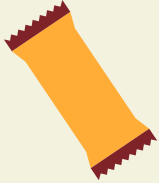


# Choose a Better Nutrition Bar!

Bars are a convenient snack option, especially when you're on the go. However, some can be high in sugar, sodium, and calories without offering much of a nutritional benefit. Follow this bar road map to choose a better bar!

## SNACK

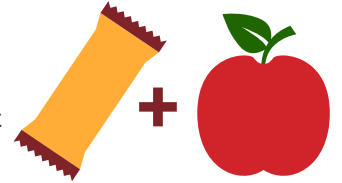


Grab when you need a little energy to get you to your next meal

## What's the occasion?

## MORE SUBSTANTIAL SNACK

Pair with a piece of fruit for breakfast or when you won't eat for a few more hours



**150**  
Calories  
or less

**Calories per bar**  
Check calorie content to see if the bar will fit into your daily calorie allowance

**300**  
Calories  
or less

## Sugar

The American Heart Association recommends that most women consume no more than 24 grams of added sugar per day, or about 6 teaspoons, and that most men consume no more than 36 grams of added sugars per day, or about 9 teaspoons\*

Less than **5** g

Less than **10** g

At least  
**5** g

**Protein**  
Choosing a nutrition bar with a source of protein can help support satiety

At least  
**10** g

## Sodium

The Dietary Guidelines for Americans recommends limiting sodium to less than 2,300 mg a day for healthy adults\*\*

Less  
than  
**200mg**

Less  
than  
**300mg**

**Fiber is always a plus! Aim for 3-5 grams per bar!**

\*[http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Added-Sugars\\_UCM\\_305858\\_Article.jsp#.V5kWhUYwiCg](http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Added-Sugars_UCM_305858_Article.jsp#.V5kWhUYwiCg)  
\*\*<http://health.gov/dietaryguidelines/2015/guidelines/executive-summary/>.