

Nutrition Quarterly

Series 7 – Volume 1

FUELED BY SWİİG

Calories in the Cold

Pg.6

The Future of Fitness:

TRACKING WELLNESS WITH TECH

Pg.10

Vitamin "D"ilemma:

BOOSTING YOUR VITAMIN D!

Pg.14

EAT FAT Get Fit

Pg.16

FEATURED JUICE BAR:

CHŪZE
FITNESS

Pg.18



LETTER FROM THE FOUNDER

As the days grow shorter and the air crisper, it's the perfect time to refocus our health, especially as winter presents unique challenges — and opportunities — for wellness. At Simple Again, we're passionate about supporting your fitness and nutrition goals year-round, and we know winter nutrition and post-workout recovery play a huge role in how we feel and perform.

Did you know your body naturally burns more calories in the cold to stay warm? That doesn't mean winter is a free pass to overindulge, but it does mean your nutritional needs might change. Eating enough to fuel your body while staying active is key — and so is choosing the right foods. Healthy fats and protein naturally reduce inflammation and improve cardiovascular performance. In colder months, they're especially helpful in supporting energy levels and protecting against seasonal fatigue.

With proper layering, hydration, and attention to surfaces, cold-weather workouts can be invigorating and rewarding. However, recovery becomes even more essential when temperatures drop. Winter post-workout recovery is different from summer recovery. Muscles tend to stiffen up faster, so warming down properly, staying hydrated, and getting the right mix of nutrients can make all the difference.

Here's to staying strong, warm, and well this season!

Eat Well!

—Dan Young



Dan Young is the founder and president of Simple Again, representing Performance Food Centers and the swiig brand of nutritional products. Certified in personal training and sports nutrition, Dan is a lifelong athlete, having competed in body building and endurance events. Dan completed his first of many Ironman competitions in 2018.

TABLE OF CONTENTS

THE WELLNESS ALMANAC

4

FEATURED ARTICLES

6

Calories in the Cold

8

*From Snow to Start Line:
Why Winter Running Pays Off*

10

*The Future of Fitness:
Tracking Wellness with Tech*

14

*Vitamin "D"ilemma: Supplements
for Sunlight Scarcity*

16

*Eat Fat, Get Fit:
The Truth About Healthy Fats*

FEATURED JUICE BAR

18

Chuze Fitness

FEATURED INGREDIENTS

19

FEATURED RECIPE

20

Sweet Potato Waffles

SHAKE BULLETIN

23





THE WELLNESS ALMANAC

Welcome to the first edition of “The Wellness Almanac”! In this short article, we will cover upcoming wellness trends for 2026 and beyond. With a new edition in each Nutrition Quarterly magazine, you will always be up to date on the latest wellness innovations!

PERSONALIZED WELLNESS

Many people are projecting AI & Tech to become your personalized wellness tools in 2026. If you supply the proper data, AI can help create a personalized nutrition plan that fits personal needs and goals. Pair this powerful tool with tech like a smartwatch that tracks your sleep, stress levels, and suggest when to hydrate, and you can have your own personal wellness trainer anytime, anywhere. Pairing a wellness tracker with the analysis of AI can turn your data into functional knowledge.



EMBRACING REST

In our fast-paced world of productivity, rest often goes overlooked. Many people are embracing intentional rest in the form of slow mornings, do-nothing-days, and screen-free evenings. Embracing recovery and rest isn't just indulgence – it's foundational to sustained wellness. Mentally and emotionally, rest gives the brain a chance to consolidate memories, clear stress, improve mood, and maintain focus — things that suffer when we're constantly pushing.¹ Rest isn't a luxury — it's a strategy: sleep, rest days, mental breaks, active recovery, mindfulness, good nutrition and hydration all play vital roles.²



FUNCTIONAL FOODS

The functional foods and beverages nutritional market is growing, and it's not showing signs of slowing down. Functional food companies are targeting specific benefits such as energy, gut health, immunity, muscle, bone, and joint support, and more. Consumers are increasingly seeking products that go beyond basic nutrition, opting for foods and beverages that actively support their wellness goals. From protein-packed snacks to probiotic-rich drinks, functionality has become a key driver of purchasing decisions. As health awareness continues to rise, innovation in this category will remain a cornerstone of the modern nutrition market.



Want to try the functional food market for yourself? Visit shop.swiig.com today to find products that support your wellness goals in 2026 and beyond!

¹ <https://pmc.ncbi.nlm.nih.gov/articles/PMC7024394/>
² <https://pmc.ncbi.nlm.nih.gov/articles/PMC12400548/>

SINGLE SERVE

Whey Protein



AT HOME



AT THE GYM



ON-THE-GO



- 20g Clean Protein Per Packet
- No Gluten, GMOs or Added Sugar
- No Artificial Colors, Flavors, or Sweeteners
- Shake, Stir, or Blend 1 Packet with 8oz. Liquid & Enjoy!

Available Now at the Juice Bar or www.swiig.com!

