
You don't need to eat less to feel healthier or reach your wellness goals. You simply need to eat smarter.

In our busy modern lives, it's easy to feel overwhelmed by conflicting diet advice. But the truth is beautifully simple: when you focus on how you build your meals, the order in which you enjoy them, how you choose your foods, and the right supportive supplements, you can eat satisfying portions while supporting steady energy, comfortable digestion, balanced blood sugar, glowing vitality and long-term wellbeing.

This is the heart of the NewLife™ philosophy — helping you thrive naturally through gentle, sustainable habits that honour your body.

您无需刻意节食，也能更健康、达成目标——关键在于吃得更聪明。

在我们忙碌的现代生活中，面对纷繁复杂的饮食建议，很容易感到无所适从。但真相其实很简单：只要掌握餐食搭配、进食顺序、食物选择以及合适的营养补充，就能吃饱吃好，同时稳能量、畅消化、衡血糖、保活力、促健康。

这正是新生命的核心理念：用温和、可持续的习惯，顺应身体，自然焕发活力。

Eat Smart, Not *Less*

Smart Strategies to Nourish Your Body
and Feel Your Best — Every Single Day.

吃得聪明，非少吃

用简单策略滋养身体，每天状态更佳。



Mastering the Plate Method: Your Everyday Visual Guide

掌握餐盘法：一目了然的日常指南

One of the most empowering tools for smart eating is the Plate Method. It requires no calorie counting, no complicated apps — just a simple visual blueprint that works on any plate. Using a standard 9-inch dinner plate as your guide:

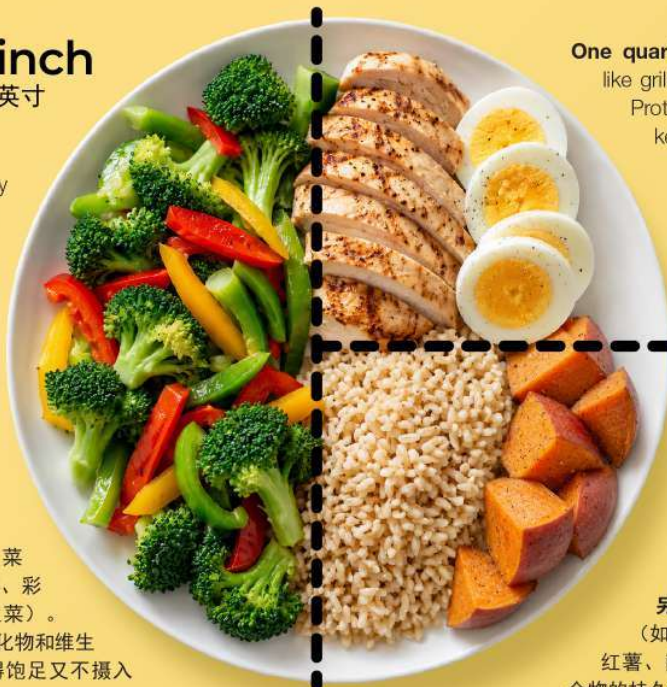
餐盘法是健康饮食中最实用的工具之一。无需计算卡路里，也不用下载复杂的手动应用，只需一个9英寸（约23厘米）餐盘，就能作为视觉参考实践科学饮食：



9 inch
英寸

Half the plate — Generously fill with non-starchy vegetables such as leafy greens, broccoli, cauliflower, capsicum, zucchini, eggplant, asparagus, and salad vegetables. These vegetables bring fibre, antioxidants, vitamins, and volume so you feel full and nourished without excess calories.

一半：盛满非淀粉类蔬菜（如绿叶菜、西兰花、花椰菜、彩椒、西葫芦、茄子、芦笋或生菜）。这些食物富含膳食纤维、抗氧化物和维生素，能增加饱腹感，让您吃得饱足又不摄入过多热量。



One quarter — Lean, high-quality proteins like grilled fish, chicken, eggs, and lentils. Protein supports muscle maintenance, keeps you satisfied longer, and helps stabilise energy.

四分之一：选择优质低脂蛋白（如烤鱼、鸡胸、鸡蛋、扁豆）。蛋白质有助于维持肌肉，延长饱腹感，稳定能量。

One quarter — Whole grains or starchy vegetables* such as brown rice, basmati rice, quinoa, oats, sweet potato, and pumpkin. These provide sustained energy from complex carbohydrates.

