

SCI/MED BOARD ARTICLES



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Healthy Parents Lead to Healthy Kids

We all know that we need to eat right to be healthy, but sometimes it isn't easy! Adults need to be good examples for their children when it comes to eating smart. Let ADVOCARE Meal Replacement Shakes and Bars come to the rescue.



Start with making a quick Trim **Berry Meal Replacement Shake** (220 calories, 24g protein, 3g fat, 24g carbohydrates with 12g sugar) compared to a small strawberry shake from the local fast food restaurant (410 calories, 7g protein, 13g fat, 64g carbohydrates with 63g sugar). The added protein concentrate in ADVOCARE's Trim Meal Replacement Shake and lower carbohydrate and sugar content make this a healthy snack, breakfast alternative or meal-on-the-run.

For those wanting quick energy and thirst quenching refreshment from a beverage, ADVOCARE Meal Replacement Shakes offer a great nutrition benefit over high sugar fruit drinks that have 80-120 calories, 0 protein, 0 fat, 14-30g carbohydrates with 14-30g sugar per eight ounces.

What better way to start the day than with an ADVOCARE **Apple Cinnamon Breakfast Bar** (200 calories, 15g protein, 6g fat, 22g carbohydrates with 10g sugar) instead of letting children eat the cereal bars that they see on the supermarket shelf (160 calories, 2g protein, 4g fat, 31g carbohydrates with 14g sugar).



The ADVOCARE **Meal Replacement Bar** is another great meal alternative (230 calories, 17g protein, 6g fat, 30g carbohydrates with 4g sugar) compared to the packaged lunchable choices in the supermarket (440 calories, 16g protein, 18g fat, 54g carbohydrates with 38g sugar). Is it any wonder why American children are overweight when you compare the nutrition in these quick meals! If the kids want spaghetti rings and meatballs (220 calories, 8g protein, 8g fat, 29g carbohydrates with 8g sugar) for a fast lunch, just remind them that the extra protein and lower sugar in an ADVOCARE Meal Replacement Bar gives them a nutritional edge over their



friends.

Cool, refreshing snacks are very important for active young people. **ADVOCARE KickStart SPARK™** offers a great kick-start whether it is used in popsicles or as SPARK Jigglers. Try this fast and easy way to provide increased energy with focus to your active youngsters.*



SPARK JIGGLERS

1 package (3 ounces) grape flavored gelatin **

1 cup boiling water

3 packages Grape KickStart SPARK

Pour gelatin package into bowl. Add boiling water. Stir at least two minutes to completely dissolve gelatin. Add KickStart SPARK packages. Stir well to dissolve. Pour into 8-inch square pan. Refrigerate at least three hours until firm. Cut into 1-inch squares. Lift from pan with a knife and eat. Makes 49 squares. One serving = 12 squares.

Note : A variety of gelatin flavors can be matched to the many flavors of KickStart SPARK.

** Sugar-free gelatin flavors (0.3 ounce package) can be substituted