

Energy Bars

High Carbohydrate Bars:

Best: Before, during, or after exercise

Look For:

- 8-10 grams protein
- < 6 grams fat
- < 5 grams fiber

Use: Eat 1-2 hours prior to exercise (consume with water)

Aim for 120-140 cal/hr exercise



Bars	Calories	Protein	Carbohydrate	Fat	Fiber
Power Bar Harvest	240	10	42	4	5
Luna Bar	180	10	25	4	3
Cliff Bar	250	10	45	5	5
Power Bar	230	9	44	1.5	4
Full Bar (cranberry almond)	170	6	30	2.5	5
Slim Fast Bar	220	8	36	5	2
Odowalla Bar	250	10	44	5	5
Snickers marathon Bar	220	9	32	7	
Tiger's Milk Bar	140	7	18	5	

High Protein Bars

Best For: Individuals not meeting protein needs (vegetarian athlete) or post exercise (+Carb food and water)

Look For: High quality protein source

15-25 g/bar (whey, soy, casein, egg)

Use: Post-exercise or meal replacement



Bars	Calories	Protein	Carbohydrate	Fat	Fiber
Greens+ Protein Bar	260	16	24	12	2
Promax Bar	300	20	38	7	1
Power Bar Protein Plus	300	23	39	6	1
Zone Perfect Bars	190	14	27	2	3
Detour Lean Muscle Bar	370	32	33	12	3
Met Rx Big 100	370	28	50	6	2
Balance Bar	200	15	21	7	<1
EAS Myoplex Bar	340	30	35	9	3
Pure Protein Bar	300	28	29	10	2
Detour Oatmeal	340	30	34	9	2
Promax Bar	280	20	38	6	2
Cliff Protein Bar	270	20	30	8	3
Power bar: Protein Plus	290	24	37	5	1
Myoplex Deluxe	330	30	35	9	4

Healthy Snack Bars

Best For: Individuals who have busy schedules which prevent them from having time to prepare healthy snack or breakfast

Look For:

- < 250 calories
- < 6 grams fat
- < 15 grams sugar
- ≥ 3 grams fiber



Use: In between meals for an easy and quick healthy snack on the go and for a healthy breakfast on the go

Tip: Add a piece of fresh fruit and/or non fat yogurt

Bars	Calories	Protein	Carbohydrate	Fat	Fiber
Kashi-TLC Bars	120	5	24	2	4
South Beach Living Bar	140	10	15	5	3
Kashi Go Lean Crunchy Bar	150	8	28	3	6
Snickers Marathon Nutrition Bar	150	11	22	4.5	7
Quaker's Simple Harvest All Natural Chewy Granola Bar ?Healthy Snack Bar	140	2	28	3	2
Nature Valley Oats 'N Honey Granola Bar	180	4	29	6	2
Soy Joy	140	5	16	6	3
Fiber One Bar	140	2	29	4	9
Gnu Bar	140	3	32	3	12
Kashi Go Lean Chewy Bar	280	13	49	5	6