



## Crackers, Unsalted

MyPlate Food Group: **Grains**



### Nutrition Information

- 5 unsalted crackers counts as 1 ounce of grain in the ChooseMyPlate.gov Grains group. Crackers are a refined grain.
- Grains are divided into 2 subgroups: Whole Grains and Refined Grains.
- Refined grains have been milled, a process that removes the bran and germ. This process also removes dietary fiber, iron, and many B vitamins. Examples of refined grain products are white flour, white bread, and white rice.
- Most refined grains are enriched. This means certain B vitamins (thiamine, riboflavin, niacin, folic acid) and iron are added back after processing. Fiber is not added back to enriched grains.
- Whole grains contain the entire grain kernel — the bran, germ, and endosperm. Examples of whole grains include whole-wheat flour, bulgur (cracked wheat), oatmeal, whole cornmeal, and brown rice.
- For specific information about unsalted crackers, please refer to the product's Nutrition Facts Panel or ingredient list.

### Uses and Tips

- Use cracker crumbs in meatloaf, meatballs, or other recipes that use a bread crumb filling.
- Try crackers with low-fat cheese or fruit for an easy, quick snack.

### Storing Foods at Home

- Store unopened boxes of crackers in a cool, clean, dry place.
- After opening crackers, keep inside bag tightly closed.

### MyPlate Facts

- Try to make at least  $\frac{1}{2}$  of the grains you eat each day whole grains.
- Grains are important sources of many nutrients, including dietary fiber, B vitamins (thiamine, riboflavin, niacin, and folate), and minerals (iron, magnesium, and selenium).
- Dietary fiber from whole grains or other foods, may help reduce blood cholesterol levels and may lower risk of heart disease, obesity, and type 2 diabetes.
- Fiber is important for proper bowel function. It helps reduce constipation and promotes regularity. Fiber-containing foods such as whole grains help provide a feeling of fullness with fewer calories.

## USDA Foods

### **Crispy Baked Chicken Strips**

*Makes 3 servings*

#### **Ingredients:**

2 chicken breasts, boneless  
1½ cups cracker crumbs, crushed from crackers  
¾ teaspoon garlic powder  
¼ teaspoon salt and ¼ teaspoon pepper  
¼ teaspoon chili powder or Italian seasoning  
1 egg, beaten  
non-stick cooking spray

**Directions:** Wash hands with soap and water.

1. Preheat oven to 375 degrees F.
2. Cut chicken into thin strips, about 1 inch wide.
3. Mix cracker crumbs and seasonings in a bowl.
4. In a separate bowl, beat egg. Dip chicken pieces into egg mixture, then dredge in crumb mixture.
5. Place chicken pieces on baking sheet sprayed with cooking spray or lined with aluminum foil.
6. Bake for 10 - 12 minutes, until crispy and lightly browned.
7. Dip into your favorite sauce and enjoy!

*Recipe adapted from K-State Research and Extension*

### **Salmon Patties**

*Makes 4 servings*

#### **Ingredients:**

1 can (15 ounce) salmon, canned in water,  
drained  
1 cup crackers, crushed  
2 large eggs, lightly beaten  
½ cup milk  
¼ teaspoon black pepper  
1 tablespoon vegetable oil

**Directions:** Wash hands with soap and water.

1. Use a fork to flake salmon until very fine.
2. Add cracker crumbs, eggs, milk, and pepper to salmon. Mix thoroughly.
3. Shape into four patties.
4. Heat oil in a skillet.
5. Over medium heat, carefully brown both sides until patty is thoroughly cooked.

*Recipe adapted from SNAP4CT.org*