

1 Welcome to SnackPacker!

This spreadsheet contains a database of hiker foods and a packing list. Each row of the database catalogues an item's key information, with specific metrics calculated into a "Calorie score" that reflects how suitable it is for caloric intake. Use each row of the packing list to specify an item's brand and quantity to receive a summary of the total (and daily) cost, weight, and nutritional intake.

Recommended work flow

- 1) Review database. Add any missing items.
- 2) Select handful items with higher scores. Add to packing list in bulk quantities to provide the majority of your calories.
- 3) Review the nutrition summary and add additional items to balance the diet. Calorie score is less of a priority in this step.
- 4) Adjust as necessary until a satisfactory weight, cost, calorie count, and nutrient balance is reached.

If adding new rows to a table, insert a whole spreadsheet row. If adding a column to a table, insert just a table column.

2 Database

If desired, use the tables to the right to adjust the scoring process. The scores are always scaled to a 0-10 range. When adding a new item to the database below, be sure to fill out all of the required columns. Nutritional information is only required if using the packing list. Use the score as a general guideline, not as a strict ranking of the best choices.

Factor	Value
Weight	6
Packability	2
Cost	3

----- Mandatory columns when adding a new item -----						
Brand	Item	Type	Score	\$		Air
Peter Pan	Peanut Butter, 28oz	Fat/Dairy	10.00	\$ 4.59		Trivial
Peter Pan	Peanut Butter, 16oz	Fat/Dairy	9.67	\$ 3.29		Trivial
(Generic)	Peanut Butter, 28oz	Fat/Dairy	9.67	\$ 3.59		Trivial
Jif	Peanut Butter, 28oz	Fat/Dairy	9.62	\$ 5.19		Trivial
(Generic)	Extra Virgin Olive Oil	Fat/Dairy	9.43	\$ 6.68		Trivial
(Generic)	Peanut Butter, 16oz	Fat/Dairy	9.37	\$ 2.18		Trivial

Planters	Peanuts	Nuts/Seeds	9.22	\$ 4.48	<25%
Amazon	Peanut Butter, 16oz	Fat/Dairy	9.16	\$ 2.53	Trivial
Jif	Peanut Butter, 16oz	Fat/Dairy	9.15	\$ 3.49	Trivial
Little Debbie	Nutty Buddy	Candy/Pastry	8.70	\$ 2.50	Trivial
OvaEasy	Powdered Eggs	Protein	8.63	\$ 11.95	Trivial
Kerrygold	Butter	Fat/Dairy	8.45	\$ 4.99	Trivial
Eggylicious	Powdered Eggs	Protein	8.12	\$ 27.99	Trivial
(Generic)	Sunflower Seeds	Nuts/Seeds	8.03	\$ 1.89	<25%
Lance	Toast Chee, Peanut Butter	Cracker	7.66	\$ 3.79	Trivial
Nido	Dry Milk, Whole	Fat/Dairy	7.41	\$ 7.29	Trivial
PB Fit	Peanut Butter, Powdered	Fat/Dairy	7.24	\$ 4.28	Trivial
Lance	Toast Chee, Cheddar	Cracker	7.18	\$ 3.79	Trivial
Lance	Nekot Fudge	Cracker	7.14	\$ 3.79	Trivial
Cheez-It	Cheez-It, Original	Cracker	7.14	\$ 2.99	Roomy
(Generic)	Quick Oats	Grain/Carb	6.96	\$ 4.29	Trivial
Stroopwafel	Classic Caramel	Waffle	6.83	\$ 4.79	Trivial
Kellog's	Club Crackers	Cracker	6.69	\$ 3.99	Trivial
Keebler	Cheese and Peanut Butter	Cracker	6.65	\$ 3.99	Trivial
Nature Valley	Wafer, Chocolate	Bar	6.61	\$ 5.98	Trivial
Pepperage Farms	Golfish, crushed	Cracker	6.37	\$ 3.69	Trivial
Planters	Cashews	Nuts/Seeds	6.30	\$ 7.18	<25%
Power Crunch	Wafer, Chocolate	Bar	6.29	\$ 8.59	Trivial
Bridgford	Pepperoni Sticks	Protein	5.99	\$ 5.59	Trivial
Blue Diamond	Almonds, Honey Roasted	Nuts/Seeds	5.97	\$ 3.79	Roomy
Lance	Peanut Butter, Whole Grain	Cracker	5.78	\$ 3.79	Trivial
Body Fortress	Whey Protein	Drink Mix	5.76	\$ 26.99	Trivial
David	Pumpkin Seeds	Nuts/Seeds	5.71	\$ 3.69	<25%
Dietz & Watson	Hard Salame	Protein	5.69	\$ 5.99	Trivial
Bridgford	Pepperoni Slices	Protein	5.67	\$ 4.29	Trivial
Peak Refuel	Freeze-Dried Thai Chicken Coconut C	Freeze-Dried	5.61	\$ 13.95	<25%
Hershey's	Dark Chocolate Snack Size Bar	Candy/Pastry	5.57	\$ 1.49	Trivial
Hershey's	Milk Chocolate Snack Size Bar	Candy/Pastry	5.57	\$ 1.49	Trivial
pop tarts	Brown Sugar Cinnamon popTart	Candy/Pastry	5.57	\$ 2.69	Trivial
(Generic)	Raisins	Fruit	5.26	\$ 2.79	Trivial
Honey Stinger	Honey Waffle	Waffle	5.19	\$ 0.72	Trivial
Swiss Miss	Hot Chocolate	Drink Mix	5.18	\$ 0.75	Trivial
Larabar	Peanut Butter Chocolate Chip Bar	Bar	5.18	\$ 8.68	Trivial
Quaker	Instant Oatmeal	Grain/Carb	5.16	\$ 3.39	Trivial
Carnation	Breakfast Essentials	Drink Mix	4.98	\$ 5.48	Trivial
Great Value	Trail Mix	Snack	4.97	\$ 1.00	<25%
Alpine	Spiced Apple Cider	Drink Mix	4.89	\$ 2.99	Trivial
M&M's	Peanut M&M's	Candy/Pastry	4.87	\$ 2.00	<25%
Probar	Peanut Butter Chocolate Chip Bar	Bar	4.76	\$ 3.00	Trivial
Chi-Chi's	Tortillas, Fajita, Whole Grain	Grain/Carb	4.72	\$ 2.25	Trivial

