

Low-Glycemic Vegetables

Servings: Unlimited

Asparagus
Artichokes
Bamboo shoots
Bean sprouts
Bell or other peppers
Broccoli, broccoflower
Brussels sprouts
Cauliflower
Celery
Chives, onions, leeks, garlic
Cucumbers/dill pickles
Cabbage (all types)
Eggplant
Green beans
Greens:
 bok choy, escarole, Swiss chard,
 kale, collard greens, spinach,
 dandelion, mustard, or
 beet greens
Lettuce/Mixed greens:
 romaine, red and green leaf,
 endive, spinach, arugula,
 radicchio, watercress, or chicory
Mushrooms
Okra
Radishes
Snow peas
Salsa (sugar-free)
Sea vegetables (kelp, etc.)
Sprouts
Squash:
 yellow, summer, spaghetti, or
 zucchini
Tomatoes, tomato-based vegetable
 juice, tomato juice
Water chestnuts

Low-Glycemic Fruits

Servings per Day: Limited.

Follow guidelines within this manual.

Apple, 1 medium
Apricot, 3 medium
Berries:
 blackberries or blueberries,
 1 cup; raspberries, 1- $\frac{1}{4}$ cups;
 strawberries, 1- $\frac{1}{2}$ cups
Cherries, 15 large
Fresh figs, 2
Grapes, 15
Grapefruit, 1 whole
Honeydew melon, $\frac{1}{4}$ small
Nectarines, 2 small
Orange, 1 large
Peaches, 2 small
Pear, 1 medium
Plums, 2 small
Tangerines, 2 small

Additional Nutritional Supplements



*UltraMeal® is researched, developed and
manufactured by Metagenics, Inc.*

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UltraMeal®

NUTRITIONAL SUPPORT FOR THE MANAGEMENT OF
CONDITIONS ASSOCIATED WITH ALTERED BODY COMPOSITION

• *Dyslipidemia* • *Hypertension*
• *Metabolic Syndrome* • *Estrogen Imbalance*

Medical Food

quick-start guide

Ready...Set...Go!

Interested in a quick start to your UltraMeal program? Simply follow these guidelines and be on your way toward improved body composition.

1. Mix 2 scoops UltraMeal with 8 ounces of cold water. Blend, stir or shake until smooth. Optional: add ice and ½ cup unsweetened berries or another fruit from the low-glycemic food list on the back page. Add fiber or ground flaxseeds (if advised by your practitioner).
2. Drink an UltraMeal shake or eat an UltraMeal Bar for breakfast. Have another UltraMeal shake or bar for a satisfying afternoon snack, or add it to one of the following snack suggestions for a complete lunch.
3. Eat a snack from the choice below at mid-morning and mid-afternoon break. Select a different snack at each break.
 - 1 serving of fruit from the low-glycemic fruit list on the back page
 - 2 whole-grain rye crackers, or any cracker with three or more grams of fiber per serving
 - 12 whole almonds, hazelnuts, or cashews
 - 4 ounces lowfat yogurt; add 1 Tbsp. wheat germ or ground flaxseeds (if advised by your practitioner)
 - 1 cup vegetable, lentil, or legume soup
 - 1 cup fresh tomato-based vegetable juice
 - 1 cup raw vegetables from the low-glycemic vegetable list with salsa
4. Drink at least 64 ounces of filtered water daily.
5. Record food and beverages consumed daily.
6. Choose from one of the following for dinner:
 - Large vegetable salad (3-4 cups) made from vegetables on the low-glycemic vegetable list. Include 4 ounces of tuna, shrimp, crab, baked tofu, or poultry. You may use 2 Tbsp. salad dressing made from canola,

- sesame or olive oil, or flavored vinegar (i.e., balsamic, raspberry, etc.).
- Frozen entrée with 300 calories and 7 or fewer grams of fat.
 - Vegetarian burrito made with one whole-wheat tortilla, ½ cup black beans or nonfat refried beans, lettuce, tomato, and salsa. Side salad of fresh fruit equivalent to 1 serving.
 - 4 to 6 ounces baked or broiled fish or poultry, or 4 ounces lean beef (i.e., flank, top sirloin or filet), with 2 cups steamed fresh vegetables, dinner salad with an olive, canola, or sesame oil-based salad dressing or flavored vinegar.
7. In the UltraMeal Program avoid the following foods:
 - Bread made from refined/low-fiber grains
 - Table sugar
 - Jam, jelly, and syrup
 - Fruit juices
 - Desserts and candy
 - Corn (incl. popcorn)
 - Potatoes

- Alcohol and soda pop
8. Finally, include moderate exercise for at least 20 continuous minutes daily.

For more program details, ask your practitioner for an UltraMeal Patient Guide. UltraMeal medical food is to be used under the direct supervision of a physician or other licensed healthcare practitioner

Soy-based UltraMeal is available in 7 delicious, natural flavors. And for greater variety and options, the following can also be used as an integral part of the UltraMeal Program:

UltraMeal® Bar medical food—ready to eat in a variety of flavors

UltraMeal® Plus medical food—proprietary blend of soy protein and plant sterols for nutritional support of conditions associated with cardiovascular disease

UltraMeal® RICE—quality rice protein base functional food

UltraMeal® WHEY—quality whey protein base functional food