

Improve Your Cracker Choices: Look for Whole Grain First

Nutrition Comparison of Snack Crackers

Crackers are listed in alphabetical order within each category. Serving size is the number of crackers in one ounce, though some packages list ½ ounce as a serving. As with all EN comparisons, this is only a sampling of the brands available.

✓ = EN's Picks. Cracker picks are free of trans fats, have whole grains listed as the first ingredient and contain no more than 5 grams of fat, 1 gram of saturated fat, 250 milligrams of sodium and at least 2 grams of fiber per one-ounce serving.

Brand Name (number of crackers/ one-ounce serving)	Cals	Fat (grams)	Sat. Fat (grams)	Sodium (mg)	Fiber (grams)	Main Grain
REFINED WHEAT CRACKERS						
Back to Nature Classic Rounds (10)	140	4	0	150	0	Enriched flour
Barbara's Rite Lite Rounds Original (10)	120	4	0	400	0	Organic wheat flour
Keebler Club Crackers Reduced Fat (10)	140	5	1	380	<1	Enriched flour
Keebler Townhouse Wheat (10)	160	8	2	280	<1	Enr'd flour, WW flour
Late July Organic Classic Saltine (8)	120	5	1	240	0	Organic wheat flour
Nabisco Chicken in a Biskit (12)	160	8	1.5	300	1	Enriched flour
Nabisco Wheatsworth Stone Ground Wheat (10)	160	7	2	360	<1	Enriched flour
Pepperidge Farm Butter Thins Crackers (8)	140	6	2	190	0	Enriched white flour
Red Oval Farms Stoned Wheat Thins (4)	120	3	0	140	<1	Enriched flour
Ritz Crackers Whole Wheat (10)	140	5	1	240	<1	Enr'd flour, WW flour
365 Golden Stoneground Wheat Crackers Bite Size (20)	130	3	0	270	1	Enriched wheat
Trader Joe's Toasted Sesame Seed Water Crackers (8)	140	3	0	80	0	Enriched flour
WHOLE WHEAT CRACKERS						
✓ Ak-Mak 100% Whole Wheat Stone Ground Sesame Crackers (5)	115	2	0.5	220	4	100% organic WW
✓ Back to Nature Harvest Whole Wheats (6)	120	4.5	0	180	3	WW
Carr's Whole Wheat Crackers (4)	160	7	3	200	2	WW flour
Hain All Natural Wheatettes (16)	130	3.5	0	270	2	Organic WW flour
✓ Nabisco Triscuit Reduced Fat (7)	120	3	0.5	160	3	WW flour
✓ Nabisco Triscuit Thin Crips (15)	130	5	1	180	3	WW
✓ Nabisco Wheat Thins Reduced Fat (16)	130	4	0.5	260	1	WW flour
✓ Ryvita Rye & Oat Bran Whole Grain Rye Crispbread (3)	105	0	0	30	6	Whole-grain rye flour
✓ Trader Joe's Woven Wheat Wafers (7)	130	5	0	200	3	WW
MULTIGRAIN CRACKERS						
Dare Breton Multigrain (6)	160	7	4	320	2	Wheat flour, WW flour
Kashi TLC Crackers Original 7 Grain (15)	130	3	0	160	2	Wheat flour, whole grains
Keebler Club Puffed Multigrain (24)	140	6	1	310	1	Enr'd flour, WW flour, whole oat flour
Keebler Townhouse Bistro Multigrain* (4)	160	6	1	260	<1	Whole-grain oats, WW, rice
Nabisco Premium Multigrain Saltine Crackers (10)	120	3	0	340	0	Enr'd flour, whole grains, WW flour
Nabisco Wheat Thins 5 Grain Crunch (13)	130	4	0.5	230	2	Enr'd flour, WW flour
✓ Trader Joe's Multigrain Savory Thins (17)	130	2.5	0	160	4	Brown rice, WW flour
✓ Wasa Multigrain Crispbread (2)	90	0	0	160	4	Whole-grain rye, WW
CHEESE-FLAVORED CRACKERS						
Kashi TLC Country Cheddar (18)	130	4.5	0.5	220	<1	Wheat flour, whole grains
Nabisco Better Cheddars (22)	160	8	1.5	360	<1	Enriched flour
O Organics Bite-Size Cheese Crackers (30)	130	3.5	1.5	370	1	Organic wheat flour
Sunshine Cheez-It (27)	160	8	2	250	<1	Enriched flour
RICE-BASED CRACKERS						
Blue Diamond Almond Nut-Thins (16)	130	2.5	0	115	1	Rice flour
✓ Mary's Gone Crackers Original (13)	120	3.5	0	150	3	Organic brown rice, organic quinoa

* Contains trans fats.
Cals=calories; Sat. fat=saturated fat; WW=whole wheat
Enriched (Enr'd) flour=enriched wheat (white) flour

A lot has changed in the cracker aisle of the supermarket. Just three years ago, only a few brands of crackers had taken the healthful step of removing trans fats. Now, manufacturers have pretty much all jumped on the bandwagon and you'd be hard-pressed to find a cracker that still contains trans fats (although we did find one).

Whole-Grain Truths. The latest improvement in cracker formulations focuses on whole grains and multigrains as well as on fiber from wheat or oat bran. But don't judge a cracker by its package or its color. It's tough to tell the difference between refined wheat and whole-wheat crackers. Dark or speckled crackers are not always high in fiber. And many products that brag of being multi-grain or made with stoneground wheat actually contain few or no whole grains.

The only way to be sure? Read the ingredient list. You're best off choosing a cracker that lists a whole grain as the first ingredient or the only grain. Next best is a whole grain as the second ingredient.

Be sure to check out the sodium in your cracker. Some otherwise healthful whole-grain crackers don't make the grade because of their sodium content.

EN favorites? The *über*-nutritious European-style crispbreads, as well as options from Trader Joe's.

Cracking the Code

- **Be skeptical of buzz words.** The words "multigrain" and "stone-ground" aren't synonymous with "whole grain." And be aware a product may say it "contains whole grain" or is "made with whole grain" and yet not be 100% whole grain.
- **Read labels for the first ingredient.** Look for whole wheat or other whole grain as the first ingredient, ideally, or at least as the second ingredient.
- **Compare equivalent serving sizes.** Some serving sizes are ½ ounce and some are one ounce. Do the math to make fair comparisons.
- **Watch out for sodium.** Even healthful crackers can be high in sodium.
- **Skip freeloading fat traps** like cheese or sour cream dips. Try a bean dip or salsa instead.

—Julie Upton, M.S., R.D.