CALORIES IN THE COLD

When the temperature drops and the clouds darken, that does not mean you need to work out indoors. You can still enjoy a winter walk, jog, or winter activities such as skiing, snowboarding, and ice skating. No matter the workout, there is a slight advantage to cold-weather workouts: they can help you burn more calories than any other time of year.

During the colder months, when you exercise outdoors, your body burns calories by trying to keep your internal temperature steady. Not only are you burning calories on the slopes but just being active in 30–40-degree weather can aid your body in burning calories at a faster rate because your body is burning them to keep you warm.

Also, winter weather can help you convert white fat into brown fat. The difference is that white fat is loose and jiggles. It is usually located around the thighs, belly, or buttocks. Brown fat, however, is firmer and is not as plentiful as you age. Exposing yourself to cold weather and working out in it may help you to convert your white fat stores into brown fat. Brown fat is also

known to help burn calories during colder weather because it burns calories to produce heat.

Depending on your workout, you may need to up your calorie intake as your body burns those calories to keep itself warm. Try healthy fats such as avocados or peanut butter on a piece of whole wheat toast before your workout. Try a recovery workout shake to give your body the necessary nutrients



and protein it needs to properly recover after an intense winter workout.

In conclusion, even though it is cold out, that does not mean you can no longer workout outdoors.

Take initiative to reap the benefits that colder weather has to offer. Burn calories more efficiently to reach your winter health and fitness goals.

From Snow to Starting Line: WHY WINTER RUNNING

..... ■ * Pays Off * ■



Running in the winter is always challenging. It is much easier to allow the cold weather to keep you inside and avoid any sort of cardio (especially if you are an outdoor runner like yours truly). If you're like me and prefer to avoid the treadmill, it's important to remember that there are extreme benefits to running outside during the winter. Winter running can improve your overall body strength, boost endurance, promote your mental health and burn some extra cold weather calories.

The easiest way that I can convince myself to run outside during the Winter is to remember that cold weather can push your heart and lungs to work harder. When your body is forcing itself to produce more oxygen due to the drop in temperature, you can strengthen your cardiovascular system leading to the ability to train for a longer amount of time.

Training for this longer amount of time can give you the edge if you would like to train at a higher intensity than you usually can during warmer weather.

Running in the cold can also help you burn additional calories. Your body needs extra calories to maintain its core temperature; therefore, running outside will force your body to utilize more calories to regulate your body temperature and give you a better burn. Shivering at the beginning of your run also burns extra calories to generate heat. Once your body adjusts to the temperature it continues to produce more heat keeping your metabolism more active.

Running outdoors in cold weather not only enhances your workout but also gives your immune system a boost. Working out during cold weather can help your body become more

resistant to colds and the flu. It promotes good blood circulation too, which can increase your count of white blood cells that improve immune cell activity.

Getting out of the house during the winter and running outside can also do wonders for mental health. Seasonal depression can affect just about anyone, and I am certainly among those who suffer. Anywhere from a power-walk to a light run to a full marathon, can give you the opportunity to get the Vitamin D and natural light that we all usually miss out on during the winter. At the end of the run, the sheer accompaniment can help push those winter-time blues to the side.

When thinking about your mental health, it is also important to talk about your mental toughness. After spending a season running in the cold, I find it much easier to convince myself to go out for any sort of run in every season. Your mental fortitude is so vastly improved when you realize that if the weather doesn't force limitations upon yourself, what does? The physical and mental resilience you feel after completing a winter run is one of the best workout feelings in the world.

It is never easy to convince yourself to go out in the winter for a run, but that is exactly what it makes it so rewarding when you kick off your running shoes when you get home. Every step you take while you're freezing builds both physical, and mental strength.

Never forget, the tougher the run, the better you feel when you are done.

*<https://www.uhhospitals.org/blog/articles/2023/02/is-exercising-in-cold-weather-a-better-workout>
**<https://healthcare.utah.edu/healthfeed/2022/01/physical-and-mental-benefits-of-getting-outside-winter>

Winter POST-WORKOUT Recovery

Working out in cold weather does wonders for the body and mind! After your winter workout, you need to make sure you take care of your body and recover to make sure your next cold weather exercises are just as good, if not better, than the last.

1. *Prioritize Gentle* MOVEMENT: After moving your body in the cold, it is very important that you complete post-workout recovery stretches. Yoga poses and slow movement are crucial for recovery.
2. *Warm* YOUR BODY BACK UP: Using a sauna post-winter-workout is ideal to relax your muscles after a cold workout. A warm shower can also significantly help your blood flow.
3. *Prioritize Sleep* Working out in the cold is great for your immune system, but it can help to double down with extra sleep to promote recovery and overall well-being.
4. *Emphasis* ON REFUELING Protein is crucial to cold weather recovery. Make sure you get an adequate amount of protein and electrolytes to rehydrate and energize

Move your body, warm up your body temperature, rest and focus on protein intake, & YOU WILL FEEL BETTER THAN EVER during the colder seasons.

