

# Here's the skinny on popular protein bars

BY MICHAEL POWER  
Staff Writer

Pamela Mancini tries to eat well and stay fit, but her job in administration means she's on the go much of the time.

That schedule can make it tough to watch everything she eats.

"A lot of times you're on the go and you have the intention (to eat), but you can't," said the 29-year-old Woodbridge resident, during a short break from working out at her gym.

Four or five times a week, she reaches for a protein bar to replace a meal, rather than whole foods.

"Maybe even seven, it depends on my week," Ms Mancini said. "I have bars if it's an emergency — they're fast, they're good, they get the job done and, more important, they keep me in shape."

Such bars are a supplement often eaten by athletes — either serious trainers or weekend warriors — looking to boost their intake of certain nutrients, such as protein.

Some bars are designed to replace an entire meal for people on the go. The bars are available at gyms, health food stores and regular grocery stores.

But are such bars a good substitute for real food? Should regular, active people scarf down meal replacements shaped like candy bars? There are some pros and cons," said Kris Simpson, owner of Bodies By Design Fitness Studios in Woodbridge. "The touted

## HOMEMADE BAR RECIPE

► **INGREDIENTS:** 1.5 cups whey protein powder; 1 cup of uncooked oatmeal; 1/2 cup natural peanut butter; 5 tablespoons of honey; and 1/2 cup raisins.

► **DIRECTIONS:** Mix together, put in the fridge for a few hours, then cut up into small bars.

► **SERVING SIZE:** Serving sizes can be modified according to your taste.

— [www.traineo.com](http://www.traineo.com)

benefits might not be as good as the label says they are."

Meal replacement bars contain a portion of all three major nutrients, carbohydrates, fats and protein, he said, noting they often contain vitamins and minerals, too.

The bars are convenient, easy to carry and eating them is better than skipping a meal, Mr. Simpson said.

But some bars can have a fair amount of fat, he said. That can improve the taste, but isn't the best option for those looking to stay trim.

Also, some bars contain less-than-perfect

sources of carbohydrates, such as refined rice.

"At the end of the day, if you have time to eat whole meals that have all the macro- and micro-nutrients you're better off, but it's not a perfect world," he said.

Buying bars from a store with staffers who know about the product helps ensure you get what you need from a bar, said Michael Stephens, owner of Markham Nutritional Warehouse Outlet.

Cyclists and runners, for example, might want a bar with protein to repair muscles after a workout and carbohydrates to supply energy, he said.

Other people, notably body builders, might look for a bar providing the biggest hit of protein possible to build as much muscle as they can.

Mr. Stephens also stressed the importance of not eating the bars too often, since that reduces the amount of whole foods, such as fruits and vegetables, you consume. The bars should be treated as a supplement to a healthy diet.

But no doubt the bars are convenient, Mr. Stephens said. His customers include police officers who throw a few bars in their cars and munch on them during their shifts.

Mr. Stephens, who is also a certified nutritional therapist specializing in sports nutrition, often takes bars along to ensure he's eating well while travelling.

"The last thing I want is to be in an airport somewhere and have a stale salad," he said.



**SANDY'S AUTO SERVICE LTD.**  
**OIL, LUBE & FILTER SPECIAL**  
All for Just **29.95** Most Cars  
• Lube, Oil & Filter  
• Up to 5L of Quality Oil  
• Tire Rotation  
• 140 pt. Service Inspection  
with this coupon  
176 Bullock Dr., #8, Markham-905-294-3868  
\*Not to be used in conjunction with any other special. Parts, PST & GST extra. Offer expires March 5<sup>th</sup>, 2007.

## FOCUS on Business



### THE HISTORY OF SANDY'S AUTO SERVICE LTD.



Sandy's opened for business in a BP Service Station in Unionville at the north-west corner of Hwy. 7 and Old Kennedy Rd. in July of 1975. Four years later after building a successful business he decided to go independent. He opened shop on Heritage Rd. in October 1979 where he conducted business until July of 1993 when he moved around the corner to his present location at 176 Bullock Dr., unit 8 in Markham. We are now in our 32nd year serving Markham and Unionville, and it's been great. We offer our customers and friends a clean and tidy waiting area, fresh coffee, prompt and courteous service, expert repairs, fair pricing, and a nation wide warranty. We were the first shop in Markham and Unionville to offer Emission testing and we service and repair most cars and light trucks. We test emissions every half hour from 9:00 to 5:00 by appointment, so there is no waiting for other tests. You're in and out normally in 20 minutes. When you come in you will be greeted by Sharon (the boss), Sandy or Steve both licensed technicians licensed by the Province of Ontario, Ministry of Automotive Service Excellence (ASE) which is based in Herndon, Virginia, USA. You speak directly to the technician to quickly resolve your automotive issues.

Most parts we use are guaranteed for 1 year or 20,000 kms and some have a life-time guarantee depending on the part and the supplier. All labour comes with a 1 year warranty. We continually upgrade our skills to



keep up with the ever changing automotive technology. If the repair is too extensive to be completed the same day we will supply you with a new vehicle at our expense, compliments of Sandy's Auto Service. Our diagnostic and test equipment is state of the art. Sandy's Auto Service Ltd. is committed to reasonable cost with qualified technicians. We use quality auto parts, guaranteed coast to coast. We stand on sound business principles and uphold high ethical standards. Our goal is to make your automotive repair experience friendly and successful.

We look forward to serving you. We are located at 176 Bullock Dr. #8 and can be reached at 905-294-3868.

Our business hours are 8:00 a.m. to 6:00 p.m. Monday to Friday. (Closed Saturday and Sunday for family time).

**QUICK SHIP SOFAS**  
Incredible prices \$799<sup>00</sup>-999<sup>00</sup>  
5 styles in durable neutral fabrics  
**CHECK OUT OUR ONLY SECTIONAL SOFA \$1999<sup>00</sup>**  
Queen's Pantry  
176 Main St. Unionville, 905-477-4625  
Queensbridge Mill  
4160-19th Avenue, Markham, 905-887-1127  
[www.queensbridge.com](http://www.queensbridge.com)

**OOH LA LA!**  
Professional paint finishes with a feminine touch!  
• Painting • Trompe l'oeil  
• Wallpaper • Venetian Plasters  
• Plaster Repair • Murals  
• Custom Color Mixing  
Melissa Morgan 416-878-5287  
20 years experience

**york region .com**  
It clicks home  
**York Region's Best Online Business Directory**

**MediSpa Clinic on Main**  
advanced aesthetics  
laser hair removal  
microdermabrasion  
photorejuvenation  
cellulite reduction  
call today for a no-obligation consultation  
6038 Main Street Stouffville  
905.640.0092  
[www.medispaclinic.com](http://www.medispaclinic.com)

**DESIGN CONCEPTS**  
• Bathrooms • Kitchens  
• Tiles • Hardwood • Draperies  
BACKSPASHES FROM **\$275<sup>00</sup>**  
**INTIM RENOVATIONS INC.**  
Over 20 Years Experience  
905-554-2320 • 416-939-1739

You want the best for her...



...but your best may not be enough anymore.

To find out about not-for-profit long term care, housing, and services for seniors in your community, connect to [www.oanhss.org](http://www.oanhss.org). We're here for you.



ONTARIO ASSOCIATION OF NON-PROFIT HOMES AND SERVICE FOR SENIORS

This message brought to you as a community service of The Economist & Sun/Sun-Tribune