

NANCY CLARK'S LIST OF ENGINEERED SPORTS FOODS

This list does not represent an endorsement of each product. It only lists the specific characteristics of several types of products.

Always double-check the labels since product formulations and flavors may change.

SPORTS DRINKS

With sodium (and perhaps other electrolytes):

Gatorade, PowerAde, Edge Energy, Hydro-Boom!, GU2O, CytoMax

All natural without dye/food coloring:

Carb BOOM! Electrolyte Sports Drink, First Endurance EFS, Clif Quench, Hammer Nutrition HEED, Recharge, Title Run Sports Drink, Coconut Water

Extra sodium (Good idea if you plan to exercise for >2 hours in the heat):

Gatorade Endurance, PowerBar Endurance, E-Fuel, First Endurance EFS, Clif Shot Electrolyte Drink, E-Load, Hydro Pro Cooler, Motor Tabs, Gu Brew Electrolyte

Added "buffers": Cytomax, Perpetuem, Revenge Sport

Extra carbs: Perpetuem, Carbo-Pro

Added protein (May reduce post-exercise muscle soreness);

Amino Vital, Perpetuem, Accelerade, Revenge Pro

Sports drinks for dieters (i.e., lower calorie):

G2, PowerAde Option, Title Run Sports Drink, Ultima Replenisher, Xtra LowOz, Propel, Nuun

GELS

(Test with these during training. They can taste very sweet and are common contributors to diarrhea)

Gu, Carb-BOOM!, Clif Shot, Honey Stinger (all natural)

Extra sodium: PowerBar Gel, Crank Sports e-Gel, EFS Liquid Shot

Added protein: Accel Gel, Endless edge, Hammer Gel, EFS Liquid Shot

Added caffeine: GU Espresso Love, Clif Shot Mocha, Cola, Strawberry, Citrus, and Cherry (FYI – Flavors tend to have varied availability based on promotions, etc.)

Carb-BOOM Chocolate Cherry, Hammer Gel Espresso, PowerBar Gel Double Latte, Tangerine, Chocolate, Green Apple and Strawberry-banana; Honey Stinger Ginsting and Strawberry

Added extras: EAS Energy Gel (taurine)

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ENDURANCE FOOD

Jelly Belly Sports Beans, Clif Shot Bloks, Carb BOOM! Energy Chews, Sharkies, SPIZ, FRS Healthy Energy Chews (with caffeine)

RECOVERY DRINKS (Carbs with a little protein)

Amino Vital, EAS Endurathon, Perpetuem, PowerBar Recovery Drinks, Recoverite, Go Energy Drink, Endurox R4, Gatorade Nutrition Shake, Hormel's Great Shake, GNC's Distance, Clif Shot Recovery Drink, First Endurance Ultragen, Gu Brew Recovery

ENERGY BARS (should be eaten for extra energy, not for a meal replacement):

All natural/organic (have no added vitamins or minerals):

Clif Nectar, Clif Mojo, Larabar, Optimum, TrailMix HoneyBar, Odwalla Bar, PowerBar Nut Naturals, KIND Bars, Zing Bars, NRG-Bar, Honey Stinger Bars, Kashi Bars, Peak Energy, Perfect 10, Gnu Bar, Raw Revolution Bar, Olympic Granola Bar, Pure Bar

Grocery-store bars: Nature Valley Granola Bar, Quaker Chewy Bars, Nutri-Grain Bar, Fig Newtons

Dairy-free: Clif Nectar, Pure Fit, Perfect 10, Larabar, Clif Builder's Bar, AllerEnergy Bar, Soy Rocks Bar, Olympic Granola Bar

Gluten-free: Larabar, Perfect 10, Elev8Me, Hammer Bar, Clif Nectar, EnvirKids Rice Cereal Bar; Omega Smart Bars, Odwalla Bar, Clif Builder's Bar , Extend Bar, Zing Bar, BoraBora Bar, Wings of Nature Bar

Kosher: Pure Fit, Larabar, Extend Bar

Peanut-free: Soy Rocks, AllerEnergy bar, Larabar (has other nuts)

Soy-free: Larabar, Perfect 10 Natural Energy, Clif Nectar, KIND Bar, Bumble Bar, NRG-Bar, AllerEnergy Bar, Zing Bar

Nut-free: AllerEnergy Bars, Metaballs

Fructose-free: JayBar

Vegan: Pure Fit, Lara Bar, Hammer Bar, Vega Whole Food Raw Energy Bar, Clif Builder's Bar, Perfect 10, Soy Rocks Bars

Women's bars (fewer calories; soy, calcium, iron and folic acid):PowerBar Pria, Amino Vital Fit, Luna Bar, Balance Oasis

Raw bar: Raw Revolution, Pure Bar

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Low fiber: Balance Bar

Bars with caffeine: Peak Energy Plus

40-30-30 Bars: Balance Bar, ZonePerfect

Vitamin & protein-pumped candy bar: Marathon Bar; Detour Bar

Recovery bar (4:1 carb:pro ratio): PowerBar Performance

PROTEIN BARS (Your choice of soy, whey, egg, or blended protein source):
PowerBar ProteinPlus, EAS Myoplex Delux, High 5 Protein Bar, Maximuscle Promax Meal, USN Pure Protein, Atkins Advantage, Tri-O-Plex, Clif Builder's Bar, Detour Bar, Honey Stinger Protein Bar

MEAL REPLACEMENT BARS (offers 10-15 g protein, fiber, some fat, vitamins, minerals-but not really enough calories for a whole meal):
Kashi Go Lean Bar , Balance Satisfaction, MetRx Mr. Big, MET-Rx Big 100 Colossal

List compiled and provided courtesy of:

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