



Updated: 6.1.2022

Eat Fit Snack Criteria

- Less than 250 calories
- Less than 300 mg sodium
- Less than 5 g animal saturated fats
- 0 g white refined carbs and trans fats
- Less than 5 g added sugar
- Minimum of 15 g protein + fiber + fat

Products ranked from Tier 1 [preferred] to Tier 3 [satisfactory]

PRODUCT / SIZE	TIER
Babybel Cheese Babybel Mini 3ct 20/2.26 oz	1
Bare Fruit Chips Apple Fuji & Red 6/1.4 oz	1
BareFruit Chips Apple Cinnamon 20/1.4 oz	1
Beanfield Chips Pico De Gallo Rice 24/1.5 oz	1
Beanfield Chips Rice Nacho Bean 24/1.5 oz	1
Beanfield Cracklins Korean BBQ 24/1 oz	1
Beanfield Cracklins Ranch 24/1 oz	1
Bel Bran Cheese MiniBaby Original 30/.75 oz	1
Biena Chickpea Puffs Vegan Ranch 12/2 oz	1
Biena Chickpea White Cheddar Aged 12/2 oz	1
Biena Chickpeas Ranch 8/5 oz	1
Chobani Yogurt Plain Greek 12/5.3 oz	1
Epic Performance Bar Grass Fed Bison Bacon Chry 4/12/1.3 oz	1
FriGo Cheese Stick Colby Jack 4/24/.833 oz	1
FriGo Cheese String 4/24/1 oz	1
Hippeas Chickpea Puffs Vegan White Cheddar 12/1.5 oz	1
Hippeas Chickpea Puffs Vegan White Cheddar 12/4 oz	1
Kraft Cheese String Mozzarella Natrl 2/24/1 oz	1
Lily's Almonds Dark Chocolate Covered 12/3.5 oz	1
MightySpark Chicken Stick Honey & Jalapeno 48/1 oz	1
Moon Cheese Garlickin Parmesan	1
MoonCheese Cheddar Believe It	1
Munk Pack - all granola bars	1
Munk Pack - all nut/seed bars	1

Munk Pack Sea Salt Dark Chocolate	1
Munk Pack Peanut Butter	1
Oikos Yogurt Greek Straw Triple Zero 12/5.3 oz	1
Oikos Yogurt Mixed Berry Triple Zero 12/5.3 oz	1
Parm Crisps Parmesan Original 12/1.75 oz	1
ParmCrisp Crisps Parmesan Cheddar Minis 12/1.75 oz	1
ParmCrisp Crisps Parmesan Sour Cream 12/1.75 oz	1
ParmCrisp Parm Crisps Original Snack Mix 12/6 oz	1
Rhythm Carrot Sticks Sea Salt 12/1.4 oz	1
Rhythm Chips Beet Sea Salt 12/1.4 oz	1
RXBar Bar Chocolate Peanut Butter 6/12/1.83 oz	1
RXBar Bar Protein Banana Chocolate Walnut 6/12/1.83 oz	1
RXBar Bar Protein Blueberry 6/12/1.83 oz	1
RXBar Bar Protein Chocolate Chip 6/12/1.83 oz	1
RXBar Bar Protein Chocolate Sea Salt 6/12/1.83 oz	1
RXBar Bar Protein Mixed Berry 6/12/1.83 oz	1
Sargento Cheese Stick Colby Jack 4/24/1 oz	1
Sargento Cheese Stick Mild Cheddar 4/24/1 oz	1
Sargento Cheese Stick Pepper Jack 4/24/.83 oz	1
Sargento Cheese String Singles 4/24/1 oz	1
Smart Cake	1
Supernola	1
ThinkThin Bar Brownie Crunch 12/10/2.1 oz	1
ThinkThin Bar Chunky Peanut Butter 12/10/2.1 oz	1
ThinkThin Bar Cupcake Batter 12/10/1.4 oz	1
ThinkThin Bar Protein Lemon Delight 12/10/2.01 oz	1
ThinkThin Bar Protein Salted Caramel 12/10/1.41 oz	1
ThisBarSavesLives Bar Madagascar Vanilla Almond Honey 6/12/1.4 oz	1
Vermont Smoke & Cure Meat Sticks Jerky Sticks Turkey Uncured Pepperoni 2/24/1 oz	1
Whisps Cheese Parmesan Whisps 12/2.12 oz	1
Whisps Whisps Asiago & Pepper Jack 12/2.12 oz	1
Beanitos White Bean Hint of Lime	2
Blue Diamond Almonds Blueberry & Sea Salt 6/5 oz	2
Blue Diamond Nut Almonds Roasted Salted 12/12/1.5 oz	2
Blue Diamond Nuts Almonds Lightly Salted 6/12 oz	2
Blue Diamond Nuts Almonds Roasted Salted 6/12/4 oz	2
Blue Diamond Nuts Almonds Smokehouse 12/12/1.5 oz	2
Blue Diamond Nuts Almonds Smokehouse 6/12/4 oz	2
Blue Diamond Nuts Almonds Wasabi&Soy Sauce 6/12/4 oz	2
Blue Diamond Nuts Almonds Whole Natrl Foil 6/12/4 oz	2
Blue Diamond Nuts Almonds Whole Natural 12/12/1.5 oz	2
Blue Diamond Nuts Almonds Whole Natural Bag 6/12 oz	2
Blue Diamond Wasabi Almond Soy 12/12/1.5 oz	2
Fresh Harvest Nuts Cashews Salted 12/3 oz	2
FreshHarvest Almonds Raw 12/3 oz	2
FreshHarvest Almonds Salted 12/3 oz	2

