

Women's Health

The 12 Best Energy Bars Of 2020, According To Nutritionists

Always have one handy.



Whether you're heading out for a hike or outdoor workout, or are an essential worker trying to make it through your shift, you're going to need some grab-and-go snacks to fuel your day.

Enter the energy bar. Note: They're not the same thing as a protein bar, explains Acacia Wright, RD, CD. Energy bars are designed for athletes to replenish calories they've burned, she says, and are

typically higher in carbs. "Carbohydrates are absorbed faster than protein and fats, making them an ideal energy source for fueling endurance activities," Wright says. Protein bars usually have a lower carb count and pack more (you guessed it) protein.

Aja Gyimah, MHS, RD, owner of Compete Nutrition, recommends reaching for an energy bar if you don't have a whole food snack handy, like berries or nuts. Choose energy bars made with nuts, oats, dried fruits, and whey protein isolate to keep you full. Protein crushes hunger, so look for a bar that contains at least 5 grams of protein for around 100 to 200 calories. Avoid hydrogenated oils (aka trans fats) and bars with more than 10 grams of added sugar—otherwise, you might as well be eating a candy bar. Make sure you check the caffeine content before you bite: "Many energy bars contain caffeine, and it's important to know that before you grab an energy bar to eat with your morning coffee," adds Gyimah.

Here are the best energy bar brands that should be on your radar, and in your gym bag.

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GoMacro MacroBar Sunflower Butter + Chocolate Organic Vegan Protein Bars

For people with dietary restrictions, GoMacro is a great option. The bars are vegan, gluten-free and dairy-free.

"They even have low FODMAP snacks for those with digestive issues like IBS," Gyimah says. "Their bars are made from mainly whole ingredients that are sustainably and ethically sourced."

Per serving: 270 calories, 9 g fat (1 g sat), 38 g carbs, 11 g sugar, 25 mg sodium, 3 g fiber, 10 g protein

