

Nutritional Information

Per Serving Facts	Serv	Size	Cals	Fat	%	Fat	Sat	Chol	Sod	Carb	Sug	%	Prot
		oz		Cals	Fat	gm	Fat	gm	mg	gm	gm	Sug	
Basils													
Knotts Strawberry Shortbread 2 oz	1	2	240	100	42%	11	2.5	10	120	33	13	23%	2
Knotts Raspberry Shortbread	1	2	240	100	42%	11	2.5	10	120	33	13	23%	2
Knotts Blueberry Shortbread	1	2	240	100	42%	11	2.5	10	120	33	13	23%	2
Brownie Crisp Big Bag	3	3	130	60	46%	7	1	0	130	16	8	28%	1
Strawberry Shortbread Big Bag	3	3	120	50	42%	5	1	5	60	16	7	25%	1
Sandwich Crème Cookies	5	5	130	45	35%	5	1	0	60	20	10	35%	1
Sunmaid Oatmeal Raisin Cookies	1	2	230	80	35%	9	4	5	200	36	20	35%	2
Chattanooga Moon Pies													
Double Decker Moon Pies	1	2.75	300	70	23%	7	5	0	230	55	27	35%	4
Peanut Butter Cookie	1	2.4	170	70	41%	8	5	0	105	21	13	19%	2
Con Agra/Golden Valley													
Act II Butter Lovers	3	2.75	140	60	43%	7	3	0	310	19	0	0%	2
Act II Butter	3	2.75	130	50	38%	6	2.5	0	210	19	0	0%	3
Act II Lite Butter 3 oz	3	2.75	130	30	23%	3	1	0	340	25	0	0%	4
David Sunflower Seeds	1	2	180	130	72%	14	1.5	0	125	5	1	2%	7
Con Agra/Goodmark													
Andy Capp Cheddar Fries	1	.85	150	70	47%	7	3	0	300	17	1	4%	2
Andy Capp Hot Fries	1	.85	110	30	27%	4	1.5	0	260	18	1	4%	1
Crunch N Munch Toffee													
1	1	130	45	35%	5	1.5	5	150	20	11	39%	2	
Famous Amos													
Famous Amos Choc Chip 2 oz	1	2	280	120	43%	13	5	5	200	38	18	32%	3
Famous Amos Sandwich Crème	2	2	170	60	35%	7	2.5	0	150	25	14	49%	2
Frito Lay													
Baked Cheetos Crunchy	1	.88	120	40	33%	5	1	0	210	17	1	4%	2
Baked Cheetos Flamin Hot	1	.88	120	40	33%	5	1	0	210	17	1	4%	2
Baked Doritos Nacho	1	.88	90	25	28%	3	0.5	0	170	16	1	4%	2
Cheetos Crunchy	1	1	160	90	56%	10	2	0	290	15	1	4%	2
Cheetos Fantastix	1	1	130	45	35%	5	1	0	190	20	1	4%	2
Cheetos Flamin Hot	1	1	170	110	65%	11	1.5	0	250	15	1	4%	2
Cheetos Puffs	1	.88	140	80	57%	9	2	0	310	12	1	4%	2
Doritos Cooler Ranch	1	1	140	60	43%	7	1	0	170	18	1	4%	2
Doritos Nacho	1	1	140	60	43%	7	1	0	210	18	1	4%	2
Frito Regular	1	1	160	90	56%	10	1.5	0	160	16	1	4%	2
Frito Chili Cheese	1	1	160	90	56%	10	1.5	0	260	15	1	4%	2
Funyuns	1	.75	110	45	41%	5	1	0	180	14	1	5%	1
Lays Regular	1	1	150	90	60%	10	1	0	180	15	0	0%	2
Lays BBQ	1	1	150	90	60%	10	1	0	200	15	2	7%	2
Lays Sour Cream/Onion	1	1	160	90	56%	10	1	0	210	15	1	4%	2
Rold Gold Tiny Twists	1	1	110	10	9%	1	0	0	450	23	1	4%	2
Ruffles Regular	1	1	160	90	56%	10	1	0	160	14	0	0%	2
Ruffles Cheddar/Sour Cream	1	1	160	90	56%	10	1	0	230	14	0	0%	2
Sun Chip Harvest Cheddar	1	1	140	50	36%	6	1	0	160	19	2	7%	2
Sun Chip Garden Salsa	1	1	140	50	36%	6	1	0	170	19	2	7%	2
LSS Munchies Cheese Fixins	1	1.75	250	110	44%	12	2	0	440	31	2	4%	4
LSS Quaker Baked Snack Mix	1	1.75	230	70	30%	8	1.5	5	410	34	5	10%	4

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		oz		Cals	Fat	gm	Fat	gm	mg	gm	gm	Sug	
LSS Baked Cheetos	1	1.5	200	70	35%	8	1.5	5	360	29	2	5%	3
LSS Baked Hot Cheetos	1	1.5	200	70	35%	8	1	0	360	29	1	2%	4
LSS Baked Doritos Nacho	1	1.4	170	40	24%	5	1	0	310	30	2	5%	3
LSS Baked Lays	1	1.25	130	15	12%	2	0	0	200	26	2	6%	2
