

Bar	Size, oz	Calories	Total Fat, g	Sat Fat, g	Carbs g	Fiber g	Sugar g	Protein g	Comments
Atkins Advantage Chocolate Peanut Butter Bar	2.10	240	12	6	22	10	1	18	Soy/whey protein; polydextrose is source of fiber; sucralose
Atkins Advantage S'mores Bar	2.10	220	9	7	27	12	1	17	
Atkins Endulge Caramel Chew Bar	1.20	130	8	4	17	6	1	5	Polydextrose/ inulin is source of fiber; warning for those sensitive to sugar alcohols
Balance Bar 100 Calories Chocolate Caramel Crisp	0.98	100	4	3	15	5	5	6	Sugar alcohols; inulin/ oligo-fructose is source of fiber; soy/whey protein
Balance Bar 100 Calories Vanilla Crisp Caramel	0.98	100	4	3	16	5	4	5	
Balance Bar Carb Well Chocolate Fudge	1.76	190	6	4	23	2	1	14	
Balance Bar Carb Well Chocolate Peanut Butter	1.76	200	8	4	22	1	1	14	
Balance Bare Sweet and Salty Chocolate Almond	1.76	210	9	3.5	23	3	12	13	Low GI; 5 g whole grains; soy/whey protein
Balance Bare Sweet and Salty Peanut Butter	1.76	210	9	3	22	3	11	13	
Balance Bare Sweet and Salty Yogurt Nut	1.76	210	9	3.5	23	3	11	13	
Balance Bare Trail Mix Chocolate Chip	1.76	210	7	3	22	3	14	14	
Balance Bare Trail Mix Cinnamon Oats and Honey	1.76	210	7	2.5	23	3	12	15	
Balance Bare Trail Mix Fruit and Nut	1.76	210	7	2.5	23	2	16	15	
Balance Gold Chocolate Mint Cookie Crunch	1.76	210	6	4	23	<1	14	14	Low GI; soy/whey protein
Balance Gold Chocolate Peanut Butter	1.76	210	6	4	23	<1	14	14	
Balance Almond Brownie	1.76	200	6	1.5	22	2	17	14	Fits in a 40% carbs, 30% protein; 30% fat diet; low GI; soy/whey protein; HFCS
Balance Cookie Dough	1.76	200	6	4	22	<1	18	15	
Balance Honey Peanut	1.76	200	7	3	21	<1	17	15	
Balance Mocha Chip	1.76	200	6	4	21	<1	18	15	
Balance Peanut Butter	1.76	200	6	3	22	1	17	14	
Balance Yogurt Honey Peanut	1.76	200	6	3	21	<1	17	15	
Balance Pure Cherry Pecan	1.58	190	7	1	22	2	18	9	First 2 ingredients are sugar
Balance Pure Chocolate Cashew	1.58	170	6	1.5	23	4	16	9	
Betty Lou's Jumbo Fruit Bar Apple Cinnamon	2.00	210	3	0	44	5	28	2	
Betty Lou's Jumbo Fruit Bar Cherry	2.00	210	3	0	44	5	28	2	
Betty Lou's Nut Butter Balls Almond Butter with Antioxidants	1.40	170	8	1	20	4	8	5	
Betty Lou's Nut Butter Balls Coconut Macadamia with Plant Phytosterols	1.40	150	7	2	17	5	8	10	
Betty Lou's Nut Butter Balls Peanut Butter with Electrolytes	1.70	190	8	1	18	3	14	15	
Betty Lou's Nut Butter Balls Spirulina Ginseng High Energy	1.40	170	8	1	21	6	8	4	
Boomi Bar Almond Protein Plus	1.90	270	17	1	20	2	15	12	Vegetarian; GF
Boomi Bar Cashew Almond	1.70	260	14	2	23	1	3	8	
Boomi Bar Cranberry Apple	1.70	210	9	1	28	4	18	4	
Boomi Bar Fruit and Nut	1.70	210	9	1	27	3	13	6	
Boomi Bar Maple Pecan	1.70	200	11	1	28	3	20	2	
Boomi Bar Pistachio Pineapple	1.70	200	9	2	28	3	17	5	
