Weight Loss Challenge

M A N U A L

A U S T R A L I A & N E W Z E A L A N D

W H A T  D O  Y O U  H A V E  T O  L O S E ?
INTRODUCTION

WIN WITH THE WEIGHT LOSS CHALLENGE

The Weight Loss Challenge is making winners out of everyone. From the participants who are losing weight, to the Distributors who are building their business like never before, a Weight Loss Challenge is a great way for people to discover the benefits of Herbalife® products. Each person who has experienced the power of the Weight Loss Challenge spreads the word to others, creating incredible momentum.

EVERYTHING YOU NEED
Inside, learn how easy it is to win with the Weight Loss Challenge. This manual includes a list of supplies you’ll need and offers class outlines and week-by-week handouts. At a minimal cost, you can get started and duplicate your success within your organisation. Make sure to comply with local laws and regulations, including those that apply to advertising the Challenge, use of public and private property, etc.

For tips and tools, visit the Weight Loss Challenge section on MyHerbalife.com (Retailing & Recruiting/Daily Methods of Operation/Weight Loss Challenge). And send Challenge participants to Herbalife’s Weight Loss Challenge website at HerbalifeWLC.com.au to enhance what they learn in class.

EASY TO GET STARTED
All you need is a few participants to get started. You may find that 20 participants are ideal, up to an allowable maximum of 40 participants per Challenge.

Challenge participants are a motivated group, so they’ll be receptive to your retailing efforts. They already have weight-loss goals – and Herbalife® products can help them get there. Retention and recruiting go hand in hand with the Weight Loss Challenge, especially since participants may choose to participate in future Challenges.

THE FUN FACTOR
The most important element to any Challenge is...fun! You’ll find that socialisation, community, results and recognition keep the momentum going. As a Weight Loss Challenge coach, your enthusiasm will motivate and inspire everyone in your group.

With this amazing Business Method, you’ll enjoy coaching people to get incredible results while growing your business at the same time. Step up to the Challenge today!
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SECTION ONE: Setting up for a Successful Class

STARTING OUT

1. KNOW THE RULES
   • Familiarise yourself with the ‘Distributor Weight Loss Challenge Rules and Guidelines’ (located at the end of this section) and the ‘Weight Loss Challenge Participation Agreement’ (located in the ‘Registration Handouts for Week 1’ at the end of Section Three).

2. RESEARCH, FIND AND SECURE A LOCATION
   • Look for a place with tables, chairs and, ideally, a kitchen setup where teas, shakes and samples can be prepared. Aim for a professional, yet fun, boardroom-type, face-to-face setting. Find a place where you will have enough room to start and grow. You might try a church, library, office space, community centre, etc. (with permission).
   • Although you might be able to secure such a space for free, however be prepared to pay a fee. A reasonable price range for hiring this type of facility is between $25 to $75 per week.

3. PICK A START DATE FOR YOUR WEIGHT LOSS CHALLENGE

4. ADVERTISE
   • Begin advertising the week prior to the scheduled class start date.
   • Create your advertising plan:
     * Advertisements. Select the main newspaper/periodical that people receive in the area where you plan on having the classes. One large ad (½-page display) that runs once is better than a small classified ad that runs multiple days. Use the approved ads and posters available to you. (For downloadable ads, go to MyHerbalife.com/Retailing & Recruiting/Daily Methods of Operation/Weight Loss Challenge.)
     * Full-page flyers. With permission, distribute or display flyers at businesses within the vicinity of the class location. (For downloadable flyers, go to the ‘Weight Loss Challenge’ section of MyHerbalife.com [see location above]).
     * Word of mouth. Use the ‘Who do you know?’ approach. Also, talk to people who live in the area where the class will be held.
     * Have your guests invite their own. Invite existing customers who live in the area where the class will be held, and ask them to invite guests. This is one of the best ways to bring people in!
   (Note: The results of your advertising will vary, depending on the newspaper or other media chosen, geographical location, size of ad, etc.)

5. PREPARE FOR THE PHONE TO RING!
   • Make sure you’re already familiar with the phone scripts in Section Two of this manual, and take care of the following before advertising:
     * Outgoing voicemail message. Use the phone script in Section Two as a guide to recording this message. It should include the phone number for your direct-line or toll-free phone number.
     * Script for answering calls live or for doing call-backs to pre-register people.
     * Registration list. Be ready to start a list of everyone interested in taking the course.

6. PREPARE FOR THE WEIGHT LOSS CHALLENGE
   • See ‘Section Three: Getting Ready for Class’ for details on setting up for your classes.
RULES AND GUIDELINES

The Weight Loss Challenge Rules and Guidelines set forth below have the force and effect of, and are in addition to, Herbalife’s other Rules, including the Rules of Conduct and Distributor Policies, the Australia and New Zealand Supplemental Rules and the (where appropriate) Herbalife Nutrition Club Rules.

Non-italicised content represents the Rule itself and is mandatory. Italicised content represents ‘best practices’ and/or further details.

1. MAXIMUM NUMBER OF PARTICIPANTS
Each Weight Loss Challenge (“Challenge”) is limited to a maximum of 40 participants.

We recommend that you have 20 to 30 participants per Challenge. Keep in mind that a Challenge may include as few as 3 and up to the maximum of 40 participants. For example, if you have 120 people ready to start their Challenge today, you must start 3 or more separate Challenges in order to comply with this Rule. We also recommend that an Independent Distributor be assigned as a personal coach to every 12 to 15 participants.

2. PERMISSIBLE FEES
Participation Fee: Participation fees may not be used to generate a profit and should be set at $49* in Australia and New Zealand.

Weight-Gain Fee: Distributors may charge a weight-gain fee of $1* per 500g for weight gained since a participant’s last recorded weigh-in.

Absence Fee: Distributors may charge an absence fee of $5* for each absence from a weekly meeting. Attendance includes weekly weigh-in and presence at discussion class. Failure to attend both will count as an absence. One (1) absence is allowed without penalty.

The only permissible action for non-payment of weight-gain and absence fees is disqualification from the Challenge; Distributors may not otherwise press or pursue participants (or former participants) for payment.

3. MAXIMUM PAYOUT
First-prize payout for each Challenge may not exceed $599*.

There are 2 reasons for this maximum payout amount:

- Participants should be driven by the results they will achieve, with the ‘extra’ benefit of possibly winning money.
- Larger funds could encourage participants to engage in unhealthy or excessive weight loss and exercise practices; therefore, we dictate this reasonable maximum prize amount.

4. DURATION
Each Challenge must run for a minimum of 6 weeks.

- We recommend that each Challenge runs for 12 weeks. This allows the participants to better reach their goals during the course of the Challenge.
- The Weight Loss Challenge Manual, MyHerbalife.com support materials, and Herbalife’s Weight Loss Challenge website for participants (HerbalifeWLC.com.au) are based on a 12-week programme.

*Amount applies in AUD$ and NZD$
5. WEEKLY MEETINGS
Weekly meetings are a required element of any Challenge. They may be conducted in any suitable location or online.

*Meetings should include a weekly weigh-in, discussion of the participants’ progress, educational talks by the Distributor(s)/coach(es), and formulation of a plan and/or goal for the coming week.*

6. RECOMMENDING HERBALIFE® PRODUCTS
Distributors may always recommend, promote and educate on Herbalife® products, but may not require that the products be purchased or consumed as part of a Challenge.

7. REFUNDING THE PARTICIPATION FEE
The participation fee must be fully refunded if requested by the participant within the first 48 hours of the Challenge start date. Refunds requested more than 48 hours after the Challenge commences may be granted at the discretion of the responsible Distributor(s).

8. ADVERTISING
Herbalife creates a variety of finished ads for the Weight Loss Challenge. These tools can be found at MyHerbalife.com (Retailing & Recruiting/Daily Methods of Operation/Weight Loss Challenge). Distributor-created ads must be compliant with all Herbalife Rules, including the Rules of Conduct and Distributor Policies, the Australia & New Zealand Supplemental Rules and, (where appropriate), the Herbalife® Nutrition Club Rules.

In addition, ads for a Weight Loss Challenge may not state or imply that persons will receive money for the mere act of participating in a Challenge. Only 4 participants in each Challenge actually receive cash payouts. Ads may state or imply that persons who win the Challenge can earn money for doing so.

Examples of Acceptable Ad Statements
- ‘Weight Loss Challenge winners can earn dollars for losing kilos!’
- ‘Challenge winners can earn cash to lose weight!’

Examples of Unacceptable Ad Statements
- ‘Earn dollars for losing kilos!’
- ‘We pay you to lose weight!’

9. REQUIRED PARTICIPATION AGREEMENT
Every participant must review and sign a Participation Agreement, which must be kept on file by the Distributor(s) for at least 1 year from signing and produced to Herbalife upon request. The Participation Agreement form is included in this manual (See ‘Section Three : Participant Handouts’).

10. MINIMUM AGE
The minimum age for participation in a Weight Loss Challenge is 14, and persons aged 14 to 17 require written permission from a parent or legal guardian.
SECTION TWO: Phone Scripts

PHONES SCRIPTS

OUTGOING VOICEMAIL PHONE SCRIPT
Below is an example of what you would record as an outgoing voicemail message for the phone number that will appear in all of your advertising for the class. It is recommended that you run these calls as a live number, so that you can answer calls as they come in, or have someone do that for you. However, you can record the message below in case you aren’t able to take the call; this will allow people to leave a message so that you can call them later to provide more information or pre-register them for the class.

Outgoing Voicemail Script:
Thank you for calling [your business name]. I’m either on the phone or away from my desk. If you are calling to register for the [name of the particular town or city you are advertising in] Weight Loss Challenge, please identify which class you are registering for, and leave your name and number, and I will call you back as soon as possible!

REGISTRATION PHONE SCRIPTS
Next are examples of registration phone scripts. Use them as a guide when taking a call live; pre-registering people or returning calls for messages they may have left you.

Greeting for a live call:
[Your business name] this is [your name]!

Script for returning a call when a message is left:
Hello, this is [your name] with [your business name], and I’m returning a call from [person’s name]. Is he/she available? He/she called to pre-register for the class and wanted more information.

...then give the person registering the following details about the class:
• Start date
• Location of the class
• Time for Weigh-Ins and Measures
• Class start time. Ask the participant to come to class on time, since it starts promptly, and inform them that it will last about half an hour (30 minutes).
• Participation fee. To participate in the 12-week Weight Loss Challenge, each person pays a fee of $49. (See Rule 7 regarding refunds in the ‘Distributor Weight Loss Challenge Rules and Guidelines’ at the end of Section One.) Explain that, with a minimum of the fee going toward administrative costs, this and all other money collected during the 12-week course will be paid out in cash and prizes at the end of that period to the top three people in class who have lost the greatest percentage of body weight.

If they ask whether you offer nutrition or weight-management programmes, tell them that Herbalife does have programmes and products available and that they may purchase them if they choose. However, explain that they are under no obligation to purchase products in order to take part in the class. Collect their complete contact information. These are great leads! Tell them you look forward to seeing them in class, and briefly give them the class location and start time, as well as the time for Weigh-Ins and Measures, once more.
SECTION THREE: Getting Ready for Class

PREPARING FOR WEEK 1 AND BEYOND.....

Before the First Class

PREPARE REGISTRATION FOLDERS FOR PARTICIPANTS
Prepare two-pocket folders that participants will receive in the first class; in the folders, insert hard copies of the following registration handouts: (These can be found at the end of this section and are available on the HerbalifeWLC.com.au website, under ‘Week 1: Protein.’)

Left-side folder pocket:
Weight Loss Challenge Participation Agreement

Right-side folder pocket:
• Weigh-Ins and Measures Weekly Record
• Welcome Letter
• References List
• Weight Loss Challenge Food/Drink Log

Money
To take part in the Challenge, each participant pays a $49 fee. A minimal amount of every $49 is used to cover administrative costs (e.g. photocopy and print costs for assorted handouts, and purchasing of the supplies listed below). Note: This fee is refundable within the first 48 hours of the Challenge start date. (For more details, see the ‘Distributor Weight Loss Challenge Rules and Guidelines’ at the end of Section One.)

The remaining money, in addition to weight-gain and absence fees, will be paid out in cash and prizes to the winners. (See the ‘Weight Loss Challenge Participation Agreement’ for a detailed explanation of these fees and how the prize money is to be divided among winners.) Note: First-prize winner payout per each group of participants should not exceed $599. (See the ‘Distributor Weight Loss Challenge Rules and Guidelines’ at the end of Section One.)

Supplies
The following is a list of things you may need for the classes:
1. Herbalife pens
2. Receipt pad
3. Both flavours of Instant Herbal Beverage (to serve in each class)
4. Hot water, if possible
5. Cold water
6. Napkins
7. Honey
8. Stir sticks
9. Spoons
10. Cups
11. Lean Protein Estimator (SKU #6530) or use the online version on MyHerbalife.com
12. Digital scale (Be sure it goes up to a high weight)
13. Digital camera (and extra camera batteries)
14. Extra large tape measure (available from Spotlight)
15. Two-pocket folders printed with your main phone number for the class and the participant Weight Loss Challenge website address (HerbalifeWLC.com.au)
16. Raffle tickets
17. Giveaways for Weeks 2 through 12 (See ‘Giveaways’ in this section of the manual)
18. Protein Bars for sampling during Week 1
19. Basic Cellular Nutrition product display consisting of: Formula 1 Nutritional Shake Mix, Multivitamin Complex, Personalised Protein Powder, Herbal Aloe Drink and Concentrate, Chitosan Fibre Complex and Instant Herbal Beverage
20. Products on hand to sell, along with proper Herbalife PROMOTE! items (e.g. shaker cups, tablet boxes, measuring spoons, weight loss pins and any other items you would like to include as part of a customer ‘care pack’) for any new customers
21. Copies of the Mini Product Brochure
22. Name tags

…and most of all have a great positive attitude!

Hygiene Requirements
As the operator of this challenge, it is your responsibility to abide by some simple and basic hygiene principles – please refer to your local Food Standards Code for food handling guidelines which you will be able to download from your local State Government’s Department of Health website.

Setting Up Stations
Set up the following four (4) stations, keeping flow in mind. Note that the number of team members per station below is based on a class size of 20 participants. Of course, with a smaller class you might want to handle multiple stations yourself. Or for a larger class of 40, you may choose to have more team members at a particular station – enough to handle volume.

Registration Table (1 team member) The team member(s) at this station should be friendly and outgoing. Here, participants will:
- Sign in
- Pay their $49 participant fee and receive a receipt
- Be given a name tag
- Be directed to the Weigh-In Station

Weigh-In Station (1 team member) The team member(s) at this station should be upbeat and positive. Here, participants will:
- Weigh in on a scale
- Have their weight recorded in the ‘Weigh-Ins and Measures Weekly Record’
- Take their ‘Weigh-Ins and Measures Weekly Record’ and proceed to the Measure Station
Measure Station (2 team members – 1 to measure; 1 to record measurements)
Here, participants will:
• Have all their measurements taken
• Have their measurements recorded in the ‘Weigh-Ins and Measures Weekly Record’ (which will be collected at this station)
• Be directed to the Photo Station

Photo Station (1 team member) Here, participants will:
• Have their pictures taken
• Be directed to the Table Greeter

Assign the job of Table Greeter to one or more team members (again, the number depends on the size of your class). The Table Greeter helps participants find seats and asks them to help themselves to refreshments (such as Herbal Aloe Concentrate). Note: Display all served products in their original containers with the labels, so participants can check labels to be aware of what they are consuming.

Special Instructions for Weigh-In and Measure Stations
Each week, participants will go to the Scale and Measure Stations before class begins to weigh in and be measured. The team members assigned to the Measure Station should familiarise themselves with the ‘Taking Good Measurements’ diagram located in Appendix A at the back of this manual.

Because some participants may be self-conscious about being weighed and measured in front of other people, both procedures should be done very discreetly. For this reason, when setting up the Scale and Measure Stations, keep participants’ privacy in mind. Separate these stations from the rest of the room by putting up long curtains or by setting up screens. You may also wish to put up signs so others will know not to enter.

Lastly, since participants report to these two stations each week, it is important that you keep both of them in the same locations within the meeting room throughout the entire 12 weeks of the Challenge. This prevents confusion and helps the process run smoothly each time.

Coaches
Coaches are team members who teach the classes; they are also known as ‘trainers.’ They should always have a good attitude and make the class fun!

ASSIGNING COACHES
Assign each participant a personal coach. If a participant was invited by a coach, that participant, along with anyone he or she brings, will be assigned to that same coach. Participants who answered an ad are divided among the coaches who paid for the ad. Again, people brought in by these participants will be assigned to the same coaches together. So, one coach may have two people assigned to them, while another coach may have more. (It depends on the luck of the draw!)
SECTION THREE: Getting Ready for Class

WEIGHT-LOSS SPREADSHEET
A spreadsheet that automatically calculates each participant’s percentage of weight loss for each week and for the entire 12-week course is available for download in the Weight Loss Challenge section on MyHerbalife.com (Retailing & Recruiting/Daily Methods of Operation/Weight Loss Challenge). Assign one team member to be in charge of inputting this data each week.

TRAINER OUTLINES
Outlines for teaching the Week 1 and Week 2 classes are included in this manual. (See ‘Section Four: Outlines for Teaching Classes.”)

HANDOUTS
For Weeks 3 through 12, coaches will teach from the handout documents located in ‘Section Five: Weekly Topics and Participant Handouts’ of this manual. These handouts are also available at the HerbalifeWLC.com.au website. Each coach should be prepared to teach their class from the handouts for their respective weeks.

The coaches teaching the following weeks will need to provide the following handouts in class for all participants:

• Week 1 (‘Protein’) - All handouts for this week
• Week 2 (‘Meal Plans; Snacking; Water’)
  * ‘Quiz: Know Your Snacks’
  * The three (3) different meal plans (Meal Plans ‘A’, ‘B’ and ‘C’)
• Week 5 (‘Nutrition Labels; Fats; Portion Control’) - ‘Quiz: Portion Distortion’
• Week 6 (‘Digestive Health’) - ‘Quiz: What Do You Know About Digestive Health?’
• Week 7 (‘Dining Out’) - ‘Quiz: The Ins and Outs of Dining Out’

ADDITIONAL MATERIAL FOR TEACHING WEEK 2
To determine which meal plan to give each participant, the coach teaching Week 2 (‘Meal Plans; Snacking; Water’) will need to bring in a Lean-Protein Estimator(s). (For more details, see ‘Trainer Outline for Week 1’ in ‘Section Four: Outlines for Teaching Classes.’)

ADDITIONAL MATERIAL FOR TEACHING WEEK 4
The coach teaching Week 4 (‘Carbohydrates; Shopping and Cooking; Cellular Nutrition’) will need to do the following for his/her class:

• Bring in visuals of good carbohydrates, such as oats, apples, cucumbers, a Formula 1 shake, etc.
• Bring samples of food labels to read (e.g. for single servings of peanut butter, salad dressing, popcorn, etc.).

CLASS LENGTH
Coaches should keep the total class time to 30 minutes maximum. (Note: The first two classes will run longer due to registration in Week 1 and the assigning of meal plans in Week 2.)
Giveaways
From Week 2 through Week 12, you will have giveaways of Herbalife® products. Beginning in Week 2, when a participant’s weigh-in shows that they have lost weight, give them a raffle ticket for the drawing that week, when they will have a chance to win one (1) giveaway of their choice. To prepare for the giveaways, do the following:

- Purchase Herbalife® products to be given away (e.g. Formula 1 Vanilla samples, Instant Herbal Beverage samples, Protein Bars, Roasted Soy Nuts, Liftoff™, Herbal Aloe Soothing Hand & Body Lotion and Gel or NouriFusion™ samples, Radiant C Face Quencher, etc.). Ensure that for any Inner Nutrition products that are given away, the full product and ingredient details are also given with the products, such as the Protein Snack Flyer (SKU#7664) or the Liftoff™ Sample Card (SKU#7697) Calculate how many you will need for the entire 12 week course. For a class of up to 9 people, draw one (1) giveaway per week (for a total of 12 products); for 10 to 19 people, draw two (2) giveaways per week (for a total of 24 products); and for 20 to 40 people, draw three (3) per week (36 products).
- Place one (1) product each in an attractive cellophane bag and tie with a ribbon. (You can buy the bags and ribbon at any local two dollar store).
- Have a festive gift bag/basket/bowl ready where raffle tickets will be placed into and drawn.
## Weigh-Ins and Measures

### Weekly Record

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<th>Name:</th>
<th>Date:</th>
<th>Week 1 (Starting Weight)</th>
<th>Week 2</th>
<th>Week 3</th>
<th>Week 4</th>
<th>Week 5</th>
<th>Week 6</th>
<th>Week 7</th>
<th>Week 8</th>
<th>Week 9</th>
<th>Week 10</th>
<th>Week 11</th>
<th>Week 12</th>
<th>Final</th>
<th>Weight</th>
<th>Weekly Weight Loss/Gain</th>
<th>Total Weight Loss</th>
<th>% Lost</th>
<th>Weight-Gain Fee Paid</th>
<th>Upper Chest</th>
<th>Chest</th>
<th>Waist</th>
<th>Hips</th>
<th>Right Thigh</th>
<th>Left Thigh</th>
<th>Right Arm</th>
<th>Left Arm</th>
<th>Total cm Lost</th>
</tr>
</thead>
</table>
WEIGHT LOSS CHALLENGE
PARTICIPATION AGREEMENT

Thank you for your interest in the Weight Loss Challenge! through the Challenge, Herbalife Independent Distributors (also known as ‘coaches’) are able to help participants work toward their weight-loss goals and improve their overall wellness. We want you to have a great time as you have fun and meet new friends at our Weight Loss Challenge. Remember that any reasonable diet or weight-management programme includes exercise and sensible meals, and it’s always a good idea to consult your doctor before starting an exercise or weight-management programme.

The coach(es) responsible for this Challenge:

Name(s): __________________________________________________________________________________
Contact Information: ________________________________________________________________________

Please read this document carefully and sign it to confirm that you understand all of the general terms of the Weight Loss Challenge.

• In return for your Participation Fee of $49* and upon signing this document, you are entitled to participate in the Weight Loss Challenge identified below and you will be eligible for the various prizes and/or payouts which are awarded upon its conclusion. You will also attend weekly weigh-ins where you will have the opportunity to ask questions, receive coaching and education.

• This Weight Loss Challenge begins the week of ________/____, 20____ and ends the week of ________/____, 20____.

• Coaches are independent business people; they are solely and exclusively responsible for the operation and details of each Weight Loss Challenge.

• The purchase or consumption of Herbalife products in conjunction with your participation is recommended, but not required.

• The Participation Fee of $49* covers all prize payouts, plus minimal operational costs.

• The Weight-Gain Fee is $1* per 500g for weight gained since the last recorded weigh-in.

• The Absence Fee is $5* for each absence. One (1) absence is allowed without penalty. Participation includes attending the weekly weigh-in and attending discussion class. Failure to attend both will count as an absence.

• The Participation Fee is fully refundable if requested by the participant within the first 48 hours of the Challenge start date.

* Amount applies in AU$ and NZ$
• **Weight-Loss Payouts** are paid to the top 3 weight losers as follows:
  - **1st Place:** 50% will be paid to the person who has lost the greatest percentage of his/her body weight by the end of the Challenge.
  - **2nd Place:** 30% will be paid to the person who has lost the next greatest percentage of his/her body weight by the end of the Challenge.
  - **3rd Place:** 20% will be paid to the person who has lost the next greatest percentage of his/her body weight by the end of the Challenge.

• **A Centimetre Payout** is paid to the participant who loses the most centimetres and is not also a top 3 weight loser; this winner receives all money collected from Weight-Gain and Absence Fees.

• If, after reading this document, you have any further questions about the Weight Loss Challenge, do not hesitate to ask the coach (as) listed in this Agreement.

• As a participant, you should communicate regularly and fully about your progress and never hesitate to ask questions, so you can receive the appropriate advice and coaching.

• The minimum age for participation in a Weight Loss Challenge is 14, and persons aged 14 to 17 require written permission from a parent or legal guardian.

I, ___________________________________________________, have reviewed and agree to all of the above.

(Print Name)

Signature: ________________________________ Date: ______ /______ /______

Signature: ________________________________ Date: ______ /______ /______

(Parent or legal guardian signature required if participant is under the age of 18.)

Address: __________________________________________________________________________________

City: ____________________________________________________________________ State: _____________

Postcode:_______________

Phone (home): __________________________                Mobile: ____________________________

Email:  _____________________________________________________________________________________

How did you hear about this Challenge? (please tick)

- Prior participant
- Newspaper ad
- Other: __________________________

- Referred by a friend (name): ______________________________________
- Postcard (colour of postcard or name listed): _______________________

**SECTION THREE: Registration handouts for week 1**
WEIGHT LOSS CHALLENGE
FOOD/DRINK LOG

WRITE DOWN EVERYTHING YOU EAT AND DRINK

<table>
<thead>
<tr>
<th></th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THURS</th>
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<tr>
<td>Protein</td>
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<td></td>
</tr>
<tr>
<td>6pm-6am</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td></td>
<td></td>
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<td>Protein</td>
<td></td>
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<td><img src="image" alt="Glasses of water" /></td>
<td><img src="image" alt="Glasses of water" /></td>
<td><img src="image" alt="Glasses of water" /></td>
</tr>
<tr>
<td>Amount of exercise (in mins) - include type</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Daily Calories</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Daily Protein</td>
<td></td>
<td></td>
<td></td>
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### SECTION THREE: Registration Handouts for Week 1

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<th>Protein</th>
<th>Glasses of water consumed (1 glass = 250mL)</th>
<th>Amount of exercise (in mins)</th>
<th>Total Daily Calories</th>
<th>Total Daily Protein</th>
</tr>
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<tr>
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<tr>
<td>6pm-6am</td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>
WELCOME

We are pleased that you have accepted our invitation to join us for the Weight Loss Challenge, and we trust that the benefits of your participation will meet your expectations. We are excited that you have decided to make a positive change in your life. This is a 12-week programme, and your attendance at the weekly meetings is key to learning important facts about proper nutrition and weight management.

As part of our commitment to helping you lose those unwanted kilos and centimetres, each and every one of you will be assigned a personal coach who will monitor and guide you toward your goal. Your coach will be in touch with you prior to our next meeting in order to get acquainted and answer any questions you may have.

We encourage you to get involved and join in our group discussions. Some of the various topics we will be discussing in the upcoming weeks are:

• Protein intake
• Calorie intake
• Digestive health
• Making sense of carbohydrates
• The importance of hydration
• Understanding fats
• Dining out
• Exercise
• Heart health

For optimal results, we highly recommend you keep in regular contact with your coach throughout the Challenge.
REFERENCES

Many of the facts that will be talked about are referenced in the following books, DVDs and websites:

**BOOKS**
- *Keep It Simple*, Author: Luigi Gratton, M.D., M.P.H.
- *The L.A. Shape Diet*, Author: David Heber, M.D., Ph.D.
- *What Color Is Your Diet?*, Authors: David Heber, M.D., Ph.D., and Susan Bowerman, M.S., R.D., C.S.S.D.
- *NO More Heart Disease*, Author: Lou Ignarro, Ph.D.

**DVDS**
- *Personalise Your Programme* – An overview of all of Herbalife’s weight-management and nutrition products. This DVD may be borrowed from your coach.

**WEBSITES**
- Weight Loss Challenge ([HerbalifeWLC.com.au](http://HerbalifeWLC.com.au)) – Handouts for the weekly topics are available here. You can also check out inspiring success stories of past Weight Loss Challenge participants, and find more articles and recipes to help you live healthier.
- [Herbalife.com](http://Herbalife.com) – this website is a great resource where you can learn more about Herbalife products. Click on the relevant country to learn about products specific to your country.
- [www.FoodChoices.com.au](http://www.FoodChoices.com.au) - FoodChoices® is a free nutrient analysis software for you to analyse your diet, keep a diet diary, plan your meals, analyse your recipes, and explore the nutrient content of foods.

Much of the information in this Manual has been adapted from the USA Weight Loss Challenge Manual (#7935-US 09/08), and serving sizes and metric measures have been changed accordingly.
TRAINER OUTLINE FOR WEEK 1

Topic: Protein

1. WELCOME PARTICIPANTS
Once all the participants are seated, welcome them to the Weight Loss Challenge. If you held a previous Challenge, let them know how much fun it was. Be enthusiastic at every class meeting.

2. TELL YOUR OWN PERSONAL WEIGHT-LOSS SUCCESS STORY

3. PASS OUT REGISTRATION MATERIALS
Distribute the handout folders containing all of the participant registration documents, which you had prepared in ‘Section Three: Getting Ready for Class.’ (See ‘Before the First Class’ located at the beginning of that section.)

