

A Guide for Developing a Healthy Relationship with Food



FOOD CHILDREN

Healthy eating isn't about extreme diets or drastic, unrealistic changes. It's a lifestyle built on consistent, daily actions.

This guide will show you how a healthy diet full of whole, natural foods will make you feel better while getting the most out of your USANA supplements. You'll also learn the value of planning your meals ahead of time and how simple choices can make a big difference.

As you learn more about the power of food, you'll start to establish healthier eating habits. Before you know it, you'll automatically make better choices and understand why every bite counts.





How (IUSANA® SUPPLEMENTS

WORK WITH THE FOOD YOU EAT

Eating a well-balanced diet helps to provide your body with the nutrients it needs. But getting all the essential vitamins and minerals you need can be difficult-even when you're making healthy choices.

That's where USANA® supplements can help.

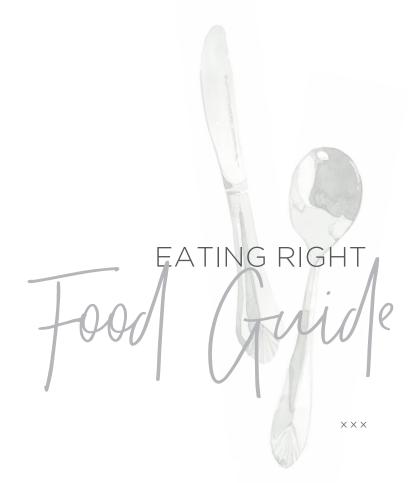
They are scientifically formulated to help fill in the gaps in your diet to deliver an optimal amount of quality nutrients. Combining your supplements with healthy foods can also make certain nutrients more bioavailable and easier to absorb. It's a win-win.

SUPPLEMENT MORNING + NIGHT

Have you ever wondered why you're supposed to take USANA supplements in the morning and again at night? It's because as nutrients are absorbed, used, stored, or naturally flushed, levels in your body can vary. Taking your vitamins as directed—day and night—helps keep nutrients at more consistently optimal levels.

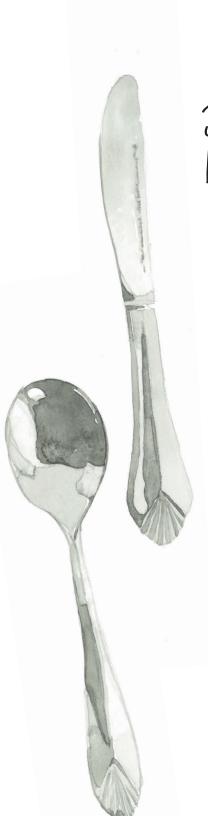






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LEVERY MEAL HAS A

BREAKFAST

Breakfast jumpstarts your metabolism, boosts your energy, and sets up your entire day. Plan ahead by making something the night before so you have a healthy option ready to go.

Try to include whole grains, dairy, proteins, and fruits.

LUNCH

Lunch offers a much-needed break in your day and energizes your afternoon. Many people make the mistake of skipping this important meal —don't be one of them.

The easiest way to get a healthy lunch is to make it yourself. Pack your meal the night before. Start from scratch or use your leftovers from dinner. Either way, include whole grains, proteins, legumes, and vegetables.

SNACKS

Snacks are great portable nutrients that help fill in the gaps between meals, keeping you sharp and your blood sugar levels steady. Smart snacks can make all the difference, so make them count.

Choose fresh foods and avoid refined, highglycemic products like cookies and crackers. This is a great time to enjoy a piece of fruit.



DINNER

Dinner is your time to unwind and catch up with family. But it's also your chance to balance out your nutrients. Didn't get enough vegetables in at lunch? Plan a veggie-packed dinner.

Use the food you buy on your weekly grocery shopping trip to prep quick stir-frys, tacos, casseroles, and more.

DESSERT

As long as your overall diet is consistently healthy, it's okay to treat yourself to dessert every once in a while. But before you reach for something loaded with sugar, try replacing it with a healthier option. For example, instead of ice cream, try satisfying your sweet tooth with a serving of fruit and yogurt.

