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The 2020 Good Housekeeping Healthy Snack Awards

Our [Nutrition Lab](#) found the most delicious and nutritious picks for your grocery list.

BY [STEFANI SASSOS, MS, RDN, CSO, CDN](#) Sep 25, 2020



MIKE GARTEN

The snack aisle seems to change every time you go to the supermarket. With an overabundance of new snacks and health claims arriving on shelves every day, figuring out what to add to your grocery cart can sometimes feel overwhelming. How do you know which snacks are actually healthy and worth your money? Enter the Good Housekeeping Nutrition Lab. Our Registered Dietitian evaluates hundreds of snacks every year to help you shop smarter and make nutritious choices that your whole family can enjoy.

how we tested

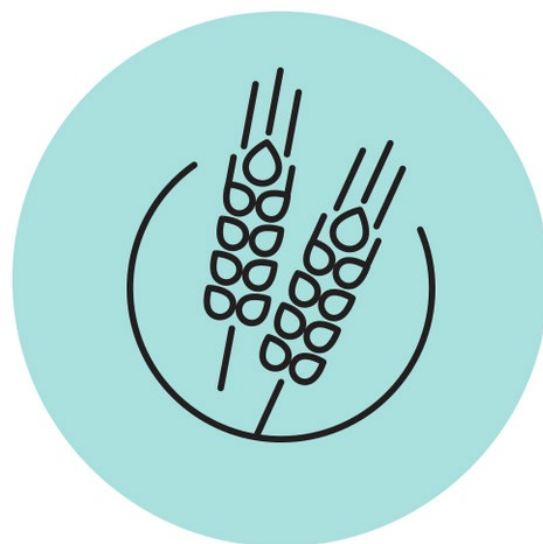
At the Good Housekeeping Institute, quality and value are always top of mind. Experts in the GH Nutrition Lab rigorously analyze ingredient lists, nutrition facts labels, packaging claims and flavor profiles to find the best of the best. Our choices focus on innovative snacks in the food space that meet the following criteria:

Made with real and recognizable ingredients that you can pronounce

Prioritize plant-based fiber and protein sources

Free from trans fat and partially hydrogenated oils

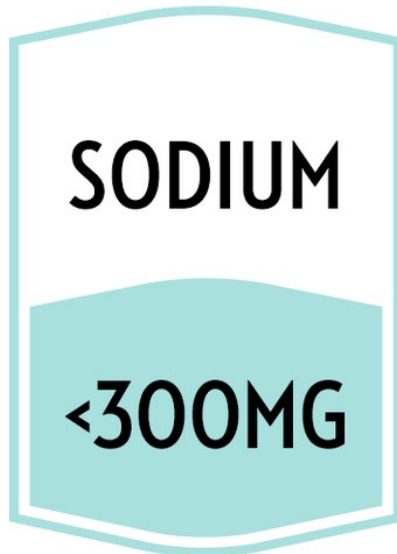
300 calories or less per serving





**10 grams of
added sugar or
less per serving**

**300mg sodium
or less per
serving**



Meet Our Nutrition Expert



Stefani Sassos, Registered Dietitian Nutritionist

fabulously firuinity



GLORIOUSLY GOLDEN KIWIFRUIT

SunGold Kiwis

ZESPRI

instacart.com

SHOP NOW

This delicious kiwi variety has yellow flesh, golden brown skin and a sweet tropical taste. The hairless skin is edible, so you can bite into a **Zespri** SunGold Kiwifruit just as you would an apple.



Why it won: A serving of two SunGold kiwis is loaded with antioxidants and healthy vitamins and minerals. It packs 290% of your daily value Vitamin C needs to support a healthy immune system.

Nutrition facts (2 kiwis): 100 calories, 0g total fat, 0g sat fat, 0g trans fat, 0mg cholesterol, 0mg sodium, 26g total carbohydrate, 2g dietary fiber, 20g total sugars, 0g added sugars, 2g protein



VEGAN JERKY ALTERNATIVE

Organic Fruit Jerky

SOLELY

amazon.com

SHOP NOW

Made from just one ingredient (fruit!), this shelf-stable and portable fruit jerky is great for on-the-go. We love the innovation by **Solely** on their fruit jerky line and the fact



that its free from additives and preservatives.

