
Need nutritional info on p90x bar & recover drink

Posted by savtime - 2008/05/27 13:39

Can anyone please read the back of the package for the protien bar and recovery drink and please post that here for me. I would like to make sure what I purchase is similar in calories/carbs/protein to the one designed for p90x.

Thanks

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Re:Need nutritional info on p90x bar & recover drink

Posted by steele66 - 2008/05/27 15:08

hahaha, I thought of the same thing...so I just googled the P90X bar and found the ingredients spec for spec: Here ya go:

If you find a supermarket bar that has the closest ingredients, let me know:

SUPPLEMENT FACTS

Serving Size: 1 Bar (72g) Servings Per Container: 12

Amount Per Serving % Daily Value

Calories 260

Calories from Fat 50

Total Fat 6 g 9%

Saturated Fat 2 g 10%

Trans Fat 0 g

Cholesterol 15 mg 5%

Sodium 190 mg 8%

Potassium 310 mg 9%

Total Carbohydrates 37 g 12%

Dietary Fiber 5 g

Sugars 26 g

Sugar Alcohol 4 g

Protein 18 g 36%

Vitamin A 15%

Calcium 25%

Vitamin E 55%

Thiamin 15%

Niacin 15%

Folate 25%

Biotin 15%

Phosphorus 30%

Magnesium 25%

Copper 20%

Vitamin C 25%

Iron 25%

Vitamin K 10%

Riboflavin 20%

Vitamin B6 15%

Vitamin B12 10%

Pantothenic Acid 15%

Iodine 15%

Zinc 15%

Manganese 6%

*Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Suggested Use: Enjoy a P90X Peak Performance bar as a midmorning or midday snack, or as an occasional meal replacement.

Ingredients: Protein Blend (Soy Protein Isolate, Whey Protein Concentrate), Dates, Dried Apples, Milk Chocolate Coating (Sugar, Whole Milk Powder, Cocoa Butter, Cocoa Mass, Soy Lecithin, Vanilla Extract), Raisins, Rolled Oats, Soybean Oil, Dextrose, Dextrin, Soy Rice Crisps (Rice Flour, Soy Flour, Soy Protein Isolate, Sugar, Malt Extract, Cocoa, Salt),

Fructooligosaccharides (Natural Extract of Chicory Root), Dried Blueberries, Glycerine, Dried Cranberries, Soy Lecithin, Natural Flavor, Ginkgo Biloba, Korean Ginseng, Lycopene, Lutein.

Minerals and Vitamins: Dicalcium Phosphate, Magnesium Oxide, Ascorbic Acid, Vitamin E (D L Alpha Tocopheryl Acetate), Ferrous Fumarate, Niacinamide, Zinc Oxide, Biotin, Calcium Pantothenate, Vitamin A Palmitate, Manganese Sulfate, Phytonadione (Vitamin K), Pyridoxine HCl, Riboflavin, Thiamine Mononitrate, Cupric Oxide, Folic Acid, Cyanocobalamin (B12), Potassium Iodide.

Allergy Information: Manufactured with equipment that processes wheat, peanuts, tree nuts, and seeds.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

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Re:Need nutritional info on p90x bar & recover drink

Posted by savtime - 2008/05/27 16:09

Thanks for the info - I am shocked! 37 grams of carbs? 2400 calorie diet only allows for 180 grams!! That's a huge chunk. They must really cut carbs on the rest of the program to make this work.

So really the problem with most of us is we are not going to cook and eat every thing as it is laid out in p90x. So most of us will substitute items that we think is healthy and fits the program. Now with that said, and since I have been logging everything I eat into an online food diary I have found that its is super easy to exceed the carbs. Milk, veggies, protein drinks, wheat bread all have a bunch of carbs. Even healthy vegetable soups have 20 grams of carbs. So if you are not careful you can go over carbs real easy.

But I think most power bars and the like will have very similar nutrition as the p90x bar. But I still don't like the amount of carbs it includes.

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Re:Need nutritional info on p90x bar & recover dri

Posted by Cronos1247 - 2008/07/18 15:32

I've been following the portion approach as it's laid out, to the T & I'm hitting about 240G of carbs a day, well between 230-240 depending if I use a bar or not. I use the Pure Protein bars, their only 200 calories, have more protein & less sugar than the P90X bars, less carbs too.

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Re:Need nutritional info on p90x bar & recover dri

Posted by Domrandall - 2008/07/27 15:58

SavTime,

What has been the best food intake program you mention. Does it have brand name food info, or just generic, ie, just milk, eggs, bread, or Ritz brand crackers, Campbell's Soup, etc? It doesn't matter too much, as long as it is easy to enter labels for the frequently used foods and it has a memory.

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Re:Need nutritional info on p90x bar & recover dri

Posted by savtime - 2008/08/04 16:33

Dom - I never saw your post.

You are correct as long as it has labels or you can find on the internet you can log it. Its obviously easier to log on a free website like nutrawatch or fitday. That's what I do just log all my foods so I know exactly where I stand each day.

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Re:Need nutritional info on p90x bar & recover dri

Posted by johninjersey - 2008/08/17 15:26

hi.

check out myoplex lite bars by EAS.

190 calories, 40 from fat
4.5 g of fat
26.5 g of carbs.

I usually split one
1/2 for am snack 1/2 pm snack

Ok, OK I eat it all for the am snack LOL!!!

I also use EAS protein powder to up my protein.

Lowest carb one I have found

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Re:Need nutritional info on p90x bar & recover dri

Posted by Krantze_ - 2008/08/17 21:37

how much protein?

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Re:Need nutritional info on p90x bar & recover dri

Posted by johninjersey - 2008/08/18 18:13

protein of myoplex lite bars is around 15g

Re:Need nutritional info on p90x bar & recover dri

Posted by Tamara Kaye - 2008/08/18 20:14

Hey you guys,

There is an easier way to find all the info you are looking for on P90X. It's FREE....PROMISE.

You can be a free Beachbody member. It doesn't cost a thing. You can do your research on all of the products and connect with a larger community of P90X lovers. You don't have to buy their products, but you can see the labels and ingredient info and substitute with your own. There are about 140,000 currently on the P90X message boards. I always find the info I need there.

I also log my workouts in on their online gym. Everyday one person wins \$300-\$1000 for doing their workout and logging it in. I have two friends who have won already.

I just went to the Tony Horton Fitness camp in Vegas and it was amazing!! About to start my second round of P90X in a week!

If you want to check it out go to

<http://www.teambeachbody.com>

Go to the bottom of the page and click the GOLD Million Dollar Body tab. It will have you fill out a profile page. Put a before photo up, fill out your stats and a little about your fitness goals. Then start logging in your workouts. I love it!! It's totally FREE.

(Don't hit the BLUE--join the club--that one has much more info but it costs \$2.99 a week)

Hope that helps for your questions:)

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