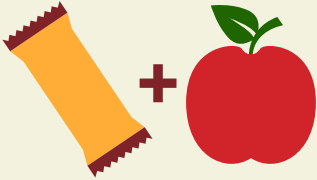


Choose a Better Nutrition Bar!

Bars are a convenient snack option, especially when you're on the go. However, some can be high in sugar, sodium, and calories without offering much of a nutritional benefit. Follow this bar road map to choose a better bar!

MORE SUBSTANTIAL

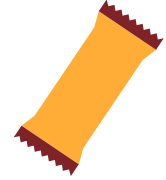
SNACK



What's the occasion?

When you need to replace a meal or re-fuel from a workout. Pair with a piece of fruit for breakfast.

Grab when you need a little energy to get you to your next meal



At least
10g

Protein

Choosing a nutrition bar with a source of protein can help support satiety and maintain muscle tone. Aim to get 10-35% of your calories from protein.

At least
5g

Sugar

For healthy sugar intake, the USDA recommends consuming less than 10 percent of calories per day from added sugars which translates to <50g sugar (~12-13 teaspoons) for a 2,000 kcal diet.*

Less than **10g**

Less than **5g**

300
Calories
or less

Calories per bar

Check calorie content to see if the bar will fit into your daily calorie allowance

150
Calories
or less

Sodium

The Dietary Guidelines for Americans recommends limiting sodium to less than 2,300 mg a day for healthy adults*



Less
than
300mg



Less
than
200mg

Fiber is always a plus! Aim for 3-5 grams per bar!

*<http://health.gov/dietaryguidelines/2015/guidelines/executive-summary/>.