



East Lancashire Hospitals
NHS Trust

A Guide To Cereal Bars.. Which Is The Best For You?



**East Lancashire
Children and
Young Peoples
Diabetes Team**

Fruit is the preferred choice of snack for hypos and exercise, but cereal bars can be a useful alternative as they are portable, convenient and usually have a long 'best before date'.

Cereal bars can often be advertised as being healthy but can unfortunately still be very high in sugar. This leaflet has been designed to help you choose the most suitable cereal bars for hypo and exercise snacks.

Cereal bars based on oats are digested slower and are therefore the preferred choice.

Cereal bars are not suitable for between meal snacks due to their carbohydrate content. One piece of fruit or vegetables are the only food that can be eaten between meals without insulin. For more information see our 'Eating between meals' leaflet.

Supermarkets have their own brands of cereal bars, many of which are suitable. We have not been able to list them here, see the last page to rate your choice of cereal bar.

Cereal Bars

CEREAL BAR	CARBS PER BAR (grams)
Alpen Light Summer Fruits Bar	11
Weetabix Oaty Bars 50% Less Sugar - Milk Chocolate	12
Trade Craft Geo Choc Chewy Bar	13
Rice Krispies Bar	15
Kellogs Squares Caramel & Chocolate	17
Alpen Strawberry & Yoghurt Bar	22
Jordan's Frusli Red Berries Bar	23
Oat So Simple Fruit Muesli Morning Bar	24
Kellogs Nutrigrain Crunchy Breakfast Granola Slices	26
Kellogs Nutrigrain Breakfast Biscuits - Cereal & Milk	26
Nature Valley Crunchy Canadian - Maple Syrup	27
Alpen Trail Chunky Nut Bar	29
Mc Vities Breakfast Bar with Porridge Oats	32
Belvita Fruit & Fibre	33
Go Ahead Crispy Fruit Slices - Raspberry	33
Pop Tart Frosted Strawberry Sensation	35

KEY

	Green	Suitable 10g - 15g Carbs
	Red	Unsuitable 15g + Carbs

10g - 15g Carbohydrates

Cereal bars need to be low in sugar to be healthy, but for hypoglycemia and exercise snacks the quantity of carbohydrates is very important.



If fruit is not available, a cereal bar containing 10g - 15g of carbs is an ideal alternative for a healthy post-hypo or exercise snack to help keep blood glucose levels on target.



How to Rate Your Cereal Bar

Although our tables show a selection of cereal bars, there are still many that we have not included. You can rate these yourself by looking at the nutrient label on the box.

Find out how much carbohydrate is in the bar and then work out if it is suitable or not by using the following grid:

Carbs in Bar	Rated	
10g - 15g	Green	
15g +	Red	

Once you have chosen a cereal bar which contains 10g - 15g of carbs, check the total sugar content.

Try and choose a cereal bar that contains 5g of sugar or less.

Useful Contact Numbers

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Paediatric Diabetes Dietitians

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