

bodykey

by  NUTRILITE™



*Your Health  
Begins in the Gut!*

**Transform into a Healthier and Fitter you!**

BodyKey Gut Fit Programme Guidebook



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# Destination: Wellbeing

## The pathway to a happier and healthier life.

**Our general wellbeing contributes to how we enjoy life, how we perform** – at work, at home, in our favourite physical activities – and how we feel. Improving your well-being is not something that happens overnight – it requires a holistic approach, and it requires guidance and support.

**Destination Well-being** is a holistic healthy-lifestyle guide that combines professional expertise, support and supplements. It provides access to programmes, solutions, and bundles to address specific wellness needs, and to help you live a better and healthier lifestyle.



### Holistic

Provides solutions for different health and wellness needs taking into account **nutrition, hydration, exercise and mental health** aspects



### Scientific

Proven, scientific approach by **healthcare professionals** for sustainable weight management



### Trusted

Includes products from Nutrilite. **Nutrilite is the world's No. 1 selling vitamins and dietary supplements brand\***

A brand with close to 90 years' experience of helping people to live healthier and happier lives



### Supportive

Accompanied by continuous support from your **Amway Business Owner** and **free access to tools from Amway** to help you stay engaged and motivated on your journey



\* Source: GlobalData, <http://gdretail.net/amway-claims/>

# 5 Pillars of Wellbeing

It is a holistic healthy lifestyle programme that combines professional expertise, support, and supplements to help you improve overall well-being, nutritional intake and activity level.

The programme is not about calorie-counting or weight management – it is meant to support your body's gut microbiome, build positive habits, and live a happier, healthier life.



## Nutrition

Consuming the right amounts of macronutrients, vitamins, minerals and phytonutrients will improve your gut health for better metabolism (and help control calories!).

## Physical Activity

Building healthy habits around physical activities is a great way to start improving your overall well-being.



## Positive Mindset

Well-being starts in the mind. Having confidence in your ability to change your behaviour makes it easier to adopt a new, healthier lifestyle.



## Sleep

Getting enough quality sleep has a powerful influence over your ability to manage your weight and improve your health.



## Stress Management

Bring stress under control and you're more likely to eat less and feel more balanced.



# Introduction to BodyKey Gut Fit Programme

A healthy gut is key to a healthy life. Besides enhancing our overall health, a healthy gut also supports effective weight management.

Start BodyKey Gut Fit Programme and take care of your well-being!

## Objectives of BodyKey Gut Fit Programme

1. To restore the balance in your gut microbiome by removing foods that may cause poor gut health and incorporating probiotics and prebiotics into your diet.
2. To optimise your body for the weight management programme by adopting a healthier diet and lifestyle habits.
3. To rejuvenate the mind for achieving sustainable weight management goals.

This programme is designed to help you to:



**Support the normal functioning of your digestive system**



**Build healthy lifestyle habits**



**Support immune system**



**Help in fat loss**



**Stay fit and active**



**Support positive mood**



**Improve skin condition and appearance**



**Improve the quality of sleep**

# Phases of the BodyKey Gut Fit Programme



## (Phase 1) Day 1 - 14

### Regaining Healthy Gut

**[MUST DO!]** Day 1 or 2

- Body Composition Test

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## (Phase 2) Day 15 - 60

### Weight Management

**[MUST DO!]** Day 60

- Body Composition Test

**[OPTIONAL] Monthly between Day 15 - 60:**

- Body Composition Test

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## Subsequent months

- Weight Maintenance **or**
- Repeat BodyKey Gut Fit Programme Phase 1 & 2 to achieve weight management goals **or**
- Continue with another Nutrilite Health Solution

# Guide to a Successful BodyKey Gut Fit Programme

BodyKey Gut Fit Programme is an all-rounded programme that encompasses different important strategies to help achieve a successful healthy gut and weight.



### Nutrilite Solutions

- Mixed Fiber Powder
- Balance Within™ Probiotic
- BodyKey Meal Replacement Shake
- Protein Drink Mix
- Salmon Omega Complex
- Nutrilite New Advanced Double X



### Healthy & Balanced Diet

- My Healthy Plate & Portion Control
- Healthy Eating Habits
- Hydration



### Exercise/ Physical Activity

- Aerobic and Strength Training Exercise
- Build Regular Exercise Routine



### Positive Mental Well-being

- Building positive mindset using the O.K.A.Y Tips

# Nutriline Solutions

## Restore and Regain Healthy Gut

### Balance Within™ Probiotic

Uses “Arrive Alive” and “Stick To The Gut” technology

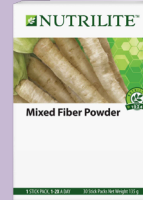
- The probiotic strains that are tough enough to reach your gut alive and “stick” once they get there.
- Each stick pack serving has 6.3 billion CFUs from an exclusive blend of 5 probiotic strains and dietary fibre (prebiotic) to help balance and maintain the gut microbiome.



### Mixed Fiber Powder

Contains a special blend of three soluble fibres from naturally derived plant sources.

- These soluble fibres are also prebiotics, which serve as food for the probiotics (good bacteria) to help balance the gut microbiome and maintain good gut health.



## Rebalance Your Body

### Protein Drink Mix

Protein from 3 plant sources (wheat, soy & pea)

- Protein is essential for everyone regardless of age or lifestyle as they are the building blocks of your cells. Protein helps to preserve your lean muscle mass, keeps you feeling energised and leaves you feeling full for longer.
- This protein drink contains all 9 essential amino acids in the form of high-quality, high-absorption protein.



### Salmon Omega Complex

Fulfill your dietary gaps of Omega-3 fatty acids

- Omega-3 fatty acids are critical structural components of the cell membranes. They support overall health benefits such as anti-inflammatory response, blood lipid metabolism and support heart health. However, the body can't make these essential fatty acids - so they must be obtained from food and supplements.
- Each softgel contains 300mg of purified and concentrated Omega-3 fatty acids (EPA & DHA) from salmon raised in Norway as well as other fishes.



Good fats like omega-3 fatty acids can help reduce gut inflammation and supports with gut microbiome diversity.



### BodyKey Meal Replacement Shake

Fulfill 1/3 of your daily nutritional needs

- This shake is low in calorie, well balanced meal containing 17g of plant protein, 5g of fibre and 22 vitamins & minerals to keep you energised throughout your busy day. It helps with digestion and promotes satiety to support weight management goals.
- Meal Replacement contains nutrients that replaces a traditional meal to support your physical needs.



### Nutriline New Advanced Double X

Restore your body to it's full potential

- Nutriline New Advanced Double X contains 12 vitamins, 10 minerals and 19 plant concentrates with patented PhytoProtect™ blend - Proactive and reactive defense against free radicals. It fills in nutritional gap and strengthens your body's natural defences.



Multivitamin and mineral supplements could help reduce body weight and fatness through increased energy expenditure and fat oxidation.

# Healthy & Balanced Diet

Nutrition plays an important role in our well-being. Phase 1 of the BodyKey Gut Fit Programme helps our body to transit into a diet rich in gut-friendly foods while Phase 2 of the programme ensures that our diet is still balanced during the weight management phase.

## My Healthy Plate

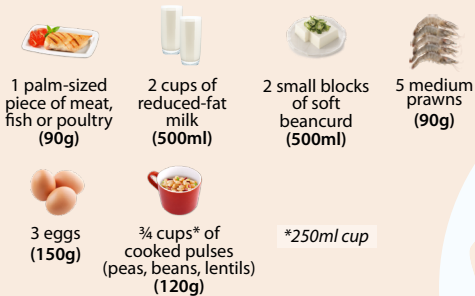
Build your daily diet with **Quarter, Quarter, Half.**

### Meat & Others

#### Aim 2 - 3 servings per day

- Poultry, red meat, fish, seafood, eggs, and dairy products soy milk, tofu, tempeh, nuts, beans, and legumes are rich sources of protein.
- Proteins help to build, repair and maintain our muscles.
- Choose lean over fatty meat, fresh over processed meat and have a mix of plant and animal-based protein.
- Choose protein-rich foods which are also high in calcium and 1. low-fat or non-fat over full-fat dairy products.

#### Example of 1 serving of protein:



### Wholegrains

#### Aim 5 - 7 servings per day

- Carbohydrates are the main source of energy for the body.
- Choose wholegrains over refined grains such as white rice.
- A diet rich in wholegrains is associated with a reduced risk of chronic diseases. Moreover, wholegrains promote a feeling of fullness for longer, helping prevent overeating and excessive calorie consumption.

#### Example of 1 serving of wholegrain:



\*1 Rice Bowl

### Salt

Limit your daily salt intake to the recommended 5g. Be cautious of sources of sodium like sauces, seasonings, preservatives, and salt substitutes.

