

## Comparison of Muesli Bars; 2018

All values are per 100g

All information taken from nutritional panels on product and company AU websites



dietitian  
connection®

	Energy (kJ)	Protein (g)	Fat (total) (g)	Fat (sat) (g)	CHO (g)	Sugars (g)	Dietary Fibre (g)	Na (mg)
Barley+ Cranberry & Almond Bars	1560	9.8	11.7	1.4	44.8	12.7	25.4	31
Barley+ Pink Lady & Chai Flavoured Bars	1460	8.3	8.6	1.2	47.5	16.7	24.5	36
Barley+ Wild Berry & Yoghurt Bars	1530	8.5	9.5	2.0	48.6	16.8	26.1	43
Barley+ Seven Seeds Bars	1560	10.2	12.1	1.6	43.0	7.5	25.6	33
Be Natural Berry Bliss Nut Bar	1960	15.2	24.5	2.8	42.6	20.3	9.1	130
Be Natural Choc Vanilla Swirl Nut Bar	2100	16.7	30.4	6.9	36.7	11.4	8.6	160
Be Natural Nut Delight Protein Bar	2230	20.0	36.3	4.3	29.0	20.2	7.1	15
Be Natural Choc Chip Chia Granola and Seed Bar	1890	7.7	17.3	4.3	62.2	22.1	7.3	260
Be Natural Golden Honey Linseed Granola and Seed Bar	1870	8.3	15.9	2.5	63.3	17.7	7.9	250
Be Natural Blueberry Choc Almond Coconut Muesli Quinoa Bar	1730	6.2	14.8	8.4	60.2	27.9	6.3	40
Be Natural Almond Cashew and Pepitas Muesli Quinoa Bar	1740	9.5	14.9	2.8	57.5	15.7	5.5	30
Be Natural Goji, Cranberry, Pepitas Almond Muesli Quinoa Bar	1630	7.9	10.3	2.1	62.4	21.7	6.7	45
Carman's Dark Choc Orange and Hazelnut Bar	1670	7.8	13.7	5.3	60.1	20.0	7.4	54
Carman' Dark Choc Cherry and Coconut Bar	1740	6.4	14.0	5.4	64.0	23.5	8.8	13
Carman's Yoghurt Fig and Honey Bar	1630	7.3	12.4	5.9	59.8	24.9	7.4	61
Carman's Dark Choc Cranberry and Almond Bar	1790	8.0	18.3	5.3	55.4	24.7	8.6	12
Carman's Dark Choc Blueberry Superfood Bar	1800	8.5	18.2	5.4	54.7	23.6	8.7	14
Carman's Gluten Free Cranberry, Honey and Cinnamon Bar	1755	8.5	19.1	2.6	50.5	30.0	5.3	52
Carman's Classic Fruit and Nut Muesli Bar	1706	9.1	14.9	2.5	55.7	17.3	6.8	20
Carman's Original Fruit Free Muesli Bar	1776	9.9	16.5	2.3	55.2	13.6	7.3	11
Carman's Super Berry Muesli Bar	1820	11.1	19.0	3.7	51.4	15.0	6.6	25
Carman's Dark Choc Macadamia and Coconut Nut Bar	2190	17.7	33.8	11.0	33.9	14.0	7.2	42
Carman's Almond Hazelnut and Vanilla Nut Bar	2107	16.4	30.9	3.2	36.4	14.5	8.3	9
Carman's Almond Cashew and Cranberry Nut Bar	2041	14.2	29.3	3.5	38.2	22.9	8.5	9
Carman's Dark Choc Espresso Nut Bar	2003	17.3	28.5	6.3	34.0	17.2	9.8	9
Carman's Yoghurt and Blueberry Nut Bar	2070	12.3	29.2	9.0	43.0	25.4	6.1	74
Carman's Salted Dark Choc and Almond Protein Bar	2140	27.7	29.1	6.4	30.3	17.0	9.8	441
Carman's Coconut Yoghurt and Roasted Nut Protein Bar	2120	25.6	28.6	9.7	36.9	21.2	3.9	202
Carman's Yoghurt and Berry Protein Bar	1955	25.9	23.5	6.0	36.3	25.0	3.4	182
Carman's Dark Choc and Cranberry Protein Bar	1928	24.9	23.3	7.9	36.2	26.0	6.7	170
Coles Chewy; Apricot & Coconut	1540	6.0	5.6	2.6	69.9	21.3	5.3	60.0
Coles Chewy; Chocolate	1810	6.8	8.2	3.5	68.2	23.2	4.8	70.0
Coles Chewy; Milk Chocolate	1580	6.8	8.2	3.5	68.2	23.2	4.8	130
Coles Chewy; Mixed Berry	1530	6.2	6.1	3.0	68.0	21.5	5.5	56.0

