

A NEW LIFESTYLE




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An illustration of a woman with dark hair, wearing a light grey t-shirt and black pants, standing on the left side of the frame. She is pointing her right hand towards a large, light beige speech bubble on the right. The background is filled with various food items: a hard-boiled egg, a slice of watermelon, a slice of cheese, a slice of orange, and a tomato. The scene is framed by several light blue, curved bands that create a sense of depth and movement.

Before we start, I would like to briefly mention the main theme which is... the importance of nutrition

An illustration of a park scene. On the left, a man with brown hair, wearing an orange sweater and blue pants, stands with his hands on his hips. On the right, a younger man with brown hair, wearing a blue button-down shirt and brown pants, stands with his hands at his sides. The background features a city skyline, a lake with a swan, a tree, a lamppost, and a bench. A large orange speech bubble is positioned above the man on the left, and a green speech bubble is positioned above the man on the right. The sky is blue with white clouds.

Henry is a 50-year-old dad who is an interior designer. His focus on work has made him have a bigger appetite, consuming sweets and caffeinated drinks.

Patrick is 20 years old (Henry's son) and has always been very active and loves sports. He loves to spend time in the gym, working out and staying fit. He also coaches young athletes.



Oh look at that cake!
Just what
I need after a long
day of work.

Hey Dad! What do you think you are
doing? Remember when we talked about
eating healthier?



Hey Son! I know, I know... but maybe just one slice won't hurt that much?

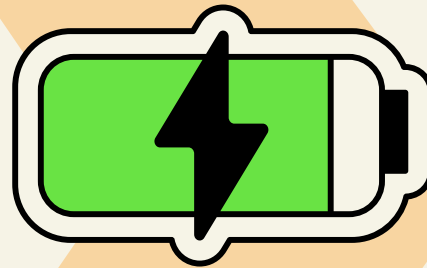
Actually, Dad, even one slice can make a difference. Remember, we agreed to cut out sweets and flour because it can lead to weight gain and affect you health.

I can't help it, son. It's like an addiction, after a long day of work I like to treat myself. I know I need to improve my eating habits, but I don't know where to start.

Dad, that's why I'm here. Let's go over some basics, and make sure to take notes - this is really important for your health.

