It’s getting down to crunch time in the cracker aisle.

All foods have to include numbers for artery-clogging trans fat on their Nutrition Facts panels by January 1, 2006 (thanks to a 1994 petition to the FDA from our publisher, the Center for Science in the Public Interest). So cracker makers like Nabisco are slogging through their product lines, removing as much partially hydrogenated oil as possible from each item. (Trans fats are created when manufacturers hydrogenate—chemically add hydrogen to—oils to make them more solid.)

Meanwhile, books like The South Beach Diet have stirred up an interest in whole grains. Which crackers are whole-grain...and which just pretend to be? Read on.

To some people, snacks are synonymous with junk food. They don’t have to be.

A crisp apple or a handful of grape tomatoes or baby carrots can keep you going until dinner and boost your fruit-and-vegetable tally to boot. But anything fresh may take advance planning, a refrigerator, a sink, and a carefully sealed package.

In contrast, crackers can sit patiently until summoned to quell hunger. And if you choose the best ones, they can supply whole grains, fiber, and flavor at little cost to your arteries or waistline.

Here’s how to save yourself from vending machine chips, concession stand candy bars, and coffee shop pastries.

Go for Whole Grains

Crackers are meant to be crunchy. So they’re a natural fit for whole grains, which have more texture than their dissolve-in-your-mouth refined cousins. Even if whole grains didn’t cut the risk of heart disease, stroke, diverticulosis, and constipation, they’d make a great cracker.

But some whole grains are healthier than others. Although they all contain phytochemicals that are lost when grains are refined, whole wheat and whole rye are fiber-rich, while brown rice is fiber-poor. In fact, none of the brown rice crackers we found had enough fiber for a Best Bite or Honorable Mention (unless they had added rice bran).

And some labels make it tricky to figure out which brands are whole-grain. For example:

- **Kashi TLC** (Tasty Little Crackers) has “Seven Whole Grains & Sesame,” says the box. You’d think the crackers, like most Kashi cereals, contain nothing but whole grain. In fact, TLCs have more white flour than whole grains and sesame, which is why they’re not an Honorable Mention even though they have two grams of fiber in a one-ounce (30-gram) serving. (The Country Cheddar flavor has no fiber.)

- **Nabisco Premium Saltines with Multi Grain** are no more than 10 percent multigrain—enough to supply just one gram of fiber per serving.

- **Nabisco Wheat Thins, Nabisco Wheatsworth Stone Ground Wheat**, and **Red Oval Farms Stoned Wheat Thins** may sound like they’re whole-grain. But don’t confuse “wheat” with “whole wheat.” Except for a little cracked wheat (in the Red Oval Thins) or wheat germ and/or whole wheat (in the Nabisco Wheatsworth or Wheat Thins), they’re refined flour.

What to do? Check the ingredient list. Just make sure that you know the code words. Refined white flour is usually called “wheat flour.” It may be enriched or not, bleached or not, and organic or not, but if you don’t see the words “whole” or “whole grain,” it probably isn’t. Ditto for corn, rye, or rice flour.

Cracked wheat and rolled oats are whole grains. So is rye or corn meal. Oat, rice, and wheat bran and wheat germ aren’t quite whole, but they’re just as good (the bran and...
germ are what’s lost when grains are refined). Neither bran nor germ is likely to be the first ingredient in a cracker, though.

Our chart (pp. 14 & 15) narrows the cracker universe to brands that are entirely or partially whole-grain, plus a smattering of refined-grain big brands (like Ritz). Best Bites contain no refined flour at all and have at least three grams of fiber. Honorable Mentions contain more whole grains than refined flour—that is, the whole-grain flour appears before the refined flour in the ingredient list. They have at least two grams of fiber.

**Limit Saturated and Trans Fat**

Saturated fat is easy. Just check the label to make sure you’re getting no more than one gram per ounce. The only catch: some of the largest brands—Nabisco’s Ritz and Wheatsworth, for example—use a half-ounce serving (about 15 grams). Make sure you double the sat fat number (and the calories, sodium, etc.) on the package to see how much you’re getting in a more-typical one-ounce serving.

Trans fat is trickier. Labels rarely disclose trans unless it’s zero. (That will change in January 2006, when trans fat labeling becomes mandatory.) So you have to do a little detective work. Check the ingredient list. If you don’t see partially hydrogenated oil, the cracker is trans-free.

