



WELLU RAM

# NUTRITION

*For Health and Wellness*



## WellU @HT Weekly Wellness Newsletter (Vol 6, Issue 3)

### Welcome to This Week's Edition of the Weekly Wellness Newsletter!

In this edition, we are diving into nutrition for health and wellness, an essential component of living a healthy and balanced life. The food we eat plays a significant role in how we feel, think, and perform each day. Proper nutrition is not just about maintaining a healthy body; it's also about fueling the mind, boosting energy levels, and supporting long-term health.

In this issue, explore the power of nutrition and its impact on both physical and mental health. Learn the basics of balanced nutrition and discover how simple food choices can improve your well-being. Get introduced to superfoods, find practical healthy tips in Paula's Corner, and understand the role of supplements. Plus, uncover common nutrition myths to help you make informed decisions for lasting health benefits.

Remember, wellness is a journey, and every step you take toward healthier eating habits brings you closer to achieving your personal wellness goals. We hope this edition inspires you to explore new nutrition strategies and motivates you to prioritize your health.

Maria P. Lopez  
Program Coordinator  
WellU RAM Wellness Program

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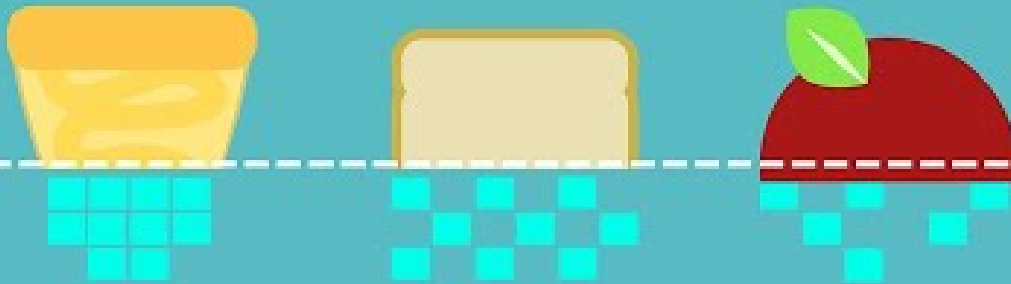
## What You Need to Know About Nutrition

Nutrition is about giving your body the right balance of foods to support your health, energy, and well-being. Think of your body as a complex system that thrives on the right fuel to perform at its best. Nutrition is the fuel that powers everything you do; whether it's walking, thinking, or simply getting through the day. The better the fuel, the better your body performs. Providing your body with balanced, nourishing foods helps it function optimally, keeps your energy levels up, and supports long-term health.

What is a calorie? - Emma Bryce

TEDEd

# WHAT IS A CALORIE?



At its core, nutrition is about balance. It's not just about eating enough to feel full, but about giving your body the right mix of nutrients it needs to thrive. These nutrients include:



### Carbohydrates

Your body's main energy source, found in foods like whole grains, fruits, and vegetables.



### Proteins

Essential for building and repairing tissues, found in foods like chicken, eggs, meat, fish, beans, and nuts.



### Fats

Healthy fats from avocados, olive oil, and fish are crucial for brain health and hormone balance.



## Vitamins and Minerals:

These power your body's many functions, from immunity to strong bones, and are found in colorful fruits, vegetables, and whole foods.

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# Understanding Nutrition: Its Impact on Health

## The Power of Nutrition

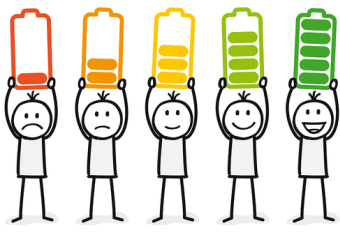
Proper nutrition provides the energy you need to power through your day, supports mental health by affecting mood and mental clarity, and strengthens the immune system with a diet rich in vitamins and minerals. It also promotes healthy aging by maintaining skin elasticity, bone health, and cognitive function, improves digestion with a high-fiber diet, aids in weight management by focusing on nutrient-dense foods, and enhances physical performance by repairing muscles and providing fuel for exercise. The power of nutrition lies in its ability to transform your overall health and well-being, and by making mindful choices and focusing on nutrient-rich foods, you can unlock the full potential of your body and mind.

## How Food Can Act As Medicine

APPLYING  
FOOD AS MEDICINE

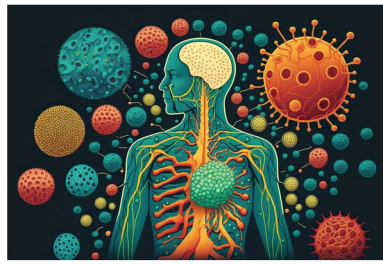
## Physical Health

Proper nutrition is the cornerstone of physical health. It provides the essential nutrients needed for energy, muscle repair, and overall bodily functions, ensuring you stay strong and active.



