

FODMAP Everyday® List of Low FODMAP Energy Bars																		
BAR NAME	Lab Tested/ Certified	Jun-21						Pre-biotics	Pro-biotics	Protein Source	Sweeteners	Calories	Carbs	Protein	Sugars	Fats	Fiber	Texture
		GF	DF	LF	Vegan	Organic												
BelliWelli Fudge Brownie	Monash U.								Grains, chia	Sugar, brown sugar, brown rice syrup	190	21 g	5 g	6 g	11 g	4 g	Soft	
BelliWelli Lemon White Chocolate	Monash U.								Grains, chia	Sugar, brown sugar, brown rice syrup, rice syrup	190	22 g	4 g	7 g	10 g	3 g	Soft	
BelliWelli Minty Chocolate	Monash U.								Grains, chia	Sugar, brown sugar, brown rice syrup	190	21 g	5 g	5 g	11 g	4 g	Soft	
BelliWelli Cinnamon Swirl	Monash U.								Grains, chia	Sugar, brown sugar, brown rice syrup, rice syrup	190	22 g	4 g	7 g	10 g	4 g	Soft	
GoMacro Sunflower Butter + Chocolate	FODMAP Friendly								Sprouted brown rice	Brown rice syrup, coconut sugar	270	38 g	10 g	11 g	9 g	3 g	Chewy	
GoMacro Mocha Chocolate Chip	FODMAP Friendly								Sprouted brown rice, pea protein	Brown rice syrup, coconut sugar	270	37 g	10 g	12 g	9 g	3 g	Soft/Chewy	
GoMacro Dark Chocolate + Almonds	FODMAP Friendly								Sprouted brown rice, pea protein	Brown rice syrup, coconut sugar	280	37 g	10 g	14 g	11 g	3 g	Chewy	
GoMacro Coconut + Almond Butter + Chocolate Chips	FODMAP Friendly								Sprouted brown rice, pea protein	Brown rice syrup, coconut sugar	280	36 g	11 g	12 g	10 g	3 g	Chewy	
GoMacro Granola + Coconut	FODMAP Friendly								Oats, sprouted brown rice, pea protein	Brown rice syrup, coconut sugar	250	32 g	6 g	10 g	11 g	4 g	Soft/Chewy	
GoMacro Banana + Almond Butter	FODMAP Friendly								Sprouted brown rice, pea protein	Brown rice syrup, coconut sugar	280	35 g	11 g	12 g	12 g	3 g	Chewy	
GoMacro Peanut Butter	FODMAP Friendly								Sprouted brown rice	Brown rice syrup, coconut sugar	280	36 g	11 g	12 g	11 g	2 g	Chewy	
Go Macro Double Chocolate + Peanut Butter Chips Mini	FODMAP Friendly								Sprouted brown rice, pea protein	Brown rice syrup, coconut sugar	110	14 g	4 g	5 g	4 g	1 g	Soft/Chewy	
Go Macro Peanut Butter Chocolate Chip Mini	FODMAP Friendly								Sprouted brown rice, pea protein	Brown rice syrup, coconut sugar	110	14 g	4 g	5 g	4 g	1 g	Chewy	
Go Macro Sunflower Butter + Chocolate Chip Mini	FODMAP Friendly								Sprouted brown rice	Brown rice syrup, coconut sugar	100	14 g	4 g	4 g	3.5 g	1 g	Chewy	
Go Macro Coconut Almond Butter Chocolate Chip Mini	FODMAP Friendly								Sprouted brown rice, pea protein	Brown rice syrup, coconut sugar	110	14 g	4 g	5 g	4 g	1 g	Chewy	
Go Macro Oatmeal Chocolate Chip Mini	FODMAP Friendly								Sprouted brown rice, pea protein	Brown rice syrup, coconut sugar, maple syrup	100	14 g	5 g	5 g	3.5 g	1 g	Chewy	
