

Nutritional Guide

All Percentages (%) are USDA Percentage Daily Values

Products	Package Weight	Serving & Calories				Fat					Cholesterol		Sodium		Carbohydrate				Protein				Vitamins & Minerals			
		Serving Size	Servings Per container	Calories	Calories from Fat	Total Fat	Saturated	Trans	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron								
M&M/Mars																										
Snickers	2.07 oz	1 bar	1	280	130	14g	22%	5g	25%	0g	5mg	2%	140mg	6%	35g	12%	1g	4%	30g	4g	0%	4%	4%	2%		
M&M's Plain	2.0 oz	1 bag	1	280	110	12g	18%	7g	35%	0g	10mg	3%	35mg	1%	40g	13%	2g	8%	36g	2g	2%	0%	4%	2%		
M&M's Peanut	2.0 oz	1 bag	1	290	130	15g	23%	6g	30%	0g	5mg	2%	30mg	1%	34g	11%	2g	8%	29g	5g	0%	0%	4%	2%		
Skittles	2.43 oz	1 bag	1	280	25	3g	5%	3g	15%	0g	0mg	0%	10mg	0%	63g	21%	0g	0%	52g	0g	0%	50%	0%	0%		
Hershey's																										
Take-5	1.5 oz	1 bar	1	210	100	11g	17%	5g	25%	0g	0mg	0%	180mg	8%	25g	8%	1g	4%	18g	4g	0%	0%	2%	2%		
Hershey's Almond	1.45 oz	1 bar	1	210	130	14g	22%	6g	30%	0g	10mg	3%	25mg	1%	21g	7%	2g	8%	19g	4g	0%	0%	8%	4%		
Milk Chocolate	1.55 oz	1 bar	1	210	120	13g	20%	8g	40%	0g	10mg	3%	30mg	1%	25g	8%	1g	4%	23g	3g	0%	0%	6%	2%		
Reese's Cups	1.80 oz	1 pk	1	260	130	15g	23%	6g	30%	0g	<5mg	1%	180mg	8%	29g	10%	2g	8%	26g	6g	0%	0%	4%	4%		
Kit Kat Bars	1.5 oz	1 pk	1	210	100	11g	17%	7g	35%	0g	<5mg	1%	30mg	1%	27g	9%	<1g	3%	21g	3g	0%	0%	6%	2%		
Reese's Pieces	1.53 oz	1 bag	1	210	90	10g	15%	8g	40%	0g	0mg	0%	85mg	4%	26g	9%	1g	4%	24g	5g	0%	0%	2%	0%		
Twizzlers	2.5 oz	1 pk	1	240	10	1g	2%	0g	0%	0g	0mg	0%	150mg	6%	56g	19%	0g	0%	29g	2g				2%		
Lollipop Land																										
Carousel Lollipops	.95 oz	1 pop	1	105	0	0g	0%	0g	0%	0g	0mg	0%	5mg	0%	26g	9%	0g	0%	18g	0g	0%	0%	0%	0%		
Color Blaster Pops	.95 oz	1 pop	1	105	0	0g	0%	0g	0%	0g	0mg	0%	5mg	0%	26g	9%	0g	0%	18g	0g	0%	0%	0%	0%		
All Other Lollipops	1.0 oz	1 pop	1	110	0	0g	0%	0g	0%	0g	0mg	0%	0mg	0%	28g	9%	0g	0%	19g	0g	0%	0%	0%	0%		
Warheads Sour	1.5 oz	5 pcs	3	50	0	0g	0%	0g	0%	0g	0mg	0%	5mg	0%	13g	4%	0g	0%	9g	0g	0%	10%	0%	0%		
Warheads G.G.	2.25 oz	11pcs	2	102	0	0g	0%	0g	0%	0g	0mg	0%	0mg	0%	25g	9%	0g	0%	25g	2g	0%	0%	0%	0%		
Warheads QBZ	2.25 oz	13pcs	1 1/2	130	0	0g	0%	0g	0%	0g	0mg	0%	15mg	0%	30g	10%	0g	0%	20g	2g	0%	0%	0%	0%		
Nestle																										
Nestle Crunch	2.0 oz	1 bar	1	280	130	14g	22%	9g	45%	0g	5mg	2%	75mg	3%	38g	12%	1g	4%	31g	3g	0%	0%	6%	2%		
Butterfinger Bar	2.31 oz	1 bar	1	300	110	12g	18%	6g	30%	0g	0mg	0%	150mg	6%	48g	16%	1g	4%	32g	4g	0%	0%	2%	2%		
