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"The BFY (better for you) snacks category grew slightly from 2016-17, but has grown more in the past two years powered both by consumer interest in snacking and brand development of offerings that find a middle ground between healthy and indulgent. Yet the category is still challenged by the depth in snack offerings and ambiguity of the definition of a healthy snack."

- Michael Averbook, Food & Drink Analyst

# This report looks at the following areas:

- Low penetration in BFY snack category
- Fierce competition in snacking
- Host of hurdles for BFY snacks category

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About half of consumers buy BFY snacks

Consumer confusion, cynicism about what is healthy

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