

# POPULAR MEAL REPLACEMENT BARS

Product	Calories	Protein (g)	Fat (g)	Dietary Fiber (g)	Total Carbs (g)	Total Sugars (g)	Added Sugars (g)
SANS PB&J Meal Bar	390	15	23	7	36	23	0
Perfect Bar, Peanut Butter	340	17	19	3	27	19	13
Elemental Superfood Seedbar, Dark Chocolate + Peanut Butter	230	7	16	4	16	8	0
RXBAR, Mixed Berry	210	12	7	5	24	15	0
Clif Bar, Dark Chocolate Almond with Sea Salt	260	9	7	4	43	21	20

SOURCE: CONSUMERLAB.COM AND COMPANY WEBSITES. THIS TABLE REPRESENTS ONLY A SAMPLE OF THE MANY MEAL REPLACEMENT BARS ON THE MARKET.