

Mayo Clinic Minute

Meal replacement reminders

VIDEO	AUDIO
	As meal replacement options expand, it's important to remember two things: Not all replacements are created equal, and not all meals should be replaced.
Title: Anya Guy Dietitian Mayo Clinic	"Meal replacement shakes and products should not replace eating or consuming whole foods, especially fruits and vegetables. If you're looking to implement these into your diet, talk to your physician or a dietitian about how many you can have per day."
Graphic: Read labels	Dietitian Anya Guy says when you do need to replace a meal with a bar or shake, ignore the packaging claims and read the nutrition label.
Anya Guy	"Look for whole-grain ingredients or whole-food ingredients, which might be nuts or seeds."
Graphic Look for protein & fiber	An ingredient like nuts can boost the protein in a bar and can contribute to the product's fiber content.
Anya Guy	"A good amount of fiber will help you feel fuller longer."
Graphic: Looks for vitamins & minerals	Guy says to choose replacements that offer at least a part of your daily vitamin and mineral needs.
Anya Guy	"Many of these products are also fortified with vitamins, minerals and micronutrients. It's really a personal preference on what you prefer added to your bars or shakes."
Avoid added sugar	Finally, check for added sugar and pass on replacements that come with too much of it.
	For the Mayo Clinic News Network, I'm Jeff Olsen.