

Focus, Balance, Immunity

DAS
MOR
GEN
Neuro
Campus
Hotel



Nutrition Science

Nutrition is the science of how we obtain and use nutrients from our food to sustain our life.

Personalised Nutrition

Personalised nutrition involves customising your dietary choices to match your unique biological characteristics and lifestyle requirements.

Traditionally nutrition practice is based on a one-size-fits-all approach, otherwise referred to as public health nutrition. Nowadays, personalised nutrition is favoured over the public health nutrition approach. The three meal pathways here allow you to personalise your diet but still adhere to the fundamental principles of nutrition science.

F.B.I.

We have meticulously crafted three distinct meal pathways. A pathway refers to a specific nutritional aspect that a series of dishes have been designed to fulfil. When consumed consistently and in combination, they can help to tackle common nutritional deficiencies. If you consume only one pathway and not the others, you won't experience the complete advantages of our three-fold approach to health. So, each day you visit choose what you desire but ensure to select different pathways throughout your stay.



Focus



DESIGNED FOR THE BRAIN AND COGNITION

The Focus pathway is dedicated to neuronutrition, acknowledging the crucial role nutrition plays in supporting brain health and cognitive function.

This carefully curated dish is rich in omega-3 fatty acids and flavonoids, known for their potential neuroprotective effects. Regular consumption can contribute to safeguarding against diseases and promoting overall cognitive well-being.

Omega-3 fatty acids are a type of polyunsaturated fatty acid that are essential for human health.

There are three main types of omega-3 fatty acids:

- Alpha-linolenic acid (ALA): Found primarily in plant sources such as flaxseeds, chia seeds, walnuts, and hemp seeds.
- Eicosapentaenoic acid (EPA): Found in fatty fish such as salmon, mackerel, and sardines, as well as in certain algae supplements.
- Docosahexaenoic acid (DHA): Also found in fatty fish and algae-based supplements.

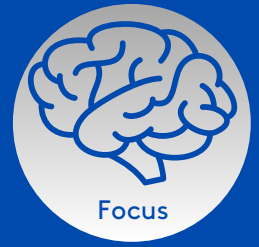
It is important to consume a diet that includes ALA, EPA, and DHA.



Flavonoids are a diverse group of plant chemicals. They are responsible for the vibrant colours of many foods

There are several subclasses of flavonoids, each with its own unique properties and health effects:

- Flavonols: in onions, kale, broccoli, apples, and berries.
- Flavones: in parsley, celery, peppers, and chamomile tea.
- Flavanones: in citrus fruits like oranges, lemons, and grapefruits.
- Flavan-3-ols (catechins): in tea, cocoa, grapes, and berries.
- Anthocyanidins: in berries, cherries, grapes, and purple cabbage.
- Isoflavones: in soy products such as tofu, soy milk, and edamame.



Health Benefits

Research on Omega-3 and flavonoids suggests numerous health benefits

Omega-3

Brain health:

DHA, in particular, is a major structural component of the brain and plays a crucial role in cognitive function and development. Omega-3 fatty acids are believed to support brain health throughout life and may help reduce the risk of age-related cognitive decline and certain neurological disorders.

Heart health:

Omega-3s can help to reduce triglycerides (fatty acids in the blood), lower blood pressure, and may decrease the risk of blood clot formation.

They have also been shown to reduce inflammation in the body, however, more research is required to confirm this.

Inflammation and immune function:

Omega-3s have anti-inflammatory properties, which can help reduce inflammation in the body and support a healthy immune system. They may be beneficial for managing inflammatory conditions such as rheumatoid arthritis, inflammatory bowel disease, and asthma.

Flavonoids

Brain health:

Flavonoids have been shown to improve cognitive function and offer protection against age-related cognitive decline and neurodegenerative diseases. This is a relatively new area of research, therefore more is required before we can be certain of the role of flavonoids in brain health.

Heart health:

Flavonoids are reported to offer protection against cardiovascular disease by reducing inflammation, improving blood vessel function, and lowering blood pressure and cholesterol levels.

Cancer:

Flavonoids have anticancer effects due to their ability to inhibit the growth of cancer cells, prevent DNA damage, and induce cancer cell death. Diet will not override cancer but eating a healthy diet has been shown to be protective against developing cancer.

Inflammation and immune function:
Flavonoids have been associated with an enhanced immune function and reduced risk of chronic inflammatory conditions.



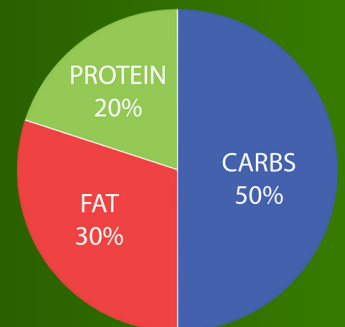
Balance

BASED ON NUTRITIONAL FUNDAMENTALS



The Balance pathway is devised to address the fundamentals of nutritional practice, by incorporating a diverse plate with adequate amounts of carbohydrates, protein, and fats. Additionally, we emphasise calorie intake, a key element in maintaining overall health equilibrium. By focusing on these foundational elements, you can foster a more balanced and sustainable approach to your nutritional well-being.

National guidelines state that we should consume approximately 50% carbohydrates, 20% protein, and 30% fats per day. These are known as macronutrients. Whilst adhering to this it is also important that the foods you consume are packed with micronutrients too. This is a much more challenging thing to achieve, but if you do it will help your body to be healthy.



