



# PICKING A PROTEIN BAR

## WHAT TO LOOK FOR

**10g**  
protein

**<15g**  
sugar

**3g**  
fiber

**<300**  
calories

**minimal**  
ingredients

## DIETITIAN PICKS

RX Bars

Epic Bars

Health Warrior Chia Bars

KIND Protein Bars

Perfect Bars

CORE Bars

Oatmega