



10 Things You
Didn't Know
Were In Your
Favorite
Protein Bar



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INTRODUCTION

Have you ever looked at an ingredients list on a packaged food item and thought to yourself, "I have no idea what that is?" I have plenty of times. What I'm aiming to do here is help educate you on some of the ingredients that are commonly added to store bought energy bars that have the potential to impact your health. Getting familiar with what these ingredients are and some of the potential effects can help you make more informed choices when looking at packaged food options.

Of course, in my opinion, the best way to know exactly what you are getting in your energy bar is to make your own at home. Homemade energy bars are super delicious, full of the ingredients that you like, are good for your body and can be custom made to suit your dietary requirements or goals. They are never filled with chemicals and are easy to make, once you know how. Homemade energy bars can also be made at a fraction of the cost of store bought bars. And did I mention they taste awesome? They are great to take anywhere. Mountain biking, hiking or even whitewater rafting!



This report is broken up into sections based on common ingredients, so read it all the way through or keep it tucked away for when you are looking at an ingredients list thinking, "I'm not sure what that is?" Make sure if there is an ingredient list you are looking at and you're not sure what something is, feel free to write down the ingredient's name or take a quick pic of the ingredient list and send it in at Karen@realenergyfood.com. I'd be happy to let you know what I know about it and whether there seems to be any potential side effects. In saying this so many studies I have reviewed for this report have results that are inconclusive or they conclude that there is not enough evidence to prove that the ingredients are harmful. As I'm reading these conclusions however I can't help but think that shouldn't we be making sure there is enough evidence to prove that the ingredients are not harmful?

1. Soy Protein Isolates & Hydrolyzed Soy

There is just so much controversy and so many different opinions when it comes to soy everything. In putting together this guide I read hundreds of articles, studies and just other "expert" opinions online. Trying to determine exactly what are the risks or benefits when it comes to eating soy products. This is what I have decided for me. It's not the worst thing you can eat. I'm not going to avoid soy products as I love a soy latte every now and then and if my sister makes me a tofu stir-fry I'm going to enjoy it without stressing about whether the soy was genetically modified or not. However I eat energy bars a lot so do I want to be eating something that has any potential to effect my health that often? No! So below I go through some of the potential health effects of eating energy bars with the most processed soy ingredients soy protein isolate and hydrolyzed soy protein. I'm not talking about avoiding soy all together, just maybe thinking about how often you might be eating the most processed form of these beans. Soy Protein Isolate is often the number one ingredient in protein bars on the shelves.



Research regarding soy protein and cardiovascular health at one stage was determined to be so robust that food companies were allowed to state that "25 grams of soy protein a day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. A serving of (x) provides x grams of soy protein." But are the potential detrimental effects are starting to outweigh the potential health benefits. The list seems to be getting longer and longer including increased risk of cancer, disturbed hormonal balance, disrupted thyroid function or intake of pesticides and toxins through processing methods.



Here are some of the potential concerns people seem to be having in relation to soy protein isolate. Just a disclaimer that there is really limited evidence that any of these health concerns are caused by soy isolate or any soy products but these are some potential effects that some people are experiencing and talking about;

- *GMO* Highly Processed Form of Soy - Unless the packaging says organic soy it is most likely that the soy has been genetically modified and then highly processed to get it to the high protein supplement we eat in our processed energy bars. Concerns range from increased inflammation, effects on thyroid function and even the potential to increase depression.
- Metal contamination: the concern around metal contamination in soy protein isolate seems to be around the potential for aluminum, found in the vats they use to isolate the soy protein during processing, may leach into the soy protein. This increases the likelihood of heavy metal poisoning. I'm surprised however with all the talk of the potential for heavy metal poisoning I couldn't find anyone who had actually then tested the metal concentrations in the soy protein isolate.
- Allergic reactions - Another form of soy protein often found in energy bars is Hydrolyzed soy protein. This form of soy protein unfortunately seems to cause more allergic reactions but is super cheap to make and so is often added to our favourite energy bar as a high protein thickener. Its also a source of yeast, can also cause

disruptions to thyroid glands and can lead to a weakened immune system and metabolism.

