

SPECIAL DIETS (<https://www.verywellfit.com/special-diets-4157028>)

The 8 Best Keto Snacks of 2019

Fuel your day with these delicious bites

By [Mandy Rich](https://www.verywellfit.com/mandy-rich-4686524) (<https://www.verywellfit.com/mandy-rich-4686524>).

Updated November 08, 2019



Medically reviewed by [Richard N. Fogoros, MD](https://www.verywellhealth.com/richard-n-fogoros-md-1745211) (<https://www.verywellhealth.com/richard-n-fogoros-md-1745211>) on January 22, 2019

Our editors independently research, test, and recommend the best products; you can learn more about our review process [here](https://www.verywellfit.com/commerce-guidelines-and-mission-4158702) (<https://www.verywellfit.com/commerce-guidelines-and-mission-4158702>). We may receive commissions on purchases made from our chosen links.

First Look

Best Overall: [Epic Maple Glazed Smoked Salmon Bites at Thrive Market](https://thrivemarket.com/p/epic-smoked-salmon-bites-maple-glazed) (<https://thrivemarket.com/p/epic-smoked-salmon-bites-maple-glazed>).

"Made from wild-caught Alaskan salmon."

Best Budget: [365 Everyday Value Organic String Cheese at Amazon](https://www.amazon.com/365-Everyday-Value-Organic-String/dp/B074J76XFX/ref=sr_1_2?fpw=fresh%2F&tag=verywellfit-20) (https://www.amazon.com/365-Everyday-Value-Organic-String/dp/B074J76XFX/ref=sr_1_2?fpw=fresh%2F&tag=verywellfit-20).

"Individually-wrapped servings make for easy snacking."

Best Meat Snack: [Mission Meats Graze Sticks at Amazon](https://www.amazon.com/Grass-Fed-Non-GMO-Nitrate-Nitrite-Healthy/dp/B012YAV43A/?tag=verywellfit-20) (<https://www.amazon.com/Grass-Fed-Non-GMO-Nitrate-Nitrite-Healthy/dp/B012YAV43A/?tag=verywellfit-20>).

"100 percent non-GMO."

Best Salty: [Ocean's Halo Organic Seaweed Snacks at Amazon](https://www.amazon.com/Oceans-Halo-Seaweed-Snack-Trays/dp/B06XWS6Z2H/?tag=verywellfit-20) (<https://www.amazon.com/Oceans-Halo-Seaweed-Snack-Trays/dp/B06XWS6Z2H/?tag=verywellfit-20>).

"Crispy and flavorful."

Best Crunchy: [Doctor in the Kitchen Crackers at Thrive Market](https://thrivemarket.com/p/doctor-in-the-kitchen-garlic-onion-basil-red-chile-pepper-flax-seed-crackers) (<https://thrivemarket.com/p/doctor-in-the-kitchen-garlic-onion-basil-red-chile-pepper-flax-seed-crackers>).

"Will fill the cracker-shaped hole in your heart."

Best Chocolate: [Fourth & Heart Chocti Ghee Spread at Thrive Market](https://thrivemarket.com/p/fourth-heart-chocti-chocolate-ghee-spread-original) (<https://thrivemarket.com/p/fourth-heart-chocti-chocolate-ghee-spread-original>).

"Gets its sweetness from dates."

Best Savory: [Oloves Pitted Green Olives Snack at Walmart](https://www.walmart.com/ip/2-Pack-Oloves-Pitted-Green-Olives-Snack-Packs-Lemon-Rosemary-4-CT1-1-OZ/47229311) (<https://www.walmart.com/ip/2-Pack-Oloves-Pitted-Green-Olives-Snack-Packs-Lemon-Rosemary-4-CT1-1-OZ/47229311>).

"Great for taking on the go."

Best Nuts: [Blue Diamond Lightly Salted Almonds at Walmart](https://www.walmart.com/ip/Blue-Diamond-Almonds-Lightly-Salted-25-oz/45996557) (<https://www.walmart.com/ip/Blue-Diamond-Almonds-Lightly-Salted-25-oz/45996557>).

