

GET STARTED ON YOUR HEALTHY EATING JOURNEY



FIND YOUR DIET ID



SET YOUR GOAL



BUILD HEALTHY HABITS



STEP 1:

Register in Diet ID
by scanning the QR code.

STEP 2:

Choose images
that look like how
you eat. Don't worry
about finding an
exact match.

STEP 3:

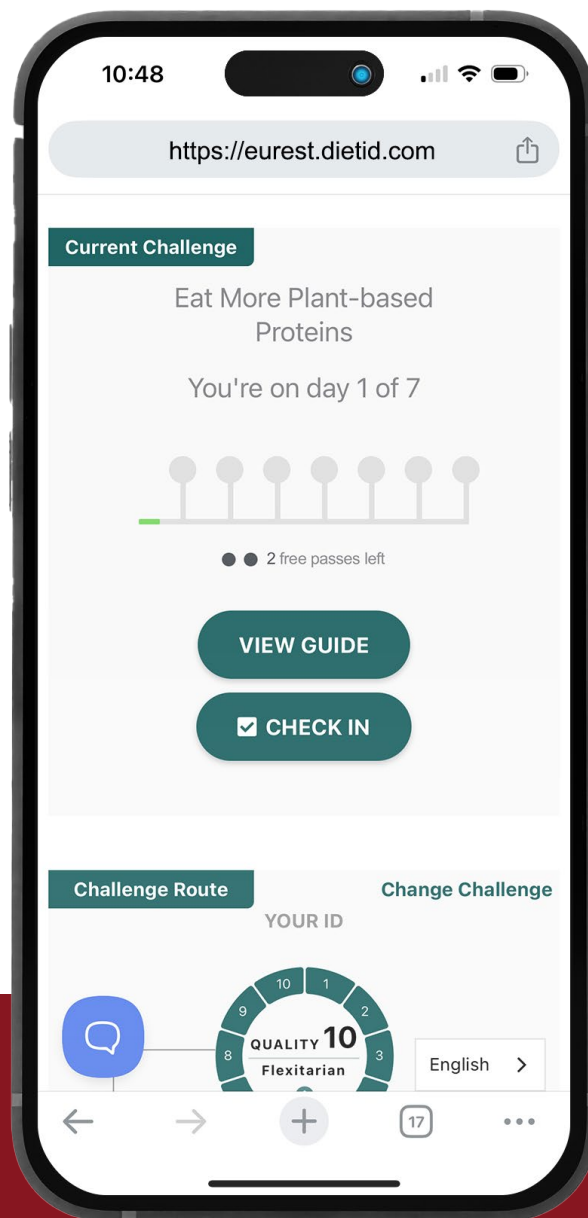
Set health goals
and then choose a
style of eating that
meets your goals
and preferences.

STEP 4:

Get your plan
See your diet score
and learn what
changes to make to
reach your goals.

STEP 5:

Start challenges
Sign up for your first
daily micro challenge
to build a new habit
every week.



VISIT [EUREST.DIETID.COM](https://eurest.dietid.com) TO GET STARTED TODAY!

Diet ID™
DIET IS A VITAL SIGN