

Start Your Day
Right with



Protein Power!

Mantapkan Hari Anda!

 NUTRILITE™



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Protein. You've heard it. You've consumed it and often – protein brings a bunch of benefits for your body to flourish and grow. But what else do you need to know as an adult juggling work and family? In this eBooklet, we want you to keep yourself informed but more importantly, we want you to – **Start Your Day Right with Protein Power!**

1 Breaking down the Basics

THE WHY

Protein is an essential macronutrient the human body requires, just like carbohydrates and fats. **Also, all cells in your body has protein!**



For development of red and white blood cells; to create antibodies and strengthen immunity



Helps maintain tissue growth as body undergoes wear and tear



A source of energy



Important for collagen synthesis



Building block for body tissues

Protein is made up of about 20 amino acids.

are considered essential

CANNOT be produced by your body

9
out of 20 amino acids

Must be obtained from diet such as food and supplements

histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan & valine.

BENEFITS?



For skin, nerve, blood, ligament & bone cell development



Develops muscle mass and strength



Helps with weight loss and maintenance goals



Helps reduce appetite, thus you consume fewer calories



Good for bone development



Helps attain healthy skin, hair, and nails



Helps you stay fit as you age

THE WHO

Protein is essential for a healthy body development regardless of age. Who needs it?



Working adults



Busy parents who juggle work and/or family



Golden ages



Children and teenagers

How much protein do you need daily?

1g* x Body Weight (in kg)

Example: 1g x 65kg = 65g protein needed.

*RNI, MOH (2017)

Where can you get protein from?



Chicken and fish



Nuts



Grains – wheat



Seeds



Tofu



Dairy products – eggs and milk



Legumes – yellow peas and soybeans

To prevent deficiency, the minimum protein needed is 0.8g x Body Weight (kg) daily.

Recommended Protein Intake



Children

Age Group (years)	Grams/per day
1 - 3	12
4 - 6	16
7 - 9	23



Men

Age Group (years)	Grams/per day
19 - 29	62
30 - 59	61
60 & above	58



Teen Boys

Age Group (years)	Grams/per day
10 - 12	30
13 - 15	45
16 - 19	51



Women

Age Group (years)	Grams/per day
19 - 29	53
30 - 59	52
60 & above	50



Teen Girls

Age Group (years)	Grams/per day
10 - 12	31
13 - 15	42
16 - 19	42



Pregnant women	Grams/per day
1st trimester	+0.5
2nd trimester	+8
3rd trimester	+25



Lactating women	Grams/per day
First 6 months	+19
Second 6 months	+13

Source: Recommended Nutrient Intake (RNI 2017), Ministry of Health (MOH Malaysia)

So, are you consuming sufficient protein daily from your regular food?
If not, a protein supplement may help!

Use the protein calculator to know your recommended intake today
<https://nutrilite.com.my/en/article/protein-calculator>



2 Wake up to Protein Power

As a working adult and or stay-at-home parent juggling many things simultaneously, time is essential. It is important to start the day on the right note to tackle and maintain the energy that is needed till the day ends. Good nutrition is vital, and it starts with protein.

What's the best time to consume protein?

When you start your day.



Here's an example:



Meet John Lim. He is a working adult who lives with his elderly parents.



Meet Amirah. She is a working adult with 3 children.

Breakfast	<p>John loves his nasi lemak and teh tarik. Calories consumed:</p> <p>Nasi lemak (>400kcal) + Teh tarik (>100 calories) = >500 calories</p> 	<p>Amirah loves her nasi lemak too but instead of the regular teh tarik, she chooses a healthier alternative – Protein Tarik.</p> <p>That's right. Amirah adds protein powder to her favourite drink. Why? For all the added health benefits.</p>  <p>Calories: 40 kcal</p>
Rest of the day	<p>As John started his day with a heavy meal, he will soon feel his energy level drop, struggles to focus on work and will most probably continue piling on more calories.</p>	<p>Amirah has more energy to tackle problems at work. She chooses healthy meals throughout the day and might add another protein smoothie or meal to this day.</p>
Results	<p>He will feel constantly tired. Reaps minimal health benefits from his meals and goes through a vicious cycle of unhealthy eating habits and bad lifestyle choices.</p>	<p>She will have more energy and desire to interact with her children at home. Chooses to be an example for her kids to make healthier choices in life.</p>

Protein as your first meal means:



Alertness –
you're more
awake



Increased
muscle mass



High energy



Improved
muscle health



Easier to
achieve weight
loss goals



Lesser
snacking



FUEL YOUR DAY WITH THESE **PROTEIN-PACKED** RECIPES

PROTEIN OATS DELIGHT

INGREDIENTS

- 300ml homemade soya bean milk (no sugar)
- 35g instant oatmeal
- 1½ tbs honey
- 1 scoop Nutrilite Soy Protein Powder Mixed (Green Tea)
- ½ tsp black sesame seeds
- ½ tsp white sesame seeds
- ½ tsp flaxseeds
- 1 tsp sunflower seeds
- 1 tsp melon seeds
- 1 tsp millet

METHOD

1. Boil oatmeal and soya bean milk for about two to three minutes until it thickens.
2. Remove from heat, add honey and Nutrilite Soy Protein Powder Mixed (Green Tea). Mix well.
3. Sprinkle the seeds on top and enjoy!



