

TFA Grocery Store Inventory

Category All Foods Recorded

Brand	Name	Flavor	SgSz (g)	Unit	Kcal	Total Fat	Sat	TFA	TF/100g
100 Calorie Pack	Pringles	Original	18	1 tub	100	6	1.5	0	0.00
101 Calorie Pack	Pringles	Sour Cream and Onion	18	1 tub	100	6	1.5	0	0.00
3 Musketeers	3 Musketeers		60	1 bar	260	8	5	0	0.00
Act II	Popcorn	94% fat free butter	41	3 tbsp unpopped	130	2.5	0	0	0.00
Act II	Popcorn	Butter	35	2 tbsp unpopped	160	10	5	0	0.00
Act II	Popcorn	Butter Lovers	35	2 tbsp unpopped	170	12	6	0	0.00
Act II	Popcorn	Kettle Corn	34	2 tbsp unpopped	170	11	6	0	0.00
Act II	Popcorn	Light Butter	31	2 tbsp unpopped	110	4.5	2	0	0.00
Act II	Popcorn	Mini Bags - Butter	45	3 tbsp unpopped	210	14	7	0	0.00
Act II	Popcorn	Movie Theatre Butter	35	2 tbsp unpopped	170	12	6	0	0.00
Act II	Popcorn	Xtreme Butter	35	2 tbsp unpopped	180	13	7	0	0.00
Advant Edge	Carb Control	Cookies N Cream	60	1 bar	220	7	4	0	0.00
Advant Edge	Energy Bar	Rocky Road Crisp	57	1 bar	230	6	3.5	0	0.00
Alexia Certified Organic	Country Reds		124	1/2 cup	150	6	3.5	0	0.00
Alexia Certified Organic	Hashed Browns		85	1/2 cup	80	0	0	0	0.00
Alexia Certified Organic	Oven Crinkles	Classic	85	13 pieces	120	4	0.5	0	0.00
Alexia Certified Organic	Oven Crinkles	Onion & Garlic	85	13 pieces	120	4	0.5	0	0.00
Alexia Certified Organic	Oven Reds		85	12 pieces	120	3.5	0.5	0	0.00
Alexia Certified Organic	Rolls	French	43	1 roll	100	0	0	0	0.00
Alexia Certified Organic	Rolls	Whole Grain	43	1 roll	90	1	0	0	0.00
Alexia Certified Organic	Sweet Potatoes	Julienne Fries	85	12 pieces	150	6	0.5	0	0.00
Annabelle's	Big Hunk		56	1 bar	230	3	0.5	0	0.00
Annabelle's	Rocky Road		51	1 bar	240	11	4	0	0.00
Asian Style Sensations	Egg Rolls	Pork	78	1 roll	270	18	6	0	0.00
Asian Style Sensations	Egg Rolls	White Meat Chicken	78	1 roll	140	5	1	0	0.00
Atkins	Bar	Chocolate Coconut	60	1 bar	260	10	8	0	0.00
Atkins	Bar	Chocolate Decadence	60	1 bar	260	10	7	0	0.00
Atkinson's	Chick-O-Stick		18	3 pieces	80	2	0.5	0	0.00
Atkinson's	Peanut Butter Bars		18	3 pieces	80	2	0	0	0.00
Aunt Jemima	Buttermilk Waffles		71	2 waffles	200	6	1.5	0	0.00
Aunt Jemima	Homestyle Waffles		71	2 waffles	190	5	1	0	0.00
Aunt Jemima	Pancake Mix	Complete	46	1/3 cup	160	1.5	0	0	0.00
Aunt Jemima	Pancake Mix	Complete - Buttermilk	45	1/3 cup	160	2	0.5	0	0.00
Aunt Jemima	Pancake Mix	Original	47	1/3 cup	150	0.5	0	0	0.00
Aunt Jemima	Pancake Mix	Whole Wheat	38	1/4 cup	120	0.5	0	0	0.00
Austex	Beef Stew	Original	240	1 cup	340	26	12	1	0.42
Austex	Chili	with Beans	240	1 cup	350	21	9	1	0.42
Austin	Cracker Sandwich	Cheese Cracker w/ Cheddar Cheese	39	1 Package	210	10	2	4	10.26
Austin	Cracker Sandwich	Cheese Cracker w/ Peanut Butter	39	1 Package	200	10	1.5	2	5.13
Austin	Cracker Sandwich	Grilled Cheese	39	1 Package	200	10	2	4	10.26
Austin	Cracker Sandwich	Peanut Butter & Jelly	39	1 Package	200	10	2	3.5	8.97
Austin	Cracker Sandwich	Toasty Cracker w/ Peanut Butter	39	1 Package	200	10	1.5	2	5.13
Bagel Bites	Cheese and Pepperoni		88	4 pieces	210	7	3	0	0.00
Bagel Bites	Cheese Sausage and Pepperoni		88	4 pieces	200	6	2.5	0	0.00
Bagel Bites	To Go	Cheese and Pepperoni	132	1 package	310	10	4	0	0.00
Bagel Bites	To Go	Three Cheese	132	1 package	300	9	4	0	0.00
Baken-ets	Fried Pork Skins	Hot 'n Spicy	14		80	5	2	0	0.00
Baken-ets	Fried Pork Skins	Traditional	14		80	5	2.5	0	0.00
Bakers	Dipping Chocolate		15	6 wafers	80	5	3	0	0.00
Bakers	German's Sweet Chocolate Bar		13	2 squares	60	4	2.5	0	0.00
Bakers	Semi Sweet Chocolate Squares		14	1/2 square	70	4.5	2.5	0	0.00
Bakers	Unsweetened Chocolate Squares		14	1/2 square	70	7	4.5	0	0.00
Baker's Joy	No-Stick Spray	Flour	0.33	1/3 second spray	0	0	0	0	0.00
Balance Bar	Carb Well	Chocolate Fudge	50	1 bar	190	6	4	0	0.00
Balance Bar	Carb Well	Chocolate Peanut Butter	50	1 bar	200	8	4	0	0.00
Balance Bar	Gold	Chewy Chocolate Chip	50	1 bar	210	7	4	0	0.00
Balance Bar	Gold	Chocolate Peanut Butter	50	1 bar	210	7	4	0	0.00
Balance Bar	Gold Crunch	Chocolate Mint Cookie	50	1 bar	210	6	4	0	0.00

Balance Bar	Gold Crunch	Crunchy Peanut Butter	50	1 bar	210	7	4	0	0.00
Balance Bar	Nutrition Energy Bar	Almond Brownie	50	1 bar	200	6	1.5	0	0.00
Balance Bar	Nutrition Energy Bar	Chocolate	50	1 bar	200	6	3.5	0	0.00
Balance Bar	Nutrition Energy Bar	Honey Peanut	50	1 bar	200	6	3	0	0.00
Balance Bar	Nutrition Energy Bar	Mocha Chip	50	1 bar	200	6	4	0	0.00
Balance Bar	Nutrition Energy Bar	Yogurt Honey Peanut	50	1 bar	200	6	3	0	0.00
Balance Bar	Trail Mix	Chocolate Chip	50	1 bar	210	7	3	0	0.00
Balance Bar	Trail Mix	Cinnamon Oat & Honey	50	1 bar	210	7	2.5	0	0.00
Balance Bar	Trail Mix	Fruit & Nut	50	1 bar	210	7	2.5	0	0.00
Banquet	Brown n Serve	Beef	54	3 links	190	17	8	1	1.85
Banquet	Brown n Serve	Maple	60	3 links	210	19	6	0	0.00
Banquet	Brown n Serve	Original	60	3 links	200	18	6	0	0.00
Banquet	6 Salisbury Steaks and Brown Gravy	Family Size	127	1 steak	280	19	8	1	0.79
Banquet	Barbecue Chicken Meal		280	1 meal	250	6	1.5	0	0.00
Banquet	Beef Enchilada and Tamale Combo Meal		312	1 meal	390	13	4	1	0.32
Banquet	Beef Patty with Country Style Vegetables Meal		269	1 meal	260	14	5	1	0.37
Banquet	Boneless Pork Rib		283	1 meal	370	17	6	0	0.00
Banquet	Cheese Enchilada Meal		311	1 meal	410	12	5	0.5	0.16
Banquet	Chicken Breast Nuggets		85	5 nuggets	220	13	4.5	0	0.00
Banquet	Chicken Breast Patties		76	1 patty	260	19	4.5	0	0.00
Banquet	Chicken Breast Tenders		85	5 tenders	220	13	4.5	0	0.00
Banquet	Chicken Breast Tenders Buffalo Style	Hot & Spicy	85	5 tenders	220	13	4.5	0	0.00
Banquet	Chicken Breats Strips		85	2 strips	270	19	5	0	0.00
Banquet	Chicken Enchilada Meal		312	1 meal	430	15	4	0.5	0.16
Banquet	Chicken Finger Meal		201	1 meal	460	15	3.5	0.5	0.25
Banquet	Chicken Fried Beef Steak Meal		284	1 meal	390	19	6	0.5	0.18
Banquet	Chicken Fried Chicken Meal		286	1 meal	380	20	5	0	0.00
Banquet	Chicken Nugget Meal		191	1 meal	380	19	4	0	0.00
Banquet	Chicken Nuggets		85	5 nuggets	230	14	5	0	0.00
Banquet	Chicken Nuggets		85	5 nuggets	230	14	5	0	0.00
Banquet	Chicken Patties		76	1 patty	230	17	3.5	0	0.00
Banquet	Crispy Chicken Variety Pack	Southern	118	NA	340	21	5	1	0.85
Banquet	Crispy Chicken Variety Pack		118	NA	320	19	5	1	0.85
Banquet	Crock Pot Classics	Beef Stew	240	1 cup	210	5	2.5	0	0.00
Banquet	Crock Pot Classics	Chicken with Red Skin Potatoes & Vegetables	240	1 cup	240	11	3	0	0.00
Banquet	Crock Pot Classics	Homestyle Pork	240	1 cup	200	4	1.5	0	0.00
Banquet	Crock Pot Classics	Meatballs & Pasta	249	1 cup	430	15	7	0	0.00
Banquet	Crock Pot Classics	Stroganoff with Beef & Noodles	226	1 cup	350	12	3.5	0	0.00
Banquet	Desert Bakes	Apple Crisp	121	NA	220	4	1.5	0	0.00
Banquet	Desert Bakes	Cherry Cobler	139	NA	250	4	2	0	0.00
Banquet	Desert Bakes	Chocolate Silk Pie	78	NA	330	9	6	1	1.28
Banquet	Desert Bakes	Coconut Crème Pie	70	NA	310	9	7	0	0.00
Banquet	Desert Bakes	Peach Cobler	127	NA	240	3.5	1.5	0	0.00
Banquet	Fettuccine Alfredo		276	1 meal	370	15	8	0.5	0.18
Banquet	Fish Stick Meal		206	1 meal	360	13	3	0	0.00
Banquet	Fried Chicken Meal		255	1 meal	430	21	5	1	0.39
Banquet	Fried Rice with Chicken and Egg Roll Meal		240	1 meal	320	7	1.5	0	0.00
Banquet	Homestyle Bakes	Beef Chili with Beans and Cornbread	229	NA	360	10	3	0	0.00
Banquet	Homestyle Bakes	Beef Stew and Biscuits	220	NA	300	8	3	1	0.45
Banquet	Homestyle Bakes	Country Chicken, Mashed Potatoes, and Biscuits	182	NA	380	15	4	1.5	0.82
Banquet	Homestyle Bakes	Creamy Chicken and Biscuits	211	NA	350	18	4	0	0.00
Banquet	Homestyle Bakes	Creamy Turkey and Stuffing	202	NA	310	14	3	0	0.00
Banquet	Homestyle Bakes	Dumplings and Chicken	221	NA	230	4.5	1	0	0.00
Banquet	Homestyle Gravy and Sliced Turkey	Family Size	147	2 slices	200	11	3	0	0.00
Banquet	Homestyle Noodles and Chicken Meal		311	1 meal	300	11	4	0	0.00
Banquet	Lasagna with Meat and Sauce Meal		312	1 meal	340	9	3	0	0.00
Banquet	Macaroni & Cheese Meal		340	1 meal	390	11	6	0	0.00
Banquet	Meat Loaf Meal		269	1 meal	300	15	6	1	0.37
Banquet	Mexican Style Enchilada Combo Meal		312	1 meal	380	12	3.5	1	0.32
Banquet	Pepperoni Pizza Meal		191	1 meal	550	29	5	0.5	0.26
Banquet	Pot Pies	Beef	198	1 pie	450	27	11	0.5	0.25
Banquet	Pot Pies	Beef	198	1 pie	450	27	11	0.5	0.25
Banquet	Pot Pies	Chicken	198	1 pie	370	21	9	0	0.00

Banquet	Pot Pies	Chicken	198	1 pie	370	21	9	0	0.00
Banquet	Pot Pies	Chicken & Broccoli	198	1 pie	350	20	9	0	0.00
Banquet	Pot Pies	Chicken and Broccoli	198	1 pie	350	20	9	0	0.00
Banquet	Pot Pies	Turkey	198	1 pie	380	21	9	0	0.00
Banquet	Pot Pies	Turkey	198	1 pie	380	21	9	0	0.00
Banquet	Pot Roast Meal		266	1 meal	220	5	2	0	0.00
Banquet	Salisbury Steak Meal		269	1 meal	300	16	6	1	0.37
Banquet	Sliced Beef Meal		255	1 meal	230	6	2.5	0	0.00
Banquet	Swedish Meatballs		290	1 meal	430	23	10	0.5	0.17
Banquet	Turkey Meal		262	1 meal	200	8	2	0	0.00
Banquet	Wings	Honey BBQ	85	NA	270	17	4.5	1	1.18
Banquet	Wings	Hot & Spicy	85	NA	260	17	4.5	0	0.00
Banquet	Wings	Hot & Spicy	85	NA	260	17	4.5	0.5	0.59
Bar S	Corn Dogs		85	1 dog	240	15	4	0	0.00
Ben & Jerry's	Cherry Garcia		104	1/2 cup	240	14	9	0	0.00
Ben & Jerry's	Chocolate Chip Cookie Dough		104	1/2 cup	270	15	10	0	0.00
Ben & Jerry's	Chocolate Fudge Brownie		102	1/2 cup	260	13	9	0	0.00
Ben & Jerry's	Chunky Monkey		107	1/2 cup	300	18	10	0	0.00
Ben & Jerry's	Coffe Heath Crunch		104	1/2 cup	290	18	11	1	0.96
Ben & Jerry's	Half Baked		103	1/2 cup	280	14	9	0	0.00
Ben & Jerry's	Karamel Sutra		107	1/2 cup	280	15	10	0	0.00
Ben & Jerry's	New York Super Fudge Chunk		106	1/2 cup	310	20	11	0	0.00
Ben & Jerry's	The Cone	Cherry Garcia	101	1 cone	300	16	12	0	0.00
Ben & Jerry's	The Cone	Chocolate Chip Cookie Dough	105	1 cone	360	19	12	0	0.00
Benecol	Benecol	Spread	14	1 Tbsp	70	8	1	0	0.00
Bertolli	Chicken Alla Vodka & Farfalle		340	1/2 package	500	24	11	0.5	0.15
Bertolli	Chicken Parmigiana & Penne		340	1/2 package	530	25	6	0.5	0.15
Bertolli	Grilled Chicken Alfredo		340	1/2 package	650	33	17	1.5	0.44
Bertolli	Italian Sausage & Rigatoni		340	1/2 package	510	30	8	0	0.00
Bertolli	Meatballs Pomodoro & Penne		340	1/2 package	600	31	8	0	0.00
Bertolli	Shrimp, Asparagus, & Penne		340	1/2 package	480	21	9	0	0.00
Betty Crocker	Bowl Appetit	Herb Chicken with Vegetable Rice	68	1 bowl	260	5	1.5	1	1.47
Betty Crocker	Brownie Mix	Chocolate Chunk	30	1/20 package	130	3	1.5	0.5	1.67
Betty Crocker	Brownie Mix	Frosted	38	1/20 package	150	3	1	1	2.63
Betty Crocker	Brownie Mix	Fudge Brownies	28	1/20 package	110	1.5	0.5	0.5	1.79
Betty Crocker	Brownie Mix	Fudge Brownies - Dutch Chocolate	32	1/9 package	130	1.5	0.5	0.5	1.56
Betty Crocker	Brownie Mix	Original Supreme	32	1/20 package	120	1.5	0.5	0.5	1.56
Betty Crocker	Brownie Mix	Triple Chunk	30	1/20 package	130	3	1.5	0.5	1.67
Betty Crocker	Brownie Mix	Turtle	29	1/20 package	120	2.5	0.5	0	0.00
Betty Crocker	Brownie Mix	Ultimate Fudge	30	1/20 package	120	2.5	1	0	0.00
Betty Crocker	Brownie Mix	Walnut	28	1/20 package	120	3.5	0.5	0.5	1.79
Betty Crocker	Complete Meals	Chicken Fettuccine Alfredo	146	1/5 package	240	9	2.5	1	0.68
Betty Crocker	Complete Meals	Three Cheese Chicken	147	1/5 package	260	10	2.5	1.5	1.02
Betty Crocker	Cookie Mix	Chocolate Chip	28	3 Tbsp	120	3	1.5	0	0.00
Betty Crocker	Cookie Mix	Oatmeal	28	3 Tbsp	100	1.5	0	0	0.00
Betty Crocker	Cookie Mix	Oatmeal Chocolate Chip	28	3 Tbsp	110	2.5	1.5	0	0.00
Betty Crocker	Cookie Mix	Peanut Butter	28	1/18 package	120	4	1	0	0.00
Betty Crocker	Cookie Mix	Sugar Cookie	28	3 Tbsp	120	2.5	0.5	1	3.57
Betty Crocker	Ginger Bread		51	1/8 package	210	5	1.5	1.5	2.94
Betty Crocker	Hamburger Helper	Bacon Cheeseburger	49	1/3 cup	190	3	1	1	2.04
Betty Crocker	Hamburger Helper	Beef Pasta	32	1/3 cup	110	1	0	0	0.00
Betty Crocker	Hamburger Helper	Beef Romanoff	38	1/2 cup	130	1.5	0.5	0	0.00
Betty Crocker	Hamburger Helper	Beef Taco	40	1/2 cup	140	1.5	0	0	0.00
Betty Crocker	Hamburger Helper	Cheddar Cheese Melt	37	2/3 cup	130	1.5	0.5	0.5	1.35
Betty Crocker	Hamburger Helper	Cheeseburger Macaroni	43	1/3 cup	160	2.5	0.5	0.5	1.16
Betty Crocker	Hamburger Helper	Cheesy Enchilada	51	1/2 cup	190	3	0.5	1	1.96
Betty Crocker	Hamburger Helper	Cheesy Hashbrowns	48	1/2 cup	170	5	0.5	0.5	1.04
Betty Crocker	Hamburger Helper	Cheesy Italian Shells	43	1/2 cup	160	1	0.5	0	0.00
Betty Crocker	Hamburger Helper	Cheesy Nacho	45	1/2 cup	170	2.5	0.5	1	2.22
Betty Crocker	Hamburger Helper	Cheesy Shells	41	1/2 cup	150	2	0.5	0.5	1.22
Betty Crocker	Hamburger Helper	Chili Cheese	42	1/2 cup	160	2	0.5	0.5	1.19
Betty Crocker	Hamburger Helper	Chili Macaroni	39	1/3 cup	140	1	0	0	0.00
Betty Crocker	Hamburger Helper	Crunchy Taco	43	1/2 cup	160	4	1	1	2.33

Betty Crocker	Hamburger Helper	Double Cheese Quesadilla	48	1/2 cup	180	4	1	1.5	3.13
Betty Crocker	Hamburger Helper	Four Cheese Lasagna	38	2/3 cup	140	2	0.5	0.5	1.32
Betty Crocker	Hamburger Helper	Italian Sausage Flavor	39	1/3 cup	130	0.5	0	0	0.00
Betty Crocker	Hamburger Helper	Lasagna	36	2/3 cup	120	0.5	0	0	0.00
Betty Crocker	Hamburger Helper	Philly Cheesesteak	37	1/2 cup	150	5	2	1	2.70
Betty Crocker	Hamburger Helper	Potatoes Stroganoff	28	2/3 cup	100	2	0.5	1	3.57
Betty Crocker	Hamburger Helper	Rice Oriental	41	1/4 cup	140	0.5	0	0	0.00
Betty Crocker	Hamburger Helper	Salisbury	35	2/3 cup	120	1	0.5	0	0.00
Betty Crocker	Hamburger Helper	Spaghetti	37	1/2 cup	130	1	0	0	0.00
Betty Crocker	Hamburger Helper	Stroganoff	36	2/3 cup	130	2.5	1	1	2.78
Betty Crocker	Hamburger Helper	Three Cheese	42	1/2 cup	150	2	0.5	0.5	1.19
Betty Crocker	Hamburger Helper	Tomato Basil Penne	42	1/3 cup	140	1	0	0	0.00
Betty Crocker	Mashed Potatoes	Butter & Herb	25	1/2 cup	90	1	0.5	0.5	2.00
Betty Crocker	Mashed Potatoes	Roasted Garlic & Cheddar	25	1/2 cup	90	1	0.5	0.5	2.00
Betty Crocker	Mashed Potatoes	Sour Cream & Chives	25	1/2 cup	90	1	0	0	0.00
Betty Crocker	Muffin Mix	Chocolate Chip	39	1/12 package	160	4.5	2.5	0	0.00
Betty Crocker	Muffin Mix	Cinnamon Streusel	36	N/A	150	3.5	1	1	2.78
Betty Crocker	Muffin Mix	Lemon Poppy Seed	37	1/12 package	140	2	0.5	0	0.00
Betty Crocker	Muffin Mix	Wild Blueberry	36	1/12 package	130	1.5	0.5	0	0.00
Betty Crocker	Pie Crust		20	1/8 crust	110	7	2	2.5	12.50
Betty Crocker	Pizza Crust Mix		46	1/4 crust	160	2	0	0	0.00
Betty Crocker	Potatoe Buds	Mashed Potatoes	23	1/3 cup	80	0	0	0	0.00
Betty Crocker	Potatoes	Au Gratin	28	1/2 cup	90	0.5	0	0	0.00
Betty Crocker	Potatoes	Cheesy Scalloped	28	2/3 cup	90	1	0	0	0.00
Betty Crocker	Potatoes	Scalloped	27	1/2 cup	90	1	0.5	0.5	1.85
Betty Crocker	Pound Cake		57	1/8 package	240	7	2.5	1.5	2.63
Betty Crocker	Rich and Creamy Frosting	Chocolate	33	2 Tbsp	140	7	2	2.5	7.58
Betty Crocker	Rich and Creamy Frosting	Coconut Pecan	35	2 Tbsp	140	7	3	1.5	4.29
Betty Crocker	Rich and Creamy Frosting	Cream Cheese	33	2 Tbsp	140	5	1	2	6.06
Betty Crocker	Rich and Creamy Frosting	Lemon	33	2 Tbsp	140	5	1	2	6.06
Betty Crocker	Rich and Creamy Frosting	Milk Chocolate	33	2 Tbsp	140	7	2	2.5	7.58
Betty Crocker	Super Moist	Butter Pecan	43	1/12 package	170	3.5	1	1	2.33
Betty Crocker	Super Moist	Butter Recipe Chocolate	43	1/12 package	170	3	1	0.5	1.16
Betty Crocker	Super Moist	Butter Recipe Yellow	43	1/12 package	170	2.5	1	0.5	1.16
Betty Crocker	Super Moist	Carrot	51	1/10 package	200	3	1	1	1.96
Betty Crocker	Super Moist	Chocolate Fudge	43	1/12 package	170	3	1	0.5	1.16
Betty Crocker	Super Moist	Cinnamon Swirl	51	1/12 package	200	3.5	1	1	1.96
Betty Crocker	Super Moist	Devil's Food	43	1/12 package	170	3	1.5	0.5	1.16
Betty Crocker	Super Moist	German Chocolate	43	1/12 package	170	3	1	0.5	1.16
Betty Crocker	Super Moist	Lemon	43	1/12 package	170	3.5	1	1	2.33
Betty Crocker	Super Moist	Milk Chocolate	43	1/12 package	170	3.5	1	1	2.33
Betty Crocker	Super Moist	Strawberry	43	1/12 package	170	3.5	1	1	2.33
Betty Crocker	Super Moist	White	43	1/12 package	180	4	1	1	2.33
Betty Crocker	Super Moist	Yellow	43	1/12 package	170	3.5	1	1	2.33
Betty Crocker	Tuna Helper	Cheesy Pasta	43	3/4 cup	150	1.5	0.5	0.5	1.16
Betty Crocker	Tuna Helper	Creamy Broccoli	48	1/2 cup	180	3.5	1	1	2.08
Betty Crocker	Tuna Helper	Creamy Parmesan	48	3/4 cup	180	3.5	1.5	1	2.08
Betty Crocker	Tuna Helper	Creamy Roasted Garlic	49	3/4 cup	190	4	1	1.5	3.06
Betty Crocker	Tuna Helper	Fettuccini Alfredo	45	3/4 cup	170	3	1	1	2.22
Betty Crocker	Tuna Helper	Tetrazzini	45	2/3 cup	160	2.5	1	0.5	1.11
Betty Crocker	Warm Delights	Fudgy Chocolate Chip Cookie	82	1 bowl	340	11	4.5	1	1.22
Betty Crocker	Warm Delights	Hot Fudge Brownie	88	1 bowl	370	12	4.5	2	2.27
Betty Crocker	Warm Delights	Molten Caramel Cake	95	1 bowl	360	10	3.5	2	2.11
Betty Crocker	Warm Delights	Molten Chocolate Cake	95	1 bowl	370	12	5	2	2.11
Betty Crocker	Whipped Frosting	Cream Cheese	24	2 Tbsp	110	5	1.5	1.5	6.25
Betty Crocker	Whipped Frosting	Fluffy White	24	2 Tbsp	110	5	1.5	1.5	6.25
Betty Crocker	Whipped Frosting	Strawberry Mist	24	2 Tbsp	110	5	1.5	1.5	6.25
Betty Crocker	Whipped Frosting	Whipped Cream	24	2 Tbsp	100	5	1.5	1.5	6.25
Bisquick	Biscuit Mix	Complete - Cinnamon Swirl	37	1/3 cup	150	4	1	1.5	4.05
Bisquick	Biscuit Mix	Complete - Honey Butter	37	1/3 cup	160	6	2.5	2	5.41
Bisquick	Biscuit Mix	Complete - Three Cheese	37	1/3 cup	160	7	2.5	2.5	6.76
Bisquick	Pancake Mix	Original	40	1/3 cup	160	6	1.5	1.5	3.75
Bisquick	Pancake Mix	Shake 'n Pour Buttermilk	57	1/2 cup	200	3	0.5	0.5	0.88

Bisquick	Pancake Mix	Shake 'n Pour Original	57	1/2 cup	200	3.5	1	1	1.75
Bit-O-Honey	Bit-O-Honey		48	1 bar	180	3.5	2.5	0	0.00
Blossom Creek Farms	Breaded Chicken Nuggets		114	6 nuggets	220	14	6	0	0.00
Blue Bell Ice Cream	Banana Nut		74	1/2 cup	170	9	4.5	0	0.00
Blue Bell Ice Cream	Banana Pudding		79	1/2 cup	180	8	4.5	0	0.00
Blue Bell Ice Cream	Banana Split		83	1/2 cup	170	8	5	0	0.00
Blue Bell Ice Cream	Banana Strawberry		74	1/2 cup	140	7	4.5	0	0.00
Blue Bell Ice Cream	Bullets		59	1 bar	60	0	0	0	0.00
Blue Bell Ice Cream	Buttered Pecan		74	1/2 cup	180	11	5	0	0.00
Blue Bell Ice Cream	Cake Batter		72	1/2 cup	150	8	5	0	0.00
Blue Bell Ice Cream	Caramel Almond Crunch		77	1/2 cup	180	9	5	0	0.00
Blue Bell Ice Cream	Caramel Turtle Fudge		77	1/2 cup	210	11	6	0	0.00
Blue Bell Ice Cream	Century Sundae		78	1/2 cup	190	10	7	0	0.00
Blue Bell Ice Cream	Cherry Vanilla		72	1/2 cup	150	7	4.5	0	0.00
Blue Bell Ice Cream	Chocolate Almond Marshmallow		80	1/2 cup	190	9	6	0	0.00
Blue Bell Ice Cream	Chocolate Brownie Overload		74	1/2 cup	190	11	8	0	0.00
Blue Bell Ice Cream	Chocolate Chip		74	1/2 cup	170	9	6	0	0.00
Blue Bell Ice Cream	Chocolate Chip Cookie Dough		74	1/2 cup	190	9	5	1	1.35
Blue Bell Ice Cream	Chocolate Covered Cherries		77	1/2 cup	190	9	6	0	0.00
Blue Bell Ice Cream	Coffee		74	1/2 cup	160	8	5	0	0.00
Blue Bell Ice Cream	Cookies and Cream		74	1/2 cup	180	9	5	0	0.00
Blue Bell Ice Cream	Crème Pops		49	1 bar	60	1	1	0	0.00
Blue Bell Ice Cream	Dos Amigos		74	1/2 cup	150	7	4.5	0	0.00
Blue Bell Ice Cream	Dream Bars		62	1 bar	80	2.5	2	0	0.00
Blue Bell Ice Cream	Dutch Chocolate		74	1/2 cup	160	8	5	0	0.00
Blue Bell Ice Cream	French Vanilla		74	1/2 cup	160	8	5	0	0.00
Blue Bell Ice Cream	Fudge Bars	No Sugar Added	33	1 bar	45	1.5	1	0	0.00
Blue Bell Ice Cream	Fudge Bars		66	1 bar	120	4	4	0	0.00
Blue Bell Ice Cream	Fudge Brownie Nut		74	1/2 cup	170	9	6	0	0.00
Blue Bell Ice Cream	Great Divide Bars		56	1 bar	210	15	13	0	0.00
Blue Bell Ice Cream	Great Divide Cones		88	1 cone	270	13	9	0	0.00
Blue Bell Ice Cream	Homemade Vanilla		88	1/2 cup	180	8	6	0	0.00
Blue Bell Ice Cream	Hot Chocolate		74	1/2 cup	160	6	4	0	0.00
Blue Bell Ice Cream	Ice Cream Sandwiches		56	1 sandwich	150	6	2.5	0	0.00
Blue Bell Ice Cream	Kid Pops		64	1 bar	50	0	0	0	0.00
Blue Bell Ice Cream	Krunch Bars	No Sugar Added	38	1 bar	100	6	5	0	0.00
Blue Bell Ice Cream	Krunch Bars		55	1 bar	170	12	10	0	0.00
Blue Bell Ice Cream	Lemon Ice Box Pie		74	1/2 cup	160	8	5	0	0.00
Blue Bell Ice Cream	Light	Cookies n Cream	84	1/2 cup	180	4.5	2	0	0.00
Blue Bell Ice Cream	Light	Strawberries and Homemade Vanilla	84	1/2 cup	130	3	2	0	0.00
Blue Bell Ice Cream	Light	The Great Divide	88	1/2 cup	140	4.5	3	0	0.00
Blue Bell Ice Cream	Lowfat Yogurt	Country Vanilla	80	1/2 cup	110	1.5	1	0	0.00
Blue Bell Ice Cream	Milk Chocolate		87	1/2 cup	180	9	6	0	0.00
Blue Bell Ice Cream	Mini Country Cones		58	2 cones	180	9	7	0	0.00
Blue Bell Ice Cream	Mini Crunch Bars		63	2 bars	210	14	13	0	0.00
Blue Bell Ice Cream	Mini Rainbows		81	2 bars	70	0	0	0	0.00
Blue Bell Ice Cream	Mini Sandwiches		68	2 sandwiches	200	7	4.5	0	0.00
Blue Bell Ice Cream	Mint Chocolate Chip		74	1/2 cup	170	9	6	0	0.00
Blue Bell Ice Cream	Mississippi Mud Cake		77	1/2 cup	180	8	5	0	0.00
Blue Bell Ice Cream	Moo-lleniun Crunch		74	1/2 cup	190	11	6	0	0.00
Blue Bell Ice Cream	Mooo Bars	No Sugar Added	37	1 bar	100	6	5	0	0.00
Blue Bell Ice Cream	Mooo Bars		55	1 bar	170	12	11	0	0.00
Blue Bell Ice Cream	Natural Vanilla Bean		87	1/2 cup	180	8	5	0	0.00
Blue Bell Ice Cream	Neopolitan		74	1/2 cup	160	8	5	0	0.00
Blue Bell Ice Cream	No Fat Yogurt	Banana Split	80	1/2 cup	110	0	0	0	0.00
Blue Bell Ice Cream	No Fat Yogurt	Strawberry	80	1/2 cup	120	0	0	0	0.00
Blue Bell Ice Cream	No Sugar Added	Banana Split	74	1/2 cup	100	3	2	0	0.00
Blue Bell Ice Cream	No Sugar Added	Butter Pecan	69	1/2 cup	90	3	0.5	0	0.00
Blue Bell Ice Cream	No Sugar Added	Country Vanilla	74	1/2 cup	90	3	2	0	0.00
Blue Bell Ice Cream	No Sugar Added	The Great Divide	74	1/2 cup	90	3	2	0	0.00
Blue Bell Ice Cream	Peanut Brittle		77	1/2 cup	190	9	5	0	0.00
Blue Bell Ice Cream	Pecan Pralines n Cream		79	1/2 cup	200	9	6	0	0.00
Blue Bell Ice Cream	Pinata		84	1/2 cup	190	9	6	0	0.00

Blue Bell Ice Cream	Pistachio Almond		74	1/2 cup	170	10	5	0	0.00
Blue Bell Ice Cream	Pop n Fudge Bars	Banana	66	1 bar	100	3	3	0	0.00
Blue Bell Ice Cream	Pop n Fudge Bars	Chocolate	66	1 bar	120	4.5	4	0	0.00
Blue Bell Ice Cream	Rocky Road		74	1/2 cup	180	9	5	0	0.00
Blue Bell Ice Cream	Sherbert	Lime	86	1/2 cup	130	1	0.5	0	0.00
Blue Bell Ice Cream	Sherbert	Orange	86	1/2 cup	130	1	0.5	0	0.00
Blue Bell Ice Cream	Sherbert	Pineapple	86	1/2 cup	120	1	0.5	0	0.00
Blue Bell Ice Cream	Sherbert	Rainbow	86	1/2 cup	130	1	0.5	0	0.00
Blue Bell Ice Cream	Southern Pecan		76	1/2 cup	210	13	6	0.5	0.66
Blue Bell Ice Cream	Strawberries and Homemade Vanilla		84	1/2 cup	160	7	4.5	0	0.00
Blue Bell Ice Cream	Strawberry		74	1/2 cup	150	6	4	0	0.00
Blue Bell Ice Cream	Strawberry Cheesecake		80	1/2 cup	170	7	4.5	0	0.00
Blue Bell Ice Cream	Strawberry Shortcake		76	1/2 cup	150	8	6	0	0.00
Blue Bell Ice Cream	Sugar Free Bullets		56	1 bar	15	0	0	0	0.00
Blue Bell Ice Cream	The Great Divide		81	1/2 cup	170	8	6	0	0.00
Blue Bell Ice Cream	Tin Roof		78	1/2 cup	190	10	6	0	0.00
Blue Bell Ice Cream	Triple Chocolate		77	1/2 cup	170	8	5	0	0.00
Blue Bell Ice Cream	Vanilla Cones		84	1 cone	280	16	8	0	0.00
Blue Bonnet	Blue Bonnet	Homestyle Spread	14	1 Tbsp	60	7	1	0	0.00
Blue Bonnet	Blue Bonnet	Light Spread	14	1 Tbsp	40	4.5	1	0	0.00
Blue Bonnet	Blue Bonnet	Light Sticks	14	1 Tbsp	50	5	1	1	7.14
Blue Bonnet	Blue Bonnet	Original Sticks	14	1 Tbsp	80	9	2	1.5	10.71
Blue Bunny	Carb Freedom	Almond	54	1 bar	160	12	9	0	0.00
Blue Bunny	Crunch Bar	Caramel	48	1 bar	150	10	8	0	0.00
Blue Bunny	Double Fudge Bars		106	2 bars	150	1.5	1	0	0.00
Blue Bunny	Health Smart	Fudge Bars	65	1 bar	50	0	0	0	0.00
Blue Bunny	Health Smart	Orange Crème Bars	63	1 bar	70	0	0	0	0.00
Blue Bunny	Health Smart	Raspberry Crème Bars	63	1 bar	70	0	0	0	0.00
Blue Bunny	Health Smart	Vanilla Fudge Bars	63	1 bar	60	0	0	0	0.00
Blue Bunny	Neopolitan Ice Cream Sandwiches		65	1 sandwich	180	7	4	0	0.00
Blue Bunny	Sweet Freedom	Ice Cream Lites	55	1 bar	150	10	7	0	0.00
Blue Bunny	Sweet Freedom	Krunch Lites	40	1 bar	90	6	5	0	0.00
Blue Bunny	Sweet Freedom	Sugar Free Pops	53	1 bar	15	0	0	0	0.00
Blue Bunny	Sweet Freedom	Supreme - Peanut Butter Cup	55	1 bar	160	11	8	0	0.00
Blue Bunny	Sweet Freedom	Supreme - Raspberry Cheesecake	40	1 bar	90	5	5	0	0.00
Blue Bunny	Sweet Freedom	Supreme - Turtle	55	1 bar	160	12	8	0	0.00
Blue Bunny	Sweet Freedom	Vanilla Sundae Cone	95	1 bar	240	13	9	0	0.00
Blue Bunny	The Champ	Vanilla	100	1 cone	280	19	11	0	0.00
Blue Bunny	Vanilla Ice Cream Sandwiches		60	1 sandwich	160	5	3	0	0.00
Brachs	Almond Supreme		40	11 pieces	220	13	6	0	0.00
Brachs	Bridge Mix		39	16 pieces	190	8	4.5	0	0.00
Brachs	California Raisins		39	35 pieces	170	6	5	0	0.00
Brachs	French Burnt Peanuts		40	31 pieces	1170	6	1	0	0.00
Brachs	Maple Nut Goodies		42	7 pieces	200	8	1.5	0	0.00
Brachs	Peanut Clusters		40	3 pieces	210	13	6	0	0.00
Breyers	98% Fat Free	Vanilla - Chocolate - Strawberry	63	1/2 cup	90	1.5	1	0	0.00
Breyers	Butter Pecan		67	1/2 cup	160	10	4.5	0	0.00
Breyers	Carb Smart	Almond Bar	56	1 bar	180	15	10	0	0.00
Breyers	Carb Smart	Chocolate	66	1/2 cup	120	8	5	0	0.00
Breyers	Carb Smart	Vanilla	66	1/2 cup	110	8	5	0	0.00
Breyers	Chocolate		67	1/2 cup	140	7	4.5	0	0.00
Breyers	French Vanilla		67	1/2 cup	140	8	4.5	0	0.00
Breyers	Light	Vanilla - Chocolate - Strawberry	60	1/2 cup	100	3.5	2	0	0.00
Breyers	Natural Vanilla		67	1/2 cup	140	8	4.5	0	0.00
Breyers	Rocky Road		67	1/2 cup	160	9	5	0	0.00
Breyers	Snickers		68	1/2 cup	170	8	4.5	0	0.00
Breyers	Strawberries n Cream		66	1/2 cup	130	6	3.5	0	0.00
Breyers	Strawberry		67	1/2 cup	120	5	3.5	0	0.00
Breyers	Tin Roof Sundae		67	1/2 cup	150	6	3.5	0	0.00
Breyers	Vanilla - Chocolate - Strawberry		67	1/2 cup	130	7	4	0	0.00
Breyers	Vanilla and Chocolate		67	1/2 cup	140	7	4.5	0	0.00
Breyers	Very Chocolate Cherry		67	1/2 cup	140	4.5	3	0	0.00
Bridgeford	Parkerhouse Style Rolls		57	2 rolls	150	3	0.5	1	1.75

