GDOE Smart Snacks Master List

CEREALS & OATMEALS	SIZE	SERVING SIZE	COMMENTS
Better Oats Steel Cut Apples & Cinnamon Instant Oatmeal	12.3 oz	1 pouch	
Better Oats Steel Cut Original Instant Oatmeal	11.6 oz	1 pouch	
Bob's Red Mill, Creamy Brown Rice Hot Cereal	26 oz (737 g)	1/4 cup (40 g)	
Bob's Red Mill, Gluten Free Scottish Oatmeal	20 oz (567 g)	1/4 cup (36 g)	
Bob's Red Mill, Oat Bran Hot Cereal	16 oz (454 g)	1/3 cup (40 g)	
Bob's Red Mill, Organic Creamy Brown Rice Hot Cereal	24 oz (680 g)	1/4 cup (41 g)	
Bob's Red Mill, Scottish Oatmeal	20 oz (567 g)	1/4 cup (36 g)	
Bob's Red Mill, Steel Cut Oats	24 oz (680 g)	1/4 cup (44 g)	
Cheerios - Chocolate Peanut Butter Cereal	11.3 oz	3/4 cup	
Cheerios Blueberry Cereal	14.2 oz	1 cup	
Cheerios Cereal	1lb 2 oz	1 cup(28g)	
Cheerios Multigrain Cereal	12oz	1 cup(28g)	
Cheerios Multigrain with Strawberries Cereal	11.5 oz	1 1/3 cup	
Cheerios Very Berry Cereal	14.5 oz	1 cup	
Cocoa Puffs Cereal	11.8oz (334g)	3/4 cup (27g)	
Cookie Crips Cereal	11.25oz(318g)	3/4cups(26g)	
Essential Everyday Bran Flakes	17.3 oz	1 cup	
Essential Everyday Cinnimini Crunch Cereal	12.8 oz	1 cup	
Essential Everyday Cocoa Crunchies Cereal	11.8 oz	1 cup	
Essential Everyday Crunchy Granola Raisin Bran Cereal	18.2 oz	1 cup	
Essential Everyday Honey & Oat Clusters Cereal	14.5 oz	1 cup	
Essential Everyday Honey Nut Toasted Oats Cereal	12.25 oz	1 cup	
Essential Everyday Instant Oatmeal - Apple & Cinnamon	12.3 oz	1 packet	
Essential Everyday Instant Oatmeal - Original	11.8 oz	1 packet	
Essential Everyday, Steel Cut Oats	25 oz (709 g)	1/4 cup (40 g) dry	
Fiber One Original Cereal	16.2 oz	2/3 cup	
Golden Grahams Cereal	11 oz	1 cup	
Grain Berry Multi-bran Flakes Cereal	12 oz	3/4 cup	
Grape-Nuts Flakes Cereal	18 oz	1 cup (43g)	
Great Grains Cereal - Raisins, Dates & Pecans	16 oz	3/4 cup	
Honey Bunches of Oats - Cinnamon Bunches Cereal	14.5 oz	1 cup	
Honey Bunches of Oats - Vanilla Cereal	14.5 oz	1 cup	
Honey Bunches of Oats Crunchy Honey Roasted Cereal	18 oz	3/4cup (32g)	
Honey Bunches of Oats with Crispy Almonds Cereal	411g	3/4cup (32g)	
Honey Bunches of Oats with Real Tasty Strawberries Cereal	368g	3/4 cup(31g)	

Honey Bunchs of Oats - Maple & Pecan Cereal	14.5 oz	1 cup	
Kashi Berry Fruitful Cereal	15.6 oz	32 biscuits	
Kashi Cinnamon Harvest Cereal	16.3 oz	31 biscuits	
Kashi Go Crunch Cereal	13.8 oz	3/4 cup	
Kashi Go Wander Toasted Berry Crisp Cereal	14 oz	3/4 cup	
Kashi Honey Toasted Organic Oat Cereal	12 oz	1 cup	
Kellogg's Raisin Bran (Original) Cereal	16.6 oz	1 cup	
Life Chocolate Multigrain Cereal	370 g	3/4 cup	
