Nourish

Nutrient-Rich foods

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Summary:**

In this Nourish course we will review the vital role of vitamins, minerals and antioxidants, focusing on the most important ones for older adults. Also, you will identify the whole foods or superfoods that contain a mix of these vitamins, minerals and antioxidants that will support vitality including a resilient immune system, strong bones and muscles as well as sharp cognitive function.

“The cool thing about superfoods is that they’re basically pre-made combinations synergistic nutrients” – Liz Wolfe

# NOTES:

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| **Superfood** | **Top Nutrients/Vital Role** | **Kaizen ways to add it to your nutrition** |
| 1. Avocados/Olive Oil |  |  |
| 1. Fatty Fish |  |  |
| 1. Dark Leafy Greens |  |  |
| 1. Grains |  |  |
| 1. Legumes |  |  |
| 1. Nuts |  |  |
| 1. Seeds |  |  |
| 1. Fruit |  |  |

# Nutrient-Rich Smoothie Recipe

# Ingredients (serves 2):

* **1/2** **cup**unsweetened almond milk, or water
* **1/4** **cup**raw oats
* **2** **cups**baby spinach
* **1/2** ripe, avocado, seeded, peeled, and cut into quarters
* **1** kiwi, ripe, peeled
* **1** **cup**green grapes
* **4** ice cubes agave syrup, or honey, optional

# Instructions:

* Add all ingredients, except the sweetener, into a high-speed blender and blend until smooth and creamy. Taste and then blend in a little agave syrup or honey if you prefer a sweeter smoothie.

# KAIZEN STEP

**1) Goal I want to accomplish**: (*Ex: I want to each more whole foods.)*

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**2) One step I could take toward that goal:** (*Ex: Make a list of my favorite whole fruits.)*

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**3) Ways I can break this step (#2)** **into smaller actions:** *List as many actions you can think of:*

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