

The Healing Foods Pyramid

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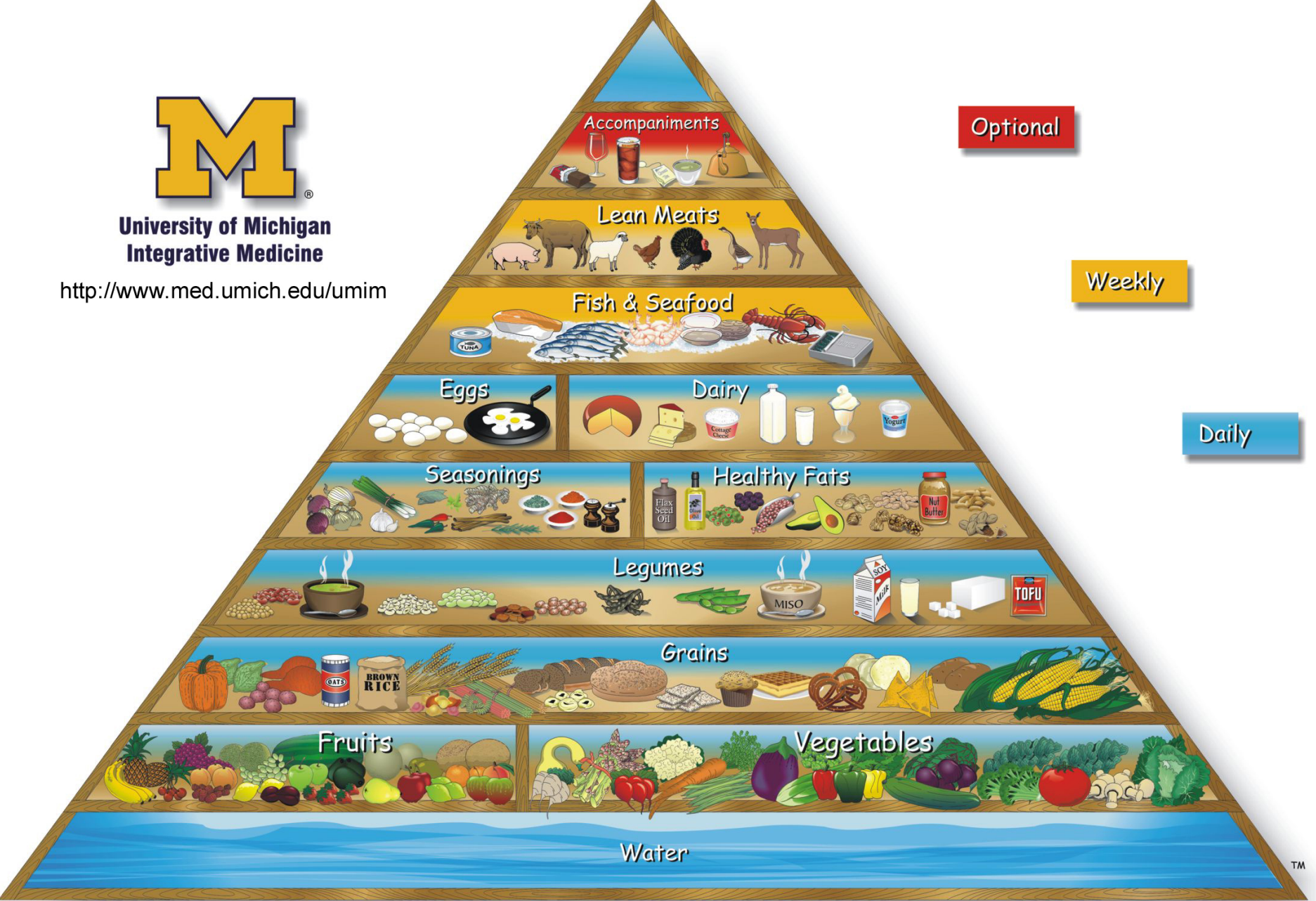


