

Nutrition Calculator 3 - Chips, Popcorn and Pretzels

Kansas Model Wellness Policy Guidelines for A la Carte, Vending and School Stores

Product formulations are constantly changing; especially as manufacturers work to create healthier products.
 Always compare the product's Nutrition Facts label or manufacturer's nutrient analysis to the data highlighted in yellow on this calculator.
 Please advise KSDE of any discrepancies noted.

Wellness Policy Guidelines for Chips, Popcorn and Pretzels Sold A la Carte or in Vending Machines/School Stores

Advanced Level – At least 50 percent of foods meet all of the following guidelines per selling unit.

Exemplary Level – All foods meet all of the following guidelines per selling unit.

- Fat – Except for nuts, seeds and nut butters, 35% or less of total calories from fat (or less than 4 g. per 100 calories)
- Sugar – Except for fruit without added sugar, 35% or less of weight from total sugar (or less than 9 g. per 100 calories)
 - Calories – 200 calories or less

Cal. = Calorie, G. = Gram, SU = Selling Unit

Product Name	Ounces Per SU	Calories Per SU	Calories <= 200 Per SU	Number 100 Cal. Servings	Sugar Grams Per SU	Sugar G. per 100 Cal.	Sugar < 9 G. Per SU	Fat G. per Per SU	Fat G. per 100 Cal.	Fat < 4 G. Per SU
CHIPS										
Baked!										
Cheetos Crunchy Cheese Flavored Snacks	1.00	130	YES	1.30	1.00	0.77	YES	5.00	3.85	YES
Doritos Nacho Cheese	1.00	120	YES	1.20	1.00	0.83	YES	3.50	2.92	YES
Lays Barbecue	1.00	120	YES	1.20	3.00	2.50	YES	3.00	2.50	YES
Lays Cheddar & Sour Cream	1.00	120	YES	1.20	3.00	2.50	YES	3.50	2.92	YES
Lays Parmesan & Tucson Flavored	1.00	120	YES	1.20	2.00	1.67	YES	3.00	2.50	YES
Lays Original Potato Crisps	1.00	120	YES	1.20	2.00	1.67	YES	2.00	1.67	YES
Lays Sour Cream & Onion	1.00	120	YES	1.20	3.00	2.50	YES	3.00	2.50	YES
Lays Southwestern Ranch	1.00	120	YES	1.20	2.00	1.67	YES	3.00	2.50	YES
Ruffles Original	1.00	120	YES	1.20	2.00	1.67	YES	3.00	2.50	YES
Ruffles Cheddar & Sour Cream	1.00	120	YES	1.20	2.00	1.67	YES	3.50	2.92	YES
Tostitos Original Bite Size	1.00	120	YES	1.20	0.00	0.00	YES	3.00	2.50	YES
Cheetos										
Cheetos Fantastix Flamin Hot	1.00	130	YES	1.30	0.90	0.69	YES	5.00	3.85	YES
Doritos										
Cool Ranch - Reduced Fat	1.00	130	YES	1.30	1.00	0.77	YES	5.00	3.85	YES
Nacho Cheese - Reduced Fat	1.00	130	YES	1.30	2.00	1.54	YES	5.00	3.85	YES
Lays										
Light Original Potato Chips	1.00	75	YES	0.75	0.00	0.00	YES	0.00	0.00	YES
Quaker Snack Mix										
Baked Cheddar	1.00	130	YES	1.30	3.00	2.31	YES	4.50	3.46	YES
Kids Mix	1.00	130	YES	1.30	6.00	4.62	YES	4.50	3.46	YES

