

EBOOK



Nutritional Values of Huel

Our personal training package "28 Day Crash Course" includes the meal replacement huel, read the nutritional values and see why this super product is better than your current diet.



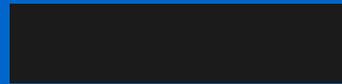
Personal Training
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WHAT IS HUEL

This explanation was written by James Collier BSc (Hons), Registered Nutritionist, who devised the Huel formula. He has over 25 years of experience working in nutrition and dietetics, including 7 years as a Clinical Dietician in the NHS. Covering an array of clinical areas, he worked with people with a wide range of ailments and food intolerances. He also has an Honours Degree in Nutrition with Dietetics: [read more about James here.](#)

Huel is more than complete nutrition. Not only does Huel meet the UK and EU reference nutrient intake (RNI) for all macro- and micronutrients, but it provides a sustained source of energy and has a wealth of other benefits. The RNI is what's accepted as enough of each nutrient to cover most of the population: it's essentially the recommended daily amount. But there's a lot more to Huel than just meeting the RNI. Here's why the Huel formula is optimal nutrition ...



HUEL IS 30:30:40

The macronutrients we require from food are protein, fat and carbohydrate and in Huel we've set them at the ratio of 30:30:40 respectively; i.e. 30% of the energy comes from protein, 30% from fat and 40% from carbohydrates.

Amino acids are the most basic units of protein and several amino acids are essential for life with others being crucial for good health, so any diet has to contain a significant amount of protein. There are also fatty acids that are essential for life and good health, so including sources of fat is crucial too. Carbohydrates, however, are not essential per se, but they do have significant benefits to sustaining even energy levels and are significantly cheaper helping to make Huel more affordable.

We've designed Huel at these ratios as they are not only within the parameters of the healthy eating guidelines, but also are levels designed for optimum, sustained energy release whilst covering macronutritional requirements for disease prevention. Fats are more energy dense than protein or carbs, so including them at 30% means there's less powder and bulk making Huel easier to consume to meet your energy requirements.



BACK OF THE PACK

Nutrition Information

	Serving size: 122g x 4 meals per day or 98g x 5 meals per day		
	Per 100g	Per day ***	% GDA*
Energy (Kcal)	410	2000kcal	100%
Protein	30.7g	149.8g	300%
Total Fat	13.3g	65.0g	97%
- Saturated fat	3.5g	17.0g	85%
- Polyunsaturated fat	5.7g	27.7g	n/a
-- Omega 3	2.8g	13.4g	n/a
-- Omega 6	3.0g	14.5g	n/a
- Monounsaturated fat	2.8g	13.6g	n/a
-- MCTs	1.6g	7.9g	n/a
-- Transfat	0.0g	0.0g	n/a
Total Carbohydrate	41.5g	202.5g	78%
-- Sugar	0.7g	3.5g	4%
Fibre	7.2g	35.1g	140%
Salt**	0.7g	3.4g	57%

* EU Reference Intake of an average adult per day. (FI)

**Salt content is exclusively due to the presence of naturally occurring sodium

Vitamins and Minerals

	Per 100g	Per day ***	% NRV*
Vitamin A (µg)	164	800	100%
Vitamin D2 (µg)	3	15	300%
Vitamin E (mg)	6.6	32.4	270%
Vitamin K (µg)	19	93	125%
Vitamin C (mg)	62	300	375%
Thiamin (mg)	0.6	2.9	260%
Riboflavin (mg)	0.3	1.3	100%
Niacin (mg)	3.7	18.3	114%
Vitamin B6 (mg)	0.7	3.2	226%
Folic Acid (µg)	51	250	125%
Vitamin B12 (µg)	0.9	4.5	180%
Biotin (µg)	10	50	100%
Pantothenic Acid (mg)	1.7	8.3	138%
Potassium (mg)	681	3321	166%
Chloride (mg)	164	800	100%
Calcium (mg)	227	1105	138%
Phosphorous (mg)	327	1595	228%
Magnesium (mg)	126	613	164%
Iron (mg)	3.0	14.8	106%
Zinc (mg)	2.3	11.2	112%
Copper (mg)	0.4	1.8	177%
Manganese (mg)	1.9	9.3	464%
Selenium (µg)	22	106	193%
Chromium (µg)	22	105	263%
Molybdenum (µg)	10	51	128%
Iodine (µg)	31	150	100%
Choline (mg)	40	195.1	n/a

% EU Nutrient reference values (NRV)

