



The Secret of
Success in Life

♥ HEALTHY EATING

人生的成功秘诀就是吃得健康

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The best way to combat chronic ailments that arise from unhealthy eating is to adhere to a healthy eating habit. It is not about strict nutrition philosophies, staying unrealistically thin or depriving ourselves from the foods we love. Instead, the crucial part of healthy eating is consuming the right quantities and types of food that promote good health. In contrast, unhealthy eating is responsible for a plethora of health problems that plague today's society, a major contributing risk factor to obesity, nutritional deficiencies and several chronic diseases.

唯一能防止慢性疾病的入侵的好方法，就是要坚持健康的饮食习惯。这里说的并不是那种严格的营养理念，不是要您瘦巴巴或剥夺自己最爱的食物。相反的，最重要的是我们要吃得对，吃的分量要刚好，才能维持健康。不然，不健康的饮食习惯导致现今社会的现代人健康问题，例如过胖、缺乏营养和多种慢性疾病等。

NewLife™ Plate

The Rainbow Portion

Fill 75% of your plate with a variety of fruits and vegetables. Reach for rainbow colours of fruits and vegetables in your meals and snacks. The variety of tastes and textures may provide you with a surprising palate. This portion of the plate contains rich vitamins and minerals that are essential to help keep you healthy. Kick start your day with a glass of cleansing drink made with NewLife™ Pure Raw Honey, NewLife™ Apple Cider Vinegar and NewLife™ Herbal Klenz Powder. It helps to restore the metabiological balance of the body by cleansing the toxic wastes at the walls of the colon, allowing the body to be more effective in absorbing the nutrients.

The Protein Portion

Be picky with the choices of protein in your daily meals. We suggest to have 15% of healthy protein on your plate. While fish, chicken, beans and nuts are the best bets, using the right preparation and cooking methods are essential. Cooking methods like baking, broiling, grilling, roasting, sautéing are best in capturing the flavours and retaining the nutrients in food as well as creating a scrumptious meal. It is advisable to cut down on red meat and avoid processed meat as they may be linked to hypertension, cholesterol and bowel issues,

healthy protein
15%

etc. However, if consuming them is unavoidable, use NewLife™ P.A. N.Zime to aid in breaking down the protein. You may consider substituting red meat and processed meat with NewLife™ Nutritional Yeast as it is a complete protein that contains 18 amino acids, more protein than meat and is much more bio-available. After a strenuous workout, take NewLife™ Nutritional Yeast and NewLife™ Spirulina Powder for an excellent supply of healthy proteins and amino acids to help repair muscles and improve performance.

The Grainy Portion

Consume up to 10% of wholegrain per meal. Grains are the seeds of plants. When whole, they include bran, germ and endosperm, all of which contain valuable nutrients and fibers. Whole grains are either single food, such as brown rice or ingredients in products like buck wheat noodles or whole wheat in bread, which are important sources of many nutrients, including dietary fiber, several B vitamins (thiamin, riboflavin, niacin and folate) and minerals (iron, magnesium and selenium). However, is it possible for us to identify wholegrain product among the many other products containing refined and fortified grains in the market? It is easy to differentiate and determine them by reading the ingredient list on the label and looking for ingredients such as bulgur, whole oats, whole grain corn, brown rice, whole rye, buckwheat, millet, quinoa, etc.

wholegrain
10%

fruits and vegetables

75%

新生命之健康饮食

“彩虹”料理

让您的碟子上至少含有75%以上的蔬菜水果吧！让您的正餐和小吃都拥有着彩虹般色彩的水果与蔬菜。各种不同的口味和层次不但让您充满趣味，而且还含有让您保持健康的维他命及矿物质。让一杯新生命纯天然蜂蜜、有机苹果醋及天然净化粉为您开始美好的一天吧，它能帮助身体恢复平衡、清除肠壁上的毒素，让营养更容易被吸收。

蛋白质

在日常的饮食中，请谨记要好好挑选蛋白质。我们建议在您的餐盘中要有至少15%的蛋白质。鱼肉、鸡肉、豆类和坚果是最好的选择，如果能配合正确的烹调方式会更好。烧烤、烤培、煎炒等是最佳保持食物营养的烹煮方式，而且味道还十分美味。建议减少吃红肉或加工类肉品，因为它们会引起高血压、胆固醇和肠道等问题。但是，偶尔食用到这一类肉品也是无可厚非，建议服用新生命胰酶（植物）添加素帮助分解蛋白质！您或许可以考虑用新生命的有机营养酵母代替红肉和加工肉品，它含有完整的蛋白质及18种氨基酸，比肉类含有更丰富的生物利用率。激烈运动后，可以服用新生命的有机营养酵母和螺旋藻粉提供优质的健康蛋白质和氨基酸，以帮助修复肌肉和提高性能。

谷类

在每个正餐中摄取10%的全麦类吧，谷类是植物的种子。全谷类它包括它们包括麸皮、胚芽和胚乳，这全部含有丰富的营养价值及纤维。全麦或单一的食品，如糙米或荞麦粉或全麦面包，它们都是多种营养的重要来源，包括膳食纤维、维他命B（硫胺素、核黄素、烟酸和叶酸）及矿物质（铁、镁及硒）。然而，我们又懂得如何分辨市面上的全麦产品吗？其实很容易的，只要你仔细阅读标签上的首要成分，寻找全谷类如小麦片、全燕麦、全麦玉米、糙米、全黑麦、荞麦、小米、藜等的成分。



