The 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
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

- Seasonings
- Water
- Eggs
Accompaniments

- Dark Chocolate
- Alcohol
- Tea
Personal Space
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