

Commonly Available Snacks Free of Peanuts, Tree Nuts and Eggs

Updated: August 15, 2013

This list is updated every 2 weeks at: <http://snacksafely.com/snackguide>

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PRETZELS

- ☒ *Bachman* - Twist, Butter Twist, Mini Bite Size, Thin N Right, Pretzel Rods, Kidzels, Pretzel Stix, Nutzels (bite-size), Hard Sourdough, Pita Pretzel Squares, Kidzels 100 Calorie Pack
- ☒ *Herr's* - Extra Thin, Rods, Whole Grain Pretzel Sticks Honey Wheat
- ☒ *Rold Gold* - Thins, Sticks, Rods, Tiny Twists, Lightly Salted Tiny Twists, Tiny Twists Cheddar, Tiny Twists Honey Mustard, Sourdough, Honey Wheat, Cheesy Garlic
- ☒ *Newman's Own* - Salted Sticks, Salted Pretzel Rounds, Unsalted Pretzel Rounds, Spelt Pretzels
- ☒ *Pepperidge Farm Goldfish Pretzels*
- ☒ *Pepperidge Farm 100 Calorie Pouches Goldfish Pretzels*
- ☒ *Nabisco 100 Calorie Mister Salty- Milk Chocolate Pretzels*
- ☒ *Nabisco 100 Calorie Mister Salty Yogurt Flavored Pretzels*
- ☒ *Kraft Handi-Snacks Mister_Salty_Pretzels_'n_Cheese_Dip*
- ☒ *Ritz Munchables Pretzel Rounds*- Buttery flavor, Cheesy Sour Cream & Onion, Spicy Chipotle Cheddar

POPCORN

- ☒ *Bachman* - Original, Light
- ☒ *Good Health Natural Foods* - Half Naked Popcorn with a Hint of Olive Oil
- ☒ *Kurly Korn* - Premium Cinema Popcorn
- ☒ *Sage Valley* - Lite Organic Popcorn
- ☒ *Smartfood* - White Cheddar, Reduced Fat, Movie Theater Butter
- ☒ *Utz Popcorn* - Butter, Cheese, White Cheddar
- ☒ *Wise* - Original Butter, White Cheddar

CHEESE SNACKS

- ☒ *Cheetos* - Puffs, Puffs Honey BBQ, Crunchy_Flamin'_Hot_Crunchy_Baked
- ☒ *Herr's_Baked_Cheese_Curls*
- ☒ *Kurly Kurls*
- ☒ *Kurly Go Rounds*
- ☒ *Original Tings Crunchy Corn Sticks*
- ☒ *Pirate's_Booty*-Aged White Cheddar, Sour Cream & Onion, New York Pizza

☒ *Smart Puffs*

POTATO CHIPS

- ☒ *Baked Ruffles* - Original, Cheddar & Sour Cream
- ☒ *Baked Lay's* - Original, Sour Cream & Onion, Parmesan and Tuscan Herb
- ☒ *Cape Cod* - Original, Sour Cream & Green Onion
- ☒ *Herr's* - Crisp_'n_Tasty_Ripples_Sour_Cream_&_Onion_Barbecue_Salt_&_Vinegar_Lightly_Salted Red Hot
- ☒ *Herr's_Kettle_Cooked* - All Natural, Mesquite BBQ, Dark Potato Chips, Reduced Fat, Boardwalk Salt & Vinegar, Jalapeno
- ☒ *Kettle Brand* - Sea Salt, Sea Salt & Vinegar, Buffalo Bleu, Fully Loaded Baked Potato, Sweet Onion, Sour Cream and Onion, Jalapeno
- ☒ *Kettle Brand Bakes* - Sea Salt, Aged White Cheddar, Hickory Honey Barbeque, Sea Salt & Vinegar
- ☒ *Lay's* - Classic, Barbecue, Sour Cream & Onion, Lightly Salted, Cheddar & Sour Cream, Wavy Original, Salt & Vinegar, Garden Tomato & Basil, Honey Mustard, Honey Barbecue

