

# Great Granola!


Granola used to be one of those foods like yogurt that you could only find in health foods stores where earthy, health-conscious people shopped. Fortunately, now granola is mainstream. Not only does every grocery store sell it, they also carry all kinds of flavors and varieties, with additions such as fruit, spices, nuts, flax, chocolate, honey and more. Granola is great on its own as a breakfast cereal, but it's also fun to sprinkle over yogurt to add a little crunch, to mix with dried fruits for a mid-day snack, or just eat out of the bag for an anytime snack.

Bare bones granola is basically oats, with perhaps some nuts and sweetener, toasted until crunchy. Muesli contains similar ingredients, but it's not toasted and has a chewier texture. Oats, nuts, seeds and dried fruits can add important nutrients to your diet, including heart-healthy soluble fiber, protein, vitamins, minerals, healthy fats, and phytochemicals (plant compounds with health-protective activities). But many supermarket granolas and muesli have extra ingredients that contribute to high fat and/or high sugar contents. We scanned all the boxes, bags and buckets for the best granolas we could find.

**Helpful hints.** Before you grab some granola, check out our tips to make sure it's a healthy part of your diet.

- **Pare down portions.** Though it can be healthy, granola isn't necessarily a low-cal food. If you're sprinkling it on yogurt, limit it to a few tablespoons. If you like it as a breakfast cereal, mix one-half cup of granola with one-half cup of another whole grain cereal, such as shredded wheat, oatmeal cereal, or bran cereal.

- **Check the sugar.** Some granolas are loaded with sugar—flip the box over and check the label before tossing it into your cart. Look for those with 10 grams (2.5 tsp) of sugar or less per serving. Keep in mind that the grams of sugar listed on the label include those found naturally in fruit. Look to the ingredients list to identify sources of added sugar, which can include forms like honey, agave nectar and corn syrup.

- **Know the ingredients.** Granola is a fairly simple food, so the ingredient list should be short and include ingredients you can find in your own kitchen. 

—Heidi McIndoo, M.S., R.D.

## Granola and Muesli: A Nutrition Comparison

As with all EN comparisons, this is only a sampling of what's available. Products are listed alphabetically.



✓ = **EN's Picks.** Granola and muesli picks contain no more than 10 grams (g) sugar, 6 g total fat (9% DV), and 1.5 g saturated fat (8% DV) per serving.

Granola and Muesli	Serving Size	Calories	Fat (g)	Sat Fat (g)	Carbs (g)	Sugar (g)	Fiber (g)	Sodium (mg)	Pro (g)
<b>GRANOLA AND MUESLI WITH FRUIT</b>									
Back to Nature 100% Natural Apple Blueberry Granola	½ c	200	2.5	0	39	13	4	10	6
Bear Naked 100% Pure & Natural Granola Fruit & Nut	½ c	280	14	3	36	12	4	0	6
✓ Bear Naked Fit Triple Berry Crunch	½ c	240	4	0	46	6	6	30	4
Cascadian Farm Cinnamon Raisin Granola	⅓ c	210	3	0.5	42	16	3	210	5
Enjoy Life Cinnamon Raisin Crunch	½ c	190	1	0	44	14	3	55	3
Enjoy Life Very Berry Crunch	½ c	190	1.5	0	44	12	4	60	3
Familia Swiss Balance Cranberries & Cinnamon	½ c	240	9	2.5	36	15	3	45	4
Grandy Oats Goji Agave	½ c	230	7	2	35	10	5	80	8
Kaia Foods Buckwheat Granola Dates & Spice	½ c	230	9	2	34	13	6	30	7
Kaia Foods Buckwheat Granola Raisin Cinnamon	½ c	230	10	2	34	12	6	30	6
✓ KIND Vanilla Blueberry Clusters with Flaxseeds	⅓ c	120	3	0	22	5	5	20	3
Nature's Path Love Crunch Apple Crumble	½ c	280	8	1	44	12	4	100	6
✓ Ola! 100% Natural Handbaked Granola Cranberry Orange Pecan	⅓ c	120	3.5	0	19	5	3	10	3
✓ Trader Joe's Fat Free Blueberry Muesli	½ c	160	0	0	39	10	5	80	4
Trader Joe's Gluten Free Granola Cranberry Maple Nut	¾ c	260	12	1	35	12	3	45	4
✓ Trader Joe's Granola & The 3 Berries	½ c	200	6	1	34	10	3	30	5
Udi's Sweet & Fruity Cranberry Granola	½ c	280	10	1	42	16	4	0	6
<b>GRANOLA AND MUESLI WITHOUT FRUIT</b>									
✓ Alpen All Natural Muesli No Sugar Added	⅓ c	210	3	0	40	8	6	15	7
Back to Nature 100% Natural Chocolate Delight Granola	½ c	220	6	2	37	13	4	5	5
✓ Bear Naked Fit Vanilla Almond Crunch	½ c	240	5	0	44	8	4	20	8
Bear Naked 100% Pure & Natural Granola Maple Pecan	½ c	260	8	1	44	10	4	40	6
Bear Naked Peak Protein	½ c	280	14	1	30	12	6	50	12
✓ Cascadian Farm Ancient Grains Granola	1 c	220	5	1	41	9	5	140	5
Cascadian Farm Dark Chocolate Almond Granola	¾ c	210	4.5	1	39	14	4	150	5
Cascadian Farm Maple Brown Sugar Granola	⅓ c	220	4	1	42	14	3	130	5
✓ Familia Swiss Muesli No Sugar Added	½ c	210	3	0.5	41	7	4	0	6
Familia Swiss Muesli Original	½ c	220	3	0.5	39	13	5	0	6
Grandy Oats Mainly Maple Organic Granola	½ c	204	7	<1	31	9	4	109	6
✓ Kellogg's Special K Lowfat Granola Touch of Honey	½ c	190	3	0.5	39	9	5	115	7
✓ KIND Maple Walnut Clusters with Chia & Quinoa	⅓ c	130	3.5	0	22	6	3	20	3
✓ KIND Peanut Butter Whole Grain Clusters	⅓ c	130	3.5	0.5	20	5	2	80	5
Milk & Honey Original Café Mix	½ c	270	16	2	30	16	4	70	6
Nature's Path Organic Flax Plus Pumpkin Flax Granola	¾ c	260	10	1.6	37	10	5	45	6
Nature's Path Love Crunch Carrot Cake	½ c	260	8	2	46	16	4	90	4
Nature's Path Chia Plus Coconut Chia Granola	¾ c	270	11	4	36	9	6	50	5
✓ Ola! 100% Handbaked Granola Vanilla Almond	⅓ c	120	3.5	0	19	4	3	10	4
Quaker Natural Granola	½ c	210	5	0.5	38	13	5	30	5
Trader Joe's Pecan Praline Granola	½ c	210	7	0.5	31	10	3	60	5
Udi's Crunchy Original Granola	½ c	280	12	2	42	14	4	0	6
Udi's Pure & Simple All Natural Granola	½ c	280	9	1	44	14	4	0	6

Note: fl oz = fluid ounce, g = gram, mg = milligram, sat fat = saturated fat, carb = carbohydrates, DV = Daily Value, pkg = package. Daily requirement based on 2,000 calorie/day diet. Source: company websites and product packages.