Bridgeford	Ready Dough	Frozen White	57	1 in slice	160	2	1	0	0.00
Brommel & Brown	Brommel & Brown	Made with Natural Yogurt	14	1 Tbsp	45	5	1	0	0.00
Brommel & Brown	Brommel & Brown	Simply Strawberry	12	1 Tbsp	50	4	1	0	0.00
Bugles	Bugles	Nacho Cheese	30	1 1/3 cup	160	9	7	0	0.00
Bugles	Bugles	Original	30	1 1/3 cup	160	9	8	0	0.00
Bush's	Homestyle Chili	Original - No Beans	246	1 cup	240	14	5	0	0.00
Bush's	Homestyle Chili	Original - With Beans	246	1 cup	250	10	4	0	0.00
Cadbury	Caramello		45	1 bar	210	9	6	0	0.00
California Pizza Kitchen	BBQ Recipe Chicken		122	1/3 pizza	270	9	4	0	0.00
California Pizza Kitchen	Crispy Thin Crust	BBQ Recipe Chicken	133	1/3 pizza	290	9	4	0.5	0.38
California Pizza Kitchen	Five Cheese and Tomato		119	1/3 pizza	320	15	8	0.5	0.42
Campbells	Chunky	Baked Potato with Cheddar & Bacon Bits	240 ml	1 cup	180	8	3	0	0.00
Campbells	Chunky	Baked Potato with Steak & Cheese	240 ml	1 cup	200	9	3.5	0	0.00
Campbells	Chunky	BBQ Seasoned Burger	240 ml	1 cup	220	7	3	0	0.00
Campbells	Chunky	Beef & Country Vegetable	240 ml	1 cup	150	2.5	1	0	0.00
Campbells	Chunky	Beef Barley	240 ml	1 cup	170	2.5	1	0	0.00
Campbells	Chunky	Beef Rib Roast	240 ml	1 cup	110	1	1	0	0.00
Campbells	Chunky	Beef with White & Wild Rice	240 ml	1 cup	150	2.5	1.5	0	0.00
Campbells	Chunky	Chicken & Dumplings	240 ml	1 cup	190	9	2	0	0.00
Campbells	Chunky	Chicken Broccoli Cheese	240 ml	1 cup	200	11	4	0	0.00
Campbells	Chunky	Chicken Corn Chowder	240 ml	1 cup	230	12	4	0	0.00
Campbells	Chunky	Chicken Mushroom Chowder	240 ml	1 cup	210	12	3	0	0.00
Campbells	Chunky	Chicken with Vegetables	240 ml	1 cup	90	1.5	0.5	0	0.00
Campbells	Chunky	Classic Chicken Noodle	240 ml	1 cup	120	2.5	1	0	0.00
Campbells	Chunky	Fajita Chicken	240 ml	1 cup	140	1.5	0.5	0	0.00
Campbells	Chunky	Fajita Steak	240 ml	1 cup	150	1	0.5	0	0.00
Campbells	Chunky	Grilled Chicken	240 ml	1 cup	100	2	0.5	0	0.00
Campbells	Chunky	Grilled Chicken & Sausage Gumbo	240 ml	1 cup	140	2.5	1	0	0.00
Campbells	Chunky	Grilled Italian Sausage & Peppers	240 ml	1 cup	150	5	1.5	0	0.00
Campbells	Chunky	Grilled Sirloin Steak	240 ml	1 cup	130	2	1	0	0.00
Campbells	Chunky	Herb Roasted Chicken	240 ml	1 cup	120	1.5	1	0	0.00
Campbells	Chunky	Honey Roasted Ham	240 ml	1 cup	130	2.5	1	0	0.00
Campbells	Chunky	New England Clam Chowder	240 ml	1 cup	230	13	4	0	0.00
Campbells	Chunky	Pork Roast	240 ml	1 cup	140	3	1.5	0	0.00
Campbells	Chunky	Pot Roast	240 ml	1 cup	120	1.5	1	0	0.00
Campbells	Chunky	Potato Ham Chowder	240	1 cup	190	11	4	1.5	0.63
Campbells	Chunky	Salisbury Steak	240 ml	1 cup	150	4.5	2.5	0	0.00
Campbells	Chunky	Savory Chicken with White & Wild Rice	240 ml	1 cup	110	2	0.5	0	0.00
Campbells	Chunky	Savory Vegetable	240 ml	1 cup	110	1	0.5	0	0.00
Campbells	Chunky	Sirloin Burger with Country Vegetable	240 ml	1 cup	180	7	3	0	0.00
Campbells	Chunky	Slow Roasted Beef	240 ml	1 cup	120	1.5	1	0	0.00
Campbells	Chunky	Smoked Chicken	240 ml	1 cup	210	10	2	0	0.00
Campbells	Chunky	Steak & Potato	240 ml	1 cup	130	2	0.5	0	0.00
Campbells	Chunky	Tomato Cheese Ravioli	240 ml	1 cup	160	3	2	0	0.00
Campbells	Chunky	Turkey Pot Pie	240 ml	1 cup	190	10	3	0	0.00
Campbells	Chunky	Vegetable Beef	240 ml	1 cup	130	2.5	1	0	0.00
Campbells	Chunky - Healthy Request	Chicken Noodle	240 ml	1 cup	110	2	0.5	0	0.00
Campbells	Chunky - Healthy Request	Grilled Chicken & Sausage Gumbo	240 ml	1 cup	140	2.5	1	0	0.00
Campbells	Chunky - Healthy Request	Vegetable	240 ml	1 cup	120	0.5	0	0	0.00
Campbells	Chunky - Healthy Request	Vegetable Beef	240 ml	1 cup	110	1	0.5	0	0.00
Campbells	Chunky Chili	Fire House	240 ml	1 cup	220	8	3.5	0.5	0.21
Campbells	Chunky Chili	Hold the Beans	240 ml	1 cup	220	7	3	0.5	0.21
Campbells	Chunky Chili	Roadhouse	240 ml	1 cup	220	8	3.5	0.5	0.21
Campbells	Condensed Soup	Batman	120 ml	1/2 cup	70	2	0.5	0	0.00
Campbells	Condensed Soup	Bean with Bacon	120 ml	1/2 cup	170	4	1.5	0	0.00
Campbells	Condensed Soup	Beef Broth	120 ml	1/2 cup	15	0	0	0	0.00
Campbells	Condensed Soup	Beef Consomme	120 ml	1/2 cup	20	0	0	0	0.00
Campbells	Condensed Soup	Beef Noodle	120 ml	1/2 cup	70	2.5	0.5	0	0.00
Campbells	Condensed Soup	Beef with Vegetable and Barcomp	120 ml	1/2 cup	90	1.5	1	0	0.00
Campbells	Condensed Soup	Beefy Mushroom	120 ml	1/2 cup	50	2	1	0	0.00
Campbells	Condensed Soup	Broccoli Cheese	120 ml	1/2 cup	100	4.5	2	0	0.00
Campbells	Condensed Soup	Cheddar Cheese	120 ml	1/2 cup	110	5	2	0	0.00
Campbells	Condensed Soup	Chicken Alphabet	120 ml	1/2 cup	70	1.5	0.5	0	0.00

Campbells	Condensed Soup	Chicken and Stars	120 ml	1/2 cup	70	2	0.5	0	0.00
Campbells	Condensed Soup	Chicken Broth	120 ml	1/2 cup	20	1	0	0	0.00
Campbells	Condensed Soup	Chicken Broth - Low Sodium	298	1 container	25	0.5	0.5	0	0.00
Campbells	Condensed Soup	Chicken Gumbo	120 ml	1/2 cup	60	1	0.5	0	0.00
Campbells	Condensed Soup	Chicken Noodle - 25% Less Sodium	120 ml	1/2 cup	60	2	0.5	0	0.00
Campbells	Condensed Soup	Chicken Noodle - 45% Less Sodium	120 ml	1/2 cup	60	2	0.5	0	0.00
Campbells	Condensed Soup	Chicken Noodle's	120 ml	1/2 cup	80	2.5	1	0	0.00
Campbells	Condensed Soup	Chicken Rice	120 ml	1/2 cup	70	1.5	0.5	0	0.00
Campbells	Condensed Soup	Chicken Vegetable	120 ml	1/2 cup	80	1	0.5	0	0.00
Campbells	Condensed Soup	Chicken with Rice	120 ml	1/2 cup	70	1.5	5	0	0.00
Campbells	Condensed Soup	Chicken with White and Wild Rice	120 ml	1/2 cup	70	1.5	0.5	0	0.00
Campbells	Condensed Soup	Cream and Potato	120 ml	1/2 cup	90	2	1	0	0.00
Campbells	Condensed Soup	Cream of Asparagus	120 ml	1/2 cup	110	7	2	0	0.00
Campbells	Condensed Soup	Cream of Broccoli	120 ml	1/2 cup	70	2	0.5	0	0.00
Campbells	Condensed Soup	Cream of Celery	120 ml	1/2 cup	60	3	1	0	0.00
Campbells	Condensed Soup	Cream of Chicken	120 ml	1/2 cup	70	2.5	1	0	0.00
Campbells	Condensed Soup	Cream of Chicken and Mushroom	120 ml	1/2 cup	80	6	2	0	0.00
Campbells	Condensed Soup	Cream of Mushroom	120 ml	1/2 cup	50	2.5	1	0	0.00
Campbells	Condensed Soup	Cream of Mushroom - 25% Less Sodium	120 ml	1/2 cup	90	6	0.5	0	0.00
Campbells	Condensed Soup	Cream of Mushroom with Roasted Garlic	120 ml	1/2 cup	70	2.5	1	0	0.00
Campbells	Condensed Soup	Cream of Onion	120 ml	1/2 cup	100	6	1.5	0	0.00
Campbells	Condensed Soup	Creamy Chicken Noodle	120 ml	1/2 cup	120	7	1.5	0	0.00
Campbells	Condensed Soup	Curly Noodle	120 ml	1/2 cup	80	2	0.5	0	0.00
Campbells	Condensed Soup	Danny Phantom	120 ml	1/2 cup	70	2	0.5	0	0.00
Campbells	Condensed Soup	Dora the Explorer	120 ml	1/2 cup	70	2	0.5	0	0.00
Campbells	Condensed Soup	Double Noodle	120 ml	1/2 cup	100	1.5	0.5	0	0.00
Campbells	Condensed Soup	Fiesta Style Nacho Cheese	120 ml	1/2 cup	120	8	3	0	0.00
Campbells	Condensed Soup	French Onion	120 ml	1/2 cup	45	1.5	1	0	0.00
Campbells	Condensed Soup	Goldfish	120 ml	1/2 cup	70	1.5	0.5	0	0.00
Campbells	Condensed Soup	Homestyle Chicken Noodle	120 ml	1/2 cup	70	2	1	0	0.00
Campbells	Condensed Soup	Homestyle Chicken Noodle - 40% Less Sodium	120 ml	1/2 cup	60	2	0.5	0	0.00
Campbells	Condensed Soup	Jimmy Neutron	120 ml	1/2 cup	70	2	0.5	0	0.00
Campbells	Condensed Soup	Mega Noodle	120 ml	1/2 cup	90	2	0.5	0	0.00
Campbells	Condensed Soup	Minestrone	120 ml	1/2 cup	80	0.5	0	0	0.00
Campbells	Condensed Soup	New England Clam Chowder	120 ml	1/2 cup	90	2.5	0.5	0	0.00
Campbells	Condensed Soup	Old Fashioned Vegetable	120 ml	1/2 cup	80	1.5	0.5	0	0.00
Campbells	Condensed Soup	Oyster Stew	120 ml	1/2 cup	80	6	3.5	0	0.00
Campbells	Condensed Soup	Southwest Style Chicken Vegetable	120 ml	1/2 cup	110	1	0.5	0	0.00
Campbells	Condensed Soup	Southwest Style Pepper Jack	120 ml	1/2 cup	110	6	2	0	0.00
Campbells	Condensed Soup	Split Pea with Ham and Bacon	120 ml	1/2 cup	180	3.5	2	0	0.00
Campbells	Condensed Soup	Tomato	120 ml	1/2 cup	90	1.5	0.5	0	0.00
Campbells	Condensed Soup	Tomato - 25% Less Sodium	120 ml	1/2 cup	90	0	0	0	0.00
Campbells	Condensed Soup	Tomato Bisque	120 ml	1/2 cup	130	3.5	1.5	0	0.00
Campbells	Condensed Soup	Tomato Noodle	120 ml	1/2 cup	120	0.5	0	0	0.00
Campbells	Condensed Soup	Vegetable Beef	120 ml	1/2 cup	80	1	0.5	0	0.00
Campbells	Condensed Soup	Vegetable Beef	120 ml	1/2 cup	90	1	0.5	0	0.00
Campbells	Condensed Soup	Vegetable made with Beef Stock	120 ml	1/2 cup	100	0.5	0.5	0	0.00
Campbells	Condensed Soup	Vegetable with Beef Stock	120 ml	1/2 cup	100	1	0	0	0.00
Campbells	Condensed Soup	Vegetarian Vegetable	120 ml	1/2 cup	90	0.5	0	0	0.00
Campbells	Gravy	Beef	240 ml	1/4 cup	25	1	0.5	0	0.21
Campbells	Select	Chicken with Egg Noodles	240 ml	1 cup	110	1.5	0.5	0	0.00
Campbells	Select	Creamy Potato with Roasted Garlic	240 ml	1 cup	180	10	2.5	0	0.00
Campbells	Select	Mexican Style Chicken Tortilla	240 ml	1 cup	140	3	1.5	0	0.00
Campbells	Select	New England Clam Chowder	240 ml	1 cup	220	14	3	0	0.00
Campbells	Select	Three Cheese Mushroom Ravioli with Vegetables	240 ml	8 fl oz	130	3	2	0	0.00
Campbells	Select	Vegetable	240 ml	1 cup	100	0.5	0	0	0.00
Campbells	Select - Healthy Request	Italian Style Wedding	240 ml	1 cup	120	2.5	1.5	0	0.00
Campbells	Select - Healthy Request	Mexican Style Chicken Tortilla	240 ml	1 cup	130	2.5	1	0	0.00
Campbells	Select - Healthy Request	Savory Chicken & Long Grain Rice	240 ml	1 cup	100	0.5	0	0	0.00
Campbells	Soup at Hand	Blended Vegetable Medley	305	1 container	100	1	0	0	0.00
Campbells	Soup at Hand	Chicken & Stars	305	1 container	70	1.5	0.5	0	0.00
Campbells	Soup at Hand	Chicken with Mini Noodles	305	1 container	80	2	0.5	0	0.00
Campbells	Soup at Hand	Classic Tomato	305	1 container	120	0	0	0	0.00

Campbells	Soup at Hand	Creamy Tomato	305	1 container	180	4	1	0	0.00
Campbells	Soup at Hand	New England Clam Chowder	305	1 container	120	6	1	0	0.00
Campbells	Soup at Hand	Vegetable Beef	305	1 container	60	1	0.5	0	0.00
Campbells	Spaghetti		252	1 cup	200	1.5	0.5	0	0.00
Campbells	Spaghettios	Meatballs	252	1 cup	240	8	3.5	0.5	0.20
Campbells	Spaghettios	Meatballs - A to Z's	252	1 cup	260	9	3.5	0.5	0.20
Campbells	Spaghettios	Original	252	1 cup	180	1	0.5	0	0.00
Campbells	Spaghettios	Plus Calcium	252	1 cup	180	1	0.5	0	0.00
Campbells	Spaghettios	Raviolios	252	1 cup	290	10	4	0.5	0.20
Campbells	Spaghettios	Shapes	252	1 cup	170	1	0.5	0	0.00
Campbells	Spaghettios	Sliced Franks	252	1 cup	230	10	5	0	0.00
Campbells	Supper Bakes	Cheesy Chicken with Pasta	85	1/6 box	170	4	1	0.5	0.59
Campbells	Supper Bakes	Garlic Chicken with Pasta	103	1/6 box	230	1	0.5	0	0.00
Campbells	Supper Bakes	Lemon Chicken with Herb Rice	94	1/6 box	200	1	0.5	0	0.00
Campbells	Supper Bakes	Southwestern Style Chicken with Rice	81	1/6 box	150	1	0.5	0	0.00
CarbWise	Crisp	Blueberry Coblér	50	1 bar	200	9	7	0	0.00
CarbWise	Crisp	Chocolate Fudge	50	1 bar	170	9	6	0	0.00
Carnation	Evaporated Milk	Fat Free	30 ml	2 Tbsp	25	0.5	0	0	0.00
Carnation	Evaporated Milk	Low Fat 2% Milk	30 ml	2 Tbsp	25	0	0	0	0.00
Carnation	Evaporated Milk		30 ml	2 Tbsp	40	2	1.5	0	0.00
Cellas	Cellas	Milk Chocolate	28	2 pieces	120	4.5	2	0	0.00
Cheetos	100 Calorie Packs	Baked Crunchy	21.2	1 Package	100	4	0.5	0	0.00
Cheetos	Baked	crunchy	28	34 pieces	130	5	1	0	0.00
Cheetos	Crunch		28	21 pieces	160	10	2	0	0.00
Cheetos	Crunchy	Cheddar Jalepeno	28	21 pieces	170	11	1.5	0	0.00
Cheetos	Crunchy	Flamin Hot	28	21 pieces	170	11	1.5	0	0.00
Cheetos	Crunchy	Flamin Hot with Limon	28	28 pieces	160	11	2	0	0.00
Cheetos	Crunchy Twisted		28	13 pieces	150	8	1.5	0	0.00
Cheetos	Puffs	Flamin Hot	28	13 pieces	150	10	1.5	0	0.00
Cheetos	Puffs		28	29 pieces	160	10	1.5	0	0.00
Cheetos	Twisted		28	7 pieces	160	10	1.5	0	0.00
Chef Boyardee	Beef Ravioli		246	1 cup	240	8	4	0	0.00
Chef Boyardee	Beefaroni		249	1 cup	260	10	4.5	0	0.00
Chef Boyardee	Cheese Ravioli		246	1 cup	240	7	3	0	0.00
Chef Boyardee	Cheesy Burger Macaroni		253	1 cup	200	5	2.5	0	0.00
Chef Boyardee	Chili Mac		250	1 cup	260	13	5	0.5	0.20
Chef Boyardee	Jumbo		255	1 cup	270	12	5	0.5	0.20
Chef Boyardee	Lasagna		249	1 cup	270	10	5	0	0.00
Chef Boyardee	Mini Bites	ABC's & 123's with Meatballs	213	1 bowl	220	8	3.5	0	0.00
Chef Boyardee	Mini Bites	Spaghetti Rings & Meatballs	213	1 bowl	220	8	3.5	0	0.00
Chef Boyardee	Mini Bites		251	1 cup	250	10	4.5	0	0.00
Chef Boyardee	Mini Ravioli		252	1 cup	250	9	4.5	0	0.00
Chef Boyardee	Overstuffed Beef Ravioli		260	1 cup	270	6	3	0	0.00
Chef Boyardee	Spaghetti & Meatballs		257	1 cup	250	10	4.5	0	0.00
Chex Mix	Chex Mix	Cheddar	30	2/3 cup	130	4	1	0	0.00
Chex Mix	Chex Mix	Hot n' Spicy	30	2/3 cup	130	4	1	0.5	1.67
Chex Mix	Chex Mix	Peanut Butter	33	2/3 cup	150	5	1.5	0	0.00
Chex Mix	Chex Mix	Peanut Lovers	30	1/2 cup	140	6	1	0	0.00
Chex Mix	Chex Mix	Sweet & Salty Honey Nut	30	1/2 cup	130	4	0.5	0	0.00
Chex Mix	Chex Mix	Sweet & Salty Trail Mix	32	1/2 cup	140	4.5	1.5	0	0.00
Chex Mix	Chex Mix	Traditional	30	2/3 cup	130	4	0.5	0	0.00
Chex Mix	Chex Mix	Turtle	33	2/3 cup	150	5	2	0	0.00
Chung's	Egg Rolls	Pork	88	1 roll	170	6	1.5	0	0.00
Chung's	Egg Rolls	Vegetable	88	1 roll	160	6	1	0	0.00
Chung's	Egg Rolls	White Meat Chicken	88	1 roll	160	4	1	0	0.00
Chung's	Mini Egg Rolls	Chicken	71	2 rolls	130	3	0.5	0	0.00
Chung's	Mini Egg Rolls	Shrimp	71	2 rolls	130	3.5	0.5	0	0.00
Chung's	Spring Rolls	Shrimp	120	2 rolls	160	6	2	0	0.00
Chung's	Spring Rolls	Vegetable	120	2 rolls	150	4	1	0	0.00
Clif	Builder's	Peanut Butter	68	1 bar	270	8	4.5	0	0.00
Clif	Clif Bar	Carrot Cake	68	1 bar	240	4	1.5	0	0.00
Clif	Clif Bar	Chocolate Almond Fudge	68	1 bar	250	5	105	0	0.00
Clif	Clif Bar	Chocolate Brownie	68	1 bar	240	4.5	1.5	0	0.00

Clif	Clif Bar	Chocolate Chip	68	1 bar	250	5	2	0	0.00
Clif	Clif Bar	Chocolate Chip Peanut Crunch	68	1 bar	250	6	2	0	0.00
Clif	Clif Bar	Crunchy Peanut Butter	68	1 bar	250	6	1.5	0	0.00
Contessa	Shrimp	Select Harvest	113	4 oz	70	0	0	0	0.00
Contessa	Shrimp Primavera		208	1 1/2 cup	350	21	4	2	0.96
Contessa	Shrimp Stir Fry		227	1 3/4 cups	120	2.5	1	0	0.00
Corn Nuts	Corn Nuts	Chile Picante	28	1/3 cup	130	4.5	0.5	0	0.00
Corn Nuts	Corn Nuts	Original	28	1/3 cup	130	4	0.5	0	0.00
Country Crock	Country Crock	Calcium	14	1 Tbsp	50	5	1	0	0.00
Country Crock	Country Crock	Churn Style	14	1 Tbsp	70	7	1.5	0	0.00
Country Crock	Country Crock	Country Maple	11	1 Tbsp	60	6	1	0.5	4.55
Country Crock	Country Crock	Light	14	1 Tbsp	50	5	1	0	0.00
Country Crock	Country Crock	Shedd's Spread	14	1 Tbsp	70	7	1.5	0	0.00
Country Crock	Country Crock	Spreadable Butter	11	1 Tbsp	80	9	3.5	0	0.00
Country Crock	Country Crock	Spreadable Sticks	14	1 Tbsp	80	8	1.5	2	14.29
Country Crock	Country Crock	Whipped Easy Squeeze	12	1 Tbsp	60	7	1	0	0.00
Country Crock	Deluxe	Cheddar Broccoli Rice	200	1 cup	270	11	5	0	0.00
Country Crock	Deluxe	Loaded Mashed Potatoes	142	2/3 cup	200	11	5	0	0.00
Country Crock	Deluxe	Macaroni and Cheese	230	1 cup	370	17	8	0.5	0.22
Country Crock	Deluxe	Scalloped Potatoes	142	2/3 cup	210	11	6	0	0.00
Country Crock	Mashed Potatoes	Garlic	142	2/3 cup	200	11	5	0	0.00
Country Crock	Mashed Potatoes	Homestyle	142	2/3 cup	190	10	5	0	0.00
Cracker Jack	Cracker Jack	The Original	28.3	1 Package	120	2	0	0	0.00
Craisins	Trail Mix	Cranberry & Chocolate	30	3 Tbsp	140	8	2	0	0.00
Craisins	Trail Mix	Cranberry Fruits & Nuts	30	3 Tbsp	140	6	0	0	0.00
Crème Savers	Crème Savers	Desserts	13	3 candies	45	1	1	0	0.00
Crisco	All-Vegetable Shortening	O Grams Trans Fat	12	1 Tbsp	110	12	3	0	0.00
Crisco	All-Vegetable Shortening		12	1 Tbsp	110	12	3	1.5	12.50
Crisco	No-Stick Spray	Butter	0.25	1/3 second spray	0	0	0	0	0.00
Crisco	No-Stick Spray	Flour	0.23	1/6 second spray	0	0	0	0	0.00
Crisco	No-Stick Spray	Original	0.25	1/3 second spray	0	0	0	0	0.00
Croissant Pockets	Chicken Broccoli and Cheddar		128	1 piece	310	15	7	0	0.00
Croissant Pockets	Ham and Cheddar		128	1 piece	340	16	8	0	0.00
Croissant Pockets	Pepperoni Pizza		128	1 piece	390	20	10	0	0.00
David	Pumpkin Seeds		45	1 Package	280	22	4	0	0.00
David	Sunflower Kernels		30	1/4 cup	190	15	2	0.5	1.67
David	Sunflower Seeds	BBQ	30	1/4 cup without shell	190	15	1.5	0	0.00
David	Sunflower Seeds	Original	30	1/4 cup without shell	190	15	1.5	0	0.00
David	Sunflower Seeds	Ranch	30	1/4 cup without shell	180	13	1.5	0	0.00
Del Monte	Manwich	Barbecue	64	1/4 cup	50	0	0	0	0.00
Del Monte	Manwich	Original	64	1/4 cup	30	0	0	0	0.00
Del Monte	Sloppy Joe	Hickory	69	1/4 cup	60	0	0	0	0.00
Del Monte	Sloppy Joe	Original	67	1/4 cup	50	0	0	0	0.00
Digiorno	Cheese Stuffed Crust	Pepperoni Pizza	150	1/5 pizza	370	16	8	0.5	0.33
Digiorno	Cheese Stuffed Crust	Supreme Pizza	145	1/6 pizza	350	16	7	0	0.00
Digiorno	Cheese Stuffed Crust	Three Meat Pizza	136	1/6 pizza	340	16	7	0.5	0.37
Digiorno	Garlic Bread Pizza	Four Cheese	144	1/6 pizza	350	14	5	1	0.69
Digiorno	Garlic Bread Pizza	Pepperoni Pizza	145	1/6 pizza	370	16	5	1	0.69
Digiorno	Harvest Wheat Rising Crust Pizza	Pepperoni Pizza	130	1/6 pizza	270	8	3.5	0	0.00
Digiorno	Microwave Rising Crust Pizza	Pepperoni Pizza	142	1/2 pizza	370	15	5	1.5	1.06
Digiorno	Organic	Cheese Pizza	136	1/4 pizza	340	15	5	0	0.00
Digiorno	Organic	Spinach and Garlic Pizza	136	1/4 pizza	330	14	4.5	0	0.00
Digiorno	Rising Crust Pizza	Pepperoni Pizza	120	1/3 pizza	290	11	5	0	0.00
Digiorno	Rising Crust Pizza	Sausage and Pepperoni Pizza	143	1/6 pizza	360	15	6	0	0.00
Digiorno	Rising Crust Pizza	Spicy Chicken Supreme Pizza	149	1/6 pizza	310	10	4.5	0	0.00
Digiorno	Rising Crust Pizza	Spinach Mushroom and Garlic Pizza	143	1/6 pizza	290	9	4	0	0.00
Digiorno	Rising Crust Pizza	Supreme Pizza	135	1/3 pizza	320	14	6	0	0.00
Digiorno	Rising Crust Pizza	Three Meat Pizza	144	1/6 pizza	360	15	6	0	0.00
Dinty Moore	Chicken & Dumplings		213	1 cup	200	6	2	0	0.00
Dinty Moore	Scalloped Potatoes with Ham		213	1 cup	240	13	5	0	0.00
Dolly	Donut Gems	Chocolate	61	4 donuts	250	15	11	0.5	0.82
Dolly	Donut Gems	Chocolate	61	4 donuts	250	15	11	0.5	0.82
Dolly	Donut Holes Glazed		55	5 donut holes	240	13	7	1	1.82

Dolly	Donut Holes Glazed		55	5 donut holes	240	13	7	1	1.82
Dolly	Mini Crullers		64	3 donuts	270	14	7	1	1.56
Dolly	Mini Crullers		64	3 donuts	270	14	7	1	1.56
Dolly	Powdered Donuts		57	4 donuts	210	10	5	0.5	0.88
Dolly	Powdered Donuts		57	4 donuts	210	10	5	0.5	0.88
Dolly	Sweet Rolls	Cherry	67	1 roll	210	6	3	0	0.00
Dolly	Sweet Rolls	Cherry	67	1 roll	210	6	3	0	0.00
Dolly	Sweet Rolls	Cinnamon	60	1 roll	210	7	2.5	0	0.00
Dolly	Sweet Rolls	Cinnamon	60	1 roll	210	7	2.5	0	0.00
Dolly	Sweet Rolls	Danish Rollers	54	2 rolls	200	8	1.5	0	0.00
Dolly	Sweet Rolls	Danish Rollers	54	2 rolls	200	8	1.5	0	0.00
Dolly	Zingers	Iced Vanilla	40	1 cake	160	4.5	2.5	0	0.00
Dolly	Zingers	Raspberry	43	1 cake	160	6	4.5	0	0.00
Dolly	Donut Gems	Powdered Sugar	59	4 donuts	230	11	5	1	1.69
Dolly	Donut Gems	Powdered Sugar	59	4 donuts	230	11	5	1	1.69
Dolly	Jumbo Donuts		44	1 donut	180	10	5	0.5	1.14
Dolly	Jumbo Donuts		44	1 donut	180	10	5	0.5	1.14
Dolly	Shortcake		32	1 cake	100	1	0	0	0.00
Doritos	100 Calorie Packs	Cool Ranch	19.2	1 Package	100	6	1	0	0.00
Doritos	100 Calorie Packs	Nacho Cheese	19.2	1 Package	100	6	1	0	0.00
Doritos	Baked	Nacho Cheese	28	15 chips	120	3.5	0.5	0	0.00
Doritos	Cool Ranch		28	12 chips	140	7	1	0	0.00
Doritos	Fiery Habanero		28	12 chips	130	7	1	0	0.00
Doritos	Light	Nacho Cheese	28	11 chips	100	2	0.5	0	0.00
Doritos	Nacho Cheese		28	11 chips	140	8	1.5	0	0.00
Doritos	Salsa Verde		28	12 chips	140	7	1	0	0.00
Doritos	Spicy Nacho		28	12 chips	140	7	1	0	0.00
Doritos	Toasted Corn		28	13 chips	140	7	1	0	0.00
Dove	Rich Dark Chocolate		33	1/3 bar	170	11	6	0	0.00
Dove	Rich Dark Chocolate Covered Almonds		39	13 pieces	210	15	6	0	0.00
Dove	Smooth Milk Chocolate		33	1/3 bar	180	11	6	0	0.00
Dove	Smooth Milk Chocolate Covered Almonds		39	13 pieces	220	15	6	0	0.00
Dove	Smooth Milk Chocolate with Almonds		35	1/3 bar	190	12	6	0	0.00
Dreyers	Dibs	Caramel	110	26 pieces	440	32	22	0	0.00
Dreyers	Dibs	Chocolate	105	26 pieces	420	32	20	0	0.00
Dreyers	Dibs	Cookies n Cream	104	26 pieces	410	29	20	0	0.00
Dreyers	Dibs	Crunch	101	26 pieces	380	28	20	0	0.00
Dreyers	Dibs	Strawberry	105	26 pieces	390	28	18	0	0.00
Dreyers	Dibs	Vanilla	105	26 pieces	430	32	19	0	0.00
Dreyers	Girl Scouts	Samoas	65	1/2 cup	160	8	4.5	0	0.00
Dreyers	Girl Scouts	Thin Mints	65	1/2 cup	170	9	6	0	0.00
Dreyers	Grand Ice Cream	Butter Pecan	65	1/2 cup	170	10	4.5	0	0.00
Dreyers	Grand Ice Cream	Chocolate	65	1/2 cup	150	8	4.5	0	0.00
Dreyers	Grand Ice Cream	French Vanilla	65	1/2 cup	150	9	5	0	0.00
Dreyers	Grand Ice Cream	Mint Chocolate Chip	65	1/2 cup	170	9	6	0	0.00
Dreyers	Grand Ice Cream	Real Strawberry	65	1/2 cup	130	6	3.5	0	0.00
Dreyers	Grand Ice Cream	Rocky Road	65	1/2 cup	170	10	5	0	0.00
Dreyers	Grand Ice Cream	Vanilla	66	1/2 cup	160	11	6	0	0.00
Dreyers	Slow Churned - No Sugar Added	Butter Pecan	62	1/2 cup	120	5	2	0	0.00
Dreyers	Slow Churned - No Sugar Added	Cookies n Cream	62	1/2 cup	120	4	2	0	0.00
Dreyers	Slow Churned - No Sugar Added	French Vanilla	62	1/2 cup	100	3	1.5	0	0.00
Dreyers	Slow Churned - No Sugar Added	Fudge Tracks	62	1/2 cup	110	4	2.5	0	0.00
Dreyers	Slow Churned - No Sugar Added	Vanilla	62	1/2 cup	90	3	2	0	0.00
Dreyers	Slow Churned - No Sugar Added	Vanilla Bean	62	1/2 cup	90	3	2	0	0.00
Dreyers	Slow Churned - Rich and Creamy	Butter Pecan	60	1/2 cup	120	5	2	0	0.00
Dreyers	Slow Churned - Rich and Creamy	Caramel Delight	62	1/2 cup	120	3.5	2	0	0.00
Dreyers	Slow Churned - Rich and Creamy	Chocolate	60	1/2 cup	110	3.5	2	0	0.00
Dreyers	Slow Churned - Rich and Creamy	French Vanilla	60	1/2 cup	100	3.5	2	0	0.00
Dreyers	Slow Churned - Rich and Creamy	Mint Chocolate Chip	60	1/2 cup	120	4.5	3	0	0.00
Dreyers	Slow Churned - Rich and Creamy	Rocky Road	60	1/2 cup	120	4	2	0	0.00
Dreyers	Slow Churned - Rich and Creamy	Strawberry	62	1/2 cup	110	3	1.5	0	0.00
Dreyers	Slow Churned - Rich and Creamy	Vanilla	60	1/2 cup	100	3.5	2	0	0.00
Duncan Hines	Angel Food	Fat Free	38	1/12 package	140	0	0	0	0.00

Duncan Hines	Brownie Mix	Chewy Fudge	30	1/20 package	120	2.5	0.5	0	0.00
Duncan Hines	Brownie Mix	Chocolate Marble Swirl	28	1/18 package	120	3	1	0	0.00
Duncan Hines	Brownie Mix	Double Fudge	31	1/16 package	130	2.5	0.5	0.5	1.61
Duncan Hines	Brownie Mix	Milk Chocolate Chunk	31	1/16 package	130	3	1	0.5	1.61
Duncan Hines	Brownie Mix	Turtle	30	1/16 package	130	3	0.5	0	0.00
Duncan Hines	Creamy Homestyle Frosting	Buttercream	35	2 Tbsp	140	6	1.5	1.5	4.29
Duncan Hines	Creamy Homestyle Frosting	Classic Vanilla	35	2 Tbsp	140	6	1.5	1.5	4.29
Duncan Hines	Creamy Homestyle Frosting	Coconut Pecan	35	2 Tbsp	150	9	3	1.5	4.29
Duncan Hines	Creamy Homestyle Frosting	Cream Cheese	35	2 Tbsp	140	6	1.5	1.5	4.29
Duncan Hines	Creamy Homestyle Frosting	Milk Chocolate	35	2 Tbsp	140	6	1.5	1.5	4.29
Duncan Hines	Creamy Homestyle Frosting	Strawberries 'n Cream	35	2 Tbsp	140	6	1.5	1.5	4.29
Duncan Hines	Moist Deluxe	Butter Recipe Golden	52	1/10 package	230	5	2	0.5	0.96
Duncan Hines	Moist Deluxe	Classic White Cake	43	1/12 package	180	3	1	0	0.00
Duncan Hines	Moist Deluxe	Classic Yellow Cake	43	1/12 package	180	3	1	0	0.00
Duncan Hines	Moist Deluxe	Devil's Food	43	1/12 package	180	3.5	1.5	0	0.00
Duncan Hines	Moist Deluxe	French Vanilla	43	1/12 package	180	3	1	0	0.00
Duncan Hines	Moist Deluxe	German Chocolate	43	1/12 package	180	3.5	1.5	0	0.00
Duncan Hines	Moist Deluxe	Lemon Supreme	43	1/12 package	180	3	1	0	0.00
Duncan Hines	Moist Deluxe	Orange Supreme	43	1/12 package	180	3	1	0	0.00
Duncan Hines	Moist Deluxe	Pineapple Supreme	43	1/12 package	180	3	1	0.5	1.16
Duncan Hines	Moist Deluxe	Red Velvet	43	1/12 package	180	4	1.5	0	0.00
Duncan Hines	Moist Deluxe	Spice Cake	43	1/12 package	180	3	1	0	0.00
Duncan Hines	Muffin Mix	Blueberry Streusel	47	1/12 package	170	4.5	1	1	2.13
Duncan Hines	Muffin Mix	Cinnamon Swirl	45	3 Tbsp	190	5	1	1	2.22
Duncan Hines	Muffin Mix	Wild Maine Blueberry	45	3 Tbsp	140	4	1	1	2.22
Duncan Hines	Signature Deserts	Boston Cream Pie	71	1/6 package	270	7	3.5	0	0.00
Duncan Hines	Signature Deserts	Chocolate Molten Lava Cake	55	1/12 package	220	5	1	0	0.00
Duncan Hines	Signature Deserts	Chocolate Silk Torte	63	1/10 package	190	7	2.5	0.5	0.79
Duncan Hines	Signature Deserts	Hot Fudge Brownie Sundae	64	1/9 package	260	7	3.5	0.5	0.78
Duncan Hines	Signature Deserts	Orange Dreamsicle	65	1/12 package	220	4.5	2.5	0	0.00
Duncan Hines	Whipped Frosting	Chocolate	35	3 Tbsp	160	9	2.5	0	0.00
Duncan Hines	Whipped Frosting	Cream Cheese	35	3 Tbsp	160	9	2.5	0	0.00
Duncan Hines	Whipped Frosting	Vanilla	35	3 Tbsp	160	9	2.5	0	0.00
Eagle Brand	Premium Desert Kits	Magic Cookie Bars	29	1/20 package	140	7	4	0	0.00
Eagle Brand	Premium Desert Kits	Turtle Temptation	32	1/20 package	140	6	2.5	0	0.00
Eagle Brand	Sweetened Condensed Milk	Fat Free	39	2 Tbsp	110	0	0	0	0.00
Eagle Brand	Sweetened Condensed Milk		39	2 Tbsp	130	3	2	0	0.00
Earth Grains	100% Whole Wheat Bread	Honey	43	1 slice	110	1.5	0	0	0.00
Earth Grains	100% Whole Wheat Bread	Stoneground	40	1 slice	100	1	0	0	0.00
Earth Grains	Honey Wheat Berry		40	1 slice	100	1	0	0	0.00
Earth Grains	Jewish Rye		35	1 slice	90	1	0	0	0.00
Earth Grains	Pumpernickel Rye		35	1 slice	90	1	0	0	0.00
Earth Grains	Sandwich Wheat		41	2 slices	120	1	0	0	0.00
Eggo	Blueberry		70	2 waffles	190	6	1.5	0	0.00
Eggo	Buttermilk		70	2 waffles	180	6	2	0	0.00
Eggo	Chocolate Chip		70	2 waffles	210	7	2.5	0	0.00
Eggo	Cinnamon Toast		92	3 sets of 4	290	10	3	0.5	0.54
Eggo	French Toaster Sticks	Cinnamon	90	2 sticks	220	6	1.5	0	0.00
Eggo	French Toaster Sticks	Original	90	2 sticks	220	6	1.5	0	0.00
Eggo	French Vanilla		70	2 waffles	200	8	2	2.5	3.57
Eggo	Homestyle		70	2 waffles	180	6	2	0	0.00
Eggo	Jungle Pancakes		117	3 pancakes	280	8	2	2.5	2.14
Eggo	Nutrigrain	Blueberry	70	2 waffles	160	4.5	1.5	0	0.00
Eggo	Nutrigrain	Whole Wheat	70	2 waffles	180	6	1.5	0	0.00
Eggo	Shrek		70	2 waffles	190	6	2	0	0.00
Eggo	Special K		87	3 waffles	190	1	0	0	0.00
Eggo	Stuffed French Toaster Stickers	Maple Syrup	118	2 pieces	310	7	2	0	0.00
El Charrito	Queso Dinner		312	1 dinner	350	8	3	1	0.32
El Charrito	Sour Cream Chicken Enchilada Dinner		312	1 dinner	340	7	2.5	0	0.00
Eskimo Pie	Original No Sugar Added	Dark Chocolate	49	1 bar	120	8	7	0	0.00
Famous Amos	Cookie	Chocolate Chip	29	4 cookies	140	7	2	2	6.90
Famous Amos	Cookie	Chocolate Chip and Pecan	29	4 cookies	150	8	2.5	1.5	5.17
Famous Amos	Sandwich Cookie	Vanilla	34	3 cookies	170	7	1.5	2.5	7.35