- Isoflavones - iso what? Isoflavones are antioxidants that just like soy seem to have both potential benefits and potential side effects. They mimic oestrogen in the body which has been shown to increase bone mineral density and decrease the frequency and severity of hot flashes. However it has also been linked to an increase in breast cancer and a few cases where they have played havoc on mens hormones with some uncomfortable symptoms being experienced.

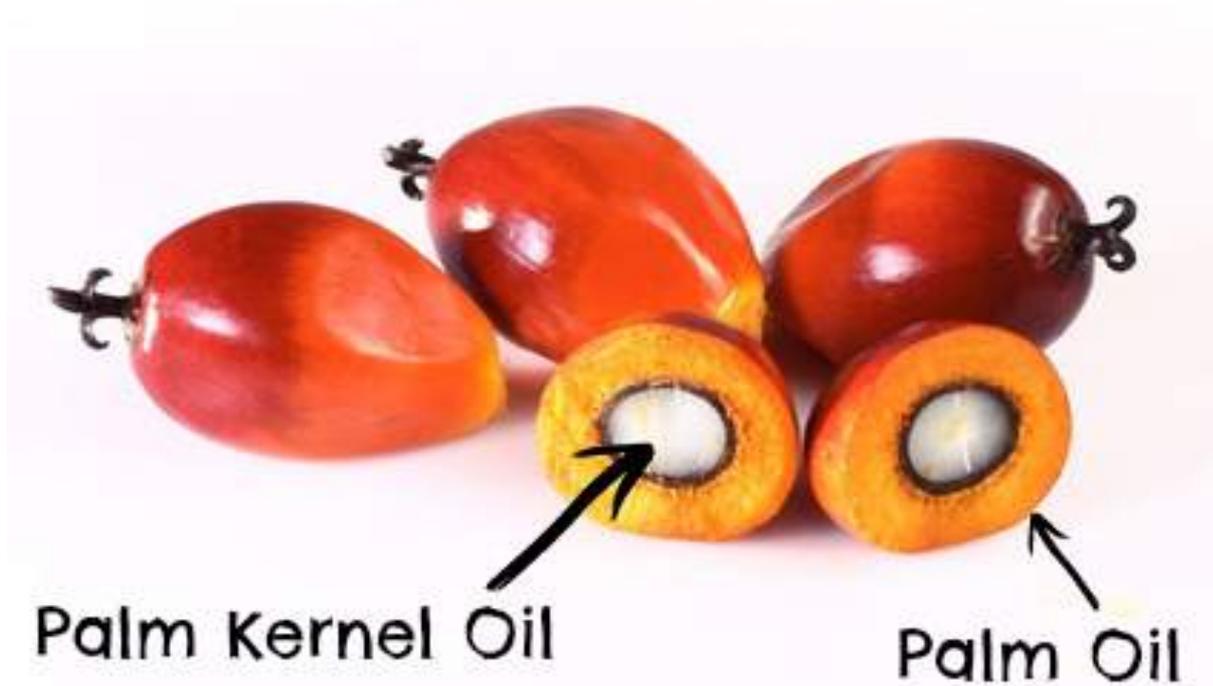
So, again I wouldn't stop eating whole, real soy products, miso, tofu, edamame etc but maybe think twice about soy protein isolates and concentrates especially in high quantities or in an energy bar you consume often. It seems the real controversy is around the highly processed forms of soy as opposed to the whole food varieties especially organic soy products like organic tofu.

2. Fractionated and Modified Palm Kernel Oil

Palm oil is another pretty controversial ingredient. In terms of the palm oil industries environmental impact I have seen first hand the impact the plantations have had through my travels in Malaysia. However there are efforts being made to promote more sustainable producers of palm oil and Certified Sustainable Palm Oil (CSPO) is more and more commonly being used in products we buy.



So what is palm oil and what are the differences between palm oil, palm kernel oil and fractionated palm kernel oil? Well they are all vegetable oils derived from the oil palm. The differences are palm oil is made from the reddish pulp of the fruit and palm kernel oil is from the kernel, the soft edible part inside the palm fruit.



The process of fractionating refers to heating the oil and then cooling it down again. They do this to create an oil that is solid at room temperatures so it can be used in chocolate bars and many protein bars. It's a cheap product to add and so is used by many companies.