Tester note: “Perfect healthy snack that I can throw in my kid’s lunch boxes too!”

Why it won: With the 2020 Dietary Guidelines Report suggesting a shift towards more plant-based eating, this is the perfect swap for traditional jerky. This pick is also USDA Organic and a Non-GMO project Verified snack.

Nutrition facts (1 strip, Mango): 80 calories, 0g total fat, 0g sat fat, 0g trans fat, 0mg cholesterol, 15mg sodium, 19g total carbohydrate, 1g dietary fiber, 12g total sugars, 0g added sugars, 1g protein



OUT-OF-THIS-WORLD APPLE

Cosmic Crisp Apples

COSMIC CRISP

instacart.com

SHOP NOW



Researchers at Washington State University have spent 20 years creating this delicious and juicy **Cosmic Crisp** apple, which is a cross between an Enterprise and Honeycrisp. It’s slow to brown which makes it perfect for snacking, and its natural sweetness is delicious in baked goods.

Why it won: A Cosmic Crisp apple is low-calorie yet nutrient-dense, packed with antioxidants and excellent fiber counts for a delicious and nourishing addition to just about any meal or snack.

Nutrition facts (1 medium apple): 100 calories, 0.5g total fat, 0g sat fat, 0g trans fat, 0mg cholesterol, 0mg sodium, 24g total carbohydrate, 6g dietary fiber, 15g total sugars, 0g added sugars, <1g protein



CRAVE-ABLY CRUNCHY CHIPS

Baked Pineapple Chips

BARE

amazon.com

SHOP NOW

Bare bakes fruit into crunchy chips and are a favorite in the GH Nutrition Lab. Free from oil, added sugar, preservatives and additives, their new pineapple chips are satisfyingly crunchy and sweet.

Why it won: Many dried fruit snacks are laden with added sugar, but Bare embraces the natural sweet flavor of pineapple with this product that's made with just one ingredient: pineapples.

Nutrition facts (1 package): 180 calories, 0g total fat, 0g sat fat, 0g trans fat, 0mg cholesterol, 0mg sodium, 41g total carbohydrate, 4g dietary fiber, 31g total sugars, 0g added sugars, 2g protein



SPICY TANGY MANGO

Dried Organic Chili Lime Mango

GOLD EMBLEM ABOUND

cvs.com

SHOP NOW

Premium organic mangoes are picked at their peak ripeness, dried to perfection, and dusted with a blend of chili and lime seasoning for a tasty and delicious shelf-stable snack by **Gold Emblem Abound**.

Tester note: “Phenomenal! Great flavor and perfect combination of sweet and savory.”

Why it won: Dried mango is often packed with oils and additives. We liked that this variety from Gold Emblem is made with only three ingredients. Plus, it's free from added sugar, preservatives, artificial sweeteners and colors.

Nutrition facts (3 pieces): 130 calories, 0g total fat, 0g sat fat, 0g trans fat, 0mg cholesterol, 15mg sodium, 30g total carbohydrate, 2g dietary fiber, 21g total sugars, 0g added sugars, <1g protein



ULTRA-NUTRITIOUS NUTS

Wrapped Cashews, Sea Salt

KARMA

amazon.com

\$13.99

SHOP NOW

This yummy snack from **Karma** includes the nut's natural skin, which increases the crunch and elevates the flavor of this plant-based pick. They are air-roasted to perfection and come in a few flavors (Golden Turmeric was another top-pick for us).

Why it won: Karma brings us cashews in their most natural form, and even the flavored varieties have excellent ingredient lists and nutrition panels. The wrapped cashew skins provide antioxidant activity as well as a good source of essential minerals.

Nutrition facts (1/4 cup, Sea Salt): 160 calories, 12g total fat, 2.5g sat fat, 0g trans fat, 0g cholesterol, 170mg sodium, 9g total carbohydrate, 3g dietary fiber, 1g total sugars, 0g added sugars, 4g protein



VEGAN CHEESY PUFFS

Organic Vegan White Cheddar Chickpea Puffs

HIPPEAS

amazon.com

SHOP NOW

Meet cheese puffs 2.0. If you haven't made these cheesy vegan chickpea puffs from **Hippeas** a staple in your pantry, you're missing out. These dairy-free puffs are a light and satisfying snack that's perfect for on-the-go.

