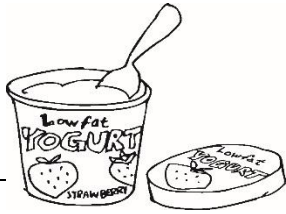


BEST BITES: Off the Shelf

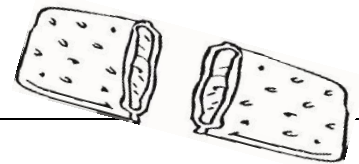


Yogurt

GREEN (-: <8g sugar per ~6oz	YELLOW -: 8-15 g sugar per ~6 oz	RED) -: 16+ g sugar per ~6oz
Chobani Plain ⁴ Okios Triple Zero ⁶ Light & Fit Greek ⁷ Yoplait Greek 100 Protein ⁷ Light & Fit Zero ⁸ Light & Fit ⁸ Okois Protein Crunch ^{~8} Light & Fit Protein Smoothie ⁷	Yoplait Greek 100 ⁹ Yo by Yoplait ⁹ Yoplait Light ¹⁰ Activia Light ^{10*} Light & Fit Greek Crunch ¹¹ Chobani Greek; <i>flavored</i> ¹⁵ Chobani Fruit on the Bottom ¹⁵ Yoplait Greek or Whips ¹²⁻¹⁵ Chobani Drink ¹⁵	Oikos Greek, <i>flavored</i> ¹⁷ Yoplait, kids cups ¹⁷ Fage, <i>flavored</i> ¹⁷⁻²⁹ Oikos Crunch ¹⁸ Yoplait Original ¹⁸ Yoplait Original ¹⁹⁻²² Chobani Flip ¹⁸⁻²¹ Activia ^{19*} Yoplait Whips ²¹ Animals Yo-tubes ^{24*} Go-Gurt ^{24*} Yo Crunch ^{20-25*} Activia Probiotic Dairy Drink ²⁵ Animals Smoothie ^{16*}

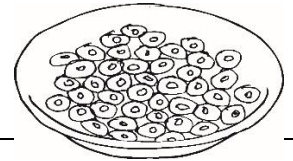
*standardized to amount in 6oz or "a good source of" Calcium (15% DV);
 container size offered may be more or less than 6oz

Granola Bars

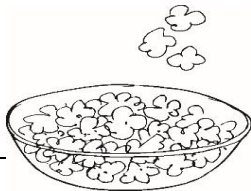


GREEN 2+ g fiber and <8g sugar	YELLOW 1-2 g fiber and 9-12g sugar	RED <1 g fiber and >12g sugar
Quaker Chewy 25% less sugar ^{3/5} Fiber One Protein Nut ^{6/5} Kind Bars ^{2/5} Nature Valley Protein Chewy ^{5/6} Great Value Protein Chewy ^{5/6} Fiber One Chewy Bars ^{9/7} Kashi Bars ^{3-4/7} Nature Valley Fruit & Nut ^{2/7}	Nature Valley Oatmeal Squares ^{2/9} Nature Valley Granola Cups ^{3/9} NutriGrain Bar ^{3/11} Nature Valley Crunchy ^{2/11-12} Quaker Breakfast Flats ^{3/12} Quaker Breakfast Squares ^{5/13} Great Value Chewy Choc Chunk ^{1/7} Nature Valley Sweet and Salty ^{1/9}	Quaker Chewy ^{<1/7} Special K Chewy Snack Bars ^{<1/8} Special K Protein Snack Bars ^{2-4/12} Special K Nourish Snack Bars ^{2-4/12} Quaker Chewy Dips ^{<1/14}

Cereal



GREEN 2+ g fiber and <6g sugar	YELLOW 1-2 g fiber and 6-10 g sugar	RED <1g fiber and >10g sugar
Fiber One, original ^{14/0} Shredded Wheat ^{6/0} Cheerios ^{3/1} Kix, original ^{3/3} Corn Chex ^{2/3} Wheaties ^{3/4} Wheat Chex ^{6/5} Multigrain Cheerios ^{3/6} Kix, Honey ^{2/6} Life Original & Vanilla ^{2/6} Honey Bunches of Oats ^{2/6} Honey Bunches, <i>with Almonds, Honey Roasted or Cinnamon</i> ^{2/6}	Life, Cinnamon ^{2/8} Fiber One, Honey Clusters ^{10/9} Rice Chex ^{1/2} Quaker Oatmeal Squares ^{5/9} Kix, Very Berry ^{2/7} Cheerios, Honey Nut, <i>Frosted or Very Berry</i> ^{2/9-10} Special K, <i>flavored</i> ^{3-5/9-10} Honey Bunches of Oats; <i>Apple or Strawberry</i> ^{2/8} Frosted Mini Wheats ^{6/10} Fruit Loops or Trix ^{1/10} Cinnamon Toast Crunch ^{2/9} Chex Cereal, <i>Cinnamon or Vanilla Honey Nut</i> ^{1/6-9} Lucky Charms ^{2/10} Cocoa Puffs ^{1/9}	Raisin Bran ^{7/18} Raisin Bran Crunch ^{4/19} Special K, <i>original</i> ^{0/4} Smart Start ^{3/14} Protein Cheerios ^{4/17} Honey Bunches of Oats, <i>Vanilla or Honey</i> ^{4/12} Frosted Mini Wheats, <i>flavored</i> ^{6/12} Corn Pops ^{0/9} Frosted Flakes ^{<1/10-12} Krave ^{3/11} Capt'N Crunch ^{<1/12} Cocoa Krispies ^{<1/12} Rice Krispies ^{0/4} Rice Krispies, <i>Frosted</i> ^{0/12}



Crackers, chips, popcorn

GREEN Baked & 2+ g fiber* per ounce serving (28 g) * WHOLE grain or wheat listed <u>first</u> on ingredient list (not enriched wheat)	YELLOW Baked but <2 g fiber** per ounce serving (28 g) ** WHOLE grain or wheat <u>NOT</u> listed first on ingredient list	RED Fried
Wheat Thins ³ Triscuits ³ Ritz Chips; multigrain ² Popcorn ³ ; <i>Skinny Pop, 100 calorie mini bag or homemade</i> Sun Chips ² Baked Scoops Tortilla Chips ²	Pretzels; <i>plain or multigrain</i> Veggie Straws/Chips Baked Chips Cheese Its or Goldfish crackers Ritz Crackers Cracker Chips Popcorn, <i>buttered or cheese</i> Buttered/flavored Popcorn Nabs	Chips, <i>potato/Lays</i> Takis or Hot Fries Dorritos and tortilla chips Cheetos Pringles