

# Healthier Cookies: EN Finds the Best Bites Among Dozens

## Nutrition Comparison of Healthier Cookies

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

✓ EN's Picks. Sugar-free cookies contain 100 or fewer calories and 4 or fewer ingredients you couldn't find in your own kitchen. Other cookies contain fewer than 130 calories, 8 or fewer grams of sugar, and 3 or fewer ingredients you couldn't find in your own kitchen.

Healthier Cookies	Serving size	Calories	Total Fat	Sat. Fat	Fiber	Sugar
<b>SUGAR-FREE COOKIES</b>						
Murray Sugar Free Chocolate Bites	1 pouch (21 g)	80	2.5	0.5	3	0
Murray Sugar Free Chocolate Chip Cookies	3 (32 g)	160	9	3.5	1	0
Murray Sugar Free Chocolate Sandwich Cookies	3 (28 g)	130	7	2.5	1	0
Murray Sugar Free Fudge Dipped Grahams	4 (30 g)	150	8	6	1	0
Murray Sugar Free Fudge Dipped Mint	4 (26 g)	130	7	5	1	0
Murray Sugar Free Fudge Dipped Shortbread	5 (31 g)	150	8	5	1	0
Murray Sugar Free Peanut Butter Cookies	3 (29 g)	150	9	2.5	1	0
✓ Voortman Sugar Free Chocolate Chip	1 (20 g)	80	5	1.5	0	0
✓ Voortman Sugar Free Fudge Chocolate Chip	1 (20 g)	90	5	1	1	0
Voortman Sugar Free Peanut Butter Wafer Cookies	4 (28 g)	150	7	1.5	0	0
Voortman Sugar Free Strawberry Turnover	1 (26 g)	90	4	1	0	0
<b>CALORIE-CONTROLLED POUCHES</b>						
✓ Ian's Organic Vanilla Wafer Cookie Buttons	1 pouch (24 g)	100	2.5	1	0	7
Keebler Fudge Grahams 100 Calorie Right Bites	1 pouch (20 g)	100	3.5	2.5	<1	7
✓ Keebler Sandies Shortbread 100 Calorie Right Bites	1 pouch (21 g)	100	3	1	<1	7
Nabisco Oreo Thin Crisps 100 Calorie Packs	1 pouch (23 g)	100	2	0	<1	8
✓ New Morning Chocolate Graham Mini Bites	1 pouch (21 g)	90	2.5	0	1	5
✓ Pepperidge Farm Milano 100 Calorie Pouch	1 pouch	100	4.5	2	<1	6
<b>CHOCOLATE</b>						
✓ Back to Nature Chocolate Chunk	2 (26 g)	130	6	1.5	<1	8
Newman's Own Newman-O's Original	2 (28 g)	130	4.5	1.5	1	10
✓ Pepperidge Farm Dark Chocolate Almond Crunchy Granola Cookies	1 (26 g)	130	7	2.5	2	8
Snackwell's Devil's Food Cookie Cakes	1 (16 g)	50	0	0	0	7
Trader Joe's Lowfat Chocolate Cats Cookies	15 (30 g)	110	1.5	1	1	9
<b>OTHER FLAVORS</b>						
100% Whole Grain Fig Newtons	2 (31 g)	110	2	0	2	12
Andean Dream Quinoa Raisins & Spice Cookies	2 (30 g)	140	6	3	1	8
Back to Nature Honey Nut Granola Cookies	1 (30 g)	140	7	1	2	8
✓ Barbara's Bakery Whole Wheat Fig Bars	1 (19 g)	60	0	0	1	8
Fat Free Fig Newtons	2 (29 g)	90	0	0	1	12
Gnu Foods Flavor & Fiber Peanut Butter Bars	1 (45 g)	140	5	1	12	7
Gnu Foods Flavor & Fiber Orange Cranberry Bars	1 (45 g)	130	3	0	12	11
✓ Kashi TLC Happy Trail Mix Cookies	1 (30 g)	130	5	1	4	7
Kashi TLC Oatmeal Raisin Flax Cookies	1 (30 g)	130	5	0.5	4	8
Nana's Omegafiber Apple Harvest Cookie Bars	1 (35 g)	120	4	0.5	5	9
✓ Nana's Omegafiber Peanutty Peanut Butter Cookie Bars	1 (35 g)	130	5	0.5	5	8
Newman's Own Ginger-O's	2 (28 g)	120	4.5	2	0	10
Newton's Mixed Berry Fruit Crisps	2 (28 g)	100	2	0	0	8
Snackwell's Crème Sandwich Cookies	2 (25 g)	110	3	1	0	9
Trader Joe's Cherry Granola Cookies	2 (28 g)	110	4	1.5	1	9
✓ Trader Joe's Five Seed Almond Bars	1 (28 g)	110	4.5	1.5	1	8
Trader Joe's Lowfat Ginger Cats Cookies	15 (30 g)	120	2	1	<1	9
Trader Joe's Righteous Rounds	5 (28 g)	130	4	0	3	9
✓ Voortman Flax Seed Omega-3	1 (18 g)	80	3	0.5	<1	5
World of Grains Cranberry	1 (30 g)	130	3.5	1	3	10
✓ World of Grains Multigrain	1 (30 g)	130	4.5	1.5	3	6
World of Grains Oatmeal Raisin Cookies	1 pkg (30 g)	130	3.5	1	3	9

Source: Food manufacturer labels  
Note: g=grams, Sat Fat=saturated fat

Who doesn't enjoy a good cookie now and then? Whether you like them thin and crispy, soft and chewy, or filled with cream, there's something out there for everyone. And today, you've probably noticed plenty of cookies in the supermarket that appear to be healthier than traditional cookies of yore. While no one would really call cookies healthy, that doesn't mean you can't make a healthier choice the next time you're browsing in the cookie aisle.

**Helpful Hints.** Here are a few pointers to keep in mind the next time your cookie craving kicks in:

- **Know what you want.** If you have diabetes or other blood sugar concerns, certainly the sugar-free varieties are your best choice for an occasional treat. If not, however, calories or saturated fat content may take priority over sugar for you.
- **Keep portions in mind.** You'll notice the serving sizes of many of these is fairly small—usually two cookies. So while 100 calories doesn't seem too bad, if you're sitting down with four, six, or more cookies at a time, those calories (and everything else) add up. If stopping after just one or two cookies is too much for you to bear, those little 100-calorie packs were made for you.
- **Sugar-free foods have calories.** Keep in mind the words "sugar-free" do not equal "calorie-free." Cookies with non-sugar sweeteners still contain calories, and sometimes as many or more than those made with sugar. So get rid of the mindset that "sugar-free" = "can eat unlimited amounts."
- **Look for healthy bonuses.** These days, cookies are filled with more than just chocolate chips and creamy fillings. For an added nutritional benefit, albeit small, when you're quelling that sweet tooth look for cookies containing nuts, rolled oats, dried fruit, flax seeds, whole wheat flour, or other nutrient-packed ingredients.

— Heidi McIndoo, M.S., R.D.