

Bar name	Calories	Sugar	Fiber	Protein	Ingredients
Rx Bar Kids Double Chocolate	130	9g (0 added)	4g	7g	Dates, Almonds, Egg Whites, Chocolate, Cocoa, Natural Flavors
Larabar Mini Peanut Butter Cookie	100	8g (0 added)	2g	3g	dates, peanuts, sea salt
Larabar Fruit and Greens Strawberry Spinach Cashew	130	14g (0 added)	4g	2g	strawberry, spinach, cashews, apricots, unsweetened apples
HappyTot Superfood Strawberry Banana Sunflower Butter	100	7g (0 added)	3g	2g	Organic date paste (organic dates, water), organic whole grain oats, organic sunflower seed butter, milled organic flaxseed, organic strawberry puree, organic whole grain brown rice crisps, organic agave inulin, organic vegetable glycerin, organic dried banana, organic natural flavors, baking soda, , organic rosemary extract
Happykid Fruit and Oat Bars Apple Cinnamon	110	10g (0 added)	3g	2g	Organic Date Paste, (Organic Dates, Water) Organic Whole Grain Oats, Milled Organic Flaxseed, Organic Apples, Organic Coconut Oil, Organic Pear Puree, Organic Vegetable Glycerin, Organic Natural Flavor, Organic Cinnamon, Baking Powder (Sodium Bicarbonate, Organic Corn Starch, Organic Grape Juice Concentrate Extract).
Thunderkids Peanut Butter and Jelly	130	14g (0 added)	3g	3g	Dates, Peanuts, Raisins, Peanut Butter, Cherries, Blueberries, Raspberries, Himalayan Sea Salt.
Skout Apple Cinnamon Energy Bar	150	20g (0 added)	4g	3g	Organic Dates, Organic Almonds, Organic Apples, Organic Pumpkin Seeds, Organic Cinnamon.
18 Rabbits Jr Dark Chocolate Cherry Chia Cranberry	130	7g (1 added)	2g	2g	18 Rabbits Granola* (Whole Grain Oats*, Honey*, Sunflower Oil*, Maple Syrup*, Sunflower Seeds*, Pumpkin Seeds*, Sesame Seeds*, Vanilla*), Tapioca Syrup*, Dark Chocolate* (Cane Sugar*, Unsweetened Chocolate*, Cocoa Butter*, Vanilla*), Cherries*, Cranberries* (with Apple Juice Concentrate*, Sunflower Oil*), Oat Syrup Solids* (with Vitamin E), Chia Seeds*
Matt 'n Mikes Superkid Bars Raspberry	130	10 (2 added)	3g	4g	*Certified Organic Ingredient Almonds, Dates, Honey, Raspberries, Chia Seeds, Spinach, Cinnamon, Natural Raspberry Flavor, Sea Salt
Health Warrior Chia Bar Chocolate Peanut Butter	100	3g	4g	3g	White Chia Seeds, Peanuts, Brown Rice Syrup, Organic Dark Chocolate Chips (Organic Cane Sugar, Organic Cocoa Liqueur, Organic Cocoa Butter, Organic Vanilla), Organic Brown Rice Crisps (Organic Brown Rice, Organic Brown Rice Syrup, Sea Salt), White Grain Sorghum Extract, Chicory Root Fiber, Rolled Oats, Arabic Gum, Peanut Oil, Natural Flavors, Sea Salt, Mixed Tocopherols (Natural Vitamin E).
KIND Healthy Grains Cinnamon Oat	140	5g	2g	3g	oats, tapioca syrup, canola oil, cane sugar, brown rice, millet, honey, buckwheat, brown rice flour, amaranth, molasses, cinnamon, gum acacia, sea salt, quinoa, vanilla extract, brown rice syrup, camomile powder, Vitamin E
Kashi Chewy Peanut Peanut Butter	140	6g	3g	4g	Whole grain oats, brown rice syrup, peanuts, dried brown rice syrup, peanut butter (peanuts), brown rice flour, sunflower oil, oat fiber, glycerin, sea salt, peanut oil, rosemary extract for freshness.
