

This is by no means a complete list of foods that meet the 35-10-35 requirements but this is a great start. This list was provided to us by our Friends at the Atnip company [www.atnipco.com](http://www.atnipco.com)

MFG.	Item	Pack Size	Bag Grams	Tot.Cal/Tot Fat From Cal.	Tot Fat Per Serv.	Fat %	Sat. Fat Per Serv.	Sat. Fat %	Zero Trans Fat	Sugar Per Serv.	Sugar %	Sodium Per Serv.	Fiber Per Serv.
Biscomerica	Animal Snackers w/no trans fat	2.125oz.	60g	194/40	2g	19%	0.5g	5%	*	7g	12%	50	0g
Biscomerica	Ginger Snaps w/no trans fat	2.125oz.	60g	220/50	2.5g	20%	1g	8%	*	8g	27%	45	2g
Clif Bar	Choc. Chip Peanut Crunch	2.4oz	68g	250/50	6	22%	2g	7%	*	20	29%	210	5g
Clif Bar	Crunchy Peanut Butter	2.4oz	68g	250/50	6g	22%	1.5g	5%	*	18g	26%	250	5g
Clif Bar	Oatmeal Raisin Walnut	2.4oz	68g	245/45	5g	18%	1g	4%	*	23g	34%	125	5g
Z Bar Kids	Organic Chocolate Chip	1.27oz.	36g	130/35	4g	28%	1.5g	10%	*	11	31%	100	3g
Z Bar Kids	Organic Peanut Butter	1.27oz	36g	140/45	5g	32%	1g	6%	*	11g	31%	170	3g
Z Bar Kids	Organic Chocolate Brownie	1.27oz	36g	120/25	3g	23%	1g	8%	*	12g	33%	125	3g
Campbell's	V8 Fusion Strawberry Banana	12/12oz.	~	180/0	0g	0%	0g	0%	*	39g	10%	110	0g
Campbell's	V8 Fusion Peach Mango	12/12oz.	~	170/0	0g	0%	0g	0%	*	39g	10%	105	0g
Campbell's	V8 Fusion Tropical Orange	12/12oz.	~	170/0	0g	0%	0g	0%	*	38g	10%	120	0g
Dole	Fruit Bowls-Peaches	7oz.	198g	120/0	0g	0%	0g	0%	*	32g	16%	15	2g
Dole	Fruit Bowls-Mandarin Oranges	7oz.	198g	140/0	0g	0%	0g	0%	*	32g	16%	10	<1g
Dole	Fruit Bowls-Mixed Fruit	7oz.	198g	130/0	0g	0%	0g	0%	*	32g	16%	5	1g
Dole	Fruit Bowls - Tropical Fruit	7oz.	198g	100/0	0g	0%	0g	0%	*	32g	16%	20	1g
Dole	Mixed Fruit in Blk. Cherry Gel	7oz.	198g	160/0	0g	0%	0g	0%	*	36g	18%	45	1g
Dole	Mandarins in Orange Gel	7oz.	198g	160/0	0g	0%	0g	0%	*	36g	18%	90	1g
Dole	Peach Slices	8oz.	227g	90/0	0g	0%	0g	0%	*	21g	11%	0	1g
Dole	Tropical Fruit Salad	8oz.	227g	90/0	0g	0%	0g	0%	*	20g	10%	0	2g
Dole	Pineapple Snack Wedges	8oz.	227g	90/0	0g	0%	0g	0%	*	13g	7%	10	1g
Farleys & Sathers	Farleys Fruit Snacks *Red. Sug	2oz.	56g	180/5	0.5g	3%	0g	0%	*	18g	32%	30	1g
Kellogg's	Kashi Peanut Butter Granola Bar	1.2oz	35g	140/45	5g	32%	0.5g	3%	*	5	14%	90	4g
Kellogg's	Kashi Trail Mix Granola Bar	1.2oz	35g	140/45	5g	32%	0.5g	3%	*	6	17%	105	4g
Kellogg's	L/F Granola w/Raisins	1.5oz.	42g	160/20	2g	11%	0.5g	3%	*	12	29%	100	3g
Kellogg's	Nutri-Grain Strawberry	1.3oz	37g	140/25	3g	18%	0.5g	3%	*	13g	35%	110	<1g
Kellogg's	Nutri-Grain Raspberry	1.3oz	37g	140/25	3g	18%	0.5g	3%	*	13g	35%	110	1g
Kellogg's	Nutri-Grain Apple Cinnamon	1.3oz	37g	140/25	3g	18%	0.5g	3%	*	13g	35%	110	1g

