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◆ DRINK



# Nutrition on the Go

2000 issue of *Obesity Research*, meal replacements can help lower blood sugar and blood pressure levels as well as decrease physical weight.

Some companies prepare the drink for you in their own bottles for easy access, while other shakes come in powder form to which you simply add water. Dr. Andrew Abraham, founder of Orgain, advises that it's best to look for drinks that contain at least 250 calories and offer healthy ingredients instead of artificial sweeteners and corn syrup. In Orgain, a ready-to-drink meal replacement, "the calories are nutrient dense because we use organic whey protein, organic brown rice, and organic fruits and veggies," states Dr. Abraham. Heralded as the first organic meal replacement drink, the doctor-developed product will help you gain health and energy. The flavors—chocolate fudge and vanilla bean—use their sweetness to conceal the taste of its numerous vitamins and minerals.

If you're more comfortable preparing your own drinks, look no further than Vega's Whole Food Health Optimizer. Brendan Brazier, a professional triathlete, created Vega specifically for nourishment, weight loss, strength as an athlete. The powder, packaged in small snack packs and larger bottles, can be mixed with water, juice, or milk. Designed to eliminate fatigue and hunger, the drink provides balanced nutrition with a high quantity of

protein, fiber, and fatty acids. The protein and nucleic acids help to rejuvenate cells while the alkaloids help increase energy and reduce stress. The drink's valuable nutrient maca also helps decrease stress and energize the drinker. Available in a variety of flavors including natural, berry, vanilla chai, and chocolate, the drink effectively and deliciously combats appetite and cravings.

If you plan to use meal replacements, do not substitute more than two meals per day. Dr. Abraham suggests that substituting the drinks for every meal, and completely excluding natural foods from your diet, should be a medically supervised regimen. Overall, when combined with nutrients from natural foods, the drinks allow your body to take in a favorable assortment of nutrients.

Studies show that small, frequent meals (five or six a day) increase metabolic function. To gain maximum affect try using the shakes twice a day between three other small meals to allow your body to operate efficiently and lose weight. Moreover, feel free to experiment with different types of drinks to always keep your taste buds guessing. While traditional diets are time-consuming and often abundant in sugar and cholesterol, meal replacement drinks are quick fixes to keep you going strong all day long.

CLM ◆ Elizabeth Saucier

We all know we're supposed to eat three hearty and healthy meals a day, but it's often difficult to maintain adequate nutrition in today's fast-paced world. Meal replacement drinks, however, snip mealtime down to just minutes and are hassle-free. Whether pre-mixed and ready to go or do-it-yourself, meal replacement drinks make life a whole lot easier for busy people who may be looking to lose weight. Containing all the proper calories and nutrients to fulfill the qualifications of a well-balanced meal, these drinks offer both refreshment and nutrition.

Meal replacement shakes contain a plethora of beneficial protein, vitamins, minerals, and moderate carbohydrates to give you energy and make you feel full without all the sugar. According to a study of 100 overweight middle-aged people published in the August



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## Drink – **Nutrition on the Go**

By Elizabeth Saucier

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