



# Nutrimeal™

Nutrimeal™ is a low GI formulated meal replacement drink and a quality source of protein, carbohydrates, dietary fibre, and many micronutrients. Diets low in saturated fat and cholesterol, and rich in fruits, vegetables, and grain products that contain some types of dietary fibre, provide many health benefits. Each serving of **Nutrimeal** contains 8 grams of dietary fibre.

## The Benefits of Soy and Whey Protein

Each serving of Dutch Chocolate and Wild Strawberry **Nutrimeal** provides 15 grams of soy, whey, and other proteins. French Vanilla **Nutrimeal** provides 15 grams of soy protein. Soy protein is a complete protein, containing all of the essential amino acids in optimal ratios and in a highly digestible form. Whey protein, which is also easily digestible, is an excellent source of amino acids essential for building a healthy body.

## Low-Glycemic Formula

**Nutrimeal** has been formulated for a low glycemic index of 25, to help reduce carbohydrate cravings and deliver sustained energy throughout the day.

## Using Nutrimeal™

Add three (3) scoops of **Nutrimeal** to 290–340 mL of cold water to taste. Blend or shake.

### Dutch Chocolate Nutrimeal

ITEM# 210



### French Vanilla Nutrimeal

ITEM# 211



### Wild Strawberry Nutrimeal

ITEM# 212



DUTCH CHOCOLATE NUTRIMEAL NUTRITIONAL INFORMATION				
SERVINGS PER CONTAINER: 9				
SERVING SIZE: 3 SCOOPS (60 g)				
	QUANTITY PER SERVING <sup>†</sup>	QUANTITY PER 100 g <sup>†</sup>	QUANTITY PER SERVING <sup>†</sup>	QUANTITY PER 100 g <sup>†</sup>
Energy kJ (Cal)	1000 kJ (240 Cal)	1667 kJ (400 Cal)	Vitamin E 4.5 mg (45% RDI*)	7.7 mg
Protein	15 g	25 g	Vitamin C 15.2 mg (40% RDI*)	25.3 mg
Fat, Total	7.4 g	12.3 g	Thiamin 0.5 mg (36% RDI*)	0.83 mg
- Saturated	1 g	1.7 g	Riboflavin 0.6 mg (35% RDI*)	1.0 mg
- Trans	0 g	0 g	Niacin 4.0 mg (38% RDI*)	6.7 mg
- Polyunsaturated	0.7 g	1.2 g	Vitamin B6 0.6 mg (38% RDI*)	1.0 mg
- Monounsaturated	5.6 g	9.3 g	Folate 83 µg (42% RDI*)	138 µg
Cholesterol	0 mg	0 mg	Vitamin B12 0.7 µg (30% RDI*)	1.2 µg
Carbohydrate	32 g	53.3 g	Calcium 263 mg (34% RDI*)	438 mg
- Sugars	17 g	28.3 g	Phosphorus 388 mg (42% RDI*)	647 mg
Dietary Fibre, Total	8.2 g	13.7 g	Iron 3.9 mg (26% RDI*)	6.5 mg
- Soluble Fibre	3.1 g	5.2 g	Magnesium 102 mg (27% RDI*)	170 mg
- Insoluble Fibre	5.1 g	8.5 g	Zinc 3.1 mg (28% RDI*)	5.2 mg
Sodium	405 mg	675 mg	Iodine 45 µg (37% RDI*)	75 µg
Potassium	587 mg	978 mg	Glycemic Index	25 [Low]
Vitamin A	229 µg (31% RDI*)	382 µg		
Vitamin D	3.5 µg (35% RDI*)	5.8 µg		

\* RECOMMENDED DIETARY INTAKE (AUST/NZ)  
† AVERAGE QUANTITIES

Ingredients: Protein Blend [Soy Protein Isolate, Whey Protein Isolate, Pea Protein, Rice Protein Concentrate], Crystalline Fructose, High Oleic Sunflower Oil, Natural Flavours, Maltodextrin, Soy Fibre, Vegetable Gums [Gum Arabic, Cellulose Gum (Sodium Carboxymethylcellulose), Xanthan Gum], Oat Fibre, Minerals [Tricalcium Phosphate, Magnesium Citrate, Zinc Gluconate, Potassium Iodide, Molybdenum Citrate, Manganese Citrate, Copper Gluconate, Ferrus Fumarate], Anti-Caking Agents [Potassium Phosphate Dibasic, Silicon Dioxide], Cane Fibre, Oligofructose, Prune Powder, Milk Protein (Sodium Caseinate), Salt, Emulsifier (Soy Lecithin), Antioxidant (Mixed Tocopherols), Inulin, Wheat Bran, Vitamins [Ascorbic Acid (Vitamin C), D-Alpha Tocopheryl Acetate (Vitamin E), Nicotinamide (Niacin), Vitamin A Palmitate, Cholecalciferol (Vitamin D), Pyridoxine Hydrochloride (Vitamin B6), Folic Acid, Cyanocobalamin (Vitamin B12), Riboflavin (Vitamin B2), Thiamine Hydrochloride (Vitamin B1)].  
Contains: soybean, milk and wheat. Produced on equipment that also processes peanuts, tree nuts, eggs, sesame, and shellfish.

