

HEALTHFUL TIPS

Protein Bars

Those little bars can pack a powerful punch of calories, fat and sugar. Here are some tips to help you navigate a healthy snack.

There are a lot of great-tasting protein bars, and it sure is nice to have one available for those times when you need a snack and there is no food available. Beyond good taste, what should you look for in a bar? A list of ingredients in selected bars is profiled on the following page.

Calories – a protein bar is meant to be a snack. For most a snack should contain 100-150 calories. That means that many bars need to be broken into 2 separate snacks (or more for those larger bars).

Fat – a protein bar shouldn't exceed the maximum amount of fat per meal (from the front of your Guide to Good Health). New studies also indicate that saturated fats tend to increase fat stores in the body and unsaturated fats tend to increase muscle stores. Choose a bar that is low in saturated fat.

Sugar – stick with the 2 grams or less of added sugar rule when you select a bar. Sweeteners can make a difference to those sensitive to or avoiding certain sweeteners. Many bars have a combination of sweeteners to improve the taste.

Fiber – if a protein bar provides a good source of fiber, that's a great bonus.

Protein – aim to spread protein intake throughout the day. A snack should provide 10-20% of your daily protein needs.



Sweeteners –what are they?

Lo Han Guo

Lo Han Guo is a plant that's been used as a sweetener in China for over 1,000 years. It is 300 times sweeter than sugar.

Stevia

Stevia is a plant that has sweetness in its leaves. It has been used as a sweetener in many countries for many years.

Erythritol

Erythritol is classified as a sugar alcohol, but it does not cause the same intestinal discomfort common in other sugar alcohols.

Sucralose

Sucralose is over 600 times sweeter than sugar so very small amounts are needed.

Maltitol

Maltitol is a sugar alcohol. It is used as a sweetener because it has 1/2 the calories of sugar and less effect on blood sugar levels.

Acesulfame Potassium

Acesulfame Potassium is 200 times sweeter than sugar.

Selected Protein Bars

Brand	Flavor	Calories	Protein (gm)	Fat (gm)	Sat. Fat (gm)	Carbs (gm)	Sugar (gm)	Sugar	Note	
Atkins Meal Advantage	Strawberry Almond Bar	200	15	9	5	20	2	12	maltitol, glycerine, sucralose	Great-tasting bar to break into 2 servings.
Atkins Meal Advantage	Choc Peanut Butter Pretzel Bar	210	16	10	4.5	19	1	10	maltitol, glycerine, sucralose	Great-tasting bar to break into 2 servings.
Atkins Meal Advantage	Choc Chip Granola Bar	200	16	9	5	19	0	11	maltitol, glycerine, sucralose	Great-tasting bar to break into 2 servings.
Atkins Daybreak	Choc Chip Crisp Bar	140	10	6	3.5	17	0	8	maltitol, glycerine, sucralose, acesulfame potassium	Atkins bars are easy to find and taste good.
Atkins Daybreak	Cranberry Almond Bar	150	10	6	3	16	1	9	maltitol, glycerine, sucralose	Atkins bars are easy to find and taste good.
Extend Bars	Peanut Butter Choc Delight	150	11	3	1	21	0	6	mannitol syrup, sucralose	Helps to control blood sugar, low in fat
Extend Bars	Chocolate Delight	150	12	3	1	20	0	4	mannitol syrup, sucralose	Helps to control blood sugar, low in fat
Extend Bars	Peanut Delight	150	12	3	0	20	0	6	mannitol syrup, sucralose	Helps to control blood sugar, low in fat
Quest Bars	Double Chocolate Chunk	160	20	6	2.5	25	1	1	erythritol, stevia	16 grams fiber, best to divide into 2 snacks
Quest Bars	Chocolate Chip Cookie Dough	190	21	8	3	21	1	1	erythritol, stevia, sucralose, lo han guo	17 grams fiber, best to divide into 2 snacks.
Quest Bars	Apple Pie	180	20	5	0	25	4	0	lo han guo, sucralose	18 grams fiber, best to divide into 2 snacks
Quest Bars	Chocolate Peanut Butter	160	20	5	1	25	2	5	erythritol, stevia, lo han guo	17 grams fiber, best to divide into 2 snacks.
Quest Bars	Vanilla Almond Crunch	190	20	8	0.5	21	1	0	lo han guo, sucralose	18 grams fiber, best to divide into 2 snacks
Quest Bars	Cinnamon Roll	170	20	6	0	25	1	5	erythritol, stevia, lo han guo	17 grams fiber, best to divide into 2 snacks.
Quest Bars	Chocolate Brownie	170	20	6	1	24	1	0	lo han guo, sucralose	19 grams fiber, best to divide into 2 snacks
Detour Bar	Caramel Peanut-Lower Sugar	170	15	5	3	17	3	12	glycerine, maltitol, sucralose	Good-tasting bar, best to divide into 2 snacks or buy larger bar for 3 snacks.
Detour Bar	Peanut Butter Cream-Lower Sugar	170	15	7	3.5	17	1	14	glycerine, maltitol, sucralose	Good-tasting bar, best to divide into 2 snacks or buy larger bar for 3 snacks.
Detour Bar	Neopolitan – Lower Sugar	170	15	5	3	16	3	13	glycerine, maltitol, sucralose	Good-tasting bar, best to divide into 2 snacks or buy larger bar for 3 snacks.