### Energy Levels

A balanced diet rich in carbohydrates, fats, and proteins ensures a steady energy supply throughout the day, reducing fatigue and enhancing productivity.



### Immune System

Nutrients like vitamins A, C, D, and zinc fortify the immune system, helping the body combat illness and recover faster.



### Healthy Weight

Balanced eating supports natural weight regulation by optimizing metabolism.

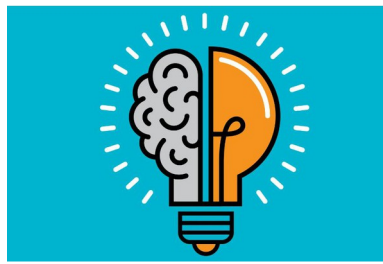
### Mental and Emotional Health

What you eat can have a profound impact on your mental well-being. Nutrient-rich foods support brain function, mood stability, and can even help reduce symptoms of mental health conditions like depression and anxiety.



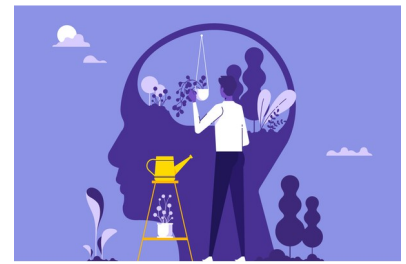
### Mood Regulation

Certain foods boost the release of serotonin and dopamine, hormones that stabilize mood and reduce stress.



### Cognitive Function

Nutrients like omega-3 fatty acids, antioxidants, and B vitamins fuel brain health, enhancing focus, memory, and clarity.



### Mental Health

Adequate levels of magnesium, folate, and other vitamins play a vital role in reducing the risk of anxiety and depression while supporting overall emotional resilience.

## How the Food You Eat Affects Your Brain?

### Superfoods to Include in Your Diet

Superfoods are nutrient-dense foods that pack an impressive amount of vitamins, minerals, and antioxidants into every bite. Incorporating these into your diet can help boost energy, improve immunity, and support overall health.



### **Blueberries**

Rich in antioxidants, these tiny fruits combat free radicals, promote brain health, and support heart health.



### **Spinach**

Packed with iron, calcium, and vitamins A and C, spinach strengthens bones, supports the immune system, and enhances energy.



### **Salmon**

A top source of omega-3 fatty acids, salmon reduces inflammation, boosts brain function, and supports heart health.



### **Avocado**

Packed with healthy fats, potassium, and fiber, avocados support heart health, digestion, and nutrient absorption.



### **Greek Yogurt**

A rich source of probiotics, calcium, and protein, greek yogurt promotes gut health and strong bones.



## Almonds

A nutrient-packed nut rich in healthy fats, fiber, and vitamin E. Almonds support heart health, brain function, and make a satisfying, crunchy snack or topping.

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# Paula's Corner: Nutritional Tips for a Healthier You

## Welcome to Paula's Corner!

This week, we're diving into the power of good nutrition. What we eat plays a huge role in how we feel, both physically and mentally. Proper nutrition can give us more energy, improve focus, boost our mood, and even help with stress management.

In today's issue, I'll share some simple and practical tips that you can start using to nourish your body. These healthy habits are easy to incorporate into your daily routine and can make a big difference in how you feel every day.

### 1. Balance Your Plate:

Consider your plate as your nutritional guide. It should consist of 50% colorful vegetables, 25% lean protein (such as fish, poultry, or plant-based substitutes), and the remaining 25% whole carbohydrates (such as brown rice, quinoa, or whole-wheat bread). Add a drizzle of olive oil or avocado for healthy fats to fuel your body.



### 2. Snack Smart:

Snacking can be a health boost if you choose wisely! Reach for Greek yogurt with a sprinkle of nuts, sliced veggies with hummus, or an apple paired with almond butter. These options provide sustained energy without the crash of processed snacks.



### 3. Stay Hydrated:

Hydration is often overlooked but is vital for your body's functions, including digestion, energy levels, and skin health. Set a goal to drink at least 8 cups of water a day.

*Tip:* Add a squeeze of lemon or a few mint leaves to make it more refreshing.



### 4. Limit Added Sugars:

Watch out for hidden sugars in packaged foods and drinks. Choose unsweetened beverages, and if you crave something sweet, reach for fresh fruit or a homemade treat with natural sweeteners.



## Healthy Recipe of the Week: Red Berry Cheesecake

Satisfy your sweet cravings with this easy, no-bake red berry cheesecake; creamy, fruity, and made without any added sugar! Perfect for a healthier treat.



