

# Cereal Bars

**Cereal bars will be a staple of most swimmers' kit bags and kitchen cupboards. But what role do they play in a healthy and performance diet?**

CEREAL BAR DO'S & DON'TS		
✓	<b>SNACKING BETWEEN MEALS</b>	A quick snack between meals can prevent you feeling too hungry and accidentally overeating at the next meal.
✗	<b>EASY TO OVEREAT</b>	Some are quite small and not very filling so avoid the appeal to eat 2-3 at once.
✓	<b>PRE-TRAINING SNACK</b>	Cereal bars tend to be high in carbohydrate so they are great at topping-up pre-training energy stores, aim to eat them 60-90min before training.
✗	<b>CHECK THE INGREDIENTS</b>	Generally, the fewer the ingredients the better. If you can't pronounce it then it might be better to avoid it!
✓	<b>POST-TRAINING SNACK</b>	Use the carbohydrate content to replenish your carbohydrate stores and pair them with a source of protein (milk, yoghurt, cold meat...) and fluids for complete recovery.
✗	<b>SUGAR WATCH</b>	Some cereal bars can contain A LOT of added sugar. A sugar content of >22.5g per 100g is considered high.


## WHAT TO LOOK FOR...

Oats are a great base for cereal bars

Be wary of bars that have added sugar in their top 2-3 ingredients

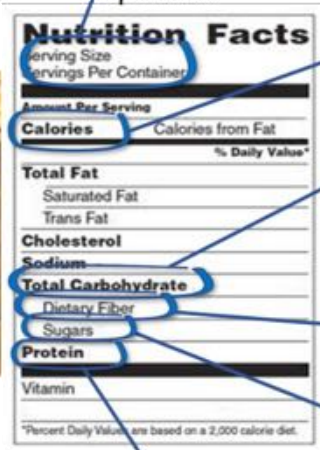
Be cautious with nuts and seeds – good for fats and fibre but they will raise the calorie content

Dried fruit provides carbohydrate for energy and fibre



Be aware of the different names for sugar e.g. *syrup, glucose, dextrose, honey, barley malt...*

Make sure the serving size is a realistic portion!



Keep an eye on the calorie content – some bars can contain as many as a small meal!

Carbohydrate will be the primary nutrient and provides energy for training

A higher fibre content (>3g) will be more filling

Keep high sugar bars for after training

Protein content will usually be low so pair the bar with some milk or yoghurt for a better recovery snack

# TOP 10 CEREAL BARS...



1	<b>Nakd Bars (all varieties)</b>	No added sugars or hidden extras. Great as a quick pre- or post-training snack.
2	<b>Trek Flapjacks</b>	A higher carbohydrate flapjack without too high a sugar content. Great as a snack between meals or recovery after harder training sessions.
3	<b>Kind Bars</b>	A high fibre and low sugar bar. Good as a snack or dessert option.
4	<b>Cliff Bars</b>	High in carbohydrate and sugar so best kept for pre-training as a fuelling snack or post-training as a recovery snack.
5	<b>Pulsin Raw Brownie</b>	A naturally sweetened high fibre brownie. Good for a chocolate treat.
6	<b>Get Buzzing Bars</b>	A high carbohydrate flapjack which is ideal to have around tough training sessions or competitions.
7	<b>Frusli Bars</b>	A simple low fat bar which is perfect as a snack during competition.
8	<b>Eat Natural Bars (all varieties)</b>	Minimally processed bars with no artificial flavours, colours or preservatives. Due to the nuts some of these can be quite high calorie so best saved for post-training or as a structured snack between meals.
9	<b>Get Fruity Bars</b>	Simple bars containing oats, fruit pieces and fruit juice. Perfect as a snack during competitions.
10	<b>Perkier Quinoa Bars</b>	A vegan bar with a strong vitamin and mineral content. Good as a snack between main meals.

## BEST AVOIDED