My Supersnack Chocolate Chip Granola Bar	120	6g	2g	2g	Gluten Free Whole Oats, Dates, Coconut Oil, Brown Rice Syrup, Chocolate Chips (Organic Chocolate, Organic Cane Sugar, Organic Cocoa Butter, Organic Cocoa Powder), Brown Rice Flour, Gluten Free Oat Bran, Chia Seeds, Tapioca Flour, Stabilizer Blend (Citrus Fiber, Xanthan Gum, Gum Arabic), Natural Vanilla Flavor, Sea Salt, Baking Soda
Nature's Path Envirokidz Chewy Strawberry	100	6g (6 added)	2g	2g	Granola* (gluten free whole grain rolled oats*, cane sugar*, sunflower oil*), tapioca syrup*, brown rice syrup*, brown rice flour*, invert cane syrup*, freeze-dried strawberries*, acacia gum*, sunflower oil*, sea salt, cane sugar*, strawberry flavor*, molasses*. *Organic.
Bobo's Original Chocolate Chip Oat Bites	150	7g	2g	2g	Organic whole grain rolled oats, brown rice syrup, organic coconut oil, organic cane sugar, chocolate (chocolate liqueur, cane sugar, cocoa butter), vegetable glycerin, salt, xanthan gum, vanilla extract, vitamin e (for freshness)
Happytot Fiber and Protein Banana Carrot Bar	90	7g	4g	2g	ORGANIC GLUTEN FREE ROLLED OATS, ORGANIC DATE PASTE (ORGANIC DATES, WATER), ORGANIC AGAVE SYRUP, ORGANIC AGAVE INULIN, MILLED ORGANIC FLAX SEED, ORGANIC WHOLE GRAIN RICE CRISPS (ORGANIC WHOLE GRAIN BROWN RICE FLOUR, CALCIUM CARBONATE), ORGANIC BANANA PUREE, ORGANIC CARROT POWDER, ORGANIC PEA PROTEIN, ORGANIC VEGETABLE GLYCERIN, ORGANIC BANANA FLAVOR, ORGANIC GROUND CINNAMON, BAKING POWDER (ORGANIC GRAPE JUICE CONCENTRATE EXTRACTS, ORGANIC CORN STARCH, SODIUM BICARBONATE (FOR LEAVENING)), ORGANIC ROSEMARY EXTRACT.
88 Acres Cinnamon Oat Seed Bar	190	8g	3g	6g	88 Acres Craft Seed Blend (Organic Sunflower Seeds, Organic Pumpkin Seeds, Flax Seeds), Gluten-Free Certified Oats, Brown Rice Syrup, Maple Syrup, Organic Cinnamon, Sea Salt
Enjoy Life Crispy Grain and Seed Chocolate Marshmallow	120	4g	2g	4g	Organic Rolled Oats, Tapioca Syrup, Pearled Sorghum Crisps, Rice Protein Crisps (rice protein, rice starch), Cocoa Butter, Roasted and Salted Pumpkin Seeds (pumpkin seeds, safflower oil, salt), Semi-sweet Chocolate Chips (cane sugar, unsweetened chocolate, cocoa butter), Date Paste, Brown Sugar, Flaxseed, White Pearled Sorghum Flour, Popped Sorghum, Safflower Oil, Natural Marshmallow Flavor and Other Natural Flavors, Natural Cocoa Powder, Vanilla Extract, Rosemary Extract.
That's It Fruit Bar Apple Blueberry	100	19g (0 added)	4g	1g	apples, blueberries
That's It Probiotics Bluberry	110	9g (0 added)	7g	1g	blueberries, active cultures
Pressed by KIND Strawberry Apple Cherry Chia	110	19g (0 added)	4g	1g	Apples, strawberries, cherries, chia seeds

Perfect Kids Bar Chocolate Chip	160	7g	2g	7g	peanut butter, honey, nonfat dry milk, dark chocolate (chocolate, cane sugar, cocoa butter, sunflower lecithin), whole oats, dried whole egg powder, rice protein, vanilla extract, flax seed oil, dried whole foods powder (kale, spinach, broccoli, sweet potato, carrots, beet, pumpkin, cauliflower), sunflower lecithin, sea salt *organic ingredients	
Nature's Path Love Crunch Dark Chocolate with Red Berries Granola Bar	150	9 (7 added)	2g	2g	Whole grain rolled oats*, cane sugar*, sunflower oil*, Fair Trade dark chocolate chunks* (cane sugar*, unsweetened chocolate*, cocoa butter*, vanilla*), dark cocoa coating* [cane sugar*, palm kernel oil*, Fair Trade cocoa powder* (processed with alkali), soy lecithin*, vanilla* (milk)], invert cane syrup*, dried coconut*, honey*, Fair Trade cocoa powder*, freeze dried berry blend* (freeze dried strawberries*, freeze dried raspberries*), chocolate flavor*, freeze dried strawberry pieces*, oat fiber*, oat syrup solids* [oat syrup solids*, tocopherols (Vitamin E)], sea salt, vanilla flavor*, tocopherols (Vitamin E). *Organic.	
