

VITAMIN G

DAILY HEALTH & FITNESS BLOG

Afternoon Snack: A Fave Snack Bar, Now With More Vitamin D

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Yesterday I wrote about a cracker that got a high-fiber makeover, and today I'm going to tell you about a nutrition bar that just got a healthy boost of vitamin D--something we all could use more of...

You know about Luna bars, right? The nutrition bars that are marketed specifically to women have lots of tasty options to choose from. All are high in calcium and folic acid--two biggies for us gals.

I recently heard that Luna reformulated their bars to contain more vitamin D (look for them in stores in June), so I took the opportunity to check them out and try a brand new flavor: [White Chocolate Macadamia](#). Yum! These taste like a dessert--a decadent one--but under 200 calories.

[Here are some other ways](#) to get more vitamin D.

Vitamin D questions for you all: Are you getting enough? Have you ever had your D-levels checked?

Photo: iStock, Luna

by Sarah Jio

<http://www.glamour.com/health-fitness/blogs/vitamin-g/2009/04/afternoon-snack-a-fave-snack-b.html>