"Naturally low in carbs and high in fats and proteins."

Our Top Picks

Best Overall: Epic Maple Glazed & Smoked Salmon Bites



Buy on Thrivemarket.com (<https://thrivemarket.com/p/epic-smoked-salmon-bites-maple-glazed>)
 **verywell** fit (<https://www.verywellfit.com>) 

When following the [keto diet](https://www.verywellfit.com/sample-keto-diet-meal-plans-4142704) (<https://www.verywellfit.com/sample-keto-diet-meal-plans-4142704>), whole foods like eggs, nuts, avocados, and vegetables are your best bet, but if you're in the mood for something sweet or salty, give Epic's Maple Glazed & Smoked Salmon Bites a try. These sweet and savory snacks are made from wild-caught Alaskan salmon and packed with 7 grams of protein per each six-piece serving (there are about two and a half servings in each pouch). They're made in the USA, gluten-free, and are great for throwing in your bag if you have a long trip ahead of you.

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Best Budget: 365 Everyday Value Organic String Cheese



Buy on Amazon (<https://www.amazon.com/dp/B074J76XFX?tag=verywellfit-20&linkCode=ogi&th=1&psc=1>)

These string cheese sticks from 365 Everyday Value (Whole Foods' store brand) will make you feel like a kid again, and with 7 grams of [protein](https://www.verywellfit.com/what-is-protein-2704497) (<https://www.verywellfit.com/what-is-protein-2704497>), each, they're a great snack choice. Playing with your food is encouraged—peel off thin strands to make it last as long as you can. For a filling afternoon pick-me-up, pair with some strawberries.

Take a peek at our roundup of the [best keto cookbooks](https://www.verywellfit.com/best-keto-cookbooks-4160388) (<https://www.verywellfit.com/best-keto-cookbooks-4160388>).



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Best Meat Snack: Mission Meats Graze Sticks



Buy on Amazon \$22 

Buy on Thrivemarket.com (<https://thrivemarket.com/p/mission-meats-original-graze-sticks>)

If you're into savory snacks, snag one of these 100 percent non-GMO grass-fed beef sticks from Mission Meats. Processed meats, a food that should be eaten once in a while, can be a better snack choice if the meat is grass-fed. Unlike jerky that are stuffed with artificial preservatives and non-meat fillers, these sticks are paleo and made without nitrates and added harmful hormones.

Mission Meats also gives back to important causes, including EDUCATE!, BonZeb, and Perspectives, which are all organizations working to better the lives of the communities they exist within, so you're giving back with each bite.

If you're watching your [sodium](https://www.verywellfit.com/sodium-requirements-and-dietary-sources-2507038) (<https://www.verywellfit.com/sodium-requirements-and-dietary-sources-2507038>), it's important to note that each of these sticks contains 320 mg of sodium which is 13 percent of your daily recommendation.



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Best Salty: Ocean's Halo Organic Seaweed Snacks



Buy on Amazon \$18 prime

When you're in the mood for something crispy and salty, seaweed snacks are your best bet. They're made by baking sheets of seaweed until they become light and airy sheets that pack a perfect crunch. These ready-to-eat packs from Ocean's Halo have tons of flavor.

Each sheet is made just from a few simple ingredients and they're non-GMO and gluten-free. Add some almonds or a hard-boiled egg for a delicious, filling snack.

Best Crunchy: Doctor in the Kitchen Flackers





Doctor in the Kitchen Flackers may be the weirdest pick on this list, but trust us, they're soon to become a pantry staple. If you've been missing your buttery go-to's, these will fill the cracker-shaped hole in your heart. Developed by a doctor, each serving of six flackers contains 4 grams of protein and zero grams of sugar. They're crunchy, flavorful, and pair beautifully with your favorite cheese.

Check out our reviews of the [best keto apps](https://www.verywellfit.com/best-keto-apps-4775259) (<https://www.verywellfit.com/best-keto-apps-4775259>).

