

everyday shopping snack bars

HFG PICKS

■ Be Natural trail bars, 5 whole grains:

Honey Nut



Our tasters found the oaty texture nice and chewy and not too sweet. 55% whole grains plus 6% nuts, plus seeds, 0.4g saturated fat, 3.8g fibre, 4.2g sugars, 490kJ per bar.



■ Nice & Natural Nut Bars



This snack bar has a delicious nutty texture, and was a favourite with the tasters. 55% nuts plus dried fruit, 1.3g saturated fat, 2.2g fibre, 7g sugars, 697kJ per bar.



■ Nature Valley Crunchy Bars:

Apple Crisp



This bar tastes like an Anzac biscuit – crunchy, spicy and the perfect complement for a cuppa. 53% whole grains plus 2% apple flakes, 0.7g saturated fat, 2.4g fibre, 10.7g sugars, 711kJ per 2 mini bars.



■ Vogel's Slice of Nature: Berry Indulgence



This delicious-looking bar tastes homemade and is fruity, nutty and full of seeds. 19% nuts and seeds plus 16% dried fruit, 0.7g saturated fat, 2g fibre, 11.9g sugars, 718kJ per bar.



■ Weight Watchers baked cereal bar: fruit of the forest



This baked cereal bar reminded our tasters of a fruit-filled shortcake. 16% fruit, 0.1g saturated fat, 5.8g fibre, 11.4g sugars, 517kJ per bar.



■ Kellogg's K-Time Twists: Strawberry & Blueberry



The soft-baked twists are sweet-centred, cakey, fruit-filled bars. 4% whole grain plus 7% fruit, 0.4g saturated fat, 2.4g fibre, 13.6g sugars, 500kJ per bar.



Snack bar checklist

Use these criteria to help you choose a healthier snack bar:

- ✓ Whole grains, nuts, seeds or fruit
Aim for more than 50% from these ingredients.
- ✓ Saturated fat
Ideal: less than 1g saturated fat per bar
Good: less than 2g saturated fat per bar
- ✓ Fibre
More than 1.5g per bar. More fibre is better. Avoid bars which do not list fibre on the nutrition information panel.
- ✓ Sugars
Less than 10g sugars per bar
- ✓ Energy
We recommend choosing bars with less than 600kJ per bar if you need to watch your energy intake.

■ Tasti nut bar: fruit & nut



A firm favourite with our tasters, this snack bar is packed with real fruit, nuts and seeds. 30% fruit plus 28% nuts, 1g saturated fat, 1.6g fibre, 11.6g sugars, 668kJ per bar.

