
















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 	44	23	4	9	✓	✓		
CLIF PROTEIN 	30	21	2	20			✓	
KASHI 	25	5-8	4	5-6	✓	✓		✓
KIND BARS 	16	5	7	6	✓	✓		✓
LARA BARS 	24	18	5	4	✓	✓		✓






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	Carbohydrate (g)	Sugar (g)	Fibre (g)	Protein (g)	Pre-exercise	During exercise	Recovery	Mid-day snack
NATURE BARS 	14	11	2	4	✓	✓		✓
NATURE VALLEY CRUNCHY 	28	11	2	3	✓	✓		✓
NATURE VALLEY TRAIL MIX 	24	6	1	2	✓	✓		✓
NATURE VALLEY PROTEIN 	14	6	5	10			✓	✓
POWER BAR – Harvest Energy 	22	15	2	10			✓	✓



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POWER BARS - Performance 	39	22	1	6	✓	✓		
Q'IA BARS 	20	7	4	5	✓	✓		✓
SIMPLY PROTEIN 	24	1	7	2			✓	✓
VECTOR ENERGY 	32	19	3	9	✓	✓	✓	✓
VECTOR PROTEIN 	17	8	8	11	✓	✓	✓	✓



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	Carbohydrate (g)	Sugar (g)	Fibre (g)	Protein (g)	Pre-exercise	During exercise	Recovery	Mid-day snack
VEGA SNACK 	20	8	2	4	✓	✓		✓
VEGA ENERGY 	29	20	3	4	✓	✓		
VEGA 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 *