

# Cracker Guide

We use **wheat crackers** (like Wheat Thins Original) as they're an affordable, accessible, nutritious choice. However, you can choose another option. Here are a few swaps and how they differ:



## Similar Swaps

\*These options are the closest to what we use both nutritionally and taste wise. Individual brands can vary.



### PITA (1/2)

Tend to have a similar nutritional profile, may be larger portions.



### WHEAT TORTILLA

Can provide a couple grams more fiber, depending on variety, soft texture VS crunch.



### WHEAT BREAD (2)

Depending on your variety/size may need 2 slices to nutritionally equal 1 serving of crackers.



## Other Options

\*These options have more nutritional differences but can still be used as a swap! Individual brands can vary.



### PITA CHIPS

Similar calories & carbs, may have less fiber. Tend to be more thick & crisp.



### ALMOND CRACKERS

Can provide more fat and less fiber. May have a slightly sweeter, nutty flavor.



### SEED CRACKERS

Depending on seed blend can have more fat & protein. Tend to have more texture variety.



### RICE CRACKERS

These tend to have less fiber and provide more simple, quick digesting carbohydrates.

### PRETZELS

Similar carbs & calories with less fiber. May not work as well for dipping/loading up.



### TORTILLA CHIPS

Larger surface area may work well for dipping! Tend to have less protein & fiber by a few grams.



### CRISP BREADS

Can be higher in fiber. Energy density varies depending on variety/brand.



## Other Options continued

**\*These options have more nutritional differences but can still be used as a swap! Individual brands can vary.**



### NAAN

Can be nutritionally similar to crackers depending on flour used (white or wheat) while providing a different texture.



### RICE CAKES

4 full sized rice cakes will provide similar carbs and calories as 1 oz of crackers. No fiber.

# Wheat Cracker Fact Sheet

Per 1 oz

Calories	Fat	Protein	Carbs	Fiber	Cost
140	5	2	22	3	0.38



- Wheat crackers provide a decent amount of **whole grains**, which contribute fiber for digestion, fullness, and stable blood sugar.
- Easy to pair with proteins, cheeses, or dips for a balanced snack or meal.
- Whole wheat varieties naturally provide **B1 (thiamin), B3 (niacin), and folate**, supporting energy production, brain function, and red blood cell health.