



Best Crackers

Crackers can be a very nutritious snack and a delicious addition to a meal—if you choose carefully. Relatively low in calories and fat, the right crackers can be a good source of complex carbohydrates and fiber.

How to choose a healthful cracker (per one-ounce serving)...

Watch the fat content. Look for a product with no trans fat (check the ingredients list, not the nutrition label, because trans fat amounts under 0.5 g can be “rounded down” to 0 g)...no more than 5 g of total fat...and 1 g of saturated fat.

Stick with 100% whole grain. In the ingredients list on the label, whole grain, such as whole wheat, rye or oats, should be listed first, and refined flour should *not* be included.

Limit sodium. Choose crackers with no more than 250 mg of sodium.

My top picks (including nutritional breakdowns based on the number of crackers closest to a one-ounce serving)—each has 0 g of trans fat...

AK-MAK

100% WHOLE-WHEAT STONE GROUND SESAME CRACKERS

Serving size: 5 crackers...2 g total fat...0.5 g saturated fat...115 calories...4 g fiber...220 mg sodium.

NABISCO

TRISCUIT REDUCED FAT

Serving size: 7 crackers...3 g total fat...0.5 g saturated fat...120 calories...3 g fiber...160 mg sodium.

WASA

LIGHT RYE CRISPBREAD

Serving size: 4 crackers...0 g total fat...0 g saturated fat...120 calories...6 g fiber...140 mg sodium.

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BottomLine health

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