



# Juice PLUS+

# THE PLUS+ SIDE

Fresh Ideas for Healthy Living

SUMMER 2014

INSIDE



## Simple Choices Make a Big Difference

*Eating right is about making choices - simple choices - every day. You don't need to make the "right" choice every time. You just need to make it more often.*

*Look inside to learn about some simple choices you can make to help you look better and feel better.*



## Balance your life with better nutrition

We all strive to lead a more balanced life.

We work hard – but we want to play hard, too. We balance jobs and schoolwork with our other responsibilities, such as family. And somewhere between couch potato and gym rat, there's got to be a happy middle ground.

For most people, eating “right” is the most difficult balancing act of all. It's the most important one, too, because it affects how we look and feel, and how well-equipped we are to bring balance to other parts of our lives.

That's where Juice Plus+® comes in.

Juice Plus+® helps you keep your life in balance by helping you keep your diet in balance. Not just by providing you more nutrition from fruits and vegetables, but by making you more aware of the dietary choices you make.



## Simple choices can make a big difference.



More than 200,000 parents have reported their experiences with Juice Plus+® through the Juice Plus+® Children’s Health Study ([ChildrensHealthStudy.com](http://ChildrensHealthStudy.com)). Juice Plus+® has not only made them more aware of their health, but has also led them to make other healthy choices, as you can see on the following page.

Think about how often you make these same kinds of choices, every single day — not just at meals, but also with beverages and snacks, and at social gatherings. Hundreds of times a month. *Thousands* of times a year.

You don’t need to make the “right” choice every time. You just need to make it more often.

Think about how much better you’d *look* and *feel* if you did.

# Juice Plus+® leads to other healthy choices.

## Adults

## Children



Drink **more** water



Consume **fewer** soft drinks



Eat **more** fruits and vegetables



Eat **less** fast food



**More** aware of healthy choices



Responses after one year of taking Juice Plus+® capsules or chewables  
Source: Juice Plus+® Children's Health Study (ChildrensHealthStudy.com)

Juice Plus+ Complete® is a simple choice.

Juice Plus+ Complete® is a simple, tasty way to replace empty calories with healthy, nutritious ones – anytime, anywhere – to help you look better and feel better.

## NEW Juice Plus+ Complete® Bars



### Always all-natural

No preservatives,  
no artificial anything

### Excellent omega-3s

Flax and chia,  
the best sources of  
ALA Omega 3s

### Flavors you crave

Spiced Apple + Raisin  
and Wholesome Grains  
+ Cranberries

# More nutrition. Fewer empty calories.

Bringing balance to your diet boils down to the choices you make every day. Make Juice Plus+ Complete® bars and shakes one of *your* regular healthy choices.

## Juice Plus+ Complete® Shakes



### Whole ingredients

100% natural,  
plant-based foods

### Protein-packed

Water-washed soy,  
chickpeas, tofu,  
and more

### Two delicious flavors

French Vanilla and  
Dutch Chocolate

## Chocolate Deliciousness

### INGREDIENTS:

3/4 cup unsweetened vanilla almond milk

3/4 cup frozen cherries

1 tablespoon almond butter

1 tablespoon oats

1 scoop Juice Plus+® Chocolate Complete

### INSTRUCTIONS:

Dump everything in your blender. Blend until smooth, or until it reaches your favorite consistency. (Amounts are approximate.)

After blending for about 15 seconds, check the consistency. Add more liquid if you like it more like a drink. Add more “stuff” if you like it more like a milkshake. Enjoy!





## Strawberry Julius

### INGREDIENTS:

1 scoop Juice Plus+® Vanilla Complete

1 cup orange juice

1 cup frozen strawberries

1 handful of spinach (which you won't taste)

### INSTRUCTIONS:

- 1) Put orange juice in blender.
- 2) Add Vanilla Complete.
- 3) Add remaining ingredients.
- 4) Blend until smooth.

By putting in liquid before powder, the powder is less likely to stick to the sides of the blender.



## Make other healthy choices – every day.

Juice Plus+ Complete® bars and shakes are not the only way to bring more balance to your diet. Make an effort, every day, to find other ways to replace empty calories with healthy ones.

Here are a few “dietary swaps” to consider:



**Serve hummus in place of ranch dip.** Ranch dip is loaded with fat, calories, and sodium; hummus contains significantly less of all three. In addition, the beans in hummus are a healthy source of slow digesting protein, which stays in the stomach longer – preventing feelings of hunger and helping to stop you from overeating at future meals.



**Use plain yogurt instead of sour cream.** Half-a-cup of sour cream contains over 200 calories and almost 25 grams of fat; yogurt is much lower in calories and packed with far more protein than sour cream. Greek yogurt offers up to double the protein of regular yogurt, and only half the sugar and sodium; while regular yogurt has more calcium than Greek yogurt.

## Simple choices pay big dividends.



**Order water in place of a soft drink.** This is one of the best and easiest choices of all. A large fast food soft drink is usually over 300 calories and contains a third of a cup (or more) of sugar – with absolutely no offsetting nutritional benefit!



**Use mustard instead of mayonnaise.** Enjoy fruit spreads in lieu of sugary jams. Consider whipped butter instead of the stick variety. There are so many little choices that can make a big difference in your diet.

Let us know what healthy choices *you've* learned to make by posting them directly on our Facebook page at [JuicePlus.com/Facebook](https://www.facebook.com/JuicePlus.com) – or by emailing us at [BalanceYourNutrition@JuicePlus.com](mailto:BalanceYourNutrition@JuicePlus.com). We'll select the best of the best and feature them in upcoming e-newsletters – and send a free variety pack of our new Juice Plus+ Complete® nutrition bars to everyone whose ideas we feature.

# Healthful Deliciousness

People are telling us great things about Juice Plus+ Complete® shake mixes – and about new Juice Plus+ Complete® bars. Not only are they really good for you, but they taste great, too.



Scan the QR code below with your smartphone or tablet to see what other people are saying about Juice Plus+ Complete®.

