

## THE ORIGIN OF A Super Grain

The non-GMO, pesticide free grown super grain **Anutra™** is an exciting new cultivar of an ancient Aztec crop called "Chia" (*Salvia Hispanica* L).

The incredibly advanced Aztec dynasty, renowned for their outstanding accomplishments in agriculture, horticulture and healing, forged a mighty empire that was able to provide food for over 1 million people. One of the cornerstones of their nutritional foundation was *Salvia Hispanica*.

The Aztecs used *Salvia Hispanica* to attain high energy and endurance. It sustained them on long and arduous hunting and trading expeditions and in battle. Although the grain was vitally important then, its cultivation decreased following the discovery of America. The good news for us is that modern science has rediscovered why this ancient civilization considered this grain so important and significant advancements have been made to make this super grain even better.

**Valuhealth™** is proud to bring you **Anutra™** - a vastly important, novel and nutritious food with tremendous nutritional and health-promoting value.† Based on clinical studies conducted on the healthy properties of **Anutra™**, this super grain may soon become one of the first functional foods recommended for maintaining healthy blood sugar and cholesterol levels.†



At **Valuhealth™**, we believe that consumers, health professionals and dietitians will realize the importance of including **Anutra™** in our daily diet both by itself and as a vital ingredient in many traditional and specialty foods enjoyed today.



## ABOUT ValuHealth

The founder and leader of **Valuhealth™** is Angelo S. Morini who is widely known as a pioneer in the health food industry. In 1972, he invented a new, healthier and better way to make dairy products, and was first in US to market a cholesterol free, low fat, trans fat and lactose free product.

Mr. Morini is also the founder and Chairman Emeritus of **Galaxy Nutritional Foods** the company that has marketed these healthy dairy products for more than 25 years. He revolutionized this important product category with **Veggie® Brand Dairy Alternatives**, the world's number one selling dairy alternative product line made from **Veggie Milk®** (soy, rice and oats). He also introduced the world's largest line of vegan dairy alternatives and rice-based dairy alternatives which, together with **Veggie®** brand products, makes Galaxy Nutritional Foods the undisputed leader in the healthy dairy product category around the world.

In continuing his pioneering spirit, Mr. Morini now brings you **Anutra™** that, he states, "with its superior nutrition and many health-promoting benefits is to date the single most important food discovery ever. You will be amazed at how great you will feel and how you will improve your health, energy and general wellness. I believe that **Anutra™** will become an important staple in our daily diet as more and more of us discover the health promoting properties of this super grain."

Mr. Morini has made many television guest appearances and has lectured throughout the world. His latest book, **THE SEVEN SIMPLE STEPS TO VEGGIESIZING**, the Stealth/Health Diet teaches how to improve your diet and lifestyle through eating more plant protein and less animal protein which will positively affect your health and our world. Please see the free e-book offer to receive your copy of **THE SEVEN SIMPLE STEPS TO VEGGIESIZING** on the reverse side of this brochure.



## Anutra™ BETTER THAN FLAX

Recent research has identified lignans (see page 7) as key nutrients for maintaining optimal health. Only 2 tablespoons of **Anutra™** provides 1,275 mg of Lignans. Flax contains approximately 50 mg of Lignans for the same serving size.

The amino acid protein profile of **Anutra™** yields a 91% protein quality for **Anutra™** versus a 60% protein quality for flax (both based on limiting value, Lysine).

Flax has a strong, dominating flavor. **Anutra™** has a neutral flavor and will take on the flavors of whatever it is mixed with.

Flax contains substances called cyanogens, which are converted in the body into another chemical called Thiocyanate (SCN). High blood concentrations of SCN for prolonged periods of time may have adverse effects on the thyroid function. **Anutra™** contains no harmful cyanogens. Flax also contains vitamin B interrupters that can cause malnutrition. The US government regulates flax consumption to no more than 12 % of your total caloric intake. Vegans and others on diets low in protein or sulfur containing amino acids (methionine and cystine) must be very careful consuming flax seed. Flax seed cyanogens convert to cyanide, a poison that can be life threatening!

**FDA has approved Anutra (Salvia Hispanica L) as regular food. Flax is not FDA-approved as a regular food and is illegal or restricted in some countries.**

Due to **Anutra's™** antioxidant and vitamin content, oxidation is minimal or non-existent. **Anutra™** does not require refrigeration.

