

## MFit Approved Beverages

Food Item	Wt.	Calories (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (g)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Other
<b>MFit Guideline</b>	<b>100% juice: &lt; 12 oz.; soda: &lt; 20 oz.</b>			<b>1 gram or less</b>								No Added Sugar
Aquafina Flavor Splash Citrus	20 ml	0	0	0	0	0	162.5	0	0	0	0	
Aquafina Flavor Splash Grape	20 ml	0	0	0	0	0	162.5	0	0	0	0	
Aquafina Flavor Splash Raspberry	20 ml	0	0	0	0	0	162.5	0	0	0	0	
Aquafina Flavor Splash Wild Berry	20 ml	0	0	0	0	0	162.5	0	0	0	0	
Aquafina Original	20 ml	0	0	0	0	0	0	0	0	0	0	
Dasani Flavored Water Lemon	20 ml	0	0	0	0	0	12.5	0	0	0	0	
Dasani Flavored Water Raspberry	20 ml	0	0	0	0	0	12.5	0	0	0	0	
Dasani Flavored Water Strawberry	20 ml	0	0	0	0	0	12.5	0	0	0	0	
Dasani Water	20 ml	0	0	0	0	0	0	0	0	0	0	
Deja Blue Water	20 ml	0	0	0	0	0	0	0	0	0	0	
Diet 7up	20 ml	0	0	0	0	0	110	0	0	0	0	
Diet A & W Root Beer	20 ml	0	0	0	0	0	54	0	0	0	0	
Diet Coke	20 ml	0	0	0	0	0	69	0	0	0	0	
Diet Dr. Pepper	20 ml	0	0	0	0	0	92	0	0	0	0	
Diet Minute Maid Orange	20 ml	0	0	0	0	0	not available	0	0	0	0	
Diet Mountain Dew	20 ml	0	0	0	0	0	88	0	0	0	0	
Diet Pepsi	20 ml	0	0	0	0	0	63	0	0	0	0	
Diet Sprite	20 ml	0	0	0	0	0	59	0	0	0	0	
Diet Squirt	20 ml	0	0	0	0	0	42	0	0	0	0	
Diet Vernors	20 ml	0	0	0	0	0	42	0	0	0	0	
Diet Wild Cherry Pepsi	20 ml	0	0	0	0	0	62	0	0	0	0	
Cherry Coke Zero	20 ml	0	0	0	0	0	69	0	0	0	0	
Sierra Mist Free	20 ml	0	0	0	0	0	63	0	0	0	0	

## MFit Approved Chips, Cookies, Snack Bars and Snacks

Food Item	Wt.	Calories (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (g)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Other
<b>MFit Guideline</b>	<b>1 package</b>		<b>5 grams or less</b>	<b>1 gram or less</b>	<b>0</b>		<b>no more than 480 milligrams</b>					<b>nuts &amp; seeds: no more than 3 grams saturated fat</b>
Chex Cheddar Mix	30g	130	4	0.5	0		370		1			
Jonny Rapp's Cheddar & Bacon Baked Fries	1 oz	130	5	0.5	0	0	230	19	2	1	2	
Jonny Rapp's Hot 'n Spicy Baked Fries	1 oz	130	5	0.5	0	0	230	19	2	1	2	
Kellogg's Nutri-Grain Cereal Bars-Apple Cinnamon	1.3 oz	140	3	0.5	0	0	105	26	1	13	1	
Kellogg's Nutri-Grain Cereal Bars-Strawberry	1.3 oz	140	3	0.5	0	0	120	26	< 1	13	1	
Kellogg's Strawberry Special K Bar	0.81 oz	90	1.5	1	0	0	95	18	< 1	9	1	
Kraft Chocolate Teddy Grahams	0.75 oz	90	3	0.5	0	0	120		1	6	1	
Kraft Cinnamon Teddy Grahams	0.75 oz	90	3	0.5	0	0	95		1	5	1	
Lay's Baked Cheetos	.875 oz	120	4.5	1	0	0	210	17	0	< 1	2	
Lay's Baked Doritos Nacho Cheese	.75 oz	90	3	0.5	0	0	170	16	1	< 1	2	
Lay's Baked KC Masterpiece	1.125 oz	140	3	0.5	0	0	230	25	2	3	2	
Lay's Baked Original	1.125 oz	130	1.5	0	0	0	170	26	2	2	2	
Lay's Baked Ruffles Cheddar and Sour Cream	1.125 oz	140	4	0.5	0	0	250	25	2	3	2	
Mr. Nature Happy Trail Mix	1.5 oz	130	6	2	0	0	55	16	1	13	3	nut exception

