

HEALTHY LIFESTYLE

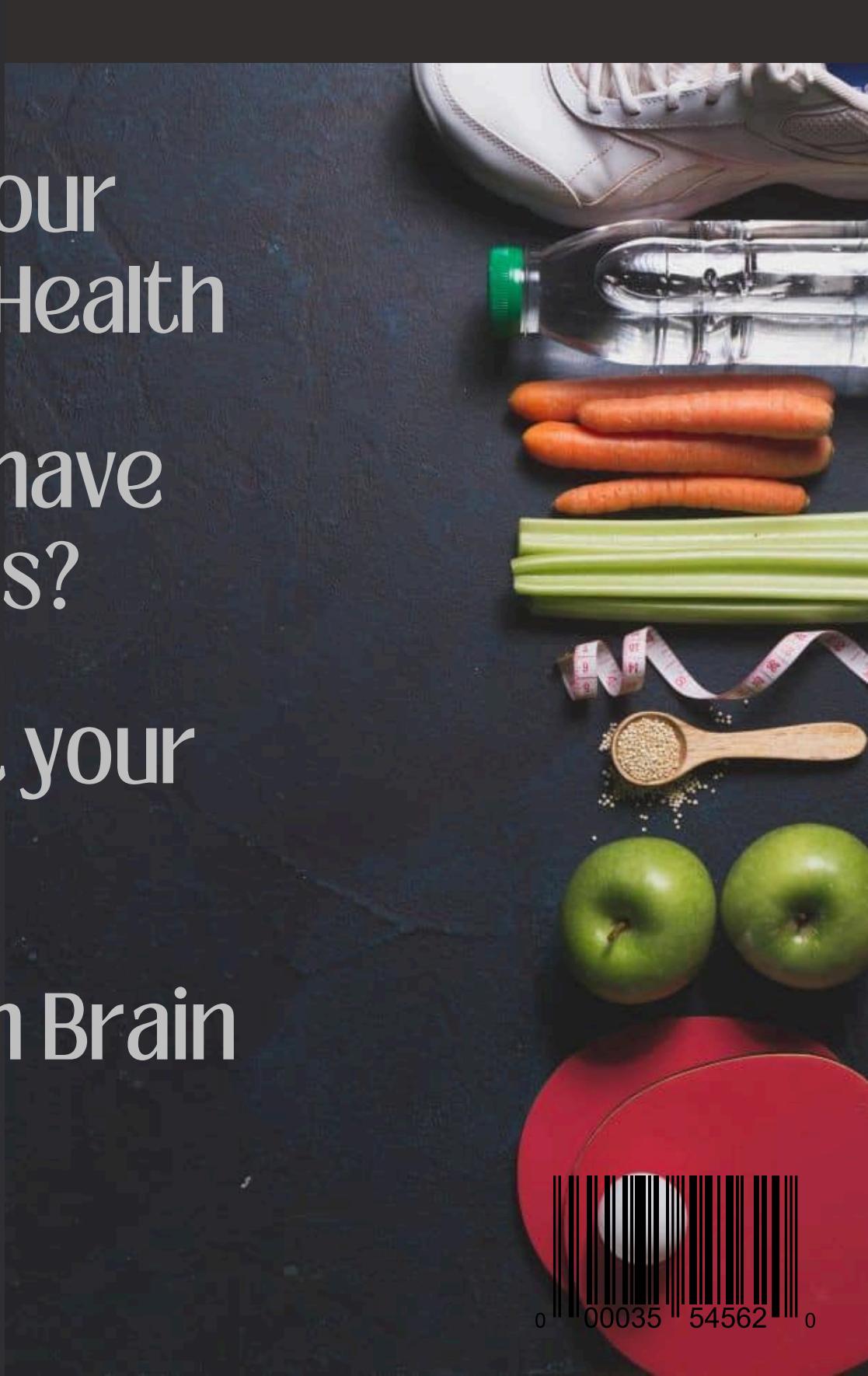
HEALTH MAGAZINE

Know your
Mental Health

Do you have
diabetes?

Protect your
Heart

Eat with Brain



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03

Mental Health

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Heart Disease

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Food Nutrition
In



did you have **DIABETES???**

Let find out



Diabetes is a common condition to all ages. Besides, Malaysia also has a large number of Diabetics patients. There are some forms of Diabetes and most commonly is the Type 2. But don't worry because of it because with treatment strategies it can help the Diabetics patients to live healthy life and prevent the complications.

DIAB

As already said that Diabetes is a common condition to all age. So, there some facts that people should know about Diabetes. In addition, they can try to prevent before it is getting worst. Without wasting any time let discuss some of the facts about Diabetes.



- 1 TYPES OF DIABETES
- 2 SYMPTOMS AND CAUSE
- 3 MANAGEMENT AND TREATMENT
- 4 PERCENTAGE OF MALAYSIAN'S DIABETES

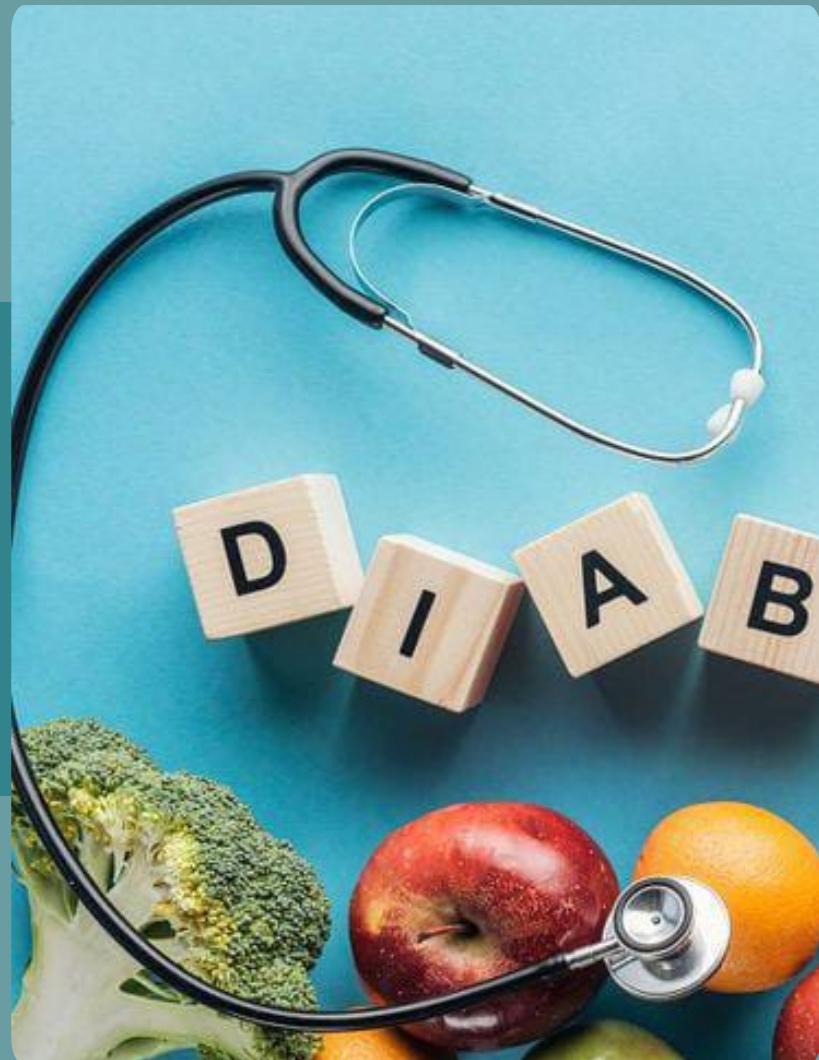
ETES



“If we want to get diabetes under control, we have to get our diets under control.” - Adams, Eric

