

## Nutrition Bar Comparison Chart, Arranged Alphabetically by Product Name

Name	Brand	Calories	Fat gm	Carbs. gm	Protein gm	Calories	Vitamins	Protein, Primary	Manufacturer's Description	Fiber gm	Goldberg's Categorization
Advantage Bar	Atkins	210	12	2.6	19	210	Yes	Soy, Whey, Caseinate	Low Carb Food Bar	1	Low Carb, High Prot, Meal Replace
Balance Bar	Balance Bar	200	6	22	14	200	Yes	Soy, Caseinate, Whey	40-30-30 Complete Nutr Food Bar	1	Balanced Meal Replace
Balance Plus Boulder Bar	Balance Bar Boulder Bar	200	6	22	14	200	Yes	Soy, Caseinate, Whey	40-30-30 Complete Plus Antioxidants	1	Balanced Meal Replace
Clif Bar	Clif Bar	220	2.5	43	8	220	Yes	Oats, Soy, Rice	Endurance Nutrition for Sustained Energy	5	Energy Bar
Designer	Next Proteins	270	7	6	31	270	No	Whey	Whey Protein Bar	<1	Low Fat, Meal Replace High Protein, Body Build
Doctor's Diet LowCarb	Universal Nutrition	234	8	2.6	19	234	No	Soy	Low Carb, High Protein	0	Low Carb, High Prot Snack
Energy Bar	York Barbell	250	9	36	7	250	Yes	Mixed	Energy Bar	2	Energy Bar, Meal Replace
Gary Null Nutrition Bar	Gary Null	264	12	30	9	264	No	Sesame, Soy, Peanut	High Protein	1	High Fat, Energy Bar
GeniSoy	Genisoy Prods	220	3.5	33	14	220	Yes	Soy	Soy Protein Bar	1	Balanced, Soy Protein, Meal Replace
Heart Bar	Cooke Pharma	190	3	27	13	190	Yes	Soy	Heart Bar (Arginine 3g)	3	Therapeutic
Ironman	Twinlab	230	7	25	16	230	Yes	Soy, Caseinate	40-30-30 NutritionBar	1	Balanced Meal Replace
Luna	Clif Bar	180	4.5	24	10	180	Yes	Soy, Oats	Nutrition Bar for Women	2	Balanced, Women's Meal Replace
MLO Energy Bar	MLO Products	290	7	46	7	290	No	Mixed	Hard Body Energy Bar	3	Energy Bar
New Life Colostrum	Symbiotics	130	2	28	4	130	No	Mixed	Colostrum Snack Food Bar	2	TherapeuticSnack Bar
Optein	Solgar	170	3.5	26	10	170	Yes	Soy	High Protein, Natural Dietary Supplmnt	1	Balanced, Meal Replace

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	Power Bar	230	2.5	45	10	230	Yes	Milk	Energy Bar	3	Low Fat, Meal Replace
Promax Bar Protein Revolution	SportPharma Low Glycemic Tech	280	5	36	20	280	Yes	Whey, Caseinate	Protein Bar	2	Balanced, Meal Replace
		230	8	2.5	22	230	Yes	Hydrolyzed Protein (?)	High Protein, Low Carb Meal Replace	0	High Protein, Low Carb, Body Build
Pure Protein	Worldwide	270	4	14	30	270	Yes	Caseinate, Whey	High Protein, Low Carb Meal Replace	0	High Protein, Body Build
Source One Soy Sensations	Met-Rx Twinlab	170	4.5	20	15	170	Yes	Milk Protein, Whey,	Nutriion Food Bar (Women?)	3	Balanced, Meal Replace, Women
		180	5	23	15	180	No	Soy	Wholesome Heart Food	5	Balanced, Soy Snack Bar
Spiru-Tein	Nature's Plus Standard	150	3	19	10	150	Yes	Soy	High Protein Energy Meal	3	Balanced, Meal Replace
StandardBar	Process	200	6	25	12	200	No	Whey	Multi-Vitamin Whole Food Bar	3	Balanced, Snack Bar
Triumph Bar	Solgar	170	3.5	33	2	170	Yes	Misc	Natural Weight Management Bar	2	Balanced, Meal Replace
Ultimate 2 Lo Carb	Country Life	250	8	3	22	250	Yes	Caseinate	Low Carb, High Protein	0	Low Carb, High Prot Snack
Ultimate Lo Carb Bar	Country Life	240	7	2	25	240	Yes	Soy, Whey	Low Carb, High Protein	0	Low Carb, High Prot Snack
Ultimate Protein Bar	Country Life	290	6	20	32	290	Yes	Whey, Caseinate	High Protein, Low Fat	1	High Protein, Meal Replace
Zone Perfect	Zone Perfect	210	7	24	14	210	Yes	Soy	Natural Nutrition Bar	2	Balanced, High Fat, Meal Replace

Notes: To qualify as a "meal replacement bar," it should provide vitamins, fiber, and a balanced ratio of fat/protein/carbohydrate

Data was taken from store samples. Numbers may vary for different flavors.