



Top 9 Protein Bars Recommended by Dietitians

Description

In 2024, the trend of high-protein diets is on the rise, with everyone looking for easy ways to increase their protein intake. Dried beef sticks and protein powder are becoming the go-to snacks for many individuals. MyFitnessPal users have logged cottage cheese, a protein powerhouse, 35% more times in 2024 than in the previous year.

Protein bars are also gaining popularity, with sales surpassing \$5 billion in 2023 and expected to grow by 6.4% over the next seven years. However, with a plethora of options available, it can be challenging to choose the best protein bars for your needs. To help you navigate the choices, we consulted with registered dietitian Daisy Mercer for her expert advice on selecting the right protein bar.

What Is The Nutritional Criteria For The Best Protein Bars?

Mercer emphasizes the importance of looking at two main factors when choosing a protein bar: added sugar and protein content. Ideally, a protein bar should contain at least 10 grams of protein and keep added sugars to a minimum.

When it comes to sugar, Mercer advises following the Dietary Guidelines for Americans, which recommend that added sugars should make up less than 10% of your total daily calories. Tracking your daily sugar intake using tools like MyFitnessPal can help you stay within the recommended limits.

To make the selection process easier, we've compiled a list of better-for-you protein bars based on dietary preferences and restrictions, including whey protein bars, low-carb keto bars, gluten-free bars, dairy-free bars, soy-free bars, high-fiber bars, and plant-based bars.

Frequently Asked Questions

Registered dietitian Daisy Mercer addresses common questions about protein bars, covering topics such as their suitability as meal replacements, the best times to consume them, their potential role in weight loss, daily consumption recommendations, and how they compare to whole-food protein sources.

Vocabulary List:

1. **Intake** /'ɪn.teɪk/ (noun): The amount of food drink or nutrients consumed.
2. **Powerhouse** /'paʊə,həʊs/ (noun): A person or thing that is a great source of energy or strength.
3. **Plethora** /plē'THôrə/ (noun): A large or excessive amount of something.
4. **Criteria** /kraɪ'tɪrɪə/ (noun): Standards or principles by which something is judged or decided.
5. **Adequately** /'ædɪkwətli/ (adverb): In a way that is sufficient or satisfactory.



6. **Dietary** /'daɪə,tɛri/ (adjective): Relating to the kinds of food that a person animal or community habitually eats.

Comprehension Questions

Multiple Choice

1. According to Daisy Mercer, what are the two main factors to consider when choosing a protein bar?
Option: Protein content and fiber content
Option: Protein content and added sugars
Option: Carbohydrate content and fat content
Option: Calorie content and vitamin content
2. What is the recommended minimum amount of protein a protein bar should contain, according to Mercer?
Option: 5 grams
Option: 8 grams
Option: 10 grams
Option: 12 grams
3. What is the Dietary Guidelines for Americans recommendation regarding added sugars?
Option: Less than 5% of total daily calories
Option: Between 10-15% of total daily calories
Option: Less than 10% of total daily calories
Option: No restrictions on added sugars
4. Which tool is recommended to track daily sugar intake, according to the content?
Option: MyFitnessPal
Option: Fitbit
Option: Apple Health
Option: Google Fit
5. What are some of the dietary preferences and restrictions mentioned for selecting protein bars?
Option: Seafood bars and nut-free bars
Option: Low-sodium bars and caffeine-free bars
Option: Fruit bars and chocolate bars
Option: Whey protein bars and plant-based bars
6. Who provides expert advice on selecting the right protein bar in the content?



- Option: Dr. John Smith
- Option: Registered dietitian Daisy Mercer
- Option: Fitness influencer Amy Johnson
- Option: Chef Gordon Ramsay

Answer

Multiple Choice: 1. Protein content and added sugars 2. 10 grams 3. Less than 10% of total daily calories
4. MyFitnessPal 5. Whey protein bars and plant-based bars 6. Registered dietitian Daisy Mercer

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. Random fasting
Option: B. Occasional fasting
Option: C. Intermittent fasting
Option: D. Flexible fasting
2. Which term refers to a systematic plan or routine especially related to health or fitness?
Option: A. Protocol
Option: B. Regimen
Option: C. Chronic
Option: D. Intermittent
3. Which term describes deep inward feelings rather than intellect?
Option: A. Ostensible
Option: B. Visceral
Option: C. Rational
Option: D. Superficial
4. What is the process of metal being slowly destroyed by chemical reactions?
Option: A. Oxidation
Option: B. Erosion
Option: C. Corrosion
Option: D. Disintegration
5. Which term refers to the act of using up a resource?
Option: A. Conservation



- Option: B. Consumption
- Option: C. Preservation
- Option: D. Endowment

6. What do we call the lack or shortage of something required?

- Option: A. Sufficiency
- Option: B. Wholesomeness
- Option: C. Deficiencies
- Option: D. Plentifulness

7. Which term means to a satisfactory or acceptable extent?

- Option: A. Insufficiently
- Option: B. Moderately
- Option: C. Inadequately
- Option: D. Adequately

8. What is the term for maintaining at a certain rate or level?

- Option: A. Elevate
- Option: B. Deplete
- Option: C. Sustain
- Option: D. Overflow

9. Which term refers to giving special importance or attention to something?

- Option: A. Minimizes
- Option: B. Highlights
- Option: C. Neglects
- Option: D. Emphasizes

10. What term refers to the state of being in good health especially as an actively pursued goal?

- Option: A. Sickness
- Option: B. Infirmary
- Option: C. Wellness
- Option: D. Malaise

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

11. _____ is the ability to produce a desired or intended result.

12. Exercising regularly can help improve your _____ rate.

13. Spinach is often called a nutritional _____ due to its high vitamin content.



14. The buffet offered a _____ of food options to satisfy every guest.
15. The selection _____ for the scholarship program were quite stringent.
16. The police launched an _____ into the theft of valuable art pieces.
17. Proper hygiene practices can help prevent the spread of _____ in hospitals.
18. The surgery was successful but there were unforeseen _____ afterward.
19. The magician used a _____ trick to make the cards disappear.
20. Honesty and _____ are important values in a professional setting.

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

21. Yoga exercises can help improve your overall body .
22. Monitoring your daily food is crucial for maintaining a healthy diet.
23. Having a good support system is for mental well-being.
24. Running that last mile pushed him to his of endurance.
25. Setting realistic goals is important to ensure they are .
26. Regular exercise can lead to an quality of life.
27. The tropical rainforest is home to an variety of plant and animal species.
28. The university prides itself on the of its student body and faculty.
29. The teacher will the importance of revisions before the exam.
30. Breaking down a large project into smaller tasks makes it more .

Answer

Multiple Choice: 1. C. Intermittent fasting 2. B. Regimen 3. B. Visceral 4. C. Corrosion 5. B. Consumption
6. C. Deficiencies 7. D. Adequately 8. C. Sustain 9. D. Emphasizes 10. C. Wellness

Gap-Fill: 11. Efficacy 12. Metabolic 13. Powerhouse 14. Plethora 15. Criteria 16. Investigation 17. Infection
18. Complications



19. Deceptive 20. Integrity

Matching sentence: 1. Flexibility 2. Intake 3. Vital 4. Threshold 5. Achievable 6. Improved 7. Abundant
8. Diversity 9. Emphasize 10. Achievable

CATEGORY

1. Health - LEVEL5

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