Scrutinizing Snack Bars

Snack bars are ready-to-eat packaged products that serve as snacks or meal replacements. While convenient, these bars are not always healthy and may contain large amounts of sugar, which contributes to cavities.

**Tips**

- Choose snack bars that have less sugar or substitute for other convenient snacks like cheese and nuts
- Snack bars can be sticky: be mindful to clean teeth of food pieces after eating
- Limit snacking to once or twice per day

The WHO recommends limiting added sugar intake to <10% daily caloric intake. Try to avoid foods with added sugars.

Avoid snack bars with syrups and sugars as main ingredients

**Nutrition Facts**

- Serving size: 1 bar (50g)
- Calories: 230
- Total Fat: 11g (13%)
- Saturated Fat: 2.5g (14%)
- Trans Fat: 0g
- Cholesterol: 0mg (0%)
- Sodium: 160mg (7%)
- Total Carbohydrate: 27g (10%)
- Dietary Fiber: 3g (11%)
- Total Sugars: 11g (15%)
- Includes 8g Added Sugars (15%)
- Protein: 7g (9%)

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:**