

Annie's Extra Cheesy Cheddar Bunnies

### Nutrition Facts

Serving Size 48 Crackers (30g)  
Servings Per Container About 7

Amount Per Serving	
<b>Calories</b>	150
Calories from Fat	70
% Daily Value*	
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 18g	<b>6%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 0g	
<b>Protein</b> 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:  
Calories: 2,000 2,500

Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Goldfish Flavor Blasted Extra Cheddar

### NUTRITION FACTS \*

Amount per Serving (serving size) = 51 pieces

Calories 140		Fat Calories 45	
% Daily Values*			
Total Fat 5g	8%	Total Carbohydrate 20g	7%
Sat. Fat 1g	5%	Dietary Fiber 1g	
Trans. Fat 0g		Sugar 1g	
Polyunsat. Fat 1.5g		Protein 4g	
Monounsat. Fat 2.5g	2.5%	Vitamin A	0%
Cholesterol 5mg	2%	Calcium	4%
Sodium 270mg	11%		
Vitamin C	0%		
Iron	6%		

Thomas' 100% Whole Wheat Bagel Thins

<b>Nutrition Facts</b>			
Serving Size	1 bagel (46g)		
Servings Per Container	8		
<b>Amount Per Serving</b>			
Calories	110		
Calories from Fat	10		
		<b>% Daily Value*</b>	
<b>Total Fat</b>	<b>1g</b>	<b>2%</b>	
Saturated Fat	0g	0%	
Trans Fat	0g		
Polyunsaturated Fat	0g		
Monounsaturated Fat	0g		
<b>Cholesterol</b>	<b>0mg</b>	<b>0%</b>	
<b>Sodium</b>	<b>190mg</b>	<b>8%</b>	
<b>Total Carbohydrate</b>	<b>24g</b>	<b>8%</b>	
Dietary Fiber	5g	20%	
Sugars	4g		
<b>Protein</b>	<b>6g</b>		
Vitamin A	0%	Vitamin C	0%
Calcium	8%	Iron	6%
Thiamin	6%	Riboflavin	2%
Niacin	6%	Folic Acid	4%
*Percent (%) Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending your calorie needs.			
	<b>Calories</b>	<b>2,000</b>	<b>2,500</b>
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300mg	375mg
Dietary Fiber		25g	30g

Thomas' 100% Whole Wheat Bagels

<b>Nutrition Facts</b>			
Serving Size	1 bagel (95g)		
Servings Per Container	6		
<b>Amount Per Serving</b>			
Calories	240		
Calories from Fat	15		
		<b>% Daily Value*</b>	
<b>Total Fat</b>	<b>1.5g</b>	<b>2%</b>	
Saturated Fat	0.5g	3%	
Trans Fat	0g		
Polyunsaturated Fat	0g		
Monounsaturated Fat	0g		
<b>Cholesterol</b>	<b>0mg</b>	<b>0%</b>	
<b>Sodium</b>	<b>350mg</b>	<b>15%</b>	
<b>Total Carbohydrate</b>	<b>45g</b>	<b>15%</b>	
Dietary Fiber	7g	28%	
Sugars	6g		
<b>Protein</b>	<b>11g</b>		
Vitamin A	0%	Vitamin C	0%
Calcium	10%	Iron	10%
Thiamin	15%	Riboflavin	6%
Niacin	15%	Folic Acid	8%
*Percent (%) Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending your calorie needs.			
	<b>Calories</b>	<b>2,000</b>	<b>2,500</b>
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300mg	375mg
Dietary Fiber		25g	30g

El Monterey Shredded Steak & Cheese Chimichanga

<b>NUTRITION FACTS</b>	
Serving Size 1 CHIMICHANGA (142g)	
Servings Per Container 1	
Amount Per Serving	
Calories 300	Calories from Fat 90
% Daily Value *	
Total Fat 11g	
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 430mg	18%
Total Carbohydrate 36g	12%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 14g	
Vitamin A	4%
Vitamin C	10%
Calcium	10%
Iron	15%

EVOL Shredded Beef Burrito

<b>NUTRITION FACTS</b>	
Serving Size 1 Burrito (170g)	
Amount Per Serving	
Calories 370	Calories from Fat 130
% Daily Value*	
Total Fat 15g	23%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 250mg	10%
Total Carbohydrate 46g	15%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 14g	24%
Vitamin A 10%	• Vitamin C 6%
Calcium 10%	• Iron 8%

\*Percent Daily Values (%DV) are based on a 2,000 calorie diet.

Nature Valley Peanut Butter Dark Chocolate Protein Chewy Bar

NUTRITION INFORMATION	
Calories	190
Total Fat 12g	
Saturated Fat 3.5g	
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 7g	
Cholesterol 0mg	0%
Sodium 180mg	7%
Potassium 0mg	
Carbohydrate 14g	
Dietary Fiber 5g	
Sugars 6g	
Protein 10g	
Daily Value of Protein	17%
Calcium	2%

Pure Protein Chocolate Peanut Butter Protein Bar

Nutrition Facts			
Serving Size 1 Bar (50g)			
Servings Per Container 6			
<b>Amount Per Serving</b>			
<b>Calories 190</b>		Calories from Fat 50	
<b>%Daily Value*</b>			
<b>Total Fat</b> 6g			<b>9%</b>
Saturated Fat 3.5g			<b>18%</b>
Trans Fat 0g			
<b>Cholesterol</b> 15mg			<b>5%</b>
<b>Sodium</b> 180mg			<b>8%</b>
<b>Total Carbohydrate</b> 17g			<b>6%</b>
Dietary Fiber <1g			<b>2%</b>
Sugars 2g			
Sugar Alcohol 8g			
<b>Protein</b> 20g			<b>27%</b>
Vitamin A 0%			Vitamin C 0%
Calcium 15%			Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			