

## Healthy Snacks Nutritional Information

<i>Item</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Protein</i>	<i>Fat</i>	<i>Carbs</i>	<i>Fiber</i>
FoodShouldTasteGood Multigrain Tortilla Chips	1 oz 10 chips	140	3g	6g	18g	3g
Fruit Mix (Blueberries, Cherries, Cranberries)	¼ cup	145	1g	0g	36g	7g
Kashi Honey Almond Flax Granola Bar	1 bar	140	7g	5g	19g	4g
Kashi Trail Mix Granola Bar	1 bar	140	6g	5g	20g	4g
Kashi Peanut Peanut Butter Granola Bar	1 bar	140	7g	5g	19g	4g
Kirkland Signature Fruit and Nut Medley	¼ cup	140	3g	6g	17g	1g
Kirkland Signature Rice Cracker with Nuts	¼ cup	160	5g	10g	13g	<1g
Mrs. May's Naturals Almond Crunch	6 pcs	156	5g	13g	8g	3g
Nut and Seed Mix (Sunflower, Pumpkin, Walnut)	¼ cup	202	7g	17g	5g	3g
Riceworks Gourmet Brown Rice Chips	1 oz 10 chips	140	2g	6g	19g	1g
Sahale Snacks Valdosta Pecans	¼ cup	130	1g	11g	9g	2g
Sahale Snacks Ksar Pistachios	¼ cup	150	5g	11g	11g	3g
Sahale Snacks Soledad Almonds	¼ cup	130	4g	9g	10g	3g
Sahale Snacks Sing Buri Cashews	¼ cup	130	4g	9g	10g	1g
Terra Exotic Vegetable Chips Original	1 oz 14 chips	150	1g	9g	16g	3g
THINaddictives Pistachio Almond Thins	1 pkg 3 cookies	90	3g	3g	14g	1g

*(Additional information available at product website)*