There are 2 main considerations when purchasing these items:

- **Dietary Fiber**
  - Fiber is a type of carbohydrate found in whole grains, fruits, vegetables, nuts, and beans.
  - 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

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, S'mores, 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