

BALANCED CHOICES® for a healthy lifestyle

KNOW YOUR FOOD CHOICES



FIT
Moderate in calories, fat, cholesterol and sodium



VEGETARIAN
Contains no meat, fish, poultry, shellfish or products derived from these sources, but may contain dairy or eggs



ORGANIC
Contains at least 95% organically produced ingredients (by weight) from a USDA certified source



NO ADDED SUGARS
Baked goods, desserts and beverages with no added sugar



OCEAN FRIENDLY
Meets the Monterey Bay Aquarium's sustainable seafood guidelines



BALANCED CHOICES VENDING
Better choices are available in vending machines displaying this symbol



BALANCED CHOICES
Taste the Possibilities



Nutritional Information For Balanced Choices Fresh Food Selections

All information is approximate

	Serving Size (oz)	Calories	Total Fat (gr)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbs (gr)	Sugar (gm)	Protein (gr)
Low Sodium Ham / 8 Grain Bread	6	235	5	33	1555	378	25	0	19
Turkey / Low Fat Swiss Wrap	10.2	390	9	55	1659	433	44	2	33
Turkey Bagel Sandwich	7	368	2	30	1299	73	56	1	29
Ham / Low Fat Swiss Wrap	10.2	372	10	51	1505	197	47	5	26
Tuna Pita / Fruit Salad	7.5	212	2	33	598	161	30	2	18
Veggies w/ Lite Ranch Dressing	6	134	4	0	421	497	20	7	4
Turkey / Low Fat Swiss / Wheat Bread	5.9	314	10	50	925	126	26	1	33
Turkey Sub / Wheat	5.5	351	6	30	1076	256	50	1	28
Turkey / Pretzel Roll	7	321	7	30	825	104	50	1	27
Turkey / Whole Wheat	5	224	4	30	890	126	25	1	25
Turkey / 8 Grain Bread	5.5	231	3	30	880	106	26	1	25
Three Melon Cup	7	126	1	0	22	756	31	0	2
Melon & Berry Fruit Cup	6.1	82	0	0	17	318	21	0	0
Low Sodium Ham / Bagel	6	416	8	45	2048	349	56	0	25
Low Sodium Ham / Wheat Bread	6	273	9	45	1639	403	25	0	20
Low Fat Feta & Spinach Salad	9	102	4	13	819	747	13	3	6
Low Fat Tuna Salad / Wheat Bread	6	203	3	31	550	171	27	1	18
Low Fat Tuna Salad / Multi Grain Roll	6	193	3	31	484	113	23	1	17
Low Fat Chicken Salad / Wheat Bread	6	223	4	71	548	280	27	2	19
Low Fat Chicken Salad / Multi Grain	6	213	5	71	482	223	23	2	18
Garden Salad / Fat Free French Dressing	9.5	144	0	0	484	231	31	15	4
Garden Salad / Fat Free Italian Dressing	9.5	87	0	0	469	231	16	10	4
Chinese Chicken Salad	11.1	384	7	60	1160	432	43	18	27
Chicken Salad Pita / Fresh Melon	7.6	234	3	76	596	277	31	2	19
Chicken Caesar Salad	10	255	7	66	1899	438	18	12	27
Deluxe Chef Salad / Fat Free French	11.2	259	6	103	1305	308	28	13	20
Deluxe Chef Salad / Fat Free Ranch	11.2	259	6	103	1320	308	27	9	22
SW Grilled Chicken Breast Sandwich	7	340	6	84	497	375	32	0	37
Grilled Chicken Breast / Let & Tom	8	361	6	84	484	453	36	1	37



Nutritional Information For Balanced Choices Snacks

Manufacturer / Product	Size	Cal	Cal Fat	Fat (g)	Sat. Fat (g)	Chol. (mg)	Sod. (mg)	Carb (g)	Prot. (g)	Trans fat
Frito Lay										
Baked Lays Regular	1.125 oz	130		2			200			
Baked KC Masterpiece BBQ	1.125 oz	140		3.5			240			
Baked Sour Cream & Onion	1.125 oz	140		3.5			240			
Smart Foods Reduced Fat White Cheddar Popcorn	.875 oz	120		5			230			
Baked Ruffles Cheddar Sour Cream	1.125 oz	140		4			250			
Cracker Jack Caramel Popcorn	1.25 oz	150		2.5			90			
Stacy's Soy Crisps Sticky Bun	1 oz	130		5			180			
Stacy's Pita Chips Cinnamon Sugar	1.5 oz	200		7			180			
Stacy's Soy Crisps Simply Cheese	1 oz	130		6			230			
Quaker Rice Cake Mini Caramel	.91 oz	100	5	0.5	0		260	23		0
Quaker Fruit & Oatmeal Cereal Bars Apple Crisp	1.3 oz	130	25	2.5	0.5		90	27		
Quaker Fruit & Oatmeal Cereal Bars Apple Crisp	1.9 oz	200	25	2.5	0.5		250	41		