Coles Fruit and Nut Bars	1960	13.7	30.1	6.1	43.1	26.3	3.8	43.0
Coles Fruit Filled Bars; Apple & Cinnamon	1370	4.6	2.3	1.2	65.5	36.4	3.2	165
Coles Fruit Filled Bars; Mixed Berry Flavour	1380	4.7	2.3	1.2	66.0	40.0	3.6	161
Coles Nut Bars; Nut Delight	2130	14.0	31.5	6.9	42.7	27.9	5.2	48.0
Coles Nut Delight	2220	13.4	30.5	5.9	42.8	26.4	4.1	43.0
Coles Smart Buy Bars; Choc Chip	1730	6.4	10.3	3.4	73.2	21.9	-	16.0
Coles Smart Buy Yoghurt Topped; Strawberry	1860	5.5	16.9	10.6	67.9	29.0	-	30.0
Coles Yoghurt Topped; Mango & Passionfruit	1590	6.3	8.8	5.8	68.2	25.2	4.3	70.0
Coles Yoghurt Topped; Strawberry	1790	5.8	10.9	7.3	71.0	25.2	4.8	90.0
Coles Simply Gluten Free Berry Delight Muesli Bar	1750	4.7	11.1	4.4	72.0	21.7	-	90
Coles Simply Gluten Free Choc Trail Mix Muesli Bar	1930	11.7	22.1	5.4	50.1	15.3	-	46
Go Natural Nut Delight Bar	2148	15.5	38.5	3.7	27.5	13.5	7.8	26
Go Natural Almond Apricot and Coconut Bar	1961	7.2	28.5	14.9	46.9	25.9	10	38
Go Natural Yoghurt Almond and Apricot Bar	1925	6.9	25.6	16.7	51.9	35.9	5.9	61
Go Natural Fruit and Nut Delight Bar	1923	12.3	27.1	2.6	41.4	24.2	10.8	19
Go Natural Yoghurt Fruit and Nut Delight Bar	1971	10.5	28.1	9.2	45.3	31.3	8.3	22
Go Natural Almond and Cashew Bar	2125	16.9	35.5	4.8	31.2	13.5	7.4	11
Go Natural Almond Cranberry and Pepita Bar	1923	12.3	27.1	2.6	41.4	24.2	10.8	19
Go Natural Walnut Date Cashew and Chia Seed Bar	1955	10.4	27.8	3.3	44.6	22.4	8.3	19
Go Natural Macadamia and Apricot Bar	2045	4.5	34.9	17.6	40.8	32.9	8.7	31
Go Natural Macadamia and Hazelnut Bar	2214	13.4	40.5	5.7	29.4	21.7	7.0	14
Go Natural Sweet and Salty Nut Bar	2143	12.9	36.7	9.1	34.0	24.1	6.8	465
Kelloggs Biscuit Moments; Blueberry Flavour	1730	5.2	8.9	3.4	76.1	27.1	1.9	290
Kelloggs Biscuit Moments; Chocolate Flavour	1740	4.9	10.2	4.1	74.2	25.6	2.8	320
Kelloggs Biscuit Moments; Strawberry Flavour	1710	5.0	8.1	2.6	76.7	26.3	2.3	270
Kelloggs Crunchy Nut Bars; Peanut	2070	13.0	27.2	8.1	47.1	24.1	5.1	265
Kelloggs K-Time Twists; Raspberry & Apple	1440	3.7	6.6	1.2	63.9	35.6	5.6	160
Kelloggs K-Time Twists; Strawberry & Blueberry	1480	3.6	6.9	1.2	66.0	35.6	5.6	160
Kelloggs K-Time Twists; Strawberry & Yoghurt	1430	3.3	6.4	1.3	64.5	36.2	5.6	180
Kelloggs Nutri-Grain Bars	1760	9.9	10.0	7.6	71.3	36.6	1.8	255
Kelloggs Special K Chocolatey Bars; Caramel Flavour	1730	9.8	8.1	6.0	72.9	30.8	2.5	200
Kelloggs Special K Chocolatey Bars; Raspberry Flavour	1730	9.3	8.1	6.0	73.5	32.4	2.4	200
Kelloggs Special K Fruit & Nut Bars; Cashew & Mixed Berry	1760	7.6	14.4	7.4	60.9	33.5	8.3	110
Kelloggs LCMs Corn Flakes Golden Joys	1700	3.7	7.3	5.9	79.8	29.2	1.6	275
Kelloggs LCMs Rice Bubbles Choc Chip	1750	3.5	11.1	5.5	74.7	31.4	0.8	315
Kelloggs LCMs Rice Bubbles Kaleidos	1740	4.0	9.7	4.3	76.4	34.5	1.3	230
Kelloggs LCMs Rice Bubbles Original	1730	3.3	9.0	2.1	78.5	30.0	0.5	310
Kelloggs LCMs Rice Bubbles Split Stix Chocolatey	1780	3.6	12.0	8.0	74.4	35.6	1.1	200
Kelloggs LCMs Rice Bubbles Split Stix Yoghurty	1830	3.3	13.7	10.9	74.2	34.2	0.4	260
Mother Earth Baked Oaty Slices; Black Forest	1700	7.0	15.3	8.0	57.3	30.2	5.9	270
Mother Earth Baked Oaty Slices; Verry Berry	1640	6.5	12.5	5.8	60.2	29.6	6.4	259

