

Gluten Free Energy Bars

Product:	Serving size:	One serving provides:	Flavors include:
Balance Bar Pure www.balance.com/pure/default.aspx 1-800-678-4246	45g	180 kcal, 23g CHO, 9g protein, 7g fat (cherry pecan)	Banana Cashew, Cherry Pecan, Chocolate Cashew
Boomi Bar www.boomibar.com 1-800-440-6476	48g	230 kcal, 23g CHO, 9g protein, 10g fat (perfect pumpkin)	Almond Protein Plus, Perfect Pumpkin, Healthy Hazel, Macadamia Paradise, Maple Pecan, Pineapple Ginger
Bora Bora Bar www.wellements.com 1-800-255-2690	40g	180 kcal, 18g CHO, 5g protein, 10g fat (cranberry crunch)	Almond Sunflower, Cranberry Crunch, Cinnamon Oatmeal, Peanut Peanut, Sesame Raisin
Bumble Bar www.bumblebar.com 1-509-924-2080	45g	230 kcal, 20g CHO, 6g protein, 15g fat (original)	Original, Luscious Lemon, Chocolate Crisp, Chai with Almonds, Chunky Cherry
JamFrackers www.larabar.com 1-800-543-2147	28g	120 kcal, 18g CHO, 2g protein, 4.5g fat (banana chocolate blastocrisp)	Apple Crispalicious, Strawberry Crispiscrumptious, Banana Chocolate Blastocrisp, Peanutbutter Blisscrisp, Chocolate Chip Cosmocrisp
KIND www.kindsnacks.com 1-212-616-3006	40g	170 kcal, 16g CHO, 5g protein, 11g fat (fruit and nut)	Fruit and Nut, Almond Apricot, Mango Macadamia, Sesame Peanut Chocolate, Walnut Date
Lara Bar /Jocalat Bar www.larabar.com 1-800-543-2147	48g	190 kcal, 28g CHO, 4g protein, 8g fat (cherry pie)	Apple Pie, Banana Bread, Cashew Cookie, Cherry Pie, Cocoa Mole, Coconut Cream Pie, Ginger Snap, Peanut Butter Cookie
Organic Food Bar www.organicfoodbar.com 1-800-246-4685	68g	300 kcal, 34g CHO, 14g protein, 14g fat (original)	Original, Cranberry, Blueberry, Chocolate Chip, Omega-3 Flax
Prana Bar www.pranabars.com 1-800-440-6476	48g	190 kcal, 23g CHO, 5g protein, 11g fat (apricot pumpkin)	Apricot Goji, Apricot Pumpkin, Cashew Almond, Cinnamon Apple, Coconut Acai, Pear Ginseng
Pure Fit Nutrition Bars www.purefit.com 1-866-PUREFIT (787-3348)	56.7g	230 kcal, 26g CHO, 18g protein, 6g fat (almond crunch)	Berry Almond Crunch, Almond Crunch, Chocolate Brownie, Peanut Butter Crunch
Soy Joy www.soyjoy.com 1-888-676-9569	30g	140 kcal, 16g CHO, 5g protein, 6g fat (peanut chocolate chip)	Mango Coconut, Raisin Almond, Apple Walnut, Peanut Chocolate Chip, Strawberry
Think Green Bar/Think Organic www.thinkproducts.com 1-866-988-4465	50g/40g	180 kcal, 29g CHO, 6g protein, 5g fat (blueberry noni)	Blueberry Noni, Peanut Butter Chocolate, Apricot Coconut, Cashew Pecan, Cherry Nut, Chocolate Coconut

Gluten Free Energy Bars (continued)

Product:	Serving size:	One serving provides:	Flavors include:
Think Thin Bar www.thinkproducts.com 1-866-988-4465	60g	240 kcal, 25g CHO 20g protein, 8g fat (chocolate fudge)	Creamy Peanut butter, Chunky Peanut Butter, Chocolate Fudge, Brownie Crunch, White Chocolate Chip
3Bar www.tri3bar.com 1-866-255-2089	52g	210 kcal, 25g CHO, 12g protein, 8g fat (cocoa crunch)	Blueberry Blast, Cocoa Crunch, Tropical Tri

Gluten Free Gels

Product:	Serving Size:	One serving provides:	Flavors include:
Clif Shot Bloks www.clifbar.com 1-800-CLIFBAR (254-3227)	30g	100 kcal 24g CHO	Black Cherry, Cola, Cran Razz, Lemon Lime, Margarita, Orange, Strawberry
Clif Shot Gel www.clifbar.com 1-800-CLIFBAR (254-3227)	32g	100 kcal 25g CHO	Apple Pie, Chocolate, Double Espresso, Mango, Mocha, Razz, Strawberry, Vanilla
GU Energy Gel www.GUenergy.com 1-510-527-4664	32g	100 kcal 25g CHO	Vanilla bean, Tri-berry, Chocolate, Espresso, Plain, Lemon, Orange, Strawberry Banana
GU Roctane Ultra Endurance Gel www.GUenergy.com 1-510-527-4664	32g	100 kcal 25g CHO	Blueberry Pomegranate, Vanilla Orange
Hammer Gel www.hammernutrition.com 1-800-336-1977	36g	90 kcal 23g CHO	Apple-Cinnamon, Banana, Chocolate, Espresso, Orange, Raspberry, Tropical, Unflavored, Vanilla
Jelly Belly Sports Beans www.sportsbeans.com 1-800-522-3267	28g	100 kcal 25g CHO	Orange, Lemon lime, Berry Blue, Fruit Punch, Cherry, Watermelon
Powerbar Gel www.powerbar.com 1-800-58-POWER	1 pack	100 kcal 25g CHO	Raspberry Cream, Green Apple, Tangerine, Strawberry Banana, Chocolate, Vanilla, Double Latte, Plain
Powerbar Gel Blasts www.powerbar.com 1-800-58-POWER	40g	130 kcal 30g CHO 2g protein	Lemon, Cola
Sharkies Chews www.sharkiesinc.com 1-877-666-5377	45g	140 kcal 36g CHO	Fruit Splash, Citrus Squeeze, Berry Blast, Peach Tea Breeze, Watermelon Scream

Products were determined to be gluten-free based on ingredients listed on the company websites as of February 2009. Please note that ingredients may change. Contact the company directly for the most up-to-date information.

Lists compiled by Nora Decher, MS, RD; Nutrition Support Specialist at the University of Virginia Health System.