

Reader's digest

21 Healthier Versions of Your Favorite Junk Foods

Everyone loves a sweet treat or a good salty crunch, but we also like zipping up our pants. Jennifer Bowers, PhD, RD, handpicks the crave-worthy snacks with healthier ingredients that won't bust your calorie budget.

If you love Twinkies...



VIA RULEBREAKERSNACKS.COM

Definitely a healthier option.

Remember the urban legend that Twinkies could stay on the pantry shelf indefinitely without any change in texture or appearance? Do you really want to eat that? A healthier option can be found in the vegan bean-based blonde brownies with chocolate chunks from [Rule Breaker Snacks](#). They're only 110 calories and have a healthy 3 grams of fiber and 3 grams of protein.