Moon Pie	Moon Pie Single	Candy/Pastry	4.68	\$ 0.69	Trivial
Slim Jim	Snack Stick, Mild	Protein	4.61	\$ 4.59	Trivial
Moon Pie	Moon Pie Minis	Candy/Pastry	4.56	\$ 3.29	Trivial
RiceSelect	Couscous	Pasta/Rice	4.47	\$ 8.39	Trivial
Kind	Breakfast Bar	Bar	4.45	\$ 6.58	Trivial
Snickers	Snickers	Candy/Pastry	4.40	\$ 1.50	Trivial
Jack Links	Beef Jerkey Stick	Protein	4.37	\$ 1.25	Trivial
M&M's	Regular M&M's	Candy/Pastry	4.25	\$ 2.00	<25%
(Generic)	Couscous	Pasta/Rice	4.23	\$ 2.49	Trivial
Quaker	Instant Grits	Grain/Carb	4.15	\$ 3.69	Trivial
Chi-Chi's	Tortillas, Fajita	Grain/Carb	4.10	\$ 3.29	Trivial
Duchess	Honey Bun	Candy/Pastry	4.10	\$ 2.00	Trivial
Pepperage Farms	Goldfish	Cracker	3.98	\$ 3.69	Roomy
La Banderita	Tortillas, Taco	Grain/Carb	3.94	\$ 3.39	Trivial
Olé	Tortillas, Taco	Grain/Carb	3.94	\$ 3.39	Trivial
Builders	Protein + Caffeine Bar	Bar	3.82	\$ 2.00	Trivial
(Generic)	Quick Grits	Grain/Carb	3.80	\$ 0.48	Trivial
Near East	Couscous, Parmesan Flavor	Grain/Carb	3.59	\$ 3.29	Trivial
(Generic)	Sharp Cheddar	Fat/Dairy	3.58	\$ 2.58	Trivial
Ocean Spray	Dried Cranberries, Original	Fruit	3.46	\$ 4.99	Trivial
Mission	Tortillas, Taco	Grain/Carb	3.39	\$ 3.59	Trivial
Kraft	Easy Mac	Pasta/Rice	3.25	\$ 3.79	Roomy
RiceSelect	Couscous, Pearl	Pasta/Rice	3.19	\$ 6.39	<25%
Hostess	Danish with Cream Cheese	Candy/Pastry	3.18	\$ 1.50	Trivial
Dietz & Watson	Sliced Genoa Salami	Protein	3.18	\$ 3.99	Trivial
Backpacker's Pantry	Freeze-Dried Pad Thai with Chicken	Freeze-Dried	2.93	\$ 12.95	<25%
Good To-Go	Freeze-Dried Mushroom Risotto	Freeze-Dried	2.88	\$ 15.50	<25%
Knorr	Rice & Pasta Blend, Chicken	Pasta/Rice	2.82	\$ 1.58	Roomy
Idahoan	Instant Mashed Potatoes	Grain/Carb	2.81	\$ 1.98	<25%
Luna	Blueberry Bliss Bar	Bar	2.78	\$ 2.50	Trivial
Mountain House	Freeze-Dried Chili Mac with Beef	Freeze-Dried	2.71	\$ 10.95	<25%
Clif Bar	Crunchy Peanut Butter	Bar	2.61	\$ 2.50	Trivial
Mission	Tortillas, Taco, Whole Grain	Grain/Carb	2.30	\$ 3.69	Trivial
Alpine Aire	Freeze-Dried Mac and Cheese	Freeze-Dried	2.25	\$ 9.95	<25%
Ocean Spray	Dried Cranberries, Less Sug	Fruit	2.12	\$ 7.69	Trivial
Sunmaid	Pitted Dates	Fruit	1.93	\$ 3.68	<25%
Mother Earth	Dried Vegetable Soup Mix	Vegetable	1.77	\$ 18.99	<25%
(Generic)	Rice Noodles	Pasta/Rice	1.75	\$ 4.09	<25%
Nissin	Ramen, Chicken	Pasta/Rice	1.60	\$ 0.30	Roomy
Bridgford	Summer Sausage	Protein	1.52	\$ 4.49	Trivial
SPAM	SPAM Single	Protein	1.49	\$ 1.98	Trivial
Honey Stinger	Gold Energy	Gel	1.25	\$ 9.99	Trivial
Bare	Banana Chips	Fruit	1.24	\$ 4.99	<25%
Sunmaid	Dried Apricots	Fruit	1.04	\$ 6.48	<25%

