



## HEALTHY OPTIONS

**A&F Vending offers a number of brands and products that meet Fit Pick\* requirements as well as items that are healthier options than typical vending choices**

Product Type	Brand	Description	PRODUCT INFORMATION				Fit Pick* / Healthy Option**	Request
			Calories From Fat %	Calories From Sat. Fat %	Sugar % of Total Weight			
Bars	Kashi	Chocolate, Almond, & Sea Salt Bar	46%	12%	20%	HO		
	Kellogg's	Fiber One Bar - Oats & Chocolate	25%	13%	25%	HO		
	Kellogg's	Nutri Grain Bar - Blueberry	25%	4%	30%	FP		
	Kellogg's	Nutri Grain Bar - Strawberry	25%	4%	30%	FP		
	Kellogg's	Fiber One 90 Calorie Brownie Bar	28%	14%	32%	HO		
	Kellogg's	Nutri Grain Bar - Apple Cinnamon	25%	4%	32%	FP		
	Nature Valley	NV Trail Mix Chewy Granola Bar - Fruit & Nut	25%	3%	20%	FP		
	Nature Valley	NV Breakfast Biscuits - Blueberry	35%	8%	24%	FP		
	Nature Valley	NV Soft Baked Oatmeal Squares - Cinnamon & Brown Sugar	33%	7%	26%	FP		
	Nature Valley	NV Crunchy Granola - Oat n Honey	32%	3%	29%	FP		
	Nature Valley	NB Whole Wheat Fig Bar - Blueberry	18%	0%	36%	HO		
	Nature's Bakery	NB Whole Wheat Fig Bar - Raspberry	18%	0%	36%	HO		
	Quaker	Chewy Bar - Chocolate Chunk	28%	7%	29%	FP		
	Quaker	Chewy Bar - PB & Chocolate Chip	25%	7%	29%	FP		
	Quaker	Chewy Bar - Chocolate Chip	30%	15%	29%	HO		
Quaker	Chewy Dipps Bar - Chocolate Chip	32%	26%	37%	HO			
Chips	Austin	Zoo Animal Crackers	12%	0%	27%	FP		
	Con Agra	Andy Capp's Hot Fries	27%	12%	4%	HO		
	Frito Lay	Rold Gold Tiny Twists	11%	0%	4%	FP		
	Frito Lay	Baked Cheetos	35%	7%	4%	FP		
	Frito Lay	Smartfood White Cheddar Popcorn	58%	11%	4%	HO		
	Frito Lay	Baked Lays	15%	0%	7%	FP		
	Frito Lay	Sun Chips	43%	4%	11%	HO		
	Frito Lay	Sun Chips - Harvest Cheddar	38%	6%	11%	HO		
	Frito Lay	Baked Lays Barbecue	21%	3%	14%	FP		
	Frito Lay	Sun Chips - French Onion	38%	4%	14%	HO		
	Frito Lay	Sun Chips - Garden Salsa	38%	4%	14%	HO		
	General Mills	Chex Mix	25%	4%	6%	FP		
	Kellogg's	Fruity Snacks - Strawberry	0%	0%	52%	HO		
	Kellogg's	Fruity Snacks - Cherry	0%	0%	52%	HO		
	Kellogg's	Fruity Snacks - Mixed Berry	0%	0%	52%	HO		
	Nabisco	Wheat Thins	35%	6%	12%	FP		
	Pepperidge Farm	Baked Goldfish	30%	9%	2%	FP		
	Sensible Portions	Veggie Chips	46%	3%	3%	HO		
	Sensible Portions	Veggie Straws	46%	3%	3%	HO		
	Snyder	Mini Pretzels	0%	0%	2%	FP		
Energy	Clif	Clif Zbar - Chocolate Brownie	25%	7%	31%	FP		
	Clif	Clif Zbar - Chocolate Chip	25%	7%	31%	FP		
	Clif	Clif Zbar - Iced Oatmeal Cookie	25%	7%	31%	FP		
	Clif	Clif Bar - Chocolate Chip	24%	4%	31%	FP		
	Clif	Clif Bar - Crunchy Peanut Butter	23%	7%	31%	FP		
	Clif	Clif Bar - White Macadamia	19%	6%	34%	FP		
	Rickland Orchards	Greek Yogurt Bar	35%	12%	30%	HO		
Fruit	Del Monte	Mixed Fruit Cup	0%	0%	13%	FP		
	Del Monte	Diced Peaches	0%	0%	14%	FP		
	Del Monte	Cherry Mixed Fruit	0%	0%	14%	FP		
	Dole	Mandarin Orange Slices	0%	0%	16%	FP		
	Dole	Fruit Gel Cup - Peach	0%	0%	18%	FP		
	Dole	Fruit Gel Cup - Mandarin Orange	0%	0%	18%	FP		
Lance	Salted Peanuts	70%	12%	0%	FP			
Pastry	Kellogg's	Poptart	31%	5%	6%	FP		

\* Fit Pick items meet NAMA guidelines for Fit Pick nutritional guidelines 35-10-35 (No more than 35% of calories from fat, 10% of calories from sat. fat, and 35% of total weight from sugar)

\*\* Healthy Option items are either lower calorie, fat, or sugar items

NOTE - All vended packages are single serving sizes