Hershey

Smart Zone Peanut Butter & Chocolate
 Carefree Peppermint Gum
 Carefree Spearmint Gum
 Breathsavers Peppermint
 Breathsavers Wintergreen
 Ice Breakers Cool Mint
 Ice Breakers Wintergreen
 Ice Breakers Cinnamon



Snyders

Olde Tyme Pretzels	2.25 oz	240	20	2	0	0	240	48	6	
Honey Mustard & Onion Nibbler	1.5 oz	195	35	4.5	0	0	140	33	4	

Kelloggs

Special K Bar - Blueberry	.81 oz	90	15	1.5	1	0	95	18	1	
Special K Bar - Strawberry	.81 oz	90	15	1.5	1	0	95	18	1	
Special C Bar / Chocolately Drizzle	.81 oz	90	15	1.5	1	0	105	17	1	
Austin Zoo Animal Crackers	2.12 oz	130	20	2	0.5	0	90	25	2	
Fruit Snack Mixed Berry	2.5 oz	225	0	0	0	0	37.5	55	2.5	
Fruit Snack Mixed Strawberry	2.5 oz	225	0	0	0	0	37.5	55	2.5	
Fruit Snack Mixed Cherry	2.5 oz	225	0	0	0	0	37.5	55	2.5	
LF Famous Amos Iced Ginger Snap	1.75 oz	200	25	3	0.5	0	170	40	3	
Right Bites - Chips Deluxe	.75 oz	100	25	3	1	0	95	17	1	
Keebler Right Bites Mini Fudge Stripes	.74 oz	100	30	3.5	2.5	0	75	16	1	
Crunchy Blends LF Granola w/Raisins	1.5 oz	160		2	0.5	0	100	34	3	0
Crunchy Nut Sweet & Salty Choc Peanut	1.12 oz	150	70	7	2.5	0	160	17	5	0
Rice Krispies Treats	1.3 oz	150	30	3.5	1	0	170	28	1	
TLC Peanut Peanut Butter Granola Bar	1.2 oz	140	45	5	0.5	0	90	19	7	0
TLC Trail Mix Granola Bar	1.2 oz	140	45	5	0.5	0	105	20	6	0

General Mills

Sweet & Salty Almond Nut Granola Bar	1.2 oz	160	60	7	2	0	170	22	3
Nature Valley Granola Bar									
Oats & Honey	1.5 oz	180	50	6	0.5	0	160	29	4
Peanut Butter	1.5 oz	170	80	9	2.5	0	150	19	4
Maple Brown Sugar	1.5 oz	180	60	6	0.5	0	160	29	4
Banana Nut	1.5 oz								
Chewy Trail Mix	1.2 oz	140	36	4	0.5	0	80	25	3
Strawberry Yogurt	1.2 oz	140	30	3.5	2.0	0	110	26	2
Milk'N Cereal Bar									
Honey Nut Cheerios	1.4 oz	160	40	4	2.0	0	120	28	3
Cinnamon Toast Crunch	1.6 oz	180	35	4	2.0	0	140	33	3
Cocoa Puffs	1.4 oz	170	40	4	2.0	0	125	29	3
Simply Chex	1.25 oz	140	35	3.5	1.0	0	450	26	3



BALANCED CHOICES®
for a healthy lifestyle

Kar Nuts

Mango Pineapple Trail Mix (Unsalted)	1.5 oz	180	70	7	1	0	10	27	4
Mango Pineapple Trail Mix (Unsalted)	2 oz	260	130	14	2.5	0	50	34	3