### Fruits & Vegetables

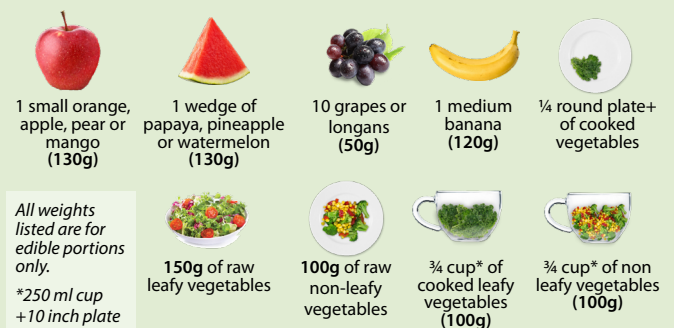
#### Aim 2 + 2 per day

- Fruit and vegetables are naturally low in calories, fat and sodium. They are also rich in dietary fibre, vitamins, minerals, phytochemicals and antioxidants.
- Serve vegetables fresh, boiled or stewed and try to avoid adding too much oil or fat.
- Includes all types of vegetables, whether fresh, frozen, or well- drained canned, excluding tubers (e.g., potatoes, yam) and legumes (e.g., beans, lentils).
  - For fruits, choose from fresh, frozen, well-drained canned, or dried options.

#### Strategies to increase fruits and vegetables intake:

- Finish your meal with fruit.
- Eat green salad as frequent as possible.
- Opt for healthier salad dressing such as balsamic vinegerette.
- Include vegetables by mixing into meat dishes.
- Order at least 2 vegetable dishes when eating out.
- Enjoy fresh cut or frozen fruit for dessert.

#### Example of 1 serving of fruits and vegetables:



All weights listed are for edible portions only.  
\*250 ml cup + 10 inch plate

### Oil

Select healthier cooking oil such as white chia seeds oil, walnuts, canola oil, soybean oil, corn oil, soybean oil, avocado oil and sunflower oil.

### Sugar

Beverages and foods containing added sugar typically offer empty calories. Our daily sugar intake should not exceed about 10 teaspoons per day.

## Healthy Eating Habits

Mindful eating is a technique that helps you better manage your eating habits. Mindful eating involves paying closer attention to your food and how it makes you feel. It helps you to distinguish between physical and emotional hunger, reduce disordered eating behaviours, support weight loss, and help you feel better.

### Mindful eating

 Eat slowly. Chew 20-30 times before swallowing	 Eat at regular times	 Eat with no distractions	 Listen to true hunger cues	 Stop eating when you are full
 Postpone desire of emotional eating and avoid food temptation	 Make healthier snack choices	 Avoid eating snacks straight from the bag	 Avoid having late dinners or heavy suppers	

### Hydration

Hydration is very important for our gut health. The human body is made up of a large percentage of water and being hydrated is important for many processes to occur such as:

1. Proper blood circulation that carries oxygen and nutrients to our cells.
2. Waste product removal by the kidneys.

You should consume at least 2 litres (about 8 glasses) of water per day. Start your day with at least one full glass of warm water before you consume any food to promote hydration and jumpstart your digestive pathways.

To ensure that you are well hydrated throughout the day, you may fill up a 2-litre water bottle with plain water. Pour out the water into a glass of water every time you rehydrate.



**Aim to finish the whole bottle  
of water throughout the day.**



# Physical Activity

Exercising regularly can bring about a wide array of health benefits. It can lead to significant improvements in your well-being.

## Health Benefits of Exercise

### Good for Your Mental Health

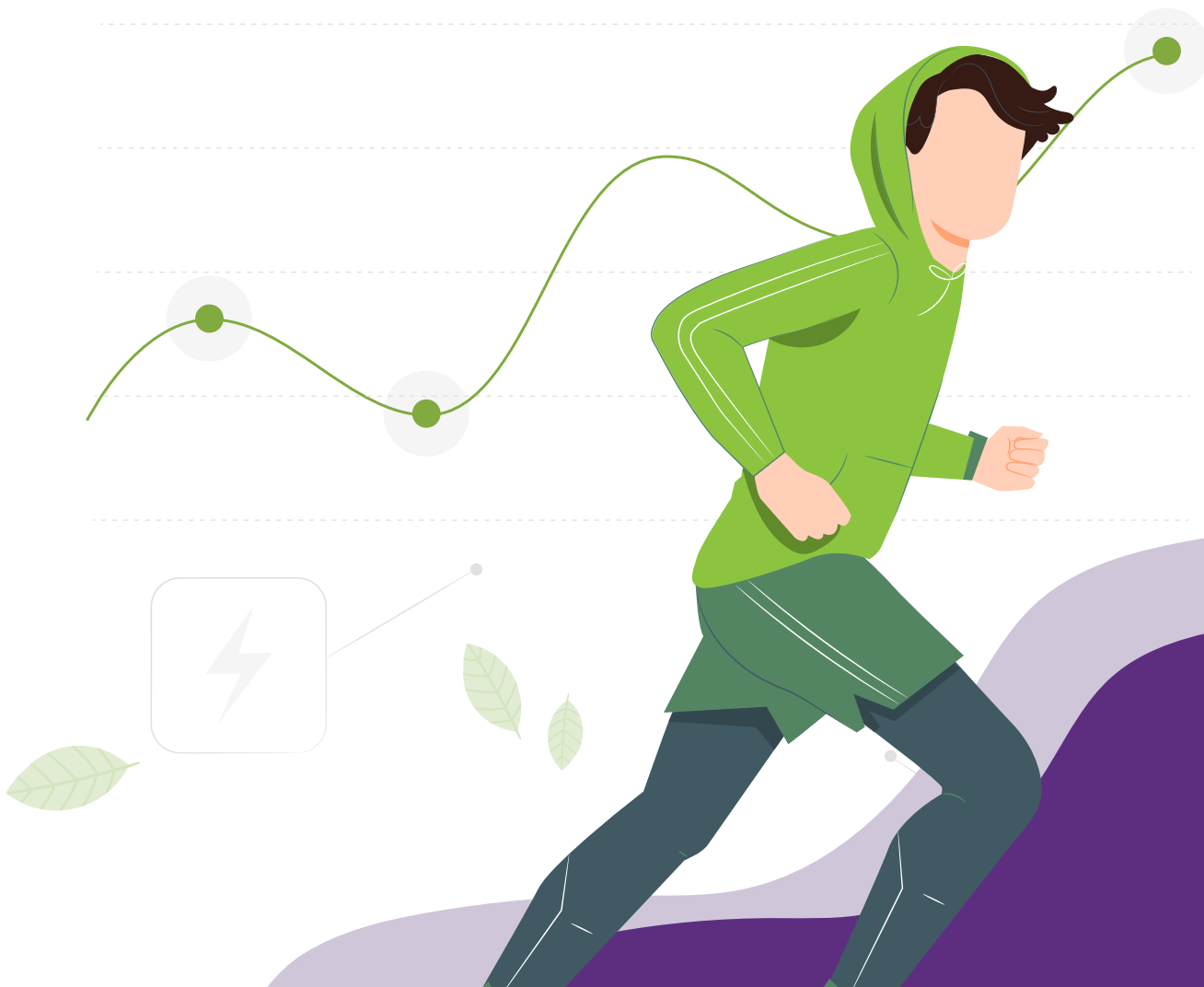
- Uplift mood
- Alleviate stress, anxiety, and feelings of depression

### Helps You With Weight Management

- Reduces excess body fat by burning calories

### Keeps Your Heart, Lungs and Bones Healthy

- Improves blood flow to the heart, lungs, and blood vessels
- Strengthens the heart muscles
- Builds and preserves strong bones and muscles



## Singapore Physical Activity Guidelines

Set aside **150 to 300 minutes per week** for moderate-intensity aerobic exercises like jogging, brisk walking, swimming, and cycling, coupled with at least two days of muscle and bone-strengthening activities.

As you progress, challenge yourself by setting both short-term and long-term fitness goals. Stay flexible with your schedule and don't feel obligated to do all the physical activity at one go. You can achieve health benefits by breaking it up into shorter, more frequent bouts throughout the day.

# MOVE MORE & THRIVE

**RECOMMENDATIONS**

**GET MOVING & MIX IT UP**  
Limit the amount of time spent being sedentary, particularly recreational screen time, by *engaging in activity of any intensity*.

**HIT 150 - 300**  
Aim for at least **150 to 300 minutes** of moderate-intensity aerobic activity per week.  
\*Every minute of vigorous-intensity activity can generally be considered as two minutes' worth of moderate-intensity activity.

**GET STRONGER**  
**Strengthen muscles, bones, and joints through activities, at moderate- or vigorous-intensity, at least 2 days per week.**  
For those over 50 years, include **multi-component physical activity that emphasizes strength and functional balance at least 3 days of the week** at a moderate or greater intensity.