WEARABLES: YOUR NUTRITION ASSISTANT ON YOUR WRIST

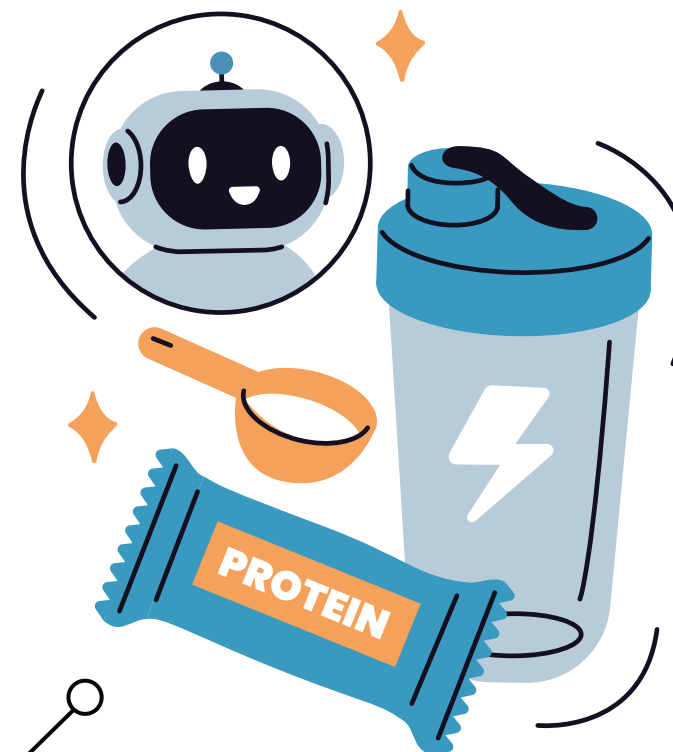
Wearable devices such as smartwatches, and related biometric trackers are already staples in fitness and health monitoring. These devices continuously monitor metrics like heart rate, step count, sleep, and in some cases heart rate variability (HRV), to help track your recovery. The goal for nutrition in this ecosystem is to tie what you eat to how your body responds in real time.

For example, though most smartwatches cannot measure blood glucose non-invasively, they can help detect stress load, recovery, and energy expenditure. Researchers are also pushing the frontier by combining wearables with biosensors in biofluids (sweat, saliva, tears). These sensors hold promise for detecting metabolic byproducts (e.g. electrolytes, glucose surrogates) potentially in real time, which could more directly inform you of your nutritional status.¹

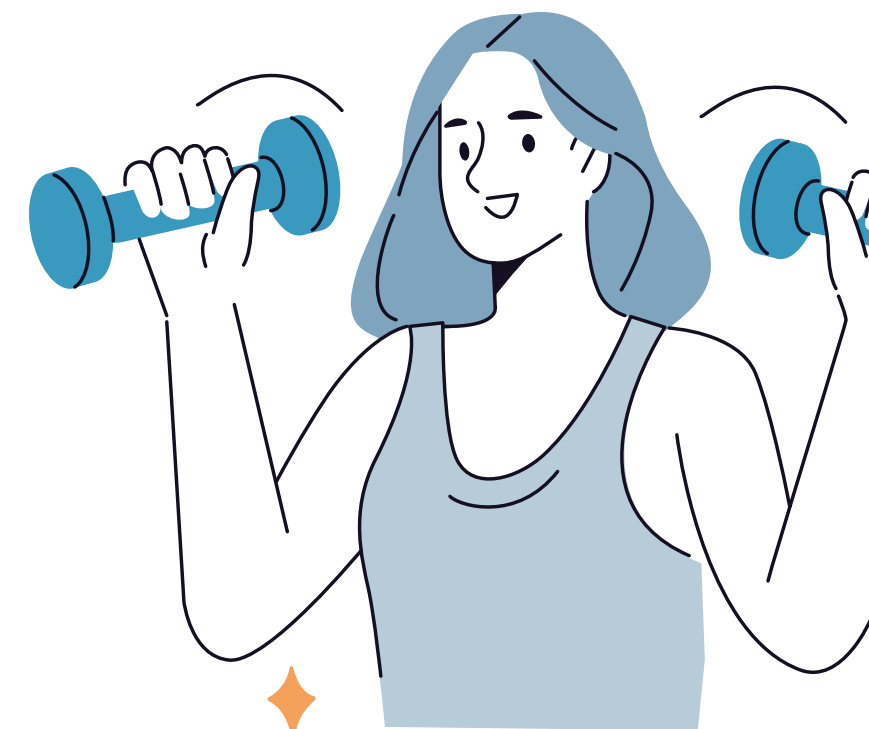
While this is still largely experimental, the trajectory suggests wearables will move from passive trackers to more direct nutritional monitors.

THE FUTURE OF FITNESS: TRACKING WELLNESS WITH TECH

In the coming decade, the way we monitor and optimize nutrition will likely shift from manual tracking to the integration of sensors, machine learning, and biological feedback. Gone may be the days of tediously entering calories or macros; instead, nutrition could become an adaptive system tailored to everyone. Below, we explore three key ideals of that transformation: wearables, AI-driven nutrient analytics, and automated sensing systems.



