

Smart trolley CHOICES

THREE HEALTH AND NUTRITION EXPERTS TAKE THE TRAUMA OUT OF MAKING THE BEST FOOD CHOICE THIS MONTH: SEEDED CRACKERS



Crackers

TEXT PAMELA MARKER • PHOTOGRAPHY GETTY IMAGES

Each month, our panel of experts will analyse a group of closely related food products to help you make the best choice to place in your shopping trolley, saving you time and helping you and your family to eat healthier. Along the

way, we hope you'll learn a lot about the importance of knowing exactly what's in your food. Reading the labels on the backs of packets can seem time consuming, but it's worth it when you consider the health gains on offer.

PRODUCT	NUTRITIONAL DETAILS (per 100g)	COMMENT
Griffins Meal Mates (230g packet) 	Energy: 2160kJ. Protein: 7.7g. Fat total: 27.7g (saturated fat: 11.8g). Carbohydrate total: 59.1g (sugars: 4.3g). Sodium: 780mg.	"Unfortunately, this product is our least nutritious. It has the highest levels of energy, fat and saturated fat." Angela
Signature Range Wheat & Sesame Seed Crackers (220g packet) 	Energy: 1990kJ. Protein: 13.3g. Fat total: 18.3g (saturated fat: 7.6g, trans fat: less than 1g). Carbohydrate: 64.0g (sugars: less than 1g). Sodium: 680mg.	"I like that these have the highest amount of protein out of the cracker varieties, and with no added sugar, they are naturally relatively low in the overall sugar count." Renee
Arnott's Sesame Wheat (250g packet) 	Energy: 1930kJ. Protein: 9.8g. Fat total: 19.6g (saturated fat: 7.3g). Carbohydrate total: 58.6g (sugars: 0.3g). Dietary fibre: 5.2g. Sodium: 1230mg.	"Although these get the tick for being low in sugar, they are very high in sodium, which would make me uncomfortable in recommending them." Renee
Huntley & Palmers Cream Crackers Toasted Sesame (250g packet) 	Energy: 1930kJ. Protein: 9.8g. Fat total: 19.6g (saturated fat: 7.3g). Carbohydrate total: 58.6g (sugars: 0.3g). Dietary fibre: 5.2g. Sodium: 1230mg.	"While this product has the second-lowest energy content, its saturated fat level is much higher than recommended." Angela
Fantastic Goodies 2 Seeds (100g packet) 	Energy: 1880kJ. Protein: 10.7g. Fat total: 14.5g (saturated fat: 1.6g). Carbohydrate total: 67.8g (sugars: 1.7g). Sodium: 596mg. Gluten: 0mg.	"A great gluten-free option with a high percentage of seeds, which is where the healthier fats are coming from." Ginny
WINNER Arnott's Vita-Weat 100% Natural Cracker Sesame & Poppy Seed (130g packet) 	Energy: 1770kJ. Protein: 10.5g. Fat total: 10.9g (saturated fat: 1.4g). Carbohydrate total: 66.0g (sugars: 3.5g). Dietary fibre: 8.1g. Sodium: 684mg.	With the least sodium per serve and the most natural product in this selection, all three experts agree that this is the smartest trolley choice.



THE PANEL:

GINNY McARTHUR
 A personal trainer and nutritionist specialising in weight loss, fitness and wellness plans. www.outlookforlife.co.nz

ANGELA BERRILL
 This university-qualified nutritionist is passionate about weight loss for the long term. www.abcnutrition.co.nz

RENÉE LEONARD-STANTON
 A qualified naturopath, nutritionist and Western medical herbalist for clients around the world. www.reneenaturally.com

WHEN BUYING CRACKERS REMEMBER...

- * "To choose a variety that includes whole grains (eg. whole-grain flour or kibbled wheat) and has the lowest sodium levels when compared to other varieties." Renee
- * "Be mindful of the fat (especially saturated fat) content. One of these brands was over 25 per cent fat!" Angela
- * "That seeds are generally high in fat, albeit good fat. Look for crackers that contain under 15g fat per 100g." Ginny
- * That a serving size is generally 20–25g – that's about three to four crackers.
- * To load up your cracker with healthy toppings so it becomes a filling snack! Try different flavours of hummus, cottage cheese, sliced ham and tomato, or a thin topping of almond butter.