



## Examples of Protein-Rich Bars and Shakes

While any food is better than no food, snacks that have **at least 10 grams of protein and between 10-40 grams of carbohydrates per serving** will help people be more engaged and less reactive for longer.

Here are some types of protein bars and shakes that fit this criteria (June 2024).

### Protein Bars:

- Clif Bars
- \*KIND Protein Bars
- \*NuGo Dark Bars
- \*ONE Protein Bars
- Pure Protein Bars
- \*Quest Nutrition Protein Bars
- \*RXBAR
- ThinkThin High Protein Bars

*\*these brands have peanut-free options*

### Protein Shakes:

- Atkins Protein Shake
- Core Power Protein Shake
- Fairlife Core Power Elite High Protein Shake
- Muscle Milk Genuine Protein Shake
- Orgain Organic Protein Shake
- Premier Protein Shake

To learn how to read labels with the goal of optimizing brains, see the “Understanding Food Labels” handout or watch [this video](#).



**Tame your Lizard Brain  
with protein-rich snacks!**



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