

# WHOLE ME UP

How To Revamp Your Health and Nutrition  
Like a Pro Today Even If You Feel It's  
Impossible



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# Personal Message From The Author

Dear Reader,

I would like to thank you for taking the time out of your demanding schedule to discover how you can improve your mind and body using simple nutrition tips today.

To give you some background about me, I have a strong interest in educating people on the importance of good nutrition. I obtained my Bachelor of Science degree in Food Science from Alabama A&M University.

After earning my degree, I developed a strong interest in nutrition. After praying and fasting for direction from Jesus in August 2020, my wife (Alicia) and I founded ROBODY. ROBODY is based on the scripture in Romans 12:1-2 (NKJV) which says,

*"<sup>1</sup>Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. <sup>2</sup>Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will."*

My goals with ROBODY are to:

- **give** people a spiritual perspective on whole nutrition, based on the Word of GOD.
- **encourage** people to live whole and healthy lifestyles using engaging approaches.
- **educate** and **show** people how to better manage their nutrition to reduce the onset of various diseases and health-related issues.

I pray this report adds great value to your life!

Respectfully,

Jerry Thomas Jr., Founder | ROBODY

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# 4 Healthy Tips for You to Boost Your Nutrition and Energy

When it comes to eating and living healthy, the journey is not always simple. Professionals such as registered dietitians counsel everyone else about their daily eating habits. But...how are they able to maintain their own healthy diets? Especially, in a world that is fueled by fast food and America's favorite foods?

Below, you'll discover effective tips for developing healthier eating habits. The results can range from boosting your energy to rapid weight loss. Moreover, following the tips may reduce the onset of cardiovascular diseases and cancers.

## **Nutrition Tip #1: If You Must Eat Out, Do it Wisely**

While it is not always convenient to have a fresh, home-cooked meal on the table, those who choose to dine out should consider eating healthier.

Selecting healthier foods on the go from fast-food restaurants reduces the number of fats, sugars, and salts that you consume.

If you eat out often, why not limit this to at least once or twice a month?

The benefits...well...mainly consuming nutritious foods reduces your risk of obesity and health-related diseases.

## **Nutrition Tip #2: Turn up the Protein and Fiber**

Protein and fiber are ideal for you to consume daily.

**Protein** is a macronutrient that is composed of amino acids. There are various types of proteins with unique functionalities. The benefits range from cell tissue formation/repair, regulating body processes, and more.

Sources of protein are commonly found in animal and plant sources including but not limited to chicken, beef, fish, yogurt, beans, quinoa, nuts, etc.

Moreover, **fiber** is a complex carbohydrate that enhances the digestive tract's health, aids in treating and/or mitigating gastrointestinal diseases, and more.

Sources of fiber are found in vegetables (broccoli, carrots, etc.), fruits (apples, berries, etc.), and whole grains (oats, brown rice, etc.).

For breakfast choices, aim for whole grains, fresh fruits, and/or low or non-fat yogurts. A healthy breakfast can **properly fuel you** for a productive day.

### **Nutrition Tip #3: Limit Your Diet Soda Intake**

Many people assume their consumption of diet sodas means they are consuming less sugar. They sense no harm in drinking an infinite amount throughout the day.

A study regarding if diet sodas are a health risk showed that consuming diet sodas may lead a person to think he or she will receive a calorie boost. However, when there is no boost, it may trigger his/her appetite to increase.

This may surprise you but, drinking diet sodas should be a temporary switch from consuming regular sodas. Lower or non-sweetened beverage options are just as healthy. Examples include, but no limited to *water, fruit-infused water, unsweetened tea, and almond milk.*

### **Nutrition Tip #4: Have a Wholesome Pizza Night**

Having pizza night with the family? opt for a different type of pizza.

Choose a whole-grain crust, extra tomato sauce, and primarily veggie toppings. Instead of choosing the chicken wings on the side, select a salad with light dressing or fruit.

This allows you to indulge, minus the extra fat and salt.

## Summary

When dining out, consider the following questions to help you make wise, healthier choices.

- Are there healthier options available that I enjoy?
- What healthier options can I choose in advance in?
  - If limited, you may want to choose a different restaurant with more healthier options.
- How does my body respond (mentally, physically, and spiritually) whenever I eat this food?

Making healthier choices when dining out gives you more control over your food consumption. You could reduce visits to your primary care physician. You could save money on medical bills.

How about using that money for...I don't know...healthier groceries, weekend getaway, or something else?

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## 5 Healthy Snacks the Whole Family Will Enjoy

Snacking is a habit most people embrace daily. However, keeping your snacking to a healthy assortment of food is essential.