FRENCH VANILLA NUTRIMEAL NUTRITIONAL INFORMATION				
SERVINGS PER CONTAINER: 9				
SERVING SIZE: 3 SCOOPS (60 g)				
	QUANTITY PER SERVING <sup>†</sup>	QUANTITY PER 100 g <sup>†</sup>	QUANTITY PER SERVING <sup>†</sup>	QUANTITY PER 100 g <sup>†</sup>
Energy kJ (Cal)	1004 kJ (240 Cal)	1674 kJ (400 Cal)	Vitamin A 229 µg (31% RDI*)	382 µg
Protein	15 g	25 g	Vitamin D 3.5 µg (35% RDI*)	5.8 µg
Fat, Total	7.5 g	12.5 g	Vitamin E 4.5 mg (45% RDI*)	7.5 mg
- Saturated	0.8 g	1.3 g	Vitamin C 15.9 mg (40% RDI*)	26.5 mg
- Trans	0 g	0 g	Thiamin 0.4 mg (36% RDI*)	0.67 mg
- Polyunsaturated	0.8 g	1.3 g	Riboflavin 0.6 mg (35% RDI*)	1.0 mg
- Monounsaturated	5.6 g	9.3 g	Niacin 3.8 mg (38% RDI*)	6.3 mg
Cholesterol	0 mg	0 mg	Vitamin B6 0.6 mg (38% RDI*)	1.0 mg
Carbohydrate	33 g	55 g	Folate 84.6 µg (42% RDI*)	141 µg
- Sugars	18 g	30 g	Vitamin B12 0.6 µg (30% RDI*)	1.0 µg
Dietary Fibre, Total	8.1 g	13.5 g	Calcium 268 mg (34% RDI*)	447 mg
- Soluble Fibre	3 g	5 g	Phosphorus 415 mg (42% RDI*)	692 mg
- Insoluble Fibre	5 g	8.3 g	Iron 3.1 mg (26% RDI*)	5.2 mg
Sodium	312 mg	520 mg	Magnesium 87.4 mg (27% RDI*)	146 mg
Potassium	423 mg	705 mg	Zinc 3.4 mg (28% RDI*)	5.7 mg
			Iodine 55 µg (37% RDI*)	92 µg
			Glycemic Index	25 [Low]

\* RECOMMENDED DIETARY INTAKE (AUST/NZ)  
† AVERAGE QUANTITIES

Ingredients: Soy Protein Isolate, Crystalline Fructose, High Oleic Sunflower Oil, Maltodextrin, Soy Fibre, Cane Fibre, Natural Flavours, Vegetable Gums [Gum Arabic, Xanthan Gum, Cellulose Gum (Sodium Carboxymethylcellulose)], Minerals [Calcium Phosphate, Magnesium Citrate, Zinc Gluconate, Potassium Iodide, Copper Gluconate, Ferrus Fumarate, Molybdenum Citrate, Manganese Citrate], Oligofructose, Anti-Caking Agents [Potassium Phosphate Dibasic, Silicon Dioxide], Prune Powder (Prune, Calcium Stearate), Milk Protein (Sodium Caseinate), Inulin, Emulsifier (Soy Lecithin), Antioxidant (Mixed Tocopherols), Salt, Vitamins [Ascorbic Acid (Vitamin C), D-Alpha Tocopheryl Acetate (Vitamin E), Nicotinamide (Niacin), Vitamin A Palmitate, Cholecalciferol (Vitamin D), Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Cyanocobalamin (Vitamin B12), Folic Acid, Thiamine Hydrochloride (Vitamin B1)].

Contains: soybean, milk. Produced on equipment that also processes peanuts, tree nuts, eggs, sesame, shellfish, and wheat.

