

NEMS-V Food References

Category	Item	Portion (oz)	Portion (g)	Green	Yellow	Red	Nutrition Facts
Bev	Regular Soda	All	All				
Entrée	Deli Express Stuffitz Pepperoni Pizza	8					store
Entrée	Dinty Moore Beef Stew	7.5					http://www.hormelfoods.com
Entrée	Hormel Chili with beans	7.75					http://www.hormelfoods.com
Entrée	Hormel Pasta Cup Lasagna	7.5					http://www.hormelfoods.com
F/V	Mr. Nature Raisins	1		2 servings = 1 fruit s			http://www.mrnature.com
F/V	WelchsTropical Sensation Dried Fruit		40				http://www.welchs.com
other	General Mills Sweet and Salty Almond Nut Granola Bar		35				http://www.generalmills.com
Other	Karr Nuts Mango Pineapple Trail Mix (unsalted)	2					http://www.karsnuts.com
Other	Nature Valley Granola Bar/Chewy Trail Mix -Mixed Berry	1.2					http://www.generalmills.com
Other	Nutri-Grain Fruit & Nut Berry & Almond	1.12					http://www2.kelloggs.com
Other	Crunchy Blends Low-Fat Granola w/ Raisins Cereal	2.2					http://www2.kelloggs.com
Other	Mr. Nature Unsalted Trail Mix	1.1					http://www.mrnature.com
Other	Kashi Granola Bar TLC-Honey Almond Flax		35				http://www.kashi.com
Other	Kashi Granola Bar TLC-Peanut Peanut Butter		35				http://www.kashi.com
Other	Kashi Granola Bar TLC-Trail Mix		35				http://www.kashi.com
Other	Mars Snickers Marathon Energy Bar/Multi Grain Crunch		35				http://www.snickersmarathon.com
Other	Milk'n Ceral Bar-Cinnamon Toast Crunch		45				http://www.generalmills.com

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Other	Milk'n Cereal Bar-Honey Nut Cherrios		40		Yellow		http://www.generalmills.com
Other	Mr. Nature Selected Fruit Mix	1		Green			http://www.mrnature.com
Other	Nature Valley Granola Bar-Peanut Butter		42		Yellow		http://www.generalmills.com
Other	Nutri-Grain Cereal Bar -Strawberry		37			Red	http://www2.kelloggs.com
Other	Smart Zone Peanut Butter and Chocolate		50		Yellow		http://www.hersheys.com
Other	South Beach Diet High Protein Cereal Bar -Chocolate		35		Yellow		http://www.kraft.com
Other	Special K Bar-Blueberry		23			Red	http://www2.kelloggs.com
Other	Special K Bar-Strawberry		23			Red	http://www2.kelloggs.com
R/F	Blue Bunny Big Neapolitan Ice Cream Sandwich	6				Red	http://www.bluebunny.com
R/F	Blue Bunny Chips Galore Ice Cream Sandwich	4.5				Red	http://www.bluebunny.com
R/F	Blue Bunny Ice Cream Sandwich	4				Red	http://www.bluebunny.com
R/F	Blue Bunny The Champ Vanilla Ice Cream Cone	4.6				Red	http://www.bluebunny.com
R/F	Dole canned peach slices lightly sweetened juice	8		Green			http://www.dole.com
R/F	Quaker Oatmeal Express Baked Apple		54		Yellow		http://www.quakeroats.com
R/F	Quaker Oatmeal Express Cinnamon Roll		54		Yellow		http://www.quakeroats.com
refrig	Blue Bunny Heath Ice Cream Bar	4				Red	http://www.bluebunny.com
Salty	Nabisco 100 Calorie Packs Wheat Thins		22		Yellow		http://www.nabiscoworld.com

