

TABLE 1

## Balanced Snacking With Meat Snacks

Examples of products that include meats with other ingredients to provide protein and carbohydrate

Company/Product		Serving Size	Protein (g)	Carbohydrate (g)	Calories	Sodium (mg)	Price/g Protein
Caveman Chicken With Blueberry & Pepper Primal Bar CavemanFoods.com		1 bar (1.5 oz)	18	13	150	360	\$0.14
Dick Stevens Jerky Mix, Original Blend Turkey DickStevens.com		1 oz	7	9	130	150	\$0.24
EPIC Berry Blossom Trail Mix EpicBar.com		1 oz	7	8	120	280	\$0.32
EPIC Turkey Almond Cranberry Bar EpicBar.com		1 bar (1.5 oz)	11	10	130	190	\$0.26
Wilde Maple Uncured Bacon Blueberry Slow-Baked Turkey Bar WildeSnacks.com		1 bar (1.1 oz)	11	10	100	180	\$0.30
Wilde Sweet Thai Basil Slow-Baked Chicken Bar WildeSnacks.com		1 bar (1.1 oz)	10	9	100	190	\$0.30

\* This list isn't meant as an endorsement of any product. It was compiled from a sampling of products on the websites of 25 companies. It isn't meant to represent a complete list of products that exist in this category. Special thanks to Maggie Garin.