



PERSONALIZED • INTERACTIVE • FLEXIBLE • HOLISTIC

Helping you eat the right foods in the right amounts.

Subscribers throughout thousands of households across the U.S. underscore that My25 Select is more effective and engaging than every other online menu/recipe platform, traditional approach, risk assessment follow-on recommendation, or a focus on points, carbs, protein, or plant based.

We subscribe to moderation versus deprivation, rebalancing the plate, the Dietary Guidelines for Americans, and that super nutrient: fiber.

This subscription is available to you as a result of the generosity and thoughtfulness of **your name here**...because your health and happiness matter.

So let's get to eating the right foods in the right amounts...

1. Watch the My25 Select overview video: vimeo.com/380244044
2. Go to: my25select.com and create an account



My25 is powered by Mainstay, Inc.

hello@my25.com



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Fiberize Pizza Contest

We're an equal opportunity prize giver. Anyone can enter and win!

Because fiber is a super nutrient that also naturally fills you up, we love fiber. Enjoy thin or thick crust, but amp it up with tasty fiber and suddenly pizza is healthy. Information about contest rules and prizes (and some fiberizing hints) are available when you click on the Portal link at *My25 Select* (the *Win & Enjoy* page).

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Bring on BBQ...Bring on Veggies

We always say it isn't enough to tout: "Eat 1/2 plate full of veggies." Rather, it's our job to help you make veggies taste so good that you want to eat the likes of broccoli. So why not get the hang of bumping up the flavor of vegetables with your trusty grill at hand?

Simply click on the Portal link at My25 Select (the *Eat All Day* page) for tried-and-true grilling/flavoring tips and access to our famous Bump-Up-Veggie-Flavor Chart.

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Who doesn't love autumn? And taffy apples?

Because we adhere to moderation versus deprivation...taffy apples can be on the menu. And wouldn't you know it—we have some suggestions for healthier taffy apples. Click on the Portal link at My25 Select (the *Eat All Day* page).

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