Mother Earth Baked Oaty Slices; Peanut Butter	1940	14.9	24.9	5.3	41.8	16.1	6.5	280
Mother Earth Baked Oaty Slices; Sultana, Oat and Honey	1610	6.9	14.7	8.6	57.7	29.1	6.5	149
Mother Earth Baked Oaty Slices; Raspberry and White Choc	1830	7.6	18.9	12.3	55.2	26.9	6.7	140
Mother Earth Baked Oaty Slices; Afghan	1820	8.1	21.1	9.2	51.5	27.0	6.1	223
Mother Earth Baked Oaty Slices; Choc Apricot	1720	6.5	18.6	11.1	51.4	30.9	7.0	172
Nature Valley Crunchy Peanut Butter Bar	2040	10.2	21.5	2.8	59.7	25.2	6.5	370
Nature Valley Crunchy Oats and Honey Bar	1930	8.1	17.2	2.4	64.5	28.3	5.6	328
Nature Valley Choc Peanut Protein Bar	2030	25.6	30.0	9.3	21.4	16.4	15.3	389
Nature Valley Salted Caramel Nut Protein Bar	2070	25.0	31.1	7.6	22.5	14.9	13.7	451
Nestle Milo Bars	1590	5.9	5.4	1.5	70.6	21.8	10.0	110
Nestle Milo Oatie Bars	1630	8.4	8.4	2.2	66.4	22.7	5.8	48.0
Nice & Natural Roasted Nut Bar; Apricot	1990	13.9	30.0	5.2	38.1	25.9	-	19.0
Nice & Natural Roasted Nut Bar; Chocolate	2060	14.7	31.2	5.4	38.4	26.8	-	28.0
Nice & Natural Roasted Nut Bar; Chocolate Almond	2040	13.0	31.0	6.5	39.6	27.3	-	18.0
Nice & Natural Roasted Nut Bar; Mixed Berry	2010	14.2	29.8	5.3	38.9	26.7	-	60.0
Nice & Natural Roasted Nut Bar; Original Peanut	2070	17.3	33.4	3.8	31.9	19.9	-	18.0
Nice & Natural Roasted Nut Bar; Trail Mix	2040	13.3	29.6	7.4	42.3	30.3	-	38.0
Nice & Natural Roasted Nut Bar; Yoghurt	2050	14.6	31.5	7.5	37.7	26.2	-	36.0
Nice & Natural Superfruits; Cranberry & Blueberry	1520	6.9	8.8	2.8	65.8	29.5	5.0	57.0
Nice & Natural Superfruits; Raspberry & Pomegranate	1600	6.7	8.7	2.8	63.8	29.3	5.3	61.0
Nice & Natural Superfruits; Strawberry & Blackcurrent	1690	6.7	11.7	6.2	64.7	34.1	4.6	68.0
Nice & Natural Supergrains Muesli Bar; Almond, Choc & Quinoa	1770	7.8	14.4	3.7	65.2	21.7	5.4	116
Nice & Natural Supergrains Muesli Bar; Apple, Cinnamon, Spelt & Sunflower Seeds	1620	6.3	9.7	1.3	68.1	25.4	5.1	133
Nice & Natural Supergrains Muesli Bar; Apricot, Coconut and Spelt	1730	7.4	14.2	5.9	63.2	19.4	-	131
Nice & Natural Chewy Muesli Bar; Tropical and Yoghurt	1700	6.1	12.7	10.0	64.2	30.8	4.5	105
Nice & Natural Chewy Muesli Bar; Chocolate	1550	6.7	7.4	4.2	65.6	19.9	5.6	68
Nice & Natural Protein Nut Bar; Choc Cacao	1988	25.0	31.6	6.6	23.1	9.8	13.7	162
Nice & Natural Protein Nut Bar; Salted Caramel	2129	25.2	37.9	6.3	17.6	4.0	13.6	295
Nice & Natural Protein Nut Bar; Goji, Cranberry and Quinoa	2061	25.5	34.3	5.8	21.1	6.6	12.9	135
Nice & Natural Whole Seed Bar; Vanilla, Sesame and Chocolate	2240	14.9	37.8	6.2	28.8	13.0	11.0	28
Nice & Natural Whole Seed Bar; Coconut, Chocolate and Goji	2200	12	35.1	10.8	34.6	15.3	13.3	30
Tasti Ginger Snack Logs	1840	9.0	20.4	12.4	53.8	37.5	4.5	104
Tasti Golden Oats Snack Logs	1830	9.5	21.2	11.7	51.2	35.4	4.7	124
Tasti Mega Nuts Peanut Butter	2260	14.9	35.1	7.6	38.4	20.6	3.4	388
Tasti Nut Bar; Choc Peanut	2130	14.2	30.2	6.8	41.8	25.3	5.3	24.0
Tasti Nut Bar; Choc, Apricot, Coconut & Cashew	2210	14.1	34.3	10.4	37.2	21.6	5.7	25.0
Tasti Nut Bar; Yoghurt, Fruit & Nut	2040	12.5	26.9	6.8	45.8	29.7	4.6	22.0
Tasti Protein Bar; Nutty Choc	2090	25.1	26.1	6.6	38.2	21.7	4.2	233
Tasti Protein Bar; Salted Caramel	2050	25.1	25.4	6.5	36.8	18.4	-	441
Tasti Tropical Snack Logs	1870	9.2	22.5	13.9	51.2	35.5	4.4	133