Kashi Chewy Nut Butter Bars Salted Caramel Pecan	150	8g	3g	3g	Whole grain oats*, brown rice syrup, sorghum, pecans*, almond butter, cane sugar*, dates, coconut oil*, almond flour, palm oil, oat fiber*, salt, molasses*, natural flavor, rosemary extract* for freshness.*Organic	
Clif Kid Z Bar Filled Double Peanut Butter	140	7 (5 added)	2g	4g	PEANUT BUTTER*, TAPIOCA SYRUP*, ROLLED OATS*, OAT FLOUR*, FIG PASTE*, CANE SYRUP*, CANE SUGAR*, RICE STARCH*, PEANUTS*, PEANUT FLOUR*, HIGH OLEIC SUNFLOWER OIL*, PALM OIL*, NATURAL FLAVORS, SEA SALT, COCOA BUTTER*, BAKING SODA, SUNFLOWER LECITHIN, SOY LECITHIN*, VANILLA EXTRACT*, MIXED TOCOPHEROLS (ANTIOXIDANT).	
Alternates						
Nature's Path Sunrise Trail Mixer Chewy (other)	140	9 (9 added)	3g	3g	Granola* (gluten free whole grain rolled oats*, cane sugar*, sunflower oil*, rolled amaranth*, rolled quinoa*), tapioca syrup*, brown rice flour*, brown rice syrup*, sweetened dried cranberries* (cranberries*, cane sugar*, sunflower oil*), invert cane syrup*, roasted almonds*, roasted peanuts*, dried coconut*, flax seeds*, pumpkin seeds*, acacia gum*, sunflower oil*, sea salt, cane sugar*, cinnamon*, molasses*. *Organic.	
Kashi Strawberry Breakfast Bar	130	10g	3g	2g	Strawberry filling (pear juice concentrate, tapioca syrup, cane sugar, apple powder, strawberry puree concentrate, cornstarch, vegetable glycerin, natural flavor, elderberry juice concentrate for color), Kashi Seven Whole Grain flour (whole: oats, hard red wheat, brown rice, rye, triticale, barley, buckwheat), whole wheat flour, whole grain oats, invert cane syrup, expeller pressed canola oil, honey, tapioca syrup, vegetable glycerin, acacia gum, leavening (sodium acid pyrophosphate, baking soda), soy lecithin, xanthan gum, natural flavor.	hard to know how much sugar is added
Cascadian Farms Chewy Dark Chocolate Chip	140	10g (10 added)	2g	2g	Whole Grain Oats*, Tapioca Syrup*, Dark Chocolate Chips (sugar*, chocolate liquor*, cocoa butter*, vanilla extract*), Rice Flour*, Sunflower Oil*, Cane Sugar*, Glycerin, Sea Salt, Raisin Juice Concentrate*, Natural Flavor*, Baking Soda, Natural Cream Flavor*, Annatto*(for color). *organic	
Nothin But Bars Cherry Cranberry Almond	170	13g	3g	3g	Almonds, gluten-free oats, dried cranberries (cranberries, sugar, sunflower oil), honey, dried cherries (cherries, sugar, sunflower oil), organic cane sugar, sunflower oil, oat flour, pumpkin seeds, water, vanilla extract, sea salt, cinnamon, natural maple flavor.	
Nature's Path Sunrise Chewy Dark Chocolate Chip	140	10 (10 added)	2g	2g	Granola* (gluten free whole grain rolled oats*, cane sugar*, sunflower oil*, rolled amaranth*, rolled quinoa*), tapioca syrup*, Fair Trade chocolate chips* (cane sugar*, unsweetened chocolate*, cocoa butter*, soy lecithin*), brown rice flour*, brown rice syrup*, invert cane syrup*, acacia gum*, sunflower oil*, cane sugar*, sea salt, natural flavors (chocolate, vanilla), molasses*, non-fat dried milk*. *Organic.	
