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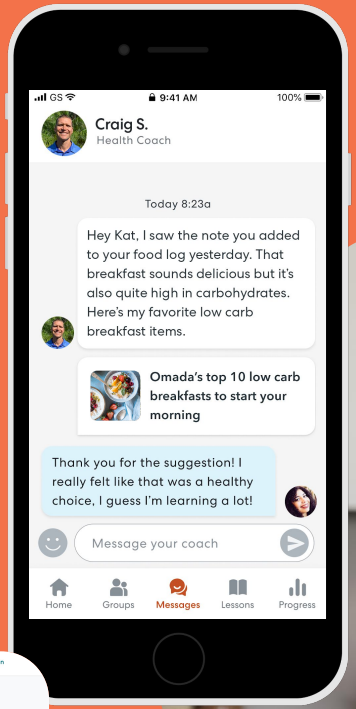
Foods that Fuel Immunity-Healthy Holiday Edition

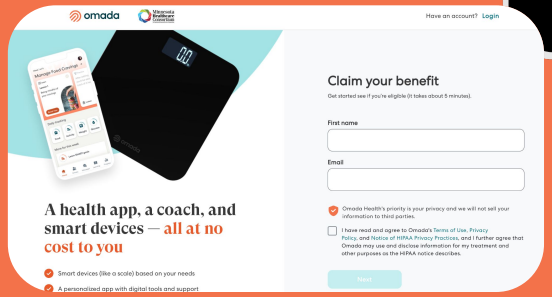
→ Boost your immune system and overall health

www.omadahealth.com/mhc

How Omada helps:

Omada is an actual health coach in your pocket.







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App images are fictionalized samples and do not reflect information about a specific person.

Introduction



Heena

Omada Health Coach

About me

+ Atlanta, GA
+ A blessed mother of 2, with a very supportive husband, & primary caregiver for both parents
+ Health and Wellness career for 15+ years with background in Health Education and Holistic Health
+ Omada Health Coach for 2+ years
+ Fun Fact: Love singing loudly while cooking dinner!

When it comes to protecting your health, *what you eat* makes a difference.



Essential for Immune Systems



Essential for Immune Systems



Essential for Immune Systems

Vitamin A

Vitamin C

Vitamin D

Essential for Immune Systems

- Vitamin A
- Vitamin C
- Vitamin D
- Zinc

Foods that Fuel Immunity

Vitamin A

Vitamin A

Best sources of Vitamin A:



Carrots



Broccoli



Sweet Potatoes



Spinach



Tomatoes

Vitamin A Recipe

Roasted Frozen Broccoli

Ingredients

12 oz bag frozen broccoli florets

1 Tbsp olive oil (or spray)

½ tsp sea salt

¼ tsp pepper

Directions

1. Preheat oven to 450°F.
2. Line a baking sheet with parchment paper and arrange broccoli onto single layer.
3. Drizzle with olive oil, add seasonings, and toss to combine.
4. Roast for 15-20 minutes, until crisp.

Foods that Fuel Immunity

Vitamin C

Vitamin C

Best sources of Vitamin C:



Bell Peppers



Broccoli



Grapefruit
or Oranges



Kale or
Spinach



Strawberries

Vitamin C Recipe

Kale Dip

Ingredients

1 Tbsp olive oil

1 garlic clove, minced

3 cups kale leaves, stems removed and chopped

1 cup low-fat cottage cheese

Pinch of red pepper flakes

1 Tbsp lemon juice

Sugar snap peas/snow peas

Directions

1. Saute kale in olive oil and garlic for a few minutes until tender.
2. In a food processor or high-powered blender, blend kale mixture with cottage cheese, lemon juice, and red pepper flakes. Serve with sugar snap peas.

Foods that Fuel Immunity

Vitamin D

Vitamin D

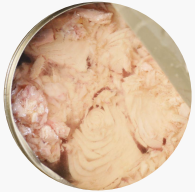
Best sources of Vitamin D:



Eggs



Salmon



Tuna

Vitamin D Recipe

Grilled Salmon with Mango-Avocado Salsa

Ingredients

4 6-oz wild salmon fillets

1 cup tomatoes, diced

1 cup mango, chopped

½ cup red onion, diced

1 medium avocado, chopped

1 jalapeno, diced (optional)

⅓ cup fresh cilantro, chopped

1-2 limes, juiced

Pinch of salt and pepper

Directions

1. Wash and chop all produce. Combine mango salsa ingredients in bowl and set aside. Toss before serving.
2. Preheat grill to medium-high heat. Brush salmon with oil to prevent it from sticking to the grill. Grill salmon for about 5 minutes per side.
3. Transfer salmon to a plate, spoon mango salsa over it, and serve.