Why it won: Not only do these puffs pack 3 grams of plant-based fiber and 4 grams of protein, but the first ingredient is chickpeas themselves.

Nutrition facts (1oz): 130 calories, 5g total fat, 0g sat fat, 0g trans fat, 0mg cholesterol, 140mg sodium, 17g total carbohydrate, 3g dietary fiber, 2g total sugars, 0g added sugars, 4g protein



TRAIL MIX UPGRADE

Honey Roasted Pistachios

WONDERFUL PISTACHIOS

amazon.com

SHOP NOW

We're big fans of **Wonderful Pistachios** in-shell and no-shells pistachio snacks. In addition to the plain varieties, their new honey roasted option features the perfect combination of sweet and savory.

Why it won: Pistachios are one of the only plant foods that contain all of the essential amino acids, making them a phenomenal vegan protein source. A serving of this snack only has 90mg sodium and 2 grams of added sugar.

Nutrition facts (28g without shells): 180 cal, 14g total fat, 1.5g sat fat, 0g trans fat, 0mg cholesterol, 90mg sodium, 7g total carbohydrate, 2g dietary fiber, 3g total sugars, 2g added sugars, 5g protein



DELISH CHIPS

Lime Grain-Free Tortilla Chips

SIETE

amazon.com

SHOP NOW

These grain-free tortilla chips from **Siete** have an irresistible hint of lime and pair perfectly with guacamole and salsa. Each bite is light, flavorful and crispy. Just be careful to not eat the whole bag!

Why it won: Siete uses cassava flour as the base for a delicious, gluten-free and low-sodium alternative to traditional tortilla chips.

Nutrition facts (15 chips): 130 cal, 7g total fat, 1g sat fat, 0g trans fat, 0mg cholesterol, 130mg sodium, 19g total carbohydrate, 3g dietary fiber, 1g total sugars, 0g added sugars, 1g protein



SAVORY GLUTEN-FREE CRACKERS

liveGfree Rosemary & Olive Oil Multiseed Snack Crackers

ALDI

aldi.us

SHOP NOW

These brown-riced based crackers from **ALDI** are crunchy, flavorful and savory. They have an incredible rosemary olive oil flavor and are perfect by themselves or dipped in hummus.

Why it won: We love that ALDI's liveGFree line provides gluten-free tasty alternatives for those with gluten allergies and intolerances at an affordable pricepoint. These certified gluten-free crackers are low in sodium and free from saturated and trans fats.

Nutrition facts (11 crackers): 130 calories, 4.5g total fat, 0g sat fat, 0g trans fat, 0mg cholesterol, 140mg sodium, 19g total carbohydrate, 1g dietary fiber, 4g total sugars, 3g added sugars, 2g protein



PLANT-POWERED PROTEIN

Organic Plant Based Protein Bars

ALOHA

amazon.com

SHOP NOW

A vegan protein bar that has half your day's worth of fiber and tastes great? Sign us up! We love that these plant-based protein bars from **ALOHA** are shelf stable and have great texture.

Tester note: "It's hard to find a vegan protein bar that isn't chalky or artificial tasting. This was one

of the best I have ever had!”

Why it won: Each bar is low in sugar and free from any sugar alcohols. It’s also USDA organic and has a powerful 14 grams of protein, so it’s perfect post-workout.

Nutrition facts (1 Bar, Peanut Butter Chocolate Chip): 240 cal, 12g total fat, 3g sat fat, 0g trans fat, 0mg cholesterol, 85mg sodium, 24g total carbohydrate, 13g dietary fiber, 4g sugars, 14g protein



OOEY GOOEY LAYERS

Layers Protein Bar

RXBAR

rxbar.com

SHOP NOW

RXBAR's newest innovation is chewy, gooey and nutrient-dense. It has that candy bar taste and texture, but only 4 grams of added sugar.