**Healthy 35-10-35 Standard:**

**Fat Calories** must be less than **35%** of the total calories.

**Saturated Fat** must be less than **10%** of the total calories.

**Sugar** must be less than **35%** of the total weight.

**Items That Meet the 35-10-35  
Standard for Business and Industry**

<b>MFG.</b>	<b>Item</b>	<b>Pack Size</b>	<b>Bag Grams</b>	<b>Tot.Cal/Tot Fat From Cal.</b>	<b>Tot Fat Per Serv.</b>	<b>Fat %</b>	<b>Sat. Fat Per Serv.</b>	<b>Sat. Fat %</b>	<b>Zero Trans Fat</b>	<b>Sugar Per Serv.</b>	<b>Sugar %</b>	<b>Sodium Per Serv.</b>	<b>Fiber Per Serv.</b>
Kellogg's	Nutri-Grain Blueberry	1.3oz	37g	140/25	3g	18%	0.5g	3%	*	13g	35%	110	<1g
Kellogg's	Cinnamania Cinnamon Bun	1.76oz.	50g	230/70	8g	30%	1.5g	6%	*	12g	24%	230	1g
Kellogg's	Cinnamania French Toast	1.76oz.	50g	230/70	8g	30%	1.5g	6%	*	13g	24%	210	1g
Kellogg's	Special K Bar - All Three Flavor	.81oz.	23g	90/15	1.5g	15%	1g	10%	*	8g	35%	95	<1g
Kellogg's	Cheez- It Reduced Fat	1.5oz.	43g	180/50	6g	28%	2g	10%	*	0g	0%	520	1g
Kellogg's	Rice Krispies Treats	1.3oz.	37g	150/30	3.5g	21%	1g	6%	*	12g	32%	170	0g
Kellogg's	Whole Grain PopTart-Straw.	1.76oz.	50g	190/45	5g	24%	1.5g	7%	*	15g	30%	160	3g
Kellogg's	Whole Grain PopTart-Brn.Sug.	1.76oz.	50g	200/60	7g	32%	2g	9%	*	14g	28%	170	3g
Kellogg's	Pop-Tarts - Frosted Strawberry	1 pastry pack	52g	200/45	5g	23%	1.5g	7%	*	17g	33%	170	<1g
Kellogg's	Pop-Tarts - Strawberry	1 pastry pack	52g	210/50	6g	26%	2g	9%	*	16g	31%	180	<1g
Kellogg's	Pop-Tarts - Frst Blueberry	1 pastry pack	52g	200/45	5g	23%	1.5g	7%	*	18g	35%	170	<1g
Kellogg's	Pop-Tarts - Frosted Strawberry	3.67oz.	104g	400/90	10g	23%	3.5g	8%	*	34g	33%	330	1g
Kellogg's	Pop-Tarts - Frosted Cherry	3.67oz.	104g	400/90	10g	23%	3.5g	8%	*	34g	33%	330	1g
Kellogg's	Pop-Tarts - Frosted Blueberry	3.67oz.	104g	400/90	10g	23%	3.5g	8%	*	34g	33%	330	1g
Kellogg's	Pop-Tarts - Frosted Brown Sugar	3.67oz.	100g	420/130	14g	30%	4.5g	10%	*	31g	31%	340	1g
Kellogg's/Aus	Zoo Animal Crackers	2.12oz.	60g	250/35	2g	14%	0g	0%		7g	12%	90	1g
Kellogg's	F.A. Low Fat Iced Ginger Snaps	1.73oz	49g	200/25	3g	14%	0.5g	2%		17g	35%	170	1g
Kellogg's	Smart Start Healthy Heart Bar	1.41oz.	40g	150/25	2.5g	15%	0g	0%	*	12g	30%	85	2g
Kellogg's	Special K Snack Bites	.81oz.	23g	90/20	2g	20%	0.5g	5%	*	7g	30%	125	<1g
Kellogg's	Scooby-Doo Graham Cracker Sticks	1oz.	28g	120/35	4g	30%	0.5g	4%	*	8g	29%	115	<1g
Kellogg's	Crunchmania Vanilla Mini Grahams	1.76oz.	50g	230/70	8g	31%	2.5g	10%	*	12g	24%	220	2g
Mr. Nature	Selected Fruit Mix	2oz.	57g	200/20	2g	9%	0g	0%	*	30g	53%	60	2g
Mr. Nature	Oriental Mix	1.5oz.	42g	165/0	0g	0%	0g	0%	*	1g	0%	240	0g
Nestle Waters	Arrowhead Mt. Spring Water	16oz.	473ml	0/0	0g	0%	0g	0%	*	0g	0%	0	1g
Pepperidge Farm	GIANT Goldfish Grahams -Choc.	0.9oz.	26g	120/30	3.5g	25%	1g	8%	*	6g	23%	105	1g
Pepperidge Farm	GIANT Goldfish Grahams -Cinn.	0.9oz.	26g	120/40	4.5g	33%	1g	8%	*	6g	23%	105	1g
Pepperidge Farm	Flavor Blasted G.Fish Kickin' Ranch	.75oz.	21g	100/30	3g	27%	1g	9%	*	0g	0%	190	<1g
Pepperidge Farm	Flavor Blasted G.Fish H&SpyCheddar	.75oz.	21g	100/30	3g	27%	1g	9%	*	0g	0%	190	<1g

