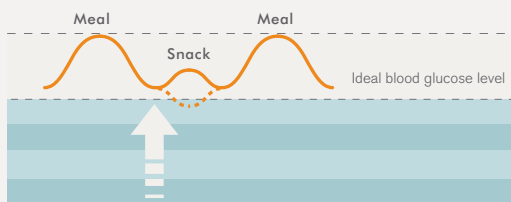


ENERGY FOR PERFORMANCE

The Glycemic Index And Snacks TRAINING

A PROGRAM BROUGHT TO YOU BY JANUS LABS

SNACKS ARE THE BRIDGES BETWEEN MEALS



- Eat in a series of sprints
- Eat low glycemic snacks
- Snacks should be 100-150 calories

Examples of 100-150 calories maximum

- 1 yogurt
- 15 almonds or cashews
- 1/2 nutrition bar
- 1 oz. of cheese
- 1 large apple, peach or pear
- 1 tablespoon of peanut butter

RECOMMENDED SNACKS:

Dairy

- Yogurt—low fat
- Cottage cheese—low fat
- Milk—1% or skim
- Mozzarella string cheese

Fruit

- Apple
- Cherries
- Dried apricots
- Grapefruit
- Orange
- Peach
- Pear
- Plum
- Prunes

Proteins

- Hard-boiled eggs
- Nuts—peanuts, almonds, walnuts, cashews, pecans, pistachios, sunflower seeds, peanut butter

Others

- Beans
- Green vegetables
- Tomato juice
- Trail mix w/nuts or seeds

Combinations

- Banana & peanut butter
- Whole grain crackers & peanut butter
- Whole grain bread & peanut butter
- Cottage cheese & fruit
- Raisins & peanuts
- Tuna & crackers
- Celery & peanut butter
- Yogurt & granola
- High fiber cereal & milk
- Bread & cheese
- Yogurt & berries
- Pita & hummus
- Grapes & cheese
- Strawberry & nutella

Nutrition bars/Snacks

- Balance Bars®
- Clif® Bar
- Genisoy®
- Glenly's
- Kashi
- Power Bar®
- Promax™
- ProtoSource
- Pumpkorn®
- Zone Perfect®

Please see back for important disclosures.

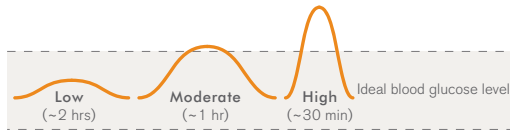
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JANUS

USE GLYCEMIC INDEX FOR SUSTAINED ENERGY

Glycemic index



LOW GLYCEMIC FOODS

Apples	vegetables	Nutella®	Poultry
Beans	Hummus	Nutrition bars	Prunes
Cheese	Jerky	Nutrition shakes	Salad
Cherries	Kimchi	Nuts—all	Seafood
Chickpeas	Lentils	Oranges	Seeds—all
Cottage cheese	Meats	Peaches	Soy chips
Dried apples	Milk—skim, 1%, 2%, whole	Peanut butter	Soy milk
Dried apricots	Mixed vegetable juice	Peanut M&M's®	Tomatoes
Eggs	Nectarines	Peas	Tomato juice
Grapefruit		Plums	Tomato soup
Green			Yogurt

MODERATE GLYCEMIC FOODS

Apricots	Carrot juice	Fruit juice	Pasta
Baked beans	Cereal bars	Granola	Pastries
Bananas	Cereals—high fiber	Granola bars	Pineapple
Beets	Chocolate	Grapes	Potato chips
Berries—all types	Cookies	Honey	Pudding
Biscuits	Corn	Ice cream	Raisins
Breads—high fiber	Crackers—high fiber	Kiwi	Rice (brown)
Canned fruits	Croissants	Mangos	Rice noodles
Cantaloupes	Figs	Muffins	Sweet potatoes
Carrots	Fruit bars	Oatmeal	Tortillas
		Papaya	

HIGH GLYCEMIC FOODS

Alcoholic beverages	low/no fiber	French fries	Rice crackers
Bagels	Corn chips	Mashed potatoes	Sodas—regular
Baked potatoes	Couscous	Popcorn	Sports drinks
Breads—low/no fiber	Crackers—no fiber	Pretzels	Sugar—sweetened beverages
Cakes	Cupcakes	Pumpkin	Waffles
Candy	Dates—dried	Rice (white, wild)	Watermelon
Cereals—	Doughnuts	Rice cakes	



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