Tester note: “I can’t believe these only have 4 grams of added sugar. They are delicious!”

Why it won: Packed with 14+ grams of protein, it boasts a wholesome ingredients list and is sweetened with dates and honey.

Nutrition facts (1 bar, chocolate almond): 250 cal, 13g total fat, 2.5g sat fat, 0g trans fat, 0mg cholesterol, 190mg sodium, 21g total carbohydrate, 3g dietary fiber, 13g total sugars, 4g added sugars, 14g protein)



BETTER-FOR-YOU BREAKFAST BAR

Breakfast Probiotics Bar, Orange Cranberry

KIND

amazon.com

SHOP NOW

Swap your morning bakery run for this delicious breakfast bar from **KIND** that gives us orange cranberry scone vibes. Between the four grams of fiber and gut-friendly probiotics, this snack is a nutritious no-brainer for us.

Why it won: Not only does this snack have 28 grams of whole grains, but we love the innovation behind them as KIND adds probiotic cultures to support a healthy gut.

Nutrition facts (2 bars): 200 cal, 7g total fat, 0.5g sat fat, 0g trans fat, 0mg cholesterol, 105mg sodium, 32g total carbohydrate, 4g dietary fiber, 10g total sugars, 8g added sugars, 3g protein



HINT OF HONEY

0% Fat Plain Greek Yogurt Sweetened Only With Real Honey

OIKOS

instacart.com

SHOP NOW

This new yogurt from **Oikos** gives you the satisfying protein from Greek yogurt with a touch of honey for sweetness. It's the perfect blend and just sweet enough, and serves as the ideal canvas for an afternoon yogurt parfait.

Why it won: Yogurt is a staple snack for many, but nowadays most brands are laden with excessive amounts of added sugar. Oikos uses only a hint of real honey that still keeps the sugar counts lower than most yogurts, and offers a hefty serving of protein.

Nutrition Facts (1 cup): 100 cal, 0g total fat, 0g sat fat, 0g trans fat, 10mg cholesterol, 50mg sodium, 12g total carbohydrate, 0g dietary fiber, 11g total sugars, 6g added sugars, 13g protein



PROBIOTIC POWERHOUSE

Less Sugar & More Good Yogurt

ACTIVIA

instacart.com



SHOP NOW

Nearly 70% of the immune system is housed in your gut, so keeping it in tip top shape is important. **Activia** is known for their probiotic yogurts, and their new line gives you all that nutritious gut-friendly goodness with a fraction of the sugar. We love the innovate flavor combinations too.

Why it won: Activia took a good product and made it great by cutting down on added sugar but still maintaining excellent flavor. Plus, it's high in protein and low in sodium.

Nutrition facts (1 cup, Fig & Cinnamon): 130 cal, 4.5g total fat, 3g sat fat, 0g trans fat, 15mg cholesterol, 50mg sodium, 11g total carbohydrate, <1g dietary fiber, 9g total sugars, 3g added sugars, 11g protein



ULTIMATE OATMEAL CUP

Collagen Protein Oats, Blueberry Walnut

PURELY ELIZABETH

amazon.com

SHOP NOW

On-the-go snacking just got super easy (and delicious) with this nutrient-dense portable oatmeal cup from **Purely Elizabeth**. It's made with a base of organic oats, quinoa, amaranth, flax and chia seeds, plus collagen for a powerful protein kick.

Why it won: This filling snack option is lightly sweetened and made with wholesome ingredients. The cup comes with a nut-butter pack to mix in so you amp up the protein to an impressive 11 grams per container.

Tester note: "This kept me very full and I really like the nut butter pack option."

Nutrition facts (1 container- includes nut pack): 270 cal, 14g total fat, 2g sat fat, 0g trans fat, 0mg cholesterol, 115mg sodium, 28g total carbohydrate, 3g dietary fiber, 5g total sugars, 2g added sugars, 11g protein



SIMPLE AVOCADO SPREAD

Nothing Added Smashed Avocado

WHOLLY AVOCADO

instacart.com

SHOP NOW

The quest for the most perfectly ripe avocado is officially over. **WHOLLY** has introduced portion-controlled and perfectly ripe avocado cups made from 100% avocado, that's it.

