

Mini Brand Name Snack Guide



Knowing some brand names to look for can help make shopping easier. These are just a few choices, but your store may carry equally good brands.

It's a good idea to read the label even on brands you are familiar with, because formulations and label information may change.

Also, sometimes only certain flavors meet the criteria, not all flavors in the product line.

Granola bars, cereal bars, and snack bars containing:

- 2 grams of fiber or more
- 140 mg of sodium or less
- No trans fat
- Not more than 1 gram of saturated fat

Barbara's Bakery Puffins cereal and Milk bars: Blueberry Yogurt

Clif Z Bar baked snack bars: Chocolate Brownie, Caramel Apple

Health Valley granola bars: Peanut Crunch, Dutch Apple, Wild Berry, Chocolate Chip

Nature's Choice multigrain cereal bars: Triple Berry, Raspberry, Cherry, Strawberry, Blueberry, Apple Cinnamon

Save the Forest organic cereal bars: Raspberry with yogurt, Cinnamon Raisin with yogurt,

Save the Forest organic trail mix bars: Cranberry Crunch

Uncle Sam cereal bars: Apple Berry, Oatmeal Raisin

Low Sodium Popcorn

Microwave popcorn

Bearitos: Organic No salt/no oil, No oil added

Packaged pre-popped popcorn

Bearitos: Light Organic

Plain popped popcorn kernels: All

Whole grain crackers and tortilla chips containing:

- Whole grain as the first ingredient listed
- 2 grams of fiber or more
- 140 mg of sodium or less
- No trans fat
- Not more than 1 gram of saturated fat

Whole grain crackers

Kavli

Wasa: Hearty Rye, Light Rye

Ryvita: all

RyKrisp

Triscuit: Garden Herb, Roasted Garlic, Low Sodium

Wheat Thins: low sodium

Tortilla chips

Bearitos: All Natural Tortilla Chips

Garden of Eatin': Yellow Chips, Sesame Blues, Black Bean, Mini Yellow Rounds, Chili And Lime All Natural Cantina Chips

Kettle: Organic Tortilla Chips

Pretzels and pita chips with 2 grams of fiber or more:

Pretzels

Good Health: peanut butter filled whole-wheat pretzels

Newman's Own Organics: Spelt Pretzels, 5 Grams of Protein Pretzels

Pita chips

Stacy's Baked Pita Chips: Simply Naked, Cinnamon Sugar

Brought to you by the "Co-ops to Kids" project, a service of your local community food co-op. We make healthy eating easier!

For more information, call Kate Bailey at the Brattleboro Food Co-op (802) 254-3267, or Mary Saucier Choate at the Hanover and Lebanon Co-op Food Stores (603) 643-2667