Ferrara Pan	Boston Baked Beans	Original	15	11 pieces	70	2	0	0	0.00	
Fiddle Faddle	Fiddle Faddle	Butter Toffee Popcorn	31	2/3 cup	120	4	1	0	0.00	
Fiddle Faddle	Fiddle Faddle	Candy Coated Popcorn	26	1/2 cup	100	1.5	0.5	0	0.00	
Fiddle Faddle	Fiddle Faddle	Honey Nut Popcorn	32	1/2 cup	130	3.5	1	0	0.00	
Fisher Boy	Fish Sticks	Crunchy	85	6 sticks	210	9	1.5	0	0.00	
Fisher Boy	Fish Sticks		85	6 sticks	210	9	1.5	0	0.00	
Flavorice	6 Fruity Flavors		43	1 pop	25	0	0	0	0.00	
Flavorice	6 Tropical Flavors		43	1 pop	25	0	0	0	0.00	
Fleishmann's	Fleishmann's	Original	14	1 Tbsp	70	8	1.5	0	0.00	
Fleishmann's	Fleishmann's	Original - Stick	14	1 Tbsp	100	11	2	2	14.29	
Fleishmann's	Fleishmann's	Unsalted Stick	14	1 Tbsp	100	11	2	2	14.29	
Flipz	Yogurt Flipz	Chocolate Swirl	28	8 pieces	130	4.5	4	0	0.00	
Flipz	Yogurt Flipz	Strawberry Swirl	28	8 pieces	130	5	4	0	0.00	
Food For Life	Ezekiel 4:9	Cinnamon Raisin	34	1 slice	80	0	0	0	0.00	
Food For Life	Wheat & Gluten Free	Raisin Pecan	43	1 slice	130	3	0	0	0.00	
Food For Life	Wheat & Gluten Free	Rice Almond	43	1 slice	120	2.5	0	0	0.00	
Foster Farms	Corn Dogs		75	1 dog	180	9	2.5	0	0.00	
Foster Farms	Mini Corn Dogs		76	4 minis	220	13	3.5	0	0.00	
French's	Potatoe Sticks	Original	30	3/4 cup	180	12	4.5	0	0.00	
Freschetta	Brick Oven	5 Italian Cheese	131	1/4 pizza	340	15	6	0	0.00	
Freschetta	Brick Oven	Italian Style Pepperoni	154	1/4 pizza	410	21	8	0.5	0.32	
Freschetta	Naturally Rising	4 Meat Pizza	133	1/6 pizza	340	13	6	0	0.00	
Freschetta	Naturally Rising	Pepperoni Pizza	128	1/6 pizza	330	14	6	0	0.00	
Freschetta	Naturally Rising	Supreme Pizza	140	1/6 pizza	350	14	6	0	0.00	
Frito	Chili Cheese		28	31 chips	160	10	1.5	0	0.00	
Frito	Flavor Twists	Honey BBQ	28	23 pieces	160	10	1.5	0	0.00	
Frito	Original		28	32 chips	160	10	1.5	0	0.00	
Frito	Scoops		28	10 chips	160	10	1.5	0	0.00	
Fritos	Dip	Bean	35	2 Tbsp	40	1	0	0	0.00	
Fritos	Dip	Chili Cheese	34	2 Tbsp	50	3.5	1	0	0.00	
Fritos	Dip	Jalapeno Cheddar	34	2 Tbsp	50	3.5	1	0	0.00	
Funyuns	Onion Flavored Rings		28	13 pieces	140	7	1	0	0.00	
Gandy's	Caramel Caribou		73	1/2 cup	170	8	5	0	0.00	
Gandy's	Cherry Vanilla		73	1/2 cup	150	7	4.5	0	0.00	
Gandy's	Chocolate		73	1/2 cup	150	7	4.5	0	0.00	
Gandy's	Kodiak Island Fudge		73	1/2 cup	170	9	5	0	0.00	
Gandy's	Moose Tracks		73	1/2 cup	200	12	6	0	0.00	
Gandy's	Neopolitan		73	1/2 cup	150	7	4.5	0	0.00	
Gandy's	Old Fashioned Vanilla		73	1/2 cup	150	7	4.5	0	0.00	
Gandy's	Slim n Trim	Vanilla	66	1/2 cup	100	3	2	0	0.00	
Gandy's	Vanilla		66	1/2 cup	130	7	4.5	0	0.00	
Gardetto's	Gardetto's	Deli Style Mustard Pretzel Mix	30	1/2 cup	130	2	0	0	0.00	
Gardetto's	Gardetto's	Original Recipe	30	1/2 cup	150	6	1	2	6.67	
Gardetto's	Gardetto's	Original Recipe - Reduced Fat	30	1/2 cup	130	4	1	1	3.33	
General Mills	Raisin Nut Bran		55	3/4 cup	200	3.5	0.5	0.5	0.91	
General Mills	Toast Crunch	Cinnamon	30		0.75	130	3.5	0.5	0	0.00
General Mills	Toast Crunch	Cinnamon 75% less sugar	30		0.75	120	3	0	0	0.00
General Mills	Toast Crunch	French	31		0.75	130	3.5	0	0	0.00
General Mills	Toast Crunch	Peanut Butter	30		0.75	130	3.5	0.5	0	0.00
Ghirardelli	Premium Mix	Double Chocolate Brownies	35	1/4 cup	150	4.5	1.5	1	2.86	
Ghirardelli	Baking Bars	60% Cocoa Bittersweet Chocolate	43	3 sections	220	17	10	0	0.00	
Ghirardelli	Baking Bars	Semi-Sweet Chocolate	43	3 sections	210	14	8	0	0.00	
Ghirardelli	Baking Bars	White Chocolate	43	3 sections	230	14	8	0	0.00	
Ghirardelli	Baking Chips	Classic White Chips	14	33 chips	70	4.5	4	0	0.00	
Ghirardelli	Baking Chips	Milk Chocolate Chips	15	16 chips	70	3.5	2.5	0	0.00	
Ghirardelli	Baking Chips	Semi-Sweet Chocolate Chips	15	32 chips	70	4.5	2.5	0	0.00	
Ghirardelli	Ghirardelli	Dark Chocolate - 60% Cacao	43	6 sections	220	17	10	0	0.00	
Ghirardelli	Ghirardelli	Milk Chocolate with Caramel Filling	42	5 sections	200	11	7	1	2.38	
Gladiola	Cornbread Mix	Mexican Style	28	1/6 package	110	3	0.5	0	0.00	
Gladiola	Cornbread Mix	White	28	1/6 package	110	3.5	0.5	0	0.00	
Gladiola	Cornbread Mix	Yellow	28	1/6 package	110	3	0.5	0	0.00	
Godiva Ice Cream	Belgian Dark Chocolate		106	1/2 cup	270	17	10	0.5	0.47	
Godiva Ice Cream	Belgian Dark Chocolate Bar		74	1 bar	230	15	9	0	0.00	

Godiva Ice Cream	Chocolate Raspberry Truffle		106	1/2 cup	290	16	10	0.5	0.47
Godiva Ice Cream	Classic Milk Chocolate		106	1/2 cup	280	18	11	0.5	0.47
Godiva Ice Cream	White Chocolate Raspberry		106	1/2 cup	260	12	8	0	0.00
Godiva Ice Cream	White Chocolate Raspberry Bar		80	1 bar	250	13	9	0	0.00
Gorton's	Beer Batter		103	2 fillets	250	16	4	0	0.00
Gorton's	Fish Fillets	Crunchy Golden	108	2 fillets	240	12	2.5	0	0.00
Gorton's	Fish Sticks	Crunchy Golden	91	6 sticks	220	12	2	0	0.00
Gorton's	Grilled Fillets	Cajun Blackened	108	1 fillet	100	3	0.5	0	0.00
Gorton's	Grilled Fillets	Garlic Butter	108	1 fillet	100	3	0.5	0	0.00
Gorton's	Grilled Fillets	Lemon Butter	108	1 fillet	100	3	0.5	0	0.00
Gorton's	Grilled Fillets	Lemon Pepper	108	1 fillet	100	3	0.5	0	0.00
Gorton's	Grilled Salmon	Classic Grilled	89	1 fillet	100	3	0.5	0	0.00
Gorton's	Shrimp Temptations	Jumbo Butterfly	99	5 shrimp	250	11	3	0	0.00
Gorton's	Shrimp Temptations	Lemon Butter	113	NA	120	6	2	0	0.00
Gorton's	Shrimp Temptations	Scampi	113	NA	120	6	1	0	0.00
Grant's Farm	Potato		26	1 slice	70	0.5	0	0	0.00
Grant's Farm	Stone Ground Wheat		26	1 slice	70	0.5	0	0	0.00
Green Giant	Alfredo Vegetables		113	1 cup	60	1.5	0.5	0	0.00
Green Giant	Asparagus Cuts	No Sauce	86	2/3 cup	20	0	0	0	0.00
Green Giant	Baby Brussels Sprouts	Butter Sauce	104	2/3 cup	60	1	0.5	0	0.00
Green Giant	Baby Sweet Peas	Butter Sauce	113	3/4 cup	80	1.5	1	0	0.00
Green Giant	Baby Vegetable Medley	Seasoned	103	3/4 cup	40	1	0	0	0.00
Green Giant	Broccoli	Cheese Sauce	110	2/3 cup	60	2.5	1	0.5	0.45
Green Giant	Broccoli	White Cheddar Cheese	112	3/4 cup	60	2	0.5	0	0.00
Green Giant	Broccoli	Zesty Cheese Sauce	109	3/4 cup	60	2	0.5	0	0.00
Green Giant	Broccoli & Carrots with Garlic & Herbs	Seasoned Vegetables	112	1/2 cup	45	0.5	0	0	0.00
Green Giant	Broccoli & Three Cheese Sauce		110	1 cup	50	1.5	0.5	0	0.00
Green Giant	Broccoli Spears	Butter Sauce	112	3 spears	40	1.5	1	0	0.00
Green Giant	Broccoli, Carrots, Cauliflower & Cheese Sauce		101	1 cup	50	1.5	0.5	0	0.00
Green Giant	Cauliflower	Cheese Sauce	98	1/2 cup	50	2.5	1	0.5	0.51
Green Giant	Cheesy Rice & Broccoli		283	1 package	270	5	1.5	1	0.35
Green Giant	Cream Style Corn		118	1/2 cup	110	1	0	0	0.00
Green Giant	Creamed Spinach		109	1/2 cup	70	2.5	1	0.5	0.46
Green Giant	Garden Vegetable Medley	Seasoned Vegetables	120	1 cup	70	0.5	0	0	0.00
Green Giant	Green Bean Casserole		109	2/3 cup	110	8	2.5	1	0.92
Green Giant	Green Beans & Almonds	No Sauce	81	2/3 cup	50	3	0	0	0.00
Green Giant	Honey Glazed Carrots		115	1 cup	90	3	0.5	1	0.87
Green Giant	Niblets Corn	Butter Sauce	123	2/3 cup	110	2	1	0	0.00
Green Giant	Niblets Corn	No Sauce	96	2/3 cup	80	0.5	0	0	0.00
Green Giant	Niblets Corn & Butter Sauce		107	3/4 cup	100	1.5	0.5	0	0.00
Green Giant	Pasta, Broccoli, Carrots & Cheese Sauce		227	2 1/2 cup	200	4	1	0.5	0.22
Green Giant	Roasted Potatoes with Broccoli	Cheese Sauce	122	3/4 cup	110	3	1	0.5	0.41
Green Giant	Roasted Potatoes with Broccoli & Cheese Sauce		142	1 cup	120	2	0.5	0.5	0.35
Green Giant	Roasted Potatoes with Garlic & Herbs	Seasoned	154	1 1/4 cup	200	7	1.5	1.5	0.97
Green Giant	Simply Steam	Broccoli & Carrots	131	1 1/2 cup	60	3	0.5	0	0.00
Green Giant	Simply Steam	Garden Vegetable Medley	99	1 cup	50	0.5	0	0	0.00
Green Giant	Spinach	No Sauce	100	1/2 cup	25	0	0	0	0.00
Green Giant	Super Sweet Corn, Peas, & Herb Butter Sauce		104	3/4 cup	80	1.5	0.5	0	0.00
Green Giant	Teriyaki Vegetables		110	1 1/4 cup	70	4.5	1	1	0.91
Haagen Dazs	Baileys		102	1/2 cup	270	12	10	0.5	0.49
Haagen Dazs	Butter Pecan		106	1/2 cup	310	23	11	0.5	0.47
Haagen Dazs	Chocolate		106	1/2 cup	270	18	11	0.5	0.47
Haagen Dazs	Chocolate Chocolate Chip		106	1/2 cup	300	20	12	0.5	0.47
Haagen Dazs	Coffee		106	1/2 cup	270	18	11	0.5	0.47
Haagen Dazs	Extra Rich - Light	Cherry Fudge Truffle	111	1/2 cup	230	7	3.5	0	0.00
Haagen Dazs	Extra Rich - Light	Coffee	106	1/2 cup	210	7	4	0	0.00
Haagen Dazs	Extra Rich - Light	Dulce de leche Caramel	109	1/2 cup	220	7	4.5	0	0.00
Haagen Dazs	Extra Rich - Light	Vanilla Bean	106	1/2 cup	200	7	4	0	0.00
Haagen Dazs	Light	Cherry Fudge Truffle	112	1/2 cup	230	7	4	0	0.00
Haagen Dazs	Light	Coffee	106	1/2 cup	210	7	4	0	0.00
Haagen Dazs	Light	Vanilla Bean	106	1/2 cup	200	7	4	0	0.00
Haagen Dazs	Mayan Chocolate		110	1/2 cup	310	19	11	0.5	0.45
Haagen Dazs	Rum Raisin		106	1/2 cup	270	17	10	0.5	0.47

Haagen Dazs	Strawberry		106	1/2 cup	250	16	10	0.5	0.47
Haagen Dazs	Vanilla		106	1/2 cup	270	18	11	0.5	0.47
Haagen Dazs	Vanilla Swiss Almond		106	1/2 cup	300	20	11	0.5	0.47
Healthy Choice	Beef Pot Roast		312	1 package	310	7	3	0	0.00
Healthy Choice	Beef Stroganoff		312	1 package	340	9	2	0	0.00
Healthy Choice	Beef Tip Portabello		319	1 package	300	8	2.5	0	0.00
Healthy Choice	Blackened Chicken		312	1 package	310	6	1.5	0	0.00
Healthy Choice	Cheesy Chicken and Rice		244	1 package	220	6	2.5	0	0.00
Healthy Choice	Chicken Margharita		284	1 package	340	8	1.5	0	0.00
Healthy Choice	Chicken Noodle		243	1 cup	100	1.5	0	0	0.00
Healthy Choice	Chicken Parmesan		329	1 package	370	9	2	0	0.00
Healthy Choice	Chicken Rigatoni		241	1 package	250	7	2	0	0.00
Healthy Choice	Chicken Tortilla		239	1 cup	170	2	0.5	0	0.00
Healthy Choice	Chicken with Rice		240	1 cup	90	1.5	0	0	0.00
Healthy Choice	Classic Grilled Chicken BBQ		298	1 package	270	3	1	0	0.00
Healthy Choice	Country Breaded Chicken		301	1 package	370	9	2	0	0.00
Healthy Choice	Country Herb Chicken		322	1 package	240	5	1.5	0	0.00
Healthy Choice	Country Vegetable		246	1 cup	110	1	0	0	0.00
Healthy Choice	Creamy Garlic Shrimp		326	1 package	280	5	1.5	0	0.00
Healthy Choice	Fiesta Chicken		225	1 cup	130	2.5	0.5	0	0.00
Healthy Choice	Grilled White Meat Chicken and Pasta		241	1 package	210	5	2	0	0.00
Healthy Choice	Grilled White Meat Chicken and Pasta		241	1 package	210	5	2	0	0.00
Healthy Choice	Hearty Chicken		249	1 cup	140	2	0.5	0	0.00
Healthy Choice	Lemon Pepper Fish		303	1 package	310	4.5	1	0	0.00
Healthy Choice	Meatloaf		340	1 package	300	8	2	0	0.00
Healthy Choice	Mushroom Roasted Beef		323	1 package	330	7	2	0	0.00
Healthy Choice	Pepperoni French Bread Pizza		170	1 package	350	4.5	1.5	0	0.00
Healthy Choice	Roasted Chicken		323	1 package	290	7	2	0	0.00
Healthy Choice	Salisbury Steak		354	1 package	360	9	3.5	0	0.00
Healthy Choice	Sesame Chicken		241	1 package	230	4.5	1	0	0.00
Healthy Choice	Supreme French Bread Pizza		170	1 package	340	4	1.5	0	0.00
Healthy Choice	Sweet Bourbon Steak		349	1 package	330	7	2	0	0.00
Healthy Choice	Traditional Turkey Breast		298	1 package	300	4	1	0	0.00
Healthy Choice	Vegetable Beef		252	1 cup	130	1	0	0	0.00
Healthy Choice	Zesty Gumbo		244	1 cup	100	2	1	0	0.00
Heath	Heath		39		220	13	7	0	0.00
Heinz	Homestyle Gravy	Classic Chicken	60	1/4 cup	25	1	0	0	0.00
Heinz	Homestyle Gravy	Roasted Turkey	60	1/4 cup	25	1	0	0	0.00
Heinz	Homestyle Gravy	Savory Beef	60	1/4 cup	30	1	0.5	0	0.00
Hellmann's	Hellmann's	Canola Real Mayonnaise	13	1 Tbsp	90	10	1	0	0.00
Hellmann's	Hellmann's	Light Mayonnaise	14	1 Tbsp	45	4.5	0.5	0	0.00
Hellmann's	Hellmann's	Real Mayonnaise	13	1 Tbsp	90	10	1.5	0	0.00
Hershey	Heath	Shell	35	2 Tbsp	220	17	10	0	0.00
Hershey	Hershey's	Bar in a Jar	36	2 Tbsp	130	5	4.5	0	0.00
Hershey	Hershey's	Caramel Topping	41	2 Tbsp	110	0	0	0	0.00
Hershey	Hershey's	Hot Fudge Topping	37	2 Tbsp	120	4	4	0	0.00
Hershey	Hershey's	Shell	35	2 Tbsp	230	18	11	0	0.00
Hershey	Hershey's Syrup	Classic Caramel Sundae	40	2 Tbsp	100	0	0	0	0.00
Hershey	Hershey's Syrup	Double Chocolate Sundae	38	2 Tbsp	100	0	0	0	0.00
Hershey	Hershey's Syrup	Light	35	2 Tbsp	50	0	0	0	0.00
Hershey	Hershey's Syrup	With Calcium	39	2 Tbsp	100	0	0	0	0.00
Hershey	Hershey's Syrup		39	2 Tbsp	100	0	0	0	0.00
Hershey's	5th Avenue		56		280	14	5	0	0.00
Hershey's	Carb	Chocolate Candy with Almonds	31	1 bar	140	12	6	0	0.00
Hershey's	Carb	Dark Chocolate Candy	31	1 bar	140	12	7	0	0.00
Hershey's	Hershey's	Cookies 'n' Crème	43	1 bar	230	12	6	0	0.00
Hershey's	Hershey's	Creamy Milk Chocolate with Caramel	36	1 bar	180	9	6	0	0.00
Hershey's	Hershey's	Extra Dark 60% Cacao	37	3 blocks	210	13	8	0	0.00
Hershey's	Hershey's	Extra Dark with Cranberries Blueberries & Almonds	37	3 blocks	200	12	7	0	0.00
Hershey's	Hershey's	Extra Dark with Macadamia Nuts & Cranberries	37	3 blocks	210	13	7	0	0.00
Hershey's	Hershey's	Milk Chocolate	43	1 bar	230	13	9	0	0.00
Hershey's	Hershey's	Milk Chocolate with Almonds	41	1 bar	220	13	7	0	0.00
Hershey's	Hershey's	Skor	39	1 bar	210	12	7	0	0.00

Hershey's	Hershey's	Chocolate Candy with Almonds - Sugar Free	40	5 pieces	180	14	7	0	0.00
Hershey's	Hershey's Slices	Mint Dark Chocolate	34	1 cup	200	12	7	0	0.00
Hershey's	Hershey's Slices	Raspberry Flavored Dark Chocolate	34	1 cup	200	12	7	0	0.00
Hershey's	Hershey's Sticks	Caramel & Milk Chocolate	11	1 stick	60	3	1.5	0	0.00
Hershey's	Hershey's Sticks	Milk Chocolate	11	1 stick	60	3.5	2	0	0.00
Hershey's	Hershey's Sticks	Mint Milk Chocolate	11	1 stick	60	3.5	2	0	0.00
Hershey's	Hershey's Sticks	Rick Dark Chocolate	11	1 stick	60	3.5	2	0	0.00
Hershey's	Hershey's Symphony	Creamy Milk Chocolate with Almonds and Toffee Chips	42	1 bar	230	14	7	0	0.00
Hershey's	Hugs		39	9 pieces	210	12	7	0	0.00
Hershey's	Kissables	Milk Chocolate	42		210	10	6	0	0.00
Hershey's	Kisses	Caramel	42	9 pieces	200	9	6	0	0.00
Hershey's	Kisses	Milk Chocolate	41	9 pieces	230	13	8	0	0.00
Hershey's	Kisses	Milk Chocolate with Almonds	40	9 pieces	230	14	7	0	0.00
Hershey's	Kisses	Peanut Butter	41	9 pieces	230	14	7	0	0.00
Hershey's	Kisses	Rick Dark Chocolate	41	9 pieces	230	13	8	0	0.00
Hershey's	Milk Duds		52	1 box	240	9	5	0	0.00
Hershey's	Mr. Goodbar		49	1 bar	270	16	7	0	0.00
Hershey's	Nuggets	Milk Chocolate	41	4 pieces	230	13	8	0	0.00
Hershey's	Nuggets	Milk Chocolate with Almonds	38	4 pieces	210	13	6	0	0.00
Hershey's	Nuggets	Special Dark Chocolate with Almonds	38	4 pieces	220	14	6	0	0.00
Hershey's	Nuggets Truffles	Milk Chocolate with Chocolate Truffle Filling	40	4 pieces	210	12	8	0	0.00
Hershey's	Nuggets Truffles	Special Dark Chocolate with Chocolate Truffle Filling	40	4 pieces	210	12	8	0	0.00
Hershey's	Smart Zone	Chocolate	50	1 bar	210	8	4	0	0.00
Hershey's	Smart Zone	Crunchy Key Lime	50	1 bar	200	6	3	0	0.00
Hershey's	Smart Zone	Lemon	50	1 bar	200	7	3	0	0.00
Hershey's	Smart Zone	Peanut Butter & Chocolate	50	1 bar	210	8	3	0	0.00
Hershey's	Smart Zone	Strawberry	50	1 bar	200	7	3	0	0.00
Hershey's	S'mores		46	1 bar	230	11	6	0	0.00
Hershey's	Take 5	Peanut Butter	42		220	11	7	0	0.00
Hershey's	Take 5		42	1 package	220	11	5	0	0.00
Hershey's	Whatchamacallit		45	1 bar	230	11	8	0	0.00
Hershey's	Baking Chips	Mini Chips	15	1 Tbsp	80	4.5	2.5	0	0.00
Hershey's	Baking Chips	Mini Kisses	15	11 pieces	80	4.5	3	0	0.00
Hershey's	Baking Chips	Semi Sweet Chocolate Chips	15	1 Tbsp	80	4.5	2.5	0	0.00
Hershey's	Baking Chips	Toffee Bits	15	1 Tbsp	80	5	2.5	0	0.00
Hershey's	Cocoa		5	1 Tbsp	20	0.5	0	0	0.00
Hershey's	Premier White Chocolate Chips and Macadamia Nuts		15	1 Tbsp	90	6	3	0	0.00
Hidden Valley	Coleslaw		30	2 Tablespoons	150	15	2.5	0	0.00
Hidden Valley	Ranch	Bacon Ranch	30	2 Tablespoons	140	14	2.5	0	0.00
Hidden Valley	Ranch	Cracked Peppercorn	30	2 Tablespoons	120	12	2	0	0.00
Hidden Valley	Ranch	Fat Free	32	2 Tablespoons	30	0	0	0	0.00
Hidden Valley	Ranch	Italian Ranch	30	2 Tablespoons	140	14	2	0	0.00
Hidden Valley	Ranch	Old Fashioned Buttermilk	30	2 Tablespoons	140	14	2	0	0.00
Hidden Valley	Ranch	Original	30	2 Tablespoons	140	14	2.5	0	0.00
Hidden Valley	Ranch	Original Light	31	2 Tablespoons	80	7	1	0	0.00
Hidden Valley	Ranch	Spicy Ranch	30	2 Tablespoons	150	16	2	0	0.00
Honey Maid	Graham Cracker Crumbs		16	2.5 Tbsp	70	1.5	0	0	0.00
Hormel	Beef Tips	with Gravy	140	1/2 cup	170	8	3	0.5	0.36
Hormel	Chicken & Noodles		283	1 bowl	250	8	4	0	0.00
Hormel	Chili	No Beans	236	1 cup	220	9	4	0	0.00
Hormel	Chili	Turkey No Beans	236	1 cup	190	3	1	0	0.00
Hormel	Chili	with Beans	247	1 cup	260	7	3	0	0.00
Hormel	Grilled Chicken Breast Strips		84	3 oz	100	1.5	0.5	0	0.00
Hormel	Kids	Beans & Wieners	220	1 container	320	13	5	0	0.00
Hormel	Kids	Cheezy Mac 'n Beef	213	1 container	260	8	4	0	0.00
Hormel	Kids	Cheezy Mac 'n Cheese	213	1 container	280	16	10	0.5	0.23
Hormel	Kids	Mac & Beef	213	1 container	170	5	2.5	0	0.00
Hormel	Kids	Mini Beef Ravioli	213	1 container	250	6	3	0	0.00
Hormel	Kids	Noodle Rings & Chicken	213	1 container	140	4	1.5	0	0.00
Hormel	Kids	Spaghetti & Mini Meatballs	213	1 container	230	7	3	0	0.00
Hormel	Kids	Spaghetti Rings & Franks	213	1 container	250	10	4	0	0.00
Hormel	Meat Loaf	with tomato sauce	140	5 oz	260	13	7	1	0.71
Hormel	Oven Roasted Diced Chicken Breast		84	3 oz	110	2.5	1	0	0.00

Hormel	Roast Beef & Gravy with Mashed Potatoes		283	1 bowl	230	4.5	2	0	0.00
Hormel	Seasoned Steak Strips		84	3 oz	140	6	3	0	0.00
Hormel	Turkey & Dressing with Gravy		283	1 bowl	290	8	2.5	0	0.00
Hostess	Cupcakes		50	1 cake	180	6	2.5	0	0.00
Hostess	Ding Dongs		80	2 cakes	350	18	13	0	0.00
Hostess	Mini Muffins	Banana Walnut	57	1 Package	230	14	2	0	0.00
Hostess	Mini Muffins	Banana Walnut	57	1 Package	230	14	2	0	0.00
Hostess	Mini Muffins	Blueberry	57	1 Package	250	13	2.5	0	0.00
Hostess	Mini Muffins	Blueberry	57	1 Package	250	13	2.5	0	0.00
Hostess	Twinkies		43	1 cake	150	4.5	2.5	0	0.00
Hot Pockets	Bacon Egg and Cheese		64	1 piece	170	7	4	0	0.00
Hot Pockets	Barbecue Recipe Beef		128	1 piece	340	12	7	0	0.00
Hot Pockets	Beef Taco		128	1 piece	320	13	6	0	0.00
Hot Pockets	Biscuits	Bacon Egg and Cheese	128	1 piece	280	13	6	0	0.00
Hot Pockets	Biscuits	Sausage Egg and Cheese	128	1 piece	280	13	6	0	0.00
Hot Pockets	Calzone	Four Meat and Four Cheese	120	1/2 calzone	300	13	5	0	0.00
Hot Pockets	Calzone	Pepperoni and Three Cheese	120	1/2 calzone	330	15	6	0	0.00
Hot Pockets	Calzone	Supreme	120	1/2 calzone	300	13	5	0	0.00
Hot Pockets	Cheeseburger		128	1 piece	340	14	6	0	0.00
Hot Pockets	Chicken and Cheddar with Broccoli		128	1 piece	300	11	4.5	0	0.00
Hot Pockets	Chicken Melt with Bacon		128	1 piece	350	17	6	0	0.00
Hot Pockets	Four Cheese Pizza		128	1 piece	390	30	7	0	0.00
Hot Pockets	Ham and Cheese		128	1 piece	310	13	5	0	0.00
Hot Pockets	Ham Egg and Cheese		64	1 piece	150	7	4	0	0.00
Hot Pockets	Jalopeno Steak and Cheese		128	1 piece	320	14	6	0	0.00
Hot Pockets	Meatballs and Mozerella		128	1 piece	330	14	5	0	0.00
Hot Pockets	Pepperoni Pizza		128	1 piece	360	17	6	0	0.00
Hot Pockets	Sausage and Pepperoni Pizza		128	1 piece	380	20	8	0	0.00
Hot Pockets	Sausage Egg and Cheese		64	1 piece	170	9	4.5	0	0.00
Hot Pockets	Sausage Pizza		128	1 piece	360	19	7	0	0.00
Hot Pockets	Steak Fajita		128	1 piece	280	11	6	0	0.00
Hot Pockets	Sub	Ham and Cheese	127	1 piece	290	12	3.5	0	0.00
Hot Pockets	Sub	Meatballs and Mozerella	127	1 piece	290	11	3.5	0	0.00
Hot Pockets	Sub	Pepperoni Pizza	127	1 piece	340	17	5	0	0.00
Hot Pockets	Supreme Pizza		128	1 piece	350	15	6	0	0.00
Hot Pockets	Three Cheese and Chicken Quesadilla		128	1 piece	320	13	6	0	0.00
Hot Pockets	Turkey and Ham with Cheese		128	1 piece	330	13	4	0	0.00
Hot Tamales	Hot Tamales		60	1 package	220	0	0	0	0.00
Hungry Jack	Mashed Potatoes		22	1/3 cup	80	0	0	0	0.00
Hungry Jack	Pancake Mix	Buttermilk	44	1/3 cup	150	1.5	0	0	0.00
Hungry Jack	Pancake Mix	Extra Light and Fluffy	44	1/3 cup	150	2	0	0	0.00
Hunts	Manwich	Original Sloppy Joe	57	1/4 cup	70	3	1	0	0.00
Hunts	Snack Pack	Butterscotch Pudding	99	1 pudding cup	120	3	1.5	0	0.00
Hunts	Snack Pack	Chocolate and Vanilla Pudding	99	1 pudding cup	120	3.5	2	0	0.00
Hunts	Snack Pack	Chocolate Caramel Pudding	99	1 pudding cup	120	3.5	2	0	0.00
Hunts	Snack Pack	Chocolate Pudding	99	1 pudding cup	120	3.5	2	0	0.00
Hunts	Snack Pack	Chocolate Pudding - Fat Free	99	1 pudding cup	90	0	0	0	0.00
Hunts	Snack Pack	Chocolate Pudding - No Sugar Added	99	1 pudding cup	60	3	1	0	0.00
Hunts	Snack Pack	Ice Cream Sandwich Pudding	99	1 pudding cup	120	3.5	2	0	0.00
Hunts	Snack Pack	Lemon Pudding	99	1 pudding cup	120	2.5	1.5	0	0.00
Hunts	Snack Pack	Tapioca Pudding	99	1 pudding cup	120	3.5	2	0	0.00
Hunts	Snack Pack	Vanilla Pudding	99	1 pudding cup	120	3.5	2	0	0.00
Hunts	Snack Pack	Vanilla Pudding - Fat Free	99	1 pudding cup	80	0	0	0	0.00
Hunts	Snack Pack	Vanilla Pudding - No Sugar Added	99	1 pudding cup	60	3	1	0	0.00
I Can't Believe It's Not Butter	I Can't Believe It's Not Butter	Light	14	1 Tbsp	50	5	1	0	0.00
I Can't Believe It's Not Butter	I Can't Believe It's Not Butter	Original	14	1 Tbsp	80	8	2	0	0.00
I Can't Believe It's Not Butter	I Can't Believe It's Not Butter	Spray - Original	0.25	1.25 sprays	0	0	0	0	0.00
I Can't Believe It's Not Butter	I Can't Believe It's Not Butter	Sweet Cream and Calcium	14	1 Tbsp	50	5	1	0	0.00
Imperial	Imperial	Spread	14	1 Tbsp	60	7	1.5	0.5	3.57
Imperial	Imperial	Sticks	14	1 Tbsp	80	9	2	2.5	17.86
Jack Links	Beef Jerky	KC Masterpiece Barbecue	28		80	1	0.5	0	0.00
Jack Links	Beef Jerky	Original	28		80	0.5	0	0	0.00
Jack Links	Beef Jerky	Teriyaki	28		80	0.5	0	0	0.00

Jack Links	Beef Steak	Original	28	70	1	0.5	0	0.00
Jack Links	Nuggets	Teriyaki	28	70	1	0.5	0	0.00
Jack Links	Tender Cuts	Barbecue Pork	28	70	1	0	0	0.00
Jack Links	Tender Cuts	Chicken Fajita	28	70	2.5	0.5	0	0.00
Jack Links	Tender Cuts	Prime Rib	28	60	1	0.5	0	0.00
Jello	100 Calorie packs	Tapioca Fat Free Pudding	113	1 snack	100	0	0	0.00
Jello	101 Calorie packs	Chocolate Fat Free Pudding	113	1 snack	100	0	0	0.00
Jello	Chocolate		106	1 snack	60	1.5	1	0.00
Jello	Chocolate		113	1 snack	120	1.5	1.5	0.00
Jello	Chocolate Vanilla Swirl		106	1 snack	60	1.5	1	0.00
Jello	Chocolate Vanilla Swirl		113	1 snack	110	1.5	1.5	0.00
Jello	No Bake	Cherry Cheesecake	69	1/9 package	210	3.5	2	0.00
Jello	No Bake	Double Chocolate	45	1/6 package	190	6	3	0.00
Jello	No Bake	Homestyle Cheesecake	55	1/6 package	230	4.5	3	0.00
Jello	No Bake	Oreo	62	1/6 package	280	8	3	0.00
Jello	No Bake	Real Cheesecake	53	1/6 package	220	5	3	0.00
Jello	No Bake	Strawberry Cheesecake	69	1/9 package	210	3.5	2	0.00
Jello	Oreo Pudding		113	1 snack	120	1.5	1.5	0.00
Jello	Smoothie Snacks	Strawberry Banana	113	1 snack	100	2.5	1.5	0.00
Jello	Sugar Free	Chocolate Mint Fudge	106	1 snack	60	1	1	0.00
Jello	Vanilla		106	1 snack	60	1	1	0.00
Jello	Vanilla		113	1 snack	110	1.5	1.5	0.00
Jif	Creamy	Reduced Fat	36	2 Tbsp	190	12	2.5	0.00
Jif	Creamy	Simply	31	2 Tbsp	190	16	3	0.00
Jif	Creamy		32	2 Tbsp	190	16	3	0.00
Jif	Crunchy	Reduced Fat	36	2 Tbsp	190	12	2.5	0.00
Jif	Extra Crunchy		32	2 Tbsp	190	16	3	0.00
Jiffy	Buttermilk Biscuit Mix		38	1/4 cup	160	4.5	2	0.00
Jiffy	Corn Muffin Mix		38	1/4 cup	160	4.5	2	0.00
Jiffy	Muffin Mix	Bran with Dates	35	1/4 cup	140	4.5	1.5	0.00
Jiffy	Pizza Crust Mix		37	1/5 package	140	2.5	1	0.00
Jiffy Pop	Popcorn	Butter	34	2 tbsps unpopped	140	7	1.5	3.82
Jimmy Dean	Breakfast Bowls	Bacon	227	1 bowl	520	33	13	1.5 0.66
Jimmy Dean	Breakfast Bowls	Sausage	227	1 bowl	490	34	14	1.5 0.66
Jimmy Dean	Croissant	Ham & Cheese	96	1 sandwich	280	13	4	3 3.13
Jimmy Dean	Croissant	Sausage Egg & Cheese	128	1 sandwich	430	29	9	3.5 2.73
Jimmy Dean	Croissant Sandwich	Ham and Cheese	96	1 sandwich	280	13	4	3 3.13
Jimmy Dean	Croissant Sandwich	Sausage Egg and Cheese	128	1 sandwich	430	29	9	3.5 2.73
Jimmy Dean	Griddle Cake	Sausage Egg and Cheese	142	1 sandwich	400	24	9	1 0.70
Jimmy Dean	Muffin Sandwiches	Bacon Egg and Cheese	102	1 sandwich	230	9	3.5	0.00
Jimmy Dean	Muffin Sandwiches	Sausage Egg and Cheese	130	1 sandwich	350	21	8	0.00
Jimmy Dean	Omelets	Ham and Cheese	122	1 omelet	280	17	7	0.00
Jimmy Dean	Omelets	Three Cheese	122	1 omelet	270	21	10	0.00
Jimmy Dean	Omelets	Western Style	122	1 omelet	270	14	4.5	0.00
Jimmy Dean	Pancakes and Sausage	Chocolate Chip	71	1 dog	230	13	4	0.00
Jimmy Dean	Pancakes and Sausage	Original	71	1 dog	220	13	4	0.00
Jimmy Dean	Sausage Biscuit	Snack Size	145	3 sandwiches	580	43	14	4 2.76
Jose Ole	Breakfast Burrito	Egg Ham and Cheese	113	1 burrito	260	9	3	0.00
Jose Ole	Breakfast Burrito	Egg Sausage and Cheese	113	1 burrito	270	11	3.5	0.00
Jose Ole	Burrito	Bean & Cheese	142	1 burrito	250	4.5	1	0.00
Jose Ole	Burrito	Beef & Bean	142	1 burrito	380	18	7	0.00
Jose Ole	Burrito	Beef & Cheese	142	1 burrito	300	10	4	0.00
Jose Ole	Burrito	Chicken Monterey	142	1 burrito	270	6	2	0.00
Jose Ole	Chimichanga	Chicken & Cheese	142	1 chimi	330	12	3	0.00
Jose Ole	Mexi Minis	Beef & Cheddar Mini Chimichangas	85	3 pieces	240	12	3	0.00
Jose Ole	Mexi Minis	Beef & Cheese Mini Tacos	85	4 pieces	200	11	4	0.00
Jose Ole	Taquitos	Beef & Cheese in Flour Tortillas	85	2 taquitos	220	10	2.5	0.00
Jose Ole	Taquitos	Chicken & Cheese in Flour Tortillas	85	2 taquitos	220	10	2.5	0.00
Jose Ole	Taquitos	Chicken in Corn Tortillas	85	3 pieces	180	8	1	0.00
Jose Ole	Taquitos	Shredded Beef in Corn Tortillas	85	3 pieces	180	7	1.5	0.00
Junior Mints	Junior Mints		52	1 box	220	4	3	0.00
Just Born	Zours	Original Fruitz	51	1 package	180	0	0	0.00
Kashi	Black Bean Mango		283	1 package	340	8	1	0.00

