The Healthiest Snacks to Buy at Costco Right Now, Says Nutritionist

Stock up on these during your next warehouse run!

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When you’re working on improving your diet, mealtimes aren't the only opportunities to eat well. Snacks are also a major component of healthy eating. According to research from 2011, a whopping 25% of Americans' daily calories come from snacks. With all that between-meal noshing, it’s important to choose options that won't derail your best dietary intentions.

One excellent place to stock up on healthy snacks? Costco! Among the warehouse's more indulgent offerings lie healthy (and delicious) nibbles like perfectly-portioned low-sugar yogurts, crunchy whole-grain crackers, and clean-eating fruit bars.

1 That's It Mini Fruit Bars
The name says it all! That's It's Mini Fruit Bars are made of dried fruits like apples, strawberries, mangoes, and bananas—and that's literally it. For anyone who struggles to eat enough fruit every day, these portable bars can help provide the fiber, antioxidants, and micronutrients you need in a more convenient package than a slippery mango or juicy strawberries. Costco's 24-pack features three flavors, each with just 60 calories.