

# LOW-GLYCEMIC Shopping Guide


Use this shopping list as a starting point to fill your kitchen with healthy, low-glycemic options and alternatives to the foods you love. And if you're uncertain about a food's glycemic 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 yogurt

## 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.

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- **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 fiber.
  - **Minimize** 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

25 jumping jacks  
25 mountain climbers  
10 push-ups  
10 triceps dips  
25 squats  
15 lunges (each side)  
25 crunches  
30 bicycles

2

50 high knees  
30 butt kickers  
10 walking planks  
10 inchworms  
25 sumo squats  
15 step-ups (each side)  
15 v-ups  
20 plank jacks

3

50 invisible jump rope  
10 burpees  
20 arm circles  
10 downward dog push-ups  
15 side lunges (each side)  
15 skaters (each side)  
20 flutter kicks  
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