

Vol. 01

Wellness Magazine

Vitality Life

Nutrition



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AIRPORT
SOLUTIONS

Welcome to Vitality Life – your guide for a healthier, happier you.



In today's busy world, it's easy to forget about taking care of ourselves. But here, we're all about making it simple.

Vitality Life is your one-stop shop for everything wellness. From what you eat to how you move, and even how you feel. We've got you covered.

Think of us as your friendly companion on your journey to feeling great. We're here to share easy tips, expert advice, and inspiring stories to help you live your best life.

Whether you're just starting out or you're a wellness pro, there's something for everyone here. So, come on in and let's start this adventure together.

Welcome to **Vitality Life** – where your journey to wellness begins.

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Nutrition

Article

Nutrition Tips for Boosting your Health

Why should you read this article?

In today's fast-paced world, where convenience often takes precedence over health, our dietary choices play a pivotal role in shaping our well-being. From the foods we consume to the way they're prepared, every bite we take can either nourish or harm our bodies. In this article, we delve into the realm of nutrition, uncovering key tips to help you make informed choices and optimize your health.

From minimizing sugar intake to prioritizing fiber-rich foods, each tip we explore aims to empower you with practical knowledge to support your journey towards better health. Whether you're aiming to shed a few pounds, boost your energy levels, or simply cultivate a more vibrant lifestyle, these nutrition tips offer actionable insights to help you achieve your goals.

Here are the tips, that you should pay attention to:

Minimize your sugar intake

Added sugar is extremely prevalent in modern food and drinks. A high intake is linked to obesity, type 2 diabetes, and heart disease. The Dietary Guidelines for Americans recommend keeping added sugar intake below 10% of your daily calorie intake, while the World Health Organization recommends slashing added sugars to 5% or less of your daily calories for optimal health.

People should look out for hidden sugars in foods that manufacturers label as names ending in “-ose,” for example, fructose, sucrose, and glucose. Natural sugars, such as honey and maple syrup, could also contribute to weight gain if someone eats them too often.

Stay Hydrated

Hydration is an important and often overlooked marker of health. Staying hydrated helps ensure that your body is functioning optimally and that your blood volume is sufficient. Drinking water is the best way to stay hydrated, as it’s free of calories, sugar, and additives.

Although there’s no set amount that everyone needs per day, aim to drink enough so that your thirst is adequately quenched. If someone does not like plain water, they can add some citrus slices and mint leaves to increase the appeal, or drink herbal teas.

Eat enough protein

Eating enough protein is vital for optimal health, as it provides the raw materials your body needs to create new cells and tissues.

What’s more, this nutrient is particularly important for maintenance of a moderate body weight.

High protein intake may boost your metabolic rate — or calorie burn — while making you feel full. It may also reduce cravings and your desire to snack late at night

Avoid ultra-processed food

Ultra-processed foods (UPFs) are foods containing ingredients that are significantly modified from their original form. They often contain additives like added sugar, highly refined oil, salt, preservatives, artificial sweeteners, colors, and flavors as well.

Examples include:

- snack cakes
- fast food
- frozen meals
- packaged cookies
- chips

UPFs are highly palatable, meaning they are easily overeaten, and activate reward-related regions in the brain, which can lead to excess calorie consumption and weight gain. Studies show that diets high in ultra-processed food can contribute to obesity, type 2 diabetes, heart disease, and other chronic conditions.

In addition to low quality ingredients like refined oils, added sugar, and refined grains, they’re usually low in fiber, protein, and micronutrients. Thus, they provide mostly empty calories.

Eat nuts and seeds

Some people avoid nuts because they are high in fat. However, nuts and seeds are incredibly nutritious. They are packed with protein, fiber, and a variety of vitamins and minerals.

Nuts may help you lose weight and reduce the risk of developing type 2 diabetes and heart disease.

Additionally, one large observational study noted that a low intake of nuts and seeds was potentially linked to an increased risk of death from heart disease, stroke, or type 2 diabetes

Take vitamin D

Most people do not get enough vitamin D. While these widespread vitamin D inadequacies are not imminently harmful, maintaining adequate vitamin D levels can help to optimize your health by improving bone strength, reducing symptoms of depression, strengthening your immune system, and lowering your risk for cancer.

If you do not spend a lot of time in the sunlight, your vitamin D levels may be low. If you have access, it’s a great idea to have your levels tested, so that you can correct your levels through vitamin D supplementation if necessary.

Eat fish

Fish is a great source of high-quality protein and healthy fat.

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This is particularly true of fatty fish, such as salmon, which is loaded with anti-inflammatory omega-3 fatty acids and various other nutrients.