另外四分之一：全谷物或淀粉类蔬菜（如糙米、巴斯马蒂香米、藜麦、燕麦、红薯、南瓜）。它们提供来自复合碳水化合物的持久能量。

Why it works so well: This balanced approach naturally controls portion sizes while ensuring you get a wide spectrum of nutrients. It's especially supportive for blood sugar management and weight balance because it emphasises vegetables and protein while moderating refined carbs.

Variations for different dietary needs:

- **For higher-energy days (active lifestyle):** Slightly increase the whole grain/starchy portion.
- **For gentler digestion:** Steam or lightly cook more vegetables and choose easier-to-digest proteins.
- **Vegetarian:** Load up on plant proteins like lentils, chickpeas, tofu and tempeh.

Start off with the Plate Method for just one meal a day. Within a week, you'll likely notice steadier energy and greater satisfaction.

为何这个方法如有效这种搭配方式能自然控量，同时确保营养均衡。这种饮食方式特别有助于血糖平衡和体重管理，因为它强调摄入蔬菜和蛋白质，同时适量控制精制碳水化合物。

灵活调整：

- **活跃日：**可适当略增全谷物/淀粉类；
- **消化敏感者：**选蒸煮蔬菜和易消化蛋白（如豆腐、去皮鸡胸）；
- **素食者：**用植物蛋白，如豆类、鹰嘴豆、豆腐、纳豆替代动物蛋白。

建议从每天一餐开始。坚持一周，您可能就会感受到精力更稳、饱腹更久。

A gentle note for our diabetic friends: While whole grains and starchy vegetables are excellent nutrient-dense choices, it's wise to be mindful of portions and monitor your blood sugar response, as they can still impact glucose levels when consumed in larger amounts. Starting with smaller portions and pairing them with plenty of fibre and protein can help maintain balance.

给糖尿病朋友的温馨提示：虽然全谷物和淀粉类蔬菜是营养密度很高的优质选择，但需注意食用分量，并监测血糖反应，因为大量摄入仍可能影响血糖水平。建议从小份量起步，搭配充足的膳食纤维和蛋白质，以帮助维持血糖平衡。

The Power of Meal Order: Eat in Sequence for Better Results

掌握餐盘法：一目了然的日常指南

Begin with 先吃



Fibre-rich Vegetables: They form a natural “buffer” in your digestive system, slowing the absorption of other nutrients and promoting gentle blood sugar response.

高纤维蔬菜：它们会在消化系统中形成一层天然的“缓冲层”，缓释糖分吸收，稳血糖；

Follow with 接着吃



Proteins and Healthy Fats: These trigger satiety hormones and further support stable energy while nourishing every cell.

蛋白质和健康脂肪：它们能促进饱腹感激素分泌，进一步维持稳定能量，同时滋养全身细胞。

Finish with 最后吃



Carbohydrates: By this point, your body handles them more gently, reducing energy spikes and crashes.

碳水化合物：此时，身体能以更平稳温和的方式处理碳水，从而减少血糖的骤升骤降。

This approach is particularly helpful for those wanting to support healthy weight management or avoid feeling sluggish after meals. It's one of those small changes that feels effortless once it becomes a habit.

这种方法特别适合想控体重、防餐后困倦的人群。一旦养成习惯，这会是一个毫不费力却收效显著的小转变。

Practical example: At lunch, enjoy a generous salad or stir-fried greens first, followed by grilled chicken, and end with a moderate portion of brown rice.

示例午餐：先吃一大份沙拉或清炒时蔬，再吃烤鸡，最后配小碗糙米饭。

Become a Confident Food Label Reader

读懂食品标签：三步锁定真健康

1 Ingredient List 看配料表

Look at the first few ingredients, as they make up the largest proportion of the product. Ideally, the top three ingredients should be whole, natural foods such as vegetables, fruits, whole grains, nuts, or high-quality protein. In general, a shorter ingredient list with familiar, recognisable ingredients is better. Avoid products containing hydrogenated oils, high-fructose corn syrup, artificial colours, flavours or sweeteners, and excessive sodium-based preservatives.

查看排在前几位的配料。前3项最好是天然食材（蔬菜、水果、全谷物、坚果、优质蛋白）；成分越短、越熟悉越好；避开氢化油、高果糖玉米糖浆、人工色素/香精/甜味剂、过量钠基防腐剂。

2 Nutrition Facts 查营养成分表

Pay special attention to added sugars and sodium. Look for lower percentages where possible.

重点关注添加糖与钠含量，尽量选择百分比比较低的产品。

3 Serving Size Reality Check 留意实际摄入量

Always check how many servings are in the package and compare that with how much you actually eat.

