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

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.