**Anutra™** absorbs more than 18 times its weight in water. Flax absorbs only 6 times its weight in water.

**Anutra's™** unique soluble fiber forms a gel in the stomach that creates a physical barrier between carbohydrates and the digestive enzymes that break them down. This process slows the conversion of carbohydrates into sugar. **Anutra™** gels better than flax.

**Anutra's™** neutral flavor and its hydrophilic structure lends itself to limitless recipe applications.



BROWNIE MADE WITH ANUTRA™

Starting in the 1970's, researchers began to explore the importance of Omega-3's in our daily diet. Since then, numerous clinical studies conducted worldwide prove that Omega-3's are vitally important to our optimum health.

### IMPORTANT FACT:

**About 95% - 99% of the population has low Omega-3 intake, yet every cell, tissue, gland and organ of our bodies requires Omega-3's for its functions.**

### FABULOUS ANUTRA™ NUTRITION!

ONLY 3 1/2 OZ. (100g) OF ANUTRA™ PROVIDES US WITH:

OMEGA-3'S (20g)	=	2 lbs. OF ATLANTIC SALMON
VEGETABLE PROTEIN (24g)	=	1 1/2 CUPS OF KIDNEY BEANS
CALCIUM (520mg)	=	1 1/4 CUPS OF WHOLE MILK
FIBER (32g)	=	1 1/2 CUPS OF ALL-BRAN™
POTASSIUM (552mg)	=	1 1/4 BANANA
MAGNESIUM (231mg)	=	2 1/4 LBS. OF BROCCOLI
IRON (6.7mg)	=	2 LBS. OF RAW SPINACH



BREADED CHICKEN CUTLET MADE WITH ANUTRA™

## Clinical STUDIES

Many of the health benefits of **Anutra's™** properties were validated through extensive acute and long-term studies conducted at the University of Toronto. One 12-week study indicated that **Anutra™** shows great promise for supporting health in general and heart health in particular.†

Other studies show that **Anutra™** can help people reach their health goals.

Due to **Anutra's™** extremely high content of Omega-3 fatty acids, Lignans and nutrient rich composition, **Anutra™** creates exceptional possibilities for the improvement of health and nutrition.† Studies continue to reveal more of the vast benefits of this powerful grain and more exciting results are expected. **Anutra™** can be considered a *perfect* functional food.†

## THE IMPORTANCE OF Omega-3 Fatty Acids

Omega-3 fatty acids are a form of polyunsaturated fat, one of 4 types of fat that we get from the foods we eat (saturated fat, monounsaturated fat and trans fat are the others). All poly- and monounsaturated fats including Omega-3's are very important to our good health. They are the "fats of life."

Many of us already know that eating foods high in saturated fat and trans fat are associated with the development of many diseases such as heart disease and cancer. Polyunsaturated and monounsaturated fats are the "good fats." Omega-3's, along with Omega-6's, another type of polyunsaturated fat, are essential fatty acids (EFAs). Our bodies do not make these important fats. We can only obtain EFAs from eating foods that contain them thus making the outside sources of these fats "essential". Omega-9's (Oleic Acid) are necessary but are non-essential since the body manufactures modest amounts.

Many of the foods we eat daily contain more Omega-6's than Omega-3's. Omega-6's are found naturally in cereals and whole grain breads. Omega-3's are found in **Anutra™** and in flax; in cold-water fish such as salmon, herring, sardines, tuna, mackerel and halibut; in dark green leafy vegetables; and in certain vegetable oils. Health experts agree that consuming a good ratio of these two EFAs is a vital key to optimum health.

Cold-water fish are not the highest or safest source of Omega-3's. It is now highly recommended that our fish consumption be limited to no more than two servings per week because of the health risks associated with ingesting the high dioxin (the most toxic chemical known) and high, dangerous mercury levels these fish may contain. **Anutra™** is the highest and safest natural source of Omega-3's & Lignans known. There is virtually no chance of ingesting dangerous toxins or chemicals with **Anutra™**.

PIZZA CRUST MADE WITH ANUTRA™



For most of our existence people have eaten foods containing equal amounts of Omega-3's and Omega-6's in a ratio of 1:1 or with more Omega-3's in a ratio of 2:1. However, over the last 50 years our eating habits have changed. We generally consume Omega-6's to Omega-3's in a ratio of 20:1 and, depending on our diets; Omega-6 intake can be as high as 50:1 over Omega-3's. The diet changes that have negatively impacted the important ratio of Omega-3's to Omega-6's are the inclusion of huge amounts of highly refined oils we use in cooking or in prepared foods. Examples of these are corn oil, safflower oil, cottonseed oil, peanut oil, and soybean oil (all high in Omega-6's).

