

# ATHLON

## SPORTS & LIFE

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**GREEN LIGHT**

**Kyrie Irving**  
& the new-look Celtics are ready to GO

"Bye, LeBron!  
Hello, Boston!"

Plus  
2017-18 NBA Preview  
Protein Bar Taste-Off  
Freshman Phenom Michael Porter Jr.

### Eat Like A FAN

## PROTEIN BAR

Protein bars are a handy snack in an on-the-go world. But with so many varieties, it's hard to determine which are the tastiest and healthiest. So we tried dozens to find our favorites. We also spoke with Nancy Clark, a registered dietitian and specialist in sports dietetics who has served as a nutritional consultant to the NBA's Boston Celtics. Clark has a simple rule for determining daily protein: "Take your body weight and divide it in half," Clark says. "You want 0.5-0.8 grams of protein per pound." And, as with most things, timing is crucial. The sooner you give [your muscles] the tools they need to refuel and repair, the quicker your recovery will be," she says. But in the end, it's really about personal preference. "The ideal protein bar is a bar that tastes good and you enjoy," Clark says.

#### BERRY BLISS RXBAR

**Mixed Berry**  
RXBAR puts all their ingredients on the front of the package, ensuring there's no "bad stuff." The three egg whites provide an ample 12g of protein, and the Mixed Berry variety has real fruit for a slightly sweet taste.



#### BREAKFAST POWER UP

**GoMacro Banana + Almond Butter**  
This vegan bar tastes just like banana bread, and is a delicious way to end a morning workout — with 10g of an organic protein blend, including organic sprouted brown rice and organic pea protein.



## TASTE-OFF

By Samantha Coley

#### SUPERSIZE SNACK

**Nature Valley XL Protein Mixed Nut**  
Reach for this giant snack when you're in the mood for some crunch. The Mixed Nut flavor jans peanuts, almonds, sunflower and pumpkin seeds into one bar and boasts 15g of protein.

#### CAYENNE CRAVING

**KIND Sweet Cayenne BBQ**  
If you have had your share of overly sweet protein bars, try the KIND Sweet and Spicy Bars. Packed with real nuts, seeds and 10g of plant-based protein, the unique flavor is addictive.



#### DELIGHTFUL DESSERT

**FitJoy Grandma's Lemon Square**  
Enjoy the flavor of the classic dessert from Grandma's house, all while getting 20g of protein. As an added bonus, it's gluten-free, GMO-free and doesn't have any artificial ingredients.

#### PUMPKIN PRIZE

**Health Warrior Dark Chocolate Pumpkin Seed**  
The soft and chewy texture of this pumpkin seed bar has us hooked. The crunchy pumpkin seeds provide 8g of plant-based protein and the dark chocolate satisfies a sweet tooth without sending you into a sugar coma.



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