

# Bar None

**Better Bites** (✓) have no more than 2 grams of saturated fat and 1½ teaspoons (7 grams) of sugar. (We waived the limit if most of the sugar came from fruit.) They also have more than a trivial amount of whole food (nuts, fruit, and/or intact whole-grain kernels) and little or no refined-grain flour. And they're free of sucralose, aspartame, and acesulfame potassium. Bars are ranked from least to most saturated fat, then sugar, then most to least protein, then least to most calories.

<b>Protein</b> (weight of 1 bar)	Calories	Sat Fat (g)	Total Sugars (tsp.)	Protein (g)
LOLA Probiotic (50 g) <sup>1</sup>	200	1	3.5	12
✓ Lärabar Protein—except Chocolate Peanut Butter Cup (52 g) <sup>1</sup>	220	1	4.5	11
✓ RXBAR—except Coffee Chocolate (52 g) <sup>1</sup>	210	1.5	3.5	12
Protein One (27 g) <sup>1</sup>	90	2	0	10
Quest (60 g) <sup>1</sup>	190	2	0.5*	20
✓ Kashi Go Dark Chocolate + Almonds + Sea Salt (50 g)	220	2	1.5	12
Luna (48 g) <sup>1</sup>	200	2.5	2	8
Special K Protein Snack (35 g) <sup>1</sup>	160	2.5	2.5	8
RXBAR Coffee Chocolate (52 g)	210	2.5	3	12
Lärabar Protein Chocolate Peanut Butter Cup (52 g)	230	2.5	4.5	11
Fiber One Protein Nut (40 g) <sup>1</sup>	190	3	1	10
Clif Organic Whole Lotta (56 g) <sup>1</sup>	240	3	4	10
Perfect Bar (62-71 g) <sup>1</sup>	310	3	4.5	14
Nature Valley Protein (40 g) <sup>1</sup>	190	3.5	1.5	10
Fiber One Protein (33 g) <sup>1</sup>	140	3.5	1.5	6
Luna Protein (45 g) <sup>1</sup>	180	3.5	3.5	12
ONE Basix (60 g) <sup>1</sup>	210	4	0	20
KIND Protein from Real Food (50 g) <sup>1</sup>	250	4	2	12
ONE (60 g) <sup>1</sup>	220	6	0 <sup>s</sup>	20
Love Good Fats (39 g) <sup>1</sup>	200	7	0.5	8

<b>Granola</b> (weight of 1 bar)	Calories	Sat Fat (g)	Total Sugars (tsp.)	Protein (g)
✓ Nature Valley Fruit & Nut Cranberry & Pomegranate (32 g)	130	0	1.5	2
Kashi Chewy Trail Mix (35 g)	140	0	2	3
✓ Nature Valley Fruit & Nut Trail Mix (35 g)	140	0.5	1.5	3
✓ MadeGood (24 g) <sup>1</sup>	90	0.5	1.5	1
Kashi Chewy Cherry Dark Chocolate (35 g)	130	0.5	2	2
Fiber One Chewy 90 Calorie (23 g) <sup>1</sup>	90	1	1	1
✓ Kashi Chewy—except Cherry Dark Chocolate or Trail Mix (35 g) <sup>1</sup>	140	1	1.5	4
✓ KIND Healthy Grains—except Dark Chocolate Chunk (35 g) <sup>1</sup>	150	1	1.5	3
KIND Simple Crunch (2 bars, 40 g) <sup>1</sup>	180	1	2	4
✓ Kashi Layered Dark Chocolate Coconut (32 g)	120	1.5	1.5	3
✓ Nature's Path Love Crunch Dark Chocolate & Peanut Butter (30 g)	150	1.5	1.5	3
KIND Healthy Grains Dark Chocolate Chunk (35 g)	150	1.5	2	2
Nature Valley Crunchy (2 bars, 42 g) <sup>1</sup>	190	1.5	2.5	3
Clif (68 g) <sup>1</sup>	250	1.5	5	10
Fiber One Chewy (40 g) <sup>1</sup>	140	2	2	3
Nature Valley Sweet & Salty (35 g) <sup>1</sup>	160	2.5	2	3
Clif Organic Fruit Smoothie Filled (50 g) <sup>1</sup>	230	2.5	2.5	5
Bobo's (86 g) <sup>1</sup>	350	9	4	6