Read the ‘Weight Loss Challenge Participation Agreement’ aloud, and ensure that everyone understands them. Have the participants fill out and sign the ‘Weight Loss Challenge Participation Agreement.’ If anyone has been invited by someone, ask them to write down that person's name in the ‘How did you hear about this Challenge?’ area at the bottom of the agreement.

4. TALK ABOUT THE FOLLOWING IMPORTANT THINGS THEY’LL NEED TO KNOW:
Participants and coaches. Let the participants know that they will receive a call sometime during this first week from a personal coach they will be assigned to, so they should list two preferred times when their coaches may contact them to discuss their health goals. (Coaches may find the ‘Wellness Questionnaire’ located in Appendix C helpful.)

Let them know that they, the participants, are responsible for their own weight loss and that their coaches are available to help them; however, after Week 1, the participants themselves should contact their coaches with any questions or concerns. Ask participants to hand in their completed and signed agreement.

Participant standings. Inform participants that, upon their request, you will let them know their standings at anytime during the Challenge; however, explain that you may not reveal anyone else's standings. Each participant’s weekly Weigh-Ins and Measures results are absolutely confidential.

’Whys.’ Each participant joined the Challenge for a reason. In other words, each of them has a ‘why’ for being there–some for the support and to have someone to be accountable to; some to get healthier; and some, just because it sounded like so much fun! Emphasise that each and every one of them is a winner just for being part of the Challenge.

Ask them to write down their ‘why,’ and have them keep this in their folders. Tell them to be sure to share this with their personal coach during the coach’s initial call that week. Explain that this will help keep them on track for the next 12 weeks.

Class length. Let participants know that you realise everyone is busy, which is the reason each class meeting will be approximately 30 minutes long (45 minutes maximum). To respect participants’ time, it is very important you adhere to this. Let them know, however, that they should expect the meetings for Weeks 1 and 2 to run longer due to the initial Weigh-ins and Measures in Week 1, and the assigning of meal plans in Week 2.
Weigh-Ins and Measures. Fifteen (15) minutes prior to the start of each class, participants will weigh in and be measured. If the class starts at 6:15pm, advise everyone to arrive around 6pm to be weighed. The classes themselves will consist of 20 to 30 minutes of information for healthy living. Out of respect for those who show up on time, do not wait for people to arrive after the scheduled start time. Always begin and end your classes promptly.

5. REVIEW THE WEEK 1 HANDOUTS
Go over each of the Week 1 handouts in the following order:

- **Welcome Letter**
- **References List.** Point out that the Herbalife Weight Loss Challenge website (HerbalifeWLC.com.au) is where they will find the handout documents for each week’s class. Let them know that they are responsible for printing out their handouts from the website before each class. Ask if any participants do not have Internet access and may not be able to print their handouts; make note of their names. The coach assigned to teach a particular week should provide hard copies of the respective handouts for those participants.
- **Weight Loss Challenge Food/Drink Log.** In this weekly log, participants will list anything they eat or drink. Tell them: ‘If they are biting, they are writing.’ Be sure they bring a completed log back each week to hand in to their coach.
- **‘Protein 101’ and ‘Protein Foods At-a-Glance.’** Protein is the topic for this first class meeting. Show them the ‘Protein Foods At-a-Glance’ list. Encourage participants to get their protein from a variety of sources. Ideally, protein intake should be roughly half animal sources (like meats, fish, poultry, egg whites, milk and milk products), with the remainder coming from plant sources, such as soy protein, tofu and other soy products, and other plant proteins such as beans, peas and lentils. Vegetarians can select their proteins from various plant sources; protein powders are one of the best ways to obtain high-quality protein for the fewest calories. Non-vegetarians should still attempt to get about half of their protein from animal sources.

Ask participants to raise their hands if they have ever had a protein bar; ask them how it tasted. Then give everyone a sample of a Citrus Lemon Herbalife® Protein Bar. (Prepare samples by cutting the bars into bite-sized pieces to distribute among the participants. You should generally use Citrus Lemon flavour as it is unlikely to contain traces of nut. However, the actual label states ‘Contains milk and soy ingredients. May contain traces of nuts (including peanuts), gluten and egg’. Therefore, inform participants verbally by reading out the warning before distributing so that anyone with an allergy can refuse the sample.

6. ADVISE MEAL PLANS
Then talk about numbers for this week. Typically, women are advised to follow a 1200-calorie meal plan with about 75 grams of protein per day; larger individuals may be able to lose on a higher calorie level. Most men lose weight quite well on a 1500-calorie meal plan; larger individuals would use an 1800-calorie meal plan. (See the Week 2 handouts for these three meal plans.) Advise participants that 1 calorie = 4.18kJ.

If an individual’s personalised meal plan is above or below the provided meal plans, they can add or subtract to the recommended daily calorie intake by using the ‘Food Lists for Meal Planning,’ also in the Week 2 handouts. (Note: It is not recommended that individuals follow a meal plan below 1200 calories.)
Another way of determining which meal plan would best suit an individual (apart from the rule of thumb just described) is by using a Lean-Protein Estimator slide rule. (For more details, see the ‘Trainer Outline for Week 2’ later in this section.)

7. INTRODUCE THE COACHES
Tell participants that each of them will be assigned to a personal coach; explain what a coach does; and then introduce the coaches to the class. Have coaches very briefly share their own weight-loss success stories.

8. SUGGEST POSSIBLE WEIGHT-MANAGEMENT METHODS
Each participant is free to choose the way they will conduct their own weight loss. You might suggest they follow a method(s) the coaches themselves may have followed (e.g. exercising, consumption of favourite foods, etc). It is important to emphasise that regular exercise, balanced nutrition and a calorie-controlled diet are the basic requirements of any successful weight management programme.

If they are deciding on a weight-management programme and may be interested in Herbalife® products, announce that a short informational meeting about Herbalife weight-management programmes will be held five (5) minutes after class ends, and that they are welcome to attend. (Be sure the break is no longer than five minutes.) Whether there may be other people remaining from the class, have one of the coaches start the meeting. (The coach presenting the Herbalife programmes at this meeting should not be the same coach who conducted the Week 1 class.)

In the informational meeting, go over the Daily Nutrition products (Formula 1 Nutritional Shake Mix and Multivitamin Complex) and other products which may support a weight-management programme. Ensure that any new customer(s) goes home with the proper PROMOTE! items. (See Item no. 20 on the ‘Supplies’ list in ‘Section Three: Getting Ready for Class’).
WEIGH-INS AND MEASURES
As participants begin arriving to weigh in and be measured before the class starts, welcome them back and give each one a name tag. Direct them to the Weigh-In and Measure Stations. Weigh people as they come in. Remember to conduct Weigh-Ins and Measures as discreetly as possible.

LEAN-PROTEIN ESTIMATOR AND MEAL PLANS
After participants have been weighed and measured, assign each participant one of the three meal plans (A, B or C) located in the Week 2 handouts. As explained earlier, women generally tend to lose weight on a 1200-calorie meal plan (Meal Plan ‘A’), while men tend to do so on a 1500-calorie meal plan (Meal Plan ‘B’). Using a Lean-Protein Estimator (LPE) is another means of determining the best meal plan.

The LPE is available as a slide rule for individual purchase from Herbalife. It is also available as an online tool in the on MyHerbalife.com. If you use the slide rule, simply follow the step by step directions on the LPE. If using the online LPE, enter the information requested on the form and click the ‘Calculate’ button. For both the slide rule and the online LPE, the recommended meal plan will appear in the ‘Meal Plan for Weight Loss’ window.
(Note: Meal Plan ‘C’ covers individuals whose result is either ‘C’ or ‘D’).

There are a couple of different ways to conduct the LPE activity. You may choose to set up a special station where participants can be directed after being weighed and measured; there, an assigned team member(s) will use the LPE to perform an individual reading for each participant. (For this option, you may want to handle the reading discreetly, since the same privacy issues may apply here, as with the Weigh-Ins and Measures.) When a participant’s reading is done, the team member(s) at this station will direct them to the Tea Station, where they may help themselves to a cup of Instant Herbal Beverage and then proceed to their seats. Another option is to conduct the LPE activity as an in-class project, in which each participant is given their own LPE slide rule and follows along as the coach ‘walks’ them through the steps.

NEW ARRIVALS
If there are new participants who did not attend the Week 1 class, collect their $49 fee, have them weigh in, and ask them to wait after class in order to measure them and take their pictures. After class, go over the Week 1 handouts with them.

STARTING THE CLASS
When all participants are seated and it is time to start the class, welcome everyone back. (Be enthusiastic!) Ask anyone who has lost weight to stand up. Count down amounts of weight lost. Recognise the top three people who have lost the greatest percentage of body weight, and have them state their amount of weight loss. Ask everyone whether they received a call from their personal coach. Make up a list of those who did not, and be sure that their coach is introduced to them. Remind participants that it is their responsibility to call their coach from this point forward.
TEACH THE WEEK’S TOPICS
Talk about determining meal plans, and then teach from the Week 2 handouts: ‘Lose Half a Kilo a Week’ article, the ‘Low-Calorie Snacks’ list and the article ‘Water Works.’ Give each participant a bottle of drinking water for your talk on water and hydration.

SNACKING QUIZ
One of the activities that participants enjoy is the ‘Quiz: Know Your Snacks.’ Read each quiz question aloud, along with the three possible answer choices, and ask participants to circle their answer. Then read each possible answer aloud again, asking everyone who chose that answer to raise their hands; then reveal the correct answer. People are usually surprised by the answers, adding to the fun of this quiz!

SAMPLING
You can give out samples made with Formula 1 Nutritional Shake Mix. Then explain that if anyone would like to learn more about how Herbalife® nutrition products work, they may find one of this week’s handouts ‘Maximise Your Cellular Nutrition’ interesting and helpful. (See ‘Products by Week’ in Appendix B for additional sampling ideas.)

ENDING THE CLASS
Wish everyone a great week, and tell them you’ll ‘see less of them next time.’ Remind new participants to stay after class to be measured and have their pictures taken.
It seems everywhere we look someone is promoting a new diet that praises the power of protein. But whether you want to lose or gain weight, or maintain your current weight, the importance of protein goes far beyond physical appearance and muscle building.

A NECESSITY FOR EVERY BODY
Protein is an important component of every cell in the body. It is an organic compound, composed of 20 amino acids, otherwise known as the building blocks of life. Protein is stored in muscles and organs, and the body utilises it to build and repair tissues, as well as for the production of enzymes and hormones. Protein also makes it possible for blood to carry oxygen throughout the body. Along with fat and carbohydrates, protein is a ‘macronutrient,’ meaning the body needs relatively large amounts of it. The Institute of Medicine of the National Academy of Sciences has concluded that our daily protein requirements should be 10% to 35% of our total calorie intake, with men needing slightly more than women. A deficiency can impair important body functions and protein can cause loss of muscle mass.

HOW PROTEIN AFFECTS YOUR WEIGHT
The widespread popularity of high-protein diets is due in large part to their ability to help manage hunger. When protein is absorbed, it sends a signal to the brain to decrease your hunger. Another benefit of protein is that it raises your resting metabolism by maintaining muscle mass. Muscle cells are much more metabolically demanding than fat cells, so the greater our proportion of muscle to fat, the faster our metabolic rate. As we age, muscle mass decreases without exercise, so staying fit is a key to burning fat by keeping your metabolism high. Protein also leads to a much less rapid rise and fall of blood sugar and insulin, so you avoid the ‘sugar highs and lows’ after eating sweets without adequate protein. Certain foods, however, provide a healthier resource for protein than others.

CONSIDER THE SOURCE
You can obtain healthy sources of protein without high levels of saturated fat. For example, soybeans, nuts and whole grains provide protein without much saturated fat and offer plenty of healthy fibre and micronutrients as well.

If you’re looking for yet another great way to obtain healthy protein, vegetable sources of protein are found in several Herbalife® products including Roasted Soy Nuts, Personalised Protein Powder and Formula 1 Nutritional Shake Mix. Herbalife® products personalise your daily protein intake to match your body’s needs. With a variety of shakes and snacks, Herbalife’s weight-management programme helps you build or maintain lean muscle while providing healthy weight-management support.

Now that you’ve increased your knowledge of protein, you can effectively enhance your diet and allow good health to take shape.
## PROTEIN FOODS AT-A-GLANCE

The following is a list of foods and their protein content in grams*:

<table>
<thead>
<tr>
<th>Serving size</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>DAIRY PRODUCTS</strong></td>
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<tr>
<td>Egg whites 7 whites</td>
<td>25g</td>
</tr>
<tr>
<td>Cottage cheese (low-fat) 1 cup (240g)</td>
<td>33g</td>
</tr>
<tr>
<td>Mozzarella cheese (reduced-fat) one slice (21g)</td>
<td>5g</td>
</tr>
<tr>
<td>Yoghurt (low-fat, plain) 1 tub (200g)</td>
<td>13g</td>
</tr>
<tr>
<td>Milk (skim) 1 cup (250mL)</td>
<td>8.5g</td>
</tr>
<tr>
<td><strong>MEATS</strong></td>
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</tr>
<tr>
<td>Beef (lean) 100g</td>
<td>20g</td>
</tr>
<tr>
<td>Chicken breast 85g</td>
<td>26g</td>
</tr>
<tr>
<td>Turkey breast 100g</td>
<td>30g</td>
</tr>
<tr>
<td>Turkey ham 100g</td>
<td>13g</td>
</tr>
<tr>
<td>Pork fillet 100g</td>
<td>27g</td>
</tr>
<tr>
<td><strong>FISH</strong></td>
<td></td>
</tr>
<tr>
<td>Ocean-caught fish 100g</td>
<td>25g</td>
</tr>
<tr>
<td>Prawns, crab, lobster 100g</td>
<td>24g</td>
</tr>
<tr>
<td>Tuna 70g (tinned)</td>
<td>18g</td>
</tr>
<tr>
<td>Scallops 85g (cooked weight)</td>
<td>14g</td>
</tr>
<tr>
<td><strong>BEANS, LENTILS &amp; GRAINS</strong></td>
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<tr>
<td>Beans (black, pinto, etc.) ½ cup (cooked)</td>
<td>7g</td>
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<tr>
<td>Lentils ½ cup (cooked)</td>
<td>9g</td>
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<tr>
<td>Quinoa ½ cup (cooked)</td>
<td>6g</td>
</tr>
<tr>
<td>Tofu ¼ block</td>
<td>7g</td>
</tr>
<tr>
<td>Veggie burger one burger</td>
<td>5-20g (varies by brand)</td>
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<tr>
<td><strong>HERBALIFE® PRODUCTS</strong></td>
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<tr>
<td>Formula 1 shake one serving (28g) (with 300mL skim milk)</td>
<td>19g</td>
</tr>
<tr>
<td>Protein Bar one bar (35g)</td>
<td>10g</td>
</tr>
<tr>
<td>Personalised Protein Powder one serving (6g)</td>
<td>5g</td>
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</tbody>
</table>

*Nutritional values are approximate and may vary according to brand and product chosen.
# Meal Plan ‘A’*

## 1200 Calories

### Meal Plan Examples

#### Breakfast
- 1 Herbalife® Formula 1 shake 1 serve (28g) Formula 1 Nutritional Shake Mix + 300mL skim milk
- OR
- 1 protein unit + 1 fruit
  - 7 egg whites (hard boiled or cooked with cooking spray as an omelette)
  - + 1 small banana
  - OR
  - 1 cup low-fat cottage cheese + 1 cup pineapple

#### Morning Snack
- 1 fruit
  - 1 medium apple

#### Lunch
- 1 Herbalife® Formula 1 shake + 1 fruit
  - 1 serve (28g) Formula 1 Nutritional Shake Mix + 300mL skim milk
  - + 1 cup strawberries
- OR
- 1 protein unit + 2 vegetables + salad
  - + 1 grain + 1 fruit
  - 85g grilled chicken breast
  - AND 1 cup steamed broccoli
  - AND side salad with low-fat dressing
  - AND 1 medium orange

#### Afternoon Snack
- 1 protein snack Herbalife® Protein Bar

#### Dinner
- 2 protein units + 2 vegetables + salad + 1 grain
  - 200g grilled fish with teriyaki sauce
  - AND 1 cup steamed spinach + 1 cup steamed carrots
  - AND mixed green salad with low fat dressing
  - AND ½ cup brown rice

---

*Nutritional values are approximate and may vary according to brand and product chosen*
MEAL PLAN ‘B’*
1500 CALORIES

<table>
<thead>
<tr>
<th>MEAL</th>
<th>EXAMPLES</th>
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<tbody>
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<td><strong>BREAKFAST</strong></td>
<td></td>
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<tr>
<td>1 Herbalife® Formula 1 shake</td>
<td>1 serve (28g) Formula 1 Nutritional Shake Mix + 300mL skim milk</td>
</tr>
<tr>
<td>OR</td>
<td></td>
</tr>
<tr>
<td>1 protein unit + 1 grain + 1 fruit</td>
<td>7 egg whites (hard boiled or cooked with cooking spray as an omelette) + 1 small banana</td>
</tr>
<tr>
<td>OR</td>
<td></td>
</tr>
<tr>
<td>1 cup low-fat cottage cheese + 1 cup pineapple</td>
<td></td>
</tr>
<tr>
<td>MORNING SNACK</td>
<td></td>
</tr>
<tr>
<td>1 protein unit + 1 fruit</td>
<td>1 Herbalife® protein bar + 1 medium apple</td>
</tr>
<tr>
<td>LUNCH</td>
<td></td>
</tr>
<tr>
<td>1 Herbalife® Formula 1 shake + 1 fruit</td>
<td>1 serve (28g) Formula 1 Nutritional Shake Mix + 300mL skim milk + ½ mango</td>
</tr>
<tr>
<td>OR</td>
<td></td>
</tr>
<tr>
<td>1 protein unit + 2 vegetables + salad + 1 grain + 1 fruit</td>
<td>85g grilled chicken breast AND 1 cup steamed broccoli AND side salad with low-fat dressing AND ½ cup brown rice AND 1 medium orange</td>
</tr>
<tr>
<td>AFTERNOON SNACK</td>
<td></td>
</tr>
<tr>
<td>1 protein snack + 1 fruit</td>
<td>Herbalife® Protein Bar + 1 medium apple</td>
</tr>
<tr>
<td>DINNER</td>
<td></td>
</tr>
<tr>
<td>2 protein units + 2 vegetables + salad + 2 fruits</td>
<td>85g lean grilled rump steak with low-fat pepper sauce AND 1 cup of steamed spinach + 1 cup steamed carrots AND mixed green salad with low-fat dressing AND 1 cup wholegrain pasta AND 1 cup watermelon balls</td>
</tr>
</tbody>
</table>

*Nutritional values are approximate and may vary according to brand and product chosen
# SECTION FIVE: Week 2: Meal Plans; Snacking; Water

## MEAL PLAN ‘C’*

**1800 CALORIES**

<table>
<thead>
<tr>
<th>MEAL</th>
<th>EXAMPLES</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td></td>
</tr>
<tr>
<td>1 Herbalife® Formula 1 shake + 1 fruit</td>
<td>1 serve (28g) Formula 1 Nutritional Shake Mix + 300mL skim milk + 1 medium banana</td>
</tr>
<tr>
<td>OR</td>
<td>7 egg whites (hard boiled or cooked with cooking spray as an omelette) + ½ wholegrain english muffin + 1 medium apple</td>
</tr>
<tr>
<td>1 protein unit + 1 grain + 1 fruit</td>
<td>OR 1 cup non-fat cottage cheese + 1 slice wholemeal toast + 1 cup pineapple</td>
</tr>
<tr>
<td><strong>MORNING SNACK</strong></td>
<td></td>
</tr>
<tr>
<td>1 protein unit + 1 fruit</td>
<td>Herbalife® Protein Bar + 1 medium pear</td>
</tr>
<tr>
<td><strong>LUNCH</strong></td>
<td></td>
</tr>
<tr>
<td>1 Herbalife® Formula 1 shake + 1 fruit</td>
<td>1 serve (28g) Formula 1 Nutritional Shake Mix + 300mL skim milk + 1 cup diced pineapple</td>
</tr>
<tr>
<td>OR</td>
<td>OR 100 gm tuna in brine with 1 tablespoon low-fat mayonaise</td>
</tr>
<tr>
<td>2 protein units + 2 vegetables + salad + 1 grain + 1 fruit</td>
<td>AND 1 cup cucumber AND side salad with low-fat dressing AND 1 slice wholemeal toast AND 1 medium orange</td>
</tr>
<tr>
<td><strong>AFTERNOON SNACK</strong></td>
<td></td>
</tr>
<tr>
<td>1 protein snack + 1 fruit</td>
<td>Herbalife® Protein Bar + 1 medium apple</td>
</tr>
<tr>
<td>OR</td>
<td>1 packet Roasted Soy Nuts + 1 medium orange</td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td></td>
</tr>
<tr>
<td>2 protein units + 2 vegetables + salad + 1 grain + 1 fruit</td>
<td>200g grilled salmon with piri piri sauce AND 1 cup of steamed spinach + 1 cup steamed carrots AND mixed green salad with low-fat dressing AND 1 cup brown rice AND 1 medium peach</td>
</tr>
</tbody>
</table>

*Nutritional values are approximate and may vary according to brand and product chosen*
FOOD LISTS FOR MEAL PLANNING

Protein Foods

<table>
<thead>
<tr>
<th>FOOD ITEM</th>
<th>ONE UNIT</th>
<th>CALORIES</th>
<th>PROTEIN (grams)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Egg whites</td>
<td>7 whites</td>
<td>115</td>
<td>25</td>
</tr>
<tr>
<td>Cottage cheese, low-fat</td>
<td>1 cup</td>
<td>140</td>
<td>28</td>
</tr>
<tr>
<td>Herbalife® Formula 1 Shake Mix</td>
<td>1 serve (28 grams) Formula 1 + skim milk</td>
<td>205</td>
<td>19</td>
</tr>
<tr>
<td>Beef, lean</td>
<td>85g, cooked weight</td>
<td>145-160</td>
<td>25</td>
</tr>
<tr>
<td>Chicken breast</td>
<td>85g, cooked weight</td>
<td>140</td>
<td>25</td>
</tr>
<tr>
<td>Turkey breast</td>
<td>85g, cooked weight</td>
<td>135</td>
<td>25</td>
</tr>
<tr>
<td>Turkey ham</td>
<td>115g, cooked weight</td>
<td>135</td>
<td>18</td>
</tr>
<tr>
<td>Ocean-caught fish</td>
<td>115g, cooked weight</td>
<td>130-170</td>
<td>25-31</td>
</tr>
<tr>
<td>Prawns, crab, lobster</td>
<td>115g, cooked weight</td>
<td>120</td>
<td>22-24</td>
</tr>
<tr>
<td>Tuna</td>
<td>115g, water packed</td>
<td>145</td>
<td>27</td>
</tr>
<tr>
<td>Scallops</td>
<td>115g, cooked weight</td>
<td>135</td>
<td>25</td>
</tr>
</tbody>
</table>

VEGETARIAN

<table>
<thead>
<tr>
<th>FOOD ITEM</th>
<th>ONE UNIT</th>
<th>CALORIES</th>
<th>PROTEIN (grams)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soy Canadian bacon</td>
<td>4 slices</td>
<td>80</td>
<td>21 (varies)</td>
</tr>
<tr>
<td>Soy hot dog</td>
<td>2 links</td>
<td>110</td>
<td>22 (varies)</td>
</tr>
<tr>
<td>Soy burgers</td>
<td>2 patties</td>
<td>160</td>
<td>26</td>
</tr>
<tr>
<td>Tofu, firm</td>
<td>½ cup</td>
<td>180</td>
<td>20 (varies)</td>
</tr>
</tbody>
</table>

Note: Calorie average is 135 calories per unit.

Fruits

<table>
<thead>
<tr>
<th>FOOD ITEM</th>
<th>ONE UNIT</th>
<th>CALORIES</th>
<th>FIBRE (grams)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple</td>
<td>1 medium</td>
<td>75</td>
<td>3</td>
</tr>
<tr>
<td>Apricots</td>
<td>3 whole</td>
<td>50</td>
<td>3</td>
</tr>
<tr>
<td>Avocado</td>
<td>¼ average fruit</td>
<td>80</td>
<td>2</td>
</tr>
<tr>
<td>Banana</td>
<td>1 small</td>
<td>100</td>
<td>3</td>
</tr>
<tr>
<td>Blackberries</td>
<td>1 cup</td>
<td>75</td>
<td>8</td>
</tr>
<tr>
<td>Blueberries</td>
<td>1 cup</td>
<td>110</td>
<td>5</td>
</tr>
<tr>
<td>Cantaloupe melon</td>
<td>1 cup, cubed</td>
<td>55</td>
<td>1</td>
</tr>
<tr>
<td>Cherries</td>
<td>20</td>
<td>80</td>
<td>2</td>
</tr>
<tr>
<td>Grapes</td>
<td>1 cup</td>
<td>115</td>
<td>2</td>
</tr>
<tr>
<td>Grapefruit</td>
<td>½ fruit</td>
<td>40</td>
<td>2</td>
</tr>
<tr>
<td>Honeydew melon</td>
<td>1 cup, cubed</td>
<td>60</td>
<td>1</td>
</tr>
<tr>
<td>Kiwi</td>
<td>1 large</td>
<td>55</td>
<td>3</td>
</tr>
<tr>
<td>Mango</td>
<td>½ large</td>
<td>80</td>
<td>3</td>
</tr>
<tr>
<td>Nectarine</td>
<td>1 large</td>
<td>70</td>
<td>2</td>
</tr>
</tbody>
</table>

*Nutritional values are approximate and may vary according to brand and product chosen.*
### SECTION FIVE: Week 2: Meal Plans; Snacking; Water

#### Food Items

<table>
<thead>
<tr>
<th>FOOD ITEM</th>
<th>ONE UNIT</th>
<th>CALORIES</th>
<th>FIBRE (grams)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Orange</td>
<td>1 medium</td>
<td>85</td>
<td>4</td>
</tr>
<tr>
<td>Orange Juice</td>
<td>½ cup</td>
<td>50</td>
<td>0</td>
</tr>
<tr>
<td>Papaya</td>
<td>½ large</td>
<td>75</td>
<td>3</td>
</tr>
<tr>
<td>Peach</td>
<td>1 large</td>
<td>70</td>
<td>3</td>
</tr>
<tr>
<td>Pear</td>
<td>1 medium</td>
<td>100</td>
<td>4</td>
</tr>
<tr>
<td>Pineapple</td>
<td>1 cup, diced</td>
<td>75</td>
<td>2</td>
</tr>
<tr>
<td>Plums</td>
<td>2 small</td>
<td>70</td>
<td>2</td>
</tr>
<tr>
<td>Strawberries</td>
<td>1 cup, sliced</td>
<td>50</td>
<td>4</td>
</tr>
<tr>
<td>Tangerine</td>
<td>1 medium</td>
<td>45</td>
<td>3</td>
</tr>
<tr>
<td>Watermelon</td>
<td>1 cup balls</td>
<td>50</td>
<td>1</td>
</tr>
</tbody>
</table>

