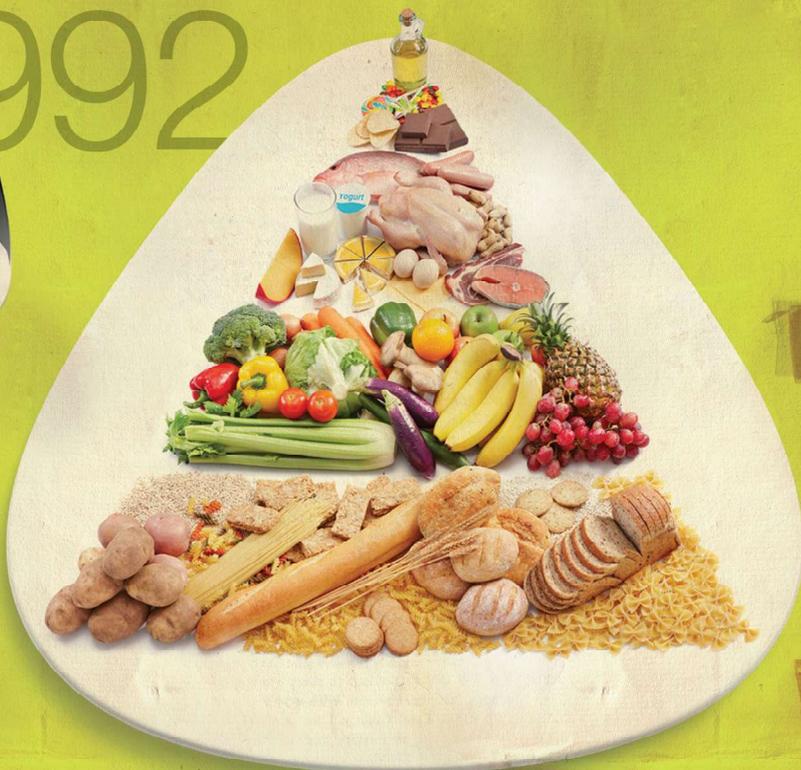


1992

GOODBYE, FOOD PYRAMID! **HELLO, MYPLATE!**

再见《食物金字塔》！ 选择《我的餐盘》！



Speaking of health, most of us are conscious of eating a balanced diet in our journey towards good health. The Food Guide Pyramid was introduced to us as an easy guideline to achieve a balanced diet. It was first created by the United States Department of Agriculture (USDA) in the year 1992. The pyramid provides a summary on the types and amount of food that should be taken on a daily basis to meet nutritional needs, in order to reduce the risk of chronic diseases and to promote health.

The Food Guide Pyramid is made up of 6 groups over 4 tiers. The foundation of the pyramid is made up of carbohydrates such as bread, pasta, and rice, which is suggested to be consumed in large amounts; the second tier consists of fruits and vegetables that can be eaten plentifully; the third tier consists of dairy products and meat, fish, poultry and eggs to be consumed at a moderate amount; and the top tier are fats, oils, sweets and salt, to be taken the least.

However, there are claims that the food pyramid focuses too much on red meats and combines too many types of carbohydrates together. It pays too little attention to beans, nuts and healthy fats that promote good health. Also, the pyramid has been reported to be overly complex with too many nutrition facts conveyed at once. In 2011, USDA replaced the pyramid with a colourful plate known as MyPlate.

Choose MyPlate

“MyPlate is a quick and simple reminder for everyone to be more mindful of the foods that we are eating.” said the First Lady, Michelle Obama. The plate features 4 sections consisting 40% of vegetables, 10% of fruits, 30% of grains and 20% of protein, plus a small circle representing dairy. These are the 5 building blocks for a healthy diet. The significant message conveyed by MyPlate is to make half your plate fruits and vegetables, which helps you with long term caloric control while providing you with a source of dietary vitamins and minerals.

MyPlate emphasizes the importance of a fruit and vegetable-rich diet, and has drawn positive responses from the public. But, how many of us are able to fill half of our plates with fruits and vegetables? Unfortunately, with the fast pace of life especially in the cities, most people do not have time for their health due to work and other commitments. We skip meals, overeat, and often snack on high calorie foods. Getting a high-quality diet has become increasingly difficult. The hectic pace of today's lifestyle may create havoc on our health. We tend to miss out on the vitamins and minerals needed for proper body function and good health. This is when supplements come in handy, giving your health a boost.