The healthier you eat, the less you'll crave refined, processed sugars.







Reddish fruits and vegetables tend to contain lycopene, a powerful antioxidant. They are also good sources of flavonoids.

ORANGE + YELLOW

Foods in this group usually contain vitamin C, beta-carotene, lutein, zeaxanthin, and vitamin A.



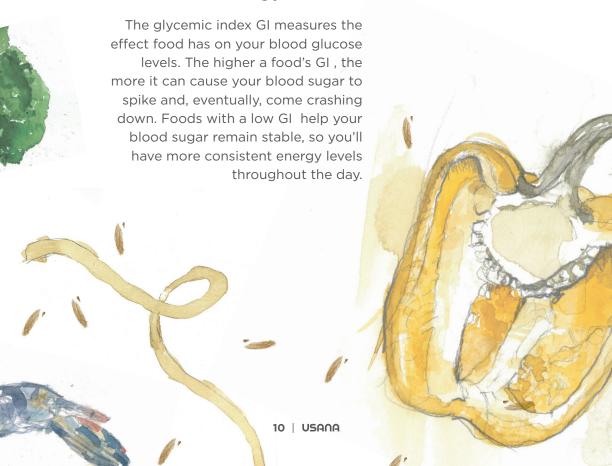
The presence of green can signify lutein and isothiocyanates. Green vegetables are also good sources of vitamin K, folic acid, and potassium.

