

Eat for Your Mind, Body & Soul

Eat for the Whole YOU:
Keeping Your Mind Sharp,
Body Healthy, and
Soul Content

Cheryl C. Komline, MS, RD
Public Health Nutritionist

Bernards Township Health
Department
262 South Finley Ave
Basking Ridge, NJ 07920
908-204-3069
ckomline@bernards.org

EAT FRUITS AND VEGETABLES

- Food closest to farm grown product
- More flavor and texture
- Less added sugar
- Less added salt
- No preservatives
- Less Additives
- More variety of food means more nutrients
- Buy ingredients –not meals
- Keep fruits, veggies ready to eat
- Try canned or frozen
- Try new kinds
- Look for sale items

EAT WHOLE

Food has more nutrients, substances, fiber and water than processed food and less salt and fat.

Whole Grains are made with the complete grain kernel and are higher than white grains in Dietary Fiber, Thiamine, Riboflavin, Niacin, Folate, Iron, Magnesium, Selenium, and Zinc.

Eat Whole Grain Bread, pasta, oatmeal, hot and cold breakfast cereals, tortillas, grits, rice, cous cous, risotto, muffins, crackers, rolls, etc.

Look for the word
“**Whole**” in the
ingredient list on
breads and
cereals to be sure
it is a whole grain.

YOU

High Phytochemical
Foods: Berries, carrots,
apples, onions, scallions,
tomatoes, pomegranates
shallots, horseradish,
papaya, mango,
grapefruit, green tea,
cocoa and
dark chocolate

Every little bit of
colorful food you eat
adds health promoting
phytochemicals.

EAT COLOR

Phytochemicals are pigments in plants that improve health and prevent diseases like heart disease, cancer, stroke and more, such as:

β-carotene
Lycopene
Lutein
Zeaxanthin
Flavanols
Thiols
Phenols
Sterols and Stanols

Most fruits,
vegetables, nuts,
seeds, beans,
legumes, herbs
and spices are
full of
phytochemicals
and dietary fiber.