Kashi	Chicken Pasta Pomodoro		283	1 package	280	6	1.5	0	0.00
Kashi	Go Lean	Chocolate Turtle Roll	55	1 bar	190	5	1.5	0	0.00
Kashi	Go Lean	Crunchy Chocolate Peanut Bliss	50	1 bar	170	4	1.5	0	0.00
Kashi	Go Lean	Peanut Butter and Chocolate	78	1 bar	290	6	4.5	0	0.00
Kashi	Go Lean Waffles	Blueberry	84	2 waffles	170	3	0	0	0.00
Kashi	Go Lean Waffles	Original 7 Grain	84	2 waffles	170	3	0	0	0.00
Kashi	Lemon Rosemary Chicken		283	1 package	330	9	1.5	0	0.00
Kashi	Lime Cilantro Shrimp		283	1 package	250	8	2	0	0.00
Kashi	Southwest Style Chicken		283	1 package	240	5	0	0	0.00
Kashi	Sweet and Sour Chicken		283	1 package	320	3.5	0.5	0	0.00
Keebler	Animals	Frosted	31	8 cookies	150	7	4.5	1.5	4.84
Keebler	Animals	Iced	30	6 cookies	140	5	1	2	6.67
Keebler	Animals	Spongebob Squarepants	30	10 cookies	140	4.5	1	1.5	5.00
Keebler	Bistro	Corn Bread	16	2 crackers	80	3	0.5	1	6.25
Keebler	Bistro	Multigrain	16	2 crackers	80	3	0.5	1	6.25
Keebler	Chips Deluxe	Caramel Chip and Fudge Stripes	20	1 cookie	100	6	3	1.5	7.50
Keebler	Chips Deluxe	Chocolate and Peanut Butter	16	1 cookie	80	4.5	1.5	1.5	9.38
Keebler	Chips Deluxe	Chocolate Chip and Fudge Stripes	20	1 cookie	110	6	2.5	1.5	7.50
Keebler	Chips Deluxe	Chocolate Lovers	16	1 cookie	80	4.5	2	1	6.25
Keebler	Chips Deluxe	coconut	15	1 cookie	80	4.5	2	1.5	10.00
Keebler	Chips Deluxe	Original	15	1 cookie	80	4	1	1.5	10.00
Keebler	Chips Deluxe	Peanut Butter Cups	16	1 cookie	90	4.5	2	1.5	9.38
Keebler	Chips Deluxe	Rainbow	16	1 cookie	80	4	1	1.5	9.38
Keebler	Club	Multigrain	14	4 crackers	70	3	0.5	0	0.00
Keebler	Club	Original	14	4 crackers	70	3	1	0	0.00
Keebler	Club	reduced fat	16	5 crackers	70	2.5	0.5	0	0.00
Keebler	Club Snack Sticks	honey wheat	29	12 crackers	130	6	1	0	0.00
Keebler	Club Snack Sticks	Original	29	12 crackers	130	6	1	0	0.00
Keebler	Country Style	Oatmeal	28	2 cookies	130	6	1.5	2.5	8.93
Keebler	Danish Wedding Cookies		26	4 cookies	130	6	2.5	1.5	5.77
Keebler	ELFudge	Double Stuffed	35	2 cookies	180	9	2	3.5	10.00
Keebler	ELFudge	Original	28	2 cookies	140	6	1.5	2	7.14
Keebler	ELFudge	Scooby Doo	28	2 cookies	140	6	1.5	2	7.14
Keebler	Fudge Shoppe	Caramel Filled	30	2 cookies	160	8	5	1	3.33
Keebler	Fudge Shoppe	Deluxe Grahams	27	3 cookies	140	7	4.5	1.5	5.56
Keebler	Fudge Shoppe	Fudge Stripes	29	3 cookies	160	7	4	1.5	5.17
Keebler	Fudge Shoppe	Grasshopper	29	4 cookies	140	7	4.5	1.5	5.17
Keebler	Fudge Shoppe	White Fudge Stripes	29	3 cookies	160	7	4	1.5	5.17
Keebler	Golden Vanilla Wafers		30	8 cookies	140	6	1	2.5	8.33
Keebler	Graham Cracker Crumbs		18	3 Tbsp	70	1.5	0	0.5	2.78
Keebler	Grahams	Bug Bites	30	13 crackers	160	4	0.5	0	0.00
Keebler	Grahams	Cinnamon	30	8 crackers	130	3.5	1	0	0.00
Keebler	Grahams	Honey	31	8 crackers	140	4	1	0	0.00
Keebler	Grahams	Scooby Doo	29	9 crackers	130	4	1	1.5	5.17
Keebler	Mini Vanilla Wafer		30	18 cookies	150	6	1.5	2.5	8.33
Keebler	Ready Crust	Chocolate	21	1/8 crust	100	4.5	2	1.5	7.14
Keebler	Ready Crust	Graham	21	1/8 crust	100	4.5	2	2	9.52
Keebler	Ready Crust	Shortbread	21	1/8 crust	100	4.5	2	2	9.52
Keebler	Ready Crust Mini	Graham	23	1 crust	110	5	1	2	8.70
Keebler	Sandies	Chocolate Chip and Pecan Shortbread	16	1 cookie	80	5	1	1.5	9.38
Keebler	Sandies	Pecan Shortbread	16	1 cookie	80	5	1	2	12.50
Keebler	Sandies	Pecan Shortbread - reduced fat	16	1 cookie	80	3.5	0.5	1.5	9.38
Keebler	Sandies	Simply Shortbread	16	1 cookie	80	4.5	2	1	6.25
Keebler	Sandies Right Bites	Chocolate Chip Cookies	21	1 pouch	100	3	1	0	0.00
Keebler	Sandies Right Bites	Shortbread	21	1 pouch	100	3	1	0	0.00
Keebler	Sandwich Cracker	Cheese & Peanut Butter	39	1 Package	200	10	1.5	2	5.13
Keebler	Sandwich Cracker	Club & Cheddar	36	1 Package	190	10	2.5	3.5	9.72
Keebler	Sandwich Cracker	Toast & Peanut Butter	39	1 Package	200	10	1.5	2	5.13
Keebler	Soft Batch	Chocolate Chip	16	1 cookie	80	3	1	1	6.25
Keebler	Soft Batch	Oatmeal Raisin	16	1 cookie	80	3	0.5	1	6.25
Keebler	Toasted	Buttercrisp	16	5 crackers	80	3.5	1	0	0.00
Keebler	Toasted	Sesame	16	5 crackers	80	3.5	1	0	0.00
Keebler	Toasted	wheat	16	5 crackers	80	3.5	1	0	0.00

Keebler	Town House	original	16	5 crackers	80	4.5	1	0	0.00
Keebler	Town House	wheat	16	5 crackers	80	4	1	0	0.00
Keebler	Vienna Fingers		31	2 cookies	150	7	1.5	2.5	8.06
Keebler	Wheatables	honey wheat	30	17 crackers	140	6	1.5	0	0.00
Keebler	Wheatables	Original	30	17 crackers	140	6	1.5	0	0.00
Keebler	Wheatables	reduced Fat	31	19 crackers	140	4	1	0	0.00
Keebler	Zesta	fat free	16	5 crackers	60	0	0	0	0.00
Keebler	Zesta	Original	15	5 crackers	60	1.5	0.5	0.5	3.33
Keebler	Zesta	Whole Grain Wheat	15	5 crackers	60	1.5	0.5	0.5	3.33
Kellogs	All Bran	Bran Buds	30	0.3333333333	70	1	0	0	0.00
Kellogs	All Bran	Extra Fiber	26	0.5	50	1	0	0	0.00
Kellogs	All Bran	Original	31	0.5	80	1	0	0	0.00
Kellogs	All Bran	Yogurt Bites	56	1.25	190	3	1.5	0	0.00
Kellogs	All-Bran	Brown Sugar & Cinnamon	35	1 bar	130	3	0.5	0	0.00
Kellogs	All-Bran	Honey Oat	35	1 bar	130	3	0.5	0	0.00
Kellogs	Apple Jacks		33	1	130	0.5	0	0	0.00
Kellogs	Cinnamon Krunchers		29	0.75	10	3.5	1.5	0	0.00
Kellogs	Complete	Oat Bran Flakes	30	0.75	110	1	0	0	0.00
Kellogs	Complete	Wheat Bran Flakes	29	0.75	90	0.5	0	0	0.00
Kellogs	Corn Flakes		28	1	100	0	0	0	0.00
Kellogs	Cracklin' Oat	Bran	49	0.75	200	7	3	0	0.00
Kellogs	Crispix		29	1	110	0	0	0	0.00
Kellogs	Crunch	Cran Vanilla	55	1.25	200	1	0.5	0	0.00
Kellogs	Crunch	Cran-Vanilla	28	1 bar	110	2	0.5	0	0.00
Kellogs	Crunch	Raisin Bran	28	1 bar	110	2	0	0	0.00
Kellogs	Crunch	Raisin Bran	53	1	190	1	0	0	0.00
Kellogs	Crunch	Toasted Honey	58	1 1/4 cup	220	1.5	0.5	0	0.00
Kellogs	Crunchy Blends	Low Fat Granola	60	2/3 cup	220	3	1	0	0.00
Kellogs	Crunchy Blends	Mueslix	55	0.666666667	200	3	0	0	0.00
Kellogs	Eggo	Maple Sugar	33	1	120	1.5	0.5	0	0.00
Kellogs	Froot Loops	1/3 less sugar	32	1.25	120	1	0.5	0	0.00
Kellogs	Froot Loops	Marshmallow	30	1	120	1	0.5	0	0.00
Kellogs	Froot Loops	Regular	32	1	120	1	0.5	0	0.00
Kellogs	Frosted Flakes	1/3 less sugar	31	1	120	0	0	0	0.00
Kellogs	Frosted Flakes	Regular	31	0.75	120	0	0	0	0.00
Kellogs	Frosted Mini Wheats	Big Bite	51	5 bisquits	180	1	0	0	0.00
Kellogs	Frosted Mini Wheats	Bite Size	59	24 bisquits	200	1	0	0	0.00
Kellogs	Frosted Mini Wheats	Maple & Brown Sugar	52	24 bisquits	190	1	0	0	0.00
Kellogs	Frosted Mini Wheats	Strawberry Delight	52	24 bisquits	180	1	0	0	0.00
Kellogs	Frosted Mini Wheats	Vanilla Crème	52	24 bisquits	180	1	0	0	0.00
Kellogs	Fruit Harvest	Banana Berry	30	0.75	120	2	1.5	0	0.00
Kellogs	Fruit Harvest	Peach Strawberry	30	0.75	110	0	0	0	0.00
Kellogs	Fruit Harvest	Strawberry Blueberry	29	0.75	110	0	0	0	0.00
Kellogs	Granola Munch'ems	Brown Sugar & Cinnamon	30	1 pouch	130	5	1.5	0	0.00
Kellogs	Granola Munch'ems	Honey Nut	30	1 pouch	130	5	1.5	0	0.00
Kellogs	Honey Smacks		27	0.75	100	0.5	0	0	0.00
Kellogs	Ice Age 2	The Meltdown	30	1	120	0.5	0	0	0.00
Kellogs	Krispies	Berry	30	1	120	0	0	0	0.00
Kellogs	Krispies	Cocoa	31	0.75	120	1	0.5	0	0.00
Kellogs	Krispies	Rice	33	1.25	120	0	0	0	0.00
Kellogs	Mini Swirlz	Cinnamon Bun	30	1	120	2	0	0	0.00
Kellogs	Mini Swirlz	Fudge Ripple	30	1	120	1.5	0	0	0.00
Kellogs	Nutrigrain Cereal Bars	Apple Cinnamon	37	1 bar	140	3	0.5	0	0.00
Kellogs	Nutrigrain Cereal Bars	Blueberry	37	1 bar	140	3	0.5	0	0.00
Kellogs	Nutrigrain Cereal Bars	Cherry	37	1 bar	140	3	0.5	0	0.00
Kellogs	Nutrigrain Cereal Bars	Mixed Berry	37	1 bar	140	3	0.5	0	0.00
Kellogs	Nutrigrain Muffin Bars	Banana	45	1 bar	170	4	0.5	0	0.00
Kellogs	Pop Tarts	Apple Cinnamon	52	1 pastry	210	6	3	0	0.00
Kellogs	Pop Tarts	Apple Strudel	50	1 pastry	200	6	3	0	0.00
Kellogs	Pop Tarts	Blueberry	52	1 pastry	210	6	3	0	0.00
Kellogs	Pop Tarts	Brown Sugar & Cinnamon Low Fat	50	1 pastry	190	3	1.5	0	0.00
Kellogs	Pop Tarts	Double Berry	50	1 pastry	200	5	2.5	0	0.00
Kellogs	Pop Tarts	Frosted Caramel Chocolate	50	1 pastry	200	5	2.5	0	0.00

Kellogs	Pop Tarts	Frosted Cherry	52	1 pastry	200	5	2.5	0	0.00
Kellogs	Pop Tarts	Frosted Cherry	52	1 pastry	200	5	2.5	0	0.00
Kellogs	Pop Tarts	Frosted Chocolate Fudge	52	1 pastry	200	5	1	0	0.00
Kellogs	Pop Tarts	Ice Berry Blast	50	1 pastry	200	5	2.5	0	0.00
Kellogs	Pop Tarts	S'mores	52	1 pastry	200	5	2.5	0	0.00
Kellogs	Pop Tarts	Strawberry Milkshake	50	1 pastry	200	6	3	0	0.00
Kellogs	Pop Tarts	Wild Bubble Berry	50	1 pastry	200	5	2.5	0	0.00
Kellogs	Pops		31		1	120	0	0	0.00
Kellogs	Raisin Bran		59		1	190	1.5	0	0.00
Kellogs	Scooby Doo	Berry Bones	33		1	130	1	0	0.00
Kellogs	Smart Start	Antioxidants	50		1	190	0.5	0	0.00
Kellogs	Smart Start	Healthy Heart	60		1.25	230	2	0	0.00
Kellogs	Smart Start	Healthy Heart Maply Brown Sugar	60		1.25	230	3	0.5	0.00
Kellogs	Smart Start	Soy Protein	55		1	200	1.5	0	0.00
Kellogs	Smorz		30		1	120	2	0	0.00
Kellogs	Special K	Fruit & Yogurt	32		0.75	120	1	0.5	0.00
Kellogs	Special K	Protein Plus	29		0.75	100	3	0.5	0.00
Kellogs	Special K	Red Berries	31		1	110	0	0	0.00
Kellogs	Special K	regular	31		1	110	0	0	0.00
Kellogs	Special K	Vanilla Almond	30		0.75	110	1.5	0	0.00
Kellogs	Special K Bar	Blueberry	23	1 bar	90	1.5	1	0	0.00
Kellogs	Special K Bar	Peaches & Berries	23	1 bar	90	2	1	0	0.00
Kellogs	Special K Bar	Strawberry	23	1 bar	90	1.5	1	0	0.00
Kellogs	Special K Snack Bites	Vanilla	23	1 pouch	90	2	0.5	0	0.00
Kellogs	Spongebob Squarepants		30		1	120	1	0	0.00
Kellogs	Tiger Power		30		1	110	0.5	0	0.00
Kemps	Assorted Twin Pops		79	1 pop	60	0	0	0	0.00
Kemps	Brownies n Cream		70	1/2 cup	190	10	5	0	0.00
Kemps	Cake and Ice Cream		70	1/2 cup	180	8	5	0.5	0.71
Kemps	Carb Promise	Butter Pecan	65	1/2 cup	130	11	5	0	0.00
Kemps	Carb Promise	Chocolate Peanut Butter Cup	65	1/2 cup	160	12	6	0	0.00
Kemps	Carb Promise	Vanilla	65	1/2 cup	110	8	5	0	0.00
Kemps	Carb Promise	Vanilla Fudge Nut Sundae	65	1/2 cup	140	11	5	0	0.00
Kemps	Chocolate Chip Cookie Dough		70	1/2 cup	170	9	5	0.5	0.71
Kemps	Fat Free Frozen Yogurt	Strawberry	65	1/2 cup	80	0	0	0	0.00
Kemps	Ice Cream Sandwiches		60	1 sandwich	160	5	3	0	0.00
Kemps	Old Fashioned	Butter Pecan	70	1/2 cup	170	11	4.5	0	0.00
Kemps	Old Fashioned	Chocolate	64	1/2 cup	130	6	4	0	0.00
Kemps	Old Fashioned	Chocolate Chip	70	1/2 cup	160	9	6	0	0.00
Kemps	Old Fashioned	Homemade Vanilla	85	1/2 cup	170	9	5	0	0.00
Kemps	Old Fashioned	Strawberries n Cream	70	1/2 cup	130	6	4	0	0.00
Kemps	Old Fashioned	Strawberry Swirl	64	1/2 cup	140	5	3.5	0	0.00
Kemps	Old Fashioned	Vanilla	64	1/2 cup	130	6	4	0	0.00
Kemps	Orange Cream Bars		48	1 bar	80	2.5	1.5	0	0.00
Kemps	Peached n Cream		70	1/2 cup	140	6	4	0	0.00
Kemps	Sherbert	Lime	86	1/2 cup	120	0	0	0	0.00
Kemps	Sherbert	Orange	86	1/2 cup	120	0	0	0	0.00
Kemps	Sherbert	Rainbow	86	1/2 cup	120	0	0	0	0.00
Kemps	Sherbert	Wild Strawberry	86	1/2 cup	120	0	0	0	0.00
Kemps	Tropical Pops		56	1 pop	40	0	0	0	0.00
Kemps	Turtle Fudge Brownie		70	1/2 cup	170	8	4	0	0.00
Kid Cuisine	All American Fried Chicken		286	1 meal	470	20	6	1	0.35
Kid Cuisine	All Star Chicken Breast Nuggets		249	1 meal	440	17	5	0	0.00
Kid Cuisine	Bug Safari Chicken Breast Nuggets		227	1 meal	440	15	4	0	0.00
Kid Cuisine	Cheese Burger Builder		198	1 meal	390	10	4	0	0.00
Kid Cuisine	Chicken Blaster Mac and Cheese		301	1 meal	380	11	5	0	0.00
Kid Cuisine	Deep Sea Adventure Fish Sticks		215	1 meal	390	11	3	0	0.00
Kid Cuisine	Dip and Dunk Cheese Pizza Strips		266	1 meal	460	13	6	0	0.00
Kid Cuisine	Fresta Beef Taco Dippers		208	1 meal	390	18	5	0	0.00
Kid Cuisine	KC's Primo Pepperoni Pizza		189	1 meal	390	7	3	0	0.00
Kid Cuisine	Popstar Popcorn Chicken		245	1 meal	430	13	3	0	0.00
King's Hawaiian	Bread	Hawaiian Sweet	57	1/2 in slice	190	4	1.5	0.5	0.88
King's Hawaiian	Rolls	100% whole wheat	33	1 roll	100	3	1	0	0.00

King's Hawaiian	Rolls	Hawaiian Sweet	28	1 roll	90	2	1	0	0.00
King's Hawaiian	Rolls	Honey Wheat	28	1 roll	80	2	1	0	0.00
Kit Kat	Kit Kat	Extra Crispy	45		240	12	8	0	0.00
Kit Kat	Kit Kat	Milk Chocolate	42	1 - 4 piece bar	220	11	7	0	0.00
Kit Kat	Kit Kat	White Chocolate	42		220	12	8	0	0.00
Klondike	Cone	Vanilla	82	1 cone	280	16	9	0	0.00
Klondike	Cone	Vanilla Caramel	88	1 cone	300	17	10	0	0.00
Klondike	Cone	Vanilla Fudge	88	1 cone	300	16	10	0	0.00
Klondike	Heath		83	1 bar	270	19	14	0.5	0.60
Klondike	Oreo		73	1 bar	260	17	11	0	0.00
Klondike	Reeses		76	1 bar	270	18	11	0	0.00
Klondike	Sim a Bear	100 Calorie Sandwich	46	1 bar	100	1.5	1	0	0.00
Klondike	Sim a Bear	Premium Fudge Bar	74	1 bar	90	1.5	1	0	0.00
Klondike	Sim a Bear	Vanilla	78	1 bar	170	9	8	0	0.00
Klondike	The Original		81	1 bar	250	17	13	0	0.00
Kraft	Blue Cheese		29	2 Tablespoons	120	13	2	0	0.00
Kraft	Caramels	Traditional	40	5 pieces	160	3.5	1	1	2.50
Kraft	Catalina	Free	35	2 Tablespoons	50	0	0	0	0.00
Kraft	Catalina	Light Done Right	35	2 Tablespoons	60	1	0	0	0.00
Kraft	Catalina		34	2 Tablespoons	100	6	1	0	0.00
Kraft	Coleslaw		32	2 Tablespoons	110	8	1.5	0	0.00
Kraft	Creamy Poppyseed		33	2 Tablespoons	110	7	1.5	0	0.00
Kraft	Easy Cheese	American	32	2 tablespoons	90	6	3	0	0.00
Kraft	Easy Cheese	Cheddar	32	2 tablespoons	90	6	2	0	0.00
Kraft	Easy Cheese	Cheddar 'n' Bacon	32	2 tablespoons	90	6	3	0	0.00
Kraft	Easy Cheese	Sharp Cheddar	32	2 tablespoons	80	6	2	0	0.00
Kraft	Easy Mac	Cups - Original	58	1 cup	220	4	2.5	0	0.00
Kraft	Easy Mac	Cups - Triple Cheese	58	1 cup	220	4.5	2.5	0	0.00
Kraft	Easy Mac	Original	61	1 pouch	230	4	2.5	0	0.00
Kraft	French	Creamy	31	2 Tablespoons	130	12	1.5	0	0.00
Kraft	French Style	Free	35	2 Tablespoons	45	0	0	0	0.00
Kraft	Handi Snacks	Banana Split Pudding	99	1 snack	100	1	1	0	0.00
Kraft	Handi Snacks	Chocolate Chip Cookie Pudding	99	1 snack	100	1	1	0	0.00
Kraft	Handi Snacks	Chocolate Fudge Pudding	99	1 snack	100	1	1	0	0.00
Kraft	Handi Snacks	Chocolate Pudding	99	1 snack	100	1	1	0	0.00
Kraft	Handi Snacks	Chocolate Pudding - Fat Free	99	1 snack	80	0	0	0	0.00
Kraft	Handi Snacks	Chocolate Vanilla Sundae Pudding	99	1 snack	100	1	1	0	0.00
Kraft	Handi Snacks	Fudge Rocky Road Pudding	99	1 snack	100	1	1	0	0.00
Kraft	Handi Snacks	Tapioca Pudding	99	1 snack	100	1	1	0	0.00
Kraft	Handi Snacks	Vanilla Pudding	99	1 snack	90	1	1	0	0.00
Kraft	Italian	Creamy	30	2 Tablespoons	100	11	1.5	0	0.00
Kraft	Italian Vinaigrette	Classic	32	2 Tablespoons	50	4	0	0	0.00
Kraft	Macaroni & Cheese	Family Size	70	1/6 box	260	2.5	1	0	0.00
Kraft	Macaroni & Cheese	Scooby Doo	70	1/2 box	260	2.5	1	0	0.00
Kraft	Macaroni & Cheese	Spirals	70	1/2 box	260	2.5	1	0	0.00
Kraft	Macaroni & Cheese	The Cheesiest	70	1/3 box	260	2.5	1	0	0.00
Kraft	Macaroni & Cheese	Thick 'n Creamy	70	1/3 box	250	2	1	0	0.00
Kraft	Macaroni & Cheese	Three Cheese	70	1/3 box	260	2.5	1	0	0.00
Kraft	Mayo	Fat Free Mayonnaise	16	1 Tbsp	10	0	0	0	0.00
Kraft	Mayo	Light Mayonnaise	15	1 Tbsp	50	5	0.5	0	0.00
Kraft	Mayo	Real Mayonnaise	13	1 Tbsp	90	10	1.5	0	0.00
Kraft	Miracle Whip	Dressing	15	1 Tbsp	40	3	0	0	0.00
Kraft	Miracle Whip	Fat Free Dressing	16	1 Tbsp	15	0	0	0	0.00
Kraft	Miracle Whip	Light Dressing	16	1 Tbsp	20	1.5	0	0	0.00
Kraft	Noodle Classics	Savory Chicken	70	1/3 box	270	5	1.5	0	0.00
Kraft	Oven Fry	Extra Crispy Chicken	15	1/8 packet	60	1	0	0	0.00
Kraft	Oven Fry	Extra Crispy Pork	15	1/8 packet	60	1	0	0	0.00
Kraft	Ranch	Bacon	30	2 Tablespoons	110	11	1.5	0	0.00
Kraft	Ranch	Buttermilk	30	2 Tablespoons	100	12	2	0	0.00
Kraft	Ranch	Cucumber	30	2 Tablespoons	110	11	1.5	0	0.00
Kraft	Ranch	Free	34	2 Tablespoons	50	0	0	0	0.00
Kraft	Ranch	Light Done Right	32	2 Tablespoons	70	4.5	0.5	0	0.00
Kraft	Ranch	Peppercorn	29	2 Tablespoons	110	11	2	0	0.00

Kraft	Ranch	Three Cheese	30	2 Tablespoons	110	12	2	0	0.00
Kraft	Ranch		30	2 Tablespoons	110	11	1.5	0	0.00
Kraft	Shake 'N Bake	Original Chicken	10	1/8 packet	40	1	0	0	0.00
Kraft	Shake 'N Bake	Original Pork	11	1/8 packet	40	0	0	0	0.00
Kraft	Shake 'N Bake	Parmesan Crusted	10	1/8 packet	35	0.5	0	0	0.00
Kraft	Shake 'N Bake	Ranch & Herb Crusted	10	1/8 packet	35	0	0	0	0.00
Kraft	South Beach Diet	Chocolate	35	1 bar	140	5	3	0	0.00
Kraft	South Beach Diet	Cinnamon Raisin	35	1 bar	140	5	2.5	0	0.00
Kraft	South Beach Diet	Cranberry Almond	35	1 bar	140	5	2	0	0.00
Kraft	South Beach Diet	Maple Nut	35	1 bar	140	5	2.5	0	0.00
Kraft	South Beach Diet	Oatmeal Chocolate Chip Cookies	24	1 Package	100	5	1	0	0.00
Kraft	South Beach Diet	Peanut Butter	35	1 bar	140	5	2	0	0.00
Kraft	South Beach Diet	Peanut Butter Cookies	24	1 Package	100	5	0.5	0	0.00
Kraft	South Beach Diet	Whole Wheat Crackers	23	1 Package	100	3.5	0	0	0.00
Kraft	Spaghetti Classics	Tangy Italian	56	1/4 box	200	1.5	0.5	0	0.00
Kraft	Spaghetti with Meat Sauce Dinner		154	1/4 box	280	6	2	0	0.00
Kraft	Stove Top	Chicken	28	1/6 box	110	1	0	0	0.00
Kraft	Stove Top	Chicken - Low Sodium	28	1/6 box	110	1	0	0	0.00
Kraft	Stove Top	Cornbread	28	1/6 box	100	1	0	0	0.00
Kraft	Stove Top	Pork	28	1/6 box	110	1	0	0	0.00
Kraft	Sun Dried Tomato		32	2 Tablespoons	60	5	0.5	0	0.00
Kraft	Super Mac & Cheese		56	1 cup	200	2	1	0	0.00
Kraft	Thousand Island	Free	33	2 Tablespoons	45	0	0	0	0.00
Kraft	Thousand Island		32	2 Tablespoons	80	6	1	0	0.00
Kraft	Zesty Italian	Free	32	2 Tablespoons	15	0	0	0	0.00
Kraft	Zesty Italian	Light Done Right	31	2 Tablespoons	25	1.5	0	0	0.00
Kraft	Zesty Italian		31	2 Tablespoons	70	6	0.5	0	0.00
Kraft	Cool Whip	Extra Creamy	9	2 tbsp	25	2	2	0	0.00
Kraft	Cool Whip	Free	9	2 tbsp	15	0	0	0	0.00
Kraft	Cool Whip	French Vanilla	9	2 tbsp	25	1.5	1.5	0	0.00
Kraft	Cool Whip	Lite	9	2 tbsp	20	1	1	0	0.00
Kraft	Cool Whip	Original	9	2 tbsp	25	1.5	1.5	0	0.00
Kraft	Cool Whip	Sugar Free	9	2 tbsp	20	1	1	0	0.00
Krusteaz	Belgian Waffle Mix		79	1/2 cup	290	2.5	0.5	0	0.00
Krusteaz	Bread Mix	Country White	40	1/3 cup	150	2	0	0	0.00
Krusteaz	Bread Mix	Cracked Wheat	40	1/3 cup	150	2	0	0	0.00
Krusteaz	Bread Mix	Hawaiian Royal Sweet Bread	45	1/3 cup	170	2.5	0.5	0	0.00
Krusteaz	Bread Mix	Sourdough	40	1/3 cup	150	2	0	0	0.00
Krusteaz	Brownie Mix	Fudge Brownies - Fat Free	32	3 Tbsp	120	0	0	0	0.00
Krusteaz	Cornbread Mix	Honey Cornbread	27	1/4 cup	110	2.5	0.5	1	3.70
Krusteaz	Cornbread Mix	Honey Cornbread - Fat Free	34	1/4 cup	120	0	0	0	0.00
Krusteaz	Mini Pancakes		108	12 cakes	220	2.5	0.5	0	0.00
Krusteaz	Muffin Mix	Cranberry Orange - Fat Free	36	1/4 cup	140	0	0	0	0.00
Krusteaz	Muffin Mix	Wild Blueberry - Fat Free	36	1/4 cup	130	0	0	0	0.00
Krusteaz	Pancake Mix	Blueberry	66	1/2 cup	240	2.5	1	0	0.00
Krusteaz	Pancake Mix	Buttermilk	57	1/2 cup	210	2	0.5	0	0.00
Krusteaz	Pancake Mix	Buttermilk - Fat Free	61	1/2 cup	200	0	0	0	0.00
Krusteaz	Scone Mix	Traditional English Style	38	1/3 cup	170	9	1.5	2.5	6.58
Krusteaz	Supreme Mix	Crumb Cake	50	2.5x2 in bar	220	7	2	2	4.00
Krusteaz	Supreme Mix	Lemon Bars	34	2 in bars	150	3.5	0.5	1	2.94
Krusteaz	Supreme Mix	Pecan Bars	30	2 in bars	130	4	0	0	0.00
La Choy	Mini Egg Rolls	Chicken	82	6 rolls	170	5	1.5	0	0.00
La Choy	Mini Egg Rolls	Shrimp Fried Rice	88	6 rolls	140	3	0.5	0	0.00
Lance	Cracker Sandwich	Captain Wafer Cream Cheese & Chives	39	1 Package	200	10	1.5	0	0.00
Lance	Cracker Sandwich	Captain Wafer Grilled Cheese	39	1 Package	200	10	2	0	0.00
Lance	Cracker Sandwich	Captain Wafer Peanut Butter & Honey	39	1 Package	190	8	1.5	0	0.00
Lance	Cracker Sandwich	Captain Wafer Smoke House Cheddar	39	1 Package	200	9	1.5	0	0.00
Lance	Cracker Sandwich	Cheese on Wheat	39	1 Package	190	9	1.5	0	0.00
Lance	Cracker Sandwich	Peanut Butter on Wheat	39	1 Package	200	9	1.5	0	0.00
Lance	Cracker Sandwich	Toast Cheese w/ Peanut Butter	42.5	1 Package	220	11	2	0	0.00
Lance	Cracker Sandwich	Toasty Cracker w/ Peanut Butter	35	1 Package	180	9	1.5	0	0.00
Land O Lakes	Land O Lakes	Butter	14	1 Tbsp	100	11	7	0	0.00
Land O Lakes	Land O Lakes	Fresh Butter Taste Spread	14	1 Tbsp	80	8	1.5	1.5	10.71

Land O Lakes	Land O Lakes	Light Butter with Canola Oil	14	1 Tbsp	50	5	2	0	0.00
Land O Lakes	Land O Lakes	Spreadable Butter	14	1 Tbsp	100	11	4.5	0	0.00
Land O Lakes	Land O Lakes	Unsalted Sweet Butter	14	1 Tbsp	100	11	7	0	0.00
Land O Lakes	Land O Lakes	Whipped Butter	7	1 Tbsp	50	6	3.5	0	0.00
Larry's	Mashed Potatoes	Bacon & Cheddar Cheese	142	1 tray	200	10	2.5	0	0.00
Larry's	Mashed Potatoes	Cheddar Cheese	142	1 tray	190	8	2	0	0.00
Larry's	Mashed Potatoes	Sour Cream & Chives	142	1 tray	180	8	1.5	0	0.00
Lays	Baked	Cheddar & Sour Cream	28	14 chips	120	3	0.5	0	0.00
Lays	Baked	Original	28	15 chips	110	1.5	0	0	0.00
Lays	Baked	Sour Cream and Onion	28	14 chips	120	3	0.5	0	0.00
Lays	Cheddar & Sour Cream		28	15 chips	150	10	3	0	0.00
Lays	Chile Limon		28	15 chips	150	10	3	0	0.00
Lays	Classic		28	15 chips	150	10	3	0	0.00
Lays	Dill Pickle		28	17 chips	160	10	3	0	0.00
Lays	Dip	French Onion	33	2 Tbsp	50	5	2	0	0.00
Lays	Flamin Hot		28	17 chips	160	10	3	0	0.00
Lays	Hot 'n Spicy BBQ		28	15 chips	150	10	3	0	0.00
Lays	KC Masterpiece Barbecue		28	15 chips	150	10	3	0	0.00
Lays	Kettle Cooked	Jalapeno	28	15 chips	140	8	1	0	0.00
Lays	Light	Cheddar & Sour Cream	28	20 chips	75	0	0	0	0.00
Lays	Limon		28	17 chips	150	10	3	0	0.00
Lays	Sour Cream & Onion		28	17 chips	160	10	3	0	0.00
Lays	Wavy	AuGratin	28	13 chips	150	10	3	0	0.00
Lays	Wavy	Hickory Barbecue	28	13 chips	150	9	2.5	0	0.00
Lays	Wavy	Hidden Valley Ranch	28	12 chips	150	9	2.5	0	0.00
Lays	Wavy	Original	28	11 chips	150	10	2.5	0	0.00
Lay's Stix	Hidden Valley Ranch		28	12 crisps	150	9	2.5	0	0.00
Lay's Stix	KC Masterpiece Barbecue		28	12 crisps	150	9	2.5	0	0.00
Lay's Stix	Original		28	13 crisps	160	10	2.5	0	0.00
Lay's Stix	Salt & Vinegar		28	12 crisps	150	9	2.5	0	0.00
Lay's Stix	Sour Cream & Onion		28	12 crisps	150	10	2.5	0	0.00
Lean Pockets	Bacon Egg and Cheese		64	1 piece	150	4.5	2	0	0.00
Lean Pockets	Cheeseburger		128	1 piece	280	7	4	0	0.00
Lean Pockets	Chicken Fajita		128	1 piece	260	7	3.5	0	0.00
Lean Pockets	Chicken Parmesan		128	1 piece	280	7	3	0	0.00
Lean Pockets	Ham and Cheddar		128	1 piece	280	7	3.5	0	0.00
Lean Pockets	Meatballs and Motzerella		128	1 piece	290	7	3.5	0	0.00
Lean Pockets	Pepperoni Pizza		128	1 piece	280	7	3.5	0	0.00
Lean Pockets	Philly Steak and Cheese		128	1 piece	280	7	3.5	0	0.00
Lean Pockets	Sausage and Pepperoni Pizza		128	1 piece	280	7	3.5	0	0.00
Lean Pockets	Sub	Meatballs and Mozerella	127	1 piece	270	7	2	0	0.00
Lean Pockets	Turkey and Ham with Cheese		128	1 piece	280	7	3	0	0.00
Lean Pockets	Turkey Broccoli and Cheese		128	1 piece	270	7	3.5	0	0.00
Lindt	Excellence	Dark Extra Fine - 85% Cocoa	40	4 squares	210	18	11	0	0.00
Lindt	Lindor Truffles	60 % Extra Dark Chocolate with a Smooth Filling	36	3 balls	210	19	13	0	0.00
Lindt	Lindor Truffles	Swiss Dark Chocolate with a Smooth Filling	39	7 pieces	240	18	14	0	0.00
Lindt	Swiss Bittersweet	Fine Dark Chocolate	40	12 blocks	210	13	8	0	0.00
Lipton	Asian Sides	Teriyaki Noodles	66	3/4 cup	240	2	0	0	0.00
Lipton	Pasta Sides	Alfredo	60	2/3 cup	220	4	2	0	0.00
Lipton	Pasta Sides	Alfredo Broccoli	63	2/3 cup	240	4.5	2.5	0	0.00
Lipton	Pasta Sides	Butter	63	2/3 cup	240	4	2	0	0.00
Lipton	Pasta Sides	Butter & Herb	62	2/3 cup	240	3.5	1.5	0	0.00
Lipton	Pasta Sides	Cheesy Cheddar	59	3/4 cup	220	2	1	0	0.00
Lipton	Pasta Sides	Chicken	60	2/3 cup	220	2	0	0	0.00
Lipton	Pasta Sides	Chicken Broccoli	59	2/3 cup	220	2	0	0	0.00
Lipton	Pasta Sides	Creamy Chicken	59	2/3 cup	220	2	1	0	0.00
Lipton	Pasta Sides	Stroganoff	56	2/3 cup	210	2	1	0	0.00
Little Debbie	Banana Nut Loafs		55	1 muffin	220	10	1.5	0	0.00
Little Debbie	Blueberry Loafs		57	1 muffin	220	10	2.5	0	0.00
Little Debbie	Boston Crème Rolls		62	1 roll	270	12	5	2	3.23
Little Debbie	Chocolate Chip Crème Pies		34	1 cookie	150	6	2	0	0.00
Little Debbie	Cosmic Brownies		62	1 brownie	290	13	3.5	0.5	0.81
Little Debbie	Cupcakes	Chocolate	45	1 cupcake	190	9	4.5	0	0.00

