



**WR**  
**FUEL UP AWARDS!**

*This party-worthy roundup of our editors' favorite new nutrition items includes a smorgasbord of flavors to please every palate and power up any runner.*

BY NICKI MILLER  
PHOTOGRAPHY BY JUSTIN MCCHESENEY-WACHS

# CHEWS

*Honey Stinger Grapefruit Organic Energy Chews*



**WR**  
**FUELUP**  
**Winners!**  
**Chews**



*Run Performance Gum Mint*



*Baobest Bao Bites Peach Mango*

# DRINKS



***Nuun Plus for Nuun  
(with Nuun Energy  
Cherry Limeade)***

***Skratch Labs Exercise  
Hydration Mix With  
Matcha + Lemons***

***Osmo Strawberry  
Hydration***

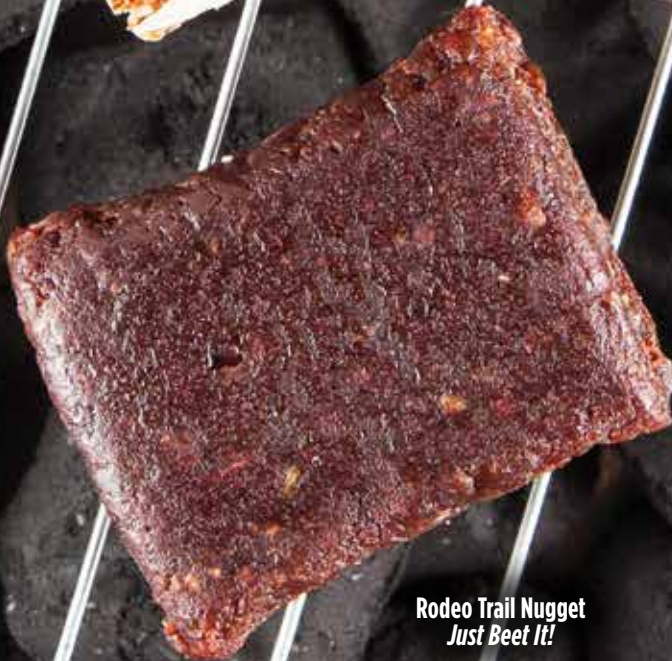
# BARs

**WR**  
**FUEL UP**  
**Winners!**  
**Bars**

*Kind Strong & Kind  
Roasted Jalapeño*



*Clif Organic Trail Mix Bar  
Dark Chocolate Pomegranate  
Raspberry*



*Rodeo Trail Nugget  
Just Beet It!*

# GELS



*Fuel for Fire Tropical*



*Untapped Slopeside Syrup*



*Gu Salted Caramel*



## CHEWS

### Baobest Bao Bites Peach Mango

#### Why we love them...

We remembered baobab trees from *The Little Prince*, but we didn't realize they produce a super fruit with electrolytes, antioxidants and six times the vitamin C of oranges.

**What they taste like...**These bitty squares have a peach-mango flavor with a little extra zing of sweetness, and they are easy on the stomach.

**When to eat them...**To keep these from turning to mush, we stored them in the fridge before taking a 120-calorie packet on a run for some insta-fuel.



### Honey Stinger Grapefruit Organic Energy Chews

#### Why we love them...

Sometimes a new flavor is reason enough to love a product that's always been good to you. If you haven't tried this brand, the honey base is a tummy pleaser.

**What they taste like...**Like grapefruit juice but without all that citric acid.

**When to eat them...**Either grab a handful at once (a packet is 160 calories) or spread out your intake of these chews during your long runs and races.



### Run Performance Gum Mint

#### Why we love it...

Innovation makes this gum a winner, but it's also a fantastic caffeine-delivery system if traditional methods (coffee, tea) cause you to head to the portapotty mid-run.

**What it tastes like...**It's minty, but you don't need to chew it very long (and you may not want to) to reap the caffeine benefits.

**When to eat it...**Caffeine is a legal performance-enhancer, so take this right before or at the beginning of your run.



## DRINKS

### Nuun Plus for Nuun

**Why we love it...**These effervescent tablets add carbs and electrolytes to low-cal Nuun flavored hydration tablets to give you more sources of energy as you hydrate. You can add two to four tablets (40 to 80 calories) so you can customize the drink for your workout.