**PAULA'S CORNER**

### RED BERRY CHEESECAKE

**Ingredients:**

**Base:**

- 1 cup oats
- 2 tbsp Greek yogurt
- Sweetener of choice

**Cheesecake:**

- 1 packet gelatin
- 1 cup Greek yogurt
- 1/2 cup cream cheese
- 1/4 cup almond milk
- Sweetener of choice
- 1 tsp vanilla
- Red berry jam

**Procedure:**

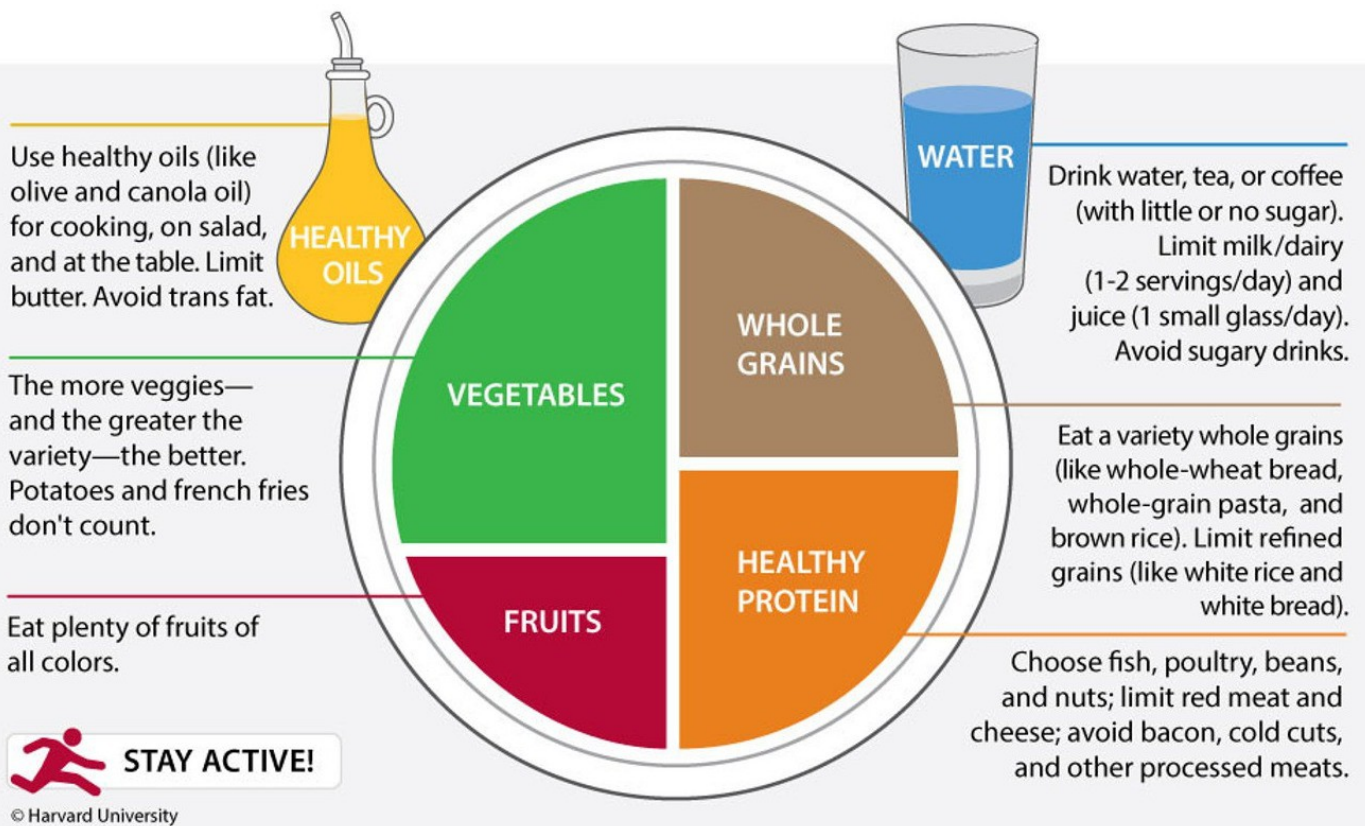
1. Blend oats, yogurt, sweetener. Press into a mold.
2. Dissolve gelatin in 4 tbsp water, let sit, then microwave for 15 seconds.
3. Mix yogurt, cream cheese, almond milk, sweetener, vanilla, and gelatin.
4. Pour over base. Chill for 15 minutes.
5. Top with jam and enjoy!

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## Building a Healthy Plate: Harvard's Healthy Eating Plate

Harvard's Healthy Eating Plate provides a simple, science-backed guide for balanced meals. It emphasizes variety, quality, and portion balance, highlighting vegetables, whole grains, lean proteins, and healthy fats while prioritizing water over sugary drinks. This flexible model can be adapted to different preferences and lifestyles, making it easy to nourish your body and support long-term health.

