



Why is it important to develop healthy habits and maintain a healthy lifestyle?

Developing healthy eating habits and maintaining a healthy lifestyle are crucial for a variety of reasons, both short-term and long-term. Here are some of the key benefits:

1. Improved Physical Health

- **Weight Management:** Healthy eating helps maintain a balanced weight. A proper diet ensures you consume the right amount of calories and nutrients, preventing obesity or malnutrition.
- **Reduced Risk of Chronic Diseases:** A balanced diet and active lifestyle reduce the risk of diseases like heart disease, diabetes, high blood pressure, and certain cancers.
- **Stronger Immune System:** Proper nutrition, along with regular exercise, strengthens your immune system, helping you fight off illnesses more effectively.

2. Mental Health and Cognitive Function

- **Better Mood and Emotional Well-being:** Healthy foods (like fruits, vegetables, and whole grains) can have a positive effect on your mood. Nutrient-dense foods help manage stress, anxiety, and depression by supporting brain health.
- **Improved Cognitive Function:** Nutrients like omega-3 fatty acids, vitamins, and minerals are essential for brain health. They support concentration, memory, and mental clarity.

3. Energy and Vitality

- Eating a well-balanced diet gives you consistent energy throughout the day. With adequate nutrients, your body functions more efficiently, making you feel more alert, energetic, and focused.

4. Longevity

- Leading a healthy lifestyle by eating well, staying active, and managing stress contributes to a longer, healthier life. Proper nutrition supports the aging process by reducing inflammation and promoting tissue repair and regeneration.

5. Better Sleep

- Healthy eating habits can help regulate your sleep patterns. For example, eating a balanced meal and avoiding heavy meals late at night can improve sleep quality, while certain nutrients like magnesium help promote relaxation.

6. Boosts Confidence and Self-Esteem

- Maintaining a healthy lifestyle often leads to feeling better about yourself, both physically and mentally. Positive body image, improved fitness, and better overall health contribute to higher self-esteem and confidence.

7. Better Physical Performance

- Whether it's exercising or doing everyday activities, having a healthy body and well-nourished muscles improves physical performance. Proper nutrition fuels the body for strength, endurance, and recovery.

8. Prevention is Easier than Cure

- A proactive approach to health through proper eating and a healthy lifestyle can prevent the onset of serious diseases, saving you from long-term medical costs, medications, and treatment.

9. Sustainable and Positive Habits for Life

- Developing healthy habits early on can help you maintain a sustainable, positive lifestyle throughout your life. Good habits can be passed down to future generations, leading to healthier families and communities.

By adopting a healthy lifestyle, you're not just improving your body today but also setting yourself up for a brighter, healthier future! What kind of eating habits or lifestyle changes are you interested in exploring?

What is Nutrition?

Nutrition is the process by which living organisms, including humans, obtain and use the food necessary for growth, energy, and overall health. It involves the intake of nutrients from food, which are essential for the body to function properly. Nutrients are substances that provide energy, help build and repair tissues, and regulate bodily functions.

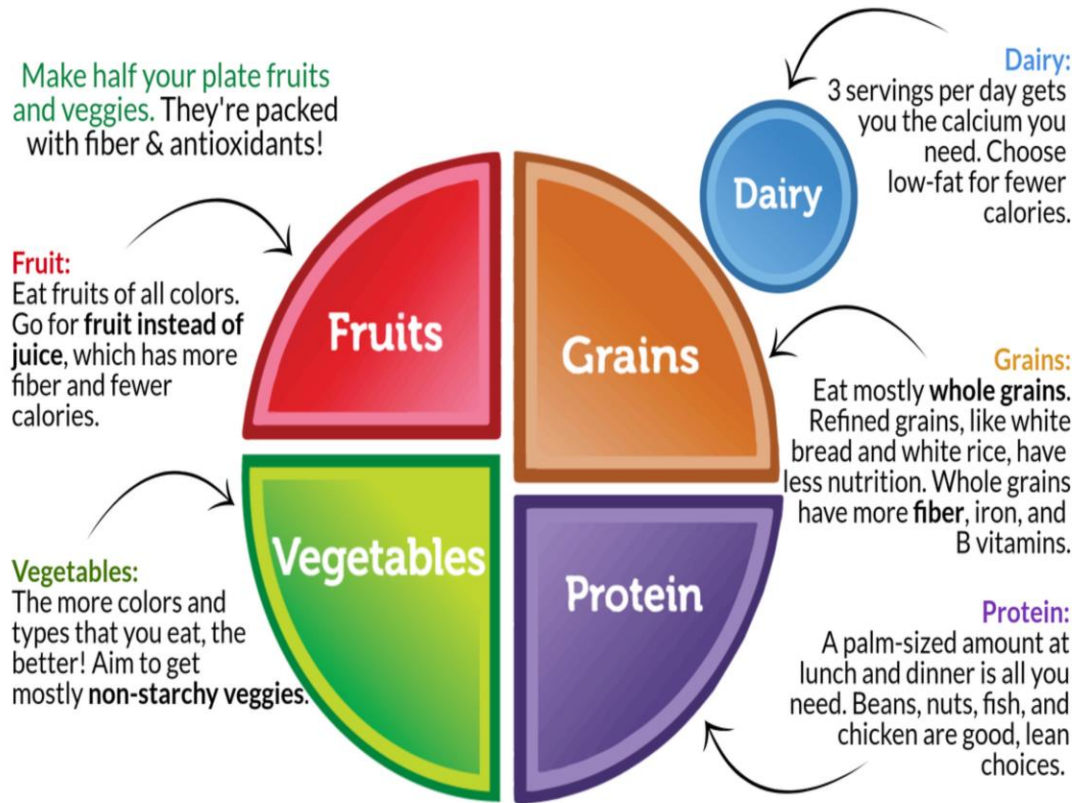
There are six main classes of nutrients that the body needs:

