

# Nutritional Bars

Nutritional bars are a compact source of energy, supplying carbohydrate and protein in a solid form. They can be used as an energy or carbohydrate supplement. Nutritional bars are a more concentrated form of carbohydrate

than sports drinks and provide a substantial fuel boost when consumed during or after exercise. They are usually low in fat and fibre and often fortified with a variety of vitamins and minerals. They are portable, non-perishable and an easily prepared meal or snack, which is useful for a travelling athlete who has minimal facilities for food preparation/storage.

They are particularly beneficial for athletes with high energy requirements, and in post-exercise recovery. However, nutritional bars are often overused, leading to inappropriate replacement of whole foods. They are more expensive than whole foods and should be used for the specific conditions to which they are most suited rather than as a general snack. Food sources should always be considered as the first option for meals and snacks, and fluid needs should also be considered during and after exercise.

Nutritional bars are also useful as snacks that are quick to consume, full of energy and nutrients, and easy to carry. With any nutritional product it is important to study the food label to check the ingredients and nutrients to ensure you are not just consuming a food high in fat and sugar. Nutritional products should be high in complex carbohydrates and low in fat and simple sugars.

## Lean Rump Steak

Nutrition Facts		
1	small (70g)	
(What's CD) CD: ☆☆		
Calories 124 (Kilojoules 518)		
		% Daily Value
Total Fat	3.9 g	6%
Saturated Fat	1.4 g	7%
Cholesterol	53 mg	18%
Sodium	30 mg	1%
Carbohydrate	0 g	0%
Sugars	0 g	
Dietary Fibre	0 g	0%
Protein	22 g	
Potassium	241.5 mg	

## Protein Bar

Nutrition Facts		
1	bar (100g)	
(What's CD) CD: ☆☆		
Calories 371 (Kilojoules 1550)		
		% Daily Value
Total Fat	12.9 g	20%
Saturated Fat	5.7 g	29%
Cholesterol	-	0%
Sodium	145 mg	6%
Carbohydrate	4.1 g	1%
Sugars	3.1 g	
Dietary Fibre	0.9 g	4%
Protein	45 g	

## PEEL Paragraph

**Compare the nutritional benefits of natural protein based foods (e.g. lean red meat) over meal replacement bars (e.g. protein bars).**

**Answer this question using PEEL.**

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