The Oily Portion

In today's health-conscious society, our daily diet has drawn more attention to fat. One of the most prevalent sources of fat at home is in the cooking oil we use. While different oils have different smoking points, a healthy option for cooking is NewLife™ Organic Extra Virgin Coconut Oil, as it is rich in medium-chain fatty acids (MCFAs) and has a very high smoking point. Though some people may find Palm oil too has high stability, Coconut Oil has higher medium-chain fats than Palm oil. Medium-chain fatty acids are easily digested and converted into energy. Upon digestion, the fat-soluble nutrients are rapidly absorbed. They contribute by boosting the immune system and improving nutrient absorption. While NewLife™ Organic Extra Virgin Coconut Oil is most ideal for cooking, NewLife™ Omega Gold Flax Seed Oil is best taken with salad dressings. It offers the richest source of Omega-3 to help reduce inflammation, control cholesterol levels, lubricate the joints, balance the hormones, and manage blood pressure, among other benefits. If you are serious about your health, you should realize that oils are much more than something to keep food from sticking to a frying pan.

The Gem Portion

Yoghurt is a gem to the health of your colon. It is rich in predigested protein, easily-assimilated calcium and other minerals which will give satiety and aid in preventing osteoporosis. It is also beneficial in relieving health problems like constipation, indigestion, anemia, hormonal imbalance, skin problems and strengthening the immune system. Yoghurt helps in building a healthy gut as it restores intestinal flora destroyed by antibiotic therapy and improper diets. However, it is important that we know the source and how the yoghurt is produced and with what form of strains. In general, most commercial yoghurts may have added stabilisers like gelatin, modified food starch, pectin and whey protein concentrate to help control moisture content, texture and prolong their shelf lives. Furthermore, the choice of strains, the number of strains used as well as the number of recycling productions and milk source are questionable. Hence, at NewLife™, we encourage you to make your own yoghurt with the NewLife™ Yoghurt Starter and Yoghurt Maker. With them, you can be sure on strains, the source of milk and the number of recycling production are all well under control by you and without any doubt that your yoghurt is both nutritious and tasty.

Decide today to transform your diet and adopt the plate for life. As the Chinese saying "sickness comes into our body through the mouth", eating wisely and healthily will provide us a path away from illness and disease, and towards a stronger, healthier body.

Yoghurt helps in building a healthy gut as it restores intestinal flora destroyed by antibiotic therapy and improper diets.

prevalent sources
of fats at home
= cooking oil



油

在今天这个重视健康意识的社会里，我们的日常饮食中都会很关注脂肪这个课题。其中一个最普遍的来源就是我们家里用的食油。虽然不同的油有不同的发烟点，健康的饱和油含有中链脂肪酸（MCFAs），适合高发烟点煮食的食油就有新生命有机特级初榨纯鲜椰子油。虽然有些人觉得棕榈油具有较高的稳定性，但椰子油含有比棕榈油更好的中链脂肪酸。中链脂肪酸更容易被人体消化吸收。消化后，脂溶性的营养素也能被迅速吸收，它有助于增强免疫力和辅助营养物质的吸收。因此，新生命有机特级初榨纯鲜椰子油是最佳煮食油，适合用来烹饪、煎炸或甚至能帮助体重管理及提供帮助大脑功能的酮类。新生命奥美加金牌亚麻籽油能与沙拉酱搭配，它能提供丰富的奥美加3，帮助炎症、控制胆固醇、润滑关节、平衡荷尔蒙及血压管理等。如果您认真看待自己的健康，您应该考虑清楚，在食物下锅前使用什么样的食油。

您结肠的珍品

酸乳酪是您结肠的珍品。它含有天然且丰富的蛋白质，容易被吸收的钙和其他矿物质，能提供饱腹感及预防骨质疏松症。它也能舒缓健康问题，如便秘、消化不良、贫血、荷尔蒙分泌失调、皮肤问题及增强免疫系统。酸乳酪也能建立健康的肠道，因为它恢复被抗生素治疗和饮食不当摧毁的肠菌类。然而重要的是，我们知道酸乳酪是如何生产及使用哪一种形式的菌株。一般上，市面上的酸乳酪加入了明胶，改性食用淀粉，果胶，浓缩乳清蛋白来帮助控制水分含量，质地和延长保质期的稳定剂。此外，菌株的选择和数量，以及回收产品及奶源都存在很多疑问。因此，我们建议您使用新生命的酸乳酪酵母及酸乳酪制造机来自制酸乳酪吧！有了它们，您可以确定使用的菌株、奶源及回收数量都在您的控制之下，毫无疑问的，您的自制酸乳酪一定又营养又美味。

在日常生活中使用“新生命之健康饮食”，今天开始改变饮食习惯吧。中国有句话说：“病从口入”，明智和健康的饮食能为我们提供一个远离疾病的途径，让身体更强壮和健康！