Go Macro Maple Sea Salt Mini	FODMAP Friendly								Sprouted brown rice, pea protein	Brown rice syrup, coconut sugar, maple syrup	110	13 g	4 g	4 g	4.5 g	1 g	Chewy	
Fody Almond Coconut Snack Bar	Monash U.								Nuts, brown rice	Brown rice syrup, maple syrup	210	17 g	6 g	7 g	14 g	3 g	Crunchy	
Fody Blueberry Almond Bar	Monash U.								Grains & seeds	Brown rice syrup, apple juice concentrate	160	24 g	3 g	7 g	6 g	3 g	Crunchy	
Fody Dark Chocolate Nuts + Sea Salt Bar	Monash U.								Nuts & Isolated soy protein	Brown rice syrup, sugar, maple syrup	210	16 g	6 g	8 g	14 g	2 g	Crunchy	
Fody Peanut Butter Chocolate Quinoa Bar	Monash U.								Nuts & quinoa	Brown rice syrup, sugar	200	16 g	6 g	7 g	14 g	3 g	Crunchy	
Epicured Mocha Espresso Energy Bites	FODMAP Friendly								Oats, almonds, chia	Maple syrup, sugar	60	8 g	2 g	4 g	2.5 g	1 g	Chewy	
Epicured Peanut Butter & Chocolate Energy Bites	FODMAP Friendly								Oats, peanut butter, chia, flax	Maple syrup, sugar	70	7 g	2 g	3 g	4 g	1 g	Chewy	
Epicured Almond & Cranberry Energy Bites	FODMAP Friendly								Oats, peanuts, almonds, flax	Maple syrup, sugar	70	7 g	2 g	4 g	3.5 g	1 g	Chewy	
Epicured lemon Coconut Energy Bites	FODMAP Friendly								Oats, almonds, chia	Maple syrup	60	7 g	2 g	2 g	3.5 g	1 g	Chewy	
Carman's Super Berry Muesli Bars	Monash U.								Oats, seeds, nuts	Golden syrup, glucose	195	23.1 g	5 g	6.8 g	8.6 g	3 g	Chewy	
Carman's Original Fruit Free Muesli	Monash U.								Oats, nuts, seeds	Golden syrup, glucose	201	24 g	4.5 g	5.4 g	9.0 g	2.6 g	Chewy	
Carman's Dark Chocolate Nut Espresso Bars	Monash U.								Nuts, seeds, rice	Glucose, golden syrup, brown rice syrup	165	10.7 g	4.8 g	5.4 g	11.1 g	2.2 g	Chewy	
Enjoy Life Cocoa Loco Chewy Bars	FODMAP Friendly								Grain mixture, seeds	Tapioca syrup, sugar, date paste, brown sugar	140	23 g	2 g	13 g	5 g	2 g	Soft	
Enjoy Life Berry Medley Breakfast Ovals	FODMAP Friendly								Whole grains	Brown sugar, date paste, sugar	230	31 g	3 g	12 g	10 g	3 g	Soft	
Enjoy Life Maple Fig Breakfast Ovals	FODMAP Friendly								Whole grains	Brown sugar, date paste, fig paste, maple syrup	230	31 g	3 g	11 g	10 g	3 g	Soft	
Enjoy Life Chocolate Chip Banana Breakfast Oval	FODMAP Friendly								Whole grains	Brown sugar, sugar, date paste	230	30 g	3 g	12 g	11 g	3 g	Soft	
Enjoy Life Dark Raspberry Protein Bites	FODMAP Friendly								Seeds, rice	Cane sugar, sugar cane syrup	170	17 g	6 g	11 g	10 g	3 g	Firm/Soft	
Enjoy Life Dipped Banana Protein Bites	FODMAP Friendly								Seeds, rice	Cane sugar, sugar cane syrup, tapioca syrup	170	17 g	6 g	11 g	10 g	3 g	Firm/Soft	
