



HEALING FOOD

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1. Aim/Overview of the project:

The aim of this project is to create visually appealing digital artwork that highlights the concept of healing foods. The project will explore the nutritional benefits of various foods and how they contribute to overall well-being, using engaging graphics and text to educate viewers.

2. Task to be done:

The main tasks involved in this project include:

- Researching healing foods and their health benefits.
- Gathering high-quality images of these foods.
- Designing graphics that effectively communicate the healing properties of each food item.
- Creating a visually cohesive layout using Photoshop.
- Compiling the final design into a digital format suitable for sharing.

Steps followed in making the project:

- **Research:** Investigated various foods known for their healing properties, such as turmeric, ginger, and leafy greens.
- **Image Collection:** Sourced high-resolution images of selected healing foods from stock photo websites or personal photography.
- **Design Creation:** Opened Photoshop and created a new project file, setting the appropriate dimensions for the final output.
- **Graphic Design:** Used Photoshop tools to edit images, add text with nutritional information, and incorporate visual elements like backgrounds and borders.
- **Final Touches:** Reviewed the design for coherence and clarity, making adjustments as necessary before saving the final artwork in multiple formats.



1. Result/Output/Writing Summary:

The project resulted in a vibrant and informative digital artwork that showcases various healing foods along with their health benefits. The final output is a visually engaging poster that can be used for educational purposes, promoting awareness about the impact of food on health and wellness.

Learning outcomes (What I have learnt):

- How to effectively use Photoshop tools for graphic design.
- The nutritional benefits of various healing foods and their role in health.
- Techniques for visually communicating complex information in a simple way.
- The importance of design elements like color, typography, and layout in enhancing viewer engagement.
- Skills in project planning and execution, from research to final presentation.

Healing Foods

Less Inflammation • Better Gut Health • Stronger Immunity

PLUS: Delicious, Simple Recipes



HOW FOODS CAN HEAL

Today host Dylan Dreyer shares how food can help soothe a sore throat, bolster her family's immune systems and help her feel her best.

When you consider “healing foods,” what comes to mind? Is it a warm, cozy bowl of chicken noodle soup? The nostalgic flavor of Mom’s cookies fresh out of the oven? Or is it throat-soothing tea for sick days? There are many ways that our favorite foods can be comforting and healing for the body and mind while prioritizing nourishing ingredients.

For Dylan Dreyer, balance is key. “I grew up eating well-balanced meals,” says the *Today 3rd Hour* cohost and NBC News meteorologist. “I don’t diet. I don’t deprive myself or my kids of anything. We enjoy ice cream cones, but I make sure that at some point every day they eat some fruits and vegetables.”

IMMUNE SUPPORT

Fall marks the start of cold and flu season, when our immune systems are often working overtime to keep us healthy or help us recover. Dreyer shared her favorite sick-day recipe, which she makes for both herself and her kids.

“Smoothies really help,” she says. “My kids, I don’t know why, but they don’t eat oranges or clementines. When you have a cold, vitamin C goes a long way.” And Dreyer’s four-ingredient Orange-Mango Smoothie (page 7) is packed with vitamin C, which not only helps support immune health, according to a 2023 review in *Mucosal Immunology*, but also has anti-inflammatory properties that are important for recovering from sickness.

“I’ll put in some oranges, frozen bananas and some frozen mango to add some sweetness to it,” Dreyer says. “And I use unsweetened vanilla almond milk to mix it all together. It tastes like a creamsicle-flavored smoothie, but it’s got two whole oranges in it, so it really has a lot of that vitamin C. My kids don’t really even like orange juice, but when I give them this smoothie, they think they’re getting something fancy because it tastes like a milkshake.”

The low-effort smoothie is perfect for sick days, and Dreyer’s right: It tastes just like a creamsicle. Plus it provides 171 percent of the recommended daily value of vitamin C. What’s not to love?



Orange-Mango Smoothie

ACTIVE TIME: 5 min TOTAL TIME: 5 min

- 2 small oranges, peeled, seeded and roughly chopped
- $\frac{1}{2}$ cup unsweetened vanilla almond milk
- $\frac{1}{2}$ cup frozen sliced banana (about 1 small)
- $\frac{1}{2}$ cup frozen mango chunks

Combine oranges, almond milk, banana and mango in a blender. Puree on high until smooth, about 1 minute.

