6. The packaged food product according to any one of Claims 1 to 5, wherein the package is manufactured from a material selected from the group consisting of paperboard, cardboard, plastic, metal, foil and combinations thereof.

7. A method for making a packaged food product having reduced stickiness on at least one external surface, the method comprising the steps of:

forming a solid nutritional composition comprising a carbohydrate fraction comprising glucose and fructose in a ratio from about 3:1 to about 1:1;

~~depositing a coating of solid particles on at least one surface of the solid nutritional composition;~~

depositing a coating of solid particles on at least one surface of the solid nutritional composition,

wherein the solid particles are selected from a group consisting of rolled oats, grains, cookie particles, crisp discs, and any combinations thereof, and have a rough surface allowing them to remain at the surface of the solid nutritional composition; and

packaging the solid nutritional composition in a package.

8. The method according to Claim 7, wherein the solid nutritional composition is in the form of a bar or wherein the forming includes cutting a nutritional composition into bars.

9. The method according to Claim 7 or 8, wherein the forming further includes cold extruding a nutritional composition.

10. The method according to any one of Claims 8 to 9, further comprising at least one of the steps of:

heating the solid nutritional compositions prior to depositing the solid particles thereon;

rolling a roller over the at least one surface having solid particles to ensure adherence of the solid particles to the solid nutritional composition;

removing any excess solid particles from the nutritional composition;

cooling the nutritional compositions before packaging; or

combinations thereof.