Enjoy Life SunSeed Butter Protein Bites	FODMAP Friendly								Seeds, rice	Cane sugar, sugar cane syrup	170	17 g	6 g	11 g	11 g	3 g	Firm/Soft	
Fodbods Mint Chocolate Bar	FODMAP Friendly								Pea protein, rice & soy protein	Rice malt syrup, coconut sugar	130	9.8 g	9.7 g	5.6 g	5.8 g	1.1 g	Chewy with crispy bits	
Fodbods Peanut & Choc Chunk Bars	FODMAP Friendly								Peanuts, pea protein, soy & rice protein	Rice malt syrup, coconut sugar	231	16.8 g	15.7 g	9.3 g	11.2 g	.2g	Crunchy with crispy bits	
Fodbods Lemon & Coconut Bar	FODMAP Friendly								Almonds, pea protein, rice & soy protein	Rice malt syrup	210	17.6 g	14.3 g	9.5 g	9.2 g	2.6 g	Chewy with crispy bits	
Fodbods Raspberry Coconut Bar	FODMAP Friendly								Almonds, pea protein, rice & soy protein	Rice malt syrup	123	10.3 g	8.4 g	5.8 g	5.4 g	2.1 g	Chewy with crispy bits	
Fodbods Banana & Peanut Butter Bar	FODMAP Friendly								Rice, peanut & soy protein	Rice malt syrup	218	17.4 g	15.7 g	10.1 g	9.5 g	.6 g	Crunchy with crispy bits	
Fodbods Mini Raspberry Coconut Bar	FODMAP Friendly								Pea protein, rice & soy protein	Rice malt syrup	123	10.3 g	8.4 g	5.8 g	5.4 g	2.1 g	Chewy with crispy bits	
Fodbods Mini Mint Chocolate Bar	FODMAP Friendly								Pea protein, rice & soy protein	Rice malt syrup	130	9.8 g	9.7 g	5.6 g	5.8 g	1.1 g	Chewy with crispy bits	
Vedge Chinese Broccoli	FODMAP Friendly								Buckwheat	No added sugars	92	13 g	2 g	6.3 g	2.6 g	3.3 g	Chewy/Crunchy	
Vedge Carrot & Cinnamon	FODMAP Friendly								Buckwheat	No added sugars	94	14.9 g	1.1 g	7.1 g	2.5 g	3.2 g	Chewy/Crunchy	
Stellar Labs Strawberry Cacao Bar	FODMAP Friendly								Peanut butter, rice, quinoa	Brown rice syrup, sugar	220	23 g	12 g	13 g	11 g	2 g	Chewy	
Stellar Labs Cacao Chip Bar	FODMAP Friendly								Whey, rice	Stevia	220	21 g	20 g	2 g	10 g	14 g	Chewy	
ES Protein Chocolate Protein Bar	FODMAP Friendly								Almond, pea protein	Stevia	260	26 g	18 g	2 g	15 g	14 g	Chewy	
Food for Health Fruit Free Bar with Almond & Chia	FODMAP Friendly								Corn, seeds, nuts, grains	Brown rice syrup	89	15.2 g	1.9 g	5.1 g	3.1 g	.6 g	Chewy/Crunchy	
Food for Health Fruit Free Bar with Sea Salt & Caramel	FODMAP Friendly								Corn, soy, seeds, nuts, grains	Brown rice syrup, maltitol	106	15 g	2 g	5.4 g	4.1 g	.6 g	Chewy/Crunchy	
Brass Roots Classic Sacha Inchi Seed Bar	Monash U.								Sacha inchi seeds	Tapioca syrup, maple syrup, monkfruit	289	27 g	14 g	7 g	20 g	8 g	Chewy	
Rachel Pauls Happy Bars Banana Chocolate Glee	Rachel Pauls								Seeds, rice, oats	Brown rice syrup, sugar	210	27 g	8 g	12 g	9 g	3 g	Chewy/Crunchy	
Rachel Pauls Happy Bars Chocolate Chip Delight	Rachel Pauls								Nuts, rice, oat, seeds	Brown rice syrup, sugar	210	27 g	8 g	12 g	9 g	3 g	Chewy/Crunchy	