*** Per day (497.5g)

Ingredients: Oats (Contains Gluten), Pea Protein, Brown Rice Protein, Flaxseed, MCT Powder (from Coconut), Sunflower Lecithin, Vitamin and Mineral Blend: Potassium (as Potassium Citrate), Chloride (as Potassium Chloride), Calcium (as Tricalcium Phosphate), Vitamin C (as Ascorbic Acid), Choline (as L-Choline Bitartrate), Vitamin E (as D-Alpha Tocopheryl Acetate), Niacin (as Niacinamide), Pantothenic Acid (as Calcium-D-Panthenate), Vitamin B6 (as Pyridoxine Hydrochloride), Riboflavin, Vitamin A (as Retinol Palmitate), Iodine (as Potassium Iodide), Folic Acid, Chromium (as Chromium Chloride), Vitamin K1 (as Phytonadione), Molybdenum (as Sodium Molybdate), Biotin, Vitamin D2 (as Ergocalciferol), Vitamin B12 (as Cyanocobalamin), Copper (as Copper Citrate), Vanilla Flavour, Sucralose.

Serving suggestion: Add 5 parts water first then 1 part Huel and blend or shake for 10 seconds. The amount of Huel required depends on your daily requirements. See www.huel.com/pages/how-to-use for further details. Once mixed with a liquid, refrigerate and consume within 24 hours, re-shake before use. A level scoop holds approx 38g which is 156 calories.

Guidance notice: Children and women who are pregnant or nursing should consult their doctor before consuming Huel.

Storage: Store in cool dry place away from direct sunlight and reseal as best as possible.

The Batch and Best Before Date printed below this label.

FINE POWDERED OATS FOR CARBOHYDRATES AND MORE

The carbs in Huel are from ultra-fine powdered oats. Oats have a low glycaemic index (GI); GI refers to the speed after which we ingest a carb source to the resulting rise in blood sugar and, hence, energy levels. The oats in Huel mix easily and help sustain energy levels until the next meal. Many of the formulas used in sports nutrition or for weight reduction use maltodextrin as the main carb source. Maltodextrin is cheap and easy to mix, so there's a valid reason for its use. However, although it's a 'complex' carb, it actually has a high GI, so these formulas provide a surge of energy followed by a slump: far from ideal for busy people with active jobs. Maltodextrin is also a synthetic carb so provides nothing more than carbohydrate for energy

The oat powder in Huel has been milled so fine that it's readily soluble and there's also not a huge price difference from maltodextrin. Plus, as oats are natural, they provide so much more than just carbohydrate: many vitamins, minerals, antioxidants and phytonutrients too. Indeed, it could be said that the inclusion of oat powder is one of the main reasons why Huel could be considered superior to many foods readily consumed today.



FATS: FLAXSEED, SUNFLOWER AND COCONUT

The fats in Huel provide around 30% of the total energy and are made up from flaxseeds and sunflower seeds to ensure that the essential fatty acids are included in optimum amounts. We've also included coconut for very good reasons: the fats in coconut are what are known as medium chain triglycerides, or MCTs, and these are treated much like carbs; i.e. they provide an energy-rich, sustained fuel and are perfect for those of us with busy lifestyles. But MCTs have another invaluable quality: they are not susceptible to oxidation and rancidity meaning that they do not contribute to the formation of atherosclerotic plaques which increase the risk of cardiovascular disease. In short: MCTs from coconut are a healthy and efficient source of energy.

There are two completely essential fatty acids (EFAs) that humans require: linoleic acid (LA – an omega-6 fatty acid) and alpha linolenic acid (ALNA – an omega-3). Using our blend of flaxseed and sunflower seed powder, we've ensured Huel contains sufficient amounts of both of these EFAs as well as other omega-3 and -6 fatty acids. Moreover, these natural seed powders provide antioxidants and other vitamins and minerals in a biochemical redox balance to help minimise free-radical production. Free radicals are involved in the pathology of cancer, cardiovascular disease and aging, so it's desirable to keep their formation to a minimum and this is the role of antioxidants.



OTHER BENEFITS

- ✓ High in protein to support exercise
 - ✓ 100% Of Your Vitamins and Minerals
 - ✓ High in Fibre for a strong digestive system
 - ✓ Contains Phytonutrients
 - ✓ Contains all of your essential amino acids
- Low GI



Download Ebook

TRY OUR 28 DAY CRASH COURSE

The 28 Day Crash Course is a great solution for losing weight. When you absolutely, positively need to lose fat & increase muscle tone in the shortest time possible...the 28 Day Crash Course is the way I do it. If you are like so many of our clients, no matter what workout you have been doing, sometime you want to quite messing around and just want to go extreme to get results.

Crash Course Provides all of your exercise and food in a supper easy format.

Huel will be provided for you on this plan. Huel is made from real food. It contains a carefully chosen blend of vegan protein (rice and pea), oats, flaxseed, sunflower lecithin, MCT from coconut, a vitamin and mineral blend, vanilla flavour and a sweetener.

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