\*For our customers sensitive to gluten: No gluten-containing ingredients are used in French Vanilla **Nutrimeal**. However, French Vanilla **Nutrimeal** is produced in a facility that manufactures other products that do use gluten-containing ingredients.

WILD STRAWBERRY NUTRIMEAL NUTRITIONAL INFORMATION				
SERVINGS PER CONTAINER: 9				
SERVING SIZE: 3 SCOOPS (60 g)				
	QUANTITY PER SERVING <sup>†</sup>	QUANTITY PER 100 g <sup>†</sup>	QUANTITY PER SERVING <sup>†</sup>	QUANTITY PER 100 g <sup>†</sup>
Energy kJ (Cal)	1005 kJ (240 Cal)	1675 kJ (400 Cal)	Vitamin E 4.5 mg (45% RDI*)	7.5 mg
Protein	15 g	25 g	Vitamin C 15.3 mg (38% RDI*)	25.5 mg
Fat, Total	7.4 g	12.3 g	Thiamin 0.5 mg (45% RDI*)	0.83 mg
- Saturated	0.9 g	1.5 g	Riboflavin 0.6 mg (35% RDI*)	1.0 mg
- Trans	0 g	0 g	Niacin 4.1 mg (41% RDI*)	6.8 mg
- Polyunsaturated	0.7 g	1.2 g	Vitamin B6 0.6 mg (38% RDI*)	1.0 mg
- Monounsaturated	5.8 g	9.7 g	Folate 84.5 µg (42% RDI*)	141 µg
Cholesterol	0 mg	0 mg	Vitamin B12 0.7 µg (35% RDI*)	1.2 µg
Carbohydrate	32 g	53.3 g	Calcium 263 mg (33% RDI*)	438 mg
- Sugars	17 g	28.3 g	Phosphorus 383 mg (38% RDI*)	638 mg
Dietary Fibre, Total	8.1 g	13.5 g	Iron 3 mg (25% RDI*)	5 mg
- Soluble Fibre	3 g	5 g	Magnesium 106 mg (33% RDI*)	177 mg
- Insoluble Fibre	5 g	8.3 g	Zinc 3.2 mg (27% RDI*)	5.3 mg
Sodium	411 mg	685 mg	Iodine 51 µg (34% RDI*)	85 µg
Potassium	501 mg	835 mg	Glycemic Index	25 [Low]
Vitamin A	229 µg (31% RDI*)	382 µg		
Vitamin D	3.5 µg (35% RDI*)	5.8 µg		

\* RECOMMENDED DIETARY INTAKE (AUST/NZ)  
† AVERAGE QUANTITIES

Ingredients: Protein Blend [Soy Protein Isolate, Whey Protein Isolate, Pea Protein, Rice Protein Concentrate], Crystalline Fructose, High Oleic Sunflower Oil, Maltodextrin, Soy Fibre, Vegetable Gums [Gum Arabic, Cellulose Gum (Sodium Carboxymethylcellulose), Xanthan Gum], Oat Fibre, Cane Fibre, Minerals [Magnesium Citrate, Tricalcium Phosphate, Zinc Gluconate, Potassium Iodide, Copper Gluconate, Molybdenum Citrate, Ferrus Fumarate, Manganese Citrate], Anti-Caking Agents [Potassium Phosphate Dibasic, Silicon Dioxide], Oligofructose, Natural and Artificial Flavours, Prune Powder (Prune, Calcium Stearate), Colour (Beet Juice Powder), Milk Protein (Sodium Caseinate), Salt, Inulin, Emulsifier (Soy Lecithin), Antioxidant (Mixed Tocopherols), Wheat Bran, Vitamins [Ascorbic Acid (Vitamin C), D-Alpha Tocopheryl Acetate (Vitamin E), Nicotinamide (Niacin), Vitamin A Palmitate, Cholecalciferol (Vitamin D), Pyridoxine Hydrochloride (Vitamin B6), Cyanocobalamin (Vitamin B12), Folic Acid, Riboflavin (Vitamin B2), Thiamine Hydrochloride (Vitamin B1)].

Contains: soybean, milk and wheat. Produced on equipment that also processes peanuts, tree nuts, eggs, sesame, and shellfish.

## USANA® Foods Macronutrition

### Nutrimeal™

- A quality source of protein, carbohydrates, dietary fibre, and many micronutrients with a new, great taste
- Provides 8 grams of dietary fibre per serving
- Clinically tested as low glycemic index of 25
- Available in three great-tasting flavours: French Vanilla (formulated without gluten\*), Dutch Chocolate, and Wild Strawberry

