

TABLE 21.3 Common Snacks Nutrient Chart

Snack	Total calories	Added sugars (g)	Sodium (mg)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
Lay's potato chips (1 oz, or 28 g, bag)	160	0	170	10	1.5	0				
			7%	16%	8%		0%	10%	0%	2%
Cheetos (1 oz, or 28 g, bag)	150	0	300	10	1.5	0				
			13%	15%	8%		0%	0%	2%	2%
Chocolate cupcakes (2)	360	34	490	12	2.5	***				
			20%	18%	12%		0%	0%	4%	8%
Sargento string cheese stick (1 piece)	50	0	160	2.5	1.5	0				
			7%	4%	8%		4%	0%	15%	0%
Almonds, unsalted (3 tbsp, or 15 g)	180	0	138	16	1	0				
			6%	25%	5%		0%	0%	1%	0%
Mixed nuts, unsalted (30 nuts)	179	0	2	15	2	0				
			0%	23%	10%		0%	0%	1%	3%
Pear (1 medium)	98	—	1	0.7	0	—				
			0%	1%	0%		0%	12%	2%	2%
Spinach (1 cup)	19	—	0	0	0	—				
			0%	0%	0%		129%	23%	8%	11%
Oreo cookies (34 g)	160	14	140	7	2	0				
			6%	11%	10%		0%	0%	0%	6%

(continued)

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Peanut butter sandwich cookies (28 g)	130	8	110	5	1.5	***				
Coca-Cola (12 oz, or 355 ml)	140	39	45	0	0	0	0%	0%	0%	4%
Spring water (12 oz, or 355 ml)	0	—	1	0	0	—				
Fig bar cookies (2)	130	9.6	138	2.5	0.5	***				
York Peppermint Pattie (1)	140	25	10	2.5	1.5	0	0%	0%	1%	0%
M&M's (47.9 g)	240	30	30	10	6	0	0%	0%	0%	2%
Chocolate chip cookies (34 g)	160	11	110	8	2.5	***				
Sunflower seeds, salted (1/4 cup, or 28 g)	161	1	220	14	1	0	0%	0%	0%	4%
Orange (1 medium)	59	—	0	0.4	0	—	0%	4%	0%	10%
			0%	0%	0		6%	98%	5%	1%

(continued)

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Ritz Bits Cheese Cracker Sandwiches	160	4	90	9	3	***				
Carrot (1 large)	42	—	37	0.2	0	—	0%	0%	0%	0%
Beef hot dog (1)	140	0	868	13	6	1	220%	13%	4%	4%
Celery sticks (1 stalk)	8	—	63	0.01	0	—	0%	18%	8%	8%
Snyder's multi-grain pretzels (1 oz, or 28 g)	120	2	160	2	0	0	2%	8%	2%	1%
Dunkin' Donuts doughnut (with sugar icing) (1)	230	4	330	14	6	0	0%	0%	0%	8%
Low-sodium whole-grain Triscuit snack crackers (28 g)	120	0	50	4	0.5	0	2%	0%	0%	6%
Banana (1 medium)	105	—	1	0.6	0	—	0%	0%	0%	8%
			0%	1%	0%		2%	17%	1%	2%

(continued)

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Apple (1 medium)	81	—	1	0.5	0	—				
			0%	0%	0%		1%	13%	1%	1%
1% milk (1 cup)	110	0	125	2.5	1.5	0				
			5%	4%	8%		10%	10%	30%	0%
Grapes (1 cup)	58	—	2	0.3	0	—				
			0%	0%	0%		2%	7%	1%	2%
Hamburger	260	7	530	9	3.5	0.5				
			11%	14%	17%		5%	13%	22%	87%

Empty squares are intentional; there should be no value listed for that item.

— These whole foods would not have added sugars or trans fat.

*** These products have zero grams of trans fat per serving but list partially hydrogenated oil in their ingredients.

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