Bumble Bar Organic Energy Chai with Almonds	1.60	210	13	1.5	20	4	10	6	Vegan; natural ingredients; not fortified
Bumble Bar Organic Energy Original	1.60	230	16	2	17	5	9	6	
Bumble Bar Organic Energy Original with Almond	1.60	230	16	2	17	5	9	6	
Clif Bar Apricot	2.40	230	3	0.5	45	5	21	10	Clif-natural; made with organic oats and soybeans; soy protein; 70% organic
Clif Bar Banana Nut Bread	2.40	250	6	1	43	5	21	10	

Clif Bar Black Cherry Almond	2.40	250	5	1.5	44	5	20	10	
Clif Bar Blueberry Crisp	2.40	240	5	0.5	43	5	21	9	
Clif Bar Carrot Cake	2.40	240	4	1.5	46	5	21	10	
Clif Bar Chocolate Almond Fudge	2.40	250	5	1.5	44	5	20	10	
Clif Bar Chocolate Brownie	2.40	240	5	1.5	44	5	22	10	
Clif Bar Chocolate Chip	2.40	240	5	1.5	44	5	22	10	
Clif Bar Chocolate Chip Peanut Crunch	2.40	260	6	1.5	42	5	21	11	
Clif Bar Cool Mint Chocolate	2.40	250	5	1.5	43	5	17	10	
Clif Bar Cranberry Apple Cherry	2.40	230	2.5	0.5	45	5	21	10	
Clif Bar Crunchy Peanut Butter	2.40	250	6	1	42	5	20	11	
Clif Bar Maple Nut	2.40	240	5	1	42	5	20	10	
Clif Bar Oatmeal Raisin Walnut	2.40	240	5	1	43	5	20	10	
Clif Bar Peanut Toffee Buzz	2.40	250	6	2	42	5	20	11	
Clif MoJo Honey Roasted Peanut	1.59	200	10	2	20	2	9	10	Low glycemic; 70% organic
Clif MoJo Mountain Mix	1.59	180	8	1.5	21	2	12	9	
Clif MoJo Peanut Butter Pretzel	1.59	200	9	2	21	2	9	10	
Clif Nectar Cacao Dark Chocolate Mocha - Organic	1.60	160	6	1.5	27	5	20	3	2 servings of fruit per serving; natural ingredients; low GI
Clif Nectar Cacao Dark Chocolate Raspberry - Organic	1.60	160	5	2	28	5	19	3	
Clif Nectar Cacao Dark Chocolate Walnut - Organic	1.60	160	6	1.5	27	6	18	3	
Clif Nectar Cherry Pomegranate - Organic	1.60	150	5	1	29	7	20	3	
Clif Nectar Lemon Vanilla and Cashew - Organic	1.60	160	6	1	27	6	17	4	
Clif Protein Builder's Chocolate	2.40	270	8	5	30	4	20	20	Soy protein; palm kernel oil; low GI; 33% organic; no GMO's
Clif Protein Builder's Cookies n Cream	2.40	270	8	5	30	4	20	20	
Clif Protein Builder's Peanut Butter	2.40	270	8	5	30	4	20	20	
Clif Protein Builder's Vanilla Almond	2.40	270	8	4.5	30	3	22	20	
EAS AdvantEdge Carb Control Chocolate Peanut Butter	2.11	230	8	5	26	5	2	17	Sugar alcohol; 17 g high quality protein; whey/soy protein
EAS AdvantEdge Carb Control Cookies 'n Cream	2.11	230	8	4.5	25	5	2	17	
EAS Myoplex Carb Control Chocolate Peanut Butter	2.46	260	8	6	27	4	2	25	25 g high quality whey protein; sugar alcohol
EAS Myoplex Carb Control Cookies 'n Cream	2.46	260	8	4.5	26	4	2	25	
EAS Myoplex Carb Control Chocolate Chip Brownie	2.46	260	8	4.5	27	5	1	25	
EAS Myoplex Deluxe Chocolate Peanut Butter	3.17	340	9	7	35	3	15	30	Sugar alcohols; glutamine; soy/whey protein