Flex	Score
Powder	4.0
Formless	4.0
Fine-Grain	3.0
Pouch	2.0
Foldable	2.5
Coarse-Grain	2.0
Pliable	1.0
Rigid	0.0

Air	Score
Trivial	4.0
<25%	2.0
Roomy	0.0

Flex	C/S	g/S	g	C/Lb	C/\$	Pack	S	Lb	oz	C
Rigid	200	31.8	794	2856	1089	4.0	25.0	1.8	28.0	5000
Rigid	200	33.0	462	2749	851	4.0	14.0	1.0	16.3	2800
Rigid	190	31.8	794	2714	1323	4.0	25.0	1.8	28.0	4750
Rigid	190	31.8	794	2714	915	4.0	25.0	1.8	28.0	4750
Rigid	120	9.9	241	5520	439	4.0	24.4	0.5	8.5	2933
Rigid	190	33.0	462	2612	1220	4.0	14.0	1.0	16.3	2660

Coarse-Grain	170	28.0	453	2754	614	4.0	16.2	1.0	16.0	2750
Rigid	180	32.0	454	2551	1009	4.0	14.2	1.0	16.0	2554
Rigid	190	33.0	453	2612	747	4.0	13.7	1.0	16.0	2608
Rigid	310	56.7	340	2481	744	4.0	6.0	0.7	12.0	1860
Powder	70	10.7	128	2977	70	8.0	12.0	0.3	4.5	840
Rigid	100	14.0	227	3240	325	4.0	16.2	0.5	8.0	1621
Powder	89	15.0	453	2691	96	8.0	30.2	1.0	16.0	2688
Coarse-Grain	180	28.3	99	2886	333	4.0	3.5	0.2	3.5	630
Pliable	220	43.0	344	2321	464	5.0	8.0	0.8	12.1	1760
Powder	150	30.0	360	2268	247	8.0	12.0	0.8	12.7	1800
Powder	70	16.0	425	1984	434	8.0	26.6	0.9	15.0	1859
Pliable	200	40.0	320	2268	422	5.0	8.0	0.7	11.3	1600
Pliable	230	48.0	390	2173	493	5.0	8.1	0.9	13.8	1869
Coarse-Grain	150	29.0	351	2346	607	2.0	12.1	0.8	12.4	1816
Fine-Grain	150	40.0	1190	1701	1040	7.0	29.8	2.6	42.0	4463
Pliable	160	30.0	240	2419	267	5.0	8.0	0.5	8.5	1280
Rigid	70	14.0	354	2268	444	4.0	25.3	0.8	12.5	1770
Pliable	190	39.0	311	2210	380	5.0	8.0	0.7	11.0	1515
Pliable	200	36.0	184	2520	171	5.0	5.1	0.4	6.5	1022
Fine-Grain	140	30.0	187	2117	236	7.0	6.2	0.4	6.6	873
Coarse-Grain	160	28.0	227	2592	181	4.0	8.1	0.5	8.0	1297
Pliable	220	40.0	200	2495	128	5.0	5.0	0.4	7.1	1100
Pliable	110	21.0	170	2376	159	5.0	8.1	0.4	6.0	890
Coarse-Grain	160	28.3	170	2561	253	2.0	6.0	0.4	6.0	960
Pliable	190	43.0	344	2004	401	5.0	8.0	0.8	12.1	1520
Powder	200	50.0	2268	1814	336	8.0	45.4	5.0	80.0	9072
Coarse-Grain	150	28.4	142	2396	203	4.0	5.0	0.3	5.0	750
Rigid	150	28.0	198	2430	177	4.0	7.1	0.4	7.0	1061
Foldable	140	30.0	141	2117	153	6.5	4.7	0.3	5.0	658
Pouch	430	76.0	152	2566	62	4.0	2.0	0.3	5.4	860
Rigid	130	25.2	63	2340	218	4.0	2.5	0.1	2.2	325
Rigid	130	25.2	63	2340	218	4.0	2.5	0.1	2.2	325
Rigid	400	96.0	384	1890	595	4.0	4.0	0.8	13.5	1600
Formless	140	40.0	340	1588	427	8.0	8.5	0.7	12.0	1190
Rigid	150	30.0	30	2268	208	4.0	1.0	0.1	1.1	150
Powder	160	39.1	39	1856	213	8.0	1.0	0.1	1.4	160
Pliable	220	45.3	272	2201	152	5.0	6.0	0.6	9.6	1320
Fine-Grain	160	43.0	344	1688	378	7.0	8.0	0.8	12.1	1280
Powder	140	36.0	360	1764	255	8.0	10.0	0.8	12.7	1400
