

tonic

SHOPPING GUIDE

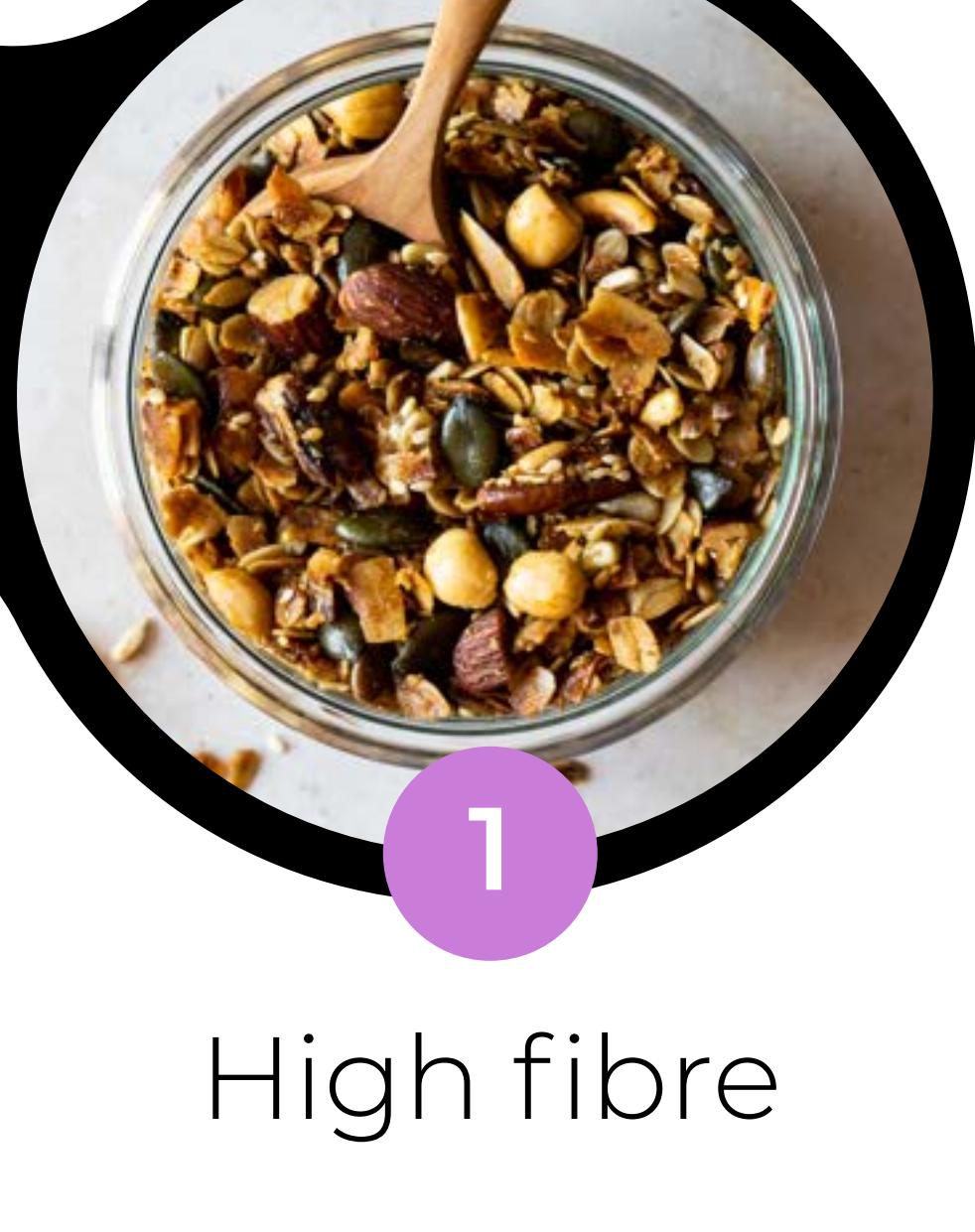


BEST OF 2023

GRANOLA

You would think that granola is a healthy food and that most are clean. Not so! Only very few granolas actually are. We really are not sponsored, but these are the only clean ones we found.

