

make over your midday snack

► Next time you're tempted to add a diet-derailing pastry to your afternoon latte order, opt for one of these tasty nutrition bars instead—all are under 200 calories!



YOU'RE CRAVING
A CHOCOLATE
CHIP COOKIE

ThinkThin
Crunch Mixed
Nuts &
Chocolate
(190 calories,
12g fat)

This crunchy bar has 10 grams of protein but just 3 grams of sugar—about 70 percent less than most fruit and nut versions.



YOU'RE CRAVING
A BLUEBERRY
MUFFIN

Luna Blueberry
Bliss Whole
Nutrition Bar
(180 calories,
5g fat)

Don't be fooled by the icing; snacking on this will help you fulfill your daily quota for folic acid, calcium, and iron.



YOU'RE CRAVING
A CHOCOLATE
BROWNIE

Pure Organic
Chocolate
Brownie Bar
(180 calories,
7g fat)

A fudgy vegan treat that contains just seven ingredients and loads of omega-3s and antioxidants? This is it!



YOU'RE CRAVING
AN OATMEAL
COOKIE

Bobo's Original
Oat Bar
(180 calories,
6g fat)

Made with organic rolled oats and a blend of heart-healthy oils, this chewy, all-natural nosh is free of wheat, trans fats, and dairy.



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