



# CRACKER & SNACK EXCHANGE

Serving Size

Fork Friendly Selections (Cal/g carb)

## Cookies

100% Whole grain  
Less than 1 g saturated fat

Kashi cookie ----- 1 cookie

Belvita cookie ----- 1/2 pack  
(2 cookies)

Nature's Bakery ----- 1 bar

**Kashi**

- Oatmeal Raisin Flax (120/20)

**Belvita**

- Blueberry Breakfast Biscuits (115/18)

**Nature's Bakery**

- Raspberry Fig Bar (110/20)



## Crackers

100% Whole grain  
Less than 1 g saturated fat

Cracker serving size is variable  
depending on each brand.

Refer to serving size next to  
each brand (right).

**Blue Diamond - 9 crackers**

- Flax Seeds (90/15)

- Multi-Seed (90/15)

- Sesame Seeds (90/15)

**Kashi - 10 crackers**

- Original 7 Grain Sea Salt (80/15)

**Mary's Gone Crackers - 9 crackers**

- Herb (97/15)

- Original (97/15)

**Sesmark - 11 crackers**

- Thin Brown Rice (82/16)

**Triscuit - 5 crackers**

- All Flavors (100/16)

**Wheat Thins - 12 crackers**

- Cracked Pepper/Olive Oil (105/16)

- Reduced Fat (90/16)

**Wasa - 2 crackers**

- Flaxseed Crispbread (60/15)

- Hearty Crispbread (50/12)

- Light Rye (40/15)

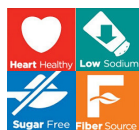
- Multigrain Crispbread (70/16)



## Identifying Whole Grains

### HEB Shelf Tags

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



Source: [List of HEB Shelf Tags](#)

## Rice Cakes

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

- Lundberg ----- 1 cake
- Quaker ----- 2 cakes
- Minis ----- 8 cakes

### Lundberg

- Brown Rice Cakes (60/14)
- Wild Rice Cakes (60/14)

### Quaker

- Lightly Salted (70/14)
- Apple Cinnamon Mini Cakes (75/16)
- No Salt (60/14)



## Popcorn

Pre-popped popcorn

- Bagged Popcorn ----- 3 3/4 cups

### Skinny Pop

- Black Pepper (150/15)
- Original (150/15)



## Snack Chips, bean or chickpea

Maximum 1 g saturated fat

- Bean Chips ----- 11 chips
- Chickpea Chips ----- 15 chips

### Beanitos

- Original Black Bean (130/15)
- Restaurant Style White Bean (130/15)



### Hippeas

- Chickpea Puffs (130/17)

### Saffron Road

- Chickbean Crisps (120/18)



## Snack Chips, corn or potato

- Corn Chips ----- 12 chips
- Potato Chips ----- 15 chips

### Cape Cod Kettle Cooked

- Reduced Fat Potato Chips (102/14)

### Sun Chips

- Original (105/14)
- Tostitos (Artisan Recipe)
- Multigrain (140/17)



## Snack Chips, seaweed or vegetable

Seaweed Chips ----- 1 serving

Vegetable Chips ---- 15 chips

### Central Market

- Roasted Seaweed (20/0)
- Exotic Vegetable Chips (150/16)
- Veggie & Seed Blend Tortilla Chips (140/17)

### Kroger

- Roasted Seaweed (30/1)

### Simple Truth

- Exotic Vegetable (150/16)



## Better-For-You Shopping

### Kroger OptUP

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



Source: [Kroger OptUP App](#)

## 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 Toppings: 20 Easy Recipes](#)