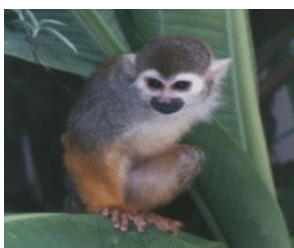


Monkey Matters Nutritional Charts



Snacks

Snacks

Food	Serving	Carbohydrates	Dietary Fiber	Calories	Protein	Total Fat
Chips, corn	30 (about 1 oz.)	16.9 g	1.6 g	155	1.7 g	9.1 g
Chips, potato	10 (about 3/4 oz.)	10.4 g	1.0 g	105	1.3 g	7.1 g
Chips, tortilla	10 (about 1 oz.)	18.0 g	1.8 g	150	2.0 g	8.0 g
Crackers animal	5 (1/2 oz.)	10.4 g	Trace	56	0.9 g	1.2 g
Crackers, butter-flavor	4 (1/2 oz.)	9.4 g	0.2 g	64	1.0 g	2.5 g
Crackers, cheese	4 round (1/2 oz.)	8.5 g	0.1 g	67	1.6 g	3.0 g
Crackers, cheese and peanut butter	2 (1/2 oz.)	7.9 g	0.2 g	69	2.1 g	3.4 g
Crackers, graham	1 (1/2 oz.)	10.4 g	0.5 g	55	1.1 g	1.3 g
Crackers, saltine	5 (1/2 oz.)	10.2 g	0.4 g	61	1.3 g	1.7 g
Crackers, soda	5 (1/2 oz.)	10.0 g	0.3g	62	1.3 g	1.9 g
Crackers, wheat	7 thin (1/2 oz.)	8.8 g	0.8g	61	1.8 g	1.8 g
Granola bar	1 (about 3/4 oz.)	16.0 g	1.1 g	109	2.4 g	4.2 g
Melba toast	3 pieces (1/2 oz.)	12.0 g	0.9 g	60	3.0 g	Trace
Popcorn, air-popped, unsalted	1 cup	4.6 g	0.9 g	23	0.8 g	0.3 g
Potato sticks	1 oz.	15.2 g	1.0 g	148	2.0 g	9.8 g
Pretzels, Dutch-type, salted	2 large (about 1 oz.)	24.3 g	0.9 g	125	3.1 g	1.4 g
Rice cakes	2 (about 1/2 oz.)	16.0 g	0.8 g	70	0.8 g	0.4 g
Ry-krisp	1/4 large square (1/2 oz)	13.0 g	2.5 g	40	1.5 g	0.2 g