EAS Myoplex Deluxe S'mores	3.17	330	9	6	36	3	12	30	
EAS Myoplex Deluxe Dietary Supplement Chocolate	3.20	350	10	7	36	2	12	30	Whey isolate; glutamine/glutamine peptides
Chocolate Chip									
EAS Myoplex Lite Chocolate Chocolate Chip Crisp	1.90	190	4.5	3	26	4	11	15	63% less fat; high quality protein; soy/whey protein
EAS Myoplex Lite Chocolate Peanut Butter Crisp	1.90	190	6	3	25	5	10	15	
EAS Myoplex Lite Cinnamon Roll Crisp	1.90	190	4.5	3	26	4	15	15	
EAS Myoplex Lite Peanut Caramel Crisp	1.90	190	6	3	25	7	13	15	
Garden of Life Living Foods Organic Perfect Food	2.25	270	10	5	39	4	22	6	USDA Organic; made with live probiotics and raw ingredients
Chocolate Covered Greens Bar Chocolate Raspberry									
Garden of Life Living Foods Organic Perfect Food Whole	2.25	230	3.5	1	47	4	20	3	
Food Antioxidant Matrix Bar Summer Berry									
Garden of Life Living Foods Organic Perfect Food Whole	2.25	260	7	1	40	4	23	7	
Foods Greens Bar Red Raspberry									
Jay Robb Get Energized Yammit Almond Energy Bar	2.00	250	12	1	30	2	14	5	Whey protein; natural ingredients; sugar alcohols
Jay Robb High Protein Jay Bar Cashew-Coconut	2.00	230	11	4.5	24	5	9	14	
Jay Robb High Protein Jay Bar Fudge Brownie	2.00	220	10	1	23	6	10	14	

Jay Robb High Protein Jay Bar Peanut Butter	2.00	240	11	2	22	5	9	15	
Kashi Go Lean Chewy Chocolate Almond Toffee	2.75	290	6	4.5	45	6	31	13	Oat fiber; WG; NOT fortified; LOTS of sugar
Kashi Go Lean Chewy Cookies 'n Cream	2.75	290	6	4	50	6	35	13	
Kashi Go Lean Chewy Malted Chocolate Crips	2.75	290	6	4	49	6	35	13	
Kashi Go Lean Chewy Oatmeal Raisin Cookie	2.75	280	5	3	49	6	33	13	
Kashi Go Lean Crunchy Chocolate Caramel	1.59	150	3	2	28	6	14	8	"Optimized glycemic response"; made with WG, nuts and slow release carbs; soy protein
Kashi Go Lean Crunchy Chocolate Peanut	1.76	180	5	2	30	6	13	9	Non GMO; no sulphur dioxide; very low sodium; GI of 28-54
Kind Fruit and Nut Almond and Apricot	1.40	170	11	5	16	5	13	3	
Kind Fruit and Nut Almond and Coconut	1.40	190	14	5	14	4	11	4	
Kind Fruit and Nut Almonds and Apricot in Yogurt	1.60	210	13	6	19	3	17	4	
Kind Fruit and Nut Banana and Oatbran	1.40	160	7	6	23	4	16	2	
Kind Fruit and Nut Fruit and Nut Delight	1.40	170	11	1.5	16	3	12	5	
Kind Fruit and Nut Fruit and Nuts in Yogurt	1.60	210	13	5	20	2	17	5	
Kind Fruit and Nut Macadamia and Apricot	1.40	190	14	5	15	5	12	2	
Kind Fruit and Nut Nut Delight	1.40	200	15	2	12	3	8	7	
Kind Fruit and Nut Sesame and Peanut	1.60	230	15	4	19	2	15	6	
Kind Fruit and Nut Walnut and Date	1.40	150	7	3	22	3	17	2	
Lara Bar Apple Pie	1.60	180	10	1	23	4	17	4	GF/DF/SF; fat mostly from nuts; ingredients are whole foods; one serving of fruit