If the cracker has partially hydrogenated oil, odds are it contains only a negligible amount of trans fat if it has no more than three grams of total fat and it has zero saturated fat. That’s because hydrogenation boosts both trans and saturated fat. (Anything below a half gram per serving can be listed as “zero.” It’s too little to worry about unless you eat the whole box.)

**Minimize Sodium**

Crackers taste like they’re high in sodium, and some are. But many taste saltier than they are because the salt is on the surface, where it’s more likely to register on your taste buds. An ounce of Nabisco Original Premium Saltines, for example, has 440 milligrams of sodium, roughly the same as a cup of Wheat Chex cereal. Yet the crackers taste far saltier.

An ounce of our Best Bites or Honorable Mentions has no more than 240 mg of sodium (a tenth of a day’s worth). There are plenty of them…and they don’t taste bland.

### The Top Tier

Some of our favorite Best Bites have been hanging around the cracker aisle for years. Others are new or refurbished. Most fall into two categories:

- **Triscuits, etc.** Whole wheat and salt. That’s the entire ingredient list of Whole Foods 365 Baked Woven Wheats. The teaspoon or so of oil in a serving of Nabisco Triscuits and Trader Joe’s Woven Wheats Wafers makes them far more interesting.

- **Triscuits** have had a makeover. They always were whole-grain (a six-cracker serving supplies three grams of fiber). But by the time we went to press, all but the French Onion Thin Crisps and Cheddar varieties had shed their partially hydrogenated oil.

  That leaves not just the Original, Reduced Fat, and (somewhat blander) Low Sodium Triscuits, but also the robust Roasted Garlic, onion-infused Garden Herb, shaped-for-serious-dipping Thin Crisps, and caraway-seed-rich Deli-Style Rye. It’s quite a selection.

- **Crispbreads.** Whole-grain rye crackers—usually called crispbreads—are loaded with fiber and are often fat-free. The Swedish Wasa line, which ranges from thick (Hearty Rye) to a little less thick (Light Rye), seems to be the model for brands like Ry Krisp, Ryvita, and Good Health Quilts Rye Crackers.

  Kavli makes a much thinner, more delicate Crispy model, while equally thin Finn Crisp has the most intense rye flavor of the bunch (with or without caraway seeds).

The information for this article was compiled by Tamara Goldis.
The Cracker Barrel

Best Bites (✔✔) have at least 3 grams of fiber in every ounce, and their only flour is whole-grain. Honorable Mentions (✔) have at least 2 grams of fiber, and whole-grain flour has to be the first flour in the ingredient list. Both have no more than 240 milligrams of sodium. Best Bites and Honorable Mentions can contain up to 1 gram of saturated fat, as long as they list zero trans fat on their labels or they contain no partially hydrogenated oil. Otherwise, they have to be sat-fat-free and can contain no more than 3 grams of total fat. Crackers that may contain more than a negligible amount of trans fat have an asterisk (*) next to their saturated fat number.

Within each section, crackers are ranked from least to most saturated fat, then most to least fiber, then least to most sodium, calories, and total fat.