Although raw dark palm oil that was used widely in African cuisine is considered a healthy oil the fractionated version does not benefit your health. Modified and fractionated palm oil and palm kernel oil contains chemical residues, hexanes, and other hazardous waste products full of free radicals that cause cell damage.

Natural vegetable oils that have been altered create problems for your body at the cellular level. These fats are no longer in their natural state, and your body doesn't know how to handle them. Your system will try to make use of them and in the process, these fats end up in cell membranes and other locations where they can wreak havoc with your health.

So check your energy bars label for fractionated palm or palm kernel oil or modified palm or palm kernel oil. Choose bars made with whole foods if you want to maximise your performance in your chosen activity or sport.

3. Natural Flavor

This was one I wasn't aware of for such a long time and it almost makes me sad as I read more and more information about what makes up a natural flavor. In the end as is my opinion after researching all these ingredients just stay away as much as possible from all processed foods, they are just not worth it. Anyways back to natural flavors. I never really looked into what these were I just assumed that had to be better than artificial ones right? Well maybe, but not much better.

The issue with natural flavors is so confusing. But to simplify it, the natural flavors start out from a natural food, but then potentially get so processed that the chemical structure of the flavor you are eating is completely changed from how it started out in the natural food.



One of the issues with this is also amount. The amount of the flavor in a real apple is small so it rarely causes any issues but the amount of the flavor used in an apple flavored drink is so high it can cause a range of issues such as:

- headaches or migraines
- rashes (hives, eczema, dermatitis, other itchy rashes)
- stomach aches, bloating, reflux, constipation, bedwetting
- asthma, frequent cough, stuffy or runny nose
- frequent colds, flu, ear infections
- joint pains, swelling of the joints
- heart palpitations
- restlessness and sleep difficulties
- irritability
- inattention, anxiety and depression

The international code of practice for flavors defines "Natural flavoring substances" as "flavoring substances obtained by physical processes that may result in unavoidable but unintentional changes in the chemical structure of the components of the flavoring (e.g. distillation and solvent extraction), or by enzymatic or microbiological processes, from material of plant or animal origin. Such material may be unprocessed, or processed for human consumption by traditional food-preparation processes (e.g. drying, torrefaction (roasting) and fermentation). This means substances that have been identified / detected in a natural material of animal or vegetable origin. "

The exact definition of natural flavors from the Code of Federal Regulations is as follows: *"The term natural flavor or natural flavoring means the essential oil, oleoresin, essence or extractive, protein hydrolysate, distillate, or any product of roasting, heating or enzymolysis, which contains the flavoring constituents derived from a spice, fruit or fruit juice, vegetable or vegetable juice, edible yeast, herb, bark, bud, root, leaf or similar plant material, meat, seafood, poultry, eggs, dairy products, or fermentation products thereof, whose significant function in food is flavoring rather than nutritional."*

Ok ok so natural flavors might not really be so natural, but are they bad for us? Do you avoid artificial flavors or colors? Why? For the potential side effects? Unfortunately unless the energy bar or any other food product you are eating specifically says what natural flavoring they are using I would try to stay away from it. Everything in moderation, I don't think you are going to necessarily see any affects from eating the occasional energy bar with natural flavors added, but for regular consumption, flavor your energy bars with whole ingredients so you are eating something that's actually working with your body rather than against it. Here are a couple of "natural flavors"

- Castoreum - this natural flavor is made from a secretion from a Beaver's anal gland. The chemical is processed and then used in a variety of products, including ice cream, candy and alcoholic drinks.
- L- Cysteine - is a common natural flavor enhancer made from either duck feathers or human hair. Most of the human hair variety is from Chinese women who sell it to factories to support their families.

They can even be in organic products in the US as the USDA has four categories of approved organic labels 100% organic, organic, made with organic ingredients and less than 70% organic. Organic must have only 95% of the ingredients organic which means the flavors which maybe less than 5% meet the requirements.

As author Eric Schlosser says in his bestselling book Fast Food Nation: 'Natural and artificial flavors are now manufactured at the same chemical plants, places that few people would associate with Mother Nature. Calling any of these flavors "natural" requires a flexible attitude toward the English language and a fair amount of irony.'

