



Some Recommended Snack and Sport Bars

PRODUCT/ BRAND	NUTRITION INFORMATION					IDEAL FOR		
	Carbohydrate (g)	Sugar (g)	Fibre (g)	Protein (g)	Pre- exercise	During exercise	Recovery	Mid-day snack
CLIF ENERGY BECLIF B	44	23	4	9	✓	✓		
CLIF PROTEIN								
BUILDER'S. 20g PROTEIN BAR	30	21	2	20			✓	
KASHI XIVI DA CARANTA	25	5-8	4	5-6	✓	✓		√
KIND BARS								
WANDAGE OF THE STATE OF THE STA	16	5	7	6	✓	✓		✓
LARA BARS LARABA BAR CASHEW COOKIE THE ORIGINAL FRUIT & NUE FOOD BARE NET WIT. 1.7 OZ (48g) ©	24	18	5	4	✓	✓		✓

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NATURE BARS NATURE BARS NATURE BARS NATURE BARS	14	11	2	4	✓	✓		✓
NATURE VALLEY CRUNCHY NATURE VALLEY CRUNCHY grands bars Oats 'n Honey	28	11	2	3	✓	√		✓
NATURE VALLEY RAIL MIX FRUIT & NATURE VALLEY FRUIT & NATURE VALLEY NATURE VALLEY NATURE VALLEY FRUIT & NATURE VALLEY NATURE	24	6	1	2	✓	√		✓
NATURE VALLEY PROTEIN NATURE VALLEY Protein: Peanut Butter Dark Chocolate Dark C	14	6	5	10			✓	✓
POWER BAR — Harvest Energy PowerBar HARVEST (1) De l'action TOTAL LATING ENERGY PAR - PARET P	22	15	2	10			✓	✓



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POWER BARS - Performance PowerBar PRODUCT BARS PRODUCT	39	22	1	6	✓	✓			
Q'IA BARS LEAST CASHIN FLUTION SEED SUPERFOOD SEED	20	7	4	5	✓	✓		√	
SIMPLY PROTEIN Simply Protein The most protein for the least caldrie* Bar 12	24	1	7	2			✓	√	
VECTOR ENERGY VECTOR VECTOR S55 g married wards and converting	32	19	3	9	✓	✓	✓	✓	
VECTOR PROTEIN VECTOR VECTOR STORY CONTROL	17	8	8	11	✓	✓	√	√	



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VEGA SNACK MARK GEORGIATI MERE BUTS & ELS JULY ALFEREN-DIES FILE BASE ALFERDAM-DIES FILE BASE ALFERDAM-DIES FILE BASE ALFEREN-DIES FILE BASE ALFERDAM-DIES FILE BAS	20	8	2	4	✓	✓		✓
VEGA ENERGY APPLE CHEEN SPORT BARRET APPLE CHEEN SPORT BARRET APPLE CHEEN SPORT BARRET APPLE CHEEN SPORT BARRET BARRE	29	20	3	4	✓	✓		
VEGA PROTEIN PORTE CONTROL PROTEIN PORTE CONTROL PROTEIN	29	19	4	15			✓	

How to choose the right bar:

Nutrients	Sport Nutrition Bar (consumed before exercise)	Snack bar (consumed between meals)
Sugar	Up to 15g	Less than 8-10g
Fibre	Less than 2-3g or as tolerated	At least 3-6g
Protein	Less than 2-3g or as tolerated	At least 3-4g

^{*} Be sure to try your bar out during practice and be familiar with how you feel while consuming it *

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