



**Useful nutrition tips from  
Natalie Greene, RD**

## Energy Bar Guidelines

Energy bars do not have to be part of a healthy balanced diet. They should be used as supplements- either as a post-workout meal, a source of additional protein, or as a convenient snack.

**Pro: They can help you meet your calorie and nutritional needs.**

**Con: They may contribute to a higher calorie intake, which will not aid in weight loss.**

Meal Replacement Bars ~200-250 calories

**Examples:** South Beach Diet Bar, Zone Bar, Balance Bar

Snack Bars ~150-200 calories

**Examples:** Kashi Go-Lean Bar, Pria Bar, Luna Bar

**I love suggestions, so if you would like to submit a topic for a future tip, please email it to me.**

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