

# Nutritional Wellness

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### Resources:

#### [Weekly Meal Planning Template](#)

- *This is a printable pdf that allows you to schedule out your meals for the week along with a grocery list for those meals to help keep you on track with your healthy eating throughout the week*

#### [My Plate Harvard Health Graphic](#)

- *This is a graphic created by Harvard Health based on the MyPlate nutritional recommendations established by the US Department of Agriculture. Check out the original website and resource [here](#).*

#### [Mi Plato Spanish Language Health Graphic](#)

- *This is a Spanish graphic of the MyPlate nutritional recommendations established by the US Department of Agriculture. Check out the original website and resource [here](#).*

#### [National Eating Disorders Association](#)

- *The link above will take you to the NEDA website where you can access the online chat forum, a phone number to call, and a text line to assist with resources and support for eating disorders.*

#### [Signs and Symptoms of Eating Disorders](#)

- *List of common signs and symptoms of major eating disorders as outlined by NEDA.*

#### [How to Know if You Have an Eating Disorder Graphic](#)

- *Created by the Alliance for Eating Disorders Awareness, this graphic is a quick tool for spreading awareness about warning signs.*

#### [10 Common Nutrition Myths Debunked](#)

- *Here is an article written by Mayo Clinic debunking several common misconceptions about nutrition.*

## [Nutrient Deficiencies Graphic](#)

- *This graphic is a quick reference guide outlining the 9 most common nutrient deficiencies and how to prevent them.*

## [National Institutes of Health Vitamin and Mineral Fact Sheets](#)

- *This link will take you to the NIH's fact sheets for all vitamin and minerals.*

## [Populations Who Would Benefit From Taking a Multivitamin](#)

- *This Harvard Health article identifies the key populations who would benefit from taking a multivitamin.*

## [Dietary Reference Intake Calculator](#)

- *This online tool helps you evaluate the recommended dietary intake for macronutrients, vitamins, and minerals.*

## [Probiotics vs. Prebiotics Reference Guide](#)

- *Here is a quick reference guide for the differences between pre and postbiotics and where to find each.*

## [107 Quick and Healthy Dinners In Under 40 Minutes](#)

- *Here is a Food Network article with hyperlinks to recipes for over 100 quick and healthy meals. Alternatively, here is a link to an article detailing the [50 most requested Food Network healthy recipes](#).*

## [Tasty's 41 Healthy Crock Pot Recipes](#)

- *Let's be real, as medical students we hardly have time to eat, let alone MAKE food to eat! Here are 41 healthy options that you can set and forget until dinner time.*

## [Cacao Rituals](#)

- *Cacao – the stuff that chocolate is made of– contains physical properties such as anandamide, which lifts moods, stretches heart chakras open and helps you to enter into a more loving and creative state of mind. You can find raw, organic cacao paste online (make sure that it is ethically sourced!) and make a cacao drink out of it using a recipe such as [this one](#).*

## Event Suggestions:

### [The #4Mind4Body Challenge](#)

- *Join Mental Health America each day this May to make small changes – both physically and mentally – to create gains for our overall health and well being. Each day of the week will have a theme for the type of activity we'll be asking you to do, so get ready for #MindfulMonday, #TastyTuesday, #WorkplaceWednesday, #ThoughtfulThursday, #FitnessFriday, #StressFreeSaturday, and #SleepWellSunday – but feel free to do the challenges in whatever order suits you best. Text of the article can be found in file [here](#).*

### [The 30 Dinner Challenge](#)

- *Try this 30 day dinner challenge to feed your soul some delicious food cooked by you. It's a fun way to eat healthier, save money and get inspired in the kitchen. Text of the article can be found in file [here](#).*

### [Chopped-Style Cook Off Event Guide](#)

- *Check out this guide on how to host a journal making event.*

### [Other Event Ideas](#)

- *Social media healthy food photo compilation*
- *Food drive for local shelter*
- *Cookbook challenge*
  - *Choose a cookbook and establish a challenge of making a recipe every week or month*
- *Potluck with recipe exchange*
- *Put on a potluck and provide recipe cards like these for people to fill out and bring to the potluck along with their dish. You can compile a recipe book from these or allow people to take pics of the recipes for their favorite dishes!*