



## Nutrition For Active People



### Is Your Low Carb Bar Really Low Carb?

(NAPSA)—Your low carbohydrate bar will soon sport a new, higher carb total on its label—a modification necessitated by an FDA interpretation of the Nutrition Labeling and Education Act.

Makers of low-carb bars have been instructed to increase the total carb count on the nutrition facts panel for these low-carb bars by including the carbohydrate content from low-glycemic ingredients—such as glycerine—which are used to lower sugar content and improve texture.

“Consumers who are carb-conscious should not worry when they see the total carb grams jump into the teens,” said Christine Riggs, Ph.D., Science Director, EAS, an industry leader in active lifestyle nutrition products, “because the quantity of carbs impacting blood sugar levels remains the same.

“So while these new labels may indicate that a bar now has, for example, 15-18 grams of total carbohydrates, the number of impact carbs may still only be 2-3 grams, once glycerine or other low-glycemic ingredients are removed from the equation.”

Prior to the FDA’s interpretation, bar makers did not include low-glycemic ingredients in the total carb count because our bodies do not utilize and derive energy from them like ordinary carbs, such as sugars and starches, and



they do not impact blood sugar levels like ordinary carbs. However, these low-glycemic ingredients were included in the total calorie count for those consumers concerned about weight management.

“The FDA interpretation only changes the nutrition facts panel and does not mean that the recipe has changed or that the reduced carbohydrate benefits of these bars have changed,” states Dr. Riggs. “EAS’ science-based, reduced carb AdvantEdge and Myoplex bars are the same effective weight management tool they have always been, particularly when used with regular exercise and a balanced diet.”

Labels reflecting the nutrition panel change are expected to hit retail outlets and nutrition centers this summer and fall.

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