



The  
**PTI BUZZ**  
Carol Kur, MSRD

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**BARS BARS AND MORE BARS!!!!**  
**How do we choose?**

With less time to eat, meal replacement bars have become part of our daily meal plan. How do we choose?

Cliff Bar- Cool Mint Chocolate  
Odwalla bars-Peanut Crunch  
Power Bar Harvest-Cherry Crunch  
Kashi Go Lean- Oatmeal Raisin Cookie  
Luna Bars -Nutz Over Chocolate  
Nature Valley Crunchy Granola Bars-Peanut Butter  
Quaker Oatmeal Breakfast Squares-Baked Apple

What makes these bars a good choice is they all have 3-5 grams of fiber, at least 5 grams of protein and they contain less than 35% calories from sugar. They all range between 160-280 calories.

**Shoveling Snow can burn 202 calories per hour.**

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