*Note: Calorie average is 76 calories per unit.*

#### Cooked Vegetables

<table>
<thead>
<tr>
<th>FOOD ITEM</th>
<th>ONE UNIT</th>
<th>CALORIES</th>
<th>FIBRE (grams)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acorn Squash, baked</td>
<td>1 cup</td>
<td>85</td>
<td>6</td>
</tr>
<tr>
<td>Artichoke</td>
<td>1 medium</td>
<td>60</td>
<td>6</td>
</tr>
<tr>
<td>Asparagus</td>
<td>1 cup</td>
<td>45</td>
<td>4</td>
</tr>
<tr>
<td>Broccoli</td>
<td>1 cup</td>
<td>45</td>
<td>5</td>
</tr>
<tr>
<td>Brussel sprouts</td>
<td>1 cup</td>
<td>60</td>
<td>4</td>
</tr>
<tr>
<td>Cabbage</td>
<td>1 cup</td>
<td>35</td>
<td>4</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>1 cup</td>
<td>30</td>
<td>3</td>
</tr>
<tr>
<td>Carrots</td>
<td>1 cup</td>
<td>70</td>
<td>5</td>
</tr>
<tr>
<td>Celery, diced</td>
<td>1 cup</td>
<td>20</td>
<td>2</td>
</tr>
<tr>
<td>Chinese cabbage</td>
<td>1 cup</td>
<td>20</td>
<td>3</td>
</tr>
<tr>
<td>Collard Greens</td>
<td>1 cup</td>
<td>50</td>
<td>5</td>
</tr>
<tr>
<td>Corn on the cob</td>
<td>1 piece</td>
<td>75</td>
<td>2</td>
</tr>
<tr>
<td>Eggplant</td>
<td>1 cup</td>
<td>30</td>
<td>3</td>
</tr>
<tr>
<td>Green beans</td>
<td>1 cup</td>
<td>45</td>
<td>4</td>
</tr>
<tr>
<td>Green peas</td>
<td>1 cup</td>
<td>140</td>
<td>8</td>
</tr>
<tr>
<td>Kale</td>
<td>1 cup</td>
<td>35</td>
<td>3</td>
</tr>
<tr>
<td>Leeks</td>
<td>1 cup</td>
<td>30</td>
<td>1</td>
</tr>
<tr>
<td>Mushrooms</td>
<td>1 cup</td>
<td>40</td>
<td>3</td>
</tr>
<tr>
<td>Onion</td>
<td>1 cup</td>
<td>105</td>
<td>4</td>
</tr>
<tr>
<td>Pumpkin</td>
<td>1 cup</td>
<td>50</td>
<td>3</td>
</tr>
<tr>
<td>Red cabbage</td>
<td>1 cup</td>
<td>30</td>
<td>3</td>
</tr>
<tr>
<td>Spinach</td>
<td>1 cup</td>
<td>40</td>
<td>4</td>
</tr>
<tr>
<td>Sweet potato</td>
<td>1 cup</td>
<td>200</td>
<td>4</td>
</tr>
<tr>
<td>Swiss chard</td>
<td>1 cup</td>
<td>20</td>
<td>2</td>
</tr>
<tr>
<td>Tomato juice</td>
<td>1 cup</td>
<td>40</td>
<td>1</td>
</tr>
<tr>
<td>Tomato sauce/puree</td>
<td>1 cup</td>
<td>100</td>
<td>5</td>
</tr>
</tbody>
</table>

*Nutritional values are approximate and may vary according to brand and product chosen.*
### FOOD ITEM

<table>
<thead>
<tr>
<th>ONE UNIT</th>
<th>CALORIES</th>
<th>FIBRE (grams)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tomato soup, made with water</td>
<td>85</td>
<td>0</td>
</tr>
<tr>
<td>Tomato vegetable juice</td>
<td>45</td>
<td>2</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>70</td>
<td>3</td>
</tr>
<tr>
<td>Turnip greens</td>
<td>30</td>
<td>5</td>
</tr>
<tr>
<td>Winter Squash</td>
<td>70</td>
<td>7</td>
</tr>
<tr>
<td>Zucchini with skin</td>
<td>30</td>
<td>3</td>
</tr>
</tbody>
</table>

Note: Calorie average is 56 calories per unit

### Raw Vegetables

<table>
<thead>
<tr>
<th>ONE UNIT</th>
<th>CALORIES</th>
<th>FIBRE (grams)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cabbage</td>
<td>20</td>
<td>2</td>
</tr>
<tr>
<td>Capsicum, green, chopped</td>
<td>30</td>
<td>2</td>
</tr>
<tr>
<td>Capsicum, red, chopped</td>
<td>30</td>
<td>2</td>
</tr>
<tr>
<td>Capsicum, yellow, chopped</td>
<td>30</td>
<td>2</td>
</tr>
<tr>
<td>Carrots</td>
<td>50</td>
<td>4</td>
</tr>
<tr>
<td>Cucumber</td>
<td>15</td>
<td>1</td>
</tr>
<tr>
<td>Cos lettuce</td>
<td>10</td>
<td>1</td>
</tr>
<tr>
<td>Spinach</td>
<td>10</td>
<td>1</td>
</tr>
<tr>
<td>Tomatoes, chopped</td>
<td>40</td>
<td>2</td>
</tr>
</tbody>
</table>

Note: Calorie average is 25 calories per unit

### Starches and Grains

<table>
<thead>
<tr>
<th>SERVING SIZE</th>
<th>CALORIES</th>
<th>FIBRE (grams)</th>
<th>PROTEIN (grams)</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ cup, cooked</td>
<td>115-140</td>
<td>5-7</td>
<td>7</td>
</tr>
<tr>
<td>1 slice</td>
<td>80-100</td>
<td>3</td>
<td>3-5</td>
</tr>
<tr>
<td>½ muffin</td>
<td>80</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>½ cup, cooked</td>
<td>115</td>
<td>8</td>
<td>9</td>
</tr>
<tr>
<td>½ cup, cooked</td>
<td>110</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>½ cup, cooked</td>
<td>85</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>½ medium</td>
<td>100</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 large</td>
<td>70</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>2 tortillas</td>
<td>120</td>
<td>4</td>
<td>2</td>
</tr>
</tbody>
</table>
### CEREALS

<table>
<thead>
<tr>
<th>FOOD ITEM</th>
<th>SERVING SIZE</th>
<th>CALORIES</th>
<th>FIBRE (grams)</th>
<th>PROTEIN (grams)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bran flakes</td>
<td>¾ cup</td>
<td>100</td>
<td>3</td>
<td>5</td>
</tr>
<tr>
<td>Oatmeal, cooked</td>
<td>1 cup</td>
<td>130</td>
<td>4</td>
<td>6</td>
</tr>
<tr>
<td>Shredded wheat, bite size</td>
<td>¾ cup</td>
<td>115</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

*Note: Calorie average is 100 calories per serving*

### Taste Enhancers

<table>
<thead>
<tr>
<th>FOOD ITEM</th>
<th>SERVING SIZE</th>
<th>CALORIES</th>
<th>FIBRE (grams)</th>
<th>PROTEIN (grams)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheese, reduced fat</td>
<td>30g</td>
<td>50-80</td>
<td>0</td>
<td>2-5</td>
</tr>
<tr>
<td>Cheese, Parmesan</td>
<td>3 tablespoons</td>
<td>80</td>
<td>0</td>
<td>5</td>
</tr>
<tr>
<td>Nuts</td>
<td>15g</td>
<td>80-100</td>
<td>0</td>
<td>6-11</td>
</tr>
<tr>
<td>Olive oil</td>
<td>1 teaspoon</td>
<td>40</td>
<td>0</td>
<td>4</td>
</tr>
<tr>
<td>Olives</td>
<td>10 large</td>
<td>50</td>
<td>0</td>
<td>7</td>
</tr>
<tr>
<td>Pine nuts, sesame seeds</td>
<td>1 tablespoon</td>
<td>50</td>
<td>1</td>
<td>4-7</td>
</tr>
<tr>
<td>Salad dressing (low or fat-free)</td>
<td>2 tablespoons</td>
<td>40-80</td>
<td>0</td>
<td>0-2</td>
</tr>
</tbody>
</table>

*Note: Calorie average is 65 calories per serving*

### Protein Snacks

<table>
<thead>
<tr>
<th>FOOD ITEM</th>
<th>SERVING SIZE</th>
<th>CALORIES</th>
<th>PROTEIN (grams)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheese, mozzarella, low-fat</td>
<td>30g (1 stick)</td>
<td>70</td>
<td>8</td>
</tr>
<tr>
<td>Cottage cheese, low-fat</td>
<td>½ cup</td>
<td>70</td>
<td>14</td>
</tr>
<tr>
<td>Egg, hard boiled</td>
<td>1</td>
<td>80</td>
<td>4</td>
</tr>
<tr>
<td>Herbalife® Protein Bar</td>
<td>1 bar</td>
<td>134</td>
<td>9.5</td>
</tr>
<tr>
<td>Milk, skim</td>
<td>1 cup</td>
<td>90-110</td>
<td>9</td>
</tr>
<tr>
<td>Soup, tomato (with skim milk)</td>
<td>1 cup</td>
<td>120</td>
<td>6</td>
</tr>
<tr>
<td>Soy chips</td>
<td>30g (about 17 crisps)</td>
<td>110</td>
<td>7</td>
</tr>
<tr>
<td>Yoghurt, low-fat, sugar-free</td>
<td>200g carton</td>
<td>104</td>
<td>13</td>
</tr>
</tbody>
</table>

*Note: Calorie average is 100 calories per serving*
LOSE HALF A KILO A WEEK

If you cut 500 calories a day from your typical intake, you should be able to lose up to half a kilo in a week’s time. Look at some of the examples below. The more you cut, the more you lose!

EXAMPLE 1: A Herbalife® Formula 1 shake for breakfast vs. a blueberry muffin and a medium vanilla frappuccino

<table>
<thead>
<tr>
<th>FOOD</th>
<th>Calories</th>
<th>Fat (grams)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Muffin and medium frappuccino</td>
<td>930</td>
<td>33</td>
</tr>
<tr>
<td>Formula 1 shake with skim milk</td>
<td>180</td>
<td>1.5</td>
</tr>
</tbody>
</table>

You save: 750 calories and 31.5 grams of fat. If you typically have ‘just a muffin and coffee’ every day for breakfast, you could lose 700g in a week just by making this one swap!

EXAMPLE 2: Chicken breast vs. Red meat

<table>
<thead>
<tr>
<th>FOOD</th>
<th>Calories</th>
<th>Fat (grams)</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 oz. lean sirloin steak</td>
<td>660</td>
<td>29</td>
</tr>
<tr>
<td>3 oz. chicken breast</td>
<td>150</td>
<td>4</td>
</tr>
</tbody>
</table>

You save: 510 calories and 25 grams of fat

EXAMPLE 3: Roast beef sandwich with cheese and mayonnaise vs. Turkey sandwich with vegetables and mustard

<table>
<thead>
<tr>
<th>FOOD</th>
<th>Calories</th>
<th>Fat (grams)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Roast beef sandwich + cheese, mayo</td>
<td>850</td>
<td>30</td>
</tr>
<tr>
<td>Turkey sandwich + vegetables, mustard</td>
<td>350</td>
<td>5</td>
</tr>
</tbody>
</table>

You save: 500 calories and 25 grams of fat

EXAMPLE 4: French fries vs. Steamed vegetables

<table>
<thead>
<tr>
<th>FOOD</th>
<th>Calories</th>
<th>Fat (grams)</th>
</tr>
</thead>
<tbody>
<tr>
<td>35 French fries</td>
<td>560</td>
<td>28</td>
</tr>
<tr>
<td>1 cup zucchini + 1 tablespoon Parmesan cheese</td>
<td>60</td>
<td>2</td>
</tr>
</tbody>
</table>

You save: 500 calories and 26 grams of fat

EXAMPLE 5: Large restaurant Chinese chicken salad with fried noodles vs. 3 cups salad greens with 1 cup mixed fresh vegetables, 3 ounces grilled chicken breast and 2 tablespoons light salad dressing

<table>
<thead>
<tr>
<th>FOOD</th>
<th>Calories</th>
<th>Fat (grams)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chinese chicken salad</td>
<td>Up to 1000</td>
<td>61</td>
</tr>
<tr>
<td>Greens/vegetables/chicken + light dressing</td>
<td>320</td>
<td>11</td>
</tr>
</tbody>
</table>

You save: up to 680 calories and 50 grams of fat each time you make this choice.
LOW CALORIE SNACKS

Snacking doesn’t have to be an unhealthy habit. It’s not unusual to get hungry between meals – particularly if you have a long stretch in between. The key is planning ahead to make sure you have some healthy foods available, and ideally, you should combine some protein with a little carbohydrate to fill you up and keep you going. A protein-enriched beverage, a piece of string cheese and a piece of fruit, or a small carton of yoghurt with a few low-fat crackers should do the trick.

HERE ARE SOME SNACK IDEAS – THAT WON’T BLOW YOUR PLAN:

• Low-fat latte made with skim or soy milk
• Mini pita bread with ¼ of an avocado
• 2 rice cakes with 1 slice (20g) light cheese
• ½ cup low-fat cottage cheese with ½ cup blueberries
• One individual carton light low-fat yoghurt with 1 tablespoon raisins
• 1 slice (20g) mozzarella cheese with 1 sesame breadstick
• ¾ cup tomato soup made with skim milk
• 3 hard-boiled egg whites mashed with Dijon mustard and a sliced tomato
• 15 baby carrots with 2 tbsp low-fat dressing
• 350mL tomato juice
• 1 cup strawberries with 1 tbsp chocolate syrup
• 10 soy chips with a small peach
• 1 frozen fruit bar
QUIZ: KNOW YOUR SNACKS

How much do you know about snacking habits? Snacking can be a healthy habit if you choose the right items and eat the right balance of foods for snacks to keep your energy level up. Unfortunately, many times we wait until we get the 'snack attack,' and don't choose as wisely as we should. Here are some questions to test how much you know about snacking.

1. When looking for a healthier snack, the key fat to look closely at is:
   a. Transfats
   b. Total Fat
   c. Saturated Fat
   d. All of the above

2. When looking at nutrition labels, choose a snack that is:
   a. Low calorie, low fat, low sugar
   b. High protein, low fat, low sugar
   c. Balanced with 2 of the 3 major nutrients (fat, protein, carbohydrates) with at least a couple of grams of fibre
   d. Low carbohydrate, low sugar, high fibre, with balanced protein and fat

3. Which of the following should be part of your plan for healthier snacking?
   a. A whole-food snack like plain yoghurt with berries, nuts or vegetables with hummous
   b. A low-fat snack
   c. A snack bar or energy bar
   d. It depends

4. All else being equal, which is the best sweet snack for you?
   a. Something sweetened with sugar
   b. Something sweetened with organic cane juice
   c. Something sweetened with maple syrup or honey
   d. Something that is naturally sweet like fresh fruit, dried fruit, or freeze-dried fruit chips

5. Rice cakes can be the start of a healthy snack. The plain ones only have about 35 calories. To keep calories down, which of the following would be the best topping for your rice cake?
   a. 1 tablespoon of cream cheese
   b. 2 tablespoons of ricotta cheese
   c. 1 tablespoon of strawberry jam
   d. 1 tablespoon of peanut butter
6. You are craving something smooth and creamy. Which of the following choices has the fewest calories?
   a. A single-serve rice pudding
   b. A single-serve chocolate pudding
   c. One carton (200g) regular yoghurt
   d. Half a banana with a tablespoon of chocolate syrup

7. In a healthy diet, how many snacks should you have a day?
   a. 0
   b. 1
   c. 2-3
   d. 4-7

8. You have several leftovers in your refrigerator that look tempting for a snack. Which of the following will use up the fewest calories from your calorie budget?
   a. A piece of lasagne, about 8cm square
   b. Two fried-chicken drumsticks
   c. 1 cup of homemade macaroni cheese
   d. 1 cup of prawn fried rice

9. Sometimes when we think we’re hungry, we’re really just thirsty. If you think something to drink might help quench your thirst and your hunger pangs, which would be the best choice?
   a. 350mL of lemonade
   b. 350mL of cranberry juice
   c. 350mL of grapefruit juice
   d. 350mL of canned mango juice

10. Which of the following berries has the least amount of calories per cup when fresh?
    a. Raspberries
    b. Blueberries
    c. Strawberries
    d. Blackberries
1. When looking for a healthier snack, the key fat to look closely at is:
   a. Transfats
   b. Total Fat
   c. Saturated Fat
   d. All of the above

While artery-clogging transfats capture many of the current headlines about healthier eating, it is also important to limit saturated fats for good heart health. For snacks, look for products that do not contain any trans fat and have 2-3 grams or less of saturated fat. Look at the ingredients; if you see ‘partially hydrogenated oil’ anywhere in the list, the product contains trans fat. Since fat packs in more calories per gram than protein or carbohydrates, it’s important to keep the fat content of your snacks moderate (typically less than 10 grams of fat). That may seem like a lot of fat, but snacks like nuts or seeds are rich in healthy poly- and mono-unsaturated fats. Plus, reducing the level of fat too much with snacks might leave you feeling less than satisfied and searching for other munchies - and that defeats the purpose of the snack.

2. When looking at nutrition labels, choose a snack that is:
   a. Low calorie, low fat, low sugar
   b. High protein, low fat, low sugar
   c. Balanced with 2 of the 3 major nutrients (fat, protein, carbohydrates) with at least a couple of grams of fibre
   d. Low carbohydrate, low sugar, high fibre, with balanced protein and fat

A snack that’s going to keep your energy up for hours needs to have a balance of carbohydrates, protein, and fat - or at least two of the three. In fact, carbohydrates are your body’s main source of energy (and your brain’s preferred source). Combining carbohydrates with fat and protein will give you a balanced snack which will help sustain your energy levels. A snack containing around 150-200 calories is an appropriate snack for people sticking to a diet below 2,000 calories a day. If your calorie needs are above 2,000 per day, aim for snacks that are about 200-250 calories each. Fibre keeps you feeling satisfied for longer, so make sure your snacks pack in at least 4 grams of fibre. Fat also creates a feeling of satisfaction, so don’t be too enticed by ‘fat-free’ snacks. Avoid going too low in calories and/or fat - it’s likely your snack will leave you hungry for more in no time.

3. Which of the following should be part of your plan for healthier snacking?
   a. A whole-food snack like plain yoghurt with berries, nuts or vegetables with hummous
   b. A low-fat snack
   c. A snack bar or energy bar
   d. It depends

A healthy snack can come in many different forms. Think of snacks as a way to keep your hunger from taking over between meals, sustain your energy throughout the day and sneak in nutrients (think fibre, protein, calcium and iron) that you might not be fitting into meals. When choosing snacks, choose the option that works with your lifestyle, and be flexible - some days, a homemade whole-food snack will work, some days a good quality protein bar eaten on the go is your only option. Think outside of the box and use the criteria mentioned in questions 1 and 2 to make the best choice.
4. All else being equal, which is the best sweet snack for you?
   a. Something sweetened with sugar
   b. Something sweetened with organic cane juice
   c. Something sweetened with maple syrup or honey
   d. Something that is naturally sweet like fresh fruit, dried fruit, or freeze-dried fruit chips

When you get sweetness from fruit, you get a lot more than just sweet flavour. Satisfying a craving for sweets with a piece of fruit or cup of berries delivers vitamins, antioxidants and fibre along with the sweet taste. Plus, getting into a habit of reaching for fruit when you want something sweet is a great way to prevent calorie overload (think how much easier it is to tear through a big cookie than a bowl of juicy watermelon chunks). One word of warning regarding dried fruits: use them as accents to an unsweetened food (like adding chopping dried figs to plain yoghurt or sprinkling chopped dried apricots onto unsweetened porridge) rather than on their own, since it’s easier to go overboard on dried fruit (which is dehydrated into a fraction of its original size, making each piece smaller than its fresh fruit equivalent).

5. Rice cakes can be the start of a healthy snack. The plain ones only have about 35 calories. To keep calories down, which of the following would be the best topping for your rice cake?
   a. 1 tablespoon of cream cheese
   b. 2 tablespoons of ricotta cheese
   c. 1 tablespoon of strawberry jam
   d. 1 tablespoon of peanut butter

Regular cream cheese has about 88 calories a tablespoon, as does the strawberry jam. A tablespoon of peanut butter has 118 calories. The ricotta cheese is a calorie-bargain, with 2 tablespoons having only about 50 calories. Spread some on a rice cake for a tasty treat.

6. You are craving something smooth and creamy. Which of the following choices has the fewest calories?
   a. A single-serve rice pudding
   b. A single-serve chocolate pudding
   c. One carton (200g) regular yoghurt
   d. Half a banana with a tablespoon of chocolate syrup

Some yoghurts are healthy, and if this had been a low-fat version, it would have been the best choice. But low-fat yoghurts with fruit on the bottom can have 150 or more calories per individual carton. Rice pudding and chocolate pudding have about 130 to 140 calories per serving, depending on the brand. But a half of banana has only about 45 calories, and the syrup adds about 50 – under 100 calories for a delicious treat, and of course if you can manage with a little less of the chocolate syrup, so much the better!
7. In a healthy diet, how many snacks should you have a day?
   a. 0
   b. 1
   c. 2-3
   d. 4-7

Eating 2 to 3 healthy snacks a day is an excellent way to control blood sugar, boost energy, and control your weight. Going for long periods of time without food can trigger overeating and binges. It’s better to plan ahead. Eat small meals, and have healthy, high-fibre, satisfying snacks available throughout the day.

8. You have several leftovers in your refrigerator that look tempting for a snack. Which of the following will use up the fewest calories from your calorie budget?
   a. A piece of lasagne, about 8cm square
   b. Two fried-chicken drumsticks
   c. 1 cup of homemade macaroni cheese
   d. 1 cup of prawn fried rice

Believe it or not, the two fried-chicken drumsticks, even though they are fried, have the fewest calories—about 250 for the two drumsticks. If you take off the breaded coating, you still get the flavour of the chicken and can save yourself about 75 more calories. All the other selections have between 400 to 500 calories each—way too much for most people as just a snack.

9. Sometimes when we think we’re hungry, we’re really just thirsty. If you think something to drink might help quench your thirst and your hunger pangs, which would be the best choice?
   a. 350mL of lemonade
   b. 350mL of cranberry juice
   c. 350mL of grapefruit juice
   d. 350mL of canned mango juice

Of the four choices, grapefruit juice has the fewest calories per mL. 350mL of grapefruit juice has about 150 calories; all the others have about 200 calories in the same serving because they all have added sugar. Better yet, when you are thirsty, try mineral water with just a few tablespoons of juice. It’s refreshing and tasty, but you will be consuming much less calories!

10. Which of the following berries has the least amount of calories per cup when fresh?
    a. Raspberries
    b. Blueberries
    c. Strawberries
    d. Blackberries

A cup of fresh strawberries contains about 45 calories; a cup of fresh raspberries or blackberries contains 60 calories, and a cup of fresh blueberries have 80 calories. Berries are rich in vitamins A and C and contains fibre, and you may opt for a variety of berries to liven up your snacks, breakfasts, or desserts. Also, if you’re snacking on dried berries, keep in mind that a half-cup of dried berries is equivalent to a cup of fresh berries.
WATER WORKS

Drinking plenty of water is an important part of maintaining a healthy weight and a nutritious diet. Water plays an essential role in helping your body process nutrients, maintain normal circulation and keep the proper balance of fluids.

REPLACE WHAT YOU LOSE
After each 30-minute workout, drink two 250mL glasses of water to replenish your fluids. If you find you become thirsty while working out, consider using a sports bottle to help you stay hydrated while you exercise.

Because of their calorie content, soft drinks and fruit juices are not good choices for replacing lost fluids if you are trying to lose weight or manage your weight. You might try adding just a splash of fruit juice or a slice of lemon or lime to a glass of water if you don’t like the taste of plain water.

HOW MUCH WATER IS ENOUGH?
As a general guideline, try to drink two litres of water a day. If you exercise, you will probably need to drink more to replenish the water lost through sweating.

You can usually trust your sense of thirst to let you know when you need to drink. Your sense of thirst, combined with simply paying attention to how many glasses of water you’ve had in a day, can help you to keep your body hydrated.

WHEN WATER ISN’T ENOUGH
The next time you’re thirsty, it could be smart to think before you drink. While ‘you are what you eat’, the phrase is more accurately ‘you are what you drink’. Our bodies are about 60-80% water, depending on lean body mass, and while watery foods can help meet our needs, most of our daily water needs are met from the fluids we drink. Aside from plain water, consumers are faced with a dizzying array of juices, juice drinks, vitamin-fortified waters, sports drinks, energy drinks and teas – making it difficult to choose the best beverage to help meet fluid needs.

For the average person who exercises moderately, plain water is a perfectly good choice. But many people prefer drinks with a little flavour, and tastier fluids may encourage consumption. And as exercise duration and intensity increase, it’s important to not only replace fluid losses, but to replace body salts – such as sodium and potassium – that are lost with sweating.
LOOK BEFORE YOU DRINK

When evaluating beverages, a good place to start is by reading the nutrition facts label. For instance, sodas or fruit drinks are often high in calories and sugar, and low on nutrients. Not only can these empty calories pile on the kilos, the high-sugar concentration in fizzy and fruit drinks can actually slow down the rate at which the body absorbs fluid. If you see high-fructose corn syrup at the top of the ingredient list, you may want to pass. Sugars other than fructose, in lower concentrations, are much better absorbed.

Some energy drinks have a combination of caffeine and sugar, designed to give you a quick spike in energy. But if you aren’t used to consuming caffeinated drinks, these could make you jittery or upset your stomach.

So what should you look for? It’s a good idea to check labels for electrolytes, such as sodium and potassium, which are salts that your body loses when you perspire. In addition to replacing losses, electrolytes can also add some flavour, which will encourage you to drink more. Also, look for drinks with less than 100 calories per 250mL serving. Higher calories means a higher sugar concentration; you also don’t want to drink back the calories you just burned on the treadmill.

While too much sugar can be a problem, a little bit of carbohydrate in beverages can help to maintain blood sugar while you are exercising. Also, a mixture of several forms of carbohydrate in the drink helps to get carbohydrate into working muscle better than just one carbohydrate source.

STAYING HYDRATED

You may become dehydrated before you are actually thirsty. This is one reason that athletes learn to drink on schedule. Two glasses of 250mL of fluid a couple of hours before you start exercising should be followed with another cup or so 10 to 20 minutes before you start. An additional 30-50mL of fluid every 15 minutes or so when you are working out can help prevent excessive fluid losses.

One way to monitor your hydration is to note the colour of your urine. “People who are optimally hydrated should urinate every one to two hours,” says Luigi Gratton, M.D., M.P.H., clinical physician at the University of California at Los Angeles (UCLA)* “And your urine should be pale yellow or clear,” says Gratton. “Darker colour usually means more concentrated urine, an indication that you should increase your fluid intake.”

Watch for other signs and symptoms of dehydration during exercise, such as muscle cramping, or feeling light-headed or faint. Even if you’re only a weekend warrior, adequate fluids are important for a healthy, well-functioning body. If you think you drink less than you should, a flavoursome beverage designed to help you hydrate might be just the thing to help meet your fluid needs.

* Titles are for identification purposes only. The University of California does not review, approve or endorse Herbalife® products.
REV UP YOUR METABOLISM

Put your metabolism to work for you. Now's the perfect time to incorporate some metabolic-revving tips into your daily regimen and avoid gaining weight.

REV UP YOUR BODY’S ENGINE
We eat food for fuel. When we burn it for energy to run our bodies, the process creates heat. Nutritional supplements can assist the body's engine to burn fuel efficiently, helping our metabolism stay revved and functioning well.

DAILY ROUTINE TIPS
Keep your metabolism revved with these tips:

• Engage in 30 minutes of activity every day to help minimise weight gain and to raise metabolic rate.
• Tone your muscles by resistance training three days a week.
• Start small – try walking with one to two kilo weights.
• Do not eat fewer than 1200 calories a day. Eating too little may slow your metabolism.
• Never skip breakfast. It may slow down your metabolism.
• Have a supply of protein-powered healthy snacks on hand as an alternative to carb-loaded junk food.
We hear a lot about metabolism – and often blame our ‘slow metabolism’ for our inability to keep our weight under control. But what is metabolism, exactly? And is there anything we can do to change our metabolic rate?

Metabolism basically refers to all the chemical processes that take place in the body in order to sustain life – allowing you to breathe, pump blood, keep your brain functioning and extract energy from your food. When you hear the term metabolic rate – more accurately called basal (or resting) metabolic rate – that refers to the number of calories your body at rest uses each day, just to keep all your vital organs functioning. You burn additional calories through your daily activities and formal exercise, but by far, the majority of the calories that you burn each day are your basal calories.

The number of calories that you burn every day is directly related to your body composition. Think of your body as divided into two compartments. In one compartment is all the body fat; in the other compartment is everything that isn’t fat (e.g. bone, fluid, tissue, muscle) – that’s the fat-free compartment. The size of your fat-free compartment determines your metabolic rate, with approximately every kilo of fat-free mass burning about 30 calories per day.

If you weigh 68kg, and 23kg of you is fat and 45kg is fat-free, then you would burn about 1400 calories per day at rest. If you don’t get much activity, you won’t burn much more than this throughout the day. But if you weigh 68kg and 11kg of you is fat and 57kg of you is fat free, then you burn 1750 calories per day at rest. And if you get some regular exercise and burn a few hundred calories more per day, your total calorie burn for the day might be 2000 calories!

Since the fat-free compartment contains muscle tissue, one of the best things you can do to boost your metabolic rate is to strength-train to increase your muscle mass. If you build up 5kg of lean body mass, that’s another 150 extra calories that you burn per day – not to mention the calories that you burn through exercise.
Here are a few truths and myths about metabolism:

**MYTH: AGEING SLOWS YOUR METABOLISM.**
*Truth:* People do tend to put on weight as they get older, but it isn’t inevitable. People have a tendency to exercise less, or less vigorously, as they age – and that means fewer calories burned per day. As activity levels and intensity go down, loss of muscle mass can occur. This then shrinks the body’s fat-free compartment and leads to a lower metabolic rate. Cardiovascular exercise will burn calories, and resistance training to preserve or build up muscle are great defences against age-related weight gain.

