Are You Prepared? Cold, flu, and virus

Cold, flu, and virus season is returning Food is
Medicine..
It all starts here

THE EAT-WELL GUIDE

Wellness Journey: Your Guide to a Healthier You



Nutrition Essentials: Building a Balanced Diet

The Perfect Balanced Diet Chart to be Healthy

The balanced diet contain protein (25%), Fats (10%), Fruits and Vegetables (40%), Fibre-rich Carbohydrates (25%).

Pro tips :

- ->Include a huge variety of fruits and vegetables in your diet, making sure you get the essential ones at least once a week.
- ->It is recommended to have at least three cups a day of dairy in assorted forms such as milk, cheese or yogurt.



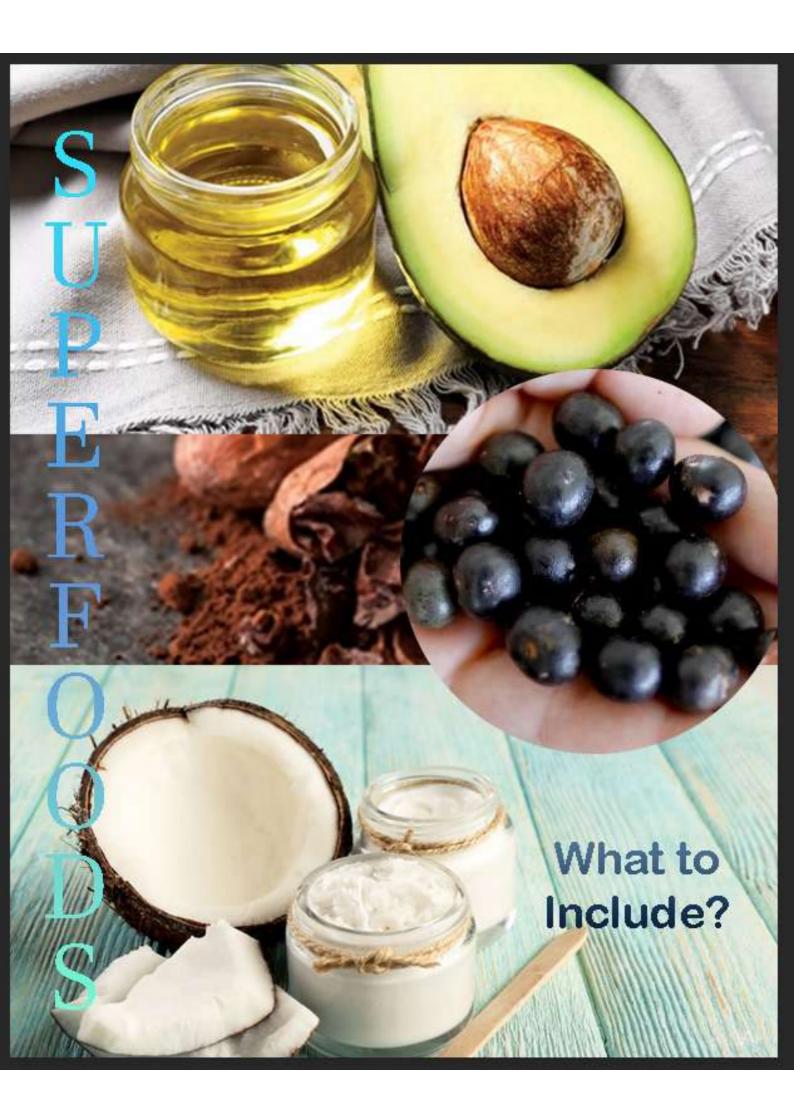
What you eat can make a difference for your bones and joints. It's important to eat a balanced diet with plenty of calcium (found in dairy, sardines, leafy greens, and nuts) and vitamin D (found in fortified products and fatty fish).



Water- how much we need and how to drink it

You often hear the 8 cups (2 L) per day rule—but according to the Institute of Medicine's Food and Nutrition Board, women need more than 11 cups (2.6 L) and men need almost 16 cups (3.8 L)! This is just for an average day; bear in mind that if you are sick or doing strenuous activities, you'll need even more.

Yep, just water helps with metabolism, digestion, clear skin, focus, and organ detoxification.



Strengthen your defences.

Garlic

Certain compounds in garlic may have antiviral activity and block viral particles from entering cells. Additionally, aged garlic extract can help decrease the severity of a cold or flu.



Yogurt

One probiotic, L. acidophilus, has been researched extensively and been found to regulate the immune system. L. acidophilus can be found in yogurt.





Onions

Red onions contain quercetin, which has been found to boost the immune system.



Shiitake mushrooms

It has a significant number of antioxidants and reduce cholesterol levels. They also improve immunity and reduce inflammation. Mastering Meal Prep: Save Time, Eat Well

TAKEOUT, BUT BETTER!

These vibrant muffins are not only visually appealing, but they also make a nutritious breakfast option. Packed with berries, oats, and protein powder, they provide a wholesome start to your day.



LIFE IS ABOUT BALANCE!

Both coffee and matcha tea are antioxidant powerhouses that protect your body against oxidative stress. Coffee is abundant in chlorogenic acid, which helps lower inflammation.



EGG SALAD TOASTS

This egg salad sandwich is full of flavor from fresh herbs, lemon juice and zest, and canned chipotle juice or harissa paste. The egg salad mixture tops sourdough rye bread.



