



Sports Bar Synopsis; Protein, Fat and Carbohydrate Fun

Eating What Is Right for You!

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Sports Bar Synopsis

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Evaluating Sports Bars

- Taste
- Nutritional Content
- Grams of CHO
- Grams of Protein
- Percent of Calories from Fat
- Vitamins, Minerals and Anti-oxidants
- Common Allergens

Labeling Allergens

- **2004:** The Food Allergen Labeling & Consumer Protection Act of 2004 passed. Manufacturers must plainly list the most common allergens starting January 1, 2006.
- milk
- eggs
- fish, crustaceans
shellfish
- tree nuts, peanuts
- wheat
- soybeans

Nutrition Facts

Serving Size (55g)

Amount Per Serving

Calories 189

Calories from Fat 8

% Daily Value*

Fat - Total 1g **1%**

Saturated Fat 0g **1%**

Trans Fatty Acids 0g **--%**

Cholesterol 0mg **0%**

Sodium 4mg **0%**

Carbohydrates 45g **15%**

Dietary Fiber 6g **18%**

Sugar 11g **--%**

Protein 6g **13%**

Vitamin A 25%

Vitamin C 25%

Calcium 2%

Iron 25%

The Workshop:

- Will conclude with a Taste Test for several bars
- And
- A fill-in-the-blank for the sample bars supporting your nutritional needs.
- Focus on carbohydrate management:
- Two hours before (the last meal)
- Just prior (when you need just a little boost)
- Recovery meals (ASAP after exercise)

Sports Bars

- Your Carbohydrate Needs Around the Exercise
- Based on Your Body Weight
- Calculate:
 - 0.91 gm carbs per pound (2 hours before)
 - 0.45 gm carbs per pound (right before)
 - 0.74 gm carbs per pound (recovery meal)
 - Also combined with 0.26gm of protein/lb

Sports Bars

- What you have on your info sheet
- We have filled-in the name of the sports bar:
- grams of CHO:
 - % of Calories from Fat:
- grams of protein:
 - Protein:Carb ratio
- grams of SFA:
 - % of Calories from SFA:

Sports Bars

- What else you have on your info sheet
- Total Calories
- Level of fortification
- Common Allergens:
 - milk - eggs - fish, crustaceans, shellfish - tree nuts, peanuts - wheat - soybeans

Sports Bars

- You will fill in your answer to the question, “Can you eat the bar?”
- How many bars would you need to eat to supply:
 - 0.45 gm per pound (right before)
 - 0.74 gm per pound (recovery meal)
 - 0.91 gm per pound (2 hours before)

How many Bars?

- Take the grams of carbohydrate you want to eat.
- Then divide by the number of grams of carbohydrate you get in one sports bar
- That is the number of bars you must eat to meet the nutritional need
- Determine this number for 2 hours before, just before and after the exercise.

Optimal Nutrition Prior to the Exercise

- Carbohydrate intake is key, and the recommendation is 0.91gm carbs per pound 2 hours before the exercise.
- It takes 2 hours for the digestion, absorption and assimilation of the meal to be complete.
- This is a reasonable amount of food to consume in a single meal.

Optimal Nutrition Prior to the Exercise

- When designing this meal, it should be low in fat (<25% of calories provided from fat and no greater than a protein to carbohydrate ratio of 1:4 grams).

Optimal Nutrition Prior to the Exercise

- The result of consuming this meal is to make sure liver glycogen stores are adequate to insure blood sugar stability.
- Time to exhaustion and total amount of work is improved, free fatty acid levels in the blood are higher, and less reliance on muscle glycogen (sparing) also results from the pre-meal feeding.

Recovery Nutrition

- Post exercise meals should provide 0.74 grams of CHO per pound of body weight and 0.26 grams of protein per pound of body weight.
- One meal should be consumed immediately after exercise.

What can a Sport Bar do now?

- If exhaustive exercise was done (more than 1.5 hours of high intensity) a second recovery meal needs to be consumed two hours later.
- You are looking at a sports bar that can provide a 1:3 ratio of Protein to CHO

In Summary

- Some are not too tasty
- Pricy
- The bigger you are the more you need to eat.
- One needs a lot of bars to recover
- Read the ingredients for allergens

Did you get all of that?

- What else would be interesting to know?

