

Get Your Day Started Right

A Comparison of NUTRIMEAL™ Drink Mix and Common Breakfast Foods

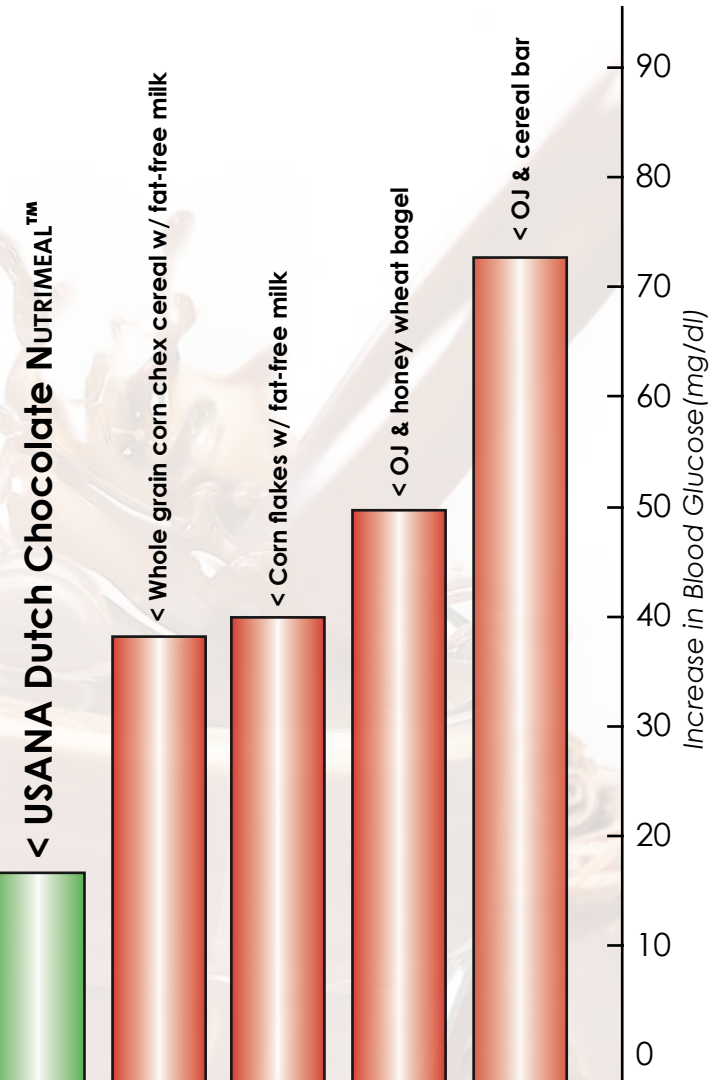


How Glycemic Load Affects You

Many foods you eat, including “healthy” ones, may actually be causing you to eat more throughout the day due to their high-glycemic load and carbohydrates that are rapidly digested. Research has shown that blood glucose levels can rise higher and often drop lower after consuming a high-glycemic load meal than they do after consuming a low-glycemic load meal of the same number of calories. Foods with a low-glycemic load can help keep you feeling satisfied longer, which may decrease subsequent food intake. Thus, low glycemic-load diets may be useful in promoting long-term weight loss.

How Healthy is Your Breakfast — A Comparison

When you start a high-glycemic roller coaster with breakfast, the rapid drop in your blood glucose levels can cause you to feel hungry sooner, which can lead you to eat again earlier and, ultimately, eat more calories throughout the day. Even foods that you may have thought were a good choice could be causing you to eat more throughout the day. A comparison performed by USANA measured the blood glucose response in generally healthy, non-diabetic volunteers after consuming several common breakfast foods compared to Dutch Chocolate NUTRIMEAL™ drink mix.



Increase in blood glucose 30 minutes after ingestion of various breakfast items

Get your day started right with a NUTRIMEAL™ meal replacement shake for breakfast!