Thank You Bars; Cranberry & Coconut with Cashews & Dark Choc	1680	5.5	14.6	8.6	61.9	28.2	5.2	81.0
Thank You Bars; Cranberry & Yoghurt with Almonds & Pepitas	1680	7.5	13.2	5.1	62.6	27.4	4.7	55.0
Thank You Bars; Nut & Chia	2030	13.5	30.6	4.0	39.9	19.7	6.4	32.0
Thank You Bars; Super Seed & Fruit with Chia & Flaxseed	1670	9.9	14.4	2.0	57.5	19.5	7.8	57.0
Uncle Toby's Chewy; Apricot	1770	6.1	13.7	4.4	65.4	21.3	6.5	13.0
Uncle Toby's Chewy; Choc Chip	1800	7.1	13.4	4.7	66.7	17.3	6.2	190
Uncle Toby's Chewy; Forest Fruits	1730	5.8	12.1	2.0	67.0	25.3	6.2	12.0
Uncle Toby's Chewy; Raspberry & White Choc Chip	1710	6.5	12.1	4.5	64.3	19.9	6	200
Uncle Toby's Chewy; Strawberry & Apple	1640	6.9	10.2	2.0	64.0	15.7	6.7	220
Uncle Toby's Chewy; White Choc Chip	1790	6.7	13.4	4.6	65.6	17.5	6.7	210
Uncle Toby's Farmer's Pick; Almond & Blueberry	1610	9.5	12.3	1.5	55.9	18.0	9.2	23.0
Uncle Toby's Farmer's Pick; Fig & Apricot	1420	9.2	9.1	1.3	58.0	20.7	10.8	21.0
Uncle Toby's Farmer's Pick; Roasted Macadamia & Almond	1780	11.0	16.6	1.9	54.0	13.3	9.2	21.0
Uncle Toby's Oat Slice; Choc	1690	6.2	16.8	8.1	54.6	22.1	6.2	170
Uncle Toby's Yoghurt Topps; Apricot	1640	6.6	13.4	6.0	64.7	32.5	5.0	50.0
Uncle Toby's Yoghurt Topps; Honeycomb	1740	6.9	14.0	6.1	64.4	31.3	5.3	70.0
Uncle Toby's Yoghurt Topps; Mango & Passionfruit	1720	6.6	13.2	6.0	65.1	33.3	5.2	80.0
Uncle Toby's Yoghurt Topps; Raspberry	1730	6.7	13.4	6.0	65.2	32.9	5.1	50.0
Uncle Toby's Yoghurt Topps; Strawberry	1720	6.7	13.0	5.7	65.4	32.5	5.1	100
Uncle Toby's Dark Choc Mocha Nut Bar	2140	16.2	35.2	5.8	29.9	13.6	8.0	82
Uncle Toby's White Choc Chai Nut Bar	2140	15.8	33.9	5.0	31.9	15.3	11.1	62
