

# The Cookie Sheet

**Better Bites** (✓) have a “real food” (a whole grain, fruit, nut, or seed) as their first ingredient, and have no more than 2 grams of saturated fat and 2 teaspoons of added sugar per serving. They’re also free of sucralose. Within each category, products are ranked from least to most saturated fat, then added sugar. We’ve listed mostly better-for-you cookies, but we also tossed in a few regulars for comparison.

## Cookies—1st ingredient “real food”

(No. per serving, about 30 grams, unless noted)

	Calories	Sat Fat (g)	Added Sugar (tsp.)
✓ Kodiak Graham Bear Bites <sup>1</sup> (15)	120	0	1.5
✓ Fig Newtons Fat Free (2)	90	0	2
✓ Fig Newtons—original or 100% Whole Grain (2)	100	0	2
Nature’s Bakery Fig Bar <sup>1</sup> (1 pouch, 57 g)	200	0	3.5
✓ Voortman Oatmeal Cranberry Flaxseed (1 cookie, 20 g)	90	0.5	1
BelVita Breakfast Golden Oat (1 pouch, 50 g)	230	0.5	2.5
✓ The GFB Gluten Free Bites—except Coconut + Cashew or Dark Chocolate + Coconut <sup>1</sup> (2)	110	1	1
✓ Cooper Street Granola Cookie Bake <sup>1</sup> (1)	110	1	1.5
✓ Voortman Super Grains Blueberry (2)	150	1	2
BelVita Breakfast Honey Chocolate Chip (1 pouch, 50 g)	230	1	3
✓ Nature Valley Minis Sandwiches <sup>1</sup> (1 pouch)	140	1.5	1.5
✓ BelVita Breakfast Sandwich Peanut Butter (1 pouch, 50 g)	230	1.5	2
✓ Laura’s Wholesome Junk Food Bite-lettes <sup>1</sup> (2)	120	1.5	2
✓ Voortman Oatmeal Raisin (2)	160	1.5	2
✓ Voortman Super Grains Banana Chocolate Chip (2)	150	1.5	2
BelVita Breakfast Chocolate (1 pouch, 50 g)	220	1.5	2.5
✓ Simple Mills Sweet Thins Chocolate Brownie (12)	140	2	1.5
✓ Simple Mills Sweet Thins Mint Chocolate (12)	140	2	1.5
✓ Back to Nature Homestyle Soft Baked Peanut Butter Chocolate Chunk (1)	120	2	2
Lesser Evil Mini Almond Butter Chocolate Chip (4)	130	2.5	1
The GFB Gluten Free Bites Coconut + Cashew (2)	110	2.5	1
Highkey Mini Peanut Butter (7)	130	3	0
Trader Joe’s Double Chocolate Almond Flour (7)	150	3.5	1
Nature Valley Granola Cups Almond Butter (1 pouch)	170	3.5	1.5
Simple Mills Sweet Thins Honey Cinnamon (12)	140	3.5	1.5
Fancypants Keto Friendly Chocolate Chip (4)	120	4	0
Simple Mills Crunchy Almond Flour <sup>1</sup> (4)	150	4.5	1.5
Siete Grain Free Mexican Wedding (5)	150	4.5	2
Highkey Mini Snickerdoodle (7)	140	6	0
Fat Snax! Double Chocolate (1 pouch, 40 g)	180	8	0

## Cookies—1st ingredient NOT “real food”

(No. per serving, about 30 grams, unless noted)

