

2. SNACK EXCEPTIONS: Whole grain rich or have as the first ingredient a fruit, a vegetable or a protein food and are not more than 10% over the threshold for sugar or total fat.

Manufacturer/ Brand	Product (up to the specific size listed)	Varieties	Food Group	Notes	Snack Category
Cascadian Farm	Crunchy Granola Bars (1.42 oz)	Oats and Cocoa, Oats and Honey, Peanut Butter	grain	only has a little additional fat (37-39%) and is 100% whole grain	bar
CLIF	CLIF Z Bar (36 g) - Only 3 varieties	Peanut Butter (10 g sugar), Honey Graham (11g sugar), Chocolate Brownie (11 g sugar)	grain	Has at least 50% whole grain and just a little more added sugar; Other bars have 12g sugar and are excluded	bar
Darlington	Appleways - Bars (1.2 oz)	All varieties - apple oatmeal, oatmeal chocolate chip, strawberry	grain	Even though first ingredient is enrichment wheat flour, it has at least 51% whole grain and 8g of whole wheat.	bar
Gnu Foods	Flavor and Fiber Bar (45 g)	All varieties	grain	has 12 g fiber, some have just a little more added sugar (11-12 g)	bar
Nature Valley	Crunchy Granola bars - apple crisp, roasted almond, peanut butter only	apple crisp, roasted almond, peanut butter only	grains	only have 11g sugar and are whole grain	bar
Odwalla	Nourishing Bar - Dark Chocolate Chip Walnut (56 g)	Dark Chocolate Chip Walnut Bar	grains	only have 11g sugar and are whole grain	bar
Somersault Snac	Somersault (1 oz)	All varieties	Grain	little added sugar, some whole grain	other
Tim's Chips	Erin's Original Popcorn	Original only	grain	has just a litle too much fat (38%)	popcorn