LSS Baked Lays Barbecue	1	1.25	140	35	25%	4	0.5	0	240	24	3	8%	3
LSS Baked Lays SCO	1	1.12	140	30	21%	3	0.5	0	240	24	3	9%	2
LSS Baked Ruffles Cheddar SC	1	1.12	140	35	25%	4	0.5	0	250	25	2	6%	2
LSS Baked Southwest Ranch	1	1	120	30	25%	3	0.5	0	160	21	2	7%	2
LSS Cheetos Jalapeno Cheddar	1	2	340	200	59%	22	3	0	500	30	0	0%	4
LSS Cheetos Crunchy	1	2	320	180	56%	20	4	0	590	31	2	4%	4
LSS Cheetos Flamin Hot	1	2	340	200	59%	22	3	0	510	30	0	0%	4
LSS Cracker Jacks	1	1.25	150	20	13%	3	0	0	90	30	19	54%	3
LSS Doritos Nacho	1	1.75	260	120	46%	14	2.5	0	310	30	2	4%	4
LSS Doritos Cool Ranch	1	1.75	260	120	46%	13	2	0	320	32	2	4%	3
LSS Frito Regular	1	2	320	180	56%	20	3	0	320	32	1	2%	3
LSS Frito Chili Cheese	1	2	320	180	56%	20	3	0	530	30	3	5%	4
LSS Frito Honey BBQ Twists	1	2	310	160	52%	18	3	0	360	33	2	4%	4
LSS Funyuns	1	1.25	180	80	44%	9	1	0	250	23	1	3%	2
LSS Lays Regular	1	1.5	230	140	61%	15	2	0	270	23	0	0%	3
LSS Lays BBQ	1	1.5	230	130	57%	15	1.5	0	300	23	3	7%	3
LSS Lays Sour Cream Onion	1	1.5	240	140	58%	15	1.5	0	320	23	2	5%	3
LSS Rold Gold Tiny Twists	1	2	230	25	11%	2	0	0	900	46	1	2%	4
LSS Ruffles Regular	1	1.4	240	140	58%	16	1.5	0	250	22	0	0%	3
LSS Ruffles Cheddar Sour Cream	1	2	240	140	58%	16	2	0	350	21	0	0%	3
LSS SunChips Harvest Cheddar	1	1.5	210	80	38%	9	1.5	0	240	29	3	7%	4
LSS SunChips Original	1	1.5	210	80	38%	10	1.5	0	180	29	3	7%	3
LSS SunChips Garden Salsa	1	1.5	210	80	38%	9	1.5	0	260	29	3	7%	3
Pop Chips Feta herb	1	.8	110	40	36%	5	0	0	170	14	1	4%	3
Pop Chips Cinn Brown Sugar	1	.8	100	30	30%	4	0	0	80	16	3	13%	1
Pop Chips Tomato Basil	1	.8	100	40	40%	4	0	0	130	13	1	4%	3
Frito Crackers/Peanuts													
Cheese Peanut Butter Cracker	1	1.4	190	80	42%	9	2.5	0	370	23	3	8%	5
Toast Peanut Butter Cracker	1	1.4	200	90	45%	10	2.5	0	310	23	4	10%	4
Frito Salted Peanuts	1	1.63	280	220	79%	24	3.5	0	200	9	2	4%	14
Grandma's													
Chocolate Chip	2	2.5	170	70	41%	8	3	5	95	23	13	37%	2
Fudge Brownie	2	2.5	160	60	38%	7	2.5	5	115	23	12	34%	2
Oatmeal/Raisin	2	2.5	150	45	30%	5	1.5	10	200	25	7	20%	2
Peanut Butter	2	2.5	170	80	47%	9	2	5	135	20	11	31%	3
Vanilla Mini Cookies	2	2.12	150	60	40%	7	1.5	5	80	22	10	33%	2
Vanilla Mini 3.7 oz	4	3.7	150	60	40%	7	1.5	5	80	22	10	38%	2
Soft Bakes	1	1.2	150	50	33%	6	1.5	10	110	23	9	27%	2
Mini Fudge Chocolate Chip	3	3	150	50	33%	6	3.5	0	135	21	10	35%	2
Quaker													
Cheddar Rice Cakes	1	.91	90	25	28%	3	0	0	290	14	0	0%	1
Caramel Rice Cakes	1	.91	90	25	28%	3	0	0	290	14	1	4%	1
Chewy Chocolate Chip Granola	1	1.5	180	50	28%	6	2.5	0	130	31	12	28%	2
Chewy PB Choc Chip Granola	1	1.5	170	45	26%	5	2.5	0	160	30	12	28%	2

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		oz		Cals	Fat	gm	Fat	gm	mg	gm	gm	Sug	
General Mills/Gardettos													
Bugles	1	.88	140	70	50%	8	6	0	270	15	1	4%	1
Bugles Nacho	1	.88	130	70	54%	7	7	0	270	15	1	4%	1
LSS Bugles	1	1.5	230	120	52%	13	11	0	450	25	2	5%	2
LSS Bugles Nacho	1	1.5	220	110	50%	12	10	0	430	25	2	5%	2
Gardettos Original	1	1.75	240	100	42%	10	2	0	440	33	2	4%	5
Gardettos Reduced Fat	1	1.65	210	70	33%	7	1	0	480	31	1	2%	5