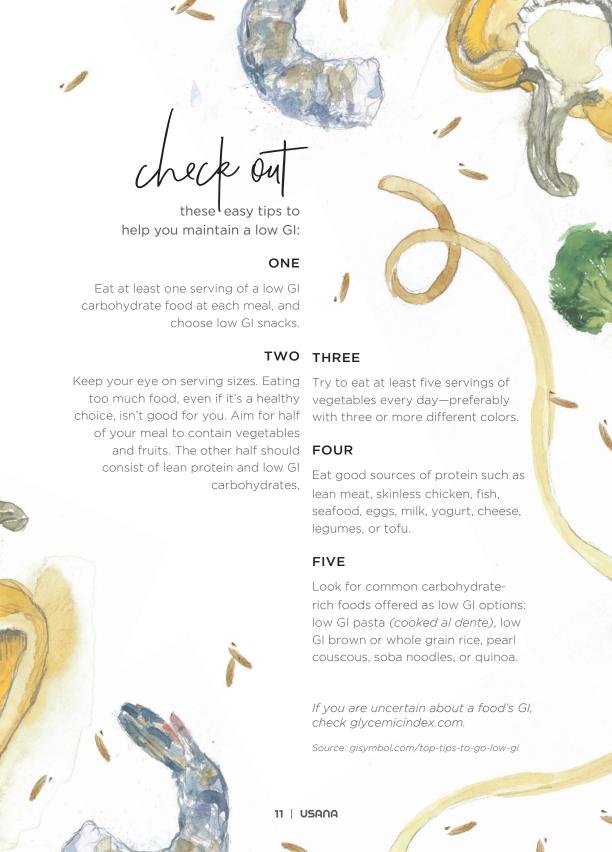
BLUE + PURPLE

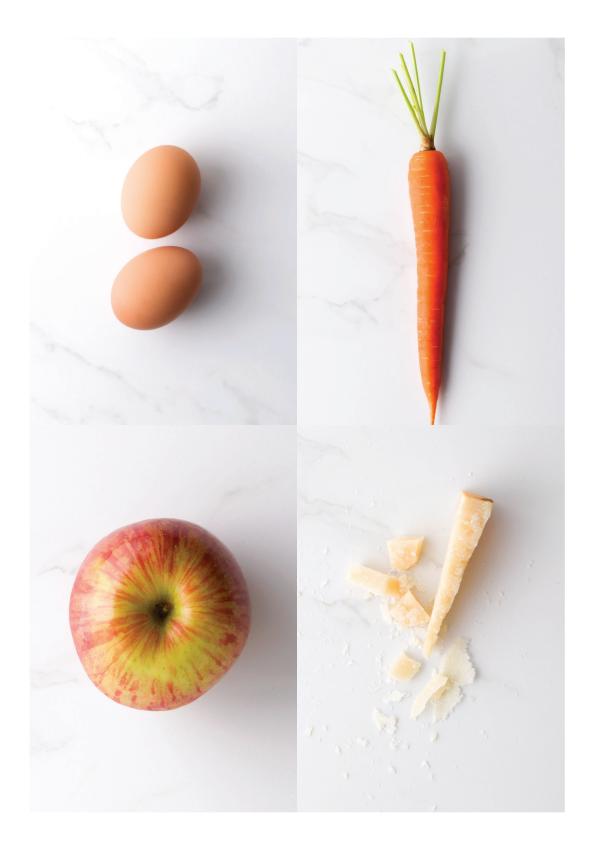
These foods often get their color from anthocyanin (an antioxidant). The darker the blue hue, the higher the phytochemical concentration.



As you work to improve your diet, target foods that are low glycemic. This is determined by where a food falls on the glycemic index.

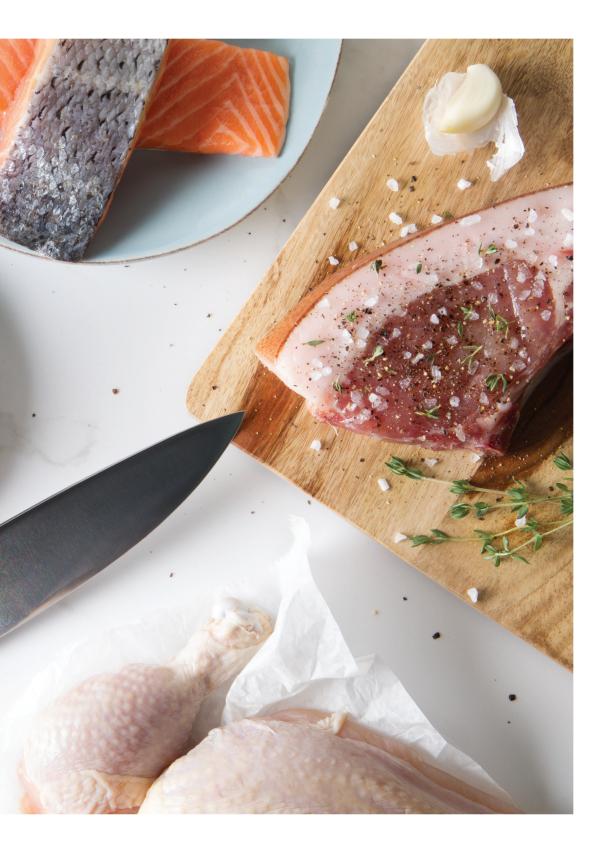






Now that you have an idea of what you should be eating, it's time to make your weekly meal plan and put together a shopping list. The following are healthy options separated into their designated food groups. Decide which ones sound good to you and keep those foods in mind as you plan meals and craft a healthy shopping list.









