

60 DAYS SCALE DOWN CHALLENGE

*Open for Micare members only

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Meal Replacement for Weight Loss

What is Meal Replacement (MR)?

Commercially available 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 weight loss.



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.
- **Save time** 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.