

BAR	CALORIES	COST	CARBS	PROTEIN	RATIO	FAT	SATURATED	TRANS-FAT	VITAMINS	IRON	ELECTROLYTES	FIBER	OTHER
BRAND/Name	per bar	per serving	gms	gms	(Carb/Pro)	gms	FAT		% RDA	% RDA		gms	
BALANCE													
Balance Bar	202	\$1.10	22	15	1.5/one	6	3.5	0	100% C, E, also A, B's, K	25	Na, K, Ca, Mg	0	based on 40-30-30 (carb-protein-fat) diet
CLIF													
Builder's Bar	270	\$1.66	30	20	3/two	8	4.5	0	100% C, E, also B's, K	25	Na, K, Ca, Mg, Phos	3	protein from nuts and soy, 23 vitamins
CLIF													
Clif Bar	240	\$1.08	42	10	4.2/one	5	1	0	100% C, E, also B's, K	25	Na, K, Ca, Mg, Phos	5	whole, all natural, 70 % organic ingredients
CLIF													
Luna Bar	180	\$1.25	27	9	3/one	4	0.5	0	15% Vit C	8	Na, K, Ca	3	created for women, all natural ingredients
ENERVIT													
Power Sport Bar	226	\$2.25	39	11	3.6/one	3	?	?	75% C, B1,2,6	0	Mg	?	easy to digest, time-released energy
1ST ENDURANCE													
EFS Bar	250	\$1.99	40	10	4/one	6	2	0	200% Vit C	0	Na, K, Mg, Ca, Cl	3	organic ingredients, gluten free, amino acid blend
HAMMER													
Hammer Bar	220	\$2.49	25	10	2.5/one	9	1	0	1% Vit C, 7% Vit A	4	Na, Ca	4	gluten free, no preservatives
HONEY STINGER													
Energy Bar	190	\$1.60	27	10	2.7/one	5	2	0	23 vitamins/minerals	0	Na, K, Ca	2	made with over 30% honey
HONEY STINGER													
Protein Bar	350	\$2.38	36	20	1.8/one	15	6	0	23 vitamins/minerals	0	Na, K, Ca	2	over 30% honey, whey protein
LARABAR													
Larabar	180	\$1.69	23	4	5.7/one	10	0	0	B's, E	8	Ca, K, Mg, Phos	4	100% whole food, no more than 6 ingredients
NABISCO													
Fig Newton	120	\$0.19	22	1	22/one	2	0	0	no	4	Na, Ca	1	real figs in a tasty cookie
ODWALLA													
Superfood Bar	230	\$1.59	43	4	11/one	4	2	0	A,E,C, folic acid	15	Na, K, Ca	3	whole grains, fruit, spirulina
POWER BAR													
Performance	230	\$1.15	43	9	4.8/one	2.5	0	0	100% C, E, B's	40	Na, K, Ca, Mg, Phos	2	the original bar, C2 max carb blend
POWER BAR													
Recovery Bar	260	\$1.66	30	12	2.5/one	10	4.5	0	no	8	Na, K, Ca	0	chocolatey coating contains palm kernel oil
PROBAR													
Superfood Slam	350	\$2.87	46	9	5.1/one	17	4	0	10% Vit A, 15% C	15%	Na, K, Ca	6	whole, unprocessed foods, vegan
SNICKERS													
Snickers Bar	280	\$0.69	35	4	1-Sep	14	5	yes	no	2	Na, Ca	1	trans fat!