

## Study on the nutritional value of some cereal bars assortments from the Romanian market

Liana Maria Alda, Claudia Sirbulescu, Daniela Scedei, Diana Moigradean, Despina Maria Bordean, Mihaela Moatar, Raluca Spatariuc, Simion Alda\*

*Banat's University of Life Sciences "King Michael I" from Timisoara, Romania*

**Abstract:** Through the varied content of cereals and fruits, cereal bars are designed to deliver healthy nutritional values unlike many other snacks. The purpose of this study was an analysis regarding the nutritional value, especially the mineral content of this type of snack. 10 assortments of cereal bars from the Romanian market were targeted and a comparative study of their nutritional values was carried out. From the analysis of the assortments taken in the study, we concluded that although there are very big differences between the nutritional values of the assortments, these bars are good sources of fiber and mineral elements, especially Ca and Fe, but they also have a high carbohydrate content.

### • Introduction

Cereal bars are designed to deliver healthy nutritional values unlike many other snacks. There is a growing orientation towards the consumption of healthy products and towards innovative assortments.

### Material and method

The analysis of the mineral content of chocolate bar assortments was made using X-ray fluorescence analyzer device (X-MET8000).

### • Results and discussions

Cereal bars are nutritionally balanced in terms of protein, fat, carbohydrate and fiber content.

In addition, due to the high content of minerals (Ca, K, Fe, Zn) they can be consumed in order to ensure the daily requirement of minerals, but they also have a high carbohydrate content.

### • Conclusions

We concluded that although there are very big differences between the nutritional values of the assortments, these bars are good sources of fiber and mineral elements, especially Ca and Fe.



Fig.1. The cereal bars samples