



# CRACKER & SNACK EXCHANGE

## Crackers & Snacks

1 choice = 15 grams of carbohydrate and approximately 80 calories

Animal crackers	8	Oyster crackers	20
Crackers		Pita chips	15-20
round-butter	6	Popcorn	
saltine	6	with butter	3 cups
sandwich filled with	3	lower fat	3 cups
cheese or PB		no fat added	3 cups
whole-wheat	2-5	Pretzels	3/4 oz
crispbreads	2-5	Rice cakes	2
Graham cracker	3 squares	Snack chips (tortilla/potato)	
Matzoh	3/4 oz	regular	9-13
Melba toast	4 pieces	baked or fat free	15-20

Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

## Chips, bean or chickpea

Under 1g saturated fat and 150 mg sodium

### Beanfield's

- Himalayan Sea Salt (130/16) ----- 11 chips

### Beanitos

- Original Black Bean (130/15) ----- 11 chips

- Restaurant Style White Bean (130/14) ----- 11 chips

### Harvest Snaps

Tomato Basil Lentil Bean Crisps (130/16) ----- 24 pcs



## Chips, corn or potato

Under 1g saturated fat and 150 mg sodium

Cape Cod Kettle Cooked ----- 16 chips

- Reduced-Fat Original (130/18)

Sun Chips ----- 12 chips

- Original (140/19)

Tostitos ----- 12 chips

- Baked (120/22)



## Fork Friendly Selections (Cal/g carb)

## Serving Size

## Product Picture

### Chips, seaweed or vegetable

Under 1g saturated fat and 150 mg sodium

#### Central Market

- Original Exotic Vegetable Chips (150/17) ----- 14 chips
- Roasted Seaweed (20/0)\* ----- 6 sheets
- Veggie & Seed Blend Tortilla Chips (140/17) -- 14 chips

#### GimMe

- Organic Seaweed Chips (30/1)\* ----- 1/2 pkg

#### Harvest Snaps

- Green Pea Snack Crisps (130/16) ----- 22 pieces

#### Simple Truth

- Exotic Vegetable Chips (150/16) ----- 16 chips

\*counts as 1 non-starchy vegetable exchange



### Chips, protein

No more than 3g saturated fat and 300 mg sodium

#### Atkins

- Chipotle BBQ (140/8) ----- 1 bag

#### Quest

- Ranch (140/5) ----- 1 bag
- Loaded Taco (140/5) ----- 1 bag
- Spicy Sweet Chili (140/5) ----- 1 bag
- Hot n Spicy (140/5) ----- 1 bag

#### Wilde

- Thin and Crispy Sea Salt & Vinegar (170/8) -- 20 chips
- Pink Himalayan Salt Chicken Protein (170/8) - 20 chips



Find  
Whole Grains

Better-For-You  
Shopping

#### HEB Shelf Tags

Look for these tags on HEB shelves while shopping in store or online.

Source: [HEB Shelf Tag List](#)



#### Kroger OptUP

The app to find better-for-you foods in Kroger stores.

Source: [Kroger OptUP App](#)



## Cookies

100% whole grain - Less than 1 g saturated fat

### belVita

- Blueberry Breakfast Biscuits (115/18) ----- 2 cookies

### Kashi

- Oatmeal Raisin Flax (120/20) ----- 1 cookie

### Nature's Bakery

- Raspberry Fig Bar (100/19) ----- 1/2 pkg



## Crackers

100% Whole wheat - Less than 1 g saturated fat

### Blue Diamond

- Flax Seed (90/15) ----- 9 crackers

- Multi-Seed (90/15) ----- 9 crackers

- Sesame Seed (90/15) ----- 9 crackers

### Mary's Gone Crackers

- Herb (100/15) ----- 9 crackers

- Original (100/15) ----- 9 crackers

### Sesmark

- Brown Rice Thins (80/16) ----- 11 crackers

### Triscuit

- All flavors (100/16) ----- 5 crackers

### CrunchMaster

- Multi-Seed Original (90/16) ----- 10 crackers

### Wasa

- Sesame Flatbread Thins (90/15) ----- 3 crackers

- Whole Grain Crispbread (60/16) ----- 2 crackers

- Multigrain Crispbread (70/16) ----- 2 crackers

- Light Rye CrispBread (60/15) ----- 2 crackers

### Wheat Thins

- Cracked Pepper/Olive Oil (105/16) ----- 12 crackers

- Reduced Fat (90/16) ----- 12 crackers



## Popcorn

### Skinny Pop

- Black Pepper (150/16) ----- 3.75 cups
- Original (150/15) ----- 3.75 cups
- Skinny Pack (100/10) ----- 1 bag



## Rice Cakes

100% Whole wheat - Saturated fat-free - Under 100 mg sodium

### Lundberg

- Brown Rice Cakes (70/16) ----- 1 cake
- Wild Rice Cakes (70/16) ----- 1 cake

### Quaker

- Apple Cinnamon Mini Cakes (55/13) ----- 8 pieces
- Lightly Salted (70/14) ----- 2 cakes



## Tasty Rice Cakes



One serving of brown rice cakes can provide a full serving of whole grains to your diet. Click the link below for ideas on how to spice up your rice cake recipes with a variety of toppings.

Source: [Rice Cake Topping Ideas: 20 Easy Recipes](#)