FreshHarvest Cashews Unsalted 12/3 oz	2
FreshHarvest Raisin Almond Cashew 12/1/4.5 oz	2
KarNut Cashews Salted 100/1 oz	2
KarNut Nuts Almonds Salted 100/1 oz	2
KindBar Bar Almond Chocolate Milk 6/12/1.4 oz	2
KindBar Bar Caramel Almond & Sea Salt 6/12/1.4 oz	2
KindBar Bar Chocolate Dark & Caramel 6/12/1.4 oz	2
KindBar Bar Dark Chocolate Mocha Almond 6/12/1.4 oz	2
KindBar Bar Fruit & Nut Delight 6/12/1.4 oz	2
KindBar Bar Madagascar Vanilla Almond 6/12/1.4 oz	2
KindBar Bar Maple Glazed Pecan SeaSalt 6/12/1.4 oz	2
KindBar Bar Nuts&sea Salt Dark Chocolate 6/12/1.4 oz	2
KindBar Bar Protein Crunchy Peanut Butter 6/12/1.76 oz	2
KindPlus Bar Blueberry Vanilla Cashew 6/12/1.4 oz	2
KindPlus Bar Pomegranate Bluberry Pistachio 6/12/1.4 oz	2
Nut Harvest Cashews Whole 6/8/2.25 oz	2
Planters Cashews Honey Roasted RTL 12/3 oz	2
Planters Cashews Honey Roasted Tube 6/18/1.5 oz	2
Planters Cashews Salted RTL 12/3 oz	2
Planters Cashews Salted Tube 6/18/1.5 oz	2
Planters Trail Mix Fruit & Nut RTL 12/6 oz	2
Planters Trail Mix Nut/Seed/Cranbry RTL 12/6 oz	2
Quest Bar Oatmeal Chocolate Chip 12/12/2.12 oz	2
Quest Bar Protein Cookies & Cream 12/12/2.12 oz	2
Quest Bar Protein S'mores 12/12/2.12 oz	2
Quest Cookie Dough Chocolate Chip 12/12/2.12 oz	2
Quest Peanut Butter Cups 12/12/1.48 oz	2
Sahale Almonds Berry Macaroon Mix 12/9/1.5 oz	2
Sahale Almonds California Dry Roasted 18/1.5 oz	2
Sahale Almonds Cranberry Honey Sea Salt 6/4 oz	2
Sahale Almonds Honey Glazed Mix 18/1.5 oz	2
Sahale Almonds Mix Mango Tango 18/1.5 oz	2
Sahale Almonds w/Cranberries/Honey SS 12/9/1.5 oz	2
Sahale Almonds w/Cranberries/Honey SS 12/9/1.5 oz	2
Sahale Cashew Macadamia Vanilla Tangerine 12/9/1.5 oz	2
Sahale Cashew Pomegranate Vanilla 6/4 oz	2
Sahale Cashews Pomegranate Van Glazed Mix 18/1.5 oz	2
Sahale Cashews w/Pomegranate Vanilla 12/9/1.5 oz	2
Sahale Cashews w/Pomegranate Vanilla 12/9/1.5 oz	2
Sahale Nut & Bean Asian Sesame 6/4 oz	2
Sahale Pecans Banana Rum 18/1.5 oz	2
SecondNature Mix Antioxidant & Smart 3/12/1.75 oz	2
SecondNature Mix Smart Keto Crunch 3/12/1.75 oz	2
SecondNature Salted Almonds 3/12/2 oz	2
SecondNature Snack Antioxidant Mix 6/4 oz	2
SecondNature Snack Mix California Medley 12/5 oz	2

