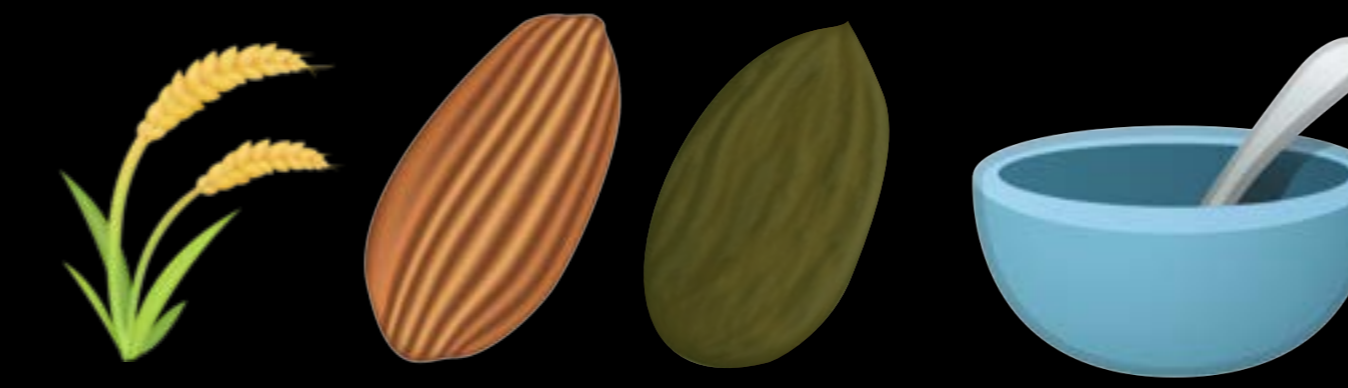


**BEST OF 2023**  
**GRANOLA**



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.

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

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**CHOOSE GRANOLA THAT HAS**



1 High fibre

2 Whole ingredients, you recognise like nuts and seeds

3 Low sugar

4 If you have time try making your own



**No seed or palm oils, added sugar or sweeteners**



**LOOK FOR**

<b>Bio &amp; Me Granola Super Seedy &amp; Nutty Gut-Loving Granola</b>	<b>Bio &amp; Me Granola Low Sugar, Naturally Gut-Loving Granola</b>	<b>The Paleo Foods Co Pecan &amp; Almond Grain-Free Granola</b>	<b>The Paleo Foods Co Cocoa &amp; Hazel Grain-Free Granola</b>	<b>The Paleo Foods Co Low Sugar Grain-Free Granola</b>
Fibre 14g Protein 13.3g Sugar 9.9g	Fibre 15.7g Protein 12.5g Sugar 4.7g	Fibre 11.3g Protein 15.3g Sugar 9.4g	Fibre 11.8g Protein 15.1g Sugar 10g	Fibre 16.3g Protein 15.1g Sugar 4.6g
£3.70	£3.70	£3.79	£3.79	£3.79



**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'

Recommended retail prices, (prices differ between supermarkets) but promotions often apply.  
\*Nutritional info all per 100g

Want to ask Sunna a question? Email him on [sunnavankampen@tonichealth.co](mailto:sunnavankampen@tonichealth.co)



Yours in health

*Sunna*  
Sunna Van Kampen  
Founder, Tonic Health