The other thing you need to check for is flavor enhancers. MSG is a flavor enhancer so in theory they Flavors are defined as intense preparations added to impart taste and or odour whereas flavor enhancers enhance the existing taste.

Ready to just make your own yet?

4. Butylated Hydroxyanisole (BHA) and Butylated Hydroxytoluene (BHT)

There are preservatives in everything, the longer you want your store bought energy bar to last in your cupboard the more preservatives it probably has added to it. I prefer to just make a whole batch of protein bars and freeze them wrapped individually, then I can just bring them out when I'm ready to use them and they usually just defrost by the time I'm ready for them on my hike or mountain bike trail.

Two common preservatives in energy bars are BHT and BHA. They are added to extend shelf life but have all sorts of potential negative side effects for us such as thyroid and kidney problems, are potentially cancer causing, have the potential to cause severe allergic reactions and may affect the neurological system of the brain, altering behavior.

The International Agency for Research on Cancer, part of the World Health Organization, considers BHA to be possibly carcinogenic to humans, and the State of California has listed it as a known carcinogen. Yet it continues to be used in so many products not just energy bars. These substances are petroleum derived and is created as a by-product in the petroleum refining process.

Some research has found that high doses of these ingredients could have the potential to cause damage to your lungs, liver and kidneys. So again a healthy body can totally cope with an energy bar or two with BHT and BHA included in it. But if you are a regular consumer of these types of bars, check out the ingredients list and avoid BHT and BHA.



5. Vegetable Oil

Vegetable oil, is that even added to energy bars? And isn't it good for you? Yep it's added into everything these days either as vegetable oil or corn oil, safflower oil, canola oil, peanut oil or soybean oil. I even see it added to peanut butter, why they would think that adding more oil to peanut butter is a good thing I have no idea. Sometimes I find it so hard to find peanut butter with just peanuts on the ingredient list. Now I just make my own but anyways back to vegetable oil.

These oils are super processed which is where the problem lies. The refining process usually involves chemical solvents and high temperatures. Then oils are often deodorized and bleached. Some are hydrogenated which helps them to be solid at room temperature but this process causes trans fatty acids which are dangerous to your health. Processing also sometimes uses hexane which is produced by the refining of crude petroleum and is a mild anesthetic.

By the time these oils get in your food there are no vitamins and minerals left. Just an ingredient that has the potential to cause inflammation, heart disease and some cancers. Also in excess they have the potential to contribute to asthma and blindness as well. And I think that is one of the big issues with a lot of these ingredients. The volume we consume. They are in everything not just energy bars, so check out your ingredient list and just avoid them where you can. Make sure they are not in an every day food.



So what about oil for cooking and in salads, is this the same? Depends what you buy. I love virgin cold pressed olive oil in my salads and I always cook with coconut oil. Cooking with coconut oil makes everything taste so much better, try cooking scrambled eggs in coconut oil, soo much better! And I use coconut oil in my homemade energy bars all the time. It has heaps of awesome health benefits!

6. Artificial Sweeteners

I could write a separate article all about artificial sweeteners. If you google "potential health effects of artificial sweeteners" there is enough information to scare you into avoiding them forever. Even Dr Oz has some great information about what artificial sweeteners do to your body.

So I have a confession to make. In a previous life, well while I was at university mainly, I was a diet coke addict. I would drink at least 600ml of diet coke a day mixed in with the occasional red bull. I was completely addicted. It took leaving Perth to travel round South America to break the addiction and then my diet coke drinking went back to a more "normal" level of one or two a week maybe. Then I started reading about the effects of artificial sweeteners mainly on your brain. Now and then I still really feel like a diet coke even years after stopping drinking them, they must be so addictive but what I have read about artificial sweeteners stops me from going near them. I won't touch diet anything. I don't want to have them in my body at all because I really think that the effects from artificial sweeteners are scarier than all the other ingredients put together. Do your own research and then decide whether you want to be eating them or giving them to your kids.

Regardless of this artificial sweeteners are enjoying an increased popularity as an obesity epidemic sweeps across the developed world and increasing numbers of people switch to using sweeteners as a way to enjoy their favorite sweet treats without the calories of sugar. Artificial sweeteners were actually discovered by accident, the first being saccharin in 1879 by a Russian chemist that spilled a sweet tasting chemical on his hand and licked his fingers. A graduate student discovered cyclamate after placing a cigarette in his mouth after picking it up off the table. Another chemist in 1965 discovered the sweetness of aspartame after also licking his fingers. And from here over 6,000 types of food and drink are artificially sweetened worldwide.

