

Protein Bars

Protein bars can help you to meet your daily protein goal after bariatric surgery if you are unable to eat enough protein foods from dietary sources. Below are general guidelines for how to choose a protein bar with examples.

Choose protein bars with:

Less than **250 calories**

Less than **10 grams sugar**

More than **14 grams protein**

★ Always double check your Nutrition Facts table as the nutritional content of a product can change.

★ Note that excessive intake of products containing “sugar alcohols” may cause gas, bloating, and digestive upset.

Nutrition Facts Valeur nutritive

Per 1 bar (50 g)
pour 1 barre (50 g)

	% Daily Value*
	% valeur quotidienne*
Calories 180	
Fat / Lipides 4.5 g	6 %
Saturated / saturés 4 g	20 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 17 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 1 g	1 %
Sugar Alcohol / Polyalcools 9 g	
Protein / Protéines 20 g	
Cholesterol / Cholestérol 10 mg	
Sodium 160 mg	7 %
Potassium 125 mg	4 %
Calcium 125 mg	10 %
Iron / Fer 1.75 mg	10 %

*5% or less is **a little**, 15% or more is **a lot**

* 5 % ou moins c'est **peu**, 15 % ou plus c'est **beaucoup**

Where to buy:

- Costco
- Walmart
- Shoppers Drug Mart
- GNC
- Popeyes
- Whole Foods
- Healthy Planet
- Your local grocery store
- Your local health food store
- Online

Pure Protein



ONE Bar



Quest Bar



Built Bar/Built Puffs



Kirkland Signature



Grenade Bar



Barebells Bar



Robert Irvine's Fit Crunch



Simply Protein
(plant-based)



Iron Vegan
(plant-based)

