



The range of crackers and crispbreads has expanded way beyond the legendary water cracker – and with this variety comes many interesting healthier choices. Today, crackers come in organic and wholegrain varieties, plus low-fat, low-kilojoule and low-salt, to mention a few. We've sorted through the savoury biscuit aisle to help make your choice easier.



PHOTOGRAPHY GETTY IMAGES / STOCKFOOD

Cracking



Nabisco Premium High Fibre Crispbread

This is a low-fat, super-fibre booster to any snack or meal.

Per 27g serve (4 biscuits) 410kJ; <1g fat; <1g saturated fat; 3.6g fibre; 189mg sodium.



Damora Prista Hi Fibre Crispbread

A 97 per cent fat-free option with enough fibre to help you stay full for longer.

Per 27g serve (4 biscuits) 410kJ; 0.7g fat; 0.2g saturated fat; 2.9g fibre; 188mg sodium.



Ryvita Original Rye Crispbread

One serve provides 42 per cent of the wholegrain daily target and a good dose of fibre.

Per 20g serve (2 crispbreads) 292kJ; 0.4g fat; <0.1g saturated fat; 3.3g fibre; 72mg sodium.



Finn Crisp Original Rye Round Crispbread

The shape is a pleasure to eat, while its wholegrain rye flour is a nutritional plus.

Per 12.5g serve (1 crispbread) 180kJ; <0.3g fat; <0.1g saturated fat; 2.2g fibre; <100mg sodium.





**Arnott's Cruskits
Rye Crispbread**

It's a super slimmer's choice, with just 165kJ in two crispbreads.

Per 11.9g serve (2 biscuits) 165kJ; 0.2g fat; 0g saturated fat; fibre unknown; 76mg sodium.



**SunRice Rice &
Corn Thin Rice Cakes**

With no added salt, it's a perfect choice if you're keeping an eye on your sodium intake.

Per 24g serve (approx 4 slices) 391kJ; 0.6g fat; 0.1g saturated fat; 1.1g fibre; <1mg sodium.



**Real Foods Corn Thins
Organic Sesame**

Made from organic wholegrain corn, it has 85 per cent less fat than corn chips.

Per 12g serve (2 slices) 193kJ; 0.4g fat; <0.6g saturated fat; 1.2g fibre; 27mg sodium.



**Waterwheel
Rice Thins Original**

If fat matters, this 97 per cent fat-free melt-in-your-mouth cracker will impress.

Per 10g serve (6 rice thins) 164kJ; 0.3g fat; 0.1g saturated fat; fibre unknown; 71mg sodium.



**Sakata
Original**

Wholegrain Rice Crackers
The fibre content has been boosted with rice bran, seeds and inulin.

Per 25g serve (13 crackers) 410kJ; 1.9g fat; 0.3g saturated fat; 2.1g fibre; 100mg sodium.



**Naturally Good Kasha
Toasted Buckwheat
Crispbread**

Made with three ingredients, it's free from gluten, wheat, dairy, egg, soya and yeast.

Per 5.5g serve (1 slice) 83kJ; 0.1g fat; <0.1g saturated fat; 0.4g fibre; 11mg sodium.



**ABE's Bagel Snacks
Roasted Garlic**

Using real garlic, it's free from any artificial flavours and preservatives.

Per 23g serve 425kJ; 2.9g total fat; 0.3g saturated fat; 0.8g fibre; 122mg sodium.



**Arnott's Vita-Weat
Lunch Slices**

Sunflower, Pumpkin & Canola

Made with wholegrain wheat flour, one tasty serve provides more than half the daily target for wholegrains.

Per 38g serve (2 biscuits) 657kJ; 4.2g fat; 0.5g saturated fat; 4.2g fibre; 180mg sodium.



**Damora VitaGrain,
Spirulina and Garlic**

A good source of iron, fibre and B-group vitamins. Stick to a portion size of 2.5 crackers to keep your sodium intake under 200mg.

Per 35g serve (5 crackers) 592kJ; 3.8g fat; 0.5g saturated fat; 4.5g fibre; 390mg sodium. ▶

good

FIND THE PERFECT PARTNER
FOR YOUR LIGHT LUNCH OR
SMOKED SALMON CANAPÉ.
BY VANESSA SCHULDТ



6 TOP CRACKER BUYING TIPS

Remember this nutritional advice when you next go shopping, to help make choosing a healthy biscuit easier

1 WATCH YOUR PORTION SIZES

The serving size that the manufacturer states on the packet may not be the same size portion that you eat. If you typically consume more than the serving size stated on the packet, be sure to do your sums to calculate the amount of kilojoules, fat and sodium that pass your lips.

2 ENERGY TO BURN

When eating savoury biscuits as a mid-meal snack, stick to 600kJ or less for the complete snack – that is, the crackers or crispbread

with a topping or dip. If you enjoy eating savoury biscuits in place of bread for lunch, compare your cracker or crispbread serve to two slices of wholegrain bread, which contain about 600kJ to 800kJ.

3 FAT ATTACK

Some savoury biscuits are laden with fat, so seeking out 'low-fat' or '97 per cent fat-free' products is an easy way to keep fat on a short leash. And while the total amount of fat matters, it's even more important to zero in on the amount of saturated fats. Keep your heart healthy with 2g (or less) saturated fat per serve of your favourite savoury biscuit.

4 GO WHOLEGRAIN

Eating the recommended 48g of wholegrains each day has proven health benefits. For everyday eating, make

wholegrain crackers and crispbreads your staples and add variety to your diet with some of the healthier types of refined grains.

5 FABULOUS FIBRE

For crackers you eat regularly, opt for 1.5g or more of fibre per serve. If your much-loved savoury biscuit exudes good nutrition credentials in all other areas but lags a little in the fibre department, simply choose toppings or dips like salad vegetables and legume-based dips to enhance the fibre content of the snack or meal. Fibre is vital for digestive

wellbeing and it also induces satiety, helping to keep those hunger pangs at bay.

6 PUT A HALT TO SALT

You'll be hard pressed finding many 'low-salt' crackers or crispbreads with less than 120mg sodium per 100g. Instead, strive to make your everyday choices fit within a limit of 500mg sodium per 100g. If your favourite 'better-for-you' savoury biscuit exceeds this limit on a per 100g basis, then try to limit your portion size to keep your sodium intake under 200mg per serve.



Fancy a hint of flavour?

With enhanced flavour often comes extra salt, so it pays to check the sodium content. Here are three flavoured options that fare reasonably well in the sodium stakes.

* PECKISH RICE CRACKER THINS WASABI FLAVOUR

Baked using healthy rice bran oil, there are no harmful trans fats in sight here. Per 20g serve (about 12 crackers) 372kJ; 2.0g fat; 0.3g saturated fat; fibre unknown; 83mg sodium. Contains 415mg sodium/100g.

* EATRITE BROWN RICE CRACKERS TAMARI-SEAWEED

It's oven-baked and made with wholegrain brown rice for a nutritious kick. Per 25g serve (about 15 crackers) 410kJ; 0.4g fat; 0.1g saturated fat; fibre unknown; 95mg sodium. Contains 380mg sodium/100g.

* SUNRICE APPLE & CINNAMON FLAVOURED RICE CAKES

Respond to your sweet-treat craving with the goodness of wholegrain brown rice. Per 9.3g serve (1 slice) 160kJ; <1g fat; <1g saturated fat; <1g fibre; 12mg sodium. Contains 130mg sodium/100g. ♻️