



Energy Bars...Which One is Right for You?

If you're looking for a breakfast bar or a snack, these are your healthiest* choices:

Brand	Total Fat (g)	Sat Fat (g)	% Calories from Fat	Fiber (g)	Protein (g)
Odwalla – Peanut Crunch	7	1.5	24%	3	8
Odwalla – Cranberry C Monster	2.5	0.5	10%	4	4
Powerbar Harvest - Iced Oatmeal Raisin	5	2	18%	3	7
Powerbar Harvest – PB & Chocolate Chip	4.5	1	17%	5	10
Powerbar Harvest – Cherry Crunch	4	0.5	15%	4	7
Powerbar Harvest – Strawberry	4	0.5	16%	4	7

* ≥ 3 g fiber, ≤ 2 g saturated fat, $\leq 30\%$ calories from fat, whole grain as a first ingredient, *trans* fat-free, and moderate protein.

If you need energy for endurance activities, these are your healthiest** choices:

Brand	Energy (Calories)	Total Fat (g)	Carbohydrates (g)	Protein (g)
Powerbar – Original Peanut Butter	240	3.5	45	10
Powerbar – Original Apple Cinnamon	230	2.5	45	9
Powerbar – Original Wild Berry	230	2.5	45	9
Powerbar – Original Cappuccino	230	2	45	10
Powerbar – Original Chocolate	230	2	45	10

**Simple carbohydrates, easy to digest, adequate sodium (electrolyte), and heart-healthy: ≤ 2 g saturated fat, $\leq 30\%$ calories from fat, *trans* fat-free, moderate fiber and protein.