

“Snack Food” Comparison

<u>Food</u>	<u>Cal/bag</u>	<u>Gms fat</u>	<u>Major Allergens</u>
Hostess Twinkies(2)	290	9	Wheat,egg,milk,soy, May contain peanuts
Powdered Donettes(6)	340	17	Wheat,egg,milk,soy
Hostess Choc.Cupcakes	360	11	Wheat,egg,milk,soy
Hostess Apple Pie	470	20	Wheat, milk, soy
Hostess Blueberry Pie	470	20	Wheat, milk, soy
Drake’s Coffee Cake	270	11	Wheat,egg,milk,soy, May contain peanuts
Drake’s Yodels(3)	420	21	Wheat,egg,milk,soy, May contain peanuts
Drake’s Ring Dings(2)	330	17	Wheat,milk,soy May contain peanuts
Lg. Oatmeal Raisin Cookie (Titterington’s)	380	15	Wheat, eggs, soy, May contain peanuts and tree nuts
Smartfood Popcorn (290 mg. sodium)	160	10	Milk
Lay’s Potato chips 1 oz (180 mg. sodium)	150	10	-
Doritos – Nacho cheese (180 mg. sodium)	140	8	Wheat, milk
Fritos Corn Chips (170 mg. sodium)	160	10	-
Glenny’s Soy Crisps (18 mg. sodium)	70	1.5	Soy, wheat, dairy
Glenny’s Baked Veg.Fries	70	1	-