Coarse-Grain	240	50.0	50	2177	240	4.0	1.0	0.1	1.8	240
Powder	80	21.0	210	1728	268	8.0	10.0	0.5	7.4	800
Coarse-Grain	250	49.3	49	2300	125	4.0	1.0	0.1	1.7	250
Pliable	200	42.5	85	2135	133	5.0	2.0	0.2	3.0	400
Foldable	170	57.0	454	1353	602	6.5	8.0	1.0	16.0	1354

Pliable	100	26.0	78	1745	435	5.0	3.0	0.2	2.8	300
Pliable	150	32.0	111	2126	113	5.0	3.5	0.2	3.9	520
Pliable	110	28.3	340	1761	401	5.0	12.0	0.7	12.0	1320
Fine-Grain	200	56.0	751	1620	320	7.0	13.4	1.7	26.5	2682
Pliable	220	50.0	300	1996	201	5.0	6.0	0.7	10.6	1320
Rigid	250	52.7	53	2152	167	4.0	1.0	0.1	1.9	250
Pliable	120	26.0	26	2094	96	5.0	1.0	0.1	0.9	120
Coarse-Grain	230	47.9	48	2178	115	4.0	1.0	0.1	1.7	230
Fine-Grain	200	56.0	198	1620	284	7.0	3.5	0.4	7.0	707
Fine-Grain	100	28.0	280	1620	271	7.0	10.0	0.6	9.9	1000
Foldable	150	49.6	496	1372	456	6.5	10.0	1.1	17.5	1500
Pliable	570	142.0	142	1821	285	5.0	1.0	0.3	5.0	570
Coarse-Grain	140	30.0	187	2117	236	2.0	6.2	0.4	6.6	873
Foldable	140	45.4	454	1399	413	6.5	10.0	1.0	16.0	1400
Foldable	140	45.4	454	1399	413	6.5	10.0	1.0	16.0	1400
Pliable	290	68.0	68	1934	145	5.0	1.0	0.1	2.4	290
Fine-Grain	100	27.8	28	1632	208	7.0	1.0	0.1	1.0	100
Fine-Grain	200	56.0	167	1620	181	7.0	3.0	0.4	5.9	596
Rigid	110	28.3	226	1766	341	4.0	8.0	0.5	8.0	880
Formless	130	40.0	340	1474	221	8.0	8.5	0.7	12.0	1105
Foldable	140	49.6	496	1280	390	6.5	10.0	1.1	17.5	1400
Coarse-Grain	240	61.0	366	1785	380	2.0	6.0	0.8	12.9	1440
Coarse-Grain	200	56.0	695	1620	388	4.0	12.4	1.5	24.5	2482
Pliable	300	78.0	78	1745	200	5.0	1.0	0.2	2.8	300
Pliable	220	56.0	170	1782	167	5.0	3.0	0.4	6.0	668
Pouch	410	95.0	190	1958	63	4.0	2.0	0.4	6.7	820
Pouch	410	95.0	190	1958	53	4.0	2.0	0.4	6.7	820
Pouch	240	64.0	158	1701	375	2.0	2.5	0.3	5.6	593
Pouch	110	28.3	113	1766	222	4.0	4.0	0.2	4.0	440
Pliable	190	48.0	48	1795	76	5.0	1.0	0.1	1.7	190
Pouch	230	54.0	108	1932	42	4.0	2.0	0.2	3.8	460
Pliable	260	68.0	68	1734	104	5.0	1.0	0.1	2.4	260
Foldable	110	45.3	453	1101	298	6.5	10.0	1.0	16.0	1100
Pouch	790	198.0	198	1810	79	4.0	1.0	0.4	7.0	790
Formless	100	40.0	566	1134	184	8.0	14.2	1.2	20.0	1415
Formless	110	37.7	226	1325	179	6.0	6.0	0.5	8.0	660
Fine-Grain	100	28.3	283	1603	53	5.0	10.0	0.6	10.0	1000
Rigid	210	56.7	250	1680	226	2.0	4.4	0.6	8.8	926
Rigid	190	85.0	85	1014	633	0.0	1.0	0.2	3.0	190
Rigid	200	56.7	170	1601	134	4.0	3.0	0.4	6.0	600
Pliable	230	71.0	71	1469	116	5.0	1.0	0.2	2.5	230
Pliable	110	34.0	204	1468	66	5.0	6.0	0.4	7.2	660
Coarse-Grain	100	28.0	77	1620	55	4.0	2.7	0.2	2.7	273
Formless	90	38.6	425	1057	153	6.0	11.0	0.9	15.0	990