Life Original Multigrain Cereal	370g	3/4 cup	
Malt O'Meal Cinnamon Toaster Cereal	31 oz	1 cup	
Mom's Best Cereal - Oats & Honey Blend	12 oz / 18 oz	1 cup	
Nature's Path Honey'd Corn Flakes Cereal	10.6 oz	1 cup	
Nature's Path Organic, Chocolate Koala Crisp Cereal	2.56 oz (725 g)	1 cup (40 g)	
Post Big Biscuit Shredded Wheat Cereal	15 oz	2 biscuits	
Post Bran Flakes Cereal	16 oz	1 cup	
Puffin's Honey Rice Cereal	10 oz	1 cup	
Quaker Instant Oatmeal - Apples & Cinnamon	15.1 oz	1 packet	
Quaker Instant Oatmeal cups Apples & Cinnamon	1.51 oz	1.51 oz	
Quaker Instant Oatmeal cups Apples & Cranberries	1.79 oz	1.79 oz	
Quaker Instant Oatmeal cups Honey & Almonds	1.76 oz	1.76 oz	
Quaker Instant Oatmeal cups Maple & Brown Sugar	1.69 oz	1.69 oz	
Quaker Oats Old Fashioned	42oz	1/2 cup (40g)	
Quaker Oats Quick Oats	18 oz / 42 oz	1/2 cup (40g)	
Quaker, Instant Oatmeal Maple & Brown Sugar	15.1 oz	1 packet	
Special K Fruit & Yogurt Cereal	13 oz	1 cup	
Total Whole Grain Cereal	16oz	3/4 cup (30g)	
Trix Cereal	10.7oz (303g)	1 cup (31g)	
Weetabix Whole Grain Cereal	14 oz	3 biscuits	
Wild Harvest Organic Instant Oatmeal - Apple, Cinnamon Spice	11.29 oz	1 packet	
GRAIN SNACKS	**SIZE**	**SERVING SIZE**	**COMMENTS**
Amki Sensibly Sweet Sesame Thins	1.25 oz	1 package	
Bear Naked Granola - Fruit & Nut	12 oz	1/4 cup	
Bear Naked Granola - Vanilla Almond	12 oz	1/4 cup	
Black Jewel popcorn - ALL flavors	--	3 cups popped	
Blue Diamond, Artisan Nut Thins with Chia Seed	4.25 oz	13 pcs.	
Blue Diamond, Artisan Nut Thins with Flax Seed	4.25 oz	13 pcs.	
Blue Diamond, Artisan Nut Thins with Multi-Seeds	4.25 oz	13 pcs.	
Blue Diamond, Artisan Nut Thins with Sesame Seed	4.25 oz	13 pcs.	
Bob's Red Mill, Old Country Style Muesli	40 oz / 18 oz	1/4 cup (35 g)	

Crunchmaster Multiseed Baked Rice Crackers	4 oz	13 crackers	
Crunchmaster Multiseed Baked Rice Crackers - Rosemary	4 oz	13 crackers	
Essential Everyday Chewy Peanut Butter Chocolate Chip	8.4 oz	1 bar	
Essential Everyday Crunchy Oats & Honey Bar	8.9 oz	2 bars	
Essential Everyday popcorn - ALL flavors	8.1 oz	2 cups popped	
Essential Everyday Sweet & Salty Nut Almond Bar	7.4 oz	1 bar	
Essential Everyday Trail Mix Fruit & Nut Bar	7.4 oz	1 bar	
Goldfish Grahams S'mores	6.6oz (187g)	52 pieces (30g/1.1oz)	
Goldfish Grahams Vanilla Cupcake	6.6oz (187g)	35 pieces (30g/1.1oz)	
Jolly Time, Popcorn - ALL	18 oz	3.5 cups popped	
Kellogg's Nutri Grain Soft Baked Bars - Strawberry, Blueberry,	64 oz	1 bar	
KIND Healthy Grains - Almond Butter Clusters	17 oz	1/3 cup	
KIND Healthy Grains - Dark Chocolate Clusters	17 oz	1/3 cup	
KIND Healthy Grains - Oats & Honey	17 oz	1/3 cup	
