



# Improve Your Crunches

**GOOD FOR YOU™** SNACK chips now compete with traditional brands for market shelf space. But are these supposedly nutritious chips actually good for you? And more important: Do they taste better than cardboard? We tested 17 bags to find out.

**CONTENTENDERS:** We only looked at 17 chips that had a couple grams of protein and fewer than 150 calories per bag, on the advice of Chris Mohr, M.D., co-owner of the nutrition consulting company Mohr Results.

**INGREDIENTS:** A lot of potatoes, of course, but even if they're made with sweet potatoes or beets, they're still potatoes. "So they're certainly not supposed to replace fruits and vegetables." Deploy them during gameday as a vehicle for a healthful dip, such as guacamole or hummus, so there's an added benefit.

THE BEST

BBQ



## POPCORNERS FLEX BARBECUE PROTEIN CRISPS

PER BAG: 90 cal, 10g protein, 10g carbs (4g fiber), 3g fat

► A 24-chip serving of this light, crispy snack contains 10 grams of plant-based protein for only 90 calories. It carries a "strong initial barbecue taste" with a "nice kick," our tasters reported.

**FIND THEM AT:** Kroger, Meijer, Amazon

BEET



## RHYTHM SUPERFOODS BEET CHIPS SEA SALT

PER BAG: 160 cal, 4g protein, 29g carbs (7g fiber), 3g fat

► "Whoa! Beets!" one taster wrote. The flavor is strong, but in a good way, and the chip has a superior crunch. Bonus: a short ingredients list (beets, sunflower oil, sea salt, rosemary extract). Simple. Delicious.

**FIND THEM AT:** Walmart, Whole Foods

SWEET POTATO



## FOOD SHOULD TASTE GOOD SWEET POTATO TORTILLA CHIPS

PER BAG: 140 cal, 2g protein, 18g carbs (2g fiber), 7g fat

These hearty chips taste "sweet but not overly so" and could scoop even the chunkiest guacamole. Flimsier sweet-potato chips we tried couldn't handle the heft of dips. They make a great base for nachos.

**FIND THEM AT:** Walmart

SPICY



## WAY BETTER SNACKS SPICY SRIRACHA

PER BAG: 130 cal, 2g protein, 14g carbs (3g fiber), 7g fat

► A little pop of pepper, a quick hit of garlic—these seed-studded squares have everything you love about your favorite green-capped hot sauce. They're made primarily with corn but contain quinoa, too.

**FIND THEM AT:** Target, Fresh Market

WILD CARD



## FARMHOUSE CULTURE DILL PICKLE KRAUT KRISPS

PER BAG: 130 cal, 2g protein, 14g carbs (2g fiber), 8g fat

► This company combines corn and rice flours with sauerkraut to make a "strangely addictive" chip that tastes "like homemade pickles my grandma made." Try some on a sandwich for a layer of crunch.

**FIND THEM AT:** Sprouts, Amazon