Bare Naked Foods extends range with new Protein noodles

Thursday 23 January, 2014

Dragons Den winner, Bare Naked Foods, has introduced protein noodles to extend their range of low carb, gluten-free products suitable for weight management and fitness training.

Containing only 16 calories per 100g, Bare Naked Protein Noodles are made using the Asian-grown Konjac plant; a miracle plant low in carbohydrates, sugar and calories. They can be used as a replacement in meals for carbohydrates such as pasta and noodles.

Eating protein is essential to maintain a healthy body, helping to build and repair muscle and provide energy for the body which makes it vital for those looking to increase their muscle mass. But the benefits go beyond muscles building as protein dulls hunger and can help prevent obesity, diabetes and heart disease.

“Protein Noodles from Bare Naked Foods are a great choice for fitness enthusiasts and athletes to increase their protein intake whilst keeping an eye on the carb content”, says Ross Mendham, Managing Director of Bare Naked Foods. “However, protein is also crucial for those people looking to lose weight. The fewer calories a person consumes, the more calories should come from protein to prevent the body from consuming muscle mass for energy”

Bodybuilding athlete and nutrition expert at Bodycatchers.com, Ollie Matthews, is a keen user of Bare Naked Foods Protein Noodles and says, "The Protein Noodles have been an amazing addition when dieting and gaining muscle mass. When I am in need of extra protein I can utilise more products, then knowing the quality is unrivalled and I am not sacrificing any taste.”

For more information and tasty recipe ideas for Bare Naked Noodles, visit the website at Bare Naked Foods

Notes to Editors

Containing fewer than 18 calories per 100g, Bare Naked Noodles can be used as a replacement to carbohydrates in a variety of dishes including pastas, stir-fries and soups. Simply heat the noodles to prepare a low-carb, satisfying meal in minutes.

The noodles are made using the Asian-grown Konjac plant; a miracle plant low in carbohydrates, sugar and calories that can be used to produce noodles.

Bare Naked noodles can be eaten as a replacement for rice and pasta and are great thrown into soups or stews, served with a stir fry or eaten with a classic spag bol.

Low in fat, sugar and carbohydrates - when eaten with a balanced diet, Bare Naked noodles are perfect for anyone looking to lose or maintain weight.

• Bare Naked Noodles and Bare Naked Protein Noodles retail at £2.99 per 380g
• Bare Naked Noodles are available to buy in Holland & Barrett stores nationwide, and at http://barenakedfoods.co.uk
• Nutritional information for Bare Naked Noodles (per 100g noodles) – energy: 8kcal, protein: 0.3g, fat: 0.1g, carbs: 0.1g, fibre: 3.4g
• Nutritional Information for Bare Naked Protein Noodles (per 100g noodles) – energy: 18kcal, protein: 2.7g, fat: 0.1g, carbs: 0.1g, fibre: 3.4g
• Follow Bare Naked Foods on Twitter @barenakedfoods

For samples of Bare Naked Noodles or more information, please contact Jo Evans for Bare Naked Noodles on 0845 519 5565 or jo.evans@emeraldfrog.co.uk

Media:





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