**TIPS**

- Incorporate active travel into your daily routine, such as heading out to purchase your food and groceries personally and rely less on food deliveries.
- Start with some light-intensity activity as opposed to being inactive.
- Start with small changes like taking the stairs instead of the lift, as better beats perfect.
- Work out your muscle groups through different activities such as jogging, swimming, and playing a racquet sport.
- Being active can be enjoyable - try a new sport or explore one of the many local parks.

For adults with chronic conditions (e.g. Type-2 Diabetes and Hypertension), the recommendations and tips are still applicable.  
If unsure of how to begin, consult a health professional to determine a suitable exercise regime for you.

**EXERCISE INTENSITY**

- Light**  
Can talk in full sentences and sing
- Moderate**  
Can talk in phrases or short sentences but cannot sing
- Vigorous**  
Have difficulty talking



# Positive Mental Wellbeing The Key to a Flourishing Life

The significance of our mental well-being lies in its impact on how we cope with stress and manage the various demands of life. A positive mindset and resilience play a direct role in influencing our overall well-being. It is also the success of achieving a healthy gut in 14 days, and subsequently achieving your health goals in Phase 2 of the BodyKey Gut Fit Programme.

## Mental Well-being Self-assessment Tool

The Singapore Mental Well-being Scale is a set of 16 questions that those aged 18 and above can use to assess their state of mental well-being.

You may want to assess your Mental well-being by scanning the QR code:



Source: (Health Promotion Board, 2023)

Please note this is a self-assessment and not a medical diagnosis.



## O.K.A.Y Tips

Attain a positive mindset using the O.K.A.Y Tips.

O

### Observe Your Emotions

- Identify them, assess how you are feeling and what's causing you to feel that way.

K

### Keep a Healthy Lifestyle

- Regular and restful 7 - 9 hours of sleep daily.
- Have a balanced diet.
- Exercise regularly.

A

### Adopt Coping Skills

- Better manage your time.
- Learn to think positive by reframing your thoughts.
- Engage in activities to clear your mind.

Y

### You can reach out

- Stay connected with people by creating a group and share your progress, experiences and exchange motivational messages.
- Encourage your family to share similar meals & recipes that you follow during the programme.
- Join future lifestyle events organised by Amway Singapore or friends.

# Activities to Help Clear Your Mind

## Deep Breathing Exercise and Progressive Muscle Relaxation

### DEEP BREATHING EXERCISE



Place one hand on your upper chest and the other just above your belly button



Take a deep breath slowly through your nose for 5 counts, feel your stomach rise



Breathe out slowly for 5 counts, breathe out fully



Repeat until you feel relaxed

### PROGRESSIVE MUSCLE RELAXATION



Sit comfortably on a chair



Scrunch up your face for 5 seconds, then relax it



Raise your shoulders up to touch your ears for 5 seconds, then relax them



Clench your fists and tighten your arms for 5 seconds, then relax them



Take a deep breath and suck your stomach in for 5 seconds, then relax



Raise your legs and curl your toes for 5 seconds, then relax them



Breathe in slowly through your nose and breathe out slowly

## Audio Guides and Exercises

Guides and Exercises developed by Health Promotion Board:

1. Scroll down to "Useful Resources" in the website.
2. Select the tab "Audio Guides & Exercises".
3. Play the audio of your preference to practice deep breathing exercises, mental relaxation exercises.



SCAN ME

Click on this [link](#) or scan the QR code to access the audio

# Phase 1 (Day 1 - Day 14) Regaining Healthy Gut

Start the first 14-Days of BodyKey Gut Fit Programme by balancing your gut bacteria, making it easier for your body to absorb nutrients. This will help you to transit to a healthier diet and exercise plan.

It is intended to **help you regain and rebalance your body's natural mechanism, build positive habits and live a happier, healthier life.**

## Monitoring

It is strongly recommended to perform the following on Day 1 or 2 of Phase 1:

- **Health Assessment** – to gain insight of your current state of health
- **Body Composition Test using Inbody 770 at Nutrilite Health & Wellbeing** – to know your weight, Body Mass Index (BMI), Skeletal Muscle Mass and Body Fat Percentage
- **Mental Well-being Assessment** – to understand your current state of mental well-being



# Your Health Begins in the Gut

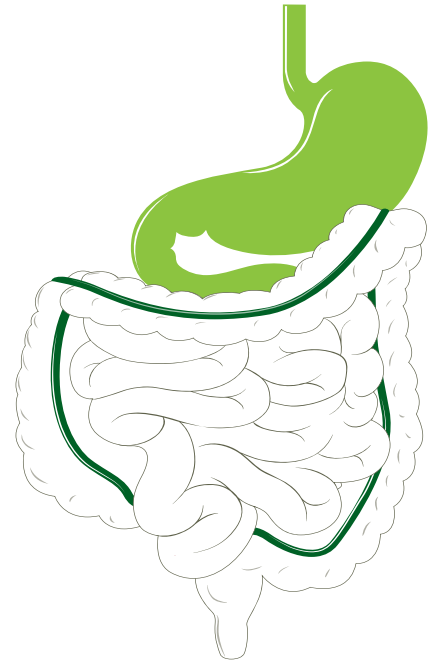
## What is the Gut?

Your gut is your gastrointestinal system, comprising your mouth, esophagus, stomach, small intestine, and large intestine. Different parts of your gut play a different role in digesting and absorbing nutrients from food and excreting waste.

## What is Gut Microbiome?

The human gut has its own unique microbiome. It is an ecosystem made up of trillions of microscopic organisms such as viruses, fungi, parasites and bacteria, that live inside our intestinal tracts, especially in our large intestines. They play a crucial role in maintaining our overall health and are involved in various physiological processes.

The gut microbiome has many functions in our body. It helps digest and break down carbohydrates, proteins, and sugars, into useful nutrients and process fibre in the large intestine, regulates energy usage, supports our immune system, and sends hormonal cues to the brain that control our hunger and mood.



**Immunity**

**Skin**

**Weight**

Digestion, Metabolism,  
Energy, Cravings

**Brain**

**Mood, Stress  
& Sleep**

## Healthy Gut Leads to Healthier You

Maintaining a healthy gut microbiome is crucial for overall health and well-being. In a healthy body, good and bad microorganisms live together without problems. If there is a decrease in beneficial microorganisms, an increase in unwanted microorganisms or lack of diversity of the microorganisms in the gut, it can affect our health.

Poor gut microbiome has been associated with gastrointestinal health, heart, lung and skin diseases, poor immunity, and, slowing down the body's metabolism which can lead to weight gain.

## Factors That May Disrupt Our Gut Health

- Diet – low in dietary fibre, probiotics, high in sugar and processed foods
- Stress
- Sleep- deprivation
- Alcohol intake
- Antibiotics

## Signs of Poor Gut Health

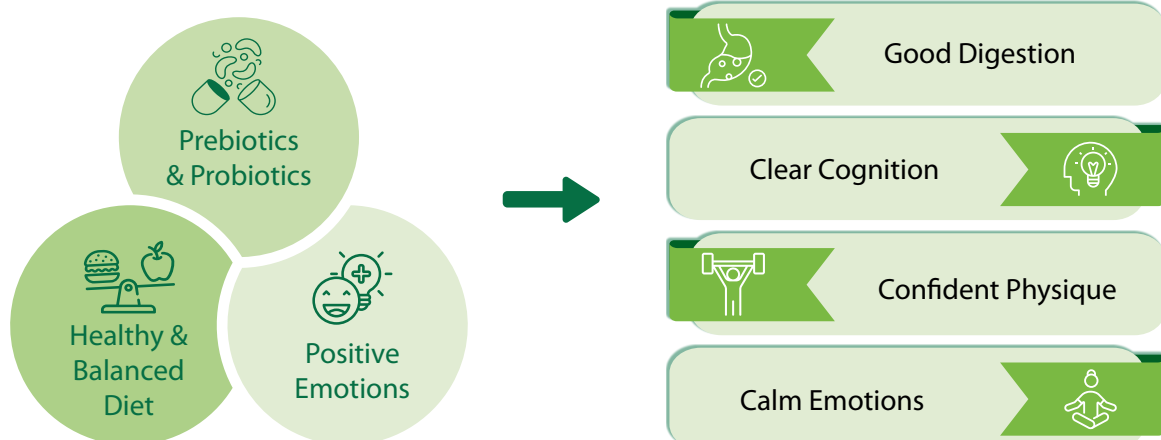
- Stomach disturbances such as burping, bloating, constipation, diarrhea, heartburn, abdominal pain, nausea
- Cravings for high sugar food
- Unintentional weight changes
- Sudden mood swings and mental well-being
- Sleep disturbances
- Constant fatigue
- Skin irritation
- Food intolerances
- Stress
- Poor immune health



## Reboot Your Gut

Maintaining a good balance with diverse microbiomes is important. Your gut must consist of 85% good bacteria and 15% bad bacteria.