1. **Carbohydrates** – The body's primary source of energy, found in foods like grains, fruits, and vegetables.
2. **Proteins** – Important for building and repairing tissues and making enzymes and hormones. Sources include meat, fish, eggs, and legumes.
3. **Fats** – Provide long-term energy storage and help with cell function. Found in oils, butter, and fatty fish. {Omega 3 fatty acids}
4. **Vitamins** – Essential for various bodily functions, such as immune support and cell health. Found in fruits, vegetables, and fortified foods.
5. **Minerals** – Involved in processes like bone formation, nerve transmission, and oxygen transport. Examples include calcium, iron, and potassium.
6. **Water** – Vital for nearly every bodily function, including temperature regulation, digestion, and waste elimination

Nutrition is about choosing the right foods to keep your body strong, energized, and healthy.

Slogan~~Bring The Nutrition to your diet.

NUTRITION INTAKE GUIDE



Fruits.

Common Fruit are:

- Apple
- Banana
- Orange
- Strawberries
- Grapes
- Lemon

1. Apples

- **Rich in fiber:** Helps with digestion and keeps you full.
- **Supports heart health:** Apples have antioxidants that help lower cholesterol and support blood pressure.
- **Boosts immunity:** High in Vitamin C, which supports the immune system.
- **Regulates blood sugar:** The fiber helps control blood sugar levels.

2. Bananas

- **High in potassium:** Helps maintain healthy blood pressure and heart function.
- **Good for digestion:** The fiber aids in bowel regularity and prevents constipation.
- **Natural energy boost:** The combination of sugars (glucose, fructose, and sucrose) provides quick energy, making it great for workouts.

3. Oranges

- **Vitamin C powerhouse:** Helps boost the immune system and promote healthy skin.
- **Heart health:** The antioxidants and fiber support heart health and help lower bad cholesterol.
- **Improves skin:** Vitamin C aids in collagen production for better skin elasticity.
- **Hydrating:** High water content keeps you hydrated.

4. Strawberries

- **Packed with antioxidants:** Help fight free radicals and reduce inflammation.
- **Rich in Vitamin C:** Supports immune health and skin.
- **Supports heart health:** The anthocyanins in strawberries help improve blood flow and reduce the risk of heart disease.
- **Regulates blood sugar:** Low in calories and high in fiber, they help stabilize blood sugar levels.

5. Grapes

- **Rich in antioxidants:** Grapes, especially dark-colored varieties, are packed with antioxidants like resveratrol, which help protect against heart disease.
- **Supports eye health:** Contain vitamins A and C, which help maintain healthy vision.
- **Anti-aging properties:** The antioxidants in grapes help prevent the aging of cells.
- **Promotes hydration:** High water content helps maintain hydration.

6. Lemons

- **Rich in Vitamin C:** Boosts immunity, supports skin health, and helps collagen production.
- **Powerful Antioxidants:** Fights free radicals, reducing inflammation and protecting against chronic diseases.
- **Aids Digestion:** Stimulates bile production, alleviates indigestion, and has an alkalizing effect on the body.
- **Promotes Skin Health:** Reduces wrinkles, dark spots, and acne; brightens and detoxifies skin.
- **Hydrating:** Makes water more flavorful, encouraging hydration and supporting overall well-being.
- **Detoxifies the Body:** Helps flush out toxins, supports liver and kidney health.
- **Supports Heart Health:** Lowers blood pressure, reduces cholesterol, and improves circulation.

Vegetables:

1. Carrots

- **Health benefits:** Rich in Vitamin A (beta-carotene), which is great for vision and skin health.
- **Uses:** Raw, roasted, in soups, stews, or salads.