Little Debbie	Cupcakes	Strawberry	48	1 cupcake	210	10	5	0	0.00
Little Debbie	Devil Cremes		47	1 cake	200	9	3	1	2.13
Little Debbie	Devil Squares		62	2 cakes	270	12	6	0	0.00
Little Debbie	Donut Sticks		47	1 donut	230	14	7	0	0.00
Little Debbie	Fig Bars		43	1 cookie	160	3	1	0	0.00
Little Debbie	Fudge Brownies	Reduced Fat	54	1 brownie	200	3	1	0	0.00
Little Debbie	Fudge Brownies		61	1 brownie	290	13	3.5	0.5	0.82
Little Debbie	Fudge Rounds		34	1 cookie	150	6	2	0	0.00
Little Debbie	German Chocolate		29	1 cookie	140	7	5	0	0.00
Little Debbie	Gingerbread Cookies		21	1 cookie	90	3	1	0	0.00
Little Debbie	Golden Cremes		43	1 cake	150	5	1.5	1	2.33
Little Debbie	Honey Buns		50	1 pastry	220	12	6	0	0.00
Little Debbie	Iced Honey Buns		57	1 pastry	250	13	6	0	0.00
Little Debbie	Marshmallow Pies	Banana	43	1 cookie	180	6	4	0	0.00
Little Debbie	Marshmallow Pies	Chocolate	43	1 cookie	180	7	4	0	0.00
Little Debbie	Marshmallow Supremes		32	1 cookie	140	5	3	0	0.00
Little Debbie	Marshmallow Treats		24	1 bar	100	2.5	1.5	0	0.00
Little Debbie	Nutty Bars		57	2 cookies	310	18	7	0	0.00
Little Debbie	Oatmeal Crème Pies		38	1 cookie	170	7	2	0	0.00
Little Debbie	Oatmeal Pies	Peanut Butter and Jelly	32	1 cookie	140	5	1.5	0	0.00
Little Debbie	Peanut Butter Crunch Bars		54	2 cookies	280	15	5	0	0.00
Little Debbie	Pound Cakes		58	1 loaf	220	9	2.5	0	0.00
Little Debbie	Sandwich Cracker	Peanut Butter and Cheese	26	4 crackers	140	7	1	1.5	5.77
Little Debbie	Sandwich Cracker	Peanut Butter Toasty	26	4 crackers	140	7	1	1.5	5.77
Little Debbie	Snack Cakes		71	2 cakes	310	14	7	0	0.00
Little Debbie	Spirit of America Cakes	Chocolate Icing	71	2 cakes	310	14	7	0	0.00
Little Debbie	Spirit of America Cakes	White Icing	69	2 cakes	310	14	7	0	0.00
Little Debbie	Star Crunch		31	1 cookie	150	6	3.5	0	0.00
Little Debbie	Strawberry Shortcake Rolls		61	1 roll	240	9	4	1.5	2.46
Little Debbie	Sugar Wafers	Chocolate	26	3 cookies	140	7	1.5	2	7.69
Little Debbie	Sugar Wafers	Strawberry	26	3 cookies	120	6	1.5	2	7.69
Little Debbie	Swiss Cake Rolls		61	2 cookies	270	12	6	1.5	2.46
Little Debbie	Zebra Cakes		74	2 cakes	330	15	8	0	0.00
Lloyd's	Shredded Beef		56	1/4 cup	90	1.5	0.5	0	0.00
Lloyd's	Shredded Chicken		56	1/4 cup	90	2	0.5	0	0.00
Lloyd's	Shredded Pork		56	1/4 cup	90	1.5	0.5	0	0.00
Luna	Nut Bar for Women	Chocolate Pecan Pie	48	1 bar	180	5	3	0	0.00
Luna	Nut Bar for Women	Key Lime Pie	48	1 bar	180	4	3	0	0.00
Luna	Nut Bar for Women	Lemon Zest	48	1 bar	180	4	3	0	0.00
Luna	Nut Bar for Women	Nutz Over Chocolate	48	1 bar	180	4.5	3	0	0.00
Luna	Nut Bar for Women	S'mores	48	1 bar	180	5	3	0	0.00
Luna	Nut Bar for Women	Sweet Dreams	48	1 bar	180	5	3	0	0.00
Luna	Nut Bar for Women	Toasted Nuts N Cranberry	48	1 bar	170	4	0.5	0	0.00
Lunchables	Chicken Dunks with Drink		107	1 package	310	6	2	0	0.00
Lunchables	Chicken Shake-ups with Drink	BBQ	133	1 package	220	6	2	0	0.00
Lunchables	Chicken Shake-ups with Drink	Nacho Cheese	133	1 package	220	6	2	0	0.00
Lunchables	Deluxe	Turkey and Chicken with Swiss and Cheddar	146	1 package	360	18	9	1	0.68
Lunchables	Deluxe	Turkey and Ham with Swiss and Cheddar	146	1 package	360	19	9	1	0.68
Lunchables	Ham and Cheddar with Crackers		128	1 package	340	18	9	1	0.78
Lunchables	Ham and Swiss with Crackers		128	1 package	340	17	9	1	0.78
Lunchables	Maxed Out	Chicken Strips	170	1 package	490	15	3.5	1	0.59
Lunchables	Maxed Out	Cracker Combo Ham and Cheddar	153	1 package	680	22	8	0	0.00
Lunchables	Maxed Out	Cracker Combo Turkey and Cheddar	153	1 package	690	22	8	0	0.00
Lunchables	Maxed Out	Deep Dish Pizza - Extra Cheesy	205	1 package	510	13	4.5	0	0.00
Lunchables	Maxed Out	Deep Dish Pizza - Pepperoni Flavored Sausage	201	1 package	530	17	6	0	0.00
Lunchables	Maxed Out	Double Stacked Tacos	155	1 package	420	10	3.5	0	0.00
Lunchables	Maxed Out	Pizza Sticks - Soft Breadsticks	202	1 package	680	10	4.5	0	0.00
Lunchables	Mini with Drink	Burgers	116	1 package	390	11	5	0.5	0.43
Lunchables	Mini with Drink	Hot Dogs	116	1 package	380	11	4	0	0.00
Lunchables	Mini with Drink	Pizza	138	1 package	480	14	5	0	0.00
Lunchables	Nachos	Cheese Dip and Salsa	125	1 package	380	21	6	0	0.00
Lunchables	Pizza	Extra Cheesy	128	1 package	310	10	4.5	0	0.00
Lunchables	Pizza	Pepperoni Flavored Sausage	128	1 package	310	11	4	0	0.00

Lunchables	Pizza Treatza with Drink		130	1 package	460	10	4.5	0	0.00
Lunchables	Stackers	Bologna and American	118	1 package	390	22	9	1	0.85
Lunchables	Stackers	Ham and American	107	1 package	430	17	8	0.5	0.47
Lunchables	Stackers	Ham and Cheddar	128	1 package	400	20	9	1	0.78
Lunchables	Stackers	Turkey and American	119	1 package	390	19	9	1	0.84
Lunchables	Stackers with Drink	Ham and Swiss	96	1 package	330	9	4.5	0	0.00
Lunchables	Stackers with Drink	Turkey and Cheddar	147	1 package	360	10	4.5	0.5	0.34
Lunchables	Turkey and Cheddar with Crackers		128	1 package	340	20	9	1	0.78
LunchMakers	Chicken Nuggets		91	1 package	170	5	1	0	0.00
LunchMakers	Cracker Crunchers	Chicken	74	1 package	210	9	4	0	0.00
LunchMakers	Cracker Crunchers	Cooked Ham	74	1 package	200	9	4	0	0.00
LunchMakers	Cracker Crunchers	Turkey	74	1 package	210	9	3.5	0	0.00
LunchMakers	Pizza	Pepperoni	93.5	1 package	260	10	4.5	0	0.00
M & M's	M & M's	Almond	37	1 pack	200	11	3.5	0	0.00
M & M's	M & M's	Chocolate Candies	48	1 pack	240	10	6	0	0.00
M & M's	M & M's	Dark Chocolate	50	1 pack	240	11	7	0	0.00
M & M's	M & M's	Minis	30.6	1 tube	150	7	4.5	0	0.00
M & M's	M & M's	Peanut	49	1 pack	250	13	5	0	0.00
M & M's	M & M's	Peanut Butter	46	1 pack	240	14	9	0	0.00
Margaritaville	Calypso Coconut Shrimp		112	5 shrimp	300	17	9	0	0.00
Margaritaville	Island Lime Shrimp		112	6 shrimp	130	7	3	2.5	2.23
Margaritaville	Jamin Jerk Shrimp		112	7 shrimp	140	7	1.5	1.5	1.34
Margaritaville	Sunset Shrimp Scampi		112	6 shrimp	270	20	6	7	6.25
Marie Callenders	Banana Cream Pie		107	1/10 pie	290	17	8	2	1.87
Marie Callenders	Cheesy Chicken Breast and Rice		396	1 meal	480	18	13	0.5	0.13
Marie Callenders	Chicken Teriyaki		397	1 meal	430	4	1	0.5	0.13
Marie Callenders	Chunky Chicken and Noodles		397	1 meal	610	34	14	0.5	0.13
Marie Callenders	Coconut Cream Pie		107	1/10 pie	310	18	10	2	1.87
Marie Callenders	Country Fried Beef Steak		425	1 meal	540	28	11	1	0.24
Marie Callenders	Country Fried Pork Chop		425	1 meal	510	23	7	0	0.00
Marie Callenders	Dutch Apple Pie		128	1/10 pie	320	15	3.5	4	3.13
Marie Callenders	Fettuccine with Chicken and Broccoli		369	1 meal	630	37	15	0.5	0.14
Marie Callenders	Grilled Chicken with Penne		369	1 meal	430	16	7	0	0.00
Marie Callenders	Herb Roasted Chicken		397	1 meal	460	25	7	0.5	0.13
Marie Callenders	key Lime Pie		102	1/10 pie	340	16	8	2	1.96
Marie Callenders	Meat Lasagna		227		240	9	5	0.5	0.22
Marie Callenders	Meatloaf and Gravy		397	1 meal	480	22	9	0.5	0.13
Marie Callenders	Oven Baked Chicken		369	1 meal	290	9	2.5	0	0.00
Marie Callenders	Pot Pies	Beef	234	1 cup	540	32	12	0.5	0.21
Marie Callenders	Pot Pies	Beef	234	1 cup	540	32	12	2	0.85
Marie Callenders	Pot Pies	Chicken	234	1 cup	530	31	11	0.5	0.21
Marie Callenders	Pot Pies	Chicken	234	1 cup	530	31	11	1.5	0.64
Marie Callenders	Pot Pies	Creamy Mushroom Chicken	234	1 cup	560	35	13	0.5	0.21
Marie Callenders	Pot Pies	Creamy Mushroom Chicken	234	1 cup	560	35	13	2	0.85
Marie Callenders	Pot Pies	Creamy Parmesan Chicken	234	1 cup	530	32	12	0.5	0.21
Marie Callenders	Pot Pies	Creamy Parmesan Chicken	234	1 cup	530	32	12	2	0.85
Marie Callenders	Pot Pies	Honey Roasted Chicken	234	1 cup	530	30	12	0.5	0.21
Marie Callenders	Pot Pies	Honey Roasted Chicken	234	1 cup	530	30	12	2	0.85
Marie Callenders	Pot Pies	Turkey	234	1 cup	530	32	12	0.5	0.21
Marie Callenders	Pot Pies	Turkey	234	1 cup	530	32	12	2	0.85
Marie Callenders	Spagetti with Meat Sauce		482	1 meal	590	15	6	0.5	0.10
Marie Callenders	Stuffed Pasta Medley		369	1 meal	440	15	8	0	0.00
Marie Callenders	Turkey Breast with Stuffing		397	1 meal	400	9	2.5	0.5	0.13
Martha White	Muffin Mix	Apple Cinnamon	33	1/4 cup	140	4	1.5	0	0.00
Martha White	Muffin Mix	Banana Nut	36	1/4 cup	150	5	1.5	0	0.00
Martha White	Muffin Mix	Blackberry	33	1/4 cup	140	4	1.5	0	0.00
Martha White	Muffin Mix	Blueberry	33	1/4 cup	140	4	1.5	0	0.00
Martha White	Muffin Mix	Blueberry - Low Fat	33	1/4 cup	130	1.5	0.5	0	0.00
Martha White	Muffin Mix	Blueberry Cheesecake	38	1/4 cup	150	6	3	0	0.00
Martha White	Muffin Mix	Chocolate Chip	35	1/4 cup	150	4.5	2	0.5	1.43
Martha White	Muffin Mix	Honey Bran	35	1/4 cup	140	3.5	1	0	0.00
Martha White	Muffin Mix	Lemon Poppy Seed	36	1/4 cup	150	4	1	0	0.00
Martha White	Muffin Mix	Strawberry	33	1/4 cup	140	4	1.5	0	0.00

Martha White	Muffin Mix	Strawberry Banana	38	1/4 cup	140	4	1.5	0	0.00
Martha White	Muffin Mix	Strawberry Cheesecake	33	1/4 cup	150	6	3	0	0.00
Mazola	Cooking Spray	Canola Oil	0.25	1/4 second spray	0	0	0	0	0.00
Mazola	Cooking Spray	Olive Oil	0.25	1/4 second spray	0	0	0	0	0.00
McKenzies	Hush Puppies	Classic Southern	55	4 hush puppies	150	4.5	1	0	0.00
Michael Angelo's	Chicken Parmesan		227	1 cup	320	10	3	0	0.00
Michael Angelo's	Eggplant Parmesan		170	2/3 cup	240	14	5	0	0.00
Michael Angelo's	Four Cheese Lasagna		227	1 cup	400	22	12	0	0.00
Michael Angelo's	Lasagna	with Meat Sauce	227	1 cup	310	13	7	0	0.00
Michael Angelo's	Lasagna		227	1 cup	300	11	6	0	0.00
Michael Angelo's	Lasagna with Sausage		227	1 cup	350	17	8	0	0.00
Michael Angelo's	Sausage, Peppers, and Onions		376	1 tray	490	16	5	0	0.00
Michael Angelo's	Vegetable Lasagna	with Marinara Sauce	227	1 cup	260	10	5	0	0.00
Michael Angelo's	Vegetable Lasagna		227	1 cup	230	7	3	0	0.00
Michelin's	Fettuccine Alfredo		255	1 meal	390	16	8	0.5	0.20
Michelin's	Fettuccine Alfredo with Chicken and Broccoli		241	1 meal	310	11	6	0	0.00
Michelin's	Lasagna with Meat Sauce		255	1 meal	320	10	4	0	0.00
Michelin's	Lean Gourmet	Chicken Alfredo Florentine	241	1 meal	270	6	3	0	0.00
Michelin's	Lean Gourmet	Five Cheese Lasagna	241	1 meal	310	6	2	0	0.00
Michelin's	Lean Gourmet	Salisbury Steak	241	1 meal	200	6	3	0	0.00
Michelin's	Lean Gourmet	Santa Fe Style Rice and Beans	255	1 meal	350	9	4.5	0	0.00
Michelin's	Lean Gourmet	Shrimp with Pasta and Vegetable	227	1 meal	260	6	3.5	0	0.00
Michelin's	Lean Gourmet	Spagetti and Meat Sauce	255	1 meal	280	4.5	1.5	0	0.00
Michelin's	Salisbury Steak		227	1 meal	350	20	8	0	0.00
Michelin's	Stroganoff		227	1 meal	400	18	7	0	0.00
Michelin's	Yu Sing	Chicken Fried Rice	227	1 meal	350	6	1	0	0.00
Michelin's	Yu Sing	Sweet and Sour Chicken	241	1 meal	370	2.5	0.5	0	0.00
Michelin's	Zap 'Ems	Macaroni and Cheese	227	1 meal	330	12	5	0	0.00
Michelin's	Zap 'Ems	Spagetti Marinara	227	1 meal	250	2	0	0	0.00
Milky Way	Milky Way	Midnight	50	1 bar	220	8	5	0	0.00
Milky Way	Milky Way		58	1 bar	260	10	7	0	0.00
Mission	Tortilla Rounds		28	10 chips	140	7	2	0	0.00
Mojo	Bar	Fruit Nut Crunch	45	1 bar	200	8	1	0	0.00
Mojo	Bar	Honey Roasted Peanut	45	1 bar	210	9	1.5	0	0.00
Mojo	Bar	Mountain Mix	45	1 bar	200	8	1.5	0	0.00
Morrison's	Bis-Kits	Prepared Biscuit Mix	35	1/4 cup	140	5	1.5	2.5	7.14
Morrison's	Corn Kits	Prepared Cornbread Mix	28	3 Tbsp	110	3.5	1	1.5	5.36
Morrison's	Sopapilla Mix		30	3 Tbsp	110	2.5	0.5	1	3.33
Morrison's	Stone Ground	Yellow Cornbread Mix	28	3 Tbsp	110	3.5	1	1.5	5.36
Morrison's	Texas Style	Honey Sweet Cornbread Mix	28	3 Tbsp	110	3	0.5	0.5	1.79
Morrison's	Texas Style	Yellow Cornbread Mix	28	3 Tbsp	110	3	0.5	0.5	1.79
Mrs Bairds	100% Whole Grain	Small	28	1 slice	70	1	0	0	0.00
Mrs Bairds	100% Whole Wheat Bread	Sugar Free	25	1 slice	60	1	0	0	0.00
Mrs Bairds	100% Whole Wheat Bread		28	1 slice	70	1	0	0	0.00
Mrs Bairds	Buttermilk Wheat		31	1 slice	70	1	0	0	0.00
Mrs Bairds	English Muffins	Sourdough	59	1 muffin	140	1	0	0	0.00
Mrs Bairds	English Muffins	Sourdough	59	1 muffin	140	1	0	0	0.00
Mrs Bairds	Extra Thin		26	1 slice	70	1	0	0	0.00
Mrs Bairds	Hamburger Buns	enriched	50	1 bun	130	2.5	0.5	0	0.00
Mrs Bairds	Hamburger Buns	Large	65	1 bun	170	3	0.5	0	0.00
Mrs Bairds	Hamburger Buns	Whole Grain White	50	1 bun	130	2.5	0.5	0	0.00
Mrs Bairds	Honey 7 Grain Recipe		31	1 slice	80	1.5	0	0	0.00
Mrs Bairds	Honey Nut n Oat		31	1 slice	90	1.5	0	0	0.00
Mrs Bairds	Honey Wheat		31	1 slice	80	1	0	0	0.00
Mrs Bairds	Honey Wheat	Small	28	1 slice	70	1	0	0	0.00
Mrs Bairds	Hot Dog Buns	enriched	42	1 bun	110	2	0	0	0.00
Mrs Bairds	Hot Dog Buns	Whole Grain White	42	1 bun	110	2	0	0	0.00
Mrs Bairds	Large		31	1 slice	80	1	0	0	0.00
Mrs Bairds	Potato Bread		49	1 slice	130	1	0	0	0.00
Mrs Bairds	Small Bread		28	1 slice	70	1	0	0	0.00
Mrs Bairds	Split Top Wheat		31	1 slice	80	1	0	0	0.00
Mrs Bairds	Texas Toast		40	1 slice	100	1	0	0	0.00
Mrs Bairds	Whole Grain White		62	2 slices	140	1.5	0.5	0	0.00

Mrs. Fields	Milk Chocolate Chip		34	1 cookie	160	8	5	0	0.00
Mrs. Fields	White Chunk Macademia		32	1 cookie	150	8	4.5	0	0.00
Mrs. Smith's	Apple Cobbler		126	X	250	10	4.5	0	0.00
Mrs. Smith's	Apple Crumb Cobbler		113	1/8 cobbler	260	8	3.5	0	0.00
Mrs. Smith's	Apple Pie	Deep Dish	116	1/12 pie	290	14	6	0	0.00
Mrs. Smith's	Apple Pie	No Sugar Added	131	1/8 pie	310	16	7	0	0.00
Mrs. Smith's	Apple Pie		131	1/8 pie	340	17	7	0	0.00
Mrs. Smith's	Blackberry Cobbler		113	1/8 cobbler	240	8	3.5	0	0.00
Mrs. Smith's	Blueberry Pie		131	1/8 pie	330	16	7	0	0.00
Mrs. Smith's	Carrot Cake		83	1/6 cake	300	16	3	1.5	1.81
Mrs. Smith's	Cherry Cobbler		126	1/8 pie	270	10	4.5	0	0.00
Mrs. Smith's	Cherry Crumb Cobbler		113	1/8 cobbler	280	9	4	0	0.00
Mrs. Smith's	Cherry Pie		131	1/8 pie	330	16	7	0	0.00
Mrs. Smith's	Coconut Custard Pie		124	1/8 pie	300	17	9	0	0.00
Mrs. Smith's	Dutch Apple Crumb Pie		131	1/8 pie	370	17	7	0	0.00
Mrs. Smith's	Hearty Pumpkin Pie		131	1/8 pie	300	12	6	0	0.00
Mrs. Smith's	Honey Buns		50	1 bun	220	13	6	0	0.00
Mrs. Smith's	Mince Pie		131	1/8 pie	370	17	8	0	0.00
Mrs. Smith's	Peach Cobbler		113	1/8 cobbler	240	8	3.5	0	0.00
Mrs. Smith's	Peach Pie		131	1/8 pie	320	16	7	0	0.00
Mrs. Smith's	Pie Crusts	Deep Dish - 9 inch	28	1/8 crust	130	7	3.5	0	0.00
Mrs. Smith's	Pound Cake		85	1/4 cake	290	14	7	1	1.18
Mrs. Smith's	Pumpkin Custard Pie		131	1/8 pie	300	15	7	0	0.00
Mrs. Smith's	Sweet Potatoe Pie		131	1/8 pie	350	18	7	0	0.00
Munch	Munch		40		220	15	3.5	0	0.00
Munchies	Munchies	Classic Mix	28	3/4 cup	140	7	1	0	0.00
Munchies	Munchies	Cooler Ranch Mix	28	3/4 cup	140	6	1	0	0.00
Munchies	Munchies	Flamin Hot	28	3/4 cup	140	7	1	0	0.00
Munchies	Munchies	Kid's Mix	28	1 cup	130	4	1	0	0.00
Munchies	Munchies	Traditional Mix	28	1/2 cup	130	5	1	0	0.00
Munchies	Munchies	Ultimate Cheddar Mix	28	3/4 cup	130	4.5	1	0	0.00
Murray	Butter Cookies		30	8 cookies	140	4.5	1	2	6.67
Murray	Chocolate Chip Cookies		30	8 cookies	150	5	1.5	1.5	5.00
Murray	Ginger Snaps	Regular	30	5 crackers	140	4.5	1	1.5	5.00
Murray	Ginger Snaps	sugar free	31	7 crackers	130	5	1	2	6.45
Murray	Sugar Free Cookies	Chocolate Chip	32	3 cookies	140	8	2.5	2.5	7.81
Murray	Sugar Free Cookies	Chocolate Chip with Pecans	32	3 cookies	160	10	2	2.5	7.81
Murray	Sugar Free Cookies	Fudge Dipped Shortbread	31	5 cookies	140	7	4.5	1.5	4.84
Murray	Sugar Free Cookies	Fudge Dipped Wafers	31	4 cookies	140	10	5	2	6.45
Murray	Sugar Free Cookies	Peanut Butter	29	3 cookies	140	9	2	2	6.90
Murray	Sugar Free Cookies	Pecan Shortbread	32	3 cookies	170	11	2.5	3.5	10.94
Murray	Sugar Free Cookies	Shortbread	30	8 cookies	140	6	1.5	2	6.67
Murray	Sugar Free Sandwich Cookies	Chocolate	28	3 cookies	130	7	1.5	2.5	8.93
Murray	Sugar Free Sandwich Cookies	Crème	28	3 cookies	130	6	1.5	2.5	8.93
Murray	Sugar Free Sandwich Cookies	Lemon	28	3 cookies	130	7	1.5	2.5	8.93
Murray	Sugar Free Sandwich Cookies	Vanilla Cookies	32	9 cookies	130	5	1.5	2	6.25
Murray	Sugar Free Wafers	duplex	30	5 wafers	160	7	1.5	2.5	8.33
Murray	Sugar Free Wafers	Regular	30	5 wafers	160	7	1.5	2.5	8.33
Murray	Vanilla Wafers		31	8 cookies	150	6	1.5	2.5	8.06
Nabisco	100 Calorie Packs	Cheese Nips Thin Crisps	21	5 Package	104	3	1	0	0.00
Nabisco	100 Calorie Packs	Chips Ahoy Thin Crisps	23	8 Package	107	3	1	0	0.00
Nabisco	100 Calorie Packs	Honey Maid Cinnamon Thin Crisps	23	4 Package	103	2	0	0	0.00
Nabisco	100 Calorie Packs	Oreo Thin Crisps	23	6 Package	105	2	0	0	0.00
Nabisco	100 Calorie Packs	Planters Peanut Butter Cookie Crisps	24	7 Package	106	3	0.5	0	0.00
Nabisco	100 Calorie Packs	Ritz Snack Mix	22	3 Package	102	3	0.5	0	0.00
Nabisco	100 Calorie Packs	Wheat Thins Mini Crisps	21	2 Package	101	3	0.5	0	0.00
Nabisco	Cheese Nips	4 Cheese	30	26 crackers	150	7	2	0.5	1.67
Nabisco	Cheese Nips	Cheddar	30	29 crackers	150	6	1.5	0	0.00
Nabisco	Cheese Nips	Reduced Fat Cheddar	30	31 crackers	130	3.5	1	0	0.00
Nabisco	Chicken in a Biskit	Original	31	12 crackers	160	8	1.5	0	0.00
Nabisco	Chips Ahoy	Candy Blasts	15	1 cookie	80	4	2	0	0.00
Nabisco	Chips Ahoy	Chewy	27	2 cookies	120	6	3	0	0.00
Nabisco	Chips Ahoy	Chocolate Chewy	27	2 cookies	120	6	3	0	0.00

Nabisco	Chips Ahoy	Chunky	16	1 cookie	80	4	1.5	0	0.00
Nabisco	Chips Ahoy	Original	32	3 cookies	160	8	2.5	0	0.00
Nabisco	Chips Ahoy	Peanut Butter	15	1 cookie	80	4	2.5	0	0.00
Nabisco	Chips Ahoy	Soft Baked Chunky	28	1 cookie	120	5	3	0	0.00
Nabisco	Chips Ahoy	White Fudge Chunky	16	1 cookie	80	4	1.5	0	0.00
Nabisco	Chips Ahoy	Whole Grain	33	3 cookies	150	8	2.5	0	0.00
Nabisco	Fig Newton Bars	Strawberry	29	2 cookies	100	1.5	0	0	0.00
Nabisco	Fig Newton Bars	Whole Grain	37	1 bar	130	2.5	0.5	0	0.00
Nabisco	Fig Newtons	Fat free	29	2 cookies	90	0	0	0	0.00
Nabisco	Fig Newtons	Original	31	2 cookies	110	2	0	0	0.00
Nabisco	Fig Newtons	Whole Grain	31	2 cookies	110	2	0.5	0	0.00
Nabisco	Flavor Originals	Better Cheddars	31	22 crackers	160	8	1.5	0	0.00
Nabisco	Flavor Originals	Vegetable Thins	31	11 crackers	160	9	1.5	0	0.00
Nabisco	Ginger Snaps		28	4 cookies	120	2.5	0.5	0	0.00
Nabisco	Honey Maid Soft Baked	Banana	37	1 bar	140	4	2	0	0.00
Nabisco	Honey Maid Soft Baked	Blueberry	37	1 bar	150	4.5	2	0	0.00
Nabisco	Honey Maid Soft Baked	Oatmeal Raisin	37	1 bar	150	4	2	0	0.00
Nabisco	HoneyMaid	Chocolate Sticks	31	14 sticks	130	3	0.5	0	0.00
Nabisco	HoneyMaid	Cinnamon	31	8 crackers	130	2.5	0	1	3.23
Nabisco	HoneyMaid	Cinnamon - Low Fat	31	8 crackers	120	1.5	0	0	0.00
Nabisco	HoneyMaid	Cinnamon Sticks	31	14 sticks	130	3	1	0	0.00
Nabisco	HoneyMaid	Honey	31	8 crackers	130	3	0.5	0	0.00
Nabisco	HoneyMaid	Honey - Low Fat	31	8 crackers	120	1.5	0	0	0.00
Nabisco	HoneyMaid	Honey Sticks	31	14 sticks	130	3	0.5	0	0.00
Nabisco	HoneyMaid Cookies	Oatmeal Raisin	34	3 cookies	150	6	1	0	0.00
Nabisco	Lorne Doune	Shortbread Cookies	29	4 cookies	140	7	2	0	0.00
Nabisco	Mixers	Cheddar	28	1/2 cup	130	4.5	1	0	0.00
Nabisco	Mixers	Traditional	30	1/2 cup	130	5	1	0	0.00
Nabisco	Nilla Wafers	Original	30	8 wafers	140	6	1.5	0	0.00
Nabisco	Nilla Wafers	Reduced Fat	29	8 wafers	110	2	0	0	0.00
Nabisco	Nutter Butter	Milk Chocolate Covered	18	1 cookie	90	4.5	2	0	0.00
Nabisco	Orea	Milk Chocolate Covered	18	1 cookie	90	4.5	2.5	0	0.00
Nabisco	Orea	Milk Chocolate Covered Mint	18	1 cookie	90	4.5	2.5	0	0.00
Nabisco	Oreo	Double Stuf	29	2 cookies	140	7	2.5	0	0.00
Nabisco	Oreo	Golden	35	3 cookies	170	7	2	0	0.00
Nabisco	Oreo	Golden Uh-Oh	35	3 cookies	170	7	2	0	0.00
Nabisco	Oreo	Peanut Butter Crème - Double Stuf	30	2 cookies	140	6	1.5	0	0.00
Nabisco	Oreo	reduced fat	34	3 cookies	150	4.5	1	0	0.00
Nabisco	Oreo	Sugar Free	24	2 cookies	100	5	1.5	0	0.00
Nabisco	Pie Crust	Honey Maid	21	1/8 crust	110	6	3	0	0.00
Nabisco	Pie Crust	Nilla	28	1/6 crust	140	8	1.5		0.00
Nabisco	PinWheels		29	1 cookie	120	5	2.5	0	0.00
Nabisco	Ritz	Crackers	16	5 crackers	80	4	1	0	0.00
Nabisco	Ritz	Dinosaurs	30	56 crackers	130	3.5	1	0	0.00
Nabisco	Ritz	Garlic Butter	16	5 crackers	80	4	1	0	0.00
Nabisco	Ritz	Low Sodium	16	5 crackers	80	4	1	0	0.00
Nabisco	Ritz	Reduced Fat	15	5 crackers	70	2	0	0	0.00
Nabisco	Ritz	Sticks	30	17 crackers	150	6	1.5	0	0.00
Nabisco	Ritz	Top 'Ems	15	4 crackers	70	3	0.5	0	0.00
Nabisco	Ritz	Whole Wheat	15	5 crackers	70	2.5	0.5	0	0.00
Nabisco	Ritz Bits Sandwiches	Cheese	29	12 sandwiches	140	8	1.5	0	0.00
Nabisco	Ritz Bits Sandwiches	Peanut Butter	29	13 sandwiches	150	9	3.5	0	0.00
Nabisco	Ritz Chips	Cheddar	29	12 chips	140	6	1	0	0.00
Nabisco	Ritz Chips	Sour Cream and Onion	29	12 chips	140	6	1	0	0.00
Nabisco	Snackwells	Black Forrest	16	1 cookie	50	0.5	0	0	0.00
Nabisco	Snackwells	Chocolate Mint	16	1 cookie	50	0.5	0	0	0.00
Nabisco	Snackwells	Crème Sandwiches	25	2 cookies	110	3	1	0	0.00
Nabisco	Snackwells	Devel's Food	16	1 cookie	50	0	0	0	0.00
Nabisco	Sociables		14	5 crackers	70	3.5	0.5	0	0.00
Nabisco	Triscuit	Cheddar	28	6 crackers	120	4.5	1	0	0.00
Nabisco	Triscuit	Garden Herb	28	6 crackers	120	4	0.5	0	0.00
Nabisco	Triscuit	Original	28	6 crackers	120	4.5	0.5	0	0.00
Nabisco	Triscuit	Reduced Fat	29	7 crackers	120	3	0	0	0.00

Nabisco	Triscuit	Roasted Garlic	28	6 crackers	120	4.5	0.5	0	0.00
Nabisco	Triscuit	Rosemary and Olive Oil	28	6 crackers	120	4	0.5	0	0.00
Nabisco	Triscuit	Thin Crisps	30	15 crackers	130	5	1	0	0.00
Nabisco	Wheat Thins	Big	31	11 crackers	150	6	1	0	0.00
Nabisco	Wheat Thins	Harvest - 5 Grain	31	13 crackers	130	3.5	1	0	0.00
Nabisco	Wheat Thins	Harvest - Grain Veggie	30	15 crackers	130	3.5	1	0	0.00
Nabisco	Wheat Thins	Honey	31	16 crackers	140	6	1	0	0.00
Nabisco	Wheat Thins	Low Sodium	31	16 crackers	150	6	1	0	0.00
Nabisco	Wheat Thins	Multigrain	30	17 crackers	130	4.5	0.5	0	0.00
Nabisco	Wheat Thins	Original	31	16 crackers	150	6	1	0	0.00
Nabisco	Wheat Thins	Parmesan Basil	30	15 crackers	140	5	1	0	0.00
Nabisco	Wheat Thins	Ranch	29	14 crackers	140	6	1	0	0.00
Nabisco	Wheat Thins	Reduced Fat - 30%	19	16 crackers	130	4	0.5	0	0.00
Nabisco	Wheat Thins	Sundried Tomato Basil	29	14 crackers	140	6	1	0	0.00
Nabisco	Wheat Thins Chips	Multigrain	29	13 chips	130	4	0.5	0	0.00
Nabisco	Wheat Thins Chips	Veggie	28	11 chips	120	4	0.5	0	0.00
Nabisco	Wheat Thins Toasted	Multigrain	28	12 chips	120	4	0.5	0	0.00
Nabisco	Wheat Thins Toasted	Veggie	28	11 chips	120	4	0.5	0	0.00
Nancy's	Petite Quiche		79	4 quiches	230	13	6	0	0.00
Nancy's	Quiche	Florentine	170	1 quiche	410	23	13	0.5	0.29
Nancy's	Quiche	Lorraine	170	1 quiche	490	26	14	0.5	0.29
Nature Valley	Chewy Granola	Lemon Yogurt	35	1 bar	140	3.5	2	0	0.00
Nature Valley	Chewy Granola	Strawberry Yogurt	35	1 bar	140	3.5	2	0	0.00
Nature Valley	Chewy Granola	Vanilla Yogurt	35	1 bar	140	3.5	2	0	0.00
Nature Valley	Chewy Trail Mix	Apple Cinnamon	35	1 bar	140	4	0.5	0	0.00
Nature Valley	Chewy Trail Mix	Fruit & Nut	35	1 bar	140	4	0.5	0	0.00
Nature Valley	Chewy Trail Mix	Mixed Berry	35	1 bar	140	3.5	0	0	0.00
Nature Valley	Crunchy Granola	Banana Nut	42	2 bars	190	7	1	0	0.00
Nature Valley	Crunchy Granola	Cinnamon	42	2 bars	180	6	0.5	0	0.00
Nature Valley	Crunchy Granola	Oats N Honey	42	2 bars	180	6	0.5	0	0.00
Nature Valley	Crunchy Granola	Peanut Butter	42	2 bars	180	7	1	0	0.00
Nature Valley	Crunchy Granola	Pecan Crunch	42	2 bars	190	7	1	0	0.00
Nature Valley	Crunchy Granola	Roasted Almond	42	2 bars	190	7	1	0	0.00
Nature Valley	Healthy Heart - Chewy	Hoeny Nut	40	1 bar	160	4	0.5	0	0.00
Nature Valley	Sweet & Salty Nut	Almond	35	1 bar	160	7	2	0	0.00
Nestle	Baking Bars	Premier White	14	1/4 bar	70	4	3	0	0.00
Nestle	Baking Bars	Semi-Sweet	14	1/4 bar	70	4	2.5	0	0.00
Nestle	Baking Chips	Butterscotch Morsels	14	1 Tbsp	70	4	3.5	0	0.00
Nestle	Baking Chips	Milk Chocolate Morsels	14	1 Tbsp	70	4	2.5	0	0.00
Nestle	Baking Chips	Mini Morsels	14	1 Tbsp	70	4	2.5	0	0.00
Nestle	Baking Chips	Premier White Morsels	14	1 Tbsp	70	4	3	0	0.00
Nestle	Baking Chips	Semi-Sweet Morsels	14	1 Tbsp	70	4	2.5	0	0.00
Nestle	Cocoa		5	1 Tbsp	15	0.5	0	0	0.00
Nestle	Crunch	Carb Select - Sugar Free	37	4 bars	170	13	8	0	0.00
Nestle	Crunch Ice Cream Bar	Vanilla	62	1 bar	220	15	11	0	0.00
Nestle	Drumstick	Chocolate	96	1 drumstick	360	23	12	0	0.00
Nestle	Drumstick	Vanilla	96	1 drumstick	340	21	11	0	0.00
Nestle	Drumstick	Vanilla Caramel	100	1 drumstick	360	22	11	0	0.00
Nestle	Nesquik	Chocolate Syrup with Calcium	38	2 Tbsp	100	0	0	0	0.00
Nestle	Nesquik	Strawberry Syrup with Calcium	40	2 Tbsp	110	0	0	0	0.00
Nestle	Swirled Baking Chips	Milk Chocolate and Caramel	14	1 Tbsp	70	4	2.5	0	0.00
Nestle	Swirled Baking Chips	Milk Chocolate and Peanut Butter	14	1 Tbsp	70	4	3	0	0.00
Nestle	Treasures	Cappuccino Truffle	43	1/2 bar	240	15	9	0	0.00
Nestle	Treasures	Caramel Truffle	43	1/2 bar	210	11	7	0	0.00
Nestle	Treasures	Dark Chocolate Truffle	43	1/2 bar	220	16	10	0	0.00
Nestle	100 Grand		43	1 package	180	8	5	0	0.00
Nestle	Baby Ruth		59.5	1 bar	280	14	8	0	0.00
Nestle	Butterfinger	BB's	48	1 bag	220	9	6	0	0.00
Nestle	Butterfinger	Crisp	50	1 bar	250	13	6	0	0.00
Nestle	Butterfinger		59.5	1 bar	270	11	6	0	0.00
Nestle	Coffee Crisp		50	1 bar	250	13	8	0	0.00
Nestle	Crunch	White	40	1 bar	220	13	8	0	0.00
Nestle	Crunch	With Caramel	43	1 bar	200	10	6	0	0.00

