



Top 9 Protein Bars Recommended by Dietitians

Description

In 2024, the high-protein trend is in full swing, leading people to seek out ways to boost their protein intake for optimal health. Cottage cheese, a protein powerhouse, saw a 35% increase in MyFitnessPal users logging their consumption compared to 2023. Protein bars are also gaining popularity, with sales exceeding \$5 billion in 2023 and expected to grow by 6.4% over the next seven years.

Registered dietitian Daisy Mercer emphasizes the importance of looking at protein and added sugar content when choosing a protein bar. She recommends bars with at least 10 grams of protein and advises keeping added sugars to a minimum to align with dietary guidelines.

For those looking for specific types of protein bars, options abound. Whey protein bars like Built Bars and Think! Bars offer 17 to 20 grams of protein with minimal added sugars. On the other hand, low-carb keto options like Collagen Protein Bars provide 10 grams of protein and very low sugar content. For those avoiding gluten, the Perfect Bar Peanut Butter is a good choice, offering 17 grams of protein primarily from whole foods.

When it comes to protein bars, variety is key. While they can be convenient for on-the-go nutrition, they are not complete meal replacements and should be consumed in moderation alongside a balanced diet.

Vocabulary List:

1. **Powerhouse** /'paʊə,həʊs/ (noun): A person or thing of great energy strength or power.
2. **Emphasizes** /'emfə,səɪz/ (verb): To give special importance or prominence to something in speaking or writing.
3. **Guidelines** /'gaɪd,ləɪnz/ (noun): General rules or principles to follow.
4. **Moderation** /,mɒdə'reɪʃən/ (noun): The avoidance of excess or extremes especially in behavior or political opinions.
5. **Consumption** /kən'sʌmpʃən/ (noun): The act of consuming or using something.
6. **Convenient** /kən'vi:niənt/ (adjective): Creating ease or comfort; suitable to one's comfort or purpose.

Comprehension Questions

Multiple Choice



1. What saw a 35% increase in MyFitnessPal users logging their consumption in 2024?
 - Option: Cottage cheese
 - Option: Protein bars
 - Option: Whole grains
 - Option: Fruits and vegetables

2. Which type of protein bars offer 17 to 20 grams of protein with minimal added sugars?
 - Option: Collagen Protein Bars
 - Option: Built Bars
 - Option: Perfect Bar Peanut Butter
 - Option: Think! Bars

3. What does registered dietitian Daisy Mercer recommend for protein bars to align with dietary guidelines?
 - Option: Bars with at least 5 grams of protein
 - Option: Bars with at least 10 grams of protein
 - Option: Bars with high sugar content
 - Option: Bars with no protein

4. What type of protein bars provide 10 grams of protein and very low sugar content for low-carb keto options?
 - Option: Collagen Protein Bars
 - Option: Built Bars
 - Option: Perfect Bar Peanut Butter
 - Option: Think! Bars

5. Which protein bar is a good choice for those avoiding gluten and offers 17 grams of protein primarily from whole foods?
 - Option: Perfect Bar Peanut Butter
 - Option: Collagen Protein Bars
 - Option: Built Bars
 - Option: Think! Bars

6. What is the main caution mentioned about the consumption of protein bars?
 - Option: They are complete meal replacements
 - Option: They must be consumed excessively
 - Option: They should be consumed in moderation alongside a balanced diet
 - Option: They should be consumed as the only source of nutrition

Answer

Multiple Choice: 1. Cottage cheese 2. Built Bars 3. Bars with at least 10 grams of protein 4. Collagen Protein Bars



5. Perfect Bar Peanut Butter 6. They should be consumed in moderation alongside a balanced diet

Vocabulary quizzes

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

1. Which term relates to mental processes such as thinking memory and problem-solving?
Option: Nutrients
Option: Sedentary
Option: Cognitive
Option: Myopia
2. What are the chemical messengers that transmit signals across a synapse between neurons?
Option: Neurotransmitters
Option: Polyphenols
Option: Glucosinolates
Option: Microgreens
3. Which term means being separated from others or feeling alone?
Option: Regulation
Option: Isolation
Option: Powerhouse
Option: Concocted
4. What term describes something that is difficult to bear or causes hardship?
Option: Moderation
Option: Burden
Option: Emphasizes
Option: Comprehensive
5. Which food item refers to young tender greens that are harvested just above the soil?
Option: Antioxidants
Option: Polyphenols
Option: Microgreens
Option: Glucosinolates
6. What term relates to the heart and blood vessels?



- Option: Deceptive
- Option: Concocted
- Option: Cardiovascular
- Option: Intricate

7. Which term means adjusting the intensity tone or pitch?

- Option: Modulation
- Option: Addictively
- Option: Sedentary
- Option: Excessive

8. What term describes something that is easy to use or saves time and effort?

- Option: Prevalence
- Option: Consumption
- Option: Convenient
- Option: Accelerate

9. Which compounds have antioxidant properties and are found in foods like fruits vegetables and tea?

- Option: Polyphenols
- Option: Myopia
- Option: Sedentary
- Option: Guidelines

10. What term refers to the enforcement or implementation of rules or laws?

- Option: Emphasizes
- Option: Burden
- Option: Regulation
- Option: Powerhouse

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

11. Regular exercise can help _____ metabolism and improve overall health.

12. A balanced diet provides essential _____ required for proper body functions.

13. The _____ of smartphones has changed communication habits worldwide.

14. Prolonged _____ behavior can lead to health issues like obesity and muscle weakness.



15. Consuming _____ amounts of sugar can increase the risk of developing diabetes.
16. The report provided a _____ analysis of the current market trends.
17. The instructor _____ the importance of regular practice for skill development.
18. Health experts recommend following dietary _____ for a balanced nutrition intake.
19. Enjoying treats in _____ is key to maintaining a healthy diet.
20. Excessive alcohol _____ can lead to liver damage and other health issues.

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

21. Polyphenols have antioxidant properties that can help protect cells from damage.
22. Foods like broccoli and kale contain glucosinolates which have potential anticancer effects.
23. Blueberries are rich in antioxidants which help combat oxidative stress in the body.
24. Spinach is considered a nutrient-dense food as it is packed with vitamins and minerals.
25. The design of the watch was intricate with many small details etched into the metal.
26. The chef a new recipe using exotic spices and local produce.
27. Social media algorithms use user data for targeted content .
28. Brazil nuts are a of selenium a mineral important for thyroid function.
29. The game was designed to be challenging to keep players engaged for hours.
30. The advertisement used tactics to lure customers into buying unnecessary products.

Answer

Multiple Choice: 1. Cognitive 2. Neurotransmitters 3. Isolation 4. Burden 5. Microgreens 6. Cardiovascular 7. Modulation 8. Convenient 9. Polyphenols 10. Regulation

Gap-Fill: 11. Accelerate 12. Nutrients 13. Prevalence 14. Sedentary 15. Excessive 16. Comprehensive 17. Emphasizes 18. Guidelines 19. Moderation 20. Consumption

Matching sentence: 1. Polyphenols 2. Glucosinolates 3. Antioxidants 4. Nutrient-dense 5. Intricate 6. Concocted



7. Manipulation 8. Powerhouse 9. Addictively 10. Deceptive

CATEGORY

1. Health - LEVEL4

Date Created

2024/09/14

Author

aimeeyoung99

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