Choosing MEAL REPLACEMENTS

Meal replacements can be used for one to two daily meals or snacks. See below for tips on how to choose the best option.

Protein Shake Nutrition Guidelines:

A typical shake is 8-11 ounces

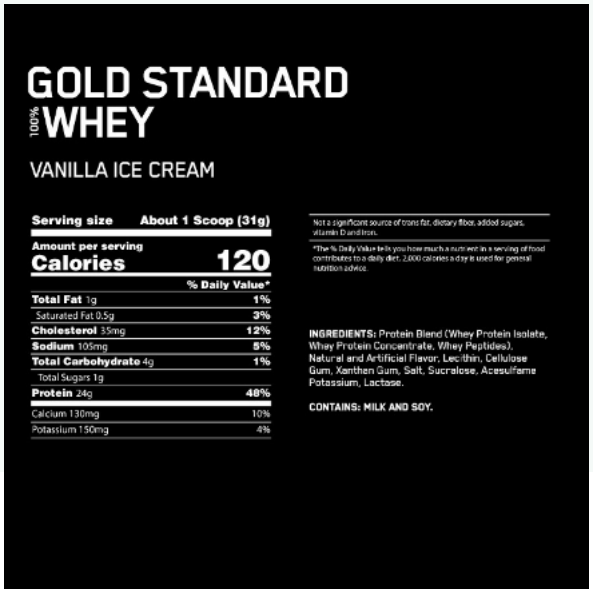
Each protein shake should have:

- At least 15 grams of protein
- 100 - 200 calories
- Less than 20 grams of sugar

Protein Powder Nutrition Guidelines:

When using a protein powder, remember to add the protein, calories, and sugar from the liquid you are mixing with

- For example: 1 cup of skim milk has 8 grams protein, 100 calories, and 12 grams carbohydrate (natural sugar as lactose)
- Adding water to a protein powder would not add any extra calories, protein, or sugar



Example:

If we add 1 scoop of the Gold Standard Whey protein powder to 1 cup of skim milk, we get a total of:

220 calories, 32 grams protein, and 13 grams sugar

Calories: 120 from powder + 100 from milk = 220

Protein: 24 from powder + 8 from milk = 32

Sugar: 1 from powder + 12 from milk = 13

Protein Bar Nutrition Guidelines:

Good Rule to follow: grams of protein + grams of fiber should be greater than grams of sugar

- If protein + fiber are greater than sugar = **product is likely a good choice**
- If protein + fiber are less than sugar = **there is likely a better option to choose**

This rule can apply to many packaged foods. It is especially helpful when comparing protein bars, cereal, bread products, and instant oatmeal

Protein + Fiber = 11

Sugars = 8

Protein + Fiber is more than sugars so this product is an example of a **good choice**

Examples of other protein bars:

- Atkins
- Fiber One Protein
- Kashi Chewy Granola Bars
- Nature Valley Protein
- Pure Protein
- Quest Bars
- Trader Joe's Fiberful Granola Bars
- Think Thin 150 calorie bars
- Think Thin Protein Nut Bar
- Oatmega
- Nugo Slim
- Nogii Protein D'Lites (Cooke & Cream flavor only)
- Health Warrior Superfood Protein Bar

Note:

Some of these bars may contain sugar alcohols, and if eaten in large amounts can cause some stomach/intestinal discomfort

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