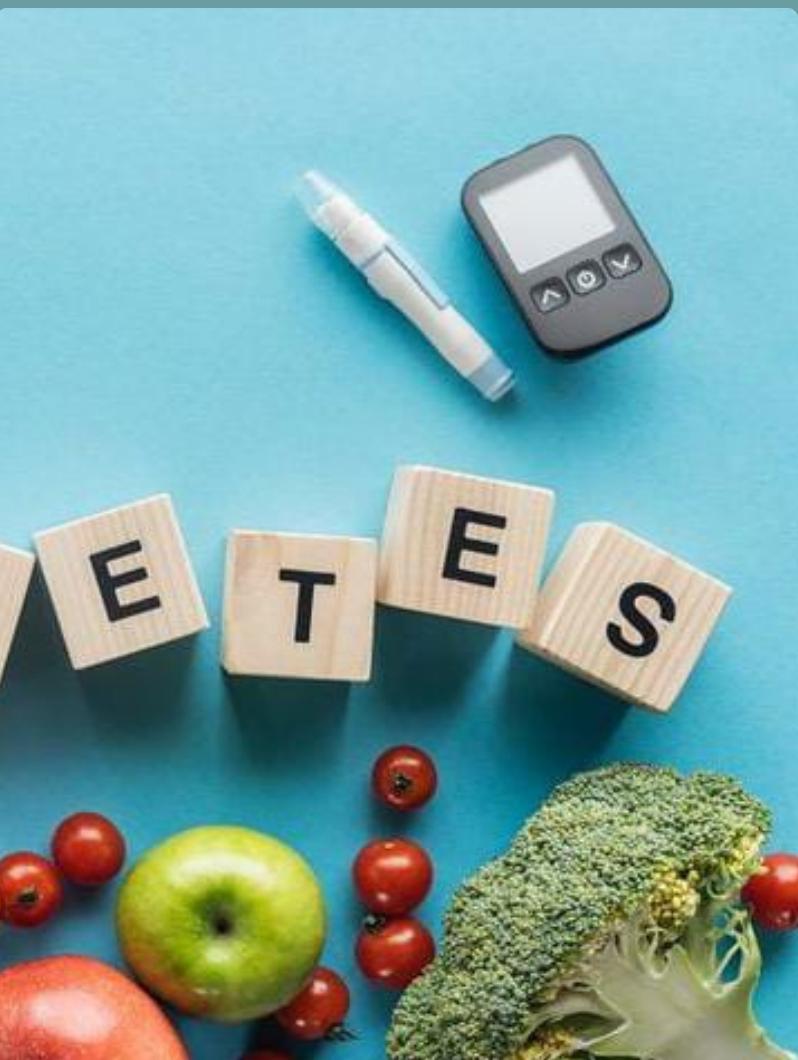
Do you know

Diabetes is a condition that happens when your blood sugar or glucose is too high in someone body. This can happen when your digestive system of your organ which is pancreas do not works well when secrete insulin. So, when your body isn't responding to insulin effect properly it may cause to the Diabetes. Diabetes already affects people at all ages. Plus, Diabetics patients is already at chronic level and it is for lifelong. But, all forms of Diabetes can be manageable with medications, lifestyle changer or treatment.



The key is about a hormone name understand, if your pancreas can your body or your body cannot glucose in your bloodstream and which is hyperglycemia. Glucose carbohydrates in food or drinks make as an energy. In addition bloodstream, usually it a helps destination.

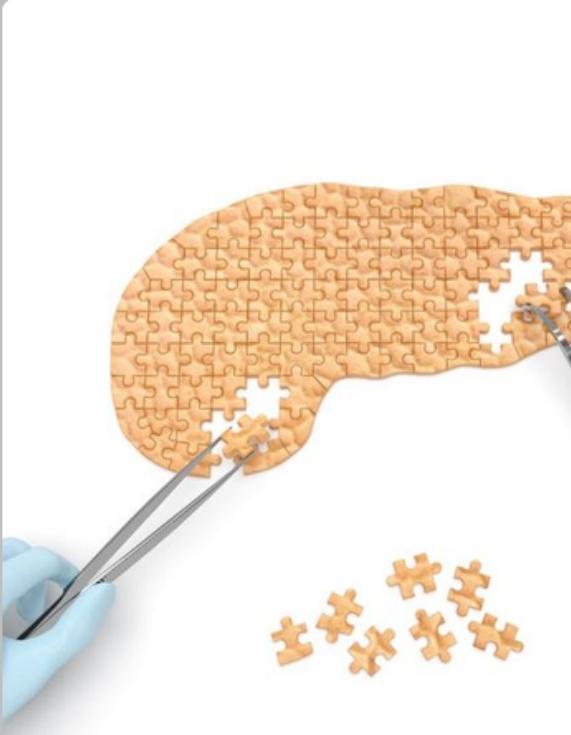
DIABETES???



the Insulin. To make it easy to not make enough of insulin to using it properly it will cause it will make high blood sugar or sugar usually came from . After that, your body's will n, when glucose is in your to the insulin reach to final

Over time, health problem also can cause by having consistently high blood glucose such as heart disease, nerve damage and eye issues. There are technical name for diabetes is diabetes mellitus. In addition, there are also have another condition shares the term “diabetes” diabetes insipidus but they’re distinct. They share the name “diabetes” because they both cause increased thirst and frequent urination. However, Diabetes insipidus is much rarer than diabetes mellitus.

TYPES OF DIABETES



There are a lot types for Diabetes but in below explain the most Diabetes that a lot of people suffering of.

here a lot types for Diabetes but in below explain the most Diabetes that a lot of people suffering of. The first type is Type 1 Diabetes, so basically this type is an autoimmune disease which is about your immune system that attacking and destroying your insulin-producing the cells in your pancreas.

Next, is the Type 2 Diabetes which is this type of diabetes is basically your body cannot make enough insulin

from your pancreas or your body cannot respond normally to the insulin. This is the most common type of diabetes that all age of diabetics patients suffer.

Another types that also common is Prediabetes. Prediabetes is a stage before Type 2 Diabetes. Is actually

this types is in the middle of Type 1 Diabetes and Type 2 Diabetes. In this stage of diabetes is that the level of glucose in your blood are higher than it should be but not to high enough to be at the stage Types 2 Diabetes also cannot officially diagnosed with this Type 2 Diabetes.



SYMPTOMS AND CAUSE

There is a lot of symptoms and cause of Diabetes that we can discuss it together today. Let's see what are the symptoms that diabetes Person have.

The most common action that you can realized is the diabetics person will having the most thirstiest person you ever seen. Plus, they also have a very dry mouth. Next, is the sudden extremely weigh lost. Even though they didn't realize that happen to their body but still people around them will realized the changes of your body.



Cause of Diabetes can occur in a variety of ways. Diabetes is often caused by heredity or genetic mutations. This is because, diseases that involve this generation cannot be avoided.

by the next generation. Either at a low rate or a high rate to suffer from the disease. Next, one of the causes for patients suffering from Diabetes is the problem of their pancreas not being able to function properly. This happens, usually due to the possibility that their pancreas has been injured or they have had surgery. When this happens, it will affect the pancreas in the processing of insulin to their body.

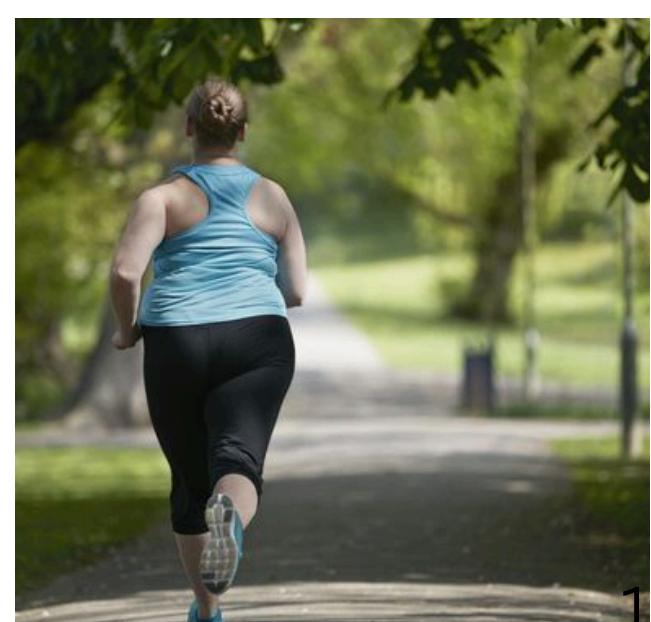
MANAGEMENT AND TREATMENT

There is a lot treatment that Diabetes's patient can practice but this is the most recommend by experts and it effective. This first method may be known by many people which is blood sugar monitoring. Monitoring your blood sugar is the key to make sure is your treatment is effective or not. There is a certain percentage of sugar that should be present in your body so that you do not have too much or too little sugar. Usually you need to check before and after eating.