	Calories	Sat Fat (g)	Added Sugar (tsp.)
Nabisco Ginger Snaps (4)	120	0	2.5
Nature’s Bakery Gluten Free Fig Bar <sup>1</sup> (1 pouch, 57 g)	210	0	3
Strawberry Newtons (2)	100	0	3
Nonni’s THINaddictives <sup>1</sup> (1 pouch, 21 g)	90	0.5	1
Cooper Street Twice-Baked <sup>1</sup> (4)	120	0.5	2
Nonni’s Biscotti Originali (1 cookie, 20 g)	90	1	1.5
Whole Foods 365 Pizzelle Classic (5)	140	1	2
Trader Joe’s Five Seed Almond Bars (1)	100	1.5	1.5
Nilla Wafers (8)	140	1.5	2.5
Oreo Thins Dark Chocolate Flavor Creme (4)	140	1.5	2.5
Quest Frosted <sup>1,5</sup> (1)	90	2	0
Keebler Country Style Oatmeal with Raisins (2)	130	2	1.5
Whole Foods 365 Cookie Thins Salted Caramel (8)	120	2	2
Oreo Gluten Free (3)	160	2	3
Oreo Thins (4)	140	2	3
Milk Bar Chocolate Confetti Cookies (1 pouch, 46 g)	200	2	3.5
Oreo (3)	160	2	3.5
The GFB Gluten Free Bites Dark Chocolate + Coconut (2)	100	2.5	1
Dewey’s Bakery Moravian Style Cookie Thins <sup>1</sup> (8)	120	2.5	1.5
Whole Foods 365 Organic Oatmeal Raisin (2)	140	2.5	1.5
Trader Joe’s Triple Ginger Snaps (6)	120	2.5	2
Whole Foods 365 Cookie Thins Brownie (8)	120	2.5	2
Chips Ahoy! Original (3)	160	2.5	2.5
Lotus Biscoff (4)	150	2.5	2.5
Trader Joe’s Soft Bite Mini Biscotti Almond (3)	150	2.5	2.5
Chips Ahoy! Thins Original (4)	150	2.5	3
Glutino Gluten Free Chocolate Vanilla Creme (2)	130	2.5	3.5
Catalina Crunch Keto Sandwich Chocolate Vanilla (2)	90	3	0.5
Tate’s Oatmeal Raisin (2)	130	3	2
Tate’s Gluten Free Ginger Zinger (2)	130	3	2.5
Rip Van Wafels Honey & Oats (1)	120	3.5	0.5
Pepperidge Farm Milano Dark Chocolate (3)	180	4	2.5
Tate’s Vegan Chocolate Chip (2)	140	4	2.5
Pepperidge Farm Farmhouse Thin & Crispy <sup>1</sup> (2)	150	4.5	2.5
Tate’s Chocolate Chip (2)	140	4.5	3
Loacker Quadratini Hazelnut (8)	150	5	1
Walkers Gluten Free Pure Butter Shortbread (2)	160	5	1.5
Walkers Pure Butter Shortbread Rounds (2)	180	6	1
Levain Oatmeal Raisin (1 cookie, frozen, 57 g)	240	6	3.5
Lenny & Larry’s The Complete Cookie Chocolate Chip (1 cookie, 113 g)	420	6	4.5
Atkins Protein Chocolate Chip <sup>5</sup> (1 cookie, 39 g)	170	7	0
Levain Chocolate Chip Walnut (1 cookie, frozen, 57 g)	260	7	4.5

## Brownies—1st ingredient “real food”

(No. per serving, about 30 grams, unless noted)

	Calories	Sat Fat (g)	Added Sugar (tsp.)
Nature’s Bakery Double Chocolate (1 pouch, 57 g)	200	1	4
✓ Lärabar Chocolate Raspberry (1 brownie, 45 g)	200	2	0.5
Lärabar Chocolate Sea Salt (1 brownie, 45 g)	200	2.5	0.5
Emmy’s Organics Brownie Snaps <sup>1</sup> (7)	130	3	2.5

## Brownies—1st ingredient NOT “real food”

(No. per serving, about 30 grams, unless noted)

	Calories	Sat Fat (g)	Added Sugar (tsp.)
Fiber One Chocolate Fudge (1)	70	1	0
Luna Keto Brownie Bites <sup>1</sup> (1 pouch, 40 g)	140	2.5	0
Sheila G’s Brownie Brittle Chocolate Chip (2)	120	2.5	3.5
Sheila G’s Gluten-Free Brownie Brittle Chocolate Chip (6)	130	3	4

✓ Better Bite. <sup>1</sup>Average of the entire line or the varieties listed. <sup>5</sup>Contains sucralose.

**Daily Values** (for a 2,000-calorie diet): **Saturated Fat:** 20 grams. **Added Sugar:** 12 tsp. (50 grams).

Note: 1 tsp. of added sugar is 4.2 grams. Because the chart rounds added sugar to the nearest 0.5 tsp., products that show “0” tsp. could contain up to 1 gram of added sugar.

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