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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	
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	
	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&SpyCheddar	.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.Cheddar 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	
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	
	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%	
DEL MONTE	Harvest Selections	Chicken Cacciatore		283g	270/60	7g	22%	1.5g	5%	5g	2%	1080mg	

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	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
	Fruit Bowls	Peaches	7oz.	198g	120/0	0g	0%	0g	0%	27g	14%	15
	Fruit Bowls	Tropical Fruit	3.1oz.	88g	45/0	0g	0%	0g	0%	11g	13%	0
	Fruit Bowls	Tropical Fruit	7oz.	198g	100/0	0g	0%	0g	0%	23g	12%	20
DON MIGUEL	Don Miquel	Bean & Cheese Burrito		142g	240/50	6g	21%	2g	8%	1g	1%	690mg
FARLEY'S & SATHERS	FARLEY'S	Reduced Sugar Mixed Fruit Snacks 48/2oz (7	2 oz	56g	180/0	0g	0%	0g	0%	18g	32%	
	Now and Later	550100 Now & Later Classic 6/24/2.75oz (7	2.75oz	78g	120/10	1g	8%	0g	0%	22g	28%	
	Now and Later	550200 Now & Later Radberry 6/24/2.75oz	2.75oz	78g	120/10	1g	8%	0g	0%	22g	28%	
	Now and Later	500601 Now & Later Wild 6/24/2.75oz (78g	2.75oz	78g	120/10	1g	8%	0g	0%	22g	28%	
	Now and Later	500631 Now & Later Tropical 12/24/2.75oz	2.75oz	78g	120/10	1g	8%	0g	0%	23g	29%	
FRITO-LAY	Baked Cheetos	Crunchy	.875 oz	25g	120/40	4.5g	33%	1g	8%	1g	4%	210mg
	BAKED CHEETOS	Crunchy Flamin' Hot	.875oz	25g	120/40	4.5	33%	0g	0%	1	4%	
	BAKED CHEETOS	Fantastix - Chili Cheese	1 oz	28g	130/45	5g	35%	1g	7%	1g	4%	
	Baked Doritos	Nacho Cheese	.75 oz	21g	90/25	2.5g	28%	.5g	5%	1	5%	
	BAKED LAY'S	Potato Crisps KC MASTER BBQ	.875 oz	25g	110/25	2.5g	23%	0g	0%	2g	8%	
	BAKED LAY'S	Potato Crisps KC MASTER BBQ	1.125	32g	140/35	3.5g	25%	0.5	3%	3g	9%	
	BAKED LAY'S	Baked Original Potato Crisps	1.125oz	32g	130/15	1.5	12%	0g	0%	2	6%	
	BAKED LAY'S	Potato Crisps Regular	.875 oz	25g	100/15	1.5g	15%	0g	0%	2g	8%	
	BAKED LAY'S	Potato Crisps Regular	1.125 oz	32g	130/15	2g	12%	0g	0%	2g	6%	
	BAKED LAY'S	Potato Crisps Sour Cream & Onion	.875 oz	25g	110/20	3.0	18%	0g	0%	3g	12%	
	BAKED LAY'S	SOUR CREAM & ONION	1.125	32g	140/30	3.5g	21%	0.5g	3%	3g	9%	
	BAKED LAY'S	CHEDDAR SOUR CREAM	.875 oz	25g	110/25	3g	23%	.5g	4%	3g	12%	
	BAKED LAY'S	CHEDDAR & SOUR CREAM	1.125	32g	140/35	4g	25%	1g	6%	3g	9%	
	BAKED RUFFLES	CHEDDAR SOUR CREAM	1.125 oz	32g	140/35	4g	25%	0.5	3%	3g	9%	
	DORITOS	COOLER RANCH®	.75oz	21g	90/25	2.5	28%	0g	0%	1g	5%	
	DORITOS	cooler ranch	1 oz	28g	130/45	5g	35%	1g	7%	1.5g	5%	
	DORITOS	COOLER RANCH®	1.375oz	39g	170/45	5g	26%	1g	5%	2g	5%	
	DORITOS	Reduced Fat Nacho Cheese	1 oz	28g	130/45	5g	35%	1g	7%	1g	4%	
	DORITOS	Reduced Fat Nacho Cheese	1.5	43g	200/70	8g	35%	1.5g	7%	3g	7%	
	DORITOS	NACHO CHEESIER®	.75oz	21g	90/20	2.5	22%	0g	0%	1g	5%	
	DORITOS	NACHO CHEESIER®	1.375oz	39g	170/40	4g	24%	1g	5%	2g	5%	
	GRANDMA'S	BIG COOKIE OATMEAL RAISIN	2.75oz	78g	330/100	11g	30%	3g	8%	15g	19%	
	Munchies	Ultimate Cheddar	1.75oz	49g	230/70	8g	30%	1.5g	6%	5g	10%	
	Munchies	Kids Mix without Candy	0.875oz	25g	110/30	3.5	27%	1g	8%	4g	16%	
	peanuts	salted	1.62oz	46g	260/200	22g	EXEMPT	3.5g	EXEMPT	2g	4%	190mg
	Rold Gold Pretzels	Classic Style Thins	2 oz	57g	220/20	2g	9%	0g	0%	2g	4%	
	Rold Gold Pretzels	Classic Tiny Twists Fun Size	.5 oz	14g	50/0	.5g	0%	0g	0%	0g	0%	
	Rold Gold Pretzels	Classic Tiny Twists	1 oz	28g	110/10	1g	9%	0g	0%	1g	4%	
	Rold Gold Pretzels	Classic Tiny Twists	2oz	57g	220/20	2g	9%	0g	0%	1g	2%	
	Rold Gold Pretzels	Honey Wheat Braided Twists	2 oz	56g	230/15	2g	7%	0g	0%	7g	13%	
GENERAL MILLS	Chex - Bar	Chex Mix Turtle Bar	1.2 oz	35g	130/30	3.5g	23%	1g	7%	11g	31%	170mg
	Chex	Chex Mix Barbecue		56g	240/60	7g	25%	1g	4%	5g	9%	390mg
	Chex	Chex Mix Bold Party Blend	1.75 oz	49g	230/80	10g	35%	1.5g	6%	3g	6%	340mg
	Chex	Chex Mix Cheddar	1.75 oz	49g	210/60	6g	29%	1.5g	6%	4g	8%	540 mg
	Chex	Chex Mix Honey Nut Sweet 'N Salty	1.75 oz	49g	210/50	6g	24%	1g	4%	9g	18%	400mg