Next, is Insulin. So, what is Insulin? Insulin is a natural hormone that turns food into energy and manages your blood sugar level. Most of the time, those who take Insulin are for diabetics stage 1 and also stage 2. They will take it before meals to control the sugar in their body after meals. There are also several types of Insulin namely, Insulin Pens or Insulin Pumps.

Moreover, they also not only have to rely completely on their medicine but they also have to do some physical exercise. This is because, by doing some physical exercise it is also able to control the sugar level in their body.

Lastly, This is also very important for diabetic patients to control their diet. They can't eat as they please like before. Their feeding rate should be reduced. They also can't drink or eat too much sweet food because their staple food already has its own sugar.



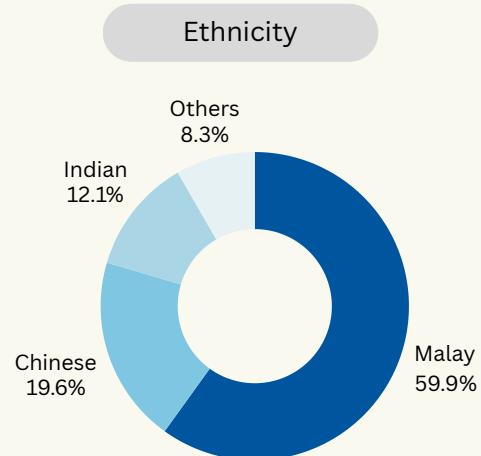
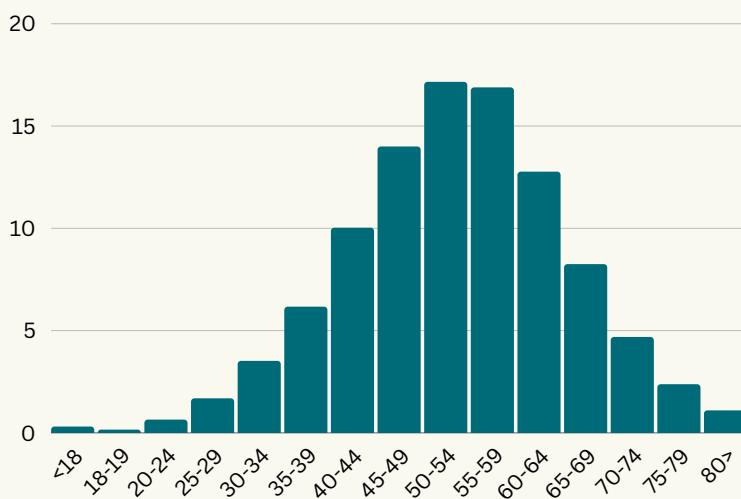
MALAYSIAN'S DIABETES REPORT

2020

Ethnicity
1,698,683

Sex
1,698,683

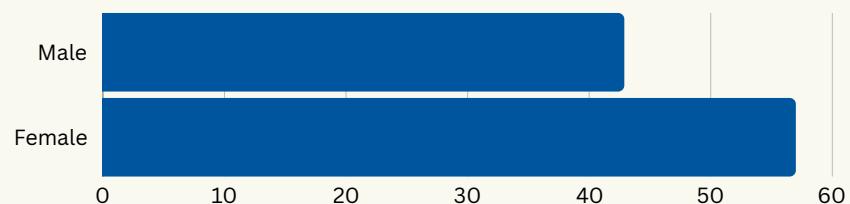
Age Group
1,698,683



Malaysian Diabetes Statistic

Malaysian people that have Diabetes is almost 20% recording to National Diabetes Registry. The most highest is female Malaysian. Hence, for age is around 50 to 54 years old. Plus, for the race is Malay. Years by year the percentages become higher. It can happen from food as you know Malaysian is rich of variety of food . But we cannot just blame at the Malaysian food because actually is about selfcare.

Sex



MALAYSIAN PERCENTAGES

20%





About Us

we offer emergency services. We also receive various types of health cases and we are confident that we can cure our patients well and brilliantly. With the presence of experts in our clinic we will help you. It doesn't matter if the case is small or big, we are able to cope with it.

Our Services



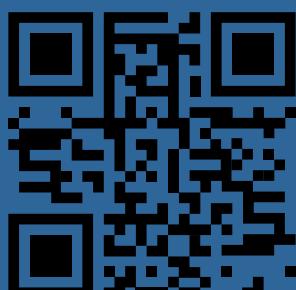
Medical
Check-Up



Emergency



Pharmacist



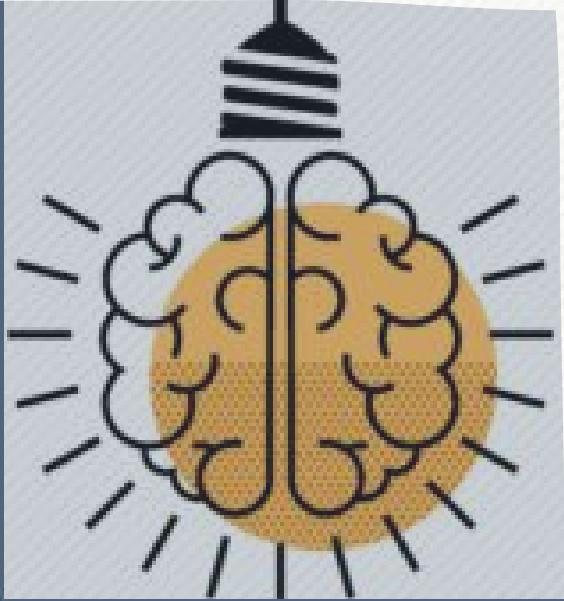
CONTACT US

📞 +0123-456-789

✉️ together@clinic.com

🌐 www.togetherclinic.com

📍 3971 Fallon Drive, Stoney Point, NOR 1NO, Canada.



KNOW YOUR MENTAL HEALTH

MENTAL

All'anno Sij. B. P. da Franc Colmo
Il Sij. "Avv." Emilio Della-Mave Au
Tribunale di ta Stanard.
Volterra

A vital component of our genes influences our day-to-day thoughts, decisions, relating to others, and wellness. It is more than just not being happy with who we are and



Many factors impact our mental health, such as our genes, brain chemistry, life experiences, and family history. In today's busy and often stressful world, taking care of our mental health is as important as taking care of our physical health.

Understanding and taking care of individuals but also families, work to look after our bodies, looking after happier lives.

