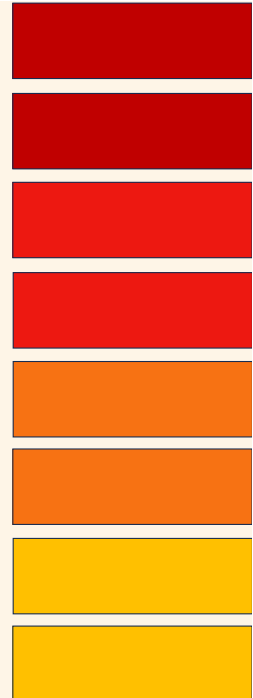


# Wellness Journey: The Pillars of Well-Being

Asian Pacific Islander Cultural Appreciation &  
Mental Health Awareness

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Ocean View Nutrition – Nutrition Consulting  
Kitchen on Fire – Cooking School

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## Wellness Journey: The Pillars of Well-being

We continue our focus on **supporting our body and mind, one pillar at a time** – powered by traditional foods and cultures. We will talk about supporting our brain and emotions through good foods for Mental Health Awareness Month.

The enjoyment and significance of bringing people together for a meal is an essential part of Asian Pacific Islander Heritage. Let's embrace the opportunity to learn more and share stories today.



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## Wellness Journey: The Pillars of Well-being

AssetMark's theme for Mental Health Awareness:

*Building Mental Health Friendly Communities for All*

The national theme for American & Pacific Islander Month:

*A Legacy of Leadership and Resilience*

Let's pull these celebrations together with a delicious meal to learn about Asian cultural foods and support our mental health.



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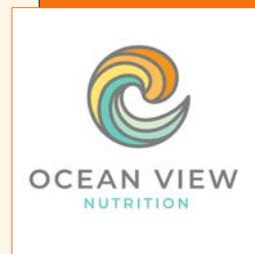


## Kitchen on Fire & Ocean View Nutrition

We bring people together through cooking, nutrition and a sense of community.

Public cooking classes  
Corporate events  
Individual consulting  
Virtual & In-Person

- **BUY** seasonal, local, organic and GMO free when possible
- **COOK** using healthy cooking techniques
- **EAT** a variety of whole foods including herbs and spices
- **SHARE** and enjoy meals with friends and family
- **AWARENESS** of allergies and sensitivities



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Objectives for Today include learning about:

## Asian Pacific Islander Culture & Mental Health Awareness

1. Food is a vital part of cultural identity
2. Nutrition as support for mental health
3. The importance of togetherness
4. Participation in new cultures
5. SMART goals to explore Asian cuisine



Chef Olive will demonstrate a  
**Grilled Tofu Poke Bowl**

**BONUS:**  
Raffle Prize selected  
by the API team

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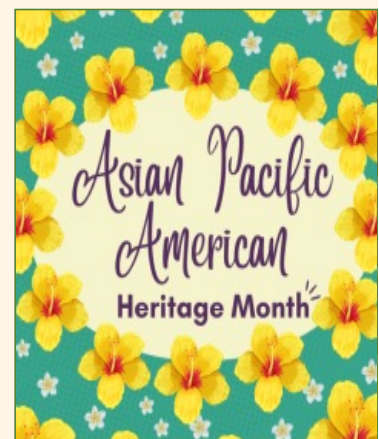
Today's session is sponsored by API



May is Asian/Pacific American Heritage Month – a celebration of Asians and Pacific Islanders in the United States.

A rather broad term, Asian/Pacific encompasses all of the Asian continent and the Pacific islands of Melanesia (New Guinea, New Caledonia, Vanuatu, Fiji and the Solomon Islands), Micronesia (Marianas, Guam, Wake Island, Palau, Marshall Islands, Kiribati, Nauru and the Federated States of Micronesia) and Polynesia (New Zealand, Hawaiian Islands, Rotuma, Midway Islands, Samoa, American Samoa, Tonga, Tuvalu, Cook Islands, French Polynesia and Easter Island).

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Today's session is sponsored by API ERG



**API's Mission:**

Focused on fostering the inclusion of and uplifting the Asian and Pacific Islander (API) community at AssetMark. The API ERG is aimed at encouraging professional growth, promoting culture, and emboldening their community.

