

Protein Bars, Bites and More

NEED SOMETHING FOR ENERGY? OR TO CARRY YOU THROUGH THE AFTERNOON? THESE HEALTHY SNACKS ARE CHOCK-FULL OF PROTEIN TO KEEP YOU FULL LONGER.

BY REBECCA HEATON

HOW MUCH PROTEIN DO YOU NEED?

The USDA recommended daily allowance (RDA) for protein is specific to both your age and gender. In general, adult women need 46 grams/day, and adult men need 56 grams/day. Here's how to calculate your specific RDA:

1. Weigh yourself.
2. Convert your weight from pounds to kilograms. There are 2.2 pounds per 1 kilogram. So if you weigh 150, divide 150 by 2.2 to get 68 kilograms. (Or type "pounds to kg" into your search engine, and use the conversion calculator that pops up.)
3. The RDA is 0.8 grams of protein per kilogram of body weight. Endurance athletes such as runners and cyclists require 1.2-1.4 g/kg, while strength-training athletes need 1.6-1.7 g/kg.
4. So if you weigh 68 kilograms, your RDA is 54.4 grams/day. If you are active, you'll need more.

Here are some of our favorite snacks, each with a healthy dose of protein.

GoMacro Macrobar - Protein Purity Sunflower Butter + Chocolate

Certified-organic, raw and gluten-free,

this bar is full of flavors, from

sunflower-seed butter to sprouted flax,

natural vanilla, cinnamon, a sprouted

brown rice and pea protein blend, and chunks of organic fair-trade chocolate.

Our reviewers say: "Love the flavors and texture; so many healthy ingredients."

SERVING: 1 bar | Calories: 260 | Fat: 8g | Sugars: 9g | Sodium: 80mg | Fiber 3g |

Protein: 10g



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