

## NUTRITIONAL INFORMATION

	CHOCOLATE	VANILLA	STRAWBERRY	POTATO	CHICKEN	HEALTH WISE
CALORIES	160	160	160	160	140	70-100
PROTEIN, GM	15	15	15	15	13	15
CARB, GM	24	24	24	21	16	<1-8
FAT, GM	1.5	1	1	1	2.5	0
SODIUM, MG	320	310	310	320	500	280-620
FIBER	2	2	2	2	0	0-1
PACKETS/BOX	15	15	15	15	18	14 (2 boxes of 7)

4 MEAL REPLACEMENT PACKETS PROVIDE THE RECOMMENDED DAILY ALLOWANCE OF  
VITAMINS, MINERALS AND ESSENTIAL FATS (except Health Wise soups)  
MANY PATIENTS ALSO TAKE OMEGA-3 / FISH OIL SUPPLEMENTS CONTAINING  
EPA & DHA, ABOUT 1000 MG/DAY

### MNP Program Options

- Meal Plan 1, approximately 650 calories
  - 4 packets per day
  - 8 boxes every 4 weeks
- Meal Plan 2, approximately 800 calories
  - 5 packets per day
  - 10 boxes every 4 weeks
- Better Weighs, approximately 1000 calories
  - 2-3 packets per day plus a 450 calorie meal
  - 5 boxes every 4 weeks
- All meal plans have the option to add 200-300 calories of vegetables and fruits per day

HEALTH-WISE SOUPS	Calories	Protein	Sodium
Beef Bouillon (V)	70	15	280
Beef Pasta (V)	90	16	280
Chicken Bouillon (V)	70	15	480
Chicken Pasta (V)	90	15	440
Cream of Chicken (V)	100	15	400
Cream of Tomato (V)	100	14	460
Tomato Bouillon (V)	80	15	440
Chicken Vegetable	100	15	460
Cream of Broccoli	80	15	620
Cream of Mushroom	90	15	380
Zesty Tomato	100	15	450

\* Lower in calorie, high in protein  
V=Variety Pack