¹ <https://pubmed.ncbi.nlm.nih.gov/36134894/>



PERSONALIZED WORKOUTS BECOMING OPENLY AVAILABLE

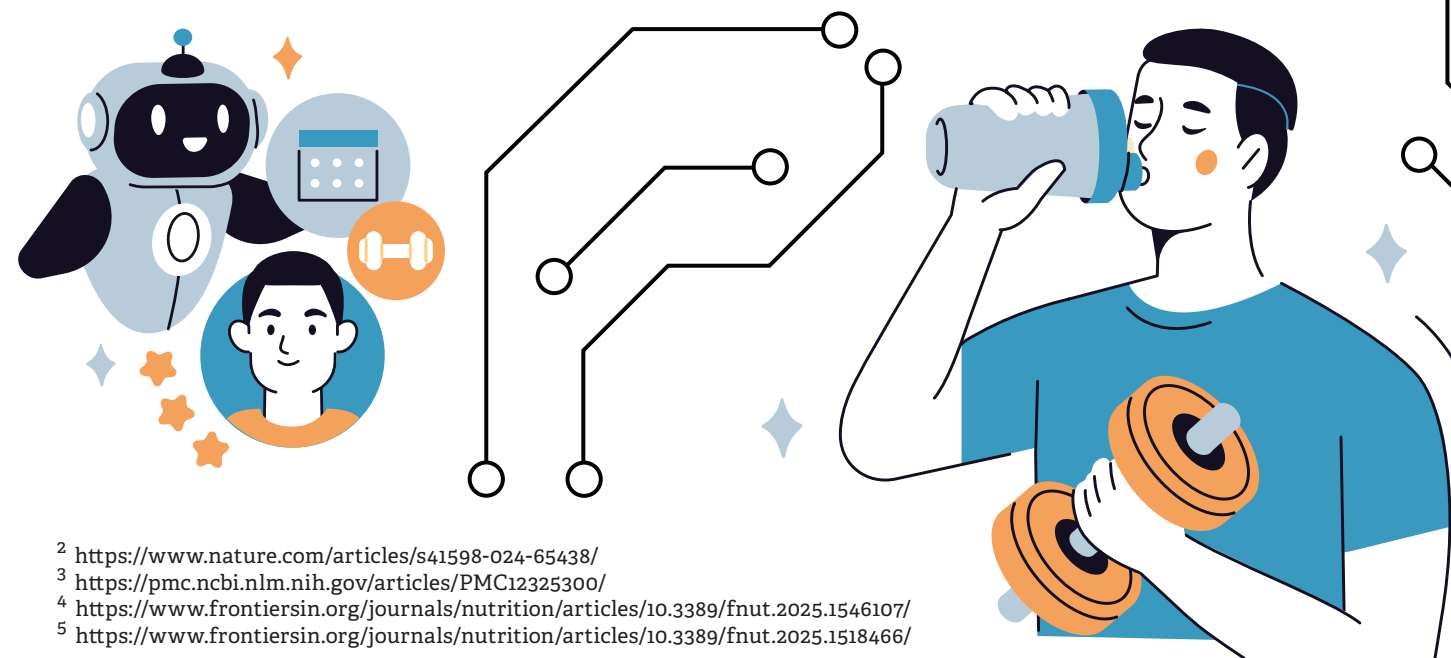
Aside from nutrition, the integration of artificial intelligence to analyze our personal wellness is making it easier to create personalized workout plans that fit our unique individual needs.

Technology is transforming the way people design and follow their exercise routines. Instead of relying on generic workout plans, advanced algorithms now analyze data from wearables, such as heart rate variability, motion tracking, and even muscle fatigue, to create fully personalized training programs. These smart systems adjust exercises in real time—reducing intensity on days when the body shows signs of strain or increasing resistance when performance metrics indicate progress.

Over time, AI learns an individual's strengths, weaknesses, and preferences, crafting workouts that not only maximize results but also keep users engaged and motivated. This level of personalization marks a major shift from static fitness plans to dynamic, data-informed routines that evolve alongside the user.

IN CONCLUSION...

The future of nutrition lies at the intersection of wearables, AI, and automated sensing. As devices evolve to monitor metabolism more directly, AI grows smarter in interpreting diets, and passive systems reduce user burden, we may soon approach a world where your nutrition is continuously optimized in the background. For individuals aiming to track progress, this means more precision, less friction, and smarter adjustments. The journey is already underway — and it promises to redefine what it means to eat well.



² <https://www.nature.com/articles/s41598-024-65438/>

³ <https://pmc.ncbi.nlm.nih.gov/articles/PMC12325300/>

⁴ <https://www.frontiersin.org/journals/nutrition/articles/10.3389/fnut.2025.1546107/>

⁵ <https://www.frontiersin.org/journals/nutrition/articles/10.3389/fnut.2025.1518466/>

AI TO ANALYZE DIET, CLOSED-LOOP SUGGESTIONS

Arguably the biggest leap in future nutrition is the use of artificial intelligence to analyze the foods you eat, identify nutrient gaps or excesses, and propose dynamic, personalized adjustments to get your diet back on track.

