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## The 2022 Good Housekeeping Healthy Snack Awards

Registered dietitians in our Nutrition Lab tested hundreds of snacks to bring you the top nutritious (and delicious!) picks for your grocery list.



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Registered dietitians and culinary pros in the [Good Housekeeping Institute Nutrition Lab](#) pored over the nutrition facts, ingredient lists and flavor profiles of hundreds of snacks. Then we enlisted nearly 2,000 taste testers to help choose the winners (tough job!), **evaluating over 5,300 samples and analyzing 49,495 data points**. Read on for our list of top-tested winning picks for all ages, which excel in nutrition and taste.

### → HOW WE TESTED

Our choices focus on innovative, tasty snacks in the food space that meet the following criteria:

- ▶ Made with real and recognizable ingredients that you can pronounce
- ▶ Prioritize fiber-filled and protein-rich sources
- ▶ Free from trans fat and partially hydrogenated oils
- ▶ 300 calories or less per serving
- ▶ 10 g of added sugar or less per serving
- ▶ 300 mg sodium or less per serving

# CRAVE-WORTHY COOKIES

BEST MINI COOKIES	BEST GRAHAM CRACKER SANDWICH	BEST CHOCOLATE CHIP COOKIES	BEST GRAIN FREE COOKIES	BEST COOKIE THINS
				
<p><b>Grain Free Mexican Shortbread Cookies</b></p> <p>SIETE amazon.com \$9.83</p>	<p><b>Sunflower Butter Graham Cracker Sandwiches</b></p> <p>ONCE AGAIN amazon.com</p>	<p><b>Chocolate Chip Crispy Cookies</b></p> <p>MAXINE'S HEAVENLY Maxine's Heavenly \$7.00</p>	<p><b>Lemon Blueberry Cookies</b></p> <p>REAL amazon.com \$14.99</p>	<p><b>Sweet Thins, Honey Cinnamon</b></p> <p>SIMPLE MILLS amazon.com \$5.35</p>
<p><b>SHOP NOW</b></p> <p>This grain-free version of Mexican shortbread cookies marries lightly sweetened almond flour with pecan pieces and cinnamon.</p> <p><b>LAB RESULTS:</b> Our food and nutrition experts loved that the cookies are low in sugar but big on flavor and created with simple ingredients. Testers found them “absolutely delicious,” noting that they were “perfectly bite-size.” One tester said, “These are some of the best store-bought cookies I’ve ever had!”</p> <p><b>Nutrition Facts (5 cookies):</b> 150 calories, 9 g total fat, 5 g sat fat, 0 mg cholesterol, 120 mg sodium, 17 g carb, 1 g fiber, 5 g total sugars, 5 g added sugars, 1 g protein</p> <p>Siete</p>	<p>\$23.99</p> <p><b>SHOP NOW</b></p> <p>Smooth sunflower seed butter is sandwiched between crunchy graham crackers for a tasty choice that’s certified organic and gluten-free.</p> <p><b>LAB RESULTS:</b> Our dietitians appreciated the allergy-friendly use of sunflower seed butter and the wholesome ingredient list, making it a great choice for both kids and adults. Testers loved the “perfect balance of graham cracker and seed butter.”</p> <p><b>Nutrition Facts (1 package):</b> 240 calories, 16 g total fat, 5 g sat fat, 0 mg cholesterol, 105 mg sodium, 20 g carb, 2 g fiber, 6 g total sugars, 6 g added sugars, 3 g protein</p> <p>Once Again</p>	<p><b>SHOP NOW</b></p> <p>Made from oat flour and naturally sweetened with organic coconut sugar, each two-cookie serving is a lower-carb treat with a satisfying snap.</p> <p><b>LAB RESULTS:</b> The high-quality ingredients stood out to our judges, and testers loved that the cookies seemed decadent but offered great nutrition. “I would buy these again. Hands down, they were good cookies!” a tester raved.</p> <p><b>Nutrition Facts (2 cookies):</b> 150 calories, 8 g total fat, 6 g sat fat, 0 mg cholesterol, 140 mg sodium, 18 g carb, 1 g fiber, 10 g total sugars, 10 g added sugars, 2 g protein</p> <p>Maxine's Heavenly</p>	<p><b>SHOP NOW</b></p> <p>A hint of lemon complements bright blueberries in this grain-free cookie that’s made with top-notch ingredients and lightly sweetened with maple syrup and vanilla.</p> <p><b>LAB RESULTS:</b> Our food and nutrition experts love that the cookies are a delicious, satiating treat that also boasts impressive nutrition facts. Testers loved the “fresh flavor” and found them to be very filling.</p> <p><b>Nutrition Facts (1 cookie):</b> 120 calories, 9 g total fat, 2.5 g sat fat, 0 mg cholesterol, 60 mg sodium, 11 g carb, 2 g fiber, 8 g total sugars, 7 g added sugars, 3 g protein</p> <p>REAL</p>	<p><b>SHOP NOW</b></p> <p>This smartly sweetened snack is made from nutritious ingredients including a seed- and-nut-flour blend made of watermelon seed, cashew, sunflower seed and flaxseed.</p> <p><b>LAB RESULTS:</b> Our nutrition pros loved the use of watermelon seed, which creates a light and deliciously crispy texture while adding a nutrient-dense punch of protein, good fats and micronutrients.</p> <p><b>Nutrition Facts (12 thins):</b> 140 calories, 6 g total fat, 3.5 g sat fat, 0 mg cholesterol, 100 mg sodium, 20 g carb, 1 g fiber, 7 g total sugars, 7 g added sugars, 2 g protein</p> <p>Simple Mills</p>