

Instead of Supplements Put Your Best Fork Forward!

- When it comes to health and weight loss “Food first!” is the best motto. Supplements are simply not a replacement for real food, no matter what the fancy packaging may claim. There are endless options of meal replacement drinks, shakes and bars, most of which come at a high price.
- Even the cleanest meal replacement options usually have preservatives and additives. Preservatives and additives are generally harmful to your health and pose allergy or carcinogenic risks. If you don’t know what an ingredient is, you shouldn’t be eating it. Additionally, no matter how many vitamins and minerals get added back into your meal replacement, it simply isn’t the same as getting the nutrient from the original source. In fact, studies have shown that extracted or lab grown nutrients sometimes don’t provide any benefit at all.
- Another issue with using shakes to replace a meal is our brain simply doesn’t register fullness the same way when we drink our Calories versus actually chewing, which tends to lead to overeating, especially later in the day. Granted, meal replacement shakes and bars are super convenient! Using them on occasion isn’t going to derail you, but stick with food first the majority of the time.
- Supplements can only go so far, and at the end of the day they can’t begin to make up for all the benefits you get from food.
- Instead of a premade shake or bar for breakfast try some overnight oats, egg white muffins, or a Greek yogurt parfait. Meal prep these in advance for a quick and easy option that tastes better and is better for you. So, pick up your fork and enjoy some real food!