NV Oats/Honey Granola	1	1.6	180	50	28%	6	0.5	0	160	29	11	24%	4
NV Oats Dark Chocolate Bar	1	1.5	190	70	37%	8	1.5	0	140	28	12	28%	4
NV Peanut Butter Granola	1	1.5	180	60	33%	7	1	0	190	30	11	26%	5
NV Strawberry Yogurt	1	1.2	140	35	25%	4	2	0	95	26	14	41%	2
Sweet Salty Peanut Bar	1	1.2	170	80	47%	9	2.5	0	130	19	11	32%	4
Sweet Salty Almond Bar	1	1.2	160	60	38%	7	2	0	170	22	12	35%	3
Chex Mix	1	1.75	210	60	29%	7	1.5	0	350	35	3	6%	4
Chex Mix Bold	1	1.75	230	80	35%	10	1.5	0	340	27	3	6%	4
Chex Mix Cheddar	1	1.75	210	60	29%	6	1	0	370	35	5	10%	4
Chex Mix Hot Spicy	1	1.25	150	40	27%	4.5	1	0	230	26	3	8%	2
Chex Mix Honey Nut	1	1.75	210	60	29%	7	1	0	230	36	8	16%	3
Simply Chex Barbecue	1	1.25	140	30	21%	3.5	0.5	0	200	27	5	14%	2
Simply Chex Cheddar	1	1.25	140	30	21%	4	1	0	260	27	5	14%	3
Simply Chex Choc Caramel	1	1.2	150	40	27%	5	1.5	5	105	26	9	27%	2
Simply Chex Strawberry Yogurt	1	1.2	140	35	25%	4	1.5	0	65	27	7	21%	2
Simply Chex Sour Cream Onion	1	1.25	140	35	25%	4	1	0	170	27	4	11%	3
Cinn Toast Crunch Milk Cereal Bar	1	1.4	180	35	19%	4	2	0	150	33	16	40%	3
Honey Nut Cheerio Milk Cereal Bar	1	1.4	160	40	25%	4	2	0	120	28	14	35%	3
Cocoa Puffs Cereal Bar	1	1.4	150	30	20%	3	0.5	0	135	28	9	23%	2
Cinn Toast Crunch Cereal Bar	1	1.4	140	30	21%	4	0.5	0	125	27	10	25%	2
Team Cheerios Strawberry	1	1.4	140	30	21%	4	0.5	0	125	28	10	25%	2
Trix Cereal Bar	1	1.4	140	30	21%	4	0.5	0	110	27	8	20%	2
Fiber One Bars	1	1.4	140	35	25%	4	1.5	0	95	29	10	25%	2
Fiber One Peanut Butter Bars	1	1.4	150	40	27%	5	2	0	105	28	9	23%	3
Chewy Trail Mix Bars	1	1.2	140	35	25%	4	0.5	0	100	25	12	35%	3
Fiber One 90 cal Brownie	1	.9	90	25	28%	3	1.5	0	100	18	8	31%	1
BC Choc Chip Oatmeal Bars	1	1.24	150	50	33%	5	1	20	120	23	8	23%	2
BC Butterscotch Oatmeal Bars	1	1.24	150	50	33%	5	1.5	20	120	23	8	23%	2
Heritage/Golden Batch													
Vanilla Wafers Low Fat	2	2.2	140	60	43%	7	1.5	0	40	21	0	0%	1
Nutrasweet Chocolate Wafers	2	2.2	120	45	38%	5	1.5	0	40	17	0	0%	1
Nutrasweet Vanilla Wafers	2	2.2	140	60	43%	7	1.5	0	40	21	0	0%	1
Nutrasweet Strawberry Wafers	2	2.2	140	70	50%	8	1.5	0	40	15	0	0%	1
Herrs													
Baby Back Ribs	1	1	150	90	60%	10	2.5	0	300	14	4	14%	2
Buffalo Blue Cheese Curls	1	1	150	90	60%	10	2	0	360	15	1	4%	2
Hot Honey Curl	1	1	150	80	53%	8	15	0	350	16	1	4%	2
Jalapeno Poppers	1	1	150	80	53%	8	1.5	0	410	16	2	7%	2
Pete's Hot Sauce	1	1	140	70	50%	8	2.5	0	400	16	0	0%	2
Salt & Pepper	1	1	150	90	60%	10	3	0	420	14	3	11%	2
BBQ Potato Stix	1	1	150	90	60%	10	2	0	240	14	4	14%	2
LSS Baby Back Ribs	1	1.5	120	110	92%	12	3	0	450	24	6	14%	3

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LSS Prime Steak	1	1.5	230	135	59%	15	3.5	0	540	21	6	14%	3
LSs Ragin Ranch	1	1.5	230	140	61%	15	4	0	480	21	6	14%	3
Jays Snacks													
Kruncher Hot Buffalo Wing	1	1	140	70	50%	7	1	0	300	18	0	0%	2
Kruncher Kosher Dill	1	1	150	70	47%	7	1	0	370	18	1	4%	2
Kruncher Mesquite	1	1	140	60	43%	7	1	0	270	18	2	7%	2
Kruncher Jalapeno	1	1	140	60	43%	7	1	0	300	17	1	4%	2
LSS Kruncher Mesquite	1	1.5	210	90	43%	10	1.5	0	400	26	5	12%	3
