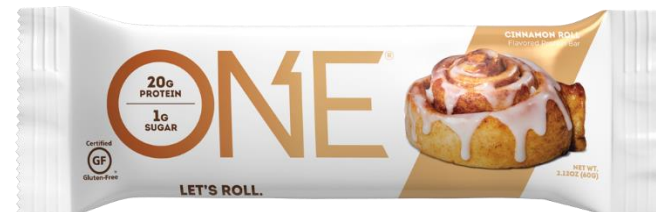




Protein Bars



Label Reading

Protein bars provide a convenient way to get your protein. Bars vary in size, texture, taste, and the type of protein. They will not be as low in carbohydrate as your protein shakes. As a *rule of thumb, you want to get at least as many proteins from your bar as you do carbohydrates.* Some bars may contain more fiber, which can benefit constipation and fullness. The fiber can be subtracted from the total grams carbohydrates. Bars we are showing are just suggestions that we see many of our patients using.



Snack Size