Nestle	Crunch		44	1 bar	220	11	7	0	0.00
Nestle Signatures	Butterfinger Stix		17	1 stick	90	4.5	3	0	0.00
Nestle Signatures	Crunch Stix	Dark	17	1 stick	90	5	4	0	0.00
Nestle Signatures	Crunch Stix		17	1 stick	90	5	4	0	0.00
Nestle Signatures	Turtles	Dark Chocolate	33	2 pieces	160	10	4.5	0	0.00
Nestle Signatures	Turtles	Milk Chocolate	33	2 pieces	160	9	4	0	0.00
New York	Garlic Bread Sticks		50	1 breadstick	170	6	1.5	0	0.00
New York	Texas Toast	Cheese	48	1 slice	170	10	3	0	0.00
New York	Texas Toast	Five Cheese	48	1 slice	180	9	3	0	0.00
New York	Texas Toast	Garlic	40	1 slice	150	9	2	0	0.00
New York	Texas Toast	Garlic Lite	40	1 slice	130	4.5	2	0	0.00
Night Hawk	Charbroiled Bites n Taters		170	1 meal	360	22	6	0	0.00
Night Hawk	Charbroiled Fingers		221	1 meal	370	22	6	1.5	0.68
Night Hawk	Salisbury Steak		260	1 meal	340	19	9	0	0.00
Night Hawk	Steak and Corn		199	1 meal	340	21	8	0	0.00
Night Hawk	Steak n Mac		200	1 meal	400	26	11	0	0.00
Night Hawk	Steak n Taters		170	1 meal	400	28	9	0	0.00
Night Hawk	Taste of Texas		272	1 meal	320	14	5	0	0.00
Night Hawk	Western Charbroiled		249	1 meal	400	26	8	0	0.00
Nips	Nips	Caramel	14	2 pieces	60	1.5	1.5	0	0.00
Nips	Nips	Coffee	14	2 pieces	60	1.5	1.5	0	0.00
No Pudge	Giant Fudge Brownie Cone		79	1 cone	140	2.5	1.5	0	0.00
No Pudge	Giant Fudgy Bar		75	1 bar	60	0	0	0	0.00
Oh Boy Oberto	Beef Jerky	Hickory	28		80	1	0	0	0.00
Oh Boy Oberto	Beef Jerky	Original	28		80	1	0	0	0.00
Oh Boy Oberto	Beef Jerky	Peppered	28		80	1	0	0	0.00
Oh Boy Oberto	Beef Jerky	Sesame Ginger	28		80	1.5	0	0	0.00
Oh Boy Oberto	Beef Jerky	Steakhouse	28		80	1	0	0	0.00
Ore-Ida	Crispers		84	20 pieces	210	12	3	3.5	4.17
Ore-Ida	Crispy Crowns		84	11 pieces	180	10	2	0	0.00
Ore-Ida	Easy Fries	Golden Crinkles	84	22 pieces	190	8	2	1.5	1.79
Ore-Ida	Easy Fries	Golden Fries	84	36 pieces	180	7	1.5	1.5	1.79
Ore-Ida	Extra Crispy	Fast Foods	84	27 pieces	160	6	1.5	2	2.38
Ore-Ida	Extra Crispy	Golden Crinkles	84	14 pieces	170	7	1.5	2	2.38
Ore-Ida	Extra Crispy	Seasoned Crinkles	84	13 pieces	170	7	1.5	2	2.38
Ore-Ida	Extra Crispy	Steak Fries	84	8 pieces	150	5	1	1.5	1.79
Ore-Ida	Extra Crispy	Tater Tots	86	12 pieces	170	9	1.5	0	0.00
Ore-Ida	Golden Crinkles		84	12 pieces	130	4	1	1.5	1.79
Ore-Ida	Golden Fries		84	14 pieces	120	3.5	0.5	1.5	1.79
Ore-Ida	Hash Browns	Country Style Shredded Potatoes	87	1 1/4 cup	70	0	0	0	0.00
Ore-Ida	Hash Browns	Southern Style Potatoes	89	3/4 cup	80	0	0	0	0.00
Ore-Ida	Mashed Potatoes	Made with 100% Russet Potatoes	73	2/3 cup	100	2	0.5	0	0.00
Ore-Ida	Onion Tater Tots		90	9 pieces	170	9	2	0	0.00
Ore-Ida	Potatoes O'Brien	with Onions & Peppers	85	3/4 cup	60	0	0	0	0.00
Ore-Ida	Steak Fries		84	7 pieces	110	3	0.5	0.5	0.60
Ore-Ida	Tater Tots		86	9 pieces	160	8	1.5	0	0.00
Ore-Ida	Waffle Fries		84	8 pieces	160	6	1.5	2	2.38
Ore-Ida	Zesties		84	12 pieces	140	5	1	2	2.38
Oroweat	100% Whole Wheat Bread	Light	45	2 slices	80	0.5	0	0	0.00
Oroweat	100% Whole Wheat Bread		38	1 slice	90	1	0	0	0.00
Oroweat	12 Grain Bread		38	1 slice	100	1.5	0	0	0.00
Oroweat	Carb Counting	100% Whole Wheat	27	1 slice	60	1.5	0	0	0.00
Oroweat	Country Buttermilk		38	1 slice	100	1	0	0	0.00
Oroweat	Country Potato		38	1 slice	100	1	0	0	0.00
Oroweat	Country White		38	1 slice	110	1.5	0	0	0.00
Oroweat	Dark Rye		28	1 slice	80	1	0	0	0.00
Oroweat	English Muffins	100% Whole Wheat	59	1 muffin	130	1.5	0	0	0.00
Oroweat	English Muffins	100% Whole Wheat	59	1 muffin	130	1.5	0	0	0.00
Oroweat	English Muffins	Cinnamon Raisin	69	1 muffin	180	1.5	0	0	0.00
Oroweat	English Muffins	Cinnamon Raisin	69	1 muffin	180	1.5	0	0	0.00
Oroweat	English Muffins	Extra Crisp	59	1 muffin	140	1	0	0	0.00
Oroweat	English Muffins	Extra Crisp	59	1 muffin	140	1	0	0	0.00
Oroweat	English Muffins	Sourdough	59	1 muffin	140	1	0	0	0.00

Oroweat	English Muffins	Sourdough	59	1 muffin	140	1	0	0	0.00
Oroweat	English Muffins	Whole Grain Nut	66	1 muffin	160	2.5	0	0	0.00
Oroweat	English Muffins	Whole Grain Nut	66	1 muffin	160	2.5	0	0	0.00
Oroweat	Hamburger Buns	Cracked Wheat	74	1 bun	200	3	0.5	0	0.00
Oroweat	Hamburger Buns	Golden Egg	74	1 bun	220	5	1	0	0.00
Oroweat	Hamburger Buns	Onion	74	1 bun	210	3	1	0	0.00
Oroweat	Health Nut Bread		38	1 slice	100	2	0	0	0.00
Oroweat	Healthy Multigrain Bread		38	1 slice	100	1.5	0	0	0.00
Oroweat	Honey Wheat Berry		38	1 slice	110	1	0	0	0.00
Oroweat	Hot Dog Buns	Gourmet Sesame Seeds	66	1 bun	180	3.5	0.5	0	0.00
Oroweat	Jewish Rye		28	1 slice	80	1	0	0	0.00
Oroweat	Oatnut Bread		38	1 slice	100	1.5	0	0	0.00
Oroweat	Raisin Cinnamon Bread		38	1 slice	110	1	0	0	0.00
Oroweat	Raisin Cinnamon Bread		38	1 slice	110	1	0	0	0.00
Oroweat	Sandwich Rolls	100% Whole Wheat	78	1 bun	200	3.5	1	0	0.00
Oroweat	Sandwich Rolls	Oat Nut	78	1 bun	210	3	0.5	0	0.00
Oroweat	Seven Grain		38	1 slice	100	1	0	0	0.00
Oroweat	Whole Grain Bread		38	1 slice	90	1.5	0	0	0.00
Oroweat	Whole Grain White		38	1 slice	90	1.5	0.5	0	0.00
Orville Redenbacher's	Popcorn	Butter	35	2 tbsp unpopped	170	12	6	0	0.00
Orville Redenbacher's	Popcorn	Butter - Organic	35	2 tbsp unpopped	170	12	6	0	0.00
Orville Redenbacher's	Popcorn	Cinnabon	33	2 tbsp unpopped	180	14	3	4.5	13.64
Orville Redenbacher's	Popcorn	Kettle Corn	35	2 tbsp unpopped	180	13	6	0	0.00
Orville Redenbacher's	Popcorn	Light Butter	33	2 tbsp unpopped	120	5	2	0	0.00
Orville Redenbacher's	Popcorn	Movie Theater Butter	35	2 tbsp unpopped	170	12	6	0	0.00
Orville Redenbacher's	Popcorn	Movie Theater Butter - Pour Over	33	2 tbsp unpopped	170	14	3	3.5	10.61
Orville Redenbacher's	Popcorn	Original	40	3 tbsp unpopped	120	1.5	0	0	0.00
Orville Redenbacher's	Popcorn	Popping & Topping	14	1 tbsp	120	14	2	0	0.00
Orville Redenbacher's	Popcorn	Smart Pop - Butter	37	3 tbsp unpopped	120	2	0.5	0	0.00
Orville Redenbacher's	Popcorn	Smart Pop - Organic Butter	37	3 tbsp unpopped	120	2	0.5	0	0.00
Orville Redenbacher's	Popcorn	Tender White	34	2 tbsp unpopped	180	13	7	0	0.00
Orville Redenbacher's	Popcorn	Ultimate Butter	33	2 tbsp unpopped	160	12	6	0	0.00
Oscar Mayer	Corn Dogs		74	1 dog	210	12	3.5	0	0.00
Oscar Mayer	Fast Franks	Beef Frank in a Bun	96	1 hot dog	300	20	8	1	1.04
Oscar Mayer	Fast Franks	Hot Dog in a Bun	96	1 hot dog	290	19	5	0	0.00
Owens	Border Breakfasts	Bacon Egg & Cheese Tacos	136	2 tacos	330	18	7	1	0.74
Owens	Border Breakfasts	Chorizo Egg & Cheese Tacos	136	2 tacos	350	21	8	1	0.74
Owens	Border Breakfasts	Sausage Egg & Cheese Tacos	136	2 tacos	350	21	8	1	0.74
Owens	Kolaches	with Cheddar Cheese	57	1 kolache	160	6	2	0	0.00
Owens	Kolaches		57	1 kolache	170	6	2	0	0.00
Owens	Macaroni & Cheese		255	1 cup	330	16	7	0	0.00
Owens	Mashed Potatoes	Garlic	124	1/2 cup	130	5	2.5	0	0.00
Owens	Mashed Potatoes	Original	124	1/2 cup	150	7	3.5	0	0.00
Owens	Mashed Potatoes	Texas	124	1/2 cup	150	7	3.5	1	0.81
Owens	Snackwiches	Hot Sausage Biscuits	112	2 sandwichs	380	26	9	1	0.89
Owens	Snackwiches	Sausage Biscuits	112	2 sandwichs	380	26	9	1	0.89
Owens	Snackwiches	Sausage Cheeseburgers	91	2 sandwichs	310	21	8	0	0.00
Owens	Snackwiches	Sausage Egg & Cheese Biscuits	141	2 sandwichs	430	29	11	1.5	1.06
Pace	Beef Enchilada Casserole		221	1 cup	360	16	9	0	0.00
Pace	Cheesy Chicken Enchilada Bake		240	1 cup	360	18	8	0	0.00
Palermo's	Primo Thin	Grilled Chicken Ceasar	155	1/3 pizza	290	12	6	0	0.00
Palermo's	Primo Thin	Italian Sausage	137	1/4 pizza	320	17	7	0	0.00
Palermo's	Primo Thin	Margharita	143	1/3 pizza	260	12	5	0	0.00
Palermo's	Primo Thin	Old World 6 Cheese	149	1/3 pizza	330	15	8	0.5	0.34
Palermo's	Primo Thin	Roasted Vegetable with Goat Cheese	135	1/3 pizza	250	11	5	0	0.00
Palermo's	Primo Thin	Special Edition Peppercorn	151	1/3 pizza	410	24	11	0	0.00
Palermo's	Primo Thin	Supreme	153	1/3 pizza	360	19	9	0	0.00
Palermo's	Primo Thin	White Cheddar Cheese and Tomato	137	1/3 pizza	330	17	8	0	0.00
Pam	No-Stick Spray	Butter	0.27	1/3 second spray	0	0	0	0	0.00
Pam	No-Stick Spray	High Temperature Formula	0.27	1/3 second spray	0	0	0	0	0.00
Pam	No-Stick Spray	Olive Oil	0.27	1/3 second spray	0	0	0	0	0.00
Pam	No-Stick Spray	Original	0.27	1/3 second spray	0	0	0	0	0.00
Parkay	Parkay	Original - Spread	14	1 Tbsp	60	7	1.5	0	0.00

Parkay	Parkay	Original - Stick	14	1 Tbsp	80	9	2	1.5	10.71
Parkay	Parkay	Spray - Fat Free	0.2	1 spray	0	0	0	0	0.00
Parkay	Parkay	Squeeze - Original	14	1 Tbsp	70	8	1.5	0	0.00
Pasta Roni	Angel Hair Pasta with Herbs		56	NA	190	2.5	1	0	0.00
Pasta Roni	Angel Hair Pasta with Parnesan Cheese		56	NA	200	4	2	0	0.00
Pasta Roni	Angel Hair Pasta with Tomato Parmesan		56	NA	190	3.5	1.5	0	0.00
Pasta Roni	Chicken		56	NA	190	2	1	0	0.00
Pasta Roni	Chicken & Broccoli with Linguine		70	NA	230	2.5	1	0	0.00
Pasta Roni	Fettuccine Alfredo		70	NA	250	6	3	0	0.00
Pasta Roni	Garlic & Olive Oil		70	NA	240	3	1	0	0.00
Pasta Roni	Shells & White Cheddar		56	NA	200	4.5	2	0	0.00
Pasta Roni	World Flavors	Butter Herb Italiano	56	NA	190	2.5	1	0	0.00
Pasta Roni	World Flavors	Chicken Quesadilla	56	NA	200	2.5	1	0	0.00
Patio	Beef Enchilada Dinner		312	1 meal	380	12	4	1	0.32
Patio	Beef Enchilada Platter		174	1 meal	210	7	2	0	0.00
Patio	Beef Tamales & Enchilada Dinner		347	1 meal	460	14	5	1	0.29
Patio	Burrito	Bean & Cheese	142	1 burrito	280	8	2.5	0	0.00
Patio	Burrito	Beef & Bean - Hot	142	1 burrito	310	11	3.5	0	0.00
Patio	Burrito	Beef & Bean - Medium	142	1 burrito	300	10	3	0	0.00
Patio	Burrito	Chicken	142	1 burrito	280	8	2	0	0.00
Patio	Cheese Enchilada Dinner		312	1 meal	390	13	4	1	0.32
Patio	Chicken Enchilada ConQueso Dinner		312	1 meal	380	11	3.5	0.5	0.16
Patio	Enchilada Combo Dinner		312	1 meal	380	12	3.5	1	0.32
Pay Day	Pay Day	Avalanche	51		250	13	5	0	0.00
Pay Day	Pay Day		52	1 bar	250	13	2.5	0	0.00
Payday	High Protein Energy Bar	Peanuts & Caramel	52	1 bar	240	12	2	0	0.00
Pepperidge Farm	3-Layer Cake	Chocolate Fudge	69	1/8 cake	230	10	2.5	1.5	2.17
Pepperidge Farm	3-Layer Cake	Coconut	69	1/8 cake	240	10	3	1.5	2.17
Pepperidge Farm	Chessmen		26	3 cookies	120	5	3	0	0.00
Pepperidge Farm	Chocolate Chunk	Dark Chocolate	28	1 cookie	140	7	3	0	0.00
Pepperidge Farm	Chocolate Chunk	Dark Chocolate Pecan	26	1 cookie	140	8	3.5	0	0.00
Pepperidge Farm	Chocolate Chunk	Milk Chocolate Macadamia	26	1 cookie	140	8	3.5	0	0.00
Pepperidge Farm	Chocolate Chunk	White Chocolate Macademia	26	1 cookie	130	6	4	0	0.00
Pepperidge Farm	Entertaining	Cracker Quartet	15	4 cookies	70	2.5	0.5	0	0.00
Pepperidge Farm	Entertaining	Hearty Wheat	16	3 cookies	80	3.5	0	0	0.00
Pepperidge Farm	Garlic Bread	Five Cheese	56	2 1/4 in	190	8	3	2	3.57
Pepperidge Farm	Garlic Bread	Mozarella	50	2 1/4 in	160	6	2	2	4.00
Pepperidge Farm	Garlic Bread		50	2 1/2 in	170	7	2	2.5	5.00
Pepperidge Farm	Ginger Man		28	4 cookies	130	4	2	0	0.00
Pepperidge Farm	Goldfish	Baby	30	55 crackers	140	5	1	0	0.00
Pepperidge Farm	Goldfish	Calcium	30	55 crackers	130	4.5	1	0	0.00
Pepperidge Farm	Goldfish	Cheddar	30	55 crackers	140	5	1	0	0.00
Pepperidge Farm	Goldfish	Colors	30	55 crackers	140	5	1	0	0.00
Pepperidge Farm	Goldfish	Giant	30	14 crackers	140	6	1.5	0	0.00
Pepperidge Farm	Goldfish	Original	30	55 crackers	150	6	0.5	0	0.00
Pepperidge Farm	Goldfish	Parmesan	30	60 crackers	130	4	1	0	0.00
Pepperidge Farm	Goldfish	Pizza	30	55 crackers	140	5	1	0	0.00
Pepperidge Farm	Goldfish	Whole Grain	30	55 crackers	140	5	1	0	0.00
Pepperidge Farm	Goldfish - Flavor Blasted	Burstin BBQ Cheddar	30	51 crackers	140	6	1	0	0.00
Pepperidge Farm	Goldfish - Flavor Blasted	Nothin But Nacho	30	51 crackers	150	7	1	0	0.00
Pepperidge Farm	Goldfish - Flavor Blasted	Queso Jalepeno	30	51 crackers	150	7	1	0	0.00
Pepperidge Farm	Goldfish - Flavor Blasted	Xplosive Pizza	30	51 crackers	140	6	0.5	0	0.00
Pepperidge Farm	Goldfish - Flavor Blasted	Xtra Cheese	30	51 crackers	140	6	1	0	0.00
Pepperidge Farm	Goldfish Mini Sandwiches	Peanut Butter	30	11 crackers	140	6	1	0	0.00
Pepperidge Farm	Milano	Double Chocolate	27	2 cookies	140	8	4	0	0.00
Pepperidge Farm	Milano	Milk Chocolate	33	3 cookies	170	9	5	0	0.00
Pepperidge Farm	Milano	Mini	29	6 cookies	160	8	4.5	0	0.00
Pepperidge Farm	Milano	Sugar Free	35	3 cookies	170	9	3.5	0	0.00
Pepperidge Farm	Milano	Sugar Free Mint	35	3 cookies	170	9	3.5	0	0.00
Pepperidge Farm	Pie Crusts	All Vegetable Deep Dish - 9inch	21	1/8 crust	90	5	1	1.5	7.14
Pepperidge Farm	Pie Crusts	Deep Dish - 9 inch	21	1/8 crust	90	5	2	0	0.00
Pepperidge Farm	Pie Crusts	Regular - 9 inch	18	1/8 crust	80	4	1.5	0	0.00
Pepperidge Farm	Pirouette	Chocolate Hazelnut	27	2 cookies	130	5	2.5	0	0.00

Pepperidge Farm	Pirouette	French Vanilla	27	2 cookies	130	6	3	0	0.00
Pepperidge Farm	Pirouette	Mint Chocolate	27	2 cookies	130	5	2.5	0	0.00
Pepperidge Farm	Pot Pies	Roasted Turkey	227	1 cup	500	33	10	0.5	0.22
Pepperidge Farm	Pot Pies	Roasted Turkey	227	1 cup	500	33	10	9	3.96
Pepperidge Farm	Puff Pastry	Sheets	41	1/6 sheet	170	11	3	4	9.76
Pepperidge Farm	Puff Pastry	Shells	47	1 shell	190	13	3.5	5	10.64
Pepperidge Farm	Shortbread		26	2 cookies	140	7	4	0	0.00
Pepperidge Farm	Soft Baked	Oatmeal Cranberry	31	1 cookie	130	4	2	0	0.00
Pepperidge Farm	Soft Baked	Oatmeal Raisin	31	1 cookie	130	4.5	1.5	0	0.00
Pepperidge Farm	Soft Baked	Snickerdoodle	31	1 cookie	140	5	2.5	0	0.00
Pepperidge Farm	Soft Baked	Sugar	31	1 cookie	140	5	2.5	0	0.00
Pepperidge Farm	Soft Baked Chocolate Chunk	Milk Chocolate Macadamia	31	1 cookie	160	8	3.5	0	0.00
Pepperidge Farm	Stuffing	Corbread	43	3/4 cup	170	2	0		0.00
Pepperidge Farm	Sugar Free	Chocolate Chip w/ Pecans	33	3 cookies	180	10	4	0	0.00
Pepperidge Farm	Turnovers	Apple	89	1 pastry	290	12	4	5	5.62
Pepperidge Farm	Turnovers	Cherry	89	1 pastry	280	15	4	5	5.62
Pepperidge Farm	Turnovers	Peach	89	1 pastry	290	15	4	5	5.62
Pepperidge Farms	English Muffins	100% Whole Grain Wheat	57	1 muffin	140	1.5	0.5	0	0.00
Pepperidge Farms	English Muffins	100% Whole Grain Wheat	57	1 muffin	140	1.5	0.5	0	0.00
Pepperidge Farms	English Muffins	7 Grain	57	1 muffin	130	2	1	0	0.00
Pepperidge Farms	English Muffins	7 Grain	57	1 muffin	130	2	1	0	0.00
Pepperidge Farms	English Muffins	Original	57	1 muffin	130	1.5	0.5	0	0.00
Pepperidge Farms	English Muffins	Original	57	1 muffin	130	1.5	0.5	0	0.00
Pepperidge Farms	Farm House Bread	12 Grain	43	1 slice	120	2	0	0	0.00
Pepperidge Farms	Farm House Bread	Harvest 7 Grain	43	1 slice	110	1.5	0.5	0	0.00
Pepperidge Farms	Farm House Bread	Hearty White	43	1 slice	120	1.5	0.5	0	0.00
Pepperidge Farms	Farm House Bread	Sourdough	43	1 slice	120	1.5	0.5	0	0.00
Pepperidge Farms	Farm House Bread	Sweet Buttermilk	43	1 slice	120	1.5	0.5	0	0.00
Pepperidge Farms	Hamburger Buns	Soft 100% Whole Wheat	43	1 bun	120	2	0	0	0.00
Pepperidge Farms	Hot and Crusty Bread	Twin French	56	4 in slice	150	1.5	0	0	0.00
Pepperidge Farms	Hot Dog Buns	Soft 100% Whole Wheat	50	1 bun	130	2	0.5	0	0.00
Pepperidge Farms	Italian Bread	with Sesame Seeds	32	1 slice	90	1	0	0	0.00
Pepperidge Farms	Mini Bagels	100% Whole Wheat	40	1 bagel	100	0.5	0	0	0.00
Pepperidge Farms	Mini Bagels	100% Whole Wheat	40	1 bagel	100	0.5	0	0	0.00
Pepperidge Farms	Mini Bagels	Brown Sugar Cinnamon	40	1 bagel	120	0.5	0	0	0.00
Pepperidge Farms	Mini Bagels	Brown Sugar Cinnamon	40	1 bagel	120	0.5	0	0	0.00
Pepperidge Farms	Mini Bagels	Plain	40	1 bagel	100	0.5	0	0	0.00
Pepperidge Farms	Mini Bagels	Plain	40	1 bagel	100	0.5	0	0	0.00
Pepperidge Farms	Natural Whole Grain Bread	100% Whole Wheat	43	1 slice	110	2	0	0	0.00
Pepperidge Farms	Natural Whole Grain Bread	9 Grain	43	1 slice	110	2	0	0	0.00
Pepperidge Farms	Pump Bread	Dark	32	1 slice	80	1	0	0	0.00
Pepperidge Farms	Rye Bread	Jewish	32	1 slice	80	1	0	0	0.00
Pepperidge Farms	Sandwich Buns	Onion	53	1 bun	150	2.5	0.5	0	0.00
Pepperidge Farms	Sandwich Buns	with Sesame Seeds	46	1 roll	130	3	0.5	0	0.00
Pepperidge Farms	Sandwich Rolls	Country Wheat	78	1 roll	220	4.5	1	0	0.00
Pepperidge Farms	Sandwich Rolls	Hearty White	78	1 roll	210	4.5	1	0	0.00
Pepperidge Farms	Swirl Bread	Deli	32	1 slice	80	1	0	0	0.00
Pepperidge Farms	Very Thin Bread	White	45	3 slices	120	1	0	0	0.00
Pepperidge Farms	Whole Grain Bread	100% Whole Wheat	43	1 slice	110	1.5	0.5	0	0.00
Pepperidge Farms	Whole Grain Bread	15 Grain	43	1 slice	120	2	0.5	0	0.00
Pepperidge Farms	Whole Grain Bread	Honey Oat	43	1 slice	110	2	0.5	0	0.00
Pepperidge Farms	Whole Grain Bread	Honey Whole Wheat	43	1 slice	110	2	0.5	0	0.00
Pepperidge Farms	Whole Grain Swirl	Cinnamon	38	1 slice	100	1.5	0	0	0.00
Peter Pan	Creamy	Honey Roast	34	2 Tbsp	190	14	3	0	0.00
Peter Pan	Creamy	No Sugar Added	32	2 Tbsp	200	18	3	0	0.00
Peter Pan	Creamy	Plus 8 essential vitamins	32	2 Tbsp	190	16	3	0	0.00
Peter Pan	Creamy	Reduced Fat	36	2 Tbsp	190	11	2	0	0.00
Peter Pan	Creamy	Whipped	24	2 Tbsp	140	12	2.5	0	0.00
Peter Pan	Creamy		32	2 Tbsp	190	17	3.5	0	0.00
Peter Pan	Crunchy	Honey Roast	34	2 Tbsp	190	14	3	0	0.00
Peter Pan	Crunchy		32	2 Tbsp	190	16	3	0	0.00
Peter Paul	Almond Joy		45	1 package	220	12	8	0	0.00
Peter Paul	Mounds		49		240	13	10	0	0.00

Pilgrims Pride	Blazin Wings		122	4 pieces	280	19	4.5	0	0.00
Pillsbury	Biscuits	Buttermilk	64	3 biscuits	150	2	0	0	0.00
Pillsbury	Biscuits	Low Fat	64	3 biscuits	150	2	0	0	0.00
Pillsbury	Breadsticks	Italian	60	2 breadsticks	170	6	1	1.5	2.50
Pillsbury	Breadsticks	Original	52	2 breadsticks	140	2.5	1.5	0	0.00
Pillsbury	Brownie Classics	Milk Chocolate	28	1/20 package	110	2	0	0	0.00
Pillsbury	Brownie Classics	Traditional Fudge	28	1/20 package	110	2.5	0	0	0.00
Pillsbury	Cinnamon Rolls	Reduced Fat	44	1 roll	140	3.5	2.5	0	0.00
Pillsbury	Cinnamon Rolls	With Cream Cheese Icing	44	1 roll	150	5	1.5	2	4.55
Pillsbury	Cinnamon Rolls	With Icing	41	1 roll	150	5	1.5	2	4.88
Pillsbury	Cornbread	Twists	41	1 twist	140	6	1.5	2	4.88
Pillsbury	Creamy Supreme Frosting	Chocolate Fudge	35	2 Tbsp	140	6	1.5	2	5.71
Pillsbury	Creamy Supreme Frosting	Coconut Pecan	35	2 Tbsp	160	10	4	2	5.71
Pillsbury	Creamy Supreme Frosting	Funfetti	37	2 Tbsp	150	6	1.5	2	5.41
Pillsbury	Creamy Supreme Frosting	Milk Chocolate	35	2 Tbsp	140	6	1.5	2	5.71
Pillsbury	Creamy Supreme Frosting	Vanilla	35	2 Tbsp	150	6	1.5	2	5.71
Pillsbury	Create 'n Bake	Chocolate Chip Cookies	29	1 1/2 in ball	120	5	1.5	1	3.45
Pillsbury	Create 'n Bake	Peanut Butter Cookies	29	1 1/2 in ball	130	6	1.5	1	3.45
Pillsbury	Create 'n Bake	Sugar Cookies	29	1/2 in slice	130	6	1.5	1.5	5.17
Pillsbury	Cresent	Butter Flake	28	1 roll	110	6	2	1.5	5.36
Pillsbury	Cresent	Garlic Butter	28	1 roll	110	7	2	1.5	5.36
Pillsbury	Cresent	Original	28	1 roll	110	6	2	1.5	5.36
Pillsbury	Cresent	Reduced Fat	28	1 roll	90	4.5	2	0	0.00
Pillsbury	Dinner Rolls	Traditional	40	1 roll	110	1.5	0.5	0	0.00
Pillsbury	French Loaf	Crusty	52	1/6 package	120	1.5	0.5	0	0.00
Pillsbury	Fudge Supreme	Peanut Butter Swirl	31	1/12 package	140	4.5	1	0.5	1.61
Pillsbury	Golden Layers	Butter Tastin'	34	1 biscuit	110	4.5	1	1.5	4.41
Pillsbury	Golden Layers	Buttermilk	34	1 biscuit	110	4.5	1	1.5	4.41
Pillsbury	Golden Layers	Flakey	34	1 biscuit	110	4.5	1	1.5	4.41
Pillsbury	Golden Layers	Honey Butter	34	1 biscuit	110	5	1	2	5.88
Pillsbury	Grands	Cinnamon Rolls with Cream Cheese Icing	99	1 roll	310	9	2.5	2.5	2.53
Pillsbury	Grands	Cinnamon Rolls with Icing	99	1 roll	310	9	2	2.5	2.53
Pillsbury	Grands	Extra Rich Cinnamon Rolls	99	1 roll	320	10	2.5	3	3.03
Pillsbury	Grands	Flakey Supreme Cinnamon Rolls	99	1 roll	380	19	6	5	5.05
Pillsbury	Grands Flaky Layers	Butter Tastin'	58	1 biscuit	190	9	2	3.5	6.03
Pillsbury	Grands Flaky Layers	Buttermilk	58	1 biscuit	190	9	2	3.5	6.03
Pillsbury	Grands Flaky Layers	Cheddar	58	1 biscuit	200	10	2	3.5	6.03
Pillsbury	Grands Flaky Layers	Original	58	1 biscuit	190	9	2	3.5	6.03
Pillsbury	Grands Homestyle	Butter Tastin'	58	1 biscuit	190	9	3	3	5.17
Pillsbury	Grands Homestyle	Buttermilk	58	1 biscuit	190	8	3	3	5.17
Pillsbury	Grands Homestyle	Extra Rich	61	1 biscuit	210	10	3.5	4	6.56
Pillsbury	Grands Homestyle	Original	58	1 biscuit	190	8	3	3	5.17
Pillsbury	Grands Homestyle	Reduced Fat	58	1 biscuit	170	6	3.5	0	0.00
Pillsbury	Grands Homestyle	Southern Style	58	1 biscuit	190	9	3	3	5.17
Pillsbury	Microwave	Soft Dinner Rolls	51	1 roll	150	4	1	1	1.96
Pillsbury	Mini - Bites	Cinnamon	49	3 pieces	170	6	1.5	2.5	5.10
Pillsbury	Moist Supreme	Chocolate	43	1/12 package	170	3.5	1.5	0	0.00
Pillsbury	Moist Supreme	Classic White	43	1/12 package	170	3.5	1.5	0	0.00
Pillsbury	Moist Supreme	Classic Yellow	43	1/12 package	170	3.5	1.5	0	0.00
Pillsbury	Moist Supreme	Devil's Food	43	1/12 package	160	2.5	1	0	0.00
Pillsbury	Moist Supreme	Funfetti	45	1/12 package	180	3.5	1.5	0	0.00
Pillsbury	Moist Supreme	German Chocolate	43	1/12 package	170	3.5	1.5	0	0.00
Pillsbury	Moist Supreme	Golden Butter Recipe	43	1/12 package	170	3.5	1.5	0	0.00
Pillsbury	Moist Supreme	Pineapple	43	1/12 package	170	3.5	1	1	2.33
Pillsbury	Moist Supreme	Strawberry	43	1/12 package	170	3.5	1.5	0	0.00
Pillsbury	Orange Sweet Rolls		49	1 roll	170	7	1.5	2	4.08
Pillsbury	Oven Baked Biscuits	Butter Tastin'	59	1 biscuit	180	9	2.5	4	6.78
Pillsbury	Oven Baked Biscuits	Buttermilk	59	1 biscuit	180	9	2.5	4	6.78
Pillsbury	Oven Baked Biscuits	Easy Split	90	1 biscuit	280	13	3.5	6	6.67
Pillsbury	Oven Baked Biscuits	Flaky Layers	52	1 biscuit	170	8	2	3	5.77
Pillsbury	Oven Baked Biscuits	Southern Style	59	1 biscuit	180	9	2.5	4	6.78
Pillsbury	Oven Baked Dinner Rolls	Butter Flake	48	1 roll	160	7	2	2	4.17
Pillsbury	Oven Baked Dinner Rolls	Crusty French	35	1 roll	100	1.5	0	0	0.00

Pillsbury	Oven Baked Dinner Rolls	Crusty Sourdough	35	1 roll	90	1.5	0	0	0.00
Pillsbury	Oven Baked Dinner Rolls	Soft White	35	1 roll	110	4	1	1	2.86
Pillsbury	Oven Baked Mini Loafs	Crusty French	46	1/4 loaf	120	1.5	0	0	0.00
Pillsbury	Pancakes	Buttermilk	116	3 pancakes	240	4	0.5	0	0.00
Pillsbury	Pancakes	Maple Burst	116	3 pancakes	290	7	3.5	0	0.00
Pillsbury	Pancakes	Original	116	3 pancakes	240	3.5	0.5	0	0.00
Pillsbury	Pie Crust	Roll Out	27	1/8 crust	120	7	2.5	0	0.00
Pillsbury	Pizza Crust	Classic	65	1/6 package	160	2	0.5	0	0.00
Pillsbury	Quick Bread	Banana	28	1/4 package	110	1	0	0	0.00
Pillsbury	Quick Bread	Cranberry	32	1/4 package	120	1.5	0.5	0	0.00
Pillsbury	Quick Bread	Date	34	1/4 package	130	1.5	0	0	0.00
Pillsbury	Ready to Bake	Big Deluxe - Chocolate Chip	43	1 cookie	200	10	3.5	2	4.65
Pillsbury	Ready to Bake	Chocolate Chip	26	1 cookie	120	6	2	1.5	5.77
Pillsbury	Ready to Bake	Chocolate Chip - Sugar Free	26	1 cookie	90	4	1	1	3.85
Pillsbury	Ready to Bake	Chocolate Chip Walnut	26	1 cookie	120	7	2	1	3.85
Pillsbury	Ready to Bake	Chocolate Chunk and Chip	26	1 cookie	120	6	2	1.5	5.77
Pillsbury	Ready to Bake	Sugar Cookies	26	1 cookie	120	6	1.5	1.5	5.77
Pillsbury	Specialty Mix	Hot Roll Mix	30	1/4 cup	110	1.5	0	0	0.00
Pillsbury	Toaster Scrambles	Cheese Egg and Bacon	47	1 pastry	180	12	3	2	4.26
Pillsbury	Toaster Scrambles	Cheese Egg and Sausage	47	1 pastry	180	12	3	2	4.26
Pillsbury	Toaster Scrambles	Egg Cheese and Bacon - Reduced Fat	47	1 pastry	160	9	2.5	2	4.26
Pillsbury	Toaster Scrambles	Southwestern Style	47	1 pastry	160	9	2	1.5	3.19
Pillsbury	Toaster Strudel	Apple	54	1 pastry	190	9	3.5	1	1.85
Pillsbury	Toaster Strudel	Blueberry	54	1 pastry	190	9	3.5	1	1.85
Pillsbury	Toaster Strudel	Cherry	54	1 pastry	190	8	3.5	1	1.85
Pillsbury	Toaster Strudel	Cinnamon Roll	54	1 pastry	200	9	3.5	1	1.85
Pillsbury	Toaster Strudel	Cream Cheese and Strawberry	54	1 pastry	200	10	4	1	1.85
Pillsbury	Toaster Strudel	Danish Style Cream Cheese	54	1 pastry	200	11	4.5	1.5	2.78
Pillsbury	Toaster Strudel	Raspberry	54	1 pastry	190	9	3.5	1	1.85
Pillsbury	Toaster Strudel	Wildberry	54	1 pastry	190	9	3.5	1	1.85
Pillsbury	Turnovers	Real Apple	57	1 pastry	180	8	2	3	5.26
Pillsbury	Turnovers	Real Cherry	57	1 pastry	180	8	2	3	5.26
Pillsbury	Ultimate Desert Kit	Chocolate Caramel	51	1/9 package	190	4.5	2	0	0.00
Pillsbury	Ultimate Desert Kit	Cookies 'n Crème	53	1/9 package	210	5	1.5	1.5	2.83
Pillsbury	Ultimate Desert Kit	Strawberry 'n Crème	45	1/9 package	180	3	1	1	2.22
Pillsbury	Ultimate Desert Kit	Triple Chocolate	54	1/9 package	210	6	3.5	1	1.85
Pillsbury	Waffles	Buttermilk	68	2 waffles	170	5	1.5	1.5	2.21
Pillsbury	Whipped Supreme Frosting	Milk Chocolate	24	2 Tbsp	100	4.5	1	1.5	6.25
Pillsbury	Whipped Supreme Frosting	Vanilla	24	2 Tbsp	100	5	1.5	1.5	6.25
Planters	Almonds		28	25 pieces	170	15	1	0	0.00
Planters	Cashew	Halves & Pieces	28	43 pieces	170	14	3	0	0.00
Planters	Cashew Lovers Mix		28	16 pieces	180	17	2.5	0	0.00
Planters	Cashews	Whole	28	23 pieces	170	14	3	0	0.00
Planters	Cocktail Peanuts		28	35 pieces	170	14	2	0	0.00
Planters	Delux Mixed Nuts		28	20 pieces	170	15	2.5	0	0.00
Planters	Dry Roasted Peanuts	Lightly Salted	28	39 pieces	160	14	2	0	0.00
Planters	Dry Roasted Peanuts	Original	28	39 pieces	170	14	2	0	0.00
Planters	Dry Roasted Peanuts	Unsalted	28	39 pieces	170	14	2	0	0.00
Planters	Dry Roasted Sunflower Kernels		31	1/4 cup	180	15	1.5	0	0.00
Planters	Heart Healthy Mix	Lightly Salted	28	33 whole nuts	170	16	2	0	0.00
Planters	Heart Healthy Mix	Original	28	25 whole nuts	170	16	1.5	0	0.00
Planters	Honey Roasted Peanuts		28	39 pieces	160	13	2	0	0.00
Planters	Mixed Nuts		28	30 pieces	170	15	2	0	0.00
Planters	Pecan Lovers Mix		28	23 pieces	180	17	2	0	0.00
Planters	Pistachio Lovers Mix		28	49 pieces	160	13	1.5	0	0.00
Planters	Redskin Spanish Peanuts		28	53 pieces	180	15	2.5	0	0.00
Planters	Smoked Almonds		28	25 pieces	160	14	1	0	0.00
Planters	South Beach Diet Mix		28	21 pieces	170	15	2	0	0.00
Planters	Sunflower Seeds	Roasted & Salted	28	3/4 cup with shell	180	15	1.5	0	0.00
Pop Secret	Popcorn	Cheddar	36	3 tbsp unpopped	180	13	3	6	16.67
Pop Secret	Popcorn	Extra Butter	36	3 tbsp unpopped	180	13	3.5	6	16.67
Pop Secret	Popcorn	Homestyle	36	3 tbsp unpopped	170	12	3	5	13.89
Pop Secret	Popcorn	Movie Theatre Butter	36	3 tbsp unpopped	180	13	2.5	6	16.67