**Anutra™** contains a ratio of 3:1 (3 Omega-3's to 1 Omega-6) and this ratio is considered to be the best ratio of Omega-3's and Omega-6's. **Anutra's™** Omega-3 is called Alpha-Linolenic acid (ALA). ALA is critical to our health and well-being for so many reasons. Ideally, the body should have ample amounts of Omega-3 fatty acids in order to construct the healthiest cell membranes. **Anutra's™** Omega-3's promote the healthy generation of all cells.

## Anutra™ vs. Flax

SERVING SIZE: 15 g	ANUTRA™	FLAX
PROTEIN	4 g	3 g
CARBOHYDRATES (NET CARBS <1g)	5 g	6 g
DIETARY FIBER	5 g	3 g
OMEGA-3'S (ALA)	3,000 mg	3,000 mg
LIGNANS	1,275 mg	>50 mg
ORAC (Oxygen Radical Absorption Capacity)	75 per g	61 per g
VITAMIN E (mixed tocopherols)	764 mcg	18 mcg
B VITAMINS	2,146 mcg	784 mcg
VITAMIN C	<375 mcg	75mcg
VITAMIN A	<3 IU	NONE
CALCIUM	78 mg	30 mg
SELENIUM	11 mcg	4 mcg
MANGANESE	342 mcg	30 mcg
CHROMIUM	11 mcg	NONE
IRON	1,007 mcg	750 mcg
COPPER	240 mcg	150 mcg
VITAMIN B INTERRUPTER	NO	YES
THYROID INTERRUPTER	NO	YES
FDA APPROVED AS A REGULAR FOOD	YES	NO

Source for Anutra™: Microbac Labs®  
Source for flax: Flax Institute of the US (USDA SR19)

## Good News For Omega-3's...

The USDA is revising the Dietary Guidelines for Americans to state that Omega-3's are beneficial to good health and that trans fats are detrimental to good health.

The American Heart Association also recently revised its dietary guidelines to recommend consuming foods high in Omega-3's.

**Anutra™** is an easy and enjoyable way to eat more Omega-3's!

## More On Why Anutra™ Is So "Essential"

There are only TWO "essential" fatty acids that we MUST get from our diet because our body does not make them. They are:

- 1) Alpha-Linolenic Acid (ALA or LNA), an Omega-3 which is abundantly found in **Anutra™** and
- 2) Linoleic Acid (LA) which is an Omega-6 also found in **Anutra™**

Remember, they are essential because the body requires them for our life and good health.

## THE IMPORTANCE OF Lignans

Lignans are a type of phytonutrient found in the cell matrix of certain seeds and grains including **Anutra™**. A growing body of data shows that lignans are important phytonutrients for the maintenance of optimal health.

Lignans have numerous biological properties that make them unique and very useful in promoting good health. These amazing compounds have shown such extraordinary potential that the National Cancer Institute is studying Lignans for their cancer preventative properties. There is mounting scientific evidence showing how important it is to consume a Lignan-rich diet. **Anutra™** has 8.5 grams of Lignans per 100 grams (3 1/2 oz.) compared with approximately 0.3 grams per 100 grams for flax seed. **Anutra™** is the richest grain source of Lignans known.

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Nature's Most Powerful Whole Super Grain



A Great Nutritional Supplement For:

- Athletes†
- Women's & Men's Health†
- The Aging Population†
- Children's & Adolescent's Health†
- Intestinal Health†
- High Protein Diets
- 74% Calories From Proteins & Lipids

FREE RECIPE E-BOOK OFFER \$20 Value



**ValuHealth™**  
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# THE HEALTHY BENEFITS OF Anutra™



## NUTRITIONAL BENEFITS

### Highest & Safest Natural Source of Omega-3's, Antioxidants, Fiber & Lignans

#### Good Source of:

- HIGH QUALITY VEGETABLE PROTEIN
- ALL ESSENTIAL AMINO ACIDS
- RICH NATURAL SOURCE OF ANTIOXIDANTS (MORE THAN FLAX OR CULTIVATED BLUEBERRIES)
- ANUTRA ORAC (OXYGEN RADICAL ABSORPTION CAPACITY) HYDRO (UMOLE TE/g) VALUE OF 75 PER GRAM, 1,125 PER SERVING
- 5 g FIBER PER SERVING
- THIAMIN, SELENIUM, MANGANESE & COPPER
- 0 g TRANS FAT PER SERVING
- 0 mg CHOLESTEROL PER SERVING
- NON-GMO, GLUTEN FREE, 100% NATURAL

Let's now look at all the ways the Omega-3's and many other important nutrients found in Anutra™ can support optimal health and well-being.