2. Broccoli

- **Health benefits:** High in fiber, Vitamin C, and antioxidants. Good for bone health and immune function.
- **Uses:** Steamed, roasted, stir-fries, or in casseroles

3. Tomatoes (technically a fruit, but often treated as a vegetable)

- **Health benefits:** High in Vitamin C, potassium, and lycopene, which supports heart health.
- **Uses:** Fresh in salads, sandwiches, or cooked in sauces, soups, and stews.

4. Potatoes

- **Health benefits:** High in carbs for energy, rich in potassium and Vitamin C.
- **Uses:** Mashed, roasted, baked, in soups, or as fries.

5. Cucumbers

- **Health benefits:** Low in calories, high in water content, and supports hydration.
- **Uses:** Raw in salads, sandwiches, or as a snack with dips.

6. Bell Peppers

- **Health benefits:** Excellent source of Vitamin C and antioxidants, especially red peppers.
- **Uses:** Raw in salads, stir-fries, or roasted.

7. Onions

- **Health benefits:** Good for heart health, anti-inflammatory, and high in antioxidants.
- **Uses:** Raw in salads, sautéed, in soups, stews, and curries.

8. Garlic

- **Health benefits:** Known for its antibacterial and antiviral properties. Supports immune function and heart health.
- **Uses:** Used as a seasoning in almost any savory dish, roasted, or in spreads.

9. Lettuce

- **Health benefits:** Low-calorie, high in water, and provides fiber.
- **Uses:** Salads, wraps, sandwiches, or as a garnish.

10. Green Beans

- **Health benefits:** High in fiber, Vitamin C, and antioxidants. Supports digestion and immune health.
- **Uses:** Steamed, sautéed, in stir-fries, or as a side dish.

Proteins:

Animal-Based Protein Sources

These are complete proteins, meaning they contain all nine essential amino acids:

1. Chicken Breast

- a. **Why it's healthy:** Lean, low in fat, and high in protein.
- b. **How to use:** Grilled, baked, stir-fried, or roasted.

2. Turkey

- a. **Why it's healthy:** Another lean source of protein with low fat.
- b. **How to use:** Ground, roasted, or in sandwiches.

3. Fish (Salmon, Tuna, Trout, Sardines)

- a. **Why it's healthy:** Rich in omega-3 fatty acids, which support heart health. And brain functions. Fish is also packed with protein.
- b. **How to use:** Grilled, baked, or in salads and sandwiches.

4. Eggs

- a. **Why it's healthy:** Eggs are high-quality protein and rich in vitamins, minerals, and healthy fats.
- b. **How to use:** Boiled, scrambled, poached, or in omelets.

Grains:

1. Whole Grains

Whole grains contain all parts of the grain kernel: the **bran**, **germ**, and **endosperm**. These grains are considered more nutritious due to the retention of fiber, vitamins, and minerals.

- **Examples:**
 - **Brown rice**
 - **Oats** (steel-cut, rolled, or whole oats)
 - **Quinoa**

1. Rice

- **Types:** Brown rice, white rice, black rice, wild rice
- **Benefits:**
 - **Brown rice** is a whole grain high in fiber, which aids digestion and helps regulate blood sugar levels.
 - **Wild rice** has more protein and nutrients than regular rice, especially important minerals like phosphorus and magnesium.
- **Uses:** As a side dish, in rice bowls, stir-fries, soups, or sushi.

2. Oats

- **Types:** Rolled oats, steel-cut oats, instant oats, oat groats
- **Benefits:**
 - High in soluble fiber (**beta-glucan**), which lowers cholesterol and supports heart health.
 - Packed with antioxidants and can help control blood sugar levels.

- A great breakfast option for lasting energy and digestive health.
- **Uses:** In oatmeal, smoothies, granola, and baking (cookies, muffins).

3. Quinoa

- **Type:** A pseudo-grain, technically a seed, but often grouped with grains.
- **Benefits:**
 - A **complete protein** containing all nine essential amino acids.
 - High in fiber, iron, magnesium, and B vitamins.
 - Gluten-free, making it a great option for those with gluten sensitivities.
- **Uses:** In salads, bowls, as a side dish, or in baking.

Dairy:

Dairy refers to food products that are made from the milk of mammals, primarily cows, goats, and sheep. These products are rich in essential nutrients, including **calcium**, **protein**, **vitamins (especially vitamin D and B12)**, and **minerals**. Dairy plays an important role in a balanced diet and is known for its contribution to bone health, muscle repair, and overall nutrition.

Types of Dairy Products:

1. Milk:

- **Types:** Whole milk, 2% milk (reduced-fat), 1% milk (low-fat), skim milk (fat-free), and plant-based alternatives (like almond milk, soy milk, oat milk).
- **Benefits:**
 - High in calcium, which supports bone health.
 - Contains protein, which helps in muscle repair and growth.
 - A good source of **vitamin D**, which works in tandem with calcium to improve bone strength.
 - Also provides **B vitamins**, like B12 and riboflavin, essential for energy production and red blood cell formation.

