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Pennington Biomedical Research Center in Cooperation with the Louisiana Department of Education, Nutrition Support present:

Louisiana Smart Snacks Meeting Recommended Criteria

6/29/2016

- 150 calories or less**
- 35% of total calories from fat or less**
- 10% of total calories from saturated fat or less**
- 30 g of sugars or less (not more than 35% of weight)**
- 230 mg of sodium or less per serving**

NOTE: Pennington Biomedical is tasked with approving any item submitted by a vendor, principal, school parent, or interested person seeking to have an item considered for inclusion on this list. The list contains only those products that meet the USDA recommended criteria for Smart Snacks in Schools. This list is provided solely as a reference; there is not a legal requirement that only items on the list be sold. Pennington Biomedical does not endorse or promote any commercial item or entity.

ITEM	Serving size (weight)
Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS	
Bottled Water, plain	All sizes
Low-fat milk, skim milk, flavored fat free milk, and non-dairy milk (low fat or fat-free)	8 fl oz containers
Apple & Eve 100% Juice (Apple, Fruit Punch, White Grape, Orange Tangerine, Cranberry Raspberry, Mixed Berry, Strawberry Kiwi)	4.23 fl oz (125 ml)
Apple & Eve 100% Juice (Apple, Fruit Punch, Orange Tangerine, Very Berry)	6.75 fl oz (200 ml)
Apple & Eve Fruitables Plus (Fruit & Veggie 100% Juice) Power Punch, Tropical Twist, Gold Rush	4.23 fl oz (125 ml)
Apple & Eve Fruitables Plus (Fruit & Veggie 100% Juice) Power Punch, Tropical Twist	6.75 fl oz (200 ml)
Ardmore Farms Apple Juice from Concentrate (100% Fruit Juice) (Product Code #41771)	4 fl oz (118 ml)
Ardmore Farms Fruit Punch (100% Fruit Juice) (Product Code #41776)	4 fl oz (118 ml)
Ardmore Farms Orange Juice from Concentrate (100% Fruit Juice) (Product Code #41770)	4 fl oz (118 ml)
Envy Fruit Juice (100% Fruit Juice Non-Carbonated) Cherry Apple	8 fl oz (237 ml)
Envy Fruit Juice (100% Fruit Juice Non-Carbonated) Fruit Punch	8 fl oz (237 ml)
Envy Sparkling Fruit Juice (100% Fruit Juice) Sparkling Acai Berry	8 fl oz (237 ml)
Envy Sparkling Fruit Juice (100% Fruit Juice) Sparkling Fruit Punch	8 fl oz (237 ml)
Envy Sparkling Fruit Juice (100% Fruit Juice) Sparkling Fuji Apple	8 fl oz (237 ml)
Envy Sparkling Fruit Juice (100% Fruit Juice) Sparkling Strawberry Kiwi	8 fl oz (237 ml)
Envy Sparkling Fruit Juice (100% Fruit Juice) Sparkling Tropical Orange	8 fl oz (237 ml)
Fruit 66 100% Juice Non-Carbonated, Mixed Berry	1 can (237 ml)
Fruit 66 100% Juice Non-Carbonated, Passionfruit Mango	1 can (237 ml)
Fruit 66 100% Juice Non-Carbonated, Strawberry Melon	1 can (237 ml)
Fruit 66 100% Juice Non-Carbonated, Tropical Punch	1 can (237 ml)
Fruit 66 EPIC 100% Sparkling Juice (Black Cherry, Passion Fruit Mango, Strawberry Melon, Lemon Lime)	1 can (237 ml)

