



« Disease

Health »



Chronic pain
Behavioral disorders
Aggressive behavior
Learning disabilities
High medical bills
Reproductive disorders
Skin blemishes and spots
Easily injured
Frequently sick
Sleep disorders
Tired and fatigued
Irritable



Legend:

- Acidic:** disrupts acid/alkaline balance, promotes bone loss, osteoporosis
- Added sugars:** promotes diabetes, obesity, vitamin loss, learning disabilities and behavioral disorders
- Animal fats:** promotes heart disease
- Artificial colors:** promotes ADHD, behavioral disorders
- Artificial preservatives:** promote cancer, heavy liver detox load
- Chemical sweeteners:** cancer risk, promotes migraines, nervous system damage
- Fried fats:** contain carcinogens, promotes heart disease, obesity
- High sodium:** stresses kidneys, promotes hypertension, high blood pressure
- Homogenized fats:** unnatural alteration promotes plaque in arteries
- Hydrogenated oils:** contains trans fats, promotes heart disease, nervous system disorders, ADHD, tumor growth, birth defects
- Lacks fiber:** promotes colon cancer, digestive stagnation, heart disease
- MSG (monosodium glutamate):** migraines, hormonal disorders, overeating
- Refined grains:** promotes diabetes, obesity, vitamin loss
- White flour:** promotes diabetes, obesity, vitamin loss

Be Healthy! Learn More:

GROCERY WARNING

DANGEROUS FOODS REVEALED
www.GroceryWarning.com



HEALTH THROUGH EDUCATION
www.HealthRanger.org



FREE DAILY HEALTH NEWS
www.NaturalNews.com



Eat all the colors of the rainbow:

- Red:** Tomatoes, peppers, cranberries, raspberries, apples, beans, strawberries
- Orange:** Carrots, pumpkins, oranges, sweet potatoes, cantaloupe, peaches, apricots, mango
- Yellow:** Squash, corn, legumes, lemons, banana, eggs, grapefruit, mushrooms, pineapple, sesame seeds, macadamia nuts, cashews, peanuts, quinoa, chickpeas, almonds, pecans, walnuts, brown rice, ginger, beans
- Green:** Peppers, cabbage, beans, limes, spinach, kale, honeydew melon, avocado, pears, pesto, celery, zucchini
- Purple:** Blueberries, blackberries, currants, beets, red cabbage, eggplant
- White:** Potatoes, tofu, onions, garlic, whole oats, cauliflower



University of Michigan
Integrative Medicine

<http://www.med.umich.edu/umim>



Healing Foods Pyramid™

University of Michigan Integrative Medicine Clinical Services
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For additional information, or to order your copy, please visit our website at: www.med.umich.edu/umim/clinical/pyramid/.

We emphasize:

- **Healing Foods** — Only foods known to have healing benefits or essential nutrients are included
- **Plant-based choices** — Plant foods create the base and may be accented by animal foods
- **Variety & balance** — Balance and variety of color, nutrients, and portion size celebrate abundance
- **Support of a healthful environment** — Our food, and we in turn, reflect the health of our earth
- **Mindful eating** — Truly savor, enjoy and focus on what you are eating