

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.



Nutrition Facts		
5 servings per container		
Serving size	1 bar (50g)	
Amount per serving		
Calories	230	
% Daily Value*		
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		
Includes 8g Added Sugars	15%	
Protein 7g	9%	
Vit. D 0mcg	0% • Calcium 22mg	2%
Iron 1mg	8% • Potas. 129mg	2%
Vit. E	25% • Phosphorus	8%
Magnesium	10%	

*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.



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



INGREDIENTS: PEANUT BUTTER*, OAT FLOUR*, ROLLED OATS*, BROWN RICE SYRUP*, CANE SUGAR*, DATE PASTE*, PEA PROTEIN*, CANE SYRUP*, TAPIOCA SYRUP*, RICE STARCH*, PALM OIL*, PEANUT FLOUR*, UNSWEETENED CHOCOLATE*, PEANUTS*, SUNFLOWER AND/OR SOYBEAN OIL*, RICE FLOUR*, VEGETABLE GLYCERIN, NATURAL FLAVORS, SALT, COCOA BUTTER*, SOY LECITHIN*, MIXED TOCOPHEROLS (ANTIOXIDANT).

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