



How do AdvoCare® Breakfast Bars compare with breakfast cereals?

A comparison of the AdvoCare® Berry Crunch Breakfast Bar with Corn Pops, Trix, Frosted Flakes and Lucky Charms cereals is presented in the table below. The AdvoCare Berry Crunch Breakfast Bar offers the highest amounts of protein, fiber, and vitamins/minerals with = 25% of the Daily Value per serving. Furthermore, the AdvoCare Berry Crunch Breakfast Bar has the lowest level of sugars and offers the most optimal nutritional ratio for carbohydrate: protein: fat. The breakfast cereals are in essence "carbohydrate delivery systems" that do not provide balanced nutrition.

	AdvoCare Lemon Crunch Breakfast Bar	Kellogg's Corn Pops Cereal*	General Mills Trix Cereal*	Kellogg's Frosted Flakes Cereal*	General Mills Lucky Charms Cereal*
Calories	160	160	160	160	160
Fat (grams)	4.5	0	1.5	0	1
Protein (grams)	11	5	5	5	6
Total Carbohydrates	21	34	32	53	31
Sugar (grams)	4	19.5	18.5	17.5	18.5
Fiber (grams)	2	< 1	1	< 1	1
≥ 25% DV for vitamins/minerals	15	10	9	8	10
C:P:F Ratio	43:29:28	87:13:0	79:13:8	87:13:0	85:15:0

How does the AdvoCare® Apple Cinnamon Breakfast Bar compare with other cereal bars and two eggs with respect to nutritional content?

Comparative information regarding these products is presented in the table below. The Apple Cinnamon Breakfast Bar offers the greatest amount of protein, fiber and vitamin/minerals with = 25% of the Daily Value per serving. Furthermore, the AdvoCare Apple Cinnamon Breakfast Bar has the most ideal ratio of carbohydrate: protein: fat. The other bars are primarily carbohydrate based and do not offer balanced nutrition. Two eggs primarily provide high levels of fat and protein with low amounts of carbohydrates.

	AdvoCare Apple Cinnamon Breakfast Bar	Two Eggs (whole, cooked or poached)	Nature Valley Trail Mix Apple Cinnamon Bar	Kellogg's Nutri-Grain Yogurt Cereal Bar	Quaker Chewy Low Fat Bake Apple Granola Bar
Calories	200	150	140	140	110
Fat (grams)	6	10	4	3	2
Protein (grams)	15	13	2	2	1
Total Carbohydrates	22	0.5	25	27	22
Sugar (grams)	10	0.4	13	14	10
Fiber (grams)	3	0	1	1	1
≥ 25% DV for vitamins/minerals	17	2	0	4	0
C:P:F Ratio	43:30:27	7:33:60	69:5:26	75:6:19	80:4:16