

# DOES YOUR BREAKFAST WORK FOR YOU?

## A Simple Solution to a **BREAKFAST BLUNDER**

### Did You Know?

Studies show that those who consume a healthy, balanced breakfast are more focused, have more energy, and weigh less than those who eat an unhealthy breakfast or skip it all together.



Nutrition Facts Serving Size	1 Serving USANA® Dutch Chocolate Nutriméal™	20 oz. latte w/whipped cream 1 blueberry muffin	22 oz. orange juice 8 oz. egg & sausage muffin 2 oz. hash brown
<b>Calories</b>	<b>230</b>	770	880
<b>Saturated Fat</b>	<b>1</b>	16	11.5
<b>Fiber</b>	<b>8</b>	2	4
<b>Carbohydrates</b>	<b>32</b>	111	103
<b>Sugar</b>	<b>17</b>	83	60
<b>Price</b>	<b>\$3.10</b>	\$6.40	\$5.51

USANA's Nutriméal™ is a quick and nutritious meal replacement. It contains a perfect ratio of proteins, carbohydrates, and fats, and its low-glycemic formula is designed to promote satiety, sustain energy, and curb cravings. So start your day right and give your body what it really wants—a healthy and delicious, time-saving Nutriméal shake.

**To Avoid Your Next Breakfast Blunder, Contact Your Independent USANA Associate Today!**



**USANA**  
INDEPENDENT ASSOCIATE

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\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

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