

Low-Carb Protein Bar Comparison Chart

Protein Bars	Flavour	Size (g)	Cost 1	Cost 2	Buy @	Cal.	Fat (g)	Chol. (mg)	Sodium (mg)	Potassium (mg)	Carbs (g)	Net Carbs	Sugar (g)	Sugar Alcohol	Protein (g)	Taste
ABB Pure Pro Bar	Chocolate Peanut	79		2.50	S	290	4.5	10	300	?	21	3	0	28	31	
Allmax Nutrition Isoflex Bar	Caramel Crunch	85		3.17	U		12	0	200	40	28	3	1	15	30	
Atkins Advantage Granola Bar	Golden Oats	48	2.98	1.87	YT	210	9.0	0	150	?	17	3	<1	0	17	4444
Atkins Advantage Bar	Chocolate PB	60	2.98	1.87	YT	239	12.0	2	193	260	21	2	0.5	0	20	4444
Balance CarbWell Bar	Chocolate PB	50		1.26	D	200	8	<5	190	75	22	2	1	19	14	
BioChem LoCarb 2 Bars	Chocolate Almond	60		2.70	E	230	6	5	180	65	25	3	1	21	20	
BioChem Ultimate LoCarb Bar	Chocolate Brownie	60		2.16	G	210	6	0	230	110	24	3	0	21	20	
BioNutritional Power Crunch Bar	Cookies & Cream	36		1.53	P	170	8.0	0	90	0	8	4	4	0	14	
Breakthrough Lean Protein Bites	White Chocolate	28	2.97	1.40	NG	120	4	3	180	?	7	2	2	5	16	
Breakthrough Lean Protein Bites	Milk Chocolate	28		1.40	G	120	6	3	180	?	7	1	0	6	14	
Breakthrough Lean Protein Bites	Peanut Butter	28	2.97	1.40	NG	120	5	1	200	?	?	1	1	?	14	
Breakthrough Lean Protein Bites	Lemon Pie	28		1.40	G	100	5	1	160	?	9	0	0	5	13	
CarboLite Protein Plus Bar	Chocolate Chip	50	3.50		J	180	5.0	0	170	?	25	4	0	19	15	
Carb Solutions High Protein Bar	Chocolate PB	60		2.60	D	220	8	<5	210	95	24	3	2	13	20	
Carb Watchers Gold Deluxe Hi-Protein Energy Bar	Caramel Peanut	45		1.73	D	180	5	<5	190	?	17	4	4	13	17	
CarbWise High Protein Bar	Chocolate S'Mores	50		2.07	D	200	9	0	220	85	24	3	<1	18	13	
Country Life Strive Low carb Crunch Bar	Chocolate Raspberry	60		2.17	H	190	8	0	320	0	25	3	0	20	20	
Designer Whey SlimWhey Bar	PB	30		0.47	U	120	4	12	200	?	13	2	2	1	10	
Designer Whey U-Turn	Chocolate Caramel	80	4.99	2.08	VX	300	8.0	60	280	340	26	9	9	15	30	