BITE OF HOPE
NEWSLETTER



Editorial Message

At Bite of HOPE, we believe that education is a powerful tool to transform our health. This month, we want to talk about one of the most common nutrients in our daily diet—and at the same time, one of the most misunderstood: carbohydrates. We often hear that we should "avoid" or "eliminate" them, but the reality is that carbohydrates are a fundamental source of energy for our body and brain. The key is not to eliminate them, but to learn how to choose the right types and consume them in a balanced way.

In this edition, we invite you to discover:

- The difference between simple and complex carbohydrates
- How they influence our energy and well-being
- How to incorporate them in a healthy way into our daily cooking

Small changes in our food choices can have a profound impact on our long-term health.

With care,
The Bite of HOPE Team

Carbohydrates: Energy for the Body and Brain

Carbohydrates are one of the three main macronutrients the body needs to function properly, along with proteins and fats. Their main function is to provide energy, especially for the brain, muscles, and nervous system.

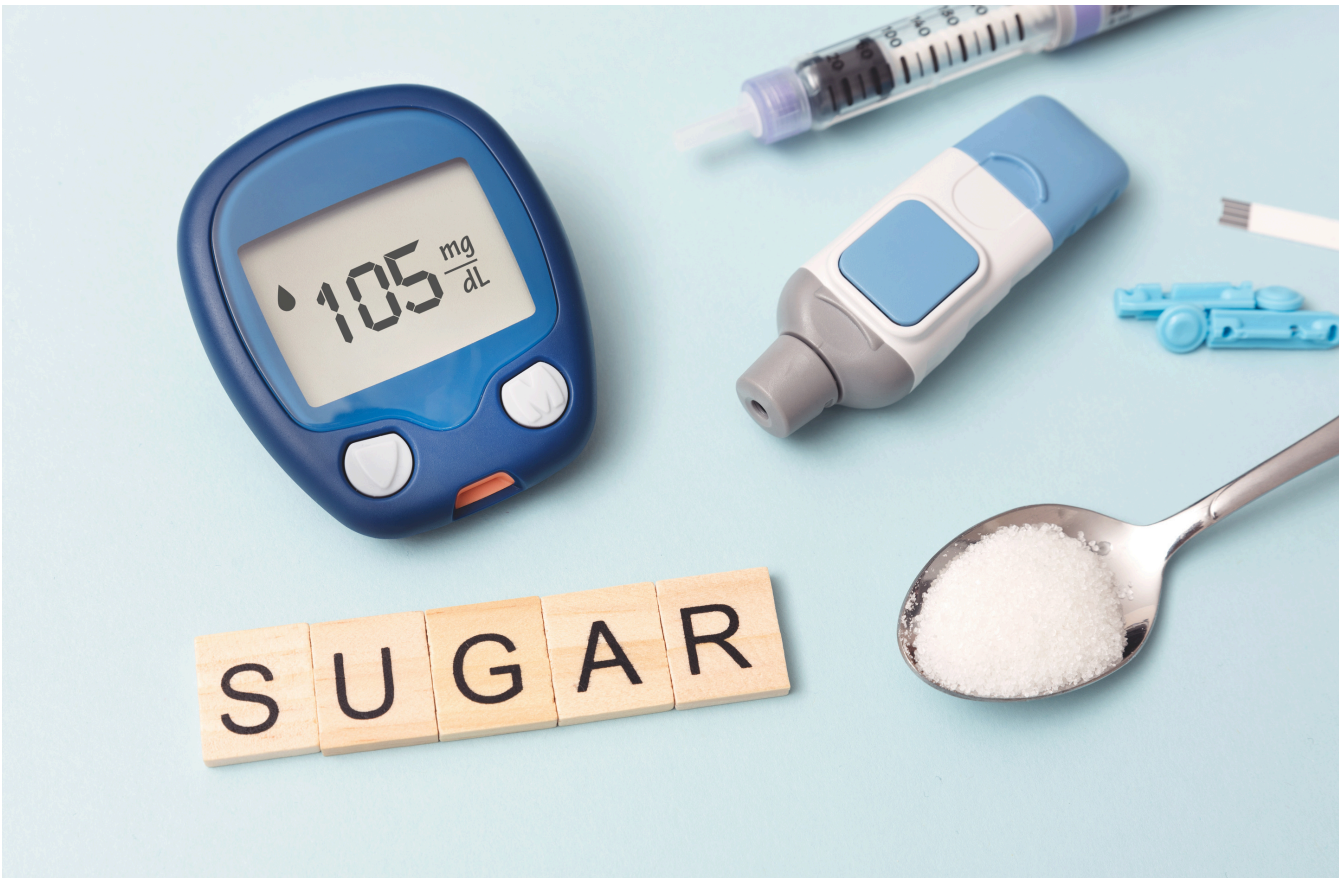
Simple Carbohydrates

They are digested quickly and can cause rapid spikes in blood sugar.

Examples:

- Table sugar
- Candy
- Soft drinks
- White bread
- Highly processed products

When consumed in excess, they can contribute to weight gain, insulin resistance, and type 2 diabetes.



