

PROTEIN BARS (BY BRAND)



 No more than 2 grams saturated fat and no more than 3X carb to protein.



Aloha	Cals	Carb	Fiber	Protein
Chocolate Chip Cookie Dough*	230	25	10	14
Vanilla Almond Crunch	290	23	6	18

*Contains 2.5g of SF




Eat Me Guilt Free	Cals	Carb	Fiber	Protein
Birthday Cake	207	4	4	14
Blondie	186	10	4	14
Chocolate	186	10	4	14
Red Velvet	201	13	4	14



Epic Performance Bar	Cals	Carb	Fiber	Protein
Chicken Sriracha	100	3	2	11
Peanut Chocolate	210	25	3	12



Evolve	Cals	Carb	Fiber	Protein
Peanut Butter and Jelly	210	25	2	10
Trail Mix	240	25	3	10

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Garden Of Life Weight Loss

	Cals	Carb	Fiber	Protein
Peanut Butter Chocolate	210	26	13	14
Sea Salt Caramel	200	26	13	15



Garden Of Life Performance

	Cals	Carb	Fiber	Protein
Chocolate Fudge	280	34	10	20
Sea Salt Caramel	270	32	7	20



IQ Bars

	Cals	Carb	Fiber	Protein
Almond Butter Chip*	180	11	8	12
Chocolate Sea Salt	190	11	8	12

*Contains 2.5g of SF



Kind Bar

	Cals	Carb	Fiber	Protein
Breakfast Protein Almond Butter*	220	26	4	8
Breakfast Protein Dark Chocolate Cocoa*	220	26	4	8
Fruit and Nut	190	17	3	6
Honey Roasted Nuts and Sea Salt	180	15	4	6
Madagascar Vanilla Almond	200	15	15	6
Maple Glazed Pecan	200	14	5	5
Mini Caramel Almond Sea Salt	90	8	4	3
Mini Dark Chocolate Sea Salt	90	8	3	3
Mini Peanut Butter and Chocolate	100	8	1	4

*1:3.25 Protein:Carb Ratio



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PROTEIN BARS (BY BRAND)



No Cow

	Cals	Carb	Fiber	Protein
Birthday Cake	190	27	16	20
Blueberry Cobbler	190	25	18	22
Chocolate Chip Cookie Dough	190	26	16	21
Chunky Peanut Butter	190	26	17	21
Lemon Meringue Pie	170	28	20	22
Peanut Butter Chocolate Chip	190	25	17	21
Sticky Cinnamon Roll	190	25	16	22



NuGo

	Cals	Carb	Fiber	Protein
Chocolate	170	26	2	11
Chocolate Banana	190	25	1	13
Coffee	170	27	2	11
Orange Smoothie	170	26	2	11
Vanilla Yogurt	170	27	2	11



Perfect Bar

	Cals	Carb	Fiber	Protein
Almond Butter	310	24	4	13
Blueberry Cashew	300	29	2	12



ProteinOne

	Cals	Carb	Fiber	Protein
Chocolate Chip	90	11	1	10
Mint Chocolate Chip	90	10	2	10
Peanut Butter Chocolate	90	11	5	10
Strawberries and Cream	90	11	4	10



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Pure Protein

	Cals	Carb	Fiber	Protein
Chewy Chocolate Chip*	200	18	2	20
Chocolate Deluxe*	180	17	2	21
Chocolate Peanut Butter*	200	16	1	20

*Contain 3g SF



Quest

	Cals	Carb	Fiber	Protein
Blueberry Muffin	190	22	15	20
Chocolate Brownie	180	23	17	20
Cinnamon Roll	180	23	15	20
Mocha Chocolate Chip	180	24	14	20
Oatmeal Chocolate Chip	190	23	16	20
PB Brownie Smash	190	23	14	20



RX Bar

	Cals	Carb	Fiber	Protein
Banana Chocolate Walnut	210	25	3	12
Blueberry	210	24	4	12
Chocolate Sea Salt	210	23	5	12
Coconut Chocolate	210	23	5	12
Lemon	210	24	4	12
Maple Sea Salt	220	22	4	12
Mint Chocolate	210	23	5	12
Mixed Berry	210	24	5	12
PB & Berries	200	26	6	12
PB & Chocolate	210	23	5	12



Think!

	Cals	Carb	Fiber	Protein
Chocolate Almond Brownie	150	19	5	10
Chunky Chocolate PB	150	20	5	10
Cupcake Batter	150	20	5	10
Salted Caramel	150	20	5	10
S'mores	150	20	5	10



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PROTEIN BARS (BY BRAND)



Tone It Up

	Cals	Carb	Fiber	Protein
Birthday Cake	160	22	3	10
Chocolate Chip Protein Cookie	190	18	5	10
Chocolate Peanut Butter	160	21	3	10
Lemon Blondie Protein Cookie	190	25	5	10
Snickerdoodle Protein Cookie	170	17	5	10

ADDITIONAL INFORMATION

Additional flavors may be offered by the manufacturer, but at the time of review, could not be located at either HEB or Kroger. Additionally, products change weekly, and new brands and flavors may become available or unavailable. Not all flavors for a single brand meet our Fork Friendly protein bar criteria. Please be sure to check the labels when ordering online or selecting a product not on this list to ensure you are making a good nutrient choice.

SODIUM FACTS

Aloha: 100 mg or less
Eat Me Guilt Free: 20 mg or less
Epic Performance: 200 mg or less
Evole: 160 mg or less
Garden of Life: 200 mg or less
IQ: 2140 mg or less (Chicken Sriracha- 400 mg)
Kind: 140 mg or less
No Cow: 220 mg or less
Nugo: 170 mg or less
Perfect Bar: 65 mg or less
ProteinOne: 130 mg or less
Pure Protein: 200 mg or less
Quest: 250 mg or less
RX Bar: 310 mg or less
Think!: 200 mg or less
Tone It Up: 240 mg or less

ABBREVIATIONS

Calories - Cals
 Carbohydrates - Carb
 Fiber - Fiber
 Protein - Protein



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