Kraft/Nabisco

Honey Maid Blueberry Snack Bar	1.3 oz	150	40	4.5	2	0	130	27	2
Honey Maid Oatmeal Raisin Bar	1.3 oz	150	40	4.5	2	0	130	27	2
Fat Free Fig Newton's	2.1 oz	100	0	0	0	0	130	22	1
Fig Newton's	2 oz	200	35	4	1	0	230	39	2
Fig Newton Minis	1.34 oz	130	30	3	0.5	0	140	26	2
Newton Minis Strawberry	1.34 oz	130	25	3	0.5	0	140	27	1
Snackwells Vanilla Sandwich	1.7 oz	210	45	5	1	0	230	38	2
Snackwells Chocolate Sandwich	1.7 oz	210	45	5	1	0	230	38	2
100 Calorie Packs Chips									
Ahoy Thins / Oreo Thins /									
Wheat Thins / Cheese Nips	.74 - .81 oz	100	25	3	1	0	140	18	1
Honey Maid Cinnamon Crisps	0.81 oz	100	15	2	0	0	170	19	1
Wheat Thins	0.77 oz	100	25	3	0	0	230	16	2
Planters's PB Cookie Crisps	.81 oz	100	30	3	0.5	0	160	17	2
Lorna Doone	.74 oz	100	30	3	1.5	0	120	16	1
Sportz Cookie	.81 oz	100	30	3	0.5	0	120	16	1
Sportz Cheese Cruncher	.81 oz	100	25	3	1	0	230	14	2
Honey Maid Cinnamon Sticks	1.75 oz	210	40	4.5	1	0	170	40	3
Honey Maid Oatmeal Raisin Mini Cookies	2.0 oz	240	70	6	0.5	0	230	40	3
S. Beach Diet High Protein Cereal Bars	1.23 oz	140	45	5	2.5	5	150	15	10
Back to Nature Honey Graham Sticks	1 oz	120	20	2.5	0	0	150	23	1

Mr Nature

Raisins	1 oz	90	0	0	0	0	7	20	1
Unsalted Trail Mix	1.1 oz	130	60	7	1	0	10	14	5
Unsalted Trail Mix	2 oz	120	50	6	1	0	10	13	4
Selected Fruit Mix	2 oz	100	10	1	0	0	30	23	0

EATING HEALTHFULLY... ACHIEVING BALANCE... IT'S NEVER BEEN SO QUICK AND EASY!

Mrs. Freshley's

Low Fat Fig Bar	2 oz	210	35	4	2	0	125	41	2
Apple Cinnamon Cereal Bar	2 oz	210	35	4	2	0	140	41	3
Strawberry Cereal Bar	2 oz	200	35	4	2	0	160	40	2

Dale and Thomas

Kettlecorn Popcorn	1 oz	170	45	5	0	0	130	31	2
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Biscomerica - Basil's LF

Animal Snackers No Trans Fat	2.125 oz	194	40	4	1	0	100	36	2
Ginger Snaps No Trans Fat	2.125 oz	220	50	5	2	0	90	40	4

Roberts American Gourmet

Pirate's Booty	1 oz	130	45	5	1	0	150	18	2
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Welch's

Tropical Sensation Dried Fruit	1.5 oz	140	0	0	0	0	115	34	0
Mixed Fruit-Dried Fruit	1.5 oz	140	0	0	0	0	70	32	0

Poore Bros

FRIDAY'S Baked O-Rings	1.25 oz	170	60	7	1	0	250	24	2
Pretzel Braids - Honey Wheat	2.25 oz	110	15	1.5	2	0	250	23	2
Poore Brothers Kettle Chip Original 40% Reduced Fat	1.25 oz	150	70	7	0	0	220	18	2

Arcor

Fruit Snacks	2.5 oz	225	0	0	0	0	60	22	1
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Promotion in Motion - Welch's

Mixed Fruit Snacks	2.25 oz	130	0	0	0	0	15	31	1
Strawberry Fruit Snacks	2.25 oz	130	0	0	0	0	15	33	1
Berries'N Cherries Snacks	2.25 oz	130	0	0	0	0	30	31	1
Fruit Punch Fruit Snacks	2.25 oz	130	0	0	0	0	30	31	1
Grape Fruit Snacks	2,25 oz	130	0	0	0	0	15	33	1
Raspberry Fruit Snacks	2.25 oz	130	0	0	0	0	15	32	1
Peach Fruit Snacks	2.25 oz	130	0	0	0	0	15	32	1
Reduced Sugar Mixed Fruit Snacks	1.50 oz	120	0	0	0	0	10	28	2

Kar's Nuts

Almonds	1 oz	170	140	16 g	1 g	0	95 mg	5 g	6 g	0
Raisins	1 pkg	80	0	0	0	0	0	22 g	1 g	0

Bare Naked

Cherry/Banana	18 g	55	3	1 g	0	0	0	12 g	2 g	0
Mango Pineapple	18 g	34	2	1 g	0	0	7 mg	8 g	1 g	0
Cinnamon Apple	18 g	43	0	0	0	0	15 mg	12 g	0	0
Pear	18 g	46	0	0	0	0	0	12 g	1 g	0



'BETTER FOR YOU' IS UP TO YOU!

