

Large Chips - Fit Pick	Pack Weight	Calories	Fat (g)	Sat Fat (g)	Sugar (g)	Sodium (mg)
Baked Cheetos	42.5	200	8	1.5	2	360
Baked Doritos	38.9	170	5	1	2	320
Baked Lays Original	31.8	130	2	0	2	200
Baked Lays SCRO	31.8	140	3.5	0.5	3	240
Rold Gold HW Braid	56.7	230	2	0	6	470
Rold Gold Tiny Twist	56.7	230	2	0	1	910
Snyder's Hard Pretzels	70.9	100	0	0	0	240
Premium Chips - Fit Pick						
Chex Mix	49	210	7	1.5	3	350
Eatsmart Veggie Crisps	35.4	160	8	0.5	0	180
Genisoy Ranch Pot Bakes						
Genisoy Soy Crisp Chocolate						
Karrs Nut n Yogurt Mix						
Mr Nature Aloha Mix						
Mr Nature Energizer Mix						
Quaker Cheddar Rice Cake	19	90	3	0	0	290
Riceworks Parm/Sundrdtm	37	180	8	1	1	260
Riceworks Salsa Fresca	37	180	8	1	1	260
Wheat Thin Veggie Chips	49	230	9	1.5	6	510
Barnums Animal Crackers	56	250	7	1.5	14	280
Ultra Premium - Fit Pick						
BareFruit Org Apple Chip	18	43	0	0	10	15
Dole Fruit Bowls Mixed Fruit						
Dole Fruit Bowls Peaches						
Mareblu all natural Almond Crunch						
Mareblu all natural Cashew Crunch	35.4	172	12	2	4	40
Mareblu all natural Cashew Crunch						
Mareblu all natural Cashew Crunch	28	130	5	1	0	140
Cookies - Fit Pick						
	Pack Weight (g)	Calories	Fat (g)	Sat Fat (g)	Sugar (g)	Sodium (mg)
100 cal pak Chips Ahoy	23	100	3	0.5	7	140
100 cal pak Oreo	23	100	2	0	8	160
100 cal pak Wheat Thins						
Austin Zoo Animal Cracker	56	230	3	0.5	13	170
Pepp Farm Gold Fish	43	200	7	2	1	360
Small Chips - Fit Pick						
Cheez it Reduced Fat	42	190	6	1.5	0	440
frito Rold Gold Tiny Twist	28.3	110	1	0	1	450
frito Smartfood Popcorn	17.7	100	6	1	1	180

frito Sunchip Cheddar	28.3	140	6	1	2	160
frito Sunchip French Onion	28.3	140	6	1	3	130
frito Sunchip Garden Salsa	28.3	140	6	1	2	170
Snyders Hard Pretzel Fat Free	46.8	160	0	0	0	390
Snyders Mini Pretzel Fat Free	42.5	160	0	0	1	350
Snyders Thin Pretzel Fat Free						
Single Spiral - Fit Pick						
Karrs Almonds	28	170	16	1	1	95
Nutri Grain Strawberry	37	130	3	0.5	12	120
PowerBar Harvest PB Choc	65	240	4.5	1	18	140
PowerBar Strawberry Crisp	65	240	4	0.5	20	140
Cheerios OTG Pouch	19	70	1	0	1	130
Fruity Cheerios OTG Pouch	24	90	1	0	8	120
Nutri Grain Blueberry	37	130	3	0.5	12	105
Karrs Unsalted Trail Mix	43	200	13	1.5	10	0
Karrs Nut Yogurt Apple Mix	43	220	15	3.5	7	130
Mr Nature Raisins	28	90	0	0	20	7
Ntr Valley Oat/Honey	42	190	6	0.5	12	160
Kelloggs Granola n Raisin Mix	42	160	2	0.5	12	100