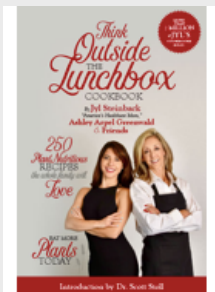


ShapeUpUs.org

Building a Healthier Future

Think outside the Lunchbox Cookbook



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Today!

Smoothie Bowl

By Reuel Rodriguez (Pg. 335)

Ingredients:

1 oz dried acai packet
1 banana
1/2 cup frozen unsweetened strawberry

1/2 cup coconut milk
1 Tbsp hemp seeds

Optional toppings:

1/2 cup strawberries
1/4 cup flaked coconut
1 sliced kiwi
1/3 cup blueberries

Directions:

1. Gather all ingredients.
2. Combine ingredients in blender
3. Pulse until desired consistency
4. Pour into a bowl and enjoy



PLANT-BASED NUTRITION

Finding a Meal Plan that has multi-generational Health benefits

It may be suggested that getting the proper nutrition is important to our well-being, that could help combat chronic diseases, fight obesity and possibly prevent some cancers.

Practicing a plant-based nutritious meal plan can help in all of these sectors, regardless of your age. Plant-based nutrition provides the body with most of the micronutrients needed, adequate amount of fiber, the all powers antioxidants and includes the phytochemicals that can provide many health benefits. “Dietary behavior is a major determinate of chronic disease and the promotion of healthful dietary behaviors in all populations, including adolescents” (Pearson, 2010) which



should be the concern of our public health administration and should be considered a high priority problem for change. As, a 2019 study suggest that childhood obesity is one of the most profound problems facing the United States community as childhood obesity is continually on the rise, with current rates at "17% of US children are presenting with obesity"(Sanyaolu. 2019).

"17% of US children are presenting with obesity"

(Sanyaolu. 2019).



Recognizing that there seems to be issue among the population with obesity, chronic diseases and poor dietary intake, that we as a community can help alleviate through joining the ShapeUpUs.org initiative by practicing a plant-nutritious lifestyle .

Consuming more fruits and vegetables will not only provide beneficial micronutrients, antioxidants and

phytochemicals but also supply the feelings of satiety and satiation. By increasing the intake of these types of foods may also decrease cravings for salty snacks and baked goods, ultimately eliminating them from the tradition meal plan. Additionally, by increasing the amount of whole grain, beans, legumes and soy consumed will supply the needed protein that is required for proper growth and health. Thus, continuing to increase individual health and help fight against the impending obesity epidemic society is facing.

*Let's take a look at the health benefits
Plant-based nutrition can provide...*

Before starting any type of dietary change, consulting your medical professional for more information and personal safety is always recommended. Interestingly, a 2016 position paper done by the Academy of Nutrition and Dietetics, suggest that participating in a plant-nutritious lifestyle contribute to lowering body mass index, while also improving chronic illnesses such as heart disease and diabetes. The position paper continues to suggest that eating a plant-nutrient meal plan lowers the

“overall cancer risk”(Melina, 2016). The benefits to eating a plant-nutritious lifestyle seem to be endless, that may have no issues detrimental on health.

Regardless of the stage of life individuals may find themselves in, the possible benefits of eating a plant-nutritious lifestyle may have many beneficial outcomes on our well-being. We should ask ourselves if a more plant-based nutritious lifestyle could hold the solutions for combating worldwide obesity, chronic illnesses and lower the risks of cancer? Consulting your doctor to see if converting to a plant based nutritious lifestyle that has a variety of whole grains, beans, legumes, fruits and vegetables could have beneficial health effects for you.

Join Us Today!

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