Thinks Chemical What do they
THINK AND FEEL? Sugar is anything that's rich foods terrible artificial is are bad Nutritional harmful to what really counts Sees food as information major preoccupations health a pleasure, on packaged worries & aspirations experience, food is false way to build community Takes Nutrition is a combination of What do they What do they nutrition into emotional/physical/spiritual SEE? HEAR? well-being our own what friends say hands environment what boss say friends generally what the market offers what influencers say Nutrition Rich Food Anything is important to that's not community, can be Health and nutrition a social natural is bad What do they are closely aligned experience for your with disease SAY AND DO? Similar routine daily prevention, mental health Avoid (same breakfast, smaller agility and attitude in public Unnecessary dinner) weight management appearance Medication behavior towards others PAIN GAIN Keeps Leads to Leads to Supports Skin,Teeth "wants" / needs fears Heart diabetes healthy and Eyes measures of success frustrations diseases pregnancies and

obstacles

Increased Cancer Risk breast feeding for women

obstacles

Boots Immunity Healthy