2. Cheese:

- **Types:** Hard cheeses (cheddar, parmesan), soft cheeses (brie, camembert), semi-soft cheeses (mozzarella, gouda), cottage cheese, ricotta, and cream cheese.

- **Benefits:**
 - Rich in calcium and protein.
 - **Hard cheeses** are often lower in moisture and contain more concentrated nutrients.
 - **Cottage cheese** and **ricotta** are lower-fat options compared to many other cheeses, making them great choices for those looking to reduce fat intake.
 - Provides **vitamin A**, important for eye health and immune function.

3. Yogurt:

- **Types:** Regular yogurt, Greek yogurt (strained to be thicker), low-fat yogurt, non-fat yogurt, flavored yogurt, and plant-based yogurts (made from almond, coconut, soy, etc.).
- **Benefits:**
 - Excellent source of **calcium**, **protein**, and **probiotics** (especially in live-culture yogurt), which support digestive health.
 - Greek yogurt contains more protein than regular yogurt, making it a good choice for muscle repair and satiety.
 - Yogurt is a good source of **B vitamins** and **potassium**.
 - Probiotic-rich yogurts may help balance gut bacteria and improve overall gut health.

4. Butter:

- **Types:** Salted butter, unsalted butter, clarified butter (ghee).
- **Benefits:**
 - Rich in fat-soluble vitamins, such as **vitamin A**, **vitamin D**, and **vitamin E**.
 - Butter contains **butyrate**, a short-chain fatty acid linked to various health benefits, such as improving gut health.
 - Should be consumed in moderation due to its high saturated fat content.

5. Cream:

- **Types:** Heavy cream, light cream, half-and-half (a mixture of cream and milk), and sour cream
- **Benefits:**
 - High in **fat** and **calories**, so it should be consumed in moderation.
 - Contains **vitamin A** and other fat-soluble nutrients.

- Used in cooking, sauces, desserts, and as a topping.

Here's a **3-day nutritional meal plan** that balances all the essential macronutrients (carbohydrates, protein, and fats), micronutrients (vitamins and minerals), and fiber. The plan incorporates a variety of whole foods, including fruits, vegetables, lean proteins, whole grains, and dairy, with some flexibility to swap ingredients based on your preferences or dietary needs.

Day 1

Breakfast: Greek Yogurt Parfait

- **Ingredients:**
 - 1 cup plain Greek yogurt (protein-rich)
 - 1/4 cup mixed berries (antioxidants, fiber)
 - 2 tbsp granola (healthy carbs, crunch)
 - 1 tsp chia seeds (omega-3s, fiber)
 - Drizzle of honey (natural sweetener)
- **Benefits:** High in protein and calcium, provides antioxidants, and boosts digestion with fiber.

Mid-Morning Snack:

- **Apple slices with almond butter**
 - 1 medium apple (fiber, vitamin C)
 - 2 tbsp almond butter (healthy fats, protein)
- **Benefits:** Energizing, helps stabilize blood sugar levels.

Lunch: Grilled Chicken Salad

- **Ingredients:**
 - 4 oz grilled chicken breast (lean protein)
 - Mixed greens (spinach, arugula, kale) (vitamins A, C, K)
 - 1/4 avocado (healthy fats)

- Cherry tomatoes, cucumber, and red onion (hydrating vegetables)
- 2 tbsp olive oil & lemon dressing (healthy fats, vitamin C)
- **Benefits:** Rich in protein, fiber, and heart-healthy fats.

Afternoon Snack:

- **Carrot sticks with hummus**
 - 1/2 cup carrot sticks (fiber, vitamin A)
 - 3 tbsp hummus (protein, healthy fats)
- **Benefits:** Supports digestion, provides a good balance of protein and healthy fats.

Dinner: Salmon with Quinoa and Steamed Broccoli

- **Ingredients:**
 - 4 oz grilled salmon (omega-3 fatty acids, protein)
 - 1/2 cup cooked quinoa (complete protein, fiber, iron)
 - 1 cup steamed broccoli (vitamin C, fiber)
 - 1 tsp olive oil for cooking
- **Benefits:** Heart-healthy omega-3s, protein, and fiber-rich vegetables.

Evening Snack:

- **Cottage cheese with pineapple**
 - 1/2 cup cottage cheese (protein, calcium)
 - 1/4 cup pineapple (vitamin C, antioxidants)
- **Benefits:** High in protein, good for muscle repair overnight.

