

10 HEALTHY SNACK SWAPS UNDER \$4

Jailene Jimenéz, RD | February 2, 2022



Snacking can get a bad rep, but we're seeing several new companies developing options packed with wholesome ingredients. Identifying these healthy options in a sea of brands can be overwhelming. Fortunately, we've compiled a list of new snacks you can swap in for your old favorites!

Whether your goal is to increase your protein intake, lose weight, or live a healthier lifestyle, keep the following tips handy before selecting your next snack:

- Instead of products cooked in highly processed and refined oils, look for snacks cooked in coconut, avocado, or olive oil.
- Choose products with more than three grams of protein and fiber to help keep you full longer.
- Pass on the snacks with high sodium, added sugars, and fat.
- Choose snacks made with natural ingredients.

**IN THE MOOD FOR SOME POPCORN, CHEESE PUFFS, CHIPS, OR CHOCOLATE?
TRY THESE TEN HEALTHY ALTERNATIVES INSTEAD!**



Lesser Evil Organic Popcorn — "No Cheese" Cheesiness Flavor

This cheese-flavored popcorn is made with coconut oil, provides more fiber fewer calories, and is cooked using better fats. Best of all, Lesser Evil popcorn has three cups in one serving!



Hippeas Chickpea Puffs — Vegan White Cheddar Flavor

Fiber and protein content is essential in curbing hunger. These White Cheddar Hippeas are made with plant protein (chickpeas) and offer three grams of fiber and four grams of protein per serving.



Lesser Evil Paleo Puffs — "No Cheese" Cheesiness Flavor

We all love cheese, but not all stomachs share in that love. These Paleo Cheese Puffs are made with non-dairy seasoning and coconut oil. Even better — one serving size is 25 puffs. That means more puffs for you while still consuming less fat and sodium!



Whisps Cheese Crisps — Parmesan, Asiago & Pepper Jack, and Cheddar Flavors

These Cheese Crisps offer 10 to 13 grams of protein per serving, depending on the flavor, and are a great way to increase your daily protein intake. They work great as a snack or a low-carb alternative to croutons.



Brad's Crunchy Kale — Nacho Flavor

Healthy snacks don't have to be bland and boring. These nacho-flavored kale chips are made with real veggies and are air-dried (not baked or fried).



Krave Pork Rinds — Chili Lime Flavor

Krave makes pork rinds that contain slightly less fat than other brands. If you're on a low-carb diet, you can enjoy these zero-net-carb snacks without worry.



Siete Tortilla Chips — Fuego Flavor

These spicy tortilla chips are made with natural ingredients like avocado oil and have low sodium. If you like spicy snacks, you will love these! On top of the riveting flavor, one serving contains 19 chips.



Barnana Plantain Chips — Acapulco Lime Flavor

Barnana makes their plantain chips with coconut oil. You can use these as your new salsa or guacamole dip chip.



That's It Fruit Bars

Most fruit bars contain excess added sugars and little-to-no fiber. However, the only ingredients in these fruit bars are, well, fruit! That's it!



Quest Peanut Butter Cups

If you have a sweet tooth, consider these peanut butter cups. Quest's cups provide 11 grams of protein, four grams of fiber, and less than one gram of sugar compared to other peanut butter cups.

Snacking in moderation can help you achieve your health goals, and as we learned today, it doesn't have to break the bank either! If you are still unsure where to begin, reach out to a Registered Dietitian Nutritionist to come up with a plan that best meets your needs.



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"I'm blessed to do what I love most, which is to spread the power of nutrition. I love the relationships built in the resident community, their positivity and great outlook on life is contagious."

Jailene Jiménez is a Registered Dietitian with Healthcare Services Group, HCSG, an experienced partner managing dining, and nutritional services within the healthcare market. She joined HCSG in 2021 and serves the resident community in California. Jailene is a California State University - San Bernadino graduate where she obtained her Dietitian Licensing in 2020.