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Salty	Nabisco 100 Calorie Packs Ritz Snack Mix		22		Yellow		http://www.nabiscoworld.com
salty	BAKED! LAY'S Barbecue Flavored Potatoes	1 1/8			Yellow		http://www.fritolay.com
salty	Burger King Ketchup & Fries Flavored Potato Snacks	1.75				Red	http://www.inventuregroup.net
salty	Cheetos Crunchy	2				Red	http://www.fritolay.com
salty	Chex Mix Traditional	1 .75				Red	http://www.chexmix.com
salty	Doritos Nacho Cheese Flavored Tortilla Chips	1.75				Red	http://www.fritolay.com
salty	Doritos Spicy Sweet Chili Flavored Tortilla Chips	1.75				Red	http://www.fritolay.com
salty	Frito Lay Baked! Cheetos	1			Yellow		http://www.fritolay.com
salty	Frito Lay Baked! Lays Regular Chips	1			Yellow		http://www.fritolay.com
salty	Frito Lay Baked! Ruffles Cheddar Sour Cream	1			Yellow		http://www.fritolay.com
salty	Frito Lay Baked! Sour Cream and Onion	1			Yellow		http://www.fritolay.com
salty	Frito Lay Fritos Chili Cheese	1				Red	http://www.fritolay.com
salty	Frito Lay Lay's Chips	1.5				Red	http://www.fritolay.com
salty	Frito Lay Munchos	1.31				Red	http://www.fritolay.com
salty	Frito Lay Peanut Butter on Cheese Flavored Crackers	1.38				Red	http://www.fritolay.com
salty	Frito Lay Ruffles Cheddar & Sour Cream	1.5				Red	http://www.fritolay.com
salty	Frito Lay Salted Peanuts	1 .75				Red	http://www.fritolay.com
salty	Frito Lay Smart Foods Reduced Fat White Cheddar Popcorn		30		Yellow		http://www.fritolay.com

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Salty	Frito lay Stacy's Soy Crips Simply Cheese	1					http://www.fritolay.com
salty	Fritos Chili Cheese	2					http://www.fritolay.com
salty	Fritos Original Corn Chips	2					http://www.fritolay.com
Salty	General Mills Chex Mix Traditional	1.25					http://www.generalmills.com
salty	General Mills Simply Chex Cheddar	1.25					http://www.generalmills.com
Salty	Snyders of Hanover Honey Mustard & Onion Nibbler	1					http://www.snydersofhanover.com
salty	Kar Nuts Salted Almonds	1					http://www.karsnuts.com
salty	Kar's All Energy Original Trail Mix	2					http://www.karsnuts.com
salty	Kellogg Keebler Cheez-it (original)	1.5					http://www.2kellogg.com
salty	Frito Lay Sour Cream & Onion Chips	1.5					http://www.fritolay.com
Salty	Mini Pretzels	1					http://www.snydersofhanover.com
Salty	Oberto Beef Jerky	1					http://www.obertosausagecompany.com
Salty	Olde Tyme Pretzels	1					http://www.snydersofhanover.com
salty	Poore Bros Poore Brothers Kettle Chip Original 40% reduced fat	1.25					http://www.inventuregroup.net
salty	Poore Brothers Burger King Ketchup Fries	1					http://www.inventuregroup.net
salty	Poore Brothers TGI Friday's Cheddar & Bacon Potato Skins	1					http://www.inventuregroup.net
salty	Quaker Snack Mix Baked Cheddar	1					http://www.fritolay.com
salty	Ritz Bits Sandwiches – Cheese	3					http://www.nabiscoworld.com
salty	Rold Gold Classic Style Tiny Twists Pretzels	2					http://www.fritolay.com
salty	Frito Lay Ruffles Original	1.5					http://www.fritolay.com

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salty	Frito Lay Ruffles Thick Cut Cheddar Baked Potatoes	1.5					http://www.fritolay.com
salty	Snyder's of Hanover 100 calorie Buttered Popcorn	0.62					http://www.snydersofhanover.com
salty	Snyder's of Hanover Nibbler Pretzels Honey Mustard and Onion	1.5					http://www.snydersofhanover.com
salty	Synders Olde Tyme Pretzels	2.25					http://www.snydersofhanover.com
salty	TGIFriday Potato Skins Snack Chips Cheddar & Sour Cream	1					http://www.inventuregroup.net
salty	Wise Honey BBQ Chips	1.50					http://www.wisesnacks.com
salty	Zapps Potato Chips	1.5					http://www.zapps.com
sweet	Honey Maid Blueberry Snack Bar	1.3					http://www.nabiscoworld.com
sweet	Keebler Right Bites Mini Fudge Stripes	0.74					http://www2.kelloggs.com
sweet	Nature Valley Chewy Granola bar /Strawberry Yogurt	1.2					http://www.generalmills.com
sweet	Nature Valley Granola Bar / Maple Brown Sugar	1.5					http://www.generalmills.com
sweet	Nature Valley Granola Bar/ Oats and Honey	1.5					http://www.generalmills.com
sweet	Quaker Fruit & Oatmeal Cereal Bar Apple Crisp	1.3					http://www.quakeroats.com
sweet	Quaker Rice Cake Mini Caramel	0.91					http://www.quakeroats.com
Sweet	Hostess 100 Calorie Iced Chocolate Cupcake		37				http://www.hostesscakes.com
sweet	Nabisco 100 Calorie Pack Honey Maid Cinnamon Thin Crisps		23				http://www.nabiscoworld.com