KIND Healthy Grains - PB Clusters	17 oz	1/3 cup	
Kirkland popcorn - ALL flavors	--	5.5 cupes popped	
Love Crunch Dark Chocolate and Peanut Butter Granola	11.5 oz	1/4 cup	
Nature's Bakery Fig Bar	12 oz	1 bar	
Nature Valley Crunchy Granola Bars Oats 'n Honey	1.49oz (42g)	2 bars (42g)	
Nature Valley Dark Chocolate Almond Bars	6 Bars	1 bar	
Nature Valley Fruit & Nut Chewy Trail Mix Granola Bars	6 bars (210g)	1 bar (35g)	
Nature Valley Sweet & Salty Nut Granola Bars	6 bars	1 bar	
Nature's Path Organic, Love Crunch Dark Chocolate & Peanut	32 oz (907 g)	1/4 cup (30 g)	
Newman's Own popcorn - ALL flavors	--	3.5 cups popped	
Orville Redenbacher's popcon - ALL flavors	8.1 oz	2 cups popped	
Pop-Secret Popcorn - ALL flavors	8.1 oz	2 cups popped	
Quaker - Lightly Salted Rice Cakes	4.47 oz	5 pcs	
Quaker - White Cheddar Rice Cakes	5.5 oz	2 pcs	
Real Food Corn Thins (ALL FLAVORS)	5.3 oz	3 pcs	
Teddy Grahams Big Bag Cinnamon	3 oz	24 pieces (30g)	
Teddy Grahams Chcolate	10oz	24 pieces (30g)	
Teddy Grahams Go-Paks! Honey	2.75oz (78g)	24 pieces (30g)	
Teddy Grahams Honey	10oz	24 pieces (30g)	
Tostitos Baked 50% less fat	198.4g	16 chips (28g)	
Triscuit, Basil & Garlic	9 oz	6 pcs.	
Triscuit, Cracked Pepper	9 oz	6 pcs.	
Triscuit, Dill, Sea Salt, & Olive Oil	9 oz	6 pcs.	
Triscuit, Fire Roasted Tomato	9 oz	6 pcs.	
Triscuit, Garden Herb	9 oz	6 pcs.	
Triscuit, Garlic & Onion	9 oz	6 pcs.	

Triscuit, Original	9 oz	6 pcs.	
Triscuit, Roasted Garlic	9 oz	6 pcs.	
Triscuit, Rosemary & Olive Oil	9 oz	6 pcs.	
Wasa - Light Rye Crispbread	9.5 oz	1 slice	
Wasa - Multigrain Crispbread	9.7 oz	1 slice	
Wasa - Sourdough Crispbread	9.7 oz	1 slice	
Wheat Thins Original	9.1 oz	16 pieces(31g)	
Wheat Thins Reduced Fat	9.1 oz	16 pcs.	
Wheat Thins, Hint of Salt	9.1 oz	16 pcs.	
Wild Harvest popcorn - ALL flavors	--	4 cups popped	
NUT & SEED SNACKS and NUT BUTTERS	**SIZE**	**SERVING SIZE**	**COMMENTS**
Adam's 100% Natural Peanut Butter- Creamy, Crunchy	16 oz	2 Tbsp	
Bigs Simply Sea Salt Sunflower Kernel	30g	1/4 cup (30g)	
Blue Diamond Almonds Whole Natural	6oz (170g)	1oz (28g/about 28	
Blue Diamond Almonds, Bold Wasabi Soy Sauce Flavored	25 oz (709 g)	1 oz (28 nuts)	
Blue Diamond Almonds, Lightly Salted	25 oz (709 g)	1 oz (28 nuts)	
Blue Diamond Almonds, Oven Roasted Almonds Dark	25 oz (709 g)	1 oz (24 nuts)	
Blue Diamond Almonds, Smokehouse	25 oz (709 g)	1 oz (28 nuts)	
Bob's Red Mill Pumpkin Seeds	12 oz	3 Tbsp	
California Pistachios Dry Roasted Pistachios	150g	1oz (28g/about 28	
David Pumpkin Seeds	2.25oz		
David Sunflower Seeds, Original	5.25 oz	1/4 cup	
