

How Nutritious Are Your Snacks?

This chart shows nutritional information for some popular snack foods.

Snack Food (serving size)	Calories	Protein (grams)	Carbohydrates (grams)	Fiber (grams)	Fat (grams)	Sugar (grams)	Cholesterol (milligrams)
Popcorn plain, oil- popped (2 cups)	110	2	13	2	8	1	0
Pretzels plain, salted (15 twists)	343	8	71	3	3	0	0
Potato chips plain, salted 1 bag (8 oz.)	1217	16	120	10	79	0	0
Ice cream vanilla, soft-serve, wafer cone (4 oz.)	208	4	22	1	11	18	78
Crackers saltines (6 crackers)	78	1	13	0	2	0	0
Candy bar wafer/milk choc. (1 bar)	217	3	27	1	11	22	4
Corn chips plain, 1 bag (7 oz.)	1067	13	113	10	66	3	0
Fruit rolls (1 small roll-up)	52	0	12	0	0	7	0

Source: USDA Nutrient Data Laboratory, http://www.nal.usda.gov/fnic/cgi-bin/nut_search.pl All numbers are rounded.