**MYTH: YOU’RE STUCK WITH THE METABOLISM YOU HAVE, AND YOU CAN’T CHANGE IT.**
*Truth:* We all seem to know people who can ‘eat whatever they want and never gain weight’ or those who ‘just look at food and put on 5 kilos’. But lifestyle plays a big part in determining the calories you burn per day. While it may appear that there are people who eat all the time and never seem to gain, chances are they make healthy, relatively low-calorie selections naturally. And many of these people burn more calories through what is called Non-Exercise Activity Thermogenesis (NEAT) – basically, they move around a lot during the day. They might fidget more, get up from their desks frequently during the day to stretch, or walk down the hall to talk to a colleague instead of emailing. Next time you’re in a public place – say a coffeehouse – become an observer. You may notice that heavier people sit very still and hardly move. Leaner people may use more hand gestures, or wiggle a foot or a crossed leg. The point is, build more muscle and then use it by moving around more throughout the day.

**MYTH: EATING A GRAPEFRUIT WITH MY MEAL WILL SPEED UP MY METABOLISM.**
*Truth:* There’s nothing special about grapefruit that will speed up your metabolism. Sometimes it’s recommended that you should eat half a grapefruit with each meal for this purpose. But the reason this may work is not because of anything magical about grapefruit. It’s simply a watery, low-calorie food that takes up space in the stomach that might normally be taken up by higher-calorie foods. It may help weight loss, but it doesn’t have any effect on your metabolism.

**MYTH: IF I CUT CALORIES, MY METABOLIC RATE WILL SLOW DOWN, SO WHAT’S THE POINT OF EXERCISING?**
*Truth:* It is true that your metabolic rate can slow a bit when you cut calories. After all, your body’s natural inclination will be to try to conserve calories as best it can. But these decreases are relatively small, and if people become more active as they lose weight, this can offset these small changes. By dieting and exercising, you can help to preserve the rate at which your body burns calories.
POWER YOUR METABOLISM WITH PROTEIN

Your muscle mass works like a furnace, burning calories and stored fat for energy. The more muscle you have, the higher your metabolism, the faster you burn calories. Eating plenty of protein daily is essential to maintaining your muscle mass for good health, energy and effective weight management.

![Energy Levels, Blood Sugar Levels and Hunger Control](image)

Lean Protein + Complex Carbohydrates:
- Meal-replacement shakes, balanced meals and balanced snacks
- Lean Protein: chicken, fish, lean beef, egg whites and soy products
- Complex Carbohydrates: fruits, vegetables and whole grains (whole oatmeal, brown rice, whole-wheat pasta and whole-wheat bread)

Refined Sugar/Simple Carbohydrates:
- Rice and pasta, fruit juice and white potatoes
GOOD HEALTH ON HAND

The key to getting healthy meals on the table quickly is having a well-stocked pantry, refrigerator and freezer with the basic items that you will use frequently. Here are some suggestions for stocking up. You don’t need to have all of these on hand, but these lists may encourage you to try new foods to add variety to your diet.

Pantry

Beans
• Dried beans such as black, pinto, chick peas, cannellini, white beans for soups and spreads

Grains
• Barley
• Brown rice, wild rice, brown basmati rice
• Wholegrain couscous
• Millet
• Buckwheat
• Wholegrain pasta
• Wholegrain breads, English muffins, bagels
• Corn tortillas

Stock
• Low-salt chicken or vegetable stock; some stores have other varieties

Canned Foods
• Tomatoes
• Beans
• Artichoke hearts
• Roasted capsicums
• Apple sauce to replace fats in baked goods
• Canned tuna in water, salmon, mussels & crab

Protein Powder
• Herbalife® Formula 1 Nutritional Shake Mix
• Herbalife® Personalised Protein Powder

Cereals
• High-protein cold cereals
• Rolled oats
• Multigrain hot cereals

Crackers
• Low-fat, wholegrain crackers

Dried Foods
• Sun-dried tomatoes
• Dried mushrooms

Baking
• Wholewheat & white wholewheat flours
• Dark cocoa powder
• Evaporated low-fat milk
• Cornflour for thickening

Snacks
• Herbalife® Protein Bars
• Herbalife® Roasted Soy Nuts

Tea
• Green tea
• White tea
• Oolong
• Black tea
• Herbal blends
• Herbalife® Instant Herbal Beverage

Refrigerator and Freezer

Fresh Fruits and Vegetables
Try to purchase your fruits and vegetables locally and seasonally. For convenience, you can use pre-cut carrots; pre-washed salad greens and other vegetables; pre-shredded cabbage; chopped onions and garlic; and fresh-cut fruit.

Fruit
• Frozen fruit loose-packed and unsweetened - frozen fruits are great for protein shakes. Also, you can thaw them quickly in the microwave and mix with yoghurt or cottage cheese for a quick breakfast
• Frozen berries
• Apples
• Cherries
• Mango
• Pineapple
• Peaches
Frozen Vegetables
All kinds, but particularly the following, which are loose-packed and great for soups, stir-fry dishes and pasta:
• Spinach
• Green beans
• Sliced capsicums
• Mixed stir-fry vegetables
• Soybeans
• Broccoli and cauliflower

Dairy Products
• Skim or soy milk
• Eggs or egg whites
• Low-fat cottage cheese
• Low-fat yoghurt
• Low-fat cheese
• Low-fat Parmesan cheese
• Low-fat ricotta cheese

Grains
• Wholegrain breads
• Corn tortillas

Nuts
• Pecans
• Walnuts
• Pine nuts
• Almonds and other tree nuts stored in the freezer

Fish
• Loose-packed frozen prawns and scallops

Vegetarian Foods
• Veggie burgers and sausages

Seasonings and Condiments

Vinegars
• Balsamic
• Rice
• Apple cider

Oils
• Olive oil (pan-spray form also)
• Sesame oil
• Walnut oil
• Avocado oil

Spices and Herbs
• Allspice
• Ginger
• Cinnamon
• Nutmeg
• Cloves
• Coriander
• Turmeric
• Cardamom
• White pepper
• Black pepper
• Chilli flakes
• Cumin
• Oregano
• Basil
• Rosemary
• Thyme
• Sage
• Dill
• Curry powder
• Garlic powder
• Onion powder
• Chilli powder
• Dry mustard
• Wasabi

Other Seasonings
• Dijon mustard
• Tabasco
• Light soy sauce
• Rice wine (mirin)
• Tomato sauce
• Miso paste
• Oyster sauce
• Thai fish sauce
• Chilli-garlic sauce
• Salsa

Essences
• All-natural vanilla, maple, almond, orange, lemon, mint
LIGHTEN UP YOUR MEALS

YOUR WEEKLY CHALLENGE
There are two challenges this week. This first challenge is to try a new fruit or vegetable each week. Most of us eat the same foods day after day, and do our shopping almost mindlessly buying the same things every week. If you like spinach, try another leafy green like kale or Swiss chard. If you eat oranges or apples, try deep-red blood oranges or a new apple variety. Instead of the usual white potato, try a sweet potato for a change. Fruits and vegetables each have their own unique health benefits, and a wider variety of fruits and vegetables is a great way to make improvements in the nutritional value of your diet.

The second challenge this week is to take a favourite recipe and ‘lighten it up.’ Look at the table of ingredient substitutions below and see how they might work with your favourite recipe. Also look at the tips for cutting down on fat and calories during preparation. You might be surprised to find that you like the lighter version better.

INGREDIENT SUBSTITUTIONS FOR RECIPES

<table>
<thead>
<tr>
<th>IF THE RECIPE CALLS FOR:</th>
<th>USE THIS INSTEAD:</th>
<th>COMMENTS:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Minced beef</td>
<td>Ground turkey or chicken, soy or tofu mince</td>
<td>Spray pan with cooking spray before browning; drain any fat from pan after browning.</td>
</tr>
<tr>
<td>Butter or margarine</td>
<td>Apple sauce; baby food prunes or carrots</td>
<td>You will need to experiment, but you can replace ½ or more of the fat in the recipe and get a nutritional boost.</td>
</tr>
<tr>
<td>Butter to sauté vegetables</td>
<td>Cooking spray; stock, wine, vegetable juice</td>
<td>Spray pan with cooking spray; sauté in wine, stock or vegetable juice. Cover pan to ‘sweat’ vegetables.</td>
</tr>
<tr>
<td>Cheese</td>
<td>Low-fat cheese</td>
<td>Use reduced-fat cheese, and reduce the total amount in the recipe if possible.</td>
</tr>
<tr>
<td>Cream (not for whipping)</td>
<td>Evaporated low-fat milk; skim milk</td>
<td>Evaporated low-fat milk can be used in recipes and in coffee.</td>
</tr>
<tr>
<td>Eggs in baking</td>
<td>Egg whites or egg substitutes</td>
<td>Egg substitutes are 99% egg white; you can also use two egg whites to replace one whole egg in baking.</td>
</tr>
<tr>
<td>Mayonnaise</td>
<td>Low-fat mayonnaise</td>
<td>Reduce amount by half.</td>
</tr>
<tr>
<td>Nuts</td>
<td>Use less</td>
<td>Toast first to enhance flavour.</td>
</tr>
<tr>
<td>Sour cream, cream cheese,</td>
<td>Use low-fat versions; plain low-fat</td>
<td>Try whirling cottage cheese in the blender with a little lemon juice; it makes a smooth, creamy sour cream substitute.</td>
</tr>
<tr>
<td>cottage cheese</td>
<td>yoghurt can replace sour cream</td>
<td></td>
</tr>
</tbody>
</table>
TASTY TIPS

• Use cooking sprays regularly. Spray the pan when it is cold, then place over the flame. You can reduce fat considerably by taking this first step. Once the pan is hot, you can add a small amount of healthy olive oil for flavour.

• Replace refined starches with whole grain: Try brown rice, whole-wheat pasta, whole-wheat bread and crackers, whole-wheat couscous, and oatmeal instead of cream of wheat. You can buy quick-cooking brown rice that can be ready in 15 minutes.

• Add diced vegetables to soups, chilli, meat loaf, casseroles, tuna or chicken salad and pasta sauce to reduce overall calories and boost nutrition.

• Season steamed vegetables with lemon, vinegar, herbs, garlic, onion and spices rather than relying on butter or sauces.

• Add fruits to salad for a change. Try fresh orange or tangerine sections, apples or kiwi. Use deep-green leafy vegetables, instead of iceberg lettuce, for more nutrition.

• Frozen vegetables and fruits are just as nutritious and fresh, may be less expensive, and allow you to eat foods that might not be in season any time of the year. For example, loose-leaf frozen spinach or chopped vegetables can easily be added to soups and stews.

• Take advantage of the healthy convenience items such as pre-washed salad greens, pre-cut fruit and baby carrots. They may cost more, but if you keep buying fruits and vegetables and throwing them away because you don’t take time to prepare them, it may be less expensive in the long run. If your supermarket has a salad bar, you can buy pre-washed, pre-cut vegetables like broccoli, mushrooms, cauliflower and carrots, which you can take home and steam or stir-fry.

• Visit a local farmer’s market. The produce is usually much fresher than what you find in the supermarkets, which means vegetables won’t wilt as quickly and the foods retain their nutritional value. You can find new varieties of fruits and vegetables to try, and you will be eating foods that are in season.

• You can thicken soups without adding butter, flour or cream. Place some of the stock and vegetables in the blender and then stir back into the soup. Or make your own ‘cream’ soups by cooking vegetables with stock, onions, garlic and seasoning – then puree it all in the blender with a little evaporated low-fat milk or soft tofu for a delicious creamy soup.

• Try different mustards and vinegars for seasoning salads and vegetables without fat.

• Double the recipe for dishes that freeze well, such as soups, stews and casseroles. That way, when you’re tired and don’t want to cook, you can pull something healthy from the freezer rather than opting for a take-away.

• You’ve heard it many times, but don’t shop when you are hungry. It’s too tempting to pick up the wrong foods. Make a list and stick to it, for the most part, but be flexible.

• Supermarkets are carefully laid out to tempt you – so don’t get tempted by the lollies at the checkout. Also, studies show that people who buy large containers of foods tend to serve themselves more from those containers, so try to keep portion sizes consistent if you buy economy-sized packages.
RECIPE MAKEOVER

Here’s an example of how you can give your recipes a makeover for healthier results. Make sure to experiment with your recipes at home.

This Prawn Risotto Bake is real comfort food, and with a tossed salad and fruit for dessert, it makes a great dinner. But as with many one-dish meals, the original is loaded with fat such as butter, cheese and condensed soups. The original recipe called for ½ cup of butter, a can of cream of mushroom soup, and 2 cups (225g) of shredded cheddar cheese.

The strategies for improving the nutritional value of the dish included reducing the cheese by half, reducing the fat from 8 tablespoons down to 2 (and replacing the butter with heart-healthy olive oil), and making a simple mushroom sauce to replace the canned soup which is loaded with fat and salt. An additional nutritional boost was made by substituting brown rice for white. You could also add some cooked broccoli florets to this dish for a true one-dish meal.

OLD VERSION (6 SERVINGS)
1 large green capsicum, chopped
1 medium onion, chopped
½ cup butter or margarine
450g uncooked medium prawns, peeled and de-veined
½ tablespoon salt
¼ tablespoon cayenne pepper
3 cups cooked long-grain rice
1 can (300mL) condensed cream of mushroom soup
2 cups (225g) shredded cheddar cheese

Nutrition Facts per Serving:
Calories: 642
Fat: 42 grams
Protein: 33 grams
MAKEOVER VERSION

450g uncooked medium prawns, peeled and de-veined
2 tablespoons olive oil, divided
340g fresh mushrooms, sliced
1 large green capsicum, chopped
1 medium onion, chopped
3 tablespoons all-purpose flour
¾ tablespoon salt
¼ tablespoon cayenne pepper
1 cup skim milk
3 cups cooked brown rice
1 cup (100g) shredded reduced-fat cheddar cheese

Nutrition Facts per Serving:
Calories: 320 (cut in half)
Fat: 10 grams (cut by 75%)
Protein: 24 grams (a bit less because cheese was reduced, but still plenty for a serving)
Fibre: 4 grams (doubled)

Directions:
Preheat the oven to 160°C. Coat a 25x31cm baking dish with non-stick cooking spray and set aside. In
a large non-stick frying pan over medium-high heat, sauté the prawns in 1 tablespoon olive oil for 2 to 3
minutes until they have turned pink. Remove and set aside. In the same pan, sauté the mushrooms, green
capsicum and onion in the remaining olive oil until tender. Stir in the flour, salt and cayenne pepper, and
cook for a minute or so to remove the raw taste of the flour. Gradually add the milk, and stir until blended.
Bring to a boil, cook and stir for 2 minutes, or until thickened. Add the rice, ½ cup cheese and prawn,
and stir until combined. Pour into the baking dish and bake for 30 to 35 minutes, or until heated through.
Sprinkle with remaining cheese; cover and let stand for 5 minutes, until cheese is melted.

*Nutritional values are approximate and may vary according to brand and product chosen.
PROTEIN-POWERED SHAKE RECIPES WITH HERBALIFE® FORMULA 1

CHOCOLATE-RASPBERRY SHAKE
1 serve (28g) Dutch Chocolate Formula 1 Nutritional Shake Mix
2 serves (12g) Herbalife® Personalised Protein Powder
300mL skim or soy milk
1 cup frozen raspberries
1/8 teaspoon orange essence
4 ice cubes
Place all ingredients in the blender, and blend thoroughly until the ice cubes are completely crushed.

STRAWBERRY-KIWI SHAKE
1 serve (28g) French Vanilla Formula 1 Nutritional Shake Mix
2 serves (12g) Herbalife® Personalised Protein Powder
300mL skim or soy milk
½ cup frozen whole strawberries
1 very ripe kiwi, peeled
1/8 teaspoon lemon essence
4 ice cubes
Place all ingredients in the blender, and blend thoroughly until the ice cubes are completely crushed.

CHAI TEA LATTE SMOOTHIE
1 serve (28g) French Vanilla Formula 1 Nutritional Shake Mix
2 serves (12g) Herbalife® Personalised Protein Powder
300mL skim or soy milk
½ medium banana
3 tablespoons unsweetened iced tea cordial
teen spoon cinnamon
Pinch each of ginger, cloves & black pepper
4-5 ice cubes
Place all ingredients in the blender, and blend thoroughly until the ice cubes are completely crushed.

BANANA BREAD SHAKE
1 serve (28g) French Vanilla Formula 1 Nutritional Shake Mix
2 serves (12g) Herbalife® Personalised Protein Powder
300mL skim or soy milk
½ very ripe banana
Few drops vanilla essence
A dash cinnamon
4 ice cubes
Place all ingredients in the blender, and blend thoroughly until the ice cubes are completely crushed.
SECTION FIVE: Week 4: Carbohydrates, Shopping and Cooking: Cellular Nutrition

PINEAPPLE-ORANGE-COCONUT SHAKE
1 serve (28g) French Vanilla Formula 1 Nutritional Shake Mix
2 serves (12g) Herbalife® Personalised Protein Powder
300mL skim or soy milk
1 cup pineapple chunks
1/8 tablespoon coconut essence
¼ tablespoon orange essence
4 ice cubes
Place all ingredients in the blender, and blend thoroughly until the ice cubes are completely crushed.

VERY BERRY SHAKE
1 serve (28g) French Vanilla Formula 1 Nutritional Shake Mix
2 serves (12g) Herbalife® Personalised Protein Powder
1/3 cup low-fat dry milk powder
1 cup low-calorie cranberry juice
1 cup frozen mixed berries
Few drops vanilla essence
4 ice cubes
Place all ingredients in the blender, and blend thoroughly until the ice cubes are completely crushed.

ORANGE-MANGO SHAKE
1 serve (28g) French Vanilla Formula 1 Nutritional Shake Mix
2 serves (12g) Herbalife® Personalised Protein Powder
300mL skim or soy milk
½ cup mango chunks
½ cup canned mandarin oranges, drained
4 ice cubes
Place all ingredients in the blender, and blend thoroughly until the ice cubes are completely crushed.

CHOCOLATE-STRAWBERRY SHAKE
1 serve (28g) Dutch Chocolate Formula 1 Nutritional Shake Mix
2 serves (12g) Herbalife® Personalised Protein Powder
300mL skim or soy milk
1 cup fresh or frozen strawberries
Few drops vanilla essence
4 ice cubes
Place all ingredients in the blender, and blend thoroughly until the ice cubes are completely crushed.
ORANGE JULIUS SHAKE
1 serve (28g) French Vanilla Formula 1 Nutritional Shake Mix
2 serves (12g) Herbalife® Personalised Protein Powder
300mL skim or soy milk
3 tablespoons orange cordial concentrate
¼ tablespoon vanilla essence
4 ice cubes
Place all ingredients in the blender, and blend thoroughly until the ice cubes are completely crushed.

APPLE PIE SHAKE
1 serve (28g) French Vanilla Formula 1 Nutritional Shake Mix
2 serves (12g) Herbalife® Personalised Protein Powder
300mL skim or soy milk
1 cup frozen apple slices
Pinch each of cinnamon, nutmeg & cloves
¼ tablespoon vanilla essence
4 ice cubes
Place all ingredients in the blender, and blend thoroughly until the ice cubes are completely crushed.

PEACH-ALMOND SHAKE
1 serve (28g) French Vanilla Formula 1 Nutritional Shake Mix
2 serves (12g) Herbalife® Personalised Protein Powder
300mL skim or soy milk
1 cup peach slices
Pinch of ground ginger
¼ tablespoon almond essence
4 ice cubes
Place all ingredients in the blender, and blend thoroughly until the ice cubes are completely crushed.

CAFÉ MOCHA SHAKE
1 serve (28g) Dutch Chocolate Formula 1 Nutritional Shake Mix
2 serves (12g) Herbalife® Personalised Protein Powder
300mL skim or soy milk
½ medium banana
2 tablespoons instant coffee granules
Pinch of cinnamon
4 ice cubes
Place all ingredients in the blender, and blend thoroughly until the ice cubes are completely crushed.
SECTION FIVE: Week 4: Carbohydrates, Shopping and Cooking: Cellular Nutrition

BLUEBERRY-CRANBERRY SHAKE
1 serve (28g) French Vanilla Formula 1 Nutritional Shake Mix
2 serves (12g) Herbalife® Personalised Protein Powder
1/3 cup low-fat dry milk
1 cup low-calorie cranberry juice
1 cup frozen blueberries
Few drops orange essence
4 ice cubes
Place all ingredients in the blender, and blend thoroughly until the ice cubes are completely crushed.

HAZELNUT DELIGHT
1 serve (28g) French Vanilla Formula 1 Nutritional Shake Mix
150 mL soy milk
2 tablespoons low fat natural yoghurt
1 tablespoon crushed hazelnuts
4 ice cubes
Place all ingredients in the blender, and blend thoroughly until the ice cubes are completely crushed.

HEALTHY ADDITIONS!
• 15mL Herbalife® Herbal Aloe Concentrate
• 1 serve (6g) Herbalife® Personalised Protein Powder
ADDITIONAL PROTEIN-POWERED RECIPES WITH HERBALIFE® FORMULA 1

HERBALIFE® FORMULA 1 DESSERT – BASIC RECIPE

¾ cup Formula 1 Nutritional Shake Mix (any flavour)
500mL skim or soy milk
1 small package sugar-free or regular instant dessert mix
1 ready-made pie crust

Combine the Formula 1 Nutritional Shake Mix with the skim or soy milk; mix until smooth. Add pudding, and mix well. Place the ready-made pie crust in a zip-lock bag and crush well. Press 1 tablespoon of crust into the bottom of a 250mL container. Measure ½ cup of the pie mixture, and place on top of crust. Add 1 tablespoon of whipped cream, and cover with a lid. Makes six pies.

You can create your own variations by trying different flavours of Herbalife® Formula 1 Nutritional Shake Mix and instant dessert mix, and garnishing with different fruits. These freeze well, so you can make several flavours and save them at one time. Have them as an occasional treat to replace a meal, and be sure to round it out with a serving of fruit (either on the side or as a garnish).

HERBALIFE® FORMULA 1 AND OATMEAL

2 scoops Formula 1 Shake Mix (any flavour)
1/3 cup dry rolled oats
2/3 cup skim milk

Cook the dry rolled oats in the skim milk, then stir in the Formula 1 Shake Mix.
One serving = 1 meal replacement

HERBALIFE® FORMULA 1 AND YOGHURT

Stir 2 scoops of Formula 1 Nutritional Shake Mix (any flavour) into 225g of low-fat yoghurt (any flavour), and enjoy! One serving = 1 meal replacement.

MAPLE-PECAN BAR SNACKS

1 cup French Vanilla Formula 1 Nutritional Shake Mix
1 cup dry rolled oats
½ cup peanut butter
½ cup pure maple syrup
1-2 capfuls of maple flavouring
½ cup chopped pecans

Combine all ingredients, and press mixture into a 20x20cm baking tray. Cut into 16 pieces.
One serving = 1 meal replacement.
In the morning, simple carbohydrates such as sugary refined cereals, white bread, toasts etc may give you a surge in energy due to increased blood sugar levels and satisfy your hunger at the time, but the effect isn’t long-lasting. A rise in blood sugar levels causes your body to release a substantial amount of insulin. The insulin, in turn, removes sugar from the blood and puts it into storage, primarily in fat tissue. The result is a decreased level of blood sugar and a thirst for more carbs. With this type of breakfast, you are also actually missing out on other nutrients necessary for your body to function properly such as protein, fibres, vitamins and minerals and beneficial unsaturated fats. As a result you can soon feel tired, lose your concentration and feel hungry again before lunchtime, craving more carbohydrates. And, if you give in, it becomes a vicious circle! Repeated excesses and drops in energy makes your body out of balance and as a result can have long-term effects on your weight and well-being.

You may not feel hungry in the morning or you might be short on time, but skipping breakfast can have undesirable effects. Your body tries to draw on your reserves of nutrients and water which it needs to function properly but which have been depleted during the night. If you don’t eat anything, you are likely to feel tired and hungry a little later and want to snack on such things as chocolate or sweet coffee or biscuits to find some energy and raise your sugar level. Once more, the ups and downs of this vicious circle can affect your weight and well-being in the long-term.
Such a breakfast supplies our body longer lasting vital nutrients, water and energy. A healthy breakfast which includes protein can help you feel fuller for longer and helps to avoid mid morning snacking. A well-balanced breakfast providing sustainable energy and the right nutrients can help keep you body in equilibrium during the day and contribute notably to better weight management and well being in the long term.

Note: The sugar-/insulin-response curves are schematic illustrations of a known physiological reaction. The exact science behind it is complex and varies for different people.
BREAKFAST KICK-STARTS YOUR METABOLISM

Breakfast literally ‘breaks’ the overnight ‘fast’ and refuels your body at the start of the day. It provides energy and important nutrients for the morning activities and helps to prevent that mid-morning slump. It keeps you ‘on the go’, running at full speed and therefore burning calories! Research has found that almost one third (29%) of Australians aged 16 and over frequently skipped or never ate breakfast. 

The Australian National Nutrition Survey 1995 concluded that over 90% of children usually ate breakfast five or more times per week, compared with 77% of adults, and that young adults aged 19 to 24 years were less likely to eat breakfast regularly than any other age group.

BREAKFAST IMPROVES MOOD & CONCENTRATION

People often say they feel fuelled and ready for the day ahead by eating breakfast. But do you know why it helps to improve performance? It replenishes your supply of glucose (blood sugar) and provides other essential nutrients to keep your energy levels up throughout the day and boost your brain activity. The DAA confirms that breakfast improves alertness, concentration, mental performance and memory, and also lifts a person’s mood - that’s why people get tired and irritable when they miss breakfast.

BREAKFAST ASSISTS WITH WEIGHT MANAGEMENT

There are many who don’t eat breakfast as a way of controlling their weight. The experts, however, are united in their thinking – skipping breakfast does not help you lose weight! When you don’t eat for a long period of time, your body thinks it’s starving and begins to slow down to conserve energy (calories) for later use. The end result is that your body holds onto calories instead of burning them and then when you do eat, as your body is still in storage mode, it may not metabolise as efficiently. And the younger you start the breakfast-skipping habit, the more risk it poses for a tendency towards obesity in later life.

Just look at the evidence:

- Children who eat an inadequate breakfast are more likely to make poor food choices for the rest of the day.
- Breakfast eaters consume more daily calories yet are less likely to be overweight.
- Eating breakfast has been strongly associated with successful, well-maintained weight maintenance.
- Three lifestyle risk factors relate to obesity: low physical activity, skipping breakfast, and insufficient sleep on weekdays.
- People who regularly skip breakfast have 4.5 times the risk of obesity as those who consume breakfast regularly.
- Poor nutrition has a role in about 11,000 deaths a year in New Zealand, which equates to 40% of all deaths, by contributing to the risk factors for heart disease, stroke, diabetes, and cancer.
4. BREAKFAST PROVIDES IMPORTANT NUTRIENTS
According to the DAA, a healthy breakfast is one which provides a variety of foods, is low in saturated fat, high in carbohydrates, contains fibre and provides vitamins and minerals. It has also been shown that people who eat breakfast have more nutritious diets than people who skip breakfast with breakfast eaters tending to have lower intakes of fat and higher intakes of fibre, and many vitamins and minerals.8 The Australian National Nutrition Survey (1995) also concluded that people who ate breakfast regularly were more likely to meet the recommended dietary intake (RDI) for some nutrients than those who didn’t and that regular breakfast eaters generally had a lower fat intake and a higher dietary fibre intake than breakfast skippers. Remember, it’s also important to read the labels carefully on breakfast products - standard commercial breads are major sources of salt in the diet and some breakfast cereals contain very high levels of sugar.

5. BREAKFAST MAKES YOU FEEL FULLER FOR LONGER
Skipping breakfast means that by mid to late morning you will feel empty and are more likely to select food or fuel options that are high in sugar and saturated fat as these are the types of snacks your body craves when your blood sugar levels drop, and these types of snacks are usually more convenient to grab. It has also been proved that people who eat breakfast have better eating habits than people who skip breakfast as they are less likely to be ravenously hungry for snacks during the day.8

1 Australian Breakfast Eating Habits - Woolcott Reseach 2005.
MAXIMISE YOUR HEALTH WITH CELLULAR NUTRITION

Through Cellular Nutrition, healthy nutrients help nourish your cells with our exclusive blends of nutrients that provide vitamins, antioxidants and minerals to support healthy cell function. In this way, our products deliver healthy nutrients to cells throughout the body, as part of a daily diet.