Diamond, Shelled Walnuts	6 oz (170 g)	1/4 cup (30 g)	
Diamond, Whole Almonds	6 oz (170 g)	1/4 cup (30 g)	
Essential Everyday Mixed Nuts, Cashews, Deluxe Mixed Nuts,	8 oz	1/4 cup	
Essential Everyday Peanut Butter - Crunchy, Creamy	16 oz	2 Tbsp	
Essential Everyday, Blanched Slivered Almonds	6 oz (170 g)	3 Tbsp (28 g)	
Essential Everyday, Walnut Halves & Pieces	16 oz (454 g)	1/4 cup (28 g)	
Essential Everyday, Walnut Halves & Pieces	6 oz (170 g)	1/4 cup (28 g)	
Essential Everyday, Walnut Pieces	6 oz (170 g)	1/4 cup (28 g)	
Essential Everyday, Whole Almonds	6 oz (170 g)	3 Tbsp (28 g)	
Gold Shield, Select Walnuts	8 oz (227 g)	1/4 cup (28 g)	
Golden Emperor Whole Cashews	33 oz	1/4 cup	
Good Sense Sunflower Kernels - Honey Roasted	8 oz	1/4 cup	
Good Sense Sunflower Kernels - Salted, Roasted	8 oz	1/4 cup	
Jif Creamy Peanut Butter	16oz (454g)	2 Tbsp (33g)	
Jif Extra Crunchy Peanut Butter	16oz (454g)	2 Tbsp (33g)	
Justin's, Chocolate Hazelnut & Almond Butter	16 oz (454 g)	2 Tbsp (32 g)	
King Henry’s Roasted& salted Cashews	1.75oz(49.6g)	28g	

Kirkland Heart Healthy Mixed Nuts	1.02 kg (2 lb 4 oz)	about 1/8 cup (30 g)	
Kirkland Cashew Clusters	33 oz	1 oz	
Kirkland Cashews	33 oz	20 pcs or 1 oz	
Kirkland Pistachios - Shelled, Unshelled	24 oz or 48 oz	1/4 cup	
MaraNatha, Natural Coconut Almond Butter	12 oz (340 g)	2 Tbsp (32 g)	
MaraNatha, Organic Peanut Butter	16 oz (454 g)	2 Tbsp (32 g)	
Mauna Loa Roasted Macadamiu Buts - BBQ	4 oz (113g)	1/4 cup (28g)	
Naturally Fresh and Snacks Sunflower Seed Kernals	8oz(224g)		
Once Again, Creamy Cashew Butter	36 oz (1.02 kg)	2 Tbsp (30 g)	
Parm Crisps Snack Mix - Original	6 oz	1/4 cup	
PB Fit, Peanut Butter Powder	8 oz (227 g)	2 Tbsp (16 g)	
Peter Pan, Creamy Peanut Butter	28 ox (794 g)	2 Tbsp (32 g)	
Planters Peanuts - Salted, Unsalted	All sizes	1 oz (about 35 pcs)	
Planters, Lightly Salted Whole Cashews	1 lb 2.25 oz (517 g)	1 oz (23 pieces)	
Planters, Mixed Nuts	3 lb 8 oz (1.58 kg)	1 oz (28 g)	
Planters, Mixed Nuts	15.25 oz (432 g)	1 oz (about 22 pieces)	
Planters, NUTrition Heart Healthy Mix	1 lb 2.25 oz (517 g)	30 whole nuts	
Planters, Pistachio Lovers Mix	1.02 kg (2 lb 4 oz)	1 oz (35 pieces)	
Reese's Peanut Butter	1 lb. 2 oz	2 Tbsp	
Shoppers Value, Crunchy Peanut Butter	16 oz (454 g)	2 Tbsp (32 g)	
Simply Jif Creamy Peanut Butter	15.5 oz	2 tbsp	
Skippy Creamy Peanut Butter	16.3oz (462g)	2 Tbsp (32g)	
Skippy Extra Crunchy	16.3 oz	2 tbsp	
Skippy Natural Creamy	15oz	2 tbsp	
Skippy Natural Super Chunk Peanut Butter	15oz (425g)	2 Tbsp (32g)	
Skippy Super Chunk Peanut Butter	16.3oz (462g)	2 Tbsp (32g)	
Springfield Creamy Peanut Butter	18 oz	2 tbsp	