Poppers	Cheddar Cheese Jalapeno		76	3 pieces	210	13	4	0.5	0.66	
Poppers	Cream Cheese Jalapeno		77	3 pieces	220	14	5	0	0.00	
Poppers	Mozzarella Sticks		28	1 piece	80	4	1.5	0	0.00	
Poppy Cock	Crunch 'n Munch	Butter Toffee Popcorn with Peanuts	31	2/3 cup	140	5	1.5	0	0.00	
Poppy Cock	Poppy Cock	Cashew Lovers	30	1/2 cup	130	6	2	0	0.00	
Poppy Cock	Poppy Cock	Chocolate Lovers	32	1/2 cup	150	7	3.5	0	0.00	
Poppy Cock	Poppy Cock	Original	31	1/2 cup	140	7	1.5	0	0.00	
Poppy Cock	Poppy Cock	Pecan Delight	30	1/2 cup	140	7	1.5	0	0.00	
Popsicle	Fear Factor Pop Ups	Sour Cherry	67	1 piece	90	0	0	0	0.00	
Popsicle	Fear Factor Pop Ups	Sour Watermelon	66	1 piece	80	0	0	0	0.00	
Popsicle	Jello Pudding Pops	Chocolate	52	1 piece	90	3	3	0	0.00	
Popsicle	Jello Pudding Pops	Chocolate and Vanilla Swirl	52	1 piece	90	3	3	0	0.00	
Popsicle	Jello Pudding Pops	Vanilla	52	1 piece	90	3	3	0	0.00	
Popsicle	Original Fudge Bar	No Sugar Added	78	2 pieces	80	1.5	1.5	0	0.00	
Popsicle	Spongebob Squarepants Pop Ups	Lemonade and Orange	53	1 piece	80	1	0.5	0	0.00	
Popsicle	Spongebob Squarepants Pop Ups	Lemonade and Strawberry	53	1 piece	80	1	0.5	0	0.00	
Post	100% Bran		29		0.5	80	1	0	0	0.00
Post	Alpha Bits		30		1.25	110	2	0	0	0.00
Post	Bran Flakes		30		0.75	100	0.5	0	0	0.00
Post	Cereal Bars	Raisin Bran	40	1 bar	140	2.5	0	0	0.00	
Post	Golden Crisp		27		0.75	110	0	0	0	0.00
Post	Grape Nut Flakes		29		0.75	110	1	0	0	0.00
Post	Grape Nut O's		32		1	120	0	0	0	0.00
Post	Grape Nuts		58		0.5	200	1	0	0	0.00
Post	Honey Bunches of Oats	Almonds	32		0.75	130	2.5	0	0	0.00
Post	Honey Bunches of Oats	Banana	31		0.75	120	2	0	0	0.00
Post	Honey Bunches of Oats	Honey Roasted	30		0.75	120	1.5	0	0	0.00
Post	Honey Bunches of Oats	Peaches	31		0.75	120	1.5	0	0	0.00
Post	Honey Bunches of Oats	Strawberry	31		0.75	120	1.5	0	0	0.00
Post	Honey Bunches of Oats Cereal Bars	Banana Nut	35	1 bar	130	3	0	0	0.00	
Post	Honey Bunches of Oats Cereal Bars	Cranberry Almond	35	1 bar	130	3	0	0	0.00	
Post	Honey Bunches of Oats Cereal Bars	Oatmeal Raisin with Pecans	35	1 bar	130	3	0	0	0.00	
Post	Honey Bunches of Oats Cereal Bars	Strawberry	35	1 bar	120	1.5	0	0	0.00	
Post	Honey Comb	regular	31		1.5	120	0.5	0	0	0.00
Post	Honey Comb	Strawberry Blasted	30		1.333333333	120	1	0	0	0.00
Post	Oreo O's		27		0.75	110	2	0.5	0	0.00
Post	Pebbles	Cocoa	29		0.75	120	1.5	1	0	0.00
Post	Pebbles	Fruity	27		0.75	110	1	1	0	0.00
Post	Pebbles	Fruity - 1/2 the sugar	26		0.75	110	1.5	1	0	0.00
Post	Pebbles	Marshmallow Mania	28		0.75	110	0.5	0	0	0.00
Post	Raisin Bran		59		1	190	1	0	0	0.00
Post	Selects	Banana Nut Crunch	59			240	6	1	0	0.00
Post	Selects	Blueberry Porning	60		1.25	230	3	0	0	0.00
Post	Selects	Cranberry Almond Crunch	57	1 cup	220	3	0	0	0.00	
Post	Selects	Great Grains Crunchy Pecans	52	1.2 cup	220	6	0.5	0	0.00	
Post	Selects	Great Grains Raisins Dates & Pecans	54	1/2 cup	210	4	0	0	0.00	
Post	Selects	Maple Pecan Crunch	52	3.4 cup	220	6	2	0	0.00	
Post	Shreaded Wheat	Frosted	52		1	180	1	0	0	0.00
Post	Shreaded Wheat	Honey Nut	52		1	200	1.5	0	0	0.00
Post	Shreaded Wheat	N Bran	59		1.25	200	1.5	0	0	0.00
Post	Shreaded Wheat	Regular	47	2 bisquits	160	1	0	0	0.00	
Post	Shreaded Wheat	Spoon Size	49		1	170	1	0	0	0.00
Post	Toasties		28		1	100	0	0	0	0.00
Post	Waffle Crisp		30		1	120	2.5	0	0	0.00
Power Bar	Harvest	Banana Nut	65	1 bar	250	5	2	0	0.00	
Power Bar	Harvest	Carrot Cake	65	1 bar	250	5	2	0	0.00	
Power Bar	Harvest	Double Chocolate Crisp	65	1 bar	250	5	2.5	0	0.00	
Power Bar	Harvest	Iced Oatmeal Raisin	65	1 bar	250	5	2	0	0.00	
Power Bar	Harvest	Peanut Butter Chocolate Chip	65	1 bar	240	4.5	1	0	0.00	
Power Bar	Performance	Chocolate	65	1 bar	230	2	0.5	0	0.00	
Power Bar	Performance	Oatmeal Raisin	65	1 bar	230	2.5	0.5	0	0.00	
Power Bar	Performance	Vanilla Crisp	65	1 bar	230	2.5	0.5	0	0.00	
Power Bar	Pria	Chocolate Peanut Crunch	28	1 bar	110	3.5	2.5	0	0.00	

Power Bar	Pria	Crème Caramel Crisp	28	1 bar	110	3	2.5	0	0.00
Power Bar	Pria	French Vanilla Crisp	28	1 bar	110	3	2.5	0	0.00
Power Bar	Pria	Mint Chocolate Cookie	28	1 bar	110	3.5	2.5	0	0.00
Power Bar	Pria Carb Select	Caramel Nut Brownie	48	1 bar	170	8	5	0	0.00
Power Bar	Pria Carb Select	Peanut Butter Caramel Nut	48	1 bar	170	8	5	0	0.00
Power Bar	Protein Plus	Chocolate Peanut Butter	78	1 bar	300	6	3.5	0	0.00
Power Bar	Protein Plus	Vanilla Yogurt	78	1 bar	290	5	3.5	0	0.00
Power Bar	Protein Plus Carb Select	Peanut Caramel	73	1 bar	270	11	7	0	0.00
Power Bar	Triple Treat	Caramel Peanut Crisp	55	1 bar	220	5	2	0	0.00
Power Bar	Triple Treat	Caramel Peanut Fusion	55	1 bar	230	8	4.5	0	0.00
Power Bar	Triple Treat	Chocolate Caramel Fusion	55	1 bar	230	8	4.5	0	0.00
Power Bar	Triple Treat	Chocolate Peanut Butter Crisp	55	1 bar	220	5	2	0	0.00
Prego	Italian Sausage Lasagna		227	1 cup	330	11	6	0	0.00
Pringles	Barbecue	Fat free	28	14 crisps	70	0	0	0	0.00
Pringles	Barbecue		28	15 crisps	150	10	3	0	0.00
Pringles	Cheeze Ums		28	15 crisps	150	11	3	0	0.00
Pringles	Chili Cheese		28	15 crisps	150	10	3	0	0.00
Pringles	Jalepeno		28	15 crisps	150	10	3	0	0.00
Pringles	Loaded Baked Potato		28	15 crisps	150	10	3	0	0.00
Pringles	Original	Reduced Fat	28	17 crisps	140	8	2	0	0.00
Pringles	Original		28	14 crisps	160	11	3	0	0.00
Pringles	Pizza Licious		28	15 crisps	150	10	3	0	0.00
Pringles	Print Jokes		28	16 crisps	160	11	3	0	0.00
Pringles	Ranch		28	15 crisps	150	10	3	0	0.00
Pringles	Salt & Vinegar		28	15 crisps	150	10	3	0	0.00
Pringles	Sour Cream & Onion	Fat free	28	14 crisps	70	0	0	0	0.00
Pringles	Sour Cream & Onion	Original	28	15 crisps	150	10	3	0	0.00
Pringles	Sour Cream & Onion	Reduced Fat	28	16 crisps	140	8	2.5	0	0.00
Progresso	Carb Monitor	Chicken Cheese Enchilada	235	1 cup	170	12	4	0	0.00
Progresso	Carb Monitor	Chicken Vegetable	236	1 cup	70	2	1	0	0.00
Progresso	Chicken & Wild Rice		239	1 cup	100	1.5	0.5	0	0.00
Progresso	Chicken Noodle	50% Less Sodium	240	1 cup	90	1.5	0	0	0.00
Progresso	Chicken Noodle		237	1 cup	100	2	0.5	0	0.00
Progresso	Hearty Black Bean		242	1 cup	160	0.5	0	0	0.00
Progresso	Hearty Chicken & Rotini		235	1 cup	100	2	0.5	0	0.00
Progresso	Italian Style Wedding		239	1 cup	130	5	2	0	0.00
Progresso	Minestrone	50% Less Sodium	252	1 cup	120	2	0.5	0	0.00
Progresso	Minestrone		240	1 cup	110	2	0.5	0	0.00
Progresso	Potato, Broccoli, & Cheese		252	1 cup	220	13	4.5	0.5	0.20
Progresso	Rich & Hearty	Beef Pot Roast	247	1 cup	130	2	1	0	0.00
Progresso	Rich & Hearty	Chicken & Homestyle Noodles	246	1 cup	110	2	0.5	0	0.00
Progresso	Rich & Hearty	New England Clam Chowder	240	1 cup	190	9	2	0	0.00
Progresso	Rich & Hearty	Sirloin Steak & Vegetable	246	1 cup	130	2	1	0	0.00
Progresso	Rich & Hearty	Slow Cooked Vegetable Beef	246	1 cup	130	1	0	0	0.00
Progresso	Vegetable		238	1 cup	80	0.5	0	0	0.00
Promise	Promise	Healthy Heart	14	1 Tbsp	45	5	1	0	0.00
Promise	Take Control	Light	14	1 Tbsp	45	5	0.5	0	0.00
Quaker	Breakfast Cookies	Apple Cinnamon	48	1 cookie	170	4.5	1.5	0	0.00
Quaker	Breakfast Cookies	Oatmeal Raisin	48	1 cookie	180	4.5	1.5	0	0.00
Quaker	Breakfast Squares	Raspberry Streusel	60	1 bar	220	4	1	0	0.00
Quaker	Chewy	Butterfinger	28	1 bar	110	2.5	1	0	0.00
Quaker	Chewy	Chocolate Chip	28	1 bar	120	4	1.5	0	0.00
Quaker	Chewy	Chocolate Chip 25% less sugar	24	1 bar	100	4	1	0	0.00
Quaker	Chewy	Cookies & Cream	28	1 bar	120	3	1	0	0.00
Quaker	Chewy	Cookies & Milk	28	1 bar	120	3	1.5	0	0.00
Quaker	Chewy	Honey Nut	28	1 bar	110	2	0.5	0	0.00
Quaker	Chewy	Maple Brown Sugar	28	1 bar	110	2	0.5	0	0.00
Quaker	Chewy	Oatmeal Raisin Low Fat	28	1 bar	110	2	0.5	0	0.00
Quaker	Chewy	Peanut Butter Chocolate Chunk	28	1 bar	120	3.5	1	0	0.00
Quaker	Chewy	Peanut Butter Chocolate Chunk 25% less sugar	24	1 bar	100	3	1	0	0.00
Quaker	Chewy	S'mores Low Fat	28	1 bar	110	2	0.5	0	0.00
Quaker	Chewy Fruit N Crunch	Strawberry	40	1 bar	160	3.5	1	0	0.00
Quaker	Crunchy Granola	Oats Nuts & Honey	30	2 bars	130	4	0.5	0	0.00

Quaker	Multigrain Cakes	Cinnamon Toast	14	1 cake	50	1	0	0.00
Quaker	Multigrain Cakes	Maple Brown Sugar	14	1 cake	50	1	0	0.00
Quaker	Oatmeal To Go	Brown Sugar Cinnamon	60	1 bar	220	4	1	0 0.00
Quaker	Oatmeal To Go	Oatmeal Raisin	60	1 bar	220	4	1	0 0.00
Quaker	Quaker Rice Snacks	Apple Cinnamon	16	8 mini cakes	60	0	0	0.00
Quaker	Quaker Rice Snacks	Caramel Corn	15	7 mini cakes	60	0	0	0.00
Quaker	Quaker Rice Snacks	Cheddar Cheese	15	9 mini cakes	70	2.5	0	0.00
Quaker	Quaker Rice Snacks	Ranch	16	10 mini cakes	70	2.5	0	0.00
Quaker	Rice Cakes	Apple Cinnamon	13	1 cake	50	0	0	0.00
Quaker	Rice Cakes	Caramel Corn	13	1 cake	50	0	0	0.00
Quaker	Rice Cakes	Chocolate Crunch	15	1 cake	60	1	0	0.00
Quaker	Rice Cakes	Lightly Salted	9	1 cake	35	0	0	0.00
Quickmeal	Bacon Cheeseburger		142	1 sandwich	430	22	9	2 1.41
Quickmeal	Cheeseburger		136	1 sandwich	390	19	8	1.5 1.10
Rainbo	Hamburger Buns		50	1 bun	130	1.5	0	0 0.00
Rainbo	Hot Dog Buns		43	1 bun	110	1	0	0 0.00
Rainbo	Thin Sliced		47	2 slices	130	1.5	0	0 0.00
Rainbo	Wheat	Light	45	2 slices	80	0	0	0 0.00
Red Baron	Classic Crust	4-Cheese Pizza	155	1/4 pizza	400	18	9	0.5 0.32
Red Baron	Classic Crust	Four Cheese Pizza	246	1 pizza	740	39	19	1 0.41
Red Baron	Classic Crust	Hamburger Pizza	129	1/5 pizza	310	13	6	0.5 0.39
Red Baron	Classic Crust	Mexican Style Supreme Pizza	131	1/5 pizza	360	19	10	0.5 0.38
Red Baron	Classic Crust	Pepperoni Pizza	125	1/5 pizza	330	15	7	0 0.00
Red Baron	Classic Crust	Pepperoni Pizza	255	1 pizza	790	45	19	1 0.39
Red Baron	Classic Crust	Sausage and Pepperoni Pizza	131	1/5 pizza	350	17	7	0 0.00
Red Baron	Classic Crust	Sausage and Pepperoni Pizza	255	1 pizza	800	46	19	1 0.39
Red Baron	Classic Crust	Supreme Pizza	137	1/5 pizza	330	15	7	0 0.00
Red Baron	Deep Dish Singles	Cheese Pizza	170	1 pizza	410	18	9	0.5 0.29
Red Baron	Deep Dish Singles	Pepperoni Pizza	170	1 pizza	450	22	10	0 0.00
Red Baron	Deep Dish Singles	Supreme Pizza	170	1 pizza	420	20	9	0 0.00
Red Baron	French Bread	Pepperoni Pizza	153	1 pizza	360	15	7	0 0.00
Red Baron	French Bread	Supreme Pizza	164	1 pizza	360	15	7	0 0.00
Red Baron	French Bread	Three Meat Pizza	156	1 pizza	370	15	7	0 0.00
Red Baron	Pizzeria Style	Pepperoni Pizza	135	1/6 pizza	360	15	5	0 0.00
Red Baron	Thin and Crispy Singles	Pepperoni Pizza	90	1 pizza	270	15	7	0 0.00
Red Baron	Thin Crust	Ultimate Pepperoni Pizza	145	1/4 pizza	360	20	8	0.5 0.34
Reese's	Reese's	Big Cup	39	1 cup	210	12	4	0 0.00
Reese's	Reese's	Fast Break	56	1 bar	270	13	4.5	0 0.00
Reese's	Reese's	Milk Chocolate	42	1 package	230	13	4.5	0 0.00
Reese's	Reese's	Milk Chocolate with Caramel	39		190	10	5	0 0.00
Reese's	Reese's	Miniatures - Sugar Free	39	5 pieces	170	12	5	0 0.00
Reese's	Reese's	NutRageous	51	1 bar	280	16	5	0 0.00
Reese's	Reese's	Pieces	43	1 package	220	11	7	0 0.00
Reese's	Reese's	ReeseSticks	42	1 package	230	13	5	0 0.00
Reese's	Reese's	White Chocolate	42		230	13	4.5	0 0.00
Rhodes	White Dinner Rolls		38	1 roll	100	1.5	0	0 0.00
Rhodes	White Texas Rolls		57	1 roll	150	3	0	0 0.00
Riesen	Riesen		36	4 pieces	170	6	3.5	0 0.00
Ritz	Cracker Sandwich	Cheese	38	1 Package	200	12	3	0 0.00
Rold Gold	Pretzels	Braided Twist - Classic	28	8 pretzels	110	1	0	0 0.00
Rold Gold	Pretzels	Braided Twist - Honey Wheat	28	8 pretzels	110	1	0	0 0.00
Rold Gold	Pretzels	Sourdough - Hard	26	1 pretzel	100	0.5	0	0 0.00
Rold Gold	Pretzels	Sticks	28	48 pretzels	110	0	0	0 0.00
Rold Gold	Pretzels	Thins	28	9 pretzels	110	1	0	0 0.00
Rold Gold	Pretzels	Tiny Twists - Fat Free	28	18 pretzels	100	0	0	0 0.00
Rold Gold	Pretzels	Tiny Twists - Honey Mustard	28	13 pretzels	110	1	0	0 0.00
Rold Gold	Pretzels	Tiny Twists - Traditional	28	17 pretzels	110	1	0	0 0.00
Rolo	Rolo		42	7 pieces	190	8	6	0 0.00
Ruffles	Baked	Cheddar & Sour Cream	28	10 crisps	120	3	0.5	0 0.00
Ruffles	Baked	Original	28	9 crisps	120	3	0	0 0.00
Ruffles	Cheddar & Sour Cream		28	11 chips	160	10	3	0 0.00
Ruffles	KC Masterpiece Barbecue		28	11 chips	150	10	2.5	0 0.00
Ruffles	Light	Original	28	17 chips	70	0	0	0 0.00

Ruffles	Natural	Reduced Salt - Sea Salt	28	15 chips	140	7	0.5	0	0.00
Ruffles	Original		28	12 chips	160	10	3	0	0.00
Ruffles	Reduced Fat		28	13 chips	140	7	1	0	0.00
Ruffles	Sour Cream & Onion		28	11 chips	160	10	3	0	0.00
Russell Stover	Caramel Drops	Sugar Free	41	7 pieces	160	11	8	0	0.00
Russell Stover	Chocolate Candy & Almonds	Sugar Free	35	3 pieces	170	13	7	0	0.00
Russell Stover	Chocolate Truffle	Sugar Free	43	3 pieces	200	12	8	0	0.00
Russell Stover	Mint Patties	Sugar Free	43	3 pieces	180	11	8	0	0.00
Russell Stover	Nuggie Nutty Chew	Sugar Free	42	3 pieces	150	8	5	0	0.00
Russell Stover	Peanut Brittle	Sugar Free	40	5 pieces	140	8	2.5	0	0.00
Russell Stover	Peanut Butter	Sugar Free	34	2 pieces	160	12	6	0	0.00
Russell Stover	Pecan Delights	Sugar Free	33	2 pieces	150	11	5	0	0.00
Russell Stover	Toffee Squares	Sugar Free	44	3 pieces	200	14	9	0	0.00
Santa Fe	Restaurant Chips	Regular	28	9 chips	140	7	1	0	0.00
Santa Fe	Restaurant Chips	Seasoned	28	9 chips	140	7	1	0	0.00
Santitas	Yellow Corn		28	9 chips	130	6	1	0	0.00
Sara Lee	All Butter Pound Cake		76	1/6 cake	300	16	8	1	1.32
Sara Lee	Bagels	Blueberry	95	1 bagel	260	1	0	0	0.00
Sara Lee	Bagels	Blueberry	95	1 bagel	260	1	0	0	0.00
Sara Lee	Bagels	Cinnamon Raisin	95	1 bagel	260	1	0	0	0.00
Sara Lee	Bagels	Cinnamon Raisin	95	1 bagel	260	1	0	0	0.00
Sara Lee	Bagels	Delightful - 100% whole wheat	61	1 bagel	130	1	0	0	0.00
Sara Lee	Bagels	Delightful - 100% whole wheat	61	1 bagel	130	1	0	0	0.00
Sara Lee	Bagels	Heart Healthy - 100% whole wheat	95	1 bagel	220	1.5	0.5	0	0.00
Sara Lee	Bagels	Heart Healthy - 100% whole wheat	95	1 bagel	220	1.5	0.5	0	0.00
Sara Lee	Bagels	Heart Healthy - Cinnamon Raisin	95	1 bagel	250	1.5	0.5	0	0.00
Sara Lee	Bagels	Heart Healthy - Cinnamon Raisin	95	1 bagel	250	1.5	0.5	0	0.00
Sara Lee	Bagels	Honey Wheat	95	1 bagel	260	1	0	0	0.00
Sara Lee	Bagels	Honey Wheat	95	1 bagel	260	1	0	0	0.00
Sara Lee	Bagels	Plain	95	1 bagel	250	1.5	0.5	0	0.00
Sara Lee	Bagels	Plain	95	1 bagel	250	1.5	0.5	0	0.00
Sara Lee	Bagels	Whole Grain Plain	95	1 bagel	240	1	0.5	0	0.00
Sara Lee	Bagels	Whole Grain Plain	95	1 bagel	240	1	0.5	0	0.00
Sara Lee	Bakery Bread	Blueberry Crumble	30	1 slice	90	1.5	0.5	0	0.00
Sara Lee	Bakery Bread	Brown Sugar Cinnamon	30	1 slice	100	3	1.5	0	0.00
Sara Lee	Bakery Buns	Classic Sesame Seed	74	1 bun	200	2	0	0	0.00
Sara Lee	Bakery Buns	Classic White	74	1 bun	200	2	0	0	0.00
Sara Lee	Bakery Buns	Heart Healthy Wheat	74	1 bun	200	2	0	0	0.00
Sara Lee	Break Cake	Chocolate Covered	54	4 donuts	250	15	3.5	4.5	8.33
Sara Lee	Break Cake	Chocolate Covered	54	4 donuts	250	15	3.5	4.5	8.33
Sara Lee	Break Cake	Cinnamon Sugar	47	4 donuts	200	11	2.5	3	6.38
Sara Lee	Break Cake	Cinnamon Sugar	47	4 donuts	200	11	2.5	3	6.38
Sara Lee	Break Cake	Powdered Sugar	50	4 donuts	210	11	2.5	3.5	7.00
Sara Lee	Break Cake	Powdered Sugar	50	4 donuts	210	11	2.5	3.5	7.00
Sara Lee	Cherry Pie		131	1/8 pie	340	16	7	0	0.00
Sara Lee	Deli Rolls	Center Split	76	1 roll	200	2	0.5	0	0.00
Sara Lee	Delightful	100% Multigrain	45	2 slices	90	1	0	0	0.00
Sara Lee	Delightful	Wheat	45	2 slices	90	1	0	0	0.00
Sara Lee	Delightful	White	45	2 slices	90	1	0	0	0.00
Sara Lee	Dinner Rolls	Classic	40	1 roll	110	1.5	0.5	0	0.00
Sara Lee	Dinner Rolls	Soft Country Style	33	1 roll	90	1.5	0	0	0.00
Sara Lee	Dutch Apple Pie		131	1/8 pie	340	14	6	0	0.00
Sara Lee	French Cheesecake		133	1/5 pie	400	24	12	3	2.26
Sara Lee	Hamburger Buns	Heart Healthy - Wheat	43	1 bun	110	1	0	0	0.00
Sara Lee	Hamburger Buns	White	43	1 bun	120	1.5	0	0	0.00
Sara Lee	Hamburger Buns	Whole Grain White	43	1 bun	120	1.5	0.5	0	0.00
Sara Lee	Heart Healthy	100% Whole Wheat	32	1 slice	80	1	0	0	0.00
Sara Lee	Heart Healthy Plus	100% Multigrain	32	1 slice	80	1	0	0	0.00
Sara Lee	Heart Healthy Plus	100% Multigrain Honey	43	1 slice	110	1.5	0	0	0.00
Sara Lee	Heart Healthy Plus	100% Whole Wheat	32	1 slice	80	1	0	0	0.00
Sara Lee	Heart Healthy Plus	100% Whole Wheat Honey	43	1 slice	110	1.5	0	0	0.00
Sara Lee	Honey Wheat		32	1 slice	80	1	0	0	0.00
Sara Lee	Hot Dog Buns	Gourmet White	43	1 bun	120	1.5	0.5	0	0.00

Sara Lee	Hot Dog Buns	Wheat	43	1 bun	110	1	0	0	0.00
Sara Lee	Iron Kids		47	2 slices	110	1	0	0	0.00
Sara Lee	Key West Lime Pie		120	1/8 pie	380	18	10	2	1.67
Sara Lee	Mini Moon Pie	Banana	34	1 Package	152	4.5	3	0	0.00
Sara Lee	Mini Moon Pie	Chocolate	34	1 Package	152	4.5	3	0	0.00
Sara Lee	Original Cream Cheesecake	Cherry	135	1/4 pie	320	11	5	1.5	1.11
Sara Lee	Original Cream Cheesecake	Classic	121	1/4 pie	330	17	8	1.5	1.24
Sara Lee	Original Cream Cheesecake	Strawberry	135	1/4 pie	310	11	5	1.5	1.11
Sara Lee	Pecan Coffee Cake		54	1/6 pie	190	10	2	2.5	4.63
Sara Lee	Pound Cakes	Butter	85	1/4 cake	260	11	4.5	2	2.35
Sara Lee	Soft and Smooth	Classic White	32	1 slice	90	1.5	0.5	0	0.00
Sara Lee	Soft and Smooth	Whole Grain White	57	2 slices	150	2	1	0	0.00
SeaPak	Butterfly Shrimp	Oven Crunchy	84	7 shrimp	210	10	1.5	0	0.00
SeaPak	Jumbo Coconut Shrimp	Oven Crunchy	85	4 shrimp	270	17	7	0	0.00
SeaPak	Jumbo Popcorn Shrimp	Oven Crunchy	85	10 shrimp	210	10	1.5	0	0.00
SeaPak	Popcorn Shrimp	Oven Crunchy	84	15 shrimp	210	10	1.5	0	0.00
Select Express Signatures	Mini	Cheese Burgers	113	2 minis	250	9	2	0	0.00
Select Express Signatures	Mini	Chicken Sandwiches	113	2 minis	320	13	2.5	0	0.00
Select Express Signatures	Mini	Hot Dogs	132	2 dogs	390	18	7	0	0.00
Seven Seas	Creamy Italian		31	2 Tablespoons	90	9	1.5	0	0.00
Seven Seas	Italian		30	2 Tablespoons	90	9	1	0	0.00
Sister Schubert's	Blueberry Yeast Rolls		55	2 rolls	190	6	2.5	1	1.82
Sister Schubert's	Cheddar Yeast Rolls		56	2 rolls	230	12	6	1	1.79
Sister Schubert's	Cinnamon Yeast Rolls		56	2 rolls	220	7	3	1	1.79
Sister Schubert's	Sausage Wrap Rolls		32	1 roll	110	5	2	0.5	1.56
Sister Schubert's	Yeast Rolls		62	3 rolls	220	8	3	1.5	2.42
Sixlets	Sixlets		49	1 package	230	9	9	0	0.00
Skinny Cow	Vanilla Sandwich	Low Fat	71	1 sandwich	140	1.5	0.5	0	0.00
Skinny Cow	Vanilla Sandwich	No Sugar Added	71	1 sandwich	140	2	0.5	0	0.00
Skippy	Creamy		32	2 Tbsp	190	16	3	0	0.00
Skittles	Skittles	Original Fruit	61.5	1 bag	250	2.5	2.5	0	0.00
Skittles	Skittles	Sour	51		200	2	2	0	0.00
Skittles	Skittles	Tropical	61.5		250	2.5	2.5	0	0.00
Skittles	Skittles	Wild Berry	61.5		250	2.5	2.5	0	0.00
Slim Fast	Breakfast Bars	Cinnamon Bun	44	1 bar	180	6	3.5	0	0.00
Slim Fast	Breakfast Bars	Honey Nut Graham	44	1 bar	180	6	3.5	0	0.00
Slim Fast	Breakfast Bars	Iced Lemon	44	1 bar	180	6	3.5	0	0.00
Slim Fast	Breakfast Bars	Mixed Berry	44	1 bar	180	6	3.5	0	0.00
Slim Fast	Chewy Granola	Chocolate Chip	56	1 bar	220	6	3.5	0	0.00
Slim Fast	Chewy Granola	Peanut Butter	56	1 bar	220	6	3	0	0.00
Slim Fast	Fruit Crisp	Apple Crisp	48	1 bar	180	3	1.5	0	0.00
Slim Fast	Fruit Crisp	Blueberry Crisp	48	1 bar	180	4	2.5	0	0.00
Slim Fast	Fruit Crisp	Cherry Crisp	48	1 bar	180	4	2	0	0.00
Slim Fast	High Protein	Chocolate Chip Granola	48	1 bar	190	6	3	0	0.00
Slim Fast	High Protein	Peanut Granola	48	1 bar	200	7	2.5	0	0.00
Slim Fast	Muffin Bars	Apple Cinnamon	34	1 bar	140	5	0.5	0	0.00
Slim Fast	Muffin Bars	Banana Nut	34	1 bar	150	8	0.5	0	0.00
Slim Fast	Muffin Bars	Blueberry	34	1 bar	140	5	0.5	0	0.00
Slim Fast	Muffin Bars	Chocolate Chip	34	1 bar	140	6	1	0	0.00
Slim Fast	Optima	Caramel Crispy Peanut	56	1 bar	220	6	3.5	0	0.00
Slim Fast	Optima	Caramel Crispy Peanut 40% less sugar	56	1 bar	220	6	3.5	0	0.00
Slim Fast	Optima	Chocolate Cookie Dough	56	1 bar	220	5	3.5	0	0.00
Slim Fast	Optima	Chocolate Cookie Dough 25% less sugar	56	1 bar	220	5	3.5	0	0.00
Slim Fast	Optima	Chocolate Peanut Nougat	28	1 bar	120	4	2.5	0	0.00
Slim Fast	Optima	Chocolate Peanut Nougat 40% less sugar	28	1 bar	120	4	2.5	0	0.00
Slim Fast	Optima	Cinnamon Bun 30% less sugar	44	1 bar	180	6	3.5	0	0.00
Slim Fast	Optima	Crispy Peanut Caramel 40% less sugar	28	1 bar	120	4	3	0	0.00
Slim Fast	Optima	Milk Chocolate Peanut	56	1 bar	220	5	3	0	0.00
Slim Fast	Optima	Milk Chocolate Peanut 40% less sugar	56	1 bar	220	5	3	0	0.00
Slim Fast	Optima	Oatmeal Raisin	56	1 bar	220	5	3	0	0.00
Slim Fast	Optima	Oatmeal Raisin 25% less sugar	56	1 bar	220	5	3	0	0.00
Slim Fast	Optima	Peanut Butter Crunch	28	1 bar	120	4	2	0	0.00
Slim Fast	Optima	Rich Chocolate Brownie	56	1 bar	220	5	3.5	0	0.00

Slim Fast	Optima	Strawberry Cheesecake	56	1 bar	220	6	4	0	0.00
Slim Fast	Optima	Strawberry Cheesecake 40% less sugar	56	1 bar	220	6	4	0	0.00
Slim Jim	Beef Jerky	Hickory Smoked	28		80	1.5	0.5	0	0.00
Slim Jim	Beef Jerky	Original	28		80	1.5	0.5	0	0.00
Slim Jim	Beef Jerky	Peppered	28		80	1.5	0.5	0	0.00
Smart Balace	Omega		14	1 Tbsp	120	14	1	0	0.00
Smart Balance	Popcorn	Light Butter	28		120	4.5	1.5	0	0.00
Smart Balance	Popcorn	Smart 'n' Healthy	31	3 tbsp unpopped	120	2	0	0	0.00
Smart Balance	Smart Balance	Light	14	1 Tbsp	45	5	1.5	0	0.00
Smart Balance	Smart Balance	Omega Plus	14	1 Tbsp	80	9	2.5	0	0.00
Smart Balance	Smart Balance	Original	14	1 Tbsp	80	9	2.5	0	0.00
Smart Balance	Smart Balance	Spray	0.2	1 spray	0	0	0	0	0.00
Smart Balance	Smart Balance Omega	Light Mayo Dressing	15	1 Tbsp	50	5	0	0	0.00
Smuckers	Chunky	Natural Peanut Butter	32	2 Tbsp	210	16	2.5	0	0.00
Smuckers	Creamy	Natural Peanut Butter	32	2 Tbsp	210	16	2.5	0	0.00
Smuckers	Goober	Grape	53	3 Tbsp	240	13	2.5	0	0.00
Smuckers	Goober	Strawberry	53	3 Tbsp	240	13	2.5	0	0.00
Smuckers	Smucker's	Magic Shell Chocolate	34	2 Tbsp	210	16	7	0	0.00
Smuckers	Smucker's Sundae Syrup	Caramel	40	2 Tbsp	100	0	0	0	0.00
Smuckers	Smucker's Sundae Syrup	Chocolate	40	2 Tbsp	110	0	0	0	0.00
Smuckers	Smucker's Toppings	Butterscotch	41	2 Tbsp	120	0	0	0	0.00
Smuckers	Smucker's Toppings	Caramel	41	2 Tbsp	120	0	0	0	0.00
Smuckers	Smucker's Toppings	Caramel - Sugar Free	38	2 Tbsp	90	0	0	0	0.00
Smuckers	Smucker's Toppings	Hot Caramel	41	2 Tbsp	140	3	1	0	0.00
Smuckers	Smucker's Toppings	Hot Fudge	39	2 Tbsp	130	4.5	1.5	0	0.00
Smuckers	Uncrustables	Peanut Butter and Grape Jelly Sandwich	58	1 sandwich	210	9	2	0	0.00
Smuckers	Uncrustables	Peanut Butter Spread Sandwich	58	1 sandwich	210	9	2	0	0.00
Snickers	Marathon Energy	Chevy Chocolate Peanut	55	1 bar	220	7	2.5	0	0.00
Snickers	Marathon Energy	Double Chocolate Mint	44.2	1 bar	150	4	2	0	0.00
Snickers	Marathon Energy	Honey Nut Oat	44.2	1 bar	150	3.5	2	0	0.00
Snickers	Marathon Energy	Multi-grain Crunch	55	1 bar	220	7	2.5	0	0.00
Snickers	Marathon Low Carb	Chocolate Fudge Brownie	50	1 bar	170	7	2.5	0	0.00
Snickers	Marathon Low Carb	Peanut Butter	50	1 bar	170	6	2	0	0.00
Snickers	Marathon Protein	Caramel Nut Rush	80	1 bar	290	8	3.5	0	0.00
Snickers	Marathon Protein	Chocolate Nut Burst	80	1 bar	290	7	2.5	0	0.00
Snickers	Snickers	Almond	50	1 bar	230	11	4	0	0.00
Snickers	Snickers	Cruncher	44	1 bar	220	11	6	0	0.00
Snickers	Snickers	Ice Cream Bar	50	1 bar	180	11	6	0	0.00
Snickers	Snickers		59	1 bar	280	14	5	0	0.00
Sophie Mae	Peanut Brittle	Old Fashioned	40	1/2 cup	150	5	1	0	0.00
Sour Punch	Sour Punch Straws	Apple	40	6 pieces	140	1	1	0	0.00
Sour Punch	Sour Punch Straws	Blue Raspberry	40	6 pieces	140	1	1	0	0.00
Sour Punch	Sour Punch Straws	Cherry	57	1 package	200	1.5	1	0	0.00
Sour Punch	Sour Punch Straws	Strawberry	40	6 pieces	140	1	1	0	0.00
Sour Punch	Sour Punch Straws	Watermelon	57	1 package	200	1.5	1	0	0.00
South Beach	Wrap Sandwich Kit	Deli Ham and Turkey	194	1 package	220	10	5	0	0.00
South Beach	Wrap Sandwich Kit	Grilled Chicken Ceasar	182	1 package	230	11	4.5	0	0.00
South Beach	Wrap Sandwich Kit	Southwestern Style Chicken	222	1 package	240	11	5	0	0.00
South Beach	Wrap Sandwich Kit	Turkey and Bacon Club	199	1 package	250	13	4.5	0	0.00
South Beach Diet	Breakfast Wrap	Southwestern Style	130	1 wrap	190	6	2	0	0.00
South Beach Diet	Caprese Style Chicken with Broccoli		297	1 package	260	7	2.5	0	0.00
South Beach Diet	Chicken Alfredo a la Roma		292	1 package	260	8	3.5	0	0.00
South Beach Diet	Chicken Basilico Rotini		294	1 package	280	10	2.5	0	0.00
South Beach Diet	Garlic Herb Chicken with Green Bean Almondine		283	1 package	250	12	2	0	0.00
South Beach Diet	Garlic Parmesan Chicken with Penne		311	1 package	290	11	3	0	0.00
South Beach Diet	Kung Pao Chicken		292	1 package	300	11	2.5	0	0.00
South Beach Diet	Orange Beef		283	1 package	260	8	2	0	0.00
South Beach Diet	Penne and Chicken in Roasted Red Pepper Sauce with Broccoli		297	1 package	300	12	4.5	0	0.00
South Beach Diet	Savory Beef with Cheesy Broccoli		297	1 package	240	7	3.5	0	0.00
South Beach Diet	Savory Pork with Pecans and Green Beans		283	1 package	240	10	2.5	0	0.00
South Beach Diet	Toasted Wheats		59	1 1/4 cup	210	1	0	0	0.00
South Beach Diet	Whole Grain Crunch		30		0.75	110	2.5	0	0.00
Soy Dream	Butter Pecan		70	1/2 cup	140	9	1.5	0	0.00