One recent study gathered data using AI to generate nutrition recommendations that align both with dietary guidelines and individual habits, pushing beyond one-size-fits-all models.²

Another study used AI to create a precision nutrition plan utilizing real-time meal planning, adaptive feedback loops, and integration of biomarkers (like glucose, cholesterol) into dietary decision-making.³

In practice, many modern apps already use AI features. For instance, AI-enabled nutrition apps can analyze your food logs or even photos, estimate macronutrient breakdowns, and adapt meal recommendations based on goals or dietary restrictions.⁴ A recent review of AI-assisted dietary assessment tools highlights two classes: image-based (food recognition from photos) and motion sensor-based (wrist motion, chewing signals, etc.).⁵

The aim is a closed-loop system: your wearable senses your metabolism, AI reads your diet, and the system recommends what and when to eat to optimize health.



Vitamin "D"ilemma:

YOUR GUIDE TO BOOSTING VITAMIN D!

As the days get shorter and the temperature drops, many of us find ourselves bundling up indoors, yearning for those long, sunny summer days. But did you know that less sun exposure can lead to a sneaky problem? We're talking about a deficiency in "The Sunshine Vitamin" – Vitamin D!

Why Is Vitamin D So Important?

Often overlooked, Vitamin D plays a crucial role in our overall well-being. This powerhouse vitamin is essential for:

Bone and Muscle Health: Vitamin D helps your body absorb calcium, which is vital for strong bones and

proper muscle function. Without enough, you can experience symptoms such as fatigue, muscle cramps, muscle weakness and brittle bones.

Immune System Support: Vitamin D also plays a significant role in keeping your immune system robust, helping you fight off those pesky winter bugs.

There are two main types of Vitamin D: D2 and D3. While both are beneficial, studies show that Vitamin D3 raises your levels more effectively.

Many people are surprised to learn that a significant portion of the population is deficient in Vitamin D, especially during the colder months.

Are You "D"efficient?

"What if I Can't Get Enough Vitamin D From the Sun?"

This is the million-dollar question! When sunlight exposure is limited, that's where food and supplements step in to save the day. Here are some fantastic sources to help you keep your Vitamin D levels topped up:

Salmon: This delicious fish isn't just a treat for your taste buds; it's also a Vitamin D superstar! Just a small serving of salmon can provide a significant boost to your daily Vitamin D intake.

Egg Yolks: Love eggs for breakfast, lunch, or dinner? Good news! The yolks are a fantastic natural source of Vitamin D. So next time you're cracking an egg, remember: the yolk's got your back!

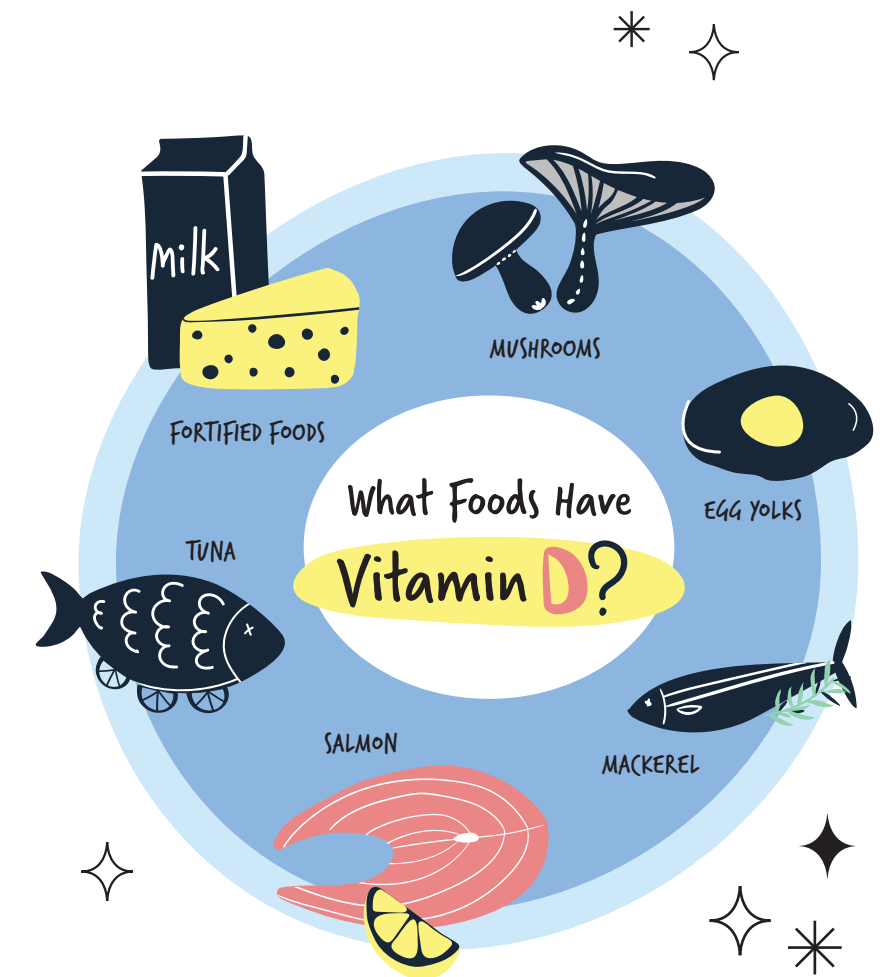
Mushrooms: These humble fungi are super special because they're one of the only plant sources of Vitamin D. Even better, just like us, when mushrooms are exposed to sunlight, they naturally produce Vitamin D! Look for UV-exposed mushrooms at your grocery store.

