





Your Complete **Medical Nutritionals** Reference Guide From *Diabetes Health*

ENERGY NUTRITIONALS Help prevent low blood glucose

Product Name	Calories	Carbs* (in grams)	Fat (in grams)	Protein (in grams)	Contact Information
ExtendBar, Peanut Delight (gluten-free) 	150	21 total – 5 fiber – 6 sugar alcohols – 8 other = 2 net carbs (clinically confirmed with continuous glucose monitoring)	3 0.5 saturated No trans fats	11	www.extendbar.com (800) 887-2919
Glucerna Fudge Graham Crispy Snack Bar 	150	23 total – 2 fiber – 6 sugar alcohols = 15 net carbs	4.5 3.5 saturated No trans fat	8	www.diabeteshealthconnection.com (800) 986-8510
GlucoBurst Diabetic Drink, Vanilla 	190	19 - 3 fiber = 16	8.5 0.5 Saturated No Trans Fat	10	www.GlucoBurst.com (800) 410-9629
Power Bar Protein Plus, Chocolate Peanut Butter 	290	38 total – 1 fiber = 37 net carbs	5 2.4 saturated No trans fats	24	www.powerbar.com (800) 587-6937
Revival Soy, Chocolate Raspberry Zing 	210	33 total – 2 glycerin – 4 fiber – 21 sugar alcohols = 6 net carbs	9 4 saturated No trans fats	19	www.revivalsoy.com (800) 738-4825

LOWER-CARB NUTRITIONALS Help prevent high blood glucose

Atkins Advantage, Chocolate Peanut Butter 	240	21 total – 10 fiber – 9 glycerine = 2 Net Atkins Count (the number of carbs affecting blood glucose measured by patent-pending clinical methodology)	12 6 saturated No trans fats	19 (protein blend of whey and soy proteins ensures variety of amino acids)	www.atkins.com (800) 628-5467
AdvantEdge Carb Control, Chocolate Chip Brownie 	210	20 total – 2 fiber – 17 sugar alcohols = 1 net carb	6 4 saturated Contains trans fats	25	(877) 971-0947
At Last Chocolate Truffle Carborite Foods 	100	15 total – 5 fiber – 9 sugar alcohols = 1 net carb	8 4.5 saturated	2	www.carbolitedirect.com (812) 485-0002
Balance Bar, Carb Well Chocolate Peanut Butter 	200	22 total – 1 fiber – 19 sugar alcohols = 2 net carb	8 4 saturated	14	www.balance.com

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Carb Options, Cinnamon Delight, Unilever Best Foods 	200	17 total – 14 sugar alcohols = 3 net carbs	8 4 saturated No trans fats	16	www.carboptions.com (866) 744-4453
CarbRite Diet, Cookie Dough Universal Nutrition 	195	24 total – 2 fiber – 21 sugar alcohols = 1 net carbs	5 2 saturated No trans fats	20	www.carbritediet.com (800) 872-0101
Carb Solutions, Chocolate Toffee Hazelnut Richardson Labs 	260	15 total – 1 fiber = 14 net carbs	13 3.5 saturated	21	www.carbsolutions.com (888) 776-5383
CarbSlim Bites, Chocolate Caramel 	118	14 total – 6 fiber – 8 sugar alcohols = 0 net carbs	9 8 saturated	4	www.carbslim.com (800) 689-2831
CarbWise, Chocolate S'mores Crunch 	120	24 total – 1 fiber – 22 sugar alcohols = 1 net carb	9 6 saturated No trans fats	20	(866) 234-6483
ExtendBar, Peanut Delight (gluten-free) 	150	21 total – 5 fiber – 6 sugar alcohols – 8 other = 2 net carbs (clinically confirmed with continuous glucose monitoring)	3 0.5 saturated No trans fats	11	www.extendbar.com (800) 887-2919
Solo GI Peanut Power 	200	22 total – 3 fiber = 19 net carbs	7 3 saturated No trans fats	12	www.solo-gi.com (780) 423-4551
Slim-Fast Low Carb Universal Nutrition Milk Chocolate Peanut Bar, Slim-Fast 	200	18 total – 2 fiber – 14 sugar alcohols = 2 net carbs	8 4 saturated No trans fats	16	www.slimfast.com (800) 754-6327

*Net carbs in chart uses the method suggested by food manufacturers, although it is always best to check your individual blood glucose response to the foods you eat routinely.