Soy Dream	Chocolate Fudge Brownie		70	1/2 cup	130	7	1.5	0	0.00
Soy Dream	French Vanilla		70	1/2 cup	140	7	1.5	0	0.00
Soy Dream	Mocha Fudge		70	1/2 cup	140	7	1.5	0	0.00
Splurge	Splurge	Chocolate Crisp	28	1 bar	130	10	6	0	0.00
Splurge	Splurge	Pecan Cluster	28	1 bar	130	7	3	0	0.00
Starbucks Coffee	Classic Coffee		99	1/2 cup	230	12	7	0	0.00
Starbucks Coffee	Coffee Almond Fudge		99	1/2 cup	250	13	7	0	0.00
Starbucks Coffee	Java Chip		99	1/2 cup	250	13	8	0	0.00
Starbucks Coffee	Mud Pie	Ice Cream Bar	83	1 bar	320	19	11	0	0.00
Starburst	Starburst	Baja California	58.7	1 pack	240	4.5	4.5	0	0.00
Starburst	Starburst	Fruit Crème	58.7	1 pack	240	5	4.5	0	0.00
Starburst	Starburst	Original Fruit Chews	58.7	1 pack	240	5	4.5	0	0.00
Starburst	Starburst	Sour	58.7	1 pack	230	4.5	4.5	0	0.00
Starburst	Starburst	Tropical	58.7	1 pack	240	5	4.5	0	0.00
State Fair	Corn Dogs	Beef	76	1 dog	220	10	3.5	0	0.00
State Fair	Corn Dogs	Classic	76	1 dog	220	12	3.5	0	0.00
Stauffers	Animal Crackers	Original	30	16 cookies	120	2	0	0	0.00
Stauffers	Ginger Snaps		28	4 cookies	120	3.5	0	1	3.57
Stauffers	Whales		43	1 Package	210	9	1.5	2.5	5.81
Stauffer's	Lean Cuisine Skillets	Chicken Alfredo	183	2 cups	180	4	2	0	0.00
Stauffer's	Skillets	Beef Stroganoff	201	2 cups	230	7	3	0	0.00
Stauffer's	Skillets	Broccoli & Beef	354	1/2 package	330	7	2.5	0	0.00
Stauffer's	Skillets	Chicken Alfredo	354	1/2 package	410	11	5	0	0.00
Stauffer's	Skillets	Garlic Chicken	326	1/2 package	330	5	2.5	0	0.00
Stauffer's	Skillets	Homestyle Beef	354	1/2 package	300	11	3	0	0.00
Stauffer's	Skillets	Savory Chicken & Rice	233	1 2/3 cups	230	3	1	0	0.00
Stauffer's	Skillets	Shrimp Fried Rice	354	1/2 package	280	3	0.5	0	0.00
Stauffer's	Skillets	Teriyaki Chicken	354	1/2 package	310	4.5	1	0	0.00
Stouffers	Baked Chicken Breast		251	1 package	250	10	2	0	0.00
Stouffers	Beef Stroganoff		276	1 package	380	17	5	0	0.00
Stouffers	Cheesy Spagetti Bake		340	1 package	450	24	9	0.5	0.15
Stouffers	Corner Bistro	Chicken Bacon and Spinach Flatbread	265	1 package	640	29	14	0	0.00
Stouffers	Corner Bistro	Grilled Chicken Italian Panini	170	1 package	350	17	6	0	0.00
Stouffers	Corner Bistro	Philly Style Steak and Cheese Panini	170	1 package	340	16	6	0	0.00
Stouffers	Corner Bistro	Shrimp and Roasted Garlic Flatbread	265	1 package	640	23	12	0	0.00
Stouffers	Corner Bistro	Smoked Turkey Club Panini	170	1 package	360	16	7	0	0.00
Stouffers	Corner Bistro	Steak Fajita Flatbread	269	1 package	560	21	11	0	0.00
Stouffers	Country Fried Beef Steak		453	1 package	610	33	10	2	0.44
Stouffers	Creamed Chipped Beef		125	1/2 package	140	7	4	0	0.00
Stouffers	Creamed Spinach		128	1/2 package	200	16	4	0	0.00
Stouffers	Escalloped Chicken and Noodles		283	1 package	360	19	3.5	0	0.00
Stouffers	Harver Apples		158	2/3 cup	190	3	0.5	0	0.00
Stouffers	Lasagna with Meat and Sausage		215	1 cup	260	9	4.5	0	0.00
Stouffers	Lean Cuisine	Baked Chicken Florentine	226	1 package	200	8	2	0	0.00
Stouffers	Lean Cuisine	Beef Peppercorn	248	1 package	220	7	2.5	0	0.00
Stouffers	Lean Cuisine	Beef Portabello	255	1 package	220	6	2.5	0	0.00
Stouffers	Lean Cuisine	Cheese Ravioli	240	1 package	240	6	3.5	0	0.00
Stouffers	Lean Cuisine	Chicken a 'l' Orange	255	1 package	260	3	0.5	0	0.00
Stouffers	Lean Cuisine	Chicken and Vegetables	297	1 package	230	5	2	0	0.00
Stouffers	Lean Cuisine	Chicken Chow Mein	255	1 package	210	3	0.5	0	0.00
Stouffers	Lean Cuisine	Chicken Enchilada Suiza	255	1 package	270	4.5	2	0	0.00
Stouffers	Lean Cuisine	Chicken Fettuccine	262	1 package	280	7	3	0	0.00
Stouffers	Lean Cuisine	Chicken Fried Rice	283	1 package	280	6	1	0	0.00
Stouffers	Lean Cuisine	Chicken Marsalla	230	1 package	140	4	1.5	0	0.00
Stouffers	Lean Cuisine	Chicken Parmesan	308	1 package	260	5	1.5	0	0.00
Stouffers	Lean Cuisine	Chicken Pecan	255	1 package	260	6	1	0	0.00
Stouffers	Lean Cuisine	Chicken with Almonds	240	1 package	260	6	0.5	0	0.00
Stouffers	Lean Cuisine	Deluxe Pizza French Bread	173	1 package	310	9	3.5	0	0.00
Stouffers	Lean Cuisine	Fettuccine Alfredo	262	1 package	270	7	3.5	0	0.00
Stouffers	Lean Cuisine	Fiesta Grilled Chicken	240	1 package	250	7	3	0	0.00
Stouffers	Lean Cuisine	Four Cheese Cannelloni	258	1 package	230	7	3.5	0	0.00
Stouffers	Lean Cuisine	Ginger Garlic Stir Fry with Chicken	280	1 package	290	4	1	0	0.00
Stouffers	Lean Cuisine	Glazed Chicken	240	1 package	220	3.5	1	0	0.00

Stouffers	Lean Cuisine	Grilled Chicken Ceasar	255	1 package	230	6	2	0	0.00
Stouffers	Lean Cuisine	Grilled Chicken Primavera	265	1 package	250	5	1.5	0	0.00
Stouffers	Lean Cuisine	Herb Roasted Chicken	226	1 package	180	3.5	1	0	0.00
Stouffers	Lean Cuisine	Lasagna and Meat Sauce	297	1 package	320	7	3	0	0.00
Stouffers	Lean Cuisine	Lemon Garlic Shrimp	340	1 package	350	7	3.5	0	0.00
Stouffers	Lean Cuisine	Lemon Grass Chicken	265	1 package	240	6	3.5	0	0.00
Stouffers	Lean Cuisine	Margharita Pizza - Deep Dish	170	1 package	320	9	2.5	0	0.00
Stouffers	Lean Cuisine	Meatloaf with gravy and Whipped Potatoes	265	1 package	250	7	2.5	0	0.00
Stouffers	Lean Cuisine	Pepperoni Pizza French Bread	148	1 package	290	8	3	0	0.00
Stouffers	Lean Cuisine	Roasted Chicken with Lemon Pepper Fettuccine	230	1 package	230	6	2	0	0.00
Stouffers	Lean Cuisine	Roasted Garlic Chicken	251	1 package	180	7	2.5	0	0.00
Stouffers	Lean Cuisine	Roasted Potatoes Broccoli and Cheddar Cheese Sauce	290	1 package	220	5	3	0	0.00
Stouffers	Lean Cuisine	Roasted Turkey Breast	276	1 package	260	2.5	0.5	0	0.00
Stouffers	Lean Cuisine	Roasted Vegetable Pizza - Traditional Deep Dish	170	1 package	330	5	1.5	0	0.00
Stouffers	Lean Cuisine	Rosemary Chicken	233	1 package	210	4	2	0	0.00
Stouffers	Lean Cuisine	Salisbury Steak with Macaroni and Cheese	269	1 package	280	9	4.5	0	0.00
Stouffers	Lean Cuisine	Salmon with Basil	272	1 package	220	6	2	0	0.00
Stouffers	Lean Cuisine	Santa Fe Style Rice and Beans	294	1 package	290	6	2.5	0	0.00
Stouffers	Lean Cuisine	Sesame Chicken	255	1 package	330	9	1.5	0	0.00
Stouffers	Lean Cuisine	Shrimp and Angel Hair Pasta	283	1 package	240	4.5	1	0	0.00
Stouffers	Lean Cuisine	Southern Beef Tips	248	1 package	250	5	2	0	0.00
Stouffers	Lean Cuisine	Spagetti with Meat Sauce	326	1 package	280	3.5	1	0	0.00
Stouffers	Lean Cuisine	Spinach and Mushroom Pizza	173	1 package	310	7	4	0	0.00
Stouffers	Lean Cuisine	Steak Tips Portabello	212	1 package	180	7	2	0	0.00
Stouffers	Lean Cuisine	Swedish Meatballs	258	1 package	280	7	3	0	0.00
Stouffers	Lean Cuisine	Sweet and Sour Chicken	283	1 package	300	3	0.5	0	0.00
Stouffers	Lean Cuisine	Three Meat Pizza - Deep Dish	180	1 package	350	9	4	0	0.00
Stouffers	Macaroni and Beef		326	1 package	360	13	5	0	0.00
Stouffers	Macaroni and Cheese		225	1 cup	350	17	7	0	0.00
Stouffers	Meat Loaf		279	1 package	340	19	8	1	0.36
Stouffers	Meatloaf and Gravy		156	1 loaf	200	11	5	0.5	0.32
Stouffers	Pot Pies	White Meat Chicken	227	1/2 pie	600	35	14	0	0.00
Stouffers	Roast Turkey Breast		453	1 package	390	13	3.5	0	0.00
Stouffers	Salisbury Steak		272	1 package	370	18	8	1.5	0.55
Stouffers	Spagetti with Meat Balls		357	1 package	360	12	3.5	0	0.00
Stouffers	Spinach Souffle		115	1/2 cup	150	10	2	0	0.00
Stouffers	Stuffed Pepper		220	1 pepper	150	5	1.5	0	0.00
Stouffers	Sweedish Meat Balls		326	1 package	560	27	12	1	0.31
Stouffers	Three Cheese Ravioli with Meat Sauce	Large Family Size	251	1 cup	310	12	6	0	0.00
Stouffers	Tuna Noodle Casserole		283	1 package	350	15	5	0	0.00
Stouffer's	Chicken Enchilada with Cheese Sauce and Rice		201	1 enchilada	250	12	7	0.5	0.25
Stouffer's	French Bread Pizza	Pepperoni	159	1 piece	410	20	7	0	0.00
Stouffer's	Lasagna with Meat and Sauce		215	1 cup	280	10	6	0	0.00
Sugar Daddy	Sugar Daddy		48	1 pop	200	2.5	0.5	0	0.00
Sunbelt	Chewy Granola	Chocolate Chip	35	1 bar	160	7	4	0	0.00
Sunbelt	Chewy Granola	Fudge Dipped Chocolate Chip	43	1 bar	210	10	7	0	0.00
Sunbelt	Chewy Granola	Golden Almond	28	1 bar	130	6	3	0	0.00
Sunbelt	Chewy Granola	Oatmeal Raisin	35	1 bar	140	2.5	1	0	0.00
Sunbelt	Chewy Granola	Oats & Honey	28	1 bar	130	5	3	0	0.00
Sunbelt	Fruit & Grain	Blueberry	39	1 bar	140	3	1	0	0.00
Sunbelt	Fruit & Grain	Strawberry	39	1 bar	140	3	1	0	0.00
Sunchips	Garden Salsa		28	15 chips	140	6	1	0	0.00
Sunchips	Original		28	16 chips	140	6	1	0	0.00
SunMaid	Raisin Bread	Cinnamon Swirl	32	1 slice	90	1.5	0.5	0	0.00
SunMaid	Raisin Bread	Cinnamon Swirl	32	1 slice	90	1.5	0.5	0	0.00
Sunshine	Cheez It	Big	30	13 crackers	160	8	2	0	0.00
Sunshine	Cheez It	Cool Ranch and Cheddar	30	17 crackers	140	6	2.5	0	0.00
Sunshine	Cheez It	Crips - Cheddar Crunch	30	36 crackers	140	7	1.5	0	0.00
Sunshine	Cheez It	Crips - 4 Cheese	30	36 crackers	140	7	1.5	0	0.00
Sunshine	Cheez It	Fiesta - Cheddar Nacho	30	25 crackers	160	8	2.5	0	0.00
Sunshine	Cheez It	Fiesta - Cheesy Taco	30	25 crackers	160	8	2.5	0	0.00
Sunshine	Cheez It	Gripz	25	1 pouch	130	6	1	0	0.00
Sunshine	Cheez It	Hot and Spicy	30	25 crackers	150	8	2	0	0.00

Sunshine	Cheez It	Hot Wings and Cheesy Blue	30	17 crackers	140	6	2.5	0	0.00
Sunshine	Cheez It	Parmesan and Garlic	30	25 crackers	150	7	2	0	0.00
Sunshine	Cheez It	Party Mix	30	1/2 cup	120	4.5	1	0	0.00
Sunshine	Cheez It	Reduced Fat - 40% less	30	29 crackers	130	4.5	1.5	0	0.00
Sunshine	Cheez It	Regular	30	27 crackers	160	8	2	0	0.00
Sunshine	Cheez It	Spongebob Squarepants	30	30 crackers	150	7	1.5	0	0.00
Sunshine	Cheez It	Twisterz Cheddar and More Cheddar	30	17 crackers	140	6	2.5	0	0.00
Sunshine	Cheez It	White Cheddar	30	25 crackers	150	8	2.5	0	0.00
SuperPretzel	Baked Soft Pretzels		64	1 pretzel	160	1	0	0	0.00
Swanson	Breaded Fish Fillet		284	1 meal	510	23	4.5	1.5	0.53
Swanson	Classics	Macaroni and Cheese	291	1 meal	430	16	4.5	0	0.00
Swanson	Macaroni & Cheese		170	1 package	220	8	3.5	0	0.00
Swanson	Macaroni and Cheese		170	1 box	220	8	3.5	0	0.00
Swanson	Pot Pies	Chicken	198	1 package	410	23	10		0.00
Swanson	Pot Pies	Turkey	198	1 package	320	17	5		0.00
Sweet n Low	Coconut & Almond Clusters	Sugar Free	35	3.5 pieces	140	9	6	0	0.00
Tai Pei	Chicken Fried Rice		403	1 meal	630	19	2	0.5	0.12
Tai Pei	Garlic Shrimp		340	1 meal	190	5	1	0	0.00
Tai Pei	General Tso's Chicken		340	1 meal	210	3	0.5	0	0.00
Tai Pei	Pepper Beef		403	1 meal	580	23	4	1	0.25
Tai Pei	Shrimp Fried Rice		340	1 meal	570	17	2.5	0	0.00
Tai Pei	Sweet and Sour Chicken		397	1 meal	480	6	0.5	0	0.00
TGI Fridays	Buffalo Popcorn Chicken		102	4 pieces	160	7	1.5	0	0.00
TGI Fridays	Buffalo Wings		77	3 pieces	150	10	2.5	0.5	0.65
TGI Fridays	Cheddar and Bacon Potatoe Skins		94	3 pieces	210	12	4	1	1.06
TGI Fridays	Chicken Quesdilla Rolls		87	2 rolls	250	12	4	1	1.15
TGI Fridays	Honey BBQ Wings		75	3 pieces	150	9	2.5	0	0.00
TGI Fridays	Mexican Style Queso Dip		31	2 tablespoons	500	3.5	1.5	0	0.00
TGI Fridays	Mozzarella Sticks		43	1 stick	110	6	2	0	0.00
TGI Fridays	Spinach Cheese and Artichoke Dip		28	2 tablespoons	45	3.5	1.5	0	0.00
TGI Fridays	Steak Quesadilla Rolls		83	2 rolls	230	10	3	1	1.20
TGI Fridays	Sweet and Smokey Popcorn Chicken		94	5 pieces	250	8	1.5	1	1.06
Thomas	Bagels	Blueberry	104	1 bagel	300	2.5	1	0	0.00
Thomas	Bagels	Blueberry	104	1 bagel	300	2.5	1	0	0.00
Thomas	Bagels	Cinnamon Raisin Swirl	104	1 bagel	290	2	0.5	0	0.00
Thomas	Bagels	Cinnamon Raisin Swirl	104	1 bagel	290	2	0.5	0	0.00
Thomas	Bagels	Multigrain	104	1 bagel	300	2.5	0.5	0	0.00
Thomas	Bagels	Multigrain	104	1 bagel	300	2.5	0.5	0	0.00
Thomas	Bagels	New York Style Plain	104	1 bagel	290	2	0.5	0	0.00
Thomas	Bagels	New York Style Plain	104	1 bagel	290	2	0.5	0	0.00
Thomas	English Muffins	Cinnamon Raisin	61	1 muffin	140	1	0	0	0.00
Thomas	English Muffins	Cinnamon Raisin	61	1 muffin	140	1	0	0	0.00
Thomas	English Muffins	Multigrain Light	57	1 muffin	100	1	0	0	0.00
Thomas	English Muffins	Multigrain Light	57	1 muffin	100	1	0	0	0.00
Thomas	English Muffins	Original	57	1 muffin	120	1	0	0	0.00
Thomas	English Muffins	Original	57	1 muffin	120	1	0	0	0.00
Thomas	English Muffins	Sourdough	57	1 muffin	130	1	0	0	0.00
Thomas	English Muffins	Sourdough	57	1 muffin	130	1	0	0	0.00
Thomas	Mini Bagels	100% Whole Wheat	47	1 bagel	120	1	0	0	0.00
Thomas	Mini Bagels	100% Whole Wheat	47	1 bagel	120	1	0	0	0.00
Thomas	Mini Bagels	Brown Sugar Cinnamon	47	1 bagel	140	1.5	0.5	0	0.00
Thomas	Mini Bagels	Brown Sugar Cinnamon	47	1 bagel	140	1.5	0.5	0	0.00
Thomas	Mini Bagels	Plain	47	1 bagel	130	1	0	0	0.00
Thomas	Mini Bagels	Plain	47	1 bagel	130	1	0	0	0.00
Tablerone	Tablerone	Swiss White Chocolate with Honey & Almond Nougat	33	1/3 bar	180	10	6	0	0.00
Toll House	Chocolate Chip Cookies		21	1 cookie	100	5	2.5	0	0.00
Toll House	Jumbo	Chocolate Chip Cookies	43	1 cookie	200	10	5	0	0.00
Toll House	Mini Cookies	Sugar Cookies	25	2 cookies	110	5	1.5	1.5	6.00
Toll House	Ultimates	Chocolate Chip and Chunk with Pecans	38	1 cookie	190	10	4	0	0.00
Toll House	Ultimates	Chocolate Chip Lovers	38	1 cookie	180	9	4.5	0	0.00
Toll House	Ultimates	Peanut Butter Cups, Chips, and Chocolate Chunks	38	1 cookie	180	9	5	0	0.00
Tombstone	Deep Dish Pizza	Cheese	175	1 pizza	420	17	10	0	0.00
Tombstone	Deep Dish Pizza	Pepperoni	175	1 pizza	460	22	10	0	0.00

Tombstone	Deep Dish Pizza	Supreme	184	1 pizza	440	20	10	0	0.00
Tombstone	Original Pizza	4 Meat	130	1/5 pizza	310	14	6	0	0.00
Tombstone	Original Pizza	Deluxe	134	1/5 pizza	290	12	5	0	0.00
Tombstone	Original Pizza	Extra Cheese	145	1/4 pizza	350	15	8	0.5	0.34
Tombstone	Original Pizza	Pepperoni	153	1/4 pizza	390	20	8	0	0.00
Tony Chachere's	Seasoned Fish Fry Mix		30	1/4 cup	100	0	0	0	0.00
Tony Chachere's	Shredded Coconut	Butter	34	1/4 cup	140	5	4		0.00
Tony's	Original Crust	Cheese Pizza	143	1/3 pizza	370	15	8	0	0.00
Tony's	Original Crust	Cheeseburger Pizza	152	1/3 pizza	400	18	9	1.5	0.99
Tony's	Original Crust	Hamburger Pizza	156	1/3 pizza	380	17	7	2	1.28
Tony's	Original Crust	Pepperoni Pizza	148	1/3 pizza	400	19	7	2	1.35
Tony's	Original Crust	Sausage and Pepperoni Pizza	156	1/3 pizza	420	21	8	2	1.28
Tony's	Original Crust	Supreme Pizza	160	1/3 pizza	410	20	7	1.5	0.94
Tony's	Pizza for One	Cheese Pizza	184	1 pizza	500	22	12	0.5	0.27
Tony's	Pizza for One	Pepperoni Pizza	196	1 pizza	560	28	13	2	1.02
Tony's	Pizza for One	Supreme Pizza	219	1 pizza	580	30	13	1.5	0.68
Tony's	Thin Crust	Cheese Pizza	130	1/3 pizza	330	15	8	0	0.00
Tony's	Thin Crust	Pepperoni Pizza	134	1/3 pizza	350	18	7	2	1.49
Tootsie Roll	Caramel Apple Pops		18	1 pop	60	0.5	0	0	0.00
Tootsie Roll	Tootsie Roll	Fruit Rolls	40	6 pieces	140	3	0	1	2.50
Tootsie Roll	Tootsie Roll	Midgees	40	6 pieces	140	3	0.5	1	2.50
Tostitos	Baked Original Bite Size		28	20 chips	110	1	0	0	0.00
Tostitos	Bite Size		28	24 chips	140	8	1	0	0.00
Tostitos	Bite Size Gold		28	16 chips	140	7	1	0	0.00
Tostitos	Crispy Rounds		28	13 chips	140	7	1	0	0.00
Tostitos	Hint of Lime		28	6 chips	150	8	1	0	0.00
Tostitos	Light		28	6 chips	90	1	0	0	0.00
Tostitos	Monterey Jack Queso	Medium	31	2 Tbsp	40	2.5	0.5	0	0.00
Tostitos	Natural	Blue Corn	28	6 chips	140	6	0.5	0	0.00
Tostitos	Natural	Yellow Corn	28	6 chips	140	6	0.5	0	0.00
Tostitos	Restaurant Style		28	7 chips	140	7	1	0	0.00
Tostitos	Salsa	Hot	33	2 Tbsp	15	0	0	0	0.00
Tostitos	Salsa	Medium	33	2 Tbsp	15	0	0	0	0.00
Tostitos	Salsa	Restaurant Style	31	2 Tbsp	15	0	0	0	0.00
Tostitos	Salsa Con Queso	Medium	34	2 Tbsp	40	2.5	1	0	0.00
Tostitos	Scoops		28	13 chips	140	7	1	0	0.00
Totino's	Crisp Crust Party Pizza	Canadian Style Bacon	147	1/2 pizza	310	14	2.5	4	2.72
Totino's	Crisp Crust Party Pizza	Combination	152	1/2 pizza	370	20	4.5	4	2.63
Totino's	Crisp Crust Party Pizza	Hamburger	155	1/2 pizza	360	19	4.5	4.5	2.90
Totino's	Crisp Crust Party Pizza	Pepperoni	145	1/2 pizza	370	20	5	4	2.76
Totino's	Crisp Crust Party Pizza	Three Cheese	138	1/2 pizza	320	16	5	3	2.17
Totino's	Mega Pizza Rolls	Ultimate Cheese	93	3 rolls	200	7	2	1.5	1.61
Totino's	Mega Pizza Rolls	Ultimate Combination	93	3 rolls	200	8	2	1	1.08
Totino's	Mega Pizza Rolls	Ultimate Pepperoni	93	3 rolls	230	11	3	1.5	1.61
Totino's	Pizza Rolls	Combination	85	6 rolls	220	11	3	1.5	1.76
Totino's	Pizza Rolls	Pepperoni	85	6 rolls	220	10	3	1.5	1.76
Totino's	Pizza Rolls	Sausage	85	6 rolls	210	10	2.5	1.5	1.76
Totino's	Pizza Rolls	Supreme	85	6 rolls	210	9	2	1.5	1.76
Totino's	Pizza Rolls	Trio	85	6 rolls	230	11	3	1.5	1.76
Twix	Twix	Peanut Butter	52		280	17	8	0	0.00
Twix	Twix		57	2 cookies	280	14	11	0	0.00
Twizlers	Twizlers	Sourz	51	1 package	180	1.5	0.5	0	0.00
Twizlers	Twizlers	Strawberry Twists	70		240	1	0	0	0.00
Twizlers	Twizlers	Strawberry Twists - Sugar Free	43	6 pieces	100	1	0	0	0.00
Tyson	Breast Patties	Quick n Easy	73	1 piece	180	11	2.5	0	0.00
Tyson	Breast Tenderloins	Quick n Easy	84	9 pieces	230	11	2	0	0.00
Tyson	Breast Tenders	Quick n Easy	85	5 pieces	220	13	3	0	0.00
Tyson	Chicken Bites	Quick n Easy	85	13 pieces	270	18	4	0	0.00
Tyson	Honey Battered Breast Tenders	Quick n Easy	85	5 pieces	220	13	3	0	0.00
Tyson	Popcorn Chicken	Quick n Easy	84	9 pieces	230	11	2	0	0.00
Tyson	Southern Style Nuggets	Quick n Easy	84	6 pieces	270	21	4.5	0	0.00
Uncle Ben's	Fish Batter	Hot 'n Spicy	34	1/4 cup	110	1.5	0	0	0.00
Uncle Ben's	Fish Batter	Original	34	1/4 cup	110	1	0	0	0.00

Uncle Ben's	Fish Batter	Seasoned	35	1/4 cup	120	1	0	0	0.00
Van de Kamp	Crispy Fish Fillets		60	1 fillet	120	6	2	0	0.00
Van de Kamp	Crunchy Fish Fillets		99	2 fillets	230	13	4.5	0	0.00
Van de Kamp	Crunchy Fish Sticks		102	6 sticks	230	11	4	0	0.00
Velveeta	Deluxe	Four Cheese Sauce	98	1/4 box	320	10	3.5	0	0.00
Velveeta	Deluxe	Original	98	1/4 box	320	9	3	0	0.00
Velveeta	Deluxe	Rotinit & White Cheddar Sauce with Broccoli	126	1/2 box	390	15	5	0	0.00
Velveeta	Rotini & Cheese	Broccoli	126	1/2 box	400	16	3.5	0	0.00
Velveeta	Shells & Cheese	2% Milk	112	1/3 box	330	4.5	2	0	0.00
Velveeta	Shells & Cheese	Bacon	112	1/3 box	360	14	3.5	0	0.00
Velveeta	Shells & Cheese	Original	112	1/3 box	360	12	3	0	0.00
Viola	Chicken Fajita		235	2 1/4 cups	150	6	1	1	0.43
Viola	Garlic Chicken		178	1 2/3 cups	240	8	2	1	0.56
Viola	Shrimp Scampi		222	1 3/4 cups	190	2.5	1	0	0.00
Viola	Teriyaki Beef & Vegetables		210	1 2/3 cups	160	4	1.5	0	0.00
Viola	Three Cheese Chicken		205	1 2/3 cups	210	8	3	0.5	0.24
Weight Watchers	Blueberry Muffins		71	1 muffin	180	3	1	0	0.00
Weight Watchers	Blueberry Muffins		71	1 muffin	180	3	1	0	0.00
Weight Watchers	Carrot Cake		27	1 cake	80	2.5	0	0	0.00
Weight Watchers	Chocolate Cake		27	1 cake	80	3	1	0	0.00
Weight Watchers	Ice Cream Bar	Giant Chocolate Fudge	76	1 bar	110	1	0.5	0	0.00
Weight Watchers	Ice Cream Bar	Giant Cookies and Cream	71	1 bar	140	5	1.5	0	0.00
Weight Watchers	Ice Cream Sanwich	Vanilla	65	1 sandwich	120	2	0.5	0	0.00
Weight Watchers	Smart Ones	Angel Hair Marinara	283	1 package	320	4	1	0	0.00
Weight Watchers	Smart Ones	Beef Pot Roast	255	1 package	170	5	2	0	0.00
Weight Watchers	Smart Ones	Broccoli and Cheddar Roasted Potatoes	283	1 package	220	6	3	0	0.00
Weight Watchers	Smart Ones	Chicken Enchilada Monterey	269	1 package	310	10	3	0	0.00
Weight Watchers	Smart Ones	Chicken Enchilada Suiza	255	1 package	310	8	3.5	0	0.00
Weight Watchers	Smart Ones	Chicken Fettuccine	283	1 package	340	6	3	0	0.00
Weight Watchers	Smart Ones	Chicken Parmesan	311	1 package	290	5	1.5	0	0.00
Weight Watchers	Smart Ones	Chicken Santa Fe	255	1 package	140	2.5	0	0	0.00
Weight Watchers	Smart Ones	Chocolate Chip Cookie Dough	75	1 desert	170	3	1.5	0	0.00
Weight Watchers	Smart Ones	Dragon Shrimp lo Mein	262	1 package	240	4	1	0	0.00
Weight Watchers	Smart Ones	Fajita Chicken Supreme	262	1 package	260	7	3	0	0.00
Weight Watchers	Smart Ones	Fettuccine Alfredo	262	1 package	300	6	3	0	0.00
Weight Watchers	Smart Ones	Fiesta Chicken	241	1 package	250	2	0.5	0	0.00
Weight Watchers	Smart Ones	Fire Grilled Chicken and Vegetable	283	1 package	290	3	0.5	0	0.00
Weight Watchers	Smart Ones	Four Cheese Pizza	170	1 package	390	10	4	0	0.00
Weight Watchers	Smart Ones	Grilled Mandarin Chicken	255	1 package	280	4.5	0.5	0	0.00
Weight Watchers	Smart Ones	Homestyle Chicken	255	1 package	230	9	3.5	0	0.00
Weight Watchers	Smart Ones	Key Lime Cheesecake	70	1 desert	150	5	2	0	0.00
Weight Watchers	Smart Ones	Key Lime Pie	79	1 desert	190	4.5	2	0	0.00
Weight Watchers	Smart Ones	Lasagna Bolognese	255	1 package	270	4	1.5	0	0.00
Weight Watchers	Smart Ones	Lasagna Florentine	297	1 package	290	9	5	0	0.00
Weight Watchers	Smart Ones	Lemon Herb Chicken Piccata	255	1 package	230	1.5	0.5	0	0.00
Weight Watchers	Smart Ones	Meatloaf	269	1 package	250	8	3	0	0.00
Weight Watchers	Smart Ones	Mississippi Mud Pie	69	1 desert	160	4	2	0	0.00
Weight Watchers	Smart Ones	New York Style Cheesecake	70	1 desert	150	5	2	0	0.00
Weight Watchers	Smart Ones	Pepper Steak	283	1 package	250	4.5	1.5	0	0.00
Weight Watchers	Smart Ones	Pepperoni Pizza	170	1 package	390	11	3.5	0	0.00
Weight Watchers	Smart Ones	Ravioli Florentine	241	1 package	250	5	2	0	0.00
Weight Watchers	Smart Ones	Roasted Chicken with Sour Cream and Chive Mashed Potatoes	269	1 package	180	4	1	0	0.00
Weight Watchers	Smart Ones	Salisbury Steak and Asparagus	255	1 package	200	8	3	0	0.00
Weight Watchers	Smart Ones	Salisbury Steak with Macaroni and Cheese	269	1 package	260	7	3	0	0.00
Weight Watchers	Smart Ones	Santa Fe Style Rice and Beans	283	1 package	310	7	3	0	0.00
Weight Watchers	Smart Ones	Sirloin Beef and Asian Style Vegetables	255	1 package	160	4	2	0	0.00
Weight Watchers	Smart Ones	Slow Roasted Turkey Breast	283	1 package	210	7	2	0	0.00
Weight Watchers	Smart Ones	Spagetti with Meat Sauce	326	1 package	310	6	2	0	0.00
Weight Watchers	Smart Ones	Swedish Meatballs	258	1 package	270	5	2	0	0.00
Weight Watchers	Smart Ones	Sweet and Sour Chicken	255	1 package	140	3	0.5	0	0.00
Weight Watchers	Smart Ones	Thai Style Chicken and Rice Noodles	255	1 package	260	4	0.5	0	0.00
Weight Watchers	Smart Ones	Three Cheese Macaroni	255	1 package	300	6	2.5	0	0.00
Weight Watchers	Smart Ones	Three Cheese Ziti Marinara	255	1 package	320	8	3.5	0	0.00

Weight Watchers	Smart Ones	Traditional Lasagna with Meat Sauce	297	1 package	300	6	3	0	0.00
Weight Watchers	Smart Ones	Tuna Noodle Gratin	269	1 package	250	4.5	1.5	0	0.00
Weight Watchers	Smart Ones - English Muffin Sandwich	with Ham and Cheese	113	1 sandwich	200	5	2	0	0.00
Weight Watchers	Sorbet and Ice Cream Bars	Giant Wildberry and Orange	102	1 bar	120	0.5	0	0	0.00
Weight Watchers	Sorbet and Ice Cream Bars	Strawberry, Passion Fruit, and Key Lim	90	2 bars	120	0.5	0	0	0.00
Werther's Original	Chewy Caramels		37	6 pieces	170	5	3	0	0.00
Werther's Original	Hard Candies	Sugar Free	15	5 pieces	40	1	0.5	0	0.00
Werther's Original	Hard Candies		15	3 pieces	60	1	1	0	0.00
Whoppers	Whoppers		49	1 bag	230	9	7	0	0.00
Wish Bone	Creamy Ceasar		30 ml	2 Tablespoons	170	18	3	0	0.00
Wish Bone	Deluxe French		30 ml	2 Tablespoons	120	11	1.5	0	0.00
Wish Bone	House Italian		30 ml	2 Tablespoons	100	10	1.5	0	0.00
Wish Bone	Italian	Fat Free	30 ml	2 Tablespoons	20	0	0	0	0.00
Wish Bone	Italian	Light	30 ml	2 Tablespoons	35	2	0	0	0.00
Wish Bone	Italian		30 ml	2 Tablespoons	90	8	1	0	0.00
Wish Bone	Ranch		30 ml	2 Tablespoons	160	13	2	0	0.00
Wish Bone	Russian		30 ml	2 Tablespoons	120	6	1	0	0.00
Wish Bone	Salad Spritzers	Balsamic Breeze	8 ml	10 sprays	10	1	0	0	0.00
Wish Bone	Salad Spritzers	Italian	8 ml	10 sprays	10	1	0	0	0.00
Wish Bone	Salad Spritzers	Red Wine Mist	8 ml	10 sprays	10	1	0	0	0.00
Wish Bone	Thousand Island		30 ml	2 Tablespoons	130	12	2	0	0.00
Wish Bone	Vinaigrette	Rasberry Hazelnut	30 ml	2 Tablespoons	80	5	0.5	0	0.00
Wish Bone	Vinaigrette	Red Wine	30 ml	2 Tablespoons	30	0	0	0	0.00
Wish Bone	Vinaigrette	Romano Basil	30 ml	2 Tablespoons	60	5	1	0	0.00
Wolf	Chili	Hot Dog Sauce	30	2 Tbsp	25	1	0	0	0.00
Wolf	Chili	Hot No Beans	248	1 cup	400	26	12	1.5	0.60
Wolf	Chili	Lean Beef No Beans	251	1 cup	220	8	3.5	0	0.00
Wolf	Chili	Lean Beef With Beans	255	1 cup	220	7	2	0	0.00
Wolf	Chili	Mild No Beans	250	1 cup	410	29	13	2	0.80
Wolf	Chili	No Beans	248	1 cup	410	28	12	1.5	0.60
Wolf	Chili	Turkey No Beans	249	1 cup	160	2.5	0.5	0	0.00
Wolf	Chili	Turkey With Beans	254	1 cup	210	2.5	0.5	0	0.00
Wolf	Chili	with Beans	254	1 cup	370	19	9	1	0.39
York	York Peppermint Patties		39	1 pattie	160	3	1.5	0	0.00
Zatarains	New Orleans Style	Dirty Rice with Pork	184	1 package	360	12	4	0	0.00
Zatarains	New Orleans Style	Jambalaya with Sausage	184	1 package	350	12	3.5	0	0.00
Zatarains	New Orleans Style	Red Beans & Rice with Sausage	184	1 package	350	7	2	0	0.00
Zatarain's	Blackened Chicken Alfredo		297	1 meal	500	25	10	0	0.00
Zatarain's	Crab Cake Mix		33	4 Tbsp	110	1	0	0	0.00
Zatarain's	Dirty Rice with Beef and Pork		183	1 meal	470	18	6	0	0.00
Zatarain's	Jambalaya with Sausage		340	1 meal	480	14	4	0	0.00
Zatarain's	Red Beans and Rice with Sausage		340	1 meal	510	20	7	0	0.00
Zatarain's	Smothered Rice with Meat Loaf		340	1 meal	410	11	3.5	0	0.00
Zero	Zero		52		240	9	6	0	0.00
Zone Perfect	All Natural Nutrition Bar	Chocolate Caramel Cluster	50	1 bar	210	7	4	0	0.00
Zone Perfect	All Natural Nutrition Bar	Chocolate Mint	50	1 bar	210	7	5	0	0.00
Zone Perfect	All Natural Nutrition Bar	Chocolate Peanut Butter	50	1 bar	210	7	4	0	0.00
Zone Perfect	All Natural Nutrition Bar	Fudge Graham	50	1 bar	210	7	4	0	0.00
Zone Perfect	All Natural Nutrition Bar	Strawberry Yogurt	50	1 bar	210	7	4.5	0	0.00
	Crunch 'n Munch	Caramel Popcorn with Peanuts	31	2/3 cup	150	6	2	0	0.00
	Natural	Puffs - White Cheddar Cheetos	28	32 pieces	150	9	1.5	0	0.00

Note: ml can be considered as g.