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Body Positive Discussion: NAVIGATING RELATIONSHIPS
2/14 @ 5-6PM • UA Campus Health (3rd Flr, SW corner Rm B307)
FREE! More info: bodysmart.arizona.edu

The Best of the Bars

You're on campus and want to grab a snack bar before heading to class. You want to make the healthiest choice but there's no time to look at food labels or Google "healthiest snack bars," so you grab the one that looks tastiest before rushing off.

With so many snack bars available, it can be tough trying to figure out which are best. Many people compare snack bars by looking at how many calories and/or grams of sugar and protein are listed on the food label. Many people think "less sugar + higher protein = healthy!" While that's not a bad way of comparing snack bars, another way is to look at the bar's list of ingredients. In general, a healthier bar will contain a short list of ingredients that you are familiar with. Ingredients are listed on products in descending order, with the first ingredients listed being the most prevalent by weight. Your best bet is to choose a bar with either a source of protein (nuts, seeds, protein blend, soy, etc.), whole grain (oats, brown rice, bran, millet, etc.), or fruit (dates, raisins, dried fruit, etc.) as one of the first ingredients, and sugar (or terms for sugar like syrup, honey, fructose,

maltodextrin, sucrose) further down the list. The best bar to choose will also depend on how hungry you are, when you'll be eating your next meal, and what you're using it for. A bar higher in protein may be more useful as a pre/post workout snack or in cases when you're hungry and your next meal isn't for a few hours. Bars higher in carbohydrates are best when you need an extra boost of energy (i.e. before a test, during a study session, before a workout, or during sustained activity like a hike or day of competition).

Because it can be time consuming comparing food labels, we've done the work for you! Here's our list of some healthy bars you can find on campus:

- Best Bar Ever
- CHAMP
- Clif
- Fig Bar
- Goodness Knows
- Kind
- Larabar
- Luna
- Nature Valley Protein
- Nothin' But
- NuGo Fiber d'lish
- NuGo Slim
- Oatmega
- Pure
- Quest
- Raw Rev Glo
- Raw Rev Organic
- RBar
- Rise
- Skout
- That's it.
- ThinkThin



CAMPUS HEALTH

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Food and nutrition services (including healthy eating, cooking skills, weight management, digestive problems, hormonal and cardiovascular diseases, and eating disorders) are offered year-round at Campus Health. Call (520) 621-6483 to make an appointment.