Fortified Foods: Many common foods have Vitamin D added to them, making it easier to get your daily dose without even thinking about it. Look for "fortified" on the labels of milk, orange juice, and cereals.

Tuna and Mackerel: Beyond salmon, other fatty fish like tuna and mackerel are also excellent sources of Vitamin D. They're perfect for adding to sandwiches, salads, or whipping up a quick and healthy meal.

When you're not getting enough Vitamin D, your body might start sending out some signals. Does any of this sound familiar?

- Achey Back, Hips, or Ribs
- Persistent Fatigue
- Feeling Down or Experiencing Depression
- Increased Risk for Infection
- Hair Loss
- Poor Sleep
- Loss of Appetite



Embrace the Winter, Stay Sunny Inside!

Don't let the lack of sunshine get you down or compromise your health. By incorporating these Vitamin D-rich foods into your diet and considering a quality Vitamin D3 supplement (always consult with your healthcare provider!), you can keep your "sunshine vitamin" levels optimal, even when winter is in full swing.

Stay healthy, stay happy, and keep shining!

Eat Fat, Get Fit: The Truth About Healthy Fats

By: Dottie Beck



When I was a teenager, it was all about eating a low-fat diet to lose weight and look good. Items with “low fat” or “fat free” written on the labels lined our fridges and pantry shelves. If you grew up in the 90’s this might sound familiar, and you may recall not having a ton of success with this type of diet.

Our bodies need fat for essential functions like absorbing vitamins and producing and regulating hormones. A lack of fat can cause dry skin and hair loss. It can negatively impact mood, energy levels, and cognitive function (brain fog). Very low-fat intake can disrupt hormone regulation, weaken the immune system, and increase inflammation.

Saturated vs. Unsaturated

There are two main types of fats - saturated and unsaturated. Saturated fats are typically solid at room temperature. The most common saturated fats are meat and dairy products. Dietary recommendations suggest that no more than 5%-10% of calories per day come from saturated fat. This fat tends to raise levels of cholesterol in the blood and can have other negative effects on cardiovascular health.

Unsaturated fats are usually liquid at room temperature. Foods like nuts, fish, and vegetable oils

have mostly unsaturated fats. Fats found in these foods can promote feelings of fullness and reduce hunger, because fat slows down the digestion process, leading to a prolonged sense of satiety.

Dietary fats are one of the four main types of nutrients (known as macronutrients). All fats, regardless of type, contain 9 calories per gram, compared to the 4 calories per gram found in carbohydrates and proteins. This is why it’s important to choose your fat wisely!



Processed foods that are “low-fat” or “fat-free” replace fat by adding sugar, salt, and refined carbohydrates. These ingredients increase hunger and negatively impact blood sugar and overall health. It is important to focus on eating healthy fats and limiting unhealthy fats. Avoid fried foods and baked goods for starters, and eat more fruits, vegetables, legumes, nuts, seeds and whole grains that are rich in vitamins, nutrients and fiber. Fats like avocado, fish, and full fat yogurt will keep the body fuller for longer periods of time and will reduce the feeling of needing more food.

Regardless of fat intake, weight loss occurs when you burn more calories than you consume. Weight loss can be achieved by eating fat, as it helps burn body fat for fuel and promotes satiety. Increasing healthy fats and reducing refined carbohydrates can shift your body to use its fat for energy instead of storing it. In relation to appetite and metabolism, eating unsaturated fat may increase metabolic rate which means the body burns more calories at rest. A balanced diet that contains healthy fat, adequate protein, and unrefined carbohydrates, will support weight loss and overall well-being.



FEATURED JUICE BAR



HOW WAS THE INITIAL RESPONSE FROM MEMBERS WHEN YOU OPENED THE SMOOTHIE BAR?

When we opened our smoothie bar, we expected some excitement - after all, we're a new gym offering an amenity that Stockton hasn't seen before. But even with that in mind, we weren't prepared for just how busy it would get! Our members absolutely loved the smoothies. Members were ecstatic about the variety of options, and it was an amazing way for us to build meaningful, lasting connections right from the start.



WHAT HAS BEEN THE BEST PART ABOUT LAUNCHING THE SMOOTHIE BAR?

