



Fritos

Nutrition Facts

About 9 servings per container
Serving size About 32 chips (28g)

Amount per serving

Calories **160**

% Daily Value*

Total Fat 10g	13%
Saturated Fat 1.5g	7%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	

Cholesterol 0mg **0%**

Sodium 170mg **7%**

Total Carbohydrate 16g **6%**

Dietary Fiber 1g **5%**

Total Sugars 0g

Protein 2g

Vitamin D 0mcg 0%

Calcium 40mg 2%

Iron 0.2mg 0%

Potassium 30mg 0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Mini Pretzels

Nutrition Facts

40 servings per container
Serving size 1 oz (28g/about 19 pretzels)

Amount per serving

Calories **110**

% Daily Value*

Total Fat 0.5g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	

Cholesterol 0mg **0%**

Sodium 250mg **11%**

Total Carbohydrate 23g **8%**

Dietary Fiber <1g **3%**

Total Sugars <1g

Includes <1g Added Sugars **1%**

Protein 3g

Vitamin D 0mcg 0%

Calcium 0mg 2%

Iron 1.3mg 8%

Potassium 0mg 0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Whole-Roasted Cashews

Nutrition Facts

About 8 servings per container
Serving size 1/4 cup (30g)

Amount per serving

Calories **180**

% Daily Value*

Total Fat 13g	17%
Saturated Fat 2.5g	13%
<i>Trans</i> Fat 0g	

Cholesterol 0mg **0%**

Sodium 350mg **2%**

Total Carbohydrate 9g **3%**

Dietary Fiber 1g **4%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Protein 5g

Vitamin D 0mcg 0%

Calcium 9mg 0%

Iron 1mg 6%

Potassium 182mg 4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Original Skittles

Nutrition Facts

About 16 servings per container
Serving size 1oz (28g/about 27 pieces)

Amount per serving

Calories **110**

% Daily Value*

Total Fat 1g	13%
Saturated Fat 1g	7%

Sodium 5mg **7%**

Total Carbohydrate 26g **6%**

Total Sugars 21g

Includes 21g Added Sugars **42%**

Protein 0g

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Soy Nuts, Roasted and Salted

Nutrition Facts

About 15 servings per container
Serving size **1/4 cup (30g)**

Amount per serving

Calories **140**

% Daily Value*

Total Fat 6g	10%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	4%
Total Carbohydrate 10g	3%
Dietary Fiber 4g	16%
Total Sugars 1g	
Includes 1g Added Sugars	2%

Protein 11g

Vitamin A	0%
Vitamin C	2%
Calcium	6%
Iron	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Raw Sunflower Seeds

Nutrition Facts

Serving size **28g (1oz)**

Amount per serving

Calories **166**

% Daily Value*

Total Fat 15g	19%
Saturated Fat 1g	6%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 3g	9%
Total Sugars 1g	
Includes 0g Added Sugars	0%

Protein 6g

Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 1mg	8%
Potassium 183mg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Hershey's Kisses

Nutrition Facts

About 15 servings per container
Serving size **7 pieces (32g)**

Amount per serving

Calories **150**

% Daily Value*

Total Fat 9g	12%
Saturated Fat 5g	25%
<i>Trans</i> Fat 0g	
Cholesterol 5mg	2%
Sodium 25mg	1%
Total Carbohydrate 19g	7%
Dietary Fiber <1g	0%
Total Sugars 18g	
Includes 16g Added Sugars	32%

Protein 2g

Vitamin D 0.1mcg	0%
Calcium 60mg	4%
Iron 1.1mg	6%
Potassium 105mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Veggie Straws

Nutrition Facts

About 5 servings per container
Serving size **1 oz (28g/about 38 straws)**

Amount per serving

Calories **130**

% Daily Value*

Total Fat 7g	9%
Saturated Fat 1g	4%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 4g	
Cholesterol 0mg	0%
Sodium 220mg	10%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	2%
Total Sugars <1g	
Includes 0g Added Sugars	0%

Protein <1g

Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 0.6mg	4%
Potassium 210mg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.