

Are you Buying Granola Bars?

Most granola and cereal-type bars (e.g., Nutrigrain Bars, Great Value (Walmart) brand, store brands, etc.) do not meet the [MCCSS SNP Nutrition Guidelines](#) (p. 12) and should not be purchased or served in your school's nutrition program. While some of these bars have whole grain as their first ingredient, others do not. In all cases, the sugar content is much higher than permitted.

BAKED GOODS	SERVE	DO NOT SERVE
	<p><i>Whole grain, whole wheat or bran is first on ingredient list <u>and</u> sugar ≤ 8 g per 30 g serving.</i></p> <p>Examples:</p> <ul style="list-style-type: none"> • Granola or cereal-type bars without chocolate, candy or marshmallows or dipped in chocolate or yogurt • Muffins, scones, biscuits, and cookies 	<p><i>Whole grain, whole wheat or bran is <u>not</u> first on ingredient list <u>and</u> sugar > 8 g per 30 g serving.</i></p> <p>Examples:</p> <ul style="list-style-type: none"> • Chocolate or yogurt dipped granola or cereal-type bars or those containing marshmallows, candy or chocolate pieces • Toaster pastries, pastries, croissants • Muffins, scones, biscuits, and cookies with chocolate, caramel or candy • Cakes, cupcakes, donuts, pies and squares

When you are shopping for granola bars and baked goods, please keep the following selection criteria in mind:

- First ingredient listed is whole grain, whole wheat or bran
- 8 grams of sugar or less per 30 gram serving (bar)
- Do not contain chocolate chips or candy pieces (e.g., marshmallows, etc.)

