



ON THE MENU: PRE-WORKOUT BARS

THE NUTRITION

The "perfect" pre-workout bar is one that contains 20-40 grams of carbohydrate, <5 grams of protein and <4 grams of fat.

It's high in carbohydrates for fuel, low in protein (protein is an inefficient fuel source), and has a minimal amount of fat, which slows digestion.

Check out below for RD-approved pre-workout bar brands.

RECOMMENDED BRANDS:

PRESSED BY KIND



Nutrition information per bar:

150 calories,
23 grams carbohydrates,
3 grams protein,
5 grams fat,
2 grams fiber,
6 grams sugar (6g added)

WHOLE WHEAT FIG BAR



Nutrition information per bar:

130 calories,
31 grams carbohydrates,
1 grams protein,
0.5 grams fat,
3 grams fiber,
21 grams sugar (0g added)

KIND HEALTHY GRAINS



Nutrition information per bar:

110 calories,
20 grams carbohydrates,
2 grams protein,
2.5 grams fat,
2 grams fiber,
10 grams sugar