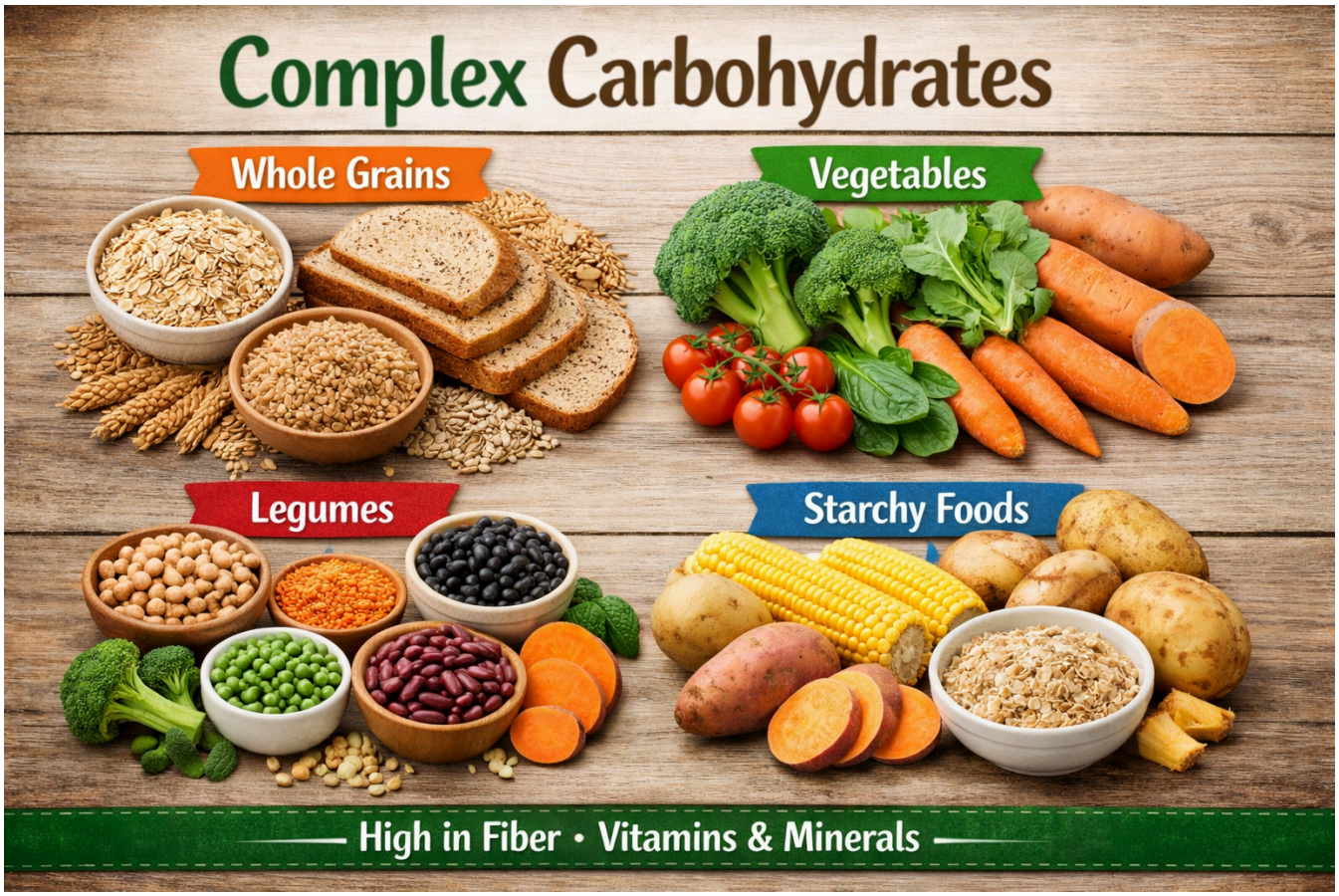
Complex Carbohydrates

They are digested more slowly, providing stable energy and a greater feeling of fullness.

Examples:

- Oats
- Brown rice
- Quinoa
- Beans and lentils
- Sweet potatoes
- Vegetables
- Whole grain breads

They provide fiber, vitamins, and minerals, making them healthier for maintaining stable energy levels.



Carbohydrates and Metabolic Health

The type of carbohydrate we choose influences different aspects of our health:

- Daily energy
- Blood sugar control
- Digestive health
- Weight management
- Prevention of chronic diseases

Prioritizing complex carbohydrates, whole foods, and fiber helps maintain better metabolic health and reduces the risk of type 2 diabetes and cardiovascular disease.



Nutrition and Epigenetics: How What We Eat Influences Our Genes

Our genes do not completely determine our health. Epigenetics studies how lifestyle factors—diet, exercise, stress, and environment—can activate or silence genes.



A diet rich in:

- Vegetables
- Whole grains
- Complex carbohydrates
- Fiber
- Healthy fats

...can support biological processes that reduce inflammation, improve metabolism, and lower the risk of chronic diseases. Our eating habits send positive signals to our body and genes.







Food of the Month: Sweet Potato

Sweet potato is a delicious and nutritious complex carbohydrate, ideal for maintaining stable energy and providing fiber, vitamins, and minerals.

Benefits:

- Rich in fiber, supports digestion and satiety
