

# TRIM ADVANTAGE PRODUCTS WITH OTHER DIETS

This chart shows you how TRIM ADVANTAGE® products can be a delicious addition to almost any diet plan. You'll love how easy it is to enjoy the flavors, convenience, and nutrition of TRIM ADVANTAGE products with your program.

USE TRIM ADVANTAGE PRODUCTS WITH YOUR WEIGHT MANAGEMENT PROGRAM				
TRIM ADVANTAGE Products	Trim Body System Food Picks	Weight Watchers® POINTS® Food System	Lean for Life!® Program	Atkins® Diet
 Protein Bars, all flavors	2 Protein Picks 1 Fat Pick	6 POINTS®	2 Protein Snacks	22 g Protein 3 g Net Available Carbs*
 Meal Replacement Bar, Apple Cobbler Flavor	1 Protein Pick 1 Carb Pick 1 Fat Pick	4 POINTS®	1 meal (Non-protein Days)	14 g Protein 31 g Carbs
 Meal Replacement Bar, Chocolate Cherry Flavor	1 Protein Pick 1 Carb Pick 1 Fat Pick	4 POINTS®	1 meal (Non-protein Days)	16 g Protein 28 g Carbs
 Meal Replacement Bar, Crispy Rice with Chocolate Flavor	1 Protein Pick 1 Carb Pick 0.5 Fat Pick	4.5 POINTS®	1 meal (Non-protein Days)	15 g Protein 27 g Carbs
 Meal Replacement Bar, Chocolate Flavor with Coconut	1 Protein Pick 1 Carb Pick 1 Fat Pick	5 POINTS®	1 meal (Non-protein Days)	15 g Protein 29 g Carbs
 Meal Replacement Bar, Blueberry Crunch	1 Protein Pick 1 Carb Pick 1 Fat Pick	4 POINTS®	1 meal (Non-protein Days)	15 g Protein 28–30 g Carbs
 Meal Replacement Shakes, Chocolate Caramel or French Vanilla Flavor	1 Protein Pick 1 Carb Pick	3 POINTS®	1 meal (Non-protein Days)	15 g Protein 14 g Carbs
 Low Fat Drink Mix, Chocolate or Vanilla Flavor	1 Protein Pick 1 Carb Pick	3 POINTS®	1 meal (Non-protein Days)	15 g Protein 30 g Carbs
 Sugar Free Drink Mix, Tropical Orange Flavor	1 Protein Pick 0.5 Carb Pick	2 POINTS®	1 meal (Non-protein Days)	15 g Protein 3 g Net Available Carbs*
 Fiber Bits, 2 Tbsp.	1 Carb Pick	0 POINTS®	N/A	13 g Carbs

Trademarks: Weight Watchers, POINTS® (Weight Watchers International, Inc., Waterbury, N.Y.). Quixtar computed all calculations, including POINTS® values. Weight Watchers does not endorse TRIM ADVANTAGE or Quixtar products. Lean for Life! (Lindora, Inc., Costa Mesa, Calif.). Quixtar computed all calculations. Lean for Life! does not endorse TRIM ADVANTAGE or Quixtar products. Atkins (Atkins Nutritionals, New York, N.Y.). Quixtar computed all calculations. Atkins does not endorse TRIM ADVANTAGE or Quixtar products.

\*Only 3 of the Total Carbohydrate grams in TRIM ADVANTAGE Protein Bars "count" on low-carb diets. All types of carbohydrates must be listed under Nutrition Information, not just those that convert immediately to glucose in the body. Glycerin and maltitol, 16 of the Total Carbohydrate grams in the Protein Bars, have a minimal effect on blood sugar. New available carbs equals total carbs minus carbs like glycerin, maltitol, and fiber that increase blood-sugar levels only minimally.