

NUTRITIONAL INFORMATION

	CHOCOLATE	VANILLA	STRAWBERRY	POTATO	PANCAKE	HEALTH WISE
CALORIES	160	160	160	160	160	70-100
PROTEIN, GM	15	15	15	15	15	15
CARB, GM	24	24	24	21	20	<1-8
FAT, GM	1.5	1	1	1	3	0
SODIUM, MG	320	310	310	320	400	280-620
FIBER	2	2	2	2	4	0-1
PACKETS/BOX	15	15	15	15	15	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
Chicken w Pasta	90	15	440
Chicken w Vegetables	100	15	460
Chicken Tortilla	100	15	380
Bacon & Cheese	90	15	580
Broccoli Cheddar	90	15	570
Zesty Tomato	100	15	450
Cream of Mushroom	90	15	380
Beef w Pasta	90	16	280

* Lower in calorie, high in protein

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