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Sweet	Nabisco 100 Calorie Packs Chips Ahoy		24				http://www.nabiscoworld.com
Sweet	Nabisco 100 Calorie Packs Planters PB Cookie Crisps		24				http://www.nabiscoworld.com
sweet	Austin Zoo Animal Crackers	2.12					http://www2.kelloggs.com
Sweet	Back to Nature Honey Graham Sticks		31				http://www.backtonaturefoods.com
sweet	Bear Naked Banana Nut		18				http://www.bearnaked.com
sweet	Bear Naked Cinnamon Apple Granola		18				http://www.bearnaked.com
sweet	Fat Free Fig Newton's		30				http://www.kraftfoods.com
Sweet	Fig Newton Minis		38				http://www.kraftfoods.com
Sweet	Fig Newton Cookies		57				http://www.kraftfoods.com
Sweet	Frito Lay Cracker jack Caramel Popcorn	1.25					http://www.fritolay.com
Sweet	General Mills Chex Mix Chocolate Turtle	1.65					http://www.generalmills.com
sweet	General Mills Fiber One Bar/Oats and Chocolate	1.4					http://www.generalmills.com
sweet	General Mills Milk n' Cereal Bar/Cocoa Puffs	1.4					http://www.generalmills.com
sweet	General Mills Milk 'n Cereal Bar/Honey Nut Cheerios	1.4					http://www.generalmills.com
sweet	Grandmas Homestyle Chocolate Chip Cookies 2 per package	2.5					http://www.fritolay.com
sweet	Grandmas Mini Sandwich Cremes Vanilla	3					http://www.fritolay.com
sweet	Hershey Payday Chocolate	1.8					http://www.hersheys.com
sweet	Hershey Smart Zone Peanut Butter		50				http://www.hersheys.com

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sweet	Hersheys Take 5		42				http://www.hersheys.com
sweet	Junior Mints	1.84					http://www.tootsie.com
sweet	Karr's Nuts Sweet and Salty Mix	0.5					http://www.karsnuts.com/
sweet	Kellogg Keebler Famous Amos Chocolate Chip Cookies	2					http://www2.kelloggs.com/ServeImage.aspx?BID=
sweet	Kellogg Keebler Pecan Sandies	1					http://www2.kelloggs.com
sweet	Kellogg Keebler Rice Krispies Treat		22				http://www2.kelloggs.com
sweet	Kellogg Poptarts - frosted strawberry	3.6					http://www2.kelloggs.com
sweet	Kelloggs Austin Zoo Animal Crackers	2.12					http://www2.kelloggs.com
Sweet	Kelloggs Crunchy Nut Sweet & Salty Chocolatey Peanut	1.12					http://www2.kelloggs.com
sweet	Kelloggs Fruit Snack Mixed Berry	2.5	25		1oz (1	2.5oz	http://www2.kelloggs.com
sweet	Kelloggs Fruit Snack mixed Cherry	2.5	25		1oz (1	2.5oz	http://www2.kelloggs.com
sweet	Kelloggs Fruit Snack Mixed Strawberry	2.5	25		1oz (1	2.5oz	http://www2.kelloggs.com
sweet	Kelloggs Rice Krispies Treats	1.3					http://www2.kelloggs.com
sweet	Kelloggs 100 calorie Right Bites Chips Deluxe		21				http://www2.kelloggs.com
sweet	Kelloggs Special K Bar Blueberry		23				http://www2.kelloggs.com
sweet	Kelloggs Special K Bar Chocolatey Drizzle		23				http://www2.kelloggs.com
sweet	Kelloggs Special K Bar Strawberry		23				http://www2.kelloggs.com
sweet	Kelloggs Special K Protein Meal Bar - Chocolate Peanut Butter	1.59					http://www.specialk.com
sweet	Kit Kat Crisp Wafers in Milk Chocolate	2.04					http://www.hersheys.com
sweet	Nabisco 100 Calorie Pack Honey Maid Thin Crisps		24				http://www.nabiscoworld.com

