

## Candy Bar without nuts

Serving Size: 1 bar

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## Cake Doughnut

Serving Size: 1

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## Chili with Beans

Serving Size: 1 cup

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## Chicken Noodle Soup

Serving Size: 1 cup

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## Corn Chips

Serving Size: 1 ounce

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## Corn-flakes Cereal

Serving Size: 1 cup

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