----- Fill out these columns for |

<i>C/Lb N</i>	<i>Pack N</i>	<i>C/\$ N</i>	<i>Raw Score Fat</i>	<i>S Fat</i>	<i>Chol</i>	<i>Na</i>	<i>Carb</i>	<i>Fib</i>	
0.91	0.27	1.00	8.99	21%	18%	0%	5%	3%	7%
0.88	0.27	0.98	8.76	21%	18%	0%	5%	3%	7%
0.87	0.27	1.00	8.76	19%	13%	0%	6%	3%	7%
0.87	0.27	0.99	8.73	21%	17%	0%	6%	3%	9%
1.00	0.27	0.68	8.59	18%	10%	0%	0%	0%	0%
0.84	0.27	1.00	8.55	19%	13%	0%	6%	3%	7%

0.88	0.27	0.87	8.45	18%	10%	0%	4%	2%	9%
0.81	0.27	1.00	8.41	19%	15%	0%	6%	3%	7%
0.84	0.27	0.95	8.41	21%	17%	0%	6%	3%	9%
0.78	0.27	0.95	8.09	23%	40%	0%	5%	12%	4%
0.93	0.95	0.18	8.04	6%	8%	62%	3%	0%	0%
0.97	0.27	0.52	7.92	14%	37%	10%	4%	0%	0%
0.86	0.95	0.20	7.69	8%	11%	82%	3%	0%	0%
0.92	0.27	0.53	7.63	21%	8%	0%	10%	2%	7%
0.71	0.48	0.72	7.38	15%	12%	0%	14%	9%	4%
0.68	0.95	0.40	7.20	10%	25%	8%	5%	4%	0%
0.52	0.95	0.68	7.08	2%	0%	0%	4%	3%	7%
0.68	0.48	0.66	7.04	14%	17%	0%	18%	9%	2%
0.63	0.48	0.75	7.02	12%	18%	0%	6%	13%	4%
0.72	0.04	0.87	7.02	10%	8%	0%	10%	6%	2%
0.36	0.86	1.00	6.89	3%	3%	0%	0%	10%	14%
0.76	0.48	0.43	6.80	11%	15%	1%	3%	7%	0%
0.68	0.27	0.69	6.71	4%	0%	0%	5%	3%	0%
0.65	0.48	0.60	6.68	12%	8%	0%	13%	9%	4%
0.80	0.48	0.29	6.65	15%	24%	0%	6%	6%	11%
0.60	0.86	0.39	6.49	6%	5%	3%	11%	7%	4%
0.83	0.27	0.31	6.43	16%	11%	0%	4%	3%	3%
0.79	0.48	0.24	6.43	17%	35%	5%	5%	4%	4%
0.74	0.48	0.28	6.22	14%	15%	7%	13%	0%	0%
0.82	0.04	0.41	6.21	17%	5%	0%	3%	3%	9%
0.54	0.48	0.63	6.08	10%	8%	0%	13%	9%	11%
0.43	0.95	0.53	6.07	5%	10%	35%	9%	3%	3%
0.75	0.27	0.34	6.03	13%	10%	0%	41%	3%	21%
0.76	0.27	0.30	6.02	9%	10%	10%	20%	1%	0%
0.60	0.79	0.27	6.00	20%	20%	10%	21%	0%	0%
0.82	0.27	0.17	5.96	28%	75%	17%	21%	12%	11%
0.72	0.27	0.36	5.93	11%	27%	1%	0%	6%	6%
0.72	0.27	0.36	5.93	9%	23%	0%	1%	6%	0%
0.47	0.27	0.86	5.93	17%	23%	0%	15%	25%	5%
0.30	0.95	0.67	5.72	0%	0%	0%	0%	12%	4%
0.68	0.27	0.35	5.67	9%	15%	0%	2%	7%	4%
0.45	0.95	0.35	5.66	3%	10%	0%	7%	12%	3%
0.65	0.48	0.27	5.66	15%	16%	0%	3%	9%	14%
0.36	0.86	0.60	5.65	3%	2%	0%	7%	12%	13%
0.40	0.95	0.41	5.53	1%	3%	2%	4%	10%	0%
0.63	0.27	0.39	5.52	14%	13%	0%	3%	7%	7%
0.38	0.95	0.43	5.46	0%	0%	0%	1%	7%	0%
0.70	0.27	0.24	5.45	17%	25%	1%	1%	11%	7%
0.61	0.48	0.25	5.37	14%	13%	0%	3%	8%	11%
0.20	0.79	0.86	5.34	6%	8%	0%	11%	10%	11%

