

NESTLÉ HEALTH SCIENCE PRONOURISH® DRINKS: A DELICIOUS CHOCOLATEY DRINK WITH NUTRITIONAL BENEFITS!

My daughter has recently turned eleven and at her last check-up we found out that her cholesterol levels are elevated. Since she is a vegetarian (by choice) I was not completely surprised; although I give her plenty of tofu and legumes, she does tend to eat a lot of cheese and eggs as her main protein sources. In fact, she eats eggs and cheese at almost every meal and even some snacks! After speaking to the nurse we realized we need to swap some of the cholesterol-filled food with healthier alternatives, while still ensuring she gets enough protein. I came across Nestlé Health Science ProNourish® Drinks - a delicious protein-packed drink that's perfect for kids and adults alike. In fact, The Mama Maven herself drinks it! As you may know, Nancy is lactose-intolerant so she's able to drink them.



I received samples for review of Nestlé Health Science ProNourish® Drinks in the new Chocolate flavor via Womensforum and loved the chocolatey taste! Unlike some protein drinks that taste powdery, this

tasted like regular chocolate milk. My daughter loved it as well (and so did my other kids). Although its flavor reminds me of the chocolate milk that I used to drink as a kid, ProNourish® doesn't taste nearly as sugary. In fact, each ProNourish® bottle has only 6 grams of sugar. It has 16 grams of carbs but when you factor in 15 grams of protein, that's a pretty amazing protein-to-carb ratio that's unlikely to cause insulin spikes.



At 170 calories it makes a very filling snack or mini-meal and there's no need to add anything as it is packed with vitamins and minerals. By "packed" I mean no less than 27 vitamins and minerals, such as iron, which is especially important for vegetarians. Nestlé Health Science ProNourish® Drinks are made with milk and soy proteins but is completely lactose-free. It's also gluten-free and it's gentle on the stomach - it's low in FODMAPs, which are carbohydrates that some people find hard to digest. Best of all? It has only 10 milligrams of cholesterol!



Nestlé Health Science ProNourish® Drinks are available in the Diet Management Aisle at stores such as Rite Aid, Shop Rite, Stop & Shop, Walgreens and CVS, just to name a few. You can also buy it at online retailers such as Amazon. It also comes in French Vanilla!