

APPENDIX A

Sample Snacks that Meet Recommended Criteria

*Snack List

To meet the criteria snack items can not exceed a:

Maximum of 3 g fat per 100 calories

Maximum of 600 mg sodium

AND must have

At least 12 g of complex carbohydrates per serving

Item	Serving size (weight)	Kcal	Fat (g)	Sodium (mg)	Sugar (g)	Calcium (mg)
Advantage Edge Bar	57 g	220	4.5 (18%)	210	18 (32%)	0
Austin Zoo Animal Crackers	30 g	130	2 (15%)	95	7 (23%)	0
Baked Lays KC Masterpiece Barbeque Potato Crisps	1 oz	120	3 (22%)	210	2 (7%)	0
Baked Lays Original Potato Chips	28 g	110	1.5 (12%)	150	2 (7%)	0
Baked Lays Sour Cream & Onion Potato Chips	28 g	120	3 (23%)	210	3 (11%)	0
Baked Nacho Cheese Doritos	28 g	120	3 (23%)	220	1 (4%)	0
Barnum's Animal Crackers	30 g	130	4 (28%)	150	8 (27%)	0
Big Top Animal Crackers	1 oz	110	3 (25%)	80	6 (21%)	0
Bottled Water	8 fl oz	0	0 (0%)	0	0 (0%)	0
Chex Mix (ALL FLAVORS)	30 g	130	4 (28%)	410	2 (7%)	0
Chex Morning Mix	32 g	130	3.5 (24%)	190	8-9 (25-28%)	0
Cliff Bar	68 g	230	4.5 (17%)	140	20 (29%)	0
Columbo Yogurt Cherry Vanilla Light Fat Free	8 oz	12	0 (0%)	110	15 (7%)	350
Cookie Monster Cookies	30 g	140	4.5 (29%)	150	8 (27%)	0
Dannon Yogurt (ALL FLAVORS)	6 oz	90-170	0-2.5 (0-17%)	95-120	13 (8%)	150 mg
DelMonte Canned Fruit	124 g	60	0 (0%)	10	14 (21%)	0
DelMonte Lite Diced Peaches in Extra Light Syrup	4 oz	50	0 (0%)	10	12 (10%)	0
DelMonte Lite Mixed Fruit	4 oz	50	0 (0%)	10	12 (10%)	0
Dole Fruit Bowl, Pineapple	113 g	60	0 (0%)	10	14 (21%)	0
Famous Amos Gingersnaps	24 g	100	1	95	8 (33%)	0
Fig Newtons	57 g	200	4 (18%)	200	12 (21%)	0
General Mills Cheerios Cereal	1 oz	110	2 (16%)	280	1 (4%)	0
Guiltless Gourmet Corn Chips	28 g	110	2 (14%)	160	0 (0%)	0
Kashi TLC Crackers	30 g	130	3 (30%)	200	5 (17%)	0
Keebler Animal Cookies	56 g	260	8 (27%)	290	15 (27%)	0
Keebler Chocolate Graham Crackers	31 g	140	4 (25%)	105	9 (29%)	0
Keebler Cinnamon Graham Crackers	30 g	130	3 (19%)	140	9 (30%)	0
Keebler Fat Free Zesta	16 g	60	0 (0%)	250	0 (0%)	0
Keebler Honey Graham Crackers	31 g	140	4 (29%)	140	7 (23%)	0
Keebler Iced Animal Cookies	32 g	130	3 (23%)	110	9 (28%)	0
Keebler Original Graham Crackers	29 g	130	3.5 (23%)	150	7 (24%)	0