Baby Ruth	2.31 oz	1 bar	1	310	140	15g	23%	9g	45%	0g	0mg	0%	140mg	6%	43g	14%	1g	4%	36g	4g	0%	0%	2%	2%		
100 Grand	2.8 oz	1 bar	1	330	120	14g	22%	9g	45%	0g	0mg	0%	150mg	6%	53g	18%	<1g	3%	38g	2g	2%	0%	4%	0%		
Original \$1 Bars																										
Roasted Almond	2.25 oz	1 bar	1	340	162	20g	30%	10g	52%	.2g	<5mg	2%	20mg	1%	38g	12%	2g	8%	34g	4g	0%	0%	8%	16%		
Mint Chocolate	2.25 oz	1 bar	1	300	144	16g	24%	10g	52%	.2g	<4mg	<2%	140 mg	6%	42g	14%	2g	8%	36g	2g	0%	0%	4%	16%		
Creamy Caramel	2.25 oz	1 bar	1	300	144	16g	24%	10g	52%	.2g	<10mg	3%	40mg	2%	40g	13%	1g	4%	36g	3g	0%	0%	8%	16%		
Tasty Truffle	2.25 oz	1 bar	1	300	144	16g	24%	10g	52%	.2g	<5mg	2%	50mg	3%	37g	12%	1g	4%	34g	2g	0%	0%	8%	16%		
Crispy Rice	2.25 oz	1 bar	1	320	144	18g	28%	10g	52%	.2g	<5mg	2%	90mg	4%	43g	14%	2g	8%	37g	4g	0%	0%	8%	16%		
Dark Choc. Rasp.	2.25 oz	1 bar	1	280	140	15g	23%	9g	45%	.1g	<5mg	2%	50mg	2%	43g	14%	2g	8%	37g	2g	0%	0%	8%	8%		

Products	Package Weight	Serving & Calories				Fat					Carbohydrate					Vitamins & Minerals								
		Serving Size	Servings Per container	Calories	Calories from Fat	Total Fat	Saturated	Trans	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron						
Oberto Meat Snacks																								
Hick.Smoked Stks	1.5 oz	1 stk	1	200	150	16g	25%	6g	30%	0g	40mg	13%	720mg	30%	6g	2%	0g	0%	5g	7g	2%	0%	4.0%	4%
Pepperoni Sticks	1.5 oz	1 stk	1	200	150	17g	26%	6g	30%	0g	50mg	17%	730mg	30%	5g	2%	0g	0%	4g	8g	16%	0%	4.0%	6%
Teriyaki Sticks	1.5 oz	1 stk	1	210	160	18g	28%	6g	30%	0g	45mg	15%	890mg	37%	4g	1%	0g	0%	3g	7g	14%	0%	4.0%	4%
Hickory Jerky	20 g.	1 stk	1	80	50	5g	8%	2g	10%	0g	15mg	6%	330mg	14%	3g	1%	0g	0%	2g	6	0%	0%	0.0%	4%
Teriyaki Jerky	20 g.	1 stk	1	90	50	5g	8%	2g	11%	0g	15mg	6%	320mg	13%	4g	1%	0g	0%	3g	5g	0%	0%	0.0%	4%
Jack Links Meat Snacks																								
Original Sticks	1.25 oz	1 stk	1	160	120	13g	20%	5g	26%	0g	35mg	11%	560mg	23%	1g	0%	0g	1%	1g	8g	2%	0%	0%	4%
Chili Sticks	1.25 oz	1 stk	1	150	120	13g	20%	5g	25%	0g	35mg	12%	640mg	27%	1g	0%	0g	0%	1g	8g	0%	0%	2%	4%
Bacon Cheddar	1.25 oz	1 stk	1	160	120	13g	20%	5g	26%	0g	35mg	11%	560mg	23%	1g	0%	0g	1%	1g	8g	2%	0%	0%	4%
Pepperoni Sticks	1.25 oz	1 stk	1	150	120	13g	20%	5g	25%	0g	35mg	11%	620mg	26%	2g	1%	0g	0%	1g	8g	2%	4%	0%	4%
Frozen Cookie Dough Tubs																								
3 lb. Tubs																								
Chocolate Chunk	3 lb.	1 cookie	48	120	50	5g	8%	1.5g	8%	1.5g	10mg	3%	70mg	3%	17g	6%	0g	0%	9g	1g	0%	0%	0%	2%
Sugar	3 lb.	1 cookie	48	130	70	7g	11%	2g	10%	2.5g	10mg	3%	50mg	2%	16g	5%	0g	0%	7g	1g	0%	0%	0%	2%
