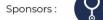


*Open for Micare members only

Organizers :













Meal Replacement for Weight Loss



Whatis

M eal Replacement (MR)?

Commercially a vailable products fortified with nutrients to replace daily meals (breakfast / lunch / dinner).

Prepackaged as bars, shakes or beverages.

Research has found that meal replacement can help with <u>weight loss</u>.





How does meal replacement help you to lose weight?



1. Restrict calorie intake

Key to weight loss – reducing calorie intake. Sticking to a low calorie diet might be challenging. Low calorie: **200-400 kcal/meal**. High protein, low fat, high fiber.

Promote weight loss by intake:

- controlling portions
- providing satiety





2. Eliminate Unhealthy Choices

- Portable and convenient.
- Resist temptation to indulge unhealthy processed food.
- **Savetime** for meal preparation.
- Prevent overeating.
- Healthier alternative for busy lifestyle.



3. Compact with nutrients

- When calorie intake is cut from traditional diet, nutrients might be lacking.
- MR is designed to provide all of the nutrients that you should consume in a complete meal.
- Fill nutrient gap fortified with vitamins and minerals.
- Good source of calcium, iron, fiber.





What to consider when taking meal replacement?



1 Ingredients

- Read label.
- Unhealthy ingredients:
 - sugar, corn syrup, hydrogenated
 vegetable oil, artificial flavours.

Look for:

- High fiber at least 3g per serving.
- Protein 14g per serving.
- Sugar less than 10g per serving
- Allergen alert.





2. Change your eating habit

- Meal replacement is **not your long-term solution** for weight management.
- Cannot completely replace a healthy diet from whole food.
- Not a sustainable lifestyle cost and social isolation.
- Meal replacement part of a healthy diet.
- Long term weight loss requires long-term lifestyle changes.



Conclusion

- Meal replacement may be an effective way to reduce your calorie intake and lose weight.
- Take meal replacement as part of a healthy diet
- Change your lifestyle for a sustainable weight loss.