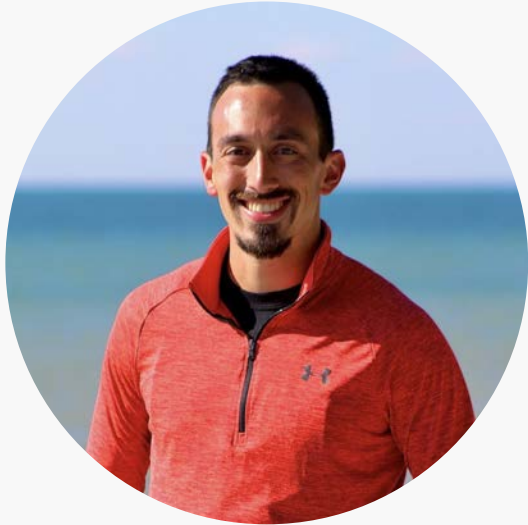




# Foods that Fuel Immunity

→ Boost your immune system and overall health

# Introduction



## Brayden

Omada Health Coach

### About me

- + Background in health coaching and life coaching.
- + Passionate about helping people make the rest of their lives, the best of their lives.
- + Believe that everyone can be successful on their health journey, with the right amount of support, accountability, open mindedness and understanding that each journey is unique.
- + Live in Northwestern, PA with my fiancé, 3 kids, and 2 dogs.
- + Enjoy exploring nature, golfing, fitness, and spending time with loved ones.

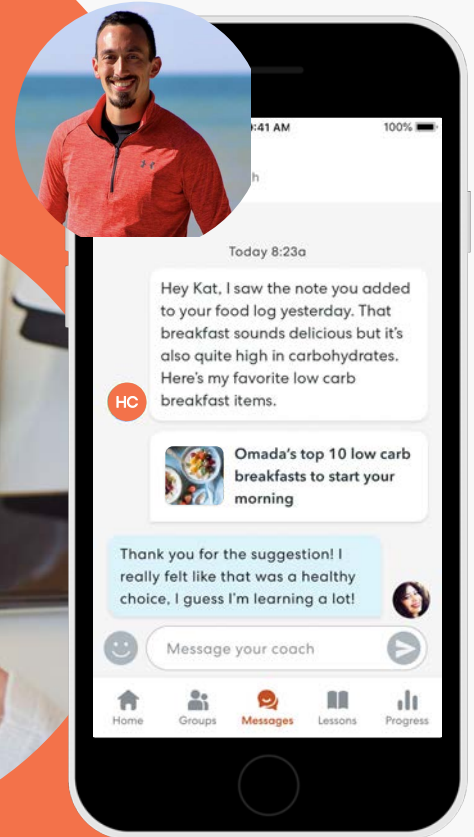


# About Omada

Omada is a virtual program that helps you live life with more confidence and less stress

- + Founded in 2011 to inspire and engage people in lifelong health
- + Delivers programs that help people improve their health and manage chronic conditions through smart devices and one-on-one coaching
- + Serves more than 700,000 members across the U.S.

→ [omadahealth.com/lennox](https://omadahealth.com/lennox)



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





# Essential for Immune Systems



Vitamin  
A





# Essential for Immune Systems



Vitamin  
A



Vitamin  
C





# 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

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# 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

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# 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

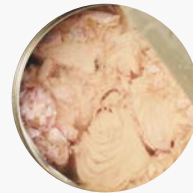
Best sources of Vitamin D:



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

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# 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

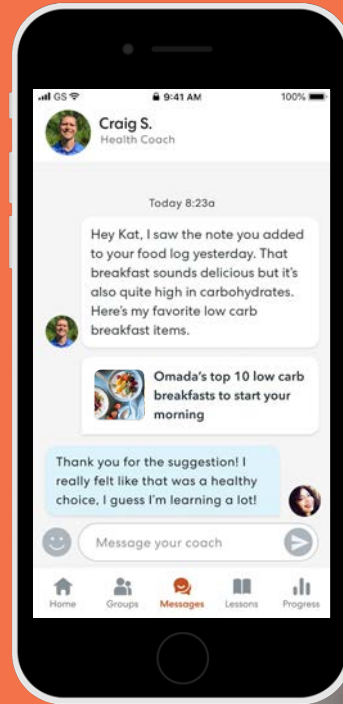
### Directions

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



How Omada helps:

Omada is an actual health coach (like me) in your pocket.