Springfield Extra Crunchy Peanut Butter	18oz	2 tbsp	
Sunbutter, Natural Crunch Sunflower Butter	16 oz (454 g)	2 Tbsp (32 g)	
Sunbutter, Organic Sunflower Butter	16 oz (454 g)	2 Tbsp (32 g)	
Sunkist Almonds	4.9 oz	1 oz	
Sunkist Cashews	5.6 oz	1 oz	
Sunkist Mixed Nuts	5.3 oz	1 oz	
Sunkist Pistachios	5.3 oz	1 oz	
Sunkist Walnuts	4.2 oz	1 oz	
Tong Garden Menglembu Groundnuts	120g	30g shelled	
Tong Garden Roasted Shandong Groundnuts	120g	30g shelled	
Tong Garden Salted Pistachios	30g	1 package	
Wellsley Farms, Almond Butter	27 oz (765 g)	2 Tbsp (32 g)	
Wellsley Farms, Chopped Walnuts	3 lbs (1.36 kg)	1/4 cup (30 g)	

Wellsley Farms, Shelled Walnuts	3 lbs (1.36 kg)	1/4 cup (30 g)	
Wellsley Farms, Whole Almonds	3 lbs (1.36 kg)	1/4 cup (30 g)	
Wellsley Farms, Wholesome Mixed Nuts	21 oz (595 g)	1 oz	
Wild Harvest Creamy Cashew Butter	16 oz	2 Tbsp	
Wild Harvest Peanut Butter - Crunchy, Creamy	16 oz	2 Tbsp	
Wonderful Pistachios - ALL flavors	all sizes	1/2 cup	
Wow Butter, Creamy	17.6 oz (500 g)	2 Tbsp (32 g)	
Wow Butter, Crunchy	17.6 oz (500 g)	2 Tbsp (32 g)	
JUICE	**SIZE**	**SERVING SIZE**	**COMMENTS**
Apple & Eve Big Bird's Apple Juice	4.23 Floz	4.23 oz	
Apple & Eve Elmo's Punch	4.23 Floz/ 6.75 Fl	8 fl oz	
Bluebird 100% Pure Unsweetened Grapefruit Juice	46floz (1.36L)	8 fl oz	
Bolthouse Farms, 100% Carrot	32 fl oz (946 ml)	8 fl oz (240 ml)	
Bolthouse Farms, Amazing Mango	32 fl oz (946 ml)	8 fl oz (240 ml)	
Bolthouse Farms, Berry Boost	32 fl oz (946 ml)	8 fl oz (240 ml)	
Bolthouse Farms, Blue Goodness	32 fl oz (946 ml)	8 fl oz (240 ml)	
Bolthouse Farms, Green Goodness	32 fl oz (946 ml)	8 fl oz (240 ml)	
Bolthouse Farms, Strawberry Banana	32 fl oz (946 ml)	8 fl oz (240 ml)	
Campbell's Tomato Juice	163ml	163ml	
Del Monte 100% Pineapple Juice	1.36L	240mL	
Dole 100% Juice - ALL Flavors	All sizes	8 fl oz	
Essential Everyday 100% Juice - all flavors	All sizes	8 fl oz	
Fan 100% juice - all flavors	All sizes	8 fl oz (240 ml)	
Florida's Natural 100% juice - ALL Varieties	All sizes	8 fl oz	
Good 2 Grow 100% Juice - ALL flavors	All sizes	8 fl oz	
Juicy Juice 100% Juice - ALL flavors	All sizes	8 fl oz	
Langers 100% Juice - ALL flavors	All sizes	8 fl oz	
Malee Apple Juice	1000ml	200ml	
Malee Mango Juice with Mixed Fruit Juice	1000ml	200ml	
Minute Maid 100% Orange Juice - ALL varieties	All sizes	8 fl oz	
Mott's 100% Juice - all flavors	All sizes	8 fl oz	
Ocean Spray 100% Juice - all flavors	All sizes	8 fl oz	
Simply Orange 100% juice - ALL Varieties	all sizes	8 fl oz	
Sunsweet Prune Juice	32floz (946ml)	8floz (240ml)	
Taylor Prune Juice	6floz (180ml)	6floz (180ml)	