SERVINGS 1 SERVING SIZE 2 CUPS

biscuits—the cranberry orange is my favorite flavor,” she says. The biscuits are a little high in added sugar, but Dreyer typically limits her added sugar intake for the rest of the day.

For a television personality, Dreyer’s mornings are generally low-key. She tells EatingWell that she wouldn’t have it any other way—especially since a busy and at times unpredictable work schedule follows it. After work, Dreyer chooses dinners that are also simple to prepare.

“I’ll buy meatloaf mix, ground chicken or ground turkey. I’ll sauté carrots, onions and zucchini, I’ll add the meat to it, and then I just top it off with a jar of tomato sauce,” she says. “When I need the kids to eat a full, hearty meal, I feel like it’s a perfect easy weeknight recipe.”

Dreyer prioritizes fiber and protein in her family’s dinners, a good approach, given that 90 to 97 percent of Americans don’t get enough fiber in their diet. Protein is also a crucial part of a healthy eating pattern, as it supports muscle growth and repair, promotes digestive health and helps stabilize blood sugar levels.

RAISING KIDS WHO LOVE FOOD

Their ambivalence about oranges aside, Dreyer’s sons—ages 7, 4 and 3—are nonselective eaters who love fruits and vegetables on their own. “My kids really like broccoli, and they especially love it roasted,” she says, adding that it’s her favorite dinner side to make. “I drizzle it with olive oil and season it with mushroom powder, which adds this salty,

umami flavor.” She says her husband isn’t a vegetable lover, but he eats the roasted broccoli “like popcorn.” And eating roasted broccoli like a snack is as healthy as it sounds: Packed with prebiotic fiber, broccoli is an anti-inflammatory vegetable that’s great for your gut microbiome. Thanks to its polyphenols, broccoli has been shown time and time again to help decrease cancer risk, including in a 2023 study published in *Critical Reviews in Food Science and Nutrition*. And it’s a rich source of antioxidants and vitamins, so it’s a great nutritious side to add balance to any meal.

Speaking of snacks, Dreyer’s kitchen is stocked with a variety for adults and kids. You’ll find an array of nutrient-dense fruits—raspberries, blueberries, strawberries, pears, apples, kiwi and mango—in her refrigerator. By snacking on fruit throughout the day, Dreyer and her family are supporting their overall health. Fruit is rich in antioxidants and packed with fiber and anti-inflammatory properties. Plus, berries such as raspberries and blueberries are recommended by gastroenterologists to support gut health and healthy digestion.

You’ll also find fun salty options in Dreyer’s snack drawer. “I don’t want to deprive them of anything, so there’s pretzels, Tostitos, Cheetos and other little fun, crunchy snacks—they’re kids!” she says. All foods can be included in a healthy eating pattern. Just be sure to enjoy less nutrient-dense options in moderation.

This sentiment fully aligns with Dreyer’s philosophy of eating well. “For me, eating well is about eating what you love but making sure you get some good stuff in there, too.” ●



BERRIES

From ruby-red strawberries to fresh blueberries, these sweet treats are packed with vitamins and antioxidants called flavonoids that fight inflammation. A 2021 review published in *Nutrients* found that blackberries, blueberries, strawberries and raspberries have an abundance of compounds that can benefit the treatment of obesity-induced inflammation and associated health conditions, such as those related to neuroinflammation and mental health.

Blueberries are particularly potent and contain up to 9 millimoles of antioxidants in a 3.5-ounce serving, according to a 2010 Antioxidant Food Database published in the *Nutrition Journal*. Blueberries' outer skin contains anti-inflammatory compounds called anthocyanins, which are responsible for their deep blue hue. A 2020 review published in *Advances in Nutrition* found that people who regularly consume blueberries have a lower risk of cardiovascular disease and type 2 diabetes, along with improved weight management and brain functioning.

Berries are delicious and nutrient dense, whether fresh, frozen or cooked. Frozen berries can be blended into a hearty smoothie with yogurt and bananas. A handful of fresh blueberries or sliced strawberries adds a pop of sweetness to a salad.



Whole-Body Healing

Some of the most delicious foods are packed with nutrients that can ease ailments, promote gut health and support a thriving immune system. Simple, research-backed eating habits and tasty, hearty recipes can heal the mind, body and soul. *