Day 2

Breakfast: Veggie Omelette with Whole Grain Toast

- **Ingredients:**
 - 2 large eggs (protein, healthy fats)
 - 1/4 cup diced bell peppers, onions, spinach (fiber, vitamins)
 - 1 tsp olive oil (for cooking)
 - 1 slice whole-grain toast (complex carbs, fiber)

- **Benefits:** High in protein and healthy fats, supports muscle repair and energy throughout the day.

Mid-Morning Snack:

- **Banana with peanut butter**
 - 1 medium banana (potassium, carbs)
 - 1 tbsp peanut butter (healthy fats, protein)
- **Benefits:** Provides quick energy and helps replenish electrolytes after a workout.

Lunch: Lentil and Veggie Soup

- **Ingredients:**
 - 1 cup cooked lentils (plant-based protein, fiber)
 - 1 cup vegetable broth (low-calorie base)
 - Chopped carrots, celery, onions, spinach (fiber, vitamins)
 - 1 tsp olive oil (healthy fats)
- **Benefits:** Rich in fiber and plant-based protein, great for digestion and heart health.

Afternoon Snack:

- **Greek yogurt with flax seeds**
 - 1/2 cup plain Greek yogurt (protein, probiotics)
 - 1 tbsp ground flax seeds (omega-3s, fiber)
- **Benefits:** Supports gut health and provides protein.

Dinner: Turkey Meatballs with Brown Rice and Green Beans

- **Ingredients:**
 - 4 oz lean turkey breast (protein)
 - 1/2 cup cooked brown rice (fiber, complex carbs)
 - 1 cup steamed green beans (vitamins, fiber)
 - 1 tsp olive oil for cooking
- **Benefits:** Lean protein, fiber, and nutrients to promote fullness and energy.

Evening Snack:

- **Dark chocolate and almonds**

- 2 squares of dark chocolate (antioxidants)
- 10-12 almonds (healthy fats, protein)
- **Benefits:** Satisfies a sweet tooth while providing heart-healthy fats.

Day 3

Breakfast: Chia Pudding with Berries and Nuts

- **Ingredients:**
 - 3 tbsp chia seeds (fiber, omega-3s)
 - 1/2 cup almond milk (calcium, vitamin D)
 - 1/4 cup mixed berries (antioxidants, fiber)
 - 1 tbsp chopped walnuts (healthy fats, protein)
 - Drizzle of honey (optional, for sweetness)
- **Benefits:** High in fiber and healthy fats, good for digestion and satiety.

Mid-Morning Snack:

- **Boiled egg with a handful of cherry tomatoes**
 - 1 boiled egg (protein, healthy fats)
 - A handful of cherry tomatoes (vitamin C, antioxidants)
- **Benefits:** Packed with protein and vitamins.

Lunch: Grilled Chicken Wrap

- **Ingredients:**
 - 4 oz grilled chicken breast (lean protein)
 - Whole-wheat wrap (complex carbs, fiber)
 - 1/4 avocado (healthy fats)
 - Lettuce, tomatoes, cucumber (hydrating veggies)
 - 1 tbsp low-fat dressing or hummus
- **Benefits:** A balanced wrap with protein, fiber, and healthy fats.

Afternoon Snack:

- **Cucumber slices with guacamole**

- 1/2 cucumber (hydrating, low-calorie)
- 1/4 cup guacamole (healthy fats)
- **Benefits:** A satisfying, light snack with good fats.

Dinner: Baked Chicken with Sweet Potato and Asparagus

- **Ingredients:**
 - 4 oz baked chicken breast (lean protein)
 - 1 medium sweet potato (complex carbs, fiber, vitamin A)
 - 1 cup roasted asparagus (vitamin K, fiber)
 - 1 tsp olive oil (for roasting)
- **Benefits:** Lean protein, fiber, and vitamins to support energy and digestion.

Evening Snack:

- **A handful of mixed nuts**
 - Almonds, walnuts, cashews (healthy fats, protein)
- **Benefits:** Great source of healthy fats and protein for overnight muscle repair.

Nutritional Breakdown (approximate per day):

- **Calories:** 1,800-2,200 kcal (depending on portion sizes and specific ingredients)
- **Protein:** 100-130 grams
- **Carbohydrates:** 150-220 grams
- **Fats:** 60-80 grams
- **Fiber:** 30-40 grams

Things to consider when trying to develop healthy eating habits.

- **Watch your calorie intake~** Managing your calorie intake is crucial for maintaining or adjusting your weight and overall health.
- **Read labels on food~** By reading food labels, you can better understand the **nutritional value** of a product, make healthier choices, and avoid hidden ingredients that might not align with your dietary goals.

