

Snack Bars: Best Choices

Speaking of Carbs and Resistant Starch, one place you'll find both of those things is in snack bars. Here's a list (not all inclusive) of snack bars I recommend during pregnancy. While snack bars are processed, these are made with more whole ingredients. All of these bars contain zero trans fat and no artificial flavors, colors or preservatives. There are many more varieties available from the brands listed.

Snack Bar Brand Name	Contains Organic Ingredients?	Gluten-Free?	Calories	Total Carb (g)	Sugars (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Dietary Fiber (g)	Sodium (mg)
Zing Bars (www.zingbars.com)										
Peanut Butter Chocolate Chip	✓	✓	200	21	15	13	10	3.5	4	160
Almond Blueberry	✓	✓	210	23	12	11	9	1	5	130
Oatmeal Chocolate Chip	✓	✓	210	25	12	10	9	2	4	95
Kind (www.kindsnacks.com)										
Fruit and Nut Delight			180	20	11	5	11	1.5	4	15
Blueberry Pecan + Fiber			180	23	12	3	10	1	5	25
Cashew & Ginger Spice			200	16	4	6	14	2	5	15
Soyjoy										
Apple Walnut		✓	140	16	12	4	6	2.5	3	50
Berry		✓	130	17	12	4	4.5	2	3	50
Banana		✓	130	16	11	4	6	3	2	30
Larabar										
Lemon		✓	220	28	22	6	11	1.5	3	5
Peanut Butter and Jelly		✓	210	27	19	6	10	1.5	4	50
Chocolate Chip Cherry Torte			190	28	22	3	8	2.5	3	40
Luna										
Blueberry Bliss	✓		180	27	13	8	5	2	3	115
Nuts over Chocolate	✓		180	25	10	9	6	2	4	190
Lemon Zest	✓		180	27	13	9	5	2.5	3	210





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Kashi										
Soft-Baked Chocolate Square	✓		160	24	9	2	6	1.5	4	140
Layered Peanutty Dark Chocolate			130	20	7	4	4.5	1	4	80
TLC Pumpkin Spice Flax			130	20	5	5	5	0.5	4	65
Clif Kit's Organic										
Berry Almond	✓	✓	180	27	16	4	9	0.5	5	65
Peanut Butter	✓	✓	200	25	15	6	11	2	4	95
Cashew	✓	✓	170	27	15	3	8	1.5	3	85
Gnu Bars (www.gnufoods.com)										
Blueberry Cobbler	✓		130	30	9	4	4	1	12	30
Carrot Cake	✓		140	30	8	3	5	0	12	85
Chocolate Brownie	✓		140	30	9	4	4	1	12	30
Taste of Nature (www.tasteofnature.ca)										
California Almond Valley	✓	✓	180	18	10	5	11	1.5	3	10
Go Ontario	✓		130	26	14	3	1	0.3	2	1
Caribbean Ginger Island	✓		180	21	13	4	9	1	2	10

Note that sugar listed on the label includes natural sugar from fruit. Source: Manufacturer's websites. Because ingredients often change, check ingredient label to confirm.

