

What you will find in Healthy Bites™ continued...

You be the judge!

Dark chocolate (72% cocoa) Raw honey, Pumpkin seeds, Rice malt, Whey protein (undenatured), Chemical free sesame seeds, Organic prunes, Organic coconut, Dutch cocoa, Multistrain Lactobacillus with FOS, Organic coconut oil, Flax meal, Organic Cacao, Rice bran, Waterhulled tahini, Ginger root, Sea salt, Glycine 1500mg, Proline 1000mg, Lysine 500mg.

Organic Coconut

Organic Cacao

Dark Belgium Chocolate

All Natural Ingredients

**Healthy Bites™** –  
The healthiest and best-tasting functional food bar on the market...

Healthy Bites™ has

**NO High Fructose Corn Syrup (HFCS)**

This sweetening ingredient is used in the production of many bars as well as other foods and beverages (like soft drinks).

- Fructose is metabolized to fat more than other sugars, making it clearly fat-promoting. A 2004 article in the American Journal of Clinical Nutrition stated that high fructose corn sweeteners may play a role in the obesity epidemic in the US.
- Fructose raises blood triglycerides.

**NO Toxic artificial sweeteners like sucralose (Splenda) or aspartame (NutraSweet)**

**NO Toxic soy proteins**

Visit: [www.westonaprice.org/soy/index.html](http://www.westonaprice.org/soy/index.html)

[www.nutritiondiagnostics.com](http://www.nutritiondiagnostics.com)

Nutrition  
Diagnostics™

Healthy Bites™

Live Food with Beneficial Bacteria  
Dark Chocolate & Organic Coconut

‘Healthy and satisfying,  
with NO reason to  
feel guilty anymore...’



Until now, there have been NO  
truly healthy choices when it comes  
to nutrition bars...

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## Healthy Bites™

- Great taste
- All-natural ingredients – Organic Coconut and Coconut Oil, Dark Chocolate
- No preservatives or stabilizers
- Low in total refined sugars, to minimize blood glucose issues and promote sustained energy (validated to not cause Blood Glucose swings)
- No unhealthy fats
- No highly allergenic ingredients
- Not baked – enzymes are maintained and the undenatured whey protein is kept intact
- Live food with a multi strain lactobacillus and FOS – Beneficial Bacteria
- The healthiest and best-tasting functional food bar on the market

### And now you can be among the very first to discover the new Healthy Bites™ Bar.

- Quick and convenient for your busy lifestyle – whether you need a snack, an energy boost or a meal replacement
- Healthy and satisfying, with no reason to feel guilty anymore
- Delicious and moist, with a great texture and no unpleasant aftertaste – you'll enjoy every bite!
- Perfect for dieters, with ingredients that keep you feeling full and satisfied, boost your metabolism, and support your optimal weight
- Suitable for everyone – a perfect choice for people with active lifestyles, dieters, diabetics, travelers, and all age groups

## Organic Coconut and Coconut Oil – The Only Healthy Fat Choice for the New Healthy Bites™ Bar

Use coconut and coconut oil in your healthy diet.

### Coconut and coconut oil help fight dangerous micro-organisms.

The lauric acid in coconuts is the same medium chain fatty acid (MCFAs) found in mother's milk. This compound forms monolaurin in the body, a substance that has been shown to inactivate numerous viruses, bacteria, yeast and fungi.

### The MCFAs in coconut oil increase fat-burning in your body.

Unlike the larger long chain fatty acids (LCFAs) in other oils, which are difficult to process and more likely to be stored as fat, these MCFAs are much less likely to be stored as fat. In this way, **they raise the body's metabolism, increase the activity of the thyroid gland, and support healthy weight loss. Additionally, they keep you feeling full longer.**

### Coconut oil's MCFAs are easily digested by your body.

This not only enhances physical performance by providing a steady flow of energy, but also minimizes spikes in blood sugar – especially good news for diabetics and those with blood sugar problems.

Coconut and coconut oil contain no dangerous trans fats, which are found in hydrogenated and partially hydrogenated vegetable oils. Trans fats can lead to heart disease, type-II diabetes and other diseases.

