



Nutrition Bars

GF = Gluten-free | NF = Nut-free | PF = Peanut-free | V = Vegan | SF = Soy-free | DF= Dairy-free | NAF = No artificial flavors | V/M = added vitamins & minerals | * = processed in a nut facility | ^ = available on campus

	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, NF
CLIF Kid Z Bar	130	24	2	3.5	12	3	V, NF, V/M
Detour Simple Bar	210	25	20	5	4	6	GF,
Fiber One Original^	140	29	2	4	7	9	NF
Fiber One Protein^	140	17	6	6	7	5	
GoMacro Protein Paradise*	260	30	11	11	10	1	GF, V, NAF, NF
GoMacro Sunny Uplift*	200	38	4	4	16	3	GF, V, SF, NAF, NF
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, NF
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, NF
KIND Pressed Bar*	130	31	1	0.5	21	3	GF, V, NAF, NF
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, PF
Lara Bar Nut + Seed	200	12	5	16	6	4	GF, V, SF, NAF, PF
Luna Lemon Zest	190	26	9	6	9	3	GF, V/M, NAF, NF



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	Calories	CHO (g)	Protein (g)	Fat (g)	Sugar (g)	Fiber (g)	Features
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	Some varieties NF
Oatmega* (Omega-3s)	190	21	14	7	5	7	GF, Grass-Fed Whey
Orgain Organic Protein Bar	140	20	10	5	5	6	GF, V
PowerBar Clean Whey	190	25	20	5	2		PF
PowerBar Plant Protein*	230	22	10	13	10	10	GF, SF, NAF, PF
Power Crunch Crisp*	165	16	14	5	8	3	GF, PF
Qia Blueberry Cashew Pumpkin*	190	18	5	11	7	4	GF, V, NAF, Omega-3s
Quest Bar^	190	24	20	8	1	14	GF, PF
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, NF
Special K Protein Meal Bar	180	22	12	6	13	5	V/M
SquareBar (Organic)*	210	23	12	9	13	2	GF, V, NAF, PF
That's It! Apple Banana	100	28	1	0	22	4	GF, SF, V, NAF, PF, NF
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