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NEWS

# eatright



You may benefit from different bars pre- and post-exercise.

## Which bars fuel workouts best?

Blink, and another new nutrition bar hits store shelves. No wonder we're confused. While some products are no more than glorified candy bars, others have valid uses, provided you don't rely on them as a primary nutrition source. Also keep in mind that most bars are calorie-dense but have little or no fiber, and many are high in saturated fat, so read labels carefully.

Molly Kimball, R.D., a sports nutritionist at the Elmwood Fitness Center, a division of the Ochsner Clinic Foundation in New Orleans, offers the following breakdown to help you sort through the clutter.

Bar type/ price	Selected brands	Best used for	Nutritional breakdown	Comments
<b>Energy</b> \$1-\$1.50	<ul style="list-style-type: none"> <li>• PowerBar</li> <li>• Clif Bar</li> <li>• Gatorade Energy Bar</li> </ul>	Before and during endurance exercise (bars are digested quickly)	At least 15-20 grams carbohydrate; no more than 12 grams protein; less than 5 grams fat. Look for bars with at least a 4-1 ratio of carbs to protein.	Your body needs 30-60 grams of carbohydrate per hour during extended exercise; 1-2 energy bars per hour, along with plenty of fluids, could meet the requirement.
<b>Weight maintenance/ recovery</b> \$1-\$3	<ul style="list-style-type: none"> <li>• MESO-Tech Bar</li> <li>• Promax Bar</li> <li>• Myoplex Deluxe Bar</li> <li>• Steel Bar</li> <li>• MetRx Bar</li> </ul>	Quick afternoon snack or small meal on the run	At least 20 grams of carbs; at least 20 grams of protein; approximately 300 calories	Also good for post-workout recovery, especially if you don't have much appetite after exercise
<b>Balanced nutrition</b> \$1-\$2	<ul style="list-style-type: none"> <li>• Balance Bar</li> <li>• ZonePerfect</li> <li>• Luna</li> </ul>	On-the-run snack; good fuel for before and during workouts	10-15 grams of protein; 15-25 grams of carbs; less than 30 percent of calories from fat	Help stabilize blood-sugar and energy levels
<b>High protein/ low sugar</b> \$1-\$3	<ul style="list-style-type: none"> <li>• Carb Watchers Lean Body Bar</li> <li>• Myoplex</li> <li>• Carb Sense Nutrition Bar</li> <li>• Premier Protein Eight Bar</li> <li>• Carb Solutions High Protein Bar</li> <li>• MetRx Protein Plus Bar</li> </ul>	Perfect size to split in half for midmorning and midafternoon snacks	Approximately 30 grams of protein; 6 grams of sugar or less; relatively low in fat (8 grams or less)	Great lowfat-protein source, especially for nonmeat-eaters