

## THE HEALTHY DIET

### A healthy diet includes:

- The nutrients your body needs every day
- The right amount of calories to achieve your goals
- The right amount of protein
- Plenty of colorful fruits
- Ample fluids



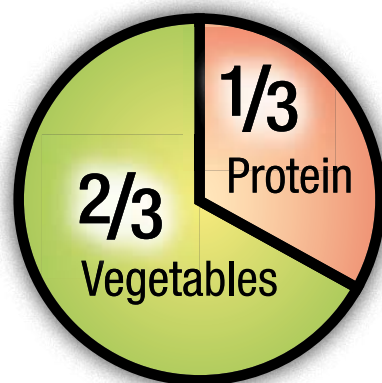
*Latte and Muffin  
660 calories*

*Formula 1 Cafe Latte  
180 calories*

### Healthy choices might include:

- For breakfast, a Formula 1 shake made with nonfat milk, fruit and Personalized Protein Powder, according to your needs
- Colorful meals – including a wide variety of colorful fruits and vegetables
- A few servings of whole grains depending on calorie needs
- Snacks like fruits, vegetables and small servings of protein such as roasted soy nuts, protein snack bars, yogurt or lowfat cheese
- Regular intake of fluids to stay properly hydrated

*A balanced meal  
contains protein,  
vegetables and  
whole grains*



## OUTER NUTRITION

### Skincare

Vitamins and minerals are essential for the proper functioning of every single organ in the body, including your skin – the largest organ and possibly one of the most neglected.

### Skin is vital because:

- It helps regulate your body's temperature
- It protects you from chemical, physical and environmental damage
- What you put in your body is just as important as what you put on your body.

Deficiencies of some vitamins and minerals can result in skin disease and accelerated aging.

### A DEFICIENCY OF...

Vitamin	Can Lead To
B1	Dermatitis
B2	Dermatitis
A	Dry, fragile and wrinkle-prone skin
C	Non-healing skin
E	Damaged nerves



*NouriFusion®:  
Infused with antioxidant  
Vitamins A, C and E*