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.

**HEALTHY EATING PLATE**

- Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.
- The more veggies—and the greater the variety—the better. Potatoes and french fries don’t count.
- Eat plenty of fruits of all colors.
- Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.
- Eat a variety whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).
- Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

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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