Oatmeal Raisin	3 lb.	1 cookie	48	110	35	4g	6%	1g	5%	1g	10mg	3%	70mg	3%	17g	6%	1g	4%	9g	1g	0%	0%	0%	4%
Peanut Butter	3 lb.	1 cookie	48	120	45	5g	8%	1g	5%	1g	10mg	3%	85mg	4%	16g	5%	1g	4%	9g	2g	0%	0%	0%	2%
M&M's Candies	3 lb.	1 cookie	48	120	45	5g	8%	1.5g	8%	1.5g	10mg	3%	75mg	3%	18g	6%	0g	0%	9g	1g	0%	0%	0%	2%
Snickerdoodle	3 lb.	1 cookie	48	130	70	7g	11%	2g	10%	2.5g	10mg	3%	50mg	2%	16g	5%	0g	0%	7g	1g	0%	0%	2%	4%
White Choc. Mac	3 lb.	1 cookie	48	120	50	5g	8%	1.5g	8%	1.5g	10mg	3%	70mg	3%	17g	6%	0g	0%	8g	1g	0%	0%	2%	2%
Wal. Choc. Chunk	3 lb.	1 cookie	48	120	50	6g	9%	1.5g	8%	1.5g	10mg	3%	70mg	3%	17g	6%	0g	0%	8g	1g	0%	0%	0%	4%
Triple Chocolate	3 lb.	1 cookie	48	120	50	6g	9%	2g	10%	1.5g	10mg	3%	65mg	3%	16g	5%	1g	4%	8g	1g	2%	0%	0%	4%
Jumbles	3 lb.	1 cookie	48	120	50	6g	9%	2g	10%	1g	10mg	3%	105mg	4%	16g	5%	1g	4%	8g	2g	0%	0%	0%	2%
German Chocolate	3 lb.	1 cookie	48	120	60	6g	9%	2g	10%	1.5g	10mg	3%	65mg	3%	16g	5%	1g	4%	8g	1g	2%	0%	0%	4%
Double Choc. Mac.	3 lb.	1 cookie	48	130	50	6g	9%	1.5g	8%	1.5g	10mg	3%	70mg	3%	17g	6%	0g	0%	10g	1g	0%	0%	0%	2%
Oatmeal Butterscot	3 lb.	1 cookie	48	120	40	4.5g	7%	1.5g	8%	1g	10mg	3%	70mg	3%	16g	5%	2g	8%	7g	3g	0%	0%	0%	2%
Maple Pecan	3 lb.	1 cookie	48	140	70	8g	12%	2g	10%	2.5g	10mg	3%	50mg	2%	15g	5%	0g	0%	7g	1g	0%	0%	0%	2%
2 3/4 lb. Tubs																								
Heath Bar	2 3/4 lb	1 cookie	44	120	50	5g	8%	1.5g	8%	1.5g	10mg	3%	85mg	4%	17g	6%	0g	0%	11g	1g	0%	0%	2%	2%
Reese's Cups	2 3/4 lb	1 cookie	44	120	50	5g	8%	1.5g	8%	1.5g	10mg	3%	80mg	3%	17g	6%	0g	0%	10g	2g	0%	0%	0%	2%
Frozen Preportioned Cookie Dough																								
3 lb. Boxes																								
Chocolate Chunk	3 lb.	1 cookie	48	130	50	5g	8%	1.5g	8%	1.5g	10mg	3%	75mg	3%	18g	6%	0g	0%	9g	1g	0%	0%	0%	4%
Sugar	3 lb.	1 cookie	48	130	70	7g	11%	2g	10%	2.5g	10mg	3%	110mg	5%	15g	5%	0g	0%	8g	1g	0%	0%	0%	2%
Peanut Butter	3 lb.	1 cookie	48	120	45	5g	8%	1g	5%	1g	10mg	3%	85mg	4%	16g	5%	1g	4%	9g	2g	0%	0%	0%	2%
Oatmeal Raisin	3 lb.	1 cookie	48	120	35	4g	6%	1g	5%	1g	10mg	3%	75mg	3%	18g	6%	1g	4%	10g	2g	0%	0%	0%	4%

Products	Package Weight	Serving & Calories				Fat					Carbohydrate					Vitamins & Minerals								
		Serving Size	Servings Per container	Calories	Calories from Fat	Total Fat	Saturated	Trans	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron						
M&M Candy	3 lb.	1 cookie	48	120	45	5g	8%	1.5g	8%	1.5g	10mg	3%	75mg	3%	18g	6%	0g	0%	9g	1g	0%	0%	0%	2%
Snickerdoodle	3 lb.	1 cookie	48	130	50	6g	9%	1.5g	8%	2g	10mg	3%	50mg	2%	17g	6%	0g	0%	8g	1g	0%	0%	2%	4%
