Can meal replacement shakes be the future of eating?

By Jerry Xing, BCIT, on 19th April 2023

Meal replacement shakes have been developed in recent years. Nicole Dieker, a reporter, quoted many expert opinions to compare the difference between traditional foods and meal replacement shakes and published on 11th November 2019. Meal replacement shakes are a food which is produced instead of conventional food, especially animal food products. In Dieker’s report, meal replacement shakes are “being marketed as an ethical, environmentally friendly, and affordable way of feeding ourselves”. In my opinion, I agree that meal replacement shakes be the future of eating could occur.

Significant and powerful driving forces of these kinds of products used for the future of eating are multifaceted. There are some considerable driving forces. First, people can take the meal more cheaply. On the other hand, these products are healthier than meat. In addition, these products are more environment-friendly during production because they are non-animal products. Ultimately, these products can also taste the same as traditional foods. Also, its easy using way can be the secondary importance driving force.

Some restraining forces still cannot be ignored. The primary significant restraining force is that its taste is only adequate. Also, in Dietician Luis Gonzales’ opinion, natural food is better than science for nutrition; this can be the necessary secondary force. The remaining least important restraining forces are socially acceptable and package wasting during transportation. All these restraining forces might be the challenge for its future eating.

In conclusion, I agree that meal replacement shakes could be the future of eating. However, it will face many challenges. The benefits of meal replacement shakes cannot be denied, but they still need to be accepted by each person, and it also requires more technological development. In Dieker’s report, there is a typical example: Jamie Sullivan thought that though these foods have many benefits, “the rest of us who are living at moderate or low incomes just don’t have the resources for that”. Therefore, I strongly hope that meal replacement shakes’ technology can become more mature and not become a "special meal" that only certain specific people can eat.