

## ***Peanut-Free Pak Nutritional Guide***

<b>Item</b>	<b>Size</b>	<b>Grams</b>	<b>Cals</b>	<b>Fat Cals</b>	<b>Fat (g)</b>	<b>Fat</b>	<b>Sat Fat (g)</b>	<b>Sat Fat</b>	<b>Sugars (g)</b>	<b>Sugar</b>
<b>Rice Krispies Treats (Kellogg's)</b>	1.3 oz.	37	<b>150</b>	30	3.5	<b>20%</b>	1	<b>6%</b>	12	<b>32%</b>
<b>Flamin' Hot Baked! Cheetos (Frito Lay)</b>	.875 oz.	24.8	<b>120</b>	40	4.5	<b>33%</b>	0.5	<b>4%</b>	0	<b>0%</b>
<b>Cheez-It (Sunshine)</b>	1.5 oz.	42	<b>190</b>	50	6	<b>26%</b>	1.5	<b>7%</b>	0	<b>0%</b>
<b>Nacho Cheese Doritos RF (Frito Lay)</b>	1.0 oz.	28.3	<b>130</b>	45	5	<b>35%</b>	1	<b>7%</b>	2	<b>7%</b>
<b>Gummy Bears (Sconza)</b>	1.0 oz.	28	<b>90</b>	0	0	<b>0%</b>	0	<b>0%</b>	9	<b>32%</b>
<b>Cherry Juicy Bites (Kenny's)</b>	1.5 oz.	43	<b>150</b>	5	0.5	<b>3%</b>	0	<b>0%</b>	14	<b>33%</b>
<b>Cheddar Goldfish (Pepperidge Farm)</b>	1.5 oz.	43	<b>200</b>	60	6	<b>30%</b>	1.5	<b>7%</b>	0	<b>0%</b>
<b>Barbecue Corn Nuts (Kraft)</b>	1.4 oz.	39	<b>180</b>	60	6	<b>33%</b>	1	<b>5%</b>	1	<b>3%</b>
<b>Ranch Corn Nuts (Kraft)</b>	1.4 oz.	39	<b>180</b>	60	6	<b>33%</b>	1	<b>5%</b>	0	<b>0%</b>