

Healthy Snack Swaps

Better options for noodles, biscuits, cookies, chips, chocolate, juice and more

You don't have to give up snacking, just swap the base. Each section below names the usual snack, explains what's wrong with it, then lists healthier products you can buy, with a clickable link for each. Tap any blue link to open the product page.

Noodles

THE USUAL SNACK

Maggi 2-Minute Masala. Made from refined wheat flour (maida) and palm oil. Per 100 g: 12.5 g fat (8.2 g saturated), 8.2 g protein and 2.57 g salt, with no fibre listed (Open Food Facts label data).

HEALTHIER SWAP	WHY IT'S HEALTHIER	PRICE	BUY LINK
Milliearth Multi Millet Noodles	A multi-millet noodle that the listing describes as preservative-free, so you swap refined flour for millets.	Check listing	Buy on Amazon
Slurp Farm Millet Noodles (pack of 3)	Foxtail millet base, sun-dried rather than fried, with zero maida, preservatives or trans fat per the brand page.	Rs. 272 (576 g)	Buy at Slurp Farm
Healthy Master Millet Noodles	Multi-millet and quinoa blend with no maida. Per 100 g dry: 14.5 g protein, 6.1 g fibre, 0.7 g fat. Contains whole wheat, so not gluten-free.	Rs. 99 (200 g)	Buy at Healthy Master

Biscuits

THE USUAL SNACK

Glucose, cream and tea-time biscuits. Most are built on refined flour (maida) with added sugar and refined or palm oil, so they bring calories without much fibre or protein.

HEALTHIER SWAP	WHY IT'S HEALTHIER	PRICE	BUY LINK
Health Sutra Millet Biscuits	Listed as maida-free and high-fibre, so the base is millets instead of refined flour.	Check listing	Buy on Flipkart
Siddhagiri Organic Ragi (Nachni) Biscuits	Ragi-based, so you get a finger-millet biscuit instead of a refined wheat one.	Check listing	Buy at Siddhagiri

Cookies

THE USUAL SNACK

Choco-chip and cream cookies. Typically made with maida, refined sugar and hydrogenated or palm fat, which makes them calorie-dense and easy to overeat.

HEALTHIER SWAP	WHY IT'S HEALTHIER	PRICE	BUY LINK
Slurp Farm Banana Oat Cookies	Sold as no maida and no refined sugar, with a multigrain and oat base sweetened with banana.	Check listing	Buy on Swiggy Instamart
Biesca Ragi & Oats Cookies (180 g)	Made with organic ragi flour, jumbo oats, butter and milk, with no maida and no sugar per the listing.	Check listing	Buy on Amazon
Natable Low-GI Mini Cookies (Ragi & Orange)	Listed as low GI, no refined sugar and no maida, which suits steadier energy than a regular sugary cookie.	Check listing	Buy on Amazon

Chips

THE USUAL SNACK

Fried potato chips. Deep-fried slices of potato, usually in refined or palm oil, and easy to finish a whole packet in one sitting.

HEALTHIER SWAP	WHY IT'S HEALTHIER	PRICE	BUY LINK
Troovy Krunchies Masala Munch	Baked, not fried, from makhana, jowar, chana dal, soy protein, ragi and quinoa, with rice bran oil and no palm oil. Contains soy.	Rs. 140 (70 g)	Buy at Troovy
Healthy Master Light & Crispy Oats Chips	Sold as non-fried and gluten-free, made from oats, urad dal and rice flours in refined sunflower oil, with no preservatives, rather than fried potato.	Rs. 99	Buy at Healthy Master
Healthy Master Light & Crispy Ragi / Jowar Chips	Same baked, no-palm-oil, no-maida approach, on a millet base for more fibre than potato chips.	See product page	Buy (Ragi) at Healthy Master

Chocolates

THE USUAL SNACK

Milk chocolate bars. A typical milk chocolate bar is over half sugar: one Open Food Facts entry for Dairy Milk shows 57 g sugar and 29.2 g fat (19.6 g saturated) per 100 g.

HEALTHIER SWAP	WHY IT'S HEALTHIER	PRICE	BUY LINK
Ambriona 80% Sri Lanka Dark Chocolate (50 g)	80% cocoa, sold as sugar-free, vegan and gluten-free, so far less sugar than milk chocolate. Rich in cocoa solids, so keep portions small.	Rs. 250 (50 g)	Buy at Ambriona

Fruit Juice & Drinks

THE USUAL SNACK

Frooti, Maaza and similar fruit drinks. Legally only 10% fruit is needed. Frooti has roughly 11 to 20% pulp, and these drinks carry about 30 g of sugar per 250 ml serving, with the rest being water and sugar (readthisfirst.in analysis).

HEALTHIER SWAP	WHY IT'S HEALTHIER	PRICE	BUY LINK
Real Activ Mixed Fruit Juice, No Added Sugar (1 L)	Sold as 100% juice with no added sugar. Still low in fibre, so treat it as a better pack, not a free pass.	Rs. 118.8 (1 L)	Buy on BigBasket
Storia 100% Tender Coconut Water, No Added Sugar	Sold as plain tender coconut water with no added sugar, a lighter replacement for sweetened drinks.	Check listing	Buy on Flipkart

More Swaps

THE USUAL SNACK

Fried namkeen, chocolate spreads and candy bars. Fried bhujia and sev, sugar-and-palm-oil spreads and candy bars are calorie-dense and low in protein and fibre.

HEALTHIER SWAP	WHY IT'S HEALTHIER	PRICE	BUY LINK
DiabeSmart Baked Bhujia (200 g)	A baked, aloo-bhujia-style namkeen, so you get the crunch without the frying.	Check listing	Buy on Flipkart
Pintola All Natural Crunchy Peanut Butter (1 kg)	Listed as unsweetened and all natural, a protein-rich spread instead of a sugary chocolate one.	Check listing	Buy on Amazon
RiteBite Max Protein Daily Assorted Bars	10 g protein and 5 g fibre per bar with 0 added sugar per the listing, as an alternative to candy bars.	Rs. 446 (300 g)	Buy on Flipkart

Before you buy: Prices were checked on 7 Oct 2026 and change often; "Check listing" means the price wasn't readable. Claims such as "no maida" or "no added sugar" come from each brand's or retailer's own listing, so read the label yourself. Amazon and Siddhagiri pages couldn't be opened for checking, so those entries rely on the listing title. Millet and baked snacks are still calorie-dense, so portions matter. This guide is general education, not medical advice, and not a paid promotion.