Juice Alive 100% Fruit Juice Pouch, Apple	6 fl oz pouch (177 ml)
Juice Alive 100% Fruit Juice Pouch, Fruit Punch	6 fl oz pouch (177 ml)
Juice Alive 100% Fruit Juice Pouch, Grape	6 fl oz pouch (177 ml)
Juice Alive 100% Fruit Juice	8 fl oz (240 ml)
Juice Alive 100% Juice Smoothie Cup	1 cup (4 oz, 118 ml)
Juice Bowl 100% Juice (Apple, Fruit Punch, Strawberry Kiwi)	8 fl oz cans
Juice Bowl 100% Juice (Apple, Fruit Punch, Grape, Orange, Orange Tangerine, Strawberry Kiwi)	4.23 fl oz (125 ml)
Juice Bowl 100% Juice (Apple, Fruit Punch, Grape, Orange Tangerine)	6.75 fl oz (200 ml)
Juice Bown 100% Sparkling Juices - Fruit Punch (Product Code #00206), Strawberry Kiwi (Product Code #00207), Orange Tangerine (Product Code #00208), Strawberry Watermelon (Product Code #00209)	8 fl oz (237 ml)
Juice Bowl 100% Vegetable & Fruit Juice Blend Mango Swirl (Product Code #00470)	4.23 fl oz (125 ml)
Juice Bowl 100% Vegetable & Fruit Juice Blend Mango Swirl (Product Code #00471)	6.75 fl oz (200 ml)
Juicy Juice Fruit Punch (100% Juice) (Product Code #79564)	6.75 fl oz
Juicy Juice (100% Juice) Fun Packs, (Flavors: Apple, Berry, Fruit Punch, Grape, Orange Tangerine)	4.23 fl oz
Juicy Juice (100% Juice) Slim Packs, (Flavors: Apple, Berry, Grape, Kiwi Strawberry, Orange Tangerine, Peach Apple, Strawberry Watermelon)	6.75 fl oz
Kirkland, Hansen's Natural 100% Juice - Crisp Apple	6.75 fl oz (200 ml)
Kirkland, Hansen's Natural 100% Juice - Fruit Punch	6.75 fl oz (200 ml)
Kraft Foods CapriSun 100% Fruit Juice - Apple	6 fl oz pouch (177 ml)
Kraft Foods CapriSun 100% Fruit Juice - Berry	6 fl oz pouch (177 ml)
Kraft Foods CapriSun 100% Fruit Juice - Fruit Punch	6 fl oz pouch (177 ml)
Kraft Foods CapriSun 100% Fruit Juice - Grape	6 fl oz pouch (177 ml)
Lucky Leaf Apple Juice (100% Juice)	5.5 fl oz
M&B Products, Mr. J 100% Apple Juice Pouch (Product Code #2847)	4 fl oz
M&B Products, Mr. J 100% Fruit Blend Juice Pouch (Product Code #2347)	4 fl oz
M&B Products, Mr. J 100% Orange Juice Pouch (Product Code #2077/2047)	4 fl oz
Minute Maid® 100% Juice Fruit Punch	6.75 fl oz (1 juice box)
Minute Maid® 100% Apple Juice	6.75 fl oz (200 ml)
Minute Maid® 100% Apple White Grape Juice	6.75 fl oz (200 ml)
Mott's Fruit Punch (100% Juice)	4.23 fl oz or 6.75 fl oz
Nestle Juicy Juice All Natural 100% Juice - All Flavors	4.23 fl oz or 6.75 fl oz
The Switch 100% Juice w/Filtered Sparkling Water (Fruit Punch, Grape, Black Cherry, Orange Tangerine, Watermelon Strawberry, Kiwi Berry, Hardcore Apple, Tropical Pineapple)	8 fl oz (237 ml)
Tree Top, Inc., Fruit Punch (100% Fruit Juice) (Product Code #01223)	6.75 fl oz (200 ml)
Tree Top, Inc., Fruit Smoothie 100% Juice, Banana Strawberry	4.54 fl oz (134 ml)
Tropicana Apple Juice	6 fl oz (177 ml)
Tropicana Pure Premium Orange Juice	6 fl oz (177 ml)
V8 Low Sodium 100% Vegetable Juice	5.5 fl oz
V8 V-Fusion Pomegranate Blueberry (100% Juice)	8 oz can
V8 V-Fusion Strawberry Banana (100% Juice)	8 oz can
V8 V-Fusion Smoothie Mix (100% Fruit Juice when mixed)-Peach Mango (Product #21192)	8 oz serving
V8 V-Fusion Smoothie Mix (100% Fruit Juice when mixed)-Strawberry Banana (Product #21231)	8 oz serving
V8 V-Fusion Smoothie Mix (100% Fruit Juice when mixed)-Tropical Fruit (Product #21356)	8 oz serving
V8 V-Fusion Smoothie Mix (100% Fruit Juice when mixed)-Watermelon Raspberry (Product #21191)	8 oz serving
Veryfine 100% Apple Juice	8 fl oz bottle
Veryfine 100% Fruit Punch Juice	8 fl oz bottle
Veryfine 100% Grape Juice	8 fl oz bottle
Veryfine 100% Orange Juice	8 fl oz bottle
Veryfine 100% Twisted Cherry Juice	8 fl oz bottle
Welch's 100% Grape Juice	5.5 fl oz

Juices FOR GRADES 6-8 and HIGH SCHOOL SALES ONLY!!

Tropicana Apple Juice, 10 fl oz	10 fl oz (296 ml)
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Tropicana Orange Juice, 10 fl oz	10 fl oz (296 ml)
Tropicana Farmstand Pomegranate Blueberry Juice, 12 fl oz	12 fl oz (355 ml)
Tropicana Farmstand Strawberry Banana Juice, 12 fl oz	12 fl oz (355 ml)
Tropicana Fruit Medley Plus, 10 fl oz	10 fl oz (296 ml)
Tropicana Strawberry Kiwi Juice Plus, 10 fl oz	10 fl oz (296 ml)
Tropicana Strawberry Orange Juice, 10 fl oz	10 fl oz (296 ml)

Beverages FOR HIGH SCHOOL SALES ONLY!!