大多数人都清楚均衡饮食对保健养生的重要。《食物指南金字塔》于1992年由美国农业部发布，提供了我们指南与准则，以达到饮食均衡的目标。它综述每日所必须摄取的食物总类与份量，以满足身体所需的营养，从而减少慢性疾病的风险，以及促进健康。

《食物指南金字塔》分为四级层，由六大食物类型所组成。金字塔的最基层是由碳水化合物构成，包括面包、面食和米饭，并建议可大量摄取；而第二层包含许多水果与蔬菜，可尽量多吃；第三层包括乳制品、肉类、鱼类、家禽类和鸡蛋，建议适量摄取；而对于最顶层的食物如脂肪、油、糖和盐等，应少吃为妙。

然而，有理论主张《食物金字塔》太注重红肉的摄取和结合大多数的碳水化合物食物，反而忽略了有益健康的豆类、坚果类和健康脂肪。另外，根据报道，《食物金字塔》一次传递太多的营养讯息，变得过于复杂。在2011年，美国农业部以鲜艳的盘子，即《我的餐盘》来替代《食物金字塔》。

选择《我的餐盘》

美国第一夫人蜜雪儿奥巴马指出，《我的餐盘》计划的目的是为了提醒大家多注意自己日常所吃的食物份量与比例。餐盘中分为四大部分，包括40%的蔬菜、10%的水果、30%的谷类和20%的蛋白质以及外加一小圈的奶制品类食品，从而构成一幅由五大类别组成的健康饮食图。《我的餐盘》主要想表达的重大讯息就是将盘子一半的部分填满水果与蔬菜，这样不但有助您长期控制热量的摄取，同时也能确保您取得足够的膳食中的维生素与矿物质。

《我的餐盘》强调水果和蔬菜饮食的重要性，并已得到大众热烈的正面响应。但是，试问有多少人能将自己的餐盘填满一半的水果与蔬菜呢？很不幸的，在现今生活仓促的社会里，特别是居住在繁华都市里的人士，因工作忙碌和背负许多责任，根本没时间照顾好自己的健康，往往都会错过该进食的时间，或吃得太多以及常常把高热量的食物当成小吃，因而很难培养成摄取高品质的饮食习惯。如此紧张的生活节奏往往严重损坏我们的健康，甚至导致身体机能和健康所需的维生素和矿物质渐渐流失。因此，在这种情况下，服用营养保健品便成了便利解决方案，以助提升健康素质。



2011

“The first wealth is health; give your health a boost!
健康乃是财富之本；积极提升自己的健康吧！”

NEWLIFE™ SUPER GREEN FOOD ++

The Antioxidant Booster

Antioxidants are something that you cannot miss for good health. Antioxidants protect healthy cells against free radical attacks. Free radicals are produced internally from metabolism or externally from pollution, radiation and medication. When free radicals are overloaded in the body, they create oxidative stress which is the common pathway for chronic and degenerative illness such as premature aging, cancer and cardiovascular diseases. Antioxidants help to neutralize free radicals, preventing and reducing the damage caused by oxidative stress.

NewLife™ Super Green Food ++ (SGF++) is made up of 27 active ingredients from natural sources, providing the nutrients vital for optimal health. The main highlight of SGF++ is a blend of powerful antioxidants. The antioxidants in SGF++ are extracted from the most powerful plants and herbs including cranberry, blueberry, mangosteen, green tea, grape seed, milk thistle, echinacea, maqui berry, red beet, brown rice and ginkgo biloba. These powerful antioxidants boost the immune system by quenching free radicals, preventing inflammation that increases the risk of diseases, while promoting brain health and delaying the aging process.

The Nutrient Booster

On top of that, SGF++ helps in preventing nutritional deficiency by offering a complete nutritional package concentrated with vitamins, minerals, amino acids, enzymes and chlorophyll. Nutrient deficiency can interrupt water balance, enzyme function, digestion, nerve signalling and metabolism which can lead to other diseases. Fixing these deficiencies is vital for optimal growth, development and function. With SGF++, you need not worry about nutrient deficiency as the super greens in SGF++ such as spirulina, barley grass, alfalfa, wheat grass and chlorella offer you a wide range of nutrients.

SGF++ also offers soluble fibre from apple pectin and probiotics to improve the intestinal environment. It contains royal jelly that has potent anti-inflammatory properties and bee pollen that provides enzymes, antioxidants, vitamins, minerals and proteins. Acerola juice powder, kelp, and ginseng extract in SGF++ also supply you with a good source of nutrients that contribute to your overall wellbeing.

