BITE OF HOPE
NEWSLETTER



Editorial Message

At Bite of HOPE, we believe that health begins with small habits that we can maintain over time, rather than with strict rules or perfect diets.

This month, we want to talk about a nutrient that plays a fundamental role in our health: **protein**.

When we think about protein, we often think only about muscles. However, our bodies need protein for so much more: it helps maintain strength, supports our immune system, produces hormones and enzymes, and supports many essential functions in the body.

The good news is that getting enough protein does not have to be complicated or expensive. We can find protein in a wide variety of foods, including meat, fish, eggs, dairy products, nuts, seeds, and plant-based foods such as beans and lentils.

This month, we invite you to learn more about protein and discover simple ways to incorporate it into your daily meals.

With care,

The Bite of HOPE Team

FROM A MOTHER'S LOVE TO A HEALTHIER WAY OF COOKING



Marcalida Del Carmen Quintero

Ser y Comer
Serycomer

For Marcalida Del Carmen Quintero, food began with a mother's love. Twenty-six years ago, when her young daughter was diagnosed with celiac disease, Marcalida began creating gluten-free foods at home because these products were difficult to find in Venezuela. What started as a way to make sure her daughter could enjoy the foods she loved became a passion—and eventually, her business, **Ser y Comer**.

When Marcalida joined **Bite of HOPE Culinary Institute**, she already had years of experience and a growing business. Bite of HOPE helped her take that foundation further.

Through the program, Marcalida deepened her understanding of nutrition, culinary health, and the connection between food and well-being. She applied what she learned directly to her business, **perfecting her recipes, developing new products, and strengthening Ser y Comer**.

"Bite of HOPE gave me a before and after. It wasn't only about theory. In my case, I was able to consolidate my business and perfect my recipes, create new products that now I can make available to the community that requires a special diet."

Today, Marcalida creates gluten-free, naturally sweetened products using ingredients such as dates and fiber-rich foods. Through Ser y Comer, she is turning her knowledge and culinary skills into healthier options for people with special dietary needs.

From creating a birthday cake for her daughter to creating products for her community, Marcalida's journey shows how Bite of HOPE can turn knowledge into action, and passion into impact.

Powerful Protein: Much More Than Muscle



Protein is one of the three macronutrients our bodies need to function properly, along with carbohydrates and fats.

Although protein is often associated with muscle development, it has many other important functions:

- Helps maintain and repair muscles, especially as we age or recover from an illness or injury.
- Supports our immune system, as our bodies use proteins to produce antibodies and other substances that help protect us.
- Helps produce enzymes and hormones that allow many functions in the body to occur properly.
- Plays a role in building and repairing tissues, including the skin, organs, and other body tissues.
- Helps maintain a strong and healthy body throughout the different stages of life.

For this reason, protein should not be viewed as something only for people who exercise.

We all need protein, every day.

Why Is Protein Especially Important as We Age?



As we age, our bodies can become less efficient at using protein to maintain and build muscle. This makes taking care of our nutrition and staying physically active increasingly important.

Getting enough protein, together with regular physical activity, can help us maintain strength and mobility and reduce the risk of muscle loss.

The goal is not only to live longer, but to remain strong and active throughout those years.

Protein and Weight Loss: Taking Care of Our Nutrition

Medical treatments for weight management, including some newer medications, can be important and effective tools for many people when used under the supervision of a healthcare professional.

However, when a person loses weight and their appetite decreases, it can become more difficult to consume all the nutrients their body needs.

One nutrient that deserves special attention is protein.

When we eat significantly less, we should not only think about the amount of food we consume, but also about its nutritional quality. It is important to make sure that the foods we choose provide protein, vitamins, minerals, fiber, and other essential nutrients.





How Can We Protect Our Nutrition During Weight Loss?

Some simple strategies include:

- Include a source of protein at every meal.
- Choose nutrient-rich foods, even when portions are smaller.
- Combine protein from different sources throughout the day.
- Include foods such as beans, lentils, eggs, fish, chicken, yogurt, cheese, nuts, and seeds, according to our individual needs and preferences.

Consult with a healthcare professional or registered dietitian to determine your individual nutritional needs.

