

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



Nutrition Facts	
Serving Size 1 Shake (11 fl oz)	
Servings Per Container 4	
Amount Per Serving	
Calories 160	Fat Cal. 25
% DV*	
Total Fat 3g	5%
Sat. Fat 1g	5%
Trans Fat 0g	
Cholest. 20mg	7%
Sodium 210mg	9%
Potassium 450mg	13%
Total Carb. 5g	2%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 30g	60%
Vitamin A 25%	Vitamin C 25%
Calcium 50%	Iron 25%
Vitamin D 25%	Vitamin E 25%
Vitamin K 25%	Thiamin 25%
Riboflavin 25%	Niacin 25%
Vitamin B6 25%	Folate 25%
Vitamin B12 25%	Biotin 25%
Pantothenic Acid 25%	Phosphorus 50%
Iodine 25%	Magnesium 25%
Zinc 25%	Selenium 25%
Copper 25%	Manganese 25%
Chromium 25%	Molybdenum 25%

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: WATER, PREMIER PROTEIN® SHAKE PROTEIN BL (MILK PROTEIN CONCENTRATE, CALCIUM CASEINATE, WHEY PROTEIN CONCENTRATE), COCOA POWDER (PROCESSED WITH ALKALI), CONTAINS 1% OR LESS OF THE FOLLOWING: HIGH OLEI SUNFLOWER OIL, INULIN, CELLULOSE GEL AND CELLULOSE GUM, MAGNESIUM PHOSPHATE, DATEM, SALT, NATURAL AND ARTIFICIAL FLAVORS, SUCRALOSE, ACESULFAME POTASSIUM, CARRAGEENA VITAMIN AND MINERAL BLEND (SODIUM ASCORBATE [VITAMIN DL-ALPHA TOCOPHERYL ACETATE [VITAMIN E], ZINC AMINO ACID CHELATE, BIOTIN, VITAMIN A PALMITATE, NIACINAMIDE, POTASSIUM IODIDE, COPPER AMINO ACID CHELATE, CALCIUM D-PANTOTHEN CHROMIUM CHLORIDE, CYANOCOBALAMIN [VITAMIN B12], PHYTONADIONE [VITAMIN K], SODIUM MOLYBDATE, SODIUM SELENITE, FOLIC ACID, CHOLECALCIFEROL [VITAMIN D3], PYRIDOXINE HYDROCHLORIDE [VITAMIN B6], THIAMINE MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2]), FERRIC ORTHOPHOSPHATE, MANGANESE SULFATE, TRIPOTASSIUM PHOSPHATE, DIPOTASSIUM PHOSPHATE, SODIUM POLYPHOSPHATE. CONTAINS MILK.

30g / 160 / 1g
PROTEIN / CALORIES / 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

100% GOLD STANDARD WHEY

VANILLA ICE CREAM

Serving size	About 1 Scoop (31g)
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0.5g	3%
Cholesterol 35mg	12%
Sodium 105mg	5%
Total Carbohydrate 4g	1%
Total Sugars 1g	
Protein 24g	48%
Calcium 130mg	10%
Potassium 150mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Protein Blend (Whey Protein Isolate, Whey Protein Concentrate, Whey Peptides), Natural and Artificial Flavor, Lecithin, Cellulose Gum, Xanthan Gum, Salt, Sucralose, Acesulfame Potassium, Lactose.

CONTAINS: MILK AND SOY.

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

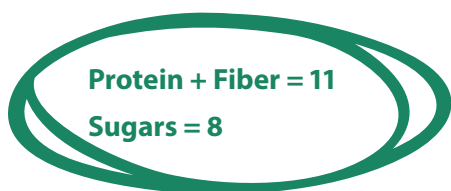
Sugar: 1 from powder + 12 from milk = 13

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



Nutrition Facts

Serving Size 1 bar (33g)
Servings Per Container 5

Amount Per Serving

Calories 140 Calories from Fat 50

% Daily Value*

Total Fat 6g 9%

Saturated Fat 4g 19%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 140mg 6%

Total Carbohydrate 17g 6%

Dietary Fiber 5g 20%

Sugars 8g

Protein 6g 10%

Calcium 2% • Iron 4%

Not a significant source of vitamin A and vitamin C.

*Percent Daily Values are based on a diet of other people's secrets.

Calories 2,000 2,500

Total Fat: Less than 65g 80g

Sat Fat: Less than 20g 25g

Cholesterol: Less than 300mg 300mg

Sodium: Less than 2,400mg 2,400mg

Total Carbohydrate: 300g 375g

Dietary Fiber: 25g 30g

Protein: 50g 65g

Ingredients: Chicory Root Extract, Peanut Butter Chips (sugar, palm and palm kernel oil, peanut flour, skim milk, whey powder, peanut butter, salt, soy lecithin), Sugar, Soy Protein Isolate, Vegetable Oil (palm kernel, palm, canola), Rice Flour, Roasted Peanuts, Whey Protein Concentrate, Corn Syrup, Whole Grain Oats, Vegetable Glycerin, Dutch Cocoa (processed with alkali), Rice Starch, Peanut Flour, Peanut Butter (peanuts, salt), Salt, Skim Milk, Soy Lecithin, Peanut Oil, Maltodextrin, Barley Malt Extract, Natural and Artificial Flavor, Fructose, Caramel Color, Baking Soda, Mixed Tocopherols Added to Retain Freshness. CONTAINS SOY, PEANUT AND MILK; MAY CONTAIN WHEAT INGREDIENTS.

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