Hera
Helping Empower Women through Reskilling and Advancement

Fundamentals of Nutrition

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Co-funded by the European Union



Who am I:

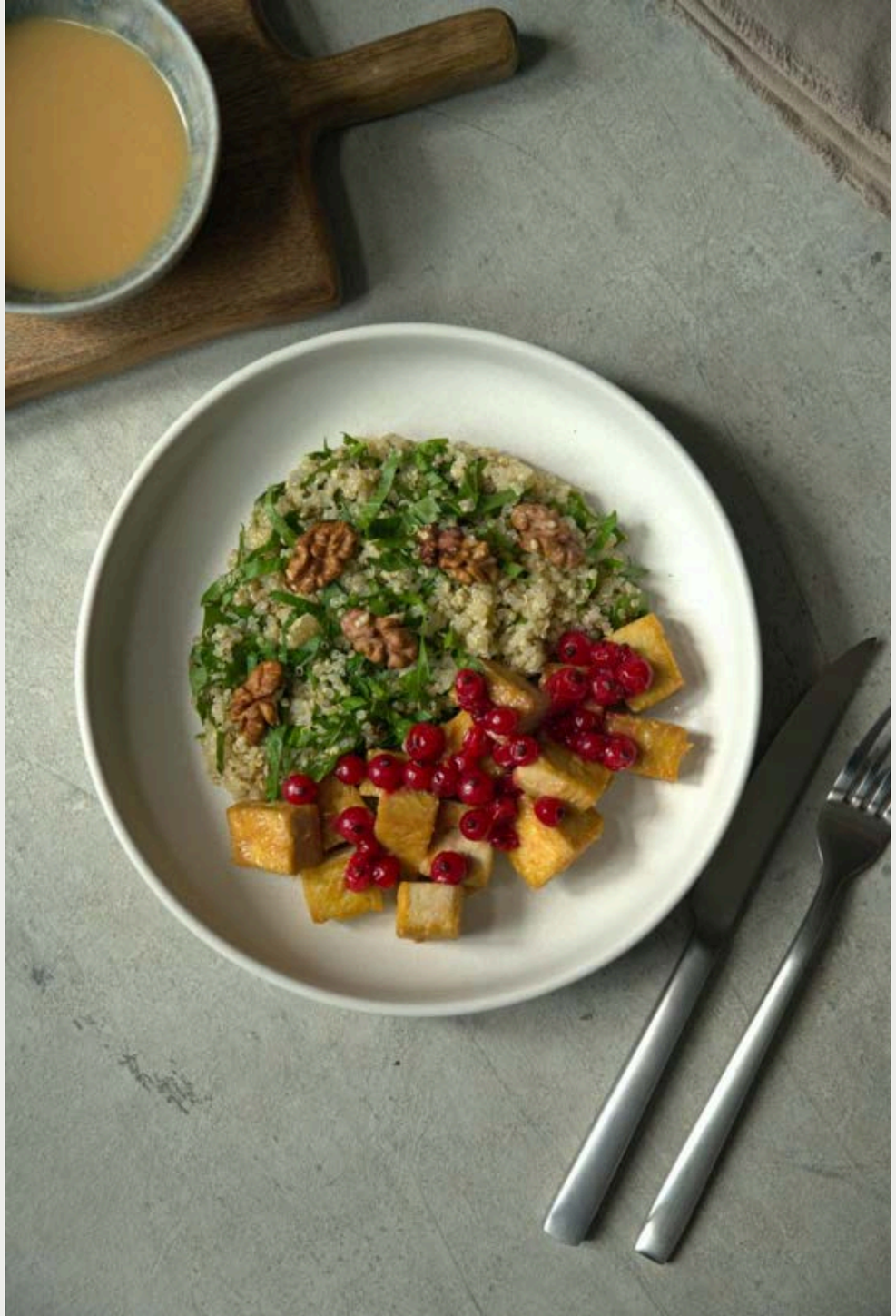
- **AI Educator and Community Builder @ReDi School of Digital Integration**
- **Learning and Development Program Facilitator @WomenInTech Alliance**
- **Marketing Director @AI Öresund**

Passionate about nutrition and long-term health.
Using food as preventive medicine.

