

# How Does The Virgin Diet Bar Stack Up Against Other Bars?

Brand	Sugar	HFCS/	Protein	Artificial Sweeteners	Maltitol/ other fructose-converting sugar alcohols*	Hi-FI ingredients
<i>Professional Brands</i>						
<b>The Virgin Diet Bar Cinnamon Cashew Crunch</b>	2g	No	12g	No	No	No
DFH DF Coconut/ Almond	4 g	No	8g	No	Yes	No
Xymogen OrganiX bar	18 g	Yes	7g	No	No	No
Metagenic Ultrameal Bar	12g	Yes	17g	No	Yes	Yes (soy)
Biogenesis UltraLean PB Bar	11g	No	9g	No	No	Yes (peanuts, dairy)
<i>Commercial Brands</i>						
Think Thin Chunky PB	0g	No	20g	No	Yes	Yes (dairy, soy, peanuts)
Quest Bar Chocolate Brownie	2g	No	20g	Yes	No	Yes (dairy)
VegaOne Chocolate Cherry Bar	14g	No	15g	No	No	No
Kind Dk. Choc Cherry Cashew	14g	No	4g	No	No	Yes (peanuts)
Zone Chocolate PB	15g	Yes	14g	No	No	Yes (soy, peanuts, dairy, corn)
LaraBar Cashew Cookie	18g	No	6g	No	No	No
Zing Bar Coconut Cashew Crisp	11g	Yes	10g	No	No	No
Atkins Chocolate PB Bar	1g	No	18g	Yes	Yes	Yes (soy, peanuts, dairy, corn)
Clif Bar Crunchy PB	20g	No	11g	No	No	Yes (soy, peanuts)

Note: anything in red is undesirable. For instance, a bar should contain no Hi-FI ingredients, should have no more than 5 grams of sugar, and should not contain agave or high-fructose corn syrup (HFCS). A bar should also contain at least 10 grams of protein.

\*These sugar alcohols (as opposed to xylitol and erithrytol) convert to fructose in the body so should be avoided.

**Regarding cost:** We did a cost analysis of price per of the top professional grade and higher-quality consumer brand bars including Xymogen, Designs for Health, Metagenics, Vega One, Zing, Quest, and Biogenesis.

The cost per gram averaged from .05 to .08 and The Virgin Diet bar fell at the low end of the range at 5 cents per gram or less than \$3 for a 55 gram bar.