Lara Bar Cashew Cookie	1.70	210	12	2	23	3	14	6	
Lara Bar Cherry Pie	1.70	190	8	0.5	28	4	21	4	
Lara Bar Chocolate Coconut Chew	1.80	220	13	2.5	25	5	18	5	
Lara Bar Cocoa Mole	1.80	190	9	1	29	5	21	4	
Lara Bar Ginger Snap	1.80	220	14	1	24	5	17	5	
Luna Caramel Nut Brownie	1.69	190	6	3	27	3	14	9	Product of Clif-natural, designed for women; low GI; calcium 35% DV (carbonate); iron 30% DV; folic acid 100% DV; 70% organic; soy protein
Luna Chai Tea	1.69	180	5	2.5	25	3	13	10	
Luna Chocolate Pecan Pie	1.69	180	5	2.5	25	3	12	10	
Luna Cookies 'n Cream Delight	1.69	180	5	3	26	3	12	10	
Luna Iced Oatmeal Raisin	1.69	180	3.5	2	28	3	14	10	
Luna Lemon Zest	1.69	180	4.5	2.5	26	3	13	10	
Luna Nutz Over Chocolate	1.69	180	4.5	2.5	25	3	12	10	
Luna Peanut Butter Cookie	1.69	180	6	3	23	3	12	10	
Luna S'mores	1.69	180	4.5	2.5	27	3	13	10	
Luna Toasted Nuts 'n Cranberry	1.69	180	4	0.5	26	3	12	10	
Luna Sunrise Blueberry Yogurt	1.69	180	4	2	29	5	11	8	From Clif-natural; 70% organic; vit D; soy protein; plant-based omega 3's
Luna Sunrise Strawberry Crumble	1.69	170	4.5	1.5	26	5	12	8	
Luna Sunrise Vanilla Almond	1.69	180	4.5	2	29	5	10	8	
Luna Tea Cakes Berry Pomegranate	1.41	140	1.5	0.5	30	2	12	2	Product of Clif-natural; plant-based omega 3's
Luna Tea Cakes Orange Blossom	1.41	130	1.5	0.5	30	3	12	2	
Luna Tea Cakes Vanilla Macadamia	1.41	150	4	1	28	3	8	2	
Nutiva Flax and Raisin Organic Flaxseed Bar	1.40	200	15	1.5	15	4	8	7	USDA Organic; non-GMO
Nutiva Hempseed Organic Bar	1.40	210	14	1.5	11	5	5	9	
Nutiva Flax Chocolate Flaxseed Bar	1.40	200	12	2	19	5	10	6	Non-GMO
Odwalla Bar Banana Nut	2.20	240	6	1	41	5	18	4	24% organic ingredients; no GMO's; claims no refined sugars
Odwalla Bar Berries Go-Mega	2.20	220	4.5	0.5	41	5	20	5	
Odwalla Bar Chocolate Chip Peanut	2.20	250	7	1.5	38	4	14	8	
Odwalla Bar Choco-Walla	2.20	240	6	2	42	5	20	5	
Odwalla Bar Strawberry Pomegranate	2.20	220	3	0.5	44	4	20	4	

Odwalla Chewy Nut Bar Sweet and Salty Almond	1.60	220	11	1	22	6	8	7	
Odwalla Chewy Nut Bar Sweet and Salty Peanut	1.60	190	6	1	28	2	12	5	
Odwalla Chewy Nut Bar Trail Mix	1.60	190	7	1.5	27	3	11	5	
PayDay Pro	1.85	240	12	2	19	2	13	15	Soy/whey protein; fat mostly from healthy nuts;
Powerbar Energize Berry Blast Fruit Smoothie	2.01	210	3.5	0.5	42	<1	24	6	Soy protein
Powerbar Energize Creamy Citrus Fruit Smoothie	2.01	210	3.5	0.5	42	<1	24	6	
Powerbar Energize Tangy Tropical Fruit Smoothie	2.01	210	3.5	0.5	42	<1	25	6	
Powerbar Harvest Double Chocolate Crisp	2.29	250	5	2.5	42	5	20	10	WG; soy/whey protein
Powerbar Harvest Toffee Chocolate Crisp	2.29	250	5	2.5	42	5	20	10	
Powerbar Nut Naturals Fruit and Nuts	1.58	210	10	1	20	3	9	10	Soy protein; inulin is source of fiber