Rachel Pauls Happy Bars Oatmeal Raisin Bliss	Rachel Pauls								Seeds, rice, oats	Brown rice syrup	196	28 g	8 g	14 g	6 g	3 g	Chewy/Crunchy	
Rachel Pauls Happy Bars Orange Chocolate Ecstasy	Rachel Pauls								Nuts, rice, oat, seeds	Brown rice syrup, sugar	210	26 g	8 g	12 g	9 g	3 g	Chewy/Crunchy	
Rachel Pauls Happy Bars Peanut Butter Euphoria	Rachel Pauls								Peanuts, rice, oats, seeds	Brown rice syrup, sugar	214	26 g	9 g	11 g	9 g	3 g	Chewy/Crunchy	
Rachel Pauls Happy Bars Peanut Maple Pleasure	Rachel Pauls								Peanuts, oats, rice, seeds	Maple syrup, brown rice syrup	210	25 g	10 g	10 g	9 g	3 g	Chewy/Crunchy	
88 Acres Dark Chocolate Sea Salt Bar									Seed blend, oats	Brown rice syrup, maple syrup, sugar	200	22 g	6 g	9 g	11 g	3 g	Chewy/Crunchy	
88 Acres Double Chocolate Mocha Seed Bar									Seed blend, oats	Brown rice syrup, maple syrup, sugar	200	21 g	6 g	9 g	11 g	3 g	Chewy/Crunchy	
88 Acres Cinnamon & Oats Seed Bar									Seed blend, oats	Brown rice syrup, maple syrup	200	21 g	7 g	7 g	11 g	3 g	Chewy/Crunchy	
88 Acres Dark Chocolate Brownie Protein Bar									Pumpkin seeds	Maple syrup, sugar, brown rice syrup	280	15 g	12 g	7 g	21 g	3 g	Chewy/Crunchy	
88 Acres Banana Bread Protein Bar									Pumpkin seeds	Maple syrup, brown rice syrup	260	15 g	12 g	7 g	19 g	3 g	Chewy/Crunchy	
Caveman Double Dark Chocolate Protein Bars									Nut blend, egg whites,	Tapioca syrup, sugar, coconut sugar	180	19 g	10 g	9 g	9 g	2 g	Chewy	
Caveman Chocolate Almond Butter Protein Bars									Almonds, egg whites,	Tapioca syrup, sugar, coconut sugar	180	18 g	10 g	9 g	9 g	1 g	Chewy	
Caveman Chocolate Walnut Collagen Bars									Nut blend, collagen, egg whites	Tapioca syrup, sugar, coconut sugar	190	20 g	11 g	8 g	10 g	6 g	Chewy	
Caveman Chocolate Chip Collagen Bars									Almonds, collagen, egg whites	Tapioca syrup, sugar	200	19 g	11 g	8 g	11 g	5 g	Chewy	
Health Warrior Pumpkin Seed Dark Chocolate Bar									Pumpkin seeds, quinoa	Honey	190	10 g	8 g	6 g	13 g	1 g	Chewy	
Health Warrior Pumpkin Seed Chocolate Coconut Almond Bar									Pumpkin seeds, almonds, quinoa	Coconut nectar	190	10 g	7 g	6 g	13 g	2 g	Chewy	
Health Warrior Pumpkin Seed Honey Sea Salt Bar									Pumpkin seeds, quinoa	Honey	180	11 g	7 g	7 g	12 g	1 g	Chewy	
Health Warrior Dark Chocolate Peanut Bar									Pumpkin seeds, peanuts, quinoa	Honey	190	11 g	8 g	6 g	13 g	2 g	Chewy	
Simply Protein Crispy Dark Chocolate Salted Caramel Bar									Soy protein isolate, almonds	Sugar, stevia	150	14 g	14 g	3 g	5 g	6 g	Crispy	
Simply Protein Crispy Lemon Bar									Soy protein isolate, almonds	Sugar, stevia	150	15 g	15 g	3 g	4.5 g	7 g	Crispy	