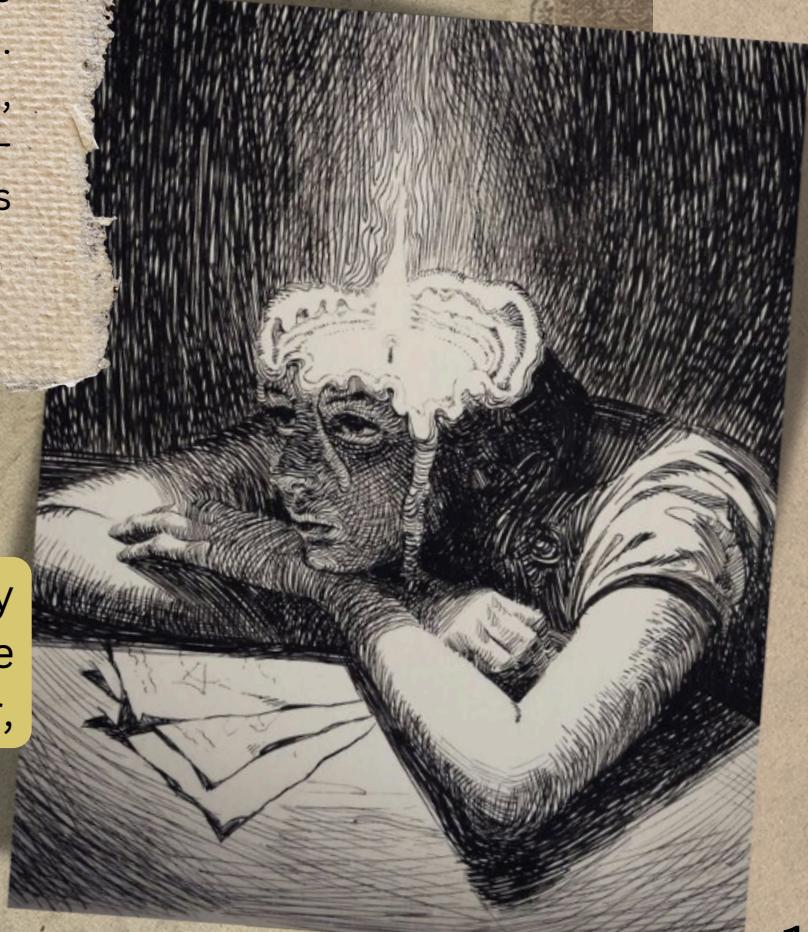
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Lanaro

HEALTH

General wellbeing is our mental health. It includes thoughts, emotions, and behaviours. Making time to manage stress are all aided by mental health. Having a mental illness; it also involves being able to enjoy life.

By addressing mental health, we can create a society that is stronger and more resilient. We can support individuals in need by having frank conversations about mental health and eliminating the stigma associated with it. Professional therapy, neighbourhood resources, or self-care routines can all provide this support.

Your mental health benefits not only yourself, and communities. Just like we take care of our bodies, taking care of our minds helps us live better,



ANXIETY



DEFINITION

Generalized Anxiety Disorder (GAD) is characterized by excessive, uncontrollable worry about various aspects of life. Panic Disorder involves recurrent, unexpected panic attacks and an ongoing fear of future attacks. Social Anxiety Disorder is marked by an extreme fear of social situations and being judged by others. Specific Phobias entail an intense fear of specific objects or situations, such as heights or spiders.

SYMPTOMS

Anxiety shows up in many ways. Physical symptoms include a racing heart, excessive sweating, trembling, shortness of breath, fatigue, nausea, dizziness, muscle tension, headaches, and trouble sleeping. Recognizing these signs is the first step to managing anxiety effectively.



Unhealthy Routine :

“The Sedentary Screen-Time Trap”

"DAILY HABITS OF SITTING TOO MUCH, EATING POORLY, AND STARING AT SCREENS CAN MAKE YOU SICK. CHOOSE TO MOVE, EAT BETTER, AND FIND BALANCE TO STAY HEALTHIER IN THE LONG RUN."



Effects on Physical Health:

Sitting too much and not moving around enough slows down our metabolism, which can cause weight gain and increase the risk of heart disease, diabetes, and certain cancers. It also weakens muscles and bones, leading to back pain and stiffness. Moving regularly is crucial for staying physically healthy.

Impact of Screen Time:

Spending too many hours in front of screens can harm mental health and cognitive function. It often replaces physical activities and outdoor play, which are important for both kids' growth and adults' well-being. Too much screen time can strain our eyes, give us headaches, and disrupt our sleep, especially if we use screens right before bed. It can also contribute to feelings of anxiety, depression, and loneliness when it keeps us from spending time with others.

Behavioral Patterns and Addiction:

Screens are designed to be engaging, and we can become hooked on using them, especially young people. They stimulate our brains in ways similar to addictive substances, making it hard to stop using them even when it's causing problems. This can lead to spending too much time on screens and not enough time being active, which worsens the health risks we talked about earlier.

In conclusion, understanding how a sedentary lifestyle and excessive screen time affect our health is key to making better choices about how we spend our time. By moving more, cutting down on screen use, and balancing our digital habits with real-life activities, we can improve our health and well-being for the long term.

DEPRESSION

WHAT IS DEPRESSION?

Depression is a widespread and dangerous mental health illness that is characterised by a variety of emotional and physical symptoms, as well as a persistent sense of sadness and lack of interest in or enjoyment from previously appreciated activities. It has an impact on a person's thoughts, feelings, and day-to-day functioning, frequently leading to a major impairment in social, occupational, and other domains of functioning.

CAUSES AND RISK

Many different and intricate elements contribute to depression, including genetic, biochemical, environmental, and psychological aspects. Unbalances in neurotransmitters, or brain chemicals, such as dopamine and serotonin, could be biological reasons. Another factor that may be involved is genetic predisposition; a family history of depression raises the risk. Depression can be brought on or made worse by environmental factors such as trauma, stress, abuse, chronic illness, or significant life changes. Vulnerability is also influenced by specific personality features, coping mechanisms, and social context.

SYSMPTOMS OF DEPRESSION

Depression presents with a variety of symptoms that can vary in severity and duration. Common symptoms include persistent sadness, feelings of hopelessness or worthlessness, irritability, loss of interest in activities, changes in appetite or weight, sleep disturbances (insomnia or oversleeping), fatigue or lack of energy, difficulty concentrating, and thoughts of death or suicide.





DIGITAL MENTAL HEALTH

Digital mental health is a new way to deliver mental health care using technology. It includes things like mental health apps, online therapy, virtual reality (VR) treatments, and telepsychiatry. These technologies make it easier for people to get mental health help. They improve how accessible, convenient, and effective mental health care can be, meeting different needs and preferences. By using these digital tools, people can get support more easily, no matter where they live or what time it is.

Digital mental health tools bring many benefits to users. They give quick access to mental health resources and support, which is especially helpful for people in remote or underserved areas. These platforms also let users schedule therapy sessions flexibly and do self-help activities whenever they want. Apps and online platforms can personalize interventions based on each person's needs and preferences, making them more engaging and effective.

While digital mental health tools have benefits, they also come with challenges that need careful thinking. Privacy is a big concern because storing health data online can raise issues about how safe and private it is. The quality of mental health apps can vary a lot, which means some might not work well or could even be harmful. Also, not everyone has the same skills with technology or easy access to it, which can make it harder for some people to get the help they need. It's important to fix these gaps in mental health care access.

Managing Stress

STRATEGIES FOR PROMOTING MENTAL WELL-BEING

Stress is the body's natural reaction to feeling overwhelmed by challenges or pressures that seem difficult to handle.

These can include heavy workloads, tight deadlines, conflicts with others, financial problems, significant life changes like moving or job changes, and worries about health. Stress can come from things around us or from our own expectations and concerns. Recognizing these stressors helps us find ways to cope better and maintain both mental and physical health.



"Exploring Different Ways to Managing Stress to Get a Mental Well-Being"

Cognitive strategies involve challenging negative thoughts and managing anxiety, while behavioral approaches like managing time, setting boundaries, and solving problems can reduce stressors effectively. These strategies combined promote mental well-being by providing practical tools to handle stress in everyday life.



Stress affects mental health by causing anxiety, irritability, mood swings, and difficulty concentrating, which can disrupt daily life. Chronic stress, lasting a long time, can lead to depression and anxiety disorders, worsening overall well-being. Physically, stress causes headaches, muscle tension, stomach problems, and weakens the immune system. Long-term stress can also harm the heart and make it easier to get sick. Managing stress is crucial for staying healthy both mentally and physically.



