

# Sport Bar Nutritional Comparison Guide

Key:  
 V = Vegan  
~~Trans~~ = Trans-fat free  
 ☑ = Informed-Choice certified



Gorp Bar:  
Peanut Butter and Apple



Clif Bar:  
Chocolate Chip



Power Bar:  
Chocolate



Luna Protein Bar:  
Chocolate



Vega:  
Chocolate Coconut

Serving Size (g)	Total Calories	Fat (g)	Sodium (mg)	Carb (g)	Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)	Features
65	270	11	50	35	6	17	11	0	0	4	20	<ul style="list-style-type: none"> <li>✓ Low in sodium</li> <li>✓ Good source of fibre and iron</li> <li>✓ Contains hemp seed and flax</li> <li>✓ 50 mg of green coffee bean extract</li> </ul> <p>V <del>Trans</del></p>
68	240	5	159	44	4 (3g insoluble)	23	10	30	90	25	10	<ul style="list-style-type: none"> <li>✓ Good source of Protein</li> <li>✓ Good source of fibre</li> <li>✓ 23 vitamins and minerals</li> </ul> <p>V <del>Trans</del></p>
60	240	3	200	45	3	25	8	0	70	25	25	<ul style="list-style-type: none"> <li>✓ Low in fat</li> <li>✓ Good source of iron</li> <li>✓ Good source of calcium</li> </ul> <p><del>Trans</del></p>
45	170	5	250	20	3 (1g insoluble)	13	12	10	20	25	15	<ul style="list-style-type: none"> <li>✓ Good source of fibre</li> <li>✓ 24 vitamins and minerals</li> <li>✓ Good source of iron and vitamin D</li> <li>✓ Good source of calcium</li> </ul> <p>V <del>Trans</del></p>
60	240	8	60	28	6	14	15	0	2	2	15	<ul style="list-style-type: none"> <li>✓ Low in sodium</li> <li>✓ Good source of fibre</li> <li>✓ Good source of iron</li> </ul> <p>V <del>Trans</del> ☑</p>