



FACULTY AND STAFF WELLNESS PROGRAM

Making UC Riverside a Healthy Place to Study, Work, & Live



Healthy Eating Through the Lens of Nutrition

Welcome to a journey towards optimal health and well-being through the lens of nutrition! At the heart of our exploration lies the fascinating world of macronutrients—carbohydrates, proteins, and fats—the building blocks of a balanced, healthy diet.

Understanding how these nutrients work synergistically to fuel our bodies and minds is key to unlocking our full potential. From supporting muscle growth and repair to providing sustained energy and boosting brain function, macronutrients play a crucial role in every aspect of our well-being.

In this newsletter, we'll discuss macronutrients, exploring how they impact our health, and offering practical tips for incorporating them into our daily lives. Whether you're looking to learn more about nutrition, manage your weight, or simply improve your overall health, join us as we discover the transformative power of healthy nutrition and macronutrients on our well-being.

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Macronutrients are the essential nutrients that provide energy and are needed in large amounts for our well-being.. There are three main macronutrients: carbohydrates, proteins, and fats. Carbohydrates are the body's primary source of energy, proteins are important for building and repairing tissues, and fats are essential for absorbing certain vitamins and maintaining cell function. A balanced diet that includes all three macronutrients is important for overall health and well-being.



Carbohydrates: The Body's Source of Energy

The primary role of carbohydrates is to provide your body with energy. When consumed, carbohydrates are broken down into glucose, or blood sugar, which can be used as an immediate fuel source. Excess carbohydrates that are not utilized by the body are converted into fat for storage.

Fats: The Most Energy Per Gram

1. Fats, similar to carbohydrates, are a key energy source. Unlike carbohydrates, fats metabolize slowly and offer more energy per gram. They are ideal for low-intensity exercise and play roles in vitamin absorption, insulation, and hormone regulation.
2. Fats are classified into three categories:
 - a. **Saturated fats:** found in meat and dairy; are solid at room temperature and can raise LDL cholesterol
 - b. **Unsaturated fats:** found in vegetables, nuts, and fish are liquid at room temperature and may lower LDL cholesterol and increase HDL cholesterol.
 - c. **Trans fat:** the unhealthiest fat, are found in margarine and fried foods. Trans fat can increase LDL cholesterol, risk of heart disease, and Type 2 Diabetes



Proteins: Building & Repairing the Body

Proteins are vital for various functions in the body, primarily known for cell and tissue growth and repair. They also provide cell structure, balance hormones, and transport nutrients like vitamins and oxygen. For instance, hemoglobin, a protein in red blood cells, carries oxygen from the lungs to body tissues.

While protein can provide energy, your body will typically opt for fats and carbohydrates as primary sources of fuel.

Protein can be found in meats, eggs, and dairy products. Vegetarian sources of protein include legumes, soy, and quinoa.



Nutritious Meals on a Budget



In today's world, where every penny counts, maintaining a nutritious diet can seem like a daunting task, especially when faced with a shrinking food budget. However, the good news is that with the right strategies and mindset, it is entirely possible to include nutrient-dense foods in your diet without breaking the bank. By making smart choices, planning ahead, and being creative, you can not only stay within your budget but also improve your health and well-being.

Budget-Friendly Shopping

- Budget-friendly grains like rice, pasta, and whole wheat, bought in bulk, offer fiber and B vitamins. Use promptly to avoid spoilage.
- Save on proteins by freezing portions from family-sized packs. Plant-based proteins such as peas, lentils, and beans are cost-effective and low in saturated fats.
- Choose low-sodium canned options or rinse regular cans.
- Affordable seafood includes canned tuna, salmon, or sardines.
- Purchase yogurt in larger containers to save money and control sugar content with your toppings



Save Money & Time by Planning Ahead

- Plan meals for the week and create a budget-based grocery list with staples and perishables.
- Take inventory before shopping and make a list to avoid duplicate purchases.
- Check local ads for sale items and plan meals around them.
- Organize your list by aisle or food group for efficiency.
- Only buy perishables you can consume or freeze within days, and designate a fridge space for soon-to-expire items.