**What it tastes like...**Nothing. The idea is that you add it to whatever flavor you like. Our favorite is **Nuun Energy Cherry Limeade** for both the taste and the caffeine.

**When to drink it...**Harder, longer workouts call for Plus. Nuun's testing on athletes running for 70 minutes at moderate to high intensities resulted in a 5.7 percent longer time to fatigue with Plus over Nuun Active (the non-caffeinated option) alone.



### Osmo Strawberry Hydration

#### Why we love it...

Women's bodies are different from men's, so this sports drink is formulated with our hormones and monthly cycles in mind.

**What it tastes like...**The strawberry flavor is quite light (35 calories) compared to sports drinks that make you wonder if the flavor comes from fruit or a laboratory. Real strawberries were harmed during the making of this powder!

**When to drink it...**On your long run, bring along a water bottle with a scoop of Osmo in it, and you'll have a refreshing dose of glucose and sodium to replenish what your body burns off and sweats out.



### Skratch Labs Exercise Hydration Mix With Matcha + Lemons

**Why we love it...**The all-natural, 80-calorie formulation is easy on the stomach, packs a caffeine kick as it hydrates and delivers needed electrolytes.

**What it tastes like...**It's kind of like a lemony green-tea candy you'd get at the end of your meal at an Asian restaurant, but in liquid form. This is sweet and refreshing!

**When to drink it...**Studies show caffeine improves performance, so have a glass before heading out on a long run and bring a bottle for sips en route.



## BARs

### Clif Organic Trail Mix Bar Dark Chocolate Pomegranate Raspberry

**Why we love it...**We like how many organic products are making their way to the running world, and Clif Bar has long been a leader on that front. This new line of organic bars features dried fruits and nuts and chocolate—yum!

**What it tastes like...**This flavor is a good mix of fruits you don't often see in bars, chocolate sweetens the deal.

**When to eat it...**Snack on this 190-calorie bar before running to top off your energy level with something healthy, organic and tasty.



### Kind Strong & Kind Roasted Jalapeño

**Why we love it...**Not all bars need to be laden with sweet flavors to be tasty. Enter the world of savory goodness with this high-protein line of bars.

**What it tastes like...**Despite the jalapeño, we found even a wussy palate could take the little kick.

**When to eat it...**When you want to replenish after a run, this bar delivers 10 grams of protein, 15 grams of carbs and 230 calories—and goes great with a beer.



### Rodeo Trail Nugget Just Beet It!

**Why we love it...**Beets are high in nitric oxide, which helps improve circulation and muscle recovery. This bar may be small, but it's also dense, packing 210 calories.

**What it tastes like...**Despite the name, we did not detect beet flavor as much as other fruits. In fact, it reminded one of us of Mom's orange cranberry bread!

**When to eat it...**Take this on a trail run and nibble a little as you go. It's not too sweet and easy to carry.

## GELS

### Fuel for Fire Tropical

**Why we love it...**This smoothie already has protein powder mixed in (10g), and with its resealable cap, you can eat as much of the 110-calorie packet as you want, when you want.

**What it tastes like...**Real fruit, since it's made from pineapple, banana and mango.

**When to eat it...**This is best right out of the fridge, either before or after a run.



### Gu Salted Caramel

**Why we love it...**So many runners swear by Gu's quick delivery of energy. A recent reformulation means it's even more scientifically designed to deliver optimal fuel. Plus, it's now completely vegan.

**What it tastes like...**There's no doubting the power of salt plus caramel. This flavor immediately became the number-one best-seller for Gu when it came out last year.

**When to eat it...**Down a 100-calorie packet five minutes before your run and another every 45 minutes to keep from bonking.



### Untapped Slopeside Syrup

**Why we love it...**We've always loved maple syrup but hadn't considered fueling with it on a run. Why didn't anyone think of this before? While there isn't much sodium (5mg), syrup does naturally have electrolytes and a slew of minerals—but it's the burst of carbs that really energizes.

**What it tastes like...**Real maple syrup, because that's exactly what it is.

**When to eat it...**Sure, you can drizzle this on your pre-race pancakes, but the real idea is to slurp a 100-calorie shot of syrup for some energy straight from nature. **WR**