

“Your Health is on Your Plate”

Shopping Guide: Crackers



HIGH FIBER (3-6 grams fiber per 1-oz. serving)

5 Ak-Mak 100% Whole Wheat Stone
Ground Sesame Crackers**

(# of crackers in a 1-oz. serving)**

6 Back to Nature Harvest Whole Wheats

13 Mary’s Gone Crackers

15 Nabisco Triscuit Thin Crisps

7 Nabisco Triscuit Reduced Fat

**3 RyVita Rye & Oat Bran Whole Grain Rye
Crispbread**

17 Trader Joe’s Multigrain Savory Thins

7 Trader Joe’s Woven Wheat Wafers

2 WASA Multigrain Crispbread

IF YOU INSIST... (2 grams fiber per 1-oz. serving)

4 Carr’s Whole Wheat Crackers

6 Dare Breton Multigrain

13 Nabisco Wheat Thins 5 Grain Crunch

16 Hain All Natural Wheatettes

15 Kashi TLC Crackers Original 7 Grain

WHAT’S THE POINT? (0-1 gram fiber per 1-oz. serving)

10 Back to Nature Classic Rounds

10 Barbara’s Rite Lite Rounds Original

16 Blue Diamond Almond Nut-Thins

4 Carr’s Whole Wheat Crackers

**20 365-Golden Stoneground Wheat
Crackers Bite Size**

16 Hain All Natural Wheatettes

18 Kashi TLC Country Cheddar

10 Keebler Club Crackers Reduced Fat

24 Keebler Club Puffed Multigrain

4 Keebler Townhouse Bistro Multigrain

10 Keebler Townhouse Wheat

8 Late July Organic Classic Saltines

22 Nabisco Better Cheddars

12 Nabisco Chicken in a Biskit

**10 Nabisco Premium Multigrain Saltine
Crackers**

16 Nabisco Wheat Thins Reduced Fat

**10 Nabisco Wheatsworth Stone Ground
Wheat**

30 O Organics Bite-Size Cheese Crackers

8 Pepperidge Farm Butter Thins Crackers

4 Red Oval Farms Stoned Wheat Thins

10 Ritz Crackers Whole Wheat

27 Sunshine Cheez-It

**8 Trader Joe’s Toasted Sesame Seed Water
Cracker**