LSS Kruncher Jalapeno	1	1.5	210	90	43%	10	1.5	0	460	26	1	2%	3
Karnut													
Salted Cashews	1	1	160	120	75%	14	2.5	0	80	9	1	4%	5
Salted Peanuts 2 oz	1	2	340	270	79%	30	5	0	180	9	2	4%	16
Salted Peanuts 1.5 oz	1	1.5	250	200	80%	22	3.5	0	135	6	2	5%	12
Sweet n Salty	1	2	290	160	55%	18	6	0	125	26	23	41%	8
Sweet n Hot	1	1.75	270	170	63%	19	3.5	0	260	19	9	18%	9
Sunflower Kernel	1	2	340	260	76%	29	4	0	230	13	2	4%	11
Brown Sugar Granola Trail Mix	1	1.25	150	45	30%	5	0	0	60	24	8	23%	3
Trail Mix Original 2 oz	1	2	270	170	63%	19	2	0	0	23	13	23%	9
Trail Mix All Energy	1	2	270	140	52%	16	4	0	0	28	15	27%	7
Keebler													
Cheezit	1	1.5	210	100	48%	11	2.5	0	350	24	0	0%	5
Cheezit White Cheddar	1	1.5	210	90	43%	10	2.5	5	360	26	0	0%	4
Cheezit Hot & Spicy	1	1.5	210	100	48%	11	2.5	0	410	25	0	0%	3
Cheezit Reduced Fat	1	1.5	190	50	26%	6	1.5	0	250	28	0	0%	6
2 oz Cheezits	1	2	280	130	46%	14	3.5	0	460	32	0	0%	6
2 oz Cheezits White Cheddar	1	2	280	120	43%	14	3	5	480	34	1	2%	5
Bite Size Pecan Sandies	1	1.75	270	140	52%	15	4.5	5	160	29	11	22%	2
Elfin Crackers	2	2.12	130	20	15%	2	0	0	140	25	8	27%	2
Mini Fudge Stripes	1	2	280	120	43%	13	8	0	200	38	18	32%	2
Soft Batch Cookies	4	2	80	30	38%	4	1.5	0	55	11	6	42%	1
Zoo Animals	2	2	120	15	13%	3	0	0	75	25	8	28%	2
Cheese PB Cracker 8 pk	1	1.8	260	120	46%	13	3.5	0	390	30	7	14%	4
Toast Peanut Butter 6 pk	1	1.4	190	80	42%	9	1.5	0	300	23	5	13%	4
Cheese on Cheese Cracker 6 pk	1	1.4	190	90	47%	10	2.5	0	350	23	5	13%	3
Cheese PB Cracker 6 pk	1	1.4	190	90	47%	10	1.5	0	330	23	3	8%	4
Kelloggs													
Rice Krispies Treat 1.3 oz	1	1.3	160	32	20%	4	1	0	170	30	13	35%	1
Rice Krispies Treat 2.1 oz	1	2.1	250	60	24%	6	1.5	0	280	46	21	35%	2
Pop Tart Blueberry	1	3.6	400	90	23%	10	3	0	330	75	35	34%	4
Pop Tart Cherry	1	3.6	400	90	23%	10	3	0	330	76	35	34%	4
Pop Tart Chocolate Chip	1	3.6	430	120	28%	13	4.5	0	480	71	36	35%	6
Pop Tart Brown Sugar Cinn	1	3.6	420	130	31%	14	4.5	0	340	69	32	31%	5
Pop Tart Hot Fudge Sundae	1	3.4	380	90	24%	10	3.5	0	380	67	24	25%	4
Pop Tart S'mores	1	3.6	410	100	24%	11	3.5	0	420	72	38	37%	6
Pop Tart Strawberry	1	3.6	400	90	23%	10	3.5	0	330	75	34	33%	4
Pop Tart Whole Grain Brown Sug	1	1.76	200	60	30%	6	2	0	160	34	12	24%	3
Pop Tart Whole Grain Straw	1	1.76	190	45	24%	5	1.5	0	150	35	13	26%	2
Nutrigrain Apple Cinnamon	1	1.3	130	30	23%	3	0.5	0	105	24	12	33%	2

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Nutrigrain Strawberry	1	1.3	130	30	23%	3	0.5	0	120	24	12	33%	2
Fiber One Plus Dark Choc Almond	1	1.2	130	45	35%	5	2.5	0	50	24	7	21%	2
Fiber One Plus Chocolate Chip	1	1.2	120	40	33%	4	2	0	55	26	7	21%	2
Granola Fudge Choc Chip	1	1.2	150	45	30%	5	3	0	50	25	10	29%	2
Granola Fudge Peanut Butter	1	1.2	150	50	33%	6	3	0	50	24	10	29%	2
Special K Fruit Crisp Blueberry	1	.88	100	20	20%	2	1	0	80	20	7	28%	1
Special K Fruit Crisp Strawberry	1	.88	100	20	20%	2	1	0	80	20	7	28%	1
Special K Chocolatey Pretzel	1	.77	90	20	22%	2	1.5	0	120	17	7	32%	1
Special K Cracker Chips Cheddar	1	1.08	110	25	23%	3	1	0	230	22	1	3%	2
