UVA Nutrition Services

UVA Digestive Health Center

Examples of Gluten Free Energy Bars

Product	Serving Size	One serving provides:	Flavors include:
Boomi Bar™ www.boomibar.com 1-800-440-6476	**1 bar (48g)**	230 calories, 23 g carb, 9g protein, 10 g fat (perfect pumpkin)	Almond Protein Plus, Apricot Cashew, Cashew Almond, Cashew Protein Plus, Healthy Hazel, Perfect Pumpkin, Maple Pecan, Fruit & Nut, Cranberry Apple, & more
Bora Bora™ Bar www.boraborafoods.com 1-888-552-8926	**1 bar (40 g)**	180 calories, 20 g carb, 5 g protein, 11 g fat (Tropical Sesame Cranberry)	Exotic Coconut Almond, Wild Pomegranate Pecan, Tropical Sesame Cranberry, Native Acai Walnut, Island Brazil Nut Almond, Tribal Cinnamon Oatmeal, Tiki Bluberry Flax, Hula Cacao Hazelnut, & more
Bumble Bar™ www.bumblebar.com 1-509-924-2080	**1 bar (40 g)**	210 calories, 14 g carb, 7 g protein, 15 g fat (original peanut)	Amazing Almond, Classic Cashew, Harvest Hazelnut, Mixed Nut Medley, Original Peanut, Awesome Apricot, Chai Almond, Chocolate Cherry, Lushus Lemon & more
KIND www.kindsnacks.com 1-212-616-3006	**1 bar (40 g)**	210 calories, 14 g carb, 7 g protien, 16 g fat (Nut Delight)	Cranberry Almond, Fruit & Nut Delight, Nut Delight, Apple Cinnamon & Pecan, Almond & Coconut, Walnut & Date, Peanut Butter & Strawberry, Fruit & Nuts in Yogurt, and more
Lara Bar® www.larabar.com 1-800-543-2147	**1 bar (48 g)**	200 calories, 30 g carb, 5 g protein, 8 g fat (Cherry Pie)	Apple Pie, Banana Bread, Blueberry Muffin, Carrot Cake, Cashew Cookie, Cherry Pie, Coconut Cream Pie, Ginger Snap, PB&J, & more
Jocolat www.larabar.com 1-800-543-2147	**1 bar (48 g)**	200 calories, 27 g carb, 4 g protein, 10 g fat (Chocolate)	Chocolate, Chocolate Coffee, Chocolate Hazelnut, Chocolate Mint
Organic Food Bar™ www.organicfoodbar.com 1-800-246-4685	**1 bar (68 g)**	300 calories, 34 g carb, 14 g protein, 14 g fat (Original)	Original, Vegan, Chocolate Chip, Omega-3 Flax, Active Greens, Active Greens Chocolate, Wild Blueberry, Cranberry, Protein & more
Prana Bar www.pranabars.com 1-800-440-6476	**1 bar (48 g)**	190 calories, 23 g carb, 5 g protein, 11 g fat (Apple Pie)	Apricot Goji, Apricot Pumpkin, Apple Pie, Cashew Almond, Coconut Acai, Pear Ginseng
Pure Fit™ Nutrition Bars www.purefit.com 1-866-PUREFIT (787-3348)	**1 bar (56.7g)**	220 calories, 26 g carb, 18 g protein, 6 g fat (Granola Crunch)	Granola Crunch, Chocolate Brownie, Almond Crunch, Peanut Butter Crunch, Berry Almond Crunch

Product	Serving Size	One serving provides:	Flavors include:
Soy Joy® www.soyjoy.com 1-888-676-9569	**1 bar (30 g)**	140 calories,17 g carb, 4 g protein, 6 g fat (Blueberry)	Pineapple, Banana, Blueberry, Strawberry, Berry, Mango Coconut, Apple Walnut
ThinkThin® Bars www.thinkproducts.com 1-866-98THINK (988-4465)	**1 bar (60 g)**	230 calories, 25 g carb,20 g protein, 8 g fat (Brownie Crunch Protein Bar)	Peanut Butter, Brownie Crunch, Chocolate Fudge, White Chocolate Chip, Lemon Cream Pie, Mixed Nuts, Chocolate Espresso, Tangerine Cremesicle & more
3Bar™ www.tri3bar.com 1-877-433-4836	**1 bar (52 g)**	210 calories, 25 g carb, 12 g protein, 7 g fat (Cocoa Crunch)	Blueberry Blast, Cocoa Crunch, Tropical Tri Bar

Examples of Gluten Free Gels

Product	Serving Size	One serving provides:	Flavors include:
GU Energy Gel www.GUenergy.com 1-510-527-4664	**1 pack (32 g)**	100 calories 25 g carb (Just Plain)	Vanilla Bean, Chocolate Outrage, Tri-Berry, Strawberry Banana, Mandarin Orange, Espresso Love, Lemon Sublime, Just Plain, Jet Blackberry & more
GU Roctane Ultra Endurance Gel www.GUenergy.com 1-510-527-4664	**1 pack (32 g)**	100 calories 25 g carb (Vanilla Orange)	Chocolate Raspberry, Blueberry Pomegranate, Vanilla Orange, Cherry Lime, Island Nectar, Pineapple
Hammer Gel www.hammernutrition.com 1-800-336-1977	**32.9 g**	90 calories 22 g carb (Banana)	Apple-Cinnamon, Banana, Chocolate, Espresso, Orange, Rasperry, Tropical, Vanilla, Montana Huckleberry
Jelly Belly®Sports Beans® www.sportsbeans.com 1-800-522-3267	**1 pack**	100 calories 24 g carb (Berry)	Berry, Fruit Punch, Lemon-Lime, Orange, Extreme Cherry, Extreme Watermelon
Powerbar® Energy Gel www.powerbar.com 1-800-58-POWER	**1 pack**	110 calories 27 g carb (Green Apple)	Green Apple, Raspberry Cream, Chololate, Double Latte, Kona Punch, Berry Blast, Tangerine, Vanilla, Strawberry Banana
Powerbar® Gel Blasts* www.powerbar.com 1-800-58-POWER ***note: contains glucose syrup made from wheat**	**1 pouch (60 g)**	190 calories 45 g carb (Lemon)	Lemon, Cola, Raspberry, Strawberry Banana
Sharkies® Chews www.sharkiesinc.com 1-877-666-5377	**12 pieces (45 g)**	140 calories 36 g carb (Citrus Squeeze)	Citrus Squeese, Fruit Punch, Berry Blast, Watermelon Scream

List compiled from company websites as of June 2011. Ingredients subject to change. Contact the company directly for most up-to-date information.