56g	200/35	4g	18%	1g	5%	12g	21%	
		Quaker	Oatmeal to Go Apples & Cinnamon	1.4oz	40g	150/25	2.5g	17%	.5g	3%	13g	33%	135mg
		Quaker	Oatmeal to Go Brown Sugar Cinnam	2.1oz	59g	220/35	4g	16%	1g	4%	19g	32%	
		Quaker	Oatmeal to Go Brown Sugar Cinnam	1.4oz	40g	140/25	2.5g	18%	.5g	3%	13g	33%	150mg
		Quaker	Oatmeal to Go Oatmeal Raisin	2.1oz	59g	220/35	4g	16%	1g	4%	18g	31%	
		Quaker	Oatmeal to GoOatmealRaisinforKids	1.4oz	40g	150/25	2.5g	17%	.5g	3%	14g	35%	
		Quaker	QUAKER QUICK OATS TUBE		40g	150/25	3g	17%	.5g	3%	1g	3%	
		Quaker Breakfast Cookie	Breakfast Cookie-Oatmeal Raisin	1.7 oz.	48g	170/40	4.5g	24%	1.5g	8%	15g	31%	
		Quaker Breakfast Cookie	Breakfast Cookie-Apple Cinnamon	1.7 oz.	48g	170/40	4.5g	24%	1.5g	8%	15g	31%	
		Quaker Breakfast Cookie	Breakfast Cookie-Chocolate Chip	1.7 oz.	48g	180/50	6g	28%	2g	10%	14g	29%	
		Quaker Rice Cakes	Mini Apple/Cinnamon		16g	60/0	0g	0%	0g	0%	4g	25%	
		Quakes Rice Cakes	Mini Caramel		15g	60/0	0g	0%	0g	0%	4g	27%	
		Quakes Rice Cakes	Mini Caramel		26g	100/5	.5g	5%	0g	0%	8g	31%	
		Quakes Rice Cakes	MINI CHEDDAR		15g	70/25	2.5g	36%	0g	0%	0g	0%	
		Quakes Rice Cakes	MINI CHEDDAR	.67 oz	19g	90/25	2.7g	28%	.5g	5%	1g	5%	
		QUAKER Snack Mix	CHEDDAR CHEESE	1.75	50g	230/70	8g	30%	1.5g	6%	5g	10%	
		QUAKER Snack Mix	KID'S MIX	.875 oz	25g	110/30	3.5g	27%	1g	8%	4g	16%	
Ritz		See Kraft: Nabisco											
Rold Gold		See Frito-Lay											
Ruffles		See Frito-Lav											
SMARTFOOD		SMARTFOOD	Reduced Fat White Cheddar Popcorn	.875 oz	25g	120/40	5g	33%	1g	8%	1g	4%	
SNYDER'S of HANOVER		Snyders	Honey Mustard & Onion Nibblers	1.5 oz	42.5g	180/35	4g	19%	2g	10%	1g	2%	135
		Snyders	Mini Pretzels	1.5oz	42.5g	160/0	0g	0%	0g	0%	1g	2%	350
		Snyders	Olde Tyme	1.5 oz	44.5g	180/15	1.5g	8%	0g	0%	0g	0%	180
		Snyders	Pretzel Sticks	1.5oz	42.5g	160/10	1.5g	6%	0g	0%	1g	2%	420
		Snyders	Sourdough Hard Pretzels		46.8g	160/0	0g	0%	0g	0%	0g	0%	390
		Snyders	Sourdough Nibblers	1.5oz	42.5g	160/0	0g	0%	0g	0%	0g	0%	280
		Snyders	100 Calorie Mini Pretzel	.9oz	26g	100/0	0g	0%	0g	0%	0g	0%	220

Products Meeting *Fit Pick* 35 - 10 - 35 Nutrition Criteria

Manufacturer	Brand	Item	Pack Size	Bag Grams	Cal/Total Cal from Fat	Total g Fat	Calories from Fat %	Saturated Fat	Saturated Fat %	Sugar Grams	Sugar % of wt	Sodium mg
STACY'S	STACY'S	SOY CRISPS STICKY BUN	1 oz.	28g	130/45	5	35%	0.5g	3%	3g	11%	
	STACY'S	CINNAMON AND SUGAR	1.5oz	43g	200/70	7g	35%	.5g	2%	9g	21%	
	STACY'S	Pita Chips SIMPLY NAKED	1 oz.	28g	130/45	5g	35%	.5g	3%	1g	4%	
	STACY'S	Pita Chips SIMPLY NAKED	1.5	43g	200/70	8g	35%	.5g	2%	1g	2%	
	STACY'S	PESTO & SUNDRIED TOMATO	1.5 oz	43g	200/60	7g	30%	0.5g	2%	1g	2%	
	STACY'S	TEXARKANA HOT	1.5oz	43g	200/60	7g	30%	0.5g	2%	1g	2%	
	STACY'S	PARMESAN GARLIC HERB	1.5oz	43g	200/70	8g	35%	1g	5%	2g	5%	
STONEFIELD FARM	Stoneyfield Farm	Vanilla Organic Yogurt	6oz.	170g	140/15	1.5g	11%	1g	6%	23g	14%	100