<b>Breakfast</b> (weight of 1 bar)	Calories	Sat Fat (g)	Total Sugars (tsp.)	Protein (g)
Kashi Soft Baked (35 g) <sup>1</sup>	130	0	2.5	2
Nutri-Grain Soft Baked (37 g) <sup>1</sup>	130	0.5	3	2
KIND Breakfast Protein (2 bars, 50 g) <sup>1</sup>	220	1	2.5	8
KIND—Breakfast or Probiotics (2 bars, 50 g) <sup>1</sup>	220	1	2.5	4
Nature's Path Organic Sunrise Bars (35 g) <sup>1</sup>	140	1	2.5	3

<b>Nut</b> (weight of 1 bar)	Calories	Sat Fat (g)	Total Sugars (tsp.)	Protein (g)
✓ KIND Nuts & Spices—Honey Roasted Nuts & Sea Salt, Madagascar Vanilla Almond, or Maple Glazed Pecan & Sea Salt (40 g) <sup>1</sup>	210	1.5	1	6
✓ KIND Fruit & Nut (40 g)	200	1.5	1.5	6
✓ KIND Plus Pomegranate Blueberry Pistachio + Antioxidants (40 g)	180	1.5	2	4
✓ KIND Blueberry Pecan (40 g)	190	1.5	2	4
✓ KIND Apple Cinnamon & Pecan (40 g)	190	1.5	2.5	4
✓ Nature Valley Roasted Nut Crunch (35 g) <sup>1</sup>	190	2	1.5	6
✓ Special K Nourish Chewy Caramel Almond Sea Salt (33 g)	170	2	1.5	4
✓ KIND Blueberry Vanilla & Cashew (40 g)	180	2	1.5	4
Clif Mojo (45 g) <sup>1</sup>	210	2	2	7
KIND Nuts & Spices—except Honey Roasted Nuts & Sea Salt, Madagascar Vanilla Almond, or Maple Glazed Pecan & Sea Salt (40 g) <sup>1</sup>	190	3.5	1	5

<b>Nut Butter</b> (weight of 1 bar)	Calories	Sat Fat (g)	Total Sugars (tsp.)	Protein (g)
KIND Nut Butter Filled (37 g) <sup>1</sup>	170	2	2	4
Kashi Chewy Nut Butter (35 g) <sup>1</sup>	150	2.5	2	3
Clif Organic Nut Butter Filled (50 g) <sup>1</sup>	230	2.5	2.5	6
Nature's Path Organic Nut Butter (35 g) <sup>1</sup>	170	3.5	2	5
Nature Valley Crispy Creamy Wafer (36 g) <sup>1</sup>	200	5	2	5
Bobo's Stuff'd (71 g) <sup>1</sup>	330	7	4	7

<b>Blended Fruit &amp; Nut</b> (weight of 1 bar)	Calories	Sat Fat (g)	Total Sugars (tsp.)	Protein (g)
✓ Lärabar with Superfoods Blueberry (45 g)	180	0.5	4.5	4
✓ Lärabar with Superfoods Turmeric (45 g)	180	0.5	5	4
✓ Pure Organic Wild Blueberry (48 g)	190	1	4.5	6
✓ Pure Organic Dark Chocolate Berry (48 g)	180	1	5	6
✓ Lärabar—apple, banana, blueberry, carrot, cherry, cinnamon, hazelnut, lemon, or pecan flavors (45-48 g) <sup>1</sup>	200	1.5	4	4
✓ Lärabar Peanut Butter Cookie (48 g)	220	2	4	6
✓ Lärabar Chocolate Coconut Chew (45 g)	210	2	4	4
✓ Lärabar Peanut Butter & Jelly (48 g)	210	2	4.5	6
✓ Lärabar Chocolate Chip Brownie (45 g)	190	2	5	4
ProBar Live (56-57 g) <sup>1</sup>	310	7	1.5	10

<b>Fruit</b> (weight of 1 bar)	Calories	Sat Fat (g)	Total Sugars (tsp.)	Protein (g)
✓ KIND Pressed—fruit flavors (35 g) <sup>1</sup>	120	0	4.5	1
✓ Lärabar Fruits + Greens (35 g) <sup>1</sup>	130	0.5	3.5	2
✓ KIND Pressed—chocolate flavors (38 g) <sup>1</sup>	130	1.5	4.5	1

✓ Better Bite. <sup>1</sup> Average of the entire line or the varieties listed. <sup>s</sup> Contains sucralose. \*Some varieties contain sucralose.

**Daily Saturated Fat Limit** (for a 2,000-calorie diet): 20 grams.

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