

EAT THIS, NOT THAT!

20 HEALTHY NEW FOOD BRANDS YOU STILL HAVEN'T TRIED

Because sometimes we all get sick of apple slices and carrot sticks...

We're talking about beans in brownies, curry in crackers, and activated charcoal in lemonade—all of which taste delicious!

When picking out your snack, aim for one that's 200-250 calories or less. "Equally important is that your snack consists of fiber and protein," says Tanya Zuckerbrot MS, RD and founder of F-Factor Diet. "Fiber and protein are the two nutrients that fill you up on the fewest amounts of calories. Also, having a snack with fiber and protein will keep your blood sugar stable, therefore preventing excess snacking and cravings."

With the interest in healthy eating at an all-time high, there's been an incredible surge in healthy snacking options. And while there are plenty of products that are simply health halos, there are some niche healthy food brands that focus on using a short list of healthy, whole food ingredients. Check out some of the best new products below.

12. RULE BREAKER BEAN-BASED BROWNIES AND BLONDIES

Don't be alarmed that one of Rule Breaker's brownies or blondies has 170 calories because they're big—over 60 grams per serving. Note, however, they're so delicious you'll have a hard time stopping at just one. This might surprise you because unlike most brownies lining supermarket shelves these are not only made with a recognizable ingredient list, but they're based on beans—yes, beans—meaning they're packed with protein and fiber. As far as brownies go, this is about as good as it gets. And, no, you won't actually taste even a hint of savory bean flavor.

