

Top 9 Protein Bars Recommended by Dietitians

Description

The prevailing trend in 2024 is the high-protein diet, leading individuals to seek ingenious methods to boost protein intake and reach their objectives effortlessly. Dried beef sticks and protein powder are becoming ubiquitous snacks, with MyFitnessPal users in 2024 logging cottage cheese consumption 35% more frequently than in the previous year.

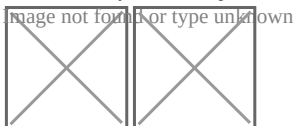
Moreover, protein bars are experiencing a resurgence in popularity. Sales exceeded \$5 billion in 2023, and the market is anticipated to grow by 6.4% over the next seven years.

Amidst the extensive array of choices available, selecting a protein bar that truly aligns with your nutritional needs can be challenging. To aid in this selection process, registered dietitian Daisy Mercer offers her expert guidance on choosing the most suitable option for you. Continue reading for her expert shopping recommendations and top picks.

What Constitutes the Ideal Nutritional Profile for Protein Bars?

Mercer underscores two key factors to consider when choosing a protein bar: "Added sugar and, naturally, protein." She recommends opting for bars with at least 10 grams of protein each.

Regarding sugar, Mercer explains, "The Dietary Guidelines for Americans suggest that added sugars should comprise less than 10% of your total daily caloric intake. For instance, if you consume 2,000 calories per day, this would amount to 50 grams of added sugar." Therefore, scrutinize the sugar content in grams and assess its compatibility with your overall daily consumption.



Consulting with Mercer and other MyFitnessPal registered dietitians has yielded a comprehensive guide to several nutrient-rich protein bars tailored to diverse dietary preferences and restrictions. Whether you seek high fiber, low carb, or dairy-free options, our recommendations have you covered.

Vocabulary List:

1. **Ubiquitous** /ju:'bɪkwɪtəs/ (adjective): Present appearing or found everywhere.
2. **Resurgence** /rɪ'sɜ:rdʒəns/ (noun): An increase or revival after a period of inactivity.
3. **Nutritional** /nu:'trɪʃənəl/ (adjective): Relating to the process of obtaining the food necessary for health and growth.
4. **Caloric** /kə'lɔ:rɪk/ (adjective): Relating to the amount of energy provided by food measured in calories.



5. **Scrutinize** /'skru:tinaɪz/ (verb): To examine or inspect closely and thoroughly.
6. **Compatibility** /kəm,pæti'bɪləti/ (noun): The ability of two or more things to exist or work together without conflict.

Comprehension Questions

Multiple Choice

1. What is the prevailing trend in 2024 according to the text?
Option: Low-carb diet
Option: High-protein diet
Option: Vegan diet
Option: Intermittent fasting
2. What is becoming an ubiquitous snack among MyFitnessPal users in 2024?
Option: Cottage cheese
Option: Carrot sticks
Option: Potato chips
Option: Chocolate bars
3. How much did sales of protein bars exceed in 2023?
Option: \$1 billion
Option: \$3 billion
Option: \$5 billion
Option: \$8 billion
4. What does registered dietitian Daisy Mercer recommend as the minimum protein content for protein bars?
Option: 5 grams
Option: 10 grams
Option: 15 grams
Option: 20 grams
5. What percentage of daily caloric intake does the Dietary Guidelines for Americans recommend added sugars to be less than?
Option: 5%
Option: 10%



Option: 15%

Option: 20%

6. What does Mercer emphasize as the key factors to consider when choosing a protein bar?

Option: Protein and fiber

Option: Added sugar and protein

Option: Calories and vitamins

Option: Carbohydrates and fat

Answer

Multiple Choice: 1. High-protein diet 2. Cottage cheese 3. \$5 billion 4. 10 grams 5. 10% 6. Added sugar and protein

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. What term is used to describe controlling or maintaining a certain process or action?

Option: Elevated

Option: Mitigate

Option: Regulate

Option: Interconnected

2. Which term relates to the heart and blood vessels?

Option: Nutrient

Option: Cardiovascular

Option: Inflammation

Option: Autoimmune

3. Which term refers to compounds found in plants known for their antioxidant properties?

Option: Polyphenols

Option: Caloric

Option: Resurgence

Option: Micronutrient

4. What term describes the proportion of a nutrient that is absorbed and used by the body?

Option: Imperative

Option: Bioavailability

Option: Validity



Option: Compatibility

5. Which term means being present appearing or found everywhere?

- Option: Ubiquitous
- Option: Scrutinize
- Option: Therapeutic
- Option: Inversely

6. What term describes a condition where the body's immune system mistakenly attacks its own tissues?

- Option: Inflammation
- Option: Autoimmune
- Option: Nutritional
- Option: Predetermined

7. Which substance gives chili peppers their spicy heat?

- Option: Neuroimmune
- Option: Capsaicin
- Option: Therapeutic
- Option: Extrapolated

8. Which term pertains to the process of providing or obtaining the food necessary for health and growth?

- Option: Nutritional
- Option: Therapeutic
- Option: Caloric
- Option: Pondered

9. What term means to make something less severe harmful or painful?

- Option: Inflammation
- Option: Mitigate
- Option: Micronutrient
- Option: Valid

10. Which term describes the body's response to injury infection or irritation characterized by redness swelling and heat?

- Option: Compatibility
- Option: Interconnected
- Option: Inflammation
- Option: Elevated

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)



11. The software must be checked for _____ with different operating systems.
12. She _____ the meaning of the poem for hours.
13. There has been a _____ of interest in vinyl records in recent years.
14. Please provide a _____ email address for account verification.
15. In the digital age devices are becoming more _____.
16. The outcome of the experiment was not _____ and surprised the researchers.
17. The spa offers _____ massages for relaxation and pain relief.
18. The auditor will _____ the company's financial records.
19. The mountain climbers reached an _____ height of 8,000 feet.
20. Reducing _____ intake is essential for weight loss.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. Understanding traffic rules is for safe driving.
22. Based on the data collected the researchers the potential outcomes of the study.
23. Vitamins and minerals are examples of essential required in small amounts by the body.
24. The doctor prescribed a treatment to alleviate the patient's symptoms.
25. In the study researchers found that the level of activity was related to obesity.
26. A balanced diet should provide essential to support overall health.
27. Type 1 diabetes is considered an disorder where the immune system attacks insulin-producing cells.
28. The collection of bacteria viruses fungi and other microorganisms living in the gut forms the intestinal .
29. Efforts to reduce carbon emissions are essential to the impact of climate change.



30. The professor aimed to the complex concepts of physics through practical examples.

Answer

Multiple Choice: 1. Regulate 2. Cardiovascular 3. Polyphenols 4. Bioavailability 5. Ubiquitous 6. Autoimmune 7. Capsaicin 8. Nutritional 9. Mitigate 10. Inflammation

Gap-Fill: 11. Compatibility 12. pondered 13. resurgence 14. valid 15. interconnected 16. predetermined 17. therapeutic 18. scrutinize 19. elevated 20. caloric

Matching sentence: 1. Imperative 2. Extrapolated 3. Micronutrient 4. Therapeutic 5. Inversely 6. Nutrient 7. Autoimmune 8. Microbiome 9. Mitigate 10. Elucidate

CATEGORY

1. Health - LEVEL6

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