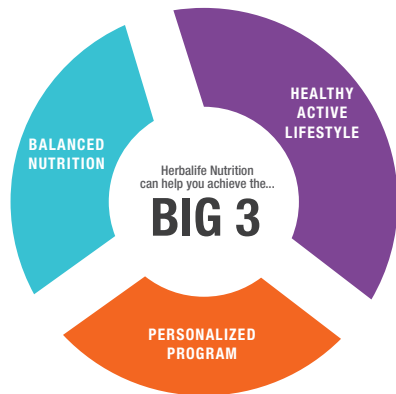


# GLOBAL NUTRITION PHILOSOPHY



## WHAT WE BELIEVE

We make the world healthier and happier. We believe that balanced and personalized nutrition supports a healthy, active lifestyle. Eating the right foods combined with the right nutritional supplements and regular exercise are key.

## BALANCED NUTRITION

Our philosophy is based on balanced nutrition – a combination of foods and nutritional supplements that help you meet your daily needs, coupled with the right calorie balance to help you lose, gain or maintain your body weight. A well-balanced diet helps to supply the vitamins and minerals you need.

## MACRO/MICRONUTRIENTS

Protein, carbohydrates and fat are all macronutrients. You need all three in the right balance in order for your body to function properly. You also need micronutrients in the form of vitamins and minerals. We suggest that 30% of your daily calorie intake comes from protein sources, such as soy products, poultry, fish and eggs; 40% of your calories come from carbohydrates in the form of vegetables, fruits and whole grains; and 30% of your calories come from sources such as olive and canola oils, avocado and nuts.

## FIBER

Fiber supports the digestive process, helps fill you up and promotes the growth of friendly bacteria in the digestive tract. Whole fruits, vegetables, whole grains and beans are the best sources of dietary fiber.

## WATER

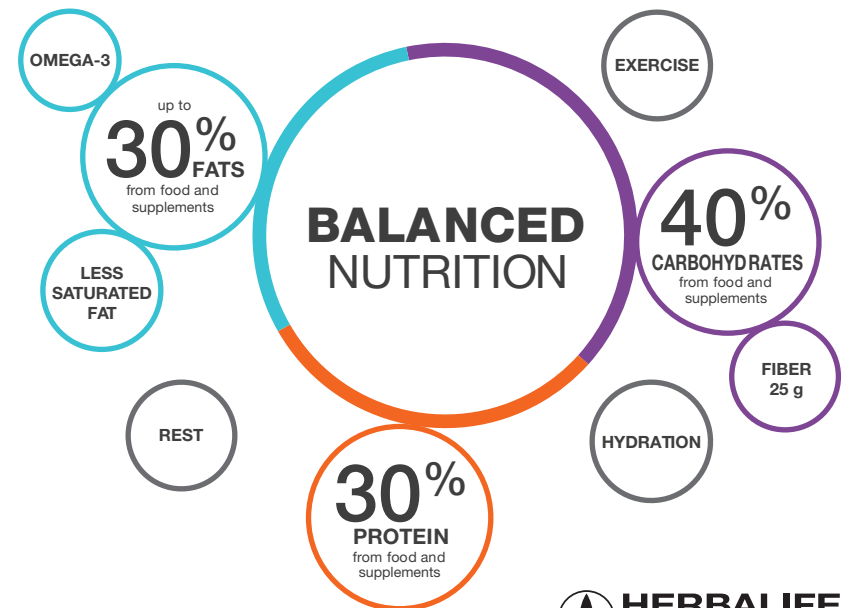
Your body needs water to transport nutrients to cells and to get rid of waste products. Water helps control body temperature and lubricate joints, organs and tissues. The recommendation of eight 8-ounce (240ml) glasses of water a day is consistent with most dietary guidelines.

## PHYTONUTRIENTS

Plant foods contain phytonutrients, which have a number of benefits. Many of these phytonutrients are pigments that give fruits and vegetables their beautiful colors, which is why our Global Nutrition Philosophy recommends seven servings of colorful fruits and vegetables a day.

## DO YOUR NUMBERS ADD UP?

Your daily diet should consist of 40% carbohydrates, 30% protein, and up to 30% beneficial fats.



