Spend less on everything you buy

78 Secrets of America's Smartest Shoppers
Their tips and tricks will inspire you

Banish BACK PAIN that slows you down

FROM OUR READERS

“My favorite dinner recipes” p.74

Pam Zuhl
Beth Stetson
When hunger pangs strike, it's all too easy to reach for the nearest treat and forget to check whether it's good for you. So in an effort to help you stock your shelves with healthy snacks that satisfy—and keep you in your favorite pants—we tested (and tasted!) 156 nutritious snacks, ultimately settling on 32 winners. Whether you're hankering for something sweet, crunchy or nutty, these options are sure to conquer your cravings.
HOW WE CHOSE WINNERS
Each Snack Star meets these four standards.

1. **It's Figure-Friendly**
   - We set clear goals for what each individual serving should contain.
   - We aimed for:
     - 200 calories or less.
     - 3g saturated fat or less.
     - 300mg sodium or less.

2. **It's Packed with Vitamins and Minerals**
   - Each serving has at least 10 percent of your daily requirement for one or more of these nutrients: vitamin A, vitamin C, iron, calcium, protein and fiber.

3. **It's Free of Junk**
   - We weeded out snacks with long lists of mystery ingredients. And, to avoid trans fats, we tossed anything containing partially hydrogenated oil.

4. **It's Tasty!**
   - Every snack on the list is delicious. Period.

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**Yoplait Honey-Caramel Greek Frozen Yogurt Bars**
- Ribbons of caramel are swirled into rich Greek frozen yogurt.
- **Serving Size:** 1 bar (2.08 oz.)
- **Nutrition:** 90 Cal., 2g Fat (1g Sat.), 15mg Chol., 0g Fiber, 5g Pro., 13g Carb., 55mg Sod.
- **Price:** $4.93 for 6; at supermarkets.

**Vitatops Dark Chocolate-Pomegranate Muffin Tops**
- Microwave these fudgy muffin tops to melt the chocolate chips. The pomegranate lends a slightly tart fruitiness.
- **Serving Size:** 1 pouch (2 oz.)
- **Nutrition:** 100 Cal., 2g Fat (1g Sat.), 0mg Chol., 6g Fiber, 3g Pro., 21g Carb., 140mg Sod.
- **Price:** $17.50 for 12; vitalicious.com.

**Nature's Path Apple Pie Crunch Chia Plus Granola Bars**
- Nutrient-packed chia seeds make these apple bars extra healthy.
- **Serving Size:** 1 pouch (2, 40g)
- **Nutrition:** 190 Cal., 8g Fat (1g Sat.), 0mg Chol., 3g Fiber, 3g Pro., 27g Carb., 120mg Sod.
- **Price:** $3.89 for 5 pouches; at supermarkets.

**Kind Plus Bar Dark Chocolate Cherry Cashew and Antioxidants**
- Chocolaty, chewy and crunchy—these decadent bars have it all.
- **Serving Size:** 1 bar (1.4 oz.)
- **Nutrition:** 180 Cal., 9g Fat (3g Sat.), 0mg Chol., 3g Fiber, 4g Pro., 22g Carb., 20mg Sod.
- **Price:** $2; at supermarkets.

**Annie's Honey Bunny Graham Crackers**
- They're sweet and crunchy, all while containing organic whole grains.
- **Serving Size:** 1 bag (1 oz.)
- **Nutrition:** 120 Cal., 4g Fat (0g Sat.), 0mg Chol., 1g Fiber, 2g Pro., 20g Carb., 150mg Sod.
- **Price:** $4.59 for 6; at supermarkets.

**Kashi Chocolate Almond Butter Cookies**
- One fiber-filled cookie satisfies the urge for chocolate.
- **Serving Size:** 1 cookie (20g)
- **Nutrition:** 130 Cal., 5g Fat (1g Sat.), 0mg Chol., 4g Fiber, 3g Pro., 19g Carb., 80mg Sod.
- **Price:** $3.29 for 8; at supermarkets.

