



The Truth About Protein Bars



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NANCYS TEACHES "INTUATIVE EATING LIFESTYLE"

Protein Bars and Weight loss are now more closely linked than they ever have been. That's because advancements in nutritional understanding, combined with a competitive market for protein bars, have led to highly effective and affordable bars that are honed to meet individual goals. So they say.

There are many benefits to using protein bars as a part of your weight loss plan, especially when you know what to look for.

First, protein bars are the best alternative to protein powder and meal replacements. Take them anywhere you go, and you can eat a protein bar anywhere, no mess, no fuss. You can find all types of protein bars, just about any type you need, and all designed for "weight loss" or "weight gain". Really?? Or is that what the labels tell you?



Choose Your Bar Carefully

Over 60% of the bars failed to meet their labeling claims by a Consumer Labs study, which means over 18 out of the 30 bars tested made false claims on the labeling. Take a look!

- Only 1 out of the 12 protein bars passed.
- 1 out of 18 meal replacement bars passed.
- 4 out of 10 diet bars passed.
- All 5 bars that didn't specify any use, passed.
- 4 out of 5 energy bars passed.

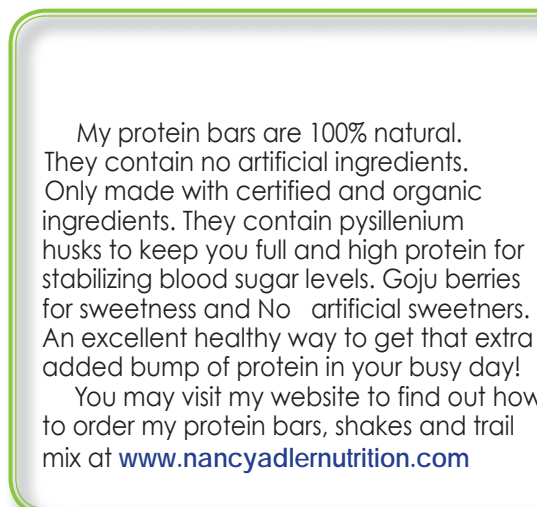
The reasons for failure

The nutrition bars were tested to determine their total carbohydrates, calories, protein, fat, sodium and cholesterol. Pass or fail depended on whether the labeling reflected the actual protein bar contents. Sure enough 18 failed. Glycerin is used as a sweetener and to add moist texture. The problem with protein bars is that you need to add a lot of sugars and other stuff to make it taste good. So the better the protein bars tastes, the less healthy it is. Sad reality. I know.

Prevent Snacking

With protein bars for weight loss, you aren't necessarily looking for a full meal replacement. Instead, you should be looking for a quick nutritional boost that will have the added bonus

of preventing unhealthy snacking. If you always have a protein bar on hand, you will never turn to a vending machine for a candy bar or bag of chips



My protein bars are 100% natural. They contain no artificial ingredients. Only made with certified and organic ingredients. They contain psyllenium husks to keep you full and high protein for stabilizing blood sugar levels. Goju berries for sweetness and No artificial sweeteners. An excellent healthy way to get that extra added bump of protein in your busy day! You may visit my website to find out how to order my protein bars, shakes and trail mix at www.nancyadlernutrition.com

with no nutritional value. You can ask any of my clients what I always tell them. "Its better to eat a great nutritional protein bar with high protein and low sugar then allow your body to starve".

Keep your Metabolism on the move

One of the great benefits of protein bars for weight loss is that you will be keeping your metabolism at a fast pace. Going long periods of time without eating only slows down your metabolism and leads to over-indulging later on when you become starved for food. Avoid the problem by planning a mid-day or mid-morning protein bar snack and keeping your metabolism and blood sugar levels even keel all day long.

Importance of Protein

It's important that the food you eat provides your body with a sufficient level of protein. Protein is required to help build and maintain muscle mass. Additionally foods with protein keep you feeling fuller for a longer period of time. Protein will help stabilize your blood sugar levels.

General Guidelines

Protein bars for weight loss should be 200 calories or less, no more than 6 grams of sugars (beware of sugar alcohols- artificial sweeteners) and a minimum of 10 grams of protein.

Beware of "Diet Programs"

Try to remember food we put in our body should be natural and healthy. 75% of our food intake should come from the earth. Programs that have you

rely on shakes and protein bars are usually loaded with artificial ingredients and should never be put into our body. Usually they are quick fixes and certainly do not teach you to understand the proper way to feed your body for overall health and well-being long term. Protein bars should only be used on the run and for convenience. **Real food - good food is the key!**

"Change Starts Here With You And Me"

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You may also see Nancy on Television Friday mornings on "Better Living with Adrienne" on NBC TV40 at 10:25 A.M. discussing health and nutrition topics.

Nancy Adler C.F.T., S.P.N., S.S.C. Nancy is a certified nutritionist specializing in nutrition and weight control. She owns a nutrition consulting business in Egg Harbor Township where she counsils people in making permanent healthier lifestyle changes. She currently holds three of the highest accredited certifications through I.S.S.A.: C.F.T (Certified Fitness Trainer), S.P.N (Specialist in Performance Nutrition), and S.S.C. (Specialist in Sports Conditioning).

Nancy has competed in running events for charity. She often lectures groups about nutrition and wellness at women's organizations, schools, and professional establishments throughout the county. She may be heard on local radio and seen on television spreading the good word of health and fitness. You may read Nancy's thoughts on nutrition and fitness in the T.V. Atlantic magazine weekly and in Ed Hitzel's Restaurant magazine.