

Sports Gels (serving = 1 packet)	Serving Size (gm)	Carbs (gm)	Calories	Protein (gm)	Sodium (mg)	Potassium (mg)	Drink this much water with each serving
Accel Gel	41	20	100	5	100	50	8 oz
Carb Boom! Energy Gel	41	27	110	0	50	50	12 oz
Clif Shot Energy Gel	32	25	100	0	40	30	10 oz
e load Energy Gel Heat Endurance Formula	43	27	110		110	27	12 oz
Enervitene Sports Gel	25 (ml)	18	71	BCAA	none	none	8 oz.
Hammer Gel	32	23	90	0	0	0	10 oz
Gu Energy Gel	32	25	100	0	50	35	10 oz
Powerbar Gel	41	27 - 28	110	0	200	20	12 oz

Sports Chews	Serving Size	Carbs (gm)	Calories	Protein (gm)	Sodium (mg)	Potassium (mg)	Drink this much water with each serving
Clif Shot Blocks	3 pieces	24	100	0	70	20	10 oz
Gatorade PRO Carb Energy Chews	4 pieces	31	120	0	105	50	14 oz
GU Chomps	4 pieces	23	90		55	40	10 oz
Hammer Perpetuem Solids, Tablets	3 tablets	20	100	1	80	40	8 oz
Honey Stinger Energy Chews	8 pieces	31	128	2	65	35	14 oz
Jelly Belly Sport Beans	14 pieces	25	100	0	60	60	10 oz
PowerBar Energy Gel Blasts	6 pieces	30	130	2	20	0	12 oz

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