# HEALTHY EATING PLATE



## What's on the Plate?

### - Whole Grains

Choose whole grains like brown rice and quinoa, and limit refined grains such as white bread and rice, which act like sugar in the body and may increase the risk of weight gain, heart disease, and diabetes.

### - Healthy Proteins

Prioritize fish, poultry, beans, and nuts while limiting red meat and avoiding processed meats, which are linked to heart disease, diabetes, and certain cancers.

### - Vegetables

Fill half your plate with a variety of vegetables, excluding potatoes, which act like refined carbs and can spike blood sugar.

### - Fruits

Include fruits, but in smaller portions than vegetables, as they are nutrient-rich but not required in large quantities daily.

### - Healthy Oils

Use oils like olive or canola for cooking and salads, as they promote heart health. Limit butter and avoid trans fats.

### - Water

Opt for water, coffee, or tea with minimal sugar over sugary drinks. Limit milk to 1–2 servings daily and juice to small amounts due to high sugar content.



## Supplements: What You Need to Know

Supplements are easily accessible and frequently promoted as being necessary to reach optimal health. It might be difficult to decide which options, if any, are best for you when there are so many available. Although supplements can help you compensate for nutritional deficits, it's crucial to use them carefully and responsibly.



### Do You Really Need Supplements?

Many people wonder whether they need supplements if they are eating a balanced diet. The answer depends on your individual health needs, lifestyle, and eating habits. Generally speaking, your main source of nutrition should be whole foods, such as fruits, vegetables, lean meats, and whole grains. The purpose of supplements is to enhance, not to replace, your diet.

That said, there are multiple circumstances in which supplements are beneficial:

- **Deficient Nutrients:** People who follow restrictive diets (e.g., vegans, vegetarians, those with food allergies) may need certain vitamins or minerals (like Vitamin B12 or iron).
- **Health Conditions:** Some medical conditions (e.g., osteoporosis, anemia) may require supplementation to manage deficiencies.
- **Age:** Older adults often need more of certain nutrients, such as Vitamin D and calcium, to support bone health.

## Are Supplements Necessary for Your Health?

### Common Supplements and Their Benefits:

Not all supplements are created equal. Some have strong evidence supporting their benefits, while others are more controversial. Here's a look at some of the most common supplements and their uses:



#### Vitamins

**Vitamin D:** Essential for bone health and immune function, particularly for those with limited sun exposure or living in areas with long winters.

**Vitamin B12:** Crucial for nerve function and the production of red blood cells. People following plant-based diets often need this

supplement.

**Vitamin C:** Known for its immune-boosting properties and its role in collagen production, which supports skin, joints, and blood vessels.



### Minerals

**Magnesium:** Supports muscle function, energy production, and a healthy nervous system. It can also help with sleep.

**Calcium:** Vital for strong bones and teeth, especially important for women, older adults, and those at risk of osteoporosis.

**Iron:** Helps transport oxygen in the blood and is critical for energy levels. Iron deficiency is common, especially among women and vegetarians.



### Omega-3 Fatty Acids

**Fish Oil:** Rich in EPA and DHA, omega-3 fatty acids are known for reducing inflammation, improving heart health, and supporting brain function. They can be particularly helpful for those who don't eat enough fatty fish.

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## Debunking Common Nutrition Myths

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# DEBUNKING NUTRITION MYTHS

**MYTH 1: CARBS ARE BAD FOR YOU.**  
Carbohydrates are essential for energy, especially for your brain. Focus on whole grains, fruits, and vegetables, and limit refined carbs like sugary snacks and white bread for better health.

**MYTH 2: FAT MAKES YOU FAT**  
Eating fat does not cause weight gain. Healthy fats from avocados, nuts, olive oil, and fish are essential for your body. However, it's important to avoid unhealthy fats like trans fats and processed oils. Weight gain happens when you consume more calories than you burn, not from fat intake.

**MYTH 3: SKIPPING MEALS HELPS YOU LOSE WEIGHT.**  
Skipping meals can lead to overeating later and can mess with your metabolism. Eating balanced meals regularly is key to maintaining a healthy weight.

**MYTH 4: JUICE IS AS HEALTHY AS EATING FRUIT.**  
Juice lacks fiber and often contains added sugars. Eating whole fruits provides more nutrients and fiber, which help keep you full longer.

**MYTH 4: EATING LATE AT NIGHT LEADS TO WEIGHT GAIN**  
The timing of your meals is less important than the overall quality and quantity of food you consume. What matters most is the content of your late-night meal and your total daily calorie intake.

**MYTH 5: DETOX DIETS ARE NECESSARY**  
Your body already has natural mechanisms (liver, kidneys, etc.) that detoxify it. There's no need for extreme diets or cleanses; just focus on balanced nutrition.

## Stories for Better Health - Nutrition and Health



**Carlos Cervantes**

Carlos is using Smore to create beautiful newsletters