If you are interested in joining the API ERG or another Belonging Group, please reach out to [Diversity@AssetMark.com](mailto:Diversity@AssetMark.com)



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Let's join **Chef Olive**  
as he visits our local  
China town



**We appreciate families investing in bringing  
culturally diverse products to local communities!**

**Support local small businesses!**

## Food is a vital part of cultural identity

Poke = to slice or cut

- Poke's roots lie in the practices of native Hawaiian fishermen who would slice up any available small reef fish and season them with what was available, often using sea salt, seaweed, and candlenuts.
- Japanese immigration to the Hawaiian islands added soy sauce, sesame oil and other seasonings.
- And now it's trendy! With the addition of rice, other grains, vegetables, tofu or a variety of fish.

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## Nutrition as support for mental health

The key to eating for emotional health and balancing neurotransmitters:

- Consume optimal amounts of high-quality proteins, fats, and carbohydrates, which contain cofactors necessary to keep our nervous systems nourished
- Nutrients “tell” our cells how to carry out the body’s metabolic processes.
- Optimal nutrition is the body’s only means of obtaining the full complement of raw materials needed to produce full mind-body health.

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*Optimal health is a  
lifestyle not a  
short-term diet*



## Nutrition as support for mental health

Eat - organic vegetables, fruits and full-fat dairy; grass-fed meat, pastured poultry and wild fish; fermented foods; breakfast everyday with adequate protein

### Anxiety Reducing Nutrients:

- Magnesium - Dark leafy greens, legumes, nuts, seeds
- Zinc – oysters, cashews, liver, beef, egg yolks
- Omega-3 – Alaskan salmon & other fatty fish
- Probiotics – pickles, sauerkraut, kefir
- Asparagus and asparagus extract
- Vitamin B – avocado, almonds

### Avoid:

- Sugar, white foods (containing white flour, white rice, white pasta, and other refined grains), boxed foods
- Food sensitivities

*Listen to your body, it's often the best 'test'*

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## Importance of togetherness

### Building a larger community across API cultures

- An opportunity to foster community ties, appreciate the mosaic of cultures within the AAPI designation, and build a deeper understanding and respect for these communities.

### Continuing the tradition

- Respect for elders and their wisdom is also a key element in many Asian and Pacific Islander cultures. Elders often play a significant role in family and community life, providing guidance and support.
- Shared resources, cooperative farming, and community-based businesses are common. This reflects a belief that individual success is linked to the success of the community as a whole.

*Please share a family or culture story or experience!*

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## Participating in API Cultural Activities

- Rich in Traditions and Innovations:
  - Traditional dances and culinary arts
  - Groundbreaking achievements in science, technology, and the arts
  - There are benefits to learning about and experiencing the habits and traditions of multiple cultures
  - As we learn we develop an appreciation for everyone's differences and similarities

Food as a vehicle to step into the appreciation of API cultures

- It is a way to express love, connection, and cultural identity
- Food also is a way of showing respect, demonstrating hospitality, and celebrating both special occasions and everyday meals.



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## Set SMART goals to appreciate cultural diversity

Invest in yourself from the inside out!

- 1 goal to try a new recipe from API culture
- 1 goal to consider nutrition to support mental health

*What do you want to share?*

**Specific**  
**Measurable**  
**take Action**  
**be Realistic**  
**Time-oriented**

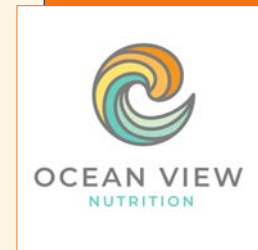
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## About us

- Kitchen on Fire Cooking School
  - For the Home Chef in Berkeley & Oakland since 2005
  - Owned by Chef Olivier Said (founder) & Lisa Miller
  - Hands-on Cooking Classes, Events: In-Person and Virtual
  - Nutrition Education, Corporate Wellness, Individual Consulting
  - [lisa@kitchenonfire.com](mailto:lisa@kitchenonfire.com)
- Ocean View Nutrition – Consulting & Public Speaking
  - Owner & Nutrition Consultant, certified
  - Consultations, Classes & Presentations
  - [lisa@oceanviewnutrition.com](mailto:lisa@oceanviewnutrition.com)



Link to today's presentation,  
demo info and more  
[https://www.kitchenonfire.com/  
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