

Bar	Category	Calories	Fat	Trans Fat	Fiber	Protein	Refined Sugars	Calories	Fat	Saturated Fat	Fiber	Protein	Retail Price	Taste	Comments
Balance Gold (Chocolate Peanut Butter)	Snack	-	-	✓	-	✓	-	210	7g	4g	<1g	15g	\$1.39	Almost the consistency of caramel fudge; very chewy. Very dense so a little will go a long way, but very, very sweet.	Despite its name, Balance Gold is heavy on both calories and saturated fat. Many experts now recommend no more than 7g per day of saturated fats, and the Balance Gold bar carries 4g alone. It does pack a good protein punch, however.
Dextrim All in One (Lemon Bar Crisp)	Snack	✓	-	-	-	✓	✓	180	5g	3.5g	5g	15g	\$1.69	The texture was good--kind of crispy with a smooth icing on the outside. Flavor left a lot to be desired. The outside was rock hard, even though I was well within the "use by" date. Noticeable aftertaste.	The All in One has a reasonable number of calories for a snack bar, has a good amount of protein, and skips the refined sugars. A good choice overall.
Kashi GoLean Crunchy (Chocolate Peanut Bliss)	Snack	✓	✓	✓	-	-	✓	170	4g	1.5g	5g	9g	\$1.39	Light and tasty, with a texture a little like a Rice Krispie's bar. The Chocolate Peanut Bliss bar is more flavorful than its caramel counterpart.  Note: Don't confuse the GoLean Crunchy bar with the original GoLean bar, which packs on more calories.	One of the few bars that meets both our total fat and saturated fat requirements, the GoLean Crunchy bar is a good snack choice.
Luna Bar (Chocolate Peppermint)	Snack	✓	-	✓	-	-	✓	180	4g	3g	2g	10g	\$1.69	Hands down, the yummiest snack bar out there. If you like the Girl Scout's Thin Mint cookies or Milano Mints from Pepperidge Farms, you'll love this snack bar. For a fruity alternative, the Lemon Zest Luna Bar is also tasty.	Not as good nutritionally as the Kashi GoLean Crunch bar, but frankly tastes better. Makes a nice, occasional treat or dessert alternative.
Pria Nutritional Energy Snack Bar (Chocolate Peanut Crunch)	Snack	✓	-	✓	-	-	-	110	3.5g	2g	1g	5g	\$0.89	Good, crispy texture. Chocolate coating was okay. Couldn't taste the peanuts.	Although it doesn't do great on our fat, fiber, and protein rankings, the Pria is slim on calories. In fact, it was the least caloric snack bar that we could find. We like the price too.
Zone Perfect (Apple Cinnamon)	Snack	-	-	✓	-	-	-	210	7g	3.5g	1g	14g	\$1.59	Good, crispy texture, but tasted more like coconut than apple cinnamon. Strong aftertaste.	It has no trans fats, but not too many other redeeming nutritional quality.
Balance Satisfaction Meal Bar (Chocolate Crisp)	Meal Replacement	✓	-	✓	✓	-	-	280	6g	4g	6g	12g	\$2.29	Although when first opened the bar smelled very chocolaty, the taste was fairly bland. The texture was nice and rather crispy from the rolled oats and soy nuggets.	Low in total fat and does provide a reasonable amount of fiber.
ClifBar (Lemon Poppy Seed)	Meal Replacement	-	✓	✓	-	-	✓	230	3.5g	1.5g	5g	10g	\$1.39	A welcome change from the usual chocolate and peanut butter. The lemon zest gives it a nice tangy flavor, and it's not overly sweet as some bars. ClifBars are moist but dense. The density helps you chew and eat them slowly, making them last a long time.	Despite being a little too caloric for a snack and a little light for a meal, the ClifBar is firing on all cylinders. With a natural approach, ClifBars are 70% organic and, while they don't make our cut-off for protein, they still rank high at 20% protein.  Consider eating half a bar for a snack, or pairing a full bar with a lean protein for a meal.

Bar	Category	Calories	Fat	Trans Fat	Fiber	Protein	Refined Sugars	Calories	Fat	Saturated Fat	Fiber	Protein	Retail Price	Taste	Comments
PowerBar Harvest (Iced Oatmeal Raisin)	Meal Replacement	✓	-	✓	-	-	-	250	5g	2g	3g	7g	\$1.29	Other than the Balance Satisfaction bar, the Harvest bar was the only one that actually smelled good when first opened. Surprisingly moist and flavorful, the Harvest bar was one of the best tasting bars, although it still had a noticeable aftertaste.	Almost makes the cut-off for saturated fats, with only 40% of fat grams coming from saturated fats. Primarily intended as a sports bar for athletes, the Harvest bar doesn't provide (in our opinion) enough nutritional value to act as a meal substitute.
Slim Fast Optima Meal Bar (Oatmeal Raisin)	Meal Replacement	-	-	-	-	-	-	220	5g	3g	2g	8g	\$1.09	Smooth texture. Tasty icing on the outside (like an iced oatmeal raisin cookie). Pretty sweet, definitely needs a water chaser.	Other than total fat, the Optima fails (in our opinion) to provide any level of reasonable nutrition, especially for a meal replacement bar.
<b>Disclaimer:</b> Accuracy of nutrition content is not guaranteed; check the food labels. All taste and value comments are simply opinion, not fact.															