



NUTRITION FOR SINGLES

About 3 in 4 U.S. adults have at least one chronic disease

More than half have two or more chronic diseases.

More than 90% of adults 65+ have at least one chronic condition.

Chronic and mental health conditions account for about 90% of U.S. healthcare spending.

Heart disease remains a leading cause of death.

Chronic Disease Statistics

Nutrition

Nutrition affects nearly every body system



GOOD NUTRITION HELPS
PREVENT MANY CHRONIC
DISEASES



FOOD AFFECTS ENERGY,
IMMUNITY, HEART HEALTH,
AND BRAIN FUNCTION



SMALL DIETARY
IMPROVEMENTS CAN
PRODUCE MEANINGFUL
HEALTH BENEFITS.



The Power of Food

Food can positively influence:

- Heart Disease
- Stroke
- Type 2 Diabetes
- Blood pressure
- Cholesterol
- Blood sugar
- Weight
- Inflammation
- Brain function
- Immune system
- Energy
- Fatty Liver Disease
- Some cancers

Nutrition Myths vs Facts

- **Myth: All fats are bad.**
- **Fact: Healthy fats are essential.**
- **Myth: Skipping meals causes weight loss.**
- **Fact: Often leads to overeating later.**
- **Myth: Not eating can be detrimental**
- **Fact: Intermittent fasting can eliminate glucose spikes and be beneficial to the body**



- Carbohydrates break down into glucose.



- Glucose fuels the brain and muscles.



- Choose whole grains, fruits, and vegetables over refined sugars.

Carbohydrates: The Body's Primary Fuel

Protein: Building and Repair



- Protein breaks into amino acids.



- Supports muscles, hormones, immune system, and tissue repair.



- Sources: meat, fish, eggs, dairy, beans, legumes.

Healthy Fats

- Support hormones, brain function, and vitamin absorption.

- Sources: olive oil, nuts, seeds, avocados, fatty fish.

- Limit trans fats.

Sugar & Insulin Resistance



- Excess sugar may contribute to weight gain and insulin resistance.



- Frequent blood sugar spikes can affect energy and appetite.



- Limit sugary beverages.

Reading Nutrition Labels

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Focusing on overall nutrient quality helps people make better long-term choices.

Check:

- Serving size.
- Calories
- Added sugar
- Fiber
- Protein
- Sodium

Healthy Eating on a Budget



Buy seasonal produce.



Purchase frozen vegetables.



Use beans and lentils.



Plan meals before shopping.



Cook once, eat multiple times.



Prepare healthy snacks.



Freeze leftovers.



Use a weekly meal calendar.

Meal Planning for Singles

30-Day Nutrition Challenge



Drink more water.



Add vegetables daily.



Eat more whole foods



Reduce processed foods



Reduce sugary drinks.



Track one nutrition goal for 30 days.

- • USDA MyPlate
- • Registered Dietitians
- • Dr. Boz
- • Dr. Berg
- • CDC Nutrition Resources

Resources

About the Document

- The Thriving Solo series was developed from a passion for helping individuals thrive in every stage of life. The author holds a Master of Business Administration (MBA) and has experience in business analysis, project management, technology, operations, and financial planning concepts. Throughout a diverse career and life journey, the author has developed a deep appreciation for the importance of lifelong learning, personal growth, health, financial stewardship, meaningful relationships, and spiritual development. These experiences, combined with extensive independent research and a desire to help others succeed, inspired the creation of the Thriving Solo curriculum and community resources.
- Recognizing that single adults often face unique opportunities and challenges, these resources are designed to help readers build confidence, make informed decisions, strengthen relationships, improve overall well-being, and live with greater purpose.
- The goal of Thriving Solo is not simply to share information, but to inspire growth, wisdom, resilience, and meaningful connections. Through education, discussion, and practical action steps, readers are encouraged to develop a balanced life that supports financial stability, physical health, emotional wellness, intellectual growth, social engagement, and spiritual development.
- The author believes that every stage of life presents opportunities to learn, contribute, and flourish. Whether you are single by choice, circumstance, divorce, widowhood, or simply navigating a new season of life, this material was created to encourage and equip you for the journey ahead.
- For additional resources, workshops, and educational materials, visit the Thriving Solo website and community platform.