

# PROTEIN BARS (BY BRAND)



★ No more than 2 grams saturated fat and no more than 3X carb to protein.



## Gatorade Protein Bar 13

	Cals	Carb	Fiber	Protein
Almond Butter	220	23	1	20
Salted Caramel	220	23	1	20
Chocolate Chip Cookie Dough	220	24	1	20



## Kind Bar

	Cals	Carb	Fiber	Protein
Kind Minis Dark Choc Sea Salt	100	8	3	3
Maple Glazed Pecan	210	13	5	5
Madagascar Vanilla Almond	200	15	6	6
Fruit & Nut Delight	200	17	3	6



## Oatmega

	Cals	Carb	Fiber	Protein
Blueberry	200	22	7	14
Chocolate Brownie	200	22	7	14
Lemon Chia	200	22	7	14
Vanilla Almond	200	22	7	14
White Choc Raspberry	200	22	7	14



## Quest

	Cals	Carb	Fiber	Protein
Cinnamon Roll	170	23	14	20
Coconut Cashew	190	23	15	20
Oatmeal Choc Chip	190	23	15	20





## RX Bar

	Cals	Carb	Fiber	Protein
Maple Sea Salt	220	22	5	12
Coconut Chocolate	210	22	5	12
Mint Chocolate	210	24	6	12
Blueberry	210	24	4	12

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## Think Thin

	Cals	Carb	Fiber	Protein
Salted Caramel  	150	20	5	10



## NuGo

	Cals	Carb	Fiber	Protein
Maple Pecan 	200	19	2	13
Peanut Butter 	200	19	2	14
Dark Chocolate Sea Salt 	190	20	3	13
Blueberry 	180	22	2	12













## NuGo Slim

	Cals	Carb	Fiber	Protein
Raspberry Truffle 	160	19	7	17





## Epic Performance Bar

	Cals	Carb	Fiber	Protein
Chicken Sriracha  	100	1	0	15
Turkey Almond Cranberry  	130	10	3	11
Peanut Butter  	210	24	3	12
Almond Butter Chocolate  	210	25	4	12
Lemon  	210	25	4	12





## No Cow

	Cals	Carb	Fiber	Protein
Lemon Meringue Pie 	200	25	18	22
Blueberry Cobbler 	200	25	18	22

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## Evo Hemp Bar

	Cals	Carb	Fiber	Protein
Mocha Chip 	220	18	5	12
Cookie Dough 	220	18	5	12



## Impact Bar

	Cals	Carb	Fiber	Protein
Maple-licious 	160	15	6	8
Chocolate Date Night 	150	16	7	7
Peanut Butter Party 	150	17	7	7
Chocolate Cherry Bling 	140	19	7	7

## ADDITIONAL INFORMATION

Additional flavors may be offered by the manufacturer, but at the time of review, could not be located at either HEB or Kroger. Additionally, products change weekly, and new brands and flavors may become available or unavailable. Not all flavors for a single brand meet our Fork Friendly protein bar criteria. Please be sure to check the labels when ordering online or selecting a product not on this list to ensure you are making a good nutrient choice.

## SODIUM FACTS

**Impact:** 60 mg sodium or less  
**Kind Bars:** 60 mg sodium or less (\*140 mg - Kinda Maple Glazed)  
**Evo Hemp:** 125 mg sodium or less  
**Oatmega:** 125 mg sodium or less  
**No Cow:** 275 mg or less  
**Epic Performance:** 275 mg or less (Chicken Sriracha- 400 mg)  
**Nugo:** 275 mg or less  
**Think Thin:** 275 mg or less  
**RX, Quest, Gatorade:** 275 mg or less

## ABBREVIATIONS

Calories - Cals  
Carbohydrates - Carb  
Fiber - Fiber  
Protein - Protein