#### HEART HEALTH -

Omega-3's are clinically proven to support heart health. Approximately 60% of the fat found in Anutra™ is from Omega-3's with ALA (Alpha-Linolenic Acid) making it a very rich, natural source of Omega-3's.

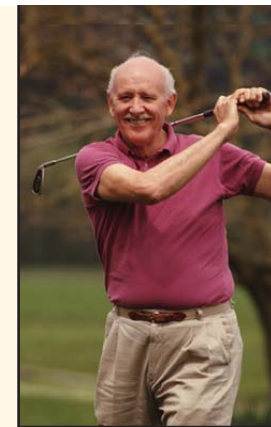
Anutra™, with its high Omega-3 and fiber content, is an easy and simple way to include these necessary nutritional benefits into your daily diet.

**PRE-NATAL HEALTH** - The American Journal of Clinical Nutrition reported that Omega-3's are very important to nourish the developing brain of the fetus and to the health of the mother. Anutra™ is a rich, natural source of Omega-3's.

**HEALTHY WEIGHT LOSS** - Anutra™ can be a valuable tool for weight control when added to your favorite recipes. Anutra™ is so nutrient dense that you would have to eat two pounds of Atlantic Salmon to get what you would in Omega 3's from just 100 grams of Anutra™. (See chart on page 4 for other calorie saving comparisons.) Many calories can be saved when Anutra™ is used in recipes. Use in drinks, smoothies, cereal, yogurt, breads, pizza dough, muffins, pancakes, waffles, omelets, dressings, sauces, jams, deserts, and much, much more! Also instead of having to eat fish all the time for the Omega 3's try putting ground Anutra into your favorite barbeque or steak sauce



ALL DIPS AND SAUCES CAN BE MADE WITH ANUTRA™

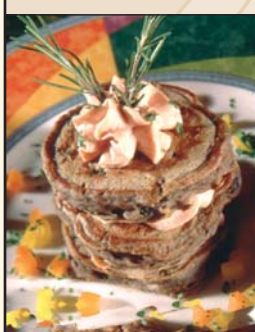


making any dish more healthy and delicious. Try the Anutra™ gel, it is 90% water and a convenient way to use Anutra™.

**HIGH QUALITY PROTEIN** - For those who are on high protein diets, Anutra™ provides 74% of its calories from lipids and high quality plant protein with very few calories from carbohydrates. The carbohydrate portion of Anutra™ is predominantly insoluble fiber. Insoluble fiber, which is very beneficial to digestion, is a "non-carbohydrate" carbohydrate in that it passes through the gastro-intestinal tract undigested resulting in a non-caloric effect to our body.



The proteins in Anutra™ show an excellent distribution of amino acids including all essential amino acids. Calculation of the Protein Efficiency Ratio (PER), or biological value, indicates Anutra's™ protein has a digestibility in the range of other proteins used in nutritional products of the highest standard. The PER, or biological value for Anutra™, is slightly lower than that of casein, a skim milk protein and a standard of comparison of protein quality. However, it is slightly higher than that of soy protein, a common and highly regarded source of quality protein. Protein quality is the estimated percentage of protein that is likely to be used by the body. Protein quality calculations yield relative protein quality for Anutra™ of 91% and for flax of 60% (both based on limiting value, Lysine).



FORTIFY YOUR FAVORITE PANCAKES WITH ANUTRA™

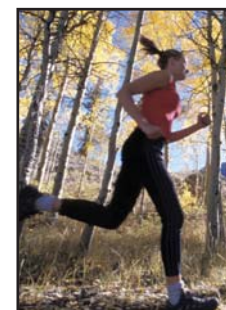
**ANTIOXIDANTS** - Antioxidants are substances or nutrients in our foods which have been shown to prevent or slow the oxidative damage to the cells in our bodies. Although supplementation is recommended for some individuals, the best method of

obtaining antioxidants is through the diet. Whole foods have special qualities unmatched by mankind.