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Source: Dawn Jackson Blatner, RD, author of The Flexitarian Diet
IF YOU'RE CRAVING... crunchy

FOOD SHOULD TASTE GOOD SWEET POTATO TORTILLA CHIPS
Sweet meets salty in these yummy chips.
SERVING SIZE: about 12 chips (1 oz.)
NUTRITION: 140 Cal., 6g Fat (1g Sat.), 0mg Chol., 3g Fiber, 2g Pro., 18g Carb., 80mg Sod.
$3.49 for 5.5 oz.; at supermarkets.

SNAP CRISPS ORIGINAL
Tasty green pods deliver all the nutrients of peas.
SERVING SIZE: about 22 pieces (1 oz.)
NUTRITION: 130 Cal., 6g Fat (1g Sat.), 0mg Chol., 3g Fiber, 4g Pro., 15g Carb., 80mg Sod.
$2 for 3.3 oz.; at Walmart.

KETTLE BRAND BAKES SEA SALT POTATO CHIPS
These flavorful baked chips are extra thick.
SERVING SIZE: about 20 chips (1 oz.)
NUTRITION: 120 Cal., 3g Fat (1g Sat.), 0mg Chol., 2g Fiber, 2g Pro., 21g Carb., 135mg Sod.
$3.39 for 4 oz.; at supermarkets.

LATE JULY DUDE RANCH CHIPS
Enjoy the zing of ranch seasoning without stains on your fingers.
SERVING SIZE: about 20 chips (1.5 oz.)
NUTRITION: 185 Cal., 8g Fat (1g Sat.), 8mg Chol., 3g Fiber, 3g Pro., 26g Carb., 292mg Sod.
$3.19 for 5.5 oz.; at supermarkets.

TYRRELLS BEETROOT, PARSNIP AND CARROT CHIPS
Get the texture of chips with the flavor of veggies.
SERVING SIZE: 1 oz.
NUTRITION: 148 Cal., 11g Fat (1g Sat.), 0mg Chol., 4g Fiber, 1g Pro., 11g Carb., 180mg Sod.
$4 for 5.3 oz.; at natural food stores.

SOMERSAULTS SALTY PEPPER SNACKS
The crunchy nuggets are chock-full of sunflower and sesame seeds.
SERVING SIZE: about 14 nuggets (1.05 oz.)
NUTRITION: 140 Cal., 7g Fat (1g Sat.), 0mg Chol., 3g Fiber, 6g Pro., 14g Carb., 240mg Sod.
$4 for 6 oz.; somersaultsnackco.com.

TRISCUIT ORIGINAL
Top these wheaty, baked icons of the cracker aisle with thin slices of cheese.
SERVING SIZE: about 6 crackers (0.98 oz.)
NUTRITION: 120 Cal., 4g Fat (1g Sat.), 0mg Chol., 3g Fiber, 2g Pro., 20g Carb., 180mg Sod.
$3.69 for 9 oz.; at supermarkets.

HUMMUS OLIVE TAPENADE CRISPZ
Delicately thin crisps that boast a tangy olive flavor.
SERVING SIZE: about 14 crisps (1 oz.)
NUTRITION: 120 Cal., 3g Fat (1g Sat.), 0mg Chol., 1g Fiber, 5g Pro., 18g Carb., 220mg Sod.
$1.29 for 1 oz.; at supermarkets.
IF YOU'RE CRAVING...

fruit and veggies

CRISPY GREEN APPLES AND STRAWBERRIES
FRUITZIO
Freeze-dried fruit comes in a resealable pouch you can toss into your purse.
SERVING SIZE: 1 bag (0.88 oz.)
NUTRITION: 100 Cal., 0g Fat (0g Sat.), 0mg Chol., 2g Fiber, 1g Pro., 23g Carb, 0mg Sod.
$3.49 for 0.88 oz.; at natural food stores

CRUNCHIES CORN SNACK
These super-crunchy bites taste like real corn kernels, with a touch of sea salt.
SERVING SIZE: 1/2 cup (0.98 oz.)
NUTRITION: 130 Cal., 7g Fat (1g Sat.), 0mg Chol., 4g Fiber, 2g Pro., 19g Carb, 85mg Sod.
$6.29 for 3.25 oz.; at supermarkets

