

## Snack Nutritional Information

Product	Calories	CHO Exchange	CHO Grams	Protein Grams	Calories from Fat	Fat Grams
Oranges (1 each)	86	1	22	1	0	0
Apples (1 each)	130	2	34	1	0	0
Bananas (1 each)	110	2	30	1	0	0
Grapes (1/2 cup)	90	1.5	23	0	0	0
½ Turkey (1 oz) & Swiss (1 oz) Sandwich	150	1	12	15	90	10
½ Roast Beef (1 oz) & Cheddar (1 oz) Sandwich	170	0.5	10	10	63	7
Carrots & Celery	50	0	12	1	0	0
Ready to Serve Fruit Cups	70	1	17-18	0	0	0
Cottage Cheese (½ cup)	90	0.5	5	16	0	0
Tossed Salad (1 oz) with Salad Dressing (12 g pkt)	24-54 <small>*depends on dressing</small>	0	0-4	1	0-32	0-4
Chicken Breast (4 oz)	114	0	0		22.5	2.5
Light Yogurt (6 oz)	100-110 <small>(Vanilla 110 kcals)</small>	1.5	19-20	5	0	0
Nutritional Bars (1 each)	90	1.5	19	1	18	2
Hardboiled Egg (1 each)	80	0	1	6	45	5
Oatmeal (1 oz pkt)	100	1.5	19	4	18	2
Sugar-Free Cookie ( 1 each)	110-120	1	18	1	45-56	5-6
Jell-O, Sugar Free	5	0	1	1	0	0
Chicken Noodle Soup	60	0.5	8	1.5	18	2
Vegetable Soup	100	1	13	2	4.5	0.5

\*\*See following page for recommended foods for specific diets