The best part has definitely been the opportunity to connect with our members. We have regulars who we look forward to seeing and chatting with every day, and it's such a joy when members stop by the counter to talk while we make their smoothies. It's also been a fantastic way to meet new members and share in their excitement as they try our smoothies for the first time!



WHAT HAVE YOU LEARNED FROM YOUR MEMBERS/CUSTOMERS SINCE OPENING?

That the Peanut Butter Cup smoothie rules! It's hands down the fan favorite; our members can't get enough of it!



WHAT ADVICE WOULD YOU GIVE TO OTHER MANAGERS LOOKING TO OPEN A SMOOTHIE BAR?

My biggest piece of advice is that practice makes perfect for both you and your team! Take the time to bring everyone together and have them make their favorite smoothie. It's a fun, low pressure way to ensure your team is measuring accurately, blending properly, and building confidence behind the counter. Plus, it makes for a great team building activity!



WHICH SMOOTHIE/SHAKE IS YOUR GO-TO RECOMMENDATION?

Our team favorite is definitely the Peanut Butter Cup with a scoop (or two!) of strawberries. But my personal go-to will always be the Chocolate Thinny Mint especially with a scoop of mocha latte powder added in!

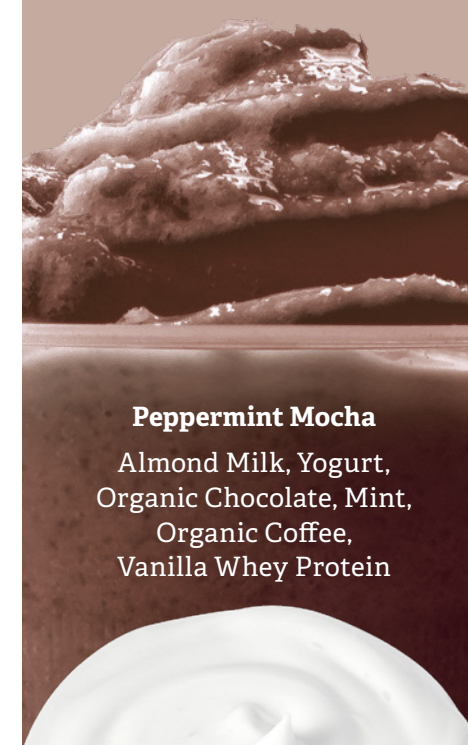


Follow Chuze Fitness on Instagram

FEATURED INGREDIENTS

YOGURT

Creamy, tangy, and wildly versatile, yogurt is a kitchen staple. It's naturally rich in complete protein to keep you satisfied, plus calcium (and often vitamin D) to support strong bones. Probiotics introduce friendly microbes that help maintain a balanced gut environment. Plain, unsweetened yogurt offers benefits without added sugars and can be sweetened with fruit, a drizzle of honey, or a sprinkle of granola. In smoothies, yogurt adds body and texture. Whether you're mixing it with berries at breakfast, blending it into a shake, or whisking it into dressings, yogurt is nutrient-dense base for countless recipes.

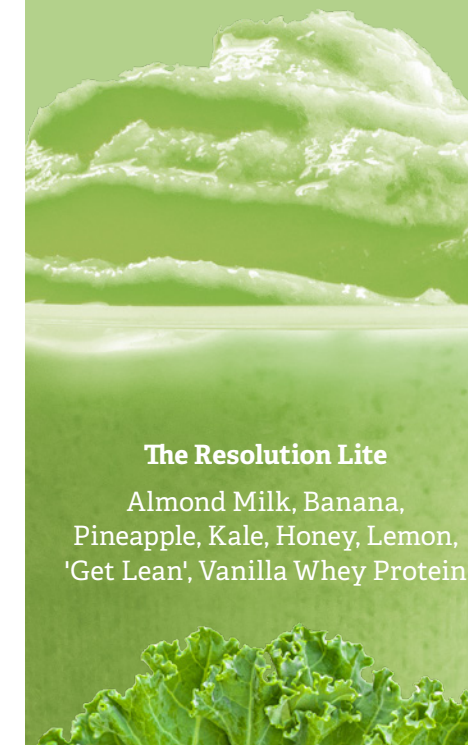


Peppermint Mocha

Almond Milk, Yogurt, Organic Chocolate, Mint, Organic Coffee, Vanilla Whey Protein

KALE

Kale earns its "super-green" label by packing diverse micronutrients and phytonutrients into very few calories. It's rich in vitamin K for bone health, vitamin A for vision and immune support, and vitamin C for antioxidant protection and collagen formation. It is also a good source of folate, manganese, potassium, and fiber to support digestive health and steady energy. The Resolution Lite is a perfect "hidden greens" smoothie that still tastes like mango or pineapple. Kale thickens blends without many calories, adding color, phytonutrients, and fiber, making it an easy daily win for your smoothie routine.



