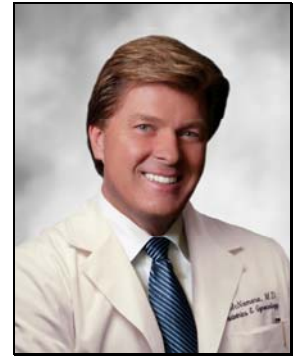




YOUR BODY...

...Reset Your Life!



Lose the Cravings • Lose the Pounds • Find the NEW YOU!

Ladd McNamara, M.D.

WEIGHT MANAGEMENT PRINCIPLES:

1. Muscle burns fat! The more muscle, the more fat-burning potential.
2. Fat will not make you fat, but the *wrong* dietary fats will cause heart disease.
3. High-glycemic carbohydrates and sugars WILL make you fat!
4. Control your blood sugar and insulin levels and you will control your weight.

THE GLYCEMIC INDEX OF FOODS:

1. The glycemic index (G.I.) is a rating to indicate how *rapidly* a particular food will raise your blood sugar and insulin. Glucose is the standard; it rapidly raises your blood sugar, and has a high index score of 100. All foods can be rated relative to glucose.
2. The higher the glycemic index, the more rapidly sugar gets into your blood; which then gets turned into fat, also increasing the risk of diabetes and heart disease.
 - a. Foods with scores of 70 to 100 are "high glycemic." *Eat less of these!*
 - b. Foods with scores of 55 to 70 are "moderately glycemic."
 - c. Foods with scores less than 55 are "low glycemic." *Eat more of these!*
3. **To avoid getting fat, avoid high-glycemic foods.** NEVER eat high-glycemic foods on an empty stomach, as this will cause the greatest fat accumulation.
4. **High-Glycemic Foods (Eat less of these, and never on an empty stomach):**
 - a. Candy, soda pop, fruit juices (orange, grape, apple, etc.), white bread, bagels, English muffins, baked potatoes, French fries, boiled potatoes, pasta, donuts, cake, muffins, biscuits, cookies, crackers, croissants, pretzels, Nutrigrain bars, granola, white rice, cereals (except bran), rice cakes, pancakes, waffles, syrup, jam, ice cream, dried fruit, prunes, raisins, bananas.
5. **Moderate-Glycemic Foods (eat only in moderation):**
 - a. Cranberries, berries, avocados, peas, grits, baked beans, sweet corn, popcorn, refried beans, brown rice, sweet potatoes, carrots, grapes, orange, plums, grapefruit juice, papaya juice.
6. **Low-Glycemic Foods (eat more of these, and especially if stomach is empty):**
 - a. Whole-grain wheat bread and whole-grain pasta, barley, oats, oatmeal (not instant), bran, pumpernickel, rye bread, celery, pickles, apples, cantaloupe, honeydew, kiwi, watermelon, lentils, USANA Nutrimeals and Bars, chick peas, kidney beans, soybeans, lima beans, alfalfa sprouts, bean sprouts, cabbage, broccoli, eggplant, lettuce, onion, tomato, squash, zucchini, (meat, cheese, and eggs all have a near-zero glycemic index.)

Dr. Ladd McNamara is a board-certified medical doctor, specializing in anti-aging and nutraceutical medicine. He is author of many books on nutritional supplements; the use of vitamins, minerals, and antioxidants to reduce the risk, and even reverse chronic degenerative diseases. His best-selling book is "The Cholesterol Conspiracy." Dr. McNamara is a member of the Medical Advisory Board of USANA Health Sciences, Inc. He has successfully coached many frustrated people in finally losing weight with the USANA RESET Program along with a low-glycemic diet and modest exercise. Vitamins and minerals are extremely important in cellular metabolism, insulin and sugar control, and burning off of fat.



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THE SEQUENCE OF EATING FOODS IS THE KEY TO FAT LOSS!