Why it won: This nutritious and simple option is low-sodium and perfect for when slicing into a whole avocado is just too much.

Nutrition facts (1 mini cup): 110 calories, 9g total fat, 1.5g sat fat, 0g trans fat, 0mg cholesterol, 5mg sodium, 6g total carbohydrate, 3g dietary fiber, 1g total sugars, 0g added sugars, 1g protein



INNOVATIVE SNACK NUT

Sprouted Almonds

DAILY CRUNCH SNACKS

amazon.com

SHOP NOW

We're calling it: sprouted almonds are the next big thing. **Daily Crunch** has created these uniquely tasty and crunchy almonds that are soaked in purified water and then slowly dehydrated.

Why it won: The unique sprouting process sheds phytic acid in almonds and increases bioavailability of natural nutrients in the nut like calcium, iron and zinc.

Nutrition facts (1/4 cup): 170 cal, 15g total fat, 1g sat fat, 0g trans fat, 0mg cholesterol, 5mg sodium, 5g total carbohydrate, 3g dietary fiber, 1g total sugars, 0g added sugars, 6g protein



POPPED SNACK

Chili Lime Popped Water Lily Seeds

ASHAPOPS

ashapops.com

SHOP NOW

This new snack from **AshaPops** has actually been around for centuries. Water lily seeds come from the Euryale Ferox plant that grows in India and are popular in ancient Indian holistic healing methods. The chili lime variety has a great cayenne kick and is void of any sugar.

Why it won: It contains plant-based protein and is a good source of magnesium. Plus, the light puffy texture is similar to popcorn, and it offers a fantastic crunch.

Nutrition facts (1 package): 100 cal, 2g total fat, 0g sat fat, 0g trans fat, 0mg cholesterol, 220mg sodium, 17g total carbohydrate, 1g dietary fiber, 0g total sugars, 0g added sugars, 4g protein



SUPER FRESH NUTS

Unsalted Roasted In-Shell Peanuts

HAMPTON FARMS

amazon.com

SHOP NOW

These in-shell unsalted peanuts from **Hampton Farms** are roasted to perfection and grown in the USA. They have a delightful crunch and fresh taste even without any salt. A simple, no-nonsense snack for the entire family to enjoy.

Why it won: This plant-based pick is sodium-free and packed with protein and fiber. It's cholesterol-free and non-GMO as well. We find that the in-shell variety lends to slowing down and eating a bit more mindfully.

Nutrition facts (30g without shells, about 1/2 cup with shells): 170 cal, 15g total fat, 2g sat fat, 0g trans fat, 0mg cholesterol, 0mg sodium, 5g total carbohydrate, 3g dietary fiber, 1g total sugars, 0g added sugars, 7g protein



HEARTY SNACKING STAPLE

Harvest Whole Wheat Crackers

BACK TO NATURE

amazon.com

SHOP NOW

This 100% whole grain cracker from **Back to Nature** is hearty and a classic snacking staple. We love its full flavor and crispness that pairs well with any topping or is delicious straight from the box.

Why it won: Made with three ingredients and free from hydrogenated oils or corn syrup, it's the perfect go-to cracker.

Nutrition facts (6 crackers): 120 cal, 4g total fat, 0g sat fat, 0g trans fat, 0mg cholesterol, 160mg sodium, 20g total carbohydrate, 3g dietary fiber, 0g total sugars, 0g added sugars, 2g protein

 **VEGGIE TOASTS**
Plantpower Cauliflower Sandwich Thins

OUTER AISLE

amazon.com

SHOP NOW

Move over sliced bread, there's a new sheriff in town. These **Outer Aisle** sandwich thins are low-carb and made from fresh cauliflower, eggs, parmesan cheese and nutritional yeast. They are delicious and versatile, making for the perfect sandwich bread, tortilla or mini pizza crust.

Why it won: With one serving of vegetables per piece, it's a great way to sneak extra nutrients into your diet. Each thin is low calorie, low carb and low sodium, but packed with nutrition.

