

Balanced Choices Snacks

	Per oz.	Calories	Fat Calories	Fat (g.)	Sat. Fat (g.)	Chol. (mg.)	Sod. (mg.)	Carb. (g.)	Protein (g.)
Snack Choices									
Mesquite - Wow Chips	1 oz.	75	0	0	0	0	250	17	2
Regular - Wow Chips	1 oz.	75	0	0	0	0	200	15	2
Ruffles Wow Cheddar Sour Cream	1 oz.	75	0	0	0	0	200	17	2
Ruffles Wow Regular	1 oz.	75	0	0	0	0	230	16	3
Doritos Wow Nacho Cheesier	1 oz.	90	10	1	0	0	240	18	2
Baked Ruffles	1 oz.	120	30	3	0	0	200	21	2
BK Ruffles Cheddar & Sour Cream	1 oz.	120	30	3	0.5	0	220	22	2
BK Doritos Nacho Cheese	1 oz.	120	30	3.5	0.5	0	220	21	2
Harvest Cheddar Sunchips	1 oz.	140	50	6	1	0	190	19	2
Original Sunchips	1 oz.	140	50	6	0.5	0	115	19	2
French Onion Sunchips	1 oz.	140	60	6	0.5	0	160	18	2
Snyder Olde Tyme	2.2 oz.	120	10	1	0	0	120	24	3
Mr. Nature Oriental Mix	1 oz.	110	0	0	0	0	160	25	2
1.5 Servings Per Container									
Mr. Nature Raisins	1 oz.	90	0	0	0	0	7	2	1
Mr. Nature Unsalted Trail Mix	1.1 oz.	130	60	7	1	0	10	14	5
Nutri-Grain Bar Straw. Yogurt	1.3 oz.	140	25	3	0.5	0	110	27	
Nutri-Grain Bar Vanilla Yogurt	1.3 oz.	140	25	3	0.5	0	110	27	
Nutri-Grain Granola Bars	1.3 oz.	160	45	5	2	0	80	26	
Chocolaty Chip									
Nutri-Grain Granola Bars	1.3 oz.	160	40	4.5	1	0	85	27	
Honey Oat & Raisin									
Kashi GoLean Bar	1.76 oz.	160	25	3	2	0	150	32	
Sublime Lemon Lime									
Nutri-Grain Muffin Bar Blueberry	1.6 oz.	170	35	4	0.5	0	100	31	
Nutri-Grain Muffin Bar Banana	1.6 oz.	160	35	4	0.5	0	110	30	
Austin Zoo® Animal Crackers	2.12 oz.	130		2	0	0	90	25	
Slim Fast									
Meal Bars High Protein / 35% Less		210		6	4	<5	240	25	15
Sugar Chocolate Caramel Crunch									
Meal Bar Strawberry Cheesecake		120		5	4	<5	140	35	8
Succeed Cookies'N Cream		120		3	2	<5	90	18	6
Succeed Chocolate & Peanut		120		3	2	<5	85	18	6
Honey Nut Cheerios Cereal Bar	1.4	160		4	1.5	0	150	26	6
Mixed Berry Fruit Snax	2.5 oz.	225	0	0	0	0	38	40	2.5



Eating healthfully... achieving balance... it's never been so quick and easy!

Nature Valley Granola Bars

Oats & Honey	1.5	180	6	0	160	29	4		
Peanut Butter	1.5	180	7	0	190	30	5		
Maple Brown Sugar	1.5	180	6	0	160	29	4		
Banana Nut	1.5	190	7	0	160	28	4		
Chewy Trail Mix	1.2	140	4	0.5	0	95	25	3	
Strawberry Yogurt	1.2	140	3.5	0	0	130	26	2	
Vanilla Yogurt	1.2	140	3.5	0	0	130	26	2	
Chex Morning Mix - Fruit & Nut	1.15 oz.	130	3.5	0	0	190	24	2	
Animal Crackers (ZOO) 2 servings per pack	30 g.	130	2	0	0	95	25	2	
Raspberry Yogurt Newton's Bar	37 g.	130	20	2.5	0	0	115	26	1
Fat Free Fig Newton's	30 g.	100	0	0	0	0	120		1
Fig Newton's	57 g.	200	35	4	0.5	0	200		2
Snackwells Vanilla Sandwich	48 g.	210	50	5	1	0	230	38	2
Act II Light Old Fashioned Popcorn Serving size 7 cups popped	14	160	50	5	1	0	200	28	4