MANN'S SNACKS ON THE GO (CELERY, CARROTS, SUGAR SNAP PEAS, LIGHT RANCH)
Veggies and a savory dip keep you satisfied.
SERVING SIZE: 1 tray (6 oz.)
NUTRITION: 80 Cal., 4g Fat (0g Sat.), 0mg Chol., 3g Fiber, 2g Pro., 11g Carb, 300mg Sod.
$2 each; at supermarkets

IF YOU'RE CRAVING...

nutty

JUSTIN'S HONEY ALMOND BUTTER SQUEEZE PACKS
A protein-rich almond butter you can eat from the packet—or try it spread on apple slices.
SERVING SIZE: 1 pack (2 Tbsp.)
NUTRITION: 190 Cal., 17g Fat (3g Sat.), 0mg Chol., 3g Fiber, 6g Pro., 8g Carb, 65mg Sod.
$1 each; at supermarkets

DAVID WASABI AND SOY SAUCE ALMONDS
Bold-flavored protein-rich nuts with a sweet-spicy kick make you sit up and take notice.
SERVING SIZE: about 31 nuts (1 oz.)
NUTRITION: 170 Cal., 14 Fat (1g Sat.), 0mg Chol., 2g Fiber, 7g Pro., 6g Carb, 115mg Sod.
$3 for 5 oz.; at convenience stores
STEAL YOUR KIDS’ snacks

Why should children have all the fun? Go ahead—grab one of your kids’ standbys. We won’t tell.

GO-GO SQUEEZ
APPLE RASPBERRY CRANBERRY FAST FRUIT
Made from fruit, it has a sweet-tart tang that appeals to grown-ups.
SERVING SIZE: 1 pouch (4.2 oz.)
NUTRITION: 90 Cal., 0g Fat (0g Sat.), 0mg Chol., 3g Fiber, 1g Pro., 21g Carb., 0mg Sod.
$3.49 for 4; at Target.

CLIF KID
COOKIES ‘N CREAM 2BAR CRISPY
Thanks to wholesome ingredients such as organic oats, these choco-laty bars supply 20 percent of your daily calcium. All with a drizzle of not-too-sweet icing.
SERVING SIZE: 1 bar (0.98 oz.)
NUTRITION: 110 Cal., 3g Fat (1g Sat.), 0mg Chol., 1g Fiber, 1g Pro., 20g Carb., 95mg Sod.
89¢ each; at supermarkets.

ORGANIC VALLEY
MOZZARELLA STRINGLES
Get 7 grams of protein and only 80 calories in these classic snacks.
SERVING SIZE: 1 stick (1 oz.)
NUTRITION: 80 Cal., 6g Fat (4g Sat.), 20mg Chol., 0g Fiber, 7g Pro., 0g Carb., 210mg Sod.
$5.28 for 6; at supermarkets.

STRETCH ISLAND
SUMMER STRAWBERRY FRUIT STRIPS
Grab two for a sweet pick-me-up and a full serving of fruit.
SERVING SIZE: 2 strips (0.98 oz.)
NUTRITION: 90 Cal., 0g Fat (0g Sat.), 0mg Chol., 2g Fiber, 0g Pro., 24g Carb., 0mg Sod.
$3 for 8; stretchisland fruit.com.

THE LAUGHING COW
MINI BABYBEL ORIGINAL
Sharp yet creamy, this lunch-box favorite is delicious on its own; pair with crackers or an apple for a heartier snack.
SERVING SIZE: 1 piece (0.74 oz.)
NUTRITION: 70 Cal., 6g Fat (4g Sat.), 20mg Chol., 0g Fiber, 5g Pro., 0g Carb., 170mg Sod.
$4 for 6; at supermarkets.

MOTT’S MEDLEYS
PEACH APPLE FRUIT AND VEGGIE SNACK
You might never guess that this convenient little cup of applesauce contains carrot, cucumber and green bell pepper concentrates.
SERVING SIZE: 1 container (3.9 oz.)
NUTRITION: 60 Cal., 0g Fat (0g Sat.), 0g Chol., 1g Fiber, 0g Pro., 14g Carb., 15mg Sod.
$2.69 for 6; at Walmart.

