



Nutrition Tips

Miss the Crunch?

Ideas for cutting salt in crunchy snacks

- Try a lower salt option
- Try a no salt option
- Zip up the flavor of a no salt option (see recipe on back)
- Try making your own crackers (see recipe on back)
- Try homemade popcorn, using regular popcorn kernels
- Make your own low salt tortilla chips from corn tortillas, just cut in pie shaped wedges and toast in the oven for 5 minutes
- Try the puffed rice crackers; and choose a low sodium brand
- If you use very low sodium crackers, be sure they don't have **potassium chloride** added to them, check the label.
- Melba toast
- Try apple wedges, baby carrots and celery sticks for a crunchy snack.

Salty snacks are one of the top ten salty foods in the American diet. How do you shift away from snacks that are salty and make healthier choices?

As always when cutting down on salt, reading labels really helps. You may find crackers with as much as 250 mg of sodium down to some brands with none. For example often plain Matzah crackers and rye crisp type crackers have little to no sodium added.

If you love a certain brand or kind of cracker, most companies offer a “lower salt” or “lightly salted” option. Read labels though; 150 mg may sound like a good deal for 5 crackers, but if you eat 15 of them, you are close to a third of the way to your goal of less than 1,500 mg of sodium a day.

For your best bet, look for crackers with no salt, or less than 20 mg/serving. Ask your Dietitian for other ideas and recipes to cut your salt intake.





Try these lower sodium brands	Sodium	Potassium	Carbohydrates
Ryvita Fruit and Seed Crunch crisp bread	2mg sodium/ 2 large	0mg/2 crackers	19 gm//2 large
Manischewitz Egg Matzos	0 mg sodium/1 large cracker	23mg/1cracker	21 grams/1 large
Nabisco Ritz Low Sodium Crackers	30mg sodium/ 5 crackers	65mg / 5 crackers	10 gm/5 crackers
Wheat Thins Hint of Salt	55mg/16 crackers	95 mg/16 crackers	23 grams/16 crackers
Kroger Unsalted Saltines	40mg/5 crackers		10 gm/5 crackers

Or try making your own, they taste so good!

Quick Fresh Herb Crackers

1/4-1/2 cup olive oil

Sprigs of fresh herbs, thyme, rosemary,
lemon thyme, sage

Sesame seeds (optional)

Cracked black pepper (optional)

1 box *Matzo crackers. Read labels, usually plain varieties are low in sodium. Find in imported food section of your grocery store.

1. Preheat oven to 350 degrees
2. Put parchment paper or aluminum foil on baking sheet. Cover with Matzah crackers.
3. Brush with oil, sprinkle with fresh herbs stripped off stems, chop if needed. Add sesame seeds to some, black pepper to others.
4. Bake till edges of crackers are slightly browned, about five minutes.

Rosemary-Sage Crackers

1-1/4 cup all-purpose flour

1/3 cup whole-wheat flour

1 tablespoon finely chopped sage

1 tablespoon finely chopped rosemary

2 tablespoons fresh, finely grated Parmesan cheese

3 tablespoons vegetable oil

1/2 cup water

1 tablespoon olive oil

1 teaspoon garlic powder

1/3 cup fresh, finely grated Parmesan cheese

1. Preheat oven to 350°F.
2. In medium bowl, mix flours, herbs and 2 tablespoons Parmesan cheese.
3. Make a well in the center of the flour mixture. Pour vegetable oil and water into the well.
4. Mix with a fork until well blended.
5. On a lightly floured surface, roll out dough as thin as possible, about 1/8 inch thick.
6. Put dough on un-greased baking sheet and cut partway through with a knife, about 1-1/2 inch square. Prick each cracker with a fork several times.
7. Brush dough with olive oil, sprinkle garlic powder and rest of Parmesan cheese on top.
8. Bake 15-20 minutes, or until crisp and light brown. Let cool then, separate into individual crackers. Store in airtight container.