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## Nutritional Comparison

Brand Name & Product	Calories	Trans Fat	Sat. Fat	Total Fat	Cholesterol	Sodium	Total Carbs	Protein	Sugars	Minutes To Walk Off
Van Holten's Jumbo Dill Pickle-In-A-Pouch	0	0g	0g	0g	0mg	696mg	1.78g	0g	1.75g	2.5
Royal Gold: Pretzel Sticks	176	0g	0g	0g	0mg	1021mg	40.5g	3.5g	1.8g	48
Apple: average all brands	26	0g	0g	.1g	0mg	1mg	6.9g	.1g	5.2g	7
Banana: average all brands	45	0g	.1g	.2g	0mg	1mg	11.4g	.5g	6.1g	12
Jello: Chocolate Pudding	62	9g	.7g	1.8g	0mg	84mg	11.9g	.9g	9.3g	17
Baskin-Robbins: Cookies 'N Cream	124	0g	4g	6.6g	22mg	55mg	14.2g	2.2g	11.9g	34
Kraft: String-Ums, Mozzarella	143	0g	6.3g	10.7g	36mg	393mg	1.8g	12.5g	0g	39
Slim Jim: Beef Stick	143	0g	.9g	3.6g	71mg	893mg	1.8g	25g	.9g	39
McDonalds: Fries	168	2.4g	1.8g	8.8g	0mg	97mg	20.6g	1.8g	9g	46
Hostess: Twinkie	174	0g	2.9g	5.2g	23mg	256mg	31.4	1.2g	22.1g	48
Act II: Buttered Popcorn	176	0g	5.9g	11.8g	0mg	206mg	23.5g	2.9g	-	48
Powerbar: Diet, Performance, Chocolate	177	0g	.4g	1.5g	0mg	73mg	34.6g	7.7g	13.8g	49
Jack Links: Beef Jerky	196	0g	7.1g	16.1g	45mg	821mg	1.8g	10.7g	0g	54
Skittles: Original Fruit	203	0g	2g	2g	0mg	8mg	45.5g	0g	38.2g	56
Quaker: Chewy Chocolate Chip Granola Bar	208	0g	3.1g	6.3g	0mg	156mg	37.5g	2.1g	14.6g	57
Chex Mix: Sweet 'N Salty Trail Mix	219	0g	2.3g	7g	0mg	359mg	34.4g	3.1g	10.9g	60
Oreo Cookies: Original	235	0g	2.9g	10.3g	0mg	279mg	36.8g	2.9g	20.6g	65
Snickers	239	0g	4.3g	11.9g	4mg	119mg	29.8g	3.4g	25.6g	66
Ritz: Bits w/Peanut Butter	241	0g	2.6g	13.8g	0mg	414mg	27.6g	5.2g	5.2g	66
Keebler: Fudge Stripe Cookies	242	0g	7.3g	11.3g	0mg	177mg	33.9g	1.6g	16.1g	67
Tostitos: Crispy Rounds	250	0g	1.8g	12.5g	0mg	214mg	32.1g	2.6g	0g	69
Cheez-It: Original	267	0g	3.3g	13.3g	0mg	417mg	30g	6.7g	.8g	74
Lays: Classic	268	0g	1.8g	17.9g	0mg	321mg	26.8g	3.6g	0g	74
Cheetos: crunchy	282	0g	3.5g	17.6g	8mg	511mg	26.4g	3.5g	1.8g	78
Rudolph Foods: Plain Pork Rinds	282	0g	7g	17.6g	70mg	951mg	0g	31.7g	0g	78
Planters: Salted Peanuts	304	0g	3.6g	25g	0mg	205mg	8.9g	12.5g	1.8g	84
Planters: Sunflower Seeds Roasted/Salted	321	0g	2.7g	26.8g	0mg	214mg	8.9g	12.5g	0g	88

\*All of the above information is based off of a 50g (1.76 ounces) serving size

\*Minutes of walk off is based on a 35 year old female that's 5.74ft tall and weights 144lbs

\* Nutritional and walk off information gathered at calorieking.com

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**P.O. Box 66  
Waterloo, WI 53594  
Ph: 1.800.255.0619  
Fx: 1.920.478.2316**