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sweet	Nabisco 100 Calorie pack Planters PB Cookie Crisps		24		Yellow		http://www.nabiscoworld.com
sweet	Kraft Snackwells Vanilla Sandwich	1.7				Red	http://www.kraftfoods.com
sweet	Kraft South Beach Diet High Protein Cereal Bars		35		Yellow		http://www.kraftfoods.com
sweet	M&M's Milk Chocolate	1.69				Red	http://www.masterfoodsvending.com
sweet	Masterfoods USA Three Muskateers Original	2.13				Red	http://www.marsvending.com
sweet	Mini Chips Ahoy! Chocolate Chip	3				Red	http://www.nabiscoworld.com
sweet	Mr. Nature Unsalted Trail Mix	1.1			Yellow		http://www.mrnature.com
sweet	Mrs. Freshly's Jumbo Honey Bun	4.5				Red	
sweet	Nature Valley Granola Bar/ Vanilla nut	1.5			Yellow		http://www.generalmills.com
Sweet	Nature Valley Granola Bar-Banana Nut		42		Yellow		http://www.generalmills.com
Sweet	Nature Valley Granola Bar-oats and honey		42		Yellow		http://www.generalmills.com
Sweet	Nature Valley Chewy Granola Bar-strawberry yogurt		35			Red	http://www.generalmills.com
Sweet	Nature Valley Grnola Bar-Maple Brown Sugar		42		Yellow		http://www.generalmills.com
Sweet	Fig Newton Minis Strawberry		29			Red	http://www.kraftfoods.com
sweet	Nutri-Grain - Strawberry		37			Red	http://www2.kelloggs.com
sweet	Nutter Butter Bites	3				Red	http://www.nabiscoworld.com
sweet	Pay Day Chocolatey Avalanche Peanut Caramel Bar	2.2				Red	http://www.hersheys.com
sweet	Peanut M&M's	1.74				Red	http://www.m-ms.com
sweet	Pearson's Salted Nut Roll	1.8				Red	http://www.pearsonscandy.com
sweet	Reese's Peanut Butter Cups	1.5				Red	http://www.hersheys.com

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Category	Item	Portion (oz)	Portion (g)	Green	Yellow	Red	Nutrition Facts
sweet	Reese's Milk Chocolate Peanut Butter Cups Large Size	2.1					http://www.hersheys.com
sweet	Reese's Pieces Peanut Butter	1.5					http://www.hersheys.com
sweet	Reeses Crispy Crunchy bar	2.1					http://www.hersheys.com
sweet	Reeses Whips	2.47					http://www.hersheys.com
Sweet	Kellogg's 100 Calorie Right Bites-Chips Deluxe		21				http://www2.kelloggs.com
sweet	Snickers bar	2.07					http://www.snickers.com
Sweet	Special K Bar-Chocolatey Drizzle		22				http://www2.kelloggs.com
Sweet	Special K Protein Meal Bar-Chocolate Peanut Butter		45				http://www.specialk.com
Sweet	Special K Protein Meal Bar-Double chocolate		45				http://www.specialk.com
sweet	Twix bar	2					http://www.masterfoodsvending.com
sweet	Twizzler's Strawberry Twists	1.7					http://www.hersheys.com
Sweet	Welch's Berries 'N Cherries	0.9					http://www.promotioninmotion.com/Welchs-product
sweet	Welch's Berries'N Cherries	2.25					http://www.promotioninmotion.com/Welchs-product
sweet	Welch's Fruit and Yogurt Snacks	1.9					http://www.promotioninmotion.com/Welchs-product
sweet	Welch's Fruit Punch Fruit Snacks	2.25					http://www.promotioninmotion.com/Welchs-product
sweet	Welch's Grape Fruit Snacks	2.25					http://www.promotioninmotion.com/Welchs-product
sweet	Welch's Mixed Fruit - Dried Fruit	1.5					http://www.welchs.com/products/food-and-snacks/
sweet	Welch's Mixed Fruit Snacks	0.9					http://www.promotioninmotion.com/Welchs-product
sweet	Welch's Peach Fruit Snacks	0.9					http://www.promotioninmotion.com/Welchs-product
Sweet	WELCH'S Raspberry Fruit Snacks	0.9					http://www.promotioninmotion.com/Welchs-product
sweet	Welch's Reduced Sugar Mixed Fruit Snacks	0.9					http://www.welchs.com
sweet	Welch's Strawberry Fruit Snacks	0.9					http://www.promotioninmotion.com/Welchs-product

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sweet	Welch's Tropical Sensation Dried Fruit	1.5					http://www.welchs.com
sweet	Herseys Whatchamacallit Large size	2.2					http://www.hersheys.com