According to research, omega-3 fatty acids in oily fish are essential for cell signaling, gene expression, and brain and eye development. Studies show that people who eat fish regularly have a lower risk for several conditions, including heart disease, dementia, and inflammatory bowel disease.

Include fiber

According to the AHA, fiber can help improve blood cholesterol levels and lower the risk of heart disease, obesity, and type 2 diabetes.

People can get enough fiber in their diet by eating whole grains, vegetables, beans, and pulses.

Dark green leafy vegetables are a great source of nutrition, according to the Department of Agriculture (USDA).

Leafy greens are rich in vitamins, minerals, and antioxidants. The USDA suggest that folate in leafy greens may help protect against cancer, while vitamin K helps prevent osteoporosis.

Limit refined carbs

Not all carbs are created equal.

Refined carbs have been highly processed to remove their fiber. They're relatively low in nutrients and may harm your health when eaten in excess. Most ultra-processed foods are made from refined carbs, like processed corn, white flour, and added sugars. Studies show that a diet high in refined carbs may be linked to overeating, weight gain, and chronic diseases like type 2 diabetes and heart disease.

Move your body

Doing aerobic exercise, or cardio, is one of the best things you can do for your mental and physical health.

It's particularly effective at reducing belly fat, the harmful type of fat that builds up around your organs. Reduced belly fat may lead to major improvements in your metabolic health.

According to the Physical Activity Guidelines for Americans, we should strive for at least 150 minutes of moderate intensity activity each week.





- Robert Urich

A Healthy Outside Starts from the Healthy Inside



Top 6 Essential Nutrients

From the foundational role of protein in muscle development to the intricate dance of vitamins and minerals in supporting our immune system, each nutrient plays a unique and irreplaceable part in the tapestry of human physiology.

We explore not only the sources of these nutrients but also the intricate

mechanisms through which they sustain our bodies, offering insights into the delicate balance required for optimal health. As we journey through the realms of nutrition, we uncover the importance of making informed dietary choices, emphasizing the significance of consuming a diverse array of nutrient-rich foods.

Protein



Protein is a macronutrient that every cell in the body needs to function properly.

Proteins carry out a variety of functions, including:

- ensuring the growth and development of muscles, bones, hair, and skin
- forming antibodies, hormones, and other essential substances
- serving as a fuel source for cells and tissues when needed

A person can take in proteins through their diet. The following foods are good sources of protein:

- *red meats (limit their use and choose lean cuts)*
- *poultry, including chicken and turkey*
- *fish and other seafood*
- *beans and legumes*
- *eggs*
- *dairy products*
- *soy*
- *nuts*
- *some grains, including quinoa*

Fats



People often associate high fat foods with bad health. However, a person needs certain fats to help maintain optimal health.

Fats provide the body with energy and help it carry out a range of functions. However, it is essential to consume healthful fats, such as monounsaturated and polyunsaturated fats and limit or avoid saturated and trans fats.

Healthful fats help with the following functions:

- cell growth
- blood clotting
- building new cells
- reducing the risk of heart disease and type 2 diabetes
- muscle movement
- balance blood sugar
- brain functioning
- mineral and vitamin absorption
- hormone production
- immune function

A person should consume 20–35% of their calories from healthful fats.

Healthful fats can be found in several foods, including:

- *nuts*
- *fish, such as salmon and tuna*
- *vegetable oils*
- *seeds*

Carbohydrates



Carbohydrates are essential to the body. They are sugars or starches that provide energy for all the cells and tissues in the body.

There are two different types of carbohydrates: simple and complex. People should limit their intake of simple carbohydrates, such as white bread, pasta, and rice. However, the body needs complex carbohydrates to support the following:

- the immune system
- brain function
- the nervous system
- energy to perform tasks
- digestive function



The Dietary Guidelines for Americans recommend a person consumes 45–65% of their daily calories from complex carbohydrates.

The following foods contain complex carbohydrates:

- quinoa
- brown rice
- vegetables
- whole grain pasta, bread, and other baked goods
- oatmeal
- fruits
- barley



People should avoid overly processed products that contain bleached, white flour, and foods with added sugar.

Vitamins



Vitamins are micronutrients that offer a range of health benefits, including:

- boosting the immune system
- helping prevent or delay certain cancers, such as prostate cancer
- strengthening teeth and bones
- aiding calcium absorption
- maintaining healthy skin
- helping the body metabolize proteins and carbs
- supporting healthy blood
- aiding brain and nervous system functioning

The body needs these micronutrients to support its functions. There are 13 essential vitamins that the body needs to function properly, including vitamins A, C, B6, and D.

Minerals



Much like vitamins, minerals help support the body. They're essential for many body functions, including building strong bones and teeth, regulating your metabolism, and staying properly hydrated. Some of the most common minerals are calcium, iron, and zinc.