To maintain a healthy gut, it is important to have a healthy and balanced diet, comprising of adequate prebiotics (dietary fibre, which provides food for good bacteria), probiotics that promotes optimal gut bacteria environment. Besides adding probiotics and prebiotics to rebalance your gut microbiome, it is also important to include more functional foods in your meal plan.



## Functional Foods

Functional foods cover a variety of foods. It can be foods that are minimally processed, whole foods along with fortified, enriched, or enhanced foods. They provide health benefits to the body beyond basic nutrition.

Certain functional foods are high in phytochemicals, which is only found in plant-derived foods. Different colours in food provide different types of phytochemicals.

Polyphenols, a type of phytochemical, can favourably modify and rebalance the microbiome composition. This increases the proportion of beneficial bacteria and prevents potential disease-causing microorganisms from colonizing the gut.

Besides, studies also shows that soy protein, which contains isoflavones, can serve as nitrogen and energy sources for good bacteria, to support their growth and maintenance in the gut. Adding naturally fermented food may helps strengthen your gut microbiome too!

Incorporate a variety of phytochemicals-rich food into your diet by creating delicious Healthy Gut Smoothie.

## Examples of Food in Different Colours

<b>RED</b>	Beetroot	Strawberries	Raspberries		
	Cherries	Pomegranates	Tomatoes		
<b>White-Brown</b>	Bananas	Brown pears	Cauliflower	Dates	Ginger
<b>Orange-Yellow</b>	Apricots	Lemons	Oranges		
	Carrots	Pineapple	Papayas		
<b>Blue-Purple</b>	Plums	Black currants	Blackberries	Raspberries	Blueberries
<b>Green</b>	Avocados	Bittergourd	Cucumbers	Kiwifruit	Watercress
	Celery	Green apples	Green grapes	Honeydew melon	Zucchini

# Suggested Healthy Gut Smoothie Recipes

## Recipe 1

- 1 small banana
- 1 stalk celery
- 1.5 cups spinach (about 50g)
- 1 tablespoon lemon juice (optional)
- 1 x stick Nutrilite Balance Within™ Probiotic
- 1 x stick Nutrilite Mixed Fiber Powder
- 200ml cold water

## Recipe 2

- 1 whole green apple
- 1 whole carrot
- 1/4 cucumber (about 100g)
- 1 x stick Nutrilite Balance Within™ Probiotic
- 1 x stick Nutrilite Mixed Fiber Powder
- 200ml cold water

## Recipe 3

- 1/2 cup mixed berries (about 60g)
- 2 steamed large purple cabbage leaves
- 1.5 cups spinach (about 60g)
- 1 x stick Nutrilite Balance Within™ Probiotic
- 1 x stick Nutrilite Mixed Fiber Powder
- 200ml cold water

## Recipe 4

- 1 whole passion fruit
- 1 cup kale (about 60g)
- 1 slice ginger
- 1 x stick Nutrilite Balance Within™ Probiotic
- 1 x stick Nutrilite Mixed Fiber Powder
- 200ml cold water

## Recipe 5

- 3/4 cup beetroot (about 130g)
- 1 whole small orange
- 4 whole cherry tomatoes
- 1 tablespoon lime juice (optional)
- 1 x stick Nutrilite Balance Within™ Probiotic
- 1 x stick Nutrilite Mixed Fiber Powder
- 200ml cold water

## Recipe 6

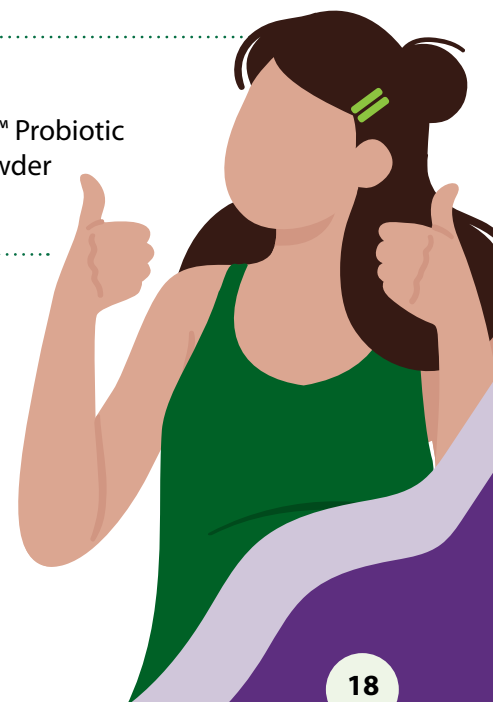
- 1/2 white or red dragon fruit (about 130g)
- 1 stalk celery
- 1/2 cup zucchini (about 100g)
- 1 x stick Nutrilite Balance Within™ Probiotic
- 1 x stick Nutrilite Mixed Fiber Powder
- 200ml cold water

## Recipe 7

- 1 whole green / golden kiwi fruit
- 1/2 cup bittergourd (about 60g)
- 1.5 cups spinach (about 60g)
- 1 x stick Nutrilite Balance Within™ Probiotic
- 1 x stick Nutrilite Mixed Fiber Powder
- 200ml cold water

The Healthy Gut Smoothie recipes provided above is for reference only. If you have any medical condition or are taking any medication, please consult your doctor before making any significant changes to your diet, including incorporating Healthy Gut Smoothie into your daily diet plan. While smoothies can be a healthy addition to your diet, it may not be suitable for everyone and could have potential interactions with medications or medical conditions.

Feel free to create your own Healthy Gut Smoothie with different fruits and vegetables that work for you, according to your preference and creativity! It is important to practise portion control and limit to 1 serving of fruit and 1 serving of vegetable per serving of smoothie.





# Harmony from Within :

## Regain Healthy Gut with 4R

A Quick Gut-Balancing Food Guide throughout the BodyKey Gut Fit Programme

Remove & Replace	
<p><b>Remove</b> refined carbohydrates &amp; saturated fats Get rid of all unwanted food and habits such as smoking that may disrupt your gut microbiome.</p>	<p><b>Replace</b> with complex carbohydrates, healthy fats &amp; lean protein Nourish your body with gut-friendly food.</p>
Rebalance & Regain	
<p><b>Rebalance</b> the gut microbiome with Probiotics &amp; Prebiotics Aids in digestion and body metabolism, supports your immune system and improves other aspects of health.</p>	<p><b>Regain</b> your gut and digestive system with high quality protein &amp; functional foods Repair gut cells and reset your body system with beneficial functional foods.</p>



### Avoid

- **Processed meat:** e.g., bacon, sausage, luncheon meat, hot dogs, chicken nuggets, lup cheong
- **Refined grains:** e.g., white bread, plain crackers, white pasta, white rice  
Sugar-sweetened beverages
- **Trans fats (often used for their stability properties)**
- **Refined oils:** e.g., palm oil is usually refined
- **Processed foods:** e.g., fast food, chips, convenience meals
- **Sugar and products with considerable amounts of added sugar:** e.g., table sugar, candies, cookies, cakes and pastries



### Limit Intake

- **Coffee:** restrict yourself to 1-2 cups (or equivalent) per day and consume with a glass of water
- **Muesli with sugar, sweetened breakfast cereals, sweetened yogurts**
- **Canned foods (if fresh foods are available)**



### Eat More

- **Fruits:** e.g., apples, oranges, strawberries, kiwi, melon, blueberries, pears, peaches, apricots
- **Vegetables:** e.g., spinach, rocket, broccoli, cauliflower, onions, asparagus, kale, potatoes
- **Legumes:** e.g., chickpeas, lentils, beans, peanuts
- **Wholegrains:** e.g., brown rice, brown rice vermicelli, wholegrain pasta/ noodles, wholegrain bread, wholegrain crackers, chapati
- **Nuts and seeds:** e.g., almonds, pistachios, walnuts, chia seeds, flax seeds, hazelnuts, macadamia nuts, sunflower seeds
- **Poultry:** e.g., chicken, duck
- **Seafood:** e.g., salmon, tuna, trout, mackerel, anchovies, sardines, mussels
- **Eggs:** egg yolks and egg whites
- **Dairy:** e.g., low fat cheese, low fat yogurt, low fat plain milk
- **Healthier oils:** e.g., Pure sunflower, canola, olive, chia seeds, peanut, rice bran oils
- **Herbs and spices:** e.g., basil, oregano, thyme, rosemary, pepper, turmeric, garlic, cinnamon, coriander
- **Beverages:** Plain water, unsweetened beverages

# Getting Started with Physical Activity

When starting an exercise programme, always start progressively. Your body needs time to adjust to the increased physical activity, especially if you have been sedentary. This will help to **prevent injuries and the potential onset of muscle soreness**.