MUST HAVE CANDY?

If nothing else will do, dip into one of these two choices. They’re not necessarily healthy, but they’re lower in calories, fat and sugar than other brands.

UNREAL 41 CANDY-COATED CHOCOLATES
The chocolate in these indulgent little treats ($1.29 for 1.48 oz.; at Target) is as rich as rich comes, and the candy shells have a satisfying crunch. Plus, those bright colors are fun.

SKINNY COW PEANUT BUTTER CREME DIVINE FILLED CHOCOLATES
The lure of these sweets ($4.29 for 6; at supermarkets) is their creamy, slightly salty peanut butter filling.
These no-frills bites don’t have fancy packaging or snazzy names. They’re tops because they’re tasty, healthful, inexpensive and available everywhere. Take a fresh look at these good old-fashioned snack stars.

SNACK: PISTACHIOS
OUR PICK: WONDERFUL ROASTED LIGHTLY SALTED PISTACHIOS
Getting the type in shells helps with portion control.
SERVING SIZE: 1/4 cup with shells (1.05 oz. without shells)
NUTRITION: 160 Cal., 14g Fat (2g Sat.), 0mg Chol., 3g Fiber, 6g Proc., 8g Carb., 80mg Sod.
$5 for 8 oz.; at supermarkets.

SNACK: POPCORN
OUR PICK: ORVILLE REDENBACHER ORIGINAL POPPING KERNELS
It’s less than half the cost of microwave bags.
SERVING SIZE: 6 cups popped (1.4 oz. unpopped)
NUTRITION: 120 Cal., 2g Fat (0g Sat.), 0mg Chol., 6g Fiber, 4g Proc., 29g Carb., 0mg Sod.
$6 for 30 oz.; at supermarkets.

SNACK: PEANUTS
OUR PICK: PLANTER’S REGULAR DRY-ROASTED PEANUTS
They deliver just the right touch of salt.
SERVING SIZE: about 49 nuts (1.25 oz.)
NUTRITION: 213 Cal., 18g Fat (3g Sat.), 0mg Chol., 3g Fiber, 9g Proc., 6g Carb., 200mg Sod.
$5 for 16 oz.; at supermarkets.

EDITORS’ PICKS
Even in the winners’ circle, certain snacks rise above the rest. Our editors couldn’t put these down.

BETTY LOU’S COCONUT MACADAMIA NUT BUTTER BALLS
Macadamia and cashew nut butters are rolled in coconut for a taste of the tropics.
SERVING SIZE: 1 ball (1.4 oz.)
NUTRITION: 150 Cal., 7g Fat (3g Sat.), 5mg Chol., 6g Fiber, 10g Proc., 17g Carb., 120mg Sod.
$1.49 each; at natural food stores.

FAGE TOTAL 2 PERCENT GREEK YOGURT WITH HONEY
It’s extra creamy and satisfying, especially with the decadent honey.
SERVING SIZE: 1 container (5.3 oz.)
NUTRITION: 190 Cal., 3g Fat (2g Sat.), 5mg Chol., 6g Fiber, 12g Proc., 29g Carb., 40mg Sod.
$1.59 each; at supermarkets.

SEAPONT FARMS EDAMAME SNACK PACKS
These shelled soybeans are loaded with fiber, protein and vitamins A and C, and the individual packets are convenient.
SERVING SIZE: 1 bag (5 oz.)
NUTRITION: 180 Cal., 5g Fat (0g Sat.), 0mg Chol., 6g Fiber, 16g Proc., 16g Carb., 60mg Sod.
$6 for 5; at supermarkets.

THE GOOD BEAN FRUIT AND NO-NUT APRICOT COCONUT BARS
The taste is nutty (even though there are no nuts), and the chewy, tart apricots and sweet hint of white chocolate make a delicious pair.
SERVING SIZE: 1 bar (1.4 oz.)
NUTRITION: 130 Cal., 5g Fat (2g Sat.), 0mg Chol., 5g Fiber, 5g Proc., 25g Carb., 20mg Sod.
$1.79 each; thegoodbean.com.