

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

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

