

## 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.

	Serve	Do not serve
<b>Whole Grain Foods</b>	<ul style="list-style-type: none"> <li>✓ Whole grain, whole wheat or bran is first on the <b>ingredient list</b> AND</li> <li>✓ Sodium is less than or equal to 10% DV (daily value) per <b>serving</b> AND</li> <li>✓ Sugar is less than or equal to 8 grams per 30 gram <b>serving</b></li> </ul>	<ul style="list-style-type: none"> <li>✗ Whole grain, whole wheat or bran is not first on the <b>ingredient list</b> OR</li> <li>✗ Sodium is more than 10% DV (daily value) per <b>serving</b> OR</li> <li>✗ Sugar is more than 8 grams per 30 gram <b>serving</b></li> </ul>
<b>Grain-based snacks</b>	<ul style="list-style-type: none"> <li>✓ Whole grain granola or cereal-type bars without chocolate, candy or marshmallows and not dipped in chocolate or yogurt</li> </ul>	<ul style="list-style-type: none"> <li>✗ Chocolate or yogurt dipped granola or cereal-type bars or those containing marshmallows, candy or chocolate pieces</li> </ul>

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.)