In addition to strengthening bones, calcium helps with nerve signal transmission, maintaining healthy blood pressure, and muscle contraction and relaxation. Iron supports your red blood cells and hormone creation, while zinc boosts your immune system and wound healing.

A person can ensure they consume enough minerals by including the following foods in their diet.

- *red meats (limit their use and choose lean cuts)*
- *seafood*
- *iodized table salt (less than 2,300 milligrams a day)*
- *milk and other dairy products*
- *nuts and seeds*
- *vegetables*
- *leafy greens*
- *fruits*
- *poultry*
- *fortified bread and cereals*
- *egg yolks*
- *whole grains*
- *beans and legumes*



Water



You can go for weeks without food, but you can't last more than a few days without water. Water is absolutely crucial for every system in your body.

The human body is made up of mostly water, and every cell requires water to function. Water helps with several functions, including:

- flushing toxins out
- shock absorption
- transporting nutrients
- preventing constipation
- lubrication
- hydration

Even mild dehydration can make you feel tired and impair your concentration and physical performance.

You don't have to chug water to stay hydrated. Fruits and vegetables can also be a great source. Munch on some spinach or watermelon to stay hydrated.



People should avoid getting their water intake from sugary drinks. Sugary drinks include sweetened teas, coffees, soda, lemonade, and fruit juices.



Eat a Rainbow With Every Meal.

Varying the color of plant foods means that someone gets a wide variety of antioxidants beneficial to health, for example, carotenoids and anthocyanins.

Red



Yellow Orange



Green



White



Blue Purple



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Easy Breakfast Ideas





Avocado-Egg Toast

Ingredients

- ¼ avocado
- ¼ teaspoon ground pepper
- ⅛ teaspoon garlic powder
- 1 slice whole-wheat bread, toasted
- 1 large egg, fried
- 1 teaspoon Sriracha (Optional)
- 1 tablespoon scallion, sliced (Optional)

Directions

1. Combine avocado, pepper and garlic powder in a small bowl and gently mash.
2. Top toast with the avocado mixture and fried egg. Garnish with Sriracha and scallion, if desired.

Tips:

We top this avocado toast with a fried egg, but the sky is the limit on what you can use to top your toast. Eggs work well for breakfast, as do thinly sliced tomatoes or smoked salmon as a different spin on a cream cheese and lox bagel.



Quick-Cooking Oats

Ingredients

- 1 cup water or low-fat milk
- Pinch of salt
- ½ cup quick-cooking oats (see Tip)
- 1 ounce low-fat milk for serving
- 1 to 2 teaspoons honey, cane sugar or brown sugar for serving
- Pinch of cinnamon

Directions

1. Stovetop: Combine water (or milk) and salt in a small saucepan. Bring to a boil. Stir in oats and reduce heat to medium; cook for 1 minute. Remove from heat, cover and let stand for 2 to 3 minutes.
2. Microwave: Combine water (or milk), salt and oats in a 2-cup microwave-safe bowl. Microwave on High for 1 1/2 to 2 minutes. Stir before serving.
3. Serve with your favorite toppings, such as milk, sweetener, cinnamon, dried fruits and nuts.



Really Green Smoothie

Ingredients

- 1 large ripe banana
- 1 cup packed baby kale or coarsely chopped mature kale
- 1 cup unsweetened vanilla almond milk
- ¼ ripe avocado
- 1 tablespoon chia seeds
- 2 teaspoons honey
- 1 cup ice cubes

Directions

1. Slice along each side of the stem of the kale or hold onto it and pull off the leaves.
2. Coarsely chop the leaves.
3. Combine banana, kale, almond milk, avocado, chia seeds and honey in a blender. Blend on high until creamy and smooth.
4. Add ice and blend until smooth.





Spinach and Feta Wrap

Ingredients

- 1/2 cup fresh spinach, roughly chopped
- 4 Kalamata olives, chopped
- 1/4 cup feta cheese, crumbled
- 1 1/2 tablespoons unsalted butter, diced
- 1 white or whole-wheat tortilla
- Salt, to taste
- Freshly ground black pepper, to taste

Directions

1. Heat a small saute pan to medium heat. Add 1/2 of a tablespoon of butter to the pan. Let the butter melt and swirl it to coat the pan.
2. Scramble the eggs in a small bowl. Add in the rest of the butter chunks and salt and pepper. Add the egg mixture to the pan. Let the eggs cook for a moment and then gently push them with a spatula to allow the raw egg to cook in the pan. Just before the eggs are cooked, add in the spinach and combine until the spinach and egg are cooked.
3. Remove the eggs from the heat and lay them over the tortilla. Top the eggs with the feta cheese crumbles and chopped Kalamata olives. Wrap together and serve!