Nutrition facts (1 piece, original): 50 cal, 2.5 total fat, 1.5 sat fat, 35mg cholesterol, 130mg sodium, 2g total carbohydrate, 1g dietary fiber, 1g sugars, 0g added sugars, 4g protein

 **SPROUTED PERSONAL PIE**
Flatzza® Buddy Flatbread Pizza Crust

ANGELIC BAKEHOUSE

amazon.com

SHOP NOW

This hearty pizza crust from **Angelic Bakehouse** is foolproof, super tasty and absolutely nutritious. The buddy crust size is perfect for a personal pizza pie snack that's portion-controlled and a vegan plant-based choice.

Why it won: With star ingredients like red wheat berries, quinoa, millet and barley, this crust is as healthy as it gets. Sprouted grains utilize the entire grain and are chock-full of fiber and nutrients.

Nutrition facts (1 crust): 140 cal, 3g total fat, 0g sat fat, 0g trans fat, 0mg cholesterol, 200mg sodium, 26g total carbohydrate, 5g dietary fiber, 2g total sugars, 2g added sugars, 7g protein



DELECTABLE BRITTLE

Organic Crunchy Banana Brittle

BARNANA

amazon.com

SHOP NOW

Essentially chocolate covered banana in brittle form, this delicious snack is to die for. **Barnara** combines organic bananas, fair trade dark chocolate and organic coconut oil into a thin and crispy treat that is free from artificial sweeteners.

Why it won: One serving has only 2 grams of added sugar, but still packs in 2 grams of fiber and protein.

Nutrition facts (1.4oz): 135 cal, 6g total fat, 4g sat fat, 0g trans fat, 0mg cholesterol, 110mg sodium, 19g total carbohydrate, 2g dietary fiber, 8g total sugars, 2g added sugars, 2g protein



COOKIE GOODNESS

Almond Butter Chocolate Chip Mini Cookies

LESSER EVIL

lesserevil.com

SHOP NOW

Sometimes you just need a cookie to get through the day. Not only did the flavor on these soft mini cookies from **Lesser Evil** impress us, but a serving only has 100 calories and 3 grams of added sugar.

Why it won: This low-carb option is full of real ingredients like almond butter, cage-free eggs and coconut flour.

Tester note: “The ingredients are something I can feel good about feeding to my family.”

Nutrition facts (3 cookies): 100 cal, 5g total fat, 2g sat fat, 0g trans fat, 15mg cholesterol, 45mg sodium, 8g total carbohydrate, 2g dietary fiber, 5g total sugars, 3g added sugars, 2g protein



NUTRITIOUS FROZEN DESSERT

Organic Blueberry Smoothie

SWEET NOTHINGS

eatsweetnothings.com

[SHOP NOW](#)

This dairy-free portion-controlled cup from **Sweet Nothings** can be described as a mix between a frozen smoothie and ice cream. The spoonable snack is a better-for-you option for both adults and kids.

Why it won: Frozen desserts are often laden with additives and artificial sweeteners. Not only is this cup free from added sugar, but it is packed with wholesome ingredients like fruits, nuts, dates, chia, seeds and flax seeds.

Nutrition Facts (1 container, Blueberry): 90 cal, 2 total fat, 0g sat fat, 0g trans fat, 0mg cholesterol, 70mg sodium, 18g total carbohydrate, 3g dietary fiber, 12g total sugars, 0g added sugars, 2g protein



COCOA DUSTED TREAT

Dark Chocolate Cocoa Cashews

SKINNYDIPPED

amazon.com

[SHOP NOW](#)

SkinnyDipped uses a thin layer of rich dark chocolate to coat the nuts, and then dusts them in cocoa powder for a healthy sweet treat. Traditionally, they only made almond varieties, but the new cashew option has a smooth creamy flavor.

Why it won: Most chocolate covered nuts are very calorically dense and sugary, but SkinnyDipped's method cuts down on unnecessary excess calories and sugar counts.

