



## 10 Healthy Snacks and Drinks to Try Now

What's trending, delicious, and good for you from the Summer Fancy Food Show in NYC

Salmon pressed into jerky, beans baked into brownies, coconut waters infused with probiotic cultures—these are just a smattering of the innovative and healthy snacks and drinks that debuted in late June at the Summer Fancy Food Show in New York City.

Consumer Reports' nutrition experts scoured the aisles of the trade show in search of not only the tastiest and most inventive treats and drinks but also the healthier ones.

Our requirements: Each serving should have no more than 200 calories, 5 grams of fat, 480 mg of sodium, and 12 grams of added sugars. Ideally, the snack or drink would have a “clean” ingredients list, with the majority of the ingredients being real foods, such as fruit, nuts, yogurt, whole grains, and vegetables.

These 10 foods and drinks met all or most of our criteria. Check them out for yourself. (Each company's website has information on where to buy the products.)

**7. Rule Breaker.** Made with more than 40 percent garbanzo beans (chickpeas), these gluten-free and vegan chocolate brownies don't exactly taste like the real thing, but they're dense, moist, and satisfying, with a decent chocolate flavor. Each brownie has 170 calories and 9 grams of fat (2 grams are saturated), but the protein (3 grams) and fiber (3 grams) make it a healthier treat than a typical brownie.