



MANAGE YOUR WEIGHT WITH FUTURELIFE®

BEAUTI FOOD™

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Beauty and weight management catered for in one product? No, you are not dreaming! Introducing FUTURELIFE® BEAUTI FOOD™, where beauty and nutrients meet in a unique formulation meal supplement (shake and bar) that is scientifically proven to assist in weight management with its high protein, energy-controlled formulation. Let's take a look at the features of BEAUTI FOOD™ that can assist you in reaching your individual weight goals.

PROTEIN: THE WEIGHT MANAGEMENT NUTRIENT

Supported by a substantial amount of evidence, it has been seen that the consumption of increased dietary protein is a successful strategy to reduce body weight. Keeping you full for longer, fuelling lean muscle mass and recovery, preventing age-related muscle declines¹ and assisting in lowering the GI of a meal, this nutrient is key in any weight management plan². Scientifically formulated using only the best, carefully selected ingredients, BEAUTI FOOD™ Nutritional Shake and Bar are both high in protein.

ENERGY-CONTROL IS EVERYTHING

In order to maintain your current weight, your energy input (through your daily food and drinks) and your energy output (through daily living and activities such as exercise) must always be in balance. Energy is measured in calories or kilojoules (kj). 1 calorie is equal to 4.2kj. If you eat less and/or burn more energy through activity, you will lose weight. Exceeding your daily energy expenditure with your energy intake would result in weight gain.

By understanding the above it should become apparent that taking control of your energy consumption is key to managing your weight. We have the capacity to burn some extra energy through exercise, but we have much greater control of what we are putting into our bodies.

BEAUTI FOOD™ Nutritional Shake and Bar are pre-portioned into individual energy-controlled servings, eliminating the need for scales and other measuring devices.



For proper weight management it is essential to note that the products are nutritional bars and meal supplements that make a contribution to your total daily energy and nutrient intake. It therefore needs to be appropriately incorporated into an energy controlled, balanced diet.

LOW GI AND GL

BEAUTI FOOD™ Nutritional shake is both low GI and low GL. Because it is low GI, it promotes sustained energy and blood glucose (sugar) control. Glucose and insulin spikes which can make weight management a struggle is thus prevented³.

In a strategically pre-portioned 55 g sachet, this shake provides a GL of just 7. GL considers not just the GI of a food, but also the effect of the portion size on blood glucose. According to the Glycaemic Index Foundation of South Africa (GIFSA), a drinkable meal replacement requires a GL between 15-20, therefore at 7 this product is best used as a supplement to a meal with other foods. You could add fruit, yoghurt or a portion of whole grain starch to complete your meal.

NO ADDED SUGAR

BEAUTI FOOD™ Nutritional shake has been formulated with no added sugar, but still offers a delicious flavour that you will love. The mild sweetness of the product is provided by xylitol, a well-researched, low GL sugar alcohol that has the same sweetness as sucrose with a third of the calories. It also doesn't have the unpleasant aftertaste experienced with various other sugar alternatives.

CONCLUSION

BEAUTI FOOD™ not only offers various beauty benefits but has key characteristics that make it ideal as part of a weight-loss diet. Visit www.futurelifefood.com for full nutritional information including total energy and protein of the individual products.

REFERENCES

1. <http://www.theissnscoop.com/tag/protein/>
2. <https://jissn.biomedcentral.com/articles/10.1186/s12970-017-0174-y>
3. <https://www.healthline.com/nutrition/blood-sugar-spikes#section2>