

Nutritious Friendly Snacks

	Calories	Fat	Carbohydrate	Fiber	Protein
Ingredients and Nutrients		(grams)	(grams)	(grams)	(grams)
100 Calorie Chips Ahoy	100	3	18	<1	1
Ingredients: Enriched Flour (wheat flour), semisweet chocolate chips, soy lecithin, sugar, high oleic canola oil, soybean oil, high fructose corn syrup, cornstarch, baking soda, calcium phosphate, milk(enzyme modified) salt, natural and artificial flavor					
Baked Lay's Original Chips	150	1.5	26	2	2
Ingredients: Dehydrated potatoes, corn oil,modified food starch, corn oil, salt, soy lecithin, monocalcium phosphate, sodium bicarbonate, dextrose					
Baked KC Masterpiece BBQ Lay's Chips	150	1.5	26	2	2
Ingredients: Dehydrated potatoes, corn oil,modified food starch, sugar, salt, and less than 1% of the following: onion powder, soy lecithin, dextrose, monocalcium phosphate, sodium bicarbonate, natural flavors, molasses. *May contain: Egg, milk, soy, and wheat					
Baked Doritos Nacho Cheese	170	5	29	2	3
Ingredients: whole corn, corn oil, salt, cheddar cheese (milk, cheese cultures, salt, enzymes) buttermilk solids, whey protein concentrate, whey, tomato powder, monosodium glutamate, Romano cheese (part skim milk cheese cultures, salt, enzymes) onion powder wheat flour, natural and artificial flavor, partially hydrogenated soybean and cottonseed oil, artificial color, sugar, garlic powder, disodium phosphate, dextrose, Parmesan cheese, spice citric acid, lactic acid, disodium inosinate, disodium guanylate *Contains milk and wheat ingredients					
Smartfood- Popcorn	100	6	9	1	2
Ingredients: popcorn, vegetable oil, contains one or more of the following- corn, soybean, sunflower oil, cheddar cheese(cultured milk, salt, enzymes) whey, buttermilk, salt, disodium phosphate *Contains milk					
Rold Gold Pretzels	110	1	23	2	1
Ingredients: Enriched flour (wheat flour) salt, corn syrup, corn oil, yeast, malt extract, sodium, bicarbonate ammonium bicarbonate, artificial flavor. *Contains wheat					
GoldFish Crackers	110	3.5	14	<1	2
Ingredients: Unbleached enriched wheat flour, cheddar cheese (pasteurized milk, cheese culture, salt, enzymes) water, salt, vegetable oils, canola, sunflower, and soybean, contains 2% or less: salt, yeast, sugar, yeast extract, leavening (baking soda, monocalcium phosphate, ammonium bicarbonate, spices, annato (color) onion powder					
Animal Crackers	130	3.5	22	<1	2
Ingredients: Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate -Vitamin B1, riboflavin -Vitamin B2, Folic acid) sugar, vegetable oil (soybean, palm and palm kernel oil with TBHQ for freshness), high fructose corn syrup, contains two percent or less of salt, calcium carbonate, baking soda, soy lecithin, artificial flavor. Contains wheat and soy ingredients.					
Sunkist Fruit Flavored Snacks	80	0.5	19	0	0
Ingredients: Fruit Juice from concentrates (Apple, Pear), Maltodextrin, Corn syrup, sugar, modified corn starch, canola oil, contains 2% or less of: Citric acid, Pectin, Vitamin C (Ascorbic Acid), sodium citrate, malic acid, dextrose, mineral oil, acetylate mono and diglycerides, natural and artificial flavor, sulfiting agents, carnauba wax, color (red 40, yellow 5 & 6, blue 1) acerola extract (A Natural source of vitamin C), beeswax.					