

Points To Remember

When Selecting Pre-Made Meal Replacement Shakes For Weight Loss



Go through the nutrient values to ensure the shake meets your daily nutritional needs.

Ensure the calories per serving are compatible with your weight goals.



Check all the ingredients for additives, fillers, and allergens.

Pay attention to the fat content and opt for shakes with $\leq 2\text{g}$ of saturated fat.



Consider the sodium content in case you have cardiovascular conditions.

Check the source of protein in case you are vegan or lactose intolerant.

Protein

SUGAR



Look for shakes with low added sugar content to reduce the risk of diabetes.

Consider the flavor to ensure you relish your replacement shakes.



Reference

1. Meal Replacement Shakes and Nutrition Bars: Do They Help Individuals With Diabetes Lose Weight?; American Diabetes Association