Cells are the basic unit of the human body, providing the energy for everything you do – from thinking to growing. Today’s modern lifestyles expose us to more negative influences than the cells in our bodies can handle. Even the air we breathe can damage our cells. If you cut an apple open, the inside turns brown quickly from the burning effect of oxygen in the air. Just as the peel of an apple protects the inside of the apple from this damage, our cells also protect us from damage.

The concept of Cellular Nutrition is simple – all of Herbalife® products are formulated to support healthy villi, the tiny finger-like structures along the intestine wall that act as ‘gatekeepers,’ helping your body absorb more nutrients, vitamins and minerals, whilst protecting you from toxins. The healthier your villi, the more efficiently you can absorb the nourishment your cells need – and the healthier you’ll be.

Herbalife maximises Cellular Nutrition through unique, scientific formulations. The way we blend our high-quality ingredients, the way we preserve their nutrient value, the way we personalise nutritional programmes to address each individual’s needs, all leads to the Herbalife advantage.
LOOK AT THE LABEL

By Susan Bowerman, M.S., R.D., C.S.S.D.

One of the most important skills you can master is being able to read a food label in order to figure out exactly what you are getting from your foods. Let’s look at an example and take the information from top to bottom...

### NUTRITION INFORMATION

<table>
<thead>
<tr>
<th>SERVINGS PER PACKAGE: 2</th>
<th>SERVING SIZE: 265G</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>AVG QUANTITY</td>
</tr>
<tr>
<td></td>
<td>PER SERVING</td>
</tr>
<tr>
<td>ENERGY</td>
<td>770KJ</td>
</tr>
<tr>
<td>PROTEIN</td>
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</tr>
<tr>
<td>FAT, TOTAL</td>
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<tr>
<td>- SATURATED</td>
<td>3.8g</td>
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<tr>
<td>CARBOHYDRATE</td>
<td>19.9g</td>
</tr>
<tr>
<td>- SUGARS</td>
<td>6.4g</td>
</tr>
<tr>
<td>DIETARY FIBRE</td>
<td>2.8g</td>
</tr>
<tr>
<td>SODIUM</td>
<td>775mg</td>
</tr>
</tbody>
</table>

**Serving Size and Servings per Package:**

Pay attention to this closely. Many people assume that small packages of biscuits or crackers, or medium-sized cans and sachets are single servings. But this may not be the case. The nutrition facts on a label are for one serving and also per 100g, which may not necessarily be the package size. In this example, the package contains two servings of 265g each in a 535g can of Big ‘N Chunky Soup Corn & Bacon Chowder. If you consume the whole can, then you will need to double all the information from the per serving information to determine exactly what you are taking in.

For drinks, it becomes more complicated. If a packaged beverage is sold in a container that is marketed for consumption as a single serve then the total content of that packaged beverage should be deemed as the serving size. For example if a water-based beverage (eg. fizzy drink, sports drink, ready to drink tea etc.) is sold in a 375mL can or a 600mL bottle and marketed for consumption as a single serve, then the serving size for purposes of calculating any dietary advice will be either 375mL or 600mL as appropriate. In the case of fruit juice, the maximum single serve is deemed to be 500mL.

For beverages sold in multi-serve packs, for example a 1.25L bottle, the Australian Beverages Council recommends to its members that the appropriate measure for the calculation of a serving size should be 250mL. This is based on the size of a standard Australian water drinking glass.
Calories, Fat, Carbohydrate and Protein:
As with all the other nutrients, these are the amounts per serving. In the example above, one serving of the soup has 770kJ (184 calories). But if you consume the whole package (two servings), you will have taken in 1540kJ (368 calories). In addition to the ‘Total Fat’, the label also tells you how much of this fat is saturated fat. The more solid (saturated) a fat is, the more difficulty your body has in digesting it, and because of this, the more likely it is to be deposited and stored in your body.

Carbohydrate’ tells you, again, how much carbohydrate per serving. Keep in mind that this includes natural sources, such as the natural sugars in milk or fruit, so it’s not always easy to tell from the line labelled ‘Sugars’ exactly where the sugar is coming from without looking at the ingredients list. If a cereal has little added sugar – but contains raisins – the sugar content may look high, but it’s just from the natural fruit sugar.

Check on the ingredients list for sugar. Added sugars must be included in the ingredients list, which always starts with the biggest ingredient first. Watch out for other words that are used to describe added sugars, such as sucrose, glucose, fructose, maltose, hydrolysed starch and invert sugar, corn syrup and honey. If you see one of these near the top of the list, you know that the product is likely to be high in added sugars. Sometimes food manufacturers use a number of sweeteners in a product – each in small amounts – so the ingredients are ‘sprinkled’ throughout the ingredients list, but taken together they can sometimes add up significantly.

For ‘Dietary Fibre’ - a food with 5 grams or more of fibre per serving is considered to be a good source of fibre.

% Recommended Dietary Intake (RDI):
You will sometimes see RDI listed on food labels. These values are standard values developed for use on food labels and are used to describe added sugars, such as sucrose, glucose, fructose, maltose, hydrolysed starch and invert sugar, corn syrup and honey. If you see one of these near the top of the list, you know that the product is likely to be high in added sugars. Sometimes food manufacturers use a number of sweeteners in a product – each in small amounts – so the ingredients are ‘sprinkled’ throughout the ingredients list, but taken together they can sometimes add up significantly.

You can still look at these values to see if a particular food is high or low in a nutrient that you are interested in.

Here are the RDI's for the average adult diet:
Energy 8700kJ (2081 calories)
Protein 50g
Total fat 70g
Saturated fat 24g
Carbohydrate 310g
Sugar 90g
Sodium 2300mg
In the example here, one serving of this cereal provides 4% of the daily intake for protein, 2% for dietary fibre and 6% for Sodium.

This cereal only contains 1g of fat which is 1% of the RDI for fat (70g daily of which no more than 24g should be from saturated fats). Compare this to the soup, which contains 7.6g, which is already over 10% of the RDI.

Here are some things to visualise when you are looking at a food label:

- Every 5 grams of fat is a teaspoon of fat (or a knob of butter). In the example above, each cup serving of baked beans has 7.6 grams of fat – that’s 1½ teaspoons, or knobs of butter per serving! If you consume the whole can (two servings), then you are consuming three knobs of butter!
- Every 4 grams of sugar is a teaspoon. The soup has 6.4g of sugar and the cereal, 9.5g – which is surprising as everyone thinks cereal would be the healthy breakfast option. A 375mL can of cola might have almost 40 grams per can – that’s 10 teaspoons of sugar of sugar – almost half the RDI for sugar!
THE SKINNY ON FATS

By Susan Bowerman, M.S., R.D., C.S.S.D.

The issue of dietary fat is probably one of the most confusing to people. Should you eat as little as possible? More of the ‘good’ fats?

The answer lies somewhere in between. Ideally, you want to eat only the amount that you need to add flavour to foods, and of the fats you eat, you want to select the healthiest ones. All fats, regardless of their source, are about 120 calories a tablespoon, so most people can’t (and shouldn’t) eat them freely.

Here are some things to remember:

•  Fats are categorised as saturated, polyunsaturated or monounsaturated, depending on the predominant fatty acid they contain.

•  Polyunsaturated fats can be ‘good’ or ‘bad,’ depending on whether they are primarily Omega-6 fats (which are pro-inflammatory) or Omega-3 fats (which are anti-inflammatory).

•  Omega-3 and Omega-6 fatty acids are called ‘essential,’ meaning our bodies can’t make them and must obtain them from dietary sources. On average, people only eat a third of the recommended dietary intake of essential fatty acids – the building blocks of all cells in the human body.

•  Our diet is typically overloaded with Omega-6 fatty acids (from cooking oils etc), with inadequate amounts of Omega-3. This imbalance, with too many ‘bad’ fats relative to ‘good’ fats, promotes the inflammatory processes in the body and increases the risk of free radical damage.

•  Monounsaturated fats, found in olive oil and avocado, have neutral effects on cholesterol and do not promote cancer. These fats are ‘healthy’ fats and can be eaten in moderation.

•  Olive oil is a healthy oil for cooking; if the flavour is too strong for you, you can purchase ‘light’ olive oils which have the same calories as regular olive oil, but are lighter in flavour.
To reduce overall fat intake:

- Try using cooking sprays when you sauté foods, or you can sauté in wine or stock.
- Use low-fat or reduced-fat versions of high-fat items, such as dairy products, spreads and dressings.
- If you are watching calories, keep in mind that low-fat or fat-free versions of baked goods often have the same amount of calories as the full-fat version. In many cases, fat is replaced with sugar which drives up the calories.
- Avoid fatty meats such as steaks, high-fat minced meats, chops and sausages. Eat more poultry breast, fish, shellfish, egg whites, low-fat dairy products and soy products for protein, which have much less fat than red meats.
- Avoid farmed salmon, if possible. Farmed salmon is fattier than wild salmon, but the extra fat it contains is not the ‘good’ fat. Despite myths to the contrary, shellfish is not high in cholesterol, and is an excellent source of protein that is very low in fat.
- Flavour foods with herbs, spices, lemon, onions, garlic, chillies and other seasonings rather than relying on heavy sauces, gravies and butter.
- When you eat out, try to make smart choices. Keep sauces and gravies to a minimum, and order meats, fish or poultry grilled, grilled, poached, steamed, roasted or baked. Some people skip the starchy part of the meal, especially if it’s likely to be fatty, and order double vegetables instead.
- Order salad dressing on the side so you can control how much you eat. Restaurants often drench the greens in high-fat dressings.
- Try fresh fruit or sorbet for dessert rather than pastries and ice cream.
GOOD AND BAD FATS

By Luigi Gratton, M.D., M.P.H.

OMEGA-3s AND OMEGA-6s

Of the many types of fatty acids, two that seem to be making all the headlines these days are the Omega-3s and Omega-6s. These names simply describe the chemical structure of fats, but you only need to remember the Omega-3s tend to reduce inflammation in the body, while the Omega-6s tend to promote inflammation in the body. This is the most basic way to describe these two fatty acids.

The Omega-3s are found in fish, flaxseed and linseed oil, while the Omega-6s are found in corn and wheat. Nutritional anthropologists believe that the diet of ancient women and men was relatively balanced between these two fats. Both are important, and a healthy ratio between the two determines health.

The Omega-3s are also found in ocean plants like seaweed algae. The fish eat the Omega-3-rich algae; the fish store the healthy fats; we eat the fish; and we store the healthy fats. Again, the phrase ‘you are what you eat’ could never be more factual. The Omega-3s are also found in grass, which many animals naturally live on. Cows naturally eat the grass in the fields as they graze, they store the good fats, and we, in turn, get beef that is high in the good fats.

The change in the food supply has dramatically changed this process. Most cows in the United States are now corn-fed to fatten them up faster for food production, a process that is not what nature intended. So once again, we find a disruption of nature’s delicate balance.

Much of the fat we eat is of the bad ‘saturated’ type, and includes hydrogenated oils which have been over-processed leaving them with no nutritional value. Various products, such as margarine, contain damaged polyunsaturates known as ‘trans-fats’. Consuming too much of these bad fats interfere with the body’s uptake of unsaturated fat. It is now recognised that the typical western diet frequently leaves us short of these essential fats which are so important to our well-being. Health professionals therefore now recommend that we consider supplementing our diet with a quality product and benefit from the positive properties of the essential unsaturated fatty acids.

Cutting down on the bad fats will leave your body with less fat to store and reduce the interference bad fats cause to the uptake of good fats. Your body can then make better use of the essential fats that are available.
MEAL SIZE MATTERS

By Luigi Gratton, M.D., M.P.H.

For many of us, one of the main goals of achieving and maintaining a healthy weight is learning how to eat less. Part of the problem is that we don’t have a realistic idea of what constitutes a serving. In an era of jumbo meals, super-sizing and free refills, over generous portions of food and beverages have become the norm. In addition, eating habits that you learned from a young age – that it’s okay to have seconds; that you should clean your plate, that dessert always follows a meal – can be difficult to break. But difficult doesn’t mean impossible. You can train your body to feel full with less, just as it has become accustomed to needing more. Try these suggestions:

• Serve meals already dished onto plates instead of placing serving bowls on the table. This allows you to think twice before having a second portion.

• Try using a smaller plate or festive party bowl to make the food seem like more.

• Eat slowly and savour each bite. When you eat too fast, your brain doesn’t get the signal that you’re full until too late and you’ve already overeaten.

• Eat foods that are healthy and low in calories first. You can eat a lot of these foods without taking in a lot of calories. When at a party, hit the vegetable trays first.

• When eating, focus on your meal and your company. Watching television, reading or working while you eat can distract you. Before you know it, you’ve eaten much more than you wanted to.

• Stop eating as soon as you begin to feel full. Don’t feel as if you need to clean your plate.

• Designate one area of the house to eat meals, such as the kitchen table, and sit to eat your meals.

• If you’re still hungry after you’ve finished what’s on your plate, wait 20 minutes, mingle with other guests, and then if you are still hungry, nibble on something low in calories, such as fresh vegetables or fruit.

• When ordering at a restaurant, request a take-home container. When you receive your meal, put part of it in the container. Or ask that one-half of your meal be put into a container before the meal is served. Portion sizes in restaurants can be two to three times the amount you need.
BE WISE TO PORTION SIZE

ONE SERVING IS EQUIVALENT TO:

One medium-size fruit (size of a tennis ball, your fist or a light bulb). Suggestions:
• Wake up with an orange for breakfast
• Add a sweet crunch to your lunch with an apple
• A pear is a quick and easy dessert

½ cup cooked, frozen or canned vegetables or fruit (smaller than a can of tuna fish). Suggestions:
• Grab some baby carrots for a snack
• Order pizza with mushrooms, onions, capsicums, broccoli or spinach – that’s more than one serving
• Place canned sliced peaches or berries on low-fat ice cream

1 cup of raw leafy vegetables (a handful of greens counts as one serving). Suggestions:
• Add a handful of baby spinach to your sandwich wrap
• Have a mixed green salad with a slice of veggie-topped pizza for lunch
• Keep washed greens in the fridge for a quick salad snack

½ cup cooked dry peas or beans (think smaller than a can of tuna fish again). Suggestions:
• Add canned or frozen beans to vegetable soup
• Make a salad with a variety of lima, red kidney or green beans, diced onions and Italian dressing
• Toss pinto and chick peas into a green salad

QUICK TIP:
When dining out, here’s a new way of looking at those garnishes that make your plates so beautiful: Eat them. Try that orange slice and especially that green parsley. Not only is parsley one of nature’s best remedies to freshen breath, it is naturally nutritious as well.

Source: www.5aday.org
Portion sizes – the amount of food we choose to eat for a meal or snack – have gotten larger over the years, and yet the standard serving sizes that are often referred to are much, much smaller. See how good you are at estimating portions, and also see how much our typical portions have grown over the years.

1. An official serving of cooked meat is 65-100g. A good way to estimate this serving would be to keep in mind that it is about the size of:
   a. A deck of playing cards
   b. A paperback novel
   c. A slice of bread

2. How much larger is a typical serving of pasta, compared to the recommended serving of 1 cup?
   a. One and a half times
   b. Two times
   c. Three times
   d. Four times

3. Twenty years ago, the typical cheeseburger had about 335 calories. How many calories does the typical cheeseburger have today?
   a. 350
   b. 450
   c. 475
   d. 525

4. If you wanted to have a 30g piece of cheese for a snack, that piece of cheese would be about the same size as:
   a. A match box
   b. Your palm
   c. Your thumb
   d. A stick of butter

5. The recommended serving of French fries has about 250 calories. How many calories are in a typical ‘large’ order of French fries?
   a. 400
   b. 450
   c. 500
   d. 550
6. Pizza is no longer just some crust with some sauce and some cheese - it's loaded with meats and cheeses, and some even have extra cheese in the crust. A recommended serving is a slice of cheese pizza that contains about 250 calories. About how many calories would you find in a slice of a 'super-loaded' meat and cheese pizza?
   a. 300
   b. 350
   c. 400
   d. 450

7. A small box of buttered popcorn at the movies will contain around 169 calories. How many calories for the maxi tub with butter?
   a. 212
   b. 541
   c. 940
   d. over 1000

8. By how much has average portion size increased over the last 30 years?
   a. 10%
   b. 15%
   c. 25-50%
   d. 75%

9. A brownie recipe in the 1975 version of the cookbook The Joy of Cooking stated that the recipe made 30 brownies. The exact same recipe in the newest edition of the cookbook states that the recipe makes how many brownies?
   a. 1
   b. 8
   c. 16
   d. 24
   e. 30

10. Some tricks that have been shown to work in helping you keep your portion sizes under control are:
    a. Using smaller plates
    b. Drinking out of glasses that are tall and skinny, rather than short and wide
    c. Eating with a teaspoon instead of a soup spoon
    d. Eating foods that are all the same colour
    e. All of the above
PORTION DISTORTION

Portion sizes—the amount of food we choose to eat for a meal or snack—have gotten larger over the years, and yet the standard serving sizes that are often referred to are much, much smaller. See how good you are at estimating portions, and also see how much our typical portions have grown over the years.

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WEIGHT MANAGEMENT BEGINS WITH DIGESTIVE HEALTH

Your digestive system is one of the most essential components of your entire body. According to a recent survey, people have a keen interest in digestive health issues. More than 50% of people surveyed have grown more concerned about their digestive health in the past two years. And a solid 80% feel that it is important to improve their body’s digestive health, although they’re not doing much about it.

HERBALIFE FOR DIGESTIVE HEALTH
Digestive health can affect other areas of our health – weight, energy, skin and immunity – in ways we might never have imagined. It’s important to understand the link between digestive health and overall wellness.

To get the most from your weight-management programme, soothe your system with Herbalife’s Herbal Aloe Drink or Concentrate, Chitosan Fibre Complex which assists with the maintenance of regularity and suppression of appetite as part of a calorie-controlled diet, and Florafibre which helps maintain healthy digestive function by encouraging the growth of ‘friendly’ bacteria.

DIGESTIBLE FACTS
• The small intestine is where the majority of digestion and absorption of nutrients takes place.
• The health of your digestive system can affect your immune function.
• The majority of Australians and New Zealanders consume less than 20g of fibre per day*. However, both the Australian Department of Health & Ageing and the New Zealand Ministry of Health recommend 30g grams for adult men and 25g for adult women.

CLEANSING AND NUTRIENT ABSORPTION
In your everyday life, your body may be exposed to toxins. Maintaining your digestive health can help your body eliminate them from your system.

Supporting your body’s ability to absorb nutrients and eliminate toxins enhances your weight-management efforts. Improve your body’s nutrient absorption and healthy elimination, and you’ll see how your well-being improves overall.

*Source: www.daa.asn.au/fibre
www.moh.govt.nz/food/NutritionGuidelinesforHealthyAdults
QUIZ: WHAT DO YOU KNOW ABOUT DIGESTIVE HEALTH?

1. About how long is the digestive tract in the average adult (from where the food goes in, to where it comes out)?
   a. 1.5 metres
   b. 3.6 metres
   c. 9 metres
   d. 30 metres

2. On average, how long does it take for food to move through the stomach and small intestine?
   a. 2 days
   b. 6 to 8 hours
   c. 24 hours
   d. 20 minutes

3. Which of the following foods would be most likely to cause heartburn?
   a. Chocolate, tomato juice and mint
   b. Chilli peppers, lemon and ginger
   c. Beer, chips and guacamole
   d. Grapefruit, pickles and cheese

4. How much saliva does your body produce per day?
   a. About ½ cup
   b. About 1 cup
   c. 1 to 2 cups
   d. 2 to 6 cups

5. You would be considered constipated if:
   a. You go longer than a day without a bowel movement
   b. You don’t have a bowel movement after each meal
   c. Your stools are hard and difficult to pass
   d. You don’t have a bowel movement at the same time each day

6. Indigestion:
   a. Is a general term for an upset stomach
   b. Can include symptoms like heartburn, nausea, burping and bloating
   c. Can be aggravated by stress
   d. All of the above

7. About how much food does the average person eat in a year?
   a. 500kg
   b. 180kg
   c. 1130kg
   d. 360kg
8. Most ulcers are caused by:
   a. Eating too many spicy foods on an empty stomach
   b. A bacterial infection in the lining of the stomach
   c. Obesity
   d. Drinking too many fizzy drinks

9. The average human stomach can hold about 5 cups of food at a time. But competitive eaters can consume significantly more. How many hot dogs (with buns) did winner Joey Chestnut consume in 12 minutes in a hot dog eating contest held in America in 2007?
   a. 66
   b. 37
   c. 42
   d. 150

10. Irritable Bowel Syndrome (IBS) is difficult to diagnose because:
    a. Symptoms can vary from person to person
    b. It strikes more men than women, and men go to the doctor less often
    c. It can cause diarrhoea or constipation
    d. It’s the same thing as lactose intolerance
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    e. Both a and c
DIGEST THIS!

By Luigi Gratton, M.D., M.P.H.

**Q: WHY IS DIGESTIVE HEALTH SO VALUABLE?**

A: Most people have experienced digestive issues at some point in their lives. Many modern diets lack sufficient nutrition, such as fibre, for good digestive health. Fibre is essential for weight management and intestinal health but most people only eat half the recommended daily dietary fibre intake.

**Q: WHAT CAN I DO TO INCREASE MY FIBRE INTAKE?**

A: I always encourage people to eat five to seven servings of fruits and vegetables each day to get their daily fibre intake. But I realise how challenging it is to do that with our modern diet and on-the-go lifestyle. That is why I recommend taking supplements that contribute to promoting regularity, a feeling of fullness and the growth of ‘friendly’ intestinal bacteria.

To maintain a healthy digestive system, support your healthy diet with plenty of fibre and ask your Herbalife Independent Distributor about products which can assist you with Digestive Health.
DINING-OUT GUIDE

STARTERS
Enjoy vegetable-based soups, steamed seafood or fresh juice. Try to avoid the fried, cheesy and creamy appetisers.

BREADS AND ROLLS
Try choosing wholegrain or rye breads without butter. Limit your bread consumption by asking your waiter to remove the basket from the table.

ALCOHOL
Alcoholic beverages are often the source of many additional calories.
• Wine, 150ml, 125 calories
• Beer, 375ml, 135 calories
• Margarita, 225ml, 400 calories
To cut calories try adding soda water or have a light beer.

LOW FAT
Steamed, baked, roasted, boiled, wine sauce, grilled, stir-fried, poached

HIGH FAT
Fried, sautéed, battered, creamed, cream sauce, cheese sauce, marinated in oil, special sauce, crispy

SALADS
Can be the source of a lot of hidden fats and calories. Try ordering low-fat dressing served on the side. Beware of high-fat extras like bacon, cheese, cold cuts and mayonnaise-based salads. Avoid the crusts and shells that some salads are served in.

MAIN COURSES
Choose meat dishes with portion sizes of 170g or less. Fish and poultry breast have fewer calories than red meats. Ask your waiter to serve your main course without butter, margarine, sour cream or cheese topping, and order sauces on the side.

DESSERT
Desserts can make or break a meal. Sidestep high-calorie desserts by choosing fresh fruit or sorbet, or have a decaf coffee or some herbal tea.

TIPS FOR SUCCESS
• Have an apple or glass of water before leaving for the restaurant to curb your appetite.
• Alcohol may stimulate your appetite. Limit your consumption.
• Have your waiter remove your plate as soon as you are finished.

Remember that you do not have to finish everything on your plate – only eat until you feel full. If you are full and there is still food left on your plate, ask for a doggie bag and you can eat it the next day.
SECTION FIVE: Week 7: Dining Out

ORDERING GUIDELINES

- Request food to be baked, steamed, poached or grilled instead of fried.
- Try ordering two starters, or a soup and salad, instead of a main course.
- Split a large meal with a companion, and order an extra salad or vegetable.
- If portions are large, avoid the temptation to clean your plate - ask for a doggie bag.
- Ask that sauces and gravies be served on the side.
- Ask questions about meal-preparation techniques if you are unsure.
- Ask that the chef prepare your meal in wine rather than butter or oil.
- Order double portions of vegetables to replace rice or potatoes.

COOKING METHODS

Example:

- 285g potato, 200 calories
- 285g baked potato, 235 calories with one knob of butter
- Large French fries, 455 calories
- Large baked potato with chilli and cheese, 630 calories

Following these guidelines can help you make changes that will allow you to incorporate new eating habits into your lifestyle. The more consistent you are with your changes, the better your chance at achieving your goals.

Nutritional values are approximate and may vary according to brand and product chosen.
FAST-FOOD FRENZY

For many of us, when we go out to eat, it’s tempting to let our guard down a bit. Sometimes we think, ‘I paid for it, so I’m going to eat it,’ or we reward ourselves for a hard or difficult day. But if you eat out fairly often, your choices can definitely impact your overall diet. Take a look at the examples below, and see how you can save fat and calories at some of your favourite places.

This week’s tip is to help you make healthier decisions when eating out. By looking at the chart below, you can see how you can replace high-fat foods with some lower-calorie alternatives. You can try some similar changes at your favourite places, and many chain restaurants even list their nutrition information online to help you plan ahead. Just because it is fast food, doesn’t mean it has to be unhealthy.

<table>
<thead>
<tr>
<th>FAST FOOD</th>
<th>IF YOU CHOOSE:</th>
<th>YOU WOULD BE EATING:</th>
<th>IF INSTEAD YOU CHOSE:</th>
<th>YOU WOULD BE EATING</th>
<th>AND YOU WOULD BE SAVING</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thai</td>
<td>Red curry with beef, jasmine rice, spring rolls and a can of fizzy drink</td>
<td>Calories: 1227 Fat: 68g (that’s nearly 14 teaspoons of fat)</td>
<td>Tom yum soup, Thai beef salad, and iced tea or water</td>
<td>Calories: 462 Fat: 9.2 grams</td>
<td>Calories: 815 Fat: 68.8 grams</td>
</tr>
<tr>
<td>Sandwich</td>
<td>12-inch steak sandwich topped with cheese &amp; chipotle sauce + regular chips + a drink</td>
<td>Calories: 1,400 Fat: 60 grams (that’s 12 teaspoons of fat)</td>
<td>6-inch ham sandwich + grilled chicken and baby spinach salad with fat-free Italian dressing + baked chips + iced tea, water or diet fizzy drink</td>
<td>Calories: 685 Fat:10 grams</td>
<td>Calories: 715 Fat: 50 grams</td>
</tr>
<tr>
<td>Burger</td>
<td>One double cheese burger+ large fries + large drink</td>
<td>Calories: 1,690 Fat: 85 grams (that’s 17 teaspoons of fat)</td>
<td>Garden salad topped with grilled chicken and one-half packet of light Italian dressing+ water, iced tea or diet fizzy drink</td>
<td>Calories: 354 Fat:14 grams</td>
<td>Calories: 1,338 Fat: 71 grams</td>
</tr>
<tr>
<td>Italian</td>
<td>One slice cheese pizza + One slice pepperoni pizza + fizzy drink</td>
<td>Calories: 1,390 Fat: 50 grams (that’s 10 teaspoons of fat)</td>
<td>Two slices fresh vegetarian pizza + garden salad with light dressing + fruit salad + herbal tea or water</td>
<td>Calories: 347 Fat: 6.6 grams</td>
<td>Calories: 1043 Fat: 43.4 grams</td>
</tr>
<tr>
<td>Oriental</td>
<td>Sweet and sour pork, orange chicken, noodles + a fizzy drink</td>
<td>Calories: 1,490 Fat: 62 grams (that’s more than 12 teaspoons of fat)</td>
<td>Chicken with string beans + mixed vegetables + one steamed rice + hot and sour soup</td>
<td>Calories: 510 Fat: 13 grams</td>
<td>Calories: 980 Fat: 49 grams</td>
</tr>
</tbody>
</table>

Nutritional values are approximate and may vary according to brand and product chosen.
The questions below ask you to picture yourself in different settings and determine what would be the best selection in each case.

