

SNACK FOOD NUTRITION

FOOD	SERVING	CARBS.	FIBER	CALORIES	PROTEIN
Corn Chips	30 (about 1 oz)	16.9 g	1.6 g	155	1.7 g
Potato Chips	10 (about 3/4 oz)	10.4 g	1.0 g	105	1.3 g
Tortilla Chips	10 (about 1 oz)	18.0 g	1.8 g	150	2.0 g
Animal Crackers	5 (1/2 oz)	10.4 g	Trace	56	0.9 g
Butter-Flavor Crackers	4 (1/2 oz)	9.4 g	0.2 g	64	1.0 g
Cheese Crackers	4 round (1/2 oz)	8.5 g	0.1 g	67	1.6 g
Peanut Butter and Cheese Crackers	2 (1/2 oz)	7.9 g	0.2 g	69	2.1 g
Graham Crackers	1 (1/2 oz)	10.4 g	0.5 g	55	1.1 g
Saltine Crackers	5 (1/2 oz)	10.2 g	0.4 g	61	1.3 g
Soda Crackers	5 (1/2 oz)	10.0 g	0.3 g	62	1.3 g
Wheat Crackers	7 thin (1/2 oz)	8.8 g	0.8 g	61	1.8 g
Granola Bar	1 (about 3/4 oz)	16.0 g	1.1 g	109	2.4 g
Melba Toast	3 pieces (1/2 oz)	12.0 g	0.9 g	60	3.0 g
Air-Popped, Unsalted Popcorn	1 cup	4.6 g	0.9 g	23	0.8 g
Potato Sticks	1 oz	15.2 g	1.0 g	148	2.0 g
Dutch-Type, Unsalted Pretzels	2 large (about 1 oz)	24.3 g	0.9 g	125	3.1 g
Rice Cakes	2 (about 1/2 oz)	16.0 g	0.8 g	70	0.8 g
Ry-Krisp	1/4 large square (1/2 oz)	13.0 g	2.5 g	40	1.5 g

TOTAL FAT
9.1 g
7.1 g
8.0 g
1.2 g
2.5 g
3.0 g
3.4 g
1.3 g
1.7 g
1.9 g
1.8 g
4.2 g
Trace
0.3 g
9.8 g
1.4 g
0.4 g
0.2 g