Foods to Avoid:

1. Processed and Packaged Snacks

- **Why to Avoid:** These snacks are often **high in unhealthy fats, refined sugars, and preservatives** that contribute to **weight gain, insulin resistance, and digestive problems**.
- **Examples:**
 - Potato chips, pretzels, and snack cakes
 - Packaged cookies, crackers, and candy bars
 - Microwave popcorn (with added butter or salt)

2. Sugary Beverages

- **Why to Avoid:** High in **refined sugars**, these drinks spike **blood sugar** levels, contributing to **weight gain, diabetes, and tooth decay**.
- **Examples:**
 - Soda and carbonated soft drinks
 - Energy drinks, sweetened iced tea, and fruit juices with added sugar
 - Sweetened coffee drinks (e.g., lattes, Frappuccino's)

3. Refined Carbs (White Flour Products)

- **Why to Avoid:** These foods are stripped of their **fiber** and essential nutrients, leading to **blood sugar spikes** and increased **fat storage**.
- **Examples:**
 - White bread, white pasta, and pastries
 - Bagels, doughnuts, and refined rice
 - Packaged baked goods (cakes, cookies, muffins)

4. Fried Foods

- **Why to Avoid:** Fried foods are often cooked in **unhealthy oils**, leading to the formation of **trans fats** which increase the risk of **heart disease**, **obesity**, and **inflammation**.
- **Examples:**
 - French fries, fried chicken, and battered fish
 - Fried appetizers (onion rings, mozzarella sticks)
 - Fried fast food like burgers and fried snacks

5. Processed Meats

- **Why to Avoid:** High in **sodium**, **saturated fats**, and **preservatives**, processed meats are linked to **cancer**, **heart disease**, and **high blood pressure**.
- **Examples:**
 - Bacon, sausages, hot dogs, and deli meats (salami, bologna, pepperoni)
 - Canned meats (spam, corned beef)
 - Packaged jerky and meat snacks

6. Fast Food and Takeout

- **Why to Avoid:** Fast food is typically **high in unhealthy fats**, **sodium**, and **sugars**, contributing to **obesity**, **high cholesterol**, and **poor digestion**.
- **Examples:**
 - Burgers, fries, fried chicken, and pizza
 - Fried appetizers (mozzarella sticks, fried calamari)
 - Pre-packaged, reheated meals from fast food restaurants

7. Artificial Sweeteners

- **Why to Avoid:** Although they provide sweetness without calories, **artificial sweeteners** may disrupt **gut health**, contribute to **cravings** for more sweet foods, and may have other **long-term health impacts**.

- **Examples:**
 - Aspartame, sucralose, saccharin
 - Sugar-free sodas, sugar-free gum, and diet desserts
 - Sugar substitutes in processed foods

8. Refined Vegetable Oils

- **Why to Avoid:** Refined vegetable oils are **high in omega-6 fatty acids**, which, when consumed in excess, may lead to **inflammation** and an **imbalance** in essential fatty acids.
- **Examples:**
 - Soybean oil, corn oil, canola oil, sunflower oil
 - Margarine, shortening, and other processed fats

9. High-Sodium Foods

- **Why to Avoid:** Excess sodium intake contributes to **high blood pressure**, **heart disease**, and **fluid retention**. Processed and packaged foods are often loaded with salt to enhance flavor or preserve shelf life.
- **Examples:**
 - Canned soups and sauces
 - Packaged snacks (chips, pretzels)
 - Frozen meals, pizza, and fast food
 - Soy sauce, ketchup, and other pre-made sauces

10. Dairy Products High in Fat

- **Why to Avoid:** Full-fat dairy can be high in **saturated fats** that raise **bad cholesterol (LDL)** and increase the risk of **heart disease**. Additionally, many people are **lactose intolerant**, which can cause digestive issues.
- **Examples:**
 - Full-fat cheeses (cream cheese, cheddar, mozzarella)
 - Whole milk and cream

- Ice cream and other rich dairy desserts

11. Sweetened Breakfast Cereals

- **Why to Avoid:** Many breakfast cereals are **high in added sugars** and **refined carbs**. They may also be heavily processed, losing important nutrients in the process.
- **Examples:**
 - Sugary cereals like Froot Loops, Cocoa Puffs, and Frosted Flakes
 - Granola bars with added sugars and preservatives
 - Instant oatmeal with added sugar and flavorings

12. High-Fructose Corn Syrup (HFCS)

- **Why to Avoid:** HFCS is a cheap sweetener linked to **insulin resistance**, **fat accumulation**, and **liver disease**. It is commonly found in many processed and sugary foods.
- **Examples:**
 - Soft drinks, packaged snacks, and processed baked goods
 - Sweetened sauces, dressings, and condiments
 - Ice cream and sugary treats

13. Canned and Jarred Foods (with preservatives)

- **Why to Avoid:** Many canned foods are loaded with **preservatives**, **added sugars**, and **sodium**. BPA (bisphenol A) found in some cans is also linked to **hormonal imbalances**.
- **Examples:**
 - Canned soups, vegetables, and beans (with added salt or sugar)
 - Jarred pasta sauces and condiments
 - Canned fruits (in syrup)