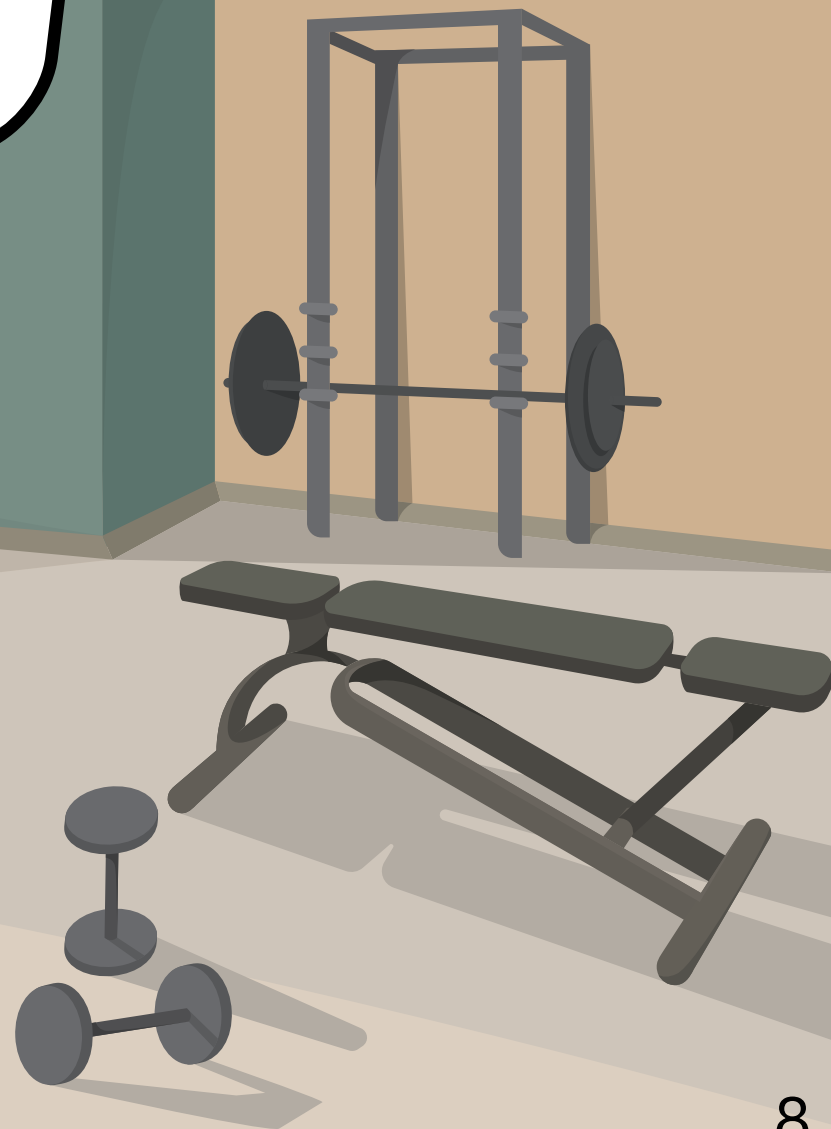



And just to add, nutrition is all about giving your body the right fuel so you can grow, stay healthy, and feel good. Think of your body like a car--it needs good gas to run smoothly. If you put in junk, it won't run well.



This gym is like my second home. Working out is a blast for me, but staying in shape isn't just about exercise—nutrition plays a huge role too.

Let me show you a bit of my healthy lifestyle!