Tree Top 100% Juice - ALL flavors	All sizes	8 fl oz	
Treetop 100% Juice - all flavors	All sizes	8 fl oz	
Tropicana 100% Juice - ALL varieties	All sizes	8 fl oz	
US Sweet Prune juice	32fl oz	8 fl oz	

V8 Low-Sodium 100% Juice	46 oz	8 fl oz	
V8 Original 100% Vegetable Juice	5.5floz (163ml)	1 can	
Welch's 100% Juice - all flavors	All sizes	8 fl oz	
Wild Harvest 100% Juice - All flavors	All sizes	8 fl oz	
DAIRY	**SIZE**	**SERVING SIZE**	**COMMENTS**
Anchor low fat 1%	All sizes	8 fl oz	
Anchor skim milk	All sizes	8 fl oz	
Australia's Own, Low Fat Milk	1 L	250 ml	
California Sunshine Low Chocolate Low Fat	946ml	8 fl oz	
California Sunshine Nonfat Milk	64fl oz	8 fl oz	
Chobani Non-Fat Yogurt- ALL flavors	5.3 oz	1 container	
Chobani Zero Sugar Yogurt - All flavors	5.3 oz	1 container	
Dairy Pure, 1% Low Fat Milk	All sizes	8 fl oz	
Dannon Light & Fit Nonfat Yogurt - Blueberry	1.32 lb	1 cup	
Dannon Light & Fit Nonfat Yogurt - Vanilla	1.32 lb	1 cup	
Darigold 1% Chocolate Milk	All sizes	8 fl oz	
Darigold 2% Reduced Fat Milk	All sizes	8 fl oz	
Darigold Chocolate Low Fat Milk	All sizes	1 container	
Darigold Chocolate low fat milk 1%	All sizes	8 fl oz	
Darigold One Low Fat Milk 1%	All sizes	8 fl oz	
Darigold Zero Fat Free (Skim) Milk	All sizes	8 fl oz	
Devondale Smart 1% Low Fat Milk	All sizes	8 fl oz	
Devondale Smart Milk	8oz	8 fl oz	
Devondale Smart Milk Low Fat Milk	All sizes	8 fl oz	
Essential Everyday Instant Nonfat Dry Milk Powder	25.6 oz	1/3 cup	
Foremost Lowfat Milk	All sizes	8 fl oz	
Foremost Nonfat Milk	All sizes	8 fl oz	
Foremost Reduced Fat Milk	All sizes	8 fl oz	
Frigo Cheese Heads String Cheese, Park-Skim Mozarella	1 oz	1 stick (1 oz)	
Gossner Foods, 1% Lowfat Milk	All sizes	1 cup	
Hershey's 1% Low-Fat Milk	All sizes	8 fl oz	
Hershey's Fat Free Skim Milk	All sizes	8 fl oz	
Kraft String Cheese Mozzarella Low-Moisture Part-Skim	1 oz stick	1oz stick	
Mountain High Low-Fat / Fat-Free Yogurt	32 oz	2/3 cup	
Nancy's Low-Fat Yogurt - All flavors	32 oz	6 oz	
Nancy's Nonfat Yogurt - ALL flavors	32 oz	6 oz	
Real Fresh Reduced Fat Milk2%	1cup(240ml)	8 oz	
Reduced Fat Milk Foremost	8 oz	8 oz	
SnackPack Chocolate Fudge Pudding	3.25 oz cups	1 3.25 oz cup	

Yoplait Original Blackberry Harvest Low Fat Yogurt	6oz (170g)	1 container	
Yoplait Original Mountain Blueberry Low Fat Yogurt	6oz (170g)	1 container	
Yoplait Original Strawberry Low Fat Yogurt	6oz (170g)	1 container	
Yoplait, Light, Strawberry/Harvest Peach	8 - 6 oz servings (3	1 container (170 g)	
FRUIT AND VEGGIE SNACKS	**SIZE**	**SERVING SIZE**	**COMMENTS**
Del Monte 100% Juice Fruit Cocktail	15 oz	1/2 cup (124g)	
