

Program for a Small Planet 7.0

Foods Options Help

Food Lists (amounts are per 100 grams) (Convert via (Gram Wt times Value) / 100) (Left then Right Click Columns to Sort, Find) CLICK X TO CLO...

Food	Protein g	Carbohydr	Fiber g	Cholesterol	Fat Total g	Fat Sat g	Sodium mg	Gram
ARCHWAY Home Style Cookies, Apple Filled Oatmeal	4.8	65.63	2.1	8	12.76	2.97	413	
ARCHWAY Home Style Cookies, Apricot Filled	5.06	64.79	1.4	27	13.9	5.45	321	
ARCHWAY Home Style Cookies, Aunt Bea's Pound Cake Cookie	5.17	60.66	1	57	15.64	3.85	319	
ARCHWAY Home Style Cookies, Black Walnut Ice Box	5.25	62	1.2	40	25.66	6	319	
ARCHWAY Home Style Cookies, Cherry Filled	5.04	64.65	1.4	27	13.89	5.44	330	
ARCHWAY Home Style Cookies, Chocolate Chip Drop	5.54	61.87	1.1	55	14.96	4.45	310	
ARCHWAY Home Style Cookies, Chocolate Chip Ice Box	4.79	64.15	1	32	23.66	7.29	244	
ARCHWAY Home Style Cookies, Cinnamon Apple	4.99	66.12	1.5	0	14.06	3.34	506	
ARCHWAY Home Style Cookies, Coconut Macaroon	3.88	56.15	2.3	0	27.92	24.71	174	
ARCHWAY Home Style Cookies, Cookies Jar Hermits	5.2	66.5	2.1	20	10.84	2.7	587	
ARCHWAY Home Style Cookies, Dark Molasses	4.23	71.68	1	0	12.17	2.88	549	
ARCHWAY Home Style Cookies, Date Filled Oatmeal	5.24	66.53	2.7	13	12.36	2.95	393	
ARCHWAY Home Style Cookies, Dutch Cocoa	4.5	68.8	2.3	14	13.65	3.48	363	
ARCHWAY Home Style Cookies, Fat Free Cinnamon Honey Hearts	4.61	82.27	1.3	0	0.77	0.21	411	
ARCHWAY Home Style Cookies, Fat Free Devil's Food Cookie	4.82	79.27	2.8	0	0.9	0.32	393	
ARCHWAY Home Style Cookies, Fat Free Lemon Nuggets	4.22	84.14	1.1	0	0.71	0.19	365	
ARCHWAY Home Style Cookies, Fat Free Oatmeal Raisin	4.63	78.59	3	0	1.59	0.34	532	
ARCHWAY Home Style Cookies, Fat Free Oatmeal Raspberry	4.63	80.42	3	0	1.6	0.34	537	
ARCHWAY Home Style Cookies, Fat Free Sugar Cookies	4.4	82.9	1.2	0	0.79	0.26	402	
ARCHWAY Home Style Cookies, Frosty Lemon	4.41	64.78	0.7	0	17.11	5.83	366	
ARCHWAY Home Style Cookies, Frosty Orange	4.53	64.86	0.8	0	17.6	5.24	360	
ARCHWAY Home Style Cookies, Fruit & Honey Bar	4.69	67.33	1.9	22	12.65	3.01	410	
ARCHWAY Home Style Cookies, Gourmet Apple'n Raisin	5.43	65.68	2.8	20	15.98	3.54	466	
ARCHWAY Home Style Cookies, Gourmet Carrot Cake	3.97	64.24	1.9	16	17.84	5.26	627	
ARCHWAY Home Style Cookies, Gourmet Oatmeal Pecan	6.09	57.56	2.7	17	24.14	8.62	368	