

## SNACKS

S/B Daily Intake			20gr	25gr	50gr	
FOOD	Serving	Calories	Sat.Fat	Sugar	Protien	POINTS
<b>SNACKS</b>						
Apricot Preserves Smuckers Sugar free	1 TBL	10	0	0	0	0
Chocolate ghiradelli Intense Dark 72% Cacao Squars	3 Sections	200	0	10	2	7
Chocolate Ghirardelli Bittersweet 60% Cacao	16 Chips	80	3.5	6	1	4
Chocolate Hershey Syrup	1 TBL	45	0	11	0	3
Chocolate Hershey Syrup	1 TBL	45	0	11	0	3
Chocolate Pudding Snack Pack Sugar Free	1	70	2	0	1	3
Chocolate Spread Hazelnut	2 TBL	200	4	21	2	10
Cocoa Hersheys Special Dark	1 TBL	10	0.5	0	1	0
Cool Whip Free	1 TBL	8	0	2	0	0
Cool Whip Free	2 TBL	15	0	1	0	1
Cool Whip Free	3 TBL	24	0	6	0	1
Coolwhip Dessert Weight Watches With Peanut Butter	8oz16TB 3TBL PB	CW 240 PB 141	CW 16 PB 3	CW32 PB 6	CW 0 PB12	CW 18 PB 4
Dates Medjool Naturl Bard Vally	2 Dates	137	0	3	1	4
Graham Cracker Low Fat	2 Full	149	0	8	2	5
Graham Cracker Choclata	2 Full	130	0	8	2	5
Graham Cracker Choclata	1 Whole	65	0	4	1	2
Graham Cracker W/W WhipCream Sandwich	1 Whole	37.3	0.5	2.4	0.5	1
Ice Cream Soft Chocolate	1/2 Cup	177	5.165	23.22	3.2	9
Ice Cream Soft Serve	1/2 Cup	192	8.47	18.3	3.55	10
Ice Cream Sandwich W/W	1 Whole	37.3	0.5	2.4	0.5	1
Lolly Pops Cormet	1	120	0	22	0	6
Muffins Blueberry Trader Joes	1	80	0	2	5	2
Mug Cake in A Cup	1 Serv	80	0	0	0	3
Peanut Butter	2 TBL	188	3.3	3	8	6
Peanut Butter	1 TBL	99	1.5	2	4	3
Peanut Butter Jiff Small Cups To Go	1.5 oz	250	3.5	4	9	8
Peanut Butter Jiff Small Cups To Go	1/2 oz	125	1.5	2	5	4
Peanut Butter PBL Powered	2 TBL	50	0	2	5	1
Peanut Butter PBL Powered	1 TBL	25	0	2	2.5	1
Pumpkin Nonfat frozen yogurt	1/2 Cup	110	0	15	3	5
Pumpkin Pie	1 Slice	323	2.6	25	5	13
Pumpkin Pudding	1 Cup	246	2.547	36.89	6.55	12
Quaker Rice Cakes Chocolate	1	60	0.5	4	1	2
Quinoa	1/4 Cup	160	0	1	6	4
Smuckers Sugar Free Peach	1 TBL	10	0	0	0	0
Werthersts Carmel Sugas Free	5 Pieces	50	1	0	0	0

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TOTALS						