Antioxidants are found abundant in beans, whole grains, fruits, and vegetables. The use of oxygen by our bodies produces free radical by-products which can damage any cell, such as those in the heart, lungs, kidneys, brain, liver, musculoskeleton, and gastrointestinal tract. Antioxidants act as free radical scavengers and help to prevent and repair cellular injury. Conditions such as heart disease, cancer, diabetes, neurological disorders, and autoimmune diseases may all be potentiated by free radicals.



Recent studies have shown that consuming 9 servings of fruits and vegetables as recommended by the USDA per day will help to keep our bodies strong and healthy. ORAC values (oxygen radical absorption capacity) are being established for foods as a new and evolving concept for enabling researchers and consumers to measure daily consumption of antioxidants. Currently, there is no established daily RDA for ORAC in the US, although an average serving of fruits and vegetables is 2200 ORAC's; therefore 2200 times 9 servings per day equals approximately 20,000 ORACs per day to be considered a healthy daily amount. Anutra provides 75 ORAC units per gram (1,125 per serving).



Anutra's™ ORAC value is ranked in the top 10 best foods for antioxidants - higher than cultivated blueberries or flax.

**FIBER & GASTRO-INTESTINAL HEALTH** - Due to its high concentration of dietary fiber, Anutra™ may help maintain optimum intestinal health. Approximately 32% of Anutra™ is fiber and of this amount nearly 100% of it is insoluble fiber. This is considerably higher than wheat bran and flax. Whole or ground Anutra™ digests beautifully while flax must be ground. Anutra's™ high fiber improves laxation, prevents occasional constipation and aids in colon cleansing.† You will notice a positive change in your bowel movement and stool. Anutra's™ fiber helps maintain healthy blood glucose and cholesterol levels.†

Simple carbohydrates are digested in approximately 20 minutes in the first 2 - 4 feet of our intestinal tract. Our bodies tell our brain that it needs more food because of the rapid insulin-spike and fall created by eating simple carbohydrates. Anutra™ contains a very special complex carbohydrate generally taking 3 - 4 hours to digest and utilizes 18 - 20 feet of our intestinal tract. This slower digestion period keeps your body hydrated longer and lets you fully absorb all of Anutra's™ valuable nutrients thus dramatically increasing your energy and endurance.†



Anutra™ is also a hydrophilic colloid (a watery, gelatinous substance which forms the underlying elements of all living cells). This important property aids in the digestion of food and supports a healthy digestive tract.†

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## THE Anutra™ EXPLOSION

With all of the known healthy benefits of Anutra's nutrient dense profile, we believe there is a wealth of other Anutra™ health benefits yet to be discovered. The structural richness of this super grain makes it destined to become one of the most important foods of our lifetime to help improve our longevity and maintain our optimum health and well-being.†

Anutra's unique composition offers a more nutritious alternative to other grains and its wonderful texture in gel form makes it easy to use as a baking ingredient and in many other ways. Anutra™ may also be used in conjunction with almost any diet your doctor advises for your condition. At Valuhealth™, we believe Anutra™ will be recognized as one of the best proteins and one of the best overall nutrition sources in the world.

ALL YOUR FAVORITE HOMEMADE BREADS, CAKES, MUFFINS, CRUSTS AND SO MUCH MORE CAN BE MADE WITH ANUTRA™!

## Anutra™ Gel RECIPE

Anutra™ gel is perfect for baking breads, pizza dough, muffins, pancakes, salad dressings, mayonnaise, nut butters, jams, jellies, gravies, puddings, desserts and much more. **Approximately 5 ounces of Anutra™ gel equals one 15g serving of Anutra™.**

Adding Anutra™ gel to any of the non-baked foods listed above will give the product a smooth texture while leaving the flavor intact. You have also displaced calories and fat by using Anutra™ gel, an ingredient that is 90% water. For baked foods, you can substitute the oil in your recipes with Anutra™ gel. For best results, decrease the recommended oil amount by 20% and replace this amount with Anutra™ gel.

To make Anutra™ gel use 9 parts of purified water to one part Anutra™ (by weight). One pound of Anutra™ will make 10 pounds of Anutra™ gel. Slowly pour Anutra™ into water while briskly mixing with wire whisk, wait a few minutes and whisk again. Let the gel stand 5-10 minutes. Whisk the mixture again before storing in refrigeration. Anutra™ gel will last 3 days in refrigeration. When baking and in breadings use 3 parts flour and 1 part Anutra™. In recipes replace 1 egg with 1/4 cup Anutra™ gel.

