



Top 9 Protein Bars Recommended by Dietitians

Description

Protein bars are popular in 2024 for boosting protein intake. People are snacking on beef sticks and protein powder. MyFitnessPal users now eat more cottage cheese for protein. Protein bar sales are growing too.

Dietitian Daisy Mercer says to check protein and sugar in bars. Aim for at least 10g of protein and watch your sugar intake. Mercer recommends some better-for-you protein bars based on dietary needs.

For high-protein whey bars, try Built Bars or Think! Bars. These bars have good protein and low added sugars. Perfect Keto Bar is good for low-carb diets, with 10g protein and low sugar.

Perfect Bar Peanut Butter is gluten-free and has 17g protein. RX Bar in Nut Butter and Oat is dairy-free and has 10g protein. IQ Bar in Peanut Butter Chip is plant-based with 12g protein.

Aloha Protein Bars in Peanut Butter Cup flavor have 10g fiber and 14g protein. RX Protein Bar in Chocolate Sea Salt is soy-free with 12g protein.

Protein bars can be good snacks but whole foods are better for nutrition.

Vocabulary List:

1. **Dietitian** /ˌdaɪ.ɪˈtɪʃ.ən/ (noun): A health professional who specializes in nutrition and diet.
2. **Intake** /ˈɪn.teɪk/ (noun): The amount of a substance that is taken in such as food or drink.
3. **Recommended** /ˌrɛk.əˈmɛndəd/ (adjective): Suggested as being good or suitable for a particular purpose.
4. **Protein** /ˈprəʊ.tɪn/ (noun): A class of nutrients that are essential for the body's growth and repair.
5. **Nutrition** /njuˈtrɪʃ.ən/ (noun): The process of obtaining the food necessary for health and growth.
6. **Gluten-free** /ˈgluː.tən,frɪː/ (adjective): Referring to food that does not contain gluten a protein found in wheat and other grains.

Comprehension Questions

Multiple Choice

1. According to the text, what are people snacking on for protein intake?



- Option: Protein bars and protein powder
- Option: Beef sticks and cottage cheese
- Option: Whole foods like fruits and vegetables
- Option: Pastries and cookies

2. What is the recommended minimum protein intake amount suggested by Dietitian Daisy Mercer for protein bars?

- Option: 5g
- Option: 10g
- Option: 15g
- Option: 20g

3. Which protein bar is recommended for low-carb diets?

- Option: Perfect Bar Peanut Butter
- Option: RX Bar in Nut Butter and Oat
- Option: Aloha Protein Bars in Peanut Butter Cup flavor
- Option: Perfect Keto Bar

4. Which protein bar is plant-based according to the text?

- Option: Perfect Bar Peanut Butter
- Option: RX Bar in Nut Butter and Oat
- Option: IQ Bar in Peanut Butter Chip
- Option: RX Protein Bar in Chocolate Sea Salt

5. What type of protein bars are Built Bars and Think! Bars according to the text?

- Option: Soy-based bars
- Option: Whey bars
- Option: Plant-based bars
- Option: High-sugar bars

6. Which protein bar mentioned in the text contains fiber along with protein?

- Option: RX Protein Bar in Chocolate Sea Salt
- Option: Perfect Bar Peanut Butter
- Option: Aloha Protein Bars in Peanut Butter Cup flavor
- Option: Think! Bars

Answer

Multiple Choice: 1. Beef sticks and protein powder 2. 10g 3. Perfect Keto Bar 4. IQ Bar in Peanut Butter Chip 5. Whey bars 6. Aloha Protein Bars in Peanut Butter Cup flavor



Vocabulary quizzes

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

1. What type of fasting involves alternating periods of eating and fasting?
Option: A. Ketogenic
Option: B. Intermittent
Option: C. Vegan
Option: D. Paleo
2. What term refers to all the chemical reactions in the body that involve energy transformation?
Option: A. Digestion
Option: B. Metabolism
Option: C. Circulation
Option: D. Respiration
3. Which process is responsible for the production of heat in the body?
Option: A. Thermogenesis
Option: B. Photosynthesis
Option: C. Mitosis
Option: D. Osmosis
4. Which substances help protect cells from damage caused by free radicals?
Option: A. Probiotics
Option: B. Antioxidants
Option: C. Hormones
Option: D. Antibiotics
5. Which macronutrient is essential for building and repairing tissues in the body?
Option: A. Fat
Option: B. Protein
Option: C. Carbohydrate
Option: D. Fiber
6. What type of diet excludes the protein gluten found in grains like wheat barley and rye?
Option: A. Vegan
Option: B. Mediterranean
Option: C. Gluten-free
Option: D. Pescatarian
7. Food can cause illness if it is _____ with harmful bacteria or other contaminants.



- Option: A. Enriched
- Option: B. Sterilized
- Option: C. Contaminated
- Option: D. Preserved

8. Who is responsible for setting and enforcing public health policies?

- Option: A. Doctors
- Option: B. Officials
- Option: C. Scientists
- Option: D. Researchers

9. What approach focuses on avoiding the occurrence of diseases or injuries?

- Option: A. Treatment
- Option: B. Detection
- Option: C. Prevention
- Option: D. Cure

10. Which term refers to a state of complete physical mental and social well-being?

- Option: A. Illness
- Option: B. Sickness
- Option: C. Health
- Option: D. Disease

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

11. A _____ is a unit of energy that is used to measure the energy content of food and the energy expenditure of activities.

12. It is _____ to consult a healthcare provider before making significant changes to your diet or exercise routine.

13. Scientists conducted an _____ to test the effects of the new drug on metabolism.

14. The new supplement is designed to assist in _____ weight loss efforts.

15. The gut _____ plays a crucial role in digestion and overall health.

16. Spicy foods contain _____ a compound that can increase metabolism and fat



burning.

17. _____ are molecules produced naturally in the body that bind to cannabinoid receptors.

18. The new therapy shows promising _____ effects in treating chronic pain.

19. Consult a registered _____ for personalized nutrition advice.

20. The daily _____ intake of vitamin C varies based on age and gender.

21. Health officials are investigating the cause of the recent foodborne illness _____.

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

22. fat surrounds internal organs and has been linked to increased health risks.
23. rate can affect weight management and overall health.
24. Authorities are the sources of water contamination in the area.
25. Chronic conditions can lead to long-term damage in the body.
26. play a role in appetite regulation and mood control.
27. Brown fat activation can increase and calorie expenditure.
28. To lose weight you need to create a deficit through diet and exercise.
29. Consuming fruits and vegetables rich in can help boost your immune system.
30. Athletes often increase their intake to support muscle repair and growth.
31. Understanding the basics of can help you make healthier food choices.

Answer

Multiple Choice: 1. B. Intermittent 2. B. Metabolism 3. A. Thermogenesis 4. B. Antioxidants 5. B. Protein 6. C. Gluten-free 7. C. Contaminated 8. B. Officials 9. C. Prevention 10. C. Health

Gap-Fill: 11. Calorie 12. advisable 13. experiment 14. aiding 15. microbiome 16. capsaicin 17. Endocannabinoids



18. therapeutic 19. dietitian 20. recommended 21. outbreak

Matching sentence: 1. Visceral 2. Metabolic 3. Investigating 4. Inflammatory 5. Endocannabinoids
6. Thermogenesis 7. Calorie 8. Antioxidants 9. Protein 10. Nutrition

CATEGORY

1. Health - LEVEL2

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