

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)	
Calories 180	% Daily Value* % valeur quotidienne*
Fat / Lipides 4.5 g	6 %
Saturated / saturés 4 g + Trans / trans 0 g	20 %
Carbohydrate / Glucides	0
Fibre / Fibres 1 g Sugars / Sucres 1 g	4 % 1 %
Sugar Alcohol / Polyalco	. , ,
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



Quest Bar



Kirkland Signature

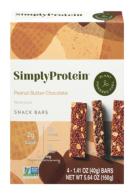




Barebells Bar



Simply Protein (plant-based)





ONE Bar



Grenade Bar



Robert Irvine's Fit Crunch



Iron Vegan (plant-based)