Carbohydrates

Carbohydrates consist of simple carbohydrates, found in foods like fruits (fructose), milk (lactose), and table sugar (sucrose), complex carbohydrates found in foods like whole grains, legumes, and starchy vegetables (e.g., potatoes), and dietary fiber, discussed later. Carbohydrate is the only macronutrient that can be used as energy in the brain.

Protein

Protein consist of amino acids, known as the building blocks of the human body, and is responsible for structural support to cells, tissues, and organs, facilitating reactions, the transport of the molecules around the body, muscle contractions, and much more.

Fat

Dietary fats, or triglycerides, consist of saturated, monounsaturated, polyunsaturated, and trans fats. This terminology refers to their chemical structure, and changes both their consistency at room temperature and ability to transport around the body. Typically it is the unsaturated fats that are considered healthier, however, a varied fat consumption is necessary for a healthy diet.

This meal pathway is designed around the above and the additional considerations of fibre, iron, Vitamin B12, and vitamin K.

Balance

BASED ON NUTRITIONAL FUNDAMENTALS

DAS
M R
GEN Neuro
Campus
Hotel



Health Benefits

These nutrients and minerals each offer our body a unique health benefit.

Fibre

Fiber is an indigestible carbohydrate that passes through the digestive system without being absorbed. Despite this, it plays crucial roles in maintaining overall health.

Digestive Health: Fibre adds bulk to the stool, promoting regular bowel movements.

Weight Management: High fibre foods can help you feel full, reducing overall calorie intake.

Regulates Blood Sugar: Fiber slows the absorption of sugar, which can help reduce the risk of type 2 diabetes.

Vitamin B12

Vitamin B12, also known as cobalamin, is a crucial water-soluble vitamin. It is involved in DNA synthesis, the formation of red blood cells, which are responsible for carrying oxygen throughout the body, and nervous system function.

The primary dietary sources of vitamin B12 are animal-derived foods such as meat (beef, poultry, lamb), fish, shellfish, eggs, and dairy products.

Iron

Iron is a crucial mineral that plays several essential roles in the body, including oxygen transport, energy production, and DNA synthesis.

There are two types of iron:

Heme Iron: Found in animal-derived foods.

Non-Heme Iron: Found in plant-based foods, which is less readily absorbed but can still contribute significantly to overall iron intake.

Vitamin K

Vitamin K is a fat-soluble vitamin that plays a critical role in blood clotting and bone metabolism.

There are two main forms of vitamin K:

Vitamin K1: Found predominantly in green leafy vegetables such as kale, spinach, and Brussels sprouts.

Vitamin K2: Found in fermented foods such as cheese, natto (fermented soybeans), and some animal products like meat and egg yolks.

This meal pathway includes many more micronutrients too.

Immunity

DESIGNED TO SUPPORT THE IMMUNE SYSTEM



The Immunity pathway is designed to support the immune system. The immune system is a complex network of cells, tissues, and organs that work together to defend the body against pathogens such as bacteria, viruses, and parasites. The immunity meal pathway focuses greatly on an array of vitamins and minerals that not only are enjoyable but also fulfil your daily requirements of vitamin C, vitamin E, and zinc, in a single sitting. This comprehensive approach aims to support your body's natural defence mechanisms.

Vitamin C, or ascorbic acid, is an essential nutrient.

Requirement: 90 mg/day for men and 75 mg/day for women.

Dietary sources of vitamin E include citrus fruits (oranges, lemons, grapefruits), strawberries, kiwi, guava, bell peppers, broccoli, Brussels sprouts, and tomatoes.



Vitamin E is a fat-soluble vitamin and an antioxidant.

Requirement: 13 mg/day for men and women.

Dietary sources of vitamin E include nuts, seeds, vegetable oils (such as wheat germ oil, sunflower oil, and safflower oil), green leafy vegetables (such as spinach and kale), and fortified foods.

Zinc is an essential mineral, involved in numerous cellular processes.

Requirement: 11 mg/day for men and women.

Dietary sources of zinc include meat, poultry, seafood (such as oysters, crab, and lobster), dairy products, whole grains, legumes, nuts, and seeds.



Immunity

DESIGNED TO SUPPORT THE IMMUNE SYSTEM

DAS
M R
GEN Neuro
Campus
Hotel



Health Benefits

Vitamin C, E, and Zinc support the immune system in many ways.

Vitamin C, E, and Zinc are antioxidants:

Anti-oxidants help neutralize harmful free radicals in the body. Free radicals are unstable molecules that can damage cells and contribute to inflammation, oxidative stress, and various diseases.

Vitamin C

Stimulation of immune cell production and function:

Vitamin C is involved in the production and activation of white blood cells, which play crucial roles in identifying and destroying pathogens.

Reduced duration and severity of infections: Vitamin C might ease respiratory infections like colds, though evidence is mixed. But, athletes and people in high-stress environments could gain immune support and lower infection risks with vitamin C supplements.

Vitamin E

Regulation of immune cell function: Vitamin E plays a role in modulating the activity of various immune cells, responsible for identifying and destroying pathogens, as well as regulating the immune response to infection and inflammation.

Enhancement of antibody production: Vitamin E has been shown to support the production of antibodies. Antibodies help neutralize and eliminate pathogens from the body, thereby enhancing the immune response to infections.

Zinc

Immune cell development and function: Zinc is necessary for the development and function of immune cells, responsible for identifying and destroying pathogens, as well as regulating the immune response to infection and inflammation.

Barrier function: Zinc contributes to the maintenance of the skin and mucous membranes, which serve as physical barriers against pathogens, helping to prevent pathogens from entering the body and causing infections.