

RD KITCHEN

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ONE*on***ONE**
NUTRITION

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ON THE MENU: POST-WORKOUT BARS

THE NUTRITION

Proper post-workout nutrition requires the following:

- > **Carbohydrates:** to replace muscle glycogen and replenish energy stores.
- > **Protein:** to aid in protein synthesis and rebuild muscle.

It is best to consume a meal or snack **within 30-45 minutes:** this is when your muscles are primed to accept these nutrients and stimulate muscle repair, growth, and strength.

The "perfect" post-workout bar is one that contains **20-40 grams of carbohydrate, 10-20 grams of protein, and <7 grams of fat.**

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

RECOMMENDED BRANDS:

OATMEGA



Nutrition information per bar:

200 calories,
22 grams carbohydrates,
14 grams protein,
7 grams fat,
7 grams fiber,
5 grams sugar

ZONE PERFECT



Nutrition information per bar:

210 calories,
24 grams carbohydrates,
14 grams protein,
7 grams fat,
3 grams fiber,
15 grams sugar

THINK THIN PROTEIN & FIBER



Nutrition information per bar:

150 calories,
19 grams carbohydrates,
10 grams protein,
5 grams fat,
5 grams fiber,
5 grams sugar