

Welcome to Wellesley Fresh's Nutrition Info Series!

Edition 1

What to Expect in this Series

In this series, we'll cover key nutrition topics, starting with an in-depth look at macronutrients and micronutrients in the next edition. We'll explore each macronutrient—carbs, proteins, and fats—looking at their roles, food sources, and how to include them in meals.

We'll also discuss other important topics like pre- and probiotics, plant pigments, and more. Our goal is to provide you with the knowledge and tools to thrive both in and out of the classroom.



Why Nutrition Matters

A balanced diet boosts energy, supports academic performance, and improves overall well-being. By understanding how food affects your body you can develop healthy habits for life.

In today's world of overwhelming information (and misinformation) about nutrition online, we hope to help you sort through the information, debunk common myths, and empower you to approach food with confidence and clarity.

Stay tuned for helpful nutrition insights in future editions!