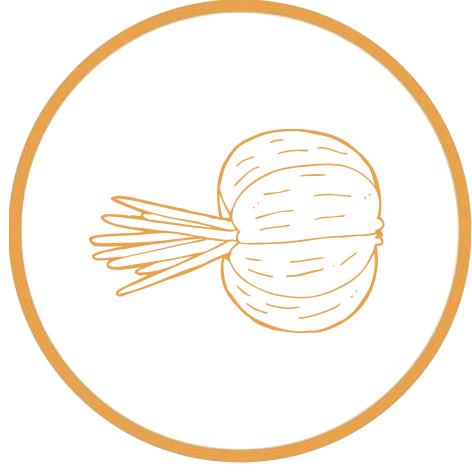


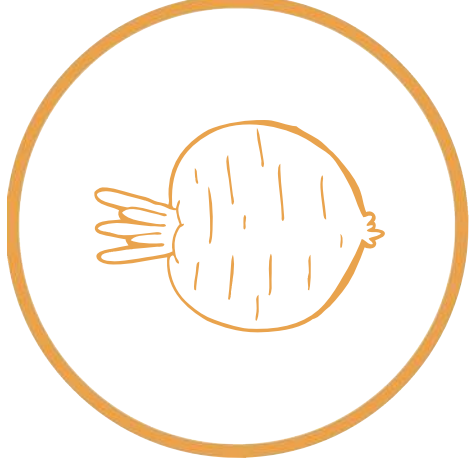


THE 5 MAJOR NUTRIENTS

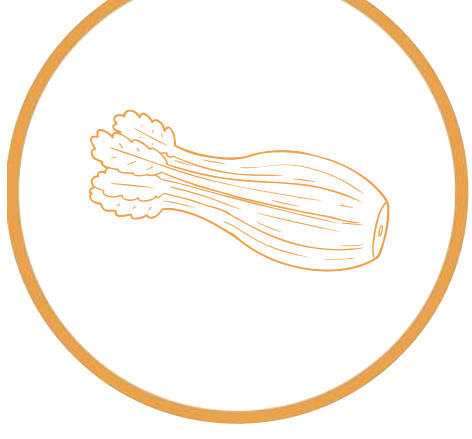
DELICIOUS VEG



Proteins



Fats



Carbohydrates

PLANT FOODS: SOURCES OF PROTEIN

BROCCOLI
SPINACH
ASPARAGUS
ARTICHOKES
POTATOES
BRUSSELS SPROUTS
GUAVA
CHERIMOYA
BLACKBERRIES
BANANAS
EDAMAME



PLANT FOODS: SOURCES OF PROTEIN

LENTILS

CHICKPEAS

MOST BEANS

SPELT (ANCIENT GRAIN)

TEFF (ANCIENT GRAIN)

SPIRULINA

QUINOA

SOY

OATS

WILD RICE

CHIA SEEDS



ANIMAL FOODS: SOURCES OF PROTEIN

According to Healthline, here are 10

AVOCADOES

WHOLE EGGS

CHEESE

FATTY FISH

NUTS

DARK

CHOCOLATE

CHIA SEEDS

GOOD CARBOHYDRATES

QUINOA

OATS

BUCKWHEAT

BANANAS

SWEET POTATOES

BEEETS

ORANGES

BLUEBERRIES

GRAPEFRUIT

ADDIES





**WHAT ARE YOUR FAVORITE
HEALTHY FOODS?**

**ARE THERE ANY RECIPES YOU
LIKE TO MAKE?**

**WHAT IS YOUR MAIN MOTIVATION
TO EAT BESIDES HUNGER?**

**TO FEEL FULL?
FOR TASTE?
FOR HEALTH?
FOR STRENGTH?**

Do you have a healthy relationship



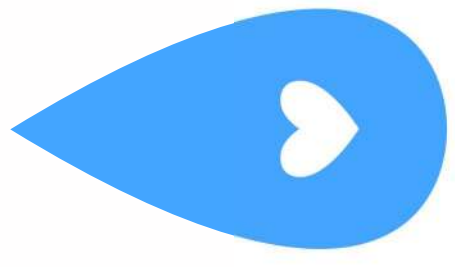
ENJOY your food.

