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Raising the Bar on Weight Management

ADVOCARE nutritional bars are a perfect fit for a weight management program, an active lifestyle or as a healthy alternative to junky fast foods. ADVOCARE bars offer healthier choices than many other bars, are packed with the power of the latest science and come in a variety of flavors and textures.

Here is a quick and easy way of putting nutrition bars into a weight management program

(1,200-calorie meal plan) that also fits your busy lifestyle. Start the day with a [Breakfast Bar](#) (150-200 calories) and a small piece of fruit (50 calories), and mid-morning grab another piece of fruit or a protein snack (50 calories). Then, reach into your backpack or briefcase for a [Meal Replacement Bar](#) (230 calories) and a can of tomato juice (20 calories) at lunchtime. The mid-afternoon slump disappears with a [Trim Snack Bar](#) (140 calories). Dinner can be takeout or home prepared featuring broiled salmon, small baked potato, salad with low-calorie dressing and steamed vegetables (450 calories). Top off your day with a Breakfast Bar or [Active Snack Bar](#) (150-200 calories) before bed! Other essential elements of a successful weight management program include regular physical activity and wise food choices. Keep in mind that all ADVOCARE Snack Bars perfectly complement the Metabolic Nutrition Systems for a comprehensive, user-friendly weight management program.



Using ADVOCARE nutritional bars in a weight management regime minimizes cooking and cleanup. This really is the guilt-free way toward a healthier lifestyle while enjoying great-tasting food that can be eaten on the run.



Breakfast Bars are available in [Berry Crunch](#) and [Apple Cinnamon](#) flavors. They offer delicious, balanced nutrition for that morning meal or late night snack and are healthier than visiting the vending machine for a bag of chips or cookies. Breakfast Bars have a whopping 11 grams of protein (others have only two to five grams) and are low in fat (less than 30 percent calories from fat), so they fill you up, help manage your blood sugar, support your muscles and provide nutrients for brainpower.

[Meal Replacement Bars](#) feature the ever-popular Chocolate Peanut Butter flavor combination.

They don't require preparation or eating utensils. These bars are the ADVOCARE answer to "grab and go" meals. Each bar has excellent balance for a complete meal (30 percent of calories from protein, 23 percent of calories from fat and 52 percent of calories from carbohydrates, plus a great blend of 16 vitamins and minerals). In fact, one Meal Replacement Bar provides one-third of the nutrients in a well-balanced daily diet as specified by the U.S. Recommended Dietary Intake guidelines.



Trim Snack Bars tempt the taste buds in [Chocolate Honey Peanut](#) and [Berry](#) flavors. Each bar has a mere 140 calories coming from 10 grams protein, five grams of fat, and 15-16 grams of carbohydrates (only six grams of sugar). Active Snack Bars have only one gram of sugar and come in mouthwatering [Peanut Caramel](#) and [Strawberry Cheesecake](#) flavors. Tuck these packages of energy into your pocket for a quick treat instead of reaching for a candy bar.

Make sure you check out the full array of great-tasting, nutritional snack bars from ADVOCARE. For workouts or a quick pick-me-up, try the [Protein Plus Bar](#) or the [High Energy Bar](#). Add 10 whopping grams of fiber to your body with just one cherry cranberry [Fiber Bar](#). Finally, maintain your cholesterol levels with a filling peanut butter-flavored [Heart Source Bar](#).

ADVOCARE products are distinctive because they are based on the latest science and high quality ingredients in the right amounts. Is it any wonder that ADVOCARE nutritional bars offer great success in a weight loss program when they can help control the junk-food temptation so easily!