3 Signs To Watch Out For When Buying Healthy Snack Bars

Hello [[firstname]],

After reading the blog post about the Healthy Warrior Chia Bars, we would like to discuss what to watch out for with these bars.

Health food snack bars may seem like a great idea, healthier than traditional granola or cereal bars, and an easy switch for some of your fatty or salty snack foods. The problem is, most healthy snack bars are anything but healthy. If you are worried about getting a health bar that may be just as bad for you as other snack bars on the market, consider looking for warning signs. Here are a few to watch out for when buying healthy snack bars.

**Sodium**

One of the first things to look for and watch out for when you are buying healthy snack bars is the sodium count. Remember that high sodium intake can cause water retention which can lead to weight gain and bloating. If you are eating something that is organic, healthy, and a snack bar the sodium count should not be that high. If it seems very high to you, then it is likely sodium found in preservatives and not in the ingredients of the food itself.

**Sugar**

Sugar content can be very high in certain healthy snack bars. The problem with this is, most people don't look at the sugar content. Keep in mind, some sugars are natural and come from the fruit contained in the snack bar. So, if you have a fruit bar versus a nut bar, then you will likely see more sugars. If you are buying a bar that is nut based along with protein and oats then you probably want to consider it a warning sign when there is a very high amount of sugars. Consider this, one can of cola contains approximately 40 grams of sugar. If you are staying away from sugary drinks because of the sugar content, and the snack bar that is supposed to be healthy contains around the same amount, it is probably not a good sign.

**Flavorings**

Flavorings are a dead giveaway that your health snack bar isn't exactly healthy. Ideally, your health snack bar should have natural flavors and natural colors. When they start adding things like artificial flavorings it is a warning sign that what is in the bar is not what may actually be there. For example, if you see something that is apple but the flavoring is strawberry to give an apple tang then that's a problem. Go with snack bars that only have natural flavorings or juices instead.

Ideally, the best healthy snack bar is the one you make at home. You can control the ingredients, add only the options you want in the bars, and control the quantity. If you go this route, remember to get everything as fresh as possible and without being overly processed.

[sign off]