



## Nutrition Bars: An Effective Part of Your Weight Management Plan

By James Johnson

3x USA National Champion

All athletes looking for smarter dietary solutions need to look for safe and effective snacks if they are to reach their weight management goals. Many of my clients ask whether nutritional bars can help, and, if they can, then what kind of bar should an athlete look for on the market? I always recommend a nutritional bar blended with the highest percentage of protein with a balance of carbohydrates and fat, because we need it to sustain energy levels and put off hunger cravings.

The right nutrient bars can be crucial to any athlete's weight management program. Over years of training and competition, I have realized that eating properly to maximize my health benefits and to stay competitive at the highest levels means that I need to find and use quality products, foods low in carbohydrates but offering high quantities of balanced, well blended protein. Also, I sometimes need to eat almost literally on the run—during or between training sessions. At those moments, nutritional bars are a natural.

The Real Meal Bar, a Nutrition for Life product, offers an excellent energy source using a scientifically balanced blend of proteins, carbohydrates, fats and dietary fiber designed to boost your energy level and to quell your appetite during training and competition, or simply to meet your daily health goals. The Real Meal Bar contains inulin, a soluble fiber derived from the Jerusalem artichoke with remarkable qualities as a natural appetite suppressant. Inulin may help to lower cholesterol and triglyceride levels because it will not raise blood sugar, nor will it require insulin for metabolization, qualities that are also great news for those concerned about blood glucose levels. The protein in every Real Meal Bar is a scientifically balanced blend of soy isolates, whey protein concentrate, and egg whites—naturally nourishing ingredients to fuel athletic training at the highest levels.

Soy Protein Isolate, the most pure and refined soy protein available, is derived from defatted soybeans with most secondary ingre-

dients removed, leaving almost all protein. Whey is a lactose-free protein loaded with nutrients and essential amino acids. Comprised of four major and six minor protein fractions, whey decreases our hunger. The amino acids in whey protein stabilize blood sugar levels, thus decreasing the hunger cravings caused by low blood sugar. Whey protein is also easily digestible and lactose-free. Egg whites, also known as albumen, are an excellent source of biologically valued protein because albumen is the only protein our bodies can instantly absorb. Equally important, egg whites contain no fat and no cholesterol.

Dr. Donald K. Layman, who holds a Ph.D. in Nutrition and Biochemistry, developed the Real Meal Bar especially for athletes. Dr. Layman brings to the search for high quality nutritional supplements a cutting-edge scientific knowledge about the development of skeletal muscle, the interactions of nutrition and exercise, the process of amino acid metabolism, and the regulation of protein synthesis and obesity.

Wrestlers cutting weight for competition know the importance of utilizing their body's ability to absorb carbohydrates over several hours, but they also understand the need for quick energy boosts during training and competition. Real Meal Bars are a smart choice for competitive athletes anytime during their daily activities, while training, and during competition. Each bar offers of 12 grams of carbohydrates, 8 grams of protein, 6 grams of fat, and 4 grams of dietary fiber in each 1.25 oz. (35g) serving, and entirely without aspartame.

The Real Meal Bar is an integral part of the NFLI weight management system, scientifically designed for athletes or individuals looking for smarter ways to meet their training and fitness objectives. To inquire about or purchase the Real Meal Bar (nutritional product # 06307), visit our website at [www.nutritionforlife.com/223163](http://www.nutritionforlife.com/223163) or contact me at 1-888-877-2322 (toll free). Our objective, always, is to help you find healthier, smarter solutions for your training and weight management objectives. 🏆



## Nutri-Cookie® Get a High-Energy Boost!

Rich in fiber and only about 200 calories, the 4-7 grams of protein in Nutri-Cookies is amino acid balanced for better protein utilization and the 38-41 grams of complex carbohydrates makes this a great high-energy snack!!



Used by World-Class Wrestler  
**James "JJ" Johnson**

- 3 Time USA National Champion
- 4 Time World Cup Medalist
- 2001 Veterans World Bronze Medalist

Contact JJ For More Information:

Independent Distributor

[www.jjchamp3x.com](http://www.jjchamp3x.com)

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