

Eating Well

“We are not only what we eat, but how we eat, too.”
— Michael Pollan

Learning how to eat well has never been more complicated than it is today. With all the conflicting information in nutritional research, we may end up shaking our heads and throwing our hands into the air. We need some guiding principles, sound advice that survives the swings in opinion and empowers us to make nutritious choices.

How should we eat to be well and stay well?

Whole

Eating whole means choosing foods that are products of *nature*, foods like vegetables, fruits, milk, eggs and grass-fed meats. These foods are found around the edges of supermarkets, while processed foods are found in the center aisles in packages with long lists of ingredients. When deciding whether to buy organic, consider this resource: www.ewg.org/foodnews/list.php.

Local

Many of the foods in supermarkets are shipped more than a thousand miles across the country. Local food is *fresher*, so farmers who sell food directly to local consumers can focus on quality, taste and freshness. To enjoy eating local, search for farmers' markets in your area.

Colorful

The more *colors* on the plate, the better. Since foods containing different vitamins, nutrients and minerals also tend to be different colors, a colorful meal gives us more of the diverse nutrition we need.

Mindful

We can eat well throughout the day by *paying attention* to cues that we are hungry or satiated. When it's time to eat, we can set aside other tasks to focus on enjoying a good meal. For a good rule of thumb, follow the 3 S's: Slow down, Savor each flavor, and Stop when you no longer feel hungry.

Grateful

Taking time to feel gratitude helps us to rest and digest as we eat. Before a meal, during or after, any moment is a good moment to relax and remember the time and energy that brought food from a seed on the farm all the way to the table.



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