0.39	0.48	0.68	5.32						
0.61	0.48	0.22	5.27	14%	20%	12%	22%	2%	4%
0.40	0.48	0.63	5.23						
0.32	0.86	0.51	5.17	1%	0%	0%	0%	15%	14%
0.53	0.48	0.33	5.16	10%	3%	0%	1%	12%	11%
0.62	0.27	0.29	5.13	15%	23%	0%	5%	12%	4%
0.59	0.48	0.20	5.11	14%	20%	8%	18%	1%	0%
0.63	0.27	0.23	5.03	12%	30%	0%	2%	13%	4%
0.32	0.86	0.46	5.01	1%	0%	0%	0%	15%	14%
0.32	0.86	0.44	4.95	2%	3%	0%	15%	8%	5%
0.20	0.79	0.71	4.92	6%	10%	0%	11%	8%	4%
0.43	0.48	0.46	4.92	25%	35%	0%	10%	19%	4%
0.60	0.04	0.39	4.84	6%	5%	3%	11%	7%	4%
0.21	0.79	0.65	4.81	5%	10%	0%	10%	8%	4%
0.21	0.79	0.65	4.81	5%	10%	0%	10%	8%	4%
0.50	0.48	0.26	4.72	12%	26%	0%	10%	11%	15%
0.33	0.86	0.35	4.72	1%	0%	0%	0%	11%	4%
0.32	0.86	0.31	4.57	2%	3%	1%	22%	14%	7%
0.40	0.27	0.54	4.56	12%	0%	9%	8%	0%	0%
0.25	0.95	0.36	4.48	0%	0%	0%	0%	12%	9%
0.17	0.79	0.61	4.43	4%	5%	0%	18%	9%	4%
0.41	0.04	0.60	4.34	5%	12%	2%	23%	15%	4%
0.32	0.27	0.61	4.29	1%	0%	0%	0%	15%	14%
0.39	0.48	0.33	4.29	14%	30%	0%	14%	16%	4%
0.41	0.48	0.29	4.28	11%	13%	8%	15%	0%	0%
0.51	0.27	0.17	4.11	22%	16%	9%	13%	18%	18%
0.51	0.27	0.16	4.08	13%	8%	0%	18%	23%	14%
0.36	0.04	0.59	4.03	1%	0%	0%	23%	18%	7%
0.40	0.27	0.36	4.03	4%	10%	0%	20%	7%	4%
0.42	0.48	0.18	4.01	7%	11%	0%	4%	10%	9%
0.49	0.27	0.15	3.96	15%	20%	15%	66%	24%	29%
0.38	0.48	0.21	3.89	10%	6%	0%	10%	15%	19%
0.11	0.79	0.48	3.68	3%	0%	0%	17%	8%	18%
0.42	0.27	0.19	3.64	31%	65%	23%	112%	41%	11%
0.12	0.95	0.31	3.56	0%	0%	0%	0%	12%	36%
0.18	0.70	0.31	3.42	0%	0%	0%	0%	11%	12%
0.31	0.48	0.16	3.31	0%	0%	0%	3%	8%	11%
0.35	0.04	0.37	3.30	0%	0%	0%	1%	17%	4%
0.09	0.00	0.89	3.20	9%	16%	0%	34%	10%	3%
0.31	0.27	0.25	3.14	38%	35%	13%	31%	0%	0%
0.25	0.48	0.23	3.12	27%	35%	17%	36%	1%	0%
0.24	0.48	0.17	2.96	0%	0%	0%	2%	10%	0%
0.32	0.27	0.16	2.95	0%	0%	0%	0%	9%	10%
0.10	0.70	0.27	2.81	0%	0%	0%	1%	9%	11%