务必确认包装上的每份标准与您实际摄入量是否一致。

Shopping smart is a key part of eating smart. Learning to read labels quickly helps you choose foods that truly serve your wellness goals.

聪明购物，是聪明饮食的第一步。学会快速看懂标签，能帮助您选出真正符合健康目标的食物：

Bonus Tip 小贴士

When choosing packaged items, look for options rich in fibre and protein. And remember — fresh, whole foods often don't need labels at all! By becoming label-savvy, you naturally fill your kitchen with supportive choices that make building healthy plates easier and more enjoyable.

在挑选包装食品时，尽量选择富含膳食纤维和蛋白质的选项。别忘了——新鲜的天然食材通常根本不需要标签！学会看懂食品标签后，您的厨房自然会装满健康的优质选择，让构建均衡餐盘变得更加轻松愉快。

Supportive Supplements

Even with thoughtful meals, modern lifestyles and soil quality can create nutritional gaps. NewLife™ offers premium, time-tested supplements that complement your smarter eating habits beautifully.

- **Chromium Picolinate** — Supports healthy blood sugar metabolism and may help reduce sweet cravings, making it easier to stick with balanced plates.
- **Spirulina** — Nature's living energy. This nutrient-dense blue-green algae is exceptionally rich in easily digestible protein, iron, B vitamins, chlorophyll and antioxidants.
- **Herbal Matrix Powder** — A gentle blend of fibres and herbs that supports natural internal cleansing, healthy bowel movement and better nutrient absorption.
- **ImmuFlora®** — Our flagship probiotic featuring 10 billion Bifidobacterium Longum, 1 billion Lactobacillus Acidophilus and prebiotic Fructo-Oligosaccharides. Made in Japan with special acid-resistant technology, it helps restore gut balance, support immunity, and promote comfortable digestion.
- **Omega Gold Flaxseed Oil** — Cold-pressed, organic source of essential omega-3 fatty acids that support heart, brain, skin and joint health.
- **Yoghurt (with live cultures)** — A delicious, everyday source of natural probiotics and protein. Choose plain varieties and enhance with fresh fruits.
- **Apple Cider Vinegar (ACV)** — Traditional daily tonic. Diluted in water or mixed with raw honey (Honeygar), it's loved for supporting digestion and overall vitality.
- **Bee Pollen Granules** — Nature's complete food, rich in vitamins, minerals, amino acids, enzymes and antioxidants. A natural energiser that supports vitality and nutrition.
- **Nutritional Yeast** — A complete protein with 18 amino acids, an excellent source of B-complex vitamins (including B12, especially beneficial for vegetarians) and bioavailable minerals absorbed from molasses. It also helps boost liver function, immune health and stress reduction. Its nutty, cheesy flavour makes it a delightful sprinkle on meals or drinks.

辅助营养品

即使有精心安排的膳食，现代快节奏的生活和土壤质量仍可能导致营养缺口。新生命提供高品质、久经考验的营养补充品，能与您的聪明饮食习惯完美互补。

- **有机铬**：支持健康的血糖代谢，有助减少对甜食的渴望，让您更容易坚持均衡饮食。
- **螺旋藻**：大自然的天然能量源。这种营养密集的蓝绿藻富含易于吸收的蛋白质、铁质、B族维生素、叶绿素和抗氧化物质。
- **天然净化粉**：温和的纤维与草本植物组合，有助于支持体内自然排毒、促进肠道蠕动以及提高营养吸收。
- **免疫激菌植**：新生命明星产品，每包含有100亿长双歧杆菌、10亿嗜酸乳杆菌以及益生元低聚果糖。日本制造，采用特殊耐酸技术，有助于恢复肠道菌群平衡，增强免疫力，并促进舒适消化。
- **奥美加黄金亚麻籽油**：冷压有机提取，富含人体必需的奥美加-3脂肪酸，有助于维护心脏、大脑、皮肤和关节健康。
- **酸乳酪（含活性菌种）**：美味的日常天然益生菌和蛋白质来源。建议选择无糖原味酸奶，并可加入新鲜水果提升风味。
- **苹果醋**：传统日常养生饮品。用水稀释或与生蜂蜜混合（称为“蜜醋”），有助于促进消化和增强整体活力，广受喜爱。
- **蜜蜂花粉**：大自然的完整食物，富含维生素、矿物质、氨基酸、酶和抗氧化物质。是天然的能量充沛剂，能提升整体活力与营养。
- **营养酵母**：一种包含18种氨基酸的完整蛋白质，是B族维生素（包括维生素B12，对素食者尤为有益）的优质来源，以及从甘蜜中吸收的高生物利用度矿物质。它还有助于增强肝脏功能、免疫健康和舒缓压力。其坚果般的奶酪风味，使其成为餐食或饮品中的美味点缀。