Special K Cracker Chips Sea Salt	1	1.06	110	20	18%	3	0	0	230	23	0	0%	2
Special K Protein Meal Bar	1	1.6	170	45	26%	5	3.5	0	200	26	15	33%	10
Lance													
Cream Chse Chives on Capt Wafer	1	1.4	200	90	45%	10	1.5	0	260	23	6	15%	4
Four Cheese	1	1.4	190	90	47%	10	3.5	0	260	24	4	10%	3
Peanut Butter Honey	1	1.25	200	90	45%	9	2	0	310	23	5	14%	4
Peanut Butter Cheese Cracker	1	1.5	220	100	45%	11	2.5	0	310	23	3	7%	6
Peanut Butter Toasted Cracker	1	1.25	180	90	50%	9	2	0	270	9	4	11%	4
Whole Grain Sharp Cheddar	1	1.4	180	80	44%	9	2	0	240	23	5	13%	5
Monogram Meat Snacks													
Trails Best Beef & Cheese	1	1	120	90	75%	10	4	25	480	2	1	4%	6
Trails Best Beef Sticks	1	1	100	70	70%	8	3	20	430	1	0	0%	5
Trails Best Double Salami	1	1	120	90	75%	10	3	25	630	2	0	0%	6
Trails Best Twin Teriyaki	1	1	110	70	64%	7	3	25	400	5	4	14%	6
Trails Best Twin Beef	1	1	120	80	67%	9	3	25	380	2	1	4%	7
Trails Best Triple Salami	1	1.5	160	120	75%	13	5	35	850	2	1	2%	8
Trails Best Beef Jerky	1	1	70	10	14%	1	0	30	780	4	3	11%	12
Trails Best Teriyaki Beef Jerky	1	1	80	10	13%	1	0	30	440	6	6	21%	11
Mr Nature													
Trail Mix	2	2	120	50	42%	6	1	0	10	14	4	14%	5
Energizer Mix	2	2	130	60	46%	7	2	0	5	15	5	18%	4
Mix Yogurt	2	2	130	60	46%	7	2.5	0	20	15	9	32%	4
Nabisco													
100 Calorie Oreo	1	.8	100	15	15%	2	0	0	160	19	8	35%	1
100 Calorie Chips Ahoy	1	.8	100	25	25%	3	0.5	0	140	18	7	31%	1
Cornnuts Original	1	1.4	180	10	6%	6	1	0	340	27	0	0%	4
Cornnuts Barbecue	1	1.4	180	60	33%	6	1	0	220	28	1	3%	3
Planters Peanuts 1 oz	1	1	170	130	76%	15	2	0	115	5	1	4%	7
Planters Honey Roasted 2 oz	1	2	310	220	71%	25	3	0	220	15	8	14%	11
Planter Light Salt Cocktail 2 oz	1	2	290	130	45%	26	3	0	95	9	2	4%	11
Planters Salted Peanuts 2 oz	1	2	330	260	79%	29	4	0	230	9	2	4%	15
Ritz Chips Sour Cream	1	1.75	240	90	38%	10	1.5	0	470	33	5	10%	3
Ritz Bitz Peanut Butter	1	1.5	210	100	48%	11	2.5	0	340	24	5	12%	4
Ritz Bitz Cheese	1	1.5	220	110	50%	12	4.5	0	360	25	6	14%	3
Ritz Crackerfuls	1	1	130	60	46%	7	2	5	230	17	3	11%	2
Fig Newton Fat Free	2	2.1	100	0	0%	0	0	0	130	22	12	40%	1
Mini Chips Ahoy	1	2	270	120	44%	14	4	0	180	38	16	28%	3
Lorna Doone	1	1.5	210	90	43%	10	2.5	0	220	29	8	19%	2
Mini Oreos	1	1.5	190	70	37%	8	2.5	0	210	30	16	38%	2

Nutritional Information

Per Serving Facts	Serv	Size	Cals	Fat	%	Fat	Sat	Chol	Sod	Carb	Sug	%	Prot
		oz		Cals	Fat	gm	Fat	gm	mg	gm	gm	Sug	
Nutter Butter Cookies	1	1.9	250	90	36%	10	2.5	0	200	37	16	30%	4
Nutter Butter Bites	1	1.75	230	90	39%	10	2.5	0	190	34	15	30%	3
Oreos 6 ct	1	1.8	240	90	38%	10	2.5	0	250	36	20	39%	2
Swiss Cremes	1	1.85	250	90	36%	10	2.5	0	110	37	19	36%	5
Snackwell Vanilla Crème	1	1.7	210	45	21%	5	1.5	0	170	37	19	39%	2
Trail Mix Spicy Nuts & Cajun	1	2	310	200	65%	22	3	0	540	21	2	4%	10
Trail Mix Fruit & Nut	1	2	270	150	56%	17	6	0	30	27	19	34%	7
Trail Mix Nut & Chocolate	1	2	280	160	57%	18	4	0	35	27	22	39%	8
LSS Mini Oreos	3	3	130	50	38%	6	2	0	140	21	11	39%	1
LSS Nutter Butter Bites	3	3	140	50	36%	6	1.5	0	115	21	9	32%	2
LSS Ritz Bitz	3	3	150	80	53%	9	3	0	250	17	4	14%	2