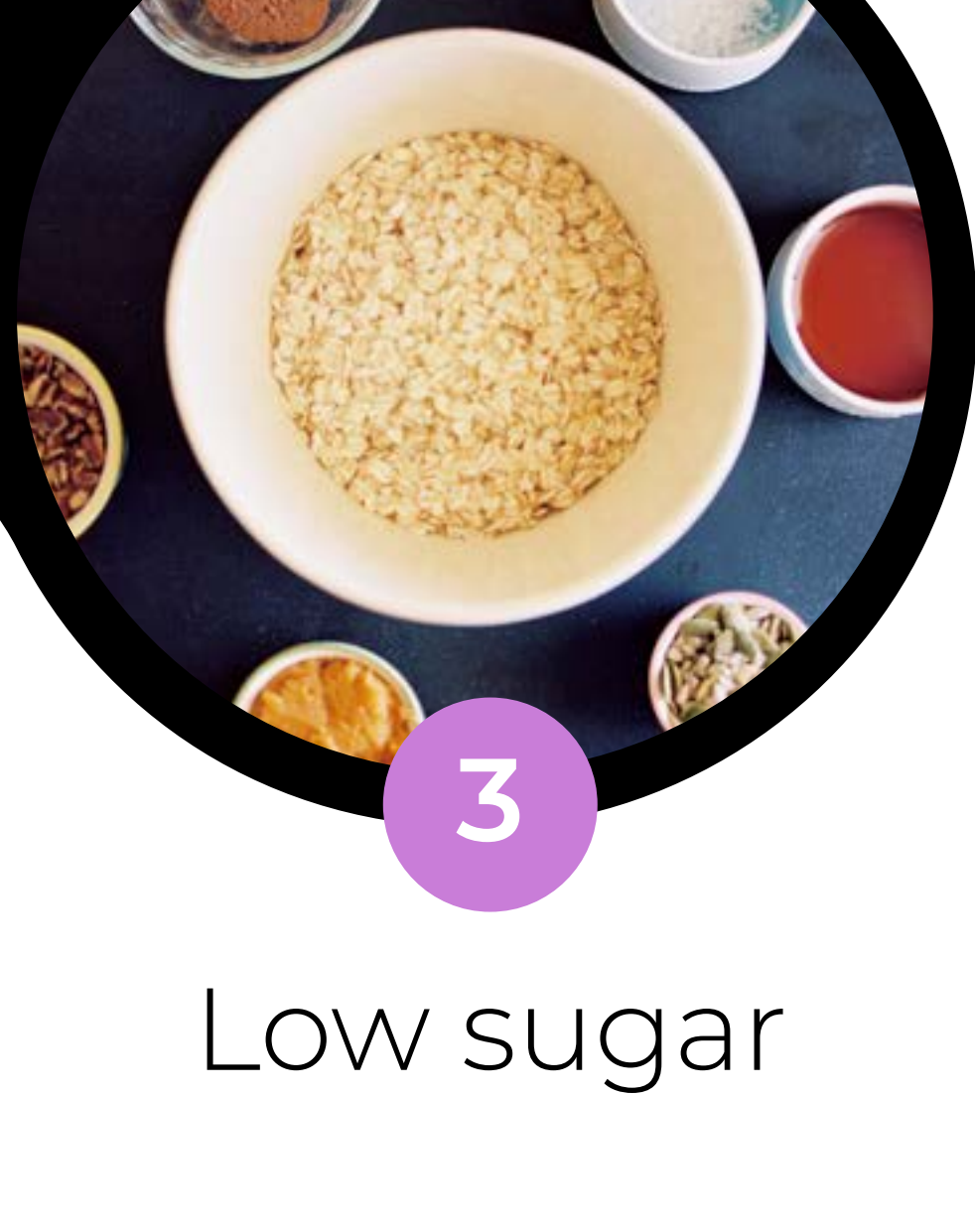
CHOOSE GRANOLA THAT HAS



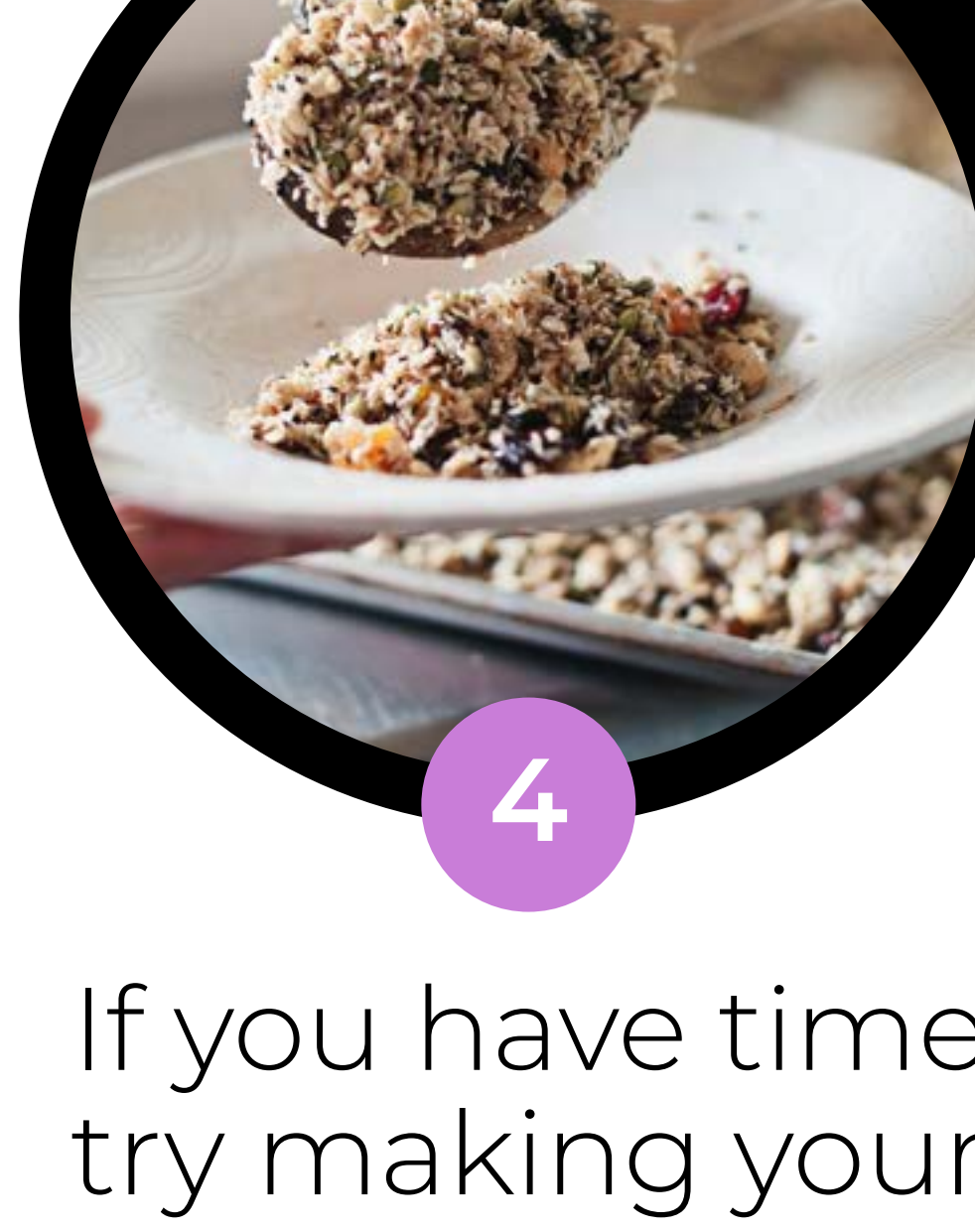
High fibre



Whole ingredients, you recognise like nuts and seeds



Low sugar



If you have time try making your own

★
SUNNA'S TOP HEALTH PICK
Bio & Me

LOOK FOR

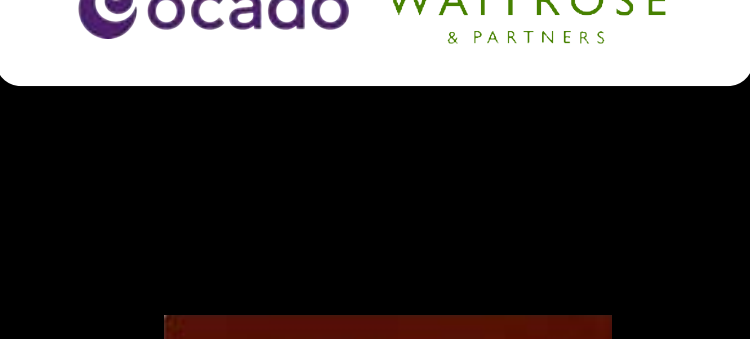
No seed or palm oils, added sugar or sweeteners



