

SLIM PICKINGS

Everyone wants a flat stomach.

And apparently flat pretzels. After all, they're great for dipping (into low-calorie spreads; remember that flat stomach?).

Two grocery brands have introduced new flat pretzels or new flavors of them.

Stacy's, best known for pita chips and crisps, has added crunchy Pretzel Thins, available in Honey Dijon and Simply Naked flavors (what does "naked" taste like? Simply



salt). A serving (12 to 13 pretzels) contains 110 to 120 calories and 1 to 2 fat grams. Visit stacysnacks.com or facebook.com/stacyspitachips.

Snack Factory's Pretzel Crisps, "the world's first —

and the original — flat-baked pretzel cracker," has added new varieties, including Honey Mustard & Onion, Sea Salt & Cracked Pepper and Minis, available in Original and Cheddar flavors. A serving of 10 regular-size pretzels contains 110 calories and 1.5 fat grams; a serving of 42 Minis contains 110 calories and zero to 2 fat grams. Visit pretzelcrisps.com or facebook.com/pretzelcrisps.
 — Jennifer Christman

Slim Pickings is a weekly review of light foods. Email: jchristman@arkansasonline.com