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**Items That Meet the 35-10-35  
Standard for Business and Industry**

<b>MFG.</b>	<b>Item</b>	<b>Pack Size</b>	<b>Bag Grams</b>	<b>Tot.Cal/Tot Fat From Cal.</b>	<b>Tot Fat Per Serv.</b>	<b>Fat %</b>	<b>Sat. Fat Per Serv.</b>	<b>Sat. Fat %</b>	<b>Zero Trans Fat</b>	<b>Sugar Per Serv.</b>	<b>Sugar %</b>	<b>Sodium Per Serv.</b>	<b>Fiber Per Serv.</b>
Pepperidge Farm	Goldfish PhysEdibles -Lemon	0.9oz.	26g	120/35	4g	30%	1g	8%	*	7g	27%	100	1g
Pepperidge Farm	Goldfish PhysEdibles -Straw.	0.9oz.	26g	120/35	4g	30%	1g	8%	*	7g	27%	100	1g
Pepperidge Farm	GIANT Goldfish Grahams -Choc.	0.9oz.	26g	120/30	3.5g	25%	1g	8%	*	6g	23%	105	1g
Pepperidge Farm	GIANT Goldfish Grahams -Cinn.	0.9oz.	26g	120/40	4.5g	33%	1g	8%	*	6g	23%	105	1g
Pepperidge Farm	Flavor Blasted G.Fish Kickin' Ranch	.75oz.	21g	100/30	3g	27%	1g	9%	*	0g	0%	190	<1g
Pepperidge Farm	Flavor Blasted G.Fish H&SpyCheddar	.75oz.	21g	100/30	3g	27%	1g	9%	*	0g	0%	190	<1g
Pepperidge Farm	Goldfish PhysEdibles -Lemon	0.9oz.	26g	120/35	4g	30%	1g	8%	*	7g	27%	100	1g
Pepperidge Farm	Goldfish PhysEdibles -Straw.	0.9oz.	26g	120/35	4g	30%	1g	8%	*	7g	27%	100	1g
PooreBrothers	Honey Wheat Pretzel Braids	1.5oz.	42.5g	110/15	1.5g	14%	0g	0%	*	4g	9%	250	1g
PooreBrothers	Honey Wheat Pretzel Braids	2.25oz.	63.7g	220/30	1.5g	14%	0g	0%	*	4g	6%	250	1g
PooreBrothers	Butter Pretzel Braids	1.5oz.	42.5g	110/15	1.5g	14%	0g	0%	*	<1g	0%	390	<1g
PooreBrothers	Butter Pretzel Braids	2.25oz.	63.7g	220/30	1.5g	14%	0g	0%	*	<1g	0%	390	<1g
PooreBrothers	Clamato Tortilla Chips	1oz.	28g	140/40	4g	26%	1g	6%	*	1g	4%	130	1g
PooreBrothers	Tato Skins Steak & Potato	1oz.	28g	130/30	3g	21%	1g	7%	*	1g	4%	160	1g
PooreBrothers	Clamato Tortilla Chips	1.75oz.	49g	250/70	7g	25%	2g	7%	*	2g	4%	230	2g
PooreBrothers	Tato Skins Steak & Potato	1.75oz.	49g	245/70	5g	18%	2g	7%	*	2g	4%	227	2g
Sconza	Gummy Bears	2.25oz.	64g	195/0	0g	0%	0g	0%	*	13	33%	0	0g
Stoneyfield Farm	Plain Organic Yogurt	6oz.	170g	90/15	1.5g	15%	1g	10%	*	11g	6%	110	2g
Stoneyfield Farm	Vanilla Organic Yogurt	6oz.	170g	140/15	1.5g	10%	1g	6%	*	23g	14%	100	2g
Stoneyfield Farm	Maple Vanilla Organic Yogurt	6oz.	170g	130/15	1.5g	10%	1g	7%	*	20g	12%	100	2g
Stoneyfield Farm	Mocha Latte Organic Yogurt	6oz.	170g	140/15	1.5g	10%	1g	6%	*	22g	13%	105	2g

