

Nutrition Bars

GF = Gluten-free | V = Vegan | SF = Soy-free
 DF= Dairy-free | NAF = No artificial flavors
 V/M = added vitamins & minerals

	Calories	CHO (g)	Protein (g)	Fat (g)	Sugar (g)	Fiber (g)	Features
Balance Caramel Nut Blast	210	23	15	7	14	<1	GF, V/M
CLIF Builder's Protein	270	30	20	9	21	2	V/M, NAF
CLIF Chocolate Chip	250	45	9	5	21	4	V/M, NAF
CLIF Kid Z Bar	130	24	2	3.5	12	3	V, no tree nuts/peanuts, V/M
Detour Simple Bar	210	25	20	5	4	6	GF
Fiber One Original	140	29	2	4	7	9	
Fiber One Protein	140	17	6	6	7	5	
GoMacro Protein Paradise	260	30	11	11	10	1	GF, V, NAF
GoMacro Sunny Uplift	200	38	4	4	16	3	GF, V, SF, NAF
Good Greens Apple Crumb Yogurt	180	19	10	7	14	5	GF, V, NAF, probiotics
Greens+ Protein Chocolate	260	25	15	13	19	2	GF, NAF
Health Warrior Chocolate PB	100	13	3	6	5	4	GF, V, NAF, Omega-3s
Jif PB Granola Bars	180	21	7	8	10	1	
Kashi Peanut Butter Chewy	140	20	6	5	5	3	V, NAF
Kashi Plant Powered Salted Dark Chocolate	190	21	8	10	9	4	GF, V, NAF
KIND Dark Chocolate & Sea Salt	200	16	6	15	5	7	GF, NAF
KIND Oats and Honey Healthy Grains	150	23	3	5	6	2	GF, NAF
KIND Pressed Bar	130	31	1	0.5	21	3	GF, V, NAF
Kroger Protein Dark Chocolate Peanut Butter	190	14	10	12	6	5	
Lara Bar Apple Pie	190	24	4	10	18	5	GF, V, SF, NAF
Lara Bar Nut + Seed	200	12	5	16	6	4	GF, V, SF, NAF
Luna Lemon Zest	190	26	9	6	9	3	GF, V/M, NAF



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Muscle Milk Bar	180	23	15	5	7	8	GF
Muscle Pharm Combat Crunch	210	28	20	7	5	12	GF
Nature Valley Protein	190	14	10	12	6	5	GF, NAF
Nature Valley Oats N Honey	190	29	3	7	11	2	GF, NAF
Nugo Vanilla Yogurt	170	26	11	2.5	13	2.5	
NutriGrain Soft Baked	120	24	2	3	11	3	
Oatmega	190	21	14	7	5	7	GF, Grass-Fed Whey, Omega-3s
Orgain Organic Protein Bar	140	20	10	5	5	6	GF, V
PowerBar Clean Whey	190	25	20	5	2		
PowerBar Plant Protein	230	22	10	13	10	10	GF, SF, NAF
Power Crunch Crisp	165	16	14	5	8	3	GF
Qia Blueberry Cashew Pumpkin	190	18	5	11	7	4	GF, V, NAF, Omega-3s
Quest Bar	190	24	20	8	1	14	GF
RXBAR	210	24	12	8	15	6	GF, DF, NAF
Simple Truth Fudge Graham	230	28	15	7	18	3	V/M
Special K Chewy Snack Bar	100	19	1	3	8	<1	GF
Special K Protein Meal Bar	180	22	12	6	13	5	V/M
SquareBar	210	23	12	9	13	2	GF, V, NAF, Organic
That's It! Apple Banana	100	28	1	0	22	4	GF, SF, V, NAF
ThinkThin High Protein	240	22	20	9	0	1	GF
Think Thin Protein & Fiber	150	20	10	5	5	5	GF, V/M
Zone Perfect	210	23	14	7	15	3	V/M, Omega-3s