☒ *Lay's_Kettle Cooked* - Original, Sea Salt & Vinegar, Reduced Fat, Jalapeno, Sea Salt & Cracked Pepper

☒ *Munchos*

☒ *Mystic Kettle Potato Chips* - Regular, Reduced Fat, Dark Russet, Sea Salt & Vinegar

☒ *Natural_Lay's* - Sea Salted

☒ *Popchips* - Original Potato, Barbeque Potato, Cheddar Potato, Sour Cream & Onion Potato,

Sea Salt & Vinegar Potato, Salt & Pepper Potato *Fritos* - Original, Flavor Twists Honey BBQ, Scoops, Bar-B-Q

☒ *Pringles* - Original, Reduced Fat, BBQ

☒ *Pringles Snack Packs* - Original, 100 Calorie Snack Packs Original

☒ *Ruffles* - Original, Reduced Fat, Sour Cream & Onion, Cheddar & Sour Cream, Loaded Chili & Cheese, Molten Hot Wings

☒ *Wise* - All Natural, Lightly Salted, BBQ, Unsalted, Salt & Vinegar, Onion & Garlic, Honey BBQ

☒ *Wise Ridgies* - All Natural, Sour Cream & Onion, Cheddar & Sour Cream

RICE SNACKS

☒ *Quaker Quakes Rice Snacks* - Carmel Corn, Ranch, Sea Salt & Cracked Black Pepper, Kettle Corn,

Chocolate, Sweet Chili, Cheddar Cheese, Sour Cream & Onion

VEGETABLE CHIPS

☒ *Good Health Natural Foods* - Veggie Chips, Veggie Stix, Pizza Veggie Stix

☒ *Terra Exotic Vegetable Chips* - Original, Sweets & Beets, Sweets & Carrots, Sweet Potato,

Spiced Sweet Potato, Exotic Harvest Sweet Onion, Exotic Harvest Sea Salt, Terra Blues

☒ *Sensible Portions* - Garden Veggie Straws, Garden Veggie Chips

☒ *Pirate's_Booty_Veggie*

☒ *Bachman Tortilla Chips* - Restaurant Style, MultiGrain

CORN/TORTILLA CHIPS

☒ *Doritos* - Nacho Cheese, Cool Ranch, Spicy Nacho, Tacos Flavor, Spicy Sweet Chili, Toasted Corn

Pizza Supreme

☒ *Garden_of_Eatin' (organic)* - Blue Corn Restaurant Style Tortilla Chips, White Corn Restaurant Style Tortilla Chips, Yellow Chips, Blue Chips, Red

Hot Blues, Guac-A-Mole

☒ *Herr's* - Restaurant Style, Bite Size Dippers

☒ *Natural Tostitos Organic* - Yellow Corn, Blue Corn

☒ *Sage Valley (organic)* - Yellow Corn Tortilla Chips

☒ *Santitas* - Tortilla Triangles

☒ *Stacy's_Pita_Chips* - Simply Naked, Cinnamon Sugar, Parmesan Garlic & Herb

☒ *Sun Chips* - Original, Harvest Cheddar, French Onion, Garden Salsa, Jalapeno Jack

☒ *Tostitos* - Restaurant Style, Scoops, Crispy Rounds, Multigrain, Multigrain Scoops, Bite Size, Hint of Jalapeno, Hint of Lime

☒ *Tostitos Artisan Recipes* - Roasted Garlic & Black Bean, Fire-Roasted Chipotle

PEANUT BUTTER ALTERNATIVES

I.M.Healthy SoyNut Butter - Chocolate, Honey Creamy, Honey Chunky, Original Creamy, Original Chunky, Unsweetened Creamy, Unsweetened Chunky

SunButter - Creamy, Natural No-Stir Creamy, Natural, Natural Crunch, Natural Omega-3, Organic Unsweetened

