

Did you know that balanced nutrition is more than just consuming the right combination of carbohydrates, protein and fats?

Based on Herbalife's Nutrition Philosophy, **balanced nutrition is a holistic concept that recommends 40% carbohydrates, 30% protein and 30% fats in your calorie intake**, along with **proper hydration** and **regular physical activity** to enable the adequate supply of nutrients to support core body functions.

So how much do consumers in the Philippines know about balanced nutrition? Herbalife Nutrition surveyed 500 consumers in the Philippines to find out whether they understand balanced nutrition, whether they put this into practice, as well as the challenges they face doing so.



**UNDERSTANDING
BALANCED
NUTRITION**

79%

Giving the body the necessary nutrients it requires to function optimally, including consuming enough proteins, carbohydrates, fats, vitamins and minerals, fluids and fiber



17%

Consuming food regularly to keep your body functioning at an optimal level, three square meals a day



3%

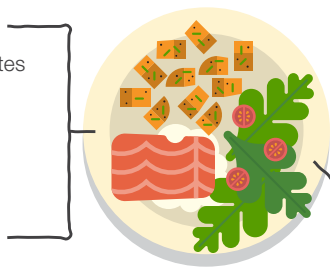
Consuming as many calories as you can burn, in order to maintain your body weight



DAILY NUTRITION CONSUMPTION

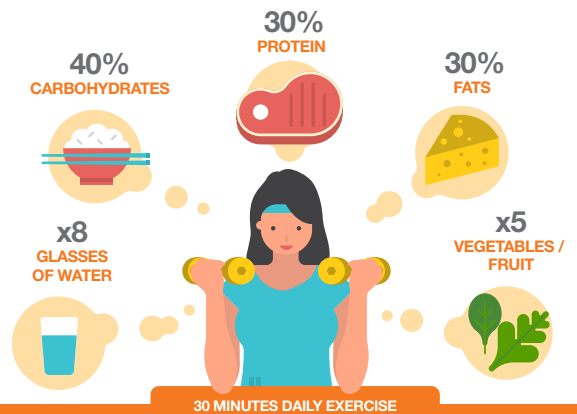
500 consumers in the Philippines shared that their daily nutrition consumption comprised of:

- 44%** carbohydrates
- 36%** protein
- 20%** fats



- 41%** <8 glasses of water
- 78%** 1-2 servings of vegetables/fruits

HERBALIFE NUTRITION PHILOSOPHY



MOTIVATIONS

When asked about the **factors that would motivate** them to adopt balanced nutrition habits:

- 60%** To ensure that my body gets sufficient nutrients to function optimally
- 51%** To prevent health-related problems and complications
- 39%** To maintain an ideal body weight to prevent obesity-related health problems
- 32%** To look good and feel good
- 23%** To lose weight



OBSTACLES

When asked about the **factors that are preventing** them from adopting balanced nutrition habits:

- 57%** Lack of time
- 53%** Lack of money
- 45%** Lack of motivation
- 41%** Inconvenience
- 26%** Lack of information

INCORPORATING BALANCED NUTRITION HABITS IN DAILY LIVING

89%

Agree that adopting balanced nutrition practices would help to **improve their personal well-being in the long run**

