

“On-the Go” Nutrition! – Summer 2008

Along with baseball games, trips to the pool and summer outings comes the need for quick, convenient and healthy snacks. Many parents buy prepackaged granola and cereal bars to fill the need for a healthy, between-meal energy snack or quick on-the-go breakfast. Most parents assume that granola and cereal bars are high in nutritional value, but some brands are better choices than others. The following tips are provided to help parents select those higher in nutritional value:

- Look for bars made from whole grain and marked low-fat and low (or reduced) sugar. Some granola bars are laden with sugar and fat, making them little better than candy bars.
- Avoid bars dipped in fudge or yogurt (made from powder without active cultures).
- Many bars that claim to contain real fruit, actually are made primarily with “high fructose corn syrup” or juice concentrates.
- Read labels - look for bars high in fiber, vitamins and minerals, and low in saturated/trans fats and sugar.
- When possible, skip the bars and pack whole grain crackers, fresh fruit, and low-fat cheese for an even better quick, on-the-go snack.