Balanced Choices Beverages

Coca - Cola Products

Bottle size	Serv size	Serv/ bottle	Juice %	Calories	Carbs (g)	Sugar (g)	Protein (g)	Fat (g)	Fat %	Sat Fat (g)	Sat Fat %	Sodium	Vitamin C
Dasani Water													
12 oz	8 oz	1.5	0	0	0	0	0	0	0	0	0	0	0
Minute Maid Apple Juice													
16 oz	8 oz	2	100%	110	28	26	2	0	0	0	0	25	0
Minute Maid Orange Juice													
16 oz	8 oz	2	100%	120	27	24	2	0	0	0	0	15	100%
Minute Maid Cran Apple Rasp													
16 oz	8 oz	2	25%	120	32	31	0	0	0	0	0	25	0
Diet Coke													
20 oz	8 oz	2.5	0%	1	0.1	0	0	0	0	0	0	28	0
Caffeine Free Diet Coke													
20 oz	8 oz	2.5	0%	1	0.1	0	0	0	0	0	0	28	0
Diet Sprite													
20 oz	8 oz	2.5	0%	2.4	0	0	0	0	0	0	0	24	0
Diet Coke w/Lime													
20 oz	8 oz	2.5	0%	2	0.1	0	0	0	0	0	0	28	0
Diet Lemon Nestea													
20 oz	8 oz	2.5	0%	1.9	0.1	0	0	0	0	0	0	24	0
Diet Cool Nestea													
20 oz	8 oz	2.5	0%	1.2	0.1	0	0	0	0	0	0	71	0
Minute Maid Light Lemonade													
20 oz	8 oz	2.5	3%	5	1	0	0	0	0	0	0	70	0
Powerade Fruit Punch													
20 oz	8 oz	2.5	0	60	17	15	0	0	0	0	0	55	0
Powerade Mountain Blast													
20 oz	8 oz	2.5	0	60	17	15	0	0	0	0	0	55	0



Pepsi Cola Products

Bottle size	Serv size	Srv/ bottle	Juice %	Calories	Carbs (g)	Sugar (g)	Protein (g)	Fat (g)	Fat %	Sat Fat (g)	Sat Fat %	Sodium	Vitamin C
AMP													
8.4 oz	8.4 oz	1	0	120	31	30	0	0	0	0	0	70	0
SoBe Adrenaline Rush													
8.3 oz	8.3 oz	1	0	140	37	34	0	0	0	0	0	110	100%
SoBe No Fear													
16 oz	8 oz	2	0	130	36	33	1	0	0	0	0	115	100%
Aquafina Water													
20 oz	20 oz	1	0	0	0	0	0	0	0	0	0	0	0
Dole 100% Orange Juice													
16 oz	8 oz	2	100%	110	27	23	1	0	0	0	0	15	100%
Lipton Unsweet Iced Tea													
16 oz	16 oz	1	0	0	0	0	0	0	0	0	0	5	0
Tropicana Lemonade													
20 oz	8 oz	2.5	3%	100	27	26	0	0	0	0	0	60	10%
Diet Pepsi													
20 oz	8 oz	2.5	0	0	0	0	0	0	0	0	0	25	0
Caffeine Free Diet Pepsi													
20 oz	8 oz	2.5	0	0	0	0	0	0	0	0	0	25	0
Diet Mountain Dew													
20 oz	8 oz	2.5	0	0	0	0	0	0	0	0	0	25	0
Diet Sierra Mist													
20 oz	8 oz	2.5	0	0	0	0	0	0	0	0	0	25	0

Gatorade

Bottle size	Serv size	Srv/ bottle	Juice %	Calories	Carbs (g)	Sugar (g)	Protein (g)	Fat (g)	Fat %	Sat Fat (g)	Sat Fat %	Sodium	Vitamin C
Lemon - Lime													
20 oz	8 oz	2.5	0	50	14	14	0	0	0	0	0	110	0
Fruit Punch													
20 oz	8 oz	2.5	0	50	14	14	0	0	0	0	0	110	0
SoBe Lean Cran Grapefruit													
20 oz	20 oz	1	0	5	1	0	0	0	0	0	0	15	100%
SoBe Lean Peach Tea													
20 oz	20 oz	1	0	5	1	0	0	0	0	0	0	15	100%
SoBe Lean Tropical													
20 oz	20 oz	1	0	5	1	0	0	0	0	0	0	15	100%



Tropicana

