

NUTRILITE® Weight Management Program

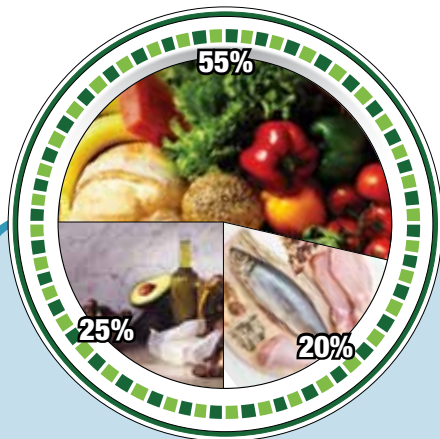
Eating Plans at a Glance



 **NUTRILITE®**

Exclusively from **Amway**

BETTER BALANCER



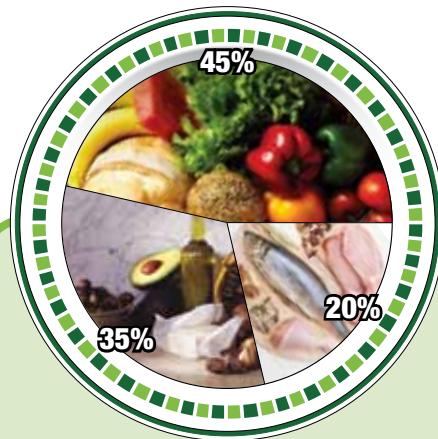
This approach offers a lot of food variety (flavor and texture) and a wide spectrum of food choices. It typically offers smaller portions of a wide variety of foods, which can help you feel full.

55% Carbs

20% Protein

25% Fat

CARB REDUCER



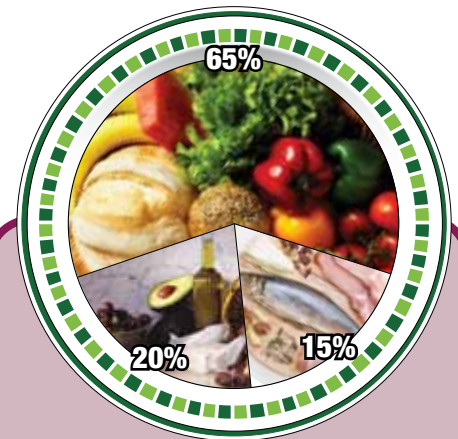
This approach offers a lot of lean meat, fish, cheese, and eggs while limiting the consumption of refined carbohydrates like breads, pastas and sweets. This plan is right in the middle when it comes to carbs, so your body will be properly fueled with healthy whole-grain sources such as multigrain tortillas, oatmeal, and whole-grain pasta, plus starchy vegetables like squash, peas, and potatoes. It typically offers larger portions of protein foods too, from sources such as egg whites, cottage cheese and a variety of lean meats.

45% Carbs

20% Protein

35% Fat

FAT TRIMMER



This approach focuses on fruits, vegetables and whole grain foods.

Because protein from meat is typically higher in fat, it offers less meat and high-fat protein sources such as cheese and eggs, with an emphasis on plant and vegetable proteins, such as legumes. This plan offers the highest proportion of filling whole-grain rice, pasta, and food such as bread and crackers. It also offers a larger volume of food, which can help you feel full.

65% Carbs

15% Protein

20% Fat

An overview of the food portions and products offered by each plan:

	BETTER BALANCER	CARB REDUCER	FAT TRIMMER
CARBS	This plan is right in the middle when it comes to carbs, so your body will be properly fueled with healthy whole-grain sources such as multigrain tortillas, oatmeal, and whole-grain pasta, plus starchy vegetables like squash, peas, and potatoes.	This plan has the lowest proportion of carbs, but you'll still get plenty of healthy fuel from whole-grain sources, such as brown rice, English muffins, and oatmeal.	If you like carbs, this could be your plan. You'll get the highest proportion of filling whole-grain rice, pasta, and food such as bread and crackers.
PROTEIN	At 20% of your daily intake, you'll get just the right amount of lean protein from sources such as egg whites, cottage cheese, and a variety of lean meats.	This plan allows for a slightly higher proportion of protein, so many of the recipes allow for lean protein sources such as chicken, steak, or pork.	Because protein from meat is typically higher in fat, you'll eat less meat and high-fat protein sources such as cheese and eggs, with an emphasis on plant and vegetable proteins, such as legumes. If a vegetarian entrée sounds appealing from time to time, this plan could work well for you.
FAT	You'll get a nice balanced amount of fat in your diet, so you'll be able to enjoy cooking with healthy oils like olive and canola, plus eating staples such as olives, avocados, and nuts.	This plan allows for a few more calories from fat, so if you really enjoy cooking with oil and dressings, or really like to eat things like olives, nuts, and avocados, this could be your plan.	This plan has the lowest fat percentage, but still allows a moderate amount of healthy fats, so you'll still be able to enjoy things like nuts, salad dressing, olives, and margarine, just in smaller quantities.
NUTRILITE® product differences for each plan. Bold products are unique to individual plan success.	On this plan you'll enjoy NUTRILITE Meal and Snack Bars, as well as Meal Replacement Shakes . You'll supplement with NUTRILITE SLIMMETRY® supplement, Glucose Health , and INVISIFIBER® supplement, although you are free to continue taking the supplements you currently use.	As a Carb Reducer, you'll eat NUTRILITE Meal, Snack, and Protein Bars . You'll supplement with NUTRILITE SLIMMETRY, Carb Blocker 2 , and INVISIFIBER, but you are also able to take the supplements you currently use.	On the Fat Trimmer Plan, you'll eat NUTRILITE Meal and Snack Bars, and enjoy Meal Replacement Shakes . You'll supplement with NUTRILITE SLIMMETRY, CLA 500 , and INVISIFIBER. You are still free to continue to take any supplements you currently use.