Wowbutter

GRAHAM CRACKERS

☒ *Nabisco Grahams* - Original

☒ *Nabisco Honey Maid* - Honey, Low Fat Honey, Cinnamon, Low Fat Cinnamon, Chocolate, Fresh Stacks

☒ *Goldfish Grahams* - Cinnamon, Vanilla, Chocolate, Chocolate Chip

☒ *Keebler Grahams* - Original, Cinnamon, Honey

☒ *Keebler Scooby-Doo Graham Cracker Sticks* - Honey, Cinnamon

☒ *Keebler Grahams Bites* - Cinnamon

☒ *Teddy Grahams* - Cinnamon, Honey, Chocolate, Chocolatey Chip, Mini

☒ *Dunkaroos* - Cinnamon Graham, Honey Graham

CRACKERS

☒ *All-Bran Crackers* – Multi-Grain

☒ *Cheese Nips* – Cheddar, Reduced Fat Cheddar, SpongeBob Square Pants

☒ *Cheez-It* – Original, Reduced Fat, Big, White Cheddar, Reduced Fat White Cheddar, Hot & Spicy, Parmesan & Garlic, Duo, Scrabble Junior, Cheddar Jack, Pepper Jack, Baby Swiss, Italian Four Cheese, Colby, Whole Grain, Gripz

☒ *Cheez-It Snack Mix*

☒ *Goldfish* - Saltine, Cheddar, Whole Grain, Pizza, Parmesan, Baby Cheddar, Colors, Mix-Up, Pretzel

☒ *Goldfish Flavor Blasted* – Xtra Cheddar, Slammin’ Sour Cream & Onion, XPlosive Pizza

☒ *Goldfish Mix-Up Adventures* – Xtra Cheesy Pizza, Pretzel & Flavor Blasted Xtra Cheddar

☒ *Goldfish Graham’s* –Cinnamon, Vanilla, Chocolate, Chocolate Chip

☒ *Goldfish 100 Calorie Pouches* – Cheddar, Pretzel

☒ *Keebler Club* – Original, Reduced Fat, Multi-Grain, Buttery Garlic, Minis Original, Minis Multi-Grain

☒ *Keebler Club Snack Sticks*- Original, Honey Wheat

☒ *Keebler Sandwich Cracker* - Club and Cheddar

☒ *Keebler Wheatables* – Golden Wheat, Toasted Honey Wheat

☒ *Kellogg’s Special K Crackers* – Multi-Grain, Savory Herb

☒ *Kraft Handi-Snacks Ritz Crackers ‘n Cheese Dip*

☒ *Kraft Handi-Snacks Premium Breadsticks ‘n Cheese Dip*

☒ *Kraft Handi-Snacks Mister Salty Pretzels ‘n Cheese Dip*

☒ *Nabisco 100 Calorie Ritz Snack Mix*

☒ *Nabisco 100 Calorie Sweet & Salty Mix Kettle Flavor*

☒ *Nabisco Premium Saltines* – Original, Unsalted Tops, Hint of Salt, Fat Free, Whole Grain, Minis, Fresh Stacks

☒ *Nabisco Premium Soup & Oyster Crackers*

☒ *Pepperidge Farm Baked Naturals Cracker Chips* – Simply Potato, Cheddar & Sour Cream Potato, Simply Multi-Grain

☒ *Pepperidge Farm Baked Naturals Cheese Crisps* – Cheddar, Four Cheese Italian Herb

☒ *Pepperidge Farm Baked Naturals Wheat Crisps* – Toasted Wheat

☒ *Pepperidge Farm Distinctive Crackers* – Golden Butter

☒ *Ritz* – Original, Whole Wheat, Reduced Fat, Hint of Salt, Roasted Vegetable, Fresh Stacks

☒ *Ritz Munchables Pretzel Rounds*– Buttery flavor, Cheesy Sour Cream & Onion, Spicy Chipotle Cheddar

