

**Bar Hopping**  
**By Coach Stacy Fowler, M.S., C.P.T.**

Bar hopping can be good for your health.....that's *Energy Bar* hopping. There is no "one size fits all" energy bar so experiment with different bars. Do they agree with you and improve your performance? Make sure to look for bars with at least 3g of fiber, 5g of fat, 15%-20% protein and don't eat a meal and a meal replacement bar, that's too many calories. You should also make sure to drink water with your bar and remember, you don't have to eat the whole bar

Bar	Cost (\$)	Kcal	Fat	Cholesterol	Total Carbs	Protein	Comments
Snickers Candy Bar	.69	280	14 g (5 sat)	5 mg	35 g	4 g	
Snickers Marathon – Peanut Btr	1.39	160	6 g (2 sat)	0	18 g	14 g	
Power Bar – Chocolate	2.50	230	2 g (.05 sat)	0	45 g	7 g	Taffy-like; the original bar
Balance Gold – Caramel Nut	1.39	210	7 g (4 sat)	0	28 g	15 g	Yummy
Cliff Bar – Carrot Cake	1.49	240	4 g (1.5 sat)	0	46 g	10 g	Tasty
Luna Bar – Choc Pecan Pie	1.59	180	4.5 g (3 sat)	0	24 g	10 g	
Pria – Caramel Nut Brownie	1.99	170	8 g (5 sat)	5 mg	21 g	10 g	
Harvest – Double Choc	1.39	260	5 g (2 sat)	0	45 g	7 g	
Met-RX – Protein Plus	3.19	320	9 g (4.5 sat)	5 mg	29 g	31 g	Meal replacement bar
Zone Perfect	1.69	210	7 g (3.5 sat)	0	23 g	15 g	Follows 40-30-30
Odwalla Bar – Superfood	1.39	230	5 g (2.5 sat)	0	41 g	4 g	Low protein; good energy
Slimfast Meal Bar – Caramel	.99	220	5 g (4 sat)	5 mg	34 g	8 g	Tasty
Shape Up – Fudge Brownie	1.99	220	8 g (5 sat)	0	28 g	15 g	
EAS Advantage Edge	1.49	210	8 g (4 sat)	0	18 g	15 g	
EAS Storm	3.00	340	13 g	0	30 g	27 g	
Met-RX Big 100	3.19	360	5 g (2.5 sat)	5 mg	31 g	27 g	Meal replacement bar
Nature's Valley Trail Mix Fruit and Nut	.50	140	4 g (.5 sat)	0	25 g	3 g	Low protein, low fiber
Quaker Chewy Granola Bar	.50	120	3.5 g (1 sat)	0	20 g	2 g	Low protein, low fiber
EAS Myoplex S'Mores	2.00	340	7 g (1.5 sat)	1.5 mg	47 g	24 g	Meal replacement bar
EAS Myoplex Lite	2.00	190	3.5 g (2.5 sat)	0	28 g	15 g	Meal replacement bar
Kashi GoLean – Lemon Lime	1.99	160	3 g (2 sat)	0	32 g	9 g	All natural
GenSoy	1.99	240	7 g (2.5 sat)	0	34 g	14 g	Soy bar
Balance Outdoor – Cr. Peanut	1.99	200	6 g (1 sat)	10 mg	22 g	15 g	40-30-30, travels well
Kudos Granola Bars	.50	100	3.5 g (1.5 sat)	0	16 g	1 g	0 fiber, low protein
Larabar Cherry Pie	1.99	190	9 g (0 sat)	0	24 g	5 g	Coach's favorite