

# Granola Bars, Cereals, Breads, Crackers, & other Grains

There are 2 main considerations when purchasing these items:

- Dietary Fiber
  - Fiber is a type of carbohydrate found in whole grains, fruit
  - It is beneficial for helping your body in many ways:
    - It helps you feel full
      - Fiber expands in your stomach
    - Improves your bowel movements
      - Prevents & treats constipation AND diarrhea
    - It may help lower your cholesterol

Aim for 3g of fiber or MORE

- Sugar
  - Sugar doesn't provide ANY vitamins or minerals
  - There are no health benefits from added sugar
  - Eating a lot of sugar may cause damaging inflammation

Aim for LESS than 7g of sugar

| Nutrition Facts  |                           |
|--|---------------------------|
| Serving Size   | 1 Bar (35g)               |
| <b>Amount Per Serving</b>  |                           |
| <b>Calories</b> 140  | Calories from Fat 45      |
|  | <b>% Daily Value*</b>     |
| <b>Total Fat</b> 5g  | <b>8%</b>                 |
| Saturated Fat 0.5g   | <b>3%</b>                 |
| Trans Fat 0g   |                           |
| Polyunsaturated Fat 1.5g   |                           |
| Monounsaturated Fat 2.5g   |                           |
| <b>Cholesterol</b> 0mg   | <b>0%</b>                 |
| <b>Sodium</b> 95mg   | <b>4%</b>                 |
| <b>Total Carbohydrate</b> 20g  | <b>7%</b>                 |
| Dietary Fiber 4g   | <b>14%</b>                |
| Soluble Fiber 1g   |                           |
| Insoluble Fiber 3g   |                           |
| <b>Sugars</b> 6g   |                           |
| <b>Protein</b> 6g  |                           |
| Vitamin A 0%   | Vitamin C 0%              |
| Calcium 0%   | Iron 6%                   |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |                           |
|  | Calories: 2,000 2,500     |
| Total Fat  | Less than 65g 80g         |
| Sat Fat  | Less than 20g 25g         |
| Cholesterol  | Less than 300mg 300mg     |
| Sodium   | Less than 2,400mg 2,400mg |
| Total Carbohydrate   | 300g 375g                 |

It's important to always check the label before picking the right granola bar for you, but when you need to make a quick pick, **these are our favorite snack bars & cereals** that are higher in fiber and lower in sugar!

## SNACK BARS:

- **Kashi Granola Bars**, most flavors
  - NOT Go Lean or Cereal Bars
- **Special K Protein Bars & Cereal Bars**
  - NOT Chewy Nut or Snack Bars
  - NOT Protein MEAL Bars
- **FIBER One Chewy Protein & 90 Calorie Bars**
  - NOT Trail Mix or Oat Bars
- **Luna Bars**, some flavors
  - NOT Protein
  - NOT Blueberry, Lemon, Smores, Cupcake or Brownie Flavors
- **Kind Healthy Grains, Nuts & Spices, & STRONG**
  - NOT Breakfast, NOT Fruit & Nut, NOT Plus

## CEREALS:

- **Cheerios, Original or Multigrain**
- **Kix, Original**
- **Chex, Whole Wheat**
- **Kashi-- Heart to Heart Oats, Autumn Harvest, Fruitfuls, Puffs, GoLean Original**
  - NOT Other GoLean or GoLean Crunch
- **Wheaties & Bran Flakes**
- **Honey Bunches of Oats**
  - NOT Whole Grain, Energy, Biscuit, or Granola
- **Puffins**, all flavors
- **Shredded Wheat**
- **Life**



Call today to discuss & schedule a Nutrition visit: (718) 920-4664 x 0

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