

## Men's Health

# What are some healthy chip options for game-day snacking?

-David, Bennett, CO

You'll never conquer your chip addiction unless you understand why you're hooked. The salt jolts your tastebuds and the crunch amplifies the flavor, making you desire more chips, says Valerie Berkowitz, M.S., R.D., director of nutrition at the Center for Balanced Health in Manhattan. Our picks meet these craving criteria by delivering flavor and crunch, and also hit the health parameters chosen by Berkowitz and Alan Aragon, M.S., a Men's Health nutrition advisor: One ounce should come in at 150 calories or less, contain 150 milligrams of sodium or less, and pack at least 2 grams of fiber. "The more fiber a snack has, the less calorie-dense and more nutrient-dense it tends to be," says Aragon.

### VEGETABLE

*Terra Original Exotic Vegetable Chips*

150 calories, 3 grams (g) fiber, 9 g fat, 50 milligrams (mg) sodium

With an eclectic ingredient list that includes parsnip, batata, taro, sweet potato, and yuca, these fiber-rich chips mix sweet, savory, and five kinds of crunch.

### POTATO

*Boulder Canyon Natural Foods No Salt Added Totally Natural Kettle Chips*

140 calories, 2 g fiber, 7 g fat, 0 mg sodium

No salt had us thinking, Uh-oh, cardboard, but these minimalist chips--just potatoes and sunflower or safflower oil--have a clean, strong potato taste and crisp texture. Because they're baked, they have fewer calories and less fat than the fried kind.

### CORN

*Tostitos Artisan Recipes Fire-Roasted Chipotle Tortilla Chips*

140 calories, 2 g fiber, 7 g fat, 90 mg sodium

These corn chips gained the edge over other tortillas because they're lower in sodium but still deliver hot chipotle flavor and a crunchy kick.

### BEAN

*Beanitos Black Bean Chipotle BBQ Chips*

140 calories, 5 g fiber, 7 g fat, 150 mg sodium

Thanks to the black-bean base, Beanitos have five times the fiber of regular potato chips. Rice brings the crucial crunch.

### SWEET POTATO

*Food Should Taste Good Sweet Potato Tortilla Chips*

140 calories, 3 g fiber, 6 g fat, 80 mg sodium

Slightly sweet, supercrunchy, and packed with fiber, these chips are also a good source of vitamin A, which helps maintain healthy skin.