But there are so many different artificial sweeteners right? Yep and we are not going to go into them separately but here is a list of what you might see on the ingredient list of your energy bar and although different studies have shown different effects from different sweeteners I'm going to put them all together here and recommend avoiding all of them. I'm not saying that any specific one of these sweeteners will have any of these effects just that I have read that artificial sweeteners in general may have the following potential side effects to watch out for.

Names of Artificial Sweeteners

Sucralose	Ace K,
Aspartame	Acesulfame K,
1',4,6'-Trichlorogalactosucrose	Acesulfamate potassium
Trichlorosucrose	Sunett.
Equal Sucralose	Sweet One
NatraTaste Gold	APM
Splenda	AminoSweet
Acesulfamate Potassium Salt	Aspartyl-phenylalanine-1-methyl ester

Canderel
Equal Classic
NatraTaste Blue
NutraSweet
ASPARTAME-ACESULFAME SALT
TwinSweet

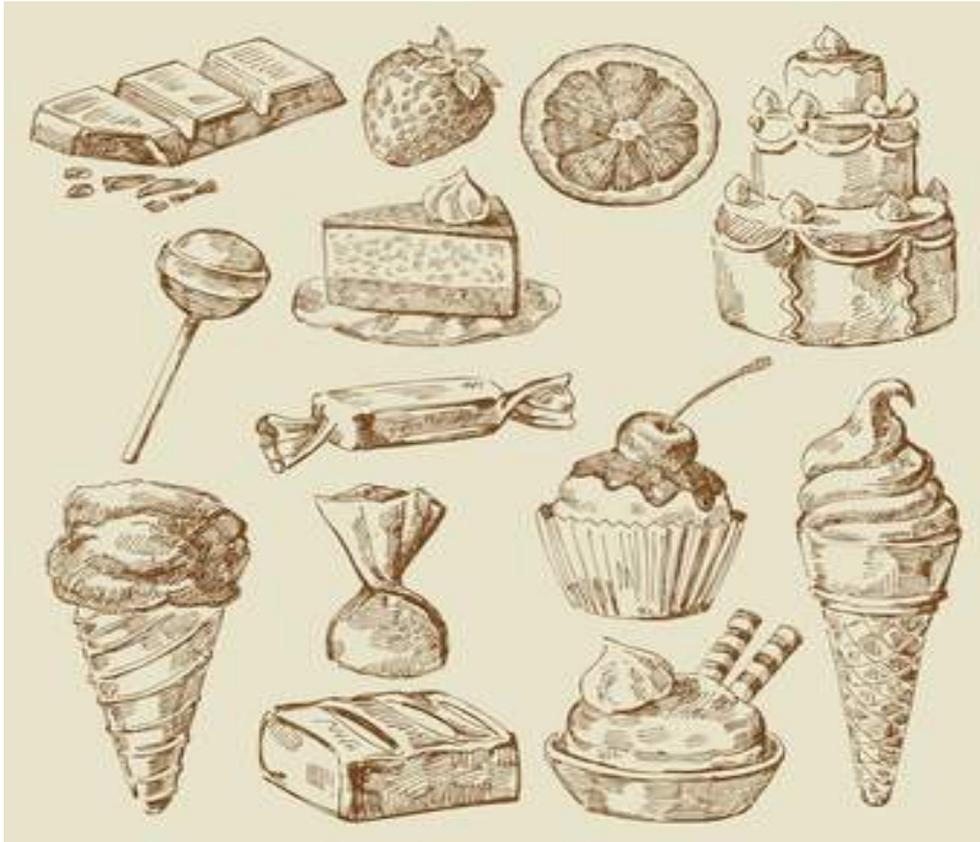
SACCHARIN
Acid saccharin
Equal Saccharin
Necta Sweet
Sodium Saccharin
Sweet N Low
Sweet Twin

So what are some of the potential side effects from artificial sweeteners?

