

summer body NEED TO KNOW

Best breakfast bar

"Breakfast is a common time to eat high-fiber foods," says SELF contributing editor Janis Jibrin, R.D. "But swapping cereal or oatmeal for a bar in the A.M. could make it hard to get enough fiber." Enter the **Gnu Foods Flavor & Fiber Banana Walnut Bar** (140 calories, 4 grams fat), with 12 g of filling fiber. Add a skim latte to net calories and calcium.



Best for the beach

A tasty bar without melty chocolate or yogurt is a must when you're heading to a hot zone. **Kashi TLC Crunchy Granola Bar, Roasted Almond Crunch** (170 calories, 6 g fat) can stand up to the summer sun. It's low in fat, so you won't feel weighed down, and it's plenty sweet, to prevent you from hitting the ice cream truck.



Best slimming snack

If late-dinner plans bring on munchies midafternoon, tide yourself over with a **Luna Mini** (80 calories, 2 to 3 g fat). The pint-size pick takes the edge off hunger without breaking the calorie bank, so you won't overeat at your next meal. Plus, it delivers two essential nutrients: folic acid and calcium.



Best after a workout

A smart après-exercise snack contains carbs and protein to help your body build and repair muscle and replenish its glycogen stores. Quell any postgym hunger pangs with a **PowerBar Pria** (110 calories, 3.5 g fat). It has 15 g of carbs and 5 g of protein. And the low calorie count means your cardio burn was not in vain.



Best workout fuel

Need some extra zip to carry you through a tough class and beyond? For sessions that last up to 45 minutes, try a snack with 25 to 30 g of carbs to help your body produce the glycogen it requires to keep muscles invigorated. Zuckerbrot says. A **Clif C** bar (130 calories, 4.5 g fat) offers an instant lift, along with organic fruit, nuts and a sprinkle of sea salt.



Best lunch replacement

During vacation or even on busy afternoons when you can't sit down for a real meal, having a bar is better than skipping lunch. "Not eating at all sets you up for a slump later in the day," says Tanya Zuckerbrot, R.D., of SkinnyInTheCity.com. **Odwalla Super Protein Nourishing Food Bar** (210 calories, 4.5 g fat) has 14 g of protein. Add a handful of almonds and a piece of fruit to round out your meal.



Best before a long run, ride or hike

To shore up your stamina, unwrap a **Kind Fruit & Nut Delight** bar (170 calories, 11 g fat), which contains the ideal ratio of carbs to protein for physical endurance, Zuckerbrot says. The all-natural nosh is made with nuts, dried fruit, honey and puffed rice, and it's gluten- and dairy-free.



Best for sugar cravings

Indulge a raging sweet tooth and stay swimsuit-slim with a dessert-inspired **Fiber One Chewy Bar, Oats & Apple Streusel** (130 calories, 2 g fat). You'll get 9 g of fiber along with fruity flavor and a drizzle of icing for only 11 g of sugar.

Eat for energy!

Bewildered by the bevy of bars on grocery-store shelves? We crunched the numbers to find the best bites to pop into your purse, beach tote or gym bag so you can stay active—and satisfied in a snap. *By Meredith Reynolds*