

# Healing

## *lifestyles & spas*

magazine

Featuring: Go Macro

THE NEXT GENERATION OF



## Energy Bars

*Energy bars have grown up; we're seeing the next generation of bars fill not just one shelf, but rows of shelves at health food stores, specialty markets, mega-grocery stores, even the spa or gym. While some of the originals were tough to chew, others were little better than candy filled with processed sweeteners like high fructose corn syrup and unpronounceable ingredients, the newest crop of options are sweetened with fruit, rice syrup, agave nectar, raw honey, or unrefined cane sugar. A variety of bars have a low glycemic index, which means that instead of causing blood sugar spikes, they are absorbed slowly. Bars can be found free of common allergens. And new bars include varieties that are macrobiotic, dairy-free or organic, and are even packed with health-promoting probiotics or essential fatty acids. Best of all, the ingredient lists are recognizable and the creative combinations taste great.*

### Macrobiotic Mania

**Go Macro** was founded by a mother-and-daughter team who began marketing their own macrobiotic recipes. Brown rice protein and the rice syrup sweetener are the base of the bar rooted in

macrobiotic principles of a whole-grain diet.  
[www.macrotreats.com](http://www.macrotreats.com)

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