



Shoppers Guide

Chips & Dips

No matter which holiday or celebration you're enjoying, crackers and dip are almost certain to be part of the festivities. There's no reason you can't fit some crunch and creaminess into your eating plan, but it is important to be aware of what you're digging into.

Crackers can be high in fat and sodium but they can also be a good source of fiber. To maximize nutrition look for crackers made with as few ingredients as possible. The most nutritious are those made primarily with a whole grain of some sort and seasonings. In addition, choosing crackers made with whole grains can help boost the fiber content.

There are pros and cons regarding dips too. Some dips are made with sour cream, cheese, bacon, and more, which means they can be loaded with fat and sodium. Others are made from nutrient-rich ingredients such as beans or yogurt. These dips from the latter group often provide far fewer calories, fat, and sodium. The benefits of this are two-fold. These dips fit more easily into a healthy eating plan. Plus, you can occasionally splurge. For example, doubling up on a dip that's 30 calories and 2 g of fat won't negatively impact your diet much. On the other hand, a double portion of a 100-calorie, 9 g fat dip is quite different.

Helpful Hints. To enjoy a tasty snack and keep your health in check, consider the following tips:

- ▶ **Mix things up a bit.** To boost your nutrient intake, consider enjoying your dip with raw veggies and your crackers with calcium-rich cheese.
- ▶ **Serving size check.** Remember, the nutritionals in the chart are for 2 tablespoons of dip. To keep portions in check, serve yourself 2 tablespoons onto a plate, rather than repeatedly scooping out of the serving bowl.
- ▶ **Cracker size.** While a serving of all the crackers is 30 grams, the number of crackers you'll get for that ranges from 4 to 19. Check the Nutrition Facts Panel to help keep your cracker count in line. **EN**



Bean or yogurt-based dips provide a lighter snack option.



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Chips & Dips Nutritional Comparison

✓ = **EN's Picks.** As with all EN comparisons, this is only a sampling of products. Cracker picks contain no more than 5 g fat (6% DV), 300 mg sodium (13% DV) and at least 2 g fiber (7% DV). Dip picks contain no more than 4.5 g fat (6% DV), 1 g sat fat (5% DV), and 150 mg sodium (7% DV).

CRACKERS AND DIPS

CRACKERS (# CRACKERS)

	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Sodium (mg)	Fiber (g)	Sugar (g)	Protein (g)
365 Bite-Sized Cracked Wheat Crackers (16)	120	3	0	20	190	1	0	3
✓ Blue Diamond Artisan Nut Thins Flax Seed Crackers, GF (13)	130	3.5	0	22	135	2	0	3
Blue Diamond Pecan Nut Thins, GF (19)	130	3.5	0	23	115	1	0	2
Carr's Table Water Crackers, Cracked Pepper (8)	120	2	0	20	160	1	0	2
✓ Crunchmaster Multiseed, GF (15)	140	5	0.5	20	110	2	0	3
✓ Kashi Original 7-Grain (15)	120	3.5	0	20	150	3	4	4
✓ Mary's Gone Crackers Original, GF (13)	140	5	0.5	21	190	3	0	3
✓ Nabisco Triscuit (6)	120	3.5	0	20	160	3	0	3
Pepperidge Farm Golden Butter (8)	140	5	2	22	200	0	2	2
Red Oval Farms Stoned Wheat Thins (4)	120	3	0	22	180	0	0	2
Rold Gold Thin Crisps Pretzels Garlic Parmesan (13)	120	2	0	22	400	<1	1	2
Saffron Road Rosemary Herb Lentil Crackers, GF (19)	110	1	0.5	19	150	1	1	5
Simple Mills Original Sprouted Seed Crackers, GF (8)	140	8	0.5	16	220	3	0	3
Snackfactory Original Gluten Free, GF (14)	110	3	1.5	23	300	0	1	0
Snackfactory Pretzel Crisps (11)	100	0	0	24	330	1	2	2
Stacy's Pita Chips Multigrain (9)	130	5	0	19	270	1	<1	3
Stacy's Pita Chips Simply Naked (10)	130	5	0	19	270	<1	<1	3
✓ Trader Joe's Multigrain & Flaxseed Water Crackers (8)	120	2	0	24	170	2	0	2
✓ Trader Joe's Multigrain Pita Bite Crackers (8)	120	3.5	0	19	170	3	1	4
Van's The Perfect 10, GF (12)	140	6	0.5	20	200	2	3	2

DIPS (SERVING SIZE IS 2 TABLESPOONS)

Whole Foods Market French Onion Dip	60	5	3.5	2	150	0	1	1
Whole Foods Market Creamy Spinach Dip	60	5	3	2	170	0	1	1
✓ Wallaby Organic Everything Bagel Aussie Dip, GF	20	0.5	0	2	105	0	2	3
✓ Wallaby Organic Zesty Buffalo Aussie Dip, GF	20	0	0	2	80	0	1	3
✓ Organic Hope Hummus Thai Coconut Curry, GF	60	3	0.5	6	115	2	2	2
Samira's Homemade Muhammara	105	7	0.5	6	105	5	2	2
Trader Joe's Creamy Spinach & Artichoke Dip	45	3	2	2	170	0	1	2
✓ Trader Joe's Tzatziki	30	2	1	2	65	0	1	1
Trader Joe's Smoked Salmon Dip	120	11	4	3	160	0	0	3
✓ Trader Joe's Spinach & Kale Greek Yogurt Dip	30	2.5	0	2	150	1	1	1
Trader Joe's Bacon Cheddar Ranch Dip	90	8	4	2	220	0	1	2
Trader Joe's Caramelized Onion Dip	70	6	2.5	3	230	0	1	1
Trader Joe's Jalapeno Lime Almond Dip, GF	70	6	0.5	3	80	1	<1	2
Alouette Garlic & Herbs	100	9	6	2	180	0	1	2
Sabra Roasted Red Pepper Hummus, GF	70	5	1	4	125	1	0	2
✓ Tribe Everything Hummus, GF	60	3.5	0	5	110	1	0	2
✓ Cedars Balsamic Caramelized Onion Hummus	60	4.5	0.5	4	105	1	1	1
Heluva Good French Onion	50	4.5	3	2	160	0	2	1
Heluva Good Bacon Horseradish	50	4.5	3	2	210	0	2	1
Heluva Buttermilk Ranch	50	4.5	3	2	170	0	2	1

Note: g=gram, mg=milligram, sat fat=saturated fat, carb=carbohydrates, DV=Daily Value, GF=Gluten Free. Daily requirement based on 2,000 calorie/day diet. Source: product labels. Serving size for all is approximately 30 grams.

—Heidi McIndoo, MS, RD