

# WELLNESS review

## The Importance of a Balanced Diet

We often hear people talking about the importance of having a balanced diet; but what exactly is a balanced diet?

### A balanced diet means:

- Eating a variety of foods
- Eating a balance of protein, fat and carbohydrate
- Eating foods that provide the optimum level of the many vitamins and minerals that your body requires

All of these factors are essential for maintaining health and wellbeing.

### *Get the Right Amount of Protein*

Unfortunately many of us are in the habit of eating too many carbohydrate rich foods and not quite enough protein rich foods, so our intake is out of balance. In addition to this, often the high carbohydrate foods that we choose have been so processed that they contain very few vitamins and minerals. Even more unfortunate is that this dietary imbalance is reflected on our bathroom scales as well as in our level of health! Bringing our diet back into balance is important, but many people don't know where to start.

### *Choose Healthy Snacks*

For many people, it is the foods we choose to snack on that are the biggest source of highly processed, high carbohydrate, low nutrient foods. Replacing these unbalanced snacks with a healthy snack that provides a balanced amount of protein, fat and carbohydrate with high levels of vitamins and minerals can have a significant impact on your health and your weight.



In order to help you take this important step towards a balanced diet, I now have available a variety of delicious snack bars that are high in vitamins and minerals and contain a balanced amount of protein, healthy fats and carbohydrates! These bars are designed to be used as a healthy snack or for a healthy meal replacement when you're on the run. They contain a broad range of essential vitamins along with minerals such as magnesium and chromium which will put a stop to those mid-afternoon cravings. Having a balance of protein, fats and carbohydrates will also make your snack more satisfying and give you all the energy you need until your next meal.

### *Wellness Never Tasted this Good*

The bars are available in three delicious flavours, and perhaps the best thing about them is they are chocolate coated! How long has it been since you've enjoyed a guilt-free chocolate bar? You can even enjoy them if you are sensitive to wheat or dairy. These bars taste sensational and are the perfect supplement for an active lifestyle. Containing a blend of quality, non-GM (Genetically Modified) soy protein, fibre and a broad range of essential vitamins and minerals, these bars make the perfect meal replacement as well as in-between meal snack. Free from dairy, wheat, eggs and nuts, they are therefore low-reactive (or "hypo-allergenic") - meaning they will not trigger food sensitivity reactions. They also have a "low GI (Glycaemic Index)". This means they do not release a rush of sugar into the blood stream upon digestion and will not upset blood sugar control, so your mind will stay sharp and you won't feel tired after eating one.

Improving the quality of your snacks is one simple step to improving your diet and health.



If you no longer wish to receive this newsletter please reply with a note that you would like to unsubscribe.