Calorie-free flavored water	20 fl oz
Other flavored and/or carbonated beverages that contain ≤5 calories per 8 fl oz or ≤10 calories per 20 fl oz	between 8 & 20 fl oz
12 fl oz portions of beverages with ≤40 calories per 8 fl oz or ≤60 calories per 12 fl oz	12 fl oz

Fruits and Vegetables - Fresh

Fruits, all fruits	serving
Vegetables, all vegetables	serving

Fruit, Canned and Dried

Brothers-All-Natural, Fuji Apple Crisps (Freeze-Dried, Real Sliced Fuji Apples)	.35 oz (10 g)
Clif Kid Twisted Fruit - All Flavors	1 piece (20 g)
Dakota Gourmet/Kettle Valley Real Fruit Bars - All Flavors	20 g bar
Del Monte Diced Peaches in 100% Juice in Pull Top Cans	4 oz
Del Monte Mixed Fruit No Sugar Added	4 oz cup
Del Monte Mixed Fruit in Plastic Cups - juice pack	4 oz
Del Monte Tropical Fruit in Plastic Cups - juice pack	4 oz
Materne, GoGo Squeez Organic Appleapple (Applesauce on the Go)	1 pouch (90 g)
Powersnacks Raisins Thompson Seedless	1 oz
Raisins (all brands)	1.5 oz
Smucker's Fruit-Fulls Apple Cinnamon	1 pouch (113 g)
Smucker's Fruit-Fulls Apple Mixed Berry	1 pouch (113 g)
Smucker's Fruit-Fulls Apple Strawberry	1 pouch (113 g)

Frozen Products

Cool Tropics, RIPS 100% Juice Slush (Kiwi Strawberry, Orange Mango, Dragon Punch, Frozen Lemonade, Sour Apple, Blue Raspberry, Cherry Limeade)	4 oz (120 ml)
Dippin' Dots® No Sugar Added Fudge Ice Cream	1/2 cup (85 g)
Dippin' Dots® Yogurt (Strawberry Cheesecake; YoDots: Cookies 'N Cream, Chocolate & Vanilla, Cookie Dough)	1/2 cup (85 g)
Dippin' Dots® Sherbet, Redberry	1/2 cup (85 g)
Hershey's Ice Cream, Crazy Cone	64 g
Hershey's Ice Cream, No Fat Sour Blue Raspberry Twister Cup	87.8 g
Hershey's Ice Cream, No Fat Sour Apple Twister Cup	87.8 g
Hershey's Ice Cream, No Fat Banana Cream Yogurt Twister Cup	66.5 g
Hershey's Ice Cream, No Fat Birthday Cake Yogurt Twister Cup	66.5 g
Hershey's Ice Cream, No Fat Cotton Candy Yogurt Twister Cup	66.5 g
Hershey's Ice Cream, Low Fat Cookies N' Cream Cone	62 g
Hershey's Ice Cream, No Fat Birthday Cake Yogurt Dessert Cup	51 g
Hershey's Ice Cream, No Fat Raspberry Yogurt Dessert Cup	71 g
Hershey's Ice Cream, No Fat Vanilla Yogurt Dessert Cup	69 g
Hershey's Ice Cream, Lemon Sherbet Cup	96 g

Hershey's Ice Cream, Orange Sherbet Dessert Cup	95 g
Hershey's Ice Cream, Raspberry Sherbet Dessert Cup	95 g
Hershey's Ice Cream, Polar Blast - Fruit Punch Bar	74 g
Hershey's Ice Cream, Strawberry Mighty Mini Sandwich	40 g
Hershey's Ice Cream, Vanilla Mighty Mini Sandwich	40 g
Hershey's Ice Cream, Banana Tropi-Kool Fruit Bar	113 g
Hershey's Ice Cream, Coconut Tropi-Kool Fruit Bar	113 g
Hershey's Ice Cream, Pineapple Tropi-Kool Fruit Bar	113 g
Hershey's Ice Cream, Strawberry Tropi-Kool Fruit Bar	113 g
Hershey's Ice Cream, Mango Tropi-Kool Fruit Bar	113 g
Ice Dog by Sunny Sky Products, Fruit Juice Dessert, 100% Juice, No Added Sugar, Shelf Stable, Ready to Freeze. Available in the following flavors: Blue Raspberry (Code #124107), Cherry Limeade (Code #124104), Raspberry Lemonade (Code #124105), Strawberry Kiwi (Code #124003), Watermelon (Code #124106)	4 fl oz pouch
J&J Snack Foods, Whole Fruit 100% Frozen Juice Cup, Mixed Berry & Lemon Swirl (Product Code 23060025)	4.4 fl oz
J&J Snack Foods, Whole Fruit 100% Frozen Juice Cup, Mango/Strawberry Pom Swirl (Product Code 23060030)	4.4 fl oz
J&J Snack Foods, Whole Fruit 100% Frozen Juice Cup, Orange Pineapple (Product Code 23060010)	4.4 fl oz
J&J Snack Foods, Whole Fruit 100% Frozen Juice Cup, Orange Pineapple & Cherry Swirl (Product Code 23060020)	4.4 fl oz
J&J Snack Foods, Whole Fruit 100% Frozen Juice Cup, Strawberry Pomegranate (Product Code 23060005)	4.4 fl oz
J&J Snack Foods, Whole Fruit 100% Frozen Juice Cup, Watermelon (Product Code 23060015)	4.4 fl oz
J&J Snack Foods, Whole Fruit 100% Frozen Juice Cup, Wild Cherry (Product Code 23060000)	4.4 fl oz
Luigi's Sherbet Cups 4 fl oz. CN Labeled - Lime, Orange, Raspberry	4 oz (90 g)
Minute Maid® (Shape Ups) Juice Bars (M-PAK®) CN Labeled-All Flavors	2.25 oz (74 g)
Minute Maid® (Shape Ups) Juice Bars (M-PAK®) CN Labeled-All Flavors	3.1 oz (103 g)
North Star Lowfat Mini Ice Cream Cone	2.0 fl oz
North Star Lowfat Strawberry & Cream Swirl	2.5 fl oz
North Star Lowfat Vanilla & Chocolate Swirl	2.5 fl oz
North Star Lowfat Dream Bar	2.5 fl oz
North Star Lowfat Cookies N' Cream Bar	2.5 fl oz
North Star Frog Spit Lemon Lime Bar	2.5 fl oz
North Star Reduced Fat Vanilla Sandwich	3.5 fl oz
North Star Strawberry Juice Bar	2.5 fl oz
North Star Frog Spit Lemon Lime Push Treat	3.0 fl oz
North Star Totally Tubular Orange Sherbet	3.0 fl oz
North Star Chocolate Fudge Bar	2.5 fl oz
North Star Lowfat Vanilla Ice Cream Cup, Plastic	3.0 fl oz
North Star Lowfat Chocolate Ice Cream Cup, Plastic	3.0 fl oz
North Star Lowfat Strawberry Ice Cream Cup, Plastic	3.0 fl oz
North Star Fat Free, Sugar Free Vanilla Cup, Styrofoam	4.0 fl oz
North Star Fat Free, Sugar Free Chocolate Cup, Styrofoam	4.0 fl oz
North Star Fat Free, Sugar Free Strawberry Cup, Styrofoam	4.0 fl oz
North Star Orange Sherbet Cup, Plastic	3.0 fl oz
North Star Raspberry Sherbet Cup, Styrofoam	4.0 fl oz
North Star Orange Sherbet Cup, Styrofoam	4.0 fl oz
North Star Lime Sherbet Cup, Styrofoam	4.0 fl oz
North Star Vanilla Frozen Yogurt, Plastic	3.0 fl oz
Rich's Ice Cream, Orange Cream Bar	2.5 fl oz
Rich's Ice Cream, Fudge Frenzy	2.5 fl oz
Rich's Ice Cream, Creamy Coconut	3 fl oz

