

TOP 5 MUESLI BARS

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Muesli Bars are a great on the go snack. They can be healthy, delicious, nutritious and filling. However, there is great variability in nutritional composition between brands so it is important to be able to identify the healthiest choices.

Use these as your **gold standard** to compare other muesli bars of your choosing.

TOP 5 MUESLI BARS			
Brand <i>Product Name</i>	Per Muesli Bar		
	Energy (kJ)	Sugar (g)	Fibre (g)
Freedom Foods (W) <i>Barley + Seven Seeds Bars</i>	560	2.7	9.6
Food for Health (W) <i>Cinnamon, hazelnut chia Bars</i>	431	2.0	3.8
Freedom Foods (W & C) <i>Crunchola Chewy Bars – Apricot, coconut & chia</i>	530	5.0	3.4
Goodness Superfoods (W) <i>Cranberry & Nut Cereal Bars</i>	532	3.8	9.0
Carman's (W, A & C) <i>Original Fruit Free Muesli Bars</i>	799	6.1	3.3

Key: (W) – Woolworths, (C) – Coles, (A) – Aldi



SUGAR

Aim for < 6g per bar.

ENERGY

For health and weight management, a suitable energy content would be < 600kJ per bar.

FIBRE

Aim for > 3g per bar.