0.17	0.27	0.38	2.72	0%	0%	0%	0%	6%	0%
0.17	0.00	0.52	2.58	2%	3%	0%	20%	19%	7%
0.01	0.95	0.14	2.41	0%	0%	2%	5%	4%	0%
0.03	0.79	0.18	2.31	5%	2%	12%	15%	0%	0%
0.17	0.27	0.25	2.31	17%	25%	13%	24%	0%	0%
0.00	0.95	0.12	2.27	0%	0%	0%	26%	0%	0%
0.02	0.79	0.14	2.11	3%	3%	20%	16%	0%	0%
0.01	0.70	0.21	2.09	0%	0%	0%	0%	6%	11%
0.50	0.50	0.46							
0.26	0.29	0.25							

Vit C	Vit D	Ca	Fe	K	Do not overwrite this column!
1400%	490%	210%	280%	84%	Carnation
0%	0%	0%	78%	26%	RiceSelec (Generic
240%	96%	240%	240%	96%	Nido
0%	0%	0%	0%	0%	(Generic)
0%	0%	0%	100%	100%	Peter Pan Jif (Generic)
0%	0%	0%	240%	120%	(Generic)
0%	0%	18%	36%	54%	(Generic)
0%	0%	0%	0%	0%	(Generic)
0%	0%	40%	60%	0%	Olé Mission La Bander
1640%	586%	508%	1034%	480%	
328%	117%	102%	207%	96%	
162%	58%	50%	102%	48%	
Vit C	Vit D	Ca	Fe	K	

Packing List nutrition calculations -----								
<i>A. Sug</i>	<i>Pro</i>	<i>Vit A</i>	<i>Vit C</i>	<i>Vit D</i>	<i>Ca</i>	<i>Fe</i>	<i>K</i>	
4%	16%	0%	0%	0%	0%	0%	0%	4%
4%	16%	0%	0%	0%	0%	0%	0%	4%
4%	14%	0%	0%	0%	0%	0%	4%	4%
4%	14%	0%	0%	0%	2%	2%	4%	4%
0%	0%	0%	0%	0%	0%	0%	0%	0%
4%	14%	0%	0%	0%	0%	4%	4%	4%

Types
Bar
Candy/Pastry
Condiment
Cracker
Drink Mix
Fat/Dairy

0%	14%	0%	0%	0%	2%	4%	4%
4%	14%	0%	0%	0%	2%	2%	4%
4%	14%	0%	0%	0%	2%	2%	4%
38%	8%	0%	0%	0%	0%	6%	2%
0%	12%	0%	0%	4%	2%	4%	2%
0%	0%	0%	0%	0%	0%	0%	0%
0%	14%	0%	0%	6%	3%	6%	2%
0%	12%	0%	0%	0%	2%	6%	4%
8%	10%	0%	0%	0%	4%	8%	2%
0%	16%	10%	20%	8%	20%	20%	8%
8%	10%	0%	0%	0%	0%	4%	4%
4%	6%	0%	0%	0%	6%	8%	2%
30%	6%	0%	0%	0%	0%	15%	0%
0%	6%	0%	0%	0%	2%	4%	0%
0%	10%	0%	0%	0%	0%	8%	4%
16%	2%	0%	0%	0%	0%	0%	0%
2%	2%	0%	0%	0%	0%	2%	0%
8%	8%	0%	0%	0%	0%	6%	0%
15%	10%	0%	0%	0%	0%	4%	2%
0%	6%	0%	0%	0%	4%	8%	0%
0%	0%	0%	0%	0%	0%	10%	4%
10%	26%	0%	0%	0%	4%	8%	4%
0%	10%	0%	2%	0%	0%	1%	0%
9%	10%	0%	0%	0%	6%	4%	4%
8%	8%	0%	0%	0%	0%	8%	2%
0%	60%	0%	0%	0%	12%	6%	7%
0%	0%	0%	0%	0%	0%	10%	4%
0%	14%	0%	10%	0%	2%	2%	0%
0%	14%	0%	4%	0%	0%	2%	0%
6%	44%	0%	0%	0%	4%	15%	10%
26%	2%	0%	0%	0%	0%	10%	2%
26%	4%	0%	0%	0%	4%	6%	2%
58%	8%	0%	0%	0%	0%	8%	0%
0%	2%	0%	0%	0%	2%	4%	6%
20%	2%	0%	0%	0%	0%	2%	0%
46%	2%	0%	0%	0%	4%	4%	6%
8%	10%	0%	0%	0%	0%	8%	6%
16%	8%	0%	0%	0%	0%	6%	2%
18%	10%	6%	100%	35%	15%	20%	6%
10%	10%	0%	0%	0%	4%	6%	4%
40%	0%	0%	80%	0%	4%	0%	0%
46%	10%	0%	0%	0%	4%	6%	4%
16%	10%	0%	0%	0%	2%	8%	4%
2%	10%	0%	0%	0%	8%	8%	2%