1. **Keep your blood sugar (and insulin levels) as constant as possible** by eating small amounts of low-glycemic foods throughout the day. Never eat high-glycemic foods on an empty stomach. Being constantly active and taking vitamins and minerals are critical for maintaining an active metabolism and burning of fat.
2. **Don't go more than 4 hours without eating low-glycemic foods** (except for sleeping, of course); and avoid skipping meals. Skipping meals will cause your metabolism to decrease, and when you eat again you will spike your blood sugar and insulin levels, which leads to weight gain.
3. **Never eat high-glycemic foods on an empty stomach.** Always eat low-glycemic foods FIRST. Then, after 30 to 60 minutes you may eat a modest amount of moderate-glycemic foods, and then only a very small amount of high-glycemic foods.
4. **Eating low-glycemic foods first will "prime" your insulin** so it will rise slowly in order to effectively handle higher-glycemic foods that follow. By doing this, along with a moderate amount of exercise you will noticeably reduce your fat.
5. **Drink at least 10 glasses (half gallon) of water per day.** "Water" means water, not soda, coffee, tea, alcohol, or other liquids. This increases metabolism and burns fat.

READ THE NUTRITION INFORMATION ON THE LABEL!

1. **High-glycemic foods, G.I. >70:** sugar grams are four or more times that of fiber grams
 - a. A slice of white bread: sugar 6 grams, fiber 0 gm
 - b. Hot dog or Hamburger bun: sugar 25 grams, fiber 0.5 gm
 - c. Potato: sugar 35 grams, fiber 5 gm
 - d. Snicker Bar: sugar 28 grams, fiber 1 gm
 - e. Can of soda: sugar 41 grams, fiber 0 gm
 - f. Apple juice (1 cup): sugar 29 grams, fiber 0 gm
 - g. Special K cereal (1 cup): sugar 22 grams, fiber 1 gm
 - h. Milk (1 cup): sugar 12 grams, fiber 0 gm
 - i. Cottage cheese (1 cup): sugar 30 gm, fiber 0 gm
 - j. White rice (1 cup): sugar 150 grams, fiber 4 gm
2. **Moderate-glycemic foods:** sugar grams are no more than three times the fiber grams
 - a. Refried beans (1 cup): sugar 48 grams, fiber 19 gm
 - b. Brown rice (1 cup): sugar 45 grams, fiber 10 gm
3. **Low-glycemic foods, G.I. <55:** sugar grams are equal to, or less than the fiber grams
 - a. Branola whole-grain bread (1 slice): sugar 9 grams, fiber 5 gm
 - b. Oatmeal, Old Fashioned (1 cup): sugar 2 grams, fiber 8 gm
 - c. Strawberries (1 cup): sugar 10 grams*, fiber 3 gm
 - d. Apple: sugar 15 grams*, fiber 4
 - e. Peanuts (1 cup): sugar 6 grams, fiber 3 gm

* Not all sugars have the same glycemic index (G.I.). For example, fruit sugar, fructose, is lower glycemic than sucrose (table sugar). Therefore, gram for gram fructose is lower glycemic than sucrose. Think of fructose sugar grams to be equivalent to half that of sucrose. Therefore, strawberries can be considered to have: sugar 5 gm, fiber 3 gm, and apples 7.5 gm sugar and 4 gm fiber. It is the fructose-to-fiber ratio in USANA Nutrimeals that makes Nutrimeals low glycemic. Nutrimeals are certified to have a G.I. of 23!



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RESET: USANA NUTRIMEALS AND USANA BARS

The macronutrient content of the USANA (RESET) Nutrimeals and Bars is carefully selected to provide a low-glycemic nutritious snack or meal that represents the balance of a healthy diet for losing and maintaining weight.

Below is a detailed explanation of the Nutrimeal drinks and Nutrition Bars. It includes an explanation of the fructose (sugar) and non-dairy creamer ingredients.

The USANA Nutrimeal drinks and Nutrition Bars are snack and meal replacement “macro-optimizers.” They are specifically designed to be balanced with respect to “good” carbohydrates, proteins and healthy fats. They are formulated, tested, and certified to be low-glycemic snacks and meal replacements. The Nutrimeals have a very low-Glycemic Index, G.I., of 23, on a scale of 0 to 100.

Because of their satiety value and their stabilizing effect on blood glucose, USANA Nutrimeals and USANA Bars are ideal for weight management and improved dietary control. In other words, your hunger is easily satisfied for prolonged periods of time after consuming a USANA Nutrimeal.