Grains BARLEY

BROWN RICE

BUCKWHEAT

BULGUR

COUSCOUS

FARRO

FREEKEH

MILLET

QUINOA

SORGHUM

SPELT

STEEL-CUT OATS

WILD RICE

WHEAT







lege aples

ARTICHOKES EGGPLANT

ARUGULA FENNEL

ASPARAGUS GREEN BEANS

BAMBOO SHOOTS JICAMA

BEETS KALE

BELL PEPPERS LEEKS

BOK CHOY LENTILS

BROCCOLI LETTUCE

BRUSSELS SPROUTS MUSHROOMS

CABBAGE OKRA

CARROTS ONIONS

CAULIFLOWER RADISH

CELERY RUTABAGA

CHAYOTE SCALLIONS

COLLARD GREENS SHALLOTS

CUCUMBER SPINACH

CORN SQUASH

YAMS







Muts. Seeds + Jegumes

ALMONDS HAZELNUTS

BLACK BEANS HEMP SEEDS

CHICK PEAS LENTILS

KIDNEY BEANS MACADAMIA NUTS

LIMA BEANS PECANS

PINTO BEANS PINE NUTS

BRAZIL NUTS PISTACHIOS

CASHEWS PUMPKIN SEEDS

CHIA SEEDS SESAME SEEDS

FLAX SEEDS SUNFLOWER SEEDS

WAINUTS



ALMOND BUTTER

AVOCADO OIL

CANOLA OIL

CLARIFIED BUTTER/GHEE

COCONUT MILK

COCONUT OIL

EXTRA VIRGIN OLIVE OIL

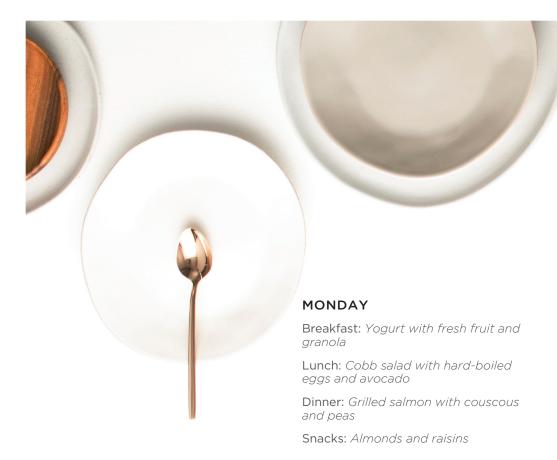
SESAME OIL

SUNFLOWER SEED BUTTER









SAMPLE MEAL PLAN

Use the groceries you purchased to map out healthy meal possibilities throughout the week. The following are some examples of meals you could create each day using healthy ingredients. They're only suggestions though—get as creative as you want!

TUESDAY

Breakfast: Egg and cheese burrito with

peppers and onions

Lunch: Balsamic chicken salad with

walnuts and pears

Dinner: Honey lemon chicken with

brown rice pilaf

Snacks: Almond butter and celery

WEDNESDAY

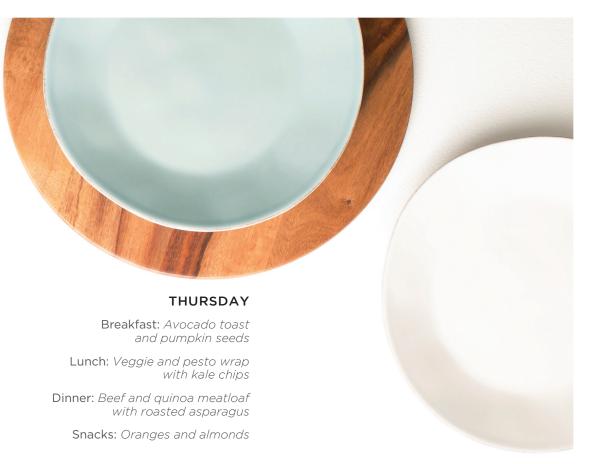
Breakfast: Banana walnut oatmeal

Lunch: Turkey and cranberry sandwich

with carrots

Dinner: Roasted vegetable soup

Snacks: Bell peppers and hummus



FRIDAY

SATURDAY

Breakfast: Chia pudding with blueberries and bananas

Lunch: Chicken salad sandwich with Greek yogurt and celery

Dinner: Stuffed eggplant with strawberry and spinach salad

Snacks: Almonds and apples

Breakfast: Pumpkin pancakes and fresh-squeezed orange juice

Lunch: Lentils with garlic, peppers, onions, and cilantro

Dinner: Tofu stir-fry with garlic, broccoli,

peppers, and mushrooms

Snacks: Carrots and hummus

SUNDAY

Breakfast: Smoothie with berries, spinach, banana, and almond milk

Lunch: Grilled chicken tacos with pico de gallo

Dinner: Cauliflower-crust pizza with salad Snacks: Air-popped popcorn with turmeric



