RDDKICCHENONOONEFEBRUARY 2018NUTRITION

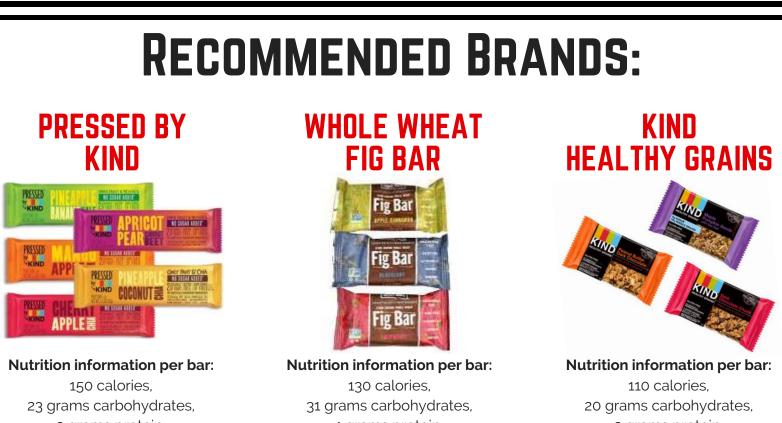
"ON THE MENU: **PRE-WORKOUT BARS**

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.



23 grams carbohydrates, 3 grams protein, 5 grams fat, 2 grams fiber, 6 grams sugar (6g added) Iutrition information per ba 130 calories, 31 grams carbohydrates, 1 grams protein, 0.5 grams fat, 3 grams fiber, 21 grams sugar (0g added)

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