

# LOW-GLYCAEMIC Shopping Guide

Use this shopping list as a starting point to fill your kitchen with healthy, low-glycaemic options and alternatives to the foods you love. And if you're uncertain about a food's glycaemic index, check [glycemicindex.com](http://glycemicindex.com).

## FRUITS



Apples  
Berries  
Grapefruit  
Grapes  
Melon  
Oranges  
Peaches  
Pears

## VEGETABLES




Asparagus  
Broccoli  
Cauliflower  
Cabbage  
Spinach  
Carrots  
Celery  
Green beans  
Mushrooms  
Peppers  
Squash  
Tomatoes

## DAIRY

Cheese  
Cottage cheese  
Kefir  
Milk (1% or 2%)  
Greek yoghurt

## PROTEIN



Chicken  
Eggs  
Fish  
Lean beef  
Shrimp  
Tofu  
Turkey

## GRAINS




Barley  
Brown rice  
Whole wheat  
couscous  
Pasta  
Quinoa  
Steel-cut oats

## CONDIMENTS + SPREADS

Nut butters  
Guacamole  
Hummus  
Oil-based salad  
dressings  
Salsa

*before*

you buy packaged items, read the label to make sure you know what's really inside.

- 
- **Check** the serving size and number of servings—claims of low fat, sodium, etc. can be deceiving depending on the serving size.
  - Pay **attention** to the number of calories compared to the amount of nutrients contained in the food to avoid consuming empty calories.
  - Avoid foods with trans fat.
  - Search for foods high in dietary fibre.
  - Minimise added sugars—sucrose, glucose, fructose, corn syrup.
  - Pick foods high in specific nutrients—vitamin A, vitamin C, calcium, iron, etc.

# Working Out

## WITH USANA

DON'T LET YOUR DAY SLIP AWAY WITHOUT SOME PURPOSEFUL MOVEMENT.

If you already have a consistent exercise routine, keep it up! If you're just getting into a workout routine, cycle through our preplanned workouts (all can be done at home, with or without weights),

or build your own workout. Just make sure you have a plan. You're more likely to stick with a regular schedule if it has been previously established.

| 1                                                                                                                                              | 2                                                                                                                                                | 3                                                                                                                                                                                   |
|------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 25 jumping jacks<br>25 mountain climbers<br>10 push-ups<br>10 triceps dips<br>25 squats<br>15 lunges (each side)<br>25 crunches<br>30 bicycles | 50 high knees<br>30 butt kickers<br>10 walking planks<br>10 inchworms<br>25 sumo squats<br>15 step-ups (each side)<br>15 v-ups<br>20 plank jacks | 50 invisible jump ropes<br>10 burpees<br>20 arm circles<br>10 downward dog push-ups<br>15 side lunges (each side)<br>15 skaters (each side)<br>20 flutter kicks<br>15 core roll-ups |



 **TIP:** IF YOU'RE NOT SURE HOW TO DO A MOVEMENT, LOOK IT UP ONLINE.

### SET A TIMER FOR 20 TO 30 MINUTES.

Once you've completed each exercise, move on to the next one. And once you've completed one round of all the exercises, start from the top again. Get through as many rounds as possible before your timer goes off.

*Happy sweating!*

**USANA**  
THE CELLULAR NUTRITION COMPANY