

## Picking a Perfect Lunch Bar

Are you always running and have modest time to eat food? Do you spend a lot of time at the sports centre and often need an quick power raise? Or are you now on a diet and looking for a snack that won't blemish weight loss plans?nnThe right food bar is able to satisfy the need for a immediate, convenient, delicious and filling snack, and is commonly marketed as a dish replacement bar or a protein bar. Food bars provide adults with an active and busy lifestyle - and those just looking for a snack - an instant source of nourishment.nnYou can even get a tasty chocolate bar if you want. It's hard to find something that can beat the happiness of sinking your teeth on good tasty chocolate. But chocolate nutrition has always been a source of contestation.nnChocolate comes from from the fruit of the cacao tree. A single spoon of raw cocoa powder contains more than 25,000 useful antioxidants, as well as other nutrients. However, treating strips chocolate of most of its strength and as a result, most chocolate products do not deliver the potential health benefits.nnWhat Makes a Healthy Natural Energy Bar?nnThe best bars have chocolate inside, therefore, if you're looking for a food bar that's really healthy and nutritious, choose one that uses a high-quality cocoa. Organic dark chocolate will be your best bet because it's the chocolate closest to its original raw state. Eliminate milk chocolate because milk and milk byproducts cancel out the antioxidants.nnHere are other important things to consider when looking for a food bar:nn\* Contains smart fats like omega-3 and other essential fats - Avoid bars containing dangerous trans fats nn\* No allergens, artificial additives, colorings, flavors (MSG), preservatives or stabilizers nn\* Contains fiber to enhance your digestionnn\* Sugar content - The lower the sugar content, the better. Avoid bars containing high fructose corn syrup and artificial sweeteners like aspartame and sucralose. Organic raw agave syrup or nectar is one of the more acceptable sweeteners. nn\* Quality protein source - Avoid unhealthy soy proteins nnIf possible, look for a bar using organic ingredients. When it comes to food and safety, organic produce is superior to conventional produce. You can't go wrong with a natural energy bar containing healthy all-organic ingredients.nnThis article and many more can be found at [WeightLoss.com-Assit.me](http://WeightLoss.com-Assit.me), where you can find more info about diets and good food for you health. Visit our website to know why we eat and why we get fat, how to get a better life and spend the rest of your days happy and healthy.

## About the Author

At our free blog you can read answers to the most common or unexpected questions about food, diets and weight loss. You can comment and participate, or just read and get good ideas to start

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