

YOUR SPECIAL GET-BACK-IN-SHAPE ISSUE

Health

**MELT
10 LBS
FAST!**

**Drop Your First
Pound Today** p.45

**7 SUPER FOODS
That Stop Cancer**

✓ **Flat Belly**
✓ **Slim Thighs**
✓ **Great Butt**
They're Yours In
One Easy Workout

**CURB ANY
CRAVING**

The Brilliant
New Trick

**#1
ENERGY
SECRET**
p.71

**Want More
PLEASURE?**

Find It Now
On Page 124

*Kristen
Bell*

* The fun way
she burns
extra calories

Health.com JAN/FEB 2010

**Fabulous
New You!**

**157 Instant Makeovers
for Hair, Skin & Body**



The Best **Energy Bars**

Which taste great—and give you a boost? Here, four standouts.

By **Kimberly Holland**



Best Chewy

CLIF White Chocolate Macadamia Nut Energy Bar

Calories: 240
Total fat: 7 grams
Fiber: 4 grams
Protein: 9 grams
Carbs: 41 grams

Made with organic oats and soybeans, this soft and chewy bar is as sweet as a cookie and as satisfying as a bowl of oatmeal. Loaded with protein and carbs, it's a great pick for a long or intense workout.



Best Nutty

PowerBar Pure & Simple Energy Bar

Calories: 140
Total fat: 4 grams
Fiber: 2 grams
Protein: 5 grams
Carbs: 22 grams

Love a salty-and-sweet combo? You'll dig this chewy mix of hearty peanuts and sweet raisins. This bar serves up oats, soy crisps, and almond butter, too—a lot of nutritional perks for just 140 calories.



Best Chocolatey

LUNA Protein Chocolate Peanut Butter

Calories: 190
Total fat: 9 grams
Fiber: 3 grams
Protein: 12 grams
Carbs: 19 grams

This bar is dipped in a cocoa coating and has a nougat-like center. It's almost like candy—our tasters noted it didn't have an "energy bar" taste. Its 12 grams of protein will motor you through long workouts.



Best Fruity

Bumble Bar Chunky Cherry Organic Energy Bar

Calories: 180
Total fat: 12 grams
Fiber: 4 grams
Protein: 4 grams
Carbs: 16 grams

Our testers couldn't get enough of the sweet cherries and delicate nuttiness. Though this bar has 12 grams of fat, most of it is from the healthy fats in the almonds, sesame seeds, and flax. **U**

Top right photo: Jupiterimages

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LONGEVITY

80% of Toyotas sold in the last 20 years are still on the road today.*

toyota.com/longevity

*Based on R. L. Polk & Co. U.S. Vehicles in Operation registration statistics 1989-2009, as of January 1, 2009. ©2009 Toyota Motor Sales, U.S.A., Inc.

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