

INTRODUCING

The Lifestyle and Culinary Medicine

NEWSLETTER



We are so glad you're here!

JOIN ME ON AN EXCITING JOURNEY TO BETTER HEALTH!

I'm launching a monthly newsletter that will illuminate the incredible impact of lifestyle choices. Expect each edition to be packed with a deep dive into a nutrition topic, an easy-to-implement physical activity suggestion, a mouthwatering recipe, and intriguing facts about living your healthiest life.

With love and care,
Dr. Lateef



Movement Tip:

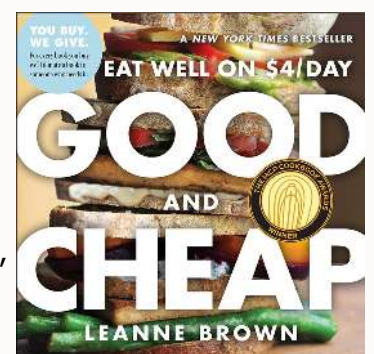
Engage in 150 minutes of medium intensity exercise or 75 minutes vigorous intensity exercise per week.

If for any reason, you are unable to meet the recommended time for physical activity then start at a lower level with even 10-15 minutes of physical activity per day as substantial improvement in heart health occurs with even a small increase in physical activity.

Monthly Cookbook Suggestion

GOOD AND CHEAP BY LEANNE BROWN

This cookbook empowers you to eat well without breaking the bank! Inside, you'll discover a collection of simple, budget-friendly recipes alongside practical tips for smart shopping, meal planning, and making the most of leftovers. Learn how to equip your kitchen efficiently and master the art of batch cooking.



Anti-Inflammatory Foods

EIGHT ANTI-INFLAMMATORY FOODS THAT YOU MUST ADD TO YOUR DIET:

An anti-inflammatory diet focuses on eating whole foods that reduce chronic inflammation in the body.

These anti-inflammatory foods reduce the risk and severity of chronic inflammatory diseases such as obesity, diabetes, hypertension and cancers.

There are a wide variety of colorful whole foods with anti-inflammatory properties but eight foods that provide maximum benefit will be reviewed here.

Dark Chocolate: Look for 70%-90% of cocoa and minimal sugar and emulsifiers. Take 1oz per day.

Raspberries: highest content of fiber and polyphenols, try buying frozen and use in smoothies and chia puddings and as a topping on yogurt and oatmeal.

Broccoli: Chop and leave for ten minutes for sulforaphane to be activated, to get the maximum antioxidant properties. Eat raw or lightly steam or roasted to maximize the sulforaphane content.

Red Cabbage Sauerkraut: one of the best fermented foods, use as a side with meals.

Chia Seeds: use in overnight oats or make chia pudding and use as a dessert

Extra virgin Olive Oil: add to your salads and soups and cook with it, like sauteing.

Turmeric: use with other curry spices and black pepper for maximum absorption in the gut.

Legumes and Lentils: highest in fiber content, Fiber is the most anti-inflammatory food component

Upcoming Cooking Class: July 23rd 3-5 pm

BENEFITS OF THE MEDITERRANEAN DIET: MAKING OF CLASSIC RATATOUILLE
REGISTER AT 577FOUNDATION.ORG

Chunky Monkey overnight oats

AN ALTERNATIVE TO CHUNKY MONKEY ICECREAM
A DELECTABLE, LUSCIOUS TREAT.

Ingredients:

½ cup rolled oats

half mashed banana

½ cup almond milk

1 Tbs Greek yogurt

½ tsp chia seeds

½ tsp vanilla

Directions:

mix all and store in fridge.

In the AM, layer the oats mixture with sliced

banana, chopped walnuts and shaved

chocolate. Drizzle with honey and ENJOY!

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