White Choc. Mac	3 lb.	1 cookie	48	130	50	5g	8%	1.5g	8%	1.5g	10mg	3%	70mg	3%	17g	6%	0g	0%	8g	1g	0%	0%	0%	2%
Wal. Choc. Chunk	3 lb.	1 cookie	48	130	50	6g	9%	1.5g	8%	1.5g	10mg	3%	70mg	3%	17g	6%	0g	0%	8g	1g	0%	0%	0%	4%
Triple Chocolate	3 lb.	1 cookie	48	130	50	6g	9%	2g	10%	1.5g	10mg	3%	65mg	3%	17g	6%	1g	4%	8g	1g	2%	0%	0%	4%
Jumbles	3 lb.	1 cookie	48	130	60	6g	9%	2g	10%	1.5g	10mg	3%	75mg	3%	16g	5%	1g	4%	7g	2g	0%	0%	0%	2%
Double Choc Mac	3 lb.	1 cookie	48	130	50	6g	9%	1.5g	8%	1.5g	10mg	3%	70mg	3%	17g	6%	0g	0%	10g	1g	0%	0%	0%	2%
Oatmeal Buttersc.	3 lb.	1 cookie	48	120	40	4.5g	7%	1.5g	8%	1g	10mg	3%	70mg	3%	16g	5%	2g	8%	7g	3g	0%	0%	0%	2%
Frozen Cheesecakes																								
32 Oz.																								
Original	32 oz.	1 slice	18slices	170	100	11g	17%	6g	30%	0g	50mg	17%	110mg	5%	14g	5%	0g	0%	11g	3g	8%	0%	0%	2%
Cherry Swirl	32 oz.	1 slice	18slices	170	100	11g	17%	7g	35%	0g	55mg	18%	115mg	5%	13g	4%	0g	0%	10g	3g	8%	0%	2%	2%
Key Lime	32 oz.	1 slice	18slices	160	90	10g	15%	6g	30%	0g	50mg	17%	110mg	5%	13g	4%	0g	0%	10g	3g	8%	2%	2%	2%
Strawberry Swirl																								
Turtle	32 oz.	1 slice	18slices	180	100	12g	18%	6g	30%	0g	45mg	15%	105mg	4%	15g	5%	0g	0%	11g	3g	8%	0%	2%	2%
Chocolate Silk	32 oz.	1 slice	18slices	160	90	10g	15%	6g	30%	0g	45mg	15%	100mg	4%	16g	5%	1g	4%	11g	3g	10%	0%	2%	6%
Reese's Cups	32 oz.	1 slice	18slices	190	110	12g	18%	6g	30%	0g	45mg	15%	125mg	5%	15g	5%	1g	4%	12g	4g	8%	0%	2%	2%
24 Oz.																								
Original	24 oz.	1 slice	14slices	170	100	11g	17%	6g	30%	0g	50mg	17%	110mg	5%	14g	5%	0g	0%	11g	3g	8%	0%	2%	2%
Turtles	24 oz.	1 slice	14slices	180	100	12g	18%	6g	30%	0g	45mg	15%	105mg	4%	15g	5%	0g	0%	11g	3g	8%	0%	2%	2%
Frozen Pretzels																								
Cinnamon Bav.																								
Cinnamon Sugar																								
Whole Grain Bav.																								
Hebert Bars																								
Caramel Bars	57 g	1 bar	1	260	120	13g	20%	8g	41%	.1g	5mg	2%	50mg	2%	38g	13%	1g	4%	30g	2g	2%	2%	6%	6%
Almond Bars	57 g	1 bar	1	290	170	18g	28%	10g	51%	.1g	5mg	2%	20mg	1%	34g	11%	2g	8%	30g	3g	2%	2%	8%	10%
Crispy Rice Bars	57 g	1 bar	1	280	140	15g	24%	9g	46%	.1g	5mg	2%	85mg	4%	37g	12%	1g	5%	30g	3g	2%	2%	6%	10%
Milk Chocolate	57 g	1 bar	1	290	150	17g	26%	10g	51%	.1g	5mg	2%	25mg	1%	36g	12%	1g	6%	33g	3g	2%	2%	6%	10%
Dark Choc. Rasp.	57 g	1 bar	1	260	130	14g	22%	9g	45%	0g	0mg	0%	30mg	1%	36g	12%	2g	10%	26g	2g	2%	2%	2%	15%
Dble Choc. Bars	57g	1 bar	1	270	130	14g	22%	9g	46%	.1g	5mg	2%	50mg	2%	36g	12%	1g	5%	29g	2g	2%	2%	6%	8%