SecondNature Snack Mix Keto Crunch 6/4 oz	2
SecondNature Snack Super Omega 6/4 oz	2
SecondNature Trail Mix Premium Duet 3/12/2 oz	2
SecondNature Trail Mix Simplicity Medley 3/12/2.25 oz	2
Wonderful Pistachio 100Cal Sweet Chili 10/12/1.25 oz	2
Wonderful Pistachio BBQ No Shells 3/8/2.25 oz	2
Wonderful Pistachio Chili Roasted NoShell 3/8/2.25 oz	2
Wonderful Pistachio Chili Roasted NoShell 96/.75 oz	2
Wonderful Pistachio Honey Roasted N/Shll 10/5.5 oz	2
Wonderful Pistachio Honey Roasted NoShell 3/8/2.25 oz	2
Wonderful Pistachio Honey Roasted NoShell 96/.75 oz	2
Wonderful Pistachio Rstd & Salted 10/6 oz	2
Wonderful Pistachio Rstd&Salted No Shell 96/.75 oz	2
Wonderful Pistachio Salt & Vinegar 3/8/2.25 oz	2
Wonderful Pistachio Sweet Chili Bag 3/8/4.5 oz	2
Wonderful Pistachios 100Cal Roasted/Salt 10/12/1.25 oz	2
Wonderful Pistachios In Shell Pillow Bag 3/8/5 oz	2
Wonderful Pistachios InShell StandUp Pch 10/8 oz	2
Wonderful Pistachios No Shell 3/8/2.5 oz	2
Wonderful Pistachios Salt & Pepper Bag 3/8/4.5 oz	2
Wonderful Pistachios Salt/Pepper 100Cal 10/12/1.25oz	2
Wonderful Pistachios Wonderful Roasted Salted 12/24/1.5 oz	2
KarNut Trail Mix All Energy Unsalted 48/2 oz	3
Angies Popcorn Butter Real 12/4.4 oz	3
Angies Popcorn White Cheddar 12/4.5 oz	3
Boom Chicka Pop Popcorn Sea Salt Kettle 12/4.8 oz	3
Boom Chicka Pop Popcorn White Cheddar 12/1.5 oz	3
David Sunflower Seed Original 1.625oz	3
FreshHarvest Peanuts Salted Travel Pack 12/7 oz	3
FSTG Chips Tortilla Sweet Potato 24/1.5 oz	3
KarNut Peanuts Salted 100/1 oz	3
KarNut Peanuts Salted 100/1.5 oz	3
KarNut Peanuts Salted 42/3.5 oz	3
KarNut Peanuts Salted 72/2 oz	3
KarNut Peanuts Sriracha 42/3.5 oz	3
KarNut Snack Mix Nut'N Berry Unsalted 6/13.25 oz	3
KarNut Sunflower Kernels 72/2 oz	3
KarNut Trail Mix Mango Pineapple Unsalted 72/1.5 oz	3
KarNut Trail Mix Original Unsalted 48/2 oz	3
LesserEvil Popcorn Himalayan Pink Salt 18/.88 oz	3
LesserEvil Popcorn Oh My Ghee 18/.88 oz	3
MrNature Trail Mix Energizer Unsltd	3
MrNature Trail Mix Unsalted 60/2 oz	3
Planters Peanuts Chipotle RTL 12/6 oz	3
Planters Peanuts Dry Roasted 12/6 oz	3
Planters Peanuts Honey Roasted RTL 12/6 oz	3