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



## 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!

Apply at [omadahealth.com/lennox](https://omadahealth.com/lennox)

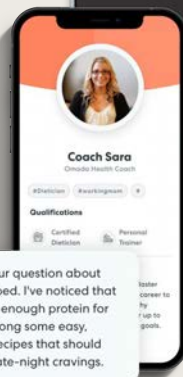


Omada for Prevention is available at no cost when covered by your employer or health plan. App images are fictionalized samples and do not reflect information about a specific person.



omada

Smart Scale



Hey Kat! I saw your question about snacking before bed. I've noticed that you aren't eating enough protein for dinner. I'll send along some easy, protein-packed recipes that should help curb those late-night cravings.

later  
comes to  
by  
r up to  
goals.

Thanks! I can't wait to give these recipes a try.



Personal Health Coach



# 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.

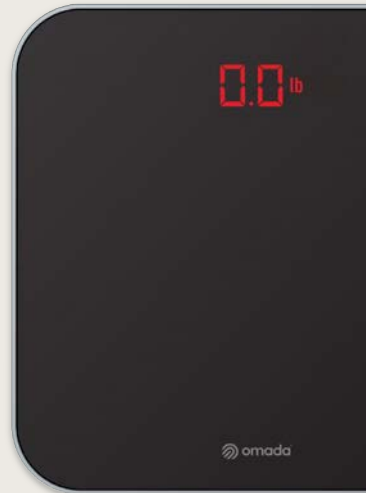
Apply at [omadahealth.com/lennox](https://omadahealth.com/lennox)



Hey Kat, I saw the note you added to your food log yesterday. That breakfast sounds delicious but it's also quite high in carbohydrates. I'll send a list of my favorite low carb breakfast items.

Thanks! I really felt like that was a healthy choice, I guess I'm learning a lot!

Personal Health Coach



Smart Scale (if clinically eligible)



Continuous Glucose Monitors\*\*



Blood Glucose Meter



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.



## Omada for Diabetes

### Disclaimers

† CGMs are only available if you qualify for the diabetes program. CGMs also require a prescription and a compatible smartphone. You will receive two (2) CGM sensors - one after you enroll and the other at the six month follow-up.

‡ The no cost CGM excludes Medicare, Medicaid, and other government payers. The Abbott FreeStyle Libre 14 day system is available to eligible participants with a valid prescription and compatible smartphone. Setup is required for continuous glucose monitoring. The circular shape of the sensor housing, FreeStyle, Libre, and related brand marks are marks of Abbott. FreeStyle Libre 14 day system: Failure to use FreeStyle Libre 14 day system as instructed in labeling may result in missing a severe low or high glucose event and/or making a treatment decision, resulting in injury. If readings do not match symptoms or expectations, use a finger stick value from a blood glucose meter for treatment decisions. Seek medical attention when appropriate or contact Abbott at 855-632-8658 or FreeStyleLibre.us for safety info.

Apply at [omadahealth.com/lennox](https://omadahealth.com/lennox)





# Omada for Hypertension

A program that helps you lower blood pressure, lose weight and reduce stress—valued up to \$1,400—at no cost to you.

**\$0**  
to you

## Program Benefits

Lower blood pressure and lose weight with small, lasting lifestyle changes.

Understand your numbers and what impacts your blood pressure.

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

## Program Features

- A personal health coach
- Clinical specialist
- A personalized care plan
- Weekly lessons
- Tools for managing stress
- Plus, smart devices to monitor your blood pressure and track your progress. Yours to keep!

Apply at [omadahealth.com/lennox](https://omadahealth.com/lennox)



Hey Kat! The dinner you logged last night sounds delicious, but it's also quite high in sodium, which impacts your blood pressure. Here's a few of my favorite heart-healthy dinners. How do you feel about trying out 2 of these ideas next week?

Personal Trainer  
Jade Mosier  
all my career in healthy fooder up to weight goals.

Thanks, Sara! I really felt like that was a healthy choice, I guess I'm learning a lot!