Powerbar Nut Naturals Mixed Nuts	1.58	210	10	1	19	3	8	10	
Powerbar Nut Naturals Trail Mix	1.58	210	10	1	20	3	10	10	
Powerbar Performance Chocolate	2.20	230	1.5	0.5	44	4	24	9	Soy protein
Powerbar Performance Vanilla Crips	2.20	230	2	0	45	2	23	8	
Powerbar Pria Chocolate Peanut Crunch	0.98	110	3.5	2	16	1	10	5	Soy protein
Powerbar Pria Double Chocolate Cookie	0.98	110	3	2.5	16	1	10	5	
Powerbar Pria French Vanilla Crisp	0.98	110	3	2.5	17	1	9	5	
Powerbar Pria Lemon Delight Crisp	0.98	110	3	2.5	17	1	9	5	
Powerbar Pria Mint Chocolate Cookie	0.98	110	3.5	2.5	15	1	9	5	
Powerbar Protein Plus Chocolate Peanut Butter	2.75	300	6	3.5	39	1	19	23	Soy/whey protein; sugar alcohols
Powerbar Protein Plus Vanilla Yogurt	2.75	300	6	3.5	38	1	19	23	
Powerbar Triple Threat Chocolate Peanut Butter Crisp	1.94	220	5	2	32	4	14	11	
Powerbar Triple Threat Layered Caramel Peanut Fusion	1.94	230	8	4.5	30	4	15	10	
Powerbar Triple Threat Layered Chocolate Caramel Fusion	1.94	230	8	4.5	30	4	15	10	
Powerbar Triple Threat Layered Chocolate Toffee Almond	1.94	230	8	4.5	30	4	15	10	
Powerbar Triple Threat Layered S'mores	1.94	230	8	4.5	30	4	15	10	
Pro Bar Apple Cinnamon Crunch	3.00	370	19	5	47	7	22	9	100% vegan; 670 mg plant based omega 3, 1320 mg omega 6; natural ingredients
Pro Bar Art's Original Blend	3.00	370	18	5	48	6	23	9	
Pro Bar Cran-Lemon Twister	3.00	350	17	4	46	6	22	8	
Pro Bar Koka Moka	3.00	360	18	5	46	6	24	9	
Pro Bar Nutty Banana Boom	3.00	380	20	6	47	7	21	9	
Pro Bar Whole Berry Blast	3.00	370	18	5	49	6	31	8	
Raw Revolution Organic Live Food Bar Cashew and Agave Nectar	2.20	280	16	2.5	30	3	10	7	USDA Organic; raw food bar; DF; natural ingredients
Raw Revolution Organic Live Food Bar Chocolate and Cashew	2.20	280	17	3	29	4	6	8	
Raw Revolution Organic Live Food Bar Chocolate and Coconut	2.20	280	17	5	30	4	8	7	
Raw Revolution Organic Live Food Bar Coconut and Agave Nectar	2.20	270	17	4.5	28	3	10	7	
Raw Revolution Organic Live Food Bar Hazelnut and Chocolate	2.20	280	18	3	29	4	6	8	
Raw Revolution Organic Live Food Bar Sprulina & Cashew	2.20	280	16	2.5	30	3	10	9	
Slim-Fast Optima Caramel Crispy Peanut	1.97	220	6	3.5	33	2	14	8	Sugar alcohols; sucralose; polydextrose is source of fiber; soy protein
Slim-Fast Optima Chocolate Cookie Dough	1.97	220	5	3.5	35	2	14	7	

Slim-Fast Optima Milk Chocolate Peanut	1.97	220	6	3.5	34	3	11	8	
Slim-Fast Optima Oatmeal Raisin	1.97	220	5	3.5	35	1	12	8	
Slim-Fast Optima Strawberry Cheesecake	1.97	220	6	4	35	2	13	8	
Snickers Marathon Energy Bar Chewy Chocolate Peanut	1.94	210	8	3.5	25	5	15	13	Soy/whey protein; contains palm kernel oil, HFCS; polydextrose is source of fiber
