



Carb-Controlled Crackers

**Label Reading Guidelines: 2-3 grams of fat or less per serving
15 grams carbohydrate or less per serving**

Brand	Variety	Serving Size	Grams Carbohydrate
Angonoa	Garlic	1	4
Breadsticks	Garlic Sesame	1	3
	Plain	1	4
	Sesame	1	3
Bremner Wafer	Bremner Wafer	3	4
Capeachio's	Original Water Crackers	3	9
Crunch Master	Multi Grain, Sea Salt	4	6
Devonshire	Melba Toast (all varieties)	2	7
	Melba Rounds	3	7
Kashi	Pita Crisp	4	7
	Original 7 Grain	4	5
Keebler	Club Reduced Fat	3	6
	Town House Reduced Fat	3	6
	Town House Flatbread Crisp		
	Italian Herb	4	6
	Sea Salt & Olive Oil	4	6
	Roasted Garlic	4	6
	Zesta Saltines (all varieties)	3	7
Maries Gone Crackers	All varieties	4	6

Brand	Variety	Serving Size	Grams Carbohydrate
Nabisco	Premium Saltines (all varieties)	3	7
	Reduced Fat Ritz	3	7
	Soup and Oyster Crackers	10	5
	Wheat Thins Crackers	4	7
	Triscuits (all varieties)	2	8
Old London	Melba Toast	2	8
Rutherford & Meyer	Gourmet Wafers (all varieties)	4	4
Ry-Krisp	All varieties	2	10
34 Degree	Savory Crisp (all varieties)	4	4
Sunshine	Krispy Saltines (all varieties)	3	7
	Krispy Soup & Oyster	10	7
Shur Good	Soup & Chili Crackers	10	3
Skyline	Oyster Crackers	10	6
Venus	Cracked Pepper	4	4
Fat-Free Crackers	Garden Vegetable	4	10
	Garlic and Herb	4	4
	Multi Grain	4	10
Wellington Water Crackers	Cracked Pepper	3	9
	Toasted Sesame	3	8
	Traditional	3	9
Wasa	All varieties	1	10