

The Best Savoury Snacks

Whilst these shouldn't always be your go to snacks, if you're after a savoury option, these are the best packaged products out there.



Macro Air Popped Popcorn is low in kj, sat fat and sodium. Just don't rely on it for protein as it's only got 1.7g per serve.



The Happy Snack Co Roasted Chickpeas are a great savoury option. With 4.5g protein per serve, they're low in sat fat and sodium and super tasty!



The Happy Snack Co Kids Roasted Fav-va Beans are pre-portioned which help with portion control. You'll get almost 4g protein per serve for only 420kj.



Off The Eaten Path Pea & Pinto Bean Sticks are a good option for the cheese platter. Not an every day snack as they only have 2.6g protein for 516kj per serve.



Parkers Original Pretzels - an oldie but a goodie. Although very high in sodium, you'll get 3.6g protein and only 0.5g sat fat with 490kj per serve.