

Performance-Enhancing Food

This poster shows the differences between Power bars and normal food

Power bar



Normal Food



Definition :

- Highly concentrated form of carbohydrate
- Can be easily absorbed by the body, quickly transfer into the blood
- Don't overload the stomach

Long-term
(energy, muscle building)

An example for energy supply and muscle building is Creatin. The body can produce creatin himself, but only in limited amounts

- Formula: $C_4H_9N_3O_2$
- Usage :
 - short-term energy while training/sport
 - muscle building

Side effects :

- diarrhea by overdose
- Water retention in the muscles

Amount Per Serving		% Daily Value*	
Calories 120	Calories from Fat 10	Vitamin A 0%	Vitamin C 0%
Total Fat 1g		Calcium 10%	Iron 0%
Saturated Fat 0.5g		Not a Significant Source of Dietary Fiber	
Trans Fat 0g		* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
Cholesterol 30mg	10%	Calories:	2,000 2,500
Sodium 60mg	3%	Total Fat	Less than 65g 80g
Total Carbohydrate 3g	1%	Sat. Fat	Less than 20g 25g
Sugars 1g		Cholesterol	Less than 300mg 300mg
Protein 24g		Sodium	Less than 2,400mg 2,400mg
		Total Carbohydrate	300mg 375g
		Dietary Fiber	25mg 30g
		Calories per gram:	
		Fat 9	Carbohydrate 4 Protein 4

INGREDIENTS: Protein Blend (Whey Protein Isolate, Whey Protein Concentrate, Whey Peptides), Artificial Flavor, Lecithin, Acesulfame Potassium, Aminogen®, Lactase.

Stats of an average Power bar

Definition :

- Normal food form your everyday life
- Not specifically made for sport
=> contains lots of irrelevant admixtures like roughages

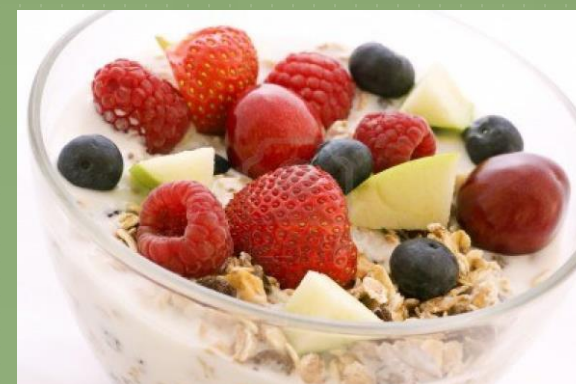
Pover bar similar food
(good for sports)

Food that doesn't overload the stomach and can be easily absorbed by the body.

- Low fat concentration (in realation with carbohyd.)

Examples :

- Muesli (24,1% carbohydrates; 17,8% protein; 8% fat; 1448 kJ)



- Whole wheat bread (14,4% carbohydrates; 12% protein; 2,1% fat; 812kJ)



- Bananas (20% carbohydrates; 1,2% protein; 0,2% fat; 398 kJ)



normal food
(bad for sports)

Food that most likely overloads the stomach and can't be as easily absorbed by the body.

- High fat concentration (in realation with carbohyd.)

Examples :

- Choclote (55% carbohydrates; 6% protein; 27% fat; 600kJ)



- Coffee (35% carbohydrates; 7,5% protein; 17% fat; 4,2kJ)



- Hamburger (28% carbohydrates; 12% protein; 9% fat; 1005kJ)



Poster from:
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Sources :

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