Whether you're assembling snacks with your lunch, your kid's lunches, or on the go, healthy snacking should be done with everyone's health and well-being in mind.

Below you'll find suggestions of healthy snacks you can with the whole family.

### **Healthy Snack #1: Veggie Platter and Hummus**

This is a low-maintenance healthy snack. In addition, it is ideal to prep this in a lunchbox for on-the-go use. You can choose to have pre-cut, or homemade carrot sticks or celery sticks placed in a container with a scoop of hummus in a separate container.

Next, you dip and enjoy!

### **Healthy Snack #2: Yogurt, Fruit and Granola Parfaits**

Savor your taste buds for a healthy sweet treat the family will enjoy. The best ingredients to use would be non-fat Greek yogurt, fresh or frozen fruit (no added sugar), and granola.

For prepping, use a mason jar with a lid or similar container and place fruit in the bottom. Next, add the yogurt on top of the fruit. Alternatively, you can substitute the granola for the fruit or add a small amount of granola on top of the fruit layer.

### **Healthy Snack #3: Nuts and Fruit**

One of the great things about foods you like is the ability to recreate them at home.

Such is the case with trail mix. You can acquire nuts and fruit (e.g., dried cranberries, fresh strawberries, fresh pineapples, etc.) to create your own version of trail mix.

To add healthier flavor, add some dark chocolate to the mix.

This snack offers a boost of protein, healthy fat, vitamins, and more.

### **Healthy Snack #4: Peanut Butter and Rice Cake**

Natural peanut butter layered on top of a plain whole-grain rice cake proves to be a light and healthy snack.

This low-calorie snack supplies a dose of protein from the peanut butter and no fat from the whole-grain brown rice cake. Feel free to switch up the following:

- Peanut butter substitute on a rice cake - almond butter, hummus, etc.
- Rice cake substitute with peanut butter - carrots, whole-grain pretzels, etc.

### **Healthy Snack #5: Nutritious and Delicious Smoothies**

Smoothie! Smoothie! Add a little protein powder, kale, berries, and non-fat Greek yogurt into your blender.

What next? Blend it up and drink it up!

You are providing yourself with fresh and tasty ingredients with plenty of vitamins and minerals your body needs.

Even a small portion can be satisfying, **especially** on a hot day.

### **Summary**

Snacking is not something that suddenly disappears or stop all together. When you have growing children, you want to make sure they are eating more veggies and fruits than candy bars and gummy bears.

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Give them healthy food that will support their brain and body development.

Serve nutritious snacks that you and your family appreciate!

# The Uncommon Truth About Dietary Supplements

In the United States, many adults and children take one or more dietary supplements. One may ask what are dietary supplements? Why are they important?

## **What Are Dietary Supplements?**

Dietary supplements include vitamins, minerals, herbs, amino acids, and more.

Dietary supplements can come in forms such as tablets, capsules, gummies, and more.

## **What are the risks of taking dietary supplements?**

As with any supplement, certain risks are present. Since there are strong active ingredients in the supplements, the body may experience a negative side effect.

Many manufacturers incorporate vitamins and minerals in some of the foods you consume. However, overconsumption may seem good, but not really.

For instance, excess iron may cause liver damage and excess vitamin A may reduce bone strength or cause headaches.

## **What are the benefits of dietary supplements?**

Now that you are aware of some potential risks of dietary supplements, I'll cover the benefits.

You may ask, "Don't vitamins and minerals have the same benefit?" No. Each one serves a different benefit since it's a unique element.

Some examples are shown below.

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- Vitamin A prevents dryness of skin and eyes.
- Vitamin C prevents scurvy and improves impaired wound healing.
- Calcium aids in bone and teeth development.
- Zinc aids in immune function, taste sensation, and growth.

### **Tips for You**

It is important to consult your primary care provider regarding any dietary supplements you are taking. In addition, keeping track of your behavior when taking dietary supplements is also important.

This may come as a shock to you, but the term "natural" does not always translate as a safe product. As mentioned earlier, some dietary supplements may produce undesired effects on the body.

Here are a couple of questions you can ask when considering or reviewing dietary supplements:

- What are the benefits of using this dietary supplement as it pertains to me?
- Is this dietary supplement safe for my use?
- What are the side effects of taking the dietary supplement?
- As I continue taking this dietary supplement, should I take smaller doses, normal doses, etc.?

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# 5 Foods That Will Strengthen Your Brain Health

I am sure you're aware of the importance of eating healthy.

While eating healthy is part of the plan, you need to make sure that you are including foods in your diet that will boost the way your brain functions as well.

After conducting some research, I discovered a good article highlighting foods that enhance your brain's activity and functionality.

Click the link below to check it out NOW!

→ [The Best Foods Supporting Brain Health](#)