

How to choose a protein bar



- Check ingredient lists and nutrition facts tables. Avoid nutrition claims as they are not regulated and may be misleading.
- Protein and granola bars work best when added as snacks as they provide protein, carbohydrate and many nutrients (Table A).
- Some bars contain higher amounts of calories and protein and are suitable for post-exercise recovery snacks or meal replacements. These options should contain 20 to 25 grams of protein (Table B).
- The lower the sugar, the better. Aim for less than 10 grams per bar.
- Choose options with whole food ingredients, which are easy to pronounce —nuts, seeds, etc. The less ingredients, the better.
- Choose whole grain options, which have higher fiber.
- Choose items with limited hydrogenated, saturated and trans fats.
- Limit options containing sugar alcohols (isomalt, mannitol and sorbitol) as they may cause upset stomach (especially before activity).

Table A

Nutrition Facts	
Serving Size 1 Bar (30g)	
Amount Per Serving	
Calories 200	
% Daily Values*	
Total Fat <10g	15%
Saturated Fat <3g	15%
Trans Fat 0g	
Cholesterol <200mg	67%
Sodium <120mg	5%
Total Carbohydrate 20g	7%
Dietary Fibre >3g	12%
Sugars <10g	
Protein >10g	20%

Table B

Nutrition Facts	
Serving Size 1 Bar (50g)	
Amount Per Serving	
Calories 300	
% Daily Values*	
Total Fat <12g	18%
Saturated Fat <3g	15%
Trans Fat 0g	
Cholesterol <200mg	67%
Sodium <120mg	5%
Total Carbohydrate 30g	10%
Dietary Fibre >4g	16%
Sugars <12g	
Protein ≥ 25g	50%

Limit sugar intake. Added sugars may be listed as:

- Honey
- Molasses
- High Fructose Corn Syrup
- Malt Syrup
- Sugar Cane
- Cane Juice
- Corn Syrup
- Dextrose

How to make your own protein bar

Protein Bar #1

Ingredients (12 servings)

- 2 cups high fibre cereal
- ½ cup whole grain flour/chickpea flour
- 1 cup dried cranberries and raisins
- ½ cup peanut butter or nut butter
- ½ cup plain Greek yogurt
- 2/3 cup tofu (silken)
- 1 egg and 2 egg whites
- ¼ cup brown sugar

Directions: Preheat oven to 375 F. Combine all ingredients into one bowl, mix and pour into 8X8 inch pan. Bake for 25-30 minutes and let cool. Try adding psyllium husk to increase fibre content. Also, try choosing whole food protein sources before choosing protein powders, as many of us can meet our protein requirements through diet alone.

Nutrition	
Cal	201
Pro	10 g
Fat	6 g
Fibre	4 g



Protein Bar #2

Ingredients (16 servings)

- 1 1/2 cup rolled oats
- 1 cup almonds crushed
- 1/2 cup dried blueberries
- 1/2 cup pistachios
- 1/3 cup ground flaxseed
- 1/3 cup walnuts
- 1/3 cup pumpkin seeds
- 1/4 cup sunflower seeds
- 1/3 cup syrup or honey
- 1/4 cup applesauce
- 1 cup nut butter

Directions: Combine the first 8 ingredients in a bowl and mix. Next add syrup, applesauce and nut butter and mix. Pour mixture into 8X8 inch plan and refridgerate for 4 hours and serve. Try adding dried fruit or coconut flakes for flavour or skim milk powder for extra protein.

Nutrition	
Cal	232
Pro	9 g
Fibre	4 g
Sugar	5 g