Atkins

Crunchers Snack Chips BBQ	1 oz.	100	25	2.5	0	0	420	8	13
Crunchers Snack Chips Nacho Cheese	1 oz.	100	30	3	0	0	410	8	13

Advantage Bar

Chocolate Peanut Butter	60 g.	240	110	12	6	5	180	21	19
Chocolate Decadence	60 g.	220	100	11	7	0	65	25	17
Cookies & Crème	60 g.	220	100	11	7	0	200	22	18
S'Mores	60 g.	220	90	10	5	0	130	26	17
Endulge - Caramel Nut Chew	35 g.	140	80	9	4	5	70	17	6
Endulge - Peanut Butter Cups	34 g.	160	120	13	6	0	70	17	3
Endulge - Chocolate Mint	28 g.	120	70	9	4.4	0	115	15	4
Endulge - Vanilla Crème Wafer	28 g.	120	70	9	4.5	0	115	15	4
Morning Starters - Apple Crisp	37 g.	170	90	9	4	0	70	13	11
Morning Starters - Cinnamon Bun	40 g.	170	90	9	4	0	70	13	11

Nestle

Nestle Crunch Sugar Free Low Carb	1.1 oz.	140	110	11	6	5	55	18	2
Power Bar Protein Plus Carb Select Chocolate Peanut Butter	2.46 oz.	270	80	9	4	5	290	30	22
Power Bar Protein Plus Carb Select Double Chocolate	2.46 oz.	260	60	7	3.5	5	190	30	22
Pria Carb Select Caramel Nut Brownie	1.69 oz.	170	70	8	5	5	90	21	10

Slim Fast-Meal Bars Low Carb Lifestyle

Chocolate Peanut Butter	200	8	4	<5	240	17	16
Chocolate Brownie	200	8	4	<5	200	17	16

Balanced Choices Beverages

Coca - Cola Products

Bottle size	Serv size	Srv/ bottle	Juice %	Calories	Carbs (g.)	Sugar (g.)	Protein (g.)	Fat (g.)	Fat %	Sat Fat (g.)	Sat Fat %	Sodium	Vitamin C
Dasani Water													
12 oz.	8 oz.	1.5	0	0	0	0	0	0	0	0	0	0	0
Minute Maid Apple Juice													
16 oz.	8 oz.	2	100%	110	28	26	2	0	0	0	0	25	0
Minute Maid Orange Juice													
16 oz.	8 oz.	2	100%	120	27	24	2	0	0	0	0	15	100%
Minute Maid Cran Apple Rasp													
16 oz.	8 oz.	2	25%	120	32	31	0	0	0	0	0	25	0
Diet Coke													
20 oz.	8 oz.	2.5	0%	1	0.1	0	0	0	0	0	0	28	0
Caffeine Free Diet Coke													
20 oz.	8 oz.	2.5	0%	1	0.1	0	0	0	0	0	0	28	0
Diet Sprite													
20 oz.	8 oz.	2.5	0%	2.4	0	0	0	0	0	0	0	24	0
Diet Coke w/Lime													
20 oz.	8 oz.	2.5	0%	2	0.1	0	0	0	0	0	0	28	0
Diet Lemon Nestea													
20 oz.	8 oz.	2.5	0%	1.9	0.1	0	0	0	0	0	0	24	0
Diet Cool Nestea													
20 oz.	8 oz.	2.5	0%	1.2	0.1	0	0	0	0	0	0	71	0
Minute Maid Light Lemonade													
20 oz.	8 oz.	2.5	3%	5	1	0	0	0	0	0	0	70	0
Powerade Fruit Punch													
20 oz.	8 oz.	2.5	0	60	17	15	0	0	0	0	0	55	0
Powerade Mountain Blast													
20 oz.	8 oz.	2.5	0	60	17	15	0	0	0	0	0	55	0