Increase the intensity and duration of your activity as your fitness level improves.



Do warm-ups and cool down properly before and after a session of physical activity.



Warm your muscles up by doing your activity at a slower speed or lower intensity. For example, before your jogging session, you could walk briskly to warm up.



After your activity, cool down by performing gentle stretches to improve flexibility and prevent aches.

## Why 14 days to Regain Healthy Gut ?

14 days is a great way to achieve a healthy gut microbiome and prepare your body for the transition to a healthier diet and lifestyle. It also facilitates your weight management journey and increases the likelihood of sustaining your new healthy weight!

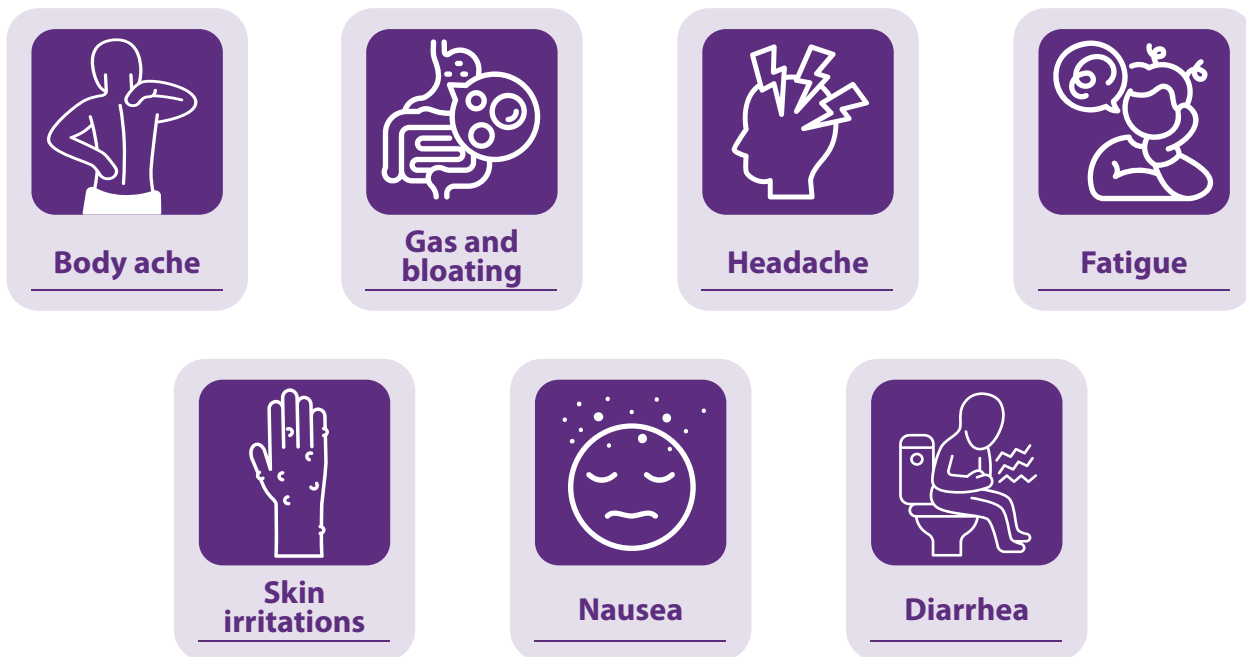
Research shows that our gut bacteria is very responsive to what we eat, and the gut microbiome changes almost immediately as we change our diet. In fact, the diversity of the microorganisms in your gut can change drastically in only a few days!

## Symptoms that you may experience during Phase 1 of the BodyKey Gut Fit Programme

Some individuals might experience temporary discomfort at the start of BodyKey Gut Fit Programme before seeing an improvement. This is a normal and expected part of the healing process as moving towards a healthier, balanced and a gut-friendly diet.

This is just a temporary setback that the body needs to get over so that it can start to do what it does best - rebuild healthy cells, get rid of bad bacteria and feed the gut with good bacteria from all sorts of yummy food such as whole foods, smoothies, healthy bowls, grains, fats and fibre!

Everyone's body reacts differently, so you may not experience the same symptoms as others in the programme. Most symptoms are flu-like or a continuation of the digestive issues you had before, they may include:



There is no specific duration for how long the symptoms will last. Most symptoms are reduced or completely gone within 2-3 days from the start date. It is rare, but some people have experienced symptoms for up to a week or more. If this happens, be sure to consult a healthcare professional. Please also ensure that you are staying hydrated and getting sufficient sleep throughout the programme.

# Phase 1 Regaining Healthy Gut Daily Regime

## Pre-Breakfast (Wake-up)

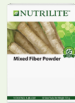


1 glass (250ml) of water

1 glass of Healthy Gut Smoothie using functional foods, which includes



- 1 stick pack Nutriline Balance Within™ Probiotic
- 1 stick pack Nutriline Mixed Fiber Powder



1-2 scoops of Nutriline Protein Drink Mix  
(Optional; Dependent on Protein Requirement)

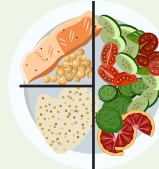


## Lunch (12:00pm - 1.00pm)



1 glass (250ml) of water

### Follow My Healthy Plate



- 1 bowl of Brown Rice/ wholemeal pasta, wholemeal bee hoon
- 1 serving of vegetable
- 1 serving of chicken/ fish/ lean meat (pork, beef)/ tofu
- 1 serving of clear vegetable soup



1 softgel of Nutriline Salmon Omega Complex  
(other options: take it after breakfast/ dinner)

## Between meals



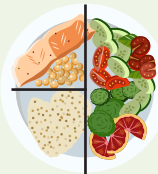
1 glass (250ml) of water

## Breakfast (8:00am - 9.00am)



1 glass (250ml) of water

### Follow My Healthy Plate



- 1 serving of Wholemeal bread/ wholegrain toast/ roller oats/ brown rice porridge
- 1/2 a serving of vegetables (optional)
- 1 egg
- 1 cup of soya bean milk or water



3 tablets of Nutriline New Advanced Double X

## Dinner (Before 8:00pm)



1 glass (250ml) of water

1 pouch of BodyKey Meal Replacement Shake



1-2 scoops of Nutriline Protein Drink Mix

3 tablets of Nutriline New Advance Double X



## Between meals



2 glasses (500ml) of water

## After 8:00pm till bedtime



1 glass (250ml) of water



No food

## Get Started

Exercise  
20 - 40 mins  
daily



Start with brisk jogging or jogging progressively



Incorporate exercise into your daily lifestyle

Aim for 150 - 300 mins moderate intensity aerobic physical activity per week

The timing is indicative, you may adjust the timing that suits your daily lifestyle.

**Congratulations! You have completed Phase 1 (Day 1 – 14)**

Regaining Healthy Gut closely and you're now able to experience the benefits of an improved gut condition.

A healthy gut plays a crucial role in achieving effective weight loss. It's time to move forward by embracing the weight management programme, enabling you to attain a wholesome and enduring weight loss journey.

## Phase 2 (Day 15 - Day 60): Weight Management

BodyKey Gut Fit Programme targets on both gut health and weight management. Embark on a journey of healthy weight management to unlock a new and improved version of yourself.

### Monitoring

You may perform the \_\_\_\_\_, body composition test and \_\_\_\_\_ monthly to monitor changes in your symptoms, weight, body fat percentage, skeletal muscle mass and mental well-being for greater awareness.

After completing Phase 2 of the weight management journey, perform a final test to monitor changes to your body composition.

### Benefits of Achieving Healthy Body Weight through BodyKey Gut Fit Programme :

- It helps to break through your weight management barriers. This personalized programme is based on your personal lifestyle, giving you long-term results that are easy to follow.
- A personalized weight management programme that focuses on a balanced diet, supplementation, and exercise. It helps you safely and effectively lose weight you keep it off.

### The Key Indicators of Weight Change:

**Body Mass Index (BMI)**

**Body Composition**

**Waist Circumference and Waist-Hip-Ratio**

## Body Mass Index (BMI)

There are several ways for measuring body fat, but the most straightforward one is through your Body Mass Index (BMI). By evaluating the ratio of your weight to height, BMI provides an estimate of your body fat level. Higher BMI values indicate a higher percentage of body fat.