Uncle Toby's Salted Caramel and Almond Nut Bar	2080	15.5	35.3	3.0	29.0	12.0	10.0	260
Uncle Toby's Dark Choc Raspberry and Cashew Nut Bar	2140	15.8	33.9	5.0	31.9	15.3	11.1	62
Weight Watchers Apple Crumble	1270	4.4	1.0	0.3	55.7	27.5	14.7	127
Weight Watchers Caramel Shortcake Baked Bar	1650	4.3	12.7	7.4	62.5	29.2	2.8	326
Weight Watchers Cherry & Dark Choc Delight Indulgent Bar	1800	3.8	14.5	13.0	68.1	39.7	7.7	198
Weight Watchers Chewy Chocolate Baked Bar	1710	5.6	10.5	6.5	67.8	37.7	7.2	230
Weight Watchers Choc Delight Indulgent Bar	1720	4.8	12.5	9.7	59.3	36.4	7.4	219
Weight Watchers Coconut Delight Indulgent Bar	1780	4.3	15.5	12.5	56.4	37.0	7.7	212
Weight Watchers Macadamia & Cranberry	1870	7.6	20.2	5.3	55.4	28.5	4.0	370
Weight Watchers Nut Deluxe	1860	9.3	17.6	5.4	56.0	20.7	6.2	88.0
Weight Watchers Raspberry & White Chocolate Baked Bar	1610	4.2	10.7	6.5	65.7	33.1	4.7	157
Woolworths Select Nut Bar; Choc & Nut	2170	12.8	32.0	11.6	38.6	34.6	-	81.0
Woolworths Select Nut Bar; Macadamia & Cranberry	2060	7.4	31.1	4.1	42.2	31.4	7.8	16.0
Woolworths Select Nut Bar; Nut & Fruit	1900	9.2	22.1	2.7	49.8	25.0	9.6	17.0
Woolworths Essentials Fruit Bar	1630	1.9	4.4	3.4	83.3	68.2	-	50
Woolworths Berry and White Choc Oat Slice	1570	8.5	10.4	7.2	58.3	20.1	-	84
Woolworths Choc Chip Muesli Bar	1720	7.1	10.5	4.2	67.8	21.2	-	11
Woolworths Yoghurt and Raspberry Muesli Bar	1640	7.4	10.5	4.3	61.7	18.1	-	62
Woolworths Apricot and Yoghurt Muesli Bar	1650	6.4	9.7	4.9	67.1	21.0	-	40
Woolworths Choc Honeycomb Muesli Bar	1680	7.1	10.2	4.9	67.1	17.0	-	46

*List compiled by Stacey Beech and Zoe Lucock  
Updated by Talia Woodward and Angel Fong*