PROPER BALANCE OF CARBOHYDRATES, PROTEINS, AND FATS

Almost without exception, all health experts will agree that a healthy, balanced diet consists of low-glycemic carbohydrates, proteins and proper fats in dietary ratios of about 40-60%, 15-30%, and 15-30% respectively.

The majority of fat intake should be unsaturated. Although a minimal amount of saturated fat is necessary and important. The non-dairy creamer, or creamer blend, is high on Nutrimeal's ingredient list because healthy fat is purposefully added for optimal fat and calorie content, as well as to provide a pleasant texture. High-oleic sunflower oil is very healthy, and is a major ingredient within the creamer blend.

Protein intake should be moderate and include a wide variety of proteins. Too often, people make the mistake of “over-doing it” on protein intake. There is a balance of soy, whey, rice, and pea proteins for appropriate balance. People will benefit from the effects of various types of proteins. The protein balance allows for a satisfying flavor. In addition, the soy – whey balance helps reduce stomach distress that some people who are sensitive to soy may experience.

The electrolyte content (sodium and potassium) are carefully measured to assure appropriate dietary adequacy.

Carbohydrates should predominate and are healthiest when there is a good variety and balance of both soluble and insoluble fiber and complex carbohydrates (or low-glycemic sugars). The Nutrimeal balance is approximately 50% carbohydrates (half complex carbohydrates and fiber, and half natural sugars), 25% protein, and 25% fat. This balance is essential to the purpose and function of the product -- weight loss, management, and satisfaction.



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SUGAR IS IMPORTANT: THE "RIGHT TYPE" OF SUGARS

Yes, even the sugar is important, just as it is in a mixed diet of fruits, vegetables, and grains. Would anyone question the sugar in an apple? Carbohydrates should predominate in a healthy, balanced product and yes, half the carbohydrates in the USANA Nutrimeals are fructose (a low-glycemic sugar). If you were to eliminate all foods that had sugar as a predominant ingredient, you would have to avoid nearly all fruits and vegetables. In fact, a typical apple contains more than 90% of its calories as carbohydrates, and about 53% from simple sugars only.

Apart from the fructose used in the Nutrimeals, some people have concerns about the high-fructose corn syrup (HFCS) used in the USANA bars (and the solids used in the drinks). Even the HFCS is a matter of context. Contrary to some of the alarmist articles, HFCS is almost identical in composition to sucrose (approx. 50% fructose and 50% glucose). Yes, it is cheaper than sucrose and also has a better "mouth feel," or texture, which makes it a valuable product in appropriate uses. But, as always in nutrition, it is a matter of context. Like sugar, there is nothing inherently unhealthy or evil about HFCS itself. It is a matter of total dietary intake and the context in which it is used.

One reason it is often demonized is that it is now the sweetener used in sodas and fruit drinks. One of the main reasons we are having difficulty with obesity and our excess calorie consumption is the popularity of super-sized sodas and fruit drinks. In this context, HFCS is a problem in the same way it would be if we were still using sucrose. But it isn't so much the fault of the ingredient as it is the way we are using it. Bottom line, 8 -10 grams of HFCS in the context of an otherwise nutrient-dense food product is not the same issue as 220 grams of extra calories in a couple of non-nutritive "Big Gulps."

Also, it is not necessarily valid to use research about fructose and HFCS in the same breath. As stated before, HFCS is similar to sucrose in structure and metabolism, and much of this research has been confused and taken out of context. Therefore, the amount of HFCS is not a problem.

IN SUMMARY

We advocate common sense and variety and moderation in the diet. It is easy to use statistics and numbers to misinterpret the value of foods and ingredients. But, if people simply got more active, ate less, and ate a balanced and varied diet, many of our current health concerns would be resolved.

The macronutrient content of the USANA (RESET) Nutrimeals and Bars is carefully selected to provide a low-glycemic nutritious snack or meal that represents the proper balance of carbohydrates, proteins, and fats for a simple and healthy way to lose weight and maintain a lean body.

Congratulations on taking the first steps to RESET Your Body and RESET Your Life! We wish you the best of luck as you shed the unwanted fat and live the life of your dreams.