1. You decide to go to a Mexican restaurant. Which item would be the best choice?
   a. A taco salad
   b. A vegetable quesadilla
   c. Grilled chicken soft tacos with salsa and guacamole

2. You are meeting a friend for coffee. You decide to skip breakfast so you can get something to eat at the coffee house. What would be your best choice?
   a. A low-fat muffin and a skinny hot chocolate
   b. Half a toasted bagel with light cream cheese and a small skinny latte
   c. A slice of coffee cake and black coffee

3. You are in a hurry and decide to stop at the nearest fast food drive-through. What would be your best choice?
   a. A fish sandwich without mayonnaise and a diet fizzy drink
   b. A hamburger with mustard and ketchup only, iced tea and a soft-serve children’s ice cream cone
   c. A green salad with two packets of ranch dressing and iced tea

4. The snack machine at work is calling to you. What would be the best selection?
   a. A bag of baked potato chips
   b. A cereal bar
   c. A bag of trail mix

5. You’ve had a busy day of shopping and are tempted by a special offer at the Chinese food counter in the food court. Which would be the best choice?
   a. Stir-fried vegetable chow mein
   b. Beef and broccoli with half a bowl of steamed rice
   c. Two egg rolls and a bowl of wonton soup

6. You are taking some calorie-conscious friends out to dinner. Where would you be most likely to find the healthiest selections?
   a. A Greek restaurant
   b. A French restaurant
   c. An Indian restaurant

7. Which of the following starters would be the most health-conscious way to being a meal?
   a. Chicken wings with barbecue sauce
   b. Spinach dip with melba toast
   c. Sliced tomatoes and mozzarella with basil
8. You've had a pretty healthy meal, so you decide to have dessert. Which of these would have the fewest calories?
   a. A slice of strawberry cheesecake
   b. A scoop of ice cream with berries and a drizzle of chocolate syrup
   c. A slice of carrot cake

9. You’re on holiday and it’s time to hit the breakfast buffet at the hotel. What would be the best meal for you?
   a. Two large pancakes with no butter–just syrup–and a glass of orange juice
   b. Two scrambled eggs with diced ham and some fresh fruit
   c. A bowl of granola topped with raisins and skim milk with a glass of cranberry juice

10. You are at a barbecue, and there is a huge array of side dishes to accompany the barbecued chicken. Which of the following groups would make the best choice?
    a. Fruit salad, potato salad and traditional coleslaw
    b. Cucumbers in vinaigrette dressing, baked beans and grilled capsicums
    c. Barbecued corn on the cob, creamed spinach and chopped salad with Thousand Island dressing
ANSWER KEY: THE INS AND OUTS OF DINING OUT

1. You decide to go to a Mexican restaurant. Which item would be the best choice?
   a. A taco salad
   b. A vegetable quesadilla
   c. Grilled chicken soft tacos with salsa and guacamole

The best choice would be the grilled chicken soft tacos. A taco salad typically has a fried tortilla as the base or the shell to contain the contents, which can add several hundred calories. Even if you don’t eat the shell, the salads are often loaded with cheese, sour cream and salad dressing. A vegetable quesadilla may sound healthy, but the large flour tortilla has about 350 calories, and 3 ounces of shredded cheese adds another 300. The vegetables are likely grilled in oil, so the whole quesadilla could cost you over 800 calories.

2. You are meeting a friend for coffee. You decide to skip breakfast so you can get something to eat at the coffee house. What would be your best choice?
   a. A low-fat muffin and a skinny hot chocolate
   b. Half a toasted bagel with light cream cheese and a small skinny latte
   c. A slice of coffee cake and black coffee

Don’t be fooled by the low-fat label. Many low-fat baked goods have just as many calories as traditional items—they often have less fat but a lot more sugar to make them taste good. Typical muffins can run almost 500 calories because they are so huge, and the skinny hot chocolate still packs a lot of calories because of the sugar. A slice of coffee cake and black coffee sounds light because it’s relatively small, but it could still contain at least 400 calories. A half a bagel with light cream cheese is only about 200 calories, and the latte would give you some healthy protein for about another 90 to 100 calories, so this would be the best choice.

3. You are in a hurry and decide to stop at the nearest fast food drive-through. What would be your best choice?
   a. A fish sandwich without mayonnaise and a diet fizzy drink
   b. A hamburger with mustard and ketchup only, iced tea and a soft-serve children’s ice cream cone
   c. A green salad with two packets of ranch dressing and iced tea

Some people think that fish is better than beef, regardless of how it is cooked. In most fast-food places, the fish is fried, so the calories are really high. Your best bet of the three selections above would be the plain burger and the small soft-serve cone. Why not the green salad? The salad itself has a low calorie count, but without any protein in it, you’ll be hungry in no time. Add two packets of dressing, which is four servings, and you’ve just dumped about 350 calories of fat on your meal. The burger meal with the children’s ice cream adds up to only about 300 calories.
4. The snack machine at work is calling to you. What would be the best selection?

a. A bag of baked potato chips  
b. A cereal bar  
c. A bag of trail mix

A half a cup of trail mix can log in at about 400 calories, even though it sounds healthy. The nuts and raisins add up quickly – and if you add chocolate chips and banana chips (which are fried), the calories climb. Baked potato chips contain about 110 calories in a 35g bar, which would be less than the cereal bar at 140 calories per bar, but if the chip bag is larger than 35g, then the cereal bar would be a better bet.

5. You’ve had a busy day of shopping and are tempted by a special offer at the Chinese food counter in the food court. Which would be the best choice?

a. Stir-fried vegetable chow mein  
b. Beef and broccoli with half a bowl of steamed rice  
c. Two egg rolls and a bowl of wonton soup

Beef and broccoli would be your best bet. Stir-fried vegetable chow mein is loaded with oil and the calories in all those noodles add up quickly. Two egg rolls and a cup of wonton soup sounds like a light meal, but the fried egg rolls are about 350 calories and the soup about the same – a total of 700 calories for such a small meal. Beef and broccoli with steamed rice will have fewer calories and much more nutrition than either of the other choices.

6. You are taking some calorie-conscious friends out to dinner. Where would you be most likely to find the healthiest selections?

a. A Greek restaurant  
b. A French restaurant  
c. An Indian restaurant

Your best bet here would likely be the Greek restaurant. Mediterranean restaurants generally have good offerings in the way of fish dishes, vegetables and salads. French food is notoriously rich; Indian food may seem healthy because of its emphasis on vegetarian dishes, but there is often a lot of butter and cream lurking in the curry dishes.

7. Which of the following starters would be the most health-conscious way to being a meal?

a. Chicken wings with barbecue sauce  
b. Spinach dip with melba toast  
c. Sliced tomatoes and mozzarella with basil

Even though you’ll be consuming a little cheese with your tomato salad, this is still your best bet of the three. Mozzarella is a low-fat cheese, and the sliced tomatoes add very few calories to this dish. Don’t be fooled into thinking that the dip is healthy because it contains spinach. The dish is loaded with all kinds of rich and creamy ingredients and is very high calorie. Similarly, chicken wings – while small – are usually fried, and the portions are generous.
8. You’ve had a pretty healthy meal, so you decide to have dessert. Which of these would have the fewest calories?

a. A slice of strawberry cheesecake  
b. A scoop of ice cream with berries and a drizzle of chocolate syrup  
c. A slice of carrot cake

The ice cream is actually your best choice here. The portion is relatively small, and chocolate syrup has only about 50 calories per tablespoon. The dessert seems special, but has fewer calories than the other two. In most restaurants, carrot cake has even more calories than cheesecake, which is already very high in calories. Carrot cake sounds healthy, but it’s loaded with oil and is typically topped with sweetened cream cheese.

9. You’re on holiday and it’s time to hit the breakfast buffet at the hotel. What would be the best meal for you?

a. Two large pancakes with no butter–just syrup–and a glass of orange juice  
b. Two scrambled eggs with diced ham and some fresh fruit  
c. A bowl of granola topped with raisins and skim milk with a glass of cranberry juice

Don’t be fooled by the healthy sounding granola. Some are as high as 450 calories a cup, so unless you really control portions, you’ll be running up a hefty calorie bill by the time you add raisins (at 30 calories a tablespoon), skim milk for 120 calories, and cranberry juice at 160 calories per 250mL glass. The pancakes and orange juice breakfast could cost you nearly 600 calories, and with almost no protein in the meal, you’ll be hungry an hour later. Ham is a relatively lean meat to add to the scrambled eggs, and the fresh fruit will add bulk to your meal and keep you full, so the egg breakfast is the best choice.

10. You are at a barbecue, and there is a huge array of side dishes to accompany the barbecued chicken. Which of the following groups would make the best choice?

a. Fruit salad, potato salad and traditional coleslaw  
b. Cucumbers in vinaigrette dressing, baked beans and grilled capsicums  
c. Barbecued corn on the cob, creamed spinach and chopped salad with Thousand Island dressing

The best choice would be choice (b). The first grouping contains fruit, which is great, but potato salad and traditional coleslaw are loaded with mayonnaise and calories. In choice (c), the barbecued corn is a good selection, but the creamy spinach and salad with creamy dressing turn these healthy vegetables into big loads of fat. Choice (b) offers a good range of nutritious foods – the cucumbers in vinaigrette are relatively low-calorie, as are the grilled capsicums. The baked beans are low in fat, high in fibre and contain some protein, too – making this group the best choice.
THE FIBRE FACTOR

By Susan Bowerman, M.S., R.D., C.S.S.D.

More than 100 years ago, someone figured out how to separate the bran from grains of wheat, leaving only the starchy interior to be ground into flour. From this discovery, an amazing new product – white bread – was born. But the introduction of refined flour products certainly contributed to the slow decline in dietary fibre intake.

It has been estimated that our hunter-gatherer ancestors – who foraged for food for hours every day – ate about 5.5 kilos of plant foods a day and about 100 grams of fibre. If we did that, we’d spend a good part of our day just eating. But the average person falls far short of meeting the fibre recommendation of at least 25 to 30 grams a day. In fact, most of us only eat about 15 grams. Fibre is the structural portion of a plant, and so it is found in whole fruits, vegetables, beans and grains (like corn and brown rice); there is no fibre in meats, fish or poultry. Different types of fibres have different effects on the body, and it’s important to get plenty of fibre from a variety of sources.

Water-soluble fibres are found in the highest concentration in apples, oranges, carrots, potatoes, oats, barley and beans. These types of fibre delay the time it takes for food to pass through the system, and so they provide a feeling of fullness. They also slow the absorption of glucose (sugar) from the bloodstream and so they help to keep blood-sugar levels more even throughout the day. This type of fibre is also helpful in lowering blood cholesterol levels, which is why oats and oat bran have been popular for heart health.

Water-insoluble fibres are found in the highest concentrations in vegetables, wheat bran, corn bran, rice bran and most other whole grains. These fibres speed up the transfer of food through the intestines and also trap water, so they are particularly good in helping to prevent constipation.

The health benefits of a high-fibre diet are numerous. Most people are aware that fibre maintains normal bowel function. For those wanting to lose weight, a high-fibre diet is a great way to go. Fruits, vegetables and whole grains have fewer calories ‘per bite’ than do foods that have a lot of fat and sugar. Also, the fibres keep food in the stomach longer and absorb water, so they provide the sensation of fullness.

Can you get too much? Adding too much fibre to the diet in a short period of time might lead to abdominal discomfort and gas, so if your diet is usually low in fibre, increase the amount slowly over a few weeks to give your system time to adjust. Also, drink plenty of liquid to allow the fibre to soften and swell. And make sure to eat a variety of fibre sources to reap all the health benefits that high-fibre foods provide.
Tips for increasing fibre intake

- Eat whole fruits with skin more often than drinking fruit juices.
- Use whole fruit as a dessert.
- Eat a variety of whole vegetables – cooked and raw – and eat them freely.
- Use wholegrain cereals, oatmeal and bran cereals more often than refined cereals, like Coco Pops or cornflakes.
- Use 100% wholegrain breads, waffles, rolls, English muffins and crackers instead of those made with white flour.
- Try wholegrain pasta.
- Use corn tortillas rather than flour.
- Use brown rice, wild rice, millet, barley and cracked wheat as alternatives to white rice.
- Add beans to main-dish soups, stews, chilli or salads.
- Add wheat bran or oat bran to meatloaf or meatballs.
- For snacks, try wholegrain pretzels, popcorn or low-fat bran muffins as alternatives to cakes, cookies and chips.
- If you have trouble meeting your fibre intake, you can use fibre supplements. But remember that fibre supplements don’t replace the healthy fruits, vegetables and whole grains that you should be consuming.

Fibre Content of some High-Fibre Foods*

<table>
<thead>
<tr>
<th>FOOD ITEM</th>
<th>PORTION</th>
<th>CALORIES</th>
<th>FIBRE (GRAMS)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blackberries</td>
<td>1 cup (160g)</td>
<td>69</td>
<td>8.5</td>
</tr>
<tr>
<td>Blueberries</td>
<td>1 cup (150g)</td>
<td>86</td>
<td>3.6</td>
</tr>
<tr>
<td>Orange</td>
<td>1 large</td>
<td>141</td>
<td>7.2</td>
</tr>
<tr>
<td>Red apple</td>
<td>1 medium</td>
<td>72</td>
<td>3.3</td>
</tr>
<tr>
<td>Red pear</td>
<td>1 medium</td>
<td>87</td>
<td>4.7</td>
</tr>
<tr>
<td>Strawberries, sliced</td>
<td>1 cup (150g)</td>
<td>50</td>
<td>3.0</td>
</tr>
<tr>
<td>Broccoli, cooked</td>
<td>1 cup (156g)</td>
<td>55</td>
<td>5.1</td>
</tr>
<tr>
<td>Carrots, cooked</td>
<td>1 cup (156g)</td>
<td>55</td>
<td>4.7</td>
</tr>
<tr>
<td>Spinach, cooked</td>
<td>1 cup (200g)</td>
<td>46</td>
<td>4.8</td>
</tr>
<tr>
<td>Kidney beans, drained</td>
<td>½ cup (100g)</td>
<td>85</td>
<td>6.4</td>
</tr>
<tr>
<td>Lentils, cooked</td>
<td>½ cup</td>
<td>115</td>
<td>8</td>
</tr>
<tr>
<td>All Bran cereal</td>
<td>¾ cup (52g)</td>
<td>171</td>
<td>15.3</td>
</tr>
<tr>
<td>Porridge, cooked</td>
<td>1 cup (90g yields 280g)</td>
<td>342</td>
<td>9.2</td>
</tr>
<tr>
<td>Rye crackers</td>
<td>3 crackers</td>
<td>82</td>
<td>3.5</td>
</tr>
</tbody>
</table>

* Nutritional values are approximate and may vary according to brand and product chosen.
EAT YOUR FRUITS AND VEGGIES

By Luigi Gratton, M.D., M.P.H.

When our mothers told us ‘Eat your fruits and veggies’ they were right. They are an essential part of our diet, providing a wide range of vitamins and minerals that serve an array of important functions in the body. Many people, however, are still deficient in their fruit and vegetable intake.

NOT GETTING THE MESSAGE
According to the recent Australian Government initiative, ‘Go for 2 & 5’, eating plenty of fruit and vegies not only contributes to good health, but also protects against a number of diseases and as well as helping to maintain a healthy weight. Adults need to eat at least two serves of fruit and five serves of vegies each day and most Australians eat only half the amount of fruit and vegies recommended for good health.

The New Zealand Dietetic Association states that eating more fruit and vegetables could significantly reduce the risk of many chronic diseases, including, high blood pressure, obesity, cardiovascular disease and some cancers. It has been estimated that diet is likely to contribute to the development of one-third of all cancers, and that eating more fruits and vegetables is the second most important cancer prevention strategy, after stopping smoking.

A RAINBOW OF REASONS
There is a rainbow of reasons to eat a variety of colours from the produce aisle. Fruits and vegetables are typically fat free, low in salt and an excellent source of fibre. Some fruits and vegetables, such as carrots and cantaloupe, provide Vitamin A, which maintains eye health and immunity. Other fruits and vegetables, such as bananas and spinach, contain potassium, which is necessary for proper nerve and muscle functioning. Green vegetables, such as broccoli and asparagus, provide B vitamins, which are necessary for converting food into energy. But all fruits and vegetables contain phytonutrients, the health-promoting components of plants. Scientific studies show that phytonutrients can help protect seven key organs, including the eyes, heart, liver and skin, and they may also serve as antioxidants.

ANTIOXIDANT PROTECTION
Current research has measured the total antioxidant power of various foods, citing fruits and vegetables at the top of the list. Antioxidants protect our bodies from free radicals that can cause damage to cellular membranes. Antioxidants also boost our immunity, help make our muscles stronger and support bone and skin health. Since eating the recommended daily servings of antioxidant-rich fruits and vegetables is not always realistic, try supplementing your diet with appropriate products.

So, try to get in the habit of eating plenty of produce each day. It’s one of the biggest favours you can give your body.
Colour-coding can be a useful device to introduce diversity into the diet. The different colours are important because the different plant chemicals they represent have different effects on the body.

There are two purposes for this classification. First, it is meant to increase the diversity of the plant foods you eat. Second, it groups these according to mechanisms that the phytochemicals in each group provide. By eating regularly from each group, you will obtain a rich group of phytochemicals to help promote good health. And remember not to overdo a good thing: Fruits and vegetables have a lot of nutrients per serving, so always be sure to keep portion size reasonable.

<table>
<thead>
<tr>
<th>COLOUR GROUP</th>
<th>PREVENTIVE BENEFITS*</th>
<th>FOODS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Red (lycopene)</td>
<td>Prostate and lung cancer&lt;br&gt;Heart disease&lt;br&gt;Antioxidant</td>
<td>Tomatoes, pasta sauce, tomato soup, tomato-based juices (spicy or regular) sauces; pink grapefruit, guava and watermelon</td>
</tr>
<tr>
<td>Red/Purple (anthocyanidins, resveratrol)</td>
<td>Protects DNA&lt;br&gt;Antioxidant&lt;br&gt;Anticancer</td>
<td>Grapes, cranberries, blueberries, blackberries, strawberries, pomegranate, plums and cherries</td>
</tr>
<tr>
<td>Orange (alpha- and beta-carotene)</td>
<td>Antioxidant&lt;br&gt;Anticancer</td>
<td>Carrots, mangos, apricots, squash, cantaloupe melon, pumpkin and sweet potatoes</td>
</tr>
<tr>
<td>Orange/Yellow (terpenoids, Vitamin C)</td>
<td>Antioxidant&lt;br&gt;Anticancer&lt;br&gt;Heart disease</td>
<td>Oranges, tangerines, yellow grapefruit, lemon, lime, peaches, papaya and pineapple; zest of lemon, lime and orange</td>
</tr>
<tr>
<td>Yellow/Green (lutein)</td>
<td>Vision&lt;br&gt;Anticancer&lt;br&gt;Heart disease</td>
<td>Spinach, avocado, green peas, green beans, green capsicums, yellow capsicums, cucumber and kiwi</td>
</tr>
<tr>
<td>Green (glucosinolates)</td>
<td>Anticancer&lt;br&gt;Heart disease</td>
<td>Broccoli, Brussels sprouts, cabbage, kale, cauliflower, Chinese cabbage or bok choi</td>
</tr>
</tbody>
</table>

Adapted from *What Color is Your Diet?* by David Heber and Susan Bowerman, New York: HarperCollins, 2001

*These benefits are potential and based on the current understanding of science in these areas. Also, the various fruits and vegetables in each group have multiple compounds that work together to provide some of these benefits. Only the major ones are used to form the groupings.
# Ripe for the Picking

## Food Selection and Storage

<table>
<thead>
<tr>
<th>Food</th>
<th>Selection</th>
<th>Storage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple</td>
<td>Choose firm, shiny, smooth-skinned apples with intact stems. Should smell fresh, not musty.</td>
<td>Refrigerate in plastic bag away from foods with a strong odour. Use within 3 weeks.</td>
</tr>
<tr>
<td>Artichoke</td>
<td>Choose plump heads with tightly closed leaves, heavy for size. Pull back one leaf to check heart for black blemishes.</td>
<td>Refrigerate in plastic bag up to 1 week. Keep dry to prevent mould growth. You can freeze cooked, but not raw, artichokes.</td>
</tr>
<tr>
<td>Asparagus</td>
<td>Avoid limp or wilted stalks. Choose odourless stalks with dry, tight tips.</td>
<td>Trim stems, wash and dry thoroughly. Wrap stem ends in a wet paper towel, and refrigerate in a plastic bag for up to 4 days.</td>
</tr>
<tr>
<td>Avocado</td>
<td>Choose avocado with firm skin and no soft spots, firm but yielding-to-gentle pressure when ripe.</td>
<td>Store when unripe at room temperature in paper bag; place an apple or banana in the bag to hasten ripening. Refrigerate when ripe for 2 to 3 days.</td>
</tr>
<tr>
<td>Banana</td>
<td>Choose fruit with slight green on stem and tip, firm without bruises. Ripens after harvest.</td>
<td>Store unripe fruit at room temperature. Store ripe fruit in refrigerator for up to 2 weeks; skin may turn black. To freeze, peel the banana, wrap in foil and freeze. Tastes like ice cream!</td>
</tr>
<tr>
<td>Beans (Green)</td>
<td>Choose fresh, well-coloured beans that snap easily when bent.</td>
<td>Refrigerate unwashed beans in a loose plastic bag, use within 1 week.</td>
</tr>
<tr>
<td>Blueberry</td>
<td>Choose firm, plump, dry berries with dusty blue colour and uniform in size.</td>
<td>Refrigerate for 10 to 14 days. You can also freeze whole blueberries — rinse, pat dry and freeze in an airtight container.</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Choose odourless heads with tight, bluish-green florets.</td>
<td>Mist with water, wrap loosely in damp paper towels, refrigerate and use within 3 to 5 days. Don’t store in a sealed plastic bag.</td>
</tr>
<tr>
<td>FOOD</td>
<td>SELECTION</td>
<td>STORAGE</td>
</tr>
<tr>
<td>------------</td>
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<td>---------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Brussels sprouts</td>
<td>Choose firm, compact, bright-green heads. Buy on stalk when possible.</td>
<td>Refrigerate unwashed Brussels sprouts in an unsealed plastic bag up to 1 week.</td>
</tr>
<tr>
<td>Cabbage</td>
<td>Choose heads with compact leaves that are heavy for their size.</td>
<td>Refrigerate unwashed cabbage in an unsealed plastic bag for up to 7 days.</td>
</tr>
<tr>
<td>Capsicum</td>
<td>Choose firm, brightly coloured capsicums with tight skin that are heavy for their size. Avoid dull, shrivelled or pitted capsicums.</td>
<td>Store unwashed capsicums in the refrigerator in a plastic bag for use within 5 days. If it gets a small mouldy spot, you can cut out the mouldy spot and use the rest of the capsicum. You can also slice or chop capsicums, and freeze them in an airtight container.</td>
</tr>
<tr>
<td>Carrots</td>
<td>Choose well-shaped, smooth, firm, crisp carrots with deep colour and fresh, green tops. Avoid soft, wilted or split carrots.</td>
<td>Refrigerate in an unsealed plastic bag with tops removed up to 2 weeks.</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>Choose cauliflower with compact, creamy-white florets and bright-green, firmly attached leaves. Avoid brown spots or loose sections that are spread out.</td>
<td>Refrigerate in loose plastic bag up to 5 days.</td>
</tr>
<tr>
<td>Celery</td>
<td>Choose straight, rigid stalks with fresh leaves. Avoid pithy, woody or limp stalks.</td>
<td>Refrigerate in plastic bag or wrap in foil for 1 week or more.</td>
</tr>
<tr>
<td>Cherry</td>
<td>Select firm, red cherries with stems attached. Avoid soft, shrivelled or blemished cherries.</td>
<td>Refrigerate for up to 10 days.</td>
</tr>
<tr>
<td>Corn</td>
<td>Choose ears with green husks, fresh silks and tight rows of kernels.</td>
<td>Refrigerate with husks on for use as soon as possible, or within 1 to 2 days.</td>
</tr>
<tr>
<td>FOOD</td>
<td>SELECTION</td>
<td>STORAGE</td>
</tr>
<tr>
<td>------------</td>
<td>--------------------------------------------------------------------------</td>
<td>-------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Cucumber</td>
<td>Choose firm, well-shaped cucumbers with dark green colour, heavy for size.</td>
<td>Refrigerate in a loose plastic bag up to 1 week.</td>
</tr>
<tr>
<td>Eggplant</td>
<td>Choose fruits that are smooth, unwrinkled, and heavy for their size. The flesh should feel springy and bounce back when pressed.</td>
<td>Eggplant bruises easily and is quite perishable. Store in a loose plastic bag in the refrigerator for 1 to 2 days.</td>
</tr>
<tr>
<td>Grapes</td>
<td>Choose plump, firm fruits that are firmly attached to the stem.</td>
<td>Store in a loose plastic bag in the refrigerator for up to 1 week.</td>
</tr>
<tr>
<td>Grapefruit</td>
<td>Choose fruits with thin, smooth, firm blemish-free skins that are heavy for their size.</td>
<td>Store at room temperature for 1 week or under refrigeration for 2 to 3 weeks.</td>
</tr>
<tr>
<td>Kiwi</td>
<td>Choose slightly firm fruit with a rough, fuzzy skin.</td>
<td>Store unripened fruit in plastic bags under refrigeration for up to 6 weeks.</td>
</tr>
<tr>
<td>Lemon, Lime</td>
<td>Choose lemons and limes with firm, thin, smooth skin, heavy for size.</td>
<td>Refrigerate up to 2 weeks.</td>
</tr>
<tr>
<td>Lettuce (Iceberg)</td>
<td>Choose heads with fresh, clean outer leaves and compact inner leaves.</td>
<td>Rinse head upon purchase; dry on paper towels. Refrigerate in a loose plastic bag for use within 1 week. Don’t store with apples, pears or bananas.</td>
</tr>
<tr>
<td>Lettuce</td>
<td>Choose lettuce with crisp leaves. Avoid brown edges.</td>
<td>After purchase, rinse well, dry with paper towels or in a salad spinner. Refrigerate in plastic bag up to 1 week. Don’t store with apples, pears or bananas.</td>
</tr>
</tbody>
</table>
### SECTION FIVE: Week 8: Fibre

<table>
<thead>
<tr>
<th>FOOD</th>
<th>SELECTION</th>
<th>STORAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mango</td>
<td>Choose slightly firm mangos with sweet aroma.</td>
<td>Store at room temperature 1 to 2 days. Refrigerate peeled, cut mangos.</td>
</tr>
<tr>
<td>Melon (Cantaloupe)</td>
<td>Choose fragrant, symmetrical melons, heavy for size with no visible bruises and yellow or cream undertone beneath the webbing. Stem end should give to gentle pressure.</td>
<td>Store uncut at room temperature up to 1 week. Refrigerate cut melon in airtight container up to 5 days. Wash melon before cutting to avoid transfer of surface bacteria to the inside of the fruit.</td>
</tr>
<tr>
<td>Melon (Honeydew)</td>
<td>Choose well-shaped fruits that are nearly spherical. Should have a waxy, not fuzzy, surface and feel heavy for size. They should be fragrant.</td>
<td>Store in refrigerator for up to 2 weeks. Wash melon before cutting to avoid transfer of surface bacteria to the inside of the fruit.</td>
</tr>
<tr>
<td>Mushroom</td>
<td>Choose well-shaped mushrooms with firm texture. Avoid spots and slime.</td>
<td>Refrigerate in original container or paper bag up to 1 week.</td>
</tr>
<tr>
<td>Nectarine</td>
<td>Choose firm nectarines with smooth skin.</td>
<td>Store unripe in paper bag until ripe, then store at room temperature for use within 2 to 3 days.</td>
</tr>
<tr>
<td>Onion</td>
<td>Choose onions that are firm and dry with bright, smooth outer skins.</td>
<td>Store whole onions in a cool, dark, well-ventilated place for use within 4 weeks. Refrigerate cut onions in a tightly sealed container for use within 2 to 3 days.</td>
</tr>
<tr>
<td>Orange</td>
<td>Choose oranges with firm, smooth skins, heavy for size.</td>
<td>Store at room temperature for 1 to 2 days. Refrigerate for 1 to 2 weeks.</td>
</tr>
<tr>
<td>Peach</td>
<td>Choose peaches with firm, fuzzy skins that yield to gentle pressure when ripe. Avoid blemishes.</td>
<td>Store unripe peaches in paper bag. When ripe, store at room temperature for use within 1 to 2 days.</td>
</tr>
</tbody>
</table>
## FOOD SELECTION STORAGE

<table>
<thead>
<tr>
<th>FOOD</th>
<th>SELECTION</th>
<th>STORAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Pear</strong></td>
<td>Choose firm fruit, then check the neck for ripeness daily by applying gentle pressure to the stem end of the pear with your thumb. When it yields to the pressure, it’s ready to eat.</td>
<td>Store unripe pears in paper bag at room temperature. Refrigerate ripe pears.</td>
</tr>
<tr>
<td><strong>Pineapple</strong></td>
<td>Choose pineapples with dark-green leaves, heavy for size. Avoid soft or dark spots and dry-looking leaves.</td>
<td>Eat as soon as possible. Refrigerate cut pineapple for 2 to 3 days. Wash fruit before cutting to avoid transfer of surface bacteria to the inside of the fruit.</td>
</tr>
<tr>
<td><strong>Plum</strong></td>
<td>Choose plump plums with smooth skins. Avoid bruises and soft spots.</td>
<td>Store unripe plums in paper bag until ripe. Refrigerate ripe plums.</td>
</tr>
<tr>
<td><strong>Potato</strong></td>
<td>All varieties should be clean, firm, smooth, dry and uniform in size.</td>
<td>Store in a cool, dark, well-ventilated place for use within 3 to 5 weeks.</td>
</tr>
<tr>
<td><strong>Radish</strong></td>
<td>Choose smooth, brightly coloured, medium-sized radishes. Attached tops should be green and fresh looking.</td>
<td>Refrigerate in plastic bag for use within 1 week. Remove tops before storing.</td>
</tr>
<tr>
<td><strong>Raspberry</strong></td>
<td>Choose dry, plump, firm berries. Avoid wet or mouldy berries.</td>
<td>Do not wash until ready to eat. Refrigerate for use within 1 to 2 days.</td>
</tr>
<tr>
<td><strong>Spinach</strong></td>
<td>Choose fresh, crisp, green bunches with no evidence of insect damage.</td>
<td>Loosely wrap in damp paper towel. Refrigerate in loose plastic bag for use within 3 to 5 days.</td>
</tr>
<tr>
<td><strong>Squash</strong></td>
<td>For all varieties, choose glossy, small- to medium-sized squash, heavy for size.</td>
<td>Refrigerate for use within 3 to 4 days.</td>
</tr>
</tbody>
</table>
### SECTION FIVE: Week 8: Fibre

<table>
<thead>
<tr>
<th>FOOD</th>
<th>SELECTION</th>
<th>STORAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strawberry</td>
<td>Choose shiny, firm fruit with a bright-red colour. Caps should be fresh, green and intact. Avoid shrivelled, mushy or leaky berries.</td>
<td>Do not wash until ready to eat. Store in refrigerator for 1 to 3 days.</td>
</tr>
<tr>
<td>Tangerine</td>
<td>Choose firm to semi-soft tangerines with deep orange colour, heavy for size. Avoid soft spots and dull or brown colour.</td>
<td>Refrigerate up to 2 weeks.</td>
</tr>
<tr>
<td>Tomato</td>
<td>Choose tomatoes with bright, shiny skins and firm flesh.</td>
<td>Store at room temperature away from direct sunlight; use within 1 week after ripe.</td>
</tr>
<tr>
<td>Watermelon</td>
<td>Choose symmetrical watermelons with dried stems and yellowish undersides, heavy for size with a hard rind.</td>
<td>Store whole watermelons at room temperature. Refrigerate cut watermelons in airtight container for use within 5 days. Wash melon before cutting to avoid transfer of surface bacteria to the inside of the fruit.</td>
</tr>
</tbody>
</table>
SURROUNDED BY SUGAR

By Luigi Gratton, M.D., M.P.H.