Compare these sample daily meal plans from the Better Balancer, Carb Reducer, and Fat Trimmer Plans to get a feel for how they're different. No single food group is severely restricted, meaning users never feel deprived.

	BETTER BALANCER	CARB REDUCER	FAT TRIMMER
BREAKFAST	1 cup oatmeal Banana 1 T. ground flaxseed	1 cup oatmeal Banana 2 T. ground flaxseed	1 cup oatmeal 1 cup skim milk 2 T. raisins ½ cup 100% fruit juice
SNACK	Yogurt 90 calories	NUTRILITE® Snack Bar	NUTRILITE Meal Bar
LUNCH	1 cup canned chicken noodle soup 12 whole grain crackers Apple 2 cups raw celery/carrot/bell pepper strips	Turkey Lettuce Wrap 1 cup skim milk ½ cup canned fruit	Cottage Cheese 'n' Tuna Lunch 4 Crispbreads 1 cup tomato, sliced or diced
SNACK	NUTRILITE Meal Replacement Shake	24 animal crackers Yogurt 90 calories	6 cups air-popped popcorn 2 tsp. Parmesan cheese (grated) Orange
DINNER	Chili 1 oz. shredded low-fat cheese 5 saltine crackers 3 cups Mix 'n' Match Salad 2 T. reduced-fat salad dressing 1¼ cup strawberries 2 T. reduced-calorie whipped topping	Lime 'n' Mustard Salmon 1 cup steamed broccoli 2 tsp. margarine Nectarine 1 cup skim milk	Veggie Fajitas ¼ avocado ½ cup mixed fruit 2 T. reduced-calorie whipped topping

Included in the **Carb Reducer** eating plan:

- Customized Carb Reducer journal
- NUTRILITE® Meal Bars Variety Pack
- NUTRILITE Snack Bars Variety Pack
- NUTRILITE Protein Bars Chocolate Delight flavor
- 2 NUTRILITE INVISIFIBER® Supplements
- NUTRILITE SLIMMETRY® Dietary Supplement
- NUTRILITE Carb Blocker 2



Included in the **Fat Trimmer** eating plan:

- Customized Fat Trimmer journal
- NUTRILITE Meal Bars Variety Pack
- NUTRILITE Snack Bars Variety Pack
- NUTRILITE Meal Replacement Shakes Vanilla flavor
- NUTRILITE SLIMMETRY Dietary Supplement
- NUTRILITE INVISIFIBER Supplement
- NUTRILITE CLA 500 Dietary Supplement



Included in the **Better Balancer** eating plan:

- Customized Better Balancer journal
- NUTRILITE Meal Bars Variety Pack
- NUTRILITE Snack Bars Variety Pack
- NUTRILITE Meal Replacement Shakes Vanilla flavor
- NUTRILITE SLIMMETRY Dietary Supplement
- NUTRILITE INVISIFIBER Supplement
- NUTRILITE Glucose Health Dietary Supplement



Which plan are you? For more information, go to Amway.com > Nutrition > Healthy Weight Programs to see real people who have lost weight on these programs.

To order, contact your Amway Independent Business Owner, visit NutrilineHealth.com, or call 800-253-6500.

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*Mindy Dopler Nelson, Prakash Prabhakar, Venkateswarlu Kondragunta, Kenneth S. Kornman, Christopher Gardner. Genetic Phenotypes Predict Weight Loss Success: The Right Diet Does Matter (Oral Presentation #4). Presented at the American Heart Association's Joint Conference – 50th Cardiovascular Disease Epidemiology and Prevention and Nutrition, Physical Activity and Metabolism – 2010, March 2–5, 2010, San Francisco, California.