# Easy Meal Builder

Do you ever feel stumped come mealtime, not knowing what to make or where to start? Our meal builder has you covered with simple steps and balanced nutrition.



1

## START WITH PROTEIN

25 g PROTEIN 400 CALORIES | 40 g PROTEIN 600 CALORIES



Chicken or turkey



Fish



Lean beef



Shellfish



Pork or lamb (loin)

3 ounces, cooked

5 ounces, cooked

2

## ADD VEGETABLES



Choose 1

Choose 2

Cooked vegetables, vegetable soup, tomato sauce (1 cup)



Any amount

Any amount

Raw vegetables

3

## ADD WHOLE GRAINS/STARCH



Rice (brown or wild)  
1/2 cup, cooked



100% whole grain bread or crackers  
1 slice, 1/2 pita bread, 1/2 English muffin, 4 medium crackers



Tortillas  
2 corn, 1 medium-sized flour (whole grain)



Beans, peas, corn or lentils  
1/2 cup, cooked



Potato (white or sweet)  
1/2 medium



Pasta, quinoa, millet, barley or bulgur  
1/2 cup, cooked

Choose 1

Choose 2

4

## ADD SOME HEALTHY FAT FOR FLAVOR



Olive oil  
1 TBSP



Nuts  
1 ounce



Hummus, low-fat salad dressing, mayonnaise, sour cream, vinaigrette  
2 TBSP



Avocado  
1/2 small



Parmesan or low-fat feta cheese  
2 TBSP



Seeds or nut butter  
1 TBSP

Choose 1

Choose 1

5

## SEASON IT UP!



Herbs & spices



Lemon



Garlic



Vinegar



Salsa & hot sauce



Mustard

Any amount

Any amount

# Easy Meal Builder

## VEGETARIAN EDITION

Could you use a little inspiration when it comes to preparing fun, healthy veggie meals? Our step-by-step meal builder will help you fill your week with well-balanced nutrition.



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1  
2  
3  
4  
5

### START WITH PROTEIN

25 g PROTEIN 400 CALORIES | 40 g PROTEIN 600 CALORIES

						Choose 2	Choose 3
Greek-style yogurt (nonfat or low-fat) 1/2 cup	Eggs 1 whole	Cottage cheese, ricotta (nonfat or low-fat) 1/2 cup	Beans, lentils or soybeans 1/2 cup, cooked	Tofu 3 1/2 ounces (1/4 block)	Tempeh or seitan 3 ounces		

### ADD VEGETABLES

			Choose 1	Choose 2
Cooked vegetables, vegetable soup, tomato sauce (1 cup)				
	Any amount	Any amount		
Raw vegetables				

### ADD WHOLE GRAINS/STARCH

						Choose 1	Choose 2
Rice (brown or wild) 1/2 cup, cooked	100% whole grain bread or crackers 1 slice, 1/2 pita bread, 1/2 English muffin, 4 medium crackers	Tortillas 2 corn, 1 medium-sized flour (whole grain)	Beans, peas, corn or lentils 1/2 cup, cooked	Potato (white or sweet) 1/2 medium	Pasta, quinoa, millet, barley or bulgur 1/2 cup, cooked		

### ADD SOME HEALTHY FAT FOR FLAVOR

						Choose 1	Choose 1
Olive oil 1 TBSP	Nuts 1 ounce	Hummus, low-fat salad dressing, mayonnaise, sour cream, vinaigrette 2 TBSP	Avocado 1/2 small	Parmesan or low-fat feta cheese 2 TBSP	Seeds or nut butter 1 TBSP		

### SEASON IT UP!

						Any amount	Any amount
Herbs & spices	Lemon	Garlic	Vinegar	Salsa & hot sauce	Mustard		

# Grocery Shopping List



Go in with a list. Tip: Also have a meal plan in-hand!



Stick to the perimeter of the store for fresher foods.



Shop for what's in season. These products usually retain more nutrients.



Turn things around and read your nutrition facts.



Be bold! Try one new fruit or veggie each week.



Replace starchy carbs with whole grains, like brown rice and whole wheat pasta.



Make fish your friend. Tuna and wild-caught salmon are high in beneficial fats.

## MEAL PLAN ESSENTIALS

## MEAL PLAN ESSENTIALS

## MEAL PLAN ESSENTIALS

