

Sport/Energy Bars

Sport Bars first may play a role in an athlete's diet. They are convenient, easily consumed, and typically contain enough energy and particularly carbohydrate to start re-fueling muscles following training. They may also serve as a quick snack prior to training. However, they are not magical. Eating one serving from the Grain Products food group and a serving of fruit will also provide a similar amount of energy and carbohydrate. If athletes choose to incorporate energy bars into their diets, they still need to ensure that they are consuming their recommended servings from Canada's Food Guide so they will get all the nutrients they need for performance.

BARS	Nutritional Information					
	Product	Major Source of CHO	CHO	Protein	Fat	Sodium
Power Bar: Original 63g	glucose, fructose, oat bran, maltodextrin	41g	9g	2.4g	100mg	390mg
Power Bar: Protein Plus 78g	brown rice syrup, sucrose	39g	24g	5g	120mg	60mg
Power Bar: Harvest 63g	brown rice syrup, rolled oats, rice crisps	41g	8.3g	4g	100mg	390mg
Power Bar: Essentials 63g	brown rice syrup, corn syrup, sucrose	26g	10g	4g	110mg	340mg
Power Bar: Power Gel 41g	maltodextrin, fructose	28g	0.1g	0	50mg	40mg
Cliff Bar(68)	brown rice syrup, malt syrup	52g	4g	2g	100mg	270mg
Gatorade Energy Bar 65g	rolled oats, crisp rice, sucrose, dextrose, glucose	47g	6.7g	5g	189mg	151mg
SportPharma: Promax Bar 75g	corn syrup	38g	20g	5g	190mg	90mg
Zone Perfect	glucose, fructose	23g	14g	7g	340mg	368mg
Sun-rype: Energy to Go 40g	fruit puree concentrates	34g	0.5g	0.4g	6mg	280mg
Sun-rype: Fruit & Veggie Bar 40g	fruit puree concentrates, dried fruit and vegetables	33g	0.8g	0.3g	35 mg	271 mg
Sun-rype: Fruit to Go 14g	fruit puree, fruit concentrates	12g	0.4g	0.2g	1.9mg	146mg
Boost Nutritional Snack Bar 50g	corn syrup, invert sugar, syrup	30g	7.8g	5g	70mg	350mg
Body Smarts Energy Bar 50g	rice flour, rice, sucrose, invert liquid sugar	30g	6g	6g	130mg	350mg
Kellogg's Nutri-grain Bar 37g	Crust: flour, glucose-fructose, oats Filling: Glucose-fructose, water, fruit puree	27g	1.5g	2.8g	110g	75mg
Life: Super Bar 50g	glucose, fructose	22g	14g	5.7g	180mg	338mg

* * NOTE: different flavors in the bars and drinks may have slightly different nutritional content

Energy bars and sports drinks can provide your body with fuel during training and recovery from exercise if they are selected and used appropriately. It is important to remember that they are not "magical" bars or drinks. They can be used for convenience or when you are in a hurry, however, they should not routinely be used to take the place of food.