BITE OF HOPE
NEWSLETTER



Editorial Message

In our previous edition, we talked about sugar as a source of energy. This month, we want to focus on something just as important, but surrounded by myths: fats. For a long time, fats have had a bad reputation. However, current science shows us a very different reality: fats are not only necessary, they are essential for life and health.

Fats are part of the structure of our cells, help the brain function properly, and support the production of important hormones. They are also the most efficient source of energy in the body and are necessary for absorbing key vitamins such as A, D, E, and K.

Not all fats are the same. Some, like omega-3s, support heart and brain health. Others, naturally produced in our gut, can even protect our digestive system.

However, within fats there is a metabolic "Trojan horse" we must recognize: trans fats. Unlike natural fats, these are created by the food industry by modifying vegetable oils to make them solid.

This change prevents the body from processing them properly. They are mainly found in margarines, hydrogenated oils, and many ultra-processed foods.
That's why it is important to identify them and limit their consumption in our daily diet.

At Bite of HOPE, we believe that understanding what we eat is the first step toward taking care of our well-being. With clear and simple information, we can all make more conscious and healthier decisions every day.

The idea is not to eliminate fats, but to learn to choose better. Incorporating healthy fats into our daily diet can make a big difference in how we feel and in our long-term health.

With care,

The Bite of HOPE Team

What are fats really?



Fats (or lipids) are essential nutrients that perform fundamental functions in our body:

- They form part of our cells, especially cell membranes
- They protect and insulate nerves (myelin)
- They are the most concentrated source of energy (9 calories per gram)
- They help produce hormones
- They transport important vitamins (A, D, E, and K)

In short: without fats, our body cannot function properly.

Not all fats are the same

It is important to understand that there are different types of fats:

Healthy fats (unsaturated)

These are the most beneficial fats for the body.

Benefits:

- Protect the heart
- Support brain function
- Reduce inflammation
- Improve cholesterol levels

Found in:

- Avocado
- Olive oil
- Nuts and seeds
- Fish like salmon or sardines



Saturated fats



These should be consumed in moderation.

They are not "bad," but balance is key.

Characteristics:

- The body needs them in small amounts
- In excess, they can affect heart health
- Mainly found in animal-based products

Examples:

- Butter
- Cheese
- Fatty meats
- Some processed products

Trans fats



These are the most harmful fats for health.

Effects:

- Increase "bad" cholesterol (LDL)
- Decrease "good" cholesterol (HDL)
- Increase risk of heart disease

Found in:

- Fast food
- Industrial baked goods
- Packaged snacks
- Processed margarines

The positive impact of fats in the body

Some fats have specific health benefits:

- Omega-3 (EPA and DHA): help reduce triglycerides, protect the heart, and are essential for the brain

- Brain health: the brain is largely made of healthy fats, especially DHA

- Digestive health: some fats produced by gut bacteria help protect the digestive system









Food of the Month – Nuts: small foods, big benefits

Nuts are one of those foods that, although small, have a huge impact on health. Almonds, walnuts, pistachios, hazelnuts, and others have been part of human diets for centuries... and today science confirms why.



Why are they so important?

Nuts are a natural source of essential nutrients. They stand out for their unique combination of healthy fats, plant-based protein, fiber, vitamins, and minerals.

Main benefits include:

- Provide sustained energy
- Support brain health
- Contribute to heart health
- Help regulate cholesterol
- Promote satiety

This makes them an excellent snack between meals.

Healthy fats in one bite

One of the biggest benefits of nuts is their healthy (unsaturated) fats.

These fats:

- Help reduce “bad” cholesterol (LDL)
- Increase “good” cholesterol (HDL)
- Support cardiovascular health
- Have anti-inflammatory effects

That’s why they are considered important allies for heart and metabolic health.







Energy and appetite control

Unlike ultra-processed foods, nuts release energy slowly.

This means:

- They keep energy stable throughout the day
- They prevent sudden hunger spikes
- They help control cravings

A small handful can be enough to feel satisfied.