	Stoneyfield Farm	Maple Vanilla Organic Yogurt	6oz.	170g	130/15	1.5g	12%	1g	7%	20g	12%	100
	Stoneyfield Farm	Mocha Latte Organic Yogurt	6oz.	170g	140/15	1.5g	11%	1g	6%	22g	13%	105
	Stoneyfield Farm	Raspberry Organic Yogurt	6oz.	170g	130/15	1.5g	12%	1g	7%	22g	13%	105
	Stoneyfield Farm	Luscious Lemon Organic Yogurt	6oz.	170g	140/15	1.5g	11%	1g	6%	23g	14%	120
	Stoneyfield Farm	Caramel Organic Yogurt	6oz.	170g	190/15	1.5g	8%	1g	5%	35g	21%	140
	Stoneyfield Farm	Blueberry Organic Yogurt	6oz.	170g	130/15	1.5g	12%	1g	7%	22g	13%	95
	Stoneyfield Farm	Strawberry Organic Yogurt	6oz.	170g	130/15	1.5g	12%	1g	7%	22g	13%	95
	Stoneyfield Farm	Just Peachy Organic Yogurt	6oz.	170g	130/15	1.5g	12%	1g	7%	25g	15%	95
	SUGAR FOODS	Super Snax	Cinnamon Toast Bites	.75oz	21g	90/25	3g	27%	0g	0%	4g	19%
Super Snax		Cinnamon Toast Bites	1.5oz	42.5g	180/50	6g	28%	1g	5%	7g	16%	
Super Snax		Cookie Minis	.75oz	28g	120/35	4g	29%	.5g	4%	9g	32%	
Super Snax Pretzel Poppers		Blazin' Hot Pretzel Poppers	.75oz	21g	80/25	2.5g	31%	0g	0%	1g	5%	
Super Snax Pretzel Poppers		Blazin' Hot Pretzel Poppers	1.5oz	42.5g	160/50	5g	31%	.5g	3%	1g	2%	
Super Snax Pretzel Poppers		Cheezy Nacho Pretzel Poppers	.75oz	21g	80/25	2.5g	31%	0g	0%	1g	5%	
Super Snax Pretzel Poppers		Cheezy Nacho Pretzel Poppers	1.5oz	42.5g	160/50	5g	31%	.5g	3%	1g	2%	
Super Snax Pretzel Poppers		Cool Ranch Pretzel Poppers	.75oz	21g	80/25	2.5g	31%	0g	0%	1g	5%	
Super Snax Pretzel Poppers		Cool Ranch Pretzel Poppers	1.5oz	42.5g	160/45	5g	28%	0g	0%	1g	2%	
Super Snax Pretzel Poppers		Zesty Pizza Pretzel Poppers	.75oz	21g	80/25	2.5g	31%	0g	0%	1g	5%	
Super Snax Pretzel Poppers		Zesty Pizza Pretzel Poppers	1.5oz	42.5g	160/45	5g	28%	.5g	3%	1g	2%	
Sunkist		See General Mills										
Super Snax		See Sugar Foods										
T.G. I. Fridays		See Poore Brothers										
Tato Skins	See Poore Brothers											
THE SNACK FACTORY	Pretzel Crisps	Everything flavor		26g	100/5	.5g	5%	0g	0%	2g	8%	150 mg
	Pretzel Crisps	Garlic flavor		26g	100/0	0g	0%	0g	0%	2g	8%	210 mg
	Pretzel Crisps	Original flavor		26g	100/0	0g	0%	0g	0%	2g	8%	300 mg
The Inventure Group	See Poore Bros.											
Triscuit	See Kraft: Nabisco											
WELCH'S	Welch's Dried Fruit	Reduced Sugar Mixed Fruit	1.5oz	40g	120/0	0g	0%	0g	0%	14g	35%	
Wheat Thins	See Kraft: Nabisco											
WISE	White cheddar popcorn	Reduced fat	.71 oz	20 G	100/35	4g	35%	.5G	5%	<1g	<1%	180MG
	Thin Pretzels	Low Fat	1 oz	28 g	110/10	1g	1%	0g	0%	<1g	3%	360MG
	Popcorn	Lite Butter	.625 oz	17G	80/20	.5G	25%	.05G	6%	0	0	95MG
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. **NOT MORE 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. **NOT MORE 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. **NOT MORE 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 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.