


Crunching the Numbers on Veggie Chips

Crunchy chips made out of nutrient-packed vegetables, such as kale and beets—why didn't someone think of this sooner? Veggie chips sound too good to be true—and indeed, you need to be careful. While there are plenty of new products made of pure vegetables with a few flavorings mixed in, there are also many “vegetable” chips that are actually potato- or corn-based with just a few vegetables added in.

Overall, most of these vegetable chips have healthier nutritional lineups than traditional potato or corn chips, and some are better than others. As long as your eating plan is based on a wide variety of foods from all food groups—lean proteins, low-fat dairy, whole grains, fruits, vegetables, and healthy fats—including a few servings of vegetable chips a week shouldn't bump you off your healthy track.

Helpful hints. Consider these tips next time you're looking to crunch into some healthier veggie-based chips.

- **The real thing.** Whether you're looking for a healthier snack or a bit of crunch in your serving of veggies, it's important to look for those with actual vegetable content. Real veggie chips should list vegetables as the first ingredient. In the blended chips, look for vegetables listed near the top of the ingredient list. You can also check the nutrition facts label. Chips that actually contain a good amount of beets, carrots, sweet potatoes, or leafy greens should have a high Vitamin A content—25% DV (Daily Value) or higher per serving.
- **Don't forget the fat.** Just because they're made with vegetables, it's important to recognize that many of these chips are still processed with oil and can contain a fair amount of fat, thus calories. So, don't eat the whole bag!
- **Make your own.** Veggie chips are a cinch to make. For root vegetables, use a vegetable peeler to get very thin slices. Leafy greens and Brussels sprouts just need to be separated into individual leaves. Spread the vegetables on a baking sheet, drizzle with a bit of olive oil, sprinkle with kosher salt, and roast at 350° F for about 10–15 minutes, or until desired doneness, rotating the pan halfway through. 

—Heidi McIndoo, MS, RD



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Vegetable Chips Nutritional Comparison

✓ = **EN's Picks.** As with all EN comparisons, this is only a sampling of products. Vegetable chip picks contain no more than 150 calories (8% DV), 7 g fat (11% DV), 1 g sat fat (5% DV), and 140 mg sodium (6% DV).



Vegetable Chips (1 oz unless otherwise noted)	Calories	Fat (g)	Sat Fat (g)	Carb (g)	Sodium (mg)	Fiber (g)	Sugar (g)	Protein (g)
VEGETABLE-BASED								
Alive & Radiant Kale Krunch Quite Cheezy	100	7	1.5	9	260	2	1	4
Alive & Radiant Kale Krunch Southwest Ranch	140	10	2	10	260	2	1	4
Alive & Radiant Veggie Krunch Arugula Cabbage	80	6	1	5	170	3	1	3
Alive & Radiant Veggie Krunch Teriyaki Greens	60	3	0	7	210	2	4	2
✓ Brad's Raw Chips Beet	50	1	0	9	95	3	2	2
✓ Brad's Raw Chips Bell Pepper	60	1.5	0	10	100	4	1	3
Brad's Raw Crunchy Kale Naked	132	9	1	11	146	2	1	5
✓ Brad's Raw Crunchy Kale Vampire Killer	121	7	1	13	116	2	1	5
Danielle Crispy Veggie Chips Spicy Carrot	130	7	4	16	95	5	8	2
✓ Farmer's Crate Beet Thins (.9 oz bag)	90	0	0	20	0	5	12	2
Food Should Taste Good Sweet Potato Chips BBQ	140	8	1	18	100	3	4	1
Food Should Taste Good Sweet Potato Chips Salt & Vinegar	150	8	0.5	17	140	3	4	1
Good Health Natural Foods Humbles Sea Salt	110	3	0	17	235	1	0	4
Good Health Natural Foods Humbles Roasted Red Pepper	120	4	0	17	220	1	1	4
Lydia's Organics Kale Krunchies Herbs de Provence	150	10	1.5	9	240	3	<1	6
Lydia's Organics Kale Krunchies Mega Green	150	10	1.5	9	240	3	<1	6
Pacific Northwest Kale Chips Cascade Ranch	123	7	1	11	253	3	1	5
Pacific Northwest Kale Chips Cheezy Crunch	123	7	1	11	253	3	1	5
Pacific Northwest Kale Chips Glacier Peak Greens	124	7	1	11	260	3	1	7
Pacific Northwest Kale Chips Stumptown Original	122	7	0	11	260	3	2	5
Rhythm Superfoods Kale Chips Mango Habanero	160	7	0.5	14	190	3	4	6
Rhythm Superfoods Kale Chips Zesty Nacho	160	7	0.5	13	190	3	3	6
✓ Snapea Crisps Caesar	120	5	0.5	16	65	3	1	5
Terra Mediterranean Vegetable Chips	150	9	1	16	150	3	3	1
Terra Sweets & Beets	150	9	1	16	150	3	3	1
Terra Sweet Potato Chips	160	11	1	15	10	3	3	1
Trader Joe's Ridge Cut Sweet Potato Chips	160	11	1	15	50	3	3	1
Trader Joe's Vegetable Root Chips	160	10	0.5	16	35	3	1	2
POTATO- OR CORN-BASED WITH VEGETABLES ADDED								
✓ Boulder Canyon Baked Sweet Potato Fries	120	7	1	16	120	1	3	1
Boulder Canyon Garden Select Vegetable Crisps Red Ripe Tomato	120	7	1	16	165	3	2	2
Boulder Canyon Rice & Beans Chipotle Cheese	215	11	2	26	280	5	2	3
✓ Food Should Taste Good Harvest Pumpkin Tortilla Chips	130	6	0.5	18	80	2	2	2
✓ Food Should Taste Good Sweet Potato Tortilla Chips	140	7	0.5	18	80	1	3	2
Sensible Portions Garden Veggie Straws	130	7	1	11	250	1	1	1
✓ Simply Sprouted Snacks Way Better Sweet Potato Tortilla Chips	130	7	0	16	100	2	0	2
✓ Snikiddy Eat Your Vegetables Sea Salt	130	7	0.5	16	140	3	1	3
✓ Snikiddy Eat Your Vegetables Sour Cream & Onion	130	7	0.5	16	140	3	2	3
Snyders Eat Smart Naturals Garden Veggie Crisps	140	6	0.5	18	150	2	0	1
The Better Chip Beets	140	8	0.5	16	70	2	1	2
✓ The Better Chip Spinach & Kale	140	7	0.5	15	70	2	0	2

Note: g=gram, mg=milligram, sat fat=saturated fat, carb=carbohydrates, DV=Daily Value, Daily requirement based on 2,000 calorie/day diet. Source: food labels and company websites.