

Granola Bars

- Granola bars are a quick and easy snack when you are on the go.
- Some bars can have a lot of added sugar, phosphate additives, and artificial ingredients.
- This guide will help you learn what to look for on the label and how to choose better options that support kidney health.

Reading granola labels:



Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV	Amount/serving	% DV	Amount/serving	% DV
Serving size 1 bar (36g)		Total Fat 2.5g	3%	Monounsatur. Fat 0.5g		Dietary Fiber 2g	9%	Total Protein 10g	10%
Calories per serving 130		Saturated Fat 1.5g	7%	Cholesterol 10mg	3%	Insoluble Fiber 1g			
		Trans Fat 0g		Sodium 80mg	3%	Total Sugars 9g			
		Polyunsatur. Fat 0g		Total Carb. 23g	9%	Incl. 8g Added Sugars 17%			
Vit. D 0mcg 0% • Calcium 26mg 2% • Iron 1mg 4% • Potassium 90mg 2% • Vit. E 2% • Phosphorus 6% • Magnesium 4%									

Saturated Fat

- Snack: Try less than 3 grams
- Meal: Try less than 7 grams

Sodium

- Snack: Try less than 300 mg
- Meal: Try less than 700 mg

Carbohydrates

- Snack: Try about 15 – 30 grams
- Meal: Try about 30 – 60 grams

Sugar

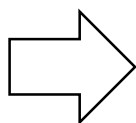
- Snack: Try less than 7 grams
- Meal: Try less than 10 grams

- Not all labels show phosphorus. If it is not listed, check the ingredients. Look for words with “**phos**.” These mean added phosphorus.
- Try to avoid baking powder too. It can add phosphorus and potassium. Choosing bars without baking powder can help support your kidney health.

Try using it as snack or an occasional meal replacement:

Snack

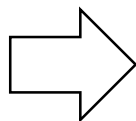
Try choosing
50 – 250 calories
15 – 30 grams carbs



Try choosing a **granola bar**
for a healthy snack

Meal

Try choosing
250 – 500 calories
30 – 60 grams carbs



Try choosing a **protein bar**
and add a carb like fresh fruit,
toast, or low sodium crackers
to make an easy meal.

Better Choices: Protein and Granola Bars

Annie's Chewy Granola Bars 	Kashi Chewy Granola, Crunchy Granola, Layered Granola, Grain Free Granola 	KIND Breakfast, Breakfast Protein, Snack, Protein, Energy, Healthy Grains, Nut Butter Filled Snack 
Nature Valley Crunchy Granola, Fruit & Nut, Wafer, Protein Chewy, Protein Crunch, Sweet & Salty Nut, Packed Sustained Energy 	:Ratio Keto Friendly Crunchy Bars 	Aloha Plant-Based Protein Bars 
Built Bar Protein and Energy Bars 	Garden of Life Sport Performance Protein Bars, Organic Fit Protein Bars 	GoMacro Macrobar 
ONE Protein Bars 	Orgain Organic Protein Plant Based Bars 	Perfect Bar Protein Bars 
Power Crunch Protein Energy Bars 	Pure Protein Protein Bars 	Vega Protein Bars, Protein Snack Bars 



For general nutrition coaching, education, and referral support only; not for nutrition diagnosis or individualized therapeutic nutrition planning.