

The Dietitian's Choice: Favorite Snack Bars



Quest Bar – Low Glycemic Index due to the good whey protein, high fiber/low carb content (20gProtein per bar, low digestible carb after accounting for 18gFiber/bar); gluten and soy free; with 11 different flavors
Where to buy?

Available online including www.questproteinbar.com or www.amazon.com
As of January 2012 it does not appear that there are any local stores in Alaska who currently carry this product



Zing Bar – Low Glycemic Index, with balanced content between protein, fat, and carbohydrates (and fiber); protein comes from either whey or brown rice protein; low glycemic; gluten, soy, and corn free; 6 different flavors
Where to buy?

Available online or at REI in Anchorage



Power Crunch Bar – Low Glycemic Index with good whey protein, lower carb content (~14gProtein, ~10gCarbs per bar); has texture of a “sugar wafer cookie”; 5 different flavors
Where to buy?

Available online, or via Walmart and GNC



LARABAR – The original Fruit & Nut Bar – ranges between only 2-9 ingredients total for each bar, with over 20 different flavors to choose from; gluten, corn, and soy free; excellent strategy for on the go snack while increasing your daily intake of fruit and nuts
Where to buy?

Where to buy?

Available at major retailers including Walmart, Carr's, Fred Meyer, Target, Natural Pantry, and Costco; Also available online.



ZONE Perfect Nutrition Bar – Low to Moderate Glycemic Index, with good balance between protein, fat, and carbohydrates (and Fiber), and with additional vitamins/minerals added to support overall health; available in 5 various themes of flavors: “Classic,” “Fruited,” “Dark” (Chocolate), “Cookie Dough,” and “Sweet & Salty”
Where to buy?

Where to buy?

Available at major retailers including Walmart, Fred Meyer, Carr's, and Target; Also available online.