## Whey Protein (non-denatured) – The Healthy Bites™ Protein

A crucial problem with most energy bars is that they use very poor quality protein sources. Soy is the primary protein source used by most other bars. By now, you are probably familiar with all the problems associated with soy.

The Healthy Bites™ Bar uses the highest-quality non-denatured whey protein from New Zealand.

This custom-made Healthy Bites™ Bar uses non-denatured whey protein and is produced using a unique method that **avoids the use of heat to maintain the full range of immune-enhancing components of all of the ingredients.**

Whey proteins contain essential amino acids at higher concentrations compared to vegetable protein sources such as soy, corn and rice. The amino acids in whey are efficiently absorbed and utilized. Whey also has a higher concentration of branched chain amino acids (leucine, isoleucine and valine). Whey proteins are also rich in the sulphur amino acids, cysteine and methionine, which help to increase glutathione.

Reduced glutathione (GSH) is the key intracellular binding protein to toxins and heavy metals. Synthesized in the body from three amino acids (glutamic acid, cysteine, and glycine). The biotransformation of toxic foreign or xenobiotic substances is a built-in body process that requires conjugates (binding agents). Such conjugates includes glycine and a variety of other amino acids, plus glucuronate found in raw honey.

## Additional Glycine, Proline, and Lysine was added to strengthen connective tissue

- The collagen portion of the basement membrane of the Gastrointestinal Mucosa is made from the usual mix of 20 amino acids, whereby, **glycine, proline, lysine, and sulfur-reach amino acids** are featured.
- The bone matrix, comprised mainly of Type I collagen and ground substance, is synthesized from a variety of amino acids, with emphasis given to **glycine, proline, and lysine** (predominating in this order).

## There are NO soy proteins present in the Healthy Bites™ Bar

Numerous scientific studies have found that soy products may:

- Increase breast cancer risk in women and brain damage in both sexes
- Contribute to thyroid disorders, especially in women
- Weaken the immune system
- Infertility, reproductive harm

Visit: [www.westonaprice.org/soy/index.html](http://www.westonaprice.org/soy/index.html)

## Belgium Dark Chocolate – Healthy Bites™

High quality natural-source dark chocolate and Organic Cacao was added to the Healthy Bites™ Bar.

There are some good nutritional benefits to chocolate eaten in moderation:

- Chocolate has been shown to be relatively **high in antioxidants**, which fight free radicals that damage body tissues. The polyphenols and flavanoids in dark chocolate may lower blood pressure and improve insulin resistance.
- May improve mood and pleasure by boosting serotonin and endorphin levels in the brain.

## What you WILL find in Healthy Bites™

### Beneficial Bacteria

**Friendly Bacteria (the multi strain lactobacillus L. Acidophilus, Plantarum, Leichmannii, Delbrueckii, Caseii, Brevis, Bulgaricus, Lactis, Causasicus, Heleveticus, Fermentit, Bifidus)**

The friendly bacteria prefer living in the intestinal mucosa. When present in adequate numbers, and when the mucosa is healthy, they help to complete protein digestion by denaturing (rotation the protein on its axis) it where it is more biologically acceptable. Friendly bacteria also help kill would-be invaders of the intestinal wall. As their members enter the lymph system they tend to put the immune system on alert without themselves causing infection, thereby helping to fight infections all over the body. Too, friendly bacteria produce the lactase enzyme required in the digestion of milk and other dairy foods containing lactose. Finally, friendly bacteria tend to work with Immunoglobulin A (IgA) and other ingredients of the healthy mucosa to bring about a comprehensive defense system.

### Raw Honey

Raw honey provides a significant source of a special carbohydrate, fructooligosaccharide (FOS). Friendly bacteria readily use FOS for growth and energy, while infection-causing bacteria and yeast cannot derive energy from it. Too, raw honey (when allowed to melt in your mouth) can be a significant source of glucuronic acid used both in the building of a healthy intestinal wall and as a conjugate for toxins that are being processed through the CyP450 enzyme system of the intestinal tract. It also possesses bacteria-fighting properties and is an excellent source of simple sugar, levulose, which (while having a high glycemic index) requires little or no insulin for use as an energy substrate.