Foods that Fuel Immunity

Zinc

Zinc

Best sources of Zinc:



Beef, Poultry, Pork



Shellfish



Nuts



Tofu



Beans

Zinc Recipe

Chocolate Banana Peanut Butter Smoothie

Ingredients

1.5 cups milk of choice

1/2 frozen medium banana

1 Tbsp chia seeds (optional)

1/2 Tbsp unsweetened cocoa powder

1 Tbsp peanut butter (no sugar added)

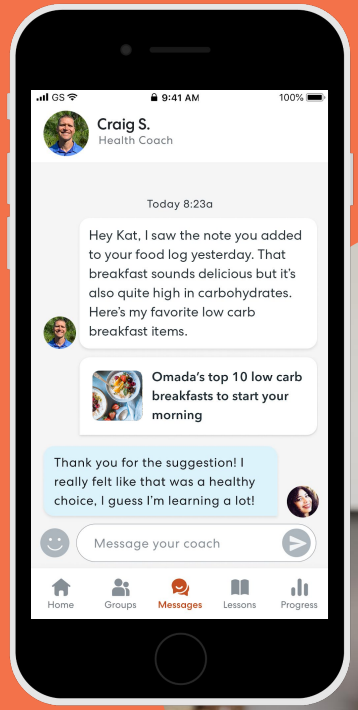
1/2 cup ice

Directions

1. Add all ingredients in a blender and blend until smooth.
2. Pour in a tall glass and serve immediately.

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Omada for Prevention

A virtual program that makes it easier to lose weight, improve your health and reduce the risk of diabetes—valued up to $700—at no cost to you.

Program Benefits

Lose weight with small, lasting lifestyle changes.

Learn ways to eat healthier, be more active, sleep better and manage stress.

Reduce the risk of Type 2 diabetes, heart disease and stroke.

Program Features

- A personal health coach
- A personalized care plan
- Weekly lessons
- Tools for managing stress
- Online peer group and communities
- Plus, you get a smart scale to track your progress. It's yours to keep!



Smart Scale

Personal Health Coach

Apply at omadahealth.com/ xxxxx

[If you or your adult family members are at risk for type 2 diabetes or heart disease, and are eligible for the Omada program offered by [Client Name of Communications], membership is covered by your health plan or employer.]

Omada for Prevention is available at no cost when covered by your employer or health plan.
App images are fictionalized samples and do not reflect information about a specific person.

Omada for Diabetes

A program that helps you manage diabetes better, lose weight and reduce stress—valued up to $1,700—at no cost to you.

$0 to you

Program Benefits

Prevent episodes of low and high blood glucose values; 24/7 glucose monitoring support is available

Reduce the risk of diabetes complications

Build problem-solving skills and learn how to self-manage, even reduce, medications

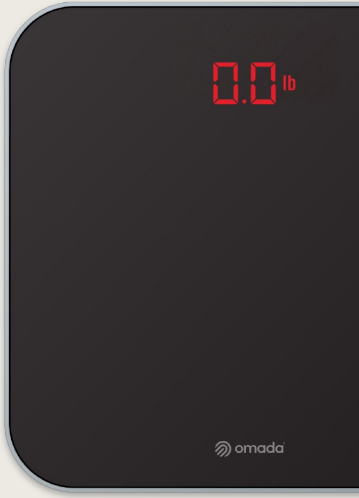
Get support to learn safe, lasting lifestyle changes

Program Features

- A personal health coach
- A certified diabetes specialist
- A personalized care plan
- Weekly lessons
- Tools for managing stress
- Plus, smart devices to monitor your blood glucose and track your progress. You keep them all.



Personal Health Coach



Smart Scale
(if clinically eligible)



Continuous Glucose Monitors††



Blood Glucose Meter

Apply at omadahealth.com/ xxxxx

[If you or your adult family members are at risk for type 2 diabetes or heart disease, and are eligible for the Omada program offered by [Client Name of Communications], membership is covered by your health plan or employer.]

Omada for Diabetes is available at no cost when covered by your employer or health plan. See next slide for CGM disclaimers.
App images are fictionalized samples and do not reflect information about a specific person.

Apply today at:
omadahealth.com/ XXXXXX

Thank you!

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