The Resolution Lite

Almond Milk, Banana, Pineapple, Kale, Honey, Lemon, 'Get Lean', Vanilla Whey Protein

DRAGON FRUIT

Dragon fruit (pitaya) is a tropical showstopper with vibrant color and mellow flavor. It is perfect for pairing with other ingredients: combine with yogurt or a clean protein for satiety; add citrus or berries to amplify vitamin C; include leafy greens for extra folate and potassium. It's naturally low in sodium and fat that adds magnesium and prebiotic fiber in every serving. Pitaya is also rich in antioxidants that support cellular defenses. These antioxidants help neutralize free radicals and reduce oxidative stress from everyday factors like intense exercise, poor sleep, or pollution. For an eye-catching smoothie that delivers antioxidants and gut-friendly fiber, Dragon Fruit is the perfect choice.



Love Potion

Almond Milk, Strawberries, Raspberries, Dragon Fruit, Organic French Vanilla Crème, Vanilla Whey Protein

WARM *sweet potato* WAFFLES

By Cayly Weil



PREP TIME:
15 minutes



COOK TIME:
5-7 minutes



TOTAL TIME:
20-22 minutes



YIELD:
6 waffles

There's nothing better than waking on a chilly morning and having a warm and cozy breakfast to start your day. Sure, you could have oatmeal or eggs, but nothing quite beats a nice serving of warm waffles. Plus, if there are any leftovers, you can top them with a scoop of ice cream and have them for dessert!

Regular waffles are great but leave a lot to be desired in the nutrition department. Adding sweet potato contributes to both flavor and health benefits. Antioxidants, vitamin A, magnesium, and Choline are just a few of the amazing nutrients you can get from this awesome root vegetable. Plus, it already tastes great with maple syrup. What's not to love?



INGREDIENTS

- 1 ½ cup flour
- ½ cup swiig Dried Sweet Potato
- 1 tbsp baking powder
- 1 tbsp pumpkin pie spice
- ½ tsp sea salt
- 2 large eggs
- ¾ cup 2% milk
- ¼ cup unsalted butter
- ½ cup maple syrup
- 1 tsp vanilla extract
- ¾ cup water

Nutrition facts PER WAFFLE

CALORIES:	PROTEIN:	CARBS
297	7g	47g
SUGAR:	FAT:	
17g	9g	

INSTRUCTIONS

1. In a large bowl, whisk together flour, Dried Sweet Potato, baking soda, pumpkin pie spice, and sea salt.
2. In a separate bowl, whisk eggs, milk, melted butter, maple syrup, and vanilla extract until smooth.
3. Whisk the dry ingredients into the wet ingredients until combined.
4. Preheat your waffle iron and lightly coat it with oil or butter.
5. Pour enough batter into the waffle iron to just cover the waffle grid.
6. Close the waffle iron and cook until ready, usually about 5 minutes or until the waffle is golden brown.
7. Carefully remove the waffle and serve with your desired toppings (butter, syrup, walnuts etc.)
8. Repeat with the remaining batter.

THE PERFECT BREAKFAST (or dessert)

There's something magical about starting your day with a breakfast you've crafted yourself. Not only does home cooking save money, but it also ensures every bite is made with intention and care. When you take charge of your morning meal, you're choosing fresh ingredients over processed alternatives.

These Sweet Potato Waffles are a perfect start to any day because of all the nutritional benefits.

They are high in fiber, which supports digestion, and have a low glycemic index, which will keep you feeling full and energized throughout the day. Packed with vitamins and minerals, you will feel better about eating these upgraded waffles. You can either start your day off right with a healthy breakfast or end your day right with a delicious dessert. So, make your waffles, get cozy, and make the most out of this chilly time of year.

swiig[®]

Flavor

FUSIONS

STIR • SIP • ENJOY

SHOP NOW AT
SWIIG.COM

SHAKE BULLETIN



AT-HOME TIP:

Is your shake lacking in the flavor department? You can add a graham cracker and a dash of cinnamon without sacrificing too many of your daily calories. 1 graham cracker and a dash of cinnamon will only add 60 to 70 calories to your shake.

EASY SINGLE SERVE RECIPE:

6oz. - Choice of Milk or Water
1 - Vanilla Single Serve Packet (or Choice of Flavor)
12oz. - Ice (Blend on #4 Med/High Setting)

Get Creative!

Try adding cinnamon, or fruit to make your own delicious recipe!



SWEET SWAP:

Looking for a healthy alternative to those sweet peanut butter and chocolate treats? Try our PB Cup Lite recipe by scanning the QR code:



In this issue...

Welcome to the first Nutrition Quarterly of 2026! As always, our mission is to help you thrive no matter the weather. This issue is packed with expert tips, product picks, and routines to keep you motivated, nourished, and energized all winter long.

Read along as we dive into the latest nutrition trends shaping how we eat, move, and live. We'll cover the benefits and precautions of winter workouts, the importance of Vitamin D and healthy fats, and strategies for effective post-workout recovery in colder months.

Happy reading, and here's to feeling your best this winter!

Winter Wellness Tips to Keep You Healthy!

FUELED BY swiig®