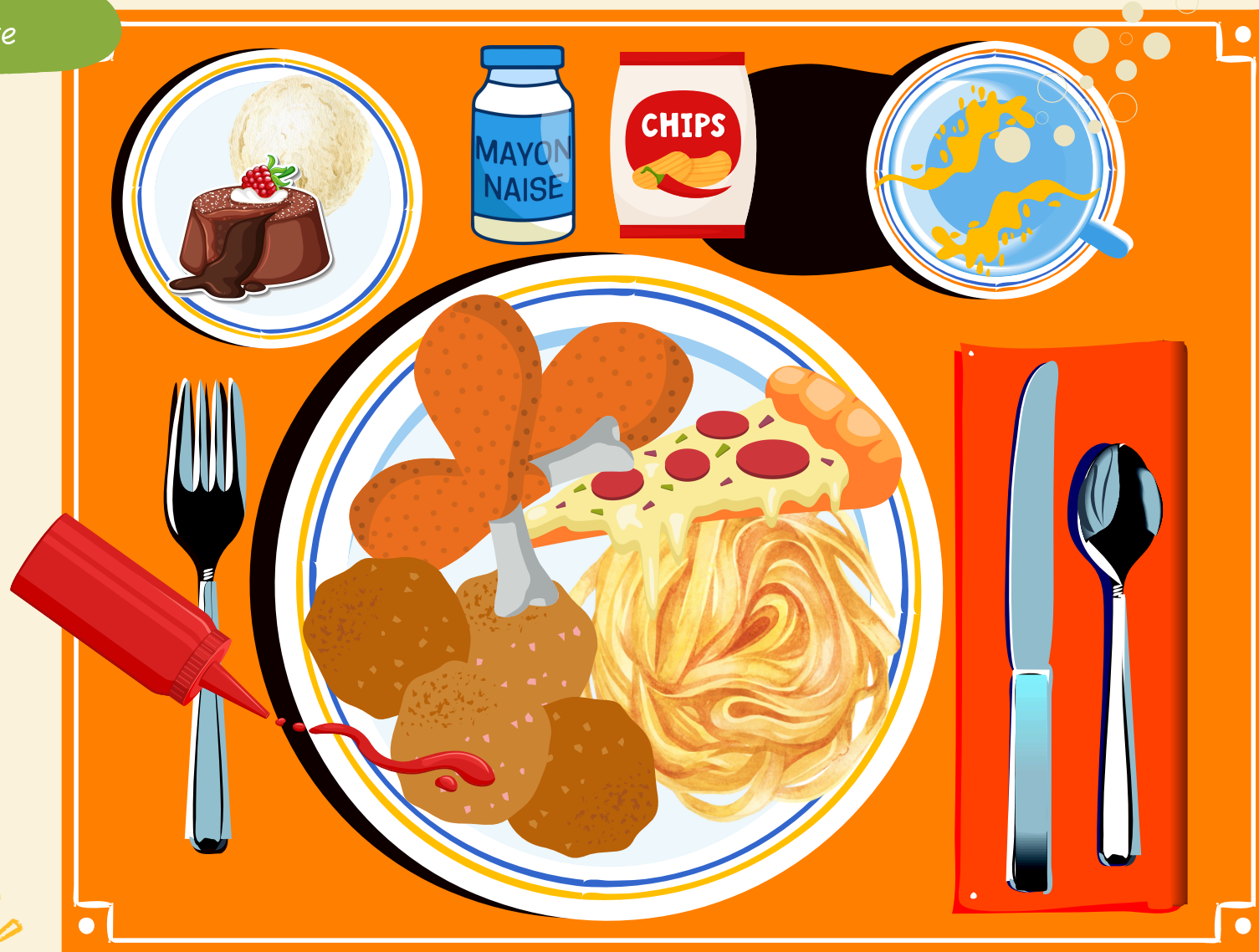




Alright, Dad! Remember, there are 5 different food groups. You've got to watch the amounts of each nutrient.

I'd love to show you how I categorize my plate. Maybe you can help me fine-tune the portion sizes because I'm still figuring out the right amounts for each food group.

Henry's Plate



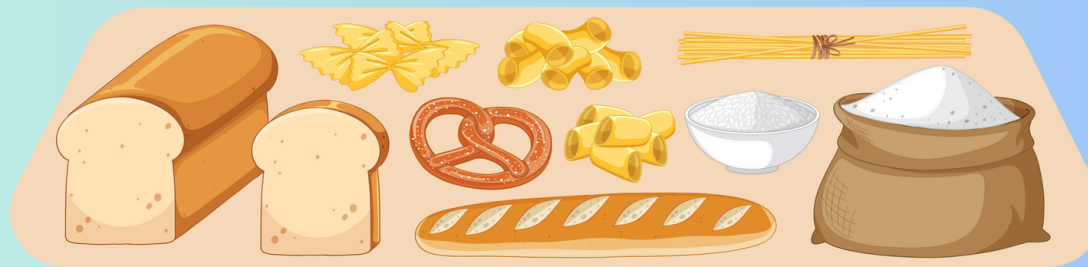
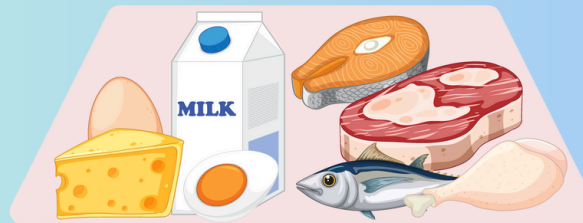
Henry's plate tends to be heavy on carbohydrates and processed fats, lacking a proper balance of nutrients. Now, let's compare this to a more balanced plate that Henry can learn from.



Any well-balanced meal consists of lean protein, fiber-rich sources of carbohydrates, veggies, and healthy fats. The energy intake is divided into 45% to 65% from carbohydrates, 15% to 25% from protein, 20% to 35% from fat.

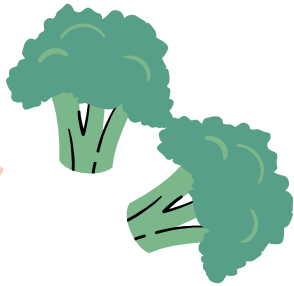
The Five Layers of the Pyramid

- Fats and sugars.
- Proteins, such as meat, fish, eggs, and beans
- Milk and dairy foods.
- Fruit and vegetables.
- Starchy foods, such as bread, cereals, and potatoes.



What vegetables give you energy?