Del Monte 100% Juice Pear Halves	15 oz	1/2 cup (124g)	
Del Monte Apricot Halves	15 oz	1/2 cup (128g)	
Del Monte Fiesta Fruit Cocktail in Extra Light Syrup	836g	140g	
Del Monte Fresh Cut Sliced Pineapple	29.5 oz	140g	
Del Monte Mandarin Oranges Light Syrup	15oz	1/2 cup (126g)	
Del Monte Pear Halves	15.25 oz	1/2 cup (128g)	
Del Monte Pineapple Chunks	15.25 oz	1/2 cup (128g)	
Del Monte Sliced Peaches	15.25 oz	1/2 cup (128g)	
Del Monte Sliced Pears	15.25 oz	1/2 cup (128g)	
Dole 100% Juice Pineapple Tidbits	15 1/4oz (432g)	1/2c(122g)	
Dole California Raisins	12 oz	1/4 cup	
Dole Cherry Mixed Fruit in 100% Fruit Juice	4 cups (452g)	1 container (113g)	
Dole Crushed Pineapple in 100% Juice	20oz (567g)	1/2 cup (122g)	
Dole Mandarin Oranges in 100% Fruit Juice	4 cups (452g)	1 container (113g)	
Dole Pineapple Chunks in 100% Pineapple Juice	20oz (567g)	1/2 cup (122g)	
Dole Pineapple Slices in 100% Juice	20oz (567g)	2 slices (114g)	
Dole Pineapple Tidbits	4 cups (452 g)	1 container (113g)	
Dole Pineapple Tidbits	20pz	1/2 cup(122g)	
Dole Tropical Fruit Cocktail	822g	1/2 cup(122g)	
Dole Tropical Fruit Cocktail in Extra Light Syrup	822g	1/2 cup (122g)	
Dole Tropical Fruit Cocktail in Light Syrup and Passion Fruit	6 lbs 10oz (3kg)	1/2 cup (123g)	
Dole Whole Pitted Dates	8 oz	5 - 6 pcs	
Dole Yellow Cling Diced Peaches in 100% Fruit Juice	4 cups (452g)	1 container (113g)	
Dole, 100% Juice Chunky Mixed Fruit	15 oz (425 g)	1/2 cup (124 g)	
Dole, California Golden Raisins	12 oz (340 g)	1/4 cup (40 g)	
Dole, California Seedless Raisins	12 oz (340 g)	1/4 cup (40 g)	
Dole, Mixed Fruit in 100% Fruit Juice	4 - 4 oz cups (113	1 cup (113 g)	
Dole, Pineapple Paradise in 100% Juice	4 - 4 oz cups (113	1 cup (113 g)	
Dried Mangos Guam USA	2.5oz(70g)	40g(5psc)	
Essential Everyday Apple Sauce - all flavors	24 oz	1/4 cup	
Essential Everyday Chunky Mixed Fruit in 100% Juice	15 oz	1/2 cup	
Essential Everyday Fruit Cocktail in Juice	15 oz	1/2 cup	
Essential Everyday Fruit Cups - peaches, mandarins	16 oz	1/2 cup	

Essential Everyday Raisins	6 boxes (6 oz)	1 box (1 oz)	
Essential Everyday, Dried Plums	All sizes	1/4 cup (40 g)	
Essential Everyday, Mandarin Oranges in Light Syrup	All sizes	1/2 cup (119 g)	
Essential Everyday, Peach Halves / Slices in 100% juice / Water	15 oz (425 g)	1/2 cup (124 g)	
Essential Everyday, Pear Halves in 100% Juice / Water	15 oz (425 g)	1/2 cup (124 g)	
Essential Everyday, Pineapple in 100% Juice - all cuts	All sizes	1/2 cup (122 g)	
Kasugai Roasted Hot Green Peas	67g	1/4 cup (27g)	
Kirkland Sunsweet Dried Prunes	3.5 lb bag	5 pcs.	
