



No time to eat? Head to the bar

Contra Costa Times

Article Launched: 09/25/2007 03:06:10 AM PDT

Bar-hop without risking a hangover and get a nutritional rush as well with three new nutrition bars.

You can tell Think5 (\$2.79, 2.29 ounces) is different even before you unwrap its foil package. It weighs twice as much as most bars and packs 5 cups of fruits and vegetables into every bar. That's right, veggies. In addition to organic dates, cranberries and flax seeds, the red berries bar contains powdered parsley, alfalfa and broccoli. I, for one, have long awaited travel-friendly broccoli.

The bars aren't very berry, nor are they broccoli-esque. They're mildly sweet, like slightly dry Fig Newtons. Dark green, thanks to the powdered veggies, they're hardly powder-light. Think5 is meant to be a meal replacement, and at 2.29 ounces, it's one dense log o' lunch. One bar contains 240 calories, 140 milligrams of sodium, 4 fat grams, 3 fiber grams, 7 grams sugar and 4 of protein.

They're available at natural food stores and at <http://www.thinkproducts.com>,

Reach Miami Herald writer Ellen Kanner at ellenink@aol.com.