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Standard for Business and Industry**

<b>MFG.</b>	<b>Item</b>	<b>Pack Size</b>	<b>Bag Grams</b>	<b>Tot.Cal/Tot Fat From Cal.</b>	<b>Tot Fat Per Serv.</b>	<b>Fat %</b>	<b>Sat. Fat Per Serv.</b>	<b>Sat. Fat %</b>	<b>Zero Trans Fat</b>	<b>Sugar Per Serv.</b>	<b>Sugar %</b>	<b>Sodium Per Serv.</b>	<b>Fiber Per Serv.</b>
Stoneyfield Farm	Blueberry Organic Yogurt	6oz.	170g	130/15	1.5g	10%	1g	7%	*	22g	13%	95	2g
Stoneyfield Farm	Strawberry Organic Yogurt	6oz.	170g	130/15	1.5g	10%	1g	7%	*	22g	13%	95	2g
Stoneyfield Farm	Raspberry Organic Yogurt	6oz.	170g	130/15	1.5g	10%	1g	7%	*	22g	13%	105	3g
Stoneyfield Farm	Luscious Lemon Organic Yogurt	6oz.	170g	140/15	1.5g	10%	1g	6%	*	23g	14%	120	3g
Stoneyfield Farm	Just Peachy Organic Yogurt	6oz.	170g	130/15	1.5g	10%	1g	7%	*	25g	14%	95	2g
Stoneyfield Farm	Caramel Organic Yogurt	6oz.	170g	190/15	1.5g	7%	1g	5%	*	35g	21%	140	2g
Stoneyfield Farm	Strawberry OrganicYogurt Smoothie	6 FL oz.	295ml	150/20	2g	12%	1g	6%	*	25g	8%	95	2g
Stoneyfield Farm	Wild Berry OrganicYogurt Smoothie	6 FL oz.	295ml	150/20	2g	12%	1g	6%	*	24g	8%	95	2g
Welch's	100% Apple Juice	11.5 fl.oz.	340ml.	160/0	0g	0%	0g	0%	*	39g	11%	35	0g
Welch's	100% Orange	11.5 fl.oz.	340ml.	170/0	0g	0%	0g	0%	*	41g	12%	30	0g
Welch's	100% Grape	11.5 fl.oz.	340ml.	240/0	0g	0%	0g	0%	*	59g	17%	30	0g
Welch's	100% White Grape Peach	11.5 fl.oz.	340ml.	200/0	0g	0%	0g	0%	*	55g	16%	30	0g
Welch's	100% White Grape Berry	11.5 fl.oz.	340ml.	200/0	0g	0%	0g	0%	*	49g	14%	20	0g
Welch's	100% White Grape Cherry	11.5 fl.oz.	340ml.	200/0	0g	0%	0g	0%	*	49g	14%	20	0g
Welch's	100% White Grape Mt. Berry	10 fl.oz.	396ml	170/0	0g	0%	0g	0%	*	42g	14%	15	0g
Welch's	100% Orange Fusion	10 fl.oz.	396ml	150/0	0g	0%	0g	0%	*	35g	12%	30	0g
Welch's	100% White Grape Cherry	10 fl.oz.	396ml	180/0	0g	0%	0g	0%	*	42g	14%	15	0g
Welch's	Dried Fruit-Mixed Fruit	1.5oz.	42.5g	140/0	0g	0%	0g	0%	*	4.5g*	11%	75	2g
Welch's	Dried Fruit - Tropical Sensation	1.5oz.	42.5g	150/0	0g	0%	0g	0%	*	10g*	24%	120	<1g

\* Estimated Max. Amt. of added sugar in product.