Wheat Thins Veggie	1	1.75	230	80	35%	9	1.5	0	510	34	6	12%	3
Wheat Thins Tomato Basil	1	1.75	230	80	35%	9	1.5	0	280	35	7	14%	3
O'Briens													
Beef Cheddar Stick	1	1.12	120	80	67%	10	5	20	440	1	0	0%	7
Beef Summer Sausage	1	1.12	110	80	73%	8	1	15	470	1	0	0%	6
Double Barrel Hot Shot	1	1.12	110	70	64%	8	3	50	550	1	0	0%	8
Double Barrel Salami	1	1.12	100	70	70%	8	2.5	25	510	1	1	3%	7
Hickory Beef Stick	1	1.12	110	80	73%	9	4	15	470	1	0	0%	7
Hot & Spicy Stick	1	1.12	110	80	73%	9	4	15	460	0	0	0%	6
Pepperoni Beef Stick	1	1.12	110	80	73%	7	4	15	480	0	0	0%	7
Old Vienna													
Red Hot Riplets	1	1	150	80	53%	9	1.5	0	230	15	2	7%	2
LSS Red Hot Riplets	1.5	1.5	150	80	53%	9	1.5	0	230	15	2	7%	2
BBQ Chips	1	1	170	90	53%	10	1.5	0	220	18	1	4%	2
Pepperidge Farm													
Goldfish	1	1.5	200	60	30%	7	2	5	360	27	1	2%	5
Poore Brothers Chips													
Poore Brothers Jalapeno	1	1	140	70	50%	8	2.5	0	280	15	1	4%	2
TGIF Ched/Bacon Potato Skins	1	1	150	72	48%	8	1	0	170	19	1	4%	1
TGIF Cheddar Sour Cream Skins	1	1	150	72	48%	9	1	0	170	19	3	11%	1
LSS TGIF Ched/Bacon Skins	1	1.75	265	126	48%	14	2	0	297	33	1	2%	2
LSS TGIF Cheddar SC Skins	1	1.75	227	52	23%	5	2	0	297	42	2	4%	2
Boulder Rice & Bean Salt	1	1.5	215	100	47%	11	2	0	195	26	2	5%	3
Boulder Rice & Bean Chipotle Chd	1	1.5	215	100	47%	11	2	0	280	26	2	5%	3
LSS Boulder Hickory BBQ	1	1.5	210	100	48%	11	1	0	300	25	0	0%	3
LSS Boulder Sea Salt Pepper	1	1.5	210	100	48%	12	2		275	25	0	0%	3
Nathan's Chili Cheese	1	1.12	150	70	47%	8	0	0	235	18	1	3%	2
Nathan's Cheddar Chili Cheese	1	1.12	150	70	47%	8	0	0	260	18	2	6%	2
Popz Popcorn													
Popz Extra Butter Popcorn	3	3.2	150	100	67%	11	3	0	300	14	0	0%	2
Popz 100 calorie Butter	1	1.2	100	15	15%	3	0.5	0	430	23	0	0%	3
Rudolphs													
BBQ Pork Rinds	1	.88	130	80	62%	8	3	30	740	0	0	0%	15
Red Hot Pork Rinds	1	.88	150	80	53%	9	3	30	740	0	0	0%	15

Nutritional Information

Per Serving Facts	Serv	Size	Cals	Fat	%	Fat	Sat	Chol	Sod	Carb	Sug	%	Prot
		oz		Cals	Fat	gm	Fat	gm	mg	gm	gm	Sug	
Snack Factory													
Pretzel Chips Original	2	2	110	10	9%	2	0	0	400	22	3	11%	3
Pretzel Chips Buffalo	2	2	110	10	9%	2	0	0	540	22	3	11%	3
Pretzel Chips Chipotle	2	2	110	15	14%	2	0	0	400	22	3	11%	3
Pretzel Chips Jalapeno	2	2	110	15	14%	2	0	0	530	22	3	11%	3
Snak King													
Salitas	1	1.5	220	120	55%	13	1.5	0	260	23	1	2%	3
Guaca Chips	1	1.5	230	120	52%	14	2.5	0	250	24	1	2%	3
Snyders													
Cheddar Cheese Pieces	2	2.25	130	50	38%	6	3.5	0	260	18	1	3%	2
Hot Buffalo Wing Pieces	1	2.25	140	60	43%	7	3	0	380	17	0	0%	2
Kosher Dill Chips	1	1	150	70	47%	7	1	0	370	18	1	4%	2
Mini Pretzels	1	1.5	160	0	0%	0	0	0	350	35	1	2%	4
Old Tyme Pretzels	1	1.6	180	15	8%	1.5	0	0	180	36	1	2%	4
Pretzel Sticks	1	1.5	160	10	6%	2	0	0	420	33	1	2%	4
Sourdough Nibblers	1	1.5	160	0	0%	0	0	0	280	35	1	2%	4
Thin Pretzels	1	1.5	160	0	0%	0	0	0	470	32	2	5%	4
LSS Mini Pretzels	2	2.25	110	0	0%	0	0	0	250	25	1	3%	3
Veggie Crisps	1	1.25	160	70	44%	8	0.5	0	180	22	0	0%	1
Van Holten Pickles													
	4	5.64	0	0	0%	0	0	0	390	1	0	0%	
