



Multigrain Cereal Bars are Not All They are Cracked Up to Be

Just calling something multigrain makes it sound nutritious, but that simply means that it's made from more than one type of grain (perhaps wheat and oats). These bars are not high in fiber; in fact most bars have about the same fiber as a slice of white bread. And seeing fruit in the name makes it sound like a very portable way to get one of those all-important servings of fruit, but these bars are generally more like half an English muffin spread with some margarine and a whole lot of jam. The packaging makes these bars convenient, but nutritionally you'd get a whole lot more from a bowl of whole-grain cereal with fruit and milk, or a slice or two of whole wheat toast spread with peanut butter, with a piece of fruit and glass of low-fat milk on the side.

For more information on healthy snacks, contact your local **Health and Wellness Center (HAWC)** or **Dietitian**.

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