Personal Health Coach



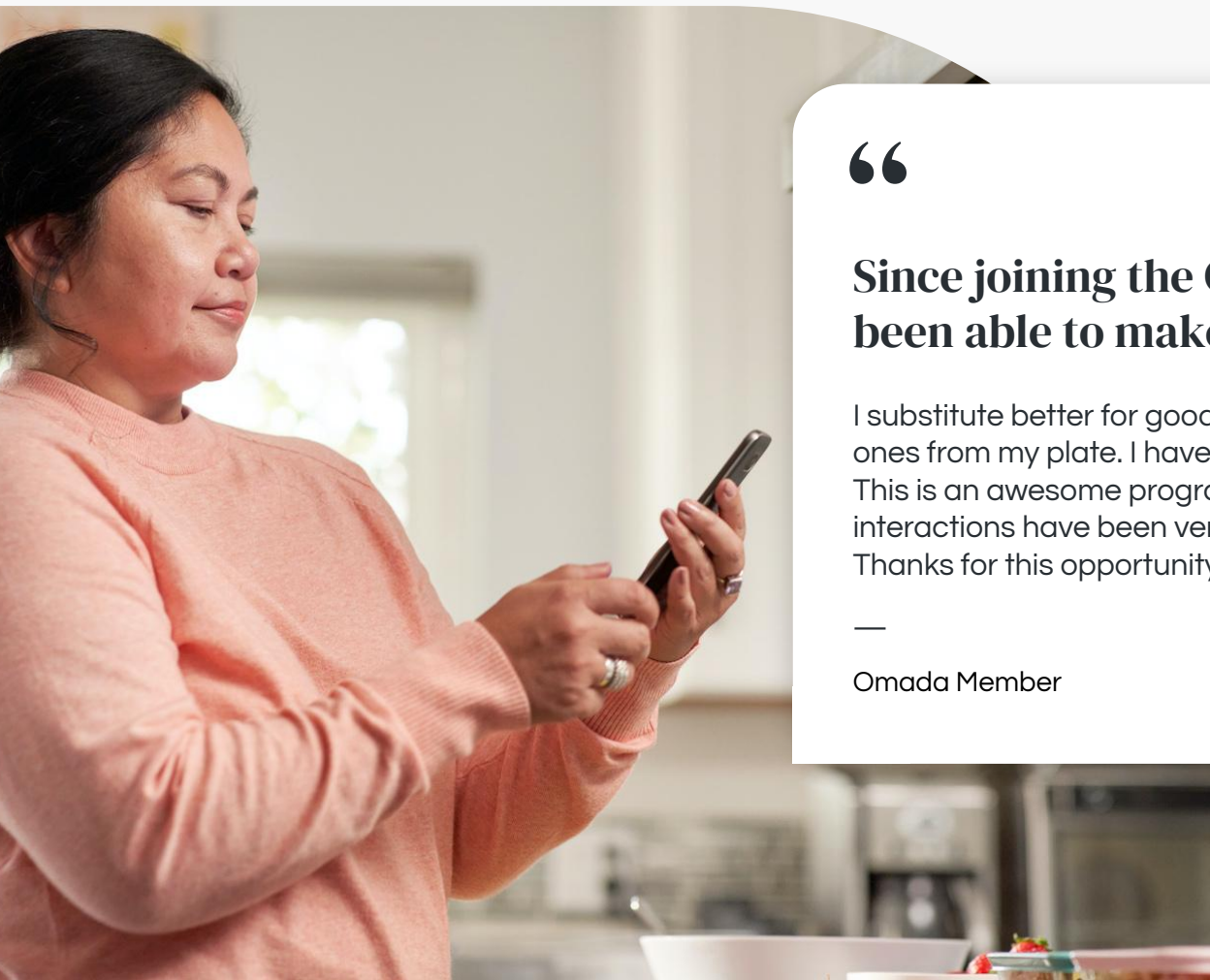
Smart Scale  
(if clinically eligible)



Blood Pressure Monitor



Omada for Hypertension 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.



“

**Since joining the Omada program, I have been able to make better food choices.**

I substitute better for good food items and remove unhealthy ones from my plate. I have lost a few pounds and feel healthier. This is an awesome program for me. The coach and group interactions have been very informative as well as inspirational. Thanks for this opportunity.

—

Omada Member



Apply today at:  
[omadahealth.com/lennox](https://omadahealth.com/lennox)

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# Thank you!

