



GREAT SHAPE

Cape Cod Blue Corn Multigrain Dipping Shells

The scooplike shape is perfect for dipping or topping. Chia and brown rice lend depth of flavor and elevate the whole-grain content of this chip to 19 grams per serving (that's almost half your daily recommended amount).



Harvest Stone Brown Rice, Sesame, and Flax Crackers in Original

These gluten-free crunchers provide 20 grams of whole grains per serving. They're supercrispy, deliver a good sesame and brown rice flavor, and are sturdy enough to hold up to toppings or dips.



Angie's Boom Chicka Puff in White Cheddar

The airy texture is a great alternative to traditional cheese puffs (and won't leave behind bright orange fingers) and boasts an ingredient list that includes whole grains like quinoa, sorghum flour, and cornmeal.



Outshine Simply Yogurt Bars in Peach

Big, fresh peach flavor—like peach ice cream on a stick—without a hint of artificiality. The yogurt tang is a great complement to the bar's supercreamy richness. And 5 grams of protein per bar is a sweet bonus.



CRUNCH CRAVE

Biena Chickpea Snacks in Habanero

With a large serving size that satisfies a crunch craving, these roasted legumes are crisp without making you worry about a trip to the dentist, and they have just enough sweet to balance out the habanero heat.



PORTION PATROL

Avoid a snacktastrophe: Pack snacks in single-portion servings.

Nature Valley Nut Crisp Bar in Salted Caramel Peanut

Tastes like fresh sunflower seeds with just the right texture and a nice sweet-salty balance—delivers on the caramel flavor with only 6 grams of sugar per bar.

Unreal Milk Chocolate Crispy Quinoa Peanut Butter Cups

You had us at "peanut butter cup," but the addition of quinoa lends a delicate crunch, giving this old-fashioned flavor profile a hip twist.

Post Great Grains The Bar Undone Granola Snack Mix

This perfect mix of nuts, grains, flax, chia, roasted chickpeas, and dried cranberries offers 4 grams of fiber and 9 grams of protein per pouch. Try it as a topper for oatmeal or yogurt.

Planters Sea Salt & Vinegar Peanuts

This versatile nut mimics the flavor of the classic potato chip combo, easily transitioning from snacking hour to happy hour. Or toss over a

salad for lunchtime crunch. There's a nice tang here, with a hint of salt—but not so much that it covers up the flavor of a good roasted peanut underneath.

Fiber One Chocolate Chip Crunchy Cookie

A healthier alternative to your typical store-bought cookie—it's made with whole-wheat flour and provides 5 grams of fiber per serving. The crunchy texture begs to be dunked in a glass of ice-cold milk.



Annie Chun's Gochujang Seaweed Crisps

Funky Asian flavor (think of gochujang as a savory miso-like condiment) with lingering heat wrapped in crisp, crunchy texture. If you wanted to eat the entire bag, it's still only 160 calories.



Halo Top Creamery Mint Chip Ice Cream

240 calories for the entire pint—we still can't believe it! The texture lands somewhere between frozen custard and old-school ice milk. The natural mint flavor enhances the treat's milky sweetness.



Kerrygold Soft & Creamy Dubliner Cheese Wedges

Oh-so-very creamy and rich, with a mildly nutty flavor for only 45 calories per wedge. Try it spread on a sandwich, stirred into a pot of whole grains, or as a dip for veggies or fruit.



Michele's Apple Quinoa Granola

Crispy clusters of toasty oat- and quinoa-flecked granola—one of the better-textured brands out there, with true apple flavor and good nut distribution. Only 4 grams of sugar per serving.



Sargento Balanced Breaks

The combo of ingredients hits salty, sweet, and savory notes and lets you build your own protein-packed snack (or toss it over a bed of spinach for a quick salad meal).

Kite Hill Cream Cheese Style Spread

This dairy-free alternative is made with almonds and contains zero grams of sat fat. The almond flavor is subtle, and testers liked the plain and chive versions equally.

Tribe Swirl Fiery Sriracha Hummus

Sriracha is such a big trend, but this product really delivers on the condiment's promise—authentic warm heat in a wonderfully creamy hummus base.

Noosa Pumpkin Yoghurt

In the deluge of pumpkin-flavored products on the market this time of year, it's easy to enter the ranks of the pumpkin-averse. Not so with this decadently creamy yogurt that keeps portion size in check.

Evolution Fresh Emerald Greens Cold-Pressed Juice

First you taste refreshing cucumbers; then it's tangy and lightly sweet on the finish. Delivers a dose of potassium (18% of your daily needs) on par with coconut water.

PHOTOGRAPHY (LEFT AND RIGHT, INDIVIDUAL PRODUCTS): CATELIN BENDEL