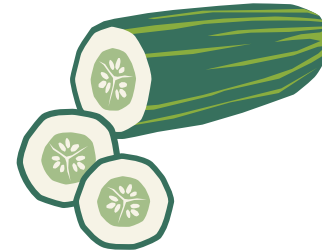
For those who are anemic or low on iron, eating greens can combat the fatigue that comes with a lack of iron. "Eating green leafy vegetables such as kale, lettuce, and spinach that are high in iron may correct the deficiency causing the lack of energy."



broccoli



lettuce




cucumber



Spinach




kale

An illustration of a kitchen scene. On the left, a man in an orange sweater and blue pants stands on a black hoverboard with orange wheels. He is pointing towards a speech bubble. In the center, a man in a blue shirt and brown pants stands on a circular rug with a blue and white pattern. He is also pointing towards a speech bubble. The background shows a kitchen with a refrigerator, a stove, and various kitchen items on the counter and shelves.

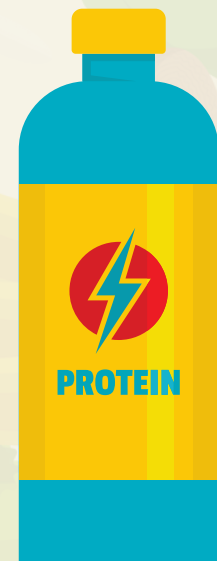
Now that I'm more familiar with what nutrition is, I have one question. Also, how can nutrition go above just a normal diet?


I'm glad you asked Dad, there is one more nutrition method that I can teach you about. This method has to deal with dietary supplements.

A cartoon illustration of a man with brown hair, wearing a blue short-sleeved button-down shirt and brown pants, standing in a kitchen. He is smiling and has his right hand raised in a gesture. Behind him is a kitchen counter with a sink, a stove, and various kitchen items. To his left is an open refrigerator filled with food and drinks. A speech bubble points to him from the right, containing text.

To be more specific, supplements are designed to provide extra nutrients that might be lacking in your diet or to support specific health needs.

Here we have examples of supplement products that come in various forms like pills, powders, or liquids, and provide additional nutrients to help us fill in nutritional gaps in our diet.






Dad, did you know that most common multivitamin pills include a range of essential vitamins and minerals? Each of these plays a crucial role in keeping your body healthy.

Most of the common type of multi-vitamin pills contain:

- *Vitamin A*
- *Vitamin B*
- *Vitamin C*
- *Vitamin D*
- *Vitamin E*
- *Vitamin K*

Minerals:

- *Calcium: Essential for bone and teeth health.*
- *Iron: Necessary for red blood cell production and oxygen transport.*
- *Magnesium: Supports muscle and nerve function, and energy production.*
- *Zinc: Supports immune function, wound healing, and DNA synthesis.*
- *Potassium: Helps regulate fluid balance, muscle contractions, and nerve signals.*

