

SheKnows : SheKnows Food Blog

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Nutritional snack foods for your family



It's oftentimes tempting to fill up on traditional snack foods, such as cookies and potato chips. However, you can easily provide your family with nutritional alternatives instead, such as fruit or one of these wonderful snack items. These snacks are great for kids' lunchboxes and just to have around the house to munch on.

Dr. Kracker Snack Chips and Crackers

Dr. Kracker bakes a line of whole grain (whole white wheat or spelt), organic flatbread crackers that are topped with flavorful seeds. They recently launched one-ounce, grab-and-go bag of Snack Chips are very popular for school lunches and snacks. Dr. Kracker Snack Chips come in five flavors (Klassic 3-Seed, Seeded Spelt, Seedlander, Pumpkin Cheddar, and Sunflower Cheddar) and each package provides approximately 4 grams of fiber, 5 grams of protein, and 120 calories. Dr. Kracker also launched its new foodservice product, the Snack Flat, an individually-wrapped cracker for soup and salad bars, schools, etc. You can get more information and find out how to order these great tasting, healthy crackers and chips from drkracker.com.



Navitas Naturals Trail Power

This is not your everyday trail mix. Trail Power, a healthy line of snack mixes made with exotic raw organic berries and nuts that pack a power punch of antioxidants, protein, fiber, vitamins and minerals. The three varieties, Goji-Golden Berry-Mulberry, Goji-Cacao Nibs-Cashew and Three Berry-Cacao Nibs-Cashew, are USDA certified with 70% organic ingredients and certified kosher through Earth Kosher. The mixes are packaged in 4, 8 and 16 oz re-sealable bags for snacking. To find a retailer near you, visit navitasnaturals.com.

FOODSHOULDTASTEGOOD Tortilla Chips

A great alternative to potato chips, these corn tortilla chips are made with the natural flavor components baked into the chips, and are available in four distinctive flavors: Multigrain, Jalapeño, Olive, and Chocolate. Absolutely free of trans fats, cholesterol, and any artificial ingredients, FOODSHOULDTASTEGOOD tortilla chips are sold in 6-7ounce bags nationally at Whole Foods Market. For more information, visit foodshouldtastegood.com.



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Added on December 26th, 2007 by Kori Ellis

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