Planters Peanuts Salted RTL 12/6 oz	3
Planters Peanuts Salted Tube 3/15/2.5 oz	3
Popcorne Popcorners White Cheddar 12/5 oz	3
Skinny Pop Popcorn Original 12/1 oz	3
Skinny Pop Popcorn White Cheddar 12/1 oz	3
Sunchips Garden Salsa LSS 64/1.5 oz	3
Sunchips Harvest Cheddar LSS 64/1.5 oz	3
All plain bottled water	Bev
Bubly Water Sparkling Cherry 12/16 oz	Bev
Bubly Water Sparkling Grapefruit 12/16 oz	Bev
Dasani Water Purified Bottle 24/16.9 oz	Bev
Evian Water Bottle Loose PET 24/330 ml	Bev
Evian Water Evian Loose 12/1 lt	Bev
Evian Water Evian Loose 24/500 ml	Bev
FairLife Milk 2% White 24/8 oz	Bev
Ferrarel Water Ferrarelle Sparkling Gls 24/330 ml	Bev
HeartWater Water Rain Pink Himalyan 6/23.9 oz	Bev
HeartWater Water Rain Plain 6/16 oz	Bev
Hint Water Blackberry Fruit Infused Unsweetened 12/16 oz	Bev
Hint Water Cherry Fruit Infused Unsweetened 12/16 oz	Bev
Hint Water Crisp Appl Fruit Infused Unsweetened 12/16 oz	Bev
Hint Water Energy Black Raspberry 12/16 oz	Bev
Hint Water Energy Blueberry Grape 12/16 oz	Bev
Hint Water Energy Citrus 12/16 oz	Bev
Hint Water Pineapple Fruit Infused Unsweetened 12/16 oz	Bev
Hint Water Watermelon Fruit Infused Unsweetened 12/16 oz	Bev
Karma Wellness Water Probiotic Berry Cherry 12/18 oz	Bev
Karma Wellness Water Probiotic Blueberry Lemon 12/18 oz	Bev
LaCroix Water Sparkling Beach Plum 2/12/12 oz	Bev
LaCroix Water Sparkling Berry Can 2/12/12 oz	Bev
LaCroix Water Sparkling Black Razzbrry 2/12/12 oz	Bev
LaCroix Water Sparkling Coconut Can 2/12/12 oz	Bev
LaCroix Water Sparkling Cran/Rasp 2/12/12 oz	Bev
LaCroix Water Sparkling Grapefruit Can 2/12/12 oz	Bev
LaCroix Water Sparkling GuavaSaoPaula 2/12/12 oz	Bev
LaCroix Water Sparkling Lemon Can 2/12/12 oz	Bev
LaCroix Water Sparkling Lime Can 2/12/12 oz	Bev
LaCroix Water Sparkling Mango 2/12/12 oz	Bev
LaCroix Water Sparkling Orange Can 2/12/12 oz	Bev
LaCroix Water Sparkling Passionfruit 2/12/12 oz	Bev
LaCroix Water Sparkling Peach Pear Can 2/12/12 oz	Bev
LaCroix Water Sparkling Pure Can 2/12/12 oz	Bev
LaCroix Water Sparkling Tangerine Can 2/12/12 oz	Bev
LaCrxCrt Water Sparkling Pinapl Strwbry 3/8/12 oz	Bev
Nestle Pure Water Purified 24/16.9 oz	Bev
Oi Ocha Tea Green Oi Ocha 12/16.9 oz	Bev

