



Breakfast  
**CLUB**  
of Canada



**CLUB**  
des petits  
déjeuners

## Granola Bars

A healthy breakfast consists of a variety of fresh, whole foods that are in line with Canada's Food Guide and school nutrition policies. In order to serve breakfast within a short time frame and accommodate students that are late or need an extra snack during the day, it is understood that packaged foods will be offered along with fresh, whole foods.

Packaged foods often include granola bars. It is important to offer such products in moderation and to take great consideration when choosing them. Granola bars, for example, have evolved from its original composition of whole oats, dried fruit, nuts, seeds, flour and oil to become a fat and sugar packed snack. It is healthier and cheaper to make your own granola bars or to prepare trail mix with whole grain cereals and dried fruit.

If you have to purchase granola bars, please consult this list to help with your decision and serve such snacks no more than once per week.

### **SUGGESTED NUT-FREE GRANOLA BARS**

[In order of increasing sugar content]

Enjoy Life Baked Chewy Bars (Gluten Free) - Sunseed Crunch

Nature Valley Lunch Box Granola Bars - Chewy Chocolate Chip

Nature Valley Lunch Box Granola Bars - Berry

Quaker Chewy - Chocolate Chip

Quaker Harvest Breakfast Fruit Filled Squares - Apple Cinnamon

Quaker Harvest Breakfast Fruit Filled Squares - Strawberry

Kashi Seven Grain with Quinoa Crunchy Bars - Chocolate Chip Chia

Kashi Seven Grain with Quinoa Crunchy Bars - Honey Oat Flax



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### **SUGGESTED GRANOLA BARS CONTAINING NUTS**

[In order of increasing sugar content]

Kashi Whole Grain Bars - Honey Almond Flax

Nature Valley Crunchy - Peanut Butter

Quaker Harvest Crunch Granola Bars - Dark Chocolate Chunk

Quaker Oatmeal To Go - Cinnamon Roll

Kashi Whole Grain Bars - Cherry Dark Chocolate

Nature Valley Oatmeal Breakfast Squares - Cinnamon Brown Sugar

Nutrient quantities in all products were adjusted to a 30 gram reference amount to ensure comparison of nutrients in equal amounts of food. All products listed have less than 7 grams of sugar and more than 2 grams of fibre per 30 gram serving. Many products were excluded because they contain artificial sweeteners, have a sweet coating, have low fiber and/or have high sugar content. Information was collected at two national grocery stores in June 2016. Product nutrition information and allergy information may change; please review each product before serving.