

Huge Granola Bar Recall Affects Hundreds Of Snacks

The bacterium in question causes serious infections.

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It's the [recall](#) headache that just keeps getting worse.

General Mills is [recalling select flavors of Nature Valley granola bars](#) over concerns that sunflower seeds in the bars may be contaminated with listeria.

Other brands including [Clif Bar](#) and [Kashi](#) issued similar recalls last week for the same reason. No illnesses have been reported to date, according to the Food and Drug Administration.



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The granola bar recalls are the result of an [ever-widening sunflower seed recall](#) that was first announced in early May and swiftly grew to [over 100 products](#). As the recall [expanded](#) over the last month or so, [more and more snack products](#) were deemed at risk because they may contain tainted seeds.

Listeria monocytogenes [can cause serious sickness](#) in anyone, though pregnant women, newborns, older adults and those with weakened immune systems are especially at risk, according to the U.S. Centers for Disease Control and Prevention.

The Nature Valley recall is limited to [four varieties](#) of “Protein Chewy Bars” and “Simple” nut bars. Products should be thrown away, and customers can [call General Mills to ask for a replacement](#).

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