14. Alcohol (Excessive Consumption)

- **Why to Avoid:** While moderate alcohol consumption may have some health benefits, excessive drinking can lead to **liver damage**, **obesity**, **heart disease**, and **mental health issues**.
- **Examples:**
 - Beer, wine, and cocktails (especially sugary ones)
 - Hard liquors (vodka, whiskey, tequila)
 - Sweetened alcoholic beverages (sugar-laden mixed drinks)

15. Artificial Food Colorings and Preservatives

- **Why to Avoid:** Artificial food colorings and preservatives can cause **allergic reactions**, **hyperactivity**, and **digestive issues**. They may also disrupt **hormonal balance**.
- **Examples:**
 - Foods with color additives like **Red 40**, **Yellow 5**, and **Blue 1**
 - Packaged foods and snacks with artificial preservatives (e.g., BHA, BHT, TBHQ)
 - Processed candies, ice cream, and sodas with artificial colors

16. High-Calorie, Low-Nutrient Foods

- **Why to Avoid:** These foods provide **empty calories** with little to no nutritional value, contributing to weight gain, **nutrient deficiencies**, and **chronic diseases**.
- **Examples:**
 - Chips, cookies, cakes, and pastries
 - Sugary sodas and sweetened coffee drinks
 - Deep-fried snacks and fast foods

Common Healthy Spices~

- **Turmeric**

- Cinnamon
- Ginger
- Garlic
- Black Pepper
- Cayenne Pepper
- Cumin

Common Healthy Herbs~

- Basil
- Parsley
- Cilantro
- Mint
- Rosemary

Fluid intake:

Water intake in ounces can vary depending on your body size, activity level, and environmental conditions, but here are some general guidelines:

General Recommendations for Water Intake (in Ounces):

1. For the Average Adult:

- Men:** About **125 ounces** (3.7 liters) of total fluids per day, including all beverages and food.
- Women:** About **91 ounces** (2.7 liters) of total fluids per day, including all beverages and food.

This translates roughly to:

- Men: 15-16 cups** (1 cup = 8 ounces)
- Women: 11-12 cups** (1 cup = 8 ounces)

2. The 8x8 Rule:

- A common guideline is **eight 8-ounce glasses of water**, which equals about **64 ounces** (1.9 liters) of water a day.

- b. This is a good baseline for many people, but you may need more or less based on factors like activity level and climate.

Factors That Affect Water Needs:

1. Activity Level:

- a. If you exercise, you'll need more water to stay hydrated. A good rule of thumb is to drink an additional **8-16 ounces** of water for every 30 minutes of exercise.

2. Climate/Environment:

- a. Hot or humid weather increases water loss through sweat. In these conditions, you might need to drink **more than 125 ounces** (for men) or **91 ounces** (for women).

3. Health Conditions:

- a. If you have certain health conditions like fever, vomiting, or diarrhea, you may need to drink more water. On the other hand, people with kidney or heart conditions may need fluid restrictions, so always follow your doctor's advice.

4. Pregnancy and Breastfeeding:

- a. **Pregnant women:** Aim for about **80-100 ounces** per day.
- b. **Breastfeeding women:** Aim for about **100-120 ounces** per day.

General Water Intake Recommendations for Children (in Ounces)

1. Infants and Toddlers (0-4 years)

- **Babies (0-6 months):**
 - **Breastfeeding or formula feeding** provides enough hydration. No additional water is needed unless advised by a pediatrician.
- **Babies (6 months-1 year):**
 - Start offering **small amounts of water** (around **2-4 ounces**) per day, in addition to breast milk or formula.

- **Toddlers (1-3 years):**
 - **Total daily fluid intake** (including milk and water): **32 ounces** (4 cups).
 - **Water: 16-24 ounces** (2-3 cups) per day, depending on activity and climate.

2. Young Children (4-8 years)

- **Total daily fluid intake:**
 - About **40-50 ounces** (5-6 cups) of fluids per day, including water, milk, and other beverages.
- **Water:**
 - **20-30 ounces** (2.5-3.5 cups) of water per day.

3. Older Children (9-13 years)

- **Boys (9-13 years):**
 - **Total daily fluid intake:** Around **56-64 ounces** (7-8 cups).
 - **Water:** About **30-40 ounces** (3.5-5 cups) per day.
- **Girls (9-13 years):**
 - **Total daily fluid intake:** Around **48-56 ounces** (6-7 cups).
 - **Water:** About **30-40 ounces** (3.5-5 cups) per day.

