

Tex Pak Nutritional Guide

Item	Size	Grams	Cals	Fat Cals	Fat (g)	Fat	Sat Fat (g)	Sat Fat	Sugars (g)	Sugar
Flamin' Hot Baked! Cheetos (Frito Lay)	.875 oz.	24.8	120	40	4.5	33%	0.5	4%	0	0%
Cool Ranch Doritos RF (Frito Lay)	1.0 oz.	28.3	130	45	5	35%	1	7%	2	7%
Cheddar Goldfish (Pepperidge Farm)	1.5 oz.	43	200	60	7	30%	2	9%	0	0%
Rice Krispies Treats (Kellogg's)	1.3 oz.	37	150	30	3.5	20%	1	6%	12	32%
Frosted Strawberry Pop-Tart	1.76 oz.	50	180	25	2.5	14%	1	5%	15	30%
Peanut Bar (Old Dominion)*	1.65 oz.	47	240	110	12	46%	2	8%	16	34%
Cheese Crackers Peanut Butter (Austin)*	1.38 oz.	39	190	90	10	47%	1.5	7%	3	8%
Cherry Juicy Bites (Kenny's)	1.5 oz.	43	150	5	0.5	3%	0	0%	14	33%
Sweet 'n Salty Mix (Kar's)*	1.5 oz.	43	210	120	13	57%	4	17%	15	35%
Barbecue Corn Nuts (Kraft)	1.4 oz.	39	180	60	6	33%	1	5%	1	3%
Cheez-It (Sunshine)	1.5 oz.	42	190	50	6	26%	1.5	7%	0	0%

** regulation compliant due to nut and nut butter exemption for fat content*