



AIS SPORTS SUPPLEMENT PROGRAM FACT SHEET

Sports Bars

Supplement Overview

- Composition: Compact source of carbohydrate and protein in a bar form. Low in fat and fibre. Some are fortified with micronutrients (typically containing 25-50% NRV of various vitamins and minerals per bar).
- Sports bars are a more concentrated form of carbohydrate than sports drinks and provide a substantial fuel boost when consumed during or after exercise.
- A solid form of carbohydrate intake may be useful to satisfy hunger during some forms of prolonged exercise (i.e. road cycling).
- Provides a compact and portable snack with balanced macronutrient content and a good source of micronutrients.
- Sports bars are more expensive than whole foods and should be used for the specific conditions to which they are most suited rather than as a general snack.

Supplement Profile

- Compact source of energy, supplying carbohydrate and protein in a solid form. Can be used as an energy or carbohydrate supplement
 - Carbohydrate supplement during prolonged training sessions, especially where solid food is appropriate and hunger may otherwise occur
 - Energy supplement for athletes with high energy requirements
 - Post-exercise recovery supplement supplying carbohydrate and some protein
 - Post-exercise recovery supplement for use between events or games in multi-event competition
- Compact, low-fibre source of carbohydrate
 - Useful as part of pre-event meal for athletes at high risk of gastrointestinal problems during exercise
 - Useful in making weight strategies as a low-residue snack
- Convenient, portable, non-perishable snack providing energy, a balance of carbohydrate and protein, and micronutrients
 - Portable snack for the athlete with a busy lifestyle
 - Useful for travelling athlete who has minimal facilities for food preparation/storage
 - Can be taken overseas without contravening customs regulations

Situations for Use in Sport

- Compact fuel source during endurance exercise sessions, especially when hunger is likely and/or it is impractical to take substantial supplies of food.
- Nutrient dense supplement providing energy and carbohydrate in a high-energy diet. Specifically for athletes undertaking a heavy training load, growth or aiming to increase muscle mass.
- Compact and portable source of carbohydrate, protein and other nutrients for post-exercise recovery. Ideal for use where appetite is suppressed following exercise, access to food is limited post-exercise or the athlete has minimal time to eat between exercise sessions.
- Low residue, carbohydrate rich pre-exercise snack.
- Low residue option for weight-making athletes to partially replace meals immediately before weigh-in (reduce weight of gastrointestinal contents).
- Portable and non-perishable food alternative for domestic or international; travel where food availability is limited.

FACT SHEET





Concerns Associated with Supplement Use

- Sports bars are often overused, leading to inappropriate replacement of whole foods and over-reliance on expensive alternatives. Food sources should always be considered as the first option for meals and snacks.
- Fluid needs should also be considered during and after exercise.
- Athletes should be encouraged to practice use and assess tolerance during training before using in the competition setting.

Last updated 3/1/07

FACT SHEET