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**Sugar** must be less than **35%** of the total weight.

# Exempt Item List

The following snack foods do not have to meet the fat and saturated fat limits

MFG.	Item	Pack Size	Bag Grams	Tot.Cal/Tot Fat From Cal.	Tot Fat Per Serv.	Fat %	Sat. Fat Per Serv.	Sat. Fat %	Zero Trans Fat	Sugar Per Serv.	Sugar %	Sodium Per Serv.	Fiber Per Serv.
Mr. Nature	*Sweet & Smart Trail Mix	1.5oz.	42g	230/140	15g	59%	2g	8%	*	9g	21%	115	2g
Mr. Nature	*Almonds	1.0oz.	28g	175/145	16g	82%	1.3g	7%	*	1g	4%	105	3g
Mr. Nature	*Unsalted Trail Mix	1.1oz.	31g	130/60	7g	47%	1g	7%	*	5g	16%	10	1g
Mr. Nature	*Unsalted Trail Mix	2oz.	57g	240/100	12g	45%	2g	8%	*	8g	14%	20	2g
Mr. Nature	Seedless Raisins	1oz.	28g	90/0	0g	0%	0g	0%	*	20g	71%	7	2g
Mr. Nature	*Aloha Mix	2oz.	57g	280/120	14g	45%	5g	16%	*	10g	18%	30	4g
Mr. Nature	*Energizer Mix	2oz.	57g	260/120	14g	48%	4g	14%	*	10g	18%	10	4g
Mr. Nature	Salted Peanuts	2oz.	57g	170/130	14g	74%	2g	11%	*	0	0%	130	3g
Mr. Nature	Salted Peanuts	1.5oz.	42g	255/195	21g	74%	3g	11%	*	0g	0%	195	4.5g
Mr. Nature	Mix N'Yogurt	2oz.	57g	260/120	14g	48%	5	17%	*	18g	32%	40	0g
Mr. Nature	Mix N' Raspberry	2oz.	57g	260/100	12g	42%	4g	14%	*	14g	25%	20	1g
Mr. Nature	Mix N' Strawberry	2oz.	57g	260/100	12g	42%	4g	14%	*	14g	25%	20	1g
Mrs. Mays	Tropical Trio Bar	1.7oz.	48	280/169	19	61%	2g	6%	*	9g	19%	83	7g
Mrs. Mays	All Natural Almond Crunch	2oz.	56g	352/240	28g	72%	2g	2%	*	8g	8%	78	4g
Mrs. Mays	All Natural Cashew Crunch	2oz.	56g	344/216	24g	63%	4g	10%	*	8g	14%	80	4g
Mrs. Mays	All Natural Cran Blubry Crunch	2oz.	28g	344/216	12g	36%	2g	10%	*	4g	7%	36	2g
Mrs. Mays	Fruity Snapz - Peach	.35oz.	10g	36/0	10g	0%	0g	0%	*	7g	70%*	0	<1g
Mrs. Mays	Fruity Snapz - Apple	.35oz.	10g	36/0	10g	0%	0g	0%	*	7g	70%*	0	1g
Mrs. Mays	Fruity Snapz - Apricot	.35oz.	10g	36/0	10g	0%	0g	0%	*	7g	70%*	0	1g
Mrs. Mays	Fruity Snapz - Pear	.35oz.	10g	36/0	10g	0%	0g	0%	*	7g	70%*	0	1g
Mrs. Mays	Fruity Snapz - Pineapple	.35oz.	10g	36/0	10g	0%	0g	0%	*	7g	70%*	0	1g

9/17/2007

**Exempt Foods Include: Non-fried fruits/Vegetables, Seeds (such as sunflower seeds), Nuts, Eggs, Nut Butters(such as peanut butter), String Cheese.**