

# ENERGY BARS

Sports nutrition companies can be guilty of producing optimum nutrition at the sacrifice of the taste. But can this quintet combine science and flavour?

**1**  
**SIS GO** (GO Apple and Blackcurrant)  
£1.20 [www.scienceinsport.com](http://www.scienceinsport.com)

**D**escribed as a 'chewy fruit and cereal bar', each 65g bar delivers a very useful 44g of carbohydrate. Even better, the majority (60%) of this is of the slower-releasing variety, coming courtesy of cereals, such as rice, maize and oats with the remainder from fruit sources like raisins, grape and apple juice. Another bonus is the low fat content – just 1.9g per 100g – which makes it light on the stomach and easily digested. And while there's no added vitamin/mineral blend, there are no artificial additives, either, and the natural ingredients supply useful amounts of fibre, too. The GO bar may not boast ultra-high tech ingredients but the moderately sweet taste balances well with the tanginess of the fruit. The consistency is moist and chewy, and at £28.80 for a box of 24 (£1.20 per bar), SiS's GO is great value for money. Other flavours in the range include chewy banana, tropical fruit, chocolate and orange, and cherry vanilla.

**VERDICT**  
Not the most delicious on test but a great carb blend and good value

**220 Triathlon** **85 %**

**2**  
**SPONSER** (Cranberry)  
£1.50 [www.sponseruk.com](http://www.sponseruk.com)

**S**wiss brand Sponser's Energy Plus bar claims to be as much about recovery as energy on the go. Made from a cereal blend of oat flakes, cereal crisps (wheat and rice) with added glucose and fructose sugars, this energy bar also contains added soy protein kernels, whey protein isolate and protein hydrolysate for readily available, quick-releasing protein. In addition, there's a sprinkling of added minerals and healthy soluble fibre. But less promising is the relatively high fat content at 14g per 100g. Taste wise, the cranberry version is the only flavour available, and is sweet and quite rich, with cherry rather than cranberry overtones – very Bakewell tart, in fact! The texture's pleasant but very crumbly and quite oily, too – no doubt as a result of the high fat content. Overall, it's a decent enough product but, at £1.50 for a 40g bar, it faces some stiff competition.

**VERDICT**  
High-tech formulation fails to make up for a disappointingly sweet bar

**220 Triathlon** **70 %**

**3**  
**CLIF BAR** (Chocolate Almond Fudge)  
£1.39 [www.clifbar.co.uk](http://www.clifbar.co.uk)

**T**his bar comprises rice syrup and flour, organic soybeans and rolled oats, with each supplying 42g of muscle-fuelling carbs (of which 23g are sugars), useful amounts of protein (10g) and fibre (5g), and 240 calories. In addition, they are fortified with a vitamin/mineral blend, helping to make it as nutritionally complete as possible. At 6g per bar, the fat content is low and includes no nasty 'trans-fats'. Moreover, the bar is Kosher, dairy-free and vegan friendly, and Clif also donate sales to environmental protection organisations. Of course, no amount of fancy ingredients can substitute for a good taste and the Clif bar doesn't disappoint. It's natural, chocolaty and nutty but not overly sweet. The texture is good, too – solid enough to bite into without being too chewy. Add in the fair price for what's a substantial serving and you have a cracking bar. Also comes in blueberry crisp, chocolate chip, crunchy peanut butter, oatmeal raisin walnut and white chocolate macadamia.