To cope with stress, practical methods include relaxation techniques such as deep breathing, meditation, and progressive muscle relaxation. Engaging in stress-reducing activities like exercise, hobbies, and spending time outdoors also helps.



THE IMPORTANCE OF SELF CARE



Emotional and psychological self-care focuses on strategies that enhance emotional resilience and mental well-being. This includes practices like stress management techniques, relaxation exercises such as deep breathing or meditation, and mindfulness practices that cultivate present-moment awareness. These activities help individuals manage stress effectively, reduce anxiety, and promote a sense of calm. Emotional self-care also involves nurturing self-compassion and positive self-talk, which are essential for maintaining a healthy self-esteem and coping with challenges.

Overcoming barriers to self-care, such as time constraints, societal pressures, or personal beliefs, requires self-awareness, intentionality, and sometimes seeking support from others. By prioritizing self-care and integrating these various dimensions into daily routines, individuals can enhance their resilience, improve overall mental health, and foster a balanced and fulfilling lifestyle that supports their well-being in all aspects of life.

Self-care is an all-encompassing strategy that addresses mental health and general well-being from a variety of interrelated angles. Adopting behaviours that support physical health, such as consistent exercise, a balanced diet, enough sleep, and proper hygiene, is known as physical self-care. In addition to increasing physical fitness, exercise generates endorphins, which increase mood and lower stress levels. Essential nutrients that sustain energy levels and brain function are provided by nutrition, which is critical for general wellbeing. Emotional control, bodily healing, and cognitive performance all depend on getting enough sleep, and maintaining proper hygiene reinforces emotions of comfort and cleanliness and overall wellbeing.

Social self-care places a strong emphasis on developing a network of social connections and caring for supporting relationships. Social connections offer companionship, emotional support, and a feeling of community—all of which are essential for mental health. Having meaningful relationships can improve mood, lessen feelings of isolation and loneliness, and raise general life satisfaction. People can rejuvenate and reflect when they alternate times of social interaction and isolation, which promotes emotional well-being.

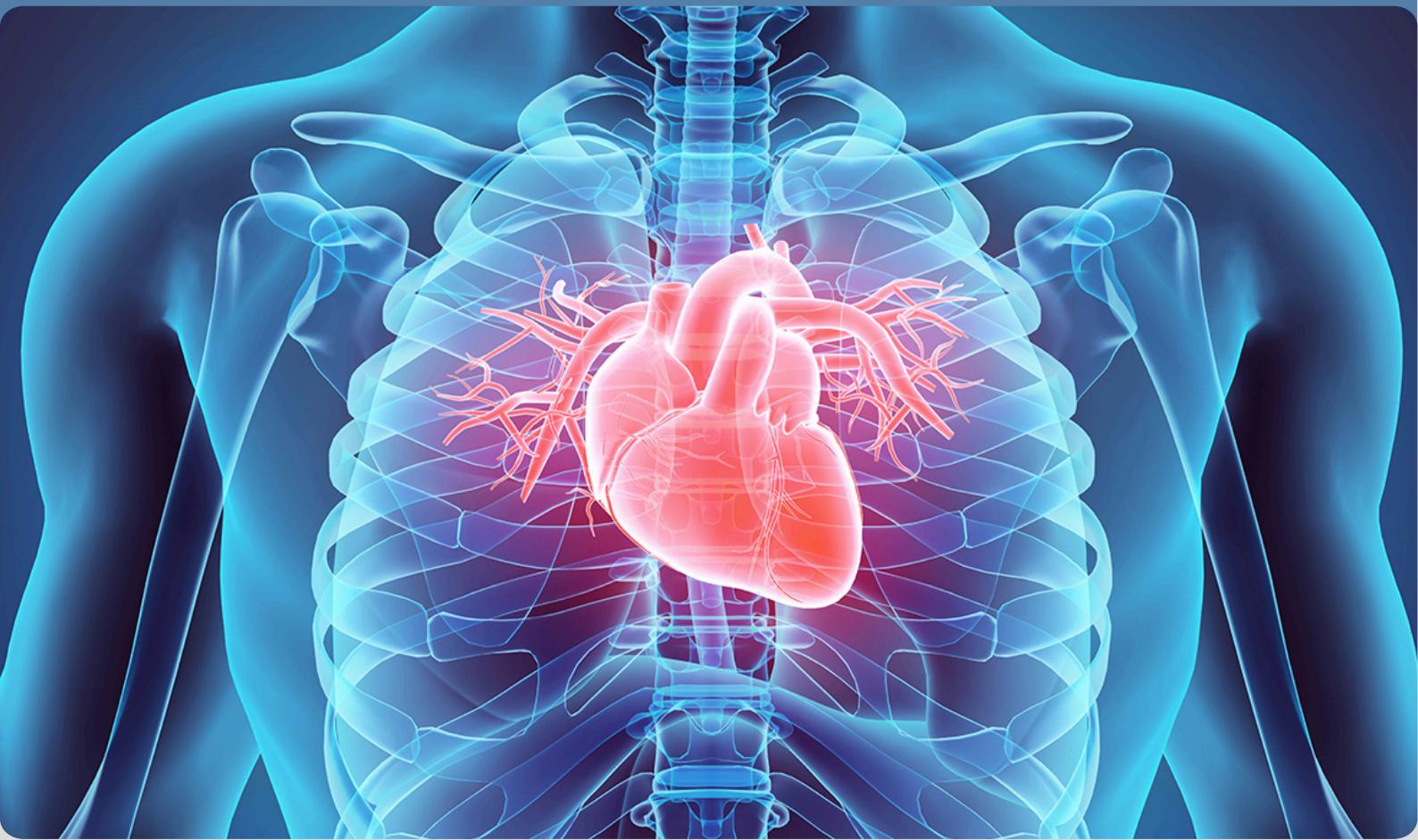


HEALTH



HEART DISEASE

KNOW YOUR RISK !



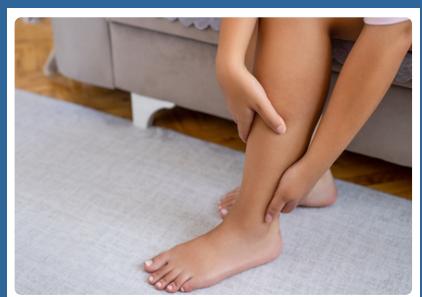
WHAT IS HEART DISEASE

a kind of illness that impacts the blood vessels or heart. Obesity, poor diet, lack of exercise, smoking, high blood pressure, and high cholesterol can all raise one's chance of developing various cardiac problems.

Congestive heart failure, arrhythmias, congenital heart disease (heart illness from birth), and endocarditis (inflamed inner layer of the heart) are other heart ailments. Likewise known as cardiovascular illness.

Congestive heart failure, arrhythmias, congenital heart disease (heart illness from birth), and endocarditis (inflamed inner layer of the heart) are other heart ailments. Likewise known as cardiovascular illness.

GET TO KNOW MORE ABOUT HEART DISEASE



[heartache: https://www.google.com](https://www.google.com)

[healthcare: https://www.google.com](https://www.google.com)

[dizziness: https://www.google.com](https://www.google.com)

[swollen feet: https://www.google.com](https://www.google.com)

THE TYPE OF HEART DISEASE & THE SYMPTOMS

Type of Heart Disease

Heart Disease
in the blood
vessel

Heart Arrhythmias
(irregular
heartbeats)

Congenital
Heart
defects

Cardiomyopathy
(disease heart
muscle)

Valvular Heart
Disease (heart
valve problem)

<https://www.google.com>

SYMPTOMS

Heart Disease in the blood vessel

Shortness of breath is one of the signs of coronary artery disease, along with chest pain, tightness, pressure, and discomfort (angina). In addition, pain in the back, upper abdomen, throat, jaw, or neck. In addition, if the blood vessels in the arms or legs are constricted, numbness, weakness, or coldness may also be signs of coronary artery disease.

