

Food Intelligence


How to Eat Smarter for Your Health

The Big Ideas

- **Food is powerful medicine**
Every bite you take can either fuel your health or slowly work against it.
- **There's no one "perfect diet"**
Your body is unique. What works for your neighbor may not work for you. Focus on what makes you feel healthy and energized.
- **Quality matters more than calories**
Not all calories are equal. A handful of almonds nourishes your body very differently than a handful of chips.
- **Protein keeps you strong and satisfied**
Helps build muscles, protect bone, and keep hunger in check.
- **Carbs give you energy — choose wisely**
Whole grains, beans, fruits, and veggies provide steady fuel. Processed carbs cause energy crashes.
- **Fat is not the enemy**
Healthy fats from olive oil, avocado, fish, and nuts support your brain, heart, and hormones.
- **Processed foods are designed to keep you hooked**
They're often engineered to make you overeat. Less cooking at home = more control over your health.
- **Your food environment matters**
The options around you — grocery store aisles, restaurants, ads — shape your choices more than willpower alone.
- **Weight and health are not about "personal failure"**
Conditions like obesity and diabetes are linked to a food system that promotes overeating, not just individual choices.
- **Food intelligence = food freedom**
When you understand what's on your plate, how it got there, and why you're eating it, you can make choices that truly support your health.

 **Take-Home Tips**

- Build meals around **real, whole foods** — veggies, fruits, lean proteins, and healthy fats.
- **Crowd out the junk:** the more whole foods you eat, the less room for highly processed snacks and sugary drinks.
- Eat mindfully: ask, *Am I hungry? Am I full?* Slow down and notice.
- Small changes, repeated daily, create lasting health.

 **Remember:** Food isn't just fuel — it's information for your body. Choose the foods that help you feel your best today and protect your health for tomorrow.