

Clean Convenience Snack Foods



Trying to clean up your snacks but struggling to decipher which commercial snacks are truly “clean” options? Below is a list of travel-friendly, no refrigeration required discoveries that your SAS Nutritionists have tried and tested as well as a few recommendations to help you discover your own clean snack foods. This list is by no means exhaustive and is meant to help guide you on your journey to clean eating. We hope you enjoy trying and discovering new products!

What to Look for on a Label

When choosing store-bought commercial snacks, pay close attention the nutrition facts label and ingredients list. Packaging can be very misleading, with seemingly “healthy” foods being nothing but glorified candy bars. When looking at packages, try to avoid or limit:

- **Added Sugar and Artificial Sweeteners:** Basically anything except for milk and fruit such as high fructose corn syrup, evaporated cane juice, brown rice syrup, aspartame, sucralose, etc. If a product has added sugar, try to opt for small amounts of honey or maple syrup. Bonus- the new food label contains grams of added sugar per serving so glance at that for a quick reference!
- **Trans Fat:** If you see hydrogenated or partially hydrogenated oils on the ingredient list, find a different item.
- **Processed Carbohydrates:** Check for white flour, instant oats, white rice flour, maltodextrin, etc.
- **Inulin or Chicory Root:** This is a type of prebiotic that helps boost the fiber content of products but many people are very sensitive to it and have adverse GI side effects from it. Be cautious with total amount consumed and see how your body responds.
- **Chemical Sounding Ingredients:** Keep it simple! Choose items with short ingredient lists with ingredients you would have in your kitchen and that you recognize. Minimally processed ingredients as close to nature as possible will provide you with the most nutrition. If your grandparents/great grandparents don't know what it is, should we be eating it!?

Also, pay close attention to the carbohydrate, protein, fat and calorie content on the nutrition facts label. Some items are mainly carbohydrates, others mostly protein and/or fat and some are the perfect balance of all three (the perfect anchored snack!). When choosing a snack, you want a good balance of nutrient dense carbohydrates and protein/fat. If something is low in protein, be mindful to pair it with something higher in protein and/or healthy fat. For example, an all-fruit bar has no protein so pair it with cheese, a meat stick or nuts to give you longer lasting energy.

Bars

Rise Bar

- Pea protein (vegan) and whey protein based options, several flavors available in each type.
- Use as a meal replacement or cut in half for an anchored snack option- no need to add anything else to this one!

Health Warrior Pumpkin Seed Superfood Bar

- Several flavors available, an anchored snack option.

RXBars

- Several flavors available- an anchored snack option.
- Available in full size (meal replacement or larger snack) and kids size (perfect for a snack).

Lara Bars

- Certain flavors- check ingredients for added sugars!- an anchored snack option.

That's It

- All fruit bars, several flavors available- no protein/fat so be sure to anchor this one!

“Chips”

Bare Apple and Beet Chips

- Real ingredients, nothing artificial. No protein/fat so be sure to anchor this one!

Bare Coconut Chips

- Real ingredients, nothing artificial- an anchored snack option.

Meat Sticks, Bars and Jerky

Paleo Valley (grass-fed, pastured-raised)

- Several flavors available, beef and turkey based options.
- Mostly protein/fat so add a nutrient dense carbohydrate, if desired, or enjoy as is.

Epic Bites or Bars (grass-fed, wild-caught, non-GMO raised poultry)

- Several flavors available, bison, pork, beef, chicken, beef liver, salmon, turkey and venison options.
- Mostly protein/fat so add a nutrient dense carbohydrate, if desired, or enjoy as is.

Wild Zora Meat and Veggie Bars (grass-fed, free-range)

- Several flavors available, beef, turkey, pork and lamb based options (allergen and AIP friendly!).
- An anchored snack option.

Mighty Bar (organic, grass-fed beef)

- Several flavors available.
- Mostly protein/fat so add a nutrient dense carbohydrate, if desired, or enjoy as is.

Epic Trail Mix (grass-fed, non-GMO raised poultry)

- Carefully crafted combinations of beef jerky or uncured bacon bites with quality nuts, dried fruit, coconut, herbs and spices- designed to conveniently feed our inner “hunter and gatherer” with whole foods.
- An anchored snack option.

Other

Moon Cheese

- All the goodness of cheese, but with a crunch. No refrigeration required and the ingredients are just cheese!
- Mostly protein/fat so add a nutrient dense carbohydrate, if desired, or enjoy as is.

The Good Bean Roasted Chickpeas

- Several flavors available- be mindful of ingredients of more seasoned varieties, an anchored snack option.