

# Step Up to the Bar

Energy bars are convenient and tasty (well, usually). But you *can* eat too much of a good thing. Here's the right way to indulge. **By Keri Glassman**

**T**here is no substitute for real, healthy food. But since it's not always possible to have a yogurt, a slice of low-fat cheese or a handful of almonds as a snack at the turn, an energy or protein bar is an appetizing option—and it's more nutrient dense than, say, a bag of pretzels. Yet with the myriad types and claims, choosing the right bar can be as tough as choosing the right putter.

All bars have one thing in common: calories. They provide the energy to keep you going on the golf course. Extra calories, however, equal fat that may eventually be stored on your hips. In other words, don't abuse energy bars just because they're easy and tasty.

Think portion control. Look for a bar that has around 200 calories. Three hundred calories is not a snack, it's a small meal. (Higher-calorie bars are fine for men, who have greater energy requirements.) The bar should have at least three grams of fiber, the more the better (fiber helps maintain optimum blood-sugar levels). You need at least five grams of protein, which helps keep you feeling full and repairs muscles. Try to limit the carbohydrates; you need just enough to give you extra energy—at least 15 grams but not more than 30. Sugar is included under the total carbs number on the nutrition label; look for a number no higher than 15 grams. Here's how a few popular brands stack up. □

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**BALANCE BAR GOLD**

**FLAVOR:** Caramel Nut Blast  
**SIZE:** 1.76 oz.  
**CALORIES:** 210 **FAT:** 7g  
**TOTAL CARBS:** 22g  
**SUGARS:** 13g  
**PROTEIN:** 15g **FIBER:** 1g

**GENISOY**

**FLAVOR:** Ultimate Chocolate Fudge Brownie  
**SIZE:** 2.2 oz.  
**CALORIES:** 240 **FAT:** 5g  
**TOTAL CARBS:** 35g  
**SUGARS:** 22g  
**PROTEIN:** 14g **FIBER:** 2g

**GLENNY'S SLIM CARB BIG CRUNCH BAR**

**FLAVOR:** Berry Blast  
**SIZE:** 1.31 oz.  
**CALORIES:** 130 **FAT:** 2.5g  
**TOTAL CARBS:** 19g  
**SUGARS:** 2g  
**PROTEIN:** 12g **FIBER:** 1g

**CLIF BAR**

**FLAVOR:** Chocolate Chip Peanut Crunch  
**SIZE:** 2.4 oz.  
**CALORIES:** 250 **FAT:** 6g  
**TOTAL CARBS:** 43g  
**SUGARS:** 20g  
**PROTEIN:** 11g **FIBER:** 5g

**PURE PROTEIN**

**FLAVOR:** Country Blueberry Pie  
**SIZE:** 2.75 oz.  
**CALORIES:** 290 **FAT:** 8g  
**TOTAL CARBS:** 29g  
**SUGARS:** 2g  
**PROTEIN:** 30g **FIBER:** 0g

**LUNA**

**FLAVOR:** Iced Oatmeal Raisin  
**SIZE:** 1.69 oz.  
**CALORIES:** 170 **FAT:** 4g  
**TOTAL CARBS:** 27g  
**SUGARS:** 10g  
**PROTEIN:** 10g **FIBER:** 3g

**POWERBAR PRIA**

**FLAVOR:** Chocolate Peanut Butter Crisp  
**SIZE:** 1.58 oz.  
**CALORIES:** 170 **FAT:** 6g  
**TOTAL CARBS:** 22g  
**SUGARS:** 7g  
**PROTEIN:** 11g **FIBER:** 5g

**POWERBAR PERFORMANCE**

**FLAVOR:** Peanut Butter  
**SIZE:** 2.29 oz.  
**CALORIES:** 240 **FAT:** 3.5g  
**TOTAL CARBS:** 45g  
**SUGARS:** 16g  
**PROTEIN:** 10g **FIBER:** 3g