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	Chex	Chex Mix Sour Cream & Onion		56g	240/70	7g	29%	1.5g	6%	4g	7%	630mg
	Chex	Chex Mix Traditional	1.75 oz	49g	210/50	6g	24%	1g	4%	3g	6%	625 mg
	Chex	Simply Chex Cheddar	1.25 oz	35g	130/30	3.5g	23%	1g	7%	4g	11%	430 mg
	Chex	Simply Chex Chocolate Caramel	1.2 oz	34g	150/40	4.5g	27%	1.5g	9%	9g	26%	290 mg
	Chex	Simply Chex Strawberry Yogurt	1.2 oz	34g	150/35	4g	23%	1.5g	9%	8g	24%	270 mg
	Fiber One	Oats & Chocolate Chewy Bars		40g	140/35	4g	25%	1.5g	10%	10g	25%	90 mg
	Gardetto's	Snak-Ens Reduc'd Fat Snack Mix-Orig	1.65 oz	46g	200/50	6g	25%	1g	5%	2g	4%	500 mg
	Gardetto's	Chipotle Cheddar Snack Mix	1.75 oz	49g	200/60	7g	30%	1.5g	7%	2g	4%	520 mg
	General Mills Cereal Cup	Cheerios Cup	1.3 oz	39g	140/25	2.5g	18%	.5g	3%	2g	5%	260 mg
	General Mills Cereal Cup	Cinnamon Toast Crunch Cup	1.2 oz	57g	240/50	6g	21%	.5g	2%	19g	33%	400 mg
	General Mills Cereal Cup	Honey Nut Cheerios Cup	1.8 oz	52g	200/25	2.5g	13%	.5g	2%	17g	33%	350 mg
	General Mills Cereal Pouch	Cheerios Cereal On-the-GO		19g	70/10	1g	14%	0g	0%	1g	5%	130 mg
	General Mills Cereal Pouch	Fruity Cheerios pouch		24g	90/10	1g	11%	0g	0%	8g	33%	120 mg
	General Mills Cereal Pouch	Golden Grahams Cereal On-the-GO	1 oz	28g	110/10	1g	9%	0g	0%	9g	32%	260 mg
	General Mills Cereal Bowl	Cheerios self-serve bowl		19g	70/10	1g	14%	0g	0%	1g	5%	130 mg
	General Mills Cereal Bowl	Cinnamon Toast Crunch bowl	1 oz	28g	120/30	3g	25%	0.5g	4%	9g	32%	200 mg
	General Mills Cereal Bowl	Honey Nut Cheerios self-serve bowl	1 oz	28g	110/15	1.5g	14%	0g	0%	9g	32%	190 mg
	General Mills Cereal BAR	Cinnamon Toast Crunch BAR	1.3 oz	37g	150/30	3.5g	20%	0g	0%	10g	27%	150 mg
	General Mills Cereal BAR	Cocoa Puffs cereal bar	1.3 oz	37g	150/25	3g	17%	0g	0%	9g	24%	135 mg
	General Mills Cereal BAR	Team Cheerios Strawberry cereal bar	1.3 oz	37g	150/30	3.5g	20%	0g	0%	10g	27%	125 mg
	General Mills Cereal BAR	Trix cereal bar	1.3oz	37g	150/35	3.5g	23%	0g	0%	9g	24%	135 mg
	General Mills	Cinnamon Toast Crunch Crisps	1 oz	28g	120/25	3g	21%	0g	0%	9g	32%	200 mg
	Nature Valley	Peanut Butter Crunchy Granola Bar	1.5 oz	42g	180/60	7g	33%	1g	5%	11g	26%	190 mg
	Nature Valley	Oats 'N Honey Crunchy Granola Bar	1.5 oz	42g	180/50	6g	28%	0.5g	3%	11g	26%	160 mg
	Sunkist	Fruit Flavored Snacks Mixed Fruit	.9 oz	25g	70/0	0	0%	0g	0%	8g	32%	30 mg
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
Jack Link's Beef Jerky	Jack Link's	Peppered Jerky	.9 oz	25 g	70/10	1g	10%	0	0%	3g	12%	360mg
		Original Jerky	.9 oz	25 g	70/10	1g	10%	0	0%	3g	12%	430 mg
		Teriyaki Jerky	.9 oz	25 g	70/10	1g	10%	0	0%	4g	16%	410 mg
		Sweet and Hot Jerky	.9 oz	25 g	70/10	1g	10%	0	0%	4g	16%	420 mg
		Teriyaki Beef Steak Nuggets	1 oz	28 g	70/10	1g	10%	0.5	3%	5g	18%	470mg
		Prime Rib Tender Cuts	1oz	28 G	60/10	1G	10%	0.5	2%	3g	11%	590MG
		Original Beek Steak Nuggets	1oz	28g	70/10	1g	10%	.5g	3%	6g	21%	480mg
		Maple Glazed Ham Nuggets	1oz	28g	70/10	1g	10%	0	0%	6g	21%	370mg
		Oven Roasted Turkey Nuggets	1oz	28G	60/10	1	10%	0	0%	2	3%	380 MG
		Sesame Teriyaki Chicken Nuggets	1 oz	28G	70/10	1	10%	0	0%	4	14%	400 MG
		Flamin' Buffalo Chicken Nuggets	1 oz	28g	60/10	1	10%	.5g	7%	2	7%	610 mg
		Original Steak	.8 oz	23g	45/0	0	0%	0	0%	>1	0%	520 mg
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 Heath Natural Foods	Veggie 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

