

# ENERGY BARS



Energy bars are a popular item because they are easy to grab, carry, and eat on the go. There are endless choices to meet every need, but which one meets your needs?

There are four general categories into which most energy bars fall:

## HIGH CARBOHYDRATE BARS

Most work fine before during or after workouts.

Preworkout snack:

Eat one bar 1-2 hrs prior

Drink 16 oz H<sub>2</sub>O

Fueling during a long workout or race

Eat one bar per hour, aiming for 30-60g CHO/ hr of exercise.

Drink 5-20 oz H<sub>2</sub>O every 15- 20 min.

Great recovery snack with some fresh fruit, and cup of milk or yogurt.

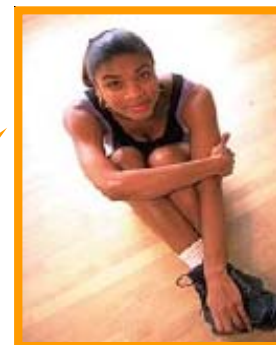
**Clif, Boulder, Powerbar Harvest, Power-Bar Performance, Powerbar Essentials**



## MEAL REPLACEMENT AND WEIGHT LOSS BARS

Many, especially high protein types can substitute for a meal on OCCASION. No single bar supplies the wealth of nutrients and health boosting substances found in whole foods

**Opti-Pro meal, Slim-Fast Meal On-The-Go**



Which one is right for my needs?

## HIGH PROTEIN BARS

Developed for body builders, but gained popularity as many dieters choose high-protein/ low CHO foods to lose weight.

Also used to boost protein intake by vegetarians.

DV for protein = 50 g

Runners need 60-100g.

Check source of protein

Look for high quality sources:

Soy

Whey casein

Egg

Avoid hydrolyzed protein

(this will be printed on the label)

**PowerBar, Harvest Bar (PowerBar), BumbleBar**

## BARS FOR WOMEN

These bars have been designed for women and include nutrients women typically lack such as calcium, folic acid and iron.

Bars for women are typically:

A smaller portion size

Contain <200 calories

Contain ~ amount of calcium as a glass of milk

A good snack if fresh fruit or other healthy whole foods are unavailable.

**Luna, Powerbar Pria, Balance, Oasis**

# ENERGY BARS



## High Protein Energy Bars

Protein is an essential component of good nutrition.

Protein:

- Replaces and forms new tissue (including muscle)
- Transports oxygen and nutrients in the blood stream and cells
- Helps replace and form new tissue
- Regulates the balance of water and acids
- Produces antibodies

Most athletes tend to ingest a sufficient amount of protein in their daily diet without supplementation. Excess consumption of protein can result in adverse health effects such as

- Nausea
- Impairment of essential amino acid absorption
- Calcium loss
- Increased risk for heart disease
- Increased risk for kidney stones
- Impair training and performance.