新生命特超绿食品

抗氧化加强剂

抗氧化剂对健康来说是不可或缺的。其能保护细胞免受自由基的破坏。自由基可因体内的新陈代谢或受外在的污染源、辐射和药物的影响而产生。当自由基产生过多时，它们会在体内制造氧化压力，导致慢性和退化性疾病的衍生，如过早老化、癌症和心血管疾病的发生。因此，抗氧化剂非常有助中和体内的自由基，进而预防和减少细胞免受氧化压力的侵害。

新生命特超绿食品由27种天然活性成分所组成，能提供许多对人体健康非常重要的营养素。特超绿食品的主要有效成分莫过于其抗氧化剂混合物，即萃取自功效强大的植物和草药，包括蔓越莓、蓝莓、山竹、绿茶、葡萄籽、乳蓟、紫锥花、智利酒果、红甜菜、糙米以及银杏叶等。这些强效的抗氧化剂可通过消除体内自由基来增强免疫系统，并防止发炎反应，降低疾病发生的风险，同时也能促进大脑的健康及延缓老化的过程。

营养素加强剂

除此之外，特超绿食品可通过提供人体完整的营养素，如维生素、矿物质、氨基酸、酵素以及叶绿素，以帮助预防营养的缺乏。营养缺乏可干扰体内水平衡、酵素功能、消化、神经信号和代谢作用，从而导致其他疾病的发生。解决这些营养缺乏的问题对身体的成长、发育和功能非常重要。有了新生命特超绿食品，您无须担心会面对营养缺乏的问题，其所含的螺旋藻、大麦草、苜蓿芽、小麦草以及小球藻等植物性食品，可提供您广泛的有效营养素。

特超绿食品也可提供您取自苹果果胶的可溶性纤维和益生菌，以改善肠道菌丛的环境。它所包含的蜂王浆，可提供抗炎功效，以及蜜蜂花粉则能提供您各种的酵素、抗氧化剂、维生素、矿物质和优良蛋白质。此外，特超绿食品包含的樱桃汁粉、海藻和人参提取物，也是提供您良好营养素的食品来源，并有助您维持整体的健康。

NEWLIFE™ NUTRITIONAL YEAST

Vitamin B Booster

There are a total of 8 B vitamins including B1 (Thiamine), B2 (Riboflavin), B3 (Niacin), B5 (Pantothenic acid), B6 (Pyridoxine), B7 (Biotin), B9 (Folate) and B12 (Cobalamin). All these B vitamins play a key role in converting foods into energy, enabling us to stay energetic throughout the day. Other than energy production, B vitamins maintain proper brain function and promote healthy skin and hair. They also have an impact on fat burning and sleep patterns. B vitamins are water soluble vitamins which cannot be stored in our body. Under certain conditions such as unhealthy diet choices, stress and medications, B vitamins can also be depleted rapidly from the body. For that reason, it is important for us to replenish B vitamins every day.

NewLife™ Nutritional Yeast is an excellent source of B vitamins, especially Vitamin B12. Vitamin B12 is usually found exclusively in animal products, and is often lacking in vegetarian diets. Vitamin B12 deficiency increases the risk of anaemia, nervous system damage and heart disease. Thus, nutritional yeast is an especially important source of vitamin B12 for vegetarians.

The Complete Protein

Besides B vitamins, nutritional yeast provides a complete protein that contains 18 amino acids including the 9 essential ones that cannot be produced by our body. It has more protein than meat and is much more bio-available. Because of its complete source of protein, nutritional yeast is popular for those whom consume little or no animal products, especially vegetarians.

Apart from B vitamins and protein, nutritional yeast is also packed with health promoting compounds of beta glucan, glutathione and mannan that help to reduce cholesterol levels and enhance the immune system. It also contains glucose tolerance factor that assists the regulation of blood sugar. Fibre, zinc, magnesium, and selenium are also found in nutritional yeast.

新生命营养酵素

维生素B群加强剂

维生素B群一共含有八种不同的形式，包括维生素B1（硫胺素）、B2（核黄素）、B3（烟酸）、B5（泛酸）、B6（吡哆醇）、B7（生物素）、B9（叶酸）以及B12（钴胺素）。这些维生素B群在食物转化成能量的过程中起着关键的作用，让我们全日都精力充沛。除了产生能量外，维生素B群也能保持正常的脑功能和促进皮肤与头发的健康。此外，它们对脂肪燃烧和睡眠规律也具有重大的影响。维生素B群属于水溶性维生素，因此不能被身体所储存。而在某些情况下，如不健康的饮食习惯、压力和药物摄取等因素往往会迅速减少体内的维生素B群含量。由此可见，我们必须每天补充维生素B群以满足身体机能的所需。

