# Feel Better, Care Better – Course Workbook

## Lesson: Basic Nutrition for Sustained Energy & Mental Clarity

### Lesson Overview

Nutrition doesn’t need to be complicated to be powerful. The way you fuel your body can either support clear thinking, stable mood, and lasting energy—or leave you foggy, irritable, and worn out by midday. In this lesson, we’ll cover the basics of balanced nutrition that every caregiver can apply, even on the busiest days.

### Why This Matters

As a caregiver, your day may start early, end late, and include long stretches of physical and emotional labor. The right nutrition helps regulate your blood sugar, reduce stress, and support mental clarity—so you can show up grounded, alert, and kind.

### The 4 Key Components of a Balanced Meal

1. Complex Carbohydrates

* Examples: Brown rice, oats, quinoa, sweet potatoes, beans, whole fruits over fruit juice

2. Lean Protein

* Examples: Eggs, chicken, turkey, tofu, Greek yogurt, beans, nuts

3. Healthy Fats

* Examples: Avocados, nuts, seeds, olive oil, fatty fish like salmon

4. Fiber & Greens

* Examples: Leafy greens, berries, carrots, broccoli, apples, whole grains

### Energy Tips for the Busy Caregiver

* • Don't skip breakfast – choose a protein-rich option.
* • Plan your snacks – prep almonds, boiled eggs, veggie sticks, etc.
* • Limit sugar and caffeine to prevent crashes.
* • Hydrate before meals to prevent fatigue from dehydration.

### Nutrition for Mental Clarity

* • Omega-3 fatty acids support mood and focus (flax, walnuts, salmon).
* • B vitamins (leafy greens, eggs, legumes) protect the nervous system.
* • Steady blood sugar means steady thinking. Avoid skipping meals.

### Try This: The 3-Minute Meal Check-In

Before you eat, take a quick breath and ask:

1. 1. Am I actually hungry or just tired, thirsty, or stressed?
2. 2. Will this meal help me feel energized or sluggish later?
3. 3. Is there at least one whole food in this meal?

### Practical Application: Sample Simple Meal Plan

Breakfast: Veggie scramble with eggs + whole grain toast + herbal tea

Snack: Apple + almond butter

Lunch: Quinoa bowl with grilled chicken, spinach, and avocado

Snack: Greek yogurt + berries

Dinner: Salmon + roasted sweet potato + steamed broccoli

(\*Adapt for your preferences or dietary needs.\*)

### Reflection Questions

1. 1. How do I feel 1 hour after my meals—energized or crashing?
2. 2. What is one simple, affordable upgrade I can make to my meals this week?
3. 3. How does my mental clarity shift when I’m well-fed vs. running on empty?