**FREE RECIPE E-BOOK OFFER \$20 Value**

For healthy, low-fat recipes to help you consume the correct number of calories, we will send you **FREE OF CHARGE** an electronic copy of:

**THE SEVEN SIMPLE STEPS TO VEGGIESIZING THE STEALTH/HEALTH DIET** by ValuHealth's founder Angelo S. Morini



E-mail us your name and address at **ValuHealthLLC@aol.com** or visit our website at **www.Anutra.com** where you can download the book immediately. This book, a \$20 value, contains over 175 easy recipes that include detailed nutrition facts (including calories and much more).

**IMPORTANT NOTE: PLEASE CONSULT YOUR PHYSICIAN BEFORE STARTING ANY WEIGHT-LOSS PROGRAM.**



A symbol representing a covenant in spirit that all religious practices will be followed pure and true in what is said in the belief that our souls lies in the spirit and the body shall follow in the name of one GOD



Exercise (brisk walk, run, bike ride or other aerobic activity) at least 30 or more minutes per day preferably after your evening meal.

Dieting alone can help you lose weight but adding 30 or more minutes of aerobic exercise at least 4 days a week can double your rate of weight loss. After about 20 minutes of aerobic exercise, the body needs to use its stored fat as fuel. Therefore, the longer you exercise aerobically, the more calories you will burn. Strength training exercises such as weight training are also very important since they help counteract muscle loss due to aging. And, since calories are burned in muscle, muscle mass is a key factor in helping maintain a healthy weight. The more lean muscle mass you can preserve, the bigger "engine" in which to burn calories.



## What Is Your Desirable Weight?

Body Mass Index (BMI) relates to your body weight and to health risks associated with being overweight. To figure out your BMI, do the following calculation:

- 1) Multiply your weight in pounds by 0.45 (example - 150 lbs. X 0.45 = 68)
- 2) Multiply your height in inches by 0.025 (5 ft. 10 in. = 70 in. X 0.025 = 1.75)
- 3) Square your answer from step 2 (1.75 X 1.75 = 3.0)
- 4) Divide your answer from step 1 by the answer from step 3 (68/3.0 = 22.6)

Your estimated BMI is 22.6. Generally, a healthy BMI ranges from 19 to 25. If your BMI is more than 25, talk with your physician about a weight-control program.

Remember to stay positive and stay with the program. Even if you have setbacks, persevering will get you where you want to be!

All the best from Valuhealth™ and from your partner in good health,

*Angelo S. Morini*  
ANGELO S. MORINI

## THE Anutra™-Sizing DIET

The Anutra-sizing diet and exercise program makes it quick and easy to jump-start your healthy weight loss program. It will greatly increase your energy, stamina and overall wellness. Here is all you need to do:

### BREAKFAST & LUNCH

Make an Anutra-sizer (275 calories). Combine 6 oz. of your favorite veggie milk made from soy, rice or oats and 6 oz. of fruit juice; add 3 tbsp. of whole grain Anutra™ or 3 3/4 tbsp. of ground Anutra™; stir until smooth (or just use 12 oz. veggie milk). With your Anutra-sizer, eat either a banana (80 calories) and apple (90 calories) or 1 cup of strawberries (45 calories) and 1/2 cup of blueberries (40 calories). You can also put 12 oz. of veggie milk in a blender, mix the same amount of Anutra™ and add either a banana, an apple with ground cinnamon, or the strawberries and blueberries; blend all ingredients until smooth.

Take a high-quality multi-vitamin with your Anutra-sizer breakfast. This is not a necessity, but it does add nutritional assurances.

Total calories for breakfast & lunch: approximately 750 calories.

Drink at least 8 full glasses of water per day and drink one of these glasses after each Anutra-sizer.

### DINNER

For women under 250 lbs., you can consume 450-500 calories at dinner for a total of 1,200 daily calories. For men under 250 lbs., you can consume 700 calories at dinner for a total of 1,400 daily calories.

If you weigh over 250 lbs., please follow this chart for daily caloric intake:

WEIGHT (LBS.)	CALORIE GOAL	
	WOMEN	MEN
250 or less	1,200	1,400
251 - 300	1,400	1,600
301 or more	1,600	1,800

Be sure to include 5 to 8 ounces of lean protein each day. For great tasting Anutra™ recipes, please visit our website at **www.Anutra.com**