

# SAMPLING OF LIQUID MEAL REPLACEMENT PRODUCTS

PRODUCT	PURPOSE	NUTRIENT HIGHLIGHTS	SWEETENER(S)	COMMENTS
Atkins Dark Chocolate Royale (11 fl oz)	Weight management	20% DV of most nutrients; 160 kcal; 15 g protein; 300 mg sodium	Acesulfame potassium, sucralose	Contains milk and soy
Atkins Creamy Chocolate (16.9 fl oz)	Weight management	25% to 70% DV of most nutrients; 240 kcal; 23 g protein; 370 mg sodium	Acesulfame potassium, sucralose	Contains milk and soy
Boost Original (8 fl oz)	Nutritional drink	20% to 100% DV of most nutrients; 240 kcal; 10 g protein; 150 mg sodium	Corn syrup, sugar	Appropriate for lactose intolerance, gluten-free or cholesterol-restricted diets, kosher, contains milk and soy.
Boost Glucose Control (8 fl oz)	Glucose control	10% to 200% DV of most nutrients; 190 kcal; 16 g protein; 220 mg sodium	Sucralose, fructose	Use under medical supervision as part of a diabetes management plan
Ensure Original Milk Chocolate Nutrition Shake (8 fl oz)	Nutritional drink	25% to 50% DV of most nutrients; 220 kcal; 9 g protein; 190 mg sodium	Sugar	Contains milk and soy
Ensure Plus Milk Chocolate Nutrition Shake (8 fl oz)	Nutritional drink	25% to 80% DV of most nutrients; 350 kcal; 13 g protein; 220 mg sodium	Sugar	Contains milk and soy
Glucerna Hunger Smart Shake (10 fl oz)	Manage blood sugar and hunger	25% to 170% DV of most nutrients; 180 kcal; 15 g protein; 300 mg sodium	Fructose, sucralose, acesulfame potassium	Use under medical supervision as part of a diabetes management plan
Kate Farms Core Essentials Total Nutrition, Chocolate (11 fl oz)	Nutritional drink	35% DV of most nutrients; 325 kcal; 18 g protein; 225 mg sodium	Organic agave syrup, organic brown rice syrup solids	Free from common allergens, corn-free, vegan
Kate Farms Complete Chocolate Meal Replacement Shake (11 fl oz)	Nutritional drink	35% DV of most nutrients; 310 kcal; 18 g protein; 120 mg sodium	Organic brown rice syrup solids, organic agave syrup	Doesn't contain dairy, gluten, soy, corn, or nuts; vegan
Medifast Dutch Chocolate Shake (8.25 fl oz)	Weight management	15% to 45% DV of most nutrients; 100 kcal; 11 g protein; 190 mg sodium	Fructose, sugar, acesulfame potassium, corn syrup solids, dextrose	Contains soy protein isolate
Odwalla Chocolate Protein Shake (15.2 fl oz)	Nutritional drink	30% to 180% DV of a few nutrients; 410 kcal; 32 g protein; 450 mg sodium	Cane sugar	Contains milk and soy; people sensitive to peanuts and tree nuts have reported allergic reactions
Orgain Organic Creamy Chocolate Fudge Shake (11 fl oz)	Nutritional drink	10% to 40% DV of most nutrients; 250 kcal; 16 g protein; 260 mg sodium	Organic brown rice syrup, organic cane sugar, organic rice dextrins	Contains milk protein
Shakeology, Chocolate (1 scoop powder—42 g)	Nutritional drink	10% to 300% DV of most nutrients; 160 kcal; 17 g protein; 170 mg sodium	Organic cane sugar, stevia leaf extract	Contains milk protein and methylsulfonylmethane
SlimFast Creamy Milk Chocolate (11 fl oz)	Weight management	15% to 100% DV of most nutrients; 180 kcal; 10 g protein; 160 mg sodium	Sugar, fructose, high-fructose corn syrup, sucralose, acesulfame potassium	Contains milk and soy
Soylent Drink, Cacao (14 fl oz)	Nutritional drink	20% of most nutrients; 400 kcal; 20 g protein; 300 mg sodium	Isomaltulose, sucralose	Low glycemic index, lactose-free, nut-free, vegan, contains soy
Svelte Organic Protein Shake, Banana Crème (11 fl oz)	Nutritional drink	2% to 50% DV of a few nutrients; 180 kcal; 11 g protein; 135 mg sodium	Organic rice syrup solids, organic dried cane syrup, organic stevia extract	Certified organic, gluten-free, vegan, contains soy
Vega Protein+ Shake, Vanilla (11 fl oz)	Nutritional drink	8% to 30% DV of most nutrients; 170 kcal; 20 g protein; 190 mg sodium	Coconut palm sugar, stevia leaf extract	Vegan, manufactured in a facility that also processes soy and other tree nuts