How to combine them effectively:

Many start their day with ImmuFlora®, a tablespoon of Flaxseed Oil, a teaspoon of Nutritional Yeast and some bee pollen in a smoothie or yoghurt. Herbal Matrix Powder and ACV support gentle daily cleansing. These products work synergistically with the Plate Method and smart meal habits to help you feel your best.

如何有效搭配使用：

许多人喜欢在清晨享用免疫激菌植，或在奶昔或者酸奶酪中加入一汤匙亚麻籽油、一茶匙营养酵母和少许蜜蜂花粉。天然净化粉和苹果醋则有助于日常温和清肠。这些营养品与餐盘法则及聪明进食习惯相辅相成，帮助您帮助保持最佳状态。



Sample Daily Meal Plan Using These Principles

每日示范食谱



Breakfast 早餐

Vegetable omelette or scrambled eggs with plenty of spinach and tomatoes (veggies first) or plain yoghurt mixed with a tablespoon of Flaxseed Oil and fresh fruits.

蔬菜煎蛋卷或炒蛋搭配大量菠菜和番茄（先吃蔬菜）；或原味酸奶混合一汤匙亚麻籽油和新鲜水果。



Mid-morning 上午茶

Fresh fruit with a handful of nuts.

新鲜水果搭配一把坚果。



Lunch 午餐

Large mixed salad or steamed vegetables first, followed by grilled fish or lentils, then a small portion of brown or basmati rice.

先吃大份沙拉或蒸蔬菜，接着吃烤鱼或扁豆，最后吃小份糙米饭或巴斯马蒂香米。



Afternoon 下午茶

Herbal tea or a small ACV drink.

花草茶或少量稀释的苹果醋饮。



Dinner 晚餐

Follow the same Plate Method flow — generous non-starchy veggies, quality protein, moderate whole grains.

遵循同样的餐盘法则与进食顺序——大量非淀粉类蔬菜、优质蛋白质、适量全谷物。



Evening Support 晚间辅助

Herbal Matrix Powder if needed for gentle cleansing.

如需要，可服用天然净化粉以帮助温和清肠，促进身体净化。



Variety & Balance 多样与均衡

Rotate proteins, vegetables and grains to keep things interesting and ensure broad nutrition.

定期轮换蛋白质、蔬菜和谷物品种，既能保持饮食的新鲜感，又能确保营养全面均衡。

Overcoming Common Challenges

克服常见挑战

- Not enough time? Prep vegetables in advance and keep easy proteins like eggs on hand.
- Family resistance? Involve them in building colourful plates together — make it fun!
- Plateaus or cravings? If your progress feels stuck or cravings are stronger than usual, take a look at your daily supplement routine and the order in which you eat your meals. Even small adjustments can often bring back steady progress and better results.

Remember, progress over perfection. Every smarter choice adds up.

- 时间不够？提前准备蔬菜，常备鸡蛋等简单蛋白质食物。
- 家人抗拒？邀请家人一起动手摆盘，制作色彩丰富的餐盘——让过程变得有趣！
- 平台期或特别想吃某种食物？如果您的健康进展陷入停滞，或对特定食物的渴望比平时更强烈，不妨检视一下您的日常营养补充计划以及进食顺序。即使是微小的调整，往往也能带来意想不到的效果与稳健的突破。

记住，进步胜于完美。每一个更明智的选择都在积累改变。

You Have Everything You Need 您已拥有所需的一切

Eating smart is not about restriction — it's about giving your body the nourishment, balance, and support it truly needs. When you combine the Plate Method, mindful meal order, smart label reading, and quality NewLife™ supplements, you create a foundation for lasting vitality.

You are capable of feeling energised, light and vibrant.

Here's to eating smarter, feeling better, and living your healthiest life yet!

健康饮食并非限制，而是为身体提供真正需要的营养、平衡与支持。当您结合“餐盘法”、有意识的进食顺序、聪明的食品标签阅读以及搭配优质的新生命营养补充品时，便能建立起持久活力的基础。

您完全有能力拥有一份充沛、轻盈与充满生机的状态。

愿您更智慧地饮食，更舒适地生活，开启前所未有的健康人生！