

## MEAL REPLACEMENTS:

### Nutrition to Help Manage Your Weight and Diabetes

**WHAT IS A MEAL REPLACEMENT** – foods that you can eat or drink as an alternative to a meal. They are a quick and easy way to get the nutrition you need, but with fewer calories than in a usual meal.

**“Use of meal replacements once or twice daily to replace a usual meal can result in significant weight loss,”** *-the American Diabetes Association.*

#### DEFINITION OF A MEAL REPLACEMENT:

- Commercially available, Over-the-Counter
- Fortified with vitamins and minerals
- Designed to replace at least 1 meal per day
- < 300 calories
- Liquid or solid
- Pre-Measured

#### BENEFITS OF MEAL REPLACEMENTS:

Less decision making and FAST!!  
 Easier to limit calories without “counting”  
 Help you get into a routine of regular meals and snacks

#### Sample Weight Loss Diet Plans:

~1500 Calories  
(Men)

- Breakfast:
  - o Meal Replacement
  - o Fruit or yogurt
- Lunch:
  - o Meal Replacement
  - o Fruit or Vegetables
- Snack:
  - o 1 Fruit serving
- Dinner:
  - o 5-6oz fish or poultry breast
  - o 1 grain/starch serving
  - o Salad + steamed vegetables
  - o Fruit

- Breakfast
  - o Meal Replacement
  - o Fruit or yogurt
- Lunch
  - o Meal Replacement
  - o Fruit or vegetables
- Snack
  - o 1 Fruit serving
  - o Protein (cottage cheese, cheese stick, snack bar ~100kcal snack)
- Dinner
  - o 5-6oz fish or poultry breast
  - o 2 grain/starch serving
  - o Salad + steamed vegetables
- Snack
  - o 6 crackers with peanut butter or 3c. Lite popcorn with 2Tbs. nuts

~1200 Calories  
(Women)

## Liquid Meal Replacements Comparison Chart

<u>Product</u>	<u>Serving</u>	<u>Calories</u>	<u>Protein (g)</u>	<u>CHO (g)</u>	<u>Fat (g)</u>	<u>Fiber (g)</u>	<u>Lactose Free*</u>	<u>Gluten Free</u>
Boost Calorie Smart	1 bottle = 8oz	190	16	16	7	3	Yes	Yes
Boost Glucose Control	1 bottle = 8oz	190	16	16	7	3	Yes	Yes
Boost High Protein	1 bottle = 8oz	240	15	33	6	0	Yes	Yes
Boost Original	1 bottle = 8oz	240	10	41	4	0	Yes	Yes
Carnation Instant Breakfast (No Sugar Added)	1 bottle = 325mL	150	13	16	5	2	No	No
Carnation Instant Breakfast (No Sugar Added)	1 packet powder	60	5	12	0.5	4	No	No
Ensure High Protein	1 bottle = 14oz	210	25	23	2.5	3	Yes	Yes
Ensure Nutrition Powder	1/2 cup	250	9	34	9	0	Yes	Yes
Ensure Nutrition Shake	1 bottle = 8oz	250	9	41	6	1	Yes	Yes
Glucerna Original Shake	1 bottle = 8oz	200	10	27	7	3	Yes	Yes
Glucerna Hunger Smart Shake	1 bottle = 11.5oz	180	15	16	8	5	No	No
Low Carb Slim Fast	1 bottle = 295mL	180	20	3	9	1	No	No
Slim Fast	1 bottle = 295mL	180-190	10	25	6	5	No	No
Kellogg's Special K Protein Shake	1 bottle = 298mL	180-190	10	29	5	5	No	No

## Meal Replacement Bars Comparison Chart

<u>Product</u>	<u>Serving</u>	<u>Calories</u>	<u>Protein (g)</u>	<u>CHO (g)</u>	<u>Fat (g)</u>	<u>Fiber (g)</u>	<u>Lactose Free*</u>	<u>Gluten Free</u>
Clif Bars	1 Bar	230	10	45	3	5	Yes	No
Glucerna Chocolate Peanut Meal Bars	1 Bar	220	10	34	7	2	Yes	Yes
Luna Bars Original (Marketed toward Women)	1 Bar	180	8	27	6	3	Yes	No
Power Bar Nut Naturals	1 Bar	210	10	20	10	3	No	No
PureFit Bars	1 Bar	220	18	24	6	3	Yes	Yes
Slim Fast Meal Bars	1 Bar	200	8-9	23-32	4-8	5	No	No