新生命营养酵素是维生素B群的最佳来源，特别是维生素B12。维生素B12通常广泛存在于动物性食品，而在素食饮食中则非常稀有。缺乏维生素B12可增加贫血、神经系统损坏和心脏疾病的风险。因此，营养酵素正是提供素食者维生素B12非常重要的食品来源。

完整蛋白质

除了维生素B群，营养酵素可提供人体完整的蛋白质，包含18种的氨基酸，其中包括9种人体无法自行制造的必需氨基酸。它所含的蛋白质含量高于肉类，并且还更高的生物吸收率。由于营养酵素含有完整的蛋白质，因此非常适合于那些摄取较少或完全不摄取动物性食品的人士食用，尤其是素食者。

除了含有维生素B群和蛋白质，营养酵素也蕴含着许多促进健康效益的组成成分，如β-葡聚糖、谷胱甘酸和甘露聚糖，有助降低胆固醇和增强免疫系统。它也包含了葡萄糖耐受因子，有助调节体内的血糖水平。另外，营养酵素也含有丰富的纤维、锌、镁和硒等的营养物质。



TAKE YOUR SUPPLEMENTS TO THE NEXT LEVEL!

We have learned that SGF++ and Nutritional Yeast are powerful supplements, supplying you with essential nutrients and giving your health a boost. SGF++ has a pleasant taste of greens and is naturally sweetened with stevia. Nutritional yeast has a delightful, nutty flavour. Now, it's time to take SGF++ and Nutritional Yeast to the next level with the following recipes!

提升您摄取营养保健品的的方法到一个新水平!

我们都知道特超绿食品和营养酵母是一种强效营养保健品，可提供您身体所需的营养素和促进健康。特超绿食品带有宜人的绿口味，还有甜菊增加天然甜味；而营养酵母则带有令人愉悦的坚果味。别错过以下建议食谱来提升您摄取特超绿食品和营养酵母的方法到一个新水平：



Recipe 食谱 1

Overnight Oats (1 serving)

In a canning jar, combine:

- 1/3 cup rolled oats
- 1/3 cup milk
- 1/3 cup unflavoured yoghurt (can be made with the NewLife™ Yoghurt Maker)
- 1/4 teaspoon of NewLife™ K-Salt
- 1 teaspoon of NewLife™ Pure Raw Honey
- 1 tablespoon of NewLife™ Nutritional Yeast

1. Cover the jar, and leave to chill in the fridge overnight.
2. The next morning, just top off with your favourite fresh fruits / nuts and enjoy!

隔夜燕麦 (1人份)

将以下食材放入瓶装内混合均匀:

- 1/3杯的燕麦片
- 1/3杯的牛奶
- 1/3杯的原味酸乳酪 (可使用新生命酸乳酪制造机制作)
- 1/4茶匙的新生命钾质
- 1茶匙的新生命纯天然蜂蜜
- 1汤匙的新生命营养酵素

1. 将瓶装盖上, 放置在冰箱一个晚上。
2. 隔天可搭配新鲜水果和坚果类当早餐享用!

Recipe 食谱 2

Vegan Nuggets (3 to 4 servings)

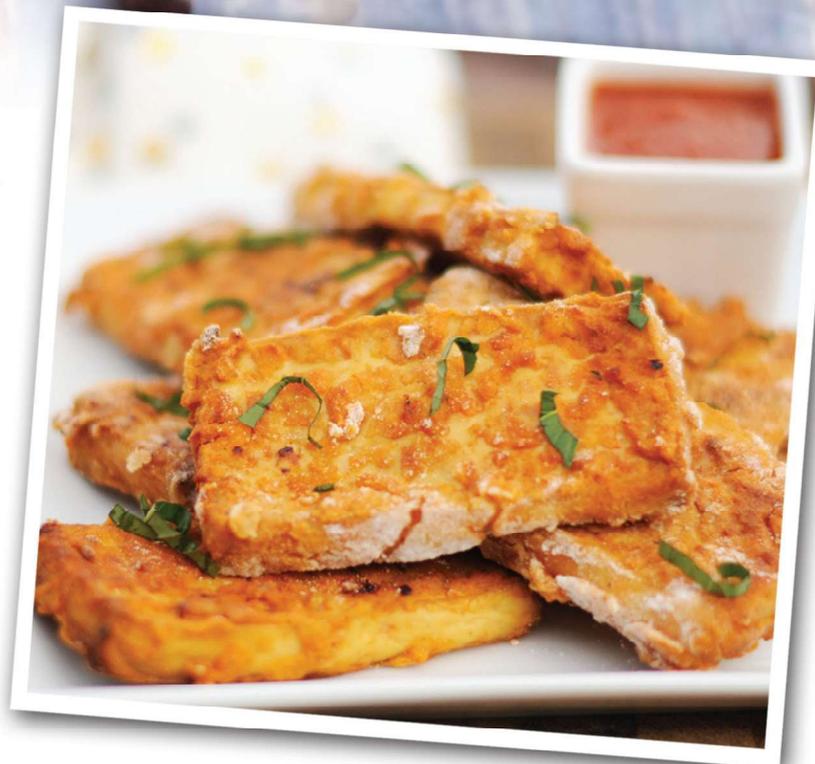
- 1 block of extra firm tofu
- 1/3 cup whole wheat flour
- 1/4 cup NewLife™ Nutritional Yeast
- 1/2 cup water
- 1 tablespoon mustard
- 1/4 teaspoon pepper
- 2 tablespoons of NewLife™ Extra Virgin Coconut Oil
- 1/2 teaspoon sea salt