4. Teenagers (14-18 years)

- **Boys (14-18 years):**
 - **Total daily fluid intake:** About **64-88 ounces** (8-11 cups).
 - **Water:** About **40-60 ounces** (5-7 cups) per day.
- **Girls (14-18 years):**
 - **Total daily fluid intake:** About **56-72 ounces** (7-9 cups).
 - **Water:** About **40-50 ounces** (5-6 cups) per day.

Factors That Affect Water Needs in Children

1. Activity Level:

- a. Active children who exercise or play outside will need more fluids to replenish water lost through sweat. Make sure they drink before, during, and after physical activities.

2. Climate/Temperature:

- a. In hot or humid conditions, children will lose more water through sweat and may need additional hydration. Ensure they drink more fluids on warmer days, especially if they are playing outside.

3. Health Conditions:

- a. Illnesses like **fever, vomiting, diarrhea, or infections** may require additional fluid intake. In these cases, oral rehydration solutions (ORS) with electrolytes may be recommended, especially if there's significant fluid loss.

4. Diet:

- a. Foods with high water content (like fruits and vegetables) can contribute to overall hydration. For example, watermelon, cucumbers, oranges, and strawberries are hydrating snacks for kids.

If you are consuming juice or tea and or any other beverages, be mindful of any added sugars. Remember part of developing healthy eating habits is consuming natural foods and beverages.

Examples of Vitamins and Minerals:

Vitamins:

- Vitamin A
- Vitamin B1, B2, B3 and Ect....
- Vitamin C
- Vitamin E
- Vitamin k

Minerals:

- Calcium
- Iron
- Magnesium
- Potassium
- Sodium
- Zinc
- Iodine

One in particular is Sea Moss:

Benefits;

Sea moss contains **92 of the 102 minerals** the human body needs, making it an incredibly nutrient-dense superfood. It's especially known for its high **iodine, calcium, magnesium, and potassium** content, among other important minerals. This wide range of minerals contributes to its many health benefits, from **boosting immune health** and **supporting thyroid function** to **promoting skin health** and **aiding digestion**.

Sea Moss can be added to Tea, soups, apple sauce, milk, and smoothies, and etc...

Diabetes:

Managing Diabetes:

Diet & Nutrition:

- **Healthy Eating:** A balanced diet with plenty of **vegetables, whole grains, lean proteins, and healthy fats** is essential. A low-sugar, low-fat, and high-fiber diet can help manage blood sugar levels.
- **Carbohydrate Control:** People with diabetes need to monitor their **carbohydrate intake** carefully, as carbs directly affect blood sugar. Choosing **complex carbohydrates** like whole grains (brown rice, oats) and limiting simple sugars (sodas, candy) is key.

- **Portion Control:** Eating smaller, more frequent meals can help prevent blood sugar spikes and dips.

Exercise:

- Regular physical activity helps **lower blood sugar** levels, improve insulin sensitivity, and control weight. Aim for at least **150 minutes of moderate-intensity exercise per week** (e.g., brisk walking, swimming, or cycling).

High Blood Pressure, Foods to avoid:

1. High-Sodium Foods

Excessive sodium (salt) can cause the body to retain water, increasing blood volume and putting extra pressure on your blood vessels, which leads to a rise in blood pressure.

2. Foods High in Saturated and Trans Fats

Unhealthy fats can lead to **arterial plaque buildup** and contribute to **inflammation** in your blood vessels, both of which can worsen high blood pressure over time.

3. High-Sugar Foods and Beverages

Foods and drinks that are high in **added sugars** can cause **insulin spikes**, leading to **blood sugar fluctuations** and contributing to **insulin resistance**, which can indirectly raise blood pressure.

What is Ezema?

Eczema, also known as **atopic dermatitis**, is a **chronic** (long-term) condition that causes **red, itchy, inflamed patches of skin**. It is one of the most common skin disorders, affecting both **children** and **adults**, though it often begins in early childhood. Eczema is a **chronic inflammatory skin disease**,

meaning that it flares up periodically and can be managed but not always fully cured.

Key Features of Eczema:

- **Itchy skin** (often severe, especially at night)
- **Redness** or **rash** on the skin
- **Dry** or **scaly** patches
- **Inflamed skin** that may become cracked or bleed
- **Blisters** or **crusty sores** in some cases
- **Thickened skin** due to repeated scratching

Foods to avoid when you have your flare ups:

1. Dairy Products
2. Eggs
3. Gluten & Wheat
3. Soy Products
4. Citrus Fruits
5. Artificial Additives & Preservatives

How important it is for us to exercise:

Exercise is incredibly important for **physical health**, **mental well-being**, and **overall quality of life**. Regular physical activity has numerous benefits that can enhance almost every aspect of your health.

Some Realistic Examples:

- **Walking**

- **House cleaning**
- **Riding your bike**
- **Working out**
- **Laundry**

Counting your steps is always important.

Fun Fact~~

Did you know that Tomatoes are really fruit?

