Sensible & Satisfying
Outwit your cravings. These tasty snacks deliver without the guilt. By SHANNON SPENCE

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SEAWEED SNACK CHIPS
Great as a salad topper, these 100-percent-natural chips are low in calories and come in a resealable pouch for longer-lasting freshness.

STANHAE.COM, $3, 0.74 ounces

ALMONDINA COOKIES
These thin, crunchy cookies are cholesterol-free with zero preservatives and no added fat or salt.

ALMONDINA.COM, $3.49, 4 ounces

HONEY LOVERS
These jelly-bean-esque fruit chews are made with real honey and are high in vitamin C. A portion of proceeds go to save honeybees.

CANDYRECT.COM, $3.29-$3.79, 10-13 ounces

GARDEN VEGGIE STRAWS
All natural with no trans fat, preservatives or cholesterol, these crunchy treats come in several tasty varieties.

SENSIBLEPORTIONS.COM, $24 for box of 24

BORA BORA BARS
Inspired by the culture, tastes and spirit of Bora Bora island, these bars are all natural, certified organic and preservative-free. Vegan and gluten-free varieties available.

BORABORAFoods.COM, BOX of 12 is $23.88

NUTORIOUS NUT CONFECTIONS
Full of omega-3, all-natural ingredients and zero trans fat, these nut combinations will make you nutty for more.

NOTORIOUSSTORE.COM, $8.49, 8 ounces

PEELED SNACKS
These organic, individually packed fruit peels deliver vitamins, minerals and a full serving of fruit.

PEELED SNACKS.COM, $1.99 for pack of 10 individual bags