Rich's Ice Cream, Sour Swell	2.5 fl oz
Rich's Ice Cream, Orange Polar Pole	2.75 fl oz
Rich's Ice Cream, Rainbow Polar Pole	2.75 fl oz
Rich's Ice Cream, Chocolate & Vanilla Cone	3 fl oz
Rich's Ice Cream, Sour Cyclone - Blue Raspberry	3.75 fl oz
Rich's Ice Cream, Banana Fudge Rocket	4 fl oz
Rich's Ice Cream, Chocolate Shortcake Bar - Lowfat	3 fl oz
Rich's Ice Cream, Strawberry Shortcake Bar - Lowfat	3 fl oz
Rich's Ice Cream, Creamy Cotton Candy Bar	2.5 fl oz
Rich's Ice Cream, Low Fat Vanilla Sandwich	3 fl oz
Ridgefield's Sidekicks 100 % Fruit Juice (Kiwi-Strawberry Mfr. # 2014; Strawberry-Mango Mfr. # 2015; SourCherry-Lemon Mfr. # 2016; BlueRaspberry-Lemon Mfr. # 2009)	4.4 fl oz (127 g) (130 ml)

Dairy Products

Low-fat milk, skim milk, and non-dairy milk (low-fat or fat free)	8 fl oz containers
Flavored milk, chocolate, strawberry, etc. (fat free)	8 fl oz containers
Dannon Activia (all flavors)	4 oz cup (113 g)
Dannon DanActive (all flavors)	3.1 fl oz (1 bottle)
Dannon Danimals, Nonfat Yogurt (all flavors)	4 oz (113 g)
Dannon Danimals Smoothies (all flavors)	3.1 fl oz (100 g)
Dannon Light 'n Fit Nonfat (all flavors)	6 oz (170 g)
Yoplait GoGurt Portable Yogurt -- Strawberry Splash and Berry Blue Blast	1 tube (64 g)
Yoplait Light Nonfat Yogurt -- Strawberry	170 g container
Yoplait Lowfat Yogurt -- Trix (all flavors)	113 g container
Yoplait Whips! Low Fat Yogurt -- (Cherry Cheesecake, Key Lime Pie, Lemon Burst, Mango, Orange Crème, Peaches 'n Cream, Raspberry Mousse, Strawberry Mist)	113 g container