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		Raisins	1 oz	28g	80/0	0g	0%	0g	0%	EXEMPT	EXEMPT	0mg	
		Salted Almonds	1 oz	28g	170/ex	EXMP	EXMPT	EXEMPT	EXEMPT	1g	4%	95mg	
		Salted Cashews	1 oz	28g	160/ex	EXMP	EXMPT	EXEMPT	EXEMPT	1g	4%	80mg	
		Salted Cashews	1.5oz	43g	250/ex	EXMP	EXMPT	EXEMPT	EXEMPT	2g	5%	130mg	
		Salted Peanuts	1 oz	28g	170/ex	EXMP	EXMPT	EXEMPT	EXEMPT	1g	4%	90mg	
		Salted Peanuts	1.5oz	43g	250/ex	EXMP	EXMPT	EXEMPT	EXEMPT	2g	5%	135mg	
		Salted Peanuts	2 oz	57g	340/ex	EXMP	EXMPT	EXEMPT	EXEMPT	2g	4%	180mg	
		Sunflower Kernels	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
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%	
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%	

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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
	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%	
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
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 Pack	Mini Blueberry Muffins	1.3oz	37g	100/25	3g	25%	1g	9%	5g	14%	140mg

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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
	Mrs. Freshley's 100 Calorie Pack	Mini Crème Filled Chocolate Cupcakes	1.3oz	37g	100/25	3g	25%	1g	9%	6g	16%	150mg
PIERRE	Pierre	Jumbo Honey Mustard Chicken Breast Patty Sandwich	5.9oz	167g	350/70	7g	20%	1.5g	4%	11g	7%	980mg
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.PeanutButterChocolateChunk	.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 Cinnamon	2.1oz	59g	220/35	4g	16%	1g	4%	19g	32%	
	Quaker	Oatmeal to Go Brown Sugar Cinnamon	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%	
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

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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
Snyders		100 Calorie Mini Pretzel	.9oz	26g	100/0	0g	0%	0g	0%	0g	0%	220



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.