Simply Protein Crispy Peanut Butter Chocolate Bar									Soy protein isolate, peanuts	Sugar, stevia	150	16 g	14 g	3 g	5 g	7 g	Crispy	
Simply Protein Chocolate Chip Cookie Bar									Almonds, soy protein isolate, oats, rice	Sugar, stevia	210	24 g	11 g	2 g	10 g	12 g	Crispy	
Simply Protein Peanut Butter Cookie Bar									Peanuts, soy protein isolate, oats, rice	Stevia	220	23 g	11 g	1 g	12 g	11 g	Crispy	
Nature Valley Peanut Butter Crunchy Granola Bar									Oats, peanuts, rice	Sugar, brown sugar	200	28 g	4 g	11 g	8 g	2 g	Crunchy	
Nature Valley Pecan Crunchy Granola Bar									Oats, rice, pecans	Sugar, brown sugar	200	28 g	3 g	11 g	8 g	2 g	Crunchy	
Nature Valley Maple Brown Sugar Granola Bar									Oats, rice	Sugar, brown sugar, maple syrup	190	29 g	3 g	12 g	7 g	2 g	Crunchy	
Nature Valley Cinnamon Crunchy Granola Bar									Oats, rice	Sugar, brown sugar	190	29 g	3 g	11 g	7 g	2 g	Crunchy	
Nature Valley Roasted Almond Crunchy Granola Bar									Oats, almonds, rice	Sugar, brown sugar	200	28 g	4 g	11 g	8 g	3 g	Crunchy	
Annie's Chocolate Chip Chewy Granola Bar									Oats, rice,	Tapioca syrup, sugar, brown rice syrup	100	17 g	2 g	7 g	3 g	<1 g	Crunchy	
Annie's Peanut Butter Chocolate Chip Chewy Granola Bar									Oats, rice, peanuts	Tapioca syrup, sugar, brown rice syrup	100	16 g	2 g	7 g	3.5 g	1 g	Chewy	
Bobo's Original Oat Bar									Oats	Brown rice syrup, sugar	170	31 g	3 g	9 g	6 g	2 g	Soft	
Bobo's Almond Butter Oat Bar									Oats, almonds	Brown rice syrup, sugar	180	28 g	4 g	8 g	8 g	3 g	Soft	
Bobo's Chocolate Chip Oat Bar									Oats	Brown rice syrup, sugar	180	31 g	3 g	10 g	7 g	2 g	Soft	
Bobo's Coconut Oat Bar									Oats	Brown rice syrup, sugar	170	30 g	3 g	9 g	7 g	2 g	Soft	
Bobo's Lemon Poppy Seed Oat Bar									Oats	Brown rice syrup, sugar	170	31 g	3 g	9 g	6 g	2 g	Soft	
Bobo's Banana Chocolate Chip Oat Bar									Oats	Brown rice syrup, sugar	170	31 g	2 g	10 g	6 g	2 g	Soft	
Bobo's Peanut Butter Oat Bar									Oats, peanuts	Brown rice syrup, sugar	180	30 g	3 g	9 g	7 g	2 g	Soft	
Bobo's Chocolate Almond Brownie Oat Bar									Oats, almonds	Brown rice syrup, sugar	180	28 g	3 g	9 g	8 g	2 g	Soft	
Bobo's Maple Pecan Oat Bar									Oats, pecans	Brown rice syrup, sugar	180	30 g	3 g	8 g	7 g	2 g	Soft	
Bobo's Dark Chocolate Almond with Sea Salt Oat Bar									Oats, almonds	Brown rice syrup, sugar	180	29 g	3 g	9 g	8 g	2 g	Soft	
Bobo's Coconut Almond Chocolate Chip Bar									Oats, almonds	Brown rice syrup, sugar	180	25 g	3 g	8 g	9 g	3 g	Soft	
Bobo's Peanut Butter Chocolate Chip Oat Bar									Oats, peanuts	Brown rice syrup, sugar	180	30 g	3 g	9 g	7 g	2 g	Soft	
365 Organic Dark Chocolate Chip Peanut																		