Chips/Pretzels/Other Snacks

Beanitos - The Original Bean Puff - Hot Chili Lime (Product Code #9708)	0.7 oz
Beanitos - The Original Bean Puff - Real Cheesy (Product Code #9707)	0.7 oz
Beanitos - The Original Bean Puff - White Cheddar (Product Code #9709)	0.7 oz
Cheetos, Reduced Fat Flamin' Hot Puffs (Product Code #21912)	0.7 oz (19.8 g)
Frito Lay Oven Baked Cheetos Crunchy Cheese	1 oz (28 g)
Frito Lay Oven Baked Cheetos Flamin' Hot	1 oz (28 g)
Frito Lay Oven Baked Lay's Barbecue	1 oz (28 g)
Frito Lay Oven Baked Lay's Original	1 oz (28 g)
Frito Lay Oven Baked Lay's Sour Cream & Onion	1 oz (28 g)
Frito Lay Oven Baked Ruffles® Cheddar & Sour Cream Ridged Potato Crisps	0.8 oz (22.7 g)
Frito Lay Oven Baked Tostitos® Scoops	1 oz (28 g)
Frito Lay Cheetos Fantastix® Chili Cheese Corn and Potato Snacks	1 oz (28 g)
Frito Lay Cheetos Fantastix® Flamin' Hot Corn and Potato Snacks	1 oz (28 g)
Frito Lay Reduced Fat Doritos® Cool Ranch	1 oz (28 g)
Frito Lay Reduced Fat Doritos® Nacho Cheese	1 oz (28 g)
Frito Lay Reduced Fat Doritos® Spicy Sweet Chili Flavored Tortilla Chips	1 oz (28 g)
Frito Lay Reduced Fat Cheetos® Mellow Puffs	0.7 oz (19.8 g)
Frito Lay Reduced Fat Tostitos® Crispy Rounds	.875 oz (24.8 g)
Frito Lay Smartfood Delight Popcorn - White Cheddar	0.5 oz (14.2 g)
Frito Lay SunChips Garden Salsa Snack Mix	.875 oz (24.8 g)
General Mills Cinnamon Toast Crunch Cereal Crisps	1 oz (28 g)
General Mills Hot & Spicy Chex	0.92 oz
General Mills Simply Chex Cheddar	0.92 oz
General Mills Simply Chex Chocolate Caramel	1.03 oz
General Mills Simply Chex Strawberry Yogurt	1.03 oz

Good Natured Selects - Baked Vegetable Crisps - Ranch Flavored	1 oz (28.4 g) bag
Herr's Potato Popped Chips - Tangy BBQ	.875 oz (24.8 g)
J&J Snack Foods-SuperPretzel® 51% Whole Wheat Pretzel Rods (Product Code #31012)	1 oz (28 g)
Kettle Brand Bakes Potato Chips (Sea Salt and Sea Salt & Vinegar flavors)	0.8 oz (23 g)
Pirate's Booty - Baked Rice and Corn Puffs, Aged White Cheddar - B&G Foods, Inc.	0.7 oz (21 g)
Pirate's Booty - Baked Rice and Corn Puffs, Aged White Cheddar - B&G Foods, Inc.	1 oz (28 g)
Popchips, Barbeque Potato	.8 oz (23 g)
Popchips, Crazy Hot	.7 oz (20 g)
Popchips, Sea Salt & Vinegar Potato	.8 oz (23 g)
Popchips, Sour Cream & Onion Potato	.8 oz (23 g)
Popcorn Indiana - Kettlecorn, Sweet & Salty	1 oz (28 g)
Popcorners - Kettle flavor	1.1 oz pkg (32 g)
Popcorners - Cheesy Jalapeno	1.1 oz pkg (32 g)
Quaker® - Kid's Mix Snack Mix	.875 oz (24.8 g)
Rold Gold® Heartzels Pretzels	0.7 oz
Salvéo Cheese Balls	1 bag (21 g)
Salvéo Cheddar & Bacon Fries	1 bag (28 g)
Salvéo Hot & Spicy Fries	1 bag (28 g)
Salvéo Tater Pops, Cinnamon & Sugar Sweet Potato	1 bag (23 g)
Salvéo Tater Pops, Peppercorn Ranch Tater Pops	1 bag (23 g)
Salvéo Tater Pops, Sea Salt Sweet Potato	1 bag (23 g)
Salvéo Tater Pops, Sea Salt Tater Pops	1 bag (23 g)
Salvéo Tater Pops, Sweet Thai Chili Tater Pops	1 bag (23 g)
Smartfood Delight Sea Salted Caramel Popcorn	0.5 oz (14.17g)
Snikiddy Baked Fries - Barbeque, Bold Buffalo, Cheddar Cheese, Hot & Spicy, Sea Salt	1 oz (28 g)
Snikiddy Baked Puffs - Grilled Cheese, Mac n' Cheese	1 oz (28 g)
Snyder's of Hanover - Whole Grain Mini Pretzels - Fat Free	0.92 oz bag
Sunchips Harvest Cheddar Snack Mix (Product #30820)	0.875 oz (24.8 g)
TGI Friday's Crunchy Fries - Extreme Heat (Product #31129)	1 oz (28.4 g)
The Whole Earth - Applewood Barbeque Flavored Pops (Item #274297)	0.88 oz (25 g)
The Whole Earth - Cheesy Cheese Flavored Puffs (Item #240183)	0.78 oz (22 g)
The Whole Earth - Gourmet Kettle Corn - Sweet & Salty (Item #205188)	1 oz (28 g)
The Whole Earth - Jalapeno Cheddar Flavored Puffs (Item #240184)	0.78 oz (22 g)
The Whole Earth - Original with Sea Salt Waves (Item #274231)	0.67 oz (19 g)
The Whole Earth - Sweet Cinnamon Flavored Waves (Item #274295)	0.78 oz (22 g)
The Whole Earth - Zesty Ranch Flavored Waves (Item #274296)	0.78 oz (22 g)
Vic's Corn Popper - White Cheddar Popcorn	5/8 oz (17 g)

