

Meal Replacement Evaluation Guide for a Fat Burning Metabolism

As a healthcare professional, I have found it perplexing that the US consumes more diet foods than any other nation, yet remains one of the most overweight countries on earth. I believe the answer to this paradox has been revealed through the best new research that has shown that the right composition of macro nutrients (protein, carbs, fiber, and healthy fats) can actually restore your gut health and shift your metabolism from burning sugar as its primary source of fuel to fat. Practically any meal replacement product can help you lose weight, but without a fat burning metabolism, weight has been shown to come back with a vengeance. The challenge is that this newly discovered composition

is in conflict with almost every meal replacement product and healthy snack that I reviewed. High protein/low fat products still dominate the weight-loss industry, even though research has shown that just the opposite is necessary to achieve a more sustainable fat burning metabolism. This could help explain why over 70% of our population is overweight or obese in spite of a \$60 billion a year diet industry. And, that percentage increases every year. So, to help you decipher through all the misinformation and hype that exist in the market, I have compiled this new data into a guide for assessing the potential of any product to support good gut health and an efficient fat burning metabolism.

This guide looks for products that are:

- **High in healthy fats (Shoot for greater than 40% of total calories in the product if it contains high fiber, 50% if it has less than 5 grams of fiber)**

It takes fat to burn fat. The higher the healthy fats, the better the results. Healthy fats and fiber are two of the most deficient macro nutrients in meal replacement products. Some experts recommend up to 70% of your total calories should come from healthy. Multiply the total grams of fat times 9 and then divide by the total calories to determine the % of fat calories.

- **Moderate protein (shoot for between 15-29% of total calories in the product)**

Excess protein in your diet can be converted into sugar in your body, making it harder to shift your metabolism. Higher protein is beneficial when doing heavy training, but not for achieving a fat burning metabolism. Multiply the total grams of protein times 4 and then divide by the total calories to determine the % of protein calories.

- **Vitamins and minerals (shoot for 25% of Daily Value (DV) from food-sourced vs synthetically made ingredients)**

- **Low to no sugar (shoot for less than 4g of unprocessed sugar in the product)**

Sugar is public enemy number one according to this research. It not only spikes your insulin levels, but it feeds bad gut bacteria and diseased cells. High sugar intake also promotes cravings and makes it almost impossible to shift to a fat burning metabolism. Stay away from products containing processed sugar and grains.

- **High fiber (shoot for 10g of fiber per serving)**

Fiber provides nourishment for our friendly bacteria, helps cleanse our intestinal track, and can be converted in the gut into short chain fatty acids (scfa's). Fiber is essential for a healthy gut, but deficient in our modern diets.

- **Low net carbs (shoot for less than 20% net carbs in the product)**

Net carbs are calculated by subtracting the grams of fiber from the total grams of carbohydrates before you determine the percentage of (net) carbs in a product. Carbs can be converted to sugar in the body making it difficult to shift your metabolism to burning fat over sugar.

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Research shows that there is a direct link between vitamin/mineral deficiency and obesity. Vitamins and minerals are bound to other nutrients and trace minerals in plants and foods, making them more bio available for human consumption. Synthetically sourced vitamins and minerals are in the form of chemical isolate's and are harder for the body to utilize and retain. Unused chemical isolate are often excreted in the urine or stored in fat cells. Multiple publish studies have shown that high doses of synthetically made vitamins B, A, and beta-carotene can actually increase the persons risk of disease and death. Always look for

food sourced nutrients to ensure proper nourishment. Some companies may use one or two food sourced nutrients and the rest are synthetically sourced. The checkmark on my charts represent companies that use all food sourced vitamins and minerals.

I have produced a chart to show how some of the most popular food bars stack up to this new scientific criteria for achieving good gut health and a fat burning metabolism.

	Evolv LifeBar™ Dark Chocolate	thinkThin® Chocolate Almond Brownie Protein + Fiber Bar	LÄRABAR Cashew Cookie	Paleo Protein Bar® Cinnamon Roll	Herbalife Formula 1 Express Meal Bar Cookies 'n Cream	Nutrilite™ BodyKey™ Chocolate Brownie Meal Bar	Kashi® Plant-Powered Peanut Hemp Crunch Bar	ViSalus Nutra-Bar Chocolate Caramel	Atkins Chocolate Chip Granola Bar	Isagenix IsaLean® Bar Chocolate Cream Crisp	KIND® Breakfast Protein Bar Dark Chocolate Cocoa	CLIF BAR® Chocolate Chip	Quest Cinnamon Roll Bar
Serving Size	45g	40g	48g	60g	56g	56g	45g	42g	48g	65g	50g	68g	60g
Calories	190	150	230	190	200	190	200	160	210	270	210	250	170
Healthy Fats ≥ 40%	42%	36%	49%	24%	23%	21%	49%	39%	39%	30%	38%	18%	37%
Protein 15-29%	15%	27%	13%	42%	30%	31%	18%	20%	34%	27%	15%	14%	47%
Net Carbs ≤ 20%	6%	37%	35%	13%	46%	48%	25%	40%	21%	40%	40%	66%	9%
Fiber ≥ 10g	12g	5g	3g	19g	5g	5g	4g	8g	6g	1g	4g	4g	14g
Low Sugar ≤ 4g	1g	5g	18g	2g	11g	6g	8g	9g	1g	18g	10g	21g	1g
Micronutrient Vitamins & Minerals ≥ 25% DV	✓	X	X	X	X	✓	X	X	X	✓	X	X	X
Food-Sourced vs. Synthetically Sourced Vitamins/Minerals	Food-Sourced	Synthetic	NA	NA	Synthetic	Synthetic	NA	NA	Synthetic	Synthetic	NA	Synthetic	NA
No Soy Protein	✓	X	✓	✓	X	X	✓	✓	X	✓	X	X	✓
Whey/Dairy Free	X	X	✓	✓	✓	X	✓	X	X	X	✓	✓	X
Extra Immune & Digestive Support	✓	X	X	✓	X	X	X	X	X	X	X	X	X