

A chocolate swap? Should you let a cut breathe? Find out here.

12.15



ASK DR. OZ ANYTHING

Your Burning Questions Answered!



14 ASK DR. OZ ANYTHING

TRY IT
OR
SKIP IT

Protein Bars for Meat Lovers

THE CLAIM Advocates for these savory, meat-based bars trumpet them as a more wholesome snack alternative to standard sweet energy bars or even jerky.

OZ SAYS The new wave of jerky/energy bar hybrids really are raising the bar when it comes to protein-based snacks. These options—usually a combination of organic or grass-fed meats along with dried fruit, nuts, seeds, and spices—are far easier to carry around than, say, a piece of grilled chicken. And they stack up nicely against jerky: Many have about half as much sodium and are free of preservatives and additives such as nitrites or MSG.



“Compared to the typical energy bar that relies on highly processed forms of sweeteners and proteins, these bars have a whole-food-based ingredient list and lower sugar numbers, which make them a healthier choice,” says Alissa Rumsey, M.S., R.D., a spokesperson for the Academy of Nutrition and Dietetics. They can be useful hunger busters, she says. Just check labels and look for those with 8 g or more protein, and less than 8 g sugar and 300 mg sodium.

OUR FAVORITE MEATY BARS

Two brands got the most raves in our taste test.

EPIC

Beef, Apple, Uncured Bacon A little sweet, a little smoky, and a nice, soft texture for 140 cal. (\$3, epicbar.com)

Chicken Sriracha

If you like your snacks fiery hot, this one’s for you. It’s also among the lowest-calorie bars we tasted (100 cal). (\$3, epicbar.com)

BRICKS

Turkey, Sweet Potato, Cranberry, Pumpkin Seed

The mix-ins make it easy to chew; sage, thyme, and cinnamon spices reminded testers of a holiday meal—all for a smart 130 calories. (\$3.50, bricksbars.com)