Breakfast/Cereal/Energy Bars, Muffins & Related Products

Appleways Soft Oatmeal Bars - Apple , Blueberry Pomegranate, Chocolate, Strawberry	1.2 oz size only
Betty Crocker Butterscotch Oatmeal Bar	1 bar (35 g)
Betty Crocker Chocolate Chip Oatmeal Bar	1 bar (35 g)
Clif Kid "Z" Bar - Chocolate Brownie, Chocolate Chip, or Honey Graham	1.27 oz (36 g)
Dave's Baking Company, Cornmeal Super Star, Whole Grain (Product Code #150 WG)	1.65 oz (47 g)
Dave's Baking Company, Whole Grain Apple Cinnamon Mini Muffin (Product Code #WG382)	1.9 oz (54 g)
Dave's Baking Company, Whole Grain Banana Mini Muffin (Product Code #WG381)	1.9 oz (54 g)
Dave's Baking Company, Whole Grain Blueberry Mini Muffin (Product Code #WG380)	1.9 oz (54 g)
Dave's Baking Company, Whole Grain Brownie Cup (Product Code #126 WG)	1.7 oz (48 g)
Dave's Baking Company, Whole Grain Chocolate Chip Mini Muffin (Product Code #WG385)	1.9 oz (54 g)
Dave's Baking Company, Whole Grain Double Chocolate Mini Muffin (Product Code #WG370)	1.9 oz (54 g)
Dave's Baking Company, Whole Grain Orange Mini Muffin (Product Code #WG340)	1.9 oz (54 g)
Fiber One Chewy Bars, Oats & Chocolate	1.4 oz
Fieldstone Bakery, Totally Multigrain Baked Apple Cinnamon Bar	1.21 oz (35 g) bar
Fieldstone Bakery, Totally Multigrain Baked Banana Bread Bar	1.21 oz (35 g) bar

Fieldstone Bakery, Totally Multigrain Baked Brown Sugar Cinnamon Bar	1.21 oz (35 g) bar
General Mills Cinnamon Toast Crunch Cereal Bar	1.42 oz (40 g)
General Mills Cocoa Puffs Cereal Bar	1.42 oz (40 g)
General Mills Golden Graham Cereal Bar	1.42 oz (40 g)
General Mills Team Cheerios Cereal Bar	1.42 oz (40 g)
General Mills Trix Cereal Bar	1.42 oz (40 g)
Great Value (Wal-Mart Brand) Chocolate Chunk Chewy Granola Bar	1 bar (24 g)
Hadley Farms, 100% Whole Grain Guava Strawberry Flip (No Icing), A la carte only (#1050)	1.5 oz
Hadley Farms, 100% Whole Grain Apple Flip (No Icing), A la carte only (#1052)	1.5 oz
Hadley Farms, 100% Whole Grain Mango Flip (No Icing), A la carte only (#1053)	1.5 oz
Hadley Farms, 100% Whole Grain Apple Flip, A la carte only (#1062)	1.5 oz
Hadley Farms, 100% Whole Grain Cinnamon Roll (No Icing), A la carte only (#0675)	1.5 oz
Hadley Farms, 100% Whole Grain Cinnamon Roll, A la carte only (#1675)	1.5 oz
Hadley Farms, 100% Whole Grain Guava Strawberry Flip, A la carte only, Indiv wrap (#1050IW)	1.5 oz
Hadley Farms, 100% Whole Grain Apple Flip, A la carte only, Individually wrapped (#1052IW)	1.5 oz
Hadley Farms, 100% Whole Grain Mango Flip, A la carte only, Individually wrapped (#1053IW)	1.5 oz
Hadley Farms, 100% Whole Grain Sweet Potato Swirl Roll (No Icing), A la carte only, Indiv wrap (#0370IW)	1.5 oz
Hadley Farms, 100% Whole Grain Sweet Potato Swirl Roll, A la carte only, Indiv wrap (#1370IW)	1.5 oz
Hadley Farms, 100% Whole Grain Cinnamon Roll (No Icing), A la carte only, Indiv wrap (#0670IW)	1.5 oz
Hadley Farms, 100% Whole Grain Cinnamon Roll, A la carte only, Individually wrapped (#1670IW)	1.5 oz
Hadley Farms, 100% Whole Grain Cinnamon Roll, A la carte only, Individually wrapped (#1674IW)	1.5 oz
I.M. Healthy Granola	1 package (32 g)
I.M. Healthy Granola with Fruit	1 package (32 g)
J&J Snack Foods BeneFit Mini Bars 51% Whole Grain, Cranberry Orange #40450	1 bar/1.25 oz (35 g)
J&J Snack Foods BeneFit Mini Bars 51% Whole Grain, Maple Brown Sugar #40452	1 bar/1.25 oz (35 g)
J&J Snack Foods BeneFit Mini Bars 51% Whole Grain, Oatmeal Spice #40451	1 bar/1.25 oz (35 g)
Kashi® TLC® Chewy Granola Bars - Honey Almond Flax	1 bar (35 g)
Kashi® TLC® Chewy Granola Bars - Peanut Peanut Butter	1 bar (35 g)
Kashi® TLC® Chewy Granola Bars - Trail Mix	1 bar (35 g)
Kellogg's Reduced Sugar Cereal, Apple Jacks	1 oz (28 g)
Kellogg's Reduced Sugar Cereal, Froot Loops	1 oz (28 g)
Kellogg's Reduced Sugar Cereal, Frosted Flakes Multigrain	1 oz (28 g)
Kellogg's Krave S'Mores - Whole Grain Cereal	1 pouch (28 g)
Kellogg's Nutri-Grain Soft Baked Breakfast Bar Apple Cinnamon	37 g
Kellogg's Nutri-Grain Soft Baked Breakfast Bar Blueberry	37 g
Kellogg's Nutri-Grain Soft Baked Breakfast Bar Cherry	37 g
Kellogg's Nutri-Grain Soft Baked Breakfast Bar Mixed Berry	37 g
Kellogg's Nutri-Grain Soft Baked Breakfast Bar Raspberry	37 g
Kellogg's Nutri-Grain Soft Baked Breakfast Bar Strawberry	37 g
Kellogg's® Rice Krispies Chewy Cereal Bar - Apple Cinnamon	36 g
Kellogg's® Cocoa Krispies Chewy Cereal Bar	38 g
KIND Healthy Grains Bars Dark Chocolate Chunk	1.2 oz bar (35 g)
KIND Healthy Grains Bars Maple Pumpkin Seeds with Sea Salt	1.2 oz bar (35 g)
KIND Healthy Grains Bars Oats & Honey with Toasted Coconut	1.2 oz bar (35 g)
KIND Healthy Grains Bars Peanut Butter Dark Chocolate	1.2 oz bar (35 g)
KIND Healthy Grains Bars Vanilla Blueberry	1.2 oz bar (35 g)
Kirkland - Soft & Chewy Granola Bars, Chocolate Chip	0.85 oz (24 g)
Nature Valley Crisps - Chocolate Chip	1.2 oz (34 g)
Nature Valley Crisps, Cinnamon	1.2 oz pkg (34 g)
Nature Valley Trail Mix Bars - Dark Chocolate & Nut	1 bar (35 g)
Nature Valley Trail Mix Bars - Fruit & Nut	1 bar (35 g)
Nature Valley Trail Mix Bars - Cranberry & Pomegranate	1 bar (32 g)
Quaker Chewy Granola Bar - Maple Brown Sugar (Product Code # 31441)	36 g
Quaker Chewy Granola Bars - all flavors	24 g