Additional Resources

HEALTHY PLATE

The Healthy Plate is a simple yet powerful guide to balanced eating, emphasizing portion control and nutrient-rich foods. It divides a plate into sections for fruits, vegetables, proteins, and grains, promoting a colorful and varied diet. This approach encourages mindful eating, ensuring a good mix of vitamins, minerals, and macronutrients. By following the Healthy Plate, individuals can easily create well-rounded meals, supporting overall health and wellness. To view the PDF, please click [here](#)

HEALTHY PLATE (PLANT-BASED)

The Plant-Based Healthy Plate emphasizes whole, plant-based foods like fruits, vegetables, whole grains, legumes, nuts, and seeds for optimal health and reduced environmental impact. Plant-based dishes such as bean chili, lentil burgers, and tofu stir fry can replace meat, and adding these meals to your weekly plan helps make sustainable choices for your health and the planet. To view the PDF, please click [here](#).

HEALTHY PLATE (PLANT-BASED)

Eat More Color is a simple yet powerful mantra that encourages individuals to consume a diverse range of fruits and vegetables to improve their health. This approach emphasizes the importance of a colorful diet in providing a variety of nutrients, antioxidants, and fiber, which can help reduce the risk of chronic diseases and promote overall well-being. By incorporating a rainbow of colors into meals, individuals can easily increase their intake of essential vitamins and minerals, leading to a healthier lifestyle. To view the site, please click [here](#).

EAT MORE COLOR

The food we eat has a profound impact on our brain health and function. From enhancing mood and cognition to reducing the risk of neurodegenerative diseases, our dietary choices play a crucial role in shaping our brain's health. Nutrient-rich foods like fruits, vegetables, whole grains, and healthy fats provide essential vitamins, minerals, and antioxidants that support brain function and protect against oxidative stress. Conversely, a diet high in processed foods, sugar, and unhealthy fats can contribute to inflammation and impaired brain function. By choosing a diet rich in brain-boosting nutrients, we can optimize our cognitive abilities and promote long-term brain health. To view the video, please click [here](#).

HOW THE FOOD YOU EAT AFFECTS YOUR BRAIN

The food we eat has a profound impact on our gut health, influencing everything from digestion to mood and immune function. A diet rich in fiber, fruits, vegetables, and fermented foods promotes the growth of beneficial bacteria in the gut, leading to improved digestion and absorption of nutrients. These bacteria also play a key role in regulating the immune system and producing neurotransmitters that affect mood and behavior. On the other hand, a diet high in processed foods, sugar, and unhealthy fats can disrupt the balance of gut bacteria, leading to digestive issues and inflammation. By choosing a diet that supports a healthy gut microbiome, we can improve our overall health and well-being. To view the video, please click [here](#).

Wellness Events On Campus



1. Free Use Days at the SRC: Faculty and Staff

One month of free access to the SRC: April 1 to April 30, 2024

To sign up, click [here](#).

2. Okanagan Charter Celebration Event

When: Tuesday, April 30, 2024, from 10am - 12pm

Where: Hinderaker Lawn

How: To register for the event, click [here](#).

3. Food Recovery Network Cooking Class with Chef Val

When: Monday, April 15, 2024, from 3:00pm - 4:30pm

How: To sign up: call (951) 827-2305 or stop by the SRC front counter to register.

4. Thank Goodness for Staff Week

When: April 22 to April 26, 2024

- Monday, April 22 at 3 - 4 p.m.: **How to Meal Prep** on a Budget with Chef Val (VIRTUAL)
- Tuesday, April 23 at 12 - 2:00 p.m.: Mary S Roberts- **Pet Adoption** in INTS 1109
- Wednesday, April 24 at 8 - 10:00 a.m.: **Crochet, Crafts & Coffee** at Hinderaker entrance
- Thursday, April 25 at 12 - 1 p.m.: **Build-a-Scotty Bear** on Hinderaker lawn
3 - 3:30 p.m.: Virtual Stretch and Mobility Session with Hung
Register [here](#).
- Friday, April 26 at 12 - 1 p.m. & 6 - 7:30 p.m.: Bingo (VIRTUAL)
Register [here](#).