### How to Calculate BMI?

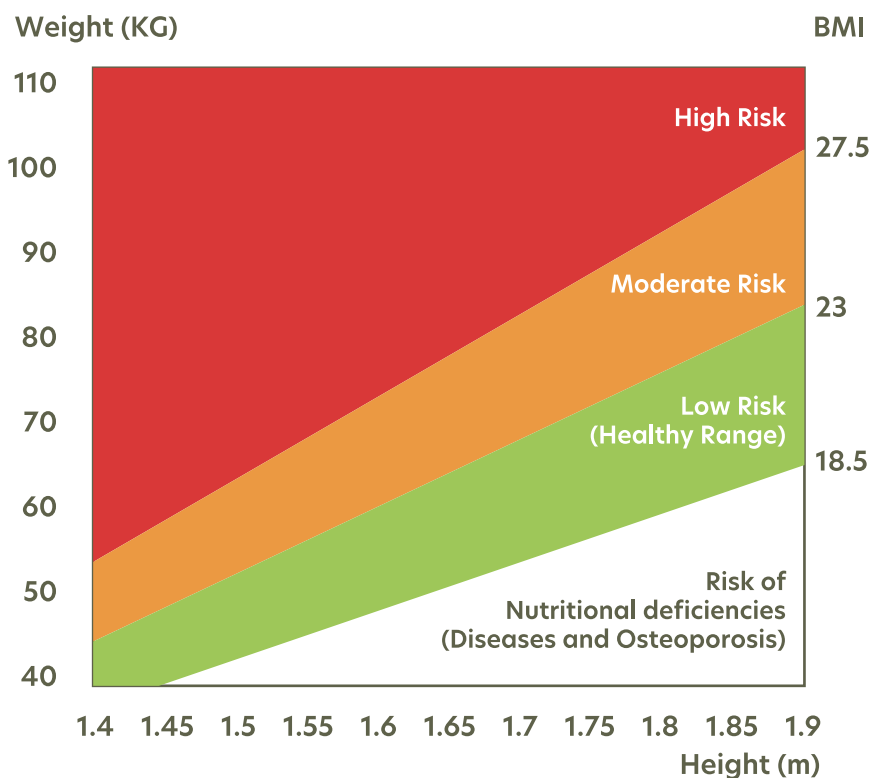
$$\text{CALCULATE YOUR BMI} = \frac{\text{WEIGHT (KG)}}{\text{HEIGHT X HEIGHT (METRE)}}$$

Source: *What is a Healthy Weight?* (healthhub.sg)



You may also want to calculate your BMI by clicking \_\_\_\_\_ or scan the QR Code.

### Interpreting your BMI



18.5 - 22.9 | Low Risk

23.0 - 27.4 | Moderate Risk

27.5 and above | High Risk

Note: BMI should not be used to calculate health risk in pregnant women and elderly. These bmi ranges also do not apply to youths below 18 years.

\*Health risk refers to risk for weight-related health problems, such as Type 2 diabetes, high blood pressure, heart disease, stroke, certain cancers, and bone/joint disorders.

Source: *What is a Healthy Weight?* (healthhub.sg)

## Body Composition

Body composition is describing what the body is made of that is fat, protein, minerals, and water. It describes body weight more accurately than BMI and gives a better picture of your overall health. Use the body composition scale to know your body fat percentage.

Suggested Body Fat Percentage %	
Female	18 - 28%
Male	10 - 20%

Source: InBody USA

## Waist Circumference & Waist-to-Hip Ratio

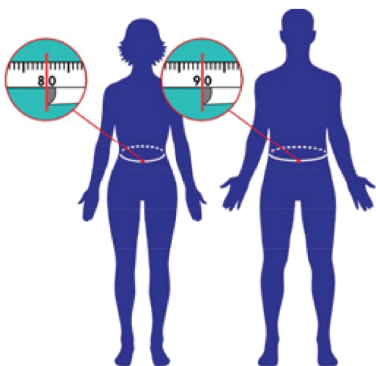
A high BMI suggests a greater risk of health issues. Don't just focus on your weight; also consider your waistline. Central obesity, with excess fat around the abdomen, can pose health risks even for those with a normal BMI.

Apart from your waist circumference, your waist-to-hip ratio (WHR) is also considered a good way to measure abdominal fat and can be measured by dividing your waist circumference by your hip circumference.

## How to Measure Your Waist, Hip Circumference and Waist-hip-ratio (WHR)?

Weigh and measure yourself regularly.

- Weigh yourself in light clothing and without shoes using the same weighing scale at least once a week, preferably before breakfast.
- Measure waist circumference using a measuring tape, at least once a month.



### Normal Waist Circumference:

Female < 80cm

Male < 90cm

### Waist Circumference

Measurement be made approximate midpoint between the lower margin of the last palpable rib and the top of the iliac crest.

### Hip Circumference

Measurement should be taken around the widest portion of the buttocks.

### Waist to Hip Ratio

Waist circumference divided by the hip circumference.

#### Example:

Waist circumference : 75cm

Hip circumference : 90cm

Your waist-hip ratio :  $75\text{cm} \div 90\text{cm} = 0.83$



## What's the Healthy Indicators?

Healthy Indicators		
	Waist Circumference	Waist-to-Hip Ratio (WHR)
Female	Less than 80cm (31.5 inches)	Less than 0.85
Male	Less than 90cm (35.5 inches)	Less than 0.9

Source: Do You Know All There Is To Know About Your Belly Fat? (healthhub.sg)

Head down to **Nutriline Health & Wellbeing** to assess your BMI, body composition, waist circumference and waist-hip-ratio using InBody770.



## Principle of Weight Management: Energy Balance

Your energy balance is the balance of calories consumed through eating and drinking compared to calories burned through physical activity. What you eat and drink is **ENERGY IN**. What you burn through physical activity is **ENERGY OUT**. Energy is measured in calories.

## Calorie In and Calorie Out Determines Your Weight

Proper nutrition (eating a well-balanced diet) and daily physical activity are key components of any effective weight management programme.

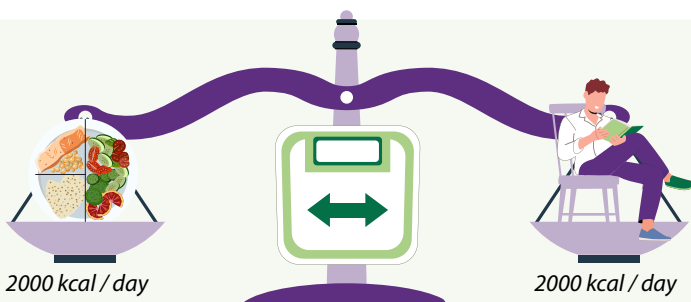
At its core, weight loss occurs only through a negative energy balance or caloric deficit, which is produced when we use or burn more calories than we take in.

Caloric deficit can be achieved by consuming the right food (achieve low calorie input) and increase physical activity (achieve high calorie output).

CALORIES OUTPUT

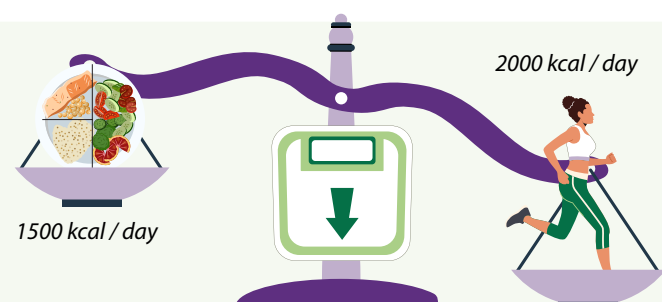
CALORIES INPUT =

WEIGHT LOSS



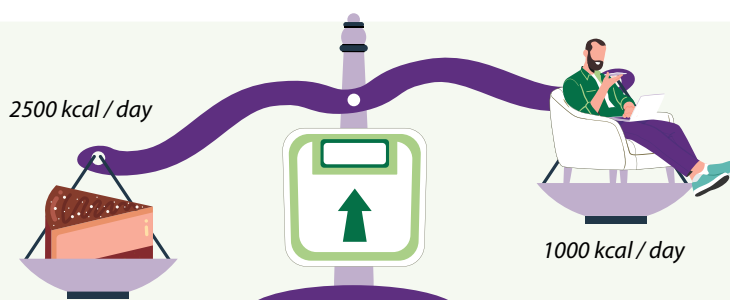
### Weight Maintains

Energy from food =  
Energy used by the body



### Weight Loss

Energy from food <  
Energy used by the body



### Weight Gain

Energy from food >  
Energy used by the body

## Increase Your Calories Burned by Increasing Your Protein Intake

The energy that powers your body comes from nutrients like fats, carbohydrates, and protein. These nutrients exist in various forms, such as sugars or starches in carbohydrates. Each nutrient carries an energy value measured in calories, making calories the units of measurement for food's energy value.



1g **Fat**  
= 9 Calories



1g **Carbohydrate**  
= 4 Calories



1g **Protein**  
= 4 Calories

Source: (Health Promotion Board, 2023)

For weight loss, limit calories intake from high fat and high carbohydrate foods. Meanwhile, you might benefit from increasing protein intake as protein plays a role in successful weight loss by promoting the feeling of fullness and preventing muscle loss. Protein has the highest thermic effect of food, which means body uses more calories to digest compared to carbohydrates or fats.