I always encourage my patients, when shopping, to avoid sugar and instead, look for protein. Since we live in a carbohydrate-rich society, it’s not always easy to find low-calorie, healthy foods, which are generally expensive and have a short shelf life. This is all too obvious when travelling. Whether it’s at the airport or a service station, high-protein foods that are low in sugar are difficult to find. The next time you walk into a service station, a food stop, or a snack bar in the airport, look around - you will see lots of chips, lollies, crackers, doughnuts, muffins and plenty of fizzy drinks.

Generally, the only protein is beef jerky, nuts and milk. Now, protein bars are coming into fashion, but they are not widespread. The problem with snacking on these sugary foods is the empty calories. You want to make your calories count, and sugar doesn’t help much. Pre-packaged foods that are high in sugar generally do not have a high-nutrient density.

Protein is the nutrient of interest for most of the current diets. In the 1980s, the high-carbohydrate diet was king, but this diet has proven detrimental to most people. We do need carbohydrates though – remember, it’s like the fuel you add to the petrol tank of your car – but unless you’re training for a marathon, you do not need that much. Generally, about 40-50% of your daily calories can come from carbohydrates, which means that on a 2,000 calorie-per-day diet, that is approximately 800 to 1,000 calories, which translates into the typical Western breakfast of a large latte and a muffin.

Under these conditions, you’ve usually reached the level of carbohydrates you need for the day by this time. Now imagine adding some pizza, a hamburger and a fizzy drink, a mid-afternoon coffee, a bag of chips and then maybe some bread with dinner - it’s not hard to quickly accumulate 4,000 calories. Cutting carbohydrates out of the diet is the basis of most, if not all, of the popular diet programmes today.

The idea of a low-fat diet has changed, and now a diet rich in healthy fats – such as monounsaturated fats from nuts, avocados and olive oil, and polyunsaturated fats from fish oil and flaxseed – is popular. The ideal percentage for dietary protein can vary widely, but most experts target around 30 percent.
Say the word ‘sugar’ and most people picture the familiar white granular stuff many of us have in a sugar bowl at home. But what is sugar exactly?

Table sugar is just one form of sugar that we get in the diet. Sugars are carbohydrates, and they exist naturally in different forms and in all kinds of foods. The granulated sugar that you might sprinkle on your cereal is called sucrose, which is produced primarily by extracting the sugar from sugar beets or sugar cane, although it is present in lots of other plant foods, too. The primary sugar in fruits is called fructose, and there is a naturally occurring sugar in milk called lactose. When you consume a fruit, a vegetable or a dairy product, you can’t avoid consuming the natural sugar that these foods contain.

All sugars ultimately end up in the bloodstream in the form of glucose, which is the form of sugar that our body prefers to use for energy. While sugars in foods end up as glucose in the bloodstream, so do the end-products of the digestion of all carbohydrate-rich foods like fruits, vegetables and starchy foods.

The concern about sugar intake from added sugars (not the naturally occurring ones) has mostly to do with the fact that they are considered to be ‘empty calories – that is, sugar provides calories (which the body uses for energy) but no vitamins or minerals. So, if you consume a lot of sugary foods instead of healthier items, you are short-changing yourself by not getting enough of the vitamins, minerals, fibre and phytonutrients that carbohydrate-rich natural foods contain.

We eat a lot of sugar – even in foods that don’t taste sweet. Aside from the obvious items like fizzy drinks, fruit drinks, sweetened cereals and desserts, sugar – in one form or another – finds its way into condiments, soups, breads and even savoury snacks like chips. The primary health hazard of eating too much sugar is tooth decay. The bacteria that live in your mouth can convert sugars into an acid that can destroy tooth enamel. Foods that are sweet and sticky, like fruit snacks or lollies, are particularly a problem since the sugar stays in contact with the teeth.

Does sugar make you fat? Certainly, sugar adds extra calories to the diet, and extra calories mean extra weight. Most studies have focused on fizzy drink consumption, and several have concluded that as fizzy drink consumption increases, so does the risk of obesity. Part of the problem with beverages is that they don’t fill us up – so we can consume a lot of calories in these sweet liquids and still consume regular solid foods, too, before we feel full.

The other issue is that many foods that are high in added sugars are also high in fats and calories – cakes, pastries, ice cream and lollies are just some of the sweet foods we eat that are loaded down with fat and calories. Food manufacturers are more than happy to accommodate the consumer’s sweet tooth – sugar is inexpensive and adds a lot of taste to foods.

To know how much sugar you are eating, it’s important to understand that many forms of sugar are added to foods. By reading the label, you may not realise how much sugar a food really contains.
Here are some other forms of sugar that you might see on a label: sucrose, fructose, glucose, dextrose, lactose, maltose, invert sugar, raw sugar, turbinado sugar, brown sugar, cane sugar, brown rice syrup, fruit juice concentrate, confectioner’s sugar, maltodextrin, corn syrup, high-fructose corn syrup, honey, maple syrup and molasses.

When you look at a food label, the sugar content is listed – in grams per serving – just under the total carbohydrate listing. But this includes all sugars in the food including natural sugars, so it can be deceptive. For instance, a bran cereal with no added sugar but with raisins in it might look as high in sugar as a sugary kids’ cereal. But there is a big difference in the nutritional value of the two foods, since one might contain only the natural sugar from the fruit, while the kids’ cereal will contain all added sugar.

How can you reduce your sugar intake? Try to obtain your sugars naturally – which should be primarily from fresh, whole fruit.

- Fruit juices, even if they are 100% fruit juice, are all-natural sugar but they are very high in calories – it’s best to avoid drinks with high calories, including fruit juices, fizzy drinks and other sweetened beverages. Learn to enjoy your iced tea for its natural flavour, rather than for the flavour of the sugar that you pour into the glass.

- Rather than adding syrup or honey to foods like waffles or pancakes, try topping them with sliced fresh fruit and a dollop of vanilla yoghurt.

- Look for wholegrain cereals without added sugars, and top with sliced bananas, berries or other fruits that appeal to you. This applies to both cold cereals and hot. Porridge is delicious with some mashed banana stirred in for sweetness.

- Keep healthy snacks around, like whole fruits, cut vegetables, wholegrain crackers, low-fat yoghurt and low-fat cheese, so you won’t be tempted to eat sweets instead.

- Help your kids develop healthier habits – if they are old enough to read labels, give them a list of all the names for sugar and ask them to become ‘sugar detectives.’ They will enjoy finding the hidden sources of sugar in foods, and it will help to educate them as to how much sugar is added – sometimes where you least expect it.

- Instead of baked goods for desserts, try fresh fruit with a bit of chocolate syrup. One great trick is to take ripe bananas, peel and place them on a foil-lined tray in the freezer. Frozen bananas taste just like ice cream and will satisfy your sweet tooth for significantly fewer calories.

- If you add sugar to cereals, drinks and fruits routinely, try to gradually reduce the amount you use. You may not really know the true flavour of these foods because you have ‘masked’ the flavour with sugar. Fresh fruits in season should be deliciously sweet--no added sugar necessary.
SHAPE UP YOUR LIFE

By Luigi Gratton, M.D., M.P.H.

Any time is the right time to get outdoors, get in shape and renew our commitment to a healthy lifestyle. Here are some helpful hints to keep in mind as you shape up.

1. TAKE TIME TO WARM UP
Spending 5 to 10 minutes warming up prepares your body for exercise. Walk before jogging. Jog before running. Just warm up at a pace that gradually gets your heart beating at 50-60% of your maximum heart rate. And don’t forget to stretch. Moving from side to side warms your muscles and prepares them for exercise. Warm muscles allow for a greater range of motion for your joints and make injuries less likely as well.

2. THINK VARIETY
Have you ever started a fitness programme and then let it fizzle out? The reason could have been boredom. A programme that includes several fitness activities – for example, walking or cycling on Mondays and Wednesdays and playing tennis or swimming on Fridays and Sundays – will help maintain your interest and keep you motivated. Need a change of scenery? Try varying the place you exercise with a new route for walking or cycling. Having different options can allow you to pick the one that suits your mood and keeps your fitness programme feeling fresh.

3. GET YOUR ANTIOXIDANTS
Don’t forget about the important role that proper nutrition plays in achieving an active lifestyle. Since exercise can increase the formation of free radicals, it’s always good to have some extra protection. Antioxidants, such as Vitamin C and beta-carotene, may play a role in preventing cellular injury and delaying muscle fatigue. Try to get at least five servings of fruits and vegetables a day, as they are packed with powerful antioxidants.

Ask your Herbalife Independent Distributor about Targeted Nutrition products that can assist you in shaping up your life.
What is the easiest way to work the whole body? Very simply, I developed what I call ‘The Simple 7’ – the seven main muscle groups we work on throughout the week. The Simple 7 includes:

1. Chest
2. Biceps (Front of arms)
3. Triceps (Back of arms)
4. Abs (can be worked daily)
5. Back
6. Front of legs
7. Back of legs

Generally, I split a workout between alternating days: The first day I will work upper body, the next day lower body. Again, work abs every day to help strengthen the core. Doing some healthy cardio means a good 15 minutes of elevated heart rate. There is plenty of evidence to support the notion that 15 minutes of cardio daily has profound impact on heart health.

Don’t worry about trying to spend an hour on a treadmill; the added benefit is minimal and may actually work against you.

There are approximately 260 muscles in the body. So, why just work on seven, and why these seven? Well, it’s all about getting the most bang for your effort. When exercising, it’s best to work on large muscle groups. It’s as if you are fine-tuning a regular car engine as opposed to an engine in a toy boat. The larger the muscle, the more metabolic benefit, and the bigger the payoff when it comes to weight maintenance.

The Simple 7 group consists of the fewest number of muscle groups one has to work on to achieve maximum benefit in an exercise routine. You can exercise with more or less, but if you attack these particular muscles, then you will achieve maximum benefit. Also, it’s important to realise that the body is a balanced machine, and you must work the lower with the upper, and the back with the front. The seven muscle groups provide total balance in an easy way.
HOW OFTEN SHOULD YOU WORK OUT?

By Luigi Gratton, M.D., M.P.H.

How much you work out depends on your schedule, but I recommend three to five times a week. I work out daily, but I incorporate tremendous variety into my routine for a number of reasons. One reason is to always keep it interesting. Another reason is to move the stress around the body. You don’t want to repeat the same exercise every day, because that will wear on the joints, bones, muscles, tendons and ligaments.

I generally recommend splitting up the week. For those of you who can only work out three days a week, which I consider the minimum, either rotate Monday, Wednesday and Friday. Or you can do Tuesday, Thursday and Saturday. This allows one day in between for rest. This rest time gives the body an opportunity to grow and repair from the damage caused by exercise. Within those three days, you can rotate exercises, so Monday would be upper body and abs, Wednesday, lower body and abs, then Friday, upper body and abs again. The following Monday, you could rotate so that Monday is lower body and abs, Wednesday is upper body and abs, and then Friday is lower body and abs again.

This allows that necessary rest time between exercises for optimal muscle health. Three days a week is the basic minimum routine. On each day, the workouts should be split between cardio and resistance: 30 minutes of each is perfect. The cardio exercises should be rotated as well, so that Monday is the treadmill, Wednesday is the bike, and Friday is the cross trainer. This again allows variety so that you’re not bored, and it spreads the stress around the body’s tissues so as to avoid overuse injuries that are so common.

If you prefer to exercise more, then five or even six days a week is recommended. With more days, you can split up your workouts more. For example, Monday, instead of just doing upper body, you do very specific upper body such as chest and biceps with abs. Remember, abs are done every day to strengthen your core. Then Tuesday you could do specific lower body such as quads, calves and abs. Going on to Wednesday, you’re back to upper body so that you’re doing upper back, triceps and abs; Thursday, hamstrings and abs. Then Friday you can repeat your Monday workout so that you’ve come full circle and have given your body ample time to rest. This is the best workout for the individual who does not have time to spend two hours in the gym every day.

The cardio exercise should be done after your strength workout. I prefer this for a couple of reasons. First, you will not be as tired for your strength training, for which it is important to be well rested. A second reason is sweat. After running on a treadmill or stair stepper for 30 minutes, your body’s sweat and salts are coming out of your pores, which makes for a more challenging weight workout. The bar may be slipping from your grasp; you’ll be sliding around in the machines, and so forth. So try to do weights first, then cardio. The only reason I recommend some people start with cardio is that those individuals are very tight and tell me that their muscles are cold in the morning. For these people, I think cardio beforehand may actually improve their workouts. It tends to make them more limber and gets the blood circulating around the body.
CALORIE BURNERS: ACTIVITIES THAT TURN UP THE HEAT

By Susan Bowerman, M.S., R.D., C.S.S.D.

When it comes to burning calories, most of us want to get as much mileage out of our exercise as possible. For many, the more calories we burn, the better we feel about our workout. While energy expenditure should not be the only measure of a good workout (remember, it’s good for you and it makes you feel better, too), it is helpful to know what a given activity might be costing you in terms of calories.

A word of caution, though, about counting calories: Simply burning more calories will take you only so far down the road to better health. A well-balanced, low-fat diet, plenty of rest and a positive attitude are also essential. And, of course, all things in moderation – including exercise.

READING THE CHART:

The numbers of the chart on the next page correspond to how many calories individuals burn per hour during different activities. There are a few things you should keep in mind as you review this chart. With exercise, it really is true that you get out of it what you put into it. Simply showing up for class and going through the motions is not going to do you much good. To get the most out of your exercise session, give it your all, even if your all is less than what others might be doing. And don’t forget to look for little ways to increase the number of calories you burn each day. You might be surprised to learn that it is possible to burn more calories simply by becoming more active in your everyday life. Doing things like using the stairs, walking to the postbox instead of driving, and doing active chores around the house are great ways to burn additional calories.
Calorie-Burning Activity Chart

As an example for how to use this chart, look up how many calories you’re burning by engaging in different activities. The more active the exercise, the more calories you burn.

<table>
<thead>
<tr>
<th>MODERATE PHYSICAL ACTIVITY</th>
<th>APPROX CALORIES/HR FOR A 70KG PERSON*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hiking</td>
<td>370</td>
</tr>
<tr>
<td>Light gardening/yard work</td>
<td>330</td>
</tr>
<tr>
<td>Dancing</td>
<td>330</td>
</tr>
<tr>
<td>Golf (walking and carrying clubs)</td>
<td>330</td>
</tr>
<tr>
<td>Cycling (15 kph)</td>
<td>290</td>
</tr>
<tr>
<td>Walking (5 kph)</td>
<td>280</td>
</tr>
<tr>
<td>Weight lifting (general light workout)</td>
<td>220</td>
</tr>
<tr>
<td>Stretching</td>
<td>180</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>VIGOROUS PHYSICAL ACTIVITY</th>
<th>APPROX CALORIES/HR FOR A 70KG PERSON*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Running/jogging (8 kph)</td>
<td>590</td>
</tr>
<tr>
<td>Cycling (15 kph)</td>
<td>590</td>
</tr>
<tr>
<td>Swimming (slow freestyle laps)</td>
<td>510</td>
</tr>
<tr>
<td>Aerobics</td>
<td>480</td>
</tr>
<tr>
<td>Walking (7 kph)</td>
<td>460</td>
</tr>
<tr>
<td>Heavy yard work (chopping wood)</td>
<td>440</td>
</tr>
<tr>
<td>Weight lifting (vigorous effort)</td>
<td>440</td>
</tr>
<tr>
<td>Basketball (vigorous)</td>
<td>440</td>
</tr>
</tbody>
</table>

* Calories burned per hour will be higher for persons who weigh more than 70 kg, and lower for persons who weigh less. Adapted from: Dietary Guidelines for Americans 2005.
EXERCISE FOR BODY AND MIND

By Luigi Gratton, M.D., M.P.H.

There are so many benefits to exercise, and every day, we are discovering new ones.

How amazing is exercise – not only does it build the body, but the mind as well! Exercise not only slows the ageing process in the brain, but actually reverses it. People who exercise regularly tend to have higher levels of neurotransmitters that regulate mood, such as serotonin, dopamine and norepinephrine. As with the body's muscle mass, the same holds true for the brain: Use it or lose it. Within just a short month of stopping physical activity, the new brain tissue connections that were formed basically shrink down back to normal.

Many parents of children with attention deficit/hyperactivity disorder (ADHD) already know the benefits of physical activity on their children. It tends to help regulate their moods. This has broad-ranging implications for children in school and their curriculum. With so many schools having downsized the number of physical education classes with a focus on more class time, this could be detrimental. That extra time on the playground may actually boost test scores in all children. The great thing about introducing physical education at an early age in school is that it sets the tone for future exercise. Once a healthy habit like exercise is established, it tends to carry on. When people understand the importance, it becomes even more of a regular routine.
FITTING IN FITNESS

- Take the stairs instead of the lift or escalator, for at least a few floors. If you have to take the escalator, make a point to walk up it.
- Walk or cycle to nearby destinations instead of always driving.
- When at the shops, park your car furthest away from where you intend to shop.
- Get off the bus a few stops early, or park further away from work.
- Exercise while watching television, especially during commercials.
- Hide your remote control and get up to change TV channels or adjust the volume.
- Busy yourself with housework, such as vacuuming, washing the floor, polishing furniture or washing the windows.
- Take the dog for a walk.
- Work in the garden – raking the leaves or sweeping the yard.
- Go for a short walk before breakfast and after dinner.
- Spend half your lunch hour eating and the other half walking around the building or car park. Get your co-workers to join you.
- Walk up and down the stairs on your breaks at work.
- Several times a day, take a few moments to move around and stretch your legs, regardless of what you’re doing.
- When on your mobile phone or cordless home phone, walk around while you talk.
- Clean up the shed or organise your wardrobes or kitchen cupboards.
- Go shopping. You don’t have to buy anything, just walk the aisles and look at the items.
DO YOU HAVE THE HEART OF A CHAMPION?

By Luigi Gratton, M.D., M.P.H.

Do you want to enjoy a long, active life full of energy and vitality? Then you’ll have to put your heart into it! Maintaining a strong, healthy cardiovascular system is essential to your overall health and quality of life. So why wait? Start making life choices today that will give you the heart of a champion – and the life of a winner.

Here are a few ideas to get you started:

1. STEP UP YOUR GAME

Get your body moving. Studies show that moderate physical activity can strengthen the heart.

Regular exercise – jogging, weight lifting, playing sports – is key to a healthy heart and a rich and fulfilling life. Not interested in playing sports or joining a gym? Try walking. Taking 6,000 to 10,000 steps every day is terrific for your heart. A pedometer, available at any sports shop, can help you keep track of your steps throughout the day. Try different types of exercise, find the ones you really enjoy, and make them a regular part of your life.

2. EAT LIKE A WINNER

Forget the fast food - junk the junk food – and create a heart-healthy diet!

That means healthy protein, healthy fatty acids like Omega-3s, lots of water and plenty of fruits and vegetables. The way you eat is important, too. So don’t skip meals. Schedule regular times for meals and snacks. And try not to eat anything within a few hours of going to bed.

3. REST, RECHARGE AND REJUVENATE

And speaking of going to bed… it’s time to get some shut-eye.

Sleep deprivation has been linked to an increased risk of heart problems. We’re busy people, and it can be tempting to shave off an hour or two of sleep to ‘be more productive.’ Resist that temptation. Think of it this way: For eight hours of every day of your life, the most productive activity you can engage in for your health is sleeping. So, have a good night – and you’ll have a great life.
HEART OF THE MATTER

By Luigi Gratton, M.D., M.P.H.

There are nearly 100,000 miles of arteries, veins and capillaries in your body. They allow nutrient-rich blood to nourish the cells and organs of your body. But when they’re blocked, it can result in heart attack or stroke, the number one and number two leading causes of death in Australia and New Zealand.

Obesity is a major risk factor for heart disease. Your heart health alone is reason enough to lose any extra weight you’re carrying. But is there anything else you can do to support your heart health?

Take a closer look at the food choices you’re making. It’s also important to eat enough protein to maintain or build your lean muscle mass, and watch your intake of ‘good fats’ and ‘bad fats.’ Fish is a good source of Omega-3 fatty acids – ‘good fats’ that support heart health.

COLOURFUL CHOICES
Make sure to include plenty of colourful fruits and vegetables in a nutrient-rich diet. Some foods are considered particularly heart healthy – garlic, almonds and certain fruits and vegetables. A great way to choose your fruits and vegetables is to use colour as a guide. In general, the deeper the colour, the more nutrient rich it is. Different colours indicate variety of nutrients. See the chart below for the phytonutrients each provides.

SUPPLEMENTATION
It’s often difficult to get all the nutrients you need from your diet alone, especially when you’re watching portion sizes and calories. And with our busy lifestyles, we’re often tempted to reach for fast food, which is often unhealthy food. That’s why so many people have discovered the benefits of supplementation. If you’re not meeting your daily requirements through food, supplements can fill in the gaps in your diet, helping you meet your daily nutritional requirements.

Losing weight is one of the most important steps you can take for your cardiovascular health. But don’t stop there. Make sure you’re doing everything you can – eat right, exercise, get regular medical check-ups and take supplements.

<table>
<thead>
<tr>
<th>Colour</th>
<th>Phytonutrients</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>Orange-yellow</td>
<td>(terpenoids, Vitamin C)</td>
<td>Oranges, tangerines, peaches, papayas, nectarines</td>
</tr>
<tr>
<td>Orange</td>
<td>(alpha- and beta carotene)</td>
<td>Carrots, mangos, apricots, squash, cantaloupe melon, pumpkin, sweet potatoes</td>
</tr>
<tr>
<td>Red-purple</td>
<td>(anthocyanidins, resveratrol)</td>
<td>Red grapes, fresh plums, cranberries, raspberries, blueberries, strawberries, blackberries</td>
</tr>
<tr>
<td>Red</td>
<td>(lycopene)</td>
<td>Tomatoes and tomato products, pink grapefruit, watermelon</td>
</tr>
<tr>
<td>Yellow-green</td>
<td>(lutein)</td>
<td>Spinach, avocado, honeydew melon, corn on the cob, green peas</td>
</tr>
<tr>
<td>Green</td>
<td>(glucosinolates)</td>
<td>Broccoli, Brussels sprouts, cabbage, Chinese cabbage, bok choi</td>
</tr>
<tr>
<td>White-green</td>
<td>(allyl sulfides)</td>
<td>Garlic, chives, onions, celery, leeks, asparagus</td>
</tr>
</tbody>
</table>
HEART HEALTH: A GLOBAL CONCERN

Heart disease is the number one killer in Australia and New Zealand today. According to the Heart Foundation of Australia, heart disease accounted for 34% of all deaths in Australia in 2006 and kills one Australian nearly every 10 minutes. In New Zealand, cardiovascular disease accounted for 40% of all deaths in 2001. Cardiovascular disease is one of our largest health problems and despite improvements over the last few decades, it remains one of the biggest burdens on the economy.

Worldwide, heart disease kills approximately 17 million people per year – that’s almost one-third of all deaths globally. The Atlas of Heart Disease and Stroke, released by the World Health Organization, estimates that by 2020, heart disease and stroke will be the leading cause of both death and disability, with the number of fatalities projected to increase to more than 20 million a year.

About half of the world’s cases of cardiovascular disease occur in the Asia Pacific region; 1.3 million people die of cardiovascular disease annually in Russia; and, according to a study released by the New England Journal of Medicine, cardiovascular disease is the leading cause of death in China.

While these statistics paint a bleak picture, they also present a huge opportunity to promote the benefits of a healthy, active lifestyle. The medical community has long observed an increased risk of developing heart problems in overweight patients. A recent study shows that obesity itself, and not just the associated health conditions, can lead to significant strain on the heart. The study also demonstrates that excess body weight – even in people who are not considered obese – substantially increases the risk of heart problems.

The investigators followed 5,881 obese or merely overweight individuals enrolled in the Framingham Heart Study for an average of 14 years. After considering risk factors such as diabetes, coronary artery disease or hypertension, they found that those who were merely overweight had a 34% greater risk of developing heart problems than non-overweight individuals. The increased risk for those who were obese was 104%!

Even if you are otherwise healthy, being obese or merely overweight increases the risk of placing your heart under significant strain. We know that obesity causes stress and thickening of the heart muscle, specifically in the left ventricle, the large chamber of the heart that pumps blood to the body. The thickening of the left ventricle muscle can eventually lead to heart problems.

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1 Hay DR, Cardiovascular Disease in New Zealand 2004. Technical Report No. 82, October 2004
2 The Framingham Heart Study is a project of the National Heart, Lung and Blood Institute and Boston University. www.FramlingtonHeartStudy.org
Whilst these statistics paint a bleak picture, they also present a huge opportunity to promote the benefits of a healthy, active lifestyle. It is important to consider solutions that will protect your cardiovascular system:

- Maintaining a healthy body weight and reducing your body fat by eating a diet low in fat, rich in fibre and full of fresh foods
- Making sure you get lots of antioxidants from your diet (fruits and vegetables) and through supplementation
- Participating in some form of aerobic exercise on a daily basis
- Making sure you are well hydrated and get plenty of sleep – much of the repair and regenerative work of the body occurs while we sleep.
CARDIOVASCULAR HEALTH

Q & A with Lou Ignarro, Ph.D.

Q: Why is cardiovascular health so important?

A: Your cardiovascular system is literally at the heart of your overall health. Maintaining it is crucial for a variety of reasons. It gives you energy and the ability to keep up with the daily demands of life. A healthy cardiovascular system is also essential for mental clarity and protecting you against stress. Additionally, cardiovascular health contributes to overall vitality.