University of Michigan
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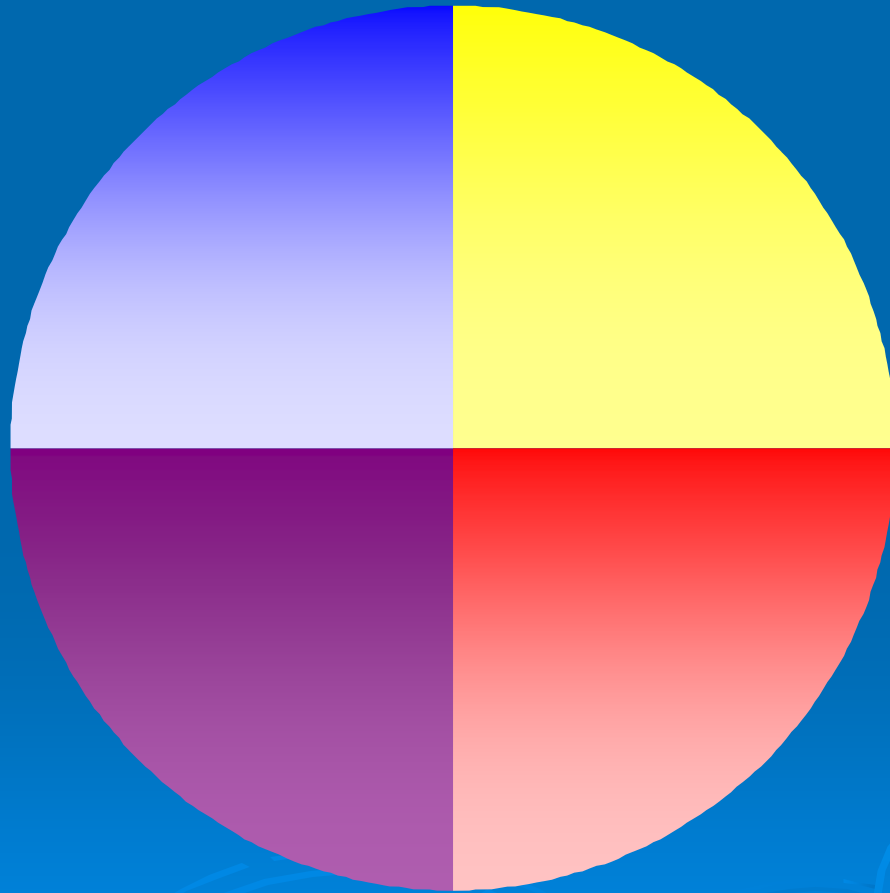
<http://www.med.umich.edu/umim>



Healing Foods Pyramid™

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Healthy eating as care for the
body, mind, spirit and emotion




Integrative Medicine and The Healing Foods Pyramid


- Whole person / whole foods
- Options for care / abundant food choices
- Ancient knowledge and modern science
- Global influences and local providers
- Individual empowerment and involvement in health

Our food, and we in turn, reflect the health of our earth.

Integrative Medicine and The Healing Foods Pyramid

- How we created this.....
 - Goal: optimal health
 - Literature search
 - Overlapping findings
 - Prevention and treatment
 - Practical tool
 - Dynamic
- 
- The background of the slide features several decorative elements consisting of concentric circles in shades of blue, resembling ripples in water. These circles are positioned in the lower right and bottom center areas of the slide.

We emphasize:

- **Healing foods**
 - **Plant-based choices**
 - **Variety & balance**
 - **Support of a healthful environment**
 - **Mindful eating**
- 

Healing foods

Known to


be essential

or

offers healing benefits



Plant-based choices

- Rainbow of fruits and vegetables
 - Whole grains
 - Olive oil, nuts, seeds
 - Legumes
- 

Variety & balance

- Color, color, color
- Crisp, smooth, sweet, sour, salty, bitter, creamy, pungent, and.....
- Portion size

Support of a healthful environment

Know *where* your food comes from

- Seeds, babies, soil, feed, pesticides, genetic modification, hormones, antibiotics, harvest, slaughter, worker's conditions, processing, preservatives, additives, flavorings, packaging, transportation, marketing, storage, preparation
- Read labels, ask, power in choices as consumers

Consistent with *your* values

Mindful eating

- Aware
- All senses engaged
- Gratitude

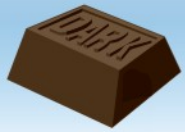
More than nutrients matter



Unique categories



Accompaniments



Dark Chocolate



Alcohol



Tea

Personal Space

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