☒ *Ritz Toasted Chips* – Main Street Original, Dairyland Cheddar

☒ *Ritz Crackerfuls* – Classic Cheddar, Four Cheese, Cheddar & Bacon

☒ *Ritz Crackerfuls Multigrain* – Sharp Cheddar, Garden Vegetable, Garlic Herb

☒ *Stoned Wheat Thins* – Original, Lower Sodium, Mini

☒ *Sunshine Saltines* – Krispy Original

☒ *Town House* – Original, Wheat, Reduced Fat

☒ *Town House Toppers* – Original

☒ *Town House Flipsides Pretzel Crackers* – Original, Reduced Fat, Cheddar, Garlic & Herb

☒ *Town House Flatbread Crisps* – Italian Herb, Sea Salt & Olive Oil

☒ *Triscuit* – Original, Reduced Fat, Hint of Salt, Garden Herb, Rosemary & Olive Oil, Fire Roasted Tomato & Olive Oil, Cracked Pepper & Olive Oil, Roasted Garlic, Rye with Caraway Seeds

☒ *Triscuit Minis* - Original

☒ *Triscuit Thin Crisps* – Original, Parmesan Garlic, Four Cheeses, Chile Pepper

☒ *Wheat Thins* – Original, Reduced Fat, Hint of Salt, Ranch, Reduced Fat Garlic & Herb, 100% Whole Grain, Sundried Tomato & Basil, Multigrain, Parmesan & Basil

☒ *Wheat Thins Fiber Selects* – 5 Grain, Garden Vegetable

NUTRITION BARS, CEREAL BARS and TOASTER PASTRIES

☒ *Nutri Grain Cereal Bars* – Blueberry, Strawberry, Apple Cinnamon, Blackberry, Mixed Berry, Raspberry, Cherry Pomegranate, Strawberry Acai

☒ *Special K Bar* – Blueberry, Strawberry, Chocolatey Drizzle, Raspberry Cheesecake, Vanilla Crisp

☒ *Kellogg’s Rice Krispies Treats* – Original

☒ *Kellogg's Pop Tarts* – Brown Sugar, Cinnamon, Blueberry Unfrosted, Frosted Apple, Frosted Strawberry, Strawberry Unfrosted, Low Fat Frosted Strawberry, Frosted Cherry, Frosted Wild Berry

☒ *Kellogg's Pop Tart Mini Crisps* – Frosted Chocolate, Frosted Strawberry

☒ *Natures Path Organic Toasted Pastries* – Frosted Chocolate, Frosted Strawberry, Frosted Cherry Pomogran, Blueberry

AllerEnergy Nutrition Bars – Apple Cinnamon, Blueberry, Cherry Blossom, Chocolate Chip

EnerPro – Double Chocolate Bar, Oatmeal Chocolate Bar

Enjoy Life Chewy Bars – Caramel Apple, Cocoa Loco, Sunbutter Crunch

GRANOLA/TRAIL MIXES/SEEDS

I.M. Healthy Granola – Plain, w/Fruit

Enjoy Life Granola – Cinnamon Raisin Crunch, Very Berry Crunch, Double Chocolate Crunch

Enjoy Life Seed and Fruit – Beach Bash, Mountain Mambo

COOKIES

☒ *Oreos* – Original, Reduced Fat, Double Stuf, Cool Mint, Golden, Golden Double Stuf, Chocolate, Golden Chocolate, Sugar Free, Berry Burst Ice Cream, Halloween, Triple Double, Double Stuf Heads or Tails, Mini

☒ *Kraft Handi-Snacks Oreo Cookie Sticks 'n Creme Dip*

☒ *Chips Ahoy* – Chocolate Chip, Reduced Fat, Candy Blasts, Chunky, Chewy, Halloween, White Fudge Chunky, Mini

