

Party On with Whole Grain Crackers

Cracker Nutrition Comparison

As with all *EN* comparisons, this is only a sampling of what's available. Products are listed alphabetically.

✓ = **EN's Picks.** Cracker picks contain no more than 5 g fat (8% DV), 1.5 g saturated fat (8%), and 200 mg sodium (8% DV), and have a whole grain listed as their first ingredient.

Crackers, based on about 1 ounce

	Serv Size (ea)	Cal	Fat (g)	Sat Fat (g)	Sodium (mg)	Fiber (g)	Carb (g)	Sugar (g)	Pro (g)
PLAIN									
✓ 365 Baked Woven Wheats	8	120	0.5	0	170	3	25	0	4
365 Golden Stoneground Wheat Crackers, bite size	20	130	3	0	270	1	22	0	3
365 Organic Wheat Square Crackers	16	120	4.5	2	150	2	19	2	2
Barbara's Rite Lite Rounds Original	10	120	4	0	400	0	22	<1	2
✓ Barbara's Wheatines Original	8	120	2	0	160	2	22	2	2
Carr's Whole Wheat Crackers	4	160	8	3	200	2	20	6	2
Dare Breton Multigrain	6	140	7	4	320	<1	20	2	2
Dare Breton Original	8	180	8	5	320	<1	22	2	4
✓ Kashi Heart to Heart Original Whole Grain Crackers	7	120	3.5	0	85	4	22	0	3
✓ Kashi TLC Original 7 Grain Snack Crackers	15	120	3.5	0	160	3	19	4	4
Keebler Club Crackers Multigrain	8	140	6	0	240	<1	18	4	2
Keebler Club Crackers Original	8	140	6	1	250	<1	18	2	<1
Keebler Town House Wheat	10	160	8	1	340	<1	20	0	2
Kellogg's All Bran Crackers Multigrain	18	120	6	1	210	5	20	4	3
Kellogg's Special K Crackers Multigrain	24	120	3	0	250	3	23	6	3
Nabisco Premium Saltine Crackers	10	140	3	0	300	0	24	0	2
Nabisco Ritz Crackers	10	160	9	2	250	0	20	<1	<1
Nabisco Ritz Crackers Whole Wheat	10	140	5	1	240	<1	22	4	2
✓ Nabisco Triscuit Original	6	120	4	0.5	180	3	20	0	3
Nabisco Wheat Thins Original	16	140	5	1	230	2	22	4	2
Old London Melba Snacks Whole Grain	8	120	2	0	270	4	22	0	4
Pepperidge Farm Baked Naturals Wheat Crisps Toasted Wheat	17	140	5	1	240	4	21	5	2
Pepperidge Farm Harvest Wheat Distinctive Crackers	6	160	7	1	250	<1	22	4	2
Red Oval Farms Stoned Wheat Thins	4	120	3	0	220	<1	22	0	2
Traders Joe's 12 Grain Mini Snack Crackers	22	140	6	0.5	180	3	21	2	2
Trader Joe's Classic Original Water Crackers	8	120	2	0	80	0	24	0	2
Trader Joe's Multigrain Entertainers Crackers	4	140	6	0.5	270	1	18	2	3
Trader Joe's Multigrain Pita Bite Crackers with Whole Wheat & Flax Seeds	8	120	3.5	0	170	3	19	1	4
Trader Joe's Reduced Guilt Wheat Crisps	14	130	4	0	150	2	20	4	3
Trader Joe's Stone Ground Wheat Crackers	4	120	3.5	0	150	<1	19	0	2
✓ Wasa Fiber Crispbread	3	105	1.5	0	180	6	24	0	1
✓ Wasa Hearty Crispbread	2	90	0	0	140	4	22	0	2
FLAVORED									
✓ AkMak Whole Wheat Flour Sesame Cracker	5	110	2	0	140	4	20	0	5
Back to Nature White Cheddar Flax Seeded Flat Bread Crackers	3	120	4	0	125	1	19	2	2
Blue Diamond Natural Almond Nut Thins Cheddar Cheese	16	130	4	0.5	250	<1	22	0	3
Blue Diamond Natural Almond Nut Thins Smokehouse	16	130	3	0	160	<1	23	0	3
✓ Kashi TLC Honey Sesame Snack Crackers	15	120	3	0	140	2	22	5	3
✓ Kashi TLC Zesty Salsa Pita Crisps	11	120	3	0	180	5	22	<1	3
Keebler Club Crackers Snack Sticks Honey Wheat	12	130	6	1	260	<1	19	4	1
Keebler Wheatables Toasted Honey Wheat	17	140	6	1.5	200	1	20	4	2
Nabisco Wheat Thins Flatbread Tuscan Herb	4	120	3	0	250	<1	24	4	2
Pepperidge Farm Baked Naturals Cheese Crisps Cheddar	20	140	6	1	260	2	20	3	3

Note: ea=each, g=gram, mg=milligram, sat fat=saturated fat, cal=calories, carb=carbohydrates, pro=protein, DV=Daily Value, daily requirement based on 2,000 calorie/day diet. Source: package labels

It seems no office party, house party, or other festive event is complete without a tray of cheese and crackers—it's practically a party staple. But when it's your turn to fill the platter, a quick trip down the cracker aisle can be overwhelming: You're faced with a wall of crackers in a variety of shapes, sizes, colors, and flavors. Which ones should you get? To simplify, think of crackers as an opportunity to knock out one of your daily servings of whole grains, which will help narrow the field tremendously. However, choosing a box because the picture on the front looks like it contains wheat isn't enough. Crackers can be made from an assortment of grain types, so a little investigating is necessary to ensure you're getting what you think you are.

Helpful hints. When crackers are on your shopping list, take a couple of minutes to consider the following suggestions to make your choice count.

• **Whole grain as the first ingredient.**

Separating whole grain from refined grain crackers can be difficult, especially when the terms “multigrain” or “wheat” are in the cracker's name. But don't just rely on the front of the package. Turn it over and check the ingredients list. The first ingredient listed should be a whole grain, such as whole wheat, oats, rye, or quinoa. Don't be fooled by terms like “wheat flour” or “enriched flour,” both of which mean refined flour.

• **Check the serving size.** A one-ounce serving can equal a widely varying number of crackers, depending on the type. Don't assume that because 20 crackers is a serving for one kind, it counts as a serving for all types of crackers. You could end up consuming far more calories, fat, and sodium than you intend. It's important to flip the package to view the suggested serving size for each product.

• **Watch your additions.** Crackers, especially whole grain, can be a fairly healthy food. However, over doing it on what goes on them—cheese, pepperoni, peanut butter, flavored butters, and more—can create a less than healthy snack. Keep moderation in mind in both the number of crackers you eat, and what you enjoy on them. **EN**

—Heidi McIndoo, M.S., R.D.