# Meal & Snack Replacement Bars

## Meal Replacement Bars
- Meal Replacement bars will typically contain at least 45g of carbohydrates.
- To help keep you full, look for options with 2g of fiber or more.
- Whole Grain should be the first ingredient.
- No more than 2g of saturated fat and 0g of Trans fat.
- Aim for 10-20g of protein and 200-250 calories.

Examples Include:
- PowerBar® Oatmeal Raisin Cookie
- Clif Bar® Crunchy Peanut Butter

## Snack Bars
- Snack bars will typically contain 15g of carbohydrates.
- To help keep you full, look for options with 2g of fiber or more.
- Whole Grain should be the first ingredient.
- No more than 2g of saturated fat and 0g of Trans fat.

Examples Include:
- Health Warrior® Chia Bar
- KIND Healthy Grains® Dark Chocolate
- Nuts and Sea Salt
- KIND Healthy Grains® Cashew and Ginger Spice
- Nature Valley® Peanut, Almond & Dark Chocolate Flavored Protein Bar
- Chocolate Flavored Protein Bar
- Nature’s Path Organic Apple Pie Crunch Chia Seed Plus™
- Planters NUT-rition Digestive Health Bar
- Kashi® Trail Mix Bar
- Nature Valley® Crunchy Granola Bar
- Glucerna® Snack Bars