Losing weight does not mean stopping the nourishment of our bodies. On the contrary, during a weight-loss journey, it is especially important to make sure that every bite provides the nutrients our bodies need.

From Science to Your Plate

Nutrition can seem complicated when we talk about scientific terms, grams, and nutritional requirements. But putting this knowledge into practice in our daily lives can be much simpler.

One of the best strategies is to start with something basic:



Build Balanced Meals

Instead of focusing only on counting calories or grams of a single nutrient, we can ask ourselves:

Does my plate contain a good source of protein?
Does it include vegetables or fruit?
Does it have a source of fiber?
Am I choosing foods that provide the nutrients my body needs?

Small changes, repeated consistently, can make a big difference in our health.

Food of the Month: Beans



Beans are one of the most versatile, affordable, and nutritious foods we can include in our diet.

In addition to being an excellent source of plant-based protein, beans provide fiber, vitamins, minerals, and complex carbohydrates.



INTERESTING FACTS ABOUT BEANS

A Source of Plant-Based Protein

One cup of cooked beans can provide approximately 15 grams of protein, although the amount can vary depending on the type of bean.



Rich in Fiber

Fiber helps support digestive health and may help us feel full and satisfied for longer.

Can Be Part of a Heart-Healthy Eating Pattern

Beans are naturally low in saturated fat and contain important nutrients that contribute to a balanced diet.

Affordable and Accessible

Dried and canned beans can be an excellent option for adding protein and nutrients to meals without spending too much.

Extremely Versatile

Beans can be used in soups, salads, tacos, bowls, stews, rice and beans, hummus, and many other dishes.

A Simple Tip

Beans do not have to be the only source of protein in your meal. You can combine them with other foods to create varied and nutritious meals.

For example:

Beans + rice + vegetables = a simple, affordable, and nutrient-rich meal.

Recipe of the Month

GROUND BEEF TACOS



INGREDIENTS

For the beef

- 1½ pounds of beef
- 10 corn tortillas
- 1½ cups cooked beans
- ½ onion, finely chopped
- ½ bunch cilantro, finely chopped
- Salt to taste
- Pepper to taste
- Finely chopped garlic
- 1 tablespoon olive oil

For the avocado sauce

- 1 avocado
- ½ bunch cilantro
- 1 garlic clove
- Juice of 1 lime
- 1 tablespoon olive oil
- Salt to taste
- Pepper to taste

PREPARATION

- Cut the beef into small pieces and season with salt, pepper, and garlic.
- Heat the olive oil in a skillet and cook the beef until completely cooked through and lightly browned.
- Heat the beans and corn tortillas. Serve the beef on the tortillas and add onion and cilantro to taste. Serve with the beans.

Avocado sauce

- Blend the avocado, cilantro, garlic, lime juice, olive oil, salt, and pepper until smooth and creamy. If necessary, add a little water to adjust the consistency.



Next Talk – October 1

Probiotics: The Power Working Within You

Did you know that our bodies are home to millions of microorganisms that can influence our health?

In our next seminar, we will learn:

- What probiotics are.
- Where we can find them.
- Their benefits.
- How to incorporate them into a healthy eating pattern.
- The difference between probiotics and other foods that support gut health.

Join us and discover how to support your health from the inside out!



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!



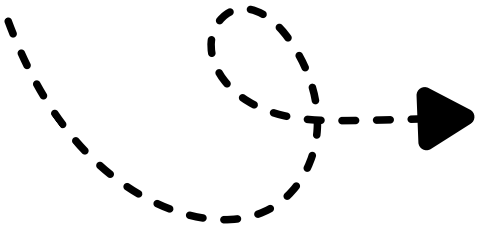
Bite of HOPE Community

In our programs, we see every day how learning about nutrition can transform not only our plates, but also our habits, families, and communities.

Cooking at home, learning how to read food labels, understanding our foods, and making informed choices are all tools that can help us take better care of our health.

At Bite of HOPE, we believe that healthy eating should be accessible, practical, culturally relevant, and, above all, delicious.

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Conciencia Nutricional 2026

WhatsApp group



Connect with us!

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

🌐 Website https://abiteofhope.org/
📸 Instagram @abiteofhope
📞 Contact 713-773-0803 ext: 1140 o 1187

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