PROTEIN **VEGETABLES**

Cauliflower Lean ground beef

> Salmon filets Bell peppers

Chicken breasts Celery

> Eggs Onions

Broccoli Tofu

Tomatoes

PROTEIN DAIRY

Carrots

Greek yogurt Spinach

Mozzarella cheese Asparagus

Milk-almond or soy as

non-dairy option

FRUITS

HEALTHY FATS

Apples

Almond milk

Oranges Pears

Coconut oil

Avocados

Clarified butter

Blueberries

Strawberries

NUTS, SEEDS + LEGUMES

Almond

Walnuts

Chia seeds

Pumpkin seeds

Chick peas

Lentils

Garlic cloves

+ HERBS

SEASONINGS, SPICES

Basil

Cilantro

Bay leaves

GRAINS

Cumin

Cayenne

Couscous

Brown rice

Steel-cut oats

Quinoa

OTHER Raisins

Canned pumpkin

Popcorn kernels



NOW THAT YOU'VE

mapped out a plan to improve your diet, it's time to prepare your kitchen and your meals.

KITCHEN PREP

GO THROUGH

your cupboards and throw out processed and expired foods. Really take a look at what's there and ask yourself if it fits with your new lifestyle. If not, throw it in the trash or donate it to a local food bank.

CLEAN OFF

your countertops. From now on, your kitchen will be used for meal preparation—no laptops, homework, mail, etc. (USANA® supplements are the exception, of course.)

CLEAN OUT

your refrigerator and freezer. Remove anything that's gone bad and take stock of what you have.

MAKE SURE

you have sturdy, sharp knives and plenty of cutting boards.

BUY

clear, glass containers of various sizes.

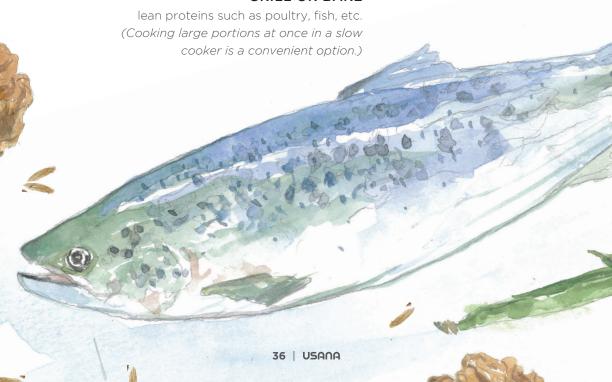
MEAL PREP

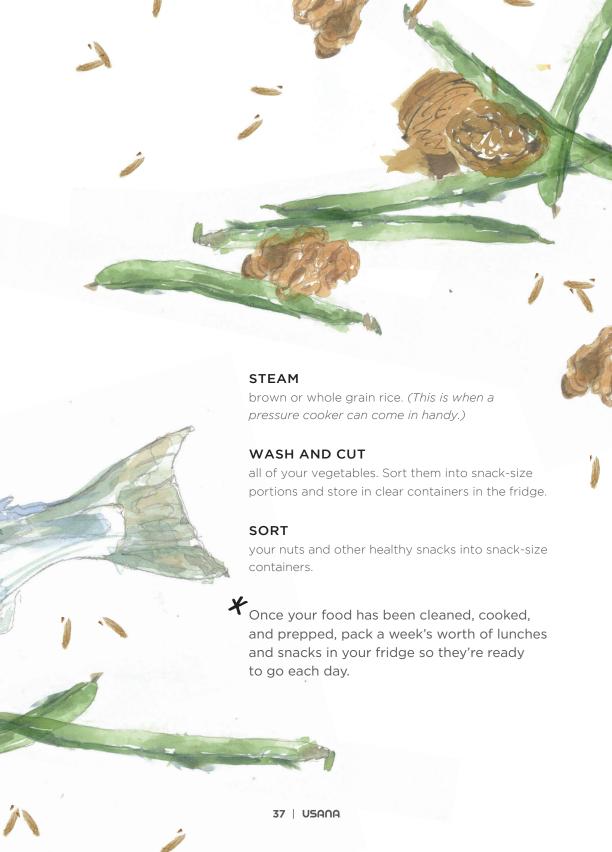
Pick a day of the week as your designated meal prep day to plan, shop, and prepare your food. Take a prepared shopping list (like the example found in the planning section) to the grocery store to help you shop efficiently. Once you get home, it's time to meal prep.