01

Heart arrhythmias

Heart arrhythmia symptoms might include shortness of breath, racing or sluggish heartbeat (tachycardia or bradycardia), dizziness, and fainting (syncope). The heart may beat very rapidly, too slowly, or irregularly.

02

Congenital Heart defects

Usually, significant congenital cardiac abnormalities are discovered shortly after delivery. Children with congenital cardiac defects may exhibit cyanosis, or pale grey or blue lips or skin. Aside from that, there may be swelling in the stomach, legs, or ocular regions. breathing difficulties during feedings, which prevents a newborn from gaining enough weight.

03

Cardiomyopathy

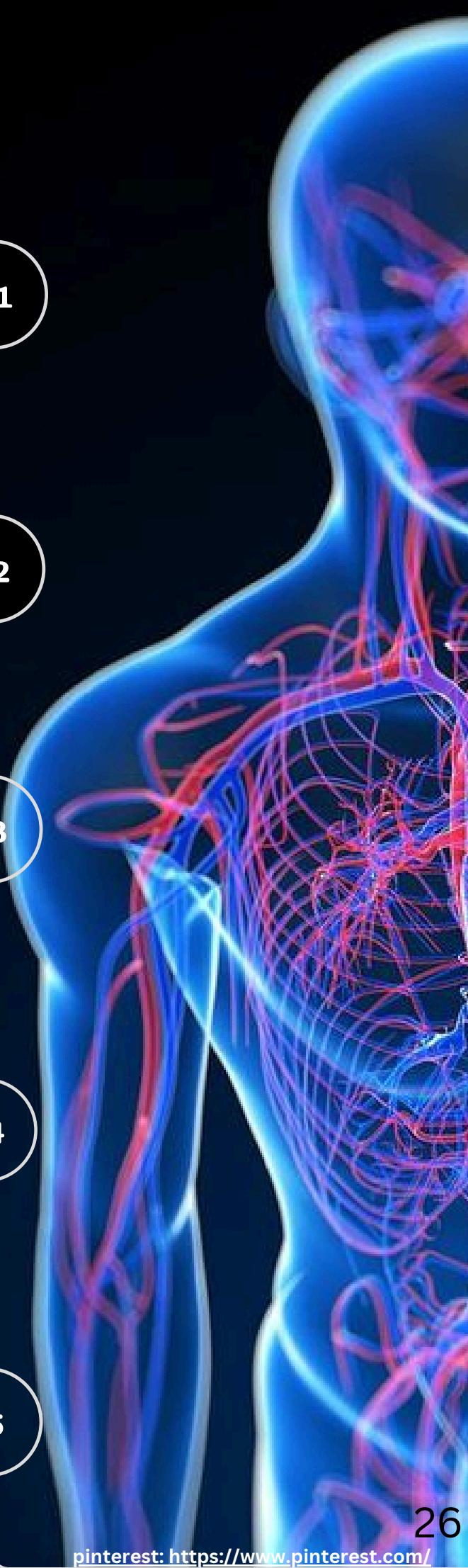
Cardiomyopathy may not exhibit any symptoms in its early stages. Symptoms that intensify with the disease include lightheadedness, dizziness, and fainting. Moreover, experiencing dyspnea when at rest or in motion. In addition to having trouble breathing while trying to sleep at night or having trouble breathing when you wake up. In addition, swollen ankles, feet, or legs are another symptom.

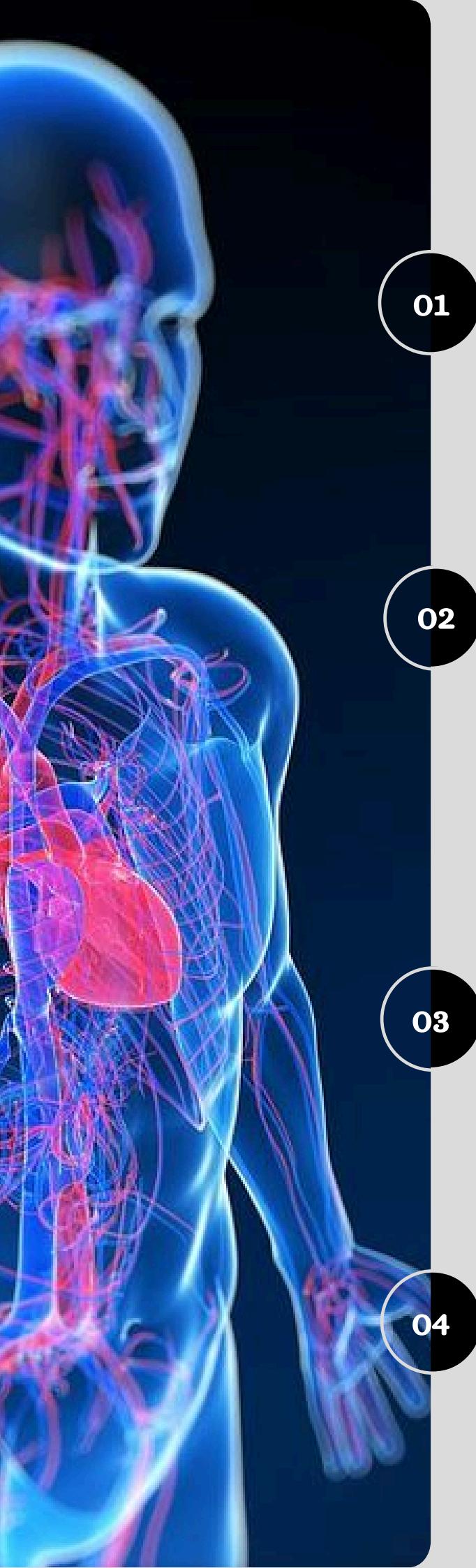
04

Valvular Heart disease

Heart valve disease is another name for valve disease. Heart valve disease symptoms can include chest pain, syncope, irregular heartbeat, shortness of breath, and swelling feet or ankles, depending on which valve is malfunctioning.

05





CAUSES

01

Heart Disease in the blood vessel

The most frequent cause of coronary artery disease is atherosclerosis, or the accumulation of fatty plaques in the arteries. A poor diet, inactivity, obesity, and smoking are risk factors. Choosing a healthy lifestyle can help reduce the risk of atherosclerosis.

02

Congenital Heart defects

Throughout the gestation, a baby develops a congenital cardiac problem. About a month after conception, while the baby's heart develops, a congenital cardiac defect arises. The way blood flows through the heart is altered by congenital heart abnormalities. Congenital cardiac abnormalities are more common in certain medical situations, drugs, and genetics..

03

Cardiomyopathy

The cause of cardiomyopathy depends on the type. As for dilated and hypertrophic cardiomyopathy are usually passed down through families (inherited). Meanwhile for restrictive cardiomyopathy, sometimes it's caused by a buildup of protein called amyloid in the heart or connective tissue disorders.

04

Valvular Heart disease

Congenital cardiac valve disease is a condition that affects some people from birth. Infections (infectious endocarditis), connective tissue diseases, and rheumatic fever can also result in heart valve dysfunction.

RISK FACTORS FOR HEART DISEASE INCLUDE:

AGE: Growing older increases the risk of damaged and narrowed arteries and a weakened or thickened heart muscle.

DIABETES AND OBESITY: Diabetes increases the risk of heart disease. In addition, obesity and high blood pressure increase the risk of diabetes and heart disease. Meanwhile, excess weight (obesity) typically worsens other heart disease risk factors.

HIGHBLOOD PRESSURE: Uncontrolled high blood pressure can cause the arteries to become hard and thick. These changes interrupt blood flow to the heart and body.

FAMILY HISTORY: A family history of heart disease increases the risk of coronary artery disease, especially if a parent developed it at an early age (before age 55 for a male relative, such as your brother or father, and 65 for a female relative, such as your mother or sister).

SMOKING: Substances in tobacco smoke damage the arteries. Heart attacks are more common in smokers than in nonsmokers. If you need help quitting, talk to your health care provider about strategies that can help.

