

Published based on [Healthy Food Awards: Snacks](#)

Healthy Food Awards: Snacks

Tons of people in America (both kids and adults) eat snacks. Some people eat at least one snack everyday. If you are one of the many people that eat snacks check out these snacks. Self.com made a list of some of the healthiest snacks that also taste great. Below is the winner of the "best pretzel" category. Click on the link to get the results of the other ten categories.

Herr's Whole Grain Pretzel Sticks (*110 calories, 1 gram fat per 7 sticks*)

Crave something salty? These classic nibbles feature whole grains to keep you full. Testers deemed them "hearty," "crispy" and "completely satisfying."

[Healthy Food Awards: Snacks: Food & Diet: Self.com](#)

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