



## POTATO CHIPS

If someone asked me what low-fat snack I'd bring if I were stuck on a desert island, it would definitely be Baked Lay's Sour Cream and Onion or Lowfat Original. They satisfy every snack craving I ever have, and you can eat the whole bag fairly guilt-free.

Package Size	Price	Serving Size	Fat	Cals	Brand
5 oz., 5 servings	\$1.99	1 oz., 12 crisps	1.5 g	110	Wise Choice
5 oz., 5 servings	\$1.99	1 oz., 12 crisps	1.5 g	110	Baked Lay's Lowfat
Low Fat Extra Thin Original Baked Potato Crisps: They don't come close to the Lay's. Buy only if you're desperate.					
Low Fat Extra Thin Bar-B-Q Flavored Baked Potato Crisps: Skip them. Eat carrots.					
Sour Cream & Onion Potato Crisps: The best on the market.					
Original Potato Crisps: Light and crispy—perfect.					
KC Masterpiece Barbecue Flavor Potato Crisps: If you like barbecue chips, a good substitute. Perfect PMS food, but try not to eat the whole bag—they're super salty. If you do, drink lots of H <sub>2</sub> O.					

# New Woman Snack Report

We rate the best and worst of the "lite" brigade. *by Elizabeth Fassberg*

## PRETZELS

You can't go wrong with pretzels as a snack. They're salty, crunchy, and so filling that you can usually stop before you've scarfed down the whole bag.

Brand	Cals	Fat	Serving Size	Price	Package Size
Snyder's of Hanover	120	0 g	16 nibblers	\$1.79	10 oz., about 9 servings
<i>Nibblers:</i> My favorite pretzel on the market. Satisfies your salt craving but guaranteed not to make you sick, even if you overdo it.					
Nabisco	110	0 g	22 crisps	\$2.99	7.5 oz., 8 servings
<i>Pretzel Air Crisps:</i> Light, crispy, and a new twist on the traditional hearty pretzel—more like a pretzel-cracker. Not tons of flavor but still a great snack.					
Newman's Own Organics	110	1 g	10 rounds	\$1.95	7 oz., 7 servings
<i>Salted Rounds:</i> Good crunch, organic, plus Paul gives all the profits to charity. They're a little more expensive than the brand-name pretzels like Bachman's that usually go on special at the grocery store, but in my opinion worth it.					
Newman's Own Organics	110	1 g	10 rounds	\$1.95	8 oz., 8 servings
<i>Salt and Pepper Rounds:</i> Only buy these if you absolutely adore pepper—otherwise skip them.					
Harry's All Natural	104	0 g	1 oz.	\$2.30	8.5 oz., 8.5 servings
<i>Honey Mustard Pretzels:</i> Perfect if you're trying to cut your sodium intake. They have a sweet honey and mustard flavor and no salt. The more you eat them, the more you'll like them. They also make Spicy Ranch. Available in gourmet stores; you can order a case for \$23.66 (shipping included); call (516) 932-3200.					
Snyder's of Hanover	130	2 g	14 nibblers	\$2.19	9.5 oz., 9 servings
<i>Golden Cheese Nibblers:</i> So good and cheesy, it's hard to stop eating them!					

## POPCORN

Popcorn is a must-have munchie for the movies. Instead of eating the oily theater kind, bring a low-fat brand. My favorite is caramel, although I've included a few plain varieties too.

Brand	Cals	Fat	Serving Size	Price	Package Size
Boston's Fat Free	100	0 g	¾ cup	\$2.19	8 oz., 8 servings
<i>All-Natural Caramel Popcorn:</i> My favorite. It's a deep, dark, rich caramel corn.					
Crunch'n Munch	110	0 g	¾ cup	\$1.89	4 oz., 4 servings
<i>Toffee Popcorn:</i> It's a good alternative to Boston's but a bit salty.					
Fat Free Original Cracker Jack	110	0 g	1 cup	\$1.69	7 oz., 7 servings
<i>Caramel Coated Popcorn:</i> The peanuts make the popcorn! Splurge on a small box.					
Robert's American Gourmet	120	0 g	1 oz.	\$2.29	6 oz., 6 servings
<i>No Fat Caramel Nude Food:</i> Tastes a bit naked—it needs another dunking in the caramel.					
Robert's American Gourmet	46	0 g	½ oz. or 2 cups	\$2.29	2 oz., 4 servings
<i>Nude Food:</i> Only try if you're desperate to have something in your mouth.					
Bachman's Lite	120	1.5 g	5 cups	\$1.69	4 oz., 4 servings
<i>Air Popped Popcorn:</i> A good movie popcorn alternative, albeit a bit rubbery. When you open the bag, let it sit for a few minutes before you start eating—it reduces the rubber taste.					
Bachman's Butter	120	1.5 g	5 cups	\$1.49	4 oz., 4 servings
<i>Lite Popcorn:</i> Tastes a little like movie popcorn with the artificial butter flavor. I'd opt for Bachman's Lite.					



## TORTILLA CHIPS

You need to be careful when you're choosing low-fat tortilla chips. Although some brands are terrific, many of them are about as flavorful as cardboard.