Libby's Fruit Mix in 100% Fruit Juice	15 oz	1/2 cup	
Libby's Peach Slices in 100% Juice	15 oz	1/2 cup	
Libby's Pear Halves in Pear Juice	15 oz	1/2 cup	
Mariani Raisins	1 box(43g)	1 box	
Mariani, Pitted Dates	40 oz (1.13 kg)	6-7 dates (40 g)	
Mariani, Probiotic Prunes	7 oz (198 g)	5-6 prunes (40 g)	
Mott's Apple Sauce - ALL flavors	6 cups (4 oz each)	1 cup (4 oz)	
Native Forest, 100% Organic Pineapple Crushed	14 oz (400 g)	1/2 cup (125 g)	
Native Forest, 100% Organic Tropical Fruit Salad	14 oz (400 g)	1/2 cup (125 g)	
Newman's own Organics, Dried Cranberries	4 oz (113 g)	1/4 cup (40 g)	
Newman's Own Organics, Raisins	15 oz (425 g)	1/4 cup (40 g)	
North Coast, Apple Sauce - all flavors	4 - 4 oz cups (454	4 oz cup (113 g)	
Ocean Spray Dried Cranberries	12 oz	1/4 cup	
Pineapple Slices	20oz(1lb4oz)	2 slices(114g)	
S&W Fruit Cocktail in Lightly Sweetened Juice	15oz (425g)	1/2 cup (126g)	
Santa Cruz Organic, Apple Sauce - all flavors	6 - 4 oz units (678	1 unit (113 g)	
Seneca Apple Sauce - all flavors	6 cups (4 oz each)	1 cup (4 oz)	
Sirena Dried Mango	2.8 oz	1/2 bag	
Sirena Dried Pineapple	2.8 oz	1/2 bag	
Springfield Fruit Cocktail	15.25 oz	1/2 cup (128g)	
Springfield Mandarin Oranges	11pz	1/2 cup (140g)	
Springfield Raisins	12 oz	1/4 cup (40g)	
Springfield Sliced Peaches	15.25 oz	1/2 cup (128g)	
Sun Maid California Sun-Dried Raisins	6 boxes (170g)	1 box (28g)	
Sun Maid Chopped Dates	8 oz	1/4 cup	
Sun Maid Dried Mission Figs	7 oz	1/4 cup	
Sun Maid Mixed Jumbo Raisins	12 oz	1/4 cup	
Sun Maid Pitted Dried Dates	8 oz	1/4 cup	
Sun Maid Raisins	6-1oz boxes	1 container (1oz)	
Sun Maid Zante Currants	10 oz	1/4 cup	
Sunsweet, Amazin Prunes Pitted Prunes	8 oz (227 g)	1.5 oz (40 g)	
Sunsweet, D'Noir Prunes Dried Plums	8 oz (227 g)	1.5 oz (40 g)	

Taylor Prunes	250g (8.8oz)	1/4 cup (40g)	
Treetop Apple Sauce Pouches - all flavors	4 pouches (3.2 oz	1 pouch (3.2 oz)	
Wild Harvest Organic, Apple Sauce	4 - 3.2 oz pouches	1 pouch (90 g)	
Wild Harvest Organic, Bartlett Pear Slices	15 oz (425 g)	1/2 cup (124 g)	
Wild Harvest Organic, Dried Sweetened Cranberries	4 oz (113 g)	1/4 cup (40 g)	
Wild Harvest Organic, Jumbo Raisins Red Seedless	15 oz (425 g)	1/4 cup (40 g)	
Wild Harvest Organic, Pear Halves	15 oz (425 g)	1/2 cup (124 g)	
Wild Harvest Organic, Raisins	All sizes	1/4 cup (40 g)	
Wild Harvest Organic, Yellow Cling Sliced Peaches in 100%	15 oz (425 g)	1/2 cup (124 g)	
OTHER SNACKS	**SIZE**	**SERVING SIZE**	**COMMENTS**
Bento Seafood Snack Sweet & Spicy	6g	6g	
Bibigo Crispy Seaweed snack Korean BBQ Flavored	.18 oz	1 pck or 5g	
Bibigo Crispy Seaweed snack Wasabi Flavored	.18 oz	1 pck or 5g	
D Yang Ban Roasted Laver	2g	2g	
Jell-O Cherry Sugar Free	12.5 oz	1 snack (89g)	
Jell-O Lemon Lime Sugar Free	12.5 oz	1 snack (89g)	
Jell-O Strawberry Sugar Free	12.5 oz	1 snack (89g)	
Tao Kae Noi Big Roll	3 g	1 roll (3 g)	
Tao Kae Noi Extra Sheet Roasted Seaweed Garlic Flavour	16g	1 pack (16g)	
Tao Kae Noi Extra Sheet Roasted Seaweed, original flavor	16g	1 pack (16g)	