



Shop For Healthy Snacks



Snack Food	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Sodium (g)	Sugar (g)
100 Calorie Chips Ahoy	23g 1 Pkg	100	3	3	140	7
100 Calorie Honey Made Cinnamon Thin Crisps	23g 1 Pkg	100	2	2	170	7
100 Calorie Peanut Butter Cookie Crisps	24g 1 Pkg	100	3	3	160	2
100 Calorie Ritz Snack Mix	22g 1 Pkg	100	3	3	210	13
Apple, Chopped or Quatered	125g 1 Cup	65	0.2	0	1	23
Apricots, Dried	40g 1 Pkg	100	0	0	0	14.4
Banana, Medium (7-7 7/8' long)	118g 1 Med	105	0.4	0.1	1	1
Baked Goldfish: Cheddar, Calcium, Less Sodium, Pretzel, Pizza	28g	140	5	5	230	2
Baked Lays BBQ	28g 11 Crisps	120	3	0	210	3
Baked Lays Sour Cream & Onion	28g 14 Crisps	120	3	0	210	1
Baked Nacho Chz Doritos	28 g	120	3.5	0.5	220	7
Barnum's Animal Crackers	28 g	120	3.5	1	140	6.8
Blueberries	68g 50 Berries	39	0.2	0	1	0.6
Boiled Egg, 1 Large	50g	78	5.3	1.6	62	10
Breyers Yogurt	8 oz	110	1.5	1	105	13
Canned Pineapple Chunks, 100% Juice	122g 1/2 Cup	60	0	0	10	31
Dannon yourt (all flavors)	170g 6oz	170	1.5	1.5	90	14
Del Monte Canned Fruit	122g 1/2 Cup	60	0	0	15	17
Dole Fruit Bowl	113g 4oz	70	0	0	10	0
EatSmart Veggie Chips	30g	140	7	0.5	290	17
Famous Amos Gingersnaps	49g	200	3	3	170	14
Fig Newtons	31g	110	2.5	2.5	115	13
Frozen Yogurt, Edy's Fat-Free	72g 1/2 Cup	90	0	0	45	24.8
Grapes, Seedless Red, or Green	160g	110	0.3	0.1	3	0
Guiltless Gourmet Corn Chips	28g	110	2	2	200	17
Jello Fat-free Pudding, Ready to Eat	113g	102	0.5	0.5	192	0
Jello- Strawberry Orange Raspberry	92g	7	0	0	45	1
Kashi TLC Crackers	30g	130	4.5	4.5	220	9
Keebler Chocolate Graham Crackers	31g 8 ea	140	4	4	95	9

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Keebler Cinnamon Graham Crackers	30g 8 ea	130	3.5	3.5	95	7
Keebler Honey Graham Crackers	31g 8 ea	140	4	4	150	8
Keebler Iced Animal Cookies	30g 6 ea	140	5	5	100	24.4
Mango, Sliced	165g 1 Cup	107	0.4	0.1	3	8
Nabisco Teddy Graham Cookie	30g	130	4.5	4.5	170	16.8
Oranges	180g 1 Cup	85	0.2	0	0	16.2
Pear Slices	165g 1 Cup	96	0.2	0	2	7
Plums (2-1/8" diameter)	66g	30	0.2	0	0	0
PopSecret 94% Fat Free	42g	20	2	0	240	18
Poptarts Chocolate Chip, Cinnamon & Fruit	52g 1 Pastry	205	5.3	5.3	174	18
Powerbar-Chocolate, Harvest & Peanutbutter	65g 1 Bar	230	2	2	95	0
Pringles Fat Free	28g	70	0	0	160	5
Quaker Chewy Granola Bar	24g	100	3	3	75	10
Raisins, Sun-Maid Mini Snacks	1 Box	45	0	0	0	9
Scooby Doo Baked Graham Cracker Sticks	29g 9 Sticks	130	4	4	125	7
Strawberries, Whole	144g 1 Cup	46	0.4	0	1	12
Sunsweet Prunes	11 Prunes	100	0	0	5	0
Tostitos Baked Tortilla Chips	28g 15 Chips	120	0.5	0	150	0
Triscuit Baked Whole Wheat	28g 6 ea	120	4.5	0.5	180	0
Triscuit Baked Whole Wheat, Roasted Garlic	28g 6 ea	120	4.5	0.5	140	1
Triscuit, Baked Whole Wheat, Cheddar	28g 6 ea	120	4.5	1	220	17
Welch's Light Berry Juice	8oz	70	0	0	80	14
Yoplait Light Fat-Free Yogurt	170g	100	0	0	85	14