CANDY													
Sugar Babies	1	1.7	190	15	8%	2	0.5	0	45	43	35	73%	0
Farley													
Chuckles	1	2	170	0	0%	0	0	0	20	45	34	60%	0
Now & Laters	1	2.75	120	10	8%	1	0	0	0	28	22	28%	0
Mott's Fruit Snacks	1		70	0	0%	0	0	0	0	16	13		1
Hawaiian Punch Fruit Snacks	1		90	0	0%	0	0	0	0	21	17		2
General Mills Scooby Doos													
	2.5	2.5	100	0	0%	0	0	0	40	25	16	57%	0
Hershey													
Almond Joy	1	1.4	220	110	50%	13	8	0	50	27	20	50%	2
Air Delight	1	1.4	200	100	50%	12	7	10	30	24	22	56%	3
Caramello	1	1.6	220	90	41%	10	6	10	45	29	25	55%	3
Heath	1	1.45	210	110	52%	12	7	10	135	24	23	56%	1
Hershey Milk Chocolate	1	1.55	210	110	52%	13	8	10	35	25	24	55%	3
Hershey Almond	1	1.45	210	130	62%	14	6	10	25	21	19	46%	4
Jolly Rancher Awesome Twosome	1	1.8	180	20	11%	25	2	0	50	40	29	57%	1
Jolly Rancher Blister Pack	2	1.3	50	0	0%	0	0	0	15	12	6	33%	0
Jolly Rancher Screaming Sours	1	2	200	0	0%	0	0	0	25	49	38	67%	0
Kit Kat Big Kat	1	1.6	220	100	45%	12	8	5	30	29	23	51%	3
Mr Goodbar	1	1.7	250	140	56%	17	7	5	65	26	23	48%	5
Milk Duds	1	1.4	240	80	33%	9	5	0	115	37	26	66%	2
Mounds	1	1.73	230	120	52%	13	10	0	55	29	21	43%	2
Nibs Cherry	1	2.25	220	20	9%	2	1	0	105	51	33	52%	1
Nutrageous	1	1.83	260	140	54%	16	5	0	100	28	22	42%	6
Payday	1	1.83	240	120	50%	13	2.5	0	120	27	22	42%	7

Nutritional Information

Per Serving Facts	Serv	Size	Cals	Fat	%	Fat	Sat	Chol	Sod	Carb	Sug	%	Prot
		oz		Cals	Fat	gm	Fat	gm	mg	gm	gm	Sug	
Reese's Peanut Butter Cup	1	1.5	210	110	52%	13	4.5	5	150	24	20	47%	5
Reese's Pieces	1	1.8	200	80	40%	9	7	0	75	26	21	41%	5
Rolo	1	1.7	220	80	36%	10	7	5	80	33	29	60%	2
Twizzler Strawberry	1	2.5	240	10	4%	1	0	0	180	54	32	45%	2
Whatchamacallit	1	1.6	230	110	48%	12	9	5	140	28	21	46%	3
Whoppers	1	1.45	190	60	32%	7	7	0	11	31	26	63%	1
York Mints	1	1.4	160	25	16%	3	1.5	0	10	32	25	63%	1
Zagnut	1	1.5	220	70	32%	9	4	0	100	35	25	59%	3
Zero	1	1.85	230	70	30%	8	5	0	115	36	31	59%	3
Almond Joy Large	1	2	270	140	52%	16	10	5	65	32	26	46%	3
Hershey Almond Large	1	1.85	260	150	58%	17	9	10	40	28	26	50%	5
Hershey Milk Large		1.95	270	140	52%	16	10	15	45	33	31	0%	4
Kit Kat Large	1	2.05	280	130	46%	15	10	5	40	37	29	50%	4
Payday Large Size	1	2.4	320	150	47%	17	3.5	0	160	37	28	41%	9
Reese's PB Cups Large	1	2.1	300	150	50%	18	7	5	210	33	30	50%	6
Whatchamacallit Large	1	2	290	140	48%	16	12	5	180	25	26	46%	4
Just Born													
Hot Tamales	1	2.12	220	0	0%	0	0	0	35	55	39	65%	0
Mike & Ike	1	2.12	220	0	0%	0	0	0	25	55	34	57%	0
Kelloggs Fruit Snacks	1	2.5	80	0	0%	0	0	0	5	19	13	18%	1
Mars													
M&M Plain	1	1.7	240	90	38%	10	6	5	30	34	31	64%	2
M&M Peanut	1	1.74	250	120	48%	13	5	5	25	30	25	51%	5
M&M Peanut Butter	1	1.7	240	120	50%	14	9	5	100	26	22	46%	5
M & M Pretzel	1	1.14	150	45	30%	5	3	0	150	24	16	50%	2
3 Musketeers	1	2.13	260	70	27%	8	5	5	110	46	40	66%	2
3 Musketeer Truffle	1	1.10	170	80	47%	9	6	5	30	20	18	58%	2
Milky Way	1	2.05	270	90	33%	11	7	5	95	41	35	60%	2
Milky Way Caramel	1	1.9	250	100	40%	11	8	5	60	37	31	58%	2
Snickers Almond	1	1.76	230	100	43%	11	4	5	115	32	27	54%	3