### Whole-grain (number of crackers closest to 1 ounce)

<table>
<thead>
<tr>
<th>Cracker</th>
<th>Calories</th>
<th>Total Fat (grams)</th>
<th>Saturated Fat (grams)</th>
<th>Fiber (grams)</th>
<th>Sodium (milligrams)</th>
</tr>
</thead>
<tbody>
<tr>
<td>✔✔ Good Health Quilts Light Rye (5)</td>
<td>120</td>
<td>0</td>
<td>0</td>
<td>7</td>
<td>160</td>
</tr>
<tr>
<td>✔✔ Ry Krisp Light Rye (5) or Natural (4)</td>
<td>120</td>
<td>0</td>
<td>0</td>
<td>7</td>
<td>160</td>
</tr>
<tr>
<td>✔✔ Kavli Hearty Rye (2) or Hearty Thick (3)</td>
<td>80</td>
<td>1</td>
<td>0</td>
<td>6</td>
<td>80</td>
</tr>
<tr>
<td>✔✔ Wasa Fibre Rye (3)</td>
<td>90</td>
<td>3</td>
<td>0</td>
<td>6</td>
<td>150</td>
</tr>
<tr>
<td>✔✔ Ry Krisp Seasoned or Sesame (4)</td>
<td>120</td>
<td>3</td>
<td>0</td>
<td>6</td>
<td>170</td>
</tr>
<tr>
<td>✔✔ Ryvita, except Fruit Crunch (3)</td>
<td>110</td>
<td>0</td>
<td>0</td>
<td>5</td>
<td>70</td>
</tr>
<tr>
<td>✔✔ Kavli 5 Grain (3) or Crispy Thin (6)</td>
<td>120</td>
<td>0</td>
<td>0</td>
<td>5</td>
<td>90</td>
</tr>
<tr>
<td>✔✔ Finn Crisp Caraway or Dark Rye (5)</td>
<td>100</td>
<td>0</td>
<td>0</td>
<td>5</td>
<td>200</td>
</tr>
<tr>
<td>✔✔ Ryvita Fruit Crunch (2)</td>
<td>100</td>
<td>0</td>
<td>0</td>
<td>4</td>
<td>0</td>
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<tr>
<td>✔✔ Wasa Hearty Rye (2)</td>
<td>90</td>
<td>0</td>
<td>0</td>
<td>4</td>
<td>140</td>
</tr>
<tr>
<td>✔✔ Wasa Light Rye (4)</td>
<td>100</td>
<td>0</td>
<td>0</td>
<td>4</td>
<td>160</td>
</tr>
<tr>
<td>✔✔ ak-mak 100% Whole Wheat Sesame Cracker (5)</td>
<td>120</td>
<td>2</td>
<td>0</td>
<td>4</td>
<td>210</td>
</tr>
<tr>
<td>✔✔ ak-mak Country Style 100% Whole Wheat Cracker Bread (1/4 square)</td>
<td>120</td>
<td>2</td>
<td>0</td>
<td>4</td>
<td>210</td>
</tr>
<tr>
<td>✔✔ ak-mak Old Country Round Whole Wheat Cracker Bread (1/4 round)</td>
<td>120</td>
<td>2</td>
<td>0</td>
<td>4</td>
<td>210</td>
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<tr>
<td>✔✔ Kavli Crispy Garlic (6)</td>
<td>100</td>
<td>2</td>
<td>0</td>
<td>4</td>
<td>230</td>
</tr>
<tr>
<td>✔✔ Health Valley Whole Wheat (13)</td>
<td>130</td>
<td>3</td>
<td>0</td>
<td>4</td>
<td>300</td>
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<tr>
<td>✔✔ Kavli Crispy Pesto or Southwestern Chili Garlic (6)</td>
<td>120</td>
<td>2</td>
<td>0</td>
<td>4</td>
<td>520</td>
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<tr>
<td>✔✔ Manischewitz Whole Wheat Matzos (1)</td>
<td>90</td>
<td>1</td>
<td>0</td>
<td>3</td>
<td>0</td>
</tr>
<tr>
<td>✔✔ Good Health Low Sodium Quilts (8)</td>
<td>120</td>
<td>1</td>
<td>0</td>
<td>3</td>
<td>80</td>
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<tr>
<td>✔✔ Nabisco Reduced Fat Triscuit (7)</td>
<td>120</td>
<td>3</td>
<td>0</td>
<td>3</td>
<td>160</td>
</tr>
<tr>
<td>✔✔ Good Health Original Quilts (8)</td>
<td>120</td>
<td>1</td>
<td>0</td>
<td>3</td>
<td>170</td>
</tr>
<tr>
<td>✔✔ Whole Foods 365 Baked Woven Wheats (8)</td>
<td>120</td>
<td>1</td>
<td>0</td>
<td>3</td>
<td>170</td>
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### Part whole-grain or refined (number of crackers closest to 1 ounce)

