

11 RETHINK YOUR DESK PANTRY

SNACKS CAN BE a delicious part of a healthy approach to eating, and the number of smarter choices on the market is increasing. We've selected the following options, which keep sodium and calories in check and provide the salty-sweet-crunchy satisfaction to carry you through a busy afternoon, no matter what's on your plate.

7 SNACKS TO BUY NOW

Popcorn, Indiana, Himalayan Pink Salt

Just the right balance of salt with only 37 calories per cup.

Chobani Flip Pistachio Paradise

The perfect combo of crunchy pistachio with tart dried cranberries.

Quinn Classic Sea Salt Pretzels

They're crispy, delicate, and have a true sea salt flavor.

Goldfish Made with Organic Wheat

A lot of flavor in a large serving size: 55 crackers for 140 calories.

I Heart Keenwah Quinoa Clusters

For sweet snackers: quinoa paired with almonds and a drizzle of dark chocolate.

Peter Pan Simply Ground

A creamy-crunchy peanut butter that satisfies all texture preferences.

Kashi Savory Bars

The sweeter bar trend turns savory. We loved the Basil, White Bean & Olive Oil combo.

