

“A well **balanced meal** should be both healthy and delicious, like our **Formula 1** shake.”

Dr. Luigi Gratton

## BALANCED NUTRITION PROVIDES:

- Nutrients you need to maintain optimal health
- Fuel for your daily activities – making your best possible body weight and shape a reality
- The buildup of more lean muscle which burns more fat
- A feeling of satisfaction from foods both healthy and delicious



*Formula 1:  
A great source  
of protein that  
tastes great*

## PROTEINS

- Build and repair your muscle tissue
- Obtained from your diet, are used to make body proteins, such as hormones and enzymes that regulate many important body processes
- Can be found in animal sources like meat, fish, poultry, eggs and dairy products
- Can be found in plant foods like beans, lentils and soybeans – and unlike animal proteins, have no cholesterol and a lot less fat



### How to figure out your daily protein needs:

Divide your weight in half. The number you get is the amount of protein grams you should be eating.

## WEIGHT TO PROTEIN REQUIREMENTS

Weight (lbs.)	110	120	130	140	150	160	170	180	190	200	210	220
Protein (grams)	55	60	65	70	75	80	85	90	95	100	105	110

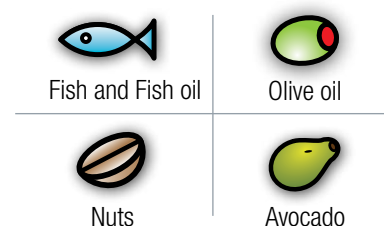
## FATS

- Help absorb vitamins
- Keep our eyes, skin, bones and nails healthy
- Maintain our brains and nervous system
- Add flavor to foods



*Tri-Shield®:  
Krill oil is a great  
source of Omega-3  
fatty acids*

### Healthy fats come from:



Fats have more than twice the calories per gram than carbohydrates or proteins; they should be used in small amounts.

### TIP

#### To keep fat intake down:

- Avoid any fried foods
- Bake, roast, broil or steam your food
- Go easy on sauces, gravies, salad dressings, mayonnaise, butter and margarine
- Try low or nonfat versions of foods (e.g., milk, yogurt, spreads, salad dressings and snack foods)
- Let Formula 1 Nutritional Shake Mix fill you up without filling you out

