FOOD JUSTICE

What you eat impacts your body.

Mental Illness
Associated with overeating high sugar, processed foods
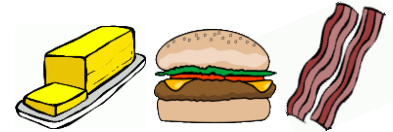
Symptoms improved with:

Heart Disease
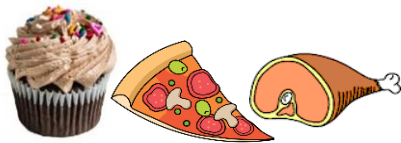Associated with overeating Trans and saturated fats, sodium
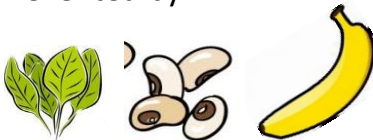
Prevented by:

100% WHOLE GRAIN

High Blood Pressure
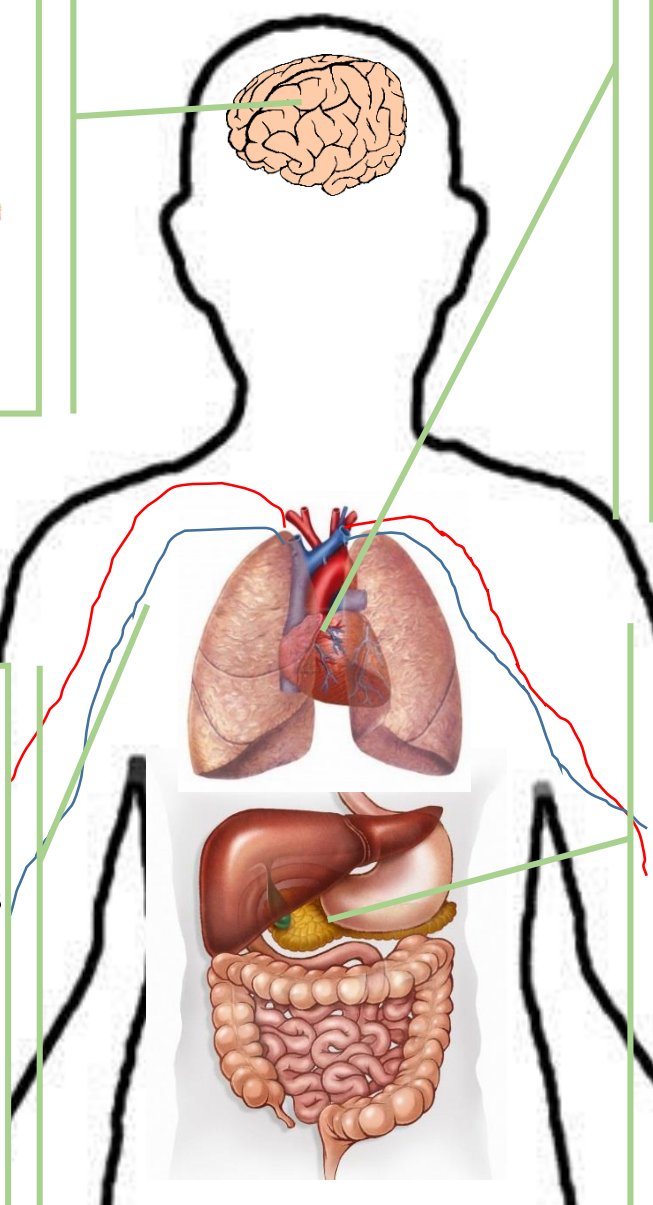Associated with overeating high sodium & high sugar

Prevented by:

Type 2 Diabetes
Associated with overeating refined carbohydrates

Prevented by:

100% WHOLE GRAIN

water

Obesity is also considered a chronic disease, caused by taking in more calories than your body needs. The high sodium, sugar, and fat foods pictured above can contribute to obesity when you're not eating balanced meals. Eating balanced meals higher in whole grains, fruits, vegetables, and other "preventative" foods pictured above can help prevent obesity.