☒ *Newtons* – Original Fig, Fat Free, Whole Grain, Strawberry, Raspberry

☒ *Newtons Minis* – Whole Grain Fig

☒ *Newtons Fruit Crisps* – Apple Cinnamon

☒ *Barnum's Animal Crackers* – Original

☒ *Keebler Vanilla Wafers* – Original, Mini

☒ *Nabisco Ginger Snaps*

☒ *Snackwells* – Vanilla Creme Sandwich, Double Chocolate Chip Cookies 100 Calorie Packs, Fudge Drizzled Chocolate Chip Cookies 100 Calorie Packs, Fudge Shortbread Fudge Petites 100 Calorie Packs, Mint Fudge Shortbread Fudge Petites 100 Calorie Packs

☒ *Nabiscos Biscos Sugar Wafers* – Creme Filling

☒ *Lorna Doone Shortbread Cookies*

☒ *Nabisco Classics* – Iced Animal Cookies, Oatmeal, Soft Oatmeal Raisin, Iced Oatmeal, French Vanilla Creme

☒ *Nabisco 100 Calorie Packs* – Oreo Thin Crisps, Chips Ahoy Thin Crisps, Lorna Doone Shortbread Cookie Crisps

Enjoy Life – Chocolate Chip, Double Chocolate Brownie, Snickerdoodle, Gingerbread Spice, Happy Apple, Lively Lemon, No Oats "Oatmeal", Sugar Crisp, Vanilla Honey Graham

Lucy's Cookies – Sugar Cookie, Cinnamon Thin, Chocolate Chip, Oatmeal Cookie, Ginger Snap, Maple Bliss, Chocolate

CUPCAKES

Prepackaged specially marked "peanut free" labeled only at Walmart & BJs Cupcakes

CHOCOLATE

☒ *Hershey's Chocolate Bars* – 1.55 oz Bars, King Size 2.6 oz (Note: other sizes may **not** be safe)

☒ *Hershey's Chocolate Kisses*

☒ *Hershey's Chocolate Kisses Special Dark*

Enjoy Life – Mega Chunks, Mini Chips

Enjoy Life Boom Choco Boom Bars – Crispy Rice, Dark Chocolate, Rice Milk

CANDY

☒ <i>Andes Mints</i> – All varieties	☒ Pez
☒ <i>Charms Sweet Pops</i>	☒ Push Pop
☒ <i>Charms Blow Pops</i>	☒ Red Vines
☒ <i>Charms Blow Pop Minis</i>	☒ Razzles
☒ <i>Crows</i>	☒ Rolo
☒ <i>Cry Baby</i>	☒ <i>Skittles</i> – All varieties
☒ <i>Dots</i>	☒ Smarties
☒ <i>Double Bubble Gum</i> – All varieties	☒ Sour Berry Bears, Sour Worms
☒ <i>Dum Dum Pops</i>	☒ Sour Patch Kids
☒ <i>Frooties</i>	☒ <i>Sour Punch Straws</i> – Apple, Strawberry
☒ <i>Good & Plenty</i>	☒ <i>Starburst Fruit Chews</i> – All varieties
☒ <i>Hot Tamales</i>	☒ <i>Starburst GummiBursts</i> – All varieties
☒ <i>Kraft Caramels</i>	☒ <i>Starburst JellyBeans</i> - All varieties
☒ <i>Lifesavers Hard Candies</i>	☒ Sugar Babies
☒ <i>Lifesavers Gummies</i>	☒ Sugar Daddies
☒ <i>Lifesavers Gummies Collisions</i>	☒ Swedish Fish
☒ <i>Mike and Ike</i>	☒ Tootsie Pops
☒ <i>Milk Duds</i>	☒ <i>Tootsie Rolls</i> – Chocolate and Fruit Flavors
☒ <i>Jolly Rancher Hard Candy</i>	☒ <i>Twizzlers</i> – All wrapped varieties
☒ <i>Jolly Rancher Doubles</i>	☒ <i>Whoppers</i> – Original Only
	☒ Zours