Nutrition facts (1 oz, about 12 cashews): 170 cal, 12g total fat, 3g sat fat, 0g trans fat, 0mg cholesterol, 80mg sodium, 10g total carbohydrate, 1g dietary fiber, 5g total sugars, 5g added sugars, 5g protein



CHOCOLATE LOVER CRISPS

Dark Chocolate and Sea Salt Crispy Quinoa

UNDERCOVER

amazon.com

SHOP NOW

Who knew chocolate and quinoa could be the perfect pair? Crispy quinoa is covered in premium dark chocolate and sprinkled with a dash of sea salt for a satisfyingly delicious treat by **Undercover**.

Tester note: "Outrageous! Simply divine flavor, and crunchy too."

Why it won: Made with only three ingredients (dark chocolate, quinoa, and sea salt), this all natural snack is non-GMO and gluten-free. Plus, it has a fraction of the sugar of traditional crispy chocolate treats.

Nutrition facts (1oz): 120 cal, 6g total fat, 4g sat fat, 0g trans fat, 0mg cholesterol, 110mg sodium, 17g total carbohydrate, 2g fiber, 6g total sugars, 6g added sugars, 3g protein



LOW CARB WAFEL COOKIES

Dutch Caramel & Vanilla Mini Stroopwafels

RIP VAN

amazon.com

SHOP NOW

A healthier take on the Dutch stroopwafel, this low-sugar cookie is both chewy and crispy. An overall delicious choice that's great on its own or with a glass of milk, each mini cookie from **Rip Van** is individually wrapped and a perfectly portioned treat.

Why it won: Compared to other cookies on the market, this option has a fraction of the sugar and calories but more fiber.

Nutrition facts (1 wafel): 35 calories, 2g total fat, 1g sat fat, 0g trans fat, 1mg cholesterol, 28mg sodium, 5g total carbohydrate, 2g dietary fiber, 1g total sugars, 1g added sugars, 0g protein



IRRESISTIBLE BANANA BEVERAGE

Organic Bananamilk, Original

MOOALA

amazon.com

SHOP NOW

This decadent-tasting plant-based milk from **Mooala** is made with organic bananas, organic roasted sunflower seeds and a dash of cinnamon. It's basically like banana bread in beverage form.

Why it won: With no added sugar, just one cup of this milk is only 60 calories but provides a good source of potassium and calcium. It's also free from dairy, nuts, soy, gluten and carrageenan.

Nutrition facts (1 cup): 60 calories, 3g total fat, 0g sat fat, 0g trans fat, 0mg cholesterol, 15mg sodium, 9g total carbohydrate, 1g dietary fiber, 4g total sugars, 0g added sugars, 1g protein



REFRESHING TROPICAL SELTZER

Pineapple Sparkling Water

SPINDRIFT

drinkspindrif.com

SHOP NOW

Spindrif hit it out of the park with the addition of their new pineapple sparkling water. Like

sipping on paradise in a can, this flavorful drink is hydrating and perfect for kicking that sweet tooth to the curb.

Why it won: Instead of using natural or artificial flavors, Spindrift uses a dash of real fruit juice to flavor these irresistible seltzers. Plus, it's free from added sugar.

Nutrition facts (1 can): 13 cal, 0g total fat, 0g sat fat, 3g total carbohydrate, 3g total sugars, 0g protein



BRIGHT BLUE BEVERAGE

Sacred Life Kombucha

GT'S

instacart.com

SHOP NOW

This super cool fermented tea drink from **GT's** gets its vibrant blue color from natural blue spirulina. It's an excellent (and vegan) source of probiotics to help nourish a healthy gut. This beverage is the perfect swap for soda or sugary drinks.

Tester note: "Really delicious and not too sweet, love the color!"

Why it won: While most kombucha brands have a ton of added sugar, this variety from GT's is naturally sweetened with coconut water and fresh pressed ginger.

Nutrition facts (16 fl oz.): 60 cal, 0g total fat, 20mg sodium, 16g total carbohydrate, 16g total sugars, 0g added sugars, 0g protein

STEFANI SASSOS, MS, RDN, CSO, CDN Registered Dietitian

Stefani Sassos is a Registered Dietitian Nutritionist with a Bachelor of Science degree in Nutritional Sciences from The Pennsylvania State University and a Master of Science degree in Clinical Nutrition from New York University.

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