Eat **SLOWLY**.

Eat **MINDFULLY**.

A healthy **MINDSET** is as important as a
healthy gut.

HYDRATE yourself



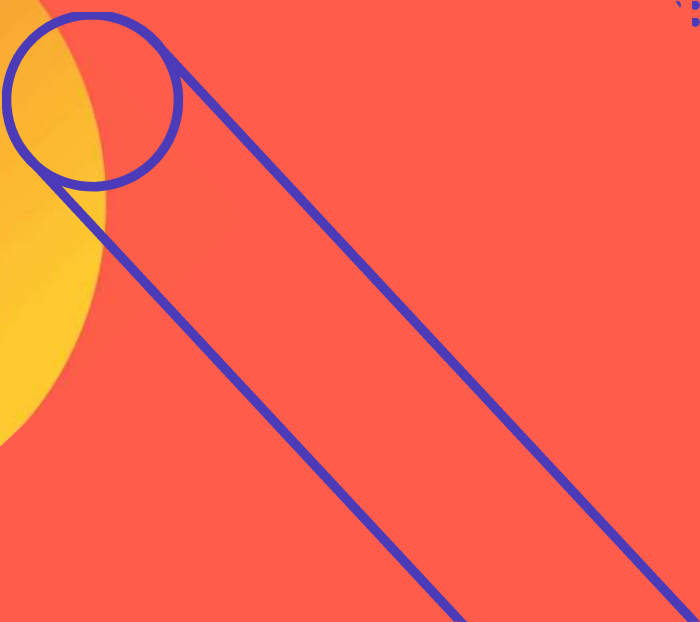
WATER

CHANGES

EVERYTHING

**TED TALK ON HAVING A
HEALTHY
RELATIONSHIP WITH
FOOD...**

EXERCISE



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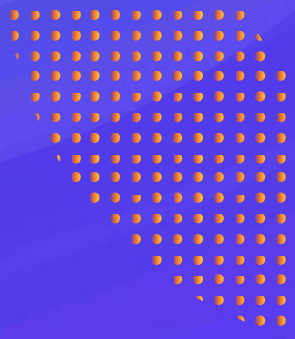
Health benefits of exercising...

Exercise makes you feel happier.

Helps with weight loss.

It benefits your muscles and bones.

Exercise can increase your energy levels.



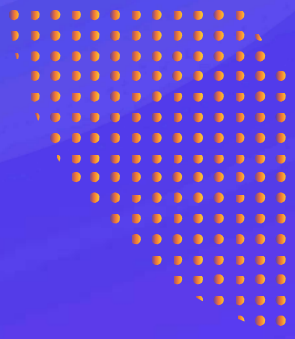
Health benefits of exercising...

Helps with skin health.

Improves brain health and memory.

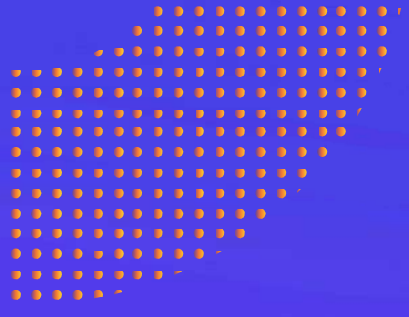
Aids in relaxation and sleep quality.

It can reduce pain.



Boost Your Physical Activity Level





What type of
exercise do you
enjoy?

Do you have an
exercise routine?

Let's watch a
Ted Talk on the
power of
exercise.



Healthy body

Take this lesson to heart

Improve your sleep

Balance your
schedule

Eat deliciously
healthy



Asynchronous Time

Planners [Organization Grade]

W. H. O. : F. S. : C. H. : T.