

## 5 Tips for a Healthier Feast of Dedication

### **1. SALMON**

Instead of fried fish, grilled or baked salmon.



\*Salmon is rich in Omega-3 Fatty Acids, unlike most other fats, omega-3 fats are considered "essential," meaning you must get them from your diet since your body cannot create them.

\*Great source of protein, which helps the body heal after injury, protecting bone health and maintaining muscle during weight loss.

\*High in B vitamins

- Vitamin B1 (thiamin): 18% of the RDI
- Vitamin B2 (riboflavin): 29% of the RDI
- Vitamin B3 (niacin): 50% of the RDI
- Vitamin B5 (pantothenic acid): 19% of the RDI
- Vitamin B6: 47% of the RDI
- Vitamin B9 (folic acid): 7% of the RDI
- Vitamin B12: 51% of the RDI

### **2. BROWN RICE**

Instead of white rice, have whole grain brown rice.



Brown rice is a highly nutritious food. It is a whole grain that is relatively low in calories (216 calories per cup), high in fiber, gluten-free and can be incorporated into a variety of dishes.

Brown rice is considered a low "glycemic index" food. The glycemic index (GI) refers to how quickly and how much a food raises a person's blood sugar after eating.

One cup of brown rice contains:

- Calories: 216
- Carbs: 44 grams
- Fiber: 3.5 grams
- Fat: 1.8 grams
- Protein: 5 grams
- Thiamin (B1): 12% of the RDI
- Niacin (B3): 15% of the RDI
- Pyridoxine (B6): 14% of the RDI
- Pantothenic acid (B5): 6% of the RDI
- Iron: 5% of the RDI
- Magnesium: 21% of the RDI
- Phosphorus: 16% of the RDI
- Zinc: 8% of the RDI
- Copper: 10% of the RDI
- Manganese: 88% of the RDI
- Selenium: 27% of the RDI

This whole grain is also a good source of folate, riboflavin (B2), potassium and calcium.

### 3. KALE



Kale Is Among the Most Nutrient-Dense Foods on The Planet

Like other leafy greens, [kale](#) is well-known for its health-promoting qualities, including its nutrient density and antioxidant content.

A single cup of raw kale (about 67 grams or 2.4 ounces) contains:

- Vitamin A: 206% of the DV (from beta-carotene)
- Vitamin K: 684% of the DV
- Vitamin C: 134% of the DV
- Vitamin B6: 9% of the DV
- Manganese: 26% of the DV
- Calcium: 9% of the DV
- Copper: 10% of the DV
- Potassium: 9% of the DV
- Magnesium: 6% of the DV
- It also contains 3% or more of the DV for vitamin B1 (thiamin), vitamin B2 (riboflavin), vitamin B3 (niacin), iron and phosphorus

It also fulfills your entire daily requirement for vitamins A, C and K

Due to its high number of antioxidants, kale may also be beneficial in promoting heart health.

#### **4. CHIA SEEDS (Chia pudding)**



We all like something sweet after our meal, Chia pudding is a great alternative to unhealthy desserts.

Chia seeds are among the healthiest foods on the planet.

They are loaded with nutrients that can have important benefits for your body and brain.

A one ounce (28 grams) serving of chia seeds contains:

- Fiber: 11 grams.
- Protein: 4 grams.
- Fat: 9 grams (5 of which are omega-3s).
- Calcium: 18% of the RDI.
- Manganese: 30% of the RDI.
- Magnesium: 30% of the RDI.
- Phosphorus: 27% of the RDI.
- They also contain a decent amount of zinc, vitamin B3 (niacin), potassium, vitamin B1 (thiamine) and vitamin B2.

This is particularly impressive considering that this is just a single ounce, equaling 28 grams or about two tablespoons. This small amount supplies only 137 **calories** and one gram of digestible carbohydrate.

## 5. NICE-CREAM (Fruit sorbet)



Nice cream is a sugar-free, dairy-free dessert made by blitzing pieces of frozen fruit in a food processor or high-speed blender.

The most popular ingredient in nice cream is frozen bananas,

Bananas Contain Many Important Nutrients,

Bananas contain a fair amount of [fiber](#), as well as several antioxidants. One medium-sized banana (118 grams) also boasts

- Potassium: 9% of the RDI
- Vitamin B6: 33% of the RDI
- Vitamin C: 11% of the RDI
- Magnesium: 8% of the RDI
- Copper: 10% of the RDI
- Manganese: 14% of the RDI
- Net carbs: 24 grams
- Fiber: 3.1 grams
- Protein: 1.3 grams
- Fat: 0.4 grams

Each banana has only about 105 calories and consists almost exclusively of water and carbs. Bananas hold little protein and almost no fat.

The carbs in green, unripe bananas consist mostly of starch and resistant starch, but as the banana ripens, the starch turns into sugar (glucose, fructose, and sucrose).