

## Kellogg's NutriGrain vs. MADE GOOD Granola Bars

Product	Kellogg's NutriGrain Bars	MADE GOOD Strawberry Granola Bars
		
<b>Nutrition</b>	<b>2 / 10</b>	<b>7.5 / 10</b>
Serving Size	1 bar ( 37g )	1 bar ( 24g )
Calories	120	90
Total fat	3 g	2 g
Saturated fat	0 g	0.3 g
Trans fat	0 g	0 g
Cholesterol	0 mg	0 mg
Sodium	110 mg	5 mg
Total carbohydrate	24 g	17 g
Dietary fiber	3 g	2 g
Sugars	12 g	6 g
Protein	2 g	1 g
<b>Ingredients</b>	<p>CRUST: WHOLE GRAIN OATS, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B1 [THIAMIN MONONITRATE], VITAMIN B2 [RIBOFLAVIN], FOLIC ACID), WHOLE WHEAT FLOUR, <b>SOYBEAN AND/OR CANOLA OIL (1)</b>, SOLUBLE CORN FIBER, SUGAR, DEXTROSE, FRUCTOSE, CALCIUM CARBONATE, WHEY, WHEAT BRAN, SALT, CELLULOSE, POTASSIUM BICARBONATE, NATURAL AND <b>ARTIFICIAL FLAVOR (2)</b>, MONO- AND DIGLYCERIDES, <b>SOY LECITHIN (1)</b>, WHEAT GLUTEN, NIACINAMIDE, VITAMIN A PALMITATE, CARRAGEENAN, ZINC OXIDE, REDUCED IRON, GUAR GUM, VITAMIN B6 ( PYRIDOXINE HYDROCHLORIDE), VITAMIN B1 (THIAMIN HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), FILLING: INVERT SUGAR, <b>CORN SYRUP (1)</b>, BLUEBERRY PUREE CONCENTRATE, GLYCERIN, SUGAR, <b>MODIFIED CORN STARCH (1)</b>, SODIUM ALGINATE, CITRIC ACID, METHYLCELLULOSE, DICALCIUM PHOSPHATE, MALIC ACID, BLUEBERRY JUICE CONCENTRATE, NATURAL AND <b>ARTIFICIAL FLAVOR (2)</b>, <b>RED 40, BLUE (2)</b></p> <p>(1) <b>Ingredients may be genetically modified</b></p> <p>(2) <b>Unclear ingredients description. Red 40 may cause hyperactivity in children, immune toxicity.</b></p>	<p>GLUTEN FREE OATS*, AGAVE NECTAR*, STRAWBERRY PIECES (APPLE JUICRE CONCENTRATE*, APPLE PUREE*, STRAWBERRY PUREE*, CHERRY JUICE CONCENTRATE *, APPLE PECTIN, NATURAL FLAVOUR*), BROWN RICE SYRUP*, SUNFLOWER OIL*, WHOLE GRAIN CRISP BROWN RICE*, CURRANTS*, AGAVE INULIN*, MOLASSES*, VEGETABLE POWDER (SPINACH, BROCCOLI, CARROTS, TOMATOES, BEETS, SHITAKE MUSHROOMS), <b>STAWBERRY FLAVOUIR (1)</b></p> <p>*Organic. Ingredients</p> <p>(1) <b>Unclear ingredient description</b></p>
<b>Quality</b>	<b>2 / 10</b>	<b>9 / 10</b>
Labels	Contains highly processed ingredients and additives	     <p>Peanut—free product, Non GMO, Certified Organic, Certified Vegan, Certified Gluten Free</p>
<b>Availability</b>	<b>10 / 10</b>	<b>8 / 10</b>
Cost (*prices may vary)	\$ 2. 88 / 8 granola bars	\$ 4.99 / 5 granola bars
Where to Buy	At most large chain grocery stores. Metro, Freshco, No Frills, Loblaws, Whole Foods, Coppa's, Sobeys, Longos, Highland Farms, Fortinos, Real Canadian Superstore, Bulk Barn	At most large chain grocery stores. Metro, Loblaws, Whole Foods, Coppa's, Sobeys, Longos, Highland Farms, Fortinos, Real Canadian Superstore, Bulk Barn

Scores	Nutrition	Availability	Quality
<b>0 - 5</b>	Poor, high amount (values over recommended daily value percentages) of sugar, trans fat, animal saturated fats and/or salt	Pricey, not found in most stores	Low nutrient profile, highly processed ingredients, high amounts of preservatives and/or additives
<b>6 - 7</b>	Satisfactory. Just meets recommended daily value percentages.	Somewhat pricey, available in some stores	Satisfactory nutrient profile, contains some processed ingredients, preservatives, and/or additives
<b>8 - 10</b>	Healthy, low amount of sugar, salt, trans fat, animal saturated fats, preservatives and/or additives; high fiber, protein	Reasonably priced, widely available	Rich nutrient profile, organic ingredients, natural flavours, very low to zero additives and preservatives

Granola Bars are easy “grab and go” snack options. However, most bars contains teaspoons of sugar, layers of artificial ingredients and a list of unpronounceable ingredients. To further complicate things, these snacks are commonly packaged with questionable health claims. So how do you find the healthiest option?

## Top 5 Tips to Choose a Healthy Granola Bar

### Tip 1: Watch the sugar!

- Avoid products with sugar listed as the first three ingredients on the ingredient list. Watch for other names for “sugar” – i.e molasses, high fructose corn syrup, rice syrup, barley malt, agave nectar, black strap molasses, cane sugar.
- Look for a maximum 10:1 ratio of carbohydrates: fiber (for every 10 grams of carbs, there should be at least 1 gram of fiber)
- 1: 1 ratio of sugar to fiber ( for every gram of sugar, there should be at least 1 gram of fiber)
- Avoid ingredient lists with several “-oses” (i.e sucrose, glucose, fructose) as they are a type of sugar

### Tip 2: Get the right type of fats

- Always look for zero trans fat
- Saturated fats should be under 7% of daily percentage value. Choose products made from plant based saturated fats (i.e. coconut oil) vs animal saturated fats (i.e. butter, ghee) . Refer to ingredient list for source.

### Tip 3: Say “yes” to protein!

- Aim for at least 4 grams of protein per 100—150 calories

### Tip 4: Should not replace a meal

- Look for options under 200 calories per bar

### Tip 5: Keep it natural

- Look for ingredient lists with whole grains, nuts, seeds and/or fruits as the first 5 ingredients listed
- Avoid lists with partially hydrogenated oils, high- fructose corn syrup, artificial colouring and flavours

### Other Healthy Brands:

- Kashi Dark Chocolate Almond and Sea Salt Chewy Granola Bar with Chia
- Health Warrior Chia Bar
- Cocoa Coconut Lara Bar