

# Health

## The 6 Best Snack Bars for Your Afternoon Cravings at Work



These hunger-busting bars are packed with fiber and protein—and you can order them all on Amazon.

KATHLEEN MULPETER April 23, 2018

It's 3 p.m., lunchtime feels like a hundred years ago, and your stomach is growling. If you don't have snacks stashed in your desk drawer, your options are limited: You can step out to pick up something, or succumb to the temptation of the office vending machine. But it doesn't have to be that way! With just a little forethought, you can make sure you always have a nutritious, filling afternoon snack on hand, to help you power through the last few hours of work (and dodge a major sugar crash).

Bars are the obvious choice, since they're both portable and hearty. With so many options though, it can be tricky to choose a brand that's not just candy disguised as health food. Here, we asked nutritionists and *Health* staffers to share the snack bars they keep at their desks for those (ever predictable) afternoon cravings.

### 3 GoMacro Bars

*Health* assistant editor Anthea Levi swears by GoMacro bars. "I tend to want something sweet in the afternoon, so I often reach for a bar that satisfies my craving and also fills me up," she says, adding that one can tide her over until dinner, thanks to 10 grams of filling protein. "Their newest flavors like mocha chocolate chip and blueberry cashew butter are my favorites right now."



**Nutritional profile (for the Peanut Butter Chocolate Chip flavor): 14g sugar, 2g fiber, 11g protein**

available at [amazon.com](https://www.amazon.com) \$27 for 12