

# Choosing a High-Quality Meal Replacement Product:

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With many different weight loss products on the market today it can be extremely overwhelming and frustrating when it comes to choosing a healthy meal replacement shake, bar, or soup.

Let's begin this guide by discussing some important factors that will help you to make an informed decision when trying to identify a quality meal replacement product that best fits your needs and provides complete, optimal nutrition.



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1. Start by looking at the nutrition label and ingredients list on the back of package. Disregard the front label because it will not tell you what you need to know about the product.
2. It will be important for you to understand and consider the number of calories contained per serving; for example, selecting a meal replacement that is at or below 200 calories per serving is usually a good rule of thumb, if weight loss is your desired goal.
3. Vitamins and Minerals. Choosing a product that contains 10%-30% of most vitamins and minerals per serving will prove to be an excellent choice. However, this will ultimately depend on the number of meal replacements used per day.
4. Determine how many meal replacements you plan on using per day and what other calories you will consume through your regular diet.
5. Protein. Protein is an extremely important piece of the nutritional puzzle. Look for a meal replacement with at least 15 grams of protein per serving. Protein is essential for keeping hunger under control and for building and repairing muscle and tissue in the body. The type of protein is important as well. High-quality proteins which are milk/whey based can be used and absorbed by the body easily and are a great choice. Soy, egg, and pea protein can also be used.

6. Carbohydrates. It is really important to consume a balance of carbohydrates, proteins, and fats every day. The main function of carbohydrates is to provide the body and brain with sustained energy. Look for a product that meets your nutrition needs or one that offers between 10-20 grams of carbohydrates per serving.

#### **Other Important Things to Consider:**

- **Fiber** (Especially if you are prone to constipation).
- **Sugar**. When reading nutrition labels please note the sugar amount listed will include natural milk sugars as well as added sugars. Refer to the ingredient list to determine the sweetener(s) used. To cut overall calories and sugar grams, choose a product formulated with sucralose or stevia. Our taste buds are very unique; find a product you can tolerate well and one that meets your needs!
- **Convenience Factor**. Pre-portioned, individually packaged meal replacements can be life savers, especially when busy or on-the-go. They can slip easily into a purse, briefcase, lunch box, gym bag, glove box, etc. Not only are they convenient, they can also act as a life preserver by offering a quick, healthy meal in a critical time of need and can help to prevent a poor "in the moment" decision that could have easily led to a fast food drive thru. Additionally, pre-portioned, individually packaged meal replacements will ensure you get the exact amount of nutrition and calories with each individual serving, no measuring, or mess.

One of our goals at MedLinkHealth is to inform and educate. We hope our guide has helped you to simplify the process of choosing a high-quality meal replacement. In turn, we hope this information can assist you in making an educated decision the next time you want to purchase a good weight loss nutrition product.

We wish you the best of success in reaching and maintaining a healthy weight loss!

***~Team MedLinkHealth***