



OneNumber Health System

Welcome to *OneNumber™ Health*, our simple tool for healthy eating. By guiding you toward foods with low energy density and high nutrient content, *OneNumber Health* helps you manage your weight while getting you the nutrition you need. And its most unique feature is that the *OneNumber* ratings are tailored to your personal needs and objectives.

Why OneNumber™ Health? Because food labels don't work.

This typical food label has thirty-eight numbers and fourteen food attributes. It would be difficult for even a trained professional to determine whether this food is right for your personal health situation. *OneNumber Health* reduces the complexity of food labels to a single number. From 0 to 20, it shows instantly whether a food is right for you.

Another problem with food labels is that they are built for the general population, but your needs are different from another's. Not everyone needs to lose weight, some need to maintain or gain. Unlike food labels, *OneNumber Health* considers your personal weight objective when it rates foods for you. Has your doctor placed you on a low sodium, fat and/or cholesterol diet? If so, *OneNumber Health* takes these restrictions into account and guides you toward appropriate foods and away from problem foods.

The OneNumber system

At the heart of the app lies our unique, patent pending food-rating system. Using this, *OneNumber Health* first examines the food attributes then matches them to your unique needs. Whether you are grocery shopping or just

raiding your pantry for a snack, the rating personalizes foods to your weight goals and dietary restrictions. Your only task is to find and enjoy foods with higher ratings.

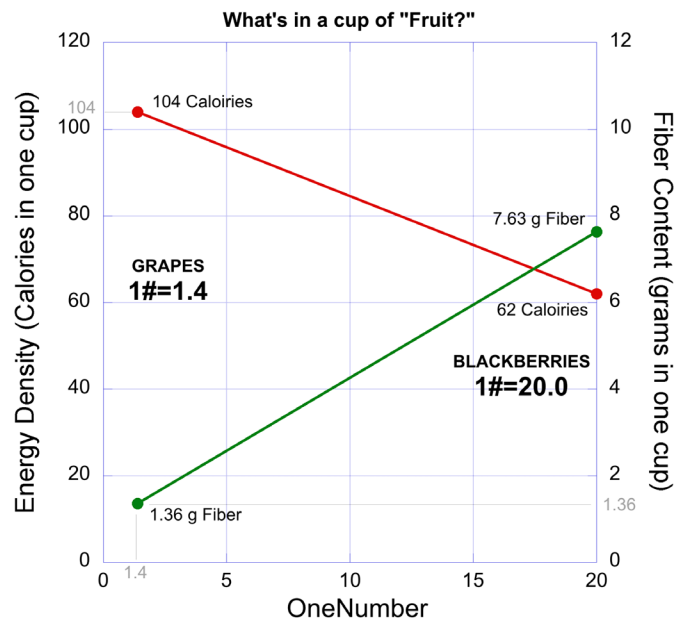
What's in a cup of "fruit?"

That depends on the fruit! Nutritionists' advice to "eat fruit for fiber" is not always helpful. Many of us will choose grapes because we like the sugary taste. But the chart below shows that grapes offer lots of Calories and very little fiber — just over one gram per cup. With a *OneNumber* rating of only 1.4 out of 20, grapes are not a good choice. Now compare blackberries with 40% fewer Calories and 560% more fiber: a great choice at 20! But you don't need to remember all that. Just reach for higher *OneNumber* ratings and let us do the math.

Amount Per Serving	
Calories 230	Calories from Fat 40
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

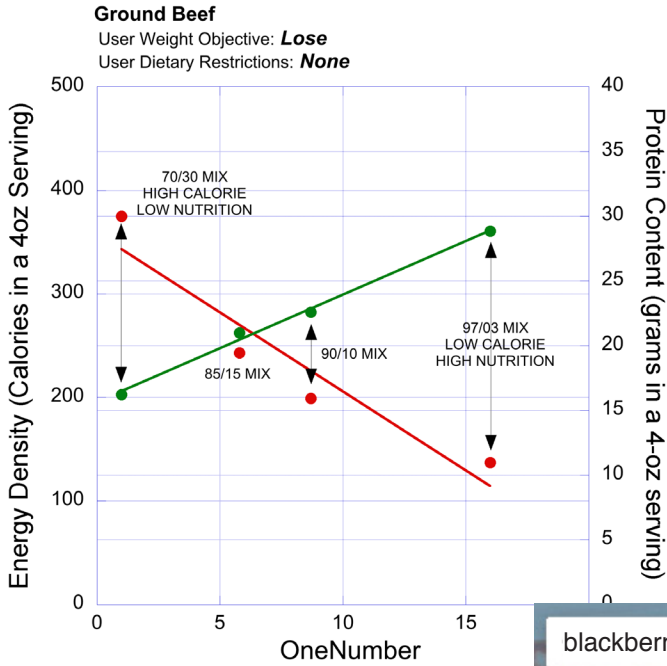
	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g



What's in a ground beef patty?

As you'll see on the next page, Calorie and nutrient content of standard ground beef mixes vary considerably. The more fat, the higher the Calories and the lower the protein. Less fat means fewer Calories and more protein. Less fat and more protein also mean a higher *OneNumber* rating. So, whether it's fruit, vegetables, fish,

meat, poultry or any other food, all you need to do is select foods with a higher *OneNumber* rating.



BLACKBERRIES, RAW (USDA)

144 g

2. Minerals

Calcium (mg)	41.76
Copper (mcg)	0.24
Iron (mg)	0.89
Magnesium (mg)	28.80
Manganese (mg)	0.93
Phosphorus (mg)	31.68
Potassium (mg)	233.28
Selenium (mcg)	0.58
Sodium (mg)	1.44
Zinc (mg)	0.76

3. Vitamins

Vitamin A (IU)	308.16
Vitamin B5 (mg)	0.40
Vitamin B6 (mg)	0.04
Vitamin B12 (mcg)	0
Total	30.24

It's easy

Just scan, voice or key a food selection into the *OneNumber Health* search bar as shown at right and you'll receive a tailored-to-you food quality analysis as a single number. You'll also get a complete list of macronutrients, micronutrients and the Calorie content of the serving size you've selected.

We hope this guide will help you navigate through the simple features in our *OneNumber Health* app. If you have any questions, please visit our website at www.OneNumberHealth.com.

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