

Many college students...athletes and non-athletes wonder about the various “sports bars” and “energy bars”. While a good homemade snack will fit the bill, the bars tend to be more nutritious than a candy bar...and portable. Here's how some popular bars stack up:

PRODUCT	CALORIES*	PROTEIN	CARB	FAT	COMMENTS
Balance	200	14	22	6	Pre and post workout
Balance Gold	210	15	23	7	Pre and post workout
Balance Outdoor	200	15	21	6	Pre and post workout
Clif	230	10	41	4	Pre workout/endurance
Luna	180	10	25	4	Pre and post workout
Met-Rx Food Bar	320	27	48	2.5	Post workout/meal
Odwalla	240	7	48	4	Pre workout/short duration
PowerBar Harvest	240	7	45	4	Pre workout/short duration
PowerBar Performance	230	10	45	3	Pre workout/short duration
FOR COMPARISON					
Nutrigrain bar	140	2	27	3	Pre workout/short duration
Granola bar	120	2	21	3	Pre workout/short duration
Snickers's bar	280	4	35	14	

**adapted from Raising the Bar, Nutrition Action Healthletter, December, 2000 and Fuel for Young Athletes, Human Kinetics 2004.*