<table>
<thead>
<tr>
<th>Cracker</th>
<th>Calories</th>
<th>Total Fat (grams)</th>
<th>Saturated Fat (grams)</th>
<th>Fiber (grams)</th>
<th>Sodium (milligrams)</th>
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</thead>
<tbody>
<tr>
<td>✔✔ Trader Joe’s Woven Wheats Wafers (7)</td>
<td>130</td>
<td>5</td>
<td>0</td>
<td>3</td>
<td>200</td>
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<tr>
<td>✔✔ Sesmark Brown Rice Thins (15)</td>
<td>120</td>
<td>2</td>
<td>0</td>
<td>1</td>
<td>90</td>
</tr>
<tr>
<td>✔✔ Great Value Double Cross (7)</td>
<td>140</td>
<td>5</td>
<td>1*</td>
<td>4</td>
<td>170</td>
</tr>
<tr>
<td>✔✔ Nabisco Low Sodium Triscuit (6)</td>
<td>130</td>
<td>5</td>
<td>1</td>
<td>3</td>
<td>50</td>
</tr>
<tr>
<td>✔✔ Nabisco Garden Herb or Roasted Garlic Triscuit (6)</td>
<td>120</td>
<td>4</td>
<td>1</td>
<td>3</td>
<td>140</td>
</tr>
<tr>
<td>✔✔ Nabisco Deli-Style Rye Triscuit (6)</td>
<td>120</td>
<td>2</td>
<td>1</td>
<td>3</td>
<td>150</td>
</tr>
<tr>
<td>✔✔ Nabisco French Onion Triscuit Thin Crisps (15)</td>
<td>130</td>
<td>5</td>
<td>1*</td>
<td>3</td>
<td>160</td>
</tr>
<tr>
<td>✔✔ Nabisco Triscuit Thin Crisps (15)</td>
<td>130</td>
<td>5</td>
<td>1</td>
<td>3</td>
<td>170</td>
</tr>
<tr>
<td>✔✔ Nabisco Original Triscuit (6)</td>
<td>120</td>
<td>5</td>
<td>1</td>
<td>3</td>
<td>180</td>
</tr>
<tr>
<td>✔✔ Nabisco Cheddar Triscuit (6)</td>
<td>120</td>
<td>5</td>
<td>1*</td>
<td>3</td>
<td>220</td>
</tr>
<tr>
<td>✔✔ Carr’s Whole Wheat (4)</td>
<td>160</td>
<td>7</td>
<td>1*</td>
<td>2</td>
<td>200</td>
</tr>
<tr>
<td>✔✔ San-J Rice Crackers (5-6)</td>
<td>130</td>
<td>4</td>
<td>1</td>
<td>1</td>
<td>170</td>
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</table>