Brand	Cals	Fat	Serving Size	Price	Package Size
<b>Baked Tostitos</b>	110	1 g	1 oz.	\$2.49	8 oz., 8 servings
Definitely the best corn chip on the market. You can taste the corn, and they're very crunchy. And they have only 1 gram of fat per serving.					
<b>Wise Choice</b>	120	1.5 g	1 oz.	\$1.99	8 oz., 8 servings
<i>Lowfat Baked Tortilla Chips:</i> They're my second choice. Thin and crispy; not a lot of flavor.					
<b>Boston's Baked Tortillas</b>	110	1.5 g	13 chips	\$2.49	10 oz., 9 servings
All you taste is salt.					
<b>Guiltless Gourmet</b>	110	1 g	1 oz., 20 chips	\$2.99	7 oz., 7 servings
<i>Baked Not Fried Tortilla Chips The Original:</i> Absolutely no flavor.					
<b>Guiltless Gourmet</b>	110	1 g	1 oz., 18 chips	\$2.99	7 oz., 7 servings
<i>Baked Not Fried Tortilla Chips Organic Blue Corn:</i> Good flavor and crunchy. Serve with salsa.					
<i>Baked Not Fried Tortilla Chips Chili &amp; Lime:</i> Tastes like lime and chili flavoring.					
<i>Baked Not Fried Tortilla Chips White Corn:</i> Another cardboard taste-alike.					

## SALSA

The list of salsas on the market could be a chart in and of itself. Most are fat-free and really add a lot of flavor to the low-fat chips. Try the chips and salsa with nonfat sour cream.

Brand	Cals	Fat	Serving Size	Price	Package Size
<b>Desert Pepper Trading Company</b>	10 (2 Olive Roasted Garlic), 20 (Corn Black Bean Roasted Red Pepper)	0 g	2 Tb.	\$3.95	16 oz., 15 servings
<b>Saguaro</b>	15	0 g	2 Tb.	\$4.99	12 oz., 12 servings
<b>Jardine's</b>	20	0 g	2 Tb.	\$3.98	11.5 oz., 10 servings
<b>Tostitos</b>	15	0 g	2 Tb.	\$2.49	16 oz., 12 servings
<p><i>2 Olive Roasted Garlic Salsa (medium hot):</i> If you're tired of normal flavored salsa, the olives add a zesty touch.</p> <p><i>Corn Black Bean Roasted Red Pepper Salsa:</i> Great! The corn and beans will make you want to eat it with a spoon.</p> <p><i>No Fat Guacamole:</i> I should have known better. Guacamole can't be fat-free and still taste good.</p> <p><i>Gourmet Peach Salsa:</i> The fruit gives this salsa a sweet twist. It's a flavorful change.</p> <p><i>Roasted Garlic Salsa:</i> For big brand-name salsa it's pretty good, especially the roasted garlic flavor.</p>					

## CRACKERS

The large food companies have done a good job with low-fat crackers. They're satisfying and don't taste greasy the way some fat-laden crackers do. But make sure you read the label—the calories can add up fast.

Brand	Cals	Fat	Serving Size	Price	Package Size
<b>Snack Well's Snack Crackers</b>	120	2 g	32 little crackers	\$2.59	5.5 oz., 5 servings
<i>French Onion:</i> They don't taste low-fat. A good chip alternative since they're bite-size.					
<b>Health Valley Fat-Free Crackers</b>	50	0 g	6 crackers	\$1.99	6 oz., 12 servings
<i>Organic Wheat with Onion:</i> A thumbs-up for these fat-free crackers. So satisfying, you won't need to eat the whole box!					
<b>Snack Well's Classic Golden Crackers</b>	60	1 g	6 crackers	\$2.59	5 oz., 10 servings
Not quite as good as the buttery, flaky crackers we all know and love, but for the amount of fat they're worth eating as a substitute.					
<b>Healthy Choice Bread Crisps</b>	110	1.5 g	11 crisps	\$2.69	6 oz., 6 servings
<i>Garlic Herb:</i> Better than melba toast, and filling.					
<b>Zaidy's Pletzel</b>	100	1 g	1 oz.	\$3.49	5 oz., 6 servings
<i>Garlic:</i> A bit pricey, but the best I've had. They're like garlicky crackers. If you can't find them in your supermarket, call (800) 765-4243 to order.					
<b>Nabisco Premium</b>	60	0 g	5 crackers	\$2.29	15 oz., 28 servings
<i>Fat Free Saltine Crackers:</i> When you're in the mood for a plain cracker or you don't want to spend extra to get a low-fat snack, these are perfect. You know what you're getting.					
<b>New York Flatbreads</b>	40	0 g	1 piece	\$1.69	5 oz., 13 servings
These are great in any flavor—cracked pepper, roasted garlic, garden vegetable, honey cinnamon, plain, and pumpkinseed!					
<b>Red Oval Farms</b>	60	1.5 g	2 crackers	\$1.99	10.6 oz., 20 servings
<i>Stoned Rye Cracker:</i> Of course, they aren't as good as the regular, but they have great texture and are delicious with low-fat cheese. They have a high calorie count, though, so don't eat too many. I like the low-fat Stoned Rye better than the low-fat Stoned Wheat.					
<b>KA-ME</b>	110	1.5 g	16 crackers	\$1.99	3.5 oz., 3.5 servings
<i>Flavored Rice Crunch Crackers:</i> You get to eat a lot of crackers for the calories, and they're not bad.					
<b>Grissini Torino Breadsticks</b>	110	1.5 g	9 breadsticks	\$1.49	3.5 oz., 4 servings
Great to eat when you're stressed out. They're long and crunchy.					
<b>Stella D'Oro Oven Baked Snack Stix</b>	70	2 g	4 breadsticks	\$1.59	6.5 oz., 11 servings
<i>Potato Onion Breadsticks:</i> Very good (they don't taste low-fat), but be careful—the calories will add up quickly.					
<i>Cracked Pepper Breadsticks:</i> Too peppery for my taste. □					