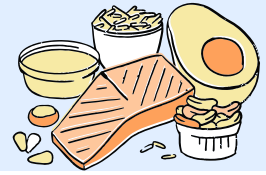




WEEK 7: NUTRITION



Why It Matters

- Boosts energy, focus, and mood
- Supports growth, strong bones, and brain health
- Helps manage stress and build long-term health

The 6 Key Nutrients

- **Carbs** = energy (bread, fruit, rice)
- **Protein** = builds muscle (eggs, beans, meat)
- **Fats** = brain support & vitamin absorption (avocados, nuts, oils)
- **Vitamins** = immune & bone health (vitamin C, D)
 - **Minerals** = bones & blood (calcium, iron)
- **Water** = digestion & hydration (64–80 oz/day)

Build a Balanced Plate

- 1/2 fruits & veggies
- 1/4 whole grains
- 1/4 protein
- Add dairy & healthy fats
- Drink water with every meal!

Lifestyle Nutrition Tips

- **Athlete:** More protein & carbs + hydrate
- **Busy:** Prep snacks (oats, fruit, hummus)
- **Vegan/Vegetarian:** Focus on iron, B12, protein
- **Studying:** Eat brain foods (berries, fish, nuts)

Quick Tips

- Get a yearly blood test (CBC + CMP)
- Consider a multivitamin (ask your doctor)
- Cook with friends, prep meals, read labels
- Reach out for help if you struggle with food/body image