Best Chocolate: Fourth & Heart Chocti Chocolate Ghee Spread



Buy on Thrivemarket.com (<https://thrivemarket.com/p/fourth-heart-chocti-chocolate-ghee-spread-original>)

This rich spread from Fourth & Heart gets its sweetness from dates and tastes like chocolate fudge. Spoon onto strawberries (and include a side of almonds) when you're looking for a sweet treat. It's certified [paleo](https://www.verywellfit.com/foods-allowed-on-the-paleolithic-paleo-caveman-diet-2242239) (<https://www.verywellfit.com/foods-allowed-on-the-paleolithic-paleo-caveman-diet-2242239>), full of [omega-3 fatty acids](https://www.verywellfit.com/omega-3-supplements-instead-of-fish-2506137) (<https://www.verywellfit.com/omega-3-supplements-instead-of-fish-2506137>), and is gluten-free.

An important note: While Thrive Market lists this spread as fitting into a ketogenic diet, it does contain [coconut sugar](https://www.verywellfit.com/coconut-sugar-is-it-really-low-carb-2241843) (<https://www.verywellfit.com/coconut-sugar-is-it-really-low-carb-2241843>). There is ongoing debate over whether or not coconut sugar is considered keto-friendly, so make sure to take this into account when choosing your snacks.

Best Savory: Oloves Pitted Green Olives Snack



Buy on Walmart (<https://www.walmart.com/ip/2-Pack-Oloves-Pitted-Green-Olives-Snack-Packs-Lemon-Rosemary-4-CT1-1-OZ/47229311>)

Love olives and don't want to carry a jar in your bag? Enter Oloves: snack-sized pouches of flavored olives that are great for taking on the go. They come in different flavors too like Lemon & Rosemary, Chili & Oregano, Basil & Garlic, and more. They only contain 50 calories per pack, so you'll want to add your favorite protein to make a more filling snack.

Best Nuts: Blue Diamond Lightly Salted Almonds



Buy on Walmart (<https://www.walmart.com/ip/Blue-Diamond-Almonds-Lightly-Salted-25-oz/45996557>)

Snackable nuts are naturally low in carb and high in fats and proteins (read: they're great for [keto](https://www.verywellfit.com/what-is-a-ketogenic-diet-2241628) (<https://www.verywellfit.com/what-is-a-ketogenic-diet-2241628>)-followers). This large bag of lightly salted [almonds](https://www.verywellfit.com/almond-nutrition-facts-calories-and-health-benefits-4108974) (<https://www.verywellfit.com/almond-nutrition-facts-calories-and-health-benefits-4108974>) from Blue Diamond is perfect for storing in your pantry or desk drawer. They have plenty of crunch and flavor without too much added sodium.

Almonds are also a great source of key vitamins and minerals like [vitamin E](https://www.verywellfit.com/vitamin-e-supplements-what-you-need-to-know-90042) (<https://www.verywellfit.com/vitamin-e-supplements-what-you-need-to-know-90042>). Each of these large 25-ounce bags is packed with 25 servings of almonds, so you can easily grab a handful to take with you when you're rushing out the door.

Need more ideas? Read our article on the [best MCT oils](https://www.verywellfit.com/best-mct-oils-4428038) (<https://www.verywellfit.com/best-mct-oils-4428038>).

Our Process

Our writers spent 4 hours researching the most popular keto snacks. Before making their final recommendations, they considered more than 25 different snacks, screened options from 20 different brands, read over 50 user reviews (both positive and negative), and tested 6 of the snacks themselves. All of this research adds up to recommendations you can trust.









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 **Man resting from outdoor activity and eating energy bar**


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 Sportsman eating protein bar and using mobile phone at gym's locker room.

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The 9 Best Vegan Snacks of 2019

 Woman shopping dairy in a food store.

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The 9 Best Non-Dairy Milks of 2019

 Man eating energy bar



SUPPLEMENTS

The 8 Best Protein Bars for Men of 2019

 <https://www.amazon.com/Nicks-Sticks-100-Grass-Fed-Snack/dp/B00QU781RG/>

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The 8 Best Paleo Snacks of 2019

 Man eating an energy bar

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