







Granola Bars

YOUR TOP PICKS

RATED

Brought to you by SUNY College at Oneonta's Nutrition For Performance

	Serving size (g)	Calories	Protein (g)	Total fat (Sat) (g)	Carbohydrates (g)	Sugar (g)	Fiber (g)
 Kashi Chewy	35	140	7	5 (0.5 sat)	19	5	4
 Kashi Crunchy	40	170	6	6 (0.5 sat)	26	8	4
 Luna	48	180	9	5 (2 sat)	27	13	3
 Clif Crunch	42	190	4	9 (1.5 sat)	26	10	3

Clif Crunch							
 <p>Nature Valley Crunchy</p>	42	190	4	6 (0.5 sat)	29	12	2
 <p>Fiber One Original</p>	40	140	2	4 (2 sat)	29	10	9
 <p>Nutrigrain</p>	37	120	2	3 (0.5 sat)	24	11	3
 <p>Chewy Original</p>	24	100	1	3 (1 sat)	17	7	1
 <p>Special K</p>	23	90	<1	1.5 (1 sat)	18	8	3
 <p>Chewy Dips</p>	31	140	2	6 (4 sat)	22	12	1



1. When it comes to basic granola bars, Kashi is at the top of the list. One of the TLC Chewy bars has 140 calories and 7 grams of protein. These bars also only have about 5 grams of sugar, significantly less than most of the standard choices. These bars weigh a total of 38 grams each, so sugar only makes up about 14%. In addition, there are 4 grams of fiber! Each of the varieties also provides you with 5 grams of heart-healthy fats.



2. Kashi also makes the crunchy granola bar variety. Weighing slightly more at 40 grams, this variety provides 170 calories (for the two bars in the package). With 6 grams of protein, 4 grams of fiber, and 8 grams of sugar (20%, for comparison), these bars are a perfect snack choice!



3. Luna Bars, from the makers of Clif Bars, come in almost 15 varieties and are mostly marketed toward women. They are all fortified with calcium, iron, and folic acid, three very important minerals athletes and women in general. Luna Bars have 180 calories, 9 grams of protein and 3 grams of fiber. These are a bit higher in sugar than the previous bars (13 grams, about 27%), but one of these could make a great pre-workout snack.



4. Clif Crunch bars are similar in taste and appearance to Kashi's. Each serving (2 bars/one package) has 190 calories and weighs in at 42 grams. In regards to sugar, protein, and fiber, Clif falls second to Kashi, gram- and percentage-wise. However, if you prefer this variety, they are still a great snack option!



5. While these crunchy bars are farther down the list, they are probably one of the best mainstream granola bar options and widely available. Like the other crunchy bars, these are 190 calories and around 40 grams. The sugar-to-protein ratio in these is a little higher (12 grams to 4 grams), but whole grain oats is the first ingredient. Since they are higher in sugar and lower in fiber (2 grams), they would make a great pre-workout snack!



6. Fiber One Original Oats & Chocolate bar is an easy way to get in some extra fiber, but that's about it. For 140 calories, you're only getting 10 grams of sugar and only 2 grams of protein. In fact, by weight, these bars contain more chocolate than they do whole grain oats! Try to get your fiber from natural sources, like whole fruits, vegetables and the whole grains you eat.



7. They're made with real fruit, so they must be a better choice, right? Not quite. The strawberry flavor *does* include strawberry puree, but it's only after high-fructose corn syrup, (regular-fructose) corn syrup, and sugar (and some red coloring at the end). One of these bars (37 grams) provides 120 calories and 11 grams of sugar (about 30% of the total weight). Like they claim, these bars do contain whole grains, however enriched flour is listed immediately after.



8. Probably one of the most popular granola bars, Quaker offers several bar options, from reduced sugar to chocolate dipped to fiber and omega-3 fortified. One Chocolate Chip Chewy bar (24 grams total), will provide you with 100 calories, about 30% from sugar (7 g). With only one gram each of protein and fiber, these bars are not going to keep you satisfied for long! The 25% less sugar variety is slightly better, providing only 5 grams of sugar and an additional 2 grams of fiber, but is still lacking in protein. The Quaker website claims that the bars are a good source of Calcium, but this claim is *per 40 grams*. So you would need to eat 2 bars for that benefit!



9. Special K may have gained popularity for being low in calories, sweet and tasty, but that's about all they've got going for them. The bars are made up of rice and sugar. For 23 grams (about 2.5 bites) you get 90 calories, 3 grams of fiber, not even a gram of protein, and 8 grams of sugar. *One third* of these bars are sugar, and the white rice that makes up the rest isn't any more satisfying. These are also made with high-fructose corn syrup and partially-hydrogenated oils, the trans fats that raise "bad" cholesterol!



10. There's no doubt that covering a chocolate-chip granola bar with more chocolate would be tasty and popular. The Quaker website even calls these bars "little sweet indulgences". One 31 gram bar contains 12 grams of sugar. That's almost 40%! In addition, you're getting 4 grams of saturated fat and little fiber and protein (1 g and 2 g, respectively). They contain several sources of sugar and THREE types of hydrogenated oils (in case one source of trans fat wasn't enough). If you can't give these bars up, have them in place of a candy bar, not a well-balanced breakfast

Sources

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