Bio & Me Granola Super Seedy & Nutty Gut-Loving Granola

Fibre 14g
Protein 13.3g
Sugar 9.9g

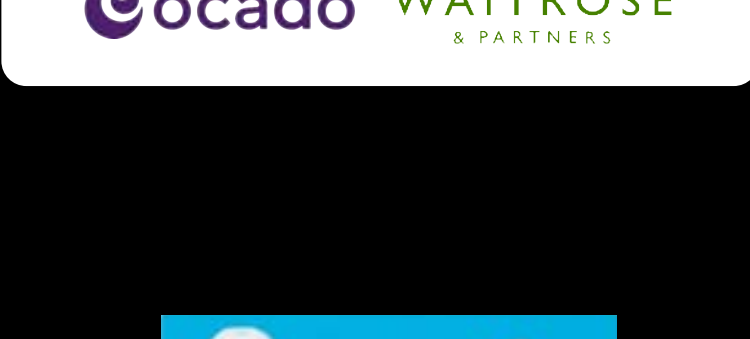
£3.70



Bio & Me Granola Low Sugar, Naturally Gut-Loving Granola

Fibre 15.7g
Protein 12.5g
Sugar 4.7g

£3.70



The Paleo Foods Co Honey & Pecan Grain-Free Granola

Fibre 11.3g
Protein 15.3g
Sugar 9.4g

£3.79



The Paleo Foods Co Cocoa & Hazelnut Grain-Free Granola

Fibre 11.8g
Protein 15.1g
Sugar 10g

£3.79



The Paleo Foods Co Low Sugar Grain-Free Granola

Fibre 16.3g
Protein 15.1g
Sugar 4.6g

£3.79

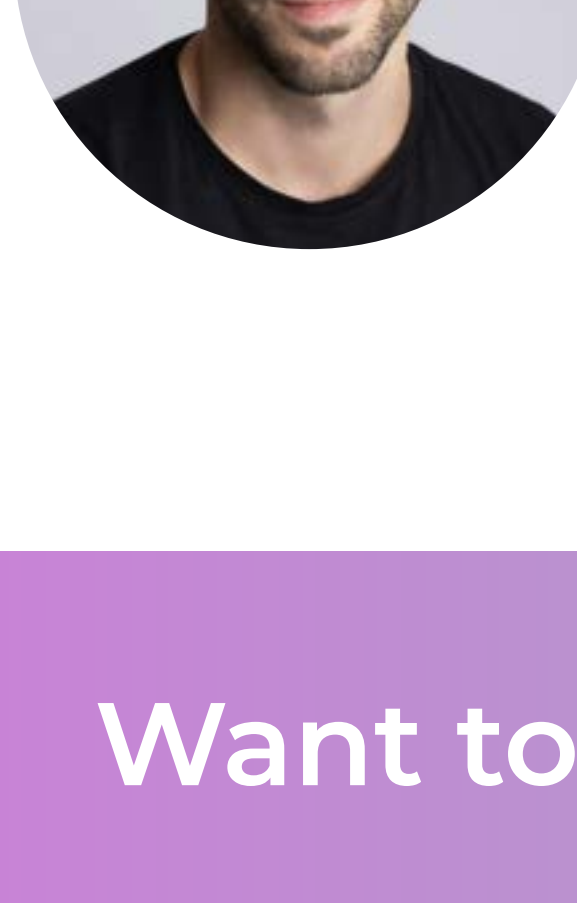


Recommended retail prices, (prices differ between supermarkets) but promotions often apply.

*Nutritional info all per 100g

AVOID

- ✗ Refined sugars
- ✗ Long ingredient lists with unknown ingredients
- ✗ Glucose syrup, glucose-fructose syrup or caramelised sugar syrup
- ✗ Sunflower and rapeseed oils
- ✗ Unregulated claims such as 'protein boosted'



Yours in health
Sunna
Sunna Van Kampen
Founder, Tonic Health

Want to ask Sunna a question? Email him on sunnavankampen@tonichealth.co

We don't try to influence or take on health responsibility. We are an outside opinion that has not been sponsored.

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