Nutrients that make a difference

In addition to healthy fats, nuts contain:

- Magnesium → important for muscles and the nervous system
- Vitamin E → antioxidant that protects cells
- Fiber → supports digestion
- Plant protein → helps muscle maintenance

Are they healthy in any amount?

Although very nutritious, nuts are also energy-dense. Therefore, moderation is key.

✔️ Recommended portion: a small handful per day (about 20–30 g)
✔️ Best option: natural or dry-roasted, without salt or added sugar



How to include them in your daily routine



Nuts are very versatile. You can add them to:

- Yogurt or oatmeal
- Salads
- Smoothies
- Fresh fruit
- Or enjoy them as a snack

Nuts are a perfect example of how a simple food can be highly nutritious. Including them mindfully in your diet can bring great benefits to cardiovascular, brain, and metabolic health.

At Bite of HOPE, we believe good nutrition is not about complexity, but about smart choices.

Recipe of the month



Chocolate Pistachio Cookies

INGREDIENTS

- 2 cups almond flour
- 1/3 cup finely chopped pistachios (reserve at least 2 tablespoons for topping)
- 1/4 cup unsweetened cocoa powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/3 cup maple syrup
- 1/4 cup olive oil (mild flavor)
- 1 teaspoon cold water
- 1 teaspoon vanilla extract
- 1/4 teaspoon almond extract
- 1/3 cup dark chocolate chips

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PREPARATION

- Preheat oven to 350°F
- In a large bowl, add all ingredients
- Mix well until a smooth dough forms
- Using an ice cream scoop, form dough balls and place on a baking tray
- Top with reserved pistachios
- Bake for 12 to 16 minutes
- Let cool and enjoy

Note: Cookies are soft, with a delicious chocolate flavor and a crunchy pistachio touch.

Why do we need fats in our diet?

Fats also allow the body to absorb essential vitamins:

- Vitamin A → vision and immunity
- Vitamin D → strong bones
- Vitamin E → antioxidant protection
- Vitamin K → blood clotting

Without fats, these vitamins cannot be properly absorbed.

It's not about eliminating, but choosing better

The goal is not to stop consuming fats, but to learn to choose the right ones:

✔️ Prioritize natural fats
✔️ Reduce ultra-processed foods
✔️ Cook with intention and balance

At Bite of HOPE we understand that...

Nutrition should not be restrictive, but conscious.

Every decision we make in the kitchen is an opportunity to care for our health.

Knowledge is power, and your health is in your hands.



Bite of HOPE Community

If you want to deepen your knowledge and be part of a health-focused community, we invite you to join our Bite of HOPE group! Participate in our monthly meetings to stay updated on our activities and access exclusive educational materials we actively produce. We hope to see you soon!



Our nutrition talks continue!

We are excited to announce that we will be hosting monthly educational talks on healthy eating. These sessions are ideal for learning practical tips to improve your health and your family's health, and they are completely free! Don't miss the next session.

Upcoming Talk – June

Folic Acid and Iron: essential nutrients for your health

In this session, you will learn about the importance of folic acid and iron in the body. These nutrients are key for blood formation, energy, and overall well-being.

We will also explore how to increase their intake through affordable and nutritious foods such as leafy greens, legumes, and budget-friendly protein sources.

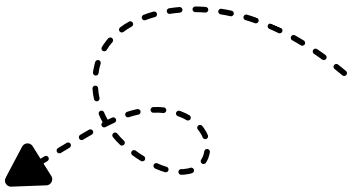
Support Our Alumni Entrepreneurs

Did you know that many of our Bite of HOPE alumni have their own food businesses? From catering to desserts, and from healthy meals to delicious options, our graduates are taking their culinary skills into the real world.

We invite you to explore our Alumni Directory and discover all available options. By supporting these businesses, you not only enjoy amazing products, but also empower our community and those working hard to provide healthy, high-quality food.

CLICK HERE for BiteofHOPEDirectoryBook!





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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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📞 Contact 713-773-0803 ext: 1140 o 1187

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