1. Press a paper towel onto the tofu to remove excess juices and cut it into slices.
2. In a bowl, blend all the ingredients together (except for the tofu).
3. Place the tofu in the bowl of mixture and cover every corner of the tofu with the mixture.
4. In a saucepan, heat 3 tablespoons of coconut oil over medium-high heat.
5. Add the tofu pieces to the pan and brown on each side till crispy golden brown.

素食肉块 (三至四人份)

- 1块硬豆腐
- 1/3杯的全麦粉
- 1/4杯的新生命营养酵素
- 2汤匙的新生命特级初榨椰子油
- 1汤匙的芥末
- 半杯的开水
- 半茶匙的海盐
- 1/4茶匙的胡椒粉

1. 将一张纸巾放置在豆腐上以吸附多余水分, 然后切成片。
2. 将所有的食材放入碗中混合搅拌 (除了豆腐)。
3. 将豆腐加入碗中, 接着将混合食材覆盖所有豆腐块。
4. 将3汤匙的椰子油倒入平底锅, 并以大火热锅。
5. 油煎调拌好的豆腐块, 直到豆腐呈香脆金褐色即可。





Recipe 食谱 3

Seasoning Salt

- 4 tablespoons NewLife™ Nutritional Yeast
- 1 teaspoon NewLife™ Spirulina Powder
- ¼ teaspoon sea salt
- ⅓ teaspoon chilli powder

Mix all the ingredients together and sprinkle over salads, steamed vegetables, baked or mashed potato, pasta, popcorn, scramble eggs, etc.

调味酱料

- 4汤匙的新生命营养酵素
- 1茶匙的新生命螺旋藻粉
- ¼茶匙的海盐
- ⅓茶匙的辣椒粉

将所有食材混合均匀后，适量撒在沙拉、烫青菜、马铃薯泥、意大利面、爆米花、炒蛋上等。

Recipe 食谱 4

Nutritious Colostrum

- 1 sachet NewLife™ Colostrum
- 1 sachet NewLife™ Super Green Food ++
- 1 teaspoon NewLife™ Pure Raw Honey

In 250ml of distilled water, mix all the ingredients together and serve.

超营养的初乳奶

- 1包的新生命初乳奶粉
- 1包的新生命特超绿食品
- 1茶匙的新生命纯天然蜂蜜

将所有食材倒入250毫升的蒸馏水，混合搅匀即可饮用。



Recipe 食谱 5

Green Yoghurt

- 50ml distilled water
- 1 sachet NewLife™ Super Green Food ++ (SGF++)
- 1 cup unflavoured yoghurt (can be made with the NewLife™ Yoghurt Maker)
- 1 teaspoon NewLife™ Pure Raw Honey
- 1 teaspoon chia seeds
- 1 medium banana, cut into slices

1. Dissolve SGF++ in water.
2. In a bowl, mix the dissolved SGF++, yoghurt and chia seeds together.
3. Top with banana slices and serve with honey.

特超绿酸乳酪

- 50毫升的蒸馏水
- 1包的新生命特超绿食品
- 1杯的原味优酪乳（可使用新生命酸乳酪制造机制作）
- 1茶匙的新生命纯天然蜂蜜
- 1茶匙的奇亚籽
- 1条中型香蕉，切片

1. 将特超绿食品倒入水中溶解。
2. 将已溶解的特超绿食品与酸乳酪和奇亚籽一起混合搅拌。
3. 添加切片的香蕉和少许的蜂蜜即可食用。

