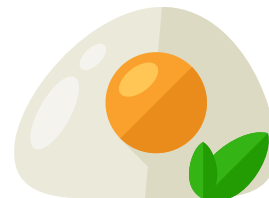


Protein & Bars: Fact Check

How much protein do you need?

The RDA for protein has not changed but most fad diets will have you thinking you are not getting enough. FACT: you need .8 grams per kilo of body weight or about 1 gram for every 2 pounds that you weigh.



Protein Bars



Unfortunately, protein bars are highly processed and filled with a lot more saturated fat, sodium, and other unwanted chemicals that we really don't need like inulin that is poorly digested.

Most protein bars contain protein but they also contain about 200 calories each or the same in some candy bars.

If you eat a protein bar full of coconut or covered in chocolate, you've likely met your saturated fat limit for the day.

Adding It Up

For 200 calories, you could have a slice of whole-wheat toast with one tablespoon of peanut butter or a cup of Greek yogurt topped with 1 cup of frozen berries. Neither contains excess saturated fat.

The sugar content in one popular bar is 21 grams, which is like drinking half a can of Coke per day. Even the "low carb" Keto bars are fairly high in calories and carbs. One bar was 260 calories with 22 grams of carbohydrate. For that, you could have half of a turkey sandwich on whole-wheat bread.

Best Bets:

The next time you want some protein in your diet, reach for these nutrient-packed snacks instead. They are less processed and delicious!



- String cheese and whole-grain crackers
 - Greek yogurt and fruit
 - Hard-boiled egg and toast
- Apple slices with peanut butter
 - Roasted chickpeas
 - Steamed edamame
- GORP (good old raisins n peanuts)