Snickers Munch Bar	1	1.42	220	130	59%	15	3.5	10	140	17	12	30%	6
Snickers	1	2.07	280	130	46%	14	5	5	140	35	30	51%	4
Snickers Peanut Butter	1	1.78	250	120	48%	13	6	5	150	30	24	48%	4
Skittle Crazy Cores	1	2	230	20	9%	3		0	10	52	43	76%	0
Skittles Original	1	2.17	240	25	10%	3	2.5	0	10	56	47	77%	0
Skittles Blenders	1	2	220	25	11%	2.5	2.5	0	0	50	40	71%	0
Skittles Sour	1	1.8	200	20	10%	2	2	0	5	44	37	73%	0
Skittles Tropical	1	2.17	250	25	10%	2	2.5	0	10	56	47	77%	0
Skittles Wild Berry	1	2.17	250	25	10%	3	2.5	0	10	56	47	77%	0
Starburst Original	1	2.07	240	45	19%	5	4.5	0	0	48	45	77%	0
Starburst Tropical	1	2.07	240	45	19%	5	5	0	0	49	34	58%	0
Twix	1	1.8	250	110	44%	12	9	5	100	33	24	47%	2
Twix Peanut Butter	1	1.84	280	150	54%	17	7	0	150	28	19	36%	5
Combos Jalapeno Cheddar	1	1.5	210	90	43%	10	4.5	0	460	26	5	12%	3
Combos Pepperoni Pizza	1	1.5	240	100	42%	11	5	0	470	31	6	14%	4
Combos Pretzel Cheddar	1	1.5	240	80	33%	9	5	0	770	35	7	16%	3
Combos Salsa	1	1.5	210	90	43%	10	4.5	0	540	26	4	9%	3
Nestle													

Nutritional Information

Per Serving Facts	Serv	Size	Cals	Fat	%	Fat	Sat	Chol	Sod	Carb	Sug	%	Prot
		oz		Cals	Fat	gm	Fat	gm	mg	gm	gm	Sug	
Baby Ruth	1	2.1	280	120	43%	14	8	0	130	38	33	56%	4
Butterfinger	1	2.1	270	100	37%	11	6	0	135	43	28	47%	4
Butterfinger Crisps	1	1.76	250	120	48%	13	6	0	140	33	24	48%	3
Butterfinger Snackerz	1	1.28	170	70	41%	8	3.5	0	80	23	15	41%	2
Nestle Crunch	1	1.55	220	100	45%	11	7	5	40	30	23	52%	2
Oh Henry	1	1.8	230	100	43%	11	5	5	100	33	24	47%	3
Raisinets	1	1.56	190	70	37%	8	5	5	15	32	27	61%	2
100 Grand	1	1.5	190	70	37%	8	5	5	90	30	21	22%	1
Bit O Honey	1	1.7	190	30	16%	4	3	0	140	40	23	48%	1
Chewy Gobstopper	3	1.77	60	0	0%	0	0	0	0	13	12	72%	0
Chewy Runtz	3	1.85	60	5	8%	1	0.5	0	0	14	12	69%	0
Chewy Spree	3	1.7	60	0	0%	0	0	0	0	13	12	75%	0
Chewy Spree Mixed Berry	3	1.7	60	0	0%	0	0	0	0	13	11	69%	0
Giant Chewy Nerds	1	1.8	170	0	0%	0	0	0	20	44	35	69%	0
Gobstoppers	3	1.77	60	0	0%	0	0	0	0	14	14	84%	0
Mini Chewy Sweetarts	3	1.8	50	0	0%	1	0.5	5	5	13	11	65%	0
Skinny Cow Clusters	1	1	120	50	42%	6	3.5	5	115	20	9	32%	1
Skinny Cow Crisps	1	.77	110	50	45%	6	3.5	0	40	14	9	41%	1
Skinny Cow Peanut Butter	1	.77	110	50	45%	6	4	0	75	14	8	37%	2
Pearson Nut Roll	1	1.8	240	100	42%	11	2	0	170	27	20	39%	8
Promotion in Motion													
Nuclear Sqworms	1.5	2	130	0	0%	0	0	0	25	31	18	48%	2
Chocolate Covered Raisins	1.25	1.75	160	60	38%	6	3.5	5	20	27	24	61%	2
Welch's Mixed Fruit	1.5	2.25	130	0	0%	0	0	0	15	31	18	42%	1
Welch's Island Fruit	1.5	2.25	130	0	0%	0	0	0	15	31	18	42%	1
Welch's Tangy Fruit	1.5	2.25	130	0	0%	0	0	0	15	31	18	42%	1
Sconza													
Coconut Toffee Peanut	2.5	3.5	200	90	45%	11	3	0	65	24	20	50%	5
Yogurt Pretzel	2	2	150	60	40%	6	5	0	140	21	13	46%	2
Gummy Bears	1.5	2.25	125	0	0%	0	0	0	0	30	13	31%	2
Sour Worms	1	2	188	0	0%	0	0	0	0	44	19	34%	2
Tootsie Roll													
Mason Dots	1	2.25	220	0	0%	0	0	0	25	54	32	50%	0
Junior Mints	1	1.6	220	35	16%	4	3	0	35	45	42	93%	1
Tootsie Rolls	2	2	100	20	20%	2	0	0	5	20	14	49%	0
Tootsie Pop Drops	4	2.25	60	0	0%	0	0	0	0	14	10	63%	0