<table>
<thead>
<tr>
<th>Cracker</th>
<th>Calories</th>
<th>Total Fat (grams)</th>
<th>Saturated Fat (grams)</th>
<th>Fiber (grams)</th>
<th>Sodium (milligrams)</th>
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<tbody>
<tr>
<td>✔✔ Health Valley Original Rice Bran Crackers (6)</td>
<td>110</td>
<td>3</td>
<td>0</td>
<td>3</td>
<td>70</td>
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<tr>
<td>✔✔ Wasa Soya (3)</td>
<td>90</td>
<td>0</td>
<td>0</td>
<td>3</td>
<td>150</td>
</tr>
<tr>
<td>✔✔ Finn Crisp Multigrain (5)</td>
<td>110</td>
<td>2</td>
<td>0</td>
<td>3</td>
<td>230</td>
</tr>
<tr>
<td>✔✔ Lavosh Hawaii Ten-Grain (7)</td>
<td>130</td>
<td>3</td>
<td>0</td>
<td>3</td>
<td>300</td>
</tr>
<tr>
<td>✔✔ Devonsheer Unsalted Wheat Melba Toast (5)</td>
<td>100</td>
<td>0</td>
<td>0</td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td>✔✔ Nejaime’s Lavash Sesame Crisp Wafer Bread (1)</td>
<td>140</td>
<td>4</td>
<td>0</td>
<td>2</td>
<td>120</td>
</tr>
<tr>
<td>✔✔ Red Oval Farms Lower Sodium Stoned Wheat Thins (4)</td>
<td>120</td>
<td>3</td>
<td>0</td>
<td>2</td>
<td>140</td>
</tr>
<tr>
<td>✔✔ Old London Wheat Melba Toast (5)</td>
<td>100</td>
<td>0</td>
<td>0</td>
<td>2</td>
<td>180</td>
</tr>
<tr>
<td>✔✔ Barbara’s Bakery Wheatines (8)</td>
<td>110</td>
<td>2</td>
<td>0</td>
<td>2</td>
<td>200</td>
</tr>
<tr>
<td>✔✔ Kashi TLC, except Country Cheddar (16)</td>
<td>130</td>
<td>3</td>
<td>0</td>
<td>2</td>
<td>200</td>
</tr>
<tr>
<td>✔✔ Bremner Caraway (14)</td>
<td>140</td>
<td>3</td>
<td>0</td>
<td>2</td>
<td>210</td>
</tr>
<tr>
<td>✔✔ Wasa Crisp’n light 7 Grain (6)</td>
<td>120</td>
<td>0</td>
<td>0</td>
<td>2</td>
<td>250</td>
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<tr>
<td>✔✔ Nabisco Ritz with Whole Wheat (10)</td>
<td>140</td>
<td>5</td>
<td>0*</td>
<td>2</td>
<td>250</td>
</tr>
<tr>
<td>✔✔ Red Oval Farms Stoned Wheat Thins (4)</td>
<td>120</td>
<td>3</td>
<td>0</td>
<td>2</td>
<td>280</td>
</tr>
<tr>
<td>✔✔ SnackWell’s Wheat (10)</td>
<td>140</td>
<td>3</td>
<td>0</td>
<td>2</td>
<td>300</td>
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<tr>
<td>✔✔ Froomie Snack Crackers (12-13)</td>
<td>130</td>
<td>4</td>
<td>0</td>
<td>2</td>
<td>390</td>
</tr>
<tr>
<td>✔✔ Sesmark Cracked Wheat &amp; Sesame Savory Thins (15)</td>
<td>100</td>
<td>2</td>
<td>0</td>
<td>1</td>
<td>90</td>
</tr>
<tr>
<td>✔✔ Sesmark Toasted Onion &amp; Garlic Savory Thins (15)</td>
<td>110</td>
<td>2</td>
<td>0</td>
<td>1</td>
<td>90</td>
</tr>
<tr>
<td>✔✔ Carr’s Table Water Crackers (9)</td>
<td>130</td>
<td>3</td>
<td>0</td>
<td>1</td>
<td>180</td>
</tr>
<tr>
<td>✔✔ Sunshine Krispy Saltines with Whole Wheat (10)</td>
<td>120</td>
<td>3</td>
<td>0</td>
<td>1</td>
<td>220</td>
</tr>
<tr>
<td>✔✔ JJ Flats Breadflats (2)</td>
<td>140</td>
<td>4</td>
<td>0*</td>
<td>1</td>
<td>260</td>
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</tbody>
</table>
Whole Foods 365 Golden Stoneground Wheat Thins (4)  120  2  0  1  270
Nabisco Premium Saltines with Multi Grain (11)  130  3  0  1  330
Carr’s Stoned Wheat (6)  120  3  0  1  400
Stella D’oro Original Breadsticks (3)  140  3  0  0  120
Kashi TLC Country Cheddar (18)  130  3  0  0  220
Good Health Multigrain Crackled (6)  100  0  0  0  230
Nabisco Reduced Fat Ritz (10)  140  4  0*  0  300
Nabisco Original Premium Saltines (10)  140  4  0*  0  440
Angonos’s Mini Whole Wheat Sesame Breadsticks (24)  130  4  1*  3  220
Annie’s Bite Size Whole Wheat Bunnies (50)  130  6  1  3  250
Wasa Sesame Toast (2)  110  3  1  2  140
✓ Wasa Oats (2)  100  1  1  2  160
Keebler Reduced Fat Wheatables (19)  140  4  1*  2  220
CaPEACHIO’S Hearty Whole Wheat (8)  140  5  1*  2  240
Nabisco Low Sodium Wheat Thins (16)  150  6  0*  1  80
Blue Star Farms Stoned Wheat (8)  140  6  1  1  200
Keebler Wheatables, except Reduced Fat (16-17)*  140  6  1*  1  200
Good Health Honey Wheat Sesame Guppies (45)  120  3  1  1  220
Pepperidge Farm Original Goldfish (55)  140  5  1  1  230
Nabisco Reduced Fat Wheat Thins (16)  130  4  1*  1  260
Nabisco Wheat Thins, except Low Sodium or Reduced Fat (14-17)*  140  6  1*  1  260
Keebler Wheat Toasted (9)  140  6  1*  1  270
Delicatessen Original Stoned Wheat Mini Snack Crackers (19)  130  3  1*  1  300
Kraft Reduced Fat Cheddar Cheese Nips (31)  130  4  1*  1  310
Nabisco Wheatworth Stone Ground Wheat (9)  140  6  1*  1  310
Keebler Multigrain Town House Bistro (4)  160  6  1*  1  360
Sunshine Original Cheez-It (27)  160  8  2*  1  240
Dare Breton Low Fat (7)  140  4  2*  1  270
Dare Cabaret (7)  140  4  2*  1  270
Kraft Cheddar Cheese Nips (29)  150  6  2*  1  340
Nabisco Ritz (9)  140  7  2*  0  240
Keebler Original Club (8)  140  6  2*  0  280
Dare Breton Multi-Grain (5)  120  6  3*  2  280
Dare Breton Original (7)  150  7  4*  1  280