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POPCORN										
Wise										
Butter Popcorn - Reduced Fat	1.00	140	YES	1.40	0.00	0.00	YES	5.00	3.57	YES
POPCORN CLUSTERS										
SmartFood										
Chocolate Cookie Caramel Pecan	1.00	120	YES	1.20	10.00	8.33	YES	2.00	1.67	YES
Cranberry Almond	1.00	120	YES	1.20	10.00	8.33	YES	2.00	1.67	YES
PRETZELS										
Wise										
Pretzels - Thins	1.00	110	YES	1.10	0.90	0.82	YES	1.00	0.91	YES
Pretzels - Sticks	1.00	110	YES	1.10	0.90	0.82	YES	1.00	0.91	YES
Rold Gold										
Cheddar Cheese Tiny Twists Pretzels	1.00	110	YES	1.10	0.75	0.68	YES	1.00	0.91	YES
Classic Style Pretzel Sticks	1.00	100	YES	1.00	1.00	1.00	YES	0.00	0.00	YES
Classic Style Pretzel Thins	1.00	110	YES	1.10	0.75	0.68	YES	1.00	0.91	YES
Classic Style Regular Braided Twists	1.00	110	YES	1.10	0.75	0.68	YES	1.00	0.91	YES
Classic Style Rods	1.00	110	YES	1.10	1.00	0.91	YES	1.00	0.91	YES
Classic Style Tiny Twists	1.00	110	YES	1.10	0.75	0.68	YES	1.00	0.91	YES
Fat Free Tiny Twists	1.00	100	YES	1.00	0.75	0.75	YES	0.00	0.00	YES
Honey Mustard Tiny Twists	1.00	110	YES	1.10	1.00	0.91	YES	1.00	0.91	YES
Honey Wheat Braided Twists	1.00	110	YES	1.10	0.75	0.68	YES	1.00	0.91	YES
Pretzel Waves - Cheddar	1.00	120	YES	1.20	0.75	0.63	YES	3.00	2.50	YES
Pretzel Waves - Parmesan Garlic	1.00	120	YES	1.20	0.75	0.63	YES	2.50	2.08	YES

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Snyder's of Hanover										
Butter Sesame Sticks	1.00	120	YES	1.20	0.75	0.63	YES	2.00	1.67	YES
Butter Snaps	1.00	120	YES	1.20	0.75	0.63	YES	1.00	0.83	YES
Dipping Sticks	1.00	120	YES	1.20	0.75	0.63	YES	1.00	0.83	YES
Garlic Bread Nibblers	1.00	130	YES	1.30	0.00	0.00	YES	3.00	2.31	YES
Homestyle Pretzels	1.00	120	YES	1.20	0.75	0.63	YES	1.00	0.83	YES
Honey Mustard & Onion Nibblers	1.00	130	YES	1.30	0.75	0.58	YES	3.00	2.31	YES
Honey Wheat Sticks	1.00	120	YES	1.20	4.00	3.33	YES	2.00	1.67	YES
Jalapeno Pretzel Pieces	1.00	140	YES	1.40	1.00	0.71	YES	5.00	3.57	YES
Mini Pretzels	1.00	110	YES	1.10	0.75	0.68	YES	0.00	0.00	YES
Old Tyme Pretzels	1.00	120	YES	1.20	0.75	0.63	YES	1.00	0.83	YES
Old Tyme Sticks	1.00	120	YES	1.20	0.90	0.75	YES	1.80	1.50	YES
Organic 8 Grains & Seeds Sticks	1.00	120	YES	1.20	2.00	1.67	YES	2.50	2.08	YES
Organic Honey Whole Wheat Sticks	1.00	110	YES	1.10	3.00	2.73	YES	2.00	1.82	YES
Organic Whole Wheat and Oat Sticks	1.00	110	YES	1.10	3.00	2.73	YES	1.50	1.36	YES
Pretzel Chips - Original	1.00	110	YES	1.10	1.00	0.91	YES	0.50	0.45	YES
Pretzel Chips - Garden Veggies	1.00	130	YES	1.30	1.00	0.77	YES	0.50	0.38	YES
Pumpnickel & Onion Sticks	1.00	120	YES	1.20	0.00	0.00	YES	2.00	1.67	YES
Rods	1.00	120	YES	1.20	0.75	0.63	YES	1.00	0.83	YES
Snaps	1.00	110	YES	1.10	0.00	0.00	YES	1.00	0.91	YES
Sourdough Fat-free Nibblers	1.00	120	YES	1.20	0.75	0.63	YES	0.00	0.00	YES
Sourdough Hard Pretzels	1.00	100	YES	1.00	0.00	0.00	YES	0.00	0.00	YES
Sourdough Special Pretzels	1.00	110	YES	1.10	0.00	0.00	YES	1.00	0.91	YES
Thins	1.00	110	YES	1.10	1.00	0.91	YES	0.00	0.00	YES
Unsalted Mini Pretzels	1.00	110	YES	1.10	0.75	0.68	YES	0.00	0.00	YES