Nature's Bakery Fig Bars Original	100	10g	2g	2g	Whole Wheat Flour, Cane Sugar, Fig Paste, Brown Rice Syrup, Canola Oil, Whole Grain Oats, Glycerin, Fruit Juice (for color), Sea Salt, Citric Acid, Baking Soda. Contains Wheat.	cane sugar before fig paste
Cascadian Farms Crunchy Oats and Honey	190	9 (9 added)	2g	4g	Rolled Oats*, Sugar*, Sunflower Oil*, Honey*, Sea Salt, Molasses*, Vanilla Extract*.	
Clif Kid Z Bar Chocolate Chip	140	10 (9 added)	2g	2g	OAT BLEND* (ROLLED OATS*, OAT FLOUR*, OAT FIBER*), TAPIOCA SYRUP*, FIG PASTE*, HIGH OLEIC SUNFLOWER OIL*, CANE SUGAR*, CANE SYRUP*, UNSWEETENED CHOCOLATE*, NATURAL FLAVORS, COCOA BUTTER*, BAKING SODA, SEA SALT, SOY LECITHIN*, VANILLA EXTRACT*.	
KIND Kids Chewy Peanut Butter Chocolate Chip *	90	5g	1g	1g	oats, tapioca syrup, honey, semi-sweet chocolate (unsweetened chocolate, cane sugar, cocoa butter, vanilla extract), brown rice, peanut butter (peanuts, salt), brown rice flour, cane sugar, canola oil, peanuts, peanut oil, sorghum, sea salt, quinoa, vanilla extract, vitamin E	
Little Ducks Organics Blueberry Kale Fig Bar *	60	5 (2 added)	1g	1g	GLUTEN-FREE FLOUR BLEND: (Brown Rice Flour*, White Rice Flour*, Rolled Oats*, Potato Starch*, Tapioca Starch*, Ground Flax Seed*, Xanthan Gum), Fig Paste*, Date Paste*, Canola Oil*, Apple Powder*, Brown Rice Syrup*, Dried Cane Juice*, Concentrated Apple Juice*, Coconut Palm Sugar*, Sweet Rice Flour*, Blueberry Puree*, Lemon Powder*, Kale Powder*, Sea Salt, Baking Powder, Natural Blueberry Flavor, Natural Flavor, Baking Soda VITAMINS AND MINERALS: Calcium Carbonate, Magnesium Oxide, Ascorbic Acid (Vitamin C), Ferric Orthophosphate (Iron), Pyridoxine Hydrochloride (Vitamin B6), Phytanadione (Vitamin K), Cholecalciferol (Vitamin D). *organic	

Annie's Chewy Peanut Butter Chocolate Chip *	100	7g	1g	2g	GRANOLA* (WHOLE GRAIN OATS*, TAPIOCA SYRUP*, CANE SUGAR*, SUNFLOWER OIL*, SEA SALT, VANILLA EXTRACT*, BAKING SODA), TAPIOCA SYRUP*, PEANUT BUTTER* (PEANUTS*, SALT), RICE CRISP* (RICE*, CANE SUGAR*, SALT, BARLEY MALT EXTRACT*), RICE CRISP* (BROWN RICE FLOUR*, CANE SUGAR*, SUNFLOWER OIL*, SEA SALT), SEMISWEET CHOCOLATE CHIPS* (CANE SUGAR*, CHOCOLATE*, COCOA BUTTER*, VANILLA EXTRACT*), PEANUT BUTTER FLAVORED CHIPS* (CANE SUGAR*, COCOA BUTTER*, PEANUT FLOUR*, SEA SALT, COCOA*, SOY LECITHIN*), SEA SALT. *organic
Cascadian Farms Kids Chewy Oatmeal Raisin *	80	7g (5 added)	<1g	1g	Granola* (whole grain oats*, tapioca syrup*, cane sugar*, sunflower oil*, sea salt, baking soda, vanilla extract*), Tapioca Syrup*, Crisp Rice* (rice flour*, cane sugar*, raisin juice concentrate*, sea salt, annatto for color*), Raisins*, Rice Flour*, Glycerin, Whole Oat Flour*, Sunflower Oil*, Cinnamon*, Natural Flavor. *organic
didn't love					
made good mixed berry	80	7g	2g	1g	
don't go nuts blueberry blast	140	12g	1g	2g	
larabar kid choco chip cookie	120	10g (10 added)	1g	1g	
plum organics mighty snack bars strawberry	70	5g	1g	1g	
plum organics jammy sammy pb and strawberry	110	10g	1g	2g	
ellas nibbly fingers					
nature valley crunchy oats and honey (other flavors)	190	11g	2g	3g	