

Raising the Bar



We had no Best Bites because most people—endurance athletes aside—are better off eating healthy whole foods than energy bars. Since some people are going to rely on bars anyway, we gave Better Bites to those with no more than two grams of saturated fat and at least three grams of fiber.

The sat-fat limit means the bars won't threaten your blood vessels, and the fiber usually means the bars have some oats, nuts, fruit, or other real food. Within each category, bars are ranked from best to worst (least to most saturated fat, then most to least fiber, then least to most calories).

Calories
Total Fat (grams)
Saturated Fat (grams)
Protein (grams)
Carbohydrates (grams)
Fiber (grams)

High-Carbohydrate Bars

(weight of one bar, in ounces)

✓ ProZone Cashew Almond Crunch (1.8)	190	5	1	7	29	5
✓ Nutra-Fig Cheetah (2.3) ¹	200	2	1	3	44	5
✓ You Are What You Eat (2.0) ^{1*}	200	4	1	4	40	5
✓ Clif (2.4) ^{1*}	230	4	1	10	41	5
✓ Boulder (2.5) ¹	210	4	1	10	42	4
✓ PowerBar Harvest (2.3) ^{1*}	240	4	1	7	45	4
✓ PowerBar Performance (2.3) ^{1*}	230	2	1	10	45	3
Tiger's Milk (1.2) ^{1*}	140	4	1	5	22	1
✓ PowerBar Essentials, except Chocolate Raspberry Truffle (1.9) ^{1*}	180	4	2	10	28	3
PowerBar Essentials Chocolate Raspberry Truffle (1.9) [*]	180	4	3	10	28	3

40/30/30 Bars (weight of one bar, in ounces)

✓ Balance Outdoor Honey Almond (1.8)	200	6	1	15	21	3
Balance Outdoor Crunchy Peanut (1.8)	200	6	1	15	21	2
Balance Outdoor Nut Berry (1.8)	200	6	1	15	21	2
✓ Balance Outdoor Chocolate Crisp (1.8)	200	6	2	15	21	3
TwinLab Ironman (2.0) ^{1*}	230	7	2	16	24	0
Balance (1.8) ^{1*}	200	6	3	14	22	1
Balance + (1.8) ^{1*}	200	6	4	14	22	1
Balance Gold (1.8) [*]	210	7	4	15	23	0
ProZone, except Cashew Almond Crunch (1.8) ¹	190	6	5	14	18	5

✓ Better Bite. ¹ Average of the entire line. * Fortified with vitamins and minerals.

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Source: Manufacturers.

High-Protein Bars

(weight of one bar, in ounces)

Met-Rx Natural Krunch (1.1) ^{1*}	110	2	1	6	18	0
Biochem Ultimate Lo Carb (2.0) ^{1*}	240	7	1	22	2	0
EAS Myoplex Deluxe (3.2) ^{1*}	340	7	2	24	44	1
Premier Elite (1.5) ¹	150	3	2	18	2	0
Protein Revolution (2.1) ^{1*}	230	8	2	22	3	0
PowerBar Protein Plus (2.8) ^{1*}	290	5	3	24	38	2
EAS Myoplex Lite (2.0) ^{1*}	190	4	3	15	27	1
SportPharma Extra Protein (2.8) ^{1*}	280	5	3	31	11	1
TwinLab Protein Fuel (2.9) ^{1*}	330	5	3	35	12	1
Nature's Best Perfect Solid Protein (2.8) ^{1*}	270	5	3	32	11	0
Worldwide Sport Nutrition Pure Protein (2.8) ^{1*}	280	5	3	33	13	0
Biochem Ultimate Protein (2.8) ^{1*}	290	5	3	31	19	0
American Body Building Hi-Protein Steel Bar (3.0) ^{1*}	330	6	3	16	52	0
Nature's Best Perfect Isopure (2.1) ^{1*}	220	6	4	11	36	3
EAS Myoplex HP (2.3) ^{1*}	250	5	4	20	30	2
Premier Protein (2.5) ¹	290	8	4	31	14	2
MLO BioProtein (2.9) ^{1*}	300	6	4	21	40	2
Met-Rx SourceOne (2.1) ^{1*}	170	5	4	16	20	1
SportPharma Promax (2.6) ^{1*}	280	5	4	20	37	1
EAS Simply Protein (2.8) ^{1*}	310	7	4	33	16	1
Premier Eight (2.5) ¹	270	6	4	31	7	0
Think! Protein (2.3) ^{1*}	270	9	5	22	19	0
Met-Rx Protein Plus Food Bar (3.0) ^{1*}	250	8	6	34	13	0

Supplement Bars (weight of one bar, in ounces)

✓ GeniSoy Nature Grains (2.3) ¹	230	3	0	11	41	3
Viactiv Energy Fruit Crispy (1.1) ^{1*}	120	2	0	4	21	0
✓ TwinLab Soy Sensations, except Chocolate Fondue (1.8) ^{1*}	180	5	1	15	23	6
✓ Odwalla (2.4) ^{1*}	240	4	1	7	48	4
✓ Think! Chocolate Mocha (2.0) ^{1*}	210	4	1	9	36	3
Ensure (1.2) ^{1*}	130	3	1	6	21	2
Luna (1.7) ^{1*}	180	4	2	10	25	2
Think!, except Chocolate Mocha (2.0) ^{1*}	220	7	2	10	33	2
GeniSoy Soy Protein (2.2) ^{1*}	220	3	2	14	33	1
TwinLab Soy Sensations Choc. Fondue (1.8) [*]	180	6	3	15	22	5
Boost (1.6) ^{1*}	190	6	4	5	30	1
Viactiv Hearty Energy (1.6) ^{1*}	180	5	4	6	29	0
Think! Divine (1.9) ^{1*}	210	8	6	6	32	1

For Comparison (weight of one bar, in ounces)

Quaker Chewy Granola (1.0) ¹	120	3	1	2	21	1
Kellogg's Nutri-Grain (1.3) ^{1*}	140	3	1	2	27	1
Snickers (2.1)	280	14	5	4	35	1
Hershey's Milk Chocolate (1.6)	230	13	9	3	25	1

Calories
Total Fat (grams)
Saturated Fat (grams)
Protein (grams)
Carbohydrates (grams)
Fiber (grams)