- Contains vitamin A (beta-carotene) for vision and immunity
- Source of vitamin C and potassium for cardiovascular health and blood pressure
- Moderate glycemic index: slow and steady energy

Preparation: Roasted, baked, steamed, mashed, in soups or stews. Adding it to your meals provides complex carbohydrates and essential nutrients.



Practical Tips to Balance Carbohydrates

- Combine carbohydrates with protein or healthy fats
- Choose whole grains and vegetables
- Include fiber in your meals
- Control portion sizes
- Reduce sugary drinks and ultra-processed foods

The goal is not to eliminate carbohydrates, but to choose them better

Glycemic Index: The Secret to Sustained Energy

In the previous edition, salt was the "white gold": much more than a seasoning or a way to preserve food, it was a currency of exchange and value. This month, the focus is one of the most important and versatile "currencies" of life: sugar—the fundamental spark that fuels all cells in the human body.

Contrary to popular belief, early humans were not primarily hunters. Archaeological studies show that 9,000 years ago, humans consumed a diet of 80% plants and only 20% meat, meaning they were experts in identifying roots, tubers, and seeds. This carbohydrate intake supported the evolution of the human brain.

Today, carbohydrates are essential: they sweeten beverages, desserts, and accompany our daily meals. However, the abundance of carbohydrate-rich foods has led to excess energy intake, metabolic imbalances, and chronic diseases.