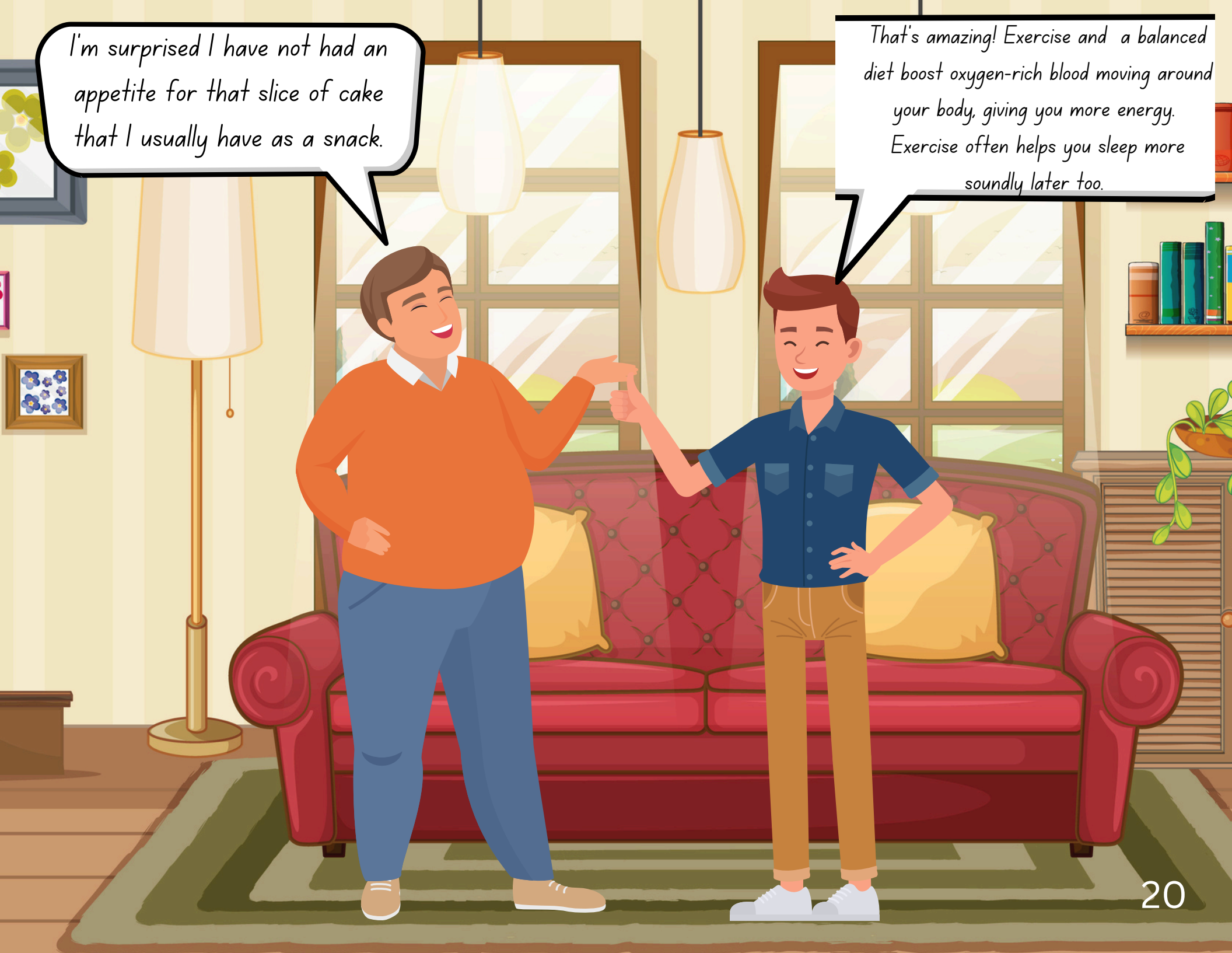


I had no idea that there were so many vitamins, from now on I think I will adopt your nutrition methods to mine.

I hope you keep your word Dad, if you want results you need to have discipline. It's all about maintaining a routine that ensures you're getting the nutrients you need.



Henry started to work out, in order to transition from his old habits into healthier ones.



I'm surprised I have not had an appetite for that slice of cake that I usually have as a snack.

