

What are one bars?

ONE Bars are the protein bars that prove that great taste and good health are not mutually exclusive. [Each ONE Bar contains 20 grams of protein and only 1 gram of sugar](#), and they're all delivered in deliciously decadent too-good-to-be-true flavors. In short, we're the protein bar you didn't think was possible.

What are they intended over?

ONE Bars are made for everyone who believes that life is too short to feel guilty about indulging in the decadent foods you love. It's true that lots of amazing athletes rely on [ONE Bars as their protein snack of choice](#) after a sweat-soaked workout. But there are plenty of regular folks who love ONE Bars for breakfast, lunch or an on-the-go snack... or just because.

What are the plant bars?

[ONE Plant Bars](#) feature the same too-good-to-be-true flavor you've come to expect from ONE combined with nutritious, plant-based protein that keeps you feeling up without dragging your tastebuds down. With 12 grams of plant-based protein, only 1 gram of sugar and crave-worthy flavors like [Chocolate Peanut Butter](#) and [Banana Nut Bread](#), go ahead, snack shamelessly.

[ONE Plant Bars](#) are made with a combination of pea, rice and almond proteins.

Life is about choices—not about compromises or regrets. Like all ONE Bars, [ONE Basix Bars have 20 grams of protein and only 1 gram of sugar](#), and are available in a variety of too-good-to-be-true flavors. But ONE Basix Bars are naturally sweetened with stevia, do not have the icing-like coating of ONE Bars, and feature delicious chocolate chunks in each and every flavor. Some do.

Specific bars like [Almond Bliss](#), [Banana Nut Bread](#), [Blueberry Cobbler](#), [Chocolate Peanut Butter](#), [Salted Caramel](#), [Peanut Butter Chocolate Cake](#), [Peanut Butter Cup](#), [Peanut Butter Pie](#), and [Peanut Butter Chocolate Chunk](#) contain nuts. Always check the Nutrition Facts panel and the "Contains" statement on the back of our packaging before consuming. For specific dietary or ingredient questions, please use the Contact Us form at the top of this page.

Yes! All [ONE Bars](#), [ONE Plant Bars](#) and [ONE Basix Bars](#) are [Certified Gluten-Free](#).

Yes! Our [ONE Plant Bars](#) are made without genetically modified ingredients.

Yes! Our [ONE Plant Bars are vegan](#).

Yes! Our [ONE Plant Bars](#) are made without animal ingredients.

Yes! All [ONE Basix bars](#) are [certified OU-D Kosher](#).