Before you put anything away, cook your food so it's ready for quick meals.

STEAM OR ROAST green beans, broccoli, veggies such as green beans, broccoli, cauliflower, carrots, and asparagus.

GRILL OR BAKE









your healthy food. But in order to truly get the most out of your meal, you need to give it the attention it deserves.

TO HELP YOU EAT MINDFULLY:

- Unplug during mealtime. Disconnect from your devices and focus on your food. That means putting your phone down, turning off the TV, and tuning into your meal.
- Think about display. Don't eat your food out of a box or pan. Present it beautifully on a plate.
- Use smaller plates or bowls. This will help you control your portions.
- Before you take a bite, take a moment to admire your food and "eat with your eyes."
- Chew slowly and purposefully. Savor each bite and identify the individual flavors.
- Before you go back for seconds, take a minute to see if you really are hungry or just eating more out of habit.

Portion CONTROL

Maintaining a healthy diet is a balancing act. You need to consider both what you're eating and how much. This is key to your weekly meal prep day.

Start by rethinking the way you fill your plate: use a smaller plate when you dish up meals; include the right proportions; and dish up vegetables and fruits before you get to other foods.

USE THE EXAMPLE

to the right to make sure you're filling your plate with the proper ratio of each food category.





SERVING SIZE MATTERS

The amount you eat is just as important as what you eat, so pay attention to the serving size.

Here's an easy way to judge a single serving size of common foods:

Cooked meat = Deck of cards

Almonds = Handful

Brown rice = Baseball

Butter/Ghee = Postage stamp

Beans = Lightbulb

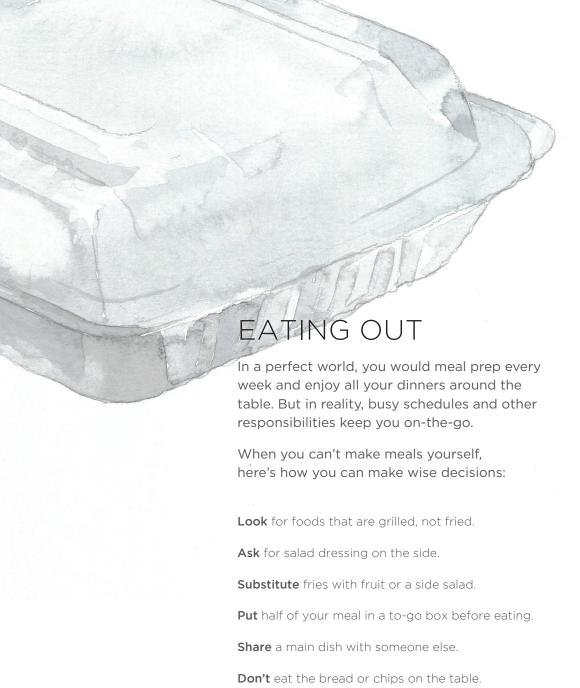
Salad dressing = Shot glass

Nut butter = Golf ball

Coconut Oil = Playing die

Cheese = Lipstick





Skip dessert.

Instead of filling up a sugary drink, ask for water.

DON'T FORGET TO HYDRATE

Hydration is just as important as eating and plays a big role in digestion. So it's important to make sure you're drinking enough.

Remember that although some teas and naturally sweetened juices are healthy and full of fresh fruits and vegetables, the majority of your liquid should come from water.

Experts recommend at least eight cups (64 oz.) of water each day.