Snickers Marathon Nutrition Bar Dark Chocolate Crunch	1.56	150	4.5	2.5	22	7	9	11	
Snickers Marathon Nutrition Bar Honey and Toasted Almond	1.56	150	4	2	21	7	9	10	
Snickers Marathon Protein Bar Caramel Nut Rush	2.82	290	10	5	40	10	21	20	
Snickers Marathon Protein Bar Chocolate Nut Burst	2.82	280	9	3.5	37	11	17	22	
South Beach Living Crispy Meal Bar Caramel Peanut	2.11	210	7	2.5	26	5	1	19	Soy protein; sucralose; inulin/ oligofructose is source of fiber;
South Beach Living Crispy Meal Bar Chocolate	2.11	210	6	3	26	5	0	19	17-18 g sugar alcohol
South Beach Living Crispy Meal Bar Chocolate Peanut Butter	2.11	210	7	3	26	6	<1	19	
South Beach Living Crispy Meal Bar Cinnamon Crème	2.11	220	7	3	26	5	0	19	
South Beach Living Crispy Meal Bar Vanilla Crème	2.11	210	6	3	26	6	<1	19	
SoyJoy Apple	1.06	140	6	2.5	16	3	10	4	GF; soy based protein
SoyJoy Berry	1.06	130	4.5	2	17	3	12	4	
SoyJoy Peanut Chocolate Chip	1.06	140	6	2.5	16	3	11	5	
SoyJoy Raisin Almond	1.06	130	6	2	16	3	11	4	
SoyJoy Strawberry	1.06	130	5	2.5	17	3	11	4	
Special K Protein Meal Bar Chocolate Peanut Butter	1.59	180	6	3.5	24	5	15	10	Partially hydrogenated oils; soy protein; polydextrose/ inulin is source of fiber
Special K Protein Meal Bar Double Chocolate	1.59	180	4.5	3.5	25	5	15	10	
Special K Protein Meal Bar Strawberry	1.59	180	5	4	24	5	15	10	
Special K Protein Snack Bar Chocolate Delight	0.90	110	3	2	16	<1	12	4	
Think Organic Apricot Coconut	1.40	150	7	3	22	3	15	3	Vegan; raw fruit/nut bar
Think Organic Cashew Pecan	1.40	150	7	1	23	2	17	3	
Think Organic Cherry Nut	1.40	150	5	1	25	2	19	3	
Think Organic Chocolate Coconut	1.40	160	9	2.5	21	3	13	4	
Think Pink Blueberry Dark Chocolate	2.10	240	8	3.5	26	2	0	20	12 g sugar alcohols; soy/whey protein
Think Thin Brownie Crunch	2.10	240	7	2.5	27	2	0	20	
Think Thin Creamy Peanut Butter	2.10	240	8	3.5	25	1	0	20	
Think Thin Dark Chocolate	2.10	240	7	3	27	1	0	20	
Think Thin Pink Peanut Butter Caramel	2.10	230	8	3.5	26	1	0	20	
Think Thin Pink White Chocolate Raspberry	2.10	240	8	4	28	3	1	20	
Tiger's Milk Peanut Butter	1.23	150	6	2	18	<1	13	6	
Tiger's Milk Protein Rich	1.23	140	5	2	18	<1	13	6	
Zone Perfect Chocolate Almond Raisin	1.76	210	7	3.5	23	<1	17	15	20% DV calcium; soy protein
Zone Perfect Chocolate Caramel Cluster	1.76	200	6	4	25	3	16	14	
Zone Perfect Chocolate Mint	1.76	210	7	4.5	24	3	13	14	
Zone Perfect Chocolate Peanut Butter	1.76	210	7	4	25	3	17	14	
Zone Perfect Fudge Graham	1.76	210	7	3.5	23	3	15	14	
Zone Perfect Strawberry Yogurt	1.76	200	6	4	25	3	15	14	

GF=Gluten free,  
DF=Dairy free,  
SF=Soy free,  
HFCS=high fructose corn syrup

GI=Glycemic Index  
WG=whole grains  
GMO=Genetically Modified Organism

