



A holistic *dietary lifestyle* that nourishes "all of you" each time you eat

THE 4 FACETS OF FOOD

BIOLOGICAL – PSYCHOLOGICAL – SPIRITUAL – SOCIAL
NOURISHMENT

BIOLOGICAL NUTRITION

Food for
physical health



PSYCHOLOGICAL NUTRITION

How food
affects feelings



Life-giving
meaning in meals



SPIRITUAL NUTRITION

Share fare
with others



SOCIAL NUTRITION

Making 'whole person' health the mainstay of meals