

CEREAL BAR OR GRANOLA BAR...WHICH IS BEST?

It's tricky! Some grain-based bars have so much fat and sugar that they are more like cookies. Carefully read the Nutrition Facts table to choose a grain-based bar (granola or cereal) that has:

- no more than 5 grams of total fat;
- at least 2 grams of fibre; and,
- contains no chocolate, candy, marshmallows or frosting.



Visit Canada's Food Guide online at
www.healthcanada.gc.ca/foodguide



For More information,
call a Registered Dietitian
at 1-800-660-5853 or 613-345-5685
or visit www.healthunit.org/nutrition

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