

# Five Pillars of Health & Well-Being

## Nutrition



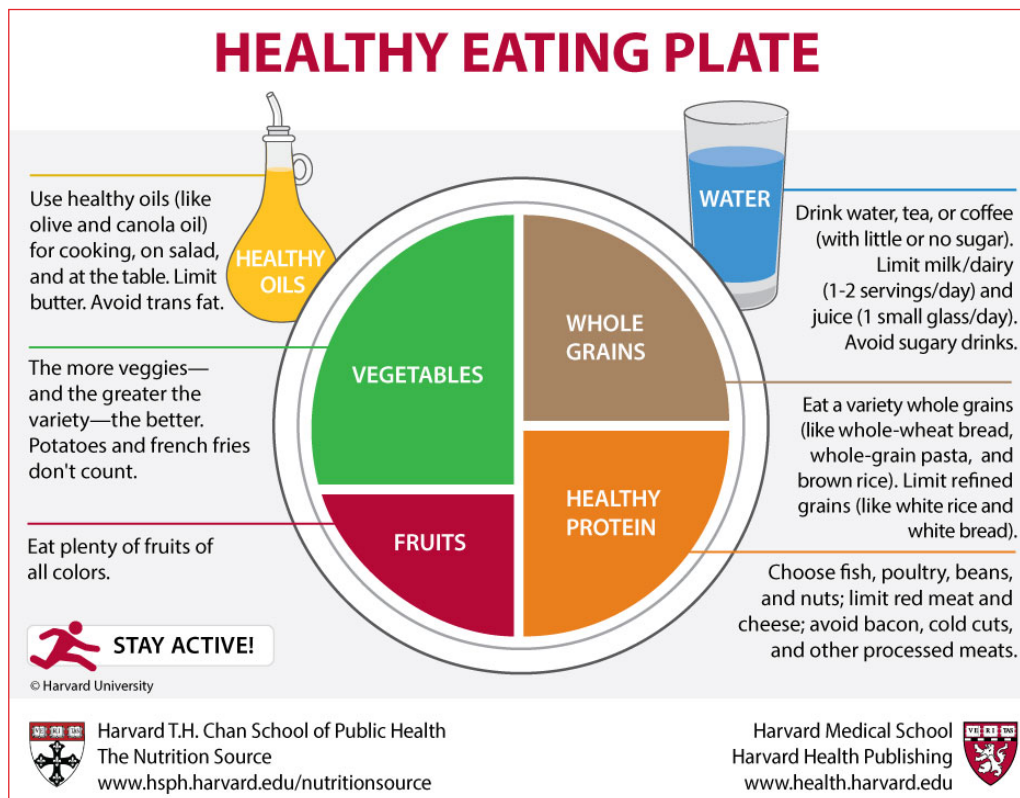
MIND · BODY · SPIRIT



**Nutrition:** Food is the fuel by which our mind and body function. Proper nutrition helps keep people sustained through life's challenges.

### TIPS

- Divide your body weight in half and drink that many ounces of water every day.
- Eliminate soda and sugary drinks. Replace with still water, seltzer, or carbonated water. Add lemon or mint to flavor.
- Eat three meals a day with a small, healthy snack in between. (i.e., carrots, nuts, seeds, fennel, etc.)
- Eat a rainbow of colors.
- Fill half your plate with fruits and vegetables. Eat more leafy greens.
- Follow the 80/20 rule. Eat whole food most of the time.
- Decrease processed food.
- Experimenting with new foods can be fun: try a new vegetable, recipe, or foreign cuisine one time per week.



Integrative health and medicine focuses on the health and well-being of the whole person — mind, body and spirit. It addresses the impact of lifestyle, environment, and genetics on an individual's health and well-being. We approach care and service from our Five Pillars of Health and Well-Being: Sleep, Activity, Purpose, Nutrition and Resilience. Our mission is to help you cultivate long-term behaviors that will foster a healthy, happy, and long life.

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