- Headaches/ migraines,
- Gastrointestinal problems including bloating, gas, diarrhea, and nausea,
- Depression and fatigue,
- Skin irritations including rashes, hives, redness, itching, and swelling,
- Seizures, blurred vision and dizziness, insomnia, ringing in the ears, hallucinations, cancer, irritability, heart palpitations and breathing difficulties,
- Anxiety attacks, memory loss, joint pain, loss of taste and;
- Weight gain.

What? Artificial sweeteners can actually cause weight gain? Research has shown that our brains and our stomachs respond differently to sugar and artificial sweeteners. When we taste something sweet, it triggers the release of insulin, causing blood sugar to be stored in tissue. However, when we taste artificial sugar, there is no release of insulin triggered. So although this may seem like a good thing because your body's blood sugar doesn't increase even though you have eaten a sweet food or drink, it may cause a rise in the hormone insulin and an associated increase in food intake at the next meal. There are also multiple theories out there about what other effects these chemicals have on your brain and on your stomach.

Basically, artificial sweeteners confuse your brain and taste receptors in your stomach and because the enzymes in your mouth signal food is coming, when it doesn't arrive your brain doesn't understand and causes sugar and carb cravings. One of the big things people don't realize about artificial sweeteners is that they could be the thing that's stopping you losing weight or even contributing to your weight gain. Artificial sweeteners trick the body so it doesn't know when it's full and doesn't act the way it's meant to when actual sugars then get eaten. Also I find that often people eat more because its meant to be sugar free so when something is high in sugar like a cake lets say we often just a have a little piece cause we know we are enjoying a treat. But when we eat sugar free cake we feel like we have free rein. Lets have three pieces its sugar free right? Then we end up eating three times the calories as we would have usually on top of totally confusing our body.



Lastly artificial sweeteners have even been linked to some real nasties such as nerve related conditions including MS, lupus and fibromyalgia. They may also potentially contribute to different types of tumors including lung and breast tumors, various types of leukemia and chronic respiratory disease.

Ready to make your own energy bars with whole foods and natural sweeteners?

7. Artificial Flavors and Colors

These are actually in some of your favorite energy bars. Just because it says protein bar or energy bar on the label definitely does not mean its healthy! Do you look for no artificial colors and flavors on your other food purchases? If not you probably should be and if you are then make sure you also check your favorite energy bar.

Artificial flavors and colors have been linked to various types of cancer as well as hyperactivity, hypersensitivity and other behavioral effects in children, organ damage, birth defects, stomach issues, headaches and allergic reactions



As of July 2010, most foods in the EU that contain artificial food dyes were labeled with warning labels stating the food "may have an adverse effect on activity and attention in children." The British government also asked that food manufacturers remove most artificial colors from foods back in 2009.

But in other countries like the US artificial colors and flavors are just in so many foods without any requirement for labeling. So try to avoid ingredients with a number after it. If they aren't colors or flavors they are usually other preservatives and additives that you are best to avoid.

8. High Fructose Corn Syrup (HFCS)

HFCS is a highly refined sweetener made from corn that is added to so many of our processed foods today including some of our energy bars. It's made by separating the corn starch from the corn kernel and then through acid hydrolysis converted into corn syrup. Acid what? Do you even want to know?

Nearly all HFCS is made from genetically-modified corn and numerous websites I reviewed for this document claimed that HFCS is the number one source of calories in the US diet. It's just in everything, that's still a scary claim though.

In 2009, the *Environmental Health Journal* reported that a study conducted by the *Institute for Agriculture and Trade Policy* found mercury in 9 of 20 samples of commercial HFCS. Along with that many health experts and scientific studies that have drawn a connection between excess sugar consumption and the development of cancer. So

again the biggest issue with HFCS I think is the amount we consume. Because it's in so many products we can often be eating it such as in our energy bars without even knowing it. Check your labels and stay away from products with HFCS. Instead, energy bars taste great sweetened with dates, stevia, or some dried fruit.



