

Personalized Nutrition Curriculum (Plain Language)

1) Goal

Help people improve daily energy, mood, and metabolic health by learning and practicing simple nutrition skills. Education drives self-care; self-care feeds back into learning.

2) Who This Is For

- Teens and adults who want practical food skills.
- Caregivers who support a student or family member.
- Coaches, teachers, and clinic staff who guide groups.

3) How Personalization Works

1. Quick intake: goals, constraints, food culture, budget, cooking tools, and any medical notes.
2. Choose a track (can change anytime):
3. Energy & Focus
4. Blood Sugar & Metabolic Health
5. Gut Comfort
6. Performance & Recovery
7. Family Meals on a Budget
8. Set two weekly habits. Keep a simple log. Review and adjust each week.

4) What You Will Be Able To Do (Learning Outcomes)

- Build balanced meals fast without counting calories.
- Keep blood sugar steadier using meal balance, timing, and movement.
- Increase fiber and protein to reduce cravings and improve satiety.
- Read food labels and shop to a budget.
- Plan, batch cook, and eat out without derailing goals.
- Track what works for your body and make small, steady changes.

5) Core Modules (Plain Language)

Each module is a short lesson plus one or two actions to practice for 7–14 days.

A. Food Basics

- **Balanced Plate:** protein, fiber-rich carbs, healthy fats, and color.
- **Protein Targets:** add a palm of protein each meal; ideas for no-cook and low-cost.
- **Fiber Ladder:** add 5–10 g/day using beans, oats, veggies, fruit, seeds.

B. Blood Sugar Steady

- **Smart Carbs:** pair carbs with protein/fat; favor intact grains and beans.
- **Breakfast Reset:** protein-forward starts to cut late-day cravings.
- **Order of Eating:** veggies first, protein second, starch last; short walk after meals.

C. Gut-Friendly Eating

- **Fiber Types:** soluble vs insoluble; how to step up without bloat.
- **Fermented Foods:** practical servings; safety for immunocompromised.
- **Mini Trials:** short elimination and re-intro for common triggers; stop if symptoms worsen.

D. Anti-Inflammatory Basics

- **Color Rule:** 2–3 colors per meal.
- **Fats:** swap in olive oil, nuts, seeds; add omega-3 sources weekly.
- **Ultra-Processed Cutbacks:** simple swaps at breakfast, snacks, and drinks.

E. Hydration & Electrolytes

- Daily target ranges, signs of under-hydration, and low-sugar options.

F. Meal Timing

- Regular meal windows; night eating limits; caffeine and sleep timing.

G. Grocery & Label Skills

- Unit prices, ingredient lists, fiber/protein cues, and sugar claims.

H. Budget & Batch Cooking

- Pantry list, cheap proteins, one-pot meals, and 30-minute batch flow.

I. Eating Out, Travel, and Holidays

- Menu scanning, build-your-plate, and damage control plans.

J. Culture & Family Meals

- Keep heritage foods; portion and prep tweaks that keep meaning and improve balance.

K. Supplements (Short, Evidence-Aware)

- Use only for a clear need: iron with deficiency, B12 for vegans, vitamin D if low, omega-3 for high triglycerides, creatine for strength goals. Many other claims are **UNPROVEN** for general use.

6) Weekly Rhythm

- 2 micro-lessons (6–10 minutes each)

- 1 practice lab (cook, shop, or plan)
- 1 reflection (what worked, what to change)

7) Personal Progress Checks (Simple Measures)

Pick a few. Track weekly. - Energy (0–10) - Hunger/cravings episodes per day - Post-meal sleepiness (yes/no)
 - Waist measurement or fit of clothes - Bathroom regularity and comfort - Steps or short walks after meals -
 If already available: fasting glucose, A1C, CGM patterns

8) Supports for Different Learners

- Clear visuals and step-by-step cards.
- Predictable routines and timers for time-blindness.
- Sensory-friendly recipes and texture swaps.
- Short checklists, not paragraphs.
- Option to learn by doing first, then read.

9) Safety and When To Get Medical Help

- Get medical guidance if pregnant, underweight, living with diabetes on medication, kidney disease, eating disorder history, severe GI disease, or food allergies.
- Do not put children or teens on restrictive diets without a clinician.
- Stop and seek help if dizziness, fainting, rapid weight loss, or severe symptoms occur.

10) Caregiver Track (Optional)

- How to stock a home, pack lunches, and model balanced meals without policing.
- Script simple, neutral food language.

11) Coach/Teacher/Clinic Track (Optional)

- Run 20–40 minute group sessions with the same weekly rhythm.
- Use progress checks, celebrate small wins, and help set next habits.

12) 12-Week Outline

1. **Start Here:** baseline, goals, quick wins; build first plate.
2. **Protein & Breakfast:** higher-protein starts; snack upgrades.
3. **Fiber Ladder:** add plants and track gut comfort.
4. **Balanced Plate in the Wild:** school, work, or home.
5. **Smart Carbs:** portion cues and better swaps.
6. **Hydration & Electrolytes:** daily targets and routines.
7. **Grocery & Labels:** list, shop, compare.
8. **Meal Timing:** regular windows; late-night plan.
9. **Gut-Friendly Week:** gentle trial and re-intro, if needed.
10. **Eating Out & Social Plans:** menus and gatherings.

11. **Batch & Budget:** prep day, freezer kits.
12. **Sustain Plan:** what to keep, what to drop; next 30 days.

13) Tools You Get

- Plate builder and portion visuals
- Shopping list templates and pantry list
- Budget swap guide
- Habit tracker (paper or phone)
- Simple symptom and energy log

14) What Counts as Success

- You complete 75% of planned weekly actions.
- Fiber or plant variety increases by at least 20%.
- Fewer energy crashes or cravings.
- If you track glucose: fewer spikes after similar meals.
- These targets are **UNPROVEN** until we run a pilot and review results.

15) Limits and Requirements

- This is education, not medical care. It does not diagnose or treat.
- Minimal tools: phone or paper tracker; kitchen basics. Wearables are optional.
- Results vary based on effort, baseline health, and environment.

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