

<u>SNACKS</u>	<u>PORTION SIZE</u>	<u>CALORIES</u>
Banana	Medium	80
<i>Hot Cheetos</i>	1 oz	160
Rice Crackers	1 oz	110
Figs	4 oz.	214
Chex Mix	Snack size bag	160
Grapes	1 cup	90
Grapefruit	Half	40
Tropical Trail Mix	1 Cup	610
Cherries	1 Cup	90
Pork Skins	1 Oz	154

1 oz = very small bag

<u>SNACKS</u>		<u>PORTION SIZE</u>		<u>CALORIES</u>
Banana		Medium		80
<i>Pringles Chips</i>		1 oz		150
Rice Crackers		1 oz		110
Figs		4 oz.		214
Chex Mix		Snack size bag		160
Grapes		1 cup		90
Grapefruit		Half		40
Tropical Trail Mix		1 Cup		610
Cherries		1 Cup		90
Pork Skins		1 Oz		154