

Carb Counts for Caroline County

Items	Portion Size	Carbs
Baked Cheetos Crunchy	0.88 oz	17 grams
Baked Cheetos Flamin Hot	0.88 oz	17 grams
Baked Lays BBQ	0.875 oz	19 grams
Baked Lays Original	0.875 oz	20 grams
Baked Lays Sour Cream & Onion	0.875 oz	18 grams
Baked Tostitos Scoops	0.88 oz	19 grams
Betty Crocker Choc Chip Oatmeal Bar	1.24 oz	23 grams
Cheez-its Atomic Cheddar	1 oz	14 grams
Cheez-its Cheddar Whole Grain	1 oz	17 grams
Fruit Roll-Ups Blastin Berry Hot Colors	0.5 oz	11 grams
Herr's Baked Potato Crisps Regular	1 oz	16 grams
Herr's Popped Chips BBQ	0.875 oz	23 grams
Herr's Popped Chips Sour Cream & Onion	0.875 oz	17 grams
Linden's Chocolate Chippers	1.1 oz	22.3 grams
RF Cheetos Flamin Hot Puffs	0.7 oz	14 grams
RF Cheetos Puffs	0.7 oz	14 grams
RF Doritos Cool Ranch	1 oz	19 grams
RF Doritos Nacho	1 oz	20 grams
RF Doritos Spicy Sweet Chili	1 oz	20 grams
Rice Krispies Treats Whole Grain	1.41 oz	30 grams
Rold Gold Heartzels	1 oz	15 grams
Salveo Hot & Spicy Fries	1 oz	20 grams
Smart Cookies Presidents	0.88 oz	18 grams
Vic's Kettle Popcorn	1 oz	21 grams
Vic's White Cheddar Popcorn	0.625 oz	11 grams
Vic's White Popcorn	1 oz	10 grams
Welch's Berries 'N Cherries Fruit Snacks	1.5 oz	34 grams
Welch's Mixed Fruit Snacks	1.5 oz	28 grams
WG Pop-Tarts Brown Sugar Cinn	1.76 oz	37 grams
WG Pop-Tarts Strawberry	1.76 oz	38 grams
Baked Gold Fish WG	21 g	14 grams