



Quality Vending & Coffee Services Ltd.

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Healthier Choices

Revised Date: January 25, 2010	Total calories per package	Pts for total fat (3pt max)	Pts for Sat+trans (5pt max)	Pts for total fibre	Pts for sugar (neg for high sugar)	Total Pts	
WIDE ROW SNACK PRODUCTS							
Baked Old Dutch Original	120	3	5	2	0	10	
Baked Old Dutch Creamy Dill	130	3	5	1	0	9	
Baked Old Dutch Salt & Vinegar	120	3	5	1	0	9	
Baked Cheetos Crunchy	150	1	5	0	0	6	
Baked Doritos Cheese	141	2	5	2	0	9	
Baked Ruffles: Cheddar & Sour Cream	140	3	5	2	0	10	
Munchies Snack Mix (reduced fat)	180	1	5	2	0	8	
Bits & Bites	210	1	4	2	0	7	
Sun Chips Cheddar	220	-1	5	2	0	6	
Sun Chips French Onion	250	-1	5	2	0	6	
Sun Chips Garden Salsa	210	0	5	3	0	8	
Quaker Crispy Minis Cheddar	100	2	5	2	0	9	
Rold Gold Pretzel Thin	190	3	5	1	0	9	
Crispers Salt & Vinigar	240	-1	3	2	0	4	
Crispers Ranch	240	-1	3	2	0	4	
Crispers All Dressed	240	-1	3	2	0	4	
Thinsations	100	3	5	1	0	9	
NARROW ROW SNACK PRODUCTS							
Bio Protein: Cookies & Cream	310	1	1	2	0	4	
Chewy Dipps Caramel Nut	160	2	2	1	0	5	
Chewy Dipps Chocolate Chip	140	2	2	1	0	5	
Chewy Dipps Peanut Butter	140	2	5	1	0	8	
Chewy Yogourt Blueberry	150	2	2	1	0	5	
Chewy Yogourt Strawberry	150	2	2	1	0	5	
Chewy Yogourt Vanilla	160	2	2	1	0	5	
Fruitsource	130	3	5	2	0	10	
Handisnack: Cheese & Breadsticks	140	2	3	0	0	5	
Kellogg's Nutri-Grain Bars	140	3	4	1	-2	6	
Nature Valley Chewy Mix	150	2	5	2	0	9	
Nature Valley Crunch Bars: Apple Crisp	190	2	5	2	0	8	
Nature Valley Crunchy Bars: Oats 'N' Honey	220	0	5	2	0	7	
Nature Valley Crunchy Bars: Roasted Almond	220	0	5	2	0	7	
Nature Valley Sweet & Salty: Almond	160	1	4	2	0	7	
Nature Valley Sweet & Salty: Peanut	170	0	3	2	0	5	
Oatmeal to Go: Cinnamon Roll	200	2	5	2	0	9	
Oatmeal to Go: Maple 'n' Brown Sugar	200	2	5	2	0	9	
Oatmeal to Go: Oats 'n' Honey	200	2	5	2	0	9	
Special K Bar	90	3	5	0	0	8	
Sunrype Fruit to Go	50	3	5	1	0	9	

total fat criteria

- <=3g = 3 points
- >3g and <=6.0 is 2 points
- >6g and <=8g is 1 point
- >8 and <=9g is 0 points
- >9 and <=11g is -1 points
- >=11g is -10 points

Fibre

- Grams of fibre/serving
- >6 g = 4 points
- 4- 5.9g = 3 points
- 2-3.9 g = 2 points
- 1-1.9 g = 1 points
- 0-0.9 g = 0 points

sugar

- if 1st ingredient is sugar or if % cal from sugar is >=50% then -10 points
- if % cal from sugar is >=40% then -2 points

sat and trans

- <=1.5 g is 5 points
- >1.5 g and <=2 g is 4 points
- >2g and <=2.5g is 3points
- >2.5g and <=3g is 2 points
- >3 and <=3.5 is 1points
- >3.5 and <=5 is zero points
- >5 is -1

CONTAINS NUTS

MAY CONTAIN OR COME IN CONTACT WITH NUTS