TO DRINK MORE WATER

- o **Drink** a glass first thing in the morning.
- o Carry a water bottle with you.
- o Add lemon for a refreshing flavor.
- o Hydrate before, during, and after exercising.
- **Eat** water-rich foods, such as cucumber and watermelon.



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As you embark on this journey, remember:

eating healthy is a process.

Take it one day at a time and look for ways to improve Try different foods every day and you'll soon

Now it's time to put your own plan into action. Fill out your meal plan, pick up healthy foods, and make real changes.

The end of this food guide includes a month's worth of blank meal plans and shopping lists to help you get started. Set aside some time to fill them out so you can get going and start eating right.

	MONDAY	THURSDAY	
	Breakfast:	Breakfast:	
	Lunch:	Lunch:	
	Dinner:	Dinner:	
	Snacks:		
	TUESDAY	FRIDAY	
	Breakfast:		
	Lunch:	Lunch:	
	Dinner:		
	Snacks:	Snacks:	
	WEDNESDAY	SATURDAY	
~	WEDNESDAY Breakfast:		
MRF	Breakfast: Lunch:	Breakfast: Lunch:	
MMER	Breakfast:	Breakfast: Lunch:	
Paymer	Breakfast: Lunch:	Breakfast: Lunch: Dinner:	
Mayner	Breakfast: Lunch: Dinner:	Breakfast: Lunch: Dinner:	
Hayner	Breakfast: Lunch: Dinner:	Breakfast: Lunch: Dinner: Snacks:	
1 Haymer	Breakfast: Lunch: Dinner:	Breakfast: Lunch: Dinner: Snacks:	
al Haymer	Breakfast: Lunch: Dinner:	Breakfast: Lunch: Dinner: Snacks: SUNDAY Breakfast:	
Red / Haymer	Breakfast: Lunch: Dinner:	Breakfast: Lunch: Dinner: Snacks: SUNDAY Breakfast: Lunch:	



PROTEIN	VEGETABLES	GRAINS
PROTEIN DAIRY	FRUIT	HEALTHY FATS
HERBS, SPICES + SEASONINGS	SEEDS, LEGUMES + NUTS	OTHER

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	Breakfast:	Breakfast:	
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	Dinner:		
	Snacks:	Snacks:	
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Hanner	Breakfast: Lunch: Dinner:	Breakfast: Lunch: Dinner: Snacks:	
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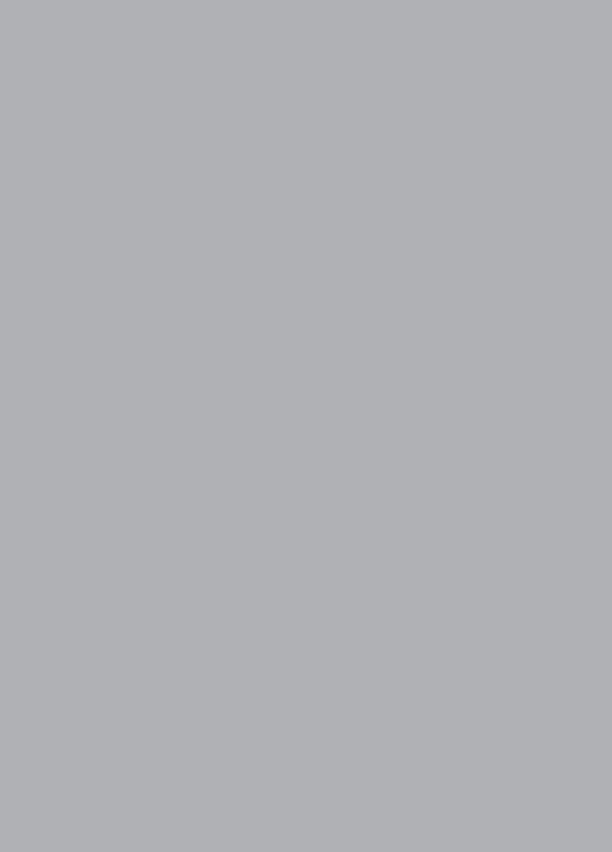


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