



HOW THE NATURAL HEALTH TOUR IS HELPING YOU LIVE SMARTER

The Natural Health Tour is traveling the country, working to promote a smart lifestyle.

We'll be visiting events like marathons, college football tailgates, and local pharmacies, promoting products that can help you reach your wellness goals.

FREE better-for-you food and beverage samples

The Natural Health Tour allows consumers to sample the latest products made with beneficial ingredients, from brands you know and trust. We provide free samples during the tour so you can "try before you buy," along with money-saving coupons to purchase the products you've sampled.

FREE Novasoy® soy isoflavones samples and bone density screenings

Are your bones as healthy as they should be? Sign up for a free bone density screening by the Natural Health Tour crew during their visit to your local grocery store or pharmacy to take part in this simple check for signs of osteoporosis. Along with test results, you'll receive free samples of Novasoy® brand soy isoflavones, a high-quality soy extract found in many major soy supplement brands.

Clinical research shows that soy isoflavones like Novasoy reduce the number and frequency of menopause symptoms such as hot flashes, and evidence suggests that soy isoflavones may help maintain blood vessel health.

SIMPLE WAYS TO GOOD HEALTH

Keep a balanced diet and exercise regularly to maintain health.

Choose foods made with beneficial ingredients.

Make small changes like taking the stairs instead of the elevator to incorporate more exercise into your lifestyle.

Take nutritionally sound supplements to complement diet and exercise.



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Natural Health Tour
Take your health to heart.



Featuring

BETTER-FOR-YOU
FOOD & SUPPLEMENT
SAMPLES AND HEALTHY
LIFESTYLE TIPS

Presented by
 ADM

HOW TO TAKE YOUR HEALTH TO HEART

By incorporating a few simple habits into your daily lifestyle, you'll help improve your body's health and reduce your risk for many diseases.

Exercise

Aim for some sort of activity each day. Whether you're walking with a friend, choosing to take the stairs instead of the elevator, or visiting the gym regularly, you'll see the benefits.

Exercise reduces the risk of heart disease by improving blood circulation.* It helps keep weight under control and improves blood cholesterol levels. It can even help manage stress and boost your energy levels.

In addition, weight-bearing exercise can help build and maintain bone mass and prevent osteoporosis. Regular weight-bearing exercise, especially early in life, improves the likelihood of reaching peak bone density.**

Note: Consult your doctor before beginning any exercise program, especially if you have been inactive or have previous fractures or injuries.

*According to the American Heart Association

**According to the National Osteoporosis Foundation

Eat Right

The new USDA Food Pyramid recommends a diet with plenty of whole grains, fruits, vegetables, protein, and calcium-rich foods:

- Half of the grain-based foods you eat should be made with whole grains. Many breads and pastas are now made with whole grains or fortified with fiber, protein, and other nutrients.
- Eat a variety of fruits and vegetables every day.
- Calcium is a power nutrient, helping to build strong bones and healthy bodies. Easy ways to get your calcium every day include having milk, yogurt, or cheese. In addition, many of your favorite foods are now fortified with calcium, and some even offer additional nutritional benefits.
- Get plenty of protein every day. You'll find it in lean meat and beans. For delicious, high-protein meals, look for veggie burgers and meatless entrees.

To find more healthy diet tips, visit mypyramid.gov.

INGREDIENTS MATTER

Diets rich in soy protein like NutriSoy® can help keep your heart healthy, according to an FDA-approved health claim: Consuming 25 grams of soy protein per day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease.

Products rich in fiber like Fibersol®-2, as part of a diet low in saturated fat and cholesterol, may lower the risk of heart disease.

According to the FDA, foods containing at least 0.4 grams per serving of plant sterols such as CardioAid™, eaten twice a day with meals for a daily total intake of at least 0.8 grams, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease.

Soy isoflavones like Novasoy® are a "natural" alternative for reducing menopausal symptoms such as hot flashes. According to selected clinical studies, soy isoflavones help promote good cardiovascular health by keeping arteries healthy.

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