

Healthful Cracker Brands

Variety	Serving Size	Calories	Fat (g)	Protein (g)	Sodium (mg)	Total Carbohydrate (g)	Fiber (g)	Total Sugars (g)	Added Sugars (g)
Crunchmaster® Protein Sea Salt	32 crackers (30 g)	130	3	5	170	20	3	1	0
Highkey® Cheddar Almond Flour Crackers	15 crackers (29 g)	140	10	7	220	10	8	1	0
Mary's Gone Crackers™ Super Seed Classic Crackers	12 crackers (30 g)	150	7	5	280	16	3	0	0
Mary's Gone Cheeze™ Cheddar Flavor Crackers	19 crackers (30 g)	140	6	4	270	19	2	1	0
La Panzanella® Artisanal Foods Co. Croccantini Sprouted Grain Artisan Crackers	4 crackers (17 g)	70	1	3	95	13	1	0	0
Leslie Stowe Almond Flour Raincoast Crisps® Salty Date	3 crackers (15 g)	70	3	2	140	8	1	3	1
Simple Mills® Seed Flour Everything Crackers	9 crackers (30 g)	150	8	2	180	18	1	0	0
Wasa® Sourdough Crispbreads	1 slice (12 g)	30	0	1	50	7	2	0	0
365 Whole Foods Market Black Sesame Rice Crackers	16 crackers (30 g)	130	3	3	140	22	1	<1	0

SOURCE: THE PRODUCTS AND NUTRITION INFORMATION LISTED IN THIS TABLE COME FROM MANUFACTURER WEBSITES AND REPRESENT ONLY A SAMPLE OF WHAT'S AVAILABLE ON THE MARKET.