



Energy boost bar: fuelling Defence for performance

In collaboration with industry and academia, DST has developed a high-energy, gut-friendly snack bar for ADF personnel. The use of raw green banana starch and cold press technology delivers resistant starch, a fermentable fibre that feeds the “good” bacteria in the gut.

Energy boost

The food bar delivers 1MJ of energy, reducing hunger and providing extra fuel for the body during extended physical activity.

Benefits of resistant starch

Resistant starch is not broken down in the small intestine in normal digestion processes. It moves through to the large intestine where it preferentially feeds protective microbial flora and improves intestinal health whilst providing a sustained source of energy.

Bone health

The bar is fortified with essential vitamins and minerals, including calcium and vitamin D to improve bone health.

Partnering opportunities

DST is looking for a partner to work on commercialisation of the snack bar, with potential for further development of a range of supplemented foods to support military personnel.

Nutritional Information			
Servings per pack: 1		Average Qty	
Serving Size: 70g		Per serve	Per 100g
Energy	KJ	1106	1580
Protein	Total g	3	4.3
Fat	Total g	7.5	11
	Saturated g	7.1	10
Carbohydrates	Total g	46	65
	Sugars g	18	25
Sodium	Total mg	16	23
Dietary Fibre	Total g	3.5	5
Calcium	Total mg	182	260
Vitamin D	µg	0.7	1

For more information contact:

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