Item	Serving size (weight)	Kcal	Fat (g)	Sodium (mg)	Sugar (g)	Calcium (mg)
Keebler Reduced Fat Wheatables	31 g	140	4 (25%)	220	4 (13%)	0
Kellogg's All-Bran Cereal Original	1.1 oz	80	1 (11%)	80	6 (19%)	150
Kellogg's Corn Flakes	21 g	80	0 (0%)	150	3 (14%)	0
Kellogg's Low Fat Granola Cereal	49 g	190	3 (14%)	120	14 (29%)	20
Kellogg's Mini Shredded Wheat Cereal Frosted	51 g	180	1 (5%)	5	10 (20%)	0
Kellogg's Puffed Wheat Cereal	11 g	40	0 (0%)	0	0 (0%)	0
Kellogg's Praisin Bran Cereal	2.1 g	190	1.5 (7%)	350	19 (32%)	20
Kellogg's Rice Krispy Cereal	33 g	120	0 (0%)	320	3 (9%)	0
Kellogg's Special K	21 g	70	0 (0%)	150	3 (14%)	0
Lance Saltine Crackers	11 g	50	1.5 (27%)	105	0 (0%)	0
Luna Bars (ALL FLAVORS EXCEPT ORANGE BLISS AND KEY LIME PIE)	48 g	180	2.5-4.5 (13-22%)	50-190	13-15 (23-31%)	0
Nabisco Original Premium Saltine Crackers	18 g	84	2.4 (26%)	264	0 (0%)	0
Nabisco Teddy Graham Cookie Cinnamon	30 g	130	4 (28%)	150	8 (27%)	100
Nature Valley Granola Bars	42 g	180	6 (30%)	160	11 (26%)	0
Nature Valley Trail Mix Bars - Fruit & Nut	35 g	140	4 (28%)	95	12 (34%)	0
Newman's Own Pretzel Sticks	30 g	110	1 (9%)	350	1 (3%)	0
Nutri-Grain Bars (ALL FLAVORS)	37 g	140	3 (19%)	110	13 (35%)	0
Oville Redenbacher Smart Pop	38 g	1110	2 (18%)	360	0 (0%)	0
Pepperidge Farm Pretzel Goldfish	30 g	120	2.5 (21%)	430	0 (0%)	0
Pop Secret 94% Fat Free Popcorn	39 g	110	2 (16%)	380	0 (0%)	0
Pop Tarts - Chocolate Chip & Cinnamon	52 g	210	6 (29%)	190	14-18 (27-35%)	0
Pop Tarts - Fruit	52 g	200	4.5 (20%)	170	16 (14%)	0
Power Bar - Chocolate	65 g	230	2 (9%)	75	16 (25%)	0
Power Bar - Harvest	65 g	240	4 (15%)	80	18 (27%)	0
Power Bar - Peanut Butter	65 g	240	3.5 (13%)	120	16 (25%)	0
Pretzels (GENERIC)	30 g	120	0.5 (4%)	400	0 (0%)	0
Pretzel Sticks (GENERIC)	30 g	120	1 (8%)	400	0 (0%)	0
Pringles - Fat Free	28 g	70	0 (0%)	160	0 (0%)	0
Protein Plus	85 g	320	9 (25%)	75	0 (0%)	0
Quaker Chewy Bars (ALL FLAVORS)	56 g	120	4 (30%)	70	19-20 (34-35%)	0
Quaker Crispums	33 g	150	5 (30%)	125	7 (21%)	0
Quaker Oatmeal Express	54 g	200	2.5 (25%)	320	19 (35%)	0
Raisins	43 g	140	0 (0%)	10	0 (0%)	0

Item	Serving size (weight)	Kcal	Fat (g)	Sodium (mg)	Sugar (g)	Calcium (mg)
Rice Krispies Treats	37 g	160	3.5 (20%)	170	13 (35%)	0
Rold Gold Classic Tiny Twists						
Pretzels	1 oz	110	1 (8%)	420	0 (0%)	0
Ruffles Wow! Potato Chips (ALL FLAVORS)	28 g	70	0 (0%)	200-230	0-1 (0-4%)	0
Snackin' Grahams	42 g	170	4 (21%)	250	13 (31%)	0
Snyder's Mini Pretzels	30 g	110	0 (0%)	250	0 (0%)	0
Stonyfield Farm Lowfat Yogurt	6 oz	90-190	1.5 (8-17%)	95-140	22 (13%)	300
Sunsweet Pines	40 g	90	0 (0%)	5	12 (30%)	0
Teddy Graham Cinnamon Crackers	30 g	130	4 (28%)	150	8 (27%)	0
Texas Cinnamon Sweet Roll, Freshley	113 g	370	7 (17%)	410	34 (30%)	0
Thomas English Muffin Original	57 g	120	1 (8%)	200	1 (2%)	80
Tickles Snack Mix	26 g	100	2.5 (25%)	250	3 (12%)	0
Tostito's Baked Tortilla Chips	28 g	110	1 (8%)	200	0 (0%)	0
Utz Pretzels	28 g	100	0 (0%)	480	1 (4%)	0
Welch's Grape Juice	10 oz	170	0 (0%)	25	43 (15%)	0
Welch's Grapefruit Juice 100%	10 oz	130	0 (0%)	25	30 (11%)	20
Yoplait Yogurt (ALL FLAVORS)	6 oz	100-190	0-3 (0-13%)	85-95	27 (16%)	200
Real Fruit Bars!	.7 oz	68	0.3	15.4	11.5	5.8