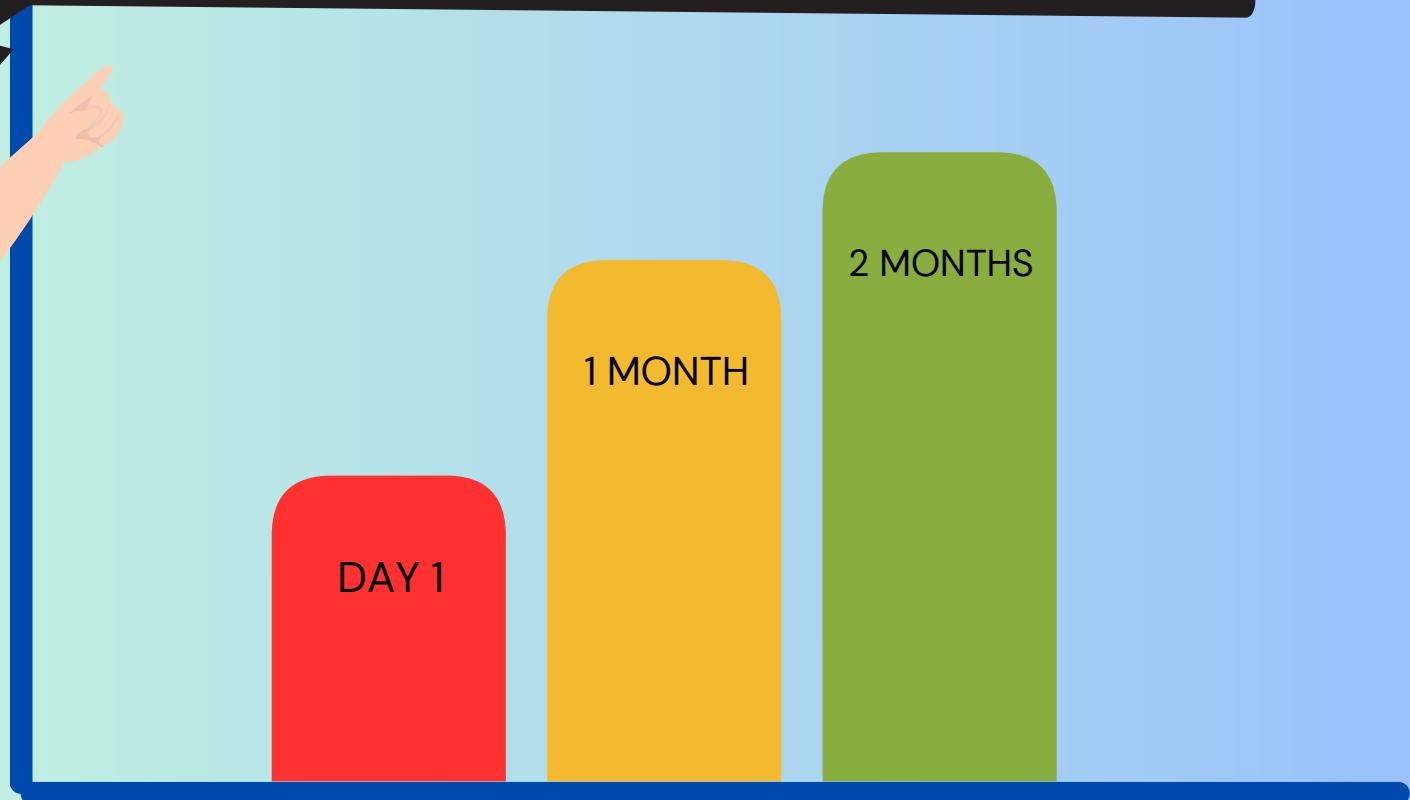
That's amazing! Exercise and a balanced diet boost oxygen-rich blood moving around your body, giving you more energy. Exercise often helps you sleep more soundly later too.

This bar graph represents Henry's energy levels throughout his fitness journey:

Red: 1st day, he felt tired most of the time and with no motivation to exercise.

Yellow: after 1 month, he feels less fatigued and has slightly more energy.

Green: 2 months later, he wakes up refreshed without the feeling of tiredness and can concentrate better on his daily tasks.



HENRY'S ENERGY LEVELS

Benefits of Exercising regularly:

- *Increases your energy levels*
- *Prevents illnesses*
- *Boosts your mood*
- *Improves Your Sleep Quality.*
- *May Increase Your Energy Levels.*



2 months later!

Thank you for believing in me son! you have been an excellent mentor.

Let's go! See, Dad, that wasn't too hard. You just needed a little push to get started. I'm so proud of you!

“Taking supplements to fill in gaps and eating a well-balanced diet has helped Henry to loose weight and become a healthier version of himself.”



Well folks, just like Henry transformed his life, you can too! It all comes down to proper nutrition and discipline. At first, Henry struggled to commit because of his job, but he realized that his health should be his top priority. With Patrick's help, he balanced his diet and got the essential nutrients he needed. Remember, a bit of effort and consistency can make a big difference in your well-being.

THE END!