### Why the Increase in Protein?

#### Protein burns more calories compared to Fat and Carbs

Protein	Burns 30-40% of calories
Carbohydrates	Burns 5-6% of calories
Fat	Burns 4-5% of calories

## Protein Requirements

Slowly increase your protein intake by replacing processed foods, excessive carbohydrates or fats with protein-rich foods.

Look for **lean animal-based sources of protein** like meat, fish, poultry, eggs, and dairy. You can also get your protein from **plant-based sources** like soy and legumes. Protein powder is also a good option to increase protein intake.



Bare minimum to prevent deficiency; insufficient to promote optimal health

**0.8g x body weight (kg)**



Ideal amount

**1g\* x body weight (kg)**  
\*RNI, MOH (2017)



Athletes, body builders and those who exercise often

**1.2g - 1.7g x body weight (kg)**

## Goal Setting

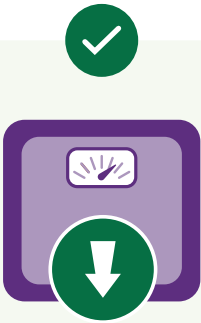
### Setting Realistic or Practical Goals

Having a well-defined vision of your weight loss goals is vital for achieving success. However, many people abandon their aspirations due to unrealistic expectations of quick results without effort, time, and perseverance.

To overcome this feeling of being overwhelmed, set realistic and achievable goals that challenge you to step out of your comfort zone. This approach will enable steady progression towards your goals.

**G**row what matters  
**O**ne step  
**A**t a time  
**L**ittle by little, your  
**S**teps will add up

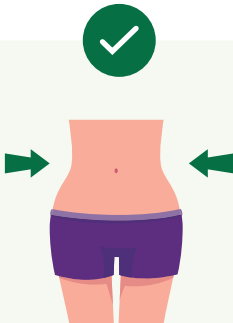
Example of realistic and achievable goal:



Weight loss rate:  
0.5kg -1kg per week  
(Lose about 2 - 4 kg per month)



Lose at least 5 - 10%  
of initial weight over  
6 months



Reduce at least 4cm of waist  
circumference or achieve normal  
measurement over 6 months

Even a modest weight loss of 5 – 10% of your total body weight is likely to produce health benefits, such as improvement in your blood pressure, blood cholesterol levels and blood glucose levels.

Source: CDC, 2022



# Physical Activity

BodyKey recommended exercise plans are synchronised to your fitness level and long-term weight-loss goals. There is strong scientific evidence that shows getting the right amount of structured activity supports your effort to lose weight and maintain weight loss. Physical activity also increases energy expenditure and has a positive impact on stress, sleep, and mood.

## Recommendations

### Aerobic

- Accumulate a total equivalent of 150 to 300 minutes weekly.

### Muscle Strengthening

- Engage in targeting the major muscle groups at least twice per week to build strength.
- Complete 8 to 12 repetitions per set to achieve strengthening outcomes.

## Types of Physical Activities



### Aerobics

- Jogging
- Leisure
- Dancing
- Rope Skipping
- Running



### Multicomponent

- Cycling
- Kayaking
- Circuit Training
- Racquet Sports
- Swimming



### Muscle Strengthening

- Tai Chi
- Pilates
- Weight Training

## Keep the Physical Activity Going

To sustain your interest and make active lifestyle your way of life, apply the following tips:

- Try out new activities with your family, friends, or colleagues.
- Infuse variety into your routine by exploring different sports or activities, such as ballroom dancing, yoga, or kickboxing.
- Stay focused and driven by setting achievable short-term goals.
- Incorporate physical activity into your daily life and reward yourself for reaching your objectives.

# Phase 2 Weight Management Daily Regime

## Pre-Breakfast (Wake-up)



1 glass (250ml) of water

1 stick pack Nutralite Balance Within™ Probiotic



1 stick pack Nutralite Mixed Fiber Powder



1-2 scoops of Nutralite Protein Drink Mix  
(Optional; Dependent on Protein Requirement)



## Lunch (12:00pm - 1.00pm)



1 glass (250ml) of water



### Follow My Healthy Plate

- 1 bowl of Brown Rice/ wholemeal pasta, wholemeal bee hoon
- 1 serving of vegetable
- 1 serving of chicken/ fish/ lean meat (pork, beef)/ tofu
- 1 serving of clear vegetable soup

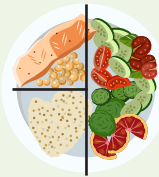


1 softgel of Nutralite Salmon Omega Complex  
(other options: take it after breakfast/ dinner)

## Breakfast (8:00am - 9.00am)



1 glass (250ml) of water



### Follow My Healthy Plate

- 1 serving of Wholemeal bread/ wholegrain toast/ roller oats/ brown rice porridge
- 1/2 a serving of vegetables (optional)
- 1 egg
- 1 cup of soya bean milk or water



3 tablets of Nutralite New Advanced Double X

## Between meals



1 glass (250ml) of water

## Dinner (Before 8:00pm)



1 glass (250ml) of water

1 pouch of BodyKey Meal Replacement Shake



1-2 scoops of Nutralite Protein Drink Mix

3 tablets of Nutralite New Advance Double X



## Between meals



2 glasses (500ml) of water

## Remember!

**Exercise**  
20 - 40 mins  
daily



**Aim for 150 - 300 mins moderate intensity aerobic physical activity per week**

The timing is indicative, you may adjust the timing that suits your daily lifestyle.

**Congratulations! You've stayed committed to the programme!**

You are now reaping the rewards of a happier and healthier life.

Now, advance to the next stage of your journey by exploring a tailored solution or a bundle of products that align with your unique health goals.



# Useful Resources

## Medical Symptom / Toxicity Questionnaire (MSQ)

Take this assessment to grasp your present state of health.

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

The Toxicity and Symptom Screening Questionnaire identifies symptoms that help to identify the underlying causes of illness, and helps you track your progress over time. Rate each of the following symptoms based upon your health profile for the past 30 days. If you are taking after the first time, record your symptoms for the last 48 hours ONLY.

**POINT SCALE**  
0 = Never or almost never have the symptom  
1 = Occasionally have it, effect is not severe  
2 = Occasionally have, effect is severe  
3 = Frequently have it, effect is not severe  
4 = Frequently have it, effect is severe

### DIGESTIVE TRACT

Nausea or vomiting  
 Diarrhea  
 Constipation  
 Bloating feeling  
 Belching, or passing gas  
 Heartburn  
 Intestinal/Stomach pain

Total 0 \_\_\_\_\_

### EARS

Itchy ears Total  
 Earaches, ear infections  
 Drainage from ear  
 Ringing in ears, hearing loss

Total 0 \_\_\_\_\_

### EMOTIONS

Mood swings  
 Anxiety, fear or nervousness  
 Anger, irritability, or aggressiveness  
 Depression

Total 0 \_\_\_\_\_

### ENERGY/ACTIVITY

Fatigue, sluggishness  
 Apathy, lethargy  
 Hyperactivity  
 Restlessness

Total 0 \_\_\_\_\_

### EYES

Watery or itchy eyes  
 Swollen, reddened or sticky eyelids  
 Bags or dark circles under eyes  
 Blurred or tunnel vision (does not include near-or far-sightedness)

Total 0 \_\_\_\_\_

### HEAD

Headaches  
 Faintness  
 Dizziness  
 Insomnia

Total 0 \_\_\_\_\_

### HEART

Irregular or skipped heartbeat  
 Rapid or pounding heartbeat  
 Chest pain

Total 0 \_\_\_\_\_

### JOINTS/MUSCLES

Pain or aches in joints  
 Arthritis  
 Stiffness or limitation of movement  
 Pain or aches in muscles  
 Feeling of weakness or tiredness

Total 0 \_\_\_\_\_

### LUNGS

Chest congestion  
 Asthma, bronchitis  
 Shortness of breath  
 Difficult breathing

Total 0 \_\_\_\_\_

### MIND

Poor memory  
 Confusion, poor comprehension  
 Poor concentration  
 Poor physical coordination  
 Difficulty in making decisions  
 Stuttering or stammering  
 Slurred speech  
 Learning disabilities

Total 0 \_\_\_\_\_

### MOUTH/THROAT

Chronic coughing  
 Gagging, frequent need to clear throat  
 Sore throat, hoarseness, loss of voice  
 Swollen/dyscolored tongue, gum, lips  
 Canker sores

Total 0 \_\_\_\_\_

### NOSE

Stuffy nose  
 Sinus problems  
 Hay fever  
 Sneezing attacks  
 Excessive mucus formation

Total 0 \_\_\_\_\_

### SKIN

Acne  
 Hives, rashes, or dry skin  
 Hair loss  
 Flushing or hot flushes  
 Excessive sweating

Total 0 \_\_\_\_\_

### WEIGHT

Binge eating/drinking  
 Craving certain foods  
 Excessive weight  
 Compulsive eating  
 Water retention  
 Underweight

Total 0 \_\_\_\_\_

### OTHER

Frequent illness  
 Frequent or urgent urination  
 Genital itch or discharge

Total 0 \_\_\_\_\_

**GRAND TOTAL** 0 \_\_\_\_\_

### KEY TO QUESTIONNAIRE

Add individual scores and total each group. Add each group scores and give a grand total.

