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"The snack, nutrition and performance bars category has turned in solid performance in recent years as consumers have grown more interested in healthier, more nutrientdense snack foods. Opportunities exist for brands that explore new flavors and textures and that emphasize natural and unprocessed ingredients." John Owen, Senior Analyst, Food & Drink

This report looks at the following areas:

- Solid growth for category well-aligned with broader trends
- Wide purchase but room for more
- Health factors important, but flavor is essential

# Definition

For the purposes of this Report, snack, nutrition, and performance bars are covered as per the following definitions:

- Snack bars:
- Cereal and snack bars, such as Nutri-Grain, and granola bars, such as Nature Valley

  Nutrition bars:

Health/nutrition bars, including food bars that contain additional nutrients, such as fiber, protein (nonathletic), calcium, etc, includes bars positioned as meal replacements (nonweight loss). Includes Balance, Quest, and others

- Performance bars:
- Athletic bars used for fuel during athletic endeavors or to enhance physical fitness or exercise, such as PowerBar; includes performance-focused protein bars
- Weight loss bars:

Bars meant for diet and weight loss/weight management, such as Slim-Fast and Zone bars

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This report is part of a series of reports, produced to provide you with a more holistic view of this market



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Good fats offer bar brands opportunities for new shapes and textures

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