



HEALTHY GRANOLA BARS

What Makes A Healthy Granola Bar

Look for a bar that contains these per serving:

- **Carbohydrates:** 20 grams or less of net carbohydrates (to figure out net carbs take the total carbs and subtract the fibre content)
- **Fibre:** 3 grams or more
- **Protein:** 5 grams or more
- **Saturated Fat:** 4 grams or less
- **Minimal Added Sugar:** Avoid bars where sugar, syrup or honey is one of the first three ingredients*
- **Contains recognizable ingredients**

TRY THESE BARS!

- Rx Bar
- Kind Bar
- Lara Bar
- Vel Bar
- Taste of Nature
- Simply Protein
- Made Good

*other names for sugar: Agave Nectar, Corn Syrup, Dehydrated Cane Juice, Dextrin, Dextrose, Fructose, Fruit Juice Concentrate, Glucose, Invert Sugar, Maltodextrin, Malt Syrup, Molasses, Raw Sugar, Rice Syrup, Saccharose, Sorghum, Sucrose, Treacle, Turbinado Sugar, Xylose