• Optimal is less than 10 • Mild Toxicity: 10-50 • Moderate Toxicity: 50-100 • Severe Toxicity: over 100

Note: The MSQ is a tracking tool that has been used to assess an individual's progress in dietary and lifestyle changes. It is not intended as a medical diagnosis and, in case of any doubt, please consult a physician.

\*Sources:

1. Jones DQ.S. *Textbook of Functional Medicine*. WA: Gig Harbor; 2006.
2. Lawrence, Kate, and Jeannette Hyde. "Microbiome Restoration Diet Improves Digestion, Cognition and Physical and Emotional Well-being." *Microbiome Restoration Diet Improves Digestion, Cognition and Physical and Emotional Well-being*. PLOS ONE, 14 June 2017



# Healthy Meal Recipes

## Healthy Fried Rice

Servings per dish: 4



### Ingredients:

- Cooked brown rice Rice 300g
- Lean meat (chicken / beef / pork), minced 100g
- Broccoli, blanched and chopped 60g
- Sweet corn kernels 100g
- Light soy sauce 1 tbsp
- Egg 1
- Canola oil 1 tbsp
- Salt to taste

### Procedures:

1. Cook the rice in a cooker. Set aside.
2. Heat a wok and add oil. Add the minced meat, stir-fry until cooked. Set aside.
3. In another wok, make a scrambled egg, then add the cooked rice and continue to stir-fry until fragrant.
4. Add the minced meat and seasoning. Stir-fry, then add the broccoli and corn.
5. Serve hot.

### Healthy Tips:

1. Use more water when cooking whole grains, as they absorb more water than refined grains.
2. Leaner cuts of meat (such as skinless chicken breast, lean pork or beef) are flavourful yet lower in fat. To enhance their healthfulness, remove the visible fat and skin before cooking.
3. Vegetables such as tomatoes, corn, peas and mushrooms are good sources of glutamate, which aids memory and learning. These vegetables also act as natural flavour enhancers.

Source: Health Promotion Board

## Wok-fried Asparagus with Shimeiji Mushroom

Servings per dish: 4



### Ingredients:

- Asparagus, cut into pieces 400g
- Shimeiji mushrooms 100g
- Garlic, chopped 3 cloves
- Chilli padi, chopped 1
- Black Fungus 20g
- Soy sauce 0.5 tbsp
- Flour 6 tsp
- Sunflower oil 2 tsp
- Water 2 tbsp
- Salt, to taste

### Procedures:

1. Soak the black fungus in water overnight until soft.
2. Blanch the asparagus and set aside.
3. Add the seasoning in a bowl, mix with water and 6 teaspoons of flour. Mix and adjust to taste.
4. Heat oil in a wok, then add the chilli padi and garlic. Add the black fungus, asparagus and mushrooms, then stir-fry.
5. Add the seasoning and continue to stir-fry. Serve hot.

### Healthy Tips:

1. Cook vegetables lightly or until just cooked to retain their crunch and flavour. Overcooking will reduce their nutritional value.
2. Use unsaturated oils (such as sunflower oil, canola oil, olive oil) instead of saturated oils (such as ghee, butter, blended vegetable oil) to reduce your risk for heart disease.
3. Vegetables and fruit are rich in vitamins, fibre and phytochemicals (beneficial plant substances such as carotenoids and flavonoids) that help lower the risk for some chronic diseases.

Source: Health Promotion Board

## Beancurd Halia

Servings per dish: 4



### Ingredients:

- Ginger, sliced 10g
- Carrots, shredded 40g
- Cabbage, shredded 40g
- Cucumber, shredded 40g
- Oyster Sauce 1 tsp
- Pepper 1/4tsp
- Firm tofu 270g
- Sugar, to taste

### Procedures:

1. Mix the sliced ginger, carrots, cabbage and cucumber with the seasoning.
2. Cut the tofu in half and remove 1/3 of the tofu with a spoon.
3. Stuff the carrots, cabbage and cucumber into the tofu and place the sliced ginger mixture on top.
4. Steam for about 10 minutes.
5. Serve.

### Healthy Tips:

1. Steaming is a healthy, low-fat way to cook that brings out the flavours of fresh ingredients.
2. Use fresh ingredients, herbs and spices or low-sodium seasoning to enhance the flavour of your dishes.
3. Beancurd, pulses, lentils, peas and beans are good sources of protein, and are low in saturated fat. They can replace meat in some dishes.

Source: Health Promotion Board



# Fish Nuggets with Sweet & Sour Dip

Servings per dish: 4



## Ingredients:

### Fish Nuggets

- Fish fillet, cut into bite-sized nuggets 200g
- Lemon juice 1 tbsp
- Low-fat milk 6 tbsp
- Egg 1
- Yogurt 2 tbsp
- Salt & pepper, to taste
- Breadcrumbs, for coating

### Sweet & Sour Sauce

- Tomato, quartered 1
- Chilli Sauce 1 tbsp
- Tomato sauce 1 tbsp
- Lemon juice 1 tbsp
- Water 3/4 cup
- Sugar, to taste

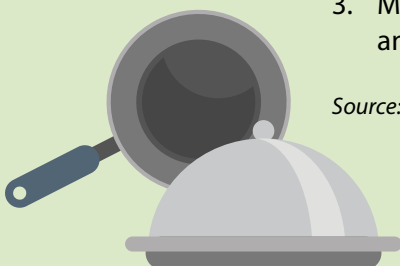
## Procedures:

1. Mix the egg, yogurt, lemon juice and milk. Add salt and pepper to taste.
2. Dip the fish nuggets in the mixture, then coat with breadcrumbs.
3. Place on a baking tray and bake till golden brown.
4. Separately, mix ingredients for the sweet and sour dip in a pan and lightly stir fry till the tomato has softened.
5. Serve the fish nuggets with dip on the side.

## Healthy Tips:

1. Grilling or baking, instead of deep frying, is a great way to create tasty dishes that are healthier and lower in fat.
2. Substitute whole eggs with egg whites to lower your cholesterol intake.
3. Milk and dairy products provide calcium, which is essential for healthy bone growth and development.

Source: Health Promotion Board





## Mixed Fresh Vegetables with Chilli Lombok Style



### Ingredients:

- Rice bran oil 1 tsp
- Garlic, chopped into 3mm pcs 1 tsp
- Sambal Goreng Paste 2 tsp
- Long bean 200g
- Kangkong/Water spinach 80g
- Bean sprout 120g
- Shredded carrot 120g
- Salt & pepper, to taste
- Water, for blanching

### Procedures:

1. Boil water in a pot. When water comes to a boil, quickly blanch the vegetables for 1 minute. Remove, drain and set aside.
2. In a pan, heat the oil, add the garlic and sauté. Add 2 tsp of Sambal Goreng paste and fry until fragrant.
3. Add the vegetables, salt and pepper, and fry for 1 minute.
4. Serve.

### Healthy Tips:

1. Cook vegetables lightly or until just cooked to retain their crunch and flavour. Overcooking will reduce their nutritional value.
2. Use unsaturated oils (such as sunflower oil, canola oil, olive oil) instead of saturated oils (such as ghee, butter, blended vegetable oil) to reduce your risk for heart disease.
3. Plant-based foods such as whole grains (for example, brown rice, wholemeal bread and oats), vegetables, fruits and beans are rich in fibre, which promotes the feeling of fullness and also helps in weight management.

Source: Health Promotion Board






For more healthy recipes, visit [Easy Healthy Recipes \(healthhub.sg\)](http://EasyHealthyRecipes.healthhub.sg) or scan the QR code.



# Habit Tracker

Keep track of your progress by ticking off activities below.

WEEK OF: \_\_\_\_\_

ACTIVITY	M	T	W	T	F	S	S
Drink 2L of water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Healthy Gut Smoothie (Day 1 - 14)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My Healthy Plate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Exercise 20 - 40 mins	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Practise Mental Well-being Exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nutrilite Mixed Fibre Powder	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nutrilite Balance Within™ Probiotics	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nutrilite New Advanced Double X	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nutrilite Salmon Omega Complex	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nutrilite Protein Drink Mix	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
BodyKey Meal Replacement Shake	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mood     	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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