PROTEIN SOYA PUDDING

INGREDIENTS

- 500ml soya bean milk (no sugar) or low-fat milk
- 1 scoop Nutrilite Soy Protein Drink
- 1 scoop Nutrilite Soy Protein Powder Mixed (Mixed Berries)
- 3 Grade A eggs
- 50g brown sugar
- 1 tsp vanilla essence
- 1 tbs honey

METHOD

1. Blend all ingredients together (except honey) and strain into pudding cups.
2. Steam over low flame for 10 to 15 minutes.
3. Warm the honey and pour it over the puddings. Serve warm.



FUEL YOUR DAY WITH THESE **PROTEIN-PACKED** RECIPES

HOT CHOCOLATE PROTEIN SHAKE

INGREDIENTS

- 500ml hot water
- 1 pouch BodyKey Meal Replacement Shake (Chocolate)
- 2 scoops Nutrilite Soy Protein Drink
- 2 tbs cocoa powder
- 1 half-boiled egg

METHOD

1. Blend all ingredients and drink hot.

SERVES
2 TO 3



SERVES
2 TO 3



PROTEIN DRAGON SIRAP BANDUNG

INGREDIENTS

- 500ml homemade soya bean milk (no sugar)
- 1 scoop Nutrilite Soy Protein Powder Mixed (Mixed Berries)
- 1 scoop Nutrilite Soy Protein Drink
- 2 tbs rose syrup
- 150g red dragon fruit

METHOD

1. Blend all ingredients together and serve.

3 Why Choose Nutrilite Soy Protein Drink?

Give your body the nutrients it needs for a healthy development! It contains high-quality protein and amino acids from natural sources that are great for boosting energy levels, muscle growth and helping your body repair and maintain itself. Each flavour is formulated individually with a slight variation in the protein content of each variant.



Tri-blend of soy, wheat and yellow peas



Contains 9 essential amino acids



No animal-derived ingredients



Suitable for vegetarians



Lactose-free



Low-fat



PDCAAS score of 1*



Available in 4 flavours

*Protein Digestibility Corrected Amino Acid Score of one (PDCAAS = 1), meaning that it has the highest quality of protein, necessary amino acids and easy to digest, all needed to help you, and your family, achieve optimal health.

BUY

ORIGINAL 450g or 900g



GREEN TEA 450g



MIXED BERRIES 500g



DELICIOUS CHOCOLATE 500g




Nutrition Information	One Scoop (10 g)	Two Scoops (23.5 g)	Two Scoops (23.5 g)	Two Scoops (24.2 g)
Calories	170 kJ / 40 kcal	397 kJ / 95 kcal	397 kJ / 95 kcal	419 kJ / 100 kcal
Protein	8 g	8 g	8 g	10 g
Fat	0.5 g	2 g	2.5 g	1.5 g
Carbohydrates	0.3 g	12 g	9 g	10 g
Calcium	-	250 mg	250 mg	140 mg
Vitamin C	-	-	30 mg	-

GO BEHIND THE LABEL


Fact: About 1/10 people around the world get food poisoning (Source: WHO). So, it is always good to know where your products come from and what you are consuming. For Nutrilite Soy Protein – the yellow peas, soybeans and wheat ingredients are traceable down to its very seed.

Step 1 Choosing The Botanical



A mighty – and tiny – protein powerhouse, that's what we found when looking at yellow pea for our Nutrilite Soy Protein Drink! It is a highly nutritious legume, like lentil, with all the qualities we love in a hero ingredient: it's one of nature's highest quality plant sources of lean protein (comparable to meat, eggs, dairy), cholesterol-free and low in fat.

Step 2 Selecting The Seed




Our pea protein comes from non-GMO yellow pea seeds. The seeds are selected to preserve the best characteristics that yield the highest quality nutrients, and their origins are traceable in accordance with our rigorous standards.

Step 3 Choosing The Farm



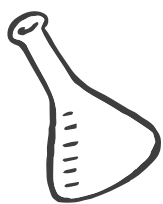
Yellow peas need cooler growing temperatures than what we have at our Nutrilite farms, so we source ours from NutriCert-certified partner farms in the Normandy region of France. There, in the plentiful rainfall, plants yield abundant pods bursting with these tiny protein powerhouses.

Step 4 Growing



Farming yellow peas for our Nutrilite Soy Protein Drink supplement often is a family affair. Our NutriCert-certified suppliers work the land themselves with sustainable methods and tender, loving care. They know everything that happens to and around the plants.





Step 5 Harvesting

Yellow as can be! When matured, the peas have a light yellow skin but are deeper yellow inside. The farmers know just when to pick the peas to get the highest nutrient content.

Step 6 Extracting

Sometimes the best things are worth waiting for, and that's what we do when it comes to yellow peas. The harvested peas are dried and milled under carefully controlled conditions before use. Why? Because this preserves the energy-supporting, muscle-building protein goodness.



Step 7 Manufacturing

Ever heard of a swab test? That's where tiny samples are collected off manufacturing surfaces to verify cleanliness. We do thousands of swab tests to verify that our manufacturing rooms, equipment and everything in the vicinity is cleaned before our yellow pea comes into contact with these areas. No new batch begins until that paperwork is in order!

Step 8 Packaging

Packaging documentation for every product that leaves our doors includes: item produced, production date, batch code, quantity and identity of raw materials used, equipment used, and employees involved in executing each critical step. We know the who, what, where, when and how behind all of our products, from our door to yours!



Step 9 You

Production and packaging records are linked to every shipment of finished product, allowing us to react quickly to any customer enquiries.



For recommended product pairing with the Nutrilite Soy Protein Drink, read [THIS](#)

Sources: <https://bit.ly/3y9Hjhw>



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