EDUCATION

Bachelor’s in Biological Sciences
Bachelor’s in Artificial Intelligence and Sustainable Technologies
Master in Forensic Science and Technology
Master’s in Medical Science





The Basics of Macronutrients

The 25-50-25 rule

- daily intake should comprise:
  - 25% protein
  - 50% carbohydrates (complex & fiber-rich)
  - 25% healthy fat

Why the 25-50-25 Rule Works

1. Blood sugar stability
2. Improved gut barrier and immune regulation
3. Lower inflammation
4. Lower AGE formation → slower aging processes.

Protein



Why it matters

- builds and repairs muscle
- keeps blood sugar steady
- supports immunity
- keeps you full longer

Complete proteins

- contain all essential amino acids
- eg: meat, fish, eggs, dairy, soy, quinoa

Incomplete protein

- have limiting amino acids
- eg. beans, oats, spinach, broccoli

Carbohydrates: complex & fiber-rich



Why we need them

- brain fuel
- steady energy
- support for the gut microbiome
- lower inflammation

Complex carbs

- eg. whole grains, starchy vegetables, legumes

Fiber-rich carbs

eg. lentils, flax seeds, brussels sprouts

Fats



Why we need them

- support brain function
- protect the heart
- help with hormone balance
- provide natural appetite control

Unsaturated fats

- extra virgin olive oil, almonds, avocado
- omega 3: fatty fish
- omega 6: nuts, seeds

Saturated fats

- eg. cheese, coconut oil, cheese

A 25-50-25 plate feeds the microbiome, whereas the other one feeds inflammation



50% complex carbs and fiber
25% protein
25% healthy fats
From whole foods



50% refined carbs
25% processed meat
25% refined fats / sauces
High salt, additives, low fiber

Simple, Seasonal, Conscious Shopping

Shop like every choice matters (because it does)

- Start with a philosophy, not a recipe
- Make plants the star of your plate
- Animal products in moderation.
- Choose simple, whole foods
- Know where it comes from
- Reduce food waste
- Let your senses guide you



Planetary Health Diet by EAT Lancet

Where & What to Buy

Compassion begins at the source

- Farmers' markets first
- Seasonal → Local → Organic
- Frozen over out-of-season

Smart Grocery Store Navigation

If you need a chemistry degree to understand it… skip it

- Shop the perimeter
- Short ingredients list
- No additives, no UPFs, no “Healthy Claims”
- Real food has names you can pronounce

Micronutrients

Category	Key benefits	Examples
Spices	anti-inflammatory, antioxidant, better blood sugar control	turmeric, ginger, cinnamon
Herbs	antioxidant support, gut and immune health	parsley, cilantro, basil
Seeds	fiber, omega-3s, minerals, hormone support	chia, flax, pumpkin
Fermented foods	stronger microbiome, improved digestion, better nutrient absorption	yogurt, kefir, kimchi

The Principle: Keep Ingredients First

The ingredient is the recipe

- Let whole ingredients lead, not rules
- Seasonal, fresh, simple
- Trust your senses and taste as you cook
- The goal isn’t perfection, it’s nourishment

Simple Techniques for Every Meal

- Roast → deep flavor (root veggies)
- Steam → gentle + bright (greens)
- Sauté → quick protein
- Simmer → grains & beans

Easy Everyday Meals (No Recipes Needed)

- Broth or no-broth bowls
- Pasta/noodles → add veggies + lean protein
- Stews → 1 bean + 1 starchy veg + 1 fresh veg
- Soups → miso for quick depth
- Go-to bowl: rice + steamed veggies + protein

Finishing Touches: Make It Taste Amazing

- Fat + Acid = instant sauce
- Season as you go
- Don’t fear healthy fats
- Add herbs, spices, seeds & ferments
- Experiment and enjoy

Takeaways

- The 25–50–25 rule helps keep blood sugar steady, reduces inflammation, and gives your body balanced fuel.
- Micronutrients from herbs, spices, seeds, and fermented foods boost gut health and immunity and make healthy meals even more effective.
- Choose simple, whole foods, prioritize sources like farmers' markets, and check labels for short ingredient lists.
- Focus on simple techniques like roasting or steaming, and build easy everyday meals by combining grains, beans, vegetables, and lean protein, remembering that ingredients are the recipe.

- Macro and micronutrient lists: https://docs.google.com/document/d/1aQ4Hrsy2dVhKG04FJMH0Kv6SN_O-kJbr-mvgUA6zK5Q/edit?tab=t.0#heading=h.wy6xwdh8ogo2

