

## **The Best Energy Bars**

**By: Robert Notter**

Our busy lives sometimes make it challenging to stay healthy. Often we grab foods that are quick, like health or energy bars. But just because the wrapper says "healthy" doesn't mean it necessarily is.

Many energy bars are nothing more than additives, chemicals and processed sugars pressed into a pretty package (like some of the guys you may have dated). With so many bars on the market, it's confusing what to buy. So how can you still eat on the run without putting a bunch of junk into your body?

Fortunately, there are some great choices that will keep you on track with your workout goals. The following are my top five picks. Be sure to stock up on these ahead of time; have them in your bag and at work. You can find them at Whole Foods, Trader Joe's or your local health food store.

### **1. Greens Plus Energy Bar**

These delicious bars are the best, especially the chocolate flavor. They are cold-processed, which means less of the nutrients are destroyed in manufacturing. They contain organic greens and superfoods, essential fatty acids and no processed sugars or oils. You'll have a stream of energy and no sugar crash.

### **2. Organic Food Bar**

Delicious and nutritious, these bars are all organic and full of active ingredients. High in fiber with no refined sugars, they have lots of yummy flavors, like wild blueberry.

### **3. Country Bar**

This whole-food energy bar is packed with organic and raw ingredients. Low in sugar, they're great for a pre-workout snack for sustained energy.

### **4. Larabar**

These bars are completely raw and as close to nature as you can get in a package. There are minimal ingredients, mostly fruit and nuts. They are a great snack to satisfy your sweet tooth while still putting nothing artificial into your body. And the flavors, especially apple pie, are tasty.

### **5. Cliff Bars**

Though these are a bit more processed than the other selections, they contain many organic ingredients and are easy to find. They are sold at most convenience stores and grocery stores. So if you can't find the top four, this is a great alternative. They are high in fiber and have natural sweeteners. They'll get you through that boring work meeting when your hunger kicks in.

**Robert C. Notter, HHC**, is a certified Lifestyle & Health Coach. He works with individual and group clients, and additionally facilitates corporate workshops and educational seminars. The focus of his work is on stress reduction, healthier nutrition, and happier living. He coaches clients on how lifestyle, thought patterns, motivation and food choices affect how they feel and look. His clients learn to identify their specific life and health goals, and receive the tools and support to actually realize these goals.



Additionally, he leads the Marketing Education Program at the Institute for Integrative Nutrition in New York City, and the “Building A Practice” Course at the New York Open Center. He has lectured to over 6000 people nationwide about how to create the life of your dreams.

If you are interested in learning more about life coaching, and how to take steps to improve your life, please contact Robert.

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