Q: What kinds of things can I do to improve my cardiovascular health?

A: There are several things you can – and should – incorporate into your life to maintain a healthy cardiovascular system. Exercise is crucial. Brisk walks, sit-ups, light weight training, swimming and cycling are all excellent, low-impact and efficient exercises for any fitness level. The important thing is to do something every day. Another important factor is proper eating – and that means getting the right amount of essential vitamins and other nutrients, as well as antioxidants.
TIPS FOR STAYING ACTIVE

By Luigi Gratton, M.D., M.P.H.

Here are some simple strategies for enjoying a healthy, active lifestyle outdoors.

1. DRINK PLENTY OF WATER
   When it comes to physical activity, don’t forget the importance of water. You’ve probably heard this a hundred times, but there’s a reason for it. Your body uses water in almost every function, including the process of burning fat. Water helps every cell and organ in your body work. It cushions your joints, and helps keep your body cool. Water also helps flush toxins out of your system and rehydrates the body. Plan ahead. Make sure to carry a water bottle and hydrate with water or a fitness drink. Drink before, during and after physical activity to replace the water you lose when you sweat. Even a small water deficiency can affect how you perform, so drink up!

2. TRACK YOUR PROGRESS
   Keep a journal of your physical activity to chart your progress. Whether you’re interested in losing weight, building muscle or just getting active again, keeping a log will help motivate you. Record all the information for each workout, including time, intensity and performance. It’s a good idea to record your baseline measurements and find out your body-fat percentage, so you can set attainable weight-loss goals. You may not feel like you’re making progress, but when you look back at where you started, you may be pleasantly surprised. Remember that small steps matter. Tracking even a slight amount of improvement on paper will inspire you to keep going with confidence.

3. PROTECT YOUR SKIN AND HAIR
   Do you play sports or spend time working out at the beach? Being outdoors means being exposed to the elements, such as sun, wind and pollution. For example, it’s a good idea to wear sunscreen and a hat to protect your skin and hair. Use products that help repair damage from daily environmental stresses and that can help protect your skin and hair from the elements. Speak to your Herbalife Independent Distributor about products that will suit your skin and hair types.
There’s a good chance that you or someone you know is resolving to lose weight or get in shape. Part of what makes these such difficult resolutions is that we expect to see results quickly, and when we don’t, we tend to give up. Getting in shape and becoming healthier isn’t a sprint; it’s a marathon (but without all the sweating and fatigue of an actual marathon). Staying active, maintaining a healthy weight and eating the right foods are lifelong activities. Here are some ideas to help you make living fit a part of your life:

1. GET SPECIFIC
The more detail you include in your plan, the better your chances of success. If you’ve decided to simply ‘exercise’ and ‘eat better,’ you might not have the success you’d hoped. That’s because ‘exercise’ isn’t a specific plan. Set aside 25 minutes each morning, say between 6:45 and 7:10, to stretch, walk or jog around the block – whatever. Just be specific. To eat better, schedule specific healthy meals and snacks for specific times throughout the day.

2. MAKE IT ROUTINE
One effective way to introduce a new behaviour is to make it part of your day. For exercise, set up a routine – maybe a walk around your neighbourhood each morning. If you’ve resolved to lose weight, replace lunch with a healthy protein shake every day. The key is to establish a routine of things you do at specific times. The sooner it becomes part of your day, the sooner it will become part of your life.

3. CELEBRATE YOUR SUCCESSES
If you create specific plans for exercise and healthier eating, and you make them part of your daily routine, chances are you’ll be seeing positive results. Celebrate! You’ve earned it. Treat yourself to something you’ve been wanting to do – instead of splurging on unhealthy foods. And a reward, like taking yourself out to a movie or pampering yourself with a trip to a spa, is a great motivator to keep the good results coming.
• If after-dinner snacking is a problem for you, try brushing your teeth after dinner. It works as a great signal to stop eating.

• If your main course at a restaurant is served with the typical ‘starch and vegetable,’ ask to omit the starch and double the vegetables instead. Vegetable side dishes are usually small, so this will help to increase your day’s intake.

• Afternoon snacking is a tough time for people – but there often is a long stretch between lunch and dinner, and so healthy snacking may be appropriate. A cup of cottage cheese with some fruit makes an ideal snack or try a Herbalife® Protein Bar or bag of Roasted Soy Nuts. Then do your cutting back at dinner time.

• Breakfast foods often include items that might be lacking the rest of the day – wholegrains for fibre, dairy products for calcium, and fruit. A Herbalife® Formula 1 shake (made with fruit) and a slice of wholegrain toast helps to meet a lot of your nutritional needs and starts the day off in the right way.

• Coffee house fanatics beware – some of those coffee drinks are low in nutrition and high in calories. Try a skinny latte, which provides a full serving of dairy and about 10 grams of protein, and couple it with a piece of fresh fruit for a quick, nourishing breakfast.

• Add fruits to your salad for a change. Try fresh orange or tangerine sections, apples or kiwi. The sweet fruits go well with tangy vinaigrette dressings. Use deep-green leafy vegetables, too – instead of iceberg lettuce – for more nutrition.

• Frozen vegetables and fruits can be just as nutritious as fresh, may be less expensive, and allow you to eat foods that might not be in season that time of the year. For example, loose-leaf frozen spinach or chopped vegetables can easily be added to soups and stews.

• Try not to rely on fats, sugar and salt to flavour foods. Instead, try grated lemon, lime or orange zest on fruits, vegetables, fish or chicken, and experiment with herbs, spices, onions and garlic in your dishes.

• Calories in cold beverages like fizzy drinks, juices and juice drinks can add up fast. Instead, try sparkling mineral water with a slice of lemon or lime or a tiny splash of juice for flavour. Tomato or mixed vegetable juices are filling, nutritious and low calorie.

• Find an exercise buddy to work out with and who will commit to a regimen with you. If you walk together, for example, you and your buddy can take each other’s shoes home with you. You’ll be obligated to show up for your next workout!

• Regular exercise will induce better sleep at night. You’ll get into deeper sleep stages more quickly, so you feel more rested in the morning. You might even be able to sleep a little less, and use the extra time to work out.
• Need more fibre? Load sandwiches up with lots of veggies, including lettuce, tomato, cucumber and alfalfa, and use 100% wholegrain bread.

• Make a hummus spread in the blender with chick peas beans and a touch of olive oil, lemon juice, salt, pepper and garlic and use as a sandwich filling or a replacement for mayonnaise.

• Try to balance animal protein with vegetarian protein sources. A Herbalife® Formula 1 Nutritional Shake Mix contains healthy soy protein. Try marinating firm tofu slices in teriyaki sauce and then roasting in the oven. The tofu gets dense and meaty, and is great tossed into a salad, as a sandwich filling in a wholegrain pita bread, or as a main course with brown rice and veggies.

• It’s true – using smaller plates will help you to control portions. Foods take up more room on smaller plates and will make you think you have a larger portion than you actually do.

• Another portion control tip: No matter what you are eating, put it on a plate. Don’t sit down with a bag of chips, a box of crackers or a can of mixed nuts – you’re bound to overeat. Determine ahead of time what your portion is going to be, then put it on a plate or in a bowl.

• Current recommendations for exercise are that we should aim for 30 minutes of activity every day. Don’t have enough time? Break it up into two or three shorter sessions. Take a short walk at lunch, one at break time and another one after dinner.

• For a change from canned tuna, try canned salmon. It’s wild – not farmed – and makes a nice change for a sandwich. It makes a great burger, too: Mix flaked canned salmon with some minced onions and capsicums, some bread crumbs and egg whites, shape into patties and grill on both sides before placing on a wholegrain roll.

• Boost the nutritional value of canned soups by mixing with skim or soy milk instead of water. As the soup is heating, toss in some frozen mixed vegetables, or some loose-packed spinach to add nutrition, flavour and bulk.

• Try mixing canned tuna with mashed avocado instead of mayonnaise for a tasty sandwich filling. Avocado has less fat per tablespoon than mayo, and the fat it contains is heart healthy.

• You can reduce the fat in homemade baked goods by replacing half the fat in the recipe with applesauce, plain yoghurt or baby food peaches. Peaches match well with quick breads, and yoghurt and applesauce work well in spicy treats like coffeecakes.

• Make it a goal to try new healthy foods on a regular basis. Visit your local farmers’ market to find new foods such as different fruits, vegetables or wholegrain products. Keeping your meals healthy and interesting will keep you on track.
• Read nutrition labels carefully. All the nutrition and calorie information given is for one serving, not one package. Beverage containers can have two to three servings; small bags of snack foods are often several servings, too. That bag of pretzels you thought had 140 calories could have closer to 500.

• Stay hydrated throughout the day and pay particular attention to fluid intake after exercising. Weigh yourself before and after a workout. For every kilo of weight lost, drink two to three glasses of water to replace the fluids you lost during activity.

• Whole grains are important, but many side dishes require long cooking times. So, try foods that take less time such as quick brown rice or whole-wheat couscous.

• You can eat healthy even if you’re on the run. Try to steer away from the fast-food burgers and more toward deli-style chains for healthier, lighter sandwiches and wraps, or Mexican-style outlets for soft tacos, fajitas and salads.

• Keeping a journal of your food intake and exercise is a great tool. Even better, try to pre-plan your meals and exercise into your daily journal – you’ll feel more committed that way.

• Protein powders are great in meal-replacement shakes, but you can also add them to other foods. For a high-protein breakfast alternative, cook rolled oats in skim or soy milk, and stir some protein powder once cooked. The extra protein will help you stay fuller for longer.
Sometimes we don’t realise that we have mixed feelings about making changes to our behaviour. Take a few minutes to think about and list the benefits and drawbacks of changing your nutritional habits and losing weight.

Here are some examples:

**BENEFIT OF NOT MAKING CHANGES**
I can keep eating the way I want without having to work on making any changes in my life.

**BENEFIT OF MAKING CHANGES**
• I won’t have to worry about the health risks of being inactive and eating poorly.

**DRAWBACK OF NOT MAKING CHANGES**
• If I don’t make changes now, things might get worse.

**DRAWBACK OF MAKING CHANGES**
• It might be hard for me to get support from my family and friends to do this.
• They’re used to me the way I am.

Now rate each of your answers on a scale of 1 to 5:

1 = Not important  
2 = Somewhat important  
3 = Important  
4 = Very important  
5 = Extremely important

After doing this exercise, can you see why making a decision is an important factor in losing weight?
CALCIUM CHALLENGE

Not Just for Your Bones

Most people associate the mineral calcium with healthy bones. And a lot of people also think that adequate calcium intake is more of a concern for women than it is for men. While it’s true that the primary function of calcium in the body is to maintain healthy bone structure, you may not know that calcium performs many important functions for every body. Calcium helps muscles contract, helps blood to clot, helps the nervous system to function properly, and is important in maintaining healthy blood pressure.

Many people do not take in the recommended daily intake of calcium from food alone. Some people don’t like dairy products, or think they are fattening. (Some products, like cheese, are high in calories and fat, and certain yoghurts are high in calories because of the sugar content.) Other people think that ‘milk is for kids’. And some people cannot tolerate the sugar in milk - known as being lactose intolerant - so they shy away from dairy products.

The good news is that calcium is found in other foods besides dairy products. But even so, most people have a hard time meeting the recommendation of 1,000mg for adult men up to age 70 and adult women up to age 50, and 1,300 mg per day for women over 51 and men over 70. This is where supplements can help to meet your needs – not as a replacement for a poor diet, but as a way to supplement a nutritionally well-balanced one.

This week’s challenge is for you to keep track of your calcium intake and see how it compares to the recommendation. Look at the food and supplement sources in the chart on the next page. It lists the amount of calcium per serving. Located after the chart is a log for you to record the foods and drinks you consume that contain calcium. Pay attention to how much calcium you get compared with how many calories the food has. Keep a list for three separate days, and add up your total intake. If you fall short of the recommendation, see how you can increase your intake from foods or ask your Herbalife Independent Distributor about nutritional supplements that can assist you in meeting your calcium needs.

<table>
<thead>
<tr>
<th>Food Source</th>
<th>Serving Size</th>
<th>Calories</th>
<th>Calcium per Serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yoghurt, plain, low-fat</td>
<td>1 carton (200g)</td>
<td>104</td>
<td>460 mg</td>
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<tr>
<td>Milk, skim</td>
<td>1 cup (250mL)</td>
<td>88</td>
<td>307.5 mg</td>
</tr>
<tr>
<td>Soy milk, plain, fortified</td>
<td>1 cup (250mL)</td>
<td>100</td>
<td>300 mg</td>
</tr>
<tr>
<td>Cooked spinach</td>
<td>1 cup (200g)</td>
<td>46</td>
<td>272 mL</td>
</tr>
<tr>
<td>Yoghurt, fruit flavoured</td>
<td>1 carton (200g)</td>
<td>174</td>
<td>220 mg</td>
</tr>
<tr>
<td>Okra</td>
<td>1 cup (160g)</td>
<td>35</td>
<td>123 mg</td>
</tr>
<tr>
<td>Cheese, low-fat mozzarella</td>
<td>1 slice (21g)</td>
<td>54</td>
<td>164 mg</td>
</tr>
<tr>
<td>Cottage cheese, low-fat</td>
<td>1 cup (240g)</td>
<td>216</td>
<td>166 mg</td>
</tr>
<tr>
<td>Some fortified cereals</td>
<td>Varies</td>
<td>Varies</td>
<td>100 mg or more</td>
</tr>
<tr>
<td>Herbalife® Formula 1 Nutritional Shake Mix</td>
<td>28g</td>
<td>101</td>
<td>380 mg</td>
</tr>
<tr>
<td>Herbalife® Multivitamin Complex</td>
<td>1 tablet</td>
<td>-</td>
<td>250 mg</td>
</tr>
<tr>
<td>Herbalife® Xtra-Cal</td>
<td>1 tablet</td>
<td>-</td>
<td>333 mg</td>
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## SECTION FIVE: Week 12: Maintenance; Long-Term Wellness

### DAY 1: I need _____ mg of calcium per day

<table>
<thead>
<tr>
<th>WHAT I ATE</th>
<th>SERVING SIZE</th>
<th>CALCIUM PER SERVING</th>
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**TOTAL CALCIUM FOR THE DAY:**

### DAY 2: I need _____ mg of calcium per day

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<tr>
<th>WHAT I ATE</th>
<th>SERVING SIZE</th>
<th>CALCIUM PER SERVING</th>
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**TOTAL CALCIUM FOR THE DAY:**

### DAY 3: I need _____ mg of calcium per day

<table>
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<tr>
<th>WHAT I ATE</th>
<th>SERVING SIZE</th>
<th>CALCIUM PER SERVING</th>
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**TOTAL CALCIUM FOR THE DAY:**
WEIGHT LOSS CHALLENGE
FEEDBACK FORM

Dear Weight Loss Challenge Participant,

Congratulations on completing the 12-week Weight Loss Challenge course! We hope you have learned things that will help you achieve your desired weight-loss and nutritional goals.

Please help us improve our delivery of Weight Loss Challenge materials for future challenges by completing this feedback form.

We wish you continued success as you work toward your own personal wellness.

Sincerely,

The Weight Loss Challenge Team

WHAT I EXPECTED: What I Got:

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

WHAT I VALUED: What I Would Change:

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

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__________________________________________________________________________
TAKING GOOD MEASUREMENTS
## PRODUCTS BY WEEK

<table>
<thead>
<tr>
<th>Week</th>
<th>Topic</th>
<th>Recommended Product Focus</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Protein</td>
<td>Formula 1 Nutritional Shake Mix, Multivitamin Complex, Personalised Protein Powder, Instant Herbal Beverage</td>
</tr>
<tr>
<td>2</td>
<td>Body Composition; Snacking; Water</td>
<td>Formula 1 Nutritional Shake Mix, Personalised Protein Powder, Formula 5 Vitamin C in a Herbal Base</td>
</tr>
<tr>
<td>3</td>
<td>Metabolism</td>
<td>Instant Herbal Beverage</td>
</tr>
<tr>
<td>4</td>
<td>Carbohydrates; Shopping; Cooking, Cellular Nutrition</td>
<td>Formula 1 Nutritional Shake Mix, Personalised Protein Powder, Herbalife Protein Snacks (e.g. Roasted Soy Nuts, Protein Bars)</td>
</tr>
<tr>
<td>5</td>
<td>Nutrition Labels; Fats; Portion Control</td>
<td>Herbalifeline®, Formula 4 Unsaturated Fatty Acid Supplement, Chitosan Fibre Complex</td>
</tr>
<tr>
<td>6</td>
<td>Digestive Health</td>
<td>Herbal Aloe Drink or Concentrate, Chitosan Fibre Complex, Florafibre,</td>
</tr>
<tr>
<td>7</td>
<td>Dining Out</td>
<td>Formula 1 Nutritional Shake Mix, Chitosan Fibre Complex</td>
</tr>
<tr>
<td>8</td>
<td>Fibre</td>
<td>Florafibre, Chitosan Fibre Complex</td>
</tr>
<tr>
<td>9</td>
<td>Sugar</td>
<td>Formula 1 Nutritional Shake Mix, Instant Herbal Beverage, Protein Bars</td>
</tr>
<tr>
<td>10</td>
<td>Exercise</td>
<td>Liftoff™, Personalised Protein Powder, NRG tablets, Tang Kuei Plus, RoseOx®, Herbalifeline®, Joint Support Complex, Xtra-Cal</td>
</tr>
<tr>
<td>11</td>
<td>Heart Health</td>
<td>Herbalifeline®</td>
</tr>
<tr>
<td>12</td>
<td>Maintenance; Long-Term Wellness</td>
<td>All Cellular Nutrition products – Inner &amp; Outer Nutrition - Weight Management, Targeted Nutrition, Energy &amp; Fitness &amp; Personal Care</td>
</tr>
</tbody>
</table>

* The RoseOx is brand is the property of Zeulig Botanicals (Inc) USA
WELLNESS EVALUATION

1. Do you eat more meals with poultry, lean meat, fish and plant (soy) proteins rather than steaks, roasts and other red meats?

2. Do you eat a variety of colourful fruits and vegetables, and do you eat at least five servings of vegetables and two of fruit a day?

3. Do you consume primarily wholegrains (100% wholewheat bread and pasta, brown rice) rather than regular pasta, white rice and white bread?

4. Do you eat ocean-caught fish at least three times a week?

5. Do you avoid the intake of fried foods, dressings, sauces, gravies, butter and margarine?

6. Is your digestive system free of indigestion or irregularity?

7. Do you get a minimum of 30 minutes of exercise three to five days a week?

8. Do you maintain a stable and appropriate weight?

9. Do you usually have time to prepare balanced meals, rather than takeaways or eating on the run?

10. Do you stay away from fizzy drinks and typical snack foods throughout the day and after dinner?

11. Are you free of water retention and bloating?

12. Do you have the energy and focus you need to meet your daily challenges?

13. Do you drink at least eight glasses of water a day?

14. Are you getting your recommended daily allowance of calcium? 
   (Men <70 & Women <50 = 1000 mg; Women >50 & Men >70= 1300 mg)

15. Are your blood pressure, triglycerides and bad cholesterol levels in the normal range?
WELLNESS EVALUATION

How did you answer?

1. Do you eat more meals with poultry, lean meat, fish and plant (soy) proteins rather than steaks, roasts and other red meats?

White meat of chicken or turkey and ocean-caught fish provide less fat and saturated fat than most cuts of red meat or pork. It is important to eat more of these ‘better-for-you’ meats rather than high-fat meats such as hot dogs, steaks and roasts, and to balance your proteins by eating some plant proteins such as soy every day.

2. Do you eat a variety of colourful fruits and vegetables, and do you eat at least five servings of vegetables and two of fruit a day?

It is important to eat at least five servings of vegetables and two servings of fruit per day to get the fibre, vitamins and minerals these foods contain. Eat a wide range of different-coloured fruits and vegetables to get a variety of phytochemicals and antioxidants only found in plants that help keep you healthy.

3. Do you consume primarily wholegrains (100% wholewheat bread and pasta, brown rice) rather than regular pasta, white rice and white bread?

Processed and refined grains provide mainly starch as empty calories. It is important to get wholegrain baked goods so that you get all the goodness from whole grains including the vitamins, fibre and protein found in these important foods.

4. Do you eat ocean-caught fish at least three times a week?

Ocean-caught fish have healthy fish oils that may help to reduce the risk of heart disease when eaten as part of a healthy diet. They are also generally lower in fat than other meats and can help you maintain a healthy body weight.

5. Do you avoid the intake of fried foods, dressings, sauces, gravies, butter and margarine?

Fried foods, dressings, gravies, sauces, butter and margarine add lots of calories and saturated fat to your diet even when eaten in small amounts. Since it is difficult to control the portions you eat, it is best to avoid these foods as much as possible.

6. Is your digestive system free of indigestion or irregularity?

Being regular is important in order to eliminate toxins from your body. Indigestion or irregularity can be reduced by eating at least 30 grams of fibre per day from fruits, vegetables and wholegrains, drinking six to eight glasses of water per day and reducing stress through mild exercise or meditation.

7. Do you get a minimum of 30 minutes of exercise three to five days a week?

Getting exercise that stimulates your heart at least three to five days per week for at least 30 minutes will help keep your cardiovascular system healthy, help maintain a healthy body weight and can help reduce stress.

8. Do you maintain a stable and appropriate weight?

Maintaining a healthy and appropriate weight can be achieved with regular exercise and by following a diet that is based on low-fat proteins, fruits, vegetables and controlled portions of wholegrain foods. Many people go through cycles of weight gain followed by quick weight loss, which can lead to loss of lean tissue and reduced metabolic rate.
9. Do you usually have time to prepare balanced meals, rather than takeaways or eating on the run?
With our busy lives, it is tempting to pick up prepared foods or fast foods, and we often eat while we are doing other activities. There are many convenience items, such as pre-washed salad greens, frozen vegetables, pre-cut fruits and quick-cooking poultry portions that make healthy meals quick to put together.

10. Do you stay away from fizzy drinks and typical snack foods throughout the day and after dinner?
Snacking on healthy fruits and vegetables is one thing, but high-fat, high sugar treats are foods people may turn to out of stress, boredom or habit. Try replacing these foods with healthier snacks, or enjoy a hot cup of tea to help you relax.

11. Are you free of water retention and bloating?
Excess weight can sometimes simply be retained water. Bloating and swollen ring fingers are clues that this may be happening, and it is important to maintain normal water balance.

12. Do you have the energy and focus you need to meet your daily challenges?
We all want to perform at our best during the day. Regular exercise and stress management can help you sleep better and feel rested and energised for the day.

13. Do you drink at least eight glasses of water a day?
If you wait until you are thirsty before you drink water, you may already be slightly dehydrated. Your body requires water for many functions, and being well hydrated helps keep your skin and other tissues healthy.

14. Are you getting your recommended daily allowance of calcium?
(Men <70 & Women <50 = 1000 mg; Women >50 & Men >70= 1300 mg)
Calcium is important for bone health, and also helps to keep blood pressure in check. The best dietary sources are low-fat dairy products and calcium-fortified foods. Since most people don’t eat enough servings of dairy products daily, a combination of foods and supplements is often needed.

15. Are your blood pressure, triglycerides and bad cholesterol levels in the normal range?
Elevated blood pressure, triglycerides and cholesterol can put you at risk for cardiovascular disease. Regular exercise and a low-fat diet rich in plant foods, fibre and healthy fats from fish can help control these factors.
WEIGHT LOSS CHALLENGE
TESTIMONIAL FORM

Participant’s Name   Contact Number   Email

Participant’s Name   Contact Number   Email

TESTIMONIAL

Please don’t worry about your grammar, spelling or punctuation. We are not looking for fantastic writing skills; we are interested in you and your story. Please use additional paper if necessary.

__________________________________________________________________________
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APPENDIX D: Testimonial Form

Please submit your story to Herbalife’s Marketing Department e-mail: AusMarketing@Herbalife.com

Any submissions must include a copy of completed and signed Herbalife General Release and Statutory Declaration Forms.

Points to remember:

• References to weight-loss must relate to a healthy, active lifestyle that is supported by Herbalife® products. Herbalife® products used for the purpose of nutritional supplementation and to ensure good nutrition may be referred to in the testimonial. For example ‘I controlled my weight with a Herbalife® Weight Management Programme using Formula 1 as a Daily Nutrition product’ is appropriate but ‘Formula 1 got rid of my weight’ is not.

• It is important to state how long it took you to lose the weight. Try to refer to the outcome you have experienced as a result of the weight loss, rather than the loss itself:

Good Examples

• I lost the most weight of anyone on the Challenge, I lost the highest percentage body weight, I can fit into those jeans I haven’t been able to wear for years, I’ve finally got a beach body, I’ve achieved my weight loss goals, I love my new image, I’ve lost my muffin top, my six pack is back, I can keep up with the kids, walking the dog has become a pleasure, I’ve regained my confidence.

• All references to Herbalife® products must make it clear that they were used for nutritional supplementation and/or to ensure good nutrition and not for any other purpose

Avoid the following claims as they cannot be promoted:

(a) claims which suggest that health could be affected by not consuming Herbalife products;

(b) claims that Herbalife products have medical benefits;

(c) claims which make reference to recommendations of individual doctors or health professionals.

You may wish to attach photographs depicting you at the beginning of the Weight Loss Challenge and on completion of the Challenge. If so, please submit a selection of colour, high resolution photographs - ideally 300dpi. If possible please ensure that photographs are of good quality with sharp images. Photographs are not returned unless requested and must have a name and address printed on the reverse.
STATUTORY DECLARATION

I, (1) (Name) ..............................................................................

(Address) ....................................................................................
....................................................................................
(Occupation) ....................................................................................

(2) Here insert matter declared to. Where the matter is long, add the words "as follows:" and then set the matter out in numbered paragraphs.

do solemnly and sincerely declare (2)

I make this solemn declaration by virtue of the Statutory Declarations Act 1959 as amended and subject to the penalties provided by that Act for the making of false statements in statutory declarations, conscientiously believing the statements contained in this declaration to be true in every particular.

(3) Signature of person making the declaration. (3) ..............................................................

Declared at (place)

on (date) , ,

before me (in the presence of),

(4) Signature of person before whom the declaration is made. (4) ..............................................................

(5) Here insert title of person before whom the declaration is made.

(5) ..............................................................

NOTE 1.—A person who willfully makes a false statement in a statutory declaration under the Statutory Declarations Act 1959 as amended is guilty of an offence against that Act, the punishment for which is a fine not exceeding $200 or imprisonment for a term not exceeding six months or both if the offence is prosecuted summarily, or imprisonment for a term not exceeding four years if the offence is prosecuted upon indictment.

NOTE 2.—A statutory declaration may be made before a Magistrate, a Justice of the Peace, a Commissioner for Affidavits, a Commissioner for Declarations, a Notary Public, a person before whom a statutory declaration may be made under the law of the State in which the declaration is made, an Australian Consular Officer or an Australian Diplomatic Officer as defined by section two of the Consular Fees Act 1995, a chiropractor, a dentist, a legal practitioner, a medical practitioner, a nurse, a patent attorney, a pharmacist, a veterinary surgeon, an agent of the Australian Postal Corporation who is in charge of an office supplying postal services to the public, a bailiff, a bank officer with five or more years of continuous service, a building society officer with five or more years of continuous service, the chief executive officer of a Commonwealth court, a civil marriage celebrant, the clerk of a court, a credit union officer with five or more years of continuous service, the holder of a statutory office, the Judge of a court, the Master of a court, a member of the Australian Defence Force who is an officer or a non-commissioned officer within the meaning of the Defence Force Discipline Act 1982 with five or more years continuous service or a warrant officer within the meaning of the Act, a member of the Institute of Chartered Accountants in Australia, the Australian Society of Certified Practising Accountants or the National Institute of Accountants, a member of the Institute of Corporate Managers, Secretaries and Administrators, a member of the Institution of Engineers, Australia other than at the grade of student, a member of the Parliament of the Commonwealth, the Parliament of a State, a Territory legislature or a local government authority of a State or Territory, a minister of religion registered under Division 1 of Part IV of the Marriage Act 1961, a permanent employee of the Commonwealth or of a Commonwealth authority or of a State or Territory or of a State or Territory authority or a local government authority with five or more years continuous service, a permanent employee of the Australian Postal Corporation with five or more years continuous service who is employed in an office supplying postal services to the public, a police officer, the Registrar or Deputy Registrar of a court, a Senior Executive Service officer of the Commonwealth or of a State or Territory or of a Commonwealth, State or Territory authority, a Sheriff, a Sheriff's officer, or a teacher employed on a full-time basis at a school or tertiary education institution.