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## TRIM ADVANTAGE® Meal Replacement Bar – Crispy Rice With Chocolate Flavor

**Great taste. Balanced nutrition.**

Light, crunchy rice bits are tossed with smooth, dark-chocolate flavor. A chewy-crispy favorite. Just 230 calories, 35% of the Daily Value for 24 essential vitamins and minerals, and 5 g of fat. Can your drive-through burger say that? This product contains gluten.

Each bar: 2.1 oz.

9 bars

SKU: EE-0094

Price: **\$22.60 USD**

### Product Advantage

No time to eat well? Think again!

Choose TRIM ADVANTAGE Meal Replacement Bars

	CALORIES	PROTEIN	FAT	CARBS
TRIM ADVANTAGE Meal Replacement Bars*	210-250*	15-17 g*	6-8 g*	26-31 g*
McDonalds® Quarter Pounder®	420	24 g	18 g	40 g
Taco Bell® 1/2-lb. Beef and Potato Burrito	530	15 g	24 g	65 g
Subway® 6-in. Turkey Breast, Ham and Roast Beef Sub	320	24 g	6 g	47 g
KFC® Honey BBQ Wings (6)	540	25 g	33 g	36 g
Egg Salad (made with mayo) on two slices of whole wheat bread	570	29.5 g	29 g	49 g

### Product Description

Don't skip that meal, replace it – with this sweet, crunchy Crispy Rice with Chocolate Flavor Trim Advantage Meal Replacement Bar. It delivers the nutrients you need: 15 grams of protein – including 9 essential amino acids – and 35% of the Daily Value for 24 essential vitamins and minerals. It's also a good source of dietary fiber. So the next time you hear the drive through calling your name, unwrap a bar – and if you finish up with a glass of fresh

water and a brisk walk, you'll be miles ahead in the weight-loss game.

Medical authorities recommend a weight loss of no more than 2–3 pounds a week to reduce the risk of health problems associated with more rapid weight loss. The Trim Body System is designed to encourage the kinds of changes in lifestyle that may result in lifelong weight loss.

Trademarks; McDonalds and Quarter Pounder (McDonald's Corp., Oak Brook, Ill.); Taco Bell (Taco Bell Corp., Irvine, Calif.); KFC (KFC Corp., Louisville, KY.); Subway (Doctor's Associates Inc., Ft. Lauderdale, FL.).

All nutritional information derived from each company's website in November 2004.

\*Amounts vary by flavor

## Product Benefits

TRIM ADVANTAGE<sup>®</sup> Meal Replacement Bars contain nutrients that your body needs, including carbohydrates for energy, the power of fiber to get you to your next meal, and vitamins and minerals to support your metabolism. Each delicious Meal Replacement Bar is formulated with a scientific balance of nutrients.

One Crispy Rice with Chocolate Flavor Meal Replacement Bar:

- Provides 35% of the Daily Value for 24 essential vitamins and minerals.
- Provides 9 essential amino acids from high-quality protein.
- Has 15 g of protein.
- Has 3 g of dietary fiber.
- Has 230 calories and only 5 grams of saturated fat.
- Has no artificial colors, flavors, or preservatives added.
- Provides 1 Protein Pick, 0.5 Fat Pick, and 1 Carbohydrate Pick on the Protein Plus Diet.

## Advisories and Precautions

Please consult your health care professional before starting on this or any other diet plan. Pregnant women and nursing mothers should not be on any weight-loss program.

## FAQs

### How should I use TRIM ADVANTAGE<sup>®</sup> Meal Replacement Bars?

TRIM ADVANTAGE Meal Replacement Bars are great-tasting meal replacements that give you quick and convenient "refueling" for your active lifestyle. Eat a bar 1–2 times a

day, in place of regular meals.

**Can I use TRIM ADVANTAGE Meal Replacement Bars with my current weight-loss program?**

Yes. All the TRIM ADVANTAGE Meal Replacement Bars are a great fit for most weight-loss programs.

**I'm trying to lose weight in a hurry. May I use these bars 3 times a day for a few days, instead of eating meals?**

It's best to have no more than 2 Meal Replacement Bars a day, in place of regular meals or as a nutritious snack. This gives you plenty of chances to make healthy food choices – a key behavior that will help banish those excess pounds for good over the long run. Including at least one daily meal of low-fat, nutrient-dense "real" foods also provides enough variety to help meet your body's nutritional needs. A little variety in your daily diet can help you keep your resolve high and your goal of long-term weight management in sight, especially during the first few days of your weight-loss program. And remember the fundamentals of weight loss; eat less and add exercise.

**Are there any nutritional differences between the TRIM ADVANTAGE Meal Replacement Bar flavors?**

For the most part, all the bars are nutritional equals. They provide a range of calories (210–250), protein (15–17 g), fat (6–8 g), saturated fat (2.5–5 g), carbohydrates (26–31 g), and dietary fiber. All flavors provide 35% of the Daily Value of 24 key vitamins and minerals and 9 essential amino acids.

**Why do you use dairy and soy proteins in the Chocolate Coconut and Blueberry Crunch flavors?**

This blend of soy and dairy proteins provides a high-quality protein source with the essential amino acids your body needs. In addition, the blend produces a soft texture that many consumers enjoy.

**Do you use real coconut in the Chocolate Flavor with Coconut Meal Replacement Bar? I thought that coconut was high in fat.**

Yes, you'll find natural dried coconut in this TRIM ADVANTAGE Meal Replacement Bar. It's included to create the product's rich, satisfying flavor. Although coconut is considered a high-fat food, the amount used in this product is so small that its contribution to the fat content is minimal.


**I'm lactose intolerant. Can I use these TRIM ADVANTAGE Meal Replacement Bars? I know they have dairy protein and the Blueberry Crunch and Apple Cobbler bars have a yogurt coating.**

The Blueberry Crunch Bar contains less than 3 g of lactose.

Compare that to an 8 oz. glass of milk, with almost 12 g of lactose. Studies indicate that more than 90% of lactose-intolerant people can easily digest a 5 g serving of lactose per meal, so most should have no trouble with the lactose in these bars.

### **Use Instructions**

Use TRIM ADVANTAGE<sup>®</sup> Meal Replacement Bars to help maintain a healthy diet. Use up to 2 bars a day, in place of regular meals.

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