Freeze-Dried
Fruit
Gel
Grain/Carb
Nuts/Seeds
Pasta/Rice
Protein
Snack
Vegetable
Waffle

1%	13%	0%	0%	0%	4%	4%	4%	
0%	14%	0%	0%	0%	0%	6%	2%	
14%	6%	0%	0%	0%	2%	6%	2%	
52%	8%	0%	0%	0%	4%	0%	4%	
0%	12%	0%	0%	0%	0%	4%	0%	
58%	4%	0%	0%	0%	4%	4%	2%	
0%	14%	0%	0%	0%	0%	6%	2%	
0%	4%	0%	0%	0%	8%	60%	0%	
0%	0%	0%	0%	0%	0%	0%	6%	
88%	10%	0%	0%	0%	13%	10%	2%	
0%	6%	0%	0%	0%	4%	8%	0%	
0%	6%	0%	0%	0%	4%	6%	0%	
0%	6%	0%	0%	0%	4%	6%	0%	
34%	40%	0%	0%	0%	4%	20%	4%	
0%	3%	0%	0%	0%	0%	8%	0%	
0%	16%	0%	0%	0%	4%	10%	2%	
0%	12%	0%	0%	2%	15%	0%	0%	
52%	0%	0%	0%	0%	0%	0%	0%	
2%	8%	0%	0%	0%	6%	10%	2%	
0%	16%	0%	0%	0%	15%	10%	6%	
0%	14%	0%	0%	0%	0%	6%	2%	
40%	8%	0%	0%	0%	8%	8%	0%	
0%	16%	0%	0%	0%	0%	2%	0%	
8%	42%	0%	0%	0%	4%	15%	15%	
0%	26%	0%	0%	0%	4%	6%	15%	
0%	12%	0%	0%	0%	0%	10%	4%	
2%	4%	0%	0%	0%	2%	2%	6%	
18%	14%	0%	0%	0%	2%	8%	4%	
2%	20%	0%	0%	3%	4%	15%	10%	
30%	22%	0%	0%	0%	4%	10%	6%	
0%	8%	0%	0%	0%	8%	4%	2%	
0%	34%	0%	0%	6%	50%	15%	30%	
16%	0%	0%	0%	0%	0%	0%	0%	
0%	0%	0%	0%	0%	2%	0%	6%	
0%	6%	0%	0%	0%	6%	10%	15%	
0%	0%	0%	0%	0%	0%	0%	0%	
0%	10%	0%	0%	0%	0%	10%	2%	
0%	0%	0%	8%	0%	0%	6%	0%	
2%	18%	0%	0%	0%	0%	2%	2%	
49%	0%	0%	0%	0%	0%	0%	0%	
0%	2%	0%	0%	0%	0%	0%	4%	
0%	2%	0%	0%	0%	2%	2%	10%	

34%	0%	0%	0%	0%	0%	0%	0%
10%	20%	0%	0%	0%	0%	15%	0%
0%	16%	15%	0%	20%	20%	0%	8%
0%	16%	0%	0%	6%	0%	4%	4%
0%	0%	0%	0%	0%	2%	6%	4%
0%	0%	0%	0%	0%	0%	0%	0%
0%	27%	0%	0%	0%	0%	2%	4%
0%	0%	0%	0%	0%	0%	0%	2%