Quaker 25% Less Sugar Chewy Granola Bars - all flavors	24 g
Quaker Chewy 90 Calorie Granola Bars - all flavors	1 bar (24 g)
Quaker® Soft Baked Bars - Banana Bread	1 bar (42 g)
Quaker® Soft Baked Bars - Cinnamon Pecan Bread	1 bar (42 g)
Sky Blue Bakery, Whole Grain Simply Banana Mini Muffin (Product Code: WMBAN196)	1.6 oz (45 g)
Sky Blue Bakery, Whole Grain Simply Blueberry Mini Muffin (Product Code: WMBLU196)	1.6 oz (45 g)
Super Bakery 0.8 oz Goodyman Whole Grain Crispy Rice (SBI Code # 9430)	0.8 oz (23 g)

Cookies/Crackers/Breads

Annie's Honey Bunny Grahams Whole Grain Snack Pack	1 oz snack pack
Bake Crafters - Mini Treats, Alphabet, Whole Grain, Packs (Manufacturer's Code: 525)	1.1 oz (31 g) pack
Biscomerica, Basil's Animal Snackers, Whole Grain (Biscomerica Corporation) Item #20012	1 package (28 g)
Biscomerica, Basil's Cinnamon Toast Bites, Whole Grain (Biscomerica Corporation) Item #20044	1 package (28 g)
Biscomerica, Basil's Mini Chocolate Chip Kookies, Whole Grain (Biscomerica Corporation) Item #20020	1 package (31 g)
Biscomerica, Basil's Li'l Sports Snackers Whole Wheat (Biscomerica Corporation) Item #20045	1 package (23 g)
Dick & Jane Smart Cookies (Presidents, States & Capitals, English & Spanish)	0.88 oz (25 g)
Epic Harvest LLC, Whole Grain Equivalent Chocolate Chip Cookie (Code 22508FIW)	1.5 oz
Epic Harvest LLC, Whole Grain Equivalent Chocolate Chocolate Chip Cookie (Code 22501FIW)	1.5 oz
Epic Harvest LLC, Whole Grain Equivalent Festive Chip Cookie (Code 22526FIW)	1.5 oz
Epic Harvest LLC, Whole Grain Equivalent Snickerdoodle Cookie (Code 22509FIW)	1.5 oz
Epic Harvest LLC, Whole Grain Equivalent Sugar Cookie (Code 22510FIW)	1.5 oz
East Side Entrees' Whole Grain Animal Crackers, Original (Code #16190)	1 oz
J&J Snack Foods - Readi-Bake Benefit WG Sugar Cookies (Reduced Fat) (#04915)	1 oz cookie
J&J Snack Foods - Readi-Bake Benefit WG Chocolate Chip Cookies (Reduced Fat) (#04911)	1 oz cookie
J&J Snack Foods - Readi-Bake, Chocolate Graham 51% Whole Grain Pre-Packaged Belly Bears (Product Code #016070)	1 oz package
J&J Snack Foods - Whole Grain Jungle Crackers (Product Code # 039085)	1 package (28 g)
JSB Industries, Smart Choice Chocolate Chip Cookies (Item # 56191)	1 oz
JSB Industries, Smart Choice Sugar Cookies (Item #56192)	1 oz
Keebler® Bug Bites® Cinnamon Graham Crackers (NLI #07621)	1 package (28 g)
Keebler® Elf® Grahams - Chocolate (NLI #07628)	1 package (28 g)
Keebler® Elf® Grahams - Cinnamon (NLI #07626)	1 package (28 g)
Keebler® Elf® Grahams - Original (NLI #07627)	1 package (28 g)
Keebler® Scooby-Doo!™ Graham Cracker Sticks - Cinnamon (NLI #10594)	1 package (28 g)
Keebler® Gripz™ - Cinnamon Graham Crackers (NLI #07629)	0.9 oz (25 g)
Kellogg's Special K Cracker Chips, Cheddar	25 g & 30 g pkgs
Kellogg's Special K Cracker Chips, Sea Salt	25 g & 30 g pkgs
Kellogg's Special K Cracker Chips, Sour Cream and Onion	25 g & 30 g pkgs