POOR DENTAL HEALTH: It's important to brush and floss your teeth and gums often. Also get regular dental checkups. Unhealthy teeth and gums makes it easier for germs to enter the bloodstream and travel to the heart. This can cause endocarditis.



T
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Give
NATURAL GLOW
to your face



NUTRIENT THAT PEOPLE NEED FOR HEALTHY LIFESTYLE

WHAT IS NUTRIENT?



WHY?

While not all nutrients are energy-producing, they are all important in one way or another. Two groups comprise these nutrients:

MACRONUTRIENTS

The body needs macronutrients in substantial quantities.

MICRONUTRIENTS

The little quantities of micronutrients that the body needs.

Nutrients are required in one way or another, even though they don't all supply energy. Two groups of these nutrients are distinguished: The body needs macronutrients in substantial quantities. the little quantities of micronutrients that the body needs.

The environment may provide the aforementioned nutrients. A living thing needs macronutrients to function properly and for the metabolic system to have energy. When transformed into energy, they offer a significant amount of energy. Carbs, proteins, and lipids are examples of macronutrients.



CARBOHYDRATES

It is among the primary energy sources for people. It is made up of three different kinds of carbohydrates: starch, sugar, and fiber. Since they often have few calories, they support eating a balanced diet.

CALCIUM

It is a mineral that is essential to the development of healthy teeth and bones. It is also required in extremely small amounts for the function of our heart, muscles, and nerves. Pudding, milk, yoghurt, tofu, canned salmon, and fresh leafy green vegetables are good sources of calcium. Osteoporosis is a condition caused by low calcium levels.

CHOLESTEROL

It is necessary for the growth of cells, the brain, and the nerves. It is crucial for the synthesis of hormones and enzymes. Foods include fish, poultry, beef, cheese, and milk.

FATS

It is among the most significant calorie sources. Nine calories are found in one gram of fat. Proteins and carbs provide us with nearly twice as many calories. Fat is typically found in foods that are used for cooking, such as bread spreads and pastries and snacks.





IRON

It is a part of what makes the red blood cells. Its job is to transport oxygen to our muscles, organs, and cells from our lungs. Soybeans, spinach, and other green vegetables are examples of food sources.

PROTEIN

Amino acids make up their structure. Foods high in protein include rice, poultry, meat, almonds, and lentils.

SODIUM

Sodium is found in foods like fresh vegetables and milk. A sodium deficiency may cause hypertension.

CARBOHYDRATES



What is Carbs?

Certain meals and beverages contain a type of macronutrient called carbohydrates, or carbs. Carbohydrates include fiber, sugars, and starches. The macronutrients fat and protein are further examples. For optimal health, your body need a balance of macronutrients.

What they do?

- Your digestive system starts to break down carbohydrates when you eat them.
- The carbohydrates (now called glucose or blood sugar) are absorbed by your bloodstream.
- Insulin, which your body releases, tells glucose where to go for energy in your cells.
- Your body will store excess glucose in your muscles or liver.
- Your body turns excess glucose into fat once you've reached your maximum glucose storage in those locations.

Roasted Sweet Potato Black Bean Quinoa



recipe?

- Begin by roasting sweet potatoes seasoned with cumin, salt, and pepper. These will take on a delightful Mexican flair!
- Next, add two cups of cooked quinoa, one can of rinsed and drained whole kernel corn, chopped red onion, and olive oil.
- The dressing is as easy to make as the salad: just whisk together olive oil, lime juice, cumin, paprika, salt, and pepper, then pour over salad and toss.

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50%**

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Bath & Body Works
Beard & Face Wash
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**WINTER
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BODY WASH
With Aloe & Vitamin E
16 FL OZ / 473 mL



LUMINOUS
By Bath & Body Works
INTIMATE HYDRATION
BODY CREAM
With Shea Butter +
Hyaluronic Acid



**NORTHERN
BRIGHTS**
EUCALYPTUS & PINE
Aromatic Body Lotion
With Shea Butter +
Hyaluronic Acid
4.5 FL OZ / 132 mL



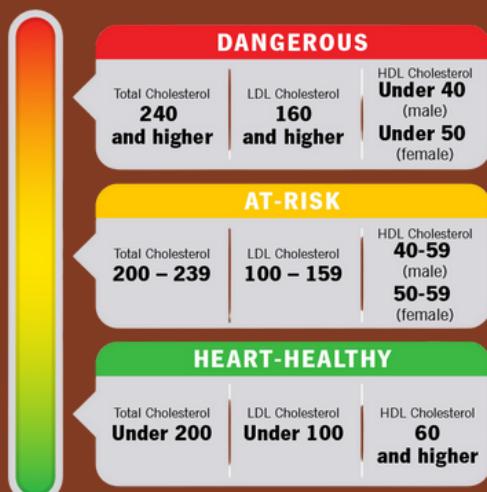
**MEET ME IN
MIAMI**
THE FRAGRANCE
MIST

New for
Body Care Day!

What is Cholesterol?

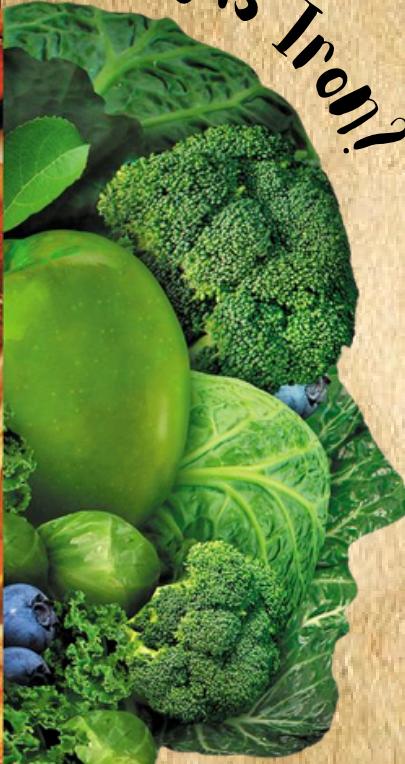
Your cholesterol numbers are important because they help you know your risk for heart disease. Cholesterol is a type of lipid (fat) that helps your body perform many important functions. But too much cholesterol in your blood is bad for you. It can enter your artery wall, damage its integrity and lead to the formation of atherosclerotic plaque (hardened deposits).

Cholesterol Level



Three primary functions of cholesterol in our bodies are:

- it helps produce sex hormones;
- it is a building block for human tissues; and
- it helps the liver produce bile.
- All of these are vital processes that depend on the presence of cholesterol; however, too much of a good thing is not good at all.



Iron is found naturally in many foods and is added to some fortified food products, you can get recommended amounts of iron by eating a variety of foods, including the following:

- Lean meat, seafood, and poultry
- Iron-fortified breakfast cereals and breads
- White beans, lentils, spinach, kidney beans, and peas
- Nuts and some dried fruits, such as raisins

What Does It Do?

The body requires iron, a mineral, for growth and development. It is used to create hemoglobin, a protein found in red blood cells that transports oxygen from the lungs to every part of the body, and myoglobin, a protein found in muscles that carries oxygen. Iron is also necessary for the production of several hormones.

What is Iron?

WHAT IS PROTEIN?

Protein is present in almost every bodily tissue and part, including muscle, bone, skin, and hair. It is the building block of hemoglobin, which delivers oxygen in your blood, and the enzymes that drive several chemical reactions. You are made of at least 10,000 distinct proteins, which also maintain your unique identity.



