

NO COOK CEREAL BARS & BISCUITS TO BUY

Avoid bars high in sugar and vegetable oils
Chose bars with nuts and seeds

Snack	Portion	Nutrition Information
Food Doctor Bars e.g. Get Set Bar - oats, dates, bananas, seeds (pumpkin, sesame, quinoa, spirulina)	1 bar 40 g	Calories 147 Protein 3.9 g Carb 22.1 g Fat 4.8 g
9 Bars e.g. Pumpkin 9 Bar - seeds (sunflower, sesame, poppy, hemp, pumpkin), honey	1 bar 40 g	Calories 204 Protein 8.6 g Carb 11.4 g Fat 13.8 g
Nakd Bars e.g. Apple Crunch Fruit & Nut Bar - Soya protein, cashew, raisins, apple	1 bar 30 g	Calories 107 Protein 5.5 g Carb 15.2 g Fat 2.4 g
Pulsin Almond & Raisin Raw Choc Brownie	1 bar 50 g	Calories 207 Protein 5.0 g Carb 23.2 g Fat 10.8 g
Nairns Biscuits e.g. Dark Chocolate Chip Oat Biscuit	1 biscuit	Calories 45 Protein 0.8 g Carb 6.4 g Fat 1.7 g