Kellogg's Special K Popcorn Chips, Sweet and Salty	28 g
MJM Super Wholesome Sound Bites - Vanilla or Chocolate Raspberry Grahams	28 g
MJM Super Wholesome All-Sports Bites - Vanilla or Chocolate Grahams	28 g
MJM Super Wholesome Apple Cinnamon Waffle Grahams (MJM #423001), Whole Grain	28 g package
MJM Super Wholesome Maple Waffle Grahams (MJM #408001), Whole Grain	28 g package
MJM Super Wholesome Strawberry Waffle Grahams (MJM #405001), Whole Grain	28 g package
MJM Super Wholesome Chocolate Bear Grahams (MJM #402001)	28 g
MJM Super Wholesome Apple Cinnamon Bear Grahams (MJM #403001)	28 g
MJM Super Wholesome Vanilla Bear Grahams (MJM #404001)	28 g
MJM Super Wholesome Strawberry Dinosaur Grahams (MJM #407001)	28 g
MJM Super Wholesome Lemon Dinosaur Grahams (MJM #409001)	28 g
MJM Super Wholesome Honey Grahams - 2g Fiber (MJM #300151)	28 g
MJM Super Wholesome Cinnamon Grahams (MJM #308151)	28 g
MJM Super Wholesome Dino Bites - Vanilla (MJM #524150)	28 g

MJM Super Wholesome Tropical Treats-Orange (MJM #551150)	28 g
MJM Super Wholesome Sunrise Bites-Maple (MJM #570150)	28 g
MJM Savory Bites-Whole Grain Wheat Crackers (MJM #801155)	22 g
MJM Savory Bites-Whole Grain Herb Crackers (MJM #803155)	22 g
MJM Savory Bites-Tomato Basil Whole Grain Crackers (MJM #802155)	22 g
MJM Savory Bites-Whole Grain Pizza Crackers (MJM #804155)	22 g
MJM Lava Bites-Whole Grain Smoked Chile Savory Crackers (MJM #881155)	22 g
Nabisco Teddy Grahams Chocolate	28 g
Nutritional Choices, 100% Whole Grain Animal Crackers	1.1 oz (31 g) pack
Otis Spunkmeyer/Aryzta, Cookie Dough, Chocolate Chip, Whole Wheat, Reduced Fat (Code #55670)	1 oz cookie
Pepperidge Farm Cheddar Goldfish made with Whole Grain	0.75 oz (21 g)
Pepperidge Farm Cheddar Goldfish made with Whole Grain	1 oz (28 g)
Pepperidge Farm Goldfish Giant Grahams made with Whole Grain	0.9 oz (26 g)
Pepperidge Farm Goldfish Puffs - Mega Cheese	0.9 oz pouch
Pepperidge Farm Goldfish Physedibles Baked Animal Crackers - Vanilla	0.75 oz (21 g)
Quaker Hills Farms, Chortles, Whole Grain Mini-Mini Graham Crackers-Chocolate Chip (UPC # 0-09535-00003-5)	0.92 oz (26 g) bag
Quaker Hills Farms, Chortles, Whole Grain Mini-Mini Graham Crackers-Chocolate (UPC # 0-09535-00004-2)	1.02 oz (29 g) bag
Quaker Hills Farms, Chortles, Whole Grain Mini-Mini Graham Crackers-Cinnamon (UPC # 0-09535-00005-9)	0.95 oz (27 g) bag
Snackwell's Mini Chocolate Chip Cookie Bites (made with whole grain wheat flour)	1.06 oz (30 g)
Sunshine Cheez-It Baked Snack Crackers - Whole Grain	1 oz (28 g)
Wild Mike's Whole Grain Maple Filled Breadsticks (I.W. 10005)	1.4 oz (41 g)

Nuts/Seeds

Frito-Lay In Shell Pistachios Salted (1 package without shells = about 25 g)	1.75 oz (includes shell)
Frito-Lay Salted Peanuts	1 oz
Powersnacks Sunflower Kernels - Oil Roasted & Salted	1 oz
Powersnacks Peanuts - Oil Roasted & Salted	1 oz