**VERDICT**  
Not the lightest on the tummy, but good ingredients and superb taste

**220 Triathlon** **85 %**

**4**  
**HIGH5** (EnergyBar Wild Berry)  
£1.19 [www.highfive.co.uk](http://www.highfive.co.uk)

**R**ather like the SiS GO bar, High5's Energy Bar is formulated with a mixture of pure fruits and cereal (oats, rice flour and puffed rice), providing both simple and complex carbohydrates. Indeed, the fruit content is high enough for each bar to count as one of your 'five-a-day'. Each 60g bar delivers 42g of carbs with just over half coming from sugars and the remainder from complex carbs. Fat content is low at 4.2g per 100g and the majority of this comes from a type of coconut oil, which is rich in MCTs – special oils that are easily converted to energy. When it comes to taste, the EnergyBar is a bit more 'doughy', with a rather smoother texture than some tested here. But this doesn't detract, as its consistency is moist and easy to chew. Even better, the taste is genuinely fruity with the perfect amount of sweetness and a strong taste of berries. At £29.75 for a box of 25 it's also competitively priced. Other flavours available include peanut, coconut and banana.

**VERDICT**  
Good ingredients, nice texture and great taste – what's not to like?!

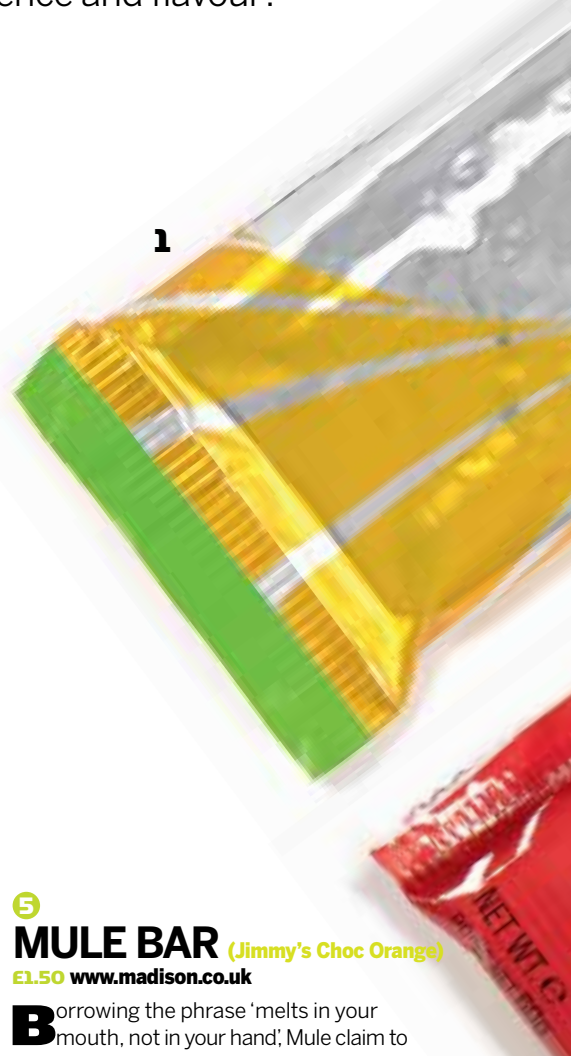
**220 Triathlon** **88 %**

**5**  
**MULE BAR** (Jimmy's Choc Orange)  
£1.50 [www.madison.co.uk](http://www.madison.co.uk)

**B**orrowing the phrase 'melts in your mouth, not in your hand', Mule claim to offer a 'real food' snack made from natural and organic ingredients, which are easily and rapidly digested. These include rice syrup, raisins, mixed fruit peel and rice crisps. Each 56g bar supplies 38.6g of carbohydrate, of which two thirds come from simple sugars and the remaining third from complex carbs. Fat content is low, while the natural fibre content is high at 4.8g per 100g. The chocolate orange flavour comes from real cocoa and natural orange flavour, while a minimum of 1% of sales goes to environmental organisations. The bar is moist, with a succulent consistency combined with the crispiness of the rice crisps. Unlike a lot of chocolate-flavoured products it's light on the tummy, but the high asking price of £17.99 for 12 (£1.50 per 56g bar) means there's tough competition from cheaper bars. Comes in a wide range of interesting flavours, from apple strudel to pinacolada.

**VERDICT**  
A natural formula with great texture but they are somewhat pricey

**220 Triathlon** **81 %**







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