

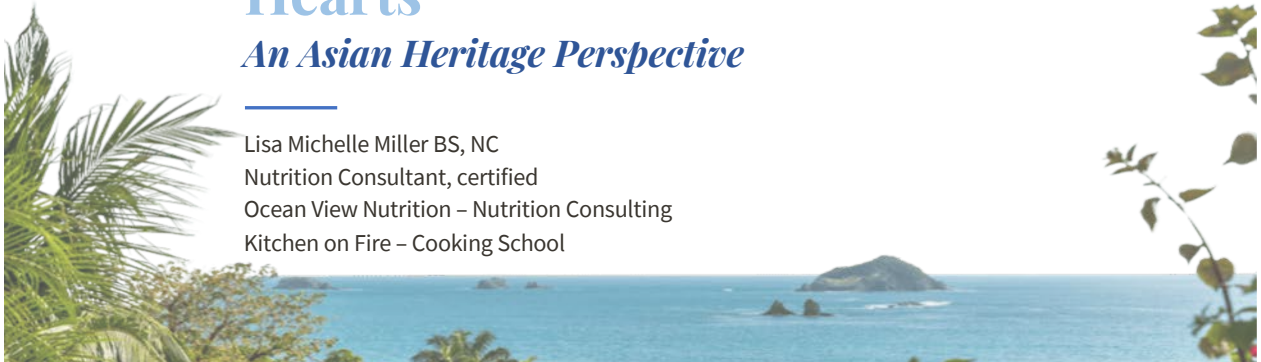
WELLNESS JOURNEY – HEALTHIER TOGETHER
TOGETHER



Healing Sea, Healthy Hearts

An Asian Heritage Perspective

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

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

Kitchen on Fire & Ocean View Nutrition

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



We aim to be
Healthier
Together –
growing our
wellness
toolkit with
traditional
foods, healthy
habits, and
goal setting.

Continuing our 2026
Wellness Journey

Wellness Journey – Healthier Together

Celebrating the **benefits of foods from the sea** in API cuisines

This month's focus:

- Celebrating API Month!
- Connecting through cultural experiences and good food
- Benefits of seafood for balanced nutrition
- Appreciating a combination of cultures around us



Vietnamese Lemongrass Coconut Seafood Soup recommended by Andrew Huynh

*Did someone mention a **Raffle Prize**?
Stay until the end for a chance to win!*

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Power in Unity:
Strengthening
Communities
Together.



API ERG: Learning about our sponsor

- 🌿 May is Asian/Pacific American Heritage Month – a celebration of Asians and Pacific Islanders in the United States – started in the 1970's.
- 🛡️ This year's national theme highlights the importance of leveraging our collective power, telling our stories, and being bridge builders in our communities.



- 🌱 API's Mission: 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.

Interested in joining the API ERG or another Belonging Group? Diversity@AssetMark.com

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Significance of Fishing in my life

- My grandma grew up in a town called Nha Trang in Vietnam.
- I grew up fishing with my grandma, and she'd share stories of growing up in Vietnam.
- One of my fondest memories was catching an 18-inch bass, and my grandma helped prepare a dish just for me.



Why Seafood Matters in Asian & Pacific Foodways



Cultural Cornerstone

- Sushi & sashimi traditions
- Poke bowls (Hawaiian)
- Grilled mackerel (Japan)
- Steamed shellfish



Healthy Patterns

- ✓ 8+ oz/week for adults
- ✓ Lower-mercury choices
- ✓ Variety of seafood
- ✓ Part of healthy diet



Nutrient-Dense

- ✓ Omega-3s (EPA/DHA)
- ✓ Vitamin B12
- ✓ High-quality protein
- ✓ Zinc & selenium

The Asian heritage practice of using the whole fish—bones for nutrient-rich broths (collagen), heads for essential fats, and meat for protein—to minimize waste

From sushi and sashimi to poke and steamed shellfish, seafood is a cornerstone of Asian and Pacific Islander cuisines.

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Seafood's Nutrient Powerhouse

Key nutrients found in Asian & Pacific seafood traditions

The "healing" aspect of the sea is reciprocal; the ocean heals us & we must protect the ocean.

