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Welcome to your  
Corporate Bodies  
International Fortnightly  
Health Email

### Fortnightly Challenge

Choose food items with  
less than 10g of fat per  
100g when shopping!!



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This fortnight's healthy topic...

## Myth Busters: Are Muesli Bars Healthy?



**Muesli bars** are a good source of fibre, protein, vitamins and minerals. But some muesli bars can also be high in energy, fat and sugar. So how do you know if a muesli bar is healthy?

**Always read the label!** Reading the food label will help you to make the healthy choice. So what should you look for? Total fat, saturated fat, sugar and fibre are the important ones to check.

### What should I look out for?

Recommendation	Per serve	Per 100g	Comment
Energy (KJ)	Less than 600Kj	—	Too much energy leads to weight gain.
Total Fat (g)	—	Less than 10g	
Saturated Fat (g)	—	Less than 5g	A high intake of saturated fat can increase the risk of heart disease, stroke and some cancers.
Sugar (g)	—	Less than 15g	If the product contains fruit, look for <b>less than</b> 25g of sugar per 100g. If the product doesn't contain fruit, look for <b>less than</b> 15g of sugar per 100g.
Dietary Fibre (g)	—	More than 5g	A diet high in fibre may reduce the risk of bowel cancer.

### What's the moral of the story?

Muesli bars are a great treat when you choose the right one. But remember that many types of muesli bars are high in energy, fat and sugar, so make sure you read the labels! Remember, everything in moderation!

Here's to demystifying another health topic!

Yours in Health, **The Corporate Bodies Team.**