

# POST-TRAINING SNACK OPTIONS

PRODUCT - BARS	PURPOSE	Kcal per serving	Carbohydrate per serving	Sugar per serving	Fat per serving	Protein per serving	Fibre	Cost per serving	Dietary suitability
 <p>Science in Sport Protein Bar</p>	Muscle recovery and protein synthesis. Also contains carbohydrate to restore glycogen	~220kcal	~21g	~18g	6.5g	20g	0.4-1.1g	£1.50-£2.50	Not suitable for vegetarians
 <p>Science in Sport Plant Protein</p>	Muscle recovery and protein synthesis	~265kcal	9.5g	3.1g	12.8g	20g	15.2g	£1.50-£2.50	Vegan
 <p>GetBuzzing bar</p>	<p>Protein bar – help muscle recovery</p> <p>Oat bar - restore glycogen</p>	<p>250-260kcal</p> <p>220-260kcal</p>	<p>21.5g</p> <p>41.2g</p>	<p>9.4g</p> <p>24.7g</p>	<p>10.2g</p> <p>8.3g</p>	<p>14g</p> <p>3.2g</p>	<p>8.1g</p> <p>2.7g</p>	<p>£1.90</p> <p>£1.00</p>	<p>Some gluten free varieties</p> <p>Suitable for vegetarians</p> <p>Nut free</p>
 <p>Grenade Carb Killa</p>	Low-sugar protein bar – aids muscle recovery and protein synthesis	218kcal	15-18g	1.5-1.9g	<10g	20-23g	6.6g	£1.25-£1.83	Not suitable for vegetarians
 <p>Nakd bars</p>	High carbohydrate to restore glycogen	120-140kcal	17-19.0g	16-18.0g	~5.0g	~3.0g	~2.0g	£0.63-0.85	Vegan and gluten free
 <p>Nature Valley Crunchy bar</p>	Carbohydrate to restore glycogen	192kcal	27.1g	11.9g	7.2g	3.4g	2.4g	£0.40	Suitable for vegetarians



*All of the supplements listed above are registered with the Informed-Sport programme which screens supplements for the presence of banned substances*



# POST-TRAINING RECOVERY DRINKS

PRODUCT - BEVERAGES	PURPOSE	Kcal per serving	Carbohydrate per serving	Sugar per serving	Fat per serving	Protein per serving	Fibre	Cost per serving	Dietary suitability
 Skimmed milk powder (250ml/25g serving)	Carbohydrate, protein and fluid for complete recovery	88kcal	12.75g	12.25g	0g	9g	<0.3g	£0.15	Suitable for vegetarians
 Soya milk (unsweetened, 250ml serving)	Vegan alternative to cows milk – source of protein to aid muscle recovery and protein synthesis	84kcal	0.8g	0.3g	4.8g	8.5g	2.0g	£0.34	Vegan
 Yazoo (200ml serve)	Flavoured milk drink – carbohydrate, protein and fluid for complete recovery	120-130kcal	19.2g	19.2g	2.4g	6g	0.0g	£0.33	Suitable for vegetarians
 Aria Skyr Pouring Yoghurt (200g serving)	Low-fat natural yoghurt drink – source of protein for muscle recovery and protein synthesis	94kcal	7.6g	7.6g	<1.0g	13.8g	0.0g	£0.40	Suitable for vegetarians
 SIS Whey Protein Shake	Muscle recovery and protein synthesis	113kcal	1.6g	0.9g	2.3g	22g	0.9g	£0.55	Suitable for vegetarians
 SIS Plant Protein Shake	Plant protein blend – muscle recovery and protein synthesis	97kcal	2.5g	1.0g	1.2g	20g	2.3g	£1.00	Vegan
 Healthspan Elite Whey Isolate	Muscle recovery and protein synthesis	135kcal	0.9g	0.9g	0.1g	33g	0.2g	£1.25	Not suitable for vegetarians
 Healthspan Elite Vegan Protein Blend	Plant protein blend – muscle recovery and protein synthesis	101kcal	1.2g	0.0g	1.5g	21g	0.8g	£0.93	Vegan



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