

Protein Bars

Choose Protein Bars With:

Less than **250 calories** →

Less than **10 grams of sugar**

More than **14 grams protein**

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

Nutrition Facts	
Serving Size 1 Bar (50g)	
Servings Per Container 6	
Amount Per Serving	
Calories 180	Calories from Fat 40
%Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 85mg	4%
Potassium 115mg	3%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	8%
Sugars 3g	
Sugar Alcohol 4g	
Protein 21g	28%

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



Oh Yeah!



Kirkland Signature Protein Bar



Presidents Choice High Protein Bar



Isofemme



Smart For Life



Quest Bar



Simply Bar



Promax Low Sugar



Atkins