Chicken stroganoff Recipe

Two tablespoons of olive oil
Four skinless, chopped into bits chicken breasts, Two onions, chopped finely, four smashed garlic cloves, 1 tablespoon sweet paprika
400 milliliters of chicken stock
Four teaspoons of Dijon mustard, Two tablespoons Worcestershire sauce, 200g of crème fraîche or soured cream, big handful of parsley, finely cut macaroni, or rice mash to serve



7 Reason to eat more protein

1. Diminishes the Need and Desire for Food
2. Boosts Strength and Muscle Mass;
3. Beneficial for Bones
4. Lesses Late-Night Snacking Cravings and Desire
5. Enhances Fat Burning and Accelerates Metabolism
6. Reduces blood pressure and
7. aids in maintaining weight loss

Calcium serves a number of vital purpose

- promoting tooth and bone health and
- controlling the contraction of muscles, including the heartbeat
- ensuring that blood clots appropriately

In children, rickets can result from a calcium deficiency, and in adults, osteomalacia or steoporosis.

a decreased chance of high blood pressure-related issues during pregnancy, reduce young people's blood pressure lower blood pressure in children whose mothers got adequate calcium during pregnancy better cholesterol levels a decreased risk of non-cancerous tumors called colorectal adenomas

Consuming Enough Calcium can!



WHAT IS CALCIUM?

The most prevalent mineral in the body is calcium. Humans require calcium to grow and maintain healthy bones, and the body gets its 99% Trusted Source of calcium from the teeth and bones. It is also required to keep the brain and other body parts communicating in a healthy way. It affects how muscles move and how the heart works. Many foods naturally contain calcium.

AMONG THE SOURCES OF CALCIUM ARE:

cheese, milk, and other dairy products
green leafy vegetables, such as okra and curly kale, but not spinach, which has high calcium content but is too difficult for the body to process. Soy beverages with added calcium, bread, and any food prepared with fortified flour, as well as fish that has bones, such as pilchards and sardines

F A T S

What is Fats?

Another name for fats is "fatty acids" or "lipids." Three molecules are linked to form fats in our bodies. Triglycerides are structures made up of three molecules.

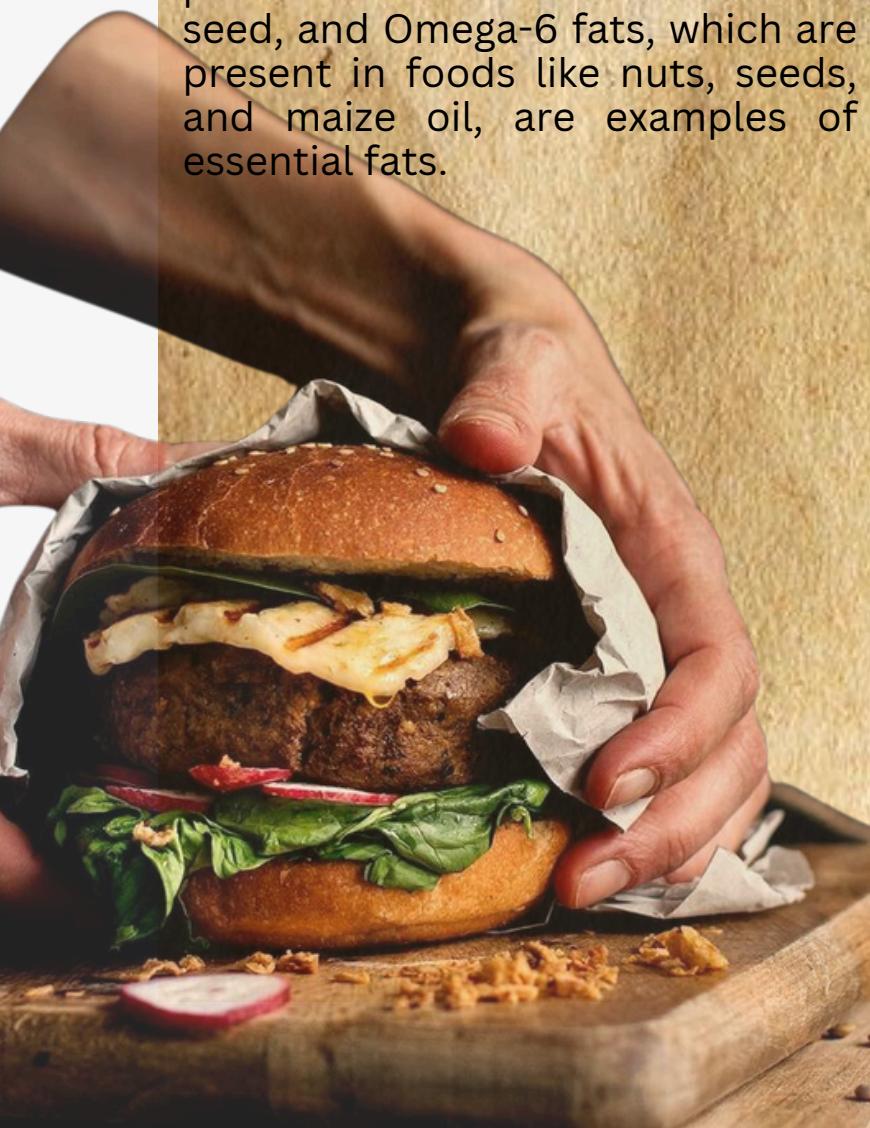
Although our bodies can produce most of the fat we need, there are some fats that they cannot. These are fats that we can only obtain from diet. The reason these fats are referred to be "essential" fats is that we must obtain them from diet. Omega-3 fats, which are present in foods like fish and flax seed, and Omega-6 fats, which are present in foods like nuts, seeds, and maize oil, are examples of essential fats.



What they do?

A healthy, balanced diet must include a small quantity of fat. Essential fatty acids, which the body is unable to produce on its own, are found in fat.

The body can better absorb vitamins A, D, and E when fat is present. Because these vitamins are fat-soluble, lipids are the only substance that can assist them absorb.



Body fat is created when fat is not utilized by your body's cells or transformed into energy. Similarly, surplus proteins and carbs are also turned into body fat. Every kind of fat has a lot of energy. Protein and carbohydrates offer 4 kcal (17 kJ) of energy per gram, while fats, whether saturated or unsaturated, provide 9 kcal (37 kJ).



Type of Nutrient Sodium

Certain meals and beverages contain a type of macronutrient called carbohydrates, or carbs. Carbohydrates include fiber, sugars, and starches. The macronutrients fat and protein are further examples. For optimal health, your body need a balance of macronutrients.

Intake of Sodium

The World Health Organization recommends that an adult need 2000 mg of sodium daily. Approximately five grams (one level teaspoon) of table salt contains the same quantity of sodium as this. In the context of the food pyramid, sodium is positioned at the "Eat Less" level at the summit, next to fat and sugar.



WHY WE NEED TO EAT WELL ?



Antioxidant-containing meals can lower a person's risk of cancer by shielding their cells from oxidative damage. Researchers discovered in 2016 that individuals with obesity who are otherwise healthy may have more symptoms of weariness and sadness while following a diet high in glycemic load. Numerous naturally occurring microorganisms that perform significant functions reside in the colon. Reliable Source for Digestion and Metabolism. Maintaining brain health and cognition may be aided by a nutritious diet. Nevertheless, further thorough investigation is required.

Eating a balanced diet helps prevent disease, strengthen bones, shield the heart, and improve mood, among many other advantages.



Furthermore, healthy bones and teeth depend on a diet high in calcium and magnesium. Maintaining strong bones helps reduce the chance of developing bone problems, including osteoporosis, later in life.

HOW YOUR EATING HABITS AFFECT YOUR HEALTH

The researchers discovered that people who consumed excessive amounts of processed meat, sugar-sweetened beverages, unprocessed red meat, and sodium had a higher chance of dying from these three diseases. Additionally, there was an increased risk of death in those who consumed insufficient amounts of fruits, vegetables, whole grains, nuts and seeds, seafood omega-3 fats, and polyunsaturated fats.



Based on the data, too much or too little of these 10 dietary components was linked to nearly half (45%) of fatalities in 2012 from the three diseases.



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DESIGNED BY:

AULYANABILA
NUR ZAHARAH
JAUZA SYAUQILA
UMAIRAH BATRISYIA