✓✓ Best Bite. ✓ Honororable Mention. *Average of the varieties listed.
2 Average of the entire line. * May contain more than a negligible amount of trans fat.

Daily Values (daily limits for a 2,000-calorie diet): Total Fat: 65 grams.

Source: manufacturers.

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These five dips—from Nutrition Action’s Tamara Goldis—are guaranteed to make your crackers come alive. Just toss the ingredients into a food processor or blender and let ‘er rip until they’re smooth. Want to scoop them up with homemade whole-wheat pita chips? See the Tip of the Month on the back cover.

Roasted Red Pepper Spread
1 7-ounce jar roasted red peppers, drained
2 garlic cloves
1/2 tsp. lemon juice
1/2 cup reduced-fat sour cream
2 Tbs. fresh basil
Makes 1 1/2 cups (24 Tbs.).
PER SERVING (2 Tbs.)
Calories: 40  Sodium: 200 mg
Total Fat: 1 g  Cholesterol: 5 mg
Saturated Fat: 1 g  Carbohydrates: 4 g
Fiber: 0 g  Protein: 1 g

Black-eyed Pea Hummus
2 15-ounce cans black-eyed peas, drained and rinsed
3 garlic cloves
2 Tbs. lemon juice
1 tsp. dried cumin
1/4 tsp. salt
1/4 cup water
Makes 2 1/4 cups (36 Tbs.).
PER SERVING (2 Tbs.)
Calories: 30  Sodium: 160 mg
Total Fat: 0 g  Cholesterol: 0 mg
Saturated Fat: 0 g  Carbohydrates: 6 g
Fiber: 1 g  Protein: 2 g

Spinach Tofu Dip
2 scallions
2 garlic cloves
1 10-ounce package frozen spinach, thawed
1 12-ounce package silken tofu
1/4 tsp grated Parmesan cheese
1/2 tsp. cayenne pepper
1/2 tsp. salt
Makes 3 cups (48 Tbs.).
PER SERVING (2 Tbs.)
Calories: 10  Sodium: 90 mg
Total Fat: 1 g  Cholesterol: 0 mg
Saturated Fat: 0 g  Carbohydrates: 1 g
Fiber: 0 g  Protein: 2 g

Walnut Feta Pâté
1 cup chopped walnuts
1/2 cup crumbled feta cheese
1/2 cup water
1 tsp. paprika
1/4 tsp. cayenne pepper
1 tsp. olive oil
1/4 cup fresh parsley
Makes 2 cups (32 Tbs.).
PER SERVING (2 Tbs.)
Calories: 60  Sodium: 50 mg
Total Fat: 6 g  Cholesterol: 4 mg
Saturated Fat: 1 g  Carbohydrates: 1 g
Fiber: 1 g  Protein: 2 g

Olive Almond Tapenade
6 ounces (1 1/2 cups) pitted Kalamata olives
3 garlic cloves
1/2 cup slivered almonds
1 Tbs. dried thyme
2 Tbs. olive oil
Makes 1 cup (16 Tbs.).
PER SERVING (2 Tbs.)
Calories: 130  Sodium: 350 mg
Total Fat: 13 g  Cholesterol: 0 mg
Saturated Fat: 1 g  Carbohydrates: 4 g
Fiber: 1 g  Protein: 2 g

Illustration: Loel Barr.