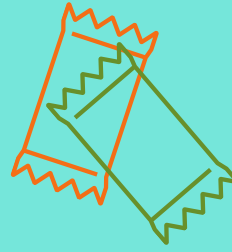
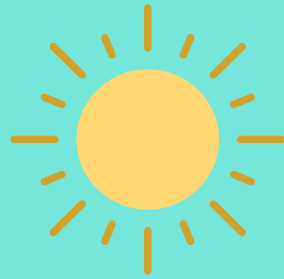




# July Newsletter

UBC Active Kids



## GUIDE TO GRANOLA BARS!

**School's Out!** As summer camps go into full swing you might be looking for an **easy snack** to pack in your children's lunches. Granola bars are a tasty, quick snack to pack on busy days.

It can be overwhelming trying to figure out what granola bars are the best choice for your family. We can help with that! Here is some information on **label reading** so you know what to look for when buying granola or protein bars.

### % Daily Value:

- To tell how much of a nutrient there is you can look at the **% daily value (DV)** on the right-hand side of a nutrition facts table!
  - Aim for for around **15% or less of sugar & sodium**
  - If the sugar content is higher than 15% check the source by reading the ingredient list!
  - Natural sources such as dates, figs, or dried fruit are preferred** over added sugar because they also bring added fiber.

### Ingredient List:

- Read the ingredient list. Usually the **shorter & simpler the better!**
  - Look for added sugars**, which sometimes can be found under the names: sucrose, glucose, or ingredients like cane syrup, molasses, and tapioca syrup.
  - A bit of added sugar is nothing to worry about, it's just **keeping an eye on added sugar that is above 15% DV**

| Nutrition Facts           |        | Valeur nutritive      |      |
|---------------------------|--------|-----------------------|------|
| Per 1 cup (250 mL)        |        |                       |      |
| pour 1 tasse (250 mL)     |        |                       |      |
| Calories 110              |        | % Daily Value*        |      |
|                           |        | % valeur quotidienne* |      |
| Fat / Lipides             | 0 g    |                       | 0 %  |
| Saturated / saturés       | 0 g    |                       | 0 %  |
| + Trans / trans           | 0 g    |                       |      |
| Carbohydrate / Glucides   | 26 g   |                       |      |
| Fibre / Fibres            | 0 g    |                       | 0 %  |
| Sugars / Sucres           | 22 g   |                       | 22 % |
| Protein / Protéines       | 2 g    |                       |      |
| Cholesterol / Cholestérol | 0 mg   |                       |      |
| Sodium                    | 0 mg   |                       | 0 %  |
| Potassium                 | 450 mg |                       | 10 % |
| Calcium                   | 30 mg  |                       | 2 %  |
| Iron / Fer                | 0 mg   |                       | 0 %  |

\*5% or less is a little, 15% or more is a lot  
\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

<https://www.unlockfood.ca/en/Articles/Nutrition-Labeling/Understanding-Food-Labels-in-Canada.aspx>

INGREDIENTS: FLOUR, FANCY MOLASSES, VEGETABLE OIL SHORTENING, BROWN SUGAR, LIQUID WHOLE EGG, SUGAR, SALT, SODIUM BICARBONATE, SPICES, COLOUR  
CONTAINS: WHEAT, EGG

<https://www.canada.ca/en/health-canada/services/nutrients/sugars.html#us>