Ways to enjoy fish:

1. Salad with grilled salmon
2. Clam chowder
3. Vietnamese Seafood soup
4. Sushi
5. Steamed fish with greens

Protein

- Muscle
- Satiety
- Sources:
- Salmon
- Tuna

Vitamin B12

- Nerve
- DNA
- Sources:
- Clams
- Oysters

Omega-3s

- Brain
- Heart
- Sources:
- Sardines
- Salmon

Zinc

- Immune Support
- Calms to mind
- Sources:
- Oysters
- Crab

Selenium

- Antioxidant
- Better sleep
- Sources:
- Tuna
- Sardines

Iodine

- Thyroid health
- Mental clarity
- Sources:
- Cod
- Shrimp

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Unwinding Omega 3s

- Healthy fats
- Support your heart health
- Help to lower your triglycerides
- Long-chain fatty acids the body cannot efficiently produce on its own.

Note: Plant-based Omega 3s (ALAs) only converts about 2% to EPA and DHA. Fish oil is the only good alternative to getting EPAs and DHAs if not getting them from fish

Omega-3s (EPA & DHA)

Brain, Eyes, and Cardiovascular Health

Brain + Vision

DHA is highly concentrated in retina and brain tissue.

60% of the brain is DHA
50% of the retina is DHA

Heart Health

Strong evidence supports cardiovascular benefits.

- ✓ Lowers triglycerides
- ✓ Supports healthy blood pressure

Best Sources

Highest omega-3 content per serving.

- Mackerel
- Salmon
- Cod Liver Oil
- Herring
- Oysters

Coastal regions of Asia where seafood-heavy diets contribute to some of the highest life expectancies in the world

Daily Target

250-500mg EPA+DHA

Meet your target with less than an ounce of the fish above or less than a teaspoon of cod liver oil

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Vitamin B12 + Protein: Energy for Body and Mind

Essential nutrients for red blood cells, nervous system, and DNA synthesis

Vitamin B12 Benefits

- Red Blood Cells for oxygen transport
- Nervous System
- DNA Synthesis for cell division

Protein Benefits

- Muscle Growth and Repair
- Satiety - fullness
- Recovery and tissue repair

Top Seafood Sources of Vitamin B12

- Clams
- Mussels
- Crab
- Sardines

Seafood provides essential micronutrients that are often harder to find in land-based proteins, acting as a natural multivitamin

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Zinc + Selenium: Immunity & Thyroid Support

Essential minerals for immune function, wound healing, and metabolic health

Zinc – The Immune Defender

Immune support • Wound healing • DNA synthesis

- ⚡ **300+** Enzymes require zinc
- 💧 **15mg** Daily recommended
- 🔍 **Cell growth & division**
- 👃 **Taste & smell**

Selenium – the antioxidant guardian

Antioxidant defense • Thyroid metabolism • DNA synthesis

- 📍 **Selenoproteins** protect cells
- 🧠 **Thyroid** hormone metabolism
- 🔍 **Reproductive** health
- 💧 **Immune** support

Top Seafood Sources of Zinc

- Oysters
- Crab
- Shrimp
- Sardines
- Tuna

Top Seafood Sources of Selenium

- Oysters
- Crab
- Tuna
- Halibut
- Sardines

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Raffle Prize

Stainless Steel Fish Steamer

Oval for Multi-Use Cooking

- Pasta Pot
- Braiser with Rack
- Stockpot
- Ceramic Pan* for Steaming Fish

*Steamer Tongs for easy use



Set SMART Goals

Invest in yourself from the inside out!

Examples of Goals:

- 📅 Try one new **Asian recipe** a month at home
- 🗣️ Once a month **share a story** with family or friends about a special experience with a **family tradition** in the kitchen
- 🍷 Enjoy one serving of **seafood 5 times a week**
- 👩🍳 Take a **cooking class** to learn how to cook seafood! 😊



Specific
Measurable
take Action
be Realistic
Time-oriented

Take 5 minutes today to create 2 goals; add it to your calendar as a recurring monthly reminder on the 1st of the month!

Do you have an idea to share?

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About Us

- Kitchen on Fire Cooking School
 - For the Home Chef in Berkeley since 2005
 - Owned by Chef Olivier Said (founder) & Lisa Miller
 - Hands-on Cooking Classes & Events (In-Person/Virtual)
 - Nutrition Education, Corp Wellness, 1 on 1 Consulting
 - lisa@kitchenonfire.com
- Ocean View Nutrition – Consulting & Public Speaking
 - Owner & Nutrition Consultant, certified
 - Consultations, Classes & Presentations
 - lisa@oceanviewnutrition.com



Link to today's presentation,
demo info and more
[https://www.kitchenonfire.com/
assetmark-healthier-together/](https://www.kitchenonfire.com/assetmark-healthier-together/)