Ozarka Water Distilled Bulk 6/1 gal	Bev
Ozarka Water Spring Bottle Vend 28/20 oz	Bev
Ozarka Water Spring Eco PET 18/1 ltr	Bev
Ozarka Water Spring PET 24/16.9 oz	Bev
Ozarka Water Spring PET 48/8 oz	Bev
Ozarka Water Spring PET EcoBtl 24/20 oz	Bev
Perrier Water Perrier Sparkling Glass 6/4/11 oz	Bev
Perrier Water Pink Grapefruit PET 24/16.9 oz	Bev
Perrier Water Sparkling Lime PET 24/16.9 oz	Bev
Perrier Water Sparkling PET 24/16.9 oz	Bev
PureLife Water Purified PET 24/20 oz	Bev
RCBigelo Water Infusion BlkbryRspbryHib 6/18 ct	Bev
RCBigelo Water Infusion BlubryCitrusBsl 6/18 ct	Bev
RCBigelo Water Infusion CrnbryLimeHnysk 6/18 ct	Bev
RoxWater Water Purified 24/16.9 oz	Bev
SanPelle Water Sparkling PET 24/.5 Ltr	Bev
SanPellegrino Water Sparkling Esnza DkChryPm 24/330 ml	Bev
SanPellegrino Water Sparkling Esnza TngWStrw 24/330 ml	Bev
Teatulia Tea Green Iced 12/12 oz	Bev
Teatulia Tea Hibiscus Fusion 12/12 oz	Bev
Teatulia Tea Watermelon Black 12/12 oz	Bev
Tejava Tea Mint PET 4/6/500 ml	Bev
Wanu Water Infused Watermelon Rspbry 12/16 oz	Bev
Wanu Water Infused Blubry Lemonade 12/16 oz	Bev
Wanu Water Infused Peach Passion 12/16 oz	Bev
Waterloo Sparkling Water Black Cherry 2/12/12 oz	Bev
Waterloo Sparkling Water Grpfruit 12 oz 2/12/12 oz	Bev
Waterloo Sparkling Water Lemon Lime 2/12/12 oz	Bev
Waterloo Sparkling Water Original 12 oz 2/12/12 oz	Bev
Waterloo Sparkling Water Pineapple 2/12/12 oz	Bev
Waterloo Sparkling Water Strawberry 2/12/12 oz	Bev
Waterloo Sparkling Water Watermelon 2/12/12 oz	Bev
Waterloo Water Sparkling Peach 2/12/12 oz	Bev

GROCERY

Belgioioso Snacking Cheese	1
The Laughing Cow Spreadable Cheese	1
The Laughing Cow Cheese Dippers	1
Yucatan Mild Guacamole	1
Marketside Hummus	1
Colby Jack Cubed Cheese	1
Oikos Triple Zero Nonfat Greek Yogurt	1
Sargento Balanced Breaks	1
Seapoint Farms Edamame	1
Wholly Guacamole Minis	1
Bada Bean Bada Boom	1

Blue Diamond Lightly Salted Almonds	1
Nature's Garden Trail Mix Snack Packs	2
Sun Chips (any)	3
Okedoke Popcorn	3
Skinny Pop Popcorn	3
Okedoke Popcorn	3
Skinny Pop Popcorn	3



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