Blaming carbohydrates alone for diseases like diabetes mellitus or metabolic syndrome is unfair—these conditions are multifactorial. Genes account for only about 10% of cases; the remaining percentage depends on epigenetic factors: lifestyle habits, nutrition, and environmental exposures (NI et al.).







Evidence-based strategies:

1.*Food order:* Eating fiber (vegetables), protein, or fats before carbohydrates (flours and sugar) reduces glucose spikes by up to 55% in healthy individuals and 38.8% in prediabetics (Kim et al.).

2.*Starch retrogradation:* Cooling rice, potatoes, or pasta at 4°C for ≥24 hours and reheating increases resistant starch, reducing intestinal absorption (Baptista et al.).

3.*Fermentation:* Properly fermented sourdough bread can triple resistant starch content (Demirkesen-Bicak et al.).

4.*Vinegar:* Acetic acid reduces post-meal blood glucose by 20–54% by inhibiting carbohydrate-digesting enzymes and slowing gastric emptying (Siddiqui et al.).

5.*Physical activity:* Walking for 10 minutes after eating reduces glucose spikes by 25–35% (Engeroff et al.).

This month, the focus is on controlling sugar and optimizing nutrition. Information empowers, and making conscious decisions is the first step toward better health and well-being.

Livvic



Recipe of the month

Roasted Sweet Potatoes with Creamy Avocado Sauce

INGREDIENTS

- 2 sweet potatoes
- 1 tablespoon avocado oil
- 1 pinch of salt
- Spices to taste (pepper, paprika, garlic powder, etc.)

For the sauce:

- 1 ripe avocado
- ½ cup plain Greek yogurt
- 1 garlic clove
- Dill to taste
- Salt to taste
- Water (optional, to adjust consistency)

INSTRUCTIONS

1. Preheat the oven to 400 °F (200 °C).
2. Peel the sweet potatoes and cut them into medium, evenly sized pieces.
3. Place them in a bowl and drizzle with avocado oil.
4. Add salt and spices to taste.
5. Toss well until all pieces are evenly coated.
6. Spread the sweet potatoes on a baking sheet in a single layer.



- Roast for 45–60 minutes, flipping halfway through, until they are golden on the outside and tender on the inside (you should be able to easily pierce them with a fork).

Make the avocado sauce

- In a food processor, combine:

1. avocado
2. Greek yogurt
3. garlic
4. dill
5. salt to taste

- Blend until smooth and creamy.
- If needed, add a little water to reach your desired consistency.
- Serve the sweet potatoes hot and drizzle or dip with the creamy avocado sauce.

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A HOPE CLINIC INITIATIVE

Carbohydrates are not the enemy

The key is choosing the right ones and maintaining balance. Learning to cook and understand our food is a powerful way to take care of our health.



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Bite of HOPE Community

If you'd like to dive deeper into these topics and be part of a health-focused community, we invite you to join our Bite of HOPE group! Take part in our monthly meetings to stay up to date with our activities and access the exclusive educational materials we actively create. We hope to see you soon!



Our nutrition talks continue!

We're excited to share that we'll be hosting educational talks on healthy eating every month. These sessions are perfect for learning practical tips to improve your health and your family's well-being—and they're completely free! Don't miss the next session.

Next Talk – May

Fats – Importance for the heart and brain

Increase consumption of unsaturated fats like omega-3s found in affordable fish and seeds.

Support Our Alumni Entrepreneurs

Did you know many Bite of HOPE alumni run their own food businesses? From catering to desserts, and healthy, delicious options, our graduates are bringing their culinary skills to the real world.

We invite you to check out our Alumni Directory and explore the options. Supporting these businesses means enjoying amazing products and helping our community thrive.

CLICK HERE for BiteofHOPEDirectoryBook!

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Conciencia Nutricional 2026

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Want to learn how to make nutritious and flavorful meals? Discover our programs and become part of the Bite of HOPE community:

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