9. Sugar Alcohols

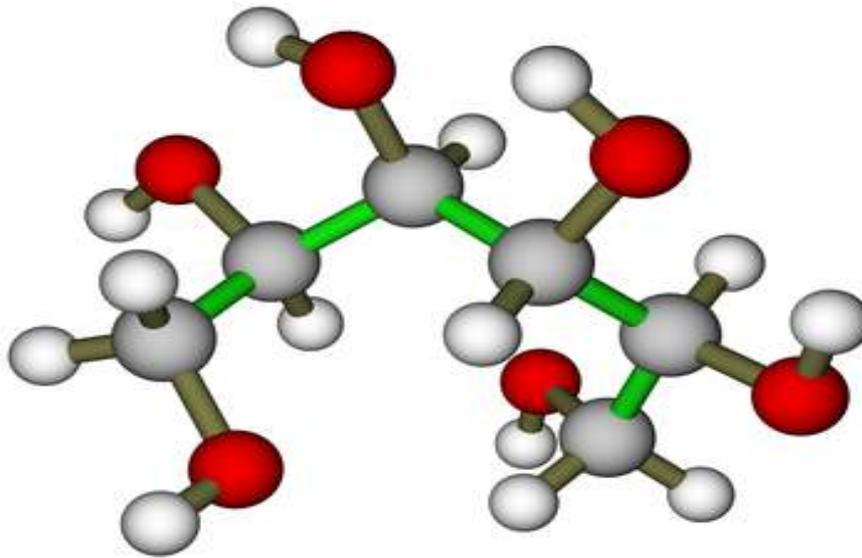
What are sugar alcohols? Have you heard this term before? I'm sure you have seen some of them in an ingredient list before but perhaps haven't been quite sure as to what they are.

The most common ones are:

- Maltitol
- Xylitol
- Sorbitol
- Glycerol
- Glycerine

You may have also seen:

- Arabitol
- Erythritol
- Isomalt
- Lactitol
- Mannitol



Look, to be honest, sugar alcohols don't seem to be any worse than sugar and some of them are even potentially better. Everything in moderation, but make sure you know what you're eating when you're consuming sugar alcohols. You can still experience all the side effects of eating sugar, such as the blood sugar spike and associated withdrawal symptoms.

Sugar alcohols are neither a sugar nor do they contain any alcohol. They are a type of carbohydrate with a chemical structure that resembles sugar and alcohol, hence the name. And although sugar alcohols do occur naturally in plants, most of the sugar alcohols found in your processed foods are manufactured from sugars and starches.

They generally provide fewer calories than sugar, but are usually less sweet and have to use more to be able to get the same sweetness. So, in the end, you will end up with the same calories. Or they are often found combined with some of the artificial sweeteners discussed above. Be aware that you're not consuming the same amount of calories as a full sugar version of the product just because you think you can consume a bigger portion because it is "sugar free."

Sugar alcohols are also known to cause bloating and diarrhea in some people as well as exacerbate existing irritable bowel syndrome related symptoms, as they are not completely absorbed by the gut. Check food products labeled "sugar free" or "no added sugar" for sugar alcohols. Common food products containing these include hard candies, cookies, chewing gums, soft drinks, throat lozenges, toothpaste, mouthwash, frozen deserts, baked goods, ice-cream and other confectionary. They are also often used as a bulk sweetener in "low calorie" and "sugarless" foods.

If a manufacturer uses the term "sugar free" or "no added sugar," they must list the grams of sugar alcohols. If more than one sugar alcohol is used in a product, the "Nutrition Facts" panel will list the amount of sugar alcohol it contains under the total carbohydrates. If just one sugar alcohol is used, the label will list its specific name, such as "maltitol."

10. Sugar



Lastly, you just want to look at whether your bar has any added sugar. Then check where the sugar is coming from. Is it just from dates and other fruit in your bar or is there cane sugar or other sugar products added to make the bar sweeter. Seems like sugar has been around forever though right? And we didn't have the obesity epidemic we have today, so why is sugar so bad for you? Isn't sugar natural? Fructose is found in fruit right?

Yes sugars are natural but only ok in small doses. Our livers find it hard to process excess fructose and excess sugar consumption is actually toxic for our bodies. Excess sugar consumption has also been known to increase premature aging and can promote disease. There are several sources now that talk about the effect of these sugars on our body. Sugar also suppresses our immune system, upsets the balance of bacteria in our stomach, contributes to learning disorders, interferes with our hormones, causes heart disease and much more. A recent study *The Effect of Fructose on Renal Biology and Disease* concluded that 'excessive fructose intake should be considered an environmental toxin with major health implications'

Or is it so bad for you? I think we all agree it definitely doesn't help with weight loss goals. It's bad for me. I'm an all or nothing type of girl so I must admit I have definitely had my sugar binges in the past. If I've had too much sugar, coming down off the sugar high involves mood swings, irritability, headaches and such a lack of energy it borders on temporary depression. And I seem to need at least 48 hours eating really healthy to feel back to normal. Luckily for me I identified the link between what I was eating and how I was feeling, and if I do treat myself to a sweet dessert now, I limit the portion size and eat super healthy food before and after. That seems to keep my moods at bay.

Excessive sugar consumption has also been linked to diseases such as diabetes, heart disease and cancer, as well as dental problems and hormonal issues such as polycystic ovary syndrome (PCOS).

So it's really not sugar that's the issue but the amount of it we seem to consume. In Australia, which is chasing the tail of the US in the percentage of the population diagnosed as obese, the average person consumes more than 40kg of sugar per year. More than 40kg! 75% of that is eaten through the consumption of highly processed and packaged foods. So is sugar actually addictive? If you Google "sugar addiction," 16 million results are returned for your review. One of the most commonly cited studies into sugar addiction was carried out on rats at Princeton University in 2002. Neuroscientist Bart Hoebel and his colleagues studied rats that were induced to binge on sugar and then measured their symptoms of withdrawal. The study concluded that the animals shared some of the same physiological characteristics and reactions seen in addictive drugs. The rats exhibited telltale signs of withdrawal, such as shaking and change in brain chemistry. Whether or not sugar addiction is real, we all seem to be eating a lot more of it today, primarily as a result of packaged and highly processed foods. The easiest way to combat this? Cook real food including delicious and super easy to make homemade energy bars!

So what does sugar look like on an ingredients list?

- Glucose
- Fructose
- Sucrose
- Glucose syrup/corn syrup

In another study published in the journal *Nature*, Monash University neuroendocrinologist Dr. Zane Andrews found that eating sugars, as well as other carbs, destroys appetite-suppressing cells. Chowing down on cake or a candy bar promotes free radicals that destroy the neurons in the brain associated with telling the brain we are satisfied. What's more, the hunger neurons that tell us to eat are indemnified by the same free radicals, which means we crave more and more food. Therefore, the greater amounts of these foods we consume, the more we damage our hunger control cells, which leads to greater calorie consumption.



So cook your own real food from real ingredients and then you can regulate how much sugar you add. Therefore, you can control how much you're actually consuming rather than eating processed foods which often contain a large amount of hidden sugar you may not even be aware that you are consuming.

Did you know that ketchup has a higher sugar content than Coca Cola? Also, sugar can be substituted with a natural sweetener such as Stevia or you can add some mashed banana, unsweetened applesauce or dates to your recipes for extra sweetness.

ABOUT REAL ENERGY FOOD

Hi There! My name is Karen and I created RealEnergyFood.com after spending the last couple of years creating and testing my own protein bars and shakes and energy bars, gels and chews, perfecting the ideal energy snack to fuel my activity for the day. Whether that be mountain biking or snowboarding in Canada, whitewater rafting or hiking in the US or diving and snorkelling in Australia.



I love to travel and am passionate about making sure that ***the foods I eat give me the energy I need to get the most out of my day.*** I believe that the foods we eat have such a big impact on our moods, our energy levels and our life and so I try to eliminate processed and packaged foods from my diet wherever possible. And since I go through a lot of energy

snacks I started creating my own so I could still have a convenient snack to take with me on the trails but without all the nasties they put in so many of our packaged bars. Do you know what some of those ingredients do to your body?

ARE YOU LIKE ME AND WANT A HEALTHIER HIGH ENERGY SNACK?

Are you frustrated that you can't find great tasting, healthy protein bars because all your store bought options are **too expensive and full of preservatives and sugar**? Are you sick and tired of trying to find great homemade protein bar recipes that **actually work, are cost effective and taste great**?

Well you're not alone.

I've been where you are, and I'm so excited because I can help you! I love being able to make it super simple, easy and fun for you to make your own homemade protein bars, energy bars, energy chews and gels and awesome shakes at home with real healthy ingredients. No more guesswork.