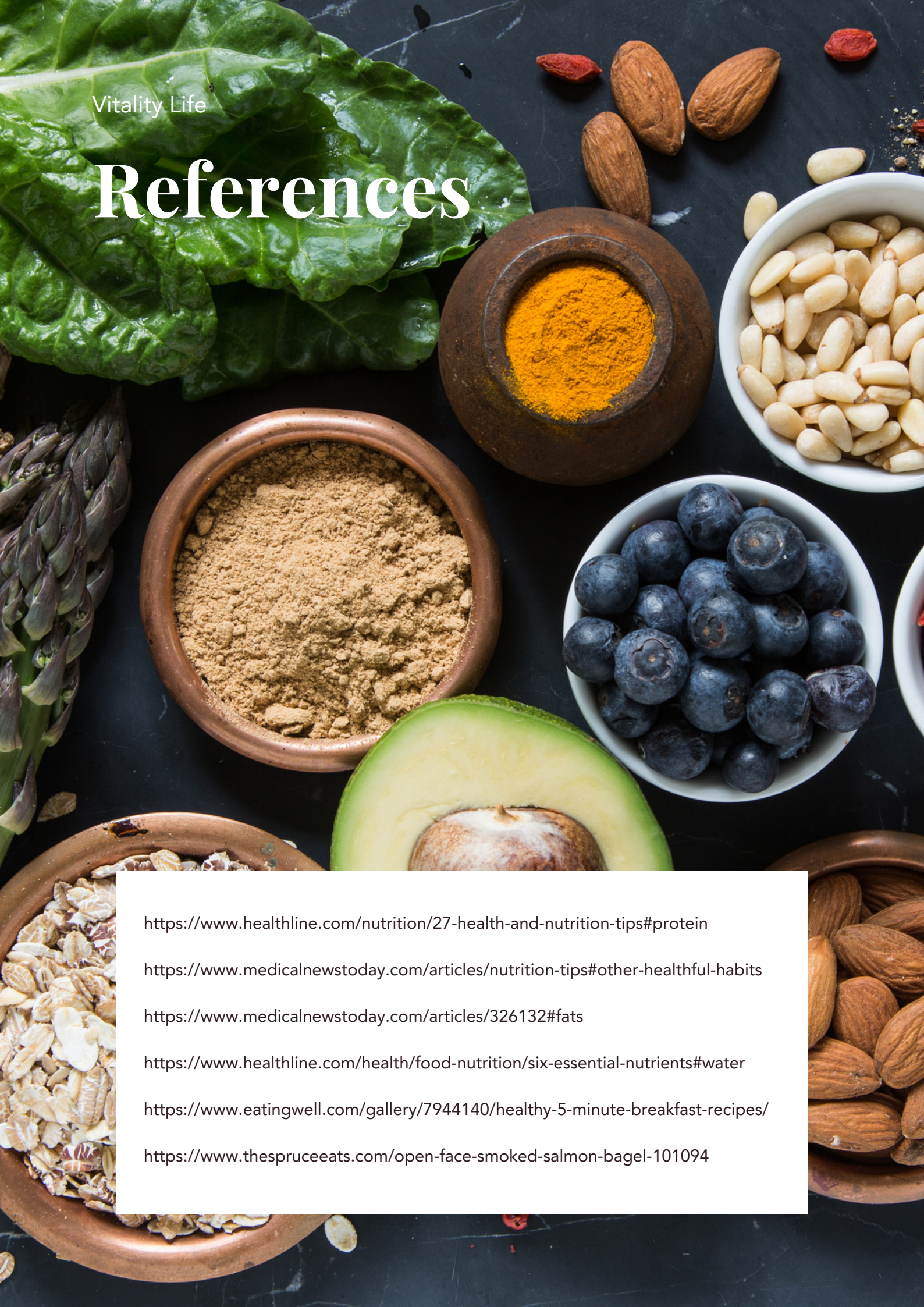
Smoked Salmon Bagel

Ingredients

- 3 medium bagels, split and toasted
- 170 grams cream cheese, softened
- 3 tablespoons capers, drained and divided, optional
- 170 grams thinly sliced smoked salmon or lox
- 80 grams thinly sliced red onion, optional
- Freshly ground black pepper, to taste
- Lemon wedges, garnish

Directions

1. Spread the toasted